



Australian
Calisthenic
Federation

National Rules and Regulations



including Calisthenics ACT Rules

v2024
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1 OPERATIONAL & ADMINISTRATION PROCEDURES

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
 - 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 – Calisthenics Trio.
- d. Stage Area – the 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. Recommended minimum working stage area is 10m X 10m.
- e. Curtains
 - i. Front Curtain means House Curtain;
 - ii. The front curtain (allowable for Tinies), and mid curtain (may be used only if insufficient space behind standard back curtain) may not be used for core items. (Flexible rule – refer ACF Flexible Rules Policy - [Appendix 1](#))
 - iii. The scrim may not be used for core items;
 - iv. Other curtains, including cyclorama and standard back curtain are permitted subject to theatre availability and Item Rules;
 - v. Legs (Black side curtains) must not be moved;
- 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, party poppers (definition: inside fire work – mini pyrotechnic) or such device using gun powder or any naked flame or pyrotechnic devices not permitted.
 - v. Illumination from data projection (DLP) is defined as the projection of images, coloured screen, or white screen mode, and not illumination that may occur when the data projector is in standby or black screen mode.
- 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 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.
- i. Stage Dressing. Props or scenery, standard steps, modules, drums, ramps and platforms deemed to be placed on the stage area, 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 glass, ceramic, 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. 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 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;
 - ix. 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/s will ring their bell to cease the item. The team may re-present their item once the hazard has been cleared;
 - x. Any additional Theatre Rules as set out in other documentation specific to individual theatres;
- l. Technical Fault & Technician Error.
 - a. A technical fault is defined as an equipment failure that affects the music or visibility of the competitors.
 - b. 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.
 - c. Responsibility for calling a technical fault or technician error will lie with the Stage Manager / Chairperson in consultation with the coach.

1.2 COMPETITION

- a. All competitors must be registered as a competing participant with their State Association.
- b. 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.
- c. 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.
- d. 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.
- e. No competitor is permitted to compete with more than one State/Club in any one competition.

- f. A competitor or team cannot compete in two (2) age sections in the same item. **Breach of rules penalty 10 point deduction.** (Flexible rule – refer ACF Flexible Rules Policy - [Appendix 1](#)).

Calisthenics ACT

- 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 team 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 e iii.). **Breach of rules penalty 10 point 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 point deduction.**
- g. Competitors must appear in one (1) core item to compete in a Fancy item, excluding Tinies. **Breach of rules penalty 10 point deduction.**
- h. A team will only be permitted to work out of programmed order under extenuating circumstances.
- i. Males up to and including the age of 14 are eligible to compete. Males 15 years and older cannot compete (Flexible rule - refer ACF Flexible Rules Policy - [Appendix 1](#)).

Calisthenics ACT

- i. This rule is suspended in the ACT for 2024.
- j. Any additional Theatre Rules as set out in other documentation specific to individual theatres.

1.3 AGGREGATE

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

Calisthenics ACT – Rule 1.3 a. does not apply at Calisthenics ACT competitions, 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 assigned as follows (Flexible rule – refer ACF Flexible Rules Policy - [Appendix 1](#)):

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

- c. 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](#)).
- d. In the event of a tie for any place, full aggregate points will be assigned (Flexible rule – refer ACF Flexible Rules Policy - [Appendix 1](#)).
- e. In the event of a tie for the Aggregate, each will receive an award (Flexible rule – refer ACF Flexible Rules Policy - [Appendix 1](#)).

1.4 COACHES

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

1.5 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 placing.

1.6 RIGHT OF REVIEW

- a. 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:
 1. Deferral of the results of that section pending the outcome of the review process;
 2. Coach notified at the end of that section, in writing, of the penalty specifying rule number/banned movement;
 3. Coach accepts the ruling – Coach signs the relevant section on the penalty sheet and returns the penalty sheet to the Competition Official; OR
 4. 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.
- b. If a review is requested the review takes place as follows:
 1. Review panel will consist of the Adjudicator/s, designated Competition Official and Video Operator (if applicable – to slow, pause video etc.);
 2. The Review must be conducted in a private and closed environment to ensure confidentiality;
 3. Adjudicator/s watch the video, define the breach and discuss interpretation;
 4. Adjudicator/s will decide to uphold or dismiss the breach;
 5. Adjudicator/s will advise the Competition Official to notify the coach of the final decision which must be recorded on the Penalty Sheet;
 6. 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 (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.

