



Australian
Calisthenic
Federation

National Rules



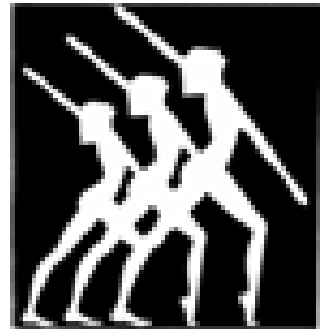
Calisthenics Association of
Australian Capital Territory Inc



Calisthenics Association
of Queensland Inc



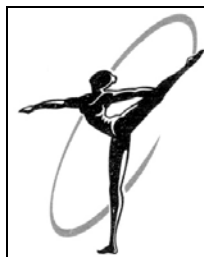
NSW Calisthenics Association Inc



Calisthenics Association of South
Australia Inc



Northern Territory
Calisthenics Association



Calisthenics Association of Western
Australia Inc



Calisthenics Victoria Inc

Approved by ACF: 7 October 2011
And effective 1 January 2012

CONTENTS

1. GENERAL RULES.....	1	2.2 FANCY ITEMS.....	11
1.1 DEFINITIONS	1	ITEM CONTENT/Technical Rules....	11
a) Club	1	a) Song/s with Actions/Movement ...	11
b) Competition Official	1	b) Song and Dance.....	11
c) Items	1	c) Folk Dance	11
Core Items	1	d) Character/Folk Dance.....	11
Fancy Items	1	e) Calisthenic Spectacular	12
Solo Item	1	f) Rhythmic Interpretation.....	12
Duo Items	1	g) Stage Medley.....	12
d) Stage Area	1	h) Dance Arrangement	12
e) Curtains.....	1	i) Dance/Rods.....	12
f) Lighting.....	1	j) Calisthenic Revue.....	12
g) Smoke/Water based Fog Fluid or Dry Ice Machine	1	2.3 MINIMAL RULES	13
h) Remote devices.....	1	Technical Rules	13
i) Stage Dressing.....	2	2.3.1 Aesthetic.....	13
j) Flies	2	2.3.3 Club Swinging	13
k) Safety Requirements.....	2	2.3.4 Song and Dance.....	14
l) Technical Fault	2	2.3.5 Calisthenic Spectacular ...	14
1.2 AGGREGATE	3	2.3.6 Rhythmic Interpretation ...	14
1.3 BREACH OF RULES	3	2.3.7 Stage Medley	14
a) Banned Movements	3	2.3.8 Dance Arrangement	14
b) Right of Review	4	2.3.9 Dance/Rods.....	14
c) Communication between Coach and Adjudicator	4	2.3.10 Calisthenic Revue	15
d) Prompting.....	4	2.4 SOLOS/DUOS	16
e) Curtains	4	a) Graceful Solo.....	16
1.4 AGES	5	ii) Skills Level Requirements	16
1.5 COMPETITION	5	b) Calisthenic Solo/Duo	16
1.6 MINIMUM NUMBER	5	ii) Skills Level Requirements	16
1.7 FALSE STARTS	6	2.5 MASTERS.....	16
1.8 CAMERAS, TAPE RECORDERS, VIDEOS, MOBILE PHONES AND PAGERS.....	6	ROLE AND RESPONSIBILITIES OF THE COMPETITION OFFICIAL.....	17
1.9 TIMING	6	COMPETITION OFFICIAL/OBSERVER'S CONFIDENTIALITY AGREEMENT .	17
a) Setup/removal time.....	6	Attachment B	18
b) Start and Finish of an Item	6	TIMING PENALTY INFORMATION.....	18
c) Time Limits	7	BREACH OF RULES – PENALTY INFORMATION.....	18
d) Timing Penalties	7	APPENDIX 1	19
1.10 ADJUDICATORS	7	ACF FLEXIBLE RULES POLICY	19
1.11 COACHES	8	APPENDIX 2	20
1.12 OPEN/CLOSED NATIONAL COMPETITION	8	ACF CALISTHENIC SKILLS LEVELS POLICY.....	20
1.13 DISABILITY.....	8		
2. ITEM RULES.....	9		
2.1 CORE ITEMS.....	9		
Figure March, Free Exercises, Rod Exercises, Club Swinging	9		
Technical Rules	9		
2.1.1 Club Swinging	9		
2.1.2 Aesthetic	10		
2.1.3 Rhythmical Aesthetic	10		

