Australian Calisthenic Federation

ACF National Rules & Regulations

CALISTHENICS ACT *including Calisthenics ACT Rules*

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1. DEFINITIONS

a) **Club** means Club, College or State Association.

b) **Coach** means a person who has attained level 1 or level 2 coaching accreditation in accordance with ACF Coaching policies and procedures and is registered with their State Association.

c) **Competitor** means a participant who is registered as a member of the ACF through a Club and State Association at a level that is eligible to participate in competition events delivered by a State Association or the ACF.

d) **Competition Official** means 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).

e) **Competition Sub-Committee** means a committee established by the ACF or a Club, in accordance with its Constitution, for the purpose of convening and administering a competition event.

f) **Curtains**

1. Front Curtain means House Curtain.

g) **False start** means when an item appears to have started, either by the commencement of music or lighting, or the sight of a competitor on the stage area, that is the result of a technical fault or technician error as deemed by Stage Manager/Chairperson and Coach (refer to section 3.5 'False starts and Item Stoppages').

h) **Flys.** Use of flys permitted subject to theatre availability and ACF/ State Association approval.

i) **Interlude** means a brief interval that acts as a pause or break between Technical Club swings.

j) **Items**

i. Core Items - Figure March, Free Exercises, Rod Exercises, Club Swinging, Aesthetic and Rhythmical Aesthetic.

ii. Fancy Items - Rhythmic Interpretation, Song/s with Actions/Movement, Song and Dance, Dance Arrangement, Character /Folk Dance, Dance Rods, Stage Medley, Calisthenic Revue, and Calisthenic Spectacular.

iii. Solo Items - Graceful Solo, Calisthenic Solo.

iv. Duo Items - Calisthenic Duo.

v. Trio Items – Calisthenic Trio.

vi. For the purposes of competition, items are defined as follows:

- Solo Items: 1 competitor
- Duo Items: 2 competitors
- Trio Items: 3 competitors
- Team Items: 4 or more competitors

NOTE: This definition applies to entry eligibility only. A team cannot enter a competition with fewer than the number defined above (see Rule 2.1.8). This definition is separate from Rule 3.4 (Minimum Number), which must be met for all competition items.

k) **Lighting**

a. Standard lighting or fancy lighting (flashing lights, spotlights, follow spots, ultraviolet lights, Gobo, slide, mirror ball, any other permissible Fx lighting, alteration of lighting such as dimming, colour washes, during an item) and OLP imaging subject to availability at theatre.

i. Side (wing) lighting may be used providing the lowest lantern is more than 3.5 metres above the floor.

ii. Illumination from data projection (OLP) is defined as the projection of images, coloured screen, or white screen mode, and not illumination that may occur when the data projector is on standby or black screen mode.

l) **Recording** device means an electronic tool designed to capture and store media, including video, photos, and sound. It can convert visual and audio information into digital or analogue formats for playback, editing, or sharing, typically utilizing components like cameras for images and microphones for audio. Examples include but are not limited to smartphones, cameras, camcorders, and audio recorders.

m) **Remote devices are** defined as a moving object (e.g. car) that is controlled by the use of radio or electronic signals. A remote device may be used as per specified item rules. May be operated by a person on or off the stage.

n) **Stage Area**

i. The working area of the stage, including the area behind the standard back curtain when curtain is open and the apron area.

ii. Taped side lines clarify the stage area.

iii. Front and back lines where marked, are for safety purposes only.

iv. Legs (Black side curtains) should abut sidelines where possible. Stage markings for 'down spot lighting' allowed. Recommended minimum working stage area is 10m x 10m.

o) **State Association** means an ACF affiliated entity that is responsible for overseeing the administration and management of calisthenics in a Member State.

p) **Stage Dressing**

Props or scenery, standard steps, modules, drums, ramps and platforms and fabric (not costuming) deemed to be placed on the stage area, prior to the commencement of the item. (Refer safety requirements for specifications).

q) Stage Manager/Chairperson is the competition official responsible for calling a technical fault or technician error in consultation with the coach.

r) **Technical Fault** & **Technician Error.**

i. A technical fault is defined as an equipment failure that affects the music or visibility of the competitors.

ii. A technician error is defined as an incorrect blackout or curtain movement performed by a theatre technician that impacts the competitors' safety or the timing of the item.

iii. Responsibility for making a technical fault or technician error will lie with the Stage Manager/ Chairperson in consultation with the coach.

s) **Theatre Rules** refer to the technical, administrative, safety, or other rules set by a theatre or venue where a competition is held.

t) View of competitor only when physically timing means when any part of a competitor is visible within the stage area. Also, a competitor is considered visible if any part of them can be seen either by direct or indirect lighting but does not include visibility that arises from illumination by a data projector in standby mode (refer to section 3.6.2 'Start and Finish of Items').

2. COMPETITION, OPERATION AND ADMINISTRATION

2.1 COMPETITION ENTRY

2.1.1. 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 registration the State/Club/Competitor **will be disqualified from any item in which that member/s has/have competed.**

2.1.2. No competitor is permitted to compete with more than one State/Club 1n any one competition. Rule Breach - disqualification.

2.1.3. 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.

