

**The importance of the Calisthenic Skills Programme is recognized by the following pre requisites :**

**Level 1 Coach                      Calisthenic Skills Grade 2**

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

**11-12 years                      Calisthenic Skills Grade 1**

**13-14 years                      Calisthenic Skills Grade 2**

**15 years                              Calisthenic Skills Prep 3**

**16 years                              Calisthenic Skills Grade 3**

**17 years & over                  Calisthenic Skills Grade 4**

**All ages as of 31<sup>st</sup> December and Skill Level by close of ACF entry.**