



Australian  
Calisthenic  
Federation

## **Calisthenic Skills Programme**

# **Examination Guidelines for Coaches and Candidates including Rules and Regulations**

**1<sup>st</sup> January 2015**



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***This is a National Examination programme administered by each State / Territory committee.***

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***A National Examiners' Advisory Board is responsible for setting and changing guidelines.***

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***Successful participants receive a certificate and a cloth badge for each Test and Grade, and a medal and a certificate for each Medal. The Honours Bar is the most prestigious award.***

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***The Test and Grade examinations are based on a written syllabus and music audio which emphasise technical detail, presentation and knowledge of terminology. In the Medals section choreography and performance are also considered. All candidates need their own copy of the syllabus and music audio and should be encouraged to view the footage on the ACF website.***

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***Any registered pupil whose coach is a Level One or Level Two coach registered with their State / Territory Coaches' Association is eligible to enter.***

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**Australian Government**  
**Australian Sports Commission**

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## 1) 1.1 INTRODUCTION

The examination system was first introduced in 1979 to raise the standard of calisthenics and to unify terminology and technique throughout Australia.

The system consists of three divisions – TESTS, GRADES and MEDALS. Within these divisions there is a logical progression through the various elements which make up the foundation of calisthenics.

### **A BRIEF OUTLINE OF THE DIVISIONS**

#### **TESTS 1, 2 & 3**

The three Tests are designed to introduce younger students to the procedure of examinations, to emphasise the importance of developing correct technique and to encourage confidence. Arm and leg movements, including the use of apparatus, may be requested in any section.

#### **GRADES 1, 2, 3 & 4**

By progressing steadily through the Grades the student builds a comprehensive vocabulary of terminology and a firm understanding of the requirements of basic calisthenics. It also allows the student to develop at their own pace and within their capabilities. Exercises have been choreographed to develop co-ordination, artistry and musicality. Arm and leg movements, including the use of apparatus, may be requested in any section.

#### **STANDARD GRADES 1, 2, 3 & 4**

The DVD's for Standard Grades 1, 2, 3 & 4 are not on the ACF website, but are available upon request from your State Administrator.

*Standard Grades do not qualify for solo entry, Cadet Coaching or Level 1 requirements.*

The recent introduction of Standard Grades caters for students who are not focusing on the elements of classical dance as part of their team curriculum. The syllabus also makes allowances for those who are slightly restricted in natural flexibility by offering optional versions of several movements. The aesthetic section has a smaller progression in difficulty from the lower Grades, and the dance section in Standards 3 and 4 begins with jazz exercises, moving on to basic steps for a jazz routine. Arm and leg movements, including the use of apparatus, may be requested in any section.

1) 1.1 INTRODUCTION *cont'd*

**MEDALS**

- ♦ Candidates must achieve Grade 4 before commencing Medals.
- ♦ Minimum ages apply for Grade 4 and Medals.
- ♦ The Medals have been created with the more mature student in mind and, whilst they draw on the technique established in the Grades, they are designed to develop performing skills, quality of movement, musicality and a sense of floor pattern and space. Advanced movements in all facets of calisthenics must be mastered to a high standard, with a separate mark being allocated for each movement.
- ♦ Self-choreographed routines introduce the student to the art of choreography and, working with the coach, the student can explore creativity in designing routines to enhance their own capabilities.

Bronze Medal

1. Candidates must achieve satisfactory or higher for each individual movement and 60% or higher for each section to earn a medal and certificate.
2. Bronze Medal must be passed before entering for Silver Medal.
3. Candidates must achieve a minimum of 70% for the final mark to be eligible to progress to Silver Medal.

Silver Medal

1. Candidates must achieve satisfactory or higher for each individual movement and 60% or higher for each section to earn a medal and certificate.
2. Silver Medal must be passed before entering for Gold Medal.
3. Candidates must achieve a minimum of 75% for the final mark to be eligible to progress to Gold Medal.

Gold Medal

1. Candidates must achieve satisfactory or higher for each individual movement and 60% or higher for each section.
  2. Candidates must achieve a minimum of 80% for the final mark in the combined Part A and Part B to be awarded the Gold Medal and certificate.
  3. Candidates in the GOLD MEDAL examination who achieve a pass of 90% or higher may strive for the ultimate distinction of GOLD MEDAL HONOURS, which is for elite performers only. To qualify to present for GOLD MEDAL HONOURS a candidate must achieve 90% or higher in the combined Parts 1 and 2. A candidate will not achieve Gold Medal Honours unless they successfully complete the Stage Performance (Part 3) this consists of three routines performed before an audience and the examiner, and the candidate receives a combined Parts 1, 2 and 3 total of 90% or more.
  4. The Stage Presentation for Gold Medal Honours must be within 12 months of the technical examination Parts 1 & 2.
- ♦ Medal candidates cannot resit for 12 months, as time is needed to improve the technical recommendations on the assessment sheet.

