

A.C.F. CALISTHENICS SKILLS PROGRAMME

Supplementary Skills Examinations February 2020

Information

Since 2014 the February Supplementary Skills Exams have been held in conjunction with Calisthenics Victoria and the Competition Committee, with several defined entry criteria.

As there are two established and well-advertised Skills Exam Periods annually in which Calisthenics Victoria members can participate or represent to achieve their individual levels, the Calisthenics Victoria Board has again reviewed the entry criteria for the 2020 February Supplementary Exams. There will be **only one**:

- Candidates who enter the 2019 November-December Skills Exams and are -

Unable to Present in that period due to injury/illness at the time of their scheduled exam; and require the level for the 2020 Calisthenics Victoria Graceful / Calisthenics Solo / Duo entry. Medical Certificate itemising injury/illness in support of withdrawal, is required immediately by the Calisthenics Victoria Skills Convenor to confirm entry to the 2020 February Supplementary Skills Exams.

February Supplementary Examinations are definitely not open to –

- Calisthenics Victoria members who **do not enter** the 2019 November-December Skills Exam period.
- Candidates who (at the 2019 November-December Skills exam period) are -
 - ❖ **Unable to Qualify** at any level – Tests 1-3 60% overall mark, Grades 1-4 60% pass in each component. As per ACF Skills Program Exam Guidelines.
 - ❖ **Do not achieve an 80% mark in Aesthetics/Dance (Grade 3) or an 80% mark in Free Exercises/Aesthetics/Dance (Grade 4).**

Administrative Process for Supplementary Examinations –

- Supplementary Skills Exams will be held in **February** (year following the November-December Skills Exam Period). One or two sessions only according to demand (*date[s] and venue[s] to be advised*). No further date options will be available.
- Upon release of the November-December Skills Exam results, eligible candidates (or their coach/co-ordinator) are to email CVI Skills Convenor direct to confirm presenting for their exam syllabus. Candidates' details are on record – no further entry medium is necessary. They or their coach/co-ordinator will be informed by return email with exam timetable(s).
- Results within seven (7) days – emailed direct to candidate/coach/club contact and CV. Hard copy results posted as advised thereafter.

Mandatory Minimum Ages Skills Exams

2018-19 ACF / Calisthenics Victoria Solo Entry Requirements

- Mandatory Minimum Ages for Skills Exams came into effect at January 1st 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.
- **Calisthenics Victoria Requirements for Solo Entry -**
All ages as of 31st December and all levels must be attained in the calendar year prior to competing.

Exam Level	ACF Minimum Ages for Skills Program Exams	Calisthenics Victoria Solo Requirements by age	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	N / A	May-June / Nov-Dec
Grade 1	11 Years	12 & 13 Years	May-June / Nov-Dec
Standard Grade 2	13-15 Years	N / A	May-June / Nov-Dec
Grade 2	13 Years	14 & 15 Years	May-June / Nov-Dec
Standard Grade 3	13-15 Years	N / A	May-June / Nov-Dec
Grade 3	14 Years	16 Years. N.B. Gracefuls must attained 80% in aesth/dance components in one exam.	May-June / Nov-Dec
Standard Grade 4	15 Years	N / A	May-June / Nov-Dec
Grade 4	15 Years	17 Years Plus. N.B. 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)		March
Gold Medal	18 Years (Must have Silver Medal)		March
Gold Medal Honours	18 Years – Stage Presentation (Must attain 90% or Higher in Gold Medal Exam Parts 1 & 2)		Scheduled

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Regional Requirements for country club members who only compete 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