1. GENERAL RULES

1.1 DEFINITIONS

- a) **Club** – means Club, College or State Association.
- b) **Competition Official** - the person approved by relevant national body/State Association to undertake the duties set out in the Breach of Rules/Review Process. Must adhere to the specified roles and responsibilities as set out in Attachment A. (includes the Confidentiality Agreement/role as observer)
- c) **Items**
Core Items – Figure March, Free Exercises, Rod Exercises, Club Swinging, Aesthetic and Rhythmical Aesthetic
Fancy Items – Song/s with Actions/Movement, Song and Dance, Folk Dance, Character/Folk Dance, Calisthenic Spectacular, Rhythmic Interpretation, Stage Medley, Dance Arrangement, Dance/Rods and Calisthenic Revue.
Solo Item – Graceful Solo, Calisthenic Solo.
Duo Items – Calisthenic Duo
- d) **Stage Area** – the visible working area of the stage including the area behind the standard back curtain when curtain is open and the apron area. Taped side-lines clarify the stage area. Front and back lines where marked are for safety purposes only. Legs (Black side curtains) should abut sidelines where possible. Stage markings for 'down spot lighting' allowed. **Competitors must work within the Stage area for all items including entry and exit, which must be from side or back of stage.** Recommended minimum working stage area 10m x 10m.
- e) **Curtains**
Front Curtain – means House Curtain.
i) The front curtain (allowable for Tinies), mid curtain (may be used only if insufficient space behind standard back curtain) and scrim may not be used for core items
ii) Other curtains, including cyclorama and standard back curtain are permitted subject to theatre availability and Item Rules.
iii) Legs (Black side curtains) must not be moved
iv) Standard back curtain may not be brought forward of the taped markings on the floor subject to individual theatre requirements.
- f) **Lighting**
i) Standard lighting or fancy lighting (Flashing lights, spot lights, follow spots, ultra violet lights, GoBo, slide, mirror ball, any other permissible fx lighting, alteration of lighting such as dimming, colour washes, during an item) and DLP imaging subject to availability at theatre.
ii) Strobe and laser derived lighting not permitted for health and safety reasons
iii) Side (wing) lighting may be used providing the lowest lantern is more than 3.5 metres above the floor.
iv) Lighted candles, sparklers or any naked flame or pyrotechnic devices not permitted.
- g) **Smoke/Water based Fog Fluid or Dry Ice Machine**
May be used but only if certified as safe by the appropriate authority in your state.
- h) **Remote devices**
May be used as per specified item rules. May be operated by a person on or off the stage.

i) **Stage Dressing**

Props or scenery, standard steps, modules, drums, ramps and platforms placed on the stage, prior to the commencement of the item. (Refer safety requirements for specifications).

j) **Flys**

Use of flys permitted subject to theatre availability and ACF/ State Association approval

k) **Safety Requirements**

Occupational Health and Safety issues must be taken into consideration at all times.

- i) Masks are permitted but the safety and health elements must be the responsibility of the coach.
- ii) No drawing pins or glass glitter to be used.
- iii) Props and scenery must be made to stand safely, taking into account the rake on many stages. If there are any safety concerns they will be removed from the stage at the discretion of the Stage Manager.
- iv) Modules, drums, ramps and platforms must have a firm top and firm base. Height to be no more than three times the minimum base dimension
- v) Accessories must not be attached to any curtains in any way.
- vi) If baled hay is used, it must be covered in plastic sheeting.
- vii) Live animals not permitted.
- viii) Side (wing) lighting may be used providing the lowest lantern is more than 3.5 metres above the floor
- ix) Lighted candles, sparklers or any naked flame or pyrotechnic devices not permitted.
- x) Strobe and laser lighting not permitted.
- xi) In the event of an injury to a competitor on stage, the Stage Manager and/or coach have responsibility for stopping that item. Should that action not be forthcoming adjudicators have the right to stop the performance. The adjudicator/s will ring their bell to cease the item. The team may re-present their item, minus the injured participant and will be eligible to be awarded a place. Other rules are applicable eg minimum number. In the event that the participant is deemed NOT to be injured the team may re-present with that participant and be eligible for placing
- xii) In the event of a hazard on stage, the Stage Manager and/or coach have responsibility for stopping that item. The adjudicator may stop the item if a perceived hazard occurs on stage. The team may re-present their item once the hazard has been cleared.

l) **Technical Fault**

A technical fault is defined as something that affects the performance of the competitors and not the presentation of the item. It will be caused primarily by a power, musical source or equipment failure and not an incorrect lighting or mishap with digital imaging or stage dressing. Responsibility for calling a technical fault will where possible lie with the coach and the stage manager in consultation with each other.

