



Memorandum

To: All States, Coaches, Adjudicators, Competition Committees

From: Kerry Sargent

Date: November 8, 2017

Re: ACF Rules and Regulations v2018 – Rule Changes

Every three years the ACF National Rules Forum is convened to examine the ACF Rules and Regulations. The forum comprises two delegates from all states and territories, as well as the ACF Directors of Competitions, Adjudicators and Coaches. The goals of the ACF National Rules forum are:

1. To provide a forum for a national approach to the ACF National Rules and Regulations (allowing for flexible rules as stated in the ACF Flexible Rules Policy)
2. To have unambiguous rules and regulations that govern Calisthenics competitions nationally, and at State / Territory level, that are interpreted consistently by all stakeholders, including adjudicators, coaches, competitors and administrators.
3. To have rules and regulations that preserves and continues to develop the creativity and uniqueness of Australian Calisthenics and provide a safe performance environment to all participants.

In February 2017 the ACF National Rules Forum was held in Melbourne to discuss submissions received. All states were represented at the Forum as well as competitions, coaches and adjudicators through their respective ACF Directors.

At the meeting a number of rule changes were discussed, resulting in recommendations for the ACF Council. The majority of these recommendations were approved and ratified by the ACF Council in March 2017 & October 2017.

The **v2018** ACF Rules and Regulations document is the outcome of this process. The following provides an overview of changes to come into effect in **v2018**.

The **v2018** ACF Rules and Regulations will become effective 1 January 2018.

Kerry Sargent

ACF National Rules Forum Convenor

New Rules for v2018 as a result of the ACF Rules Forum 2017.

(Changes highlighted in red below)

Rule 2.5.3 d	Time Limits - Intermediates <i>Rule changed</i>	All Team Items – 2 ½ - 3 ½ minutes
Rule 2.5.3 e	Time limits - Seniors <i>Rule changed</i>	All Team Items – 2 ½ - 3 ½ minutes Solo and Duo Items – 2 ½ - 3 ½ minutes
Rule 2.5.3 f	Time limits - Minimal Rules <i>Rule changed</i>	All Items - Timing in accordance with age sections
Rule 3.2.3 b	Team Item Technical Rules - Rhythmical Aesthetic <i>Rule added (unbolded)</i>	b. Item to be Aesthetic based and include dance steps to enhance performance.
Rule 3.2.4 b	Team Item Technical Rules -Rhythmic Interpretation <i>Rule added (unbolded)</i>	b. Item to be based on classical dance principles as per calisthenics syllabus.
Rule 3.2.7 b	Team Item Technical Rules -Dance Arrangement <i>Rule added (unbolded)</i>	b. Item to be based on chosen dance genre as it relates to calisthenics.

Other changes to the v2018 Rules – clarifications only

Rule 2.2.1 iii	Banned Movements <i>Clarification included</i>	iii. Walkover where entire weight is on one arm - and all variations of this movement
Rule 2.2.3 a	Stage Area and Curtains <i>Clarification included</i>	a. Competitors must work within the visible working area of the stage (see Stage Area 1.1d) for all items including entry/opening and exit/closing, which must be from side or back of stage. Breach of Rules 10 point deduction. (refer Minimum Number Rule 2.3a).
Rule 2.2.3 b	Stage Area and Curtains <i>New 2.2.3b added</i> <i>Please note: due to this insertion the numbering of the remaining points under rule 2.2.3 'Stage Area and Curtains' have been altered</i>	b. Competitors may enter or exit the visible working area of the stage from the sides or back only. Breach of Rules penalty 10 point deduction.