

# A.C.F. CALISTHENICS SKILLS PROGRAM

## Minimum Ages Skills Exams

### 2017 ACF / CVI Solo Entry Requirements

- Mandatory Minimum Ages for Skills Exams came into effect at January 1<sup>st</sup> 2014. Candidates present within the calendar year of the minimum age(s) as stated below.
- The Calisthenics Skills Program is designed for pupils to be examined at two yearly intervals. Coaches should assess the capabilities of their pupils to ensure that they are knowledgeable and well prepared for their Test / Grade Examination before presenting to the Examiner.
- To assist in this decision, keep in mind the ability of the candidate to focus for a ½ hour exam with the knowledge that the syllabus has been designed for age appropriateness. It is no benefit to candidates to be entered too young for the tests, nor attempt Grade 3 before the body has developed to be able to execute the movements appropriately.
- **CVI 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: Graceful, must attain 80% aesth/dance in one exam.	May-June/Nov-Dec
Standard Grade 4	15 years	Not applicable	May-June/Nov-Dec
Grade 4	15 years	17 yrs + - note: Graceful, must attain 80% aesth/dance in one exam. Solo/Duo, must attain 80%/freearm/aesth/dance in one exam.	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 final mark)		March
Gold Medal	18 years (Must have Silver Medal with a minimum of 75% for final mark)		March
Gold Medal Honours	Stage Presentation Min 18 years (Must attain 90% or higher in Gold Medal Exam Parts 1 & 2)		Scheduled

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**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:-

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

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