

# **Sokol USA**

## **RULES AND REGULATIONS**

### **I. DESIGNATED AGE GROUPS**

Sokolettes	5-12 years of age
Sokolads	5-12 years of age
Junior Girls	12-17 years of age
Junior Boys	12-17 years of age
Senior Women	17 years and over
Senior Men	17 years and over

A. Gymnasts have the option of remaining in the Junior Division through age 18 providing they are still in high school.

B. Gymnasts may be considered to be eligible to enter the Junior Division providing they are 12 by the date of the Sokolfest Gymnastics Competition.

### **II. ELIGIBILITY OF COMPETITORS**

Any regular member of Sokol USA or sister organization shall be eligible to enter the National Sokol USA competitions. Any competitor must be a member for at least three months prior to the date of competition.

### **III. COMPETITORS' CLASSIFICATION**

A. Competitors shall enter the division suitable to their gymnastic development and caliber. However, if anyone shall be compelled to re-enter the same division or to drop to a lower division than that in which they previously competed and won first place, for reason beyond their control (illness, age, employment, school attendance, etc.) they must submit a request to do so to the Lodge Gymnastic Staff and upon their approval, to the National Directors for their approval.

B. Winning the first-place award at a national level competition with a total score of at least 85% of the maximum all-around score in the age 17 and under age groups advances the competitor to the next higher level. Seniors 18 years of age and older are exempt from this rule. Gymnasts performing Xcel Gold and higher-level routines are also exempt.

#### **1. Sokol Levels of Competition**

- a. Lodge
- b. Region (former District)
- c. Area
- d. National

2. Artistic Gymnastics Levels will be defined by USA Gymnastics and AAU, and when necessary as modified by Sokol USA or sister Sokol organizations.

3. Competitive Age Groups are as follows for Sokolfest 2019

## FEMALES

Age Groups	Juniors (12-18)	Seniors (17 - 33)	Seniors (34 - 49)	Masters (50 - 64)	Legacy (65+)	
Levels	Xcel Bronze	Xcel Silver	Xcel Gold	Xcel Platinum	Xcel Diamond	Xcel Garnet* (Masters and Legacy only)

## SOKOLETTES

Age Groups	8 and Under	(9-12)			
Levels					
L1	L2	L3			
Xcel Bronze	Xcel Silver	Xcel Gold	Xcel Platinum	Xcel Diamond	

## MALES

Age Groups	8 & under	(9-12)	Juniors (12 - 18)	Seniors (17 - 33)	Seniors (34 - 49)	Masters (50 - 64)	Legacy (65+)
Levels	Sokol L2	Sokol L3	L4 (D1 & D2 combined)	L5 (D1 & D2 combined)	L6 L7 L8	L 9 L10	

## IV. REGULATION UNIFORM

A. The complete prescribed regulation Sokol gymnastic uniform for Sokol USA and for guest organizations shall be worn by all Sokolfest participants. Competition exceptions are noted below.

B. One point (1.0) shall be deducted for incomplete or incorrect uniform. Gymnasts found to be defeating the spirit of this rule may be reported to any judge. No jewelry of any kind is allowed with the uniform with the exception of wedding bands, post earrings that are not conspicuous or distracting, or medical alert jewelry. All females should neatly restrain hair with non-ornamental accessories (no ribbons, flowers, etc.).