1.2 AGGREGATE

- a) To be eligible for the aggregate a team must compete in all items programmed. **(Flexible rule for each state - refer ACF Flexible Rules Policy at Appendix 1)**
- b) Points for Aggregate Trophies will be allotted as follows:

1 st Place 6 points	2 nd Place 4 points	3 rd Place 2 points	4 th Place 1 point
-----------------------------------	-----------------------------------	-----------------------------------	----------------------------------

- c) Should a State/club secure more than one place in any Team competition, only the highest award will count towards the Aggregate Trophy.
- d) In the event of a tie for any place, full aggregate points will be allotted.
- e) In the event of a tie for the Aggregate, each will receive an award.

1.3 BREACH OF RULES

- Each rule breached (as defined by the ACF and Technical Rules as stated) will be penalised by a deduction of 10 points with the exception of Minimum Number
- Minimum Number will be a deduction of 5 points for each item. (refer 1.6 Minimum Number definition).
- Actual deduction of the points to be carried out by the Adjudicator/s.
- Execution of a Banned Movement in competition will result in disqualification in the item in which it was performed.

a) Banned Movements

- i) Handstand to Forward Roll
- ii) Handstand Chest Drop
- iii) Fish Flop
- iv) Any gymnastic movement originating from a run-up and/or spring
 - Dive-roll
 - Cartwheel with a Run Up
 - Spring into handstand
 - Spring into Walkover
 - Round-off
 - Hand springs
 - Head springs
- v) Squat to straddle leap
- vi) Bridge-holding ankles
- vii) Revolving head stand
- viii) Chest roll and all variations of this movement
- ix) Supported chest balance
- x) Hook
- xi) Prone Hook
- xii) Rotation from straddle into a standing lunge
- xiii) Shoulder stand
- xiv) Rod in mouth
- xv) Rod/apparatus over shoulder in close formation
- xvi) Banned Pair Work

No competitor should take the full body weight of another competitor in any static standing position. The following are examples:

- Back to back linking of arms, one competitor lying on top of partners back.

- Handstand against partner's shoulders, front competitor bends forward and takes body weight of partner on her back.

b) Right of Review

A Right of Review is applicable to all breaches, excluding timing penalties. In the case of timing penalties Coaches will be notified using the Penalty Sheet, stipulating they have no right of review. The review process can only proceed when the item/performance has been recorded on "official" video/DVD. A review can only be requested by the coach of the team/soloist receiving the Penalty Sheet. Where a penalty is applied by adjudicator/s the process for review is as follows:

- i) Deferral of the results of that section pending the outcome of the review process
- ii) Coach notified at the end of that section, in writing of the penalty specifying rule number/banned movement.
- iii) Coach accepts the ruling – Coach signs the relevant section on the Penalty Sheet and returns the penalty sheet to the competition official OR
- iv) Coach does not accept the ruling and completes the appropriate section on the penalty sheet and returns it to the Competition Official. If review request occurs, review takes place as follows:
 - Review panel will be Adjudicator/s, designated Competition Official and Video operator (if applicable – to slow, pause video etc).
 - Adjudicator/s watch the video, define the breach and discuss interpretation.
 - The Review must be conducted in a private and closed environment to ensure confidentiality.
 - Adjudicator/s will decide to uphold or dismiss the breach.
 - Advise the Competition Official to notify the coach of the final decision which must be recorded on the Penalty Sheet.
- v) The Competition Secretary should hold these Penalty Sheets until the end of the competition year and then be destroyed.

c) Communication between Coach and Adjudicator

Whether a breach is accepted or not, the Coach may request to meet the Adjudicator/s to discuss the reason behind the penalty after the conclusion of the competition. The purpose of this meeting is educational only and will not change the original decision. (Please note this excludes timing penalties).

d) Prompting

Prompting competitors who are on stage during the performance of any item is strictly prohibited. In the first instance of prompting the Stage Manager will issue a warning. Second and subsequent occurrences will each incur a breach of rules penalty. Stage Manager and/or Chairperson will advise adjudicators of the breach/es.