2.1.4. A competitor or team cannot compete in two (2) age sections in the same item. **Rule Breach - disqualification** (Flexible rule - refer ACF Flexible Rules Policy - Appendix 1)

Calisthenics ACT Flexible Rule

i. A club may supplement **one** team in any item using competitors from an age section lower. **Breach of rules penalty 10 point deduction** if more than one tam in an item supplemented with younger competitors. This does not prevent the younger competitors from competing in their own age section in the same item.

ii. All registered competitors in an age section must be included in the item before any younger competitors are used (excluding Seniors – See Rule 1.2.3 iii.). **Breach of rules penalty 10 points deduction.**

iii. **Senior Rule –** any item must be made up of no less than 75% fully registered competitive Seniors before the item is supplemented by younger competitors. **Breach of rules penalty 10 points deduction.**

2.1.5. Competitors must appear in one (1) core item to compete in a Fancy item, excluding Tinies.
Rule Breach: 5 point penalty.

2.1.6. A team/competitor will only be permitted to work out of programmed order under extenuating circumstances.

2.1.7. Any additional Theatre Rules as set out 1n other documentation specific to individual theatres.

2.1.8. Entries will only be accepted where they comply with the definition of items as outlined in Rule 1.1.j.vi.

2.2 AGGREGATE

2.2.1. To be eligible for the aggregate a team must compete in all programmed items (Flexible rule - refer ACF Flexible Rules Policy - Appendix 1)

Calisthenics ACT Flexible Rule – Rule 2.2.1 does not apply to Cali ACT competitions, ie teams do not have to compete in all programmed items to remain eligible for the aggregate.

2.2.2. Points for Aggregate Trophies will be assigned as follows (Flexible rule - refer ACF Flexible Rules Policy - Appendix 1)

1st Place 6 points	2nd Place 4 points	3rd Place 2 points	4th Place 1 point	5th Place 0.5 points

2.2.3. Should a State/club secure more than one place in any team competition, only the highest award will count towards the Aggregate Trophy (Flexible rule - refer ACF Flexible Rules Policy - Appendix 1).

2.2.4. In the event of a tie for any place, full aggregate points will be assigned (Flexible rule - refer ACF Flexible Rules Policy- Appendix 1).

2.2.5. In the event of a tie for the Aggregate, each will receive an award (Flexible rule - refer ACF Flexible Rules Policy - Appendix 1).

2.3 COACHES

All coaches (Team/Soloists/Duos/Trios) must have a minimum Level 1 Accreditation, must be registered with their State Association and have the relevant clearances as set out in the ACF Safeguarding Children and Young People Policy.

2.4 ADJUDICATORS

2.4.1. 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.

2.4.2. The Adjudicator/s decision is FINAL, and no correspondence or verbal query will be entered into regarding any placing.

2.5 RIGHT OF REVIEW

2.5.1. 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 the Adjudicator/s the process for review is as follows:

a) Deferral of the results of that section pending the outcome of the review process.

b) Coach notified at the end of that section, in writing, of the penalty specifying rule number/banned movement.

c) Coach accepts the ruling - Coach signs the relevant section on the penalty sheet and returns the penalty sheet to the Competition Official, OR

d) Coach does not accept the ruling- Coach completes the appropriate section on the penalty sheet requesting a review and returns it to the Competition Official.

2.5.2. If a review is requested the review takes place as follows:

a) Review panel will consist of the Adjudicator/s, designated Competition Official and Video Operator (if applicable - to slow, pause video etc.).

b) The Review must be conducted in a private and closed environment to ensure confidentiality.

c) Adjudicator/swatch the video, define the breach and discuss interpretation.

d) Adjudicator/swill decide to uphold or dismiss the breach.

e) Adjudicator/swill advise the Competition Official to notify the coach of the final decision which must be recorded on the Penalty Sheet.

f) The Competition Secretary should hold these Penalty Sheets until the end of the competition year and then be destroyed.

2.5.3. Communication between Coach and Adjudicator

a) Whether a breach is accepted or not, the Coach may request to meet the Adjudicator/s to discuss the reason behind the penalty (excluding timing penalties), after the conclusion of the competition. The purpose of this meeting is educational only and will not change the decision. The competition convenor/official or agreed representative is to be present at requested discussion. This person is to act as an observer but not participate in the discussion.

2.6 RECORDING AND RECORDING DEVICES

2.6.1. The use of recording devices by unauthorised persons during competitions Is strictly prohibited. Offenders will be required to leave the theatre.

2.6.2. Official videographers and photographers shall be appointed in adherence with the requirements of the ACF Safeguarding Children and Young People Policy.

2.7 INCLUSION

2.7.1. In accordance with the ACF Inclusion Framework & Policy, adjustments and considerations may be made to accommodate competitors with disability. Adjudicator/s are to be advised of items where accommodation is required.

2.7.2. In accordance with the ACF Inclusion Framework & Policy and relevant legislation everyone may have the opportunity to participate in calisthenics, regardless of their sex or gender identity.

3. GENERAL RULES

3.1 AGES

3.1.1. Flexible rule - refer to ACF policy on Flexible Rules - Appendix 1. For ACF Competitions and Events, 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). Participants (excluding Masters) are entitled to work up one age group without having to apply for an exemption (subject to Rule 2.1.4).

