

## ACF RULES & REGULATIONS

### 2025 UPDATE

In October 2024 an ACF Rule Forum was convened with all member states present. The changes to the ACF Rules and Regulations listed below were agreed upon by Member States following that meeting.

The v2025 ACF Rules and Regulations will become effective 1 February 2025.

Rule Reference	Referring To	Changes
	Numbering of Rules	Numbering of rules updated to reflect sections for Definitions, Competition Entry Rules and General Rules
1.1a, n  1.1 b, c, d, e, g, i, l, q, s, t,	Definitions to enhance clarity and application of rules	Updated terms – Clubs, State Association,  <b>Added</b> terms – Coach, Competitor, Competition Official, Competition Sub Committee, False Start, Interlude, Recording device, Stage Manager/Chairperson, Theatre rules, View of competitor,
2.1.1	Age and registration verification	<b>Disqualification</b> penalty added for proven breaches to age or registration requirements
2.1.2 & 2.1.4	Competing in more than one club/state or age section in same competition or item	<b>Disqualification</b> penalty added for breaches relating to a competitor competing with more than one state/club in any competition and in two age sections in the same item.
2.3	Coaches	Addition of requirement for coaches to be registered with their stage association and hold relevant clearances as per child safeguarding policies.
2.6	Recording and recording devices	<b>Added</b> - Definition of recording device and screening requirements to align with child safeguarding policy.
2.7	Inclusion	Previously titled Disability. Updated to align with ACF Inclusion policy. Also refer to changes to notification to adjudicator form.
3.3	Breach of Rules	Penalty reduced to <b>5 points for all penalty</b> point deductions that were previously 10 points.

3.3.3	Stage Area	<p><b>Removal</b> of ‘visible’ when referring to working area of the stage.</p> <p>Curtain rules separated to new rule number</p>
3.3.4	Curtains	<p><b>Use of curtain rules set out with penalties and exceptions.</b></p> <p>The front curtain and mid curtain may not be used in core items (except as per 3.3.4.c and 3.3.4.e). <b>Rule Breach: 5 point penalty.</b> (Flexible rule – refer ACF Flexible Rules Policy – Appendix 1)</p> <p>Legs (Black side curtains) must not be intentionally moved. Where the legs are intentionally moved a <b>Rule Breach: 5 point penalty</b> will apply. Where the breach occurs within the line of sight of the Adjudicator/s it is the Adjudicator’s call. Where the breach occurs outside the line of sight of the Adjudicator/s, the Stage Manager will inform the Adjudicator/s of the breach.</p> <p>A front curtain may be used without penalty:</p> <ul style="list-style-type: none"> <li>for aesthetic and rhythmical aesthetic if a blackout is unavailable</li> <li>for Tinies items <ul style="list-style-type: none"> <li>ii. to set up or place competitors on stage for a blackout start. The curtain must rise to stage blackout before the start of the item.</li> <li>iii. for fancy items</li> <li>iv. when using Minimal Rules</li> </ul> </li> <li>e. A mid curtain can be used without penalty: <ul style="list-style-type: none"> <li>i. If there is insufficient space behind back curtain for entry / exit</li> <li>ii. for fancy items</li> <li>iii. when using Minimal Rules</li> </ul> </li> <li>f. Other curtains, including cyclorama and standard back curtain are permitted subject to theatre availability and Item Rules.</li> <li>g. Lighting may only be used with the cyclorama in Core Items if allowable by flexible rules or when using Minimal Rules. <b>Rule Breach: 5 point penalty.</b></li> </ul>

		<p>h. Use of flys permitted subject to theatre availability and ACF/ State Association approval.</p>
3.4	Minimum number	<p><b>Removed</b> – the minimum number of team members must be on stage at twenty second from the commencement of core items.</p> <p>To align with new item timing options.</p>
3.5	False starts and item stoppages	<p><b>False start penalty exclusion updated to include when competitors start onstage.</b></p> <p>b. If the music has commenced and then is found to be incorrect, within the first 5 secs, no penalty will be incurred. If not <b>Rule Breach: 5 point penalty</b></p> <p>Inclusion of stoppages and representation for placing eligibility due to hazard or injury.</p> <p><b>In the event of</b> an injury to a competitor on stage, the Stage Manager and/or coach have responsibility for stopping that item. Should that action not be forthcoming Adjudicators have the right to stop the performance. The Adjudicator/s will ring their bell to cease the item. The Competitor/Team may re-present their item, minus the injured participant and will be eligible to be awarded a place. Other rules are applicable e.g. minimum number. In the event that the participant is deemed NOT to be injured the team may re-present with that participant and be eligible for placing.</p> <p>d. In the event of a hazard on stage, the Stage Manager and/or coach have responsibility for stopping that item. Should that action not be forthcoming Adjudicators have the right to stop the performance. The Adjudicator/s will ring their bell to cease the item. The Competitor/Team may re-present their item once the hazard has been cleared.</p>
3.6.1	Set up/removal time	<p><b>Inclusion of rule breach penalty.</b></p> <p>Any breach of this rule will be advised by the Stage Manager. <b>Rule Breach: 5 point penalty</b></p>