C. Sokol USA has adopted the Slet performance uniforms of the America Sokol as described below.

1. Tots: Regulation navy shirt and red shorts, white ankle-high socks and plain white gym shoes.

2. Sokolettes: Regulation red shirt and navy shorts, white ankle-high socks, white gymnastics foot apparel, or plain white gym shoes. *For competition: Regular uniform may be replaced with a sleeveless, short-sleeved, long-sleeved, or full-body leotard. Leotards must be the same for all members of a team or for all individuals of a lodge within the same competitive division. Dark-*

*colored Lycra Spandex gymnastics shorts or ankle-length leggings may be worn. Gym shoes should be replaced with white gymnastics foot apparel.*

3. Sokolads: Regulation red shirt and navy shorts, white ankle-high socks and white gymnastics foot apparel or plain white gym shoes. *For competition: Designated uniform jersey may be replaced with a gymnastics jersey. Jerseys must be the same for all members of a team or for all individuals of a lodge within the same competitive division. Shorts may be replaced with long gymnastics pants. Gym shoes should be replaced with white gymnastics foot apparel.*

4. Junior Girls: Regulation white shirt and navy shorts, white ankle-high socks, white gymnastics foot apparel or plain white gym shoes. *For competition: Regular uniform may be replaced with a sleeveless, short-sleeved, long-sleeved, or full-body leotard. Leotards must be the same for all members of a team or for all individuals of a lodge within the same competitive division. Dark-colored Lycra Spandex gymnastics shorts or ankle-length leggings may be worn. Gym shoes should be replaced with white gymnastics foot apparel.*

5. Junior Boys: Regulation white shirt and navy shorts, white ankle-high socks and white gymnastics food apparel or plain white gym shoes. *For competition: Designated uniform shirt may be replaced with a gymnastics jersey or step-in. Jerseys must be the same for all members of a team or for all individuals of a lodge within the same competitive division. Shorts may be replaced with long gymnastics pants. Gym shoes should be replaced with white gymnastics foot apparel.*

6. Senior Women: Regulation shirt and shorts or pants, white ankle-high socks and white gymnastics foot apparel, or plain white gym shoes. *For competition: Regular uniform may be replaced with a sleeveless, short-sleeved, long-sleeved, or full-body leotard. Leotards must be the same for all members of a team or for all individuals of a lodge within the same competitive division. Dark-colored Lycra Spandex gymnastics shorts or ankle-length leggings may be worn. Gym shoes should be replaced with white gymnastics foot apparel.*

7. Senior Men: Regulation shirt and shorts or pants, white ankle-high socks and white gymnastics foot apparel, or plain white gym shoes. *For competition: Designated uniform shirt may be replaced with a gymnastics jersey or step-in. Jerseys must be the same for all members of a team or for all individuals of a lodge within the same competitive division. Shorts may be replaced with long gymnastics pants. Gym shoes should be replaced with white gymnastics foot apparel. Narrow white suspenders may be worn during competitive events.*

**Note:** Other attire required according to one's religious beliefs will be permitted for all categories above.

D. All competitors may wear a warm-up suit. Leotards, jerseys, and warm-up suits worn on the competition floor are not to have inappropriate printing. Only Sokol logos and/or imprinting may appear; no other gym club, school or university may be identified.

E. All gymnasts may compete with bare feet or different foot apparel while competing in an event.

F. Judges' Uniforms:

1. Women may wear regulation uniform or substitute a navy blue skirt or pants and a white top. Certified officials will wear USAG uniforms.

2. Men may wear regulation uniform or substitute navy blue or gray trousers and a white shirt. Certified officials will wear USAG uniforms.

G. Coaches Uniforms:

1. Women may wear regulation uniform or substitute a navy blue skirt or pants and a white top, or substitute a warm up suit as described above.
2. Men may wear regulation uniform or substitute navy blue, gray pants or navy shorts, and a white shirt, or substitute a warm up suit as described above.

## V. DIMENSIONS OF COMPETITION APPARATUS

The dimensions and specifications of competition apparatus shall be in accordance with USA Gymnastics Rules and Policies Apparatus Requirements.

## VI. ALL- AROUND AND SPECIAL EVENTS COMPETITION

A. The all-around gymnastics competition consists of the total points scored in the four Olympic events for women and the six Olympic events for men. The Sokol Quiz, marching tactics, or any other event prescribed by the Sports, Fitness and Wellness (SFW) Department may be used as additional events.