Tinies	7 years and under
Sub-Juniors	8 to 10 years
Juniors	11 to 13 years
Intermediates	14 to 17 years
Seniors	18 years and over (no maximum)
Masters	26 years and over (no maximum)

All ages as of the 31 December in the year of competition.

3.2 MASTERS

3.2.1. Participants 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 - e.g. never participated in Calisthenics, disability or health issue.

3.2.2. 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.

3.3 BREACH OF RULES

Each rule breached (as defined by this ACF National Rules and Regulations) will result in **a 5 point penalty** unless otherwise specified within these rules. The actual deduction of the points is to be carried out by the Adjudicator/s.

3.3.1. BANNED MOVEMENTS

Execution of a Banned Movement in competition will result in **disqualification** in the item in which it was performed.

The following movements are banned up to and including junior age group only

i. Handstand to forward roll.

ii. Rotation from straddle into a standing lunge.

iii. Walkover where the entire weight is on one arm - and all variations of this movement.

iv. Lowering head to floor from handstand and pushing into walkover.

The following movements are banned for ALL age groups

v. Handstand to chest drop.

vi. Fish flop.

vii. Any gymnastic movement originating from a run-up and/or spring (including but not limited to)

- Cartwheel with a run up
- Dive-roll
- Spring into handstand
- Spring into walkover
- Round-off
- Handsprings
- Head spring

viii. Bridge holding ankles

ix. Revolving head stand

x. Chest roll and all variations of this movement

xi. Supported chest balance

xii. Rod in mouth

xiii. Rod/apparatus over shoulder in close formation

xiv. Pair work requiring the standing member to take the full weight of another where the transference of weight of the elevated partner is not continuous.

xv. Jerked extension of any held back leg balance (including but not limited to)

- Jerked pull at encl of supported (held) arabesque
- Jerked pull at end of supported (held) attitude
- Jerked pull at end of hook

xvi. Walking on the top of the foot (metatarsophalangeal joint) or walking 'en pointe' without shoes

xvii. Front (Forward) Aerial

3.3.2 PROMPTING

a) 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 at that competition will each incur a **Rule Breach: 5 point penalty.** Stage Manager and/or Chairperson will advise Adjudicators of the breach/es.

b) Musical instruments are considered to be part of the musical accompaniment and are not considered to be prompting. Clapping is not musical accompaniment and is considered to be prompting. **Rule Breach:** 5 **point penalty.**

3.3.3 STAGE AREA

a) Competitors must work within the working area of the stage (see Stage Area 1.1.1.n)) for all items including entry/opening and exit/closing (refer Minimum Number Rule 3.4). Rule Breach: 5 point penalty.

c) Competitors may enter or exit the working area of the stage from the sides or back only. Rule Breach: 5 point penalty.

3.3.4. CURTAINS

a) The front curtain and the mid curtain may not be used in core items (except as per 3.3.4.c) and 3.3.4.e). **Rule Breach:** 5 **point penalty.** (Flexible rule - refer to ACF Flexible Rules Policy - Appendix 1):

b) Legs (Black side curtains) must not be moved. If they are purposely moved a **Rule Breach:** 5 **point 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/s of the breach.

c) A front curtain may be used without penalty:

i. For aesthetic and rhythmical aesthetic if a blackout is unavailable.
ii. For Tinies items
iii. To set up or place competitors on stage for a blackout start
iv. For fancy items
v. When using Minimal Rules

d) The scrim may not be used for core items; Rule Breach: 5 point penalty. With the exception of minimal rules.

e) A mid curtain can be used without penalty:

i. Where there is insufficient space behind the back curtain for entry/exit entry/ exit.
ii. For fancy items
iii. When using Minimal Rules

f) Other curtains, including cyclorama and standard back curtain are permitted subject to theatre availability and Item Rules.

g) Lighting may only be used with the cyclorama in Core Items if allowable by flexible rules or when using Minimal Rules. Rule Breach: 5 **point penalty.**

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

3.4 MINIMUM NUMBER

3.4.1. The specified number of competitors must remain on stage and be visible throughout the item, excluding entry/opening and exit/closing. Once the specified minimum number has been reached in the entry/opening it must be maintained throughout the majority of the item until the exit/closing. This also applies to Solo, Duo and Trio Items. Minimum number may be exceeded (except for Solo, Duo and Trio Items). **Rule Breach:** 5 **point penalty.**

3.4.2. Teams with less than the minimum number in an item will incur a Rule Breach: 5 point penalty. Maximum of 2 less competitors permitted to perform (Flexible Rule – refer ACF Flexible Rules Policy – Appendix 1)

Calisthenics ACT

i. Minimum number for all items will be eight (8).

ii. Application for an exemption to enter a team with less than the minimum number of eight (8) can be made to the Calisthenics ACT Competition Committee via the Director of Competitions.

