



# **Recreational Calisthenics Policy**

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**Effective from  
01/07/04**



## **PREFACE**

Over the last five decades or more, calisthenics has developed a strong competitive base. This brings excitement, focus and challenge for participants, but at the same time, great time commitment and effort which can restrict participation for some potential members.

Recreational or non-competitive calisthenics can meet the needs of those at any age who simply want to enjoy a variety of movements to music in a social and relaxed atmosphere.

It is with great pleasure that the ACF has developed a strong recreational policy which explains how competitive and non-competitive calisthenics can work together to suit different members needs. We support and encourage the development of recreational calisthenics throughout all states so that many more people can enjoy the unique offerings of this wonderful sport.

Lynne Hayward  
President

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## **PART I – INTRODUCTION**

This part sets out the purpose of this Policy, who it applies to, when it commences, what words mean and who has responsibilities under the Policy.

### **1. WHAT IS THE PURPOSE OF THIS POLICY?**

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- 1.1 The purpose of this Policy is to provide guidelines for the development of Recreational Calisthenics in the activities of ACF, Member States and Affiliated Clubs.

### **2. WHO DOES THIS POLICY APPLY TO?**

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- 2.1 This Policy applies to the following organisations and individuals:

- (a) Member States;
- (b) Affiliated Clubs.

### **3. WHAT IS THE STATUS OF THIS POLICY?**

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- 3.1 This Policy is issued by the ACF Council under rule 19(3) of the ACF Constitution.
- 3.2 This Policy comes into force on 1 July 2004.
- 3.3 This Policy may be changed from time to time by the ACF Council.

### **4. WHAT DO WORDS IN THIS POLICY MEAN?**

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- 4.1 In this Policy, words appearing with a capital shall have the meaning set out in Attachment A and Attachment A will form part of this Policy.

### **5. RESPONSIBILITIES UNDER THE POLICY**

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- 5.1 ACF and Member States must:

- (a) adopt and comply with this Policy; and
- (b) publish, distribute and promote this Policy (and any amendments made to it from time to time) to their members in the manner required by ACF and make this Policy available for inspection, or provide a copy.

- 5.2 Affiliated Clubs must:

- (a) adopt and comply with this Policy;
- (b) publish, distribute and promote this Policy (and any amendments made to it from time to time) to their members in the manner required by ACF and make this Policy available for inspection, or provide a copy; and
- (c) make such amendments to their constitution, rules or by laws in order for this Policy to be enforceable, as required by ACF.

## PART II – IMPLEMENTATION

This part sets out the background, purpose and guidelines for the implementation of recreational calisthenics.

### 6. BACKGROUND

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- 6.1 Recreational calisthenics has been a part of the sport for many years. Traditionally it was simply referred to as non-competitive calisthenics with the major difference being that calisthenics was taught in the exactly the same way, but clubs did not participate in competitions.
- 6.2 Recreational calisthenics had not grown or developed in the same way as competitive calisthenics. In fact, one could argue that the sport, in the main, has lost its recreational base and that calisthenics is primarily a competitive based sport. This has been a growing concern for the ACF. There are a number of reasons why it is important for the ACF to encourage and foster the development of recreational calisthenics nationally. These include:
- (a) the national junior sports policy framework developed by the Australian Sports Commission, which promotes greater participation of children in recreational based sporting activities in their junior years. The framework establishes an evidence base to support less structured and non-competitive activity for children under 12 years of age;
  - (b) there is a myriad of sporting activities that children and adults can participate in. Many sports, including ours, are experiencing a general decline in participant numbers. Some of the reasons cited for the decline in calisthenics provided through research conducted in Victoria and South Australia include:
    - (a) the length of the calisthenic “season”;
    - (b) the structure and rigidity of classes;
    - (c) the demands of training programs;
    - (d) the strictness and discipline required to participate, and
    - (e) the competitive nature of the sport;
  - (c) the need to grow and diversify our sport to provide different options and opportunities for participants. Such diversification will enable us to respond more effectively and appropriately to boys, people with disabilities, older participants and non-competitive participants. Such diversification will also enable the ACF to establish a more robust and diversified coaching base;
  - (d) a stronger participant base provides greater financial security for the ACF, ensuring it is able to continue to conduct its programs; and
  - (e) a stronger participant base ensures the long-term presence and sustainability of our sport.