NOTE: Musical instruments are considered to be part of the musical accompaniment and are not considered to be prompting if used for Tinies and Sub-Juniors. Clapping is not musical accompaniment and is considered to be prompting.

c) Curtains

- (i) Legs (Black side curtains) must not be moved. If they are purposely moved a breach of rules penalty will apply. Where the breach occurs within the line of sight of the adjudicator/s it is the adjudicator's call. Where the breach occurs outside the line of sight of the adjudicator/s, the Stage Manager will inform the adjudicator of the breach.

- (ii) Standard back curtain may not be brought forward of the taped markings on the floor subject to individual theatre requirements. Where there is sufficient space behind the standard back curtain for performers to assemble and the curtain is brought forward a breach of rules penalty will apply.

1.4 AGES

Flexible rule for each state, - refer ACF policy on Flexible Rules at Appendix 1.) For National Championships application should be made to ACF. (For State Competitions, applications should be made to the State Association in the time frame as determined by the State Association).

Tinies	7 years and under)	
Sub-Juniors	9 years and under)	
Juniors	12 years and under)	on 31 December in the year of
Intermediates	16 years and under)	competition
Seniors	16 years and over)	

1.5 COMPETITION

- a) Entry Forms must be signed by Coach/State Team Official to verify that all competitors are competing in correct age groups, and that coaches have viewed the Banned Movements Video.
- b) States/clubs must submit a list of all competitors for each item, in a form and at a time as directed by the Competition Sub-Committee.
- c) If a query is raised on ages/registrations, the State/Club concerned may be requested to produce a Birth Certificate/Proof of Registration within 7 days. If proven that they have breached these rules the State/Club will be disqualified from any item in which that member/s has/have competed.
- d) No competitor is permitted to compete with more than one State/Club in any one competition.
- e) A competitor or team cannot compete in two (2) age sections in the same item (**Flexible rule – refer ACF Flexible Rules Policy at Appendix 1**)
- f) Competitors must appear in one (1) core item to compete in a Fancy item, excluding Tinies
- g) A team will only be permitted to work out of programmed order under extenuating circumstances.
- h) Males up to and including the age of 14 are eligible to compete. Males 15 years and older cannot compete. (refer Member Protection Policy)

1.6 MINIMUM NUMBER

- a) The specified number of competitors must remain on stage **and be visible** throughout the item, excluding entry/opening and exit/closing. This also applies to Duos. Minimum number may be exceeded (except for Solos and Duos). Breach of rules penalty is 5 points deduction.
- b) Teams with less than the minimum number will incur a penalty of 5 points (Breach of Rules). Maximum of 2 less competitors permitted to perform (**Each State has flexibility in determining the minimum number – refer ACF Flexible Rules Policy at Appendix 1**).
- c) The minimum number of team members must be on stage at twenty (20) seconds from the commencement of all Core items. (excludes Minimal Rules) Breach of Rules penalty is 5 points deduction.

NOTE: If a breach of a) and/or b) and c) occur in any item, the team would incur 2 penalties of 5 points each.

1.7 FALSE STARTS

- a) If the music has commenced and then is found to be incorrect, provided the competitor/first team member has not entered the stage area, no penalty will be incurred.
- b) If a competitor/first team member makes a false start, 10 points are to be deducted by the Adjudicator/s, unless notified by the Stage Manager/Chairperson that the performance has been stopped for technical or safety reasons.
- c) In Solos/Duos/Team competitions, if the competitor/s leave the stage before the completion of their performance for a reason other than a technical problem they have the option of repeating the performance however, is ineligible to gain a placing.
- d) In Solos/Duos/Team competitions, if the competitor/s leave/s the stage before the completion of their performance due to a technical problem they have the option of repeating the performance and is eligible to gain a placing.

1.8 CAMERAS, TAPE RECORDERS, VIDEOS, MOBILE PHONES AND PAGERS

The use of these by unauthorised persons during competitions is strictly prohibited. Offenders will be required to leave the theatre.

1.9 TIMING

a) Setup/removal time

- (i) Core Items – nil
- (ii) Fancy Items – as defined by State Associations
- (iii) Minimal Rules – as defined by State Associations

Any breach of this rule will be advised by the stage manager

b) Start and Finish of an Item

- (i) The **start of an item** shall be:
 - The entry of the first competitor on the stage area
Or
 - View of the first competitor on the stage area
Or
 - View of the first competitor at the opening/lift of the front curtain when used
Or
 - View of the first competitor at lights up/on which includes illumination from data projection, and/or lighting on costumes or apparatus.
- (ii) The **finish of the item** shall be:
 - The exit of last competitor from the stage area
Or
 - View of the last competitor on the stage area
Or
 - At the close of front curtain when used
Or