1. ***Application for an exemption to Minimum Rule 3.4.2 will only apply to those teams who have less than eight (8) registered, or not enough registered competitors to field 2nd, or subsequent teams with eight (8).***
2. ***Applications will only be considered if received by the Director of Competitions no less than 4 weeks prior to the date of the Competition.***
3. ***No team can compete with less than five (5) participants. Competing with less than five (5) participants will incur a breach of rules penalty 5 point deduction.***
4. ***Teams who are designated a reduced minimum number (less than eight but not less than 5) through the exemption application process cannot exceed that minimum number for any item. i.e. if a team is granted an exemption to field a team of 6 for a specific competition without penalty, they cannot exceed 6 in any item in that competition.***
5. ***The intent of this exemption rule is that teams with larger numbers of competitors will fill teams to the minimum number of eight (8) before creating subsequent teams (i.e. 2nd and 3rd teams, etc). The spirit of this rule implies that the 'first team' is the team with the more skilled and experienced members for that club for that age section. For example:***

	Team 1	*Team 2*	Team 3
3 Teams	*Minimum Number = 8*	*Minimum Number = 8*	Minimum Number = not less than 5 – exemption required
2 Teams	*Minimum Number = 8*	*Minimum Number = not less than 5 – exemption required*	
1 Team	*Minimum Number = not less than 5 – exemption required*		

Iii. Extenuating circumstances. To compete with less than a team's designated minimum number (i.e. eight (8) or the minimum number assigned to a team as per a successful application for an exemption under Rule 3.4.2ii above) a club must apply (with supporting documents –e.g. medical certificate) to the Director of Competitions and will only be considered 7 days PRIOR to the start of the competition. Regardless, a team competing with less than five (5) competitors will incur a breach of rules penalty 5 point deduction (see rule 3.4.2ii.5 above).

3.4.3. If a team/ competitor breaches more than one minimum number rule (i.e. Rules 3.4 and / or 3.4.2) in any item (including Solo, Duo and Trio Items), the item will incur a **maximum of 2 penalties of 5 points each.**

3.5 FALSE STARTS AND ITEM STOPPAGES

3.5.1. If a competitor/team member makes a false start, Rule Breach: **5 point penalty** to be made, unless the Stage Manager/Chairperson notifies the Adjudicator/s that the performance has been stopped for technical/technician error or safety reasons.

3.5.2. If the music has commenced and then is found to be incorrect, within the first 5 secs, no penalty will be incurred. If not Rule Breach: 5 **point penalty.**

3.5.3. 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/swill 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 e.g. 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.

3.5.4. In the event of a hazard 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/swill ring their bell to cease the item. The team may re-present their item once the hazard has been cleared.

3.5.5. In Solos/Duos/Trios/Team Items, if the competitor/s leave the stage before the completion of their performance for a reason other than rule 3.5.3, 3.5.4 (safety reason), a technical fault and/or technician error, they have the option of repeating the performance. However, is /are ineligible to gain a place. The critique paper is to be provided without deduction.

3.5.6. In Solos/Duos/Trios/Team competitions, if the competitor/s leave/s the stage before the completion of their performance due to a safety reason, technical fault and /or technician error they have the option of repeating the performance and is /are eligible to gain a placing.

3.6 TIMING

3.6.1. Setup/removal time

a) Core Items - nil.

b) Fancy Items - as defined by State Associations.

c) Minimal Rules - as defined by State Associations.

Any breach of this rule will be advised by the Stage Manager. Rule Breach: 5 point penalty.

3.6.2. Start and finish of an Item - FOR ITEMS THAT ARE BEING PHYSICALLY TIMED

a) 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 (refer to definitions); **OR**
- View of the first competitor at the opening/lift of the front/mid curtain when used.
- View of the first competitor at lights up/on, which includes illumination from data projection, and/or lighting on costumes or apparatus (refer to Definitions Rule iii).

b) The finish of the item shall be:
- The exit or view of last competitor from the stage area; OR
- View of the last competitor from the stage area; OR
- At the close of front/mid curtain when used; OR
- At black out.

3.6.3 Time Limits

	CORE ITEMS	FANCY ITEMS	SOLO/DUO/TRIO ITEMS
a. Items being **physically timed** will abide by the time limits below:			
Tinies	1½ – 2½ minutes	2 – 3 minutes	
Sub-Juniors	1½ – 2½ minutes	2 – 3 minutes	1½ – 2½ minutes
Juniors	2 – 3 minutes	2½ – 3½ minutes	2 – 3 minutes
Intermediates, Seniors & Masters	2½ – 3½ minutes	2½ – 3½ minutes	2½ – 3½ minutes
All items timing in accordance with age sections			
b. Track Timing: For items **not** being physically timed. All track length will abide by time limits below:			
Tinies	1 ½ – 2 ¾ minutes	2 – 3 ¼ minutes	
Sub-Juniors	1 ½ – 2 ¾ minutes	2 – 3 ¼ minutes	2 – 3 ¼ minutes
Juniors	2 – 3 ¼ minutes	2½ – 3 ¾ minutes	2 – 3 ¼ minutes
Intermediates, Seniors & Masters	2½ – 3 ¾ minutes	2½ – 3 ¾ minutes	2½ – 3 ¾ minutes
All items timing in accordance with age sections			

3.6.4 TIMING PENALTIES

When physically timing only, any variation of the specified time limits (as per Rule 3.6.3.a) will be a **Rule Breach: 5 point penalty** (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.

3.7 STAGE DRESSING, SMOKE MACHINES AND REMOTE DEVICES

3.7.1. Stage dressing is not permitted in Core items or Solo/Duo/Trio items. **Rule Breach: 5 point penalty.**

3.7.2 Stage dressing may be used in Fancy items and where Minimal Rules are being used.

3.7.3 Stage dressing and props that remain wholly off the stage area prior to the start of an item or are visible only after the start of an item, may be used in any item.