B. Special events may include but are not limited to a fitness challenge, competitions in volleyball, golf, bowling and 3 on 3 basketball, as selected by the SFW Department.

C. Special events shall be organized and directed by the National Directors and their appointed assistants. All events shall be announced by the SFW Department prior to the competition. A variety of special events shall be included in the National Sokolfest program in order to encourage greater participation. Scheduling of sport events should, if possible, allow gymnasts to compete. Entry fees for special event participants who are not required to perform in the Slet program should include the cost of admission to the Sokolfest.

D. Special event team sports are allowed to have up to 1/3 the playable roster from other Lodges/Units. Exceptions must be submitted to the National Directors prior to registration. The National Directors' decision is final.

E. The following rules will govern National Tournaments:

Bowling	WIBC-ABC Rules
Golf	USGA Rules
Volleyball	USAVB Rules

*Note: If a modified format of the sport is chosen for a tournament, rules based on the chosen format will apply.*

F. National Tournaments in bowling, golf and volleyball will be conducted in the following manner with team and individual awards to be presented. Entry forms for teams and individuals will be the same as for gymnastics during a National Sokolfest.

1. Bowling: All participants must be sanctioned bowlers or they must be sanctioned on the spot. the Tournament will include singles and teams. Only three games will be bowled, and it will be based on a handicap.

***Bowlers are encouraged to participate in Slet calisthenics.***

2. Golf: Tournament play will be based on the Calloway System and 18 holes will be played.

***Golfers are encouraged to participate in Slet calisthenics.***

3. Volleyball: Round Robin or single elimination tournaments will be held depending on the number of teams entered, the number of courts available, and the amount of time allotted.

***Volleyball players are encouraged to participate in Slet calisthenics.***

4. Additional information pertaining to Special Events Competitions can be found in the Addendum.

## VII. ENTRIES

- A. Official entries shall be returned according to the instructions. The Entry Fee shall be determined by the SFW Department. Payment must be included at the time entries are entered online.
- B. A Late Entry Fee will be assessed for entries entered online beyond the specified date. The Late Entry fee, and the timeframe during which late entries will be accepted, shall be determined by the SFW Department. Payment must be included at the time late entries are entered online.
- C. All participant waivers must be properly signed by the Lodge President or Director (to verify membership), by the Competitor, and by a Parent or Guardian if the competitor is not of legal age.
- D. Each Director/Coach will have complete responsibility for his/her gymnasts, such as having the team on the floor at the proper time and assuming responsibility for the behavior and discipline of the team or individuals.

## VIII. NUMBER OF ENTRANTS

- A. Team competition in gymnastic shall be held when one or more teams enter a division listed. When only one team enters, that team will be eligible to receive the team award providing the team score is 75% of the total possible score.
- B. Teams will consist of all lodge or unit members within a level. The total number of points of the three highest scores on each event shall be totaled to determine the team score. Where there is more than one age group, as with Children (8 & under and 9-12) and Seniors (17-33, 34-49, 50-64 and 65+) all lodge or unit members within the two Children Age Groups, or within the four Senior Age Groups, will be considered part of the lodge or unit team for that level of competition.
- C. Only lodge or unit teams may be formed. All remaining competitors shall compete as individuals.
- D. Individual competition in gymnastics shall be held when one or more individuals enter. When only one individual enters, that individual will be eligible to receive the individual award providing he/she earns 75% of the total possible score.

## IX. AWARDS

- A. Individual Competition: Awards will be given in the following proportion for All-Around and Individual Event Awards:

1-3	Competitors	1 Award
4-7	Competitors	2 Awards
8-12	Competitors	3 Awards
13-19	Competitors	4 Awards
20-29	Competitors	5 Awards
30-49	Competitors	6 Awards

An additional award will be given for each additional twenty competitors up to a maximum of team awards. In case of ties, duplicate awards shall be given; but a tie will negate the following place. (For Example – In case of a tie for first place, the next award will be third place). An additional award will be given in the event that there is a tie in the last place.

