

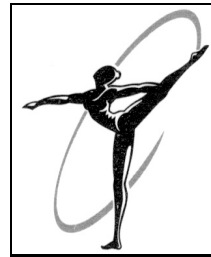


AUSTRALIAN CALISTHENIC FEDERATION INC.

National & CACTI Rules



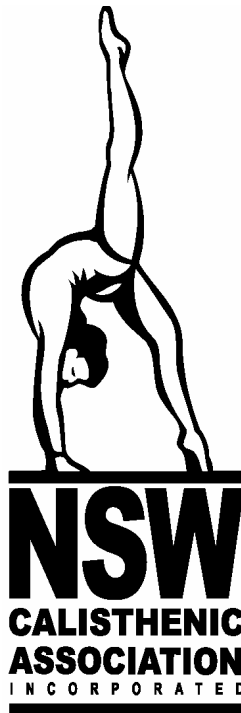
Calisthenics Association of Australian Capital Territory Inc



Calisthenics Association of Western Australia Inc



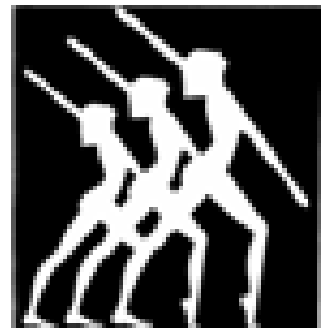
Calisthenics Queensland Inc



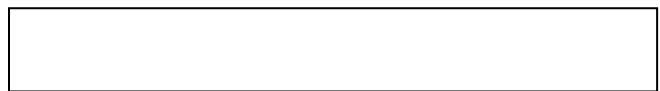
Calisthenics Victoria Inc



Northern Territory Calisthenics Association



Calisthenics Association of South Australia Inc



Approved by ACF: 21 May 2005
Amended ACF: 19 November 2005

**CACTI Flexible Rules Amended 3 May 2004
(CACTI Rules are in Italics)**

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GENERAL RULES

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) **Core Items** - Figure March, Free Exercises, Rod Exercises, Club Swinging, and Aesthetic
Fancy Items - Song/s with Actions, Song and Dance, Folk Dance, Rhythmic Interpretation, Calisthenic Spectacular, Stage Presentation, Stage Medley and Dance Arrangement.
Solo Item - Graceful Solo, Calisthenic Solo.
Duos - Calisthenic Duo
- d) **Stage Area** - the visible working area of the stage including the area behind the back curtain when curtain is open and the apron area. Taped lines clarify the stage area. Legs (Black side curtains) should abut sidelines where possible. Stage markings for 'down spot lighting' allowed. **Tea ms 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. (***CACTI RULE: For safety reasons the stage front (apron) area of Erindale Theatre is not to be used. No penalty will apply if a competitor accidentally goes onto the apron but a penalty will apply if the item is choreographed to use the apron area***)
- e) **Curtains**
Front Curtain - means House Curtain.
 - i. The front curtain (allowable for Tinies), mid curtain (may be used only if insufficient space behind back curtain) and scrim may not be used for core items
 - ii. Other curtains, including cyclorama and back curtain are permitted subject to theatre availability and Item Rules.
 - iii. Legs (Black side curtains) must not be moved
 - iv. Black back curtain may not be brought forward of the taped markings on the floor subject to individual theatre requirements.
- f) **Lighting:**
 - 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) subject to availability at theatre.
 - Strobe and laser derived lighting not permitted for health and safety reasons

- Side (wing) lighting may be used providing the lowest lantern is more than 3.5 metres above the floor.
- 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, however, are ineligible to gain a placing. Other rules are applicable eg minimum number.**

2. AGGREGATE

- a) To be eligible for the aggregate a team must compete in all items programmed. **(Flexible rule for each state, - refer ACF policy on Flexible Rules at Appendix 1).**
CACTI RULE: *This rule does not apply in the ACT - i.e. teams do not have to compete in all programmed items to remain eligible for the aggregate trophy*
- b) Points for Aggregate Trophies will be allotted as follows:
- | | |
|--------|---|
| First | 6 |
| Second | 4 |
| Third | 2 |
| Fourth | 1 |
- 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.

3. BREACH OF RULES

- a. Each breach of rules (as defined by the ACF and Technical Rules as stated) will be penalised by a deduction of 10 points. **Execution of a Banned Movement in competition will result in disqualification in the item in which it was performed.** Actual deduction of the points to be carried out by the Adjudicator/s.

i) Banned Movements

1. Handstand to Forward Roll
2. Handstand Chest Drop
3. Fish Flop
4. 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
5. Squat to straddle leap
6. Bridge-holding ankles
7. Revolving head stand
8. Chest roll and all variations of this movement
9. Supported chest balance
10. Hook
11. Prone Hook
12. Rotation from straddle into a standing lunge
13. Shoulder stand

14. Rod in mouth
15. Rod over shoulder in close formation

16. Banned Pair Work

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

- Back to back linking of arms, one girl lying on top of partners back.
- Handstand against partner's shoulders, front girl bends forward and takes body weight of partner on her back.

