

## Who Needs Skills Exams - Not Me!!!! But Are you Sure???

Calisthenics ACT strongly encourages all participants to undertake skills exams if they are planning on competing as a soloist. While you do not need to have completed a certain skill level to be able to compete in the ACT you do need the correct level to compete at many interstate competitions and to represent the ACT at Nationals (and for any of our aspiring Senior soloists this also applies to the RSSS Solo and Graceful Competitions). Without the required skill level you are not eligible for National selection and it is too late after the solo season commences to then ask for an exam to be held.

*Remember you are looking a year ahead for what will be required for competition in 2024. You need to consider the age the participant will turn in 2024 to calculate the required skill level from the table below.*



Anyone considering undertaking the Cadet Course should be aware that they require at least Grade 2 to be eligible for the course. Participants who are aspiring to qualify as coaches also need to have attained Grade 2 in order to be eligible for the Level 1 Coaches Course and subsequent qualification.

<b>Calisthenic Skill Level</b>	<b>Age Required to be eligible to present for Exam As at 31 December in the year of examination</b>	<b>ACF Solo Requirements As at 31 December of comp year</b>
Test 1	7 and 8 year olds	8 years
Test 2	7, 8 and 9 year olds	9 years
Test 3	9, 10 and 11 year olds	10 and 11 years
Grade 1	11, 12 and 13 year olds	12 and 13 years
Grade 2	13, 14 and 15 year olds	14 and 15 years
Grade 3	14, 15 and 16 year olds	16 years
Grade 4	15, 16 and 17 year olds	17 years and over
Bronze Medal	Min 16 years - Must have Grade 4	
Silver Medal	Min 17 years - Must have Grade 4 and Bronze Medal	
Gold Medal	Min 18 years - Must have Grade 4, Bronze and Silver Medal	

### How to Register for Skills Exams 2023

Registration forms are available from your Club and can be found on the Calisthenics ACT web-site. Class times will be advised via email once registrations have been processed and numbers of participants known.



#### Contact for Assistance:

Email: [skills@calisthenicsact.com.au](mailto:skills@calisthenicsact.com.au)

Jacqueline Reber - 0438 104 860