1.7 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.

1.8 DISABILITY

- a. In accordance with the ACF Inclusion Policy, adjustments may be made to accommodate competitors with disability. The Adjudicator/s are to be advised of any such adjustments.
- b. All participants are adjudicated in the same manner, i.e. on their ability to perform the technical skills they attempt in a routine or teamwork, having provided an environment that allows the person with disability every opportunity to compete on a level playing field.

2 GENERAL RULES

2.1 AGES

Flexible rule - refer ACF policy on Flexible Rules - [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). Participants (excluding Masters) are entitled to work up one age group without having to apply for an exemption (subject to Rule 1.2.f).

Tinies	7 years and under)	
Sub-Juniors	8 to 10 years)	
Juniors	11 to 13 years)	on 31 December in the year of
Intermediates	14 to 17 years)	competition
Seniors	18 years and over (no maximum)		
Masters	26 years and over (no maximum)		

2.1.1 Masters

- a. 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.
- b. 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.

2.2 BREACH OF RULES

Each rule breached (as defined by this ACF National Rules and Regulations) will be penalised by a deduction of 10 points with the exception of [Minimum Number Rule 2.3](#). Minimum Number rule 2.3 will be a deduction of 5 points. The actual deduction of the points is to be carried out by the Adjudicator/s.

2.2.1 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 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
 - Spring into walkover
 - Head springs
 - Dive-roll
 - Round-off
 - Spring into handstand
 - Hand springs

- 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 end 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

2.2.2 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 **Breach of Rules 10 point deduction**. 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.

2.2.3 Stage Area and Curtains

- a. Competitors must work within the visible working area of the stage (see Stage Area 1.1d) for all items including entry/opening and exit/closing (refer Minimum Number Rule 2.3a).
- b. Competitors may enter or exit the visible working area of the stage from the sides or back only. **Breach of Rules penalty 10 point deduction**.
- c. Legs (Black side curtains) must not be moved. If they are purposely moved a **Breach of Rules penalty 10 point deduction** 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.

2.3 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 Solo, Duo and Trio Items. Minimum number may be exceeded (except for Solo, Duo and Trio Items). **Breach of Rules penalty 5 point deduction**.
- b. Teams with less than the minimum number in an item will incur a **Breach of Rules penalty 5 point deduction**. 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 2.3.b.i 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	<i>Minimum number = 8</i>	<i>Minimum number = 8</i>	<i>Minimum number = no less than 5 – exemption required</i>
2 Teams	<i>Minimum number = 8</i>	<i>Minimum number = no less than 5 – exemption required</i>	
1 Team	<i>Minimum number = no less than 5 – exemption required</i>		

- 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 2.3.bii above) a club must apply (with supporting documents –e.g. medical certificate) to the competition convener PRIOR to the start of the competition. Extenuating circumstances will only be considered within 7 days prior to competition. Regardless, a team competing with less than five (5) competitors will incur a **breach of rules penalty 5 point deduction** (see rule 2.3.bii.3 above).*

- 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 5 point deduction.**
- d. If a competitor breaches more than one minimum number rule (i.e. Rules 2.3a and / or 2.3b, and / or 2.3c) in any item (including Solo, Duo and Trio Items), the item will incur a maximum of 2 penalties of 5 points each.

2.4 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/ team member makes a false start, **Breach of Rules penalty 10 point deduction** to be made, unless the Adjudicator/s is notified by the Stage Manager/Chairperson that the performance has been stopped for technical or safety reasons.
- c. In Solos/Duos/Trios/Team competitions, if the competitor/s leave the stage before the completion of their performance for a reason other than rule 1.1.k.viii, a technical fault and/or technician error they have the option of repeating the performance, however is /are ineligible to gain a placing. The critique paper is to be provided without deduction.
- d. In Solos/Duos/Trios/Team competitions, if the competitor/s leave/s the stage before the completion of their performance due to a technical fault and /or technician error they have the option of repeating the performance and is /are eligible to gain a placing.

2.5 TIMING

2.5.1 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.

2.5.2 Start and Finish of an Item

- 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; **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 (refer to Definitions Rule 1.1 f v).
- 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.