- B. Team Competition: Awards will be given in the following proportion:

1-2 Teams	1 Award
3-4 Teams	2 Awards
5-10 Teams	3 Awards

An additional award will be given for every ten teams up to a total of five awards. In case of ties, the rule pertaining to 'individual ties' will govern.

C. Special/Event Team Competition: Awards will be presented to the winning teams at the discretion of the National Gymnastic Department.

## **X. SLET PARTICIPATION**

A. All gymnasts must participate in the mass calisthenics during the Slet. Violation of this rule shall withdraw the competitor's individual placement and placement of his/her team in the meet. Inability to comply must have approval of the Lodge and National Directors.

B. Participants in all special events are encouraged to perform calisthenics in the Slet.

## **XI. OFFICIALS**

A. The Competition Directors shall be the National Directors of Sokol USA or their appointed competitions chair.

B. Division Meet Directors shall be experienced and capable members of Sokol USA or sister Sokol organizations.

C. Competitors shall be judged by certified officials or experienced Sokol judges. USAG and AAU Rules shall prevail.

D. Duties of the Head Judge: The Head Judge shall see to it that all judges are seated in appropriate places, so that they can, at all times, observe the competitor's performance in its entirety without any disturbance or view obstruction. The Head Judge shall be responsible for enforcing the point spread according to USAG rules. In the event the point spread is greater, the Head Judge shall call a conference.

E. Duties of the Head Tabulator: The Head Tabulator shall be responsible for the preparation and organization of the Tabulating Committee, for supervising the scoring, securing adequate personnel, and expediting the computing of the meets results upon completion, with the aid of the Division Meet Director.

## **XII. PROCEDURE AT THE MEETING OF JUDGES AND DIRECTORS**

A. A meeting of Judges and Directors/Coaches will be held prior to the beginning of competition session to review the rotation and warm-up schedule. A representative from each Lodge or Unit must be present. Separate meetings for men and women may follow, if deemed necessary by the Competition Directors.

B. The designated Meet Director for each competition session shall meet with the judges to explain the meet format and procedures, confirm event assignments, and answer any questions. Judges should have received their event assignments prior to arriving at the meet, so they can be prepared. The USAG or NAWGJ (judges' professional association) assignor who contracted the judges usually assigns each judge to an event so they can prepare in advance.

## **XIII. INQUIRIES**

A. Inquiries should be made only in writing through the Meet Referee or Meet Director in accordance with USAG and AAU Rules.

## **XIV. PENALTY FOR MISCONDUCT**

A. All competitors, once lined up for competition, are not allowed to practice on any apparatus until directed to do so. All team members or individual competitors shall remain in their designated places until directed to another apparatus or event, or dismissed by the Division Meet Director.

B. A penalty of 1.0 (one point) shall be imposed on any team or individual for violation of the above rule. The penalty point shall be deducted from the team and/or individual point totals, as the case may be. An explanation of this deduction must be given to the Lodge Director of the gymnast or team at fault and it must be recorded on the score sheet.

C. Gross misconduct of individuals or groups at scheduled or unscheduled events, at hotels, competition or Sokolfest sites, which in any way poorly reflects on Sokol, will result in competition disqualification, exclusion from Slet participation, or both.

## **XV. ACCIDENTS**

All accidents must be reported to the Division Meet Director and to the person designated to attend to injuries. A well-equipped first-aid kit must be accessible and at least one person qualified to attend to athletic injuries must be in attendance. All competitors will be required to sign a "Waiver of Claim".

## **XVI. GENERAL FAULTS AND DEDUCTIONS**

A. General faults and deductions will follow USAG and AAU Rules.

B. Proper approach and retreat is expected of all competitors. The gymnast must acknowledge the judge before and after the exercise ('at ease' or an arm salute is acceptable) with 0.1 deduction for each failure.