- b) **Right of review** 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 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. (for definition of Competition Official refer to General Rules Definitions 1. b))
 - v. 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)
 - Adjudicators watch the video, define the breach and discuss interpretation
 - The Review must be conducted in a private and closed environment to ensure confidentiality.
 - Adjudicators 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.
 - The Competition Secretary should hold these Penalty Sheets until the end of the competition year.
- c) 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 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.

e) Curtains

1. 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.
2. Black 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 back curtain for performers to assemble and the curtain is brought forward a breach of rules penalty will apply.

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)	
CACTI Tinies	<i>(6 years and under</i>)	
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)	

5. COMPETITION

- i. 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.
- ii. 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.
- iii. 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.
- iv. No competitor is permitted to compete with more than one State/Club in any one competition.
- v. 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)**
CACTI RULE:
 - a. *A club may enter a team in any item using competitors from one age group lower. This does not prevent the younger competitors from competing in their own age section in the same item.*
 - b. *All registered competitors in an age section must be included in the item before any younger competitors are used. (except for Seniors - see Rule 5.v (e)).*
 - c. *Exclusion of registered competitors in that section will constitute a Breach of Rules in that applicable item.*
 - d. *A club may only supplement one team in an item with under-age competitors.*

***Senior Rule:** Any item must be made up of a minimum of 75% fully registered competitive Seniors before the item is supplemented by Intermediate registered competitors.*

- vi. Competitors must appear in one (1) core item to compete in a Fancy item, excluding Tinies
- vii. A team will only be permitted to work out of programmed order under extenuating circumstances.

6. Minimum Number

- i. The specified number of competitors must remain on stage **and be visible** throughout the item, excluding entry and exit. This also applies to Duos. Minimum number may be exceeded (except for Solos and Duos).
- ii. Teams with less than the minimum number will incur a penalty of 10 points (Breach of Rules). Maximum of 2 less competitors permitted to perform (**Flexible rule for each state – refer ACF Flexible Rules policy at Appendix 1**).
***CACTI RULE:** A team fielding fewer than the minimum number will be penalised two (2) points per competitor under the stated minimum number for that item, excluding Tinies.*
- iii. The minimum number of team members must be on stage at twenty (20) seconds from the commencement of all Core items. (excludes Minimal Rules)

7. False Starts

- i. 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.
- ii. 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 item has been stopped for technical or safety reasons.
- iii. In Solos/Duos/Team competitions, if the competitor/s leave/s the stage before the completion of their item for a reason other than a technical problem, they have the option of repeating the performance however, are ineligible to gain a placing.
- iv. 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 are eligible to gain a placing.

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.

9. TIMING

- i. Start and Finish of an Item
 - a) The **start of an item** shall be from the view of the first competitor on to the stage area.
 - b) 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.

ii. TIME LIMITS

Tinies

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

Sub-Juniors

- Core Items 1½- 2½ minutes
- Fancy Items 2½ - 3½ minutes
- Calisthenic Solos and Duos 1½ - 2½ minutes

Juniors

- Core Items 2 - 3 minutes
- Fancy Items (excluding Stage Presentation & Medley) 2½ - 3½ minutes
- Stage Presentation 4½ - 5½ minutes
- Stage Medley 3 - 4 minutes
- Solos and Duos 2 - 3 minutes

Intermediates

- Core Items 2½ - 3½ minutes
- Fancy Items (excluding Stage Presentation & Medley) 3 - 4 minutes
- Stage Presentation 4½ - 5½ minutes
- Stage Medley 3½- 4 ½minutes
- Solos and Duos 2½ - 3½ minutes

Seniors

- All items excluding (Stage Presentation and Medley) 3 - 4 minutes
- Stage Presentation 4½ - 5½minutes
- Stage medley 4 - 5 minutes
- Solos and Duos 3 - 4 minutes

Minimal Rules

- All items excluding Stage Presentation and Medley 3 - 4 minutes
- Stage Presentation 4½ - 5½minutes
- Stage Medley 4 - 5 minutes

Note: No twenty second rule applicable

iii) 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.

10. Adjudicator/s

- i. 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.

- ii. The adjudicator/s decision is FINAL and no correspondence or verbal query will be entered into regarding any placings in any class, in any section, in any grade.

11. Coaches

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

12. Open/Closed National Competition

- i. 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
- ii. 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.
- iii. All calisthenic solo/duo participate in the one division.
- iv. All teams participate in one division with an Aggregate Trophy awarded to the winning State.

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.