3.6.2	Start and Finish of an item – FOR ITEMS THAT ARE BEING PHYSICALLY TIMED	<p>The start of an item shall be:</p> <p>The entry of the first competitor on the stage area; <b>OR</b></p> <p>View of the first competitor on the stage area (refer to definitions); <b>OR</b></p> <p>View of the first competitor at the opening/lift of the front/mid curtain when used.</p> <p>View of the first competitor at lights up/on, which includes illumination from data projection, and/or lighting on costumes or apparatus (refer to Definitions Rule 1.1 k. iii).</p> <p>The finish of the item shall be:</p> <p>The exit or view of last competitor from the stage area; <b>OR</b></p> <p>g - View of the last competitor on the stage area; (refer to definitions) <b>OR</b></p> <p>At the close of front/mid curtain when used; <b>OR</b></p> <p>At black out.</p>
3.6.3 b)	Time Limits	<p><b>Added –</b></p> <p>For items not being physically timed, all track length will abide by time limits below: -</p> <p>Tinies</p> <p>Core Items 1 ½ – 2 ¾ minutes</p> <p>Fancy Items 2 – 3 ¼ minutes</p> <p>Sub-Juniors</p> <p>Core Items 1 ½ – 2 ¾ minutes</p> <p>Fancy Items 2 – 3 ¼ minutes</p> <p>Solo, Duo and Trio Items 1 ½ – 2 ¾ minutes</p> <p>Juniors</p>

		<p>Core Items 2 – 3 ¼ minutes</p> <p>Fancy Items 2 ½ – 3 ¾ minutes</p> <p>Solo, Duo and Trio Items 2 – 3 ¼ minutes</p> <p>Intermediates</p> <p>All Items 2½ – 3 ¾ minutes</p> <p>Seniors</p> <p>All Items 2½ – 3 ¾ minutes</p> <p>Masters</p> <p>All items 2½ – 3 ¾ minutes</p>
3.6.4	Timing penalties	<p>Penalty for breach of items times applicable to 3.6.3 only.</p> <p><b>For physical timing only</b>, any variation of the specified time limits above will be a <b>Rule Breach: 5 point penalty</b> (excluding Tinies). Points are to be deducted from the Adjudicator’s points. The Adjudicator/s is/are to be advised of the penalty at the completion of the item.</p>
3.7	Stage Dressing, Smoke Machines and Remote Devices	<p><b>Added</b> a section for rules and requirements previously included in definitions.</p> <ol style="list-style-type: none"> <li>Stage dressing is not permitted in Core items or Solo/Duo/Trio items. <b>Rule Breach: 5 point penalty</b></li> <li>Stage dressing may be used in Fancy items and where Minimal Rules are being used.</li> <li>Stage dressing and props that remain wholly off the stage area prior to the start of an item or are visible only after the start of an item, may be used in any item.</li> <li>Smoke and fog machines may not be used in Core items except for Aesthetic and Rhythmical Aesthetic items and when</li> </ol>