## **XVII. RE-TRIALS**

A. Re-trials of the entire exercise will not be allowed unless through some fault of the apparatus over which the competitor has no control. Mats and take-off boards are to be considered as apparatus in such a mishap.

## **XVIII. VAULTING TRIALS**

A. For female competitors refer to the USAG or AAU Rules, as specified by the National Directors, governing the number of vaults.

B. For male competitors only one vault is permitted for all levels.

## **XIX. BEDNAR-KLIMOW AWARD**

A. A special award shall be given to a Sokol USA Lodge that will be called "The Bednar-Klimow Award." This award is intended to reward one lodge for outstanding participation and achievement in all Slet events. It is named for two outstanding former Chief Physical Directors of Sokol USA, Brother Karl Bednar and Sister Elizabeth Klimow (both deceased).

B. A Lodge will receive one point for each event in the Sokolfest in which each of their members participate. In order for an event to qualify for points, preparation at the home gymnasium prior to the Sokolfest is necessary, i.e. calisthenics, folk dance, etc.

C. A Lodge will receive one point for each competitor in gymnastics and special events, such as the fitness challenge, golf, basketball, bowling, or volleyball.

D. A Lodge will receive one point for each competitor or team in gymnastics or special events that received an award.

E. A form will be distributed to all Sokol USA Directors prior to the Slet, who will complete one for their Lodge to be turned in at the designated time. The Lodge with the highest total points shall receive "The Bednar-Klimow" Award.

*Updated March 2019*

## **ADDENDUM**

### **SOKOLFEST 2019 FITNESS CHALLENGE**

The Sokolfest 2019 Fitness Challenge includes 4 elements testing performance in muscular strength, muscular endurance, speed, and agility. Participation is open to all ages and genders and we encourage all Sokols to participate.

The competition divisions will be determined by age groups as follows: Girls 8 & under; Girls 9-12; JG 12-18; W 17-33; W 34-49; Masters 50-64; Legacy 65+, Boys 8 & under; Boys 9-12; JB 12-18; M 17-33; M 33-49; Masters 50-64; Legacy 65+.

If there are less than 3 entrants in a division, that division may be combined with an adjacent age division with the fewest entrants.

#### **SIGN UP:**

There is no charge for participants who are also entering the gymnastics competitions. To register for the Fitness Challenge, go to **MeetMaker.com**. After you have established an account, choose **Add-Ons** and then select the Fitness Challenge, either as a gymnast (no additional fee) or as a Fitness Challenge only competitor (\$20 fee). Online registration is open through May 1, 2019. After the registration deadline a form will be e-mailed to each lodge or unit to obtain participant specifics.

**NOTE:** Detailed information on the Fitness Challenge Events, including demonstrations, are available on the Sokol USA website at [sokolusa.org](http://www.sokolusa.org). Click on the **Sokolfest logo**, then choose **Sports Competitions** from the menu or go directly to [http://www.sokolusa.org/Sokolfest\\_2019\\_menu\\_sports.html](http://www.sokolusa.org/Sokolfest_2019_menu_sports.html)

#### **EVENTS:**

##### **AGILITY T TEST**

The Agility T-Test is used to determine the agility level of an athlete through the use of a timed sequence of movements. This assessment includes forward, lateral, and backward movements.

**Equipment:** tape measure, 4 marking cones, tape to place under the cones, and a stopwatch

**Phase 1: Start** - The participant begins by taking a starting stance at cone A.

**Phase 2: Sprint** - On the participants first movement the timer will begin. The participant will sprint to cone B and touch the **BASE** of the cone with their hand. The right hand is preferred for ease of movement, but not required.

**Phase 3: Shuffle 1** – After touching the base of cone B, the participant will move to their left, shuffling sideways to cone C. Touch the base of this cone. Using the left hand will be easier for the participant, but it is not required.