14. CACTI Tinies

- i. *No minimum number rule to apply.*
- ii. *Music may be recorded or live and may be used at the same time as one another.*

ITEM RULES

1. Core Items

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/back Curtains	Yes
Mid Curtain	Yes, if insufficient space behind back curtain
Stage Dressing	Not permitted
Smoke Machine	Not permitted
Remote Devices	Not Permitted
Masks	Yes
Pointe Work	No

Technical Rules

Club Swinging

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

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

No

Aesthetic - Technical Rules

- i. No elevated steps permitted

2. Fancy Items

Minimum number	8
Curtains	Yes
Lighting	Yes (except Tinies)
Stage Dressing	Yes
Smoke Machine	Yes
Remote Devices	Yes
Masks	Yes
Pointe Work	No

ITEM CONTENT

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

a. Song and Action

- 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 as long as it does not accompany live vocals.**
- 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, any vocalising over 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 steps must be applicable to the country portrayed
- ii. Title of Folk Dance must include the country/region portrayed.

d. Calisthenic Spectacular

- i. Must contain dancing (any style) and calisthenic physical work of equal balance
- ii. **Singing and speaking on recorded music permitted however, any vocalising over 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.

e. Rhythmic Interpretation

- i. Elevated steps must be included

f. Stage Presentation

- i. May include singing, dialogue, calisthenic work and dance (of any style)
- ii. **Singing and speaking on recorded music permitted however, any vocalising over 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.

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, any vocalising over 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

- i. **No singing except on taped music.**

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

- i. Competitors must appear in one (1) core item to compete in a Fancy Item
- ii. Time Limits - refer section 9 (b)
- iii. Flies permitted subject to theatre availability and State Association approval
- iv. Set up time as defined by State Association
- v. Banned movements, Safety aspects and Technical Rules as per ACF Rules
- vi. Twenty (20) second rule does not apply to Minimum Number.
- vii. **Assistance in singing by coaches or non-members of the team is not permitted during the item.**
- viii. **Singing and speaking on recorded music permitted, however, any vocalising over recorded vocals is not permitted.**
- ix. Title of Folk Dance must include the country/region portrayed.

Technical Rules
Aesthetic

- a. No elevated steps permitted

Club Swinging

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

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	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 she is competing. Open Division States are entitled to four entries per section and Closed Division states are entitled to three entries per section; however, if any State does not fill its complement, remaining States entering may fill other places but only if it can be offered equitably. A Closed Division will be offered for Solos. (refer Rule 12 (c) and 12 (d).

b) Calisthenic Solo/Duo

- i. Item must have a balance of calisthenic physical work and dance. Competitions offered in this section will be determined by the ACF>

c) CACTI Graceful solo/solo and duo entry criteria

- i. *Competitors will compete in at least two (2) items in each CACTI Team competition in the year of competing, one (1) item of which must be a core item.*
- ii. *If a participant competes in a CACTI Solo Competition and does not compete in all CACTI Team Competitions in that year, that participant's entry will not be accepted to compete in any CACTI Solo Competition the following year. The only exceptions to this rule will be based on medical grounds or some other extenuating circumstances.*

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)
- Notify the coach of the penalty and deliver the penalty sheet to the coach of the team/soloist.
- 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 INC
TIMING PENALTY INFORMATION**

ITEM: _____ ITEM NO. _____

PENALTY:

<u>ENTRY O/TIME</u>	<u>DEDUCTION 10 POINTS</u>
<u>OVER MAXIMUM TIME</u>	<u>DEDUCTION 10 POINTS</u>
<u>UNDER MINIMUM TIME</u>	<u>DEDUCTION 10 POINTS</u>

NO RIGHT OF REVIEW

COACH HAS BEEN ADVISED OF THIS PENALTY.

Coach's Signature

✂ -----

AUSTRALIAN CALISTHENIC FEDERATION INC¹

BREACH OF RULES - PENALTY INFORMATION

ITEM: _____ ITEM NO. _____

BREACH OF RULES:²

<u>BREACH OF RULES No.</u>	<u>DEDUCTION 10 POINTS</u>
<u>BREACH OF RULES No.</u>	<u>DEDUCTION 10 POINTS</u>
<u>BREACH OF RULES No.</u>	<u>DEDUCTION 10 POINTS</u>
<u>TOTAL DEDUCTION</u>	<u>POINTS</u>

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: _____

Adjudicators signature: _____

¹ At state level, you will need to amend accordingly.

² At state level, you will need to amend in accordance with your relevant flexible rules.

ACF POLICY ON FLEXIBILITY OF RULES

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/Territory's criteria.

- Rule 2a - Aggregate - to be eligible for the aggregate a team must compete in all items programmed.
- Rule 4 - Ages
- Rule 5.v A competitor or team cannot compete in two age sections in the same item.
- Rule 6ii - Minimum Number - Teams with less than the maximum number will incur a penalty of 10 points. Maximum of 2 less competitors permitted to perform.

ACF CALISTHENIC SKILLS LEVEL POLICY

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

Competitor's Age	Minimum Level
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.