3.7.4 Smoke and fog machines may not be used in Core items, except for Aesthetic and rhythmical Aesthetic items and when Minimal Rules are being used. **Rule Breach: 5 point penalty.**

3.7.5 Smoke and fog machines may be used in Fancy items and Solo/Duo/Trio items.

3.7.6 Remote devices may not be used in Core items or Solo/Duo/Trio items. **Rule Breach: 5 point penalty.**

3.7.7 Remote devices may be used in Fancy items and when Minimal Rules are being used.

3.8 SAFETY REQUIREMENTS

OCCUPATIONAL HEALTH AND SAFETY ISSUES MUST BE TAKEN INTO CONSIDERATION AT ALL TIMES

3.8.1 No glass, ceramic, drawing pins or glass glitter to be used. **Rule Breach: 5 point penalty**

3.8.2 Accessories must not be attached to any curtains in any way. **Rule Breach**: **5 point penalty.**

3.8.3 If baled hay is used, it must be covered in plastic sheeting. **Rule Breach: 5 point penalty.**

3.8.4 Live animals not permitted. **Rule Breach: 5 point penalty.**

3.8.5 Any additional Theatre Rules as set out in other documentation specific to individual theatres must be adhered to. **Rule Breach: 5 point penalty.**

3.8.6 Strobe and laser derived lighting not permitted for health and safety reasons. **Rule Breach: 5 point penalty.**

3.8.7 Lighted candles, sparklers, party poppers (definition: inside fire work – mini pyrotechnic) or such device using gunpowder or any naked flame or pyrotechnic devices not permitted. **Rule Breach: 5 point penalty.**

3.8.8 Smoke/water based fog fluid or dry ice machines may be used but only if certified as safe by the appropriate authority in your state.

3.8.9 Masks are permitted but the safety and health elements must be the responsibility of the coach.

3.8.10 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.

3.8.11 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.

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4. TEAM ITEM RULES

Item or Technical Rules in bold will incur a Rule Breach: 5 point penalty except where marked with an -k where no penalty point deduction applies.

4.1 RULES FOR TEAM ITEMS

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

		CORE ITEMS (Figure March, Free Exercises, Rod Exercises, Club Swinging)	CORE ITEMS (Aesthetic & Rhythmical Aesthetic)	FANCY ITEMS	MINIMAL RULES
a.	Minimum Number	8	8	8	
		(must remain on stage and be visible throughout the item, excluding entry/opening and exit/closing. – Refer Minimum Number Rule 3.4.2 – ACF policy on Flexible Rules – Appendix 1)	(Refer Minimum Number Rule 3.4.2 ACF policy on Flexible Rules – Appendix 1)	(Refer Minimum Number Rule 3.4.2 ACF policy on Flexible Rules – Appendix 1	
b.	Lighting & Blackout in Opening/Closing	No (refer ACF Policy on Flexible Rules – Appendix 1) Cali ACT Flexible Rule- lighting allowable Sub Juniors and Juniors	Yes	Yes	Yes
c.	Front Curtain	No (Tinies excepted – Also No (refer ACF Policy on Flexible Rules – Appendix 1)	No (except where blackout unavailable or to place team on stage for blackout start	Yes	Yes
d.	Mid Curtain	No (unless insufficient space behind back curtain for entry/exit. Also refer to ACF Policy on Flexible Rules – Appendix 1.)	No (unless insufficient space behind back curtain for entry/exit. Also refer to ACF Policy on Flexible Rules – Appendix 1.)	Yes	Yes
e.	Scrim Curtain	No	No	Yes	Yes
f.	Stage Dressing	No	No	Yes	Yes
g.	Smoke Machine/Dry Ice	No	Yes	Yes	Yes
h.	Remote Devices	No	No	Yes	Yes
i.	Pointe Work/Pointe Shoes	No	No	No	No
j.	Title Applicable for Item	No	No	Yes	Yes (Rhythmical Aesthetic & Fancy Items

5. TECHNICAL RULES

Technical Rules in bold will incur a Rule Breach: 5 Point Penalty

5.1 CLUB SWINGING

5.1.1. The clubs must be clearly seen to come to a complete stop before:

a) Changing the direction of a circle within a plane (excludes entry/opening and exit/closing).

b) Changing the angle of the plane (excludes entry/opening and exit/closing).

5.1.2. Each arm and club may swing independently of the other but must be on the same vertical plane. (excludes entry/opening and exit/closing).

Rules 5.1.1.a), 5.1.1.b), and 5.1.2 do not apply during an interlude when technical club swings are not present.

5.2 AESTHETIC

5.2.1. No elevated dance steps permitted.

5.3 RHYTHMICAL AESTHETIC

5.3.1. Elevated dance steps MUST be included.

5.3.2. Item to be Aesthetic based and include dance steps to enhance performance.

5.4 RHYTHIMCAL INTERPRETATION

5.4.1. Elevated dance steps MUST be included.

5.4.2. Item to be based on classical dance principles as per ACF Calisthenic Skills Syllabus.

5.5 SONG/S WITH ACTIONS/MOVEMENTS

5.5.1. Assistance in vocalisation by coaches or non-members of the team is NOT permitted.

5.5.2. Singing and speaking on recorded music permitted, however, singing with recorded vocals is **NOT** permitted.

5.5.3. Limited Solo singing permitted.

5.6 SONG AND DANCE

5.6.1. Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.

