



Australian Calisthenic Federation

National Rules and Regulations

Ratified by ACF Council: 2014

Effective 1 January 2015

v2016.1 update

NSWCAI Flexible Rules

Ratified: 25 February 2016

Effective 1 January 2016

1.2 COMPETITION

e. 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).

f. Competitors must appear in one (1) core item to compete in a Fancy item, excluding Tinies. **Breach of rules penalty 10 point deduction.**

NSWCAI RULE – 1.2 (e)

- i. A club may enter a team in any item using competitors from one age group lower. This does not prevent the younger competitors from competing in their own age section in the same item.
- ii. All registered competitors in an age section must be included in the item before any younger competitors are used (except for Seniors – see Rule 1.2 (e)(v)).
- iii. Exclusion of registered competitors in that section will constitute a Breach of Rules in that applicable item.
- iv. A club may only supplement one team in an item with under-age competitors.
- v. Senior Rule: Any item must be made up of a minimum of 75% fully registered competitive Seniors before the item is supplemented by Intermediate registered competitors.

NSWCAI RULE – 1.2 (f) – as per ACF Rule

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).

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
6 points	4 points	2 points	1 point

c. Should a State/club secure more than one place in any team competition, only the highest award will count towards the Aggregate Trophy (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).

NSWCAI RULE – 1.3 – as per ACF Rule

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.

Tinies 7 years and under)
Sub-Juniors 10 years and under)
Juniors 13 years and under)
Intermediates 16 years and under)
Seniors 16 years and over (no maximum)
Masters 26 years and over (no maximum) on 31 December in the year of competition

NSWCAI RULE – 2.1 – as per ACF Rule

2.3 MINIMUM NUMBER

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).

NSWCAI RULE – 2.3 (b)

- i. The minimum number for all items shall be four (4) participants.
- ii. No team may compete with less than four (4) participants unless there are extenuating circumstances (illness or injury – which must be supported by medical certificate). To compete with less than four (4) participants a club must apply (with supporting documents) to the Competition Committee Convenor PRIOR to the start of the competition.
- iii. Clubs may only enter a maximum of 2 teams in each item unless they have more than 16 registered participants in that age group.

3.1 RULES FOR TEAM ITEMS

- b. No lighting or blackout opening / closing for core items – except Intermediates and Seniors
- c. No Front curtain for core items (Tinies excepted)

NSWCAI RULE – 3.1 (b)

- i. No lighting for core items – except Seniors.
- ii. Blackout opening/closing may be allowed for core items depending on the curtains available in the particular theatre. This will be advised to clubs prior to the commencement of the competition.

NSWCAI RULE – 3.1 (c)

- i. The front curtain may be allowed for core items depending on the lighting and curtains available in the particular theatre. This will be advised to clubs prior to the commencement of the competition.

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 e - A competitor or team cannot compete in two age sections in the same item;
- Rule 1.2 f - 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 – except Intermediates and Seniors
- Rule 3.1 c – No Front curtain for core items (Tinies excepted);
- 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.

6.2 APPENDIX 2 - ACF CALISTHENIC SKILLS LEVELS POLICY

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

Competitor's Age	Minimum Level
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.

NSWCAI CALISTHENIC SKILLS LEVELS POLICY

The required levels for entry to the NSWCAI Solo/Duo Competition are as follows:

Competitor's Age Group	Minimum Level
Sub Juniors	Test 1
Juniors	Test 3
Intermediates	Grade 1
Seniors	Grade 2

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

Applicable skill level for NSWCAI Solo/Duo Competition must be attained by close of entry to NSWCAI competition.