6.3 It is within this context that this Policy has been developed.

## **7. WHAT IS THE AIM OF THIS POLICY?**

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7.1 The purpose of this Policy is to:

- (a) provide national guidance on the introduction and development of recreational calisthenics within Australia;
- (b) provide protection to recreational classes through insurance and guidelines with regard to coaching competency skills; and
- (c) provide a framework to actively encourage, promote and foster the development of recreational calisthenics within our sport.

## **8. WHAT IS RECREATIONAL CALISTHENICS?**

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8.1 Recreational calisthenics is defined as any form of approved calisthenic activity that is non competitive based.

8.2 A recreational class is a class conducted with the intent of providing its participants with an opportunity to exercise and increase their general well being and provide a positive social experience while using calisthenics skills to obtain these objectives.

8.3 Competitive clubs under their existing organisational structures can conduct recreational classes.

8.4 Recreational classes must be coached and conducted as separate classes and meet the recreational class criteria as set out in this policy.

8.5 Recreational classes may be held concurrent with but not in conjunction with competitive classes.

## **9. WHAT IS THE AIM OF RECREATIONAL CALISTHENICS?**

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9.1 The aim of recreational calisthenics is to offer greater choice to the community as to the range of calisthenic activities in which they can participate. A key aim of recreational calisthenics is to be inclusive as possible of any member of the community seeking to participate in this form of calisthenics. Recreational calisthenics is an important component of calisthenics and is fundamental to the long-term development and sustainability of the sport.

9.2 Recreational calisthenic activity should provide opportunity for:

- (a) choice of activity and level of participation. For example the whole syllabus does not need to be taught, classes do not have to be conducted for a specified period of time, calisthenics elements may be more interactive to provide enjoyment and stimulation, class times can be short, participants may not be required to attend each week;
- (b) fun and enjoyment. This is a key objective to ensure participants are able to simply be themselves and have fun;

- (c) a positive social experience. This is a key objective to ensure that participants are able to make friends, meet new and different people, and build social skills in an environment where individual performance is not as important;
- (d) improved health and well-being. Being a sport recreational calisthenics should still aim to provide benefits for health and fitness, assisting participants to be active;
- (e) a non-pressured and non-competitive environment. The rules of competition do not apply allowing freedom in the choice of choreography and a less structured class environment. Pressures such as regular attendance could be removed; and
- (f) increasing participation in calisthenics throughout Australia.

## **10. WHAT ARE THE PRINCIPLES UNDERPINNING RECREATIONAL CALISTHENICS?**

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- 10.1 The following principles should guide the establishment and delivery of recreational calisthenics:
- (a) that recreational calisthenics be low cost for participants;
  - (b) that diversity, flexibility, inclusiveness, adaptability, choice and enjoyment are the guiding objectives of recreational calisthenics;
  - (c) that recreational calisthenics can be a modified version of competitive calisthenics, however correct terminology and technique would be taught to preserve the essence of the sport;
  - (d) that the health and safety of participants continues to be paramount in the conduct of classes;
  - (e) that recreational calisthenics is subject to the same protections as other forms of calisthenics. This includes insurance of participants, coaches and administrators and state registration;
  - (f) that recreational calisthenics is offered the same supports and resources as other forms of calisthenics with regard to coaching and coaching resources; and
  - (g) that persons of any age are eligible to participate in recreational calisthenics.

## **11. WHAT CURRENT ACTIVITIES CAN BE CLASSIFIED AS RECREATIONAL CALISTHENICS?**

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- 11.1 The following activities are currently being conducted and can be defined as recreational calisthenics so long as they meet the operational requirements set out in this policy:
- (a) masters calisthenics;
  - (b) school holiday programs;

- (c) fun and fitness classes for children of all ages; and
- (d) calisthenic kindy.