- At black out.

c) Time Limits

Tinies

- Core Items 1½– 2½ minutes
- Fancy Items 2 – 3 minutes

Sub-Juniors

- Core Items 1½– 2½ minutes
- Fancy Items 2 – 3 minutes
- Calisthenic Solos and Duos 1½ – 2½ minutes

Juniors

- Core Items 2 – 3 minutes
- Fancy Items 2½ – 3½ minutes
- Solos and Duos 2 – 3 minutes

Intermediates

- Core Items 2½ – 3½ minutes
- Fancy Items 3 – 4 minutes
- Solos and Duos 2½ – 3½ minutes

Seniors

- All items 3 – 4 minutes
- Solos and Duos 3 – 4 minutes

Minimal Rules

- All items 3 – 4 minutes

Note: No twenty second rule applicable

Masters

- All items (except Calisthenic Revue) 2½ – 3½ minutes
- Calisthenic Revue 3 – 4 minutes

d) Timing Penalties

Any variation of the specified time limits will be a breach of rules (excluding Tinies). Points are to be deducted from the Adjudicator's points. The Adjudicator/s is/are to be advised of the penalty at the completion of the item.

1.10 ADJUDICATORS

- a) Communication with the Adjudicator/s either by competitors, coaches or other interested parties during competitions is prohibited, and committees reserve the right to disqualify a team/competitor for any breach of this rule.
- b) The adjudicator/s decision is FINAL and no correspondence or verbal query will be entered into regarding any placings.

1.11 COACHES

All coaches (Team/Soloists) must have Level 1 Accreditation and must be registered with their State Association.

1.12 OPEN/CLOSED NATIONAL COMPETITION

- a) Open and Closed Competition will be offered to Graceful Solo competitors only. States eligible for the Closed Division are defined by ACF. In any age group where a minimum of two (2) of these states are entered, a Closed Division will operate.
- b) Any competitor in the Closed Division, who places in the open Graceful solo competition, will automatically be ineligible to enter in the Closed Division in subsequent years.
- c) All calisthenic solo/duos participate in one division.
- d) All teams participate in one division with an Aggregate Trophy awarded to the winning State.

1.13 DISABILITY

In accordance with the ACF Disability Policy, adjustments may be made to accommodate a disabled competitor and such adjustments made to be advised to the adjudicator/s.

The person who has a disability is adjudicated in the same manner as an able bodied person, ie on their ability to perform the technical skills they attempt in a routine or teamwork, having provided an environment that allows the person with a disability every opportunity to compete on a level playing field as an able bodied participant.

2. ITEM RULES

2.1 CORE ITEMS

(these rules to be read in conjunction with the critique components)

Figure March, Free Exercises, Rod Exercises, Club Swinging

Minimum Number	8 (Must be seen to enter and exit the stage) For Tinies, entry and exit optional
Lighting	No
Front Curtain	No (allowable for Tinies)
Scrim Curtain	No
Cyclorama/Standard back Curtains	Yes
Mid Curtain	Yes, if insufficient space behind back curtain
Stage Dressing	Not permitted
Smoke Machine/Dry Ice	Not permitted
Remote Devices	Not Permitted
Masks	Yes
Pointe Work/Pointe Shoes	No

Technical Rules

(Note: Item content in bold are breaches and will incur 10 point penalty)

2.1.1 Club Swinging

- a) **The clubs must be clearly seen to come to a complete stop before:-**
 - i) **Changing the direction of a circle within a plane**
 - ii) **Changing the angle of the plane**
(excluding entry and exit)
- b) **Each arm and club may swing independently of the other but on the same vertical plane.**

2.1.2 Aesthetic

Minimum number	8
Mid curtain/Scrim Curtain	No
Front Curtain	Yes (but only for placing a team on stage for a black out start) (Allowable for tinies)
Other Curtains	Yes
Lighting	Yes
Stage Dressing	Not permitted
Smoke Machine/Dry Ice	Yes
Remote Devices	Not permitted
Masks	Yes
Pointe Work/Pointe Shoes	No

Technical Rules

(Note: Item content in bold are breaches and will incur 10 point penalty)

Aesthetic

- **No elevated steps permitted**

2.1.3 Rhythmical Aesthetic

Minimum number	8
Mid curtain/Scrim Curtain	No
Front Curtain	No (Except where black out is not available)
Other Curtains	Yes
Lighting	Yes
Stage Dressing	Not permitted
Smoke Machine	Yes
Remote Devices	Not permitted
Masks	Yes
Pointe Work/Pointe Shoes	No