**Phase 4: Shuffle 2** – Immediately after touching cone C, the participant will shuffle sideways to their right to cone D, touch the base of cone D. Using the right hand to touch cone D will be easier for the participant, but it is not required.

**Phase 5: Shuffle 3** - The participant will then shuffle back to cone B, and touch the base of the cone. It is easiest to touch the cone with the left hand, but it not required.

**Phase 6: Backwards** - The agility test will conclude with a backwards run to cone A. The stopwatch is stopped as the participant completely passes cone A. The participant does not need to touch cone A during the backwards run.

**Scoring:** The trial will not be counted if the subject crosses one foot in front of the other while shuffling, fails to touch the base of the cones, or fails to face forward throughout the test. Take the best time of three successful trials to the nearest 0.1 second.

**Penalty:** If a cone is not touched by a participant their score will not count. On the third and final attempt if a cone is not touched a participant will be assessed a +2 second penalty for each missed cone.

**Penalty:** Improper order of cones or improper use of movement skills will result in an unscored trial. On the third and final attempt if the errors are not corrected the participant will not receive a score for this event and will be disqualified from competition. Judges will make every effort to assist that participants move through the event correctly.

**Modification:** To prevent extensive lowering of the upper body to touch the base of a cone, a modification of touching the top of a 12" cone may be used. The cones must be touched in the same manner/order as described in the phases. This modification is permitted for all participants in the Masters and Legacy Divisions. An asterisk \*, must be placed next to time of completion if the modification was used by a participant.

The notation of a modification will only be used to break a tie during competition at the 2019 Sokolfest. A participant who does not use the modification, but receives the same score will be placed higher than a participant using the modification.

**HAND RELEASE PUSH-UP** - This exercise is a modification of a traditional push-up that reduces occurrences of poor or incomplete repetitions during fitness testing. By removing the hands from the ground following the lowering phase it forces participants to perform a full range of motion, regenerate momentum during each repetition, and the introduction of the hand release provides some additional benefit for the upper back by engaging the trapezius muscles during the hand-release phase. In this element of the fitness challenge the participants will receive a score based on the number of complete repetitions they can perform in 60-seconds.

**Modification:** To increase participation in the fitness challenge a push-up modification is available to the M/W 50-59 and M/W 60+ divisions. Hand Release Modified Push-Ups may be performed with knees on the ground and the torso angled at approximately 45 degrees. An asterisk (\*) must be placed next to the number of push-ups completed if the modification was used by a participant.

The notation of a modification will only be used to break a tie during competition at the 2019 Sokolfest; participants completing the same number of repetitions without a modification will be placed ahead of participants performing the same number of repetitions with the use of a modification.

**JUMP ROPE COMPETITION:** A 60-second timed event in which the competitor attempts to complete as many jumps with a jump rope as possible within the time period. Both feet must remain together while jumping and leave the floor simultaneously. There may only be one revolution of the rope for each jump.

**PLANK HOLD:** The plank is an isometric core strength exercise that requires a participant to maintain the described body posture for an extended period of time.

Body Position: The front plank will be used for this competition. In the front plank position the body is held in a push-up position, with a flat back, supporting body's weight on the forearms, elbows, and toes. Feet may be together or separated no more than 12 inches between the inside edge of the feet.

If a participant holds the plank for 4 minutes, they will receive the maximum number of points. Participants may attempt the plank hold a maximum of 2 times if desired.

**SCORING:**

Each event score will have a point value, the better the score, the higher the value. The points will be added up. The competitor with the most points wins.

### **VOLLEYBALL TOURNAMENTS**

Volleyball tournaments will be conducted for both Men and Women.

The format of the tournaments (pool play vs. double elimination; points per game; time limits; games/match; etc.) will be decided after the number of entries in each tournament is known.

The tournament will be governed by USAVB Rules.

Volleyball players are encouraged to participate in Slet calisthenics.

Team members will be required to assist as referee, lines persons, scorekeepers, etc.