## **12. WHAT IS THE MODIFICATION CAPACITY?**

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- 12.1 Persons coaching recreational calisthenics are not bound to coach calisthenics within the confines of the ACF National Rules 2003. The syllabus may be modified as can the delivery and structure of the class and program. However the essence of calisthenics should be maintained through any modification and where calisthenic movement is taught correct terminology and technique should be used.

## **PART III - OPERATIONAL REQUIREMENTS**

This part details specific requirements to be met by coaches who wish to hold recreational classes.

## **13. CLASS REGISTRATION AND INSURANCE**

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- 13.1 Experience has indicated that a number of recreational classes have been established but have not joined the ACF. It will be important to encourage these classes to become members of the ACF, particularly if they are using and marketing the calisthenic name. It is proposed that:
- (a) all recreational calisthenic activities must be approved by the ACF through the relevant State/Territory Association. If this does not occur the name calisthenics cannot be used against the activity;
  - (b) all participants and coaches of recreational calisthenics must be registered with their State/Territory Association and be insured; and
  - (c) all policies of the ACF apply to recreational calisthenic clubs, classes, coaches and participants.
- 13.2 State and Territory Associations should consider establishing incentives to encourage recreational classes to become members of the ACF. Such incentives could include reduced registration fees, training and development targeted specifically at recreational classes (for example all of the current learning and development in coach education is targeted at competitive coaching).

## **14. COACH ACCREDITATION REQUIREMENTS**

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- 14.1 Current coach education requirements for calisthenics have been identified as a barrier to new participants who may be interested in entering our sport. For example:
- (a) the potential coach is located in an isolated or remote area with limited access to pre requisite programs;
  - (b) the participant has started or returned to the sport after 18 years of age and was not involved in coaching in their younger years;

- (c) the current program is heavily targeted towards competitive calisthenics and is seen as less relevant for people interested in coaching recreational calisthenics; and
- (d) the pre requisites and current accreditation requirements do not recognise the differences between recreational and competitive calisthenics.

## **15. COACH ENTRY REQUIREMENTS**

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- 15.1 The following guidelines seek to provide some balance between the current entry barriers, the need to ensure basic health and safety for participants and a desire to not lose the essence of calisthenics through modifications to the sport. It is therefore recommended that to be eligible to coach recreational calisthenics a person must:
- (a) hold a current first aid certificate in accordance with ACF First Aid qualification requirements;
  - (b) be registered with the relevant State/Territory Association;
  - (c) be at least 16 years of age; and
  - (d) undertake insurance through the ACF national insurance scheme.

## **16. COACHING COMPETENCY STANDARDS**

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- 16.1 Applicants are not required to complete the cadet program to be eligible to coach recreational calisthenics. However, during the first 18 months of coaching recreational calisthenics a person must:
- (a) undertake the level one coach education program and
  - (b) attend one updating activity of relevance each year to assist with coach development.

## **17. FURTHER COACH DEVELOPMENT**

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Once the level one (recreational) accreditation has been obtained, the coach may choose to upgrade their qualification to level one (standard) accreditation. This can be achieved by obtaining the following:

- (a) minimum grade two calisthenics skills; and
- (b) assessing as per the level one assessment program.

## **ATTACHMENT A - POLICY DEFINITIONS**

**“ACF”** means the Australian Calisthenic Federation Inc, the national governing body for calisthenics in Australia.

**“ACF Constitution”** means the constitution of ACF as amended from time to time.

**“Affiliated Club”** means a club (whether incorporated, unincorporated or otherwise) which is a member of a Member State.

**“Australian Sports Commission”** means the Australian government body known as the Australian Sports Commission.

**“Member State”** has the same meaning as in the ACF Constitution.

**“Policy”** and **“this Policy”** means this Recreational Calisthenics Policy.