



Memorandum

To: All States, Coaches, Adjudicators, Competition Committees
From: Kerry Sargent
Date: January 14, 2016
Re: ACF Rules and Regulations v2016 update

Please find attached the release of the v2016 update of the ACF National Rules and Regulations. These rules are effective as of 1st January 2016.

The following provides an overview of changes made since the v2015_1 version.

Kerry Sargent

ACF National Rules Forum Convenor

Changes to ACF National Rules & Regulations for v2016 update.

(Changes highlighted in red below)

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. Forward walkover on one arm
- 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

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- 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 a member to take the full weight of another in a static standing position
 - 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

Note the removal of the following movements from the banned list:

- ~~—Squat to straddle leap~~
- ~~—Hook~~
- ~~—Prone Hook~~
- ~~—Should stand~~

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

Inclusion of this form in the attachments section.

6.2 APPENDIX 2 – ACF CALISTHENICS SKILLS LEVELS POLICY

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.