2.5.3 Time Limits

a. Tinies		
	Core Items	1½– 2½ minutes
	Fancy Items	2 – 3 minutes
b. Sub-Juniors		
	Core Items	1½– 2½ minutes
	Fancy Items	2 – 3 minutes
	Solo, Duo and Trio Items	1½ – 2½ minutes
c. Juniors		
	Core Items	2 – 3 minutes
	Fancy Items	2½ – 3½ minutes
	Solos, Duo and Trio Items	2 – 3 minutes
d. Intermediates		
	All Team Items	2½ – 3½ minutes
	Solo, Duo and Trio Items	2½ – 3½ minutes
e. Seniors		
	All Team Items	2½ – 3½ minutes
	Solo, Duo and Trio Items	2½ – 3½ minutes
f. Minimal Rules (Note: No twenty second rule applicable)		
	All Items	Timing in accordance with age sections
g. Masters		
	All items	2½ – 3½ minutes

2.5.4 Timing Penalties

Any variation of the specified time limits will be a **Breach of Rules penalty 5 point deduction** (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 TEAM ITEM RULES

Item or Technical Rules in bold will incur a Breach of Rules penalty 10 point deduction (*except Minimum Number – Breach of Rules 5 point deduction)

3.1 RULES FOR TEAM ITEMS

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

	CORE ITEMS (EXCLUDING AESTHETIC & RHYTHMICAL AESTHETIC)	AESTHETIC & RHYTHMICAL AESTHETIC	FANCY ITEMS	MINIMAL RULES
a. Minimum Number*	8 (must be seen to enter and exit stage – refer Minimum Number Rule 2.3b - ACF policy on Flexible Rules - Appendix 1)	8 (Refer Minimum Number Rule 2.3b - ACF policy on Flexible Rules - Appendix 1)	8 (Refer Minimum Number Rule 2.3b - ACF policy on Flexible Rules - Appendix 1)	
b. Lighting & Blackout Opening/Closing	No (refer ACF policy on Flexible Rules - Appendix 1.)	Yes	Yes	Yes
c. Front Curtain	No (Tinies excepted. Also 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 ACF policy on Flexible Rules – Appendix 1.)	No (unless insufficient space behind back curtain for entry / exit Also refer ACF policy on Flexible Rules – Appendix 1.)	Yes	Yes
e. Scrim Curtain	No	No	Yes	Yes
f. Cyclorama / Standard Back Curtain	Yes	Yes	Yes	Yes
g. Stage Dressing	No	No	Yes	Yes
h. Smoke Machine/ Dry Ice	No	Yes	Yes	Yes
i. Remote Devices	No	No	Yes	Yes
j. Masks	Yes	Yes	Yes	Yes
k. Pointe Work / Pointe Shoes	No	No	No	No
i. Title Applicable for Item	No	Yes (Rhythmical Aesthetics only)	Yes	Yes (Rhythmical Aesthetics & All Fancy Items)

3.2 TECHNICAL RULES

3.2.1 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** (excludes entry/opening and exit/closing);
 - ii. **Changing the angle of the plane** (excludes entry/opening and exit/closing);
- b. **Each arm and club may swing independently of the other but must be on the same vertical plane** (excludes entry/opening and exit/closing).

3.2.2 Aesthetic

- a. **No elevated dance steps permitted.**

3.2.3 Rhythmical Aesthetic

- a. **Elevated dance steps MUST be included.**
- b. Item to be Aesthetic based and include dance steps to enhance performance.

3.2.4 Rhythmic Interpretation

- a. **Elevated dance steps MUST be included.**
- b. Item to be based on classical dance principles as per calisthenics syllabus.

3.2.5 Song/s with Actions/Movement

- a. **Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.**
- b. **Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.**
- c. Limited Solo singing permitted.

3.2.6 Song and Dance

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

3.2.7 Dance Arrangement

- a. **No singing except on recorded music.**
- b. Item to be based on chosen dance genre as it relates to calisthenics.

3.2.8 *Character/Folk Dance*

- a. Costumes, music and suitable dance steps should be applicable to the country/character portrayed.
- b. When a Character Dance is chosen, steps should align to the ACF Calisthenic Skills Dance Syllabus.

3.2.9 *Dance Rods*

- a. Must contain dancing (any style) and Rod manipulation (flashing & twists) of equal balance by the minimum number of competitors.
- b. Limited Solo singing permitted.
- c. **Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.**
- d. **Singing and speaking on recorded music permitted however singing with recorded vocals is NOT permitted.**

3.2.10 *Stage Medley*

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

3.2.11 *Calisthenic Revue*

- a. May include singing, dialogue, calisthenics work and dance (of any style).
- b. **Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.**
- c. **Singing and speaking on recorded music permitted however singing with recorded vocals 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 (Flexible rule – refer ACF Flexible Rules Policy - [Appendix 1](#)).