5.6.2. Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.

5.6.3. Limited Solo singing permitted.

5.6.4. Singing and dancing must be evenly balanced.

5.7 DANCE ARRANGEMENT

5.7.1 No singing except on recorded music.

5.7.2 Item to be based on chose dance genre as it relates to calisthenics.

5.8 CHARACTER/FOLK DANCE

5.8.1. Costumes, music and suitable dance steps should be applicable to the country/character portrayed.

5.8.2. When a Character/ Folk Dance is chosen, steps should align to the ACF Calisthenic Skills Dance Syllabus.

5.9 DANCE RODS

5.9.1. Must contain dancing (any style) and Rod manipulation (flashing & twists) of equal balance by the minimum number of competitors.

5.9.2. Limited Solo singing permitted.

5.9.3. **Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.**

5.9.4. **Singing and speaking on recorded music permitted, however singing with recorded vocals is NOT permitted.**

5.10 STAGE MEDLEY

5.10.1. Item must include singing, calisthenics physical work and dance (of any style) of equal balance.

5.10.2. **Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.**

5.10.3. **Singing and speaking on recorded music permitted, however singing with recorded vocals is NOT permitted.**

5.10.4. Limited Solo singing permitted.

5.11 CALISTHENIC REVUE

5.11.1. May include singing, dialogue, calisthenics work and dance (of any style).

5.11.2. **Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.**

5.11.3. **Singing and speaking on recorded music permitted, however singing with recorded vocals is NOT permitted.**

5.11.4. Limited solo singing permitted.

5.11.5. 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 (Flexible rule - refer ACF Flexible Rules Policy - Appendix 1).

5.12 CALISTHENIC SPECTACULAR

5.12.1. Must contain dancing (any style) and calisthenics physical work of equal balance.

5.12.2. **Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.**

5.12.3. **Singing and speaking on recorded music permitted, however singing with recorded vocals is NOT permitted.**

5.12.4. Limited Solo singing permitted.

6. SOLO, DUO AND TRIO ITEM RULES

Technical Rules in bold will incur a Rule Breach: 5 Point Penalty

6.1 ITEM RULES FOR SOLO, DUO & TRIO ITEMS

These rules are to be read in conjunction with the critique components.

a.	**Minimum Number**	**Solo**	**1**
		Duo	2
		Trio	**3**
b.	Lighting & Blackout Opening/Closing		Yes
c.	**Front Curtain**		**No**
d.	**Mid Curtain**		**No**
e.	**Scrim Curtain**		**No**
f.	Cyclorama / Standard Back Curtain		Yes
g.	**Stage Dressing**		**No**
h.	Smoke Machine/ Dry Ice		Yes
i.	**Remote Devices**		**No**
j.	Masks		Yes
k.	**Pointe Work/ Pointe Shoes**		**No**

6.1.1. GRACEFUL SOLO

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

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

6.1.2. CALISTHENIC SOLO, DUO AND TRIO

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

b) Skills Level Requirements are a prerequisite for entry to National Solo, Duo and Trio competitions (Refer Appendix 2 - ACF Calisthenic Skills Levels Policy).

6.1.3. PARTICIPATION IN NATIONAL CALISTHENIC SOLO, DUO AND TRIO COMPETITIONS

a) Entries for National Championship Graceful Solo/Calisthenic Solo/Duo/Trio sections will be determined by the ACF National Competition and Events Committee by the 31st of January in the year of competition. The number of entries will be divided equally amongst the eligible Member States.

b) Provided a Member State has a team entered in the National Championships that year, that Member State is eligible to submit entries for Graceful Solo/Calisthenic Solo/Duo/Trio. Applications for exemption should be submitted to the ACF.

c) Competitors must be a registered competitor of the State Association for which they are competing.

7. ATTACHMENTS

ATTACHMENT A – ROLE AND RESPONSIBILITIES OF THE COMPETITION OFFICIAL

Role:

- To ensure the efficiency and effectiveness of the Review Process (refer to Right of Review 2.5)

Responsibilities:

- Read, understand and sign the Confidentiality Agreement below. 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 (e.g. 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 (i.e. close association with the relevant coach/team) then the second person will be called upon to undertake the duties

ATTACHMENT B - PENALTY NOTIFICATIONS

AUSTRALIAN CALISTHENIC FEDERATION -TIMING PENALTY INFORMATION ONLY FOR ITEMS BEING PHYSICALLY TIMED

ITEM:	**COMPETITOR NUMBER:**
RULE	**PENALTY**
OVER MAXIMUM ITEM TIME *(Time Limits* - 3.6.3 *& Penalty- 3.6.4)*	5 POINTS
UNDER MINIMUM ITEM TIME *(Time Limits* - 3.6.3 *& Penalty- 3.6.4)*	5 POINTS
NO RIGHT OF REVIEW	
Coach's Signature:	Date:

AUSTRALIAN CALISTHENIC FEDERATION - RULE/S BREACH - PENALTY INFORMATION
(Coach to be notified at the end of the section)

ITEM:	**COMPETITOR NUMBER:**
RULE	**PENALTY**
RULE BREACH No. 3.4.2 *Minimum Number*	5 POINTS
RULE BREACH No.	5 POINTS
RULE BREACH No.	5 POINTS
TOTAL PENALTY=	
BANNED MOVEMENTS No	**DISQUALIFICATION**

I ACCEPT THIS PENALTY:

Coach's Signature Date

I REQUEST A REVIEW ON THIS PENALTY (refer Right of Review 2.5)

Coach's Signature Date

Adjudicator/s decision after review Date

Adjudicators Signature Date

ATTACHMENT C – NOTIFICATION TO ADJUDICATOR OF COMPETITOR WITH DISABILITY

Competition:

I, the undersigned, have a child who requires accommodations at the above competition.