Volleyball teams must be uniformly dressed with 3" to 6" numbers on the front of shirt and 6" numbers on the back.

Shorts must also be uniform. Uniform infraction MAY RESULT IN FORFEITURE OF THE GAME.

### **3 ON 3 BASKETBALL TOURNAMENTS**

A team will consist of any combination of 5 players made up of Senior Men and Jr. Boys ~~Teams~~

The format will depend on the number of entries, either a round robin or double elimination format will be used.

#### **General Rules:**

1. Games will be played on a half court with teams shooting at the same basket.
2. Each team will have not more than 3 players on the court during play.
3. Substitutions may occur on any dead ball.
4. Games starts with a coin flip. Winner will take ball out first
5. Ball will be put into play by "checking" the ball by an opponent beyond the extended free throw line. This means that the team in possession will give the ball to an opponent who then will return the ball when all are ready. When the team in possession receives the ball; they may shoot, pass, or dribble the ball.
6. The ball must be "checked" in beyond the extended free throw line:
  - a. after a basket is made
  - b. after a foul
  - c. after a violation
  - d. any other dead ball situation
7. After any change of possession during a live ball (missed shot, steal) the ball must be brought out beyond the extended free throw line before a shot can be attempted.
8. After a basket has been made, the team that made the basket will put the ball back in to play.
9. Games will be up to 15 points with each basket counting as one point. No bonus for shots beyond the 3-point line. A team must win by 2 points with a 20-point limit.
10. Each team may have one 30-second time out per game.
11. Games will have a 30-minute cap.
12. During preliminary games, teams are responsible for calling their own fouls and violations. Teams should have a person on hand to keep score.
13. Semi-final and final rounds will have referees.

#### **Other Information:**

1. Each team should supply one basketball.
2. Good sportsmanship and honesty in calling fouls are critical. If players do not play fairly and in control, the directors have the option of giving a warning on the first offense and disqualifying a player (or whole team) from the tournament on the second offense.

The Tournament Director and his/her assistants have jurisdiction over all rules.

## **MARCHING COMPETITION**

This competition is designed to encourage traditional Sokol marching skills combined with creativity, originality and enthusiasm. Winners will perform their marching routines in the Opening Ceremony of Sokolfest. The number of routines chosen to perform will depend on the quality and uniqueness of the marching routines in the competition. This is a team event with 6-10 member teams composed of any combination of males and/or females - children, juniors and/or adults. There is one division. Each team will perform an optional, self-composed marching routine containing at least the prescribed set of maneuvers done to an optional musical selection. The routine must encompass an entire musical selection between 2 and 2 1/2 minutes in length, with or without vocals. Movement(s) should be continuous throughout. Formations, except where indicated, are at the discretion of the routine composer. No commands are permitted during the routine; however words may be spoken sporadically during the routine if spoken for special effect. The competition area is 40 feet by 40 feet. Competitors may wear the appropriate regulation Sokol uniforms for their class, but optional team uniforms that complement the musical selection are also acceptable, as are hand-held props that add to the overall effectiveness of the routine. Competitors are encouraged to perform the calisthenics at the Slet Program. Team and Individual Team Member awards will be given.

### **Prescribed minimum set of marching maneuvers:**

Order of maneuvers is optional and may be combined with additional marching maneuvers to form a complete marching routine.

1. Column movements (in two's or three's); left and right	1.5 pts
2. Flank movements; left and right	1.5 pts
3. Half wheels (in at least three's); left and right	1.5 pts
4. Oblique movements; left and right	1.5 pts
5. To-the-rear march	1.0 pts
6. In-place-march; forward march; class halt (at end)	0.5 pts
7. General marching technique and execution of other maneuvers	1.0 pts
8. Appropriateness of team uniforms or optional props to musical selection	0.5 pts
9. Creativity / Originality / Enthusiasm (judge's discretion)	1.0 pts

**Total 10.0 pts**

*Updated March 2019*