3.2.12 *Calisthenic Spectacular*

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

4 SOLO, DUO & TRIO ITEM RULES

4.1 ITEM RULES FOR SOLO, DUO & TRIO ITEMS

(These rules 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
i.	Title Applicable for Items		No

4.1.1 Graceful Solo

- Item must have a balance of aesthetic movement, elevated dance steps and dance.
- Skills Level Requirements are a prerequisite for entry to National Solos (Refer [Appendix 2](#) - ACF Calisthenic Skills Levels Policy).
- States are entitled to four entries per section.

4.1.2 Calisthenic Solo, Duo & Trio

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

4.1.3 Participation at National Calisthenic Solo and Duo Competitions

- Entries for National Championship Graceful Solo/Calisthenic Solo/Duo/Trio sections will be determined by the ACF Competition Committee by the 31st of January in the year of competition. The number of entries will be divided equally amongst the eligible States. Should a State not take up their full allocation for a section, a "Wild Card Draw" will allocate said entries to the other eligible States.

- b. 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/Trio. Applications for exemption should be submitted to the ACF. Competitors must be a registered competitor of the State Association for which the competitor is competing.

5 ATTACHMENTS

5.1 ATTACHMENT A - ROLE AND RESPONSIBILITIES OF THE COMPETITION OFFICIAL

Role:

- To ensure the efficiency and effectiveness of the Review Process (Refer [Right of Review Rule 1.6](#))

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.

5.2 ATTACHMENT B – PENALTY NOTIFICATIONS

AUSTRALIAN CALISTHENIC FEDERATION - TIMING PENALTY INFORMATION

ITEM:	COMPETITOR NUMBER:
PENALTY	DEDUCTION
ENTRY OVER 20 SECONDS (<i>Minimum Number – 2.3 c</i>)	5 POINTS
OVER MAXIMUM ITEM TIME (<i>Time Limits – 2.5.3 & Penalty – 2.5.4</i>)	5 POINTS
UNDER MINIMUM ITEM TIME (<i>Time Limits - 2.5.3 & Penalty – 2.5.4</i>).	5 POINTS
NO RIGHT OF REVIEW	
Coach's Signature:	Date:

AUSTRALIAN CALISTHENIC FEDERATION - BREACH OF RULES – PENALTY INFORMATION

(Coach to be notified at the end of the section)

ITEM:	COMPETITOR NUMBER:
BREACH OF RULES	DEDUCTION
BREACH OF RULES No. <i>2.3 a / 2.3 b Minimum Number</i>	5 POINTS
BREACH OF RULES No.	10 POINTS
BREACH OF RULES No.	10 POINTS
TOTAL POINT DEDUCTION =	
BANNED MOVEMENTS No.	DISQUALIFICATION
I ACCEPT THIS PENALTY:	
Coach's Signature:	Date:
I REQUEST A REVIEW ON THIS PENALTY (Refer Right of Review Rule 1.6) :	
Coach's Signature:	Date:
Adjudicator/s decision after review:	
Adjudicator's signature:	

5.3 ATTACHMENT C- NOTIFICATION TO ADJUDICATOR OF COMPETITOR WITH A DISABILITY

Competition:

I, the undersigned, have a child competing at the above competition with a disability.

Disability (optional):

Parents / Guardians Signature:

Date:

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

Competition:

Age Section:

Date:

A competitor with a disability is performing in the following items:

Item	March	Clubs	Free	Rods	Aesthetic	Rhythmical Aesthetics	Rhythmic Interpretation	Song with Action / Movement	Song & Dane	Dance Arrangement	Character / Folk	Dance Rods	Stage Medley	Calisthenics Revue	Calisthenics Spectacular
Item No.															