Technical Rules

Rhythmical Aesthetic

- **Elevated steps must be included**

2.2 FANCY ITEMS

(these rules to be read in conjunction with the critique components)

Minimum number	8
Curtains	Yes
Lighting	Yes
Stage Dressing	Yes
Smoke Machine	Yes
Remote Devices	Yes
Masks	Yes
Pointe Work/Pointe Shoes	No

ITEM CONTENT/Technical Rules

(Note: Item content in bold are breaches and will incur 10 point penalty)

- a) **Song/s with Actions/Movement**
 - i) **Assistance in singing by coaches or non-members of the team is not permitted during the item**
 - ii) **Singing and speaking on recorded music permitted, however, singing with recorded vocals is not permitted.**
 - iii) Limited Solo singing permitted.

- b) **Song and Dance**
 - i) **Assistance in singing by coaches or non-members of the team is not permitted during the item**
 - ii) **Singing and speaking on recorded music permitted, however, singing with recorded vocals is not permitted.**
 - iii) Limited Solo singing permitted
 - iv) Singing and dancing must be evenly balanced.

- c) **Folk Dance**
 - i) Costumes, music and suitable dance steps must be applicable to the country portrayed
 - ii) Title of Folk Dance should include the country/region portrayed.

- d) **Character/Folk Dance**
 - i) Costumes, music and suitable dance steps should be applicable to the country/character portrayed.
 - ii) When a character dance is chosen, steps should align to the ACF Calisthenic Skills Dance syllabus

- e) **Calisthenic Spectacular**
 - i) Must contain dancing (any style) and calisthenic physical work of equal balance
 - ii) **Singing and speaking on recorded music permitted however, singing with recorded vocals is not permitted.**
 - iii) **Assistance in singing by coaches or non-members of the team is not permitted during the item.**
 - iv) Limited Solo singing permitted.

- f) **Rhythmic Interpretation**
 - i) Elevated steps must be included

- g) **Stage Medley**
 - i) Item must include singing, calisthenic physical work and dance (of any style) of equal balance.
 - ii) **Singing and speaking on recorded music permitted however, singing with recorded vocals is not permitted.**
 - iii) **Assistance in singing by coaches or non-members of the team is not permitted during the item.**
 - iv) Limited Solo singing permitted.

- h) **Dance Arrangement**
 - **No singing except on recorded music.**

- i) **Dance/Rods**
 - i) Must contain dancing (any style) and Rod manipulation, flashing & twists of equal balance by the minimum number of eight (8) competitors
 - ii) Limited Solo singing permitted
 - iii) **Assistance in singing by coaches or non-members of the team is not permitted during the item**
 - iv) **Singing and speaking on recorded music permitted, however, singing with recorded vocals is not permitted.**
 - v) A title will be applicable for this item.

- j) **Calisthenic Revue**
 - i) May include singing, dialogue, calisthenic work and dance (of any style).
 - ii) **Singing and speaking on recorded music permitted however, singing with recorded vocals is not permitted.**
 - iii) **Assistance in singing by coaches or non-members of the team is not permitted.**

- iv) Limited solo singing permitted.
- v) A maximum of six competitors will be permitted to work up into an older age group on the proviso that the Intermediates working up into the senior Calisthenic Revue meet the Senior age requirement of 16 years. This special condition does not apply to any other items. (state rules apply)

2.3 MINIMAL RULES

Minimum number	8
Curtains	Yes
Lighting	Yes (except strobe and laser)
Stage Dressing	Yes
Smoke Machine	Yes
Remote Devices	Yes
Masks	Yes

- a) Competitors must appear in one (1) core item to compete in a Fancy Item
- b) Time Limits – refer section 1.9 c)
- c) Flies permitted subject to theatre availability and State Association approval
- d) Set up time as defined by State Association
- e) Banned movements, Safety aspects and Technical Rules as per ACF Rules
- f) Twenty (20) second rule does not apply to Minimum Number.

Technical Rules

2.3.1 Aesthetic

- **No elevated steps permitted**

2.3.2 Rhythmical Aesthetic

- a) Elevated steps must be included

2.3.3 Club Swinging

- a) **The clubs must be clearly seen to come to a complete stop before:-**
 - i) **Changing the direction of a circle within a plane**
 - ii) **Changing the angle of the plane**
(excluding entry/opening and exit/closing)
- b) **Each arm and club may swing independently of the other but on the same vertical plane.**

2.3.4 Song and Dance

- a) **Assistance in singing by coaches or non-members of the team is not permitted during the item**
- b) **Singing and speaking on recorded music permitted, however, singing with recorded vocals is not permitted.**
- c) Limited Solo singing permitted
- d) Singing and dancing must be evenly balanced.