		<p>Minimal Rules are being used. <b>Rule Breach: 5 point penalty</b></p> <p>e. Smoke and fog machines may be used in Fancy items and Solo/Duo/Trio items.</p> <p>f. Remote devices may not be used in Core items or Solo/Duo/Trio items. <b>Rule Breach: 5 point penalty</b></p> <p>g. Remote devices may be used in Fancy items and when Minimal Rules are being used.</p>
3.8	Safety Requirements	<p><b>Added</b> a section for rules and requirements previously included in definitions. <b>Occupational Health and Safety Issues must be taken in consideration at all times.</b></p> <p>a. No glass, ceramic, drawing pins or glass glitter to be used. <b>Rule Breach: 5 point penalty</b></p> <p>b. Accessories must not be attached to any curtains in any way. <b>Rule Breach: 5 point penalty</b></p> <p>c. If baled hay is used, it must be covered in plastic sheeting. <b>Rule Breach: 5 point penalty</b></p> <p>d. Live animals not permitted. <b>Rule Breach: 5 point penalty</b></p> <p>e. Any additional Theatre Rules as set out in other documentation specific to individual theatres must be adhered to. <b>Rule Breach: 5 point penalty</b></p> <p>f. Strobe and laser derived lighting not permitted for health and safety reasons; <b>Rule Breach: 5 point penalty</b></p> <p>g. Lighted candles, sparklers, party poppers (definition: inside fire work – mini pyrotechnic) or such device using gunpowder or any naked flame or pyrotechnic devices not permitted; <b>Rule Breach: 5 point penalty</b></p> <p>h. Smoke/Water based Fog Fluid or Dry Ice Machine may be used but only if certified as safe by the appropriate authority in your</p>

		<p>state.</p> <ul style="list-style-type: none"> <li>i. Masks are permitted but the safety and health elements must be the responsibility of the coach</li> <li>j. Props and scenery must be made to stand safely, taking into account the rake on many stages. If there are any safety concerns, they will be removed from the stage at the discretion of the Stage Manager</li> <li>k. Modules, drums, ramps and platforms must have a firm top and firm base. Height to be no more than three times the minimum base dimension;</li> </ul>
4	Team Item Rules	<p>Table updated to align with rule amendments and updates and removed items with no penalty.</p> <p>Minimum number 8 (must be seen to enter and exit stage – must remain on stage and be visible throughout the item, excluding entry/opening and exit/closing refer Minimum Number Rule 3.4.2 - ACF policy on Flexible Rules - Appendix 1)</p> <p><del>Cyclorama / Standard Back Curtain Masks</del></p> <p><b>Removed</b> Penalty for Title Applicable for Item</p>
5.1.1	Club Swinging	<p><b>Added</b> exception to technical rules during interludes in club items.</p> <p><b>Rules 5.1.1.a), 5.1.1.b) and 5.1.2 do not apply during an interlude when technical club swings are not present</b></p>
6	Solo, Duo and Trio Item Rules	<p>Updated reference to National Solos to include Duos and Trios.</p>
6.1.3	Participation in National Calisthenics Solo, Duo and Trio Competitions	<p><b>Removed</b> - Should a State not take up their full allocation for a section, a “Wild Card Draw” will allocate said entries to the other eligible States</p>
Attachment B	Penalty Notifications	<p><b>Removal</b> of penalty reference - Entry over 20 seconds.</p>

Attachment C	Notification to Adjudicator of competitor with Disability	<p><b>Added</b> Solo, Duo, Trio, Graceful to item notification table.</p> <p><b>Added</b> - Mark the Items in which the competitor requires accommodation on the following table. Include the nature of the requirement for accommodation. Do not include identifying or sensitive information.</p> <p><b>Added</b> section to notify adjudicator of the nature of the accommodation required.</p>						
Appendix 1	ACF Flexible Rules Policy	<p>Updated flexible rules references</p> <ul style="list-style-type: none"> <li>Rule 2.7 – A state may determine how the principles of inclusion are applied within their competition framework but not be inconsistent with legislation and ACF policies</li> </ul>						
Appendix 2	ACF Calisthenic skills level policy	<p><b>Added</b> Minimum skills level required for competitors aged 8 and 9 to align with Skills programme guidelines.</p> <table border="0"> <thead> <tr> <th><i>Competitor's Age</i></th> <th><i>Minimum Level</i></th> </tr> </thead> <tbody> <tr> <td>8 years</td> <td>Test 1</td> </tr> <tr> <td>9 years</td> <td>Test 2</td> </tr> </tbody> </table>	<i>Competitor's Age</i>	<i>Minimum Level</i>	8 years	Test 1	9 years	Test 2
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8 years	Test 1							
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Appendix 3	Summary of Breach of Rules	<p>Updated table of all breaches to align with new rules.</p> <p><b>Removed</b> duplication of penalty summary where rule applies to both teams and solo, duo and trio items.</p>						