



***Please refer to the updated CASA website for all
Calisthenic Skills information***

<http://www.calisthenicssa.com.au/ACFskills.htm>

***Please note updated syllabus must be used
All dated 1st July 2013 or later.***

***All visual resources and syllabus are available to download
from the ACF website.***

ACF Calisthenic Skills Requirements in SA

**All Ages as at 31st December in the Year of Competition
Skill Level Required by Close of Competition Entry**

**In 2014 the ACF change in ages for each section came into effect.
In conjunction with these changes Calisthenic Skill requirements also changed.
Effective from 1st January 2014**

TABLE 1

Age (in year of competition)	Prerequisite
8 years <i>Minimum Age to undertake Test 1 is 7 years by 31st December in the year of examination</i>	Test 1
9 years <i>Minimum Age to undertake Test 2 is 7 years by 31st December in the year of examination</i>	Test 2
10 and 11 years <i>Minimum Age to undertake Test 3 is 9 years by 31st December in the year of examination</i>	Test 3
12 and 13 years <i>Minimum Age to undertake Grade 1 is 11 years by 31st December in the year of examination</i>	Grade 1
14 and 15 years <i>Minimum Age to undertake Grade 2 is 13 years by 31st December in the year of examination</i>	Grade 2
16 years <i>Minimum Age to undertake Grade 3 is 14 years by 31st December in the year of examination</i>	Grade 3
17 years <i>Minimum Age to undertake Grade 4 is 15 years by 31st December in the year of examination</i>	Grade 4

All entries to be posted to
CASA Calisthenic Skills,
c/- PO Box 45, Holden Hill, SA 5088
Entries received at the Royalty Theatre will be
returned unprocessed.

CASA CALISTHENIC SKILLS PROGRAMME 2017

Coaches and clubs are once again urged to encourage their students to become involved in the CASA Calisthenic Skills Programme.

This is an ACF National Programme administered by each State and Territory recognising individual achievement in all facets of Calisthenics. It is viewed as a “building block” for all Calisthenic Participants and Coaches (both past and present).

All intending Coaches must attain Calisthenic Skills Grade 2 in order to commence the Cadet Course, which is a prerequisite for the Level 1 Coaches Course. Grade 1 continues to be a prerequisite for Class Assistant.

All soloists at National Level must attain a prescribed Calisthenic Skill level for their age in order to compete in National Championships.

All soloists in CASA Championships must attain a prescribed Calisthenic Skills level for their age – see table 1.

The Calisthenic Skills Programme promotes technical ability and the use of correct terminology, two essential elements for successful participation in our artistic sport.

Application forms for November will be distributed to all Club Secretaries and Coaches and be available on the CASA website.

Medal Preparation Days will be compulsory.

**Closing date for November examination is
Monday 18th September 2017**

Examinations to be conducted 23rd October –5th November 2017

Further enquiries can be directed to the SA Calisthenic Skills Co-ordinator,
Chris Mulraney Mobile: 0408 825 570 or mulraneyaac@bigpond.com

PLEASE READ CAREFULLY AND COMPLY WITH THE UPDATED ACF GUIDELINES FOR EXAMINATION ENTRY. A CURRENT EMAIL ADDRESS FOR THE COACH IS REQUIRED FOR ALL ENTRIES.



Guidelines for application and entry for ACF Calisthenic Skills

- Please complete entry forms clearly and accurately.
- Unfortunately, entry forms cannot be accepted which arrive without payment or after the closing date.
- Include a stamped self-addressed envelope for return of timetable if a hard copy is required.
- **All entries must have a contact email**
- Examination numbers must be entered on the entry form if candidates have previously been involved in the programme.
- **Under *extenuating* circumstances late changes may be accepted, but a \$25.00 fee will be incurred for each change.**
- Withdrawn candidates cannot be replaced with another candidate.
- Unfortunately, refunds are not available for withdrawals or non-appearance.
- Deferral of examination (with notice in advance of examination date) is only possible with a Medical Certificate and only 50% of the fee is deferred. Candidate to incur 50% of fee to resit at a later date.
- Medical certificates cannot be presented to the Examiner on the day. Candidates with injuries /illnesses will not be examined.
- Co-ordinator to be notified ahead of the examination, preferably when entry forms are submitted, if there is a candidate WITH A MEDICALLY RECOGNISED DISABILITY. (Not to be confused with illness/injury.)
- It is not compulsory to complete all grades, however, the following applies:
 - Candidate must have a working knowledge of all-previous syllabi.
 - Candidates cannot progress to a higher grade or test if they have been Unable to Qualify at an examination; they must resit that Test/Grade examination.
 - Grade 4 must be passed before attempting medals. Bronze and Silver must be successfully completed before attempting Gold.



The importance of the Calisthenic Skills Programme is recognised by the following prerequisites:

Class Assistant Calisthenic Skills Grade 1

Level 1 Coach Calisthenic Skills Grade 2

All Graceful Solo Participants in ACF National Championships must have Calisthenic Skills as follows:

10 and 11 years Calisthenic Skills Test 3

12-13 years Calisthenic Skills Grade 1

14-15 years Calisthenic Skills Grade 2

16 years Calisthenic Skills Grade 3

17 years & over Calisthenic Skills Grade 4

All ages as at 31st December.

Skill Level Required by Close of ACF Entry.

See changes to requirements from 1/1/14

Any candidate who may require a level for ACF 2018 Championships must present for CASA examination.
Last date for CASA Examination will be February 2018.



RECOMMENDED AGES FOR PUPILS TO PARTICIPATE IN CALISTHENIC SKILLS

The Calisthenic Skills Programme 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 the Grade Examination before presenting to the Examiner.