6 APPENDICES

6.1 APPENDIX 1 - 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 1.2 f - A competitor or team cannot compete in two age sections in the same item;
- Rule 1.2 g - Competitors must appear in one (1) core item to compete in a Fancy item, excluding Tinies;
- Rule 1.3 – Aggregate;
- Rule 2.1 – Ages;
- Rule 2.3 b – Teams with less than the minimum number in an item will incur a **Breach of Rules penalty 5 point deduction**. Maximum of 2 less competitors permitted to perform;
- Rule 3.1 b – No lighting or blackout opening / closing for core items;
- Rule 3.1 c – No Front curtain for core items (Tinies excepted) or Mid curtain (only if insufficient space behind standard back curtain) for core items;

Rule 3.2.12 e – 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. Note: Gender Inclusion for 2024

The position on Transgender, Gender Diverse participation and Gender Inclusion will be flexible for 2024, where the current Rule position is not clear or is contrary to current laws for the purposes of the application at hand. The overarching principle is to give everyone the opportunity to participate in our sport, regardless of their sex or gender identity.

As such, the rule prohibiting males 15 years and over from competing is suspended pending a full review and development of the ACF Inclusion Policy. Competition participation policies may be set by member states and competition conveners under individual state requirements.

6.2 APPENDIX 2 - ACF CALISTHENIC SKILLS LEVELS POLICY

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

<u>Competitor's Age</u>	<u>Minimum Level</u>
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 31st of December in year of competition.

Applicable skill level for ACF Nationals Solo 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.

6.3 APPENDIX 3 – SUMMARY OF BREACH OF RULES

Rule Area	Rule No	Rule Definition	Page No	Penalty
1 OPERATIONAL & ADMINISTRATION PROCEDURES				
Competition	1.2 f	A competitor or team cannot compete in two (2) age sections in the same item. Breach of rules penalty 10 point deduction. (Flexible rule – refer ACF Flexible Rules Policy at Appendix 1). <i>Calisthenics ACT – This rule does not apply in Calisthenics ACT competitions</i>	2	10 points
	1.2.3 i	<i>Calisthenics ACT – 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 team in an item supplemented by younger competitors</i>	3	10 points
	1.2.3 ii	<i>Calisthenics ACT – All registered competitors in an age section must be included in an item before any younger competitors are used (excluding Seniors – See Rule 1.2.3 iii). Breach of rules penalty 10 point deduction.</i>	3	10 points
	1.2.3.iii	<i>Calisthenics ACT – 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 point deduction.</i>	3	10 points
	1.2 g	Competitors must appear in one (1) core item to compete in a Fancy item, excluding Tinies. Breach of rules penalty 10 point deduction.	3	10 points
2 GENERAL RULES				
Banned Movements	2.2.1	Banned Movements (i to xvii).	5&6	Disqualification
Prompting	2.2.2	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 Breach of Rules penalty 10 point deduction. Stage Manager and/or Chairperson will advise Adjudicators of the breach/es.	6	10 points
Stage Area	2.2.3 a	Competitors must work within the visible working area of the stage (see Stage Area 1.1d) for all items including entry/opening and exit/closing (refer Minimum Number Rule 2.3a).	6	Refer Minimum Number Rule 2.3 a
	2.2.3 b	Competitors may enter or exit the visible working area of the stage from the sides or back only. – Breach of Rules penalty 10 point deduction.	6	10 points
Curtains	2.2.3 c	Legs (Black side curtains) must not be moved. If they are purposely moved a Breach of Rules penalty 10 point deduction will apply. Where the breach occurs within the line of sight of the Adjudicator/s it is the Adjudicator's call.	6	10 points

Rule Area	Rule No	Rule Definition	Page No	Penalty
		Where the breach occurs outside the line of sight of the Adjudicator/s, the Stage Manager will inform the Adjudicator/s of the breach.		
	2.2.3 d	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 will apply. Breach of Rules penalty 10 point deduction.	6	10 points
<u>Minimum Number</u>	2.3 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 Solo, Duo and Trio items. Minimum number may be exceeded (except for Solos, Duos and Trio). Breach of Rules penalty 5 points deduction.	6	5 points
	2.3 b	Teams with less than the minimum number will incur a Breach of Rules penalty 5 point deduction. Maximum of 2 less competitors permitted to perform (Flexible rule - refer ACF Flexible Rules Policy at Appendix 1). <i>Calisthenics ACT –Minimum number for all items will be eight (8). Note - An exemption is required to enter a team with less than the minimum number of eight (8).</i>	6	5 points
	2.3 b ii.3	<i>Calisthenics ACT - No team can compete with less than five (5) participants. Competing with less than five (5) participants will incur breach of rules penalty 5 point deduction.</i>	7	5 points
	2.3 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 5 points deduction.	7	5 points
	2.3 d	If a competitor breaches more than one minimum number rule (i.e. Rules 2.3a and / or 2.3b, and / or 2.3c) in any item, the team (including solo, duo and trio items) will incur a maximum of 2 penalties of 5 points each.	7	
<u>False Starts</u>	2.4 b	If a competitor/ team member makes a false start, Breach of Rules penalty 10 point deduction to be made, unless the Adjudicator/s is notified by the Stage Manager/Chairperson that the performance has been stopped for technical or safety reasons.	7	10 points
<u>Time Limits</u>	2.5.4	Sub-Juniors to Masters.	8	5 points
3 TEAM ITEM RULES				
		CORE ITEMS	AESTHETIC & RHYTHMICAL AESTHETIC	FANCY ITEMS
				MINIMAL RULES