2.3.5 Calisthenic Spectacular

- a) Must contain dancing (any style) and calisthenic physical work of equal balance
- b) **Singing and speaking on recorded music permitted however, singing with recorded vocals is not permitted.**
- c) **Assistance in singing by coaches or non-members of the team is not permitted during the item.**
- d) Limited Solo singing permitted.

2.3.6 Rhythmic Interpretation

- Elevated steps must be included

2.3.7 Stage Medley

- a) Item *must* include singing, calisthenic physical work and dance (of any style) of equal balance.
- b) **Singing and speaking on recorded music permitted however, singing with recorded vocals is not permitted.**
- c) **Assistance in singing by coaches or non-members of the team is not permitted during the item.**
- d) Limited Solo singing permitted.

2.3.8 Dance Arrangement

- **No singing except on recorded music.**

2.3.9 Dance/Rods

- a) Must contain dancing (any style) and Rod manipulation, flashing & twists of equal balance by the minimum number of eight (8) competitors
- b) Limited Solo singing permitted
- c) **Assistance in singing by coaches or non-members of the team is not permitted during the item**
- d) **Singing and speaking on recorded music permitted, however, singing with recorded vocals is not permitted.**
- e) A title will be applicable for this item.

2.3.10 Calisthenic Revue

- a) May include singing, dialogue, calisthenic work and dance (of any style).
- b) **Singing and speaking on recorded music permitted however, singing with recorded vocals is not permitted.**
- c) **Assistance in singing by coaches or non-members of the team is not permitted.**
- d) Limited solo singing permitted.
- e) A maximum of six competitors will be permitted to work up into an older age group on the proviso that the Intermediates working up into the senior Calisthenic Revue meet the Senior age requirement of 16 years. This special condition does not apply to any other items. (state rules apply)

2.4 SOLOS/DUOS

Front/Scrim/Mid Curtain	No
Other Curtains	Yes
Lighting	Yes
Stage Dressing	No
Smoke Machine	Yes
Remote Devices	No
Masks	Yes
Pointe Work/Pointe Shoes	No

a) **Graceful Solo**

i) Item must have a balance of aesthetic movement, elevated steps and dance.

ii) **Skills Level Requirements are a prerequisite for entry to National Solos. (Refer Appendix 2 - ACF Calisthenic Skills Levels Policy).**

Provided a State has a team entered in the National Championships that year, that State is eligible to submit entries for Graceful Solo/Calisthenic Solo/Duo. Applications for exemption should be submitted to the ACF. Competitors must be a registered member of the State Association for which the competitor is competing. Open Division States are entitled to four entries per section and Closed Division States are entitled to three entries per section.

b) **Calisthenic Solo/Duo**

i) Item must have a balance of calisthenic physical work and dance.

ii) **Skills Level Requirements are a prerequisite for entry to National Solos. (Refer Appendix 2 - ACF Calisthenic Skills Levels Policy).**

Competitions offered in these sections will be determined by the ACF.

NOTE: Participants are only eligible to compete in ONE calisthenic solo/duo at national competitions ie graceful solo, calisthenic solo or duo.

2.5 MASTERS

- a) All team members must be 26 years or older as at 31 December in year of competition.
- b) Ladies younger than 26 years electing to compete in a Masters' team must obtain permission from the State Association. This exemption will only be given in exceptional circumstances – eg never participated in Calisthenics; disability or health issue.
- c) A participant in Masters cannot compete in a Senior section/item, and a participant in Seniors cannot compete in a Masters section/item. That means participants cannot compete in both sections in one year, under any circumstances – even if both sections compete at different competitions.
- d) Time Limits - 2½-3½ minutes for all items except Calisthenic Revue which will be 3-4 minutes.

ROLE AND RESPONSIBILITIES OF THE COMPETITION OFFICIAL

Role:

- To ensure the efficiency and effectiveness of the Review Process.