Test 1	7 years	<i>Minimum Age to undertake Test 1 is 7 years by 31st December in the year of examination</i>
Test 2	7 – 9 years	<i>Minimum Age to undertake Test 2 is 7 years by 31st December in the year of examination</i>
Test 3	10 – 11 years	<i>Minimum Age to undertake Test 3 is 9 years by 31st December in the year of examination</i>
Grade 1	12 – 13 years	<i>Minimum Age to undertake Grade 1 is 11 years by 31st December in the year of examination</i>
Grade 2	14 – 15 years	<i>Minimum Age to undertake Grade 2 is 13 years by 31st December in the year of examination</i>
Grade 3	16 years	<i>Minimum Age to undertake Grade 3 is 14 years by 31st December in the year of examination</i>
Grade 4	17 years	<i>Minimum Age to undertake Grade 4 is 15 years by 31st December in the year of examination</i>
Bronze Medal	Must have Grade 4	<i>Minimum Age to undertake Bronze Medal is 16 years by 31st December in the year of examination</i>
Silver Medal	Must have Grade 4 & Bronze Medal	<i>Minimum Age to undertake Silver Medal is 17 years by 31st December in the year of examination</i>
Gold Medal	Must have Grade 4, Bronze & Silver Medals	<i>Minimum Age to undertake Gold Medal is 18 years by 31st December in the year of examination</i>

To ensure consistency and good results throughout, it is advisable that candidates present for all grades regardless of age.

Ensure that all candidates attend their Preparation Class (where applicable) with a full working knowledge of the *complete* syllabus and that continued training after this class is given by the Coach who is training the pupils until the date of examination..

ENTRY FORM FOR
Tests 1, 2 & 3 – Grades 1, 2, 3 & 4

ENTRY FEES: (all include GST)

Tests 1 or 2:	\$24.40 per candidate (includes certificate & cloth badge)
Test 3 & Grade 1:	\$35.10 per candidate (includes certificate & cloth badge)
Grades 2 - 4:	\$43.20 per candidate (includes certificate & cloth badge)

*Please make cheques payable to CASA and forward with your application form(s) to: **(DO NOT LEAVE AT THE ROYATY THEATRE)***

**CASA CALISTHENIC SKILLS,
PO Box 45
Holden Hill SA 5088**

**For EFT
BSB : 105 029
Account : 077546740
Name : Calisthenic Association of SA Inc Skills Development Programme
*Please include copy of receipt of payment with entry***

**Note that every candidate over 18 must sign their acknowledgement of the terms and conditions of entry.
Parents and guardians must sign for candidates under 18 years.**

- In the case of a medically recognised disability, the Administrator/Convener needs to be notified and supporting documentation provided at the time of application
- Candidates with an injury, illness or physical limitation present at their own risk. Therefore medical certificates/letters are not required and will not be accepted at the time of examination.
- To maintain the safety of all candidates Examiners cannot examine anyone with an injury or accept medical certificates.
Please be fair to your Examiner by following these guidelines. Should you have a concern please discuss it with your State/Territory Administrator well before the scheduled examination.

Candidates' Names (Block letters, alphabetic order, Surname first – commence with Test 1 candidates)	Previous Successful Grade or Test (write "new" for first examination)	Grade or Test Attempting	Examination number (if known)	Date of Birth	Club	Amount	Candidate 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. A complete copy of the guidelines can be found at https://www.calisthenicsaustralia.org/storage/document/16/1c/44/c53c4efccaf115bd27d74e67bb1fae.cf-examination-guidelines-for-coaches-candidates-january-2017-.pdf
ADAMS, Melissa	Test 3	Grade 1	A-25	1/3/94		\$35.10	

TOTAL CHEQUE ENCLOSED \$.....

NB: Unfortunately if monies are not enclosed with Entry Form, entries will not be accepted and therefore returned. **IMPORTANT:** Correct spelling of candidates' names is imperative and will ensure successful candidates' names being transposed onto their respective certificates with accuracy. [Please make sure writing is legible.]

Calisthenic Skills Coach: _____

Candidates Club: _____ **Postal address of Calisthenic Skills Coach:** _____ **Postcode:** _____

Contact Phone Number: _____ **Email address for Coach (essential):** _____

Entries close Monday 18th September for examination in October/November 2017

Late entries will only be accepted until 5pm on 25th September but a \$15.00 late fee per candidate per examination will apply. **Please note: all requests for times for examination (including state team candidates) must be made at the time of application. After 25th September no changes can be made to the examination timetable or refunds provided.**

ENTRY FORM FOR BRONZE, SILVER AND GOLD MEDALS

ENTRY FEES: (all include GST) PREPARATION DAY WILL BE DETERMINED ONCE APPLICATIONS ARE RECEIVED

Bronze & Silver Medals: \$52.00 per candidate plus \$10.00 Preparation Day = \$62.00

Gold Medal Parts 1 & 2: \$77.00 + \$10.00 Preparation Day = \$87.00 (fee is for both parts)

Gold Medal Honours: \$27.00

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Account : 077546740
Name : Calisthenic Association of SA Inc Skills Development Programme
*Please include copy of receipt of payment with entry***

**Note that every candidate over 18 must sign their acknowledgement of the terms and conditions of entry.
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- In the case of a medically recognised disability, the Administrator/Convenor needs to be notified and supporting documentation provided at the time of application.
- Candidates with an injury, illness or physical limitation present at their own risk. Therefore medical certificates/letters are not required and will not be accepted at the time of examination.
- To maintain the safety of all candidates Examiners cannot examine any candidate with an injury or accept medical certificates.

Please be fair to your Examiner by following these guidelines. Should you have a concern please discuss it with your State/Territory Administrator well before the scheduled examination.

