



Australian  
Calisthenic  
Federation

# Recreational Calisthenics Policy

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Australian Government  
Australian Sports Commission

## 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.

***Elizabeth Kratzel***  
**President**

## CONTENTS

<b>PART I – INTRODUCTION</b> .....	<b>4</b>
1. What is the purpose of this Policy? .....	4
2. Who does this Policy apply to? .....	4
3. What is the status of this Policy?.....	4
4. What do words in this Policy mean? .....	4
5. Responsibilities under the Policy.....	4
<b>PART II - IMPLEMENTATION</b> .....	<b>5</b>
6. Background .....	5
7. What is the aim of this Policy? .....	6
8. What is recreational calisthenics? .....	6
9. What is the aim of recreational calisthenics? .....	6
10. What are the principles underpinning recreational calisthenics? .....	7
11. What are the current activities can be classified as recreational calisthenics? .....	8
12. What is the modification capacity? .....	8
<b>PART III - OPERATIONAL REQUIREMENTS</b> .....	<b>8</b>
13. Class registration and insurance .....	8
14. Course pre-requisites .....	9
15. Coach accreditation.....	9
16. Reaccreditation .....	9
17. Further coach development.....	10
18. Transferring from level one to recreational accreditation .....	10
<b>ATTACHMENT A - POLICY DEFINITIONS</b> .....	<b>11</b>

## **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 December 2015.
- 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
  - (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
- (c) make such amendments to their constitution, rules or by laws in order for this Policy to be adopted and 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 ACF aims to encourage and foster the development of recreational calisthenics nationally because
- (a) the national junior sports policy framework developed by the Australian Sports Commission 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) reasons cited for withdrawing from the sport in a calisthenic attrition survey included:
    - i. the length of the calisthenic “season”
    - ii. the structure and rigidity of classes
    - iii. the demands of training programs
    - iv. the strictness and discipline required to participate
    - v. the competitive nature of the sport.
  - (c) there is a 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.
- (e) a stronger participant base ensures the long-term presence and sustainability of our sport.
- (f) 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 provide:

- (a) guidance on the introduction and development of recreational calisthenics within Australia
- (b) protection to recreational classes through insurance and guidelines with regard to coaching competency skills
- (c) 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 as 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 and 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.
- (f) **an increase in participation** 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) Recreational calisthenics be low cost for participants.
- (b) Diversity, flexibility, inclusiveness, adaptability, choice and enjoyment are the guiding objectives of recreational calisthenics.
- (c) 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) The health and safety of participants continues to be paramount in the conduct of classes.
- (e) 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) Recreational calisthenics is offered the same supports and resources as other forms of calisthenics with regard to coaching and coaching resources.
- (g) Persons of any age two years or over are eligible to participate in recreational calisthenics.

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

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- 11.1 The following activities are being conducted and can be defined as recreational calisthenics provided 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
  - (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 current ACF National Rules with the exception of Banned Movements. 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 All classes must be registered in order to use the calisthenic brand name to gain insurance:
- (a) All participants and coaches of recreational calisthenics must be registered with their State/Territory Association and be insured.
  - (b) 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. COURSE PRE-REQUISITES**

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14.1 To train as a coach of recreational calisthenics applicants 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
- (d) purchase the ACF Technical Guide
- (e) hold a Working With Vulnerable People card or equivalent as per each state's requirements.

## **15. COACH ACCREDITATION**

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15.1 Prior to the commencement of coaching a class, applicants must:

- (a) complete the Beginning Coaching General Principles course and provide a copy of the certificate of completion
- (b) complete the ACF Recreational sports specific module and assessment.

Applicants are not required to complete the cadet program or calisthenic skills to be eligible for the Level One Recreational Coaching course.

15.2 When the accredited course is implemented, for anyone who is currently coaching recreational classes but does not have Level One accreditation the following will apply:

- (a) the person has attended the Level One course:
  - (i) recognition of prior learning for the Beginning Coaching General Principles
  - (ii) completion of the Recreational module and assessment
- (b) the person has not attended the Level One course:
  - (i) completion of the Beginning Coaching General Principles
  - (ii) completion of the Recreational module and assessment

## **16. REACCREDITATION**

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16.1 Accreditation will remain active for four years. During this time coaches will need to meet updating requirements to be eligible for reaccreditation.

## **17. FURTHER COACH DEVELOPMENT**

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17.1 Coaches who have achieved level one recreational accreditation may choose to upgrade their qualifications to level one accreditation. The requirements for this are:

- (a) minimum grade two calisthenics skills and
- (b) completion of the level one course

A new coach ID number will be issued.

## **18. TRANSFERRING FROM LEVEL ONE TO RECREATIONAL ACCREDITATION**

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18.1 Coaches who have achieved Level One may choose to transfer their qualifications to recreational accreditation. The procedure for this is:

- (a) notify State/Territory body of intention and request a change of accreditation
- (b) a new coach ID number will be issued.

It is recommended that transferring coaches complete the recreational coaching module as their first updating activity.

## ATTACHMENT A - POLICY DEFINITIONS

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“**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.