

ACF RULES COMMITTEE & REVIEW

In 2025, the Australian Calisthenics Federation (ACF) established a refreshed ACF Rules Committee to strengthen the integrity, consistency, and ongoing development of the technical and administrative guidelines that govern ACF competitions and events. The Committee will play a central role in safeguarding the clarity and fairness of the ACF Rules and Regulations, ensuring they continue to reflect the needs and aspirations of our sport.

ACF STRATEGIC RULES REVIEW

As part of the ACF Elevate 28! strategic plan, the Rules Committee will commence a major rule review in 2026. This review, undertaken across the 2026–2028 period, will examine the current rule structure and framework to ensure alignment with the ACF's mandate to maintain a fair, inclusive, and progressive rules system—one that reflects the evolving nature of calisthenics, the expectations of our community, and the operational needs of national and state events. Outcomes from the review will be delivered in phases throughout 2026–2028, enabling iterative refinement, broad stakeholder engagement, and pilot testing where appropriate.

A RACI model (Responsible, Accountable, Consulted, Informed) will underpin this work, ensuring appropriate consultation, expert review, and transparent decision-making. This supports consistent interpretation, shared understanding, and strong collaboration of the Rules across Member States and stakeholder groups.

ACF RULES & REGULATIONS v2026 UPDATE

For **v2026**, minor formatting changes were made to the ACF Rules & Regulations, and some minor clarification of wording. Additionally, the following table outlines the updates for v2026 that focuses primarily on clarification of the definition of item entries