## 1.2 THE COACH'S ROLE

The examination system provides a full calisthenics syllabus which focuses on specific levels of achievement and provides satisfaction to the students and belief in themselves when they succeed. It is very important that students are well prepared for their examination. If they are entered before they are ready their confidence can be adversely affected.

Students must be allowed to progress at their own pace and not necessarily to conform to their age group. They must feel confident in their own ability to master each level and their individual development must be of prime consideration.

Under normal circumstances an unsuccessful candidate is a reflection of inadequate preparation, poor judgement by the coach in the level attempted or poor coaching.

Many coaches incorrectly assume that if the student learns the terminology and the set routines of the syllabus, then a pass will be awarded. This is not so. A candidate must present for every examination with good deportment, footwork, musicality and presentation. Correct technique in all movements is expected at each level.

Turnout and development exercises are included in the syllabus and coaches are encouraged to use them in class, as well as movements and terminology from the syllabus, so they become familiar to the participants.

An examination is just that – an examination. If passes were awarded to poorly prepared candidates, then a candidate who had been prepared to a high standard would gain no pride in her achievement or satisfaction for the hours of preparation and practice time.

The Examiners' Advisory Board encourages coaches to spend time with pupils after examinations to read and discuss the assessment sheet together. Always look for positives. Carefully look at the placement of ticks in the boxes on the assessment sheet to learn where a candidate's strengths and weaknesses are. Aim to work on the areas of weakness before progressing to the next level.

In order to highlight the achievements of candidates it is suggested that they are presented with certificates and badges at a suitably important event such as presentation day or concert. Medals are presented at the State Championships where a candidate is competing.

Assessment Sheets, ACF Progressive Certificates, Individual Test/Grade Certificates, Cloth Badges and Medals are the sole property of the candidate. Coaches must in no circumstances withhold them; they must be forwarded to the candidate immediately.

Be aware that the time spent in training an individual student for examinations will be rewarded by the significant improvement in teamwork.

***It is the coach's responsibility to acquire the current syllabus, official music and DVD footage available from ACF website.*** It is the aim of all those associated with the examination system to develop a high standard and it is expected that coaches prepare candidates as thoroughly as possible with the aim of executing their work to the best of their ability.

Assistance is available to any coach, particularly those wishing to show improvement on past results or those intending to enter candidates for the first time. The DVD recordings of the syllabus is available as a *reference only* and must not be used as a substitute for training by a qualified coach.

***Every coach who enters candidates for examinations must have a thorough knowledge of calisthenic technique and know the requirements of each syllabus.***

**IT IS THE RESPONSIBILITY OF THE COACH OR COACHES SIGNING THE ENTRY FORM TO READ AND ENFORCE THE REGULATIONS.**

## 1.3 THE EXAMINATION

### GENERAL DISCIPLINES AND PROTOCOL

#### **Deportment**

The importance of correct posture cannot be over-emphasised. Whatever the age or capability, the student must be made constantly aware of posture and how it affects the technique and style of every movement performed. Posture influences turnout, flexibility, extension and style.

#### **Classical Technique**

Classical ballet positions and steps are used throughout all calisthenic items. As only the basic positions are used in our syllabi, a reasonable degree of competence is expected. If coaches exercise care and persistence throughout, a solid foundation for the technique of all movements will result.

#### **Turnout and Technical Development Exercises**

These exercises have been included in Test 3 and Grades 1, 2, 3 & 4 and are designed to create an awareness of turnout as well as body, arm and head lines. These exercises address incorrect alignment of hips, knees and feet as highlighted in the research report by Jean Leaf (Physiotherapist). Turnout from the hips must be emphasised, and not just of the knees and feet. When teaching the movements used in the syllabus, care must be taken to maintain correct deportment and equal turnout of both legs.

It should be noted that it is at the examiner's discretion whether or not to request the presentation of the *Turnout Exercise* in Grades 1-3. However, in Test 3 the turnout exercises are mandatory, and in Grade 4 the *Turnout Exercise* will be requested by the examiner and marked separately.