Responsibilities:

- Read, understand and sign the Confidentiality Agreement. Adhere to the specifications of this Agreement at all times.
- Prior to competition liaise with the Competition Committee and determine the venue for the Review Process to take place
- Ensure the venue is private and closed
- Deliver the notice of the breach to the coach in a confidential manner (eg sealed envelope) at the completion of that section.
- Once the Review Process has been conducted, advise the Coach of the decision in a timely manner and with total objectivity.

COMPETITION OFFICIAL/OBSERVER’S CONFIDENTIALITY AGREEMENT

It is a condition of your position as a Competition Official for the Rules Review process that you will not divulge (directly or indirectly) any confidential information relating to the review process before, during or after competitions. The ACF (at State level it will be the State Association) expects that this condition will apply both during your current involvement as a Competition Official/Observer and after your involvement ceases.

Confidential information refers to any information (verbal, written or electronic) pertinent to the review process which is not publicly available.

I have read and understand the confidentiality terms outlined above and agree to abide by these terms.

Name: (please print) _____

Signature _____ Date _____

(Note: at least two people should be appointed for each competition to avoid any possible conflict of interest – only one person will officiate, however, in the event that a possible conflict of interest (ie close association with the relevant coach/team) then the second person will be called upon to undertake the duties.

**AUSTRALIAN CALISTHENIC FEDERATION INC¹
TIMING PENALTY INFORMATION**

ITEM: _____ TEAM NO. _____

PENALTY:

ENTRY O/TIME (20second Rule) (1.6c)	DEDUCTION 5 POINTS
OVER MAXIMUM TIME	DEDUCTION 10 POINTS
UNDER MINIMUM TIME	DEDUCTION 10 POINTS

NO RIGHT OF REVIEW

COACH HAS BEEN ADVISED OF THIS PENALTY.

Coach's Signature

✂ -----

**AUSTRALIAN CALISTHENIC FEDERATION INC²
BREACH OF RULES – PENALTY INFORMATION
(coach to be notified at the end of the section)**

ITEM: _____ TEAM NO. _____

BREACH OF RULES:

BREACH OF RULES No. 1.6a) & b) Minimum Number DEDUCTION 5 POINTS

BREACH OF RULES No. DEDUCTION 10 POINTS

BREACH OF RULES No. DEDUCTION 10 POINTS

TOTAL DEDUCTION POINTS

Banned movement/s - disqualification: No. & Description:

I ACCEPT THIS PENALTY

COACH'S SIGNATURE

I REQUEST THE REVIEW PROCESS ON THIS PENALTY

COACH'S SIGNATURE

Adjudicator/s decision after review: _____

Adjudicator's signature: _____

¹ At State level, you will need to amend accordingly

² At State level, you will need to amend accordingly

ACF FLEXIBLE RULES POLICY

As the governing body of Rules at a national level, it is essential for ACF to set the parameters on how States/Territories administer their flexibility, taking into consideration the reasons why these rules are flexible.

Principles of the Rules

- Safety Measures
- Participation – maintenance and growth
- To maintain the uniqueness and creativity in calisthenics

There are two main reasons for allowing Flexible Rules

- Participation
- Theatre/venue requirements

With regard to participation, flexible rules are allowed. The main objective is to increase/maintain participation levels in each State. They are adopted solely for this reason and should be administered in the spirit in which they are intended. Care should be exercised by each State/Territory to ensure the rules are not to be seen to advantage/disadvantage individual clubs/teams to gain better results at competition.

In relation to theatre/venue requirements some states utilise multiple venues whilst other States utilise a dedicated venue. It is important to note that State Associations will take into consideration aspects like competition times, cost of “extras” and ultimately it will be the State Association who has the final say.

On this basis the following rules are deemed to be “flexible” according to each State Association’s criteria.

- Rule 1.2a) – Aggregate – to be eligible for the aggregate a team must compete in all items programmed.
- Rule 1.4 – Ages
- Rule 1.5e) A competitor or team cannot compete in two age sections in the same item.
- Rule 1.6b) – Minimum Number – Teams with less than the minimum number will incur a penalty of 5 points. Maximum of 2 less competitors permitted to perform.

ACF CALISTHENIC SKILLS LEVELS POLICY

The required levels for entry into any ACF Solo competition are as follows:

Competitor's Age	Minimum Level
10 years	Test 3
11-12 years	Grade 1
13-14 years	Grade 2
15 years	Prep Grade 3
16 years	Grade 3
17 years	Grade 4

Note: In the event that a state wishes to vary these requirements, approval from the EAB MUST be gained in the preceding year before it can take effect.

That approval must then be notified to the Director of Competitions to ensure correct entries are processed.