<u>Minimum number</u>	3.1 a	Must be seen to enter and exit stage				9	10 points
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Rule Area	Rule No	Rule Definition				Page No	Penalty
<u>Lighting & Blackout Opening/Closing</u>	3.1 b	NO (Flexible rule - refer ACF Flexible Rules Policy at Appendix 1).				9	10 points
<u>Front Curtain</u>	3.1 c	NO Tinies excepted. (Flexible rule - refer ACF Flexible Rules Policy at Appendix 1).				9	10 points
<u>Mid Curtain</u>	3.1 d	NO Allowable if insufficient space behind back curtain (Flexible rule - refer ACF Flexible Rules Policy at Appendix 1).				9	10 points
<u>Scrim Curtain</u>	3.1 e	NO	NO			9	10 points
<u>Stage Dressing</u>	3.1 g	NO	NO			9	10 points
<u>Smoke Machine</u>	3.1 h	NO				9	10 points
<u>Remote Devices</u>	3.1 i	NO	NO			9	10 points
<u>Pointe Work /Shoes</u>	3.1 k	NO	NO	NO	NO	9	10 points

3.2 TECHNICAL RULES

<u>Club Swinging</u>	3.2.1 a i	The clubs must be clearly seen to come to a complete stop before changing the direction of a circle within a plane <i>(EXCLUDES ENTRY/OPENING AND EXIT/CLOSING)</i> .				10	10 points
	3.2.1 a ii	The clubs must be clearly seen to come to a complete stop before changing the angle of the plane <i>(ENTRY/OPENING AND EXIT/CLOSING)</i> .				10	10 points
	3.2.1 b	Each arm and club may swing independently of the other but on the same vertical plane <i>(ENTRY/OPENING AND EXIT/CLOSING)</i> .				10	10 points
<u>Aesthetic</u>	3.2.2 a	No elevated dance steps permitted.				10	10 points
<u>Rhythmical Aesthetic</u>	3.2.3 a	Elevated dance steps must be included.				10	10 points
<u>Rhythmic Interpretation</u>	3.2.4 a	Elevated dance steps must be included.				10	10 points
<u>Song/s with Actions / Movements</u>	3.2.5 a	Assistance in singing by coaches or non-members of the team is NOT permitted.				10	10 points

	3.2.5 b	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	10	10 points
Song and Dance	3.2.6 a	Assistance in singing by coaches or non-members of the team is NOT permitted.	10	10 points
	3.2.6 b	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	10	10 points
Dance Arrangement	3.2.7 a	No singing except on recorded music.	10	10 points

Rule Area	Rule No	Rule Definition	Page No	Penalty
<u>Dance Rods</u>	3.2.9 c	Assistance in singing by coaches or non-members of the team is NOT permitted.	11	10 points
	3.2.9d	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	11	10 points
<u>Stage Medley</u>	3.2.10 b	Assistance in singing by coaches or non-members of the team is NOT permitted.	11	10 points
	3.2.10 c	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	11	10 points
<u>Calisthenic Revue</u>	3.2.11 b	Assistance in singing by coaches or non-members of the team is NOT permitted.	11	10 points
	3.2.12 c	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	11	10 points
<u>Calisthenic Spectacular</u>	3.2.12 b	Assistance in singing by coaches or non-members of the team is NOT permitted.	11	10 points
	3.2.12 c	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	11	10 points
4 SOLO,DUO & TRIO ITEM RULES				
<u>Stage Dressing</u>	4.1 g	NO	12	10 points
<u>Remote Devices</u>	4.1 i	NO	12	10 points
<u>Pointe Work / Pointe Shoes</u>	4.1 k	NO	12	10 points