#### **Aesthetic and Dance Sections**

As well as executing all movements with correct technique, the candidate is expected to perform the set exercises with artistry, showing body and facial expression appropriate to the movements and music.

Also note that boys are to replace the curtsy with a bow.

#### **Musicality**

In all aspects of calisthenics the music is extremely important to both the performer and the choreographer. It strongly influences the strength and style of every movement as well as rhythm. It is therefore considered a very important part of the examination and it is essential that the coach devotes the necessary time to develop an appreciation and understanding of the music in each section.

### 1.3 THE EXAMINATION *cont'd*

#### **Presentation and Style**

- Marks will be forfeited if the hair is untidy, if there are holes in leotards or tights, or if underwear is showing. Garments should be well fitted.
- Candidates with short hair must make every effort to conform with the appearance required.
- If a candidate displays poor manners or attitude, chews gum, converses with or copies the sharing candidate this behavior will be taken into consideration in the overall presentation.
- Senior candidates are permitted to wear light makeup.
- Style – overall manner in which the candidates presents herself/himself. Aim to display elegance, grace and artistry.

#### **Examination Uniform**

##### **GIRLS**

- Black leotard – long or no sleeves. No halter or plunging neckline front or back.
- Black or flesh lightweight tights only (footless or stirrups allowed only, no bulky woollen tights), or no tights.
- Black crossover top optional – but must be long sleeved and well fitted.
- Hairstyle - No fringe, hair in a bun – position optional. Black headband optional.
- Rod and clubs – tape and colour optional.
- No jewellery (*other than medical alert bracelet or necklet*). Body piercing must not be visible - remove or cover.
- No nail polish on fingers or toes.

##### **BOYS**

- Well fitted black bicycle shorts with plain black or white singlet **or T shirt**.
- Hairstyle – Neat and tidy and if long must be tied back.
- Rod and clubs – tape and colour optional.
- No jewellery. Body piercing must not be visible –remove or cover.

## 1.3 THE EXAMINATION *cont'd*

### **The Day of the Examination and Conduct**

- Candidates must arrive at the examination venue no later than 30 minutes prior to their given time. This will allow for checking in and warming up.
- If you are entered for Tests 1 or 2 you may share your examination with three other candidates. If you are entered for Test 3 or higher you may share with one other candidate.
- On arrival, check in with the supervisor who will confirm your name and number and give you a coloured belt to wear around your waist.
- The supervisor will tell you the name of your examiner.
- Warm up in the waiting area.
- Consider whether you need to visit the toilet.
- Be ready to enter the examination room at your scheduled examination time with your rod, clubs and the assessment sheet which the supervisor will give you, **and bottle of water if necessary.**
- When the examiner is ready for you she will ring her bell and the supervisor will show you the way into the examination room.
- For safety reasons we recommend that candidates hold the rod vertically in one hand when entering the exam room.
- Say "Good Morning" or "Good Afternoon" and use the examiner's name if you can remember.
- You will be asked to place your rod and clubs on the floor near the wall and stand in the centre of the room ready for the examiner to tell you what she would like to see first.
- The examiner may ask you to perform your work by yourself or along with the other candidate/s.
- Do not speak to the other candidates during the examination.
- If you do not understand, or cannot hear the examiner, politely ask her to repeat her instruction.
- If you feel extremely unwell, or cannot wait until after the examination to visit the toilet, don't be afraid to tell the examiner.
- At the end of the examination pick up your rod and clubs, curtsy to the examiner and say "Thank you" before leaving the room.

### **Marking / Results**

- Candidates will receive an assessment sheet containing ticked boxes showing competency in various elements and brief comments on each section, with a final comment and result classification.
- Participants in Grade 1, 2, 3 & 4 must gain 60% in each section to receive a certificate and cloth badge.
- Participants in Tests 1, 2 and 3 must receive a Pass or higher to achieve that level, and Standard Grades 1, 2, 3 and 4, require a 60% overall pass rate to be awarded their certificate.
- Marks / Classification table:-

Pass mark achieved	Classification wording
60 to 64	Pass
65 to 69	Pass Plus
70 to 74	Commended
75 to 79	Highly Commended
80 to 84	Credit
85 to 89	Credit Plus
90 to 94	Honours
95 to 100	Honours with Distinction

- Medal participants must achieve satisfactory or higher for each individual movement and 60% or higher for each section to earn a medal and certificate.
- Medal participants must gain the minimum pass rate for each respective medal in order to progress to the next medal exam (refer to Section 1) Introduction 1.1 Medals).
- Examination results will be forwarded to State / Territory administrators no later than 2 weeks after the end of the examination period.
- The examiner's decision is final and no correspondence will be entered into.