Disability (optional):

Parents / Guardians Signature: Date:

Mark the items in which the competitor requires accommodation on the following table. Include the nature of the requirement for accommodation. Do not include identifying or sensitive information.

ONLY THIS SECTION IS TO BE HANDED TO THE ADJUDICATOR
PRIOR TO THE COMMENCEMENT OF THE COMPETITION

Competition:

Age Section: Date:

A competitor requiring accommodation is performing in the following items:

Item	March	Clubs	Free	Rods	Aesthetic	Rhythmical Aesthetic	Rhythmic Interpretation	Song with Action/Movement	Song & Dance	Character Dance	Dance Rods	Stage Medley	Calisthenics Spectacular	Calisthenics Revue	Solo	Duo	Trio	Graceful
Item No.																		

Nature of accommodation:

8. APPENDICES

APPENDIX 1 - ACF FLEXIBLE RULES POLICY

As the governing body of Rules at a National level, it is essential for ACF to set 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 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 Member 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 Member State 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 Member 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 2.1.4 -A competitor or team cannot compete in two age sections in the same item.
- Rule 2.2 - Aggregate.
- Rule 3.1- Ages.
- Rule 3.4.2 - Teams with less than the minimum number in an item will incur a **Rule Breach: 5 point penalty.** Maximum of 2 less competitors permitted to perform.
- Rule 4.1b - No Lighting or blackout opening/ closing for core items.
- Rule 4.1 c & 4.1 d- No Front curtain (Tinies excepted) or Mid curtain (only if insufficient space behind standard back curtain) for core items.
- Rule 5.11.5- Calisthenics Revue - 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.

APPENDIX 2 – ACF CALISTHENIC SKILLS LEVEL POLICY

The required levels for entry into any ACF Solo, Duo and Trio competition are as follows:

COMPETITORS AGE	MINIMUM LEVEL
8 years	Test 1
9 years	Test 2
10 and 11 years	Test 3
12 and 13 years	Grade 1
14 and 15 years	Grade 2
16 years	Grade 3
17 years	Grade 4

All ages as of 31 December in year of competition.

Applicable skill level for ACF Nationals Solo, Duo or Trio Competition must be attained by close of entry to ACF Nationals.

Note: In the event that a state wishes to vary these requirements, approval from the ACF Examiner's Advisory Board 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.

APPENDIX 3 - SUMMARY OF BREACH OF RULES

Rule Area	Rule No	Rule Definition	Page No	Penalty
1. OPERATIONAL & ADMINISTRATION PROCEDURES				
COMPETITION ENTRY	2	If a breach of age or registration rules are proven the State/Club/ Competitor will be disqualified from any item in which that member/s has/have competed.	7	Disqualification
COMPETITION ENTRY	0	No competitor is permitted to compete with more than one State/Club in any one competition.	7	Disqualification
COMPETITION ENTRY	2.1.4	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 above.)	7	Disqualification
COMPETITION ENTRY	2.1.5	Competitors must appear on one (1) core item to compete in a Fancy item, excluding Tinies.	7	5 points
2. GENERAL RULES				
BANNED MOVEMENTS	3.3	Execution of a Banned Movement/s (3.3.1.i to 33.1.xvi)	10	Disqualification
PROMPTING	3.3.2.a)	Prompting competitors who are on stage during the performance of any item is prohibited. In the first instance of prompting the Stage Manager will issue a warning. Second and subsequent occurrences at that competition will incur a Rule Breach. Stage Manager and/or Chairperson will notify Adjudicator/s of the breach/es.	11	5 points
PROMPTING	3.3.2.b)	Musical instruments are considered to be part of the musical accompaniment and are not considered to be prompting. Clapping is NOT musical accompaniment and is considered to be prompting.	11	5 points

