

# *Advance Notice:*

## Prerequisites for Calisthenic Solos, Duos and Graceful Solo

For some time the Australian Calisthenic Federation, following extensive research by physiotherapist Jean Leaf, has recognised its duty of care and implemented skills prerequisites for their solo championships. Other States and Territories have already followed this advice and introduced these requirements at their own solo competitions. As a result, there has been a direct improvement in the level of their participants' skills. South Australia is now working towards national requirements in line with their duty of care.

<b><u>Age</u> (in year of competition)</b>	<b><u>Prerequisite</u></b>
8	Test 1
9	Test 2
10	Test 3
11-12	Grade 1
13-14	Grade 2
15	Preparatory Grade 3
16	Grade 3
17+	Grade 4
<i>Skill level to be achieved by the closing date for each particular State / Territory competition.</i>	

To implement this, and to allow pupils the chance to gradually proceed through the skills programme, the following time frame has been introduced:

<b><u>Age</u> (in year of competition)</b>	<b><u>Prerequisite</u></b>	<b><u>Year of Introduction</u></b>
8	Test 1	2009
9	Test 2	2009
10	Test 3	2009
11-12 and above	Grade 1	2009
13-14 and above	Grade 2	2010
15 and above	Preparatory Grade 3	2011
16 and above	Grade 3	2012
17 and above	Grade 4	2013

Note that Test 3 for 10 year olds at ACF championships came into effect from 2008. The other requirements in Table 1 are already well established at ACF. The November examination period has become a regular event to enable participants who commence calisthenics after the February examination period the opportunity to achieve the required level in preparation for the following year. .

The Calisthenic Skills Summer School will be conducted annually for Tests only.

Many of our pupils are already involved in the skills programme and the above time frames therefore allow plenty of time for pupils to achieve the prerequisites.

**For further information visit ACF Cal Skills info on the CASA website.**