### 1.3 THE EXAMINATION *cont'd*

#### **Marking / Results *cont'd***

##### **Assessment Sheets, Certificates, Cloth Badges, Progressive stickers and Medals**

Assessment Sheets, Certificates, Cloth Badges, Progressive stickers and Medals are the sole property of the candidate. Coaches must in no circumstances withhold them; they must be forwarded to the candidate immediately.

### 1.4 GENERAL NOTES ON THE PROGRAMME

- A suitably qualified interstate examiner will examine all Medals.
- Candidates must present for examinations in their own State/Territory. In extenuating circumstances application to be examined outside the candidate's own State/Territory must be made to the EAB in writing.

**2.1 REGULATIONS and ENTRY FORMS****- VICTORIA only****GENERAL**

1. It is the responsibility of the coach/coaches signing the entry form to read and enforce the Regulations.
2. The coach/coaches signing the entry form take(s) responsibility for ensuring that candidates are prepared as well as possible using the up to date syllabus.
3. Although it is not compulsory, it is highly recommended that candidates complete all Grades.
4. A candidate new to the program can enter the skills at Test 1 to Grade 4, taking into consideration the EAB recommended and minimum ages, although it is still recommended that they progress through all levels.
5. Candidates wishing to compete in 16 y.o Graceful Girl and Senior Graceful Girl (as per CVI Competition Committee Ruling) must attain a pass of 80% or more in the aesthetic/dance component(s) in one exam – Grade 3 (16 y.o.) and Grade 4 (17 y.o.)
6. A candidate who is Unable To Qualify cannot proceed to a higher skill level until they have re-presented and passed at the original level.
7. Grade 4 must be passed before attempting Medals.
8. MEDALS – refer to page 4
9. Any examination may be recorded by the EAB. This DVD is strictly for examiner training purposes only and not for general distribution.

**ENTRY**

1. Candidates or guardian/parent to sign for every entrant acknowledging that the candidate agrees to be bound by the terms and conditions contained in the entry form and guidelines.
2. Entry forms must be completed clearly (please print), accurately and in order from Test 1 through to Grade 4. Medals entries to be made on a separate form.
3. Entry forms without payment will not be accepted.
4. Clear, correct spelling of candidates' names is essential to ensure that names appear accurately on certificates.
5. Birth dates and ages are needed to timetable candidates fairly.
6. C.V.I. Registration number of each candidate must be completed and current at the time of the examination otherwise the candidates are not covered by insurance. This information is available through the C.V.I. office.
7. If candidate is not a current competing member, recreational membership must be current at the time of the examination, otherwise the candidate is not covered by insurance. This information is available through the C.V.I. office.
8. Entry forms to be signed by the Calisthenic Skills coach. A Club co-ordinator cannot sign on behalf of an accredited coach.
9. A separate entry form is required if a Skills coach is instructing candidates from another Club. Each candidate's club must be specified and the club coach named.
10. An email contact address must be supplied, as contact is via electronic communication.
11. A \$25.00 per candidate fee will be incurred for late entry.
12. All correspondence / results will be sent to the Club coach /co-ordinator.

**EXAMINATION**

1. Candidates must have knowledge of all movements from previous syllabi.
2. Candidates must present in Examination Uniform (as per page 7 of this document).
3. A Medical Certificate is not to be presented to the examiner on the day.
4. Candidates with injury/illness will not be examined.
5. Candidates entering the examination with known injuries and medical conditions do so at their own risk.
6. Refunds not available for withdrawals or non-appearance at the examination venue.
7. Deferral of examination (in advance of examination date) only possible for medical reasons, and a Medical Certificate has to be presented. 50% of the fee will be deferred; so candidates will incur 50% of fee to re-present at later date (preferably within 12 months).
8. Convenor to be notified ahead of the examination if a Special Needs candidate is presenting – preferably when entry forms are submitted. (This is not to be confused with injury/illness.)

## 2.2 ACF MINIMUM AGES FOR SKILLS EXAMINATIONS and CVI SOLO ENTRY REQUIREMENTS - VICTORIA only

- The ACF Calisthenics Skills Program is designed for pupils to be examined at two yearly intervals.
- Please be aware that these are **Minimum Ages** and coaches should assess the capabilities of their pupils to ensure that they are knowledgeable and well prepared for the Test and/or Grade Examination before presenting to the Examiner.
- Use the information below to assist in this decision - keeping in mind the ability of the candidate to focus for a ½ hour exam together with the knowledge that the syllabus has been designed for age appropriateness. It is of no benefit to candidates being entered too young for the tests nor attempt higher grades before the body has developed to be able to execute the movements appropriately.
- Please note:  
The following are ALL COMPULSORY MINIMUM AGES, and candidates must be the minimum age in the year of examination. This will be strictly adhered to for all Skills exam entries as from January 1<sup>st</sup> 2014.