STAGE AREA	3.3.3.a)	Competitors must work within the working area of the stage (see Stage Area 1.1.1.n) for all items including entry/opening and exit/closing (refer Minimum Number Rule 3.4.	11	Refer Minimum Number Rule 3.4.2
STAGE AREA	3.3.3.b)	Competitors may enter or exit the working area of the stage from the sides or back only.	**11**	5 points
CURTAINS	3.3.4.a)	The front curtain may not be used in core items (except as per 3.3.4.c) and 3.3.4.e). (Flexible rule - refer ACF Flexible Rules Policy- Appendix 1 above)	**12**	5 points
CURTAINS	3.3.4.b)	Legs (Black side curtains) must not be moved. If they are purposely moved a penalty will apply.	**12**	5 points
CURTAINS	3.3.4.d)	The scrim may not be used for Core items; With the exception of minimal rules	**12**	5 points
CURTAINS	**3.3.4.g)**	Lighting may only be used with the cyclorama in Core Items if allowable by flexible rules or when using Minimal Rules.	**12**	5 points
MINIMUM NUMBER	3.4	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 Solo, Duo and Trio items. Minimum number may be exceeded (except for Solo, Duos and Trios).	**12**	5 points
MINIMUM NUMBER	3.4.2	Teams with less than the minimum number will incur a breach. Maximum of 2 less competitors permitted to perform (Flexible rule - refer ACF Flexible Rules Policy at Appendix 1 above).	13	5 points
MINIMUM NUMBER	3.4.2	If a team / competitor breaches more than one minimum number rule (i.e. Rules 3.4 and / or 3.4.2) in any item (including Solo, Duo and Trio Items), the item will incur a **maximum of 2 penalties of** 5 **points each.**	**13**	5 points

FALSE STARTS AND ITEM STOPPAGES	3.5	If a competitor/ team member makes a false start, unless the Adjudicator/s is notified by the Stage Manager /Chairperson that the performance has been stopped for technical/technician error or safety reasons.	13	5 points
FALSE STARTS AND ITEM STOPPAGES	3.5.1	If the music has commenced and then is found to be incorrect, within the first 5 secs, no penalty will be incurred. If not, Rule Breach: 5 point penalty	13	5 points
SETUP/ REMOVAL TIME	3.6	Any breach of set up time rule will be advised by the Stage Manager.	13	5 points
TIMING PENALTIES	3.6.4	**For physical timing only,** any variation of the specified time limits will be a Breach (excluding Tinies).	14	5 points
STAGE DRESSING, SMOKE MACHINES AND REMOTE DEVICES	3.7	Stage dressing is not permitted in Core items or Solo/Duo/Trio items.	14	5 points
STAGE DRESSING, SMOKE MACHINES AND REMOTE DEVICES	3.7.4	Smoke and fog machines may not be used in Core items except for Aesthetic and Rhythmical Aesthetic items and when Minimal Rules are being used.	15	5 points
STAGE DRESSING, SMOKE MACHINES AND REMOTE DEVICES	3.7.6	Remote devices may not be used in Core items or Solo/Duo/Trio items.	15	5 points
SAFETY REQUIREMENTS	3.8	No glass, ceramic, drawing pins or glass glitter to be used.	15	5 points
SAFETY REQUIREMENTS	0	Accessories must not be attached to any curtains in any way.	15	5 points
SAFETY REQUIREMENTS	3.8.3	If baled hay is used, it must be covered in plastic sheeting.	15	5 points
SAFETY REQUIREMENTS	3.8.4	Live animals not permitted	15	5 points
SAFETY REQUIREMENTS	3.8.5	Any additional Theatre Rules as set out in other documentation specific to individual theatres must be adhered to.	15	5 points

SAFETY REQUIREMENTS	3.8.6	Strobe and laser derived lighting not permitted for health and safety reasons;	15	5 points
SAFETY REQUIREMENTS	3.8.6	Lighted candles, sparklers, party poppers (definition: inside fire work-mini pyrotechnic) or such device using gunpowder or any naked flame. or pyrotechnic devices not permitted.	15	5 points
3. TECHNICAL RULES				
CLUB SWINGING	5.1.1.a)	The clubs must be clearly seen to come to a complete stop before changing the direction of a circle within a plane (EXCLUDES ENTRY/OPENING AND EXIT/CLOSING).	17	5 points
CLUB SWINGING	5.1.1.b)	The clubs must be clearly seen to come to a complete stop before changing the angle of the plane (EXCLUDES ENTRY/OPENING AND EXIT/CLOSING).	17	5 points
CLUB SWINGING	5.1.2	Each arm and club may swing independently of the other but must be on the same vertical plane (EXCLUDES ENTRY/OPENING AND EXIT/CLOSING).	17	5 points
CLUB SWINGING		Rules 5.1.1.a), 5.1.1.b) and 5.1.2 do not apply during an interlude when technical club swings are not present.	17	
AESTHETIC	5.2	No elevated dance steps permitted.	17	5 points
RHYTHMICAL AESTHETIC	5.3	Elevated dance steps must be included.	17	5 points
RHYTHMIC INTERPRETATION	5.4	Elevated dance steps must be included.	17	5 points
SONG/S WITH ACTIONS/ MOVEMENT	5.5	Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.	17	5 points
SONG/S WITH ACTIONS/ MOVEMENT	5.5.1	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	17	5 points
SONG AND DANCE	5.6	Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.	17	5 points

SONG AND DANCE	5.6.1	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	**17**	5 points
DANCE ARRANGEMENT	5.7	No singing except on recorded music.	**17**	5 points
DANCE RODS	5.9.3	Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.	18	5 points
DANCE RODS	5.9.4	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	**18**	5 points
STAGE MEDLEY	5.10.2	Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.	**18**	5 points
STAGE MEDLEY	5.10.3	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	18	5 points
CALISTHENIC REVUE	5.11.1	Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.	18	5 points
CALISTHENIC REVUE	5.11.3	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	**18**	5 points
CALISTHENIC SPECTACULAR	5.12.2	Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.	18	5 points
CALISTHENIC SPECTACULAR	5.12.3	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	**18**	5 points