### CVI Competition Committee Requirements for Solo Entry

All ages as of 31<sup>st</sup> December and all levels must be attained in the calendar year prior to competing.

Exam Level	ACF Minimum Ages	ACF/CVI Solo Requirements	Exam Date
Test 1	7 years	8 years	May-June/Nov-Dec
Test 2	7 years	9 years	May-June/Nov-Dec
Test 3	9 years	10 & 11 years	May-June/Nov-Dec
Standard Grade 1	10-12 years	Not applicable	May-June/Nov-Dec
Grade 1	11 years	12 & 13 years	May-June/Nov-Dec
Standard Grade 2	12-14 years	Not applicable	May-June/Nov-Dec
Grade 2	13 years	14 & 15 years	May-June/Nov-Dec
Standard Grade 3	13-15 years	Not applicable	May-June/Nov-Dec
Grade 3	14 years	16 yrs - note: <i>Graceful must attain 80% aesth &amp; dance in one exam</i>	May-June/Nov-Dec
Standard Grade 4	15 years	Not applicable	May-June/Nov-Dec
Grade 4	15 years	17 yrs - note: <i>Senior Graceful must attain 80% aesth/dance in one exam</i>	May-June/Nov-Dec
Bronze Medal	16 years (Must have Grade 4)		March
Silver Medal	17 years (Must have Bronze Medal with a minimum of 70% for the final mark.)		March
Gold Medal	18 years (Must have Silver Medal with a minimum of 75% for the final mark.)		March
Gold Medal Honours	Stage Presentation Min 18 years (Must attain 90% or higher in Gold Medal Exam Parts 1 & 2)		Scheduled

**Regional Requirements** - for country club members who compete only at Country Solo/Duo Competitions.

The ACF minimum age(s) for Skills Exams remains the same as above, the Skill Level Requirements for regional Victorian solo competitions (other than Geelong & Ballarat) are as follows:-

8 years	Test 1	12 & 13 years	Grade 1
9 years	Test 2	14 & 15 years	Grade 2
10 & 11 years	Test 3	16 & 17 years+	Grade 3

**2.3 STATE COMMITTEE MEMBERS**

**- VICTORIA only**

**CVI Convenor and Examination Co-ordinator**

**Elizabeth Hickey**

tel: 0419 222771

email: [skills.vic@calisthenics.asn.au](mailto:skills.vic@calisthenics.asn.au)

PO Box 6162

Hawthorn West, Vic 3122

**Registrar**

*Helen Barclay*

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**All supporting resources available on the website**

<http://www.calisthenicsaustralia.org/calisthenic-skills-resource.asp>

**Examiners' Advisory Board**

**Julie Fox**

tel: 03 9429 3004 Home

tel: 03 9605 9533 Work

### 3.3 REGULATIONS and ENTRY FORMS - for SA/WA/ACT/QLD/NT/NSW

#### GENERAL

1. It is the responsibility of the coach/coaches signing the entry form to read and enforce the Regulations.
2. The coach/coaches signing the entry form take(s) responsibility for ensuring that candidates are prepared as well as possible using the up to date syllabus.
3. Although it is not compulsory, it is highly recommended that candidates complete all Grades.
4. A candidate new to the program can enter the skills at Test 1 to Grade 4, taking into consideration the EAB recommended and minimum ages, although it is still recommended that they progress through all levels.
5. A candidate who is Unable To Qualify cannot proceed to a higher skill level until they have re-presented and passed at the original level.
6. Grade 4 must be passed before attempting Medals.
7. MEDALS – refer to page 4.
8. Any examination may be recorded by the EAB. This DVD is strictly for examiner training purposes only and not for general distribution.

#### ENTRY

1. Candidates or guardian/parent to sign for every entrant acknowledging that the candidate agrees to be bound by the terms and conditions contained in the entry form and guidelines.
2. Entry forms must be completed clearly, accurately and in order from Test 1 through to Grade 4 and Medals . Copy more forms if required.
3. Entry forms without payment will be returned.
4. Clear, correct spelling of candidates' names is essential to ensure that names appear accurately on certificates.
5. Birth dates and ages are needed to timetable candidates fairly.
6. If not competing must be a registered participant or coach for insurance purposes.
7. Entry forms to be signed by the Calisthenic Skills coach.
8. A Club co-ordinator cannot sign on behalf of an accredited coach.
9. A separate entry form is required if a Skills coach is instructing candidates from another Club. Each candidate's club must be specified and the club coach named.
10. An email contact address must be supplied, as contact is via electronic communication.
11. A \$25.00 per candidate fee will be incurred for late entry
12. All correspondence / results will be sent to the Club coach/co-ordinator.

#### EXAMINATION

1. Candidates must have knowledge of all movements from previous syllabi.
2. Candidates must present in Examination Uniform (as per page 7 of this document).
3. A Medical Certificate is not to be presented to the examiner on the day.
4. Candidates with injury/illness will not be examined.
5. Candidates entering the examination with known injuries and medical conditions do so at their own risk.
6. Refunds not available for withdrawals or non-appearance at the examination venue.
7. Deferral of examination (in advance of examination date) only possible for medical reasons, and a Medical Certificate has to be presented. 50% of the fee will be deferred; so candidates will incur 50% of fee to re-present at later date (preferably within 12 months).
8. Convenor to be notified ahead of the examination if a Special Needs candidate is presenting – preferably when entry forms are submitted. (This is not to be confused with injury/illness.)

### 3.2 ACF RECOMMENDED AGES FOR EXAMINATIONS and REQUIREMENTS FOR SOLO ENTRY

#### - for SA/WA/ACT/QLD/NT/NSW

**All ages as of 31<sup>st</sup> December.**

The following are **ALL COMPULSORY MINIMUM AGES**, and candidates must be the minimum age in **the year of examination**. This will be strictly adhered to for all Skills exam entries as from January 1<sup>st</sup> 2014.

- The Calisthenic Skills Program is designed for pupils to be examined at two yearly intervals.
- Please be aware that these are recommended ages (except Grade 4 and Medals) and coaches should assess the capabilities of their pupils to ensure that they are knowledgeable and well prepared for the Grade Examination before presenting to the Examiner.
- Please use the information below to assist you in this decision keeping in mind the ability of the candidate to focus for a ½ hour exam and the knowledge that the syllabus has been designed for age appropriateness. It is of no benefit to candidates to be entered too young for the tests, e.g. prior to commencing school, nor is it of benefit to be attempting Grade 3 before the body has developed to be able to execute the movements appropriately.

Examination	ACF Minimum Ages	Solo/Graceful Requirement
Test 1	7 years	8 years
Test 2	7 years	9 years
Test 3	9 years	10 & 11 years
Grade 1	11 years	12 & 13 years
Grade 2	13 years	14 & 15 years
Standard Grade 1	10 years	Not applicable
Standard Grade 2	12 years	Not applicable
Standard Grade 3	13 years	Not applicable
Standard Grade 4	15 years	Not applicable
Grade 3	14 years	16 years
<b><u>Please note the following compulsory minimum ages:</u></b> Grade 4	<u>Min 15 years</u> (Must be 15 by 31 <sup>st</sup> December in the year of examination.)	17 years
Bronze Medal	<u>Min 16 years</u> - Must have Grade 4  (Must be 16 by 31 <sup>st</sup> December in the year of examination.)	
Silver Medal	<u>Min 17 years</u> - Must have Bronze Medal with a minimum of 70% for the final mark  (Must be 17 by 31 <sup>st</sup> December in the year of examination.)	
Gold Medal	<u>Min 18 years</u> - Must have Silver Medal with a minimum of 75% for the final mark  (Must be 18 by 31 <sup>st</sup> December in the year of examination.)	
Gold Medal Honours	<u>Min 18 years</u> - - Must have attained 90% or higher in Gold Medal Parts 1 and 2	

3.3 STATE ADMINISTRATION

- SOUTH AUSTRALIA

**Convenor and Examination Co-ordinator** Diane Winterling Phone: 0409 521 990

**All supporting resources available on the website**

<http://www.calisthenicsaustralia.org/calisthenic-skills-resource.asp>

**Australian Calisthenic Federation**

**Director of Skills and**

**Convenor of Examiners' Advisory Board** Diane Winterling Phone: 0409 521 990

**Please contact the relevant State Administrator -**

- SA/WA/ACT/QLD/NT/NSW

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5 Christie Place Mobile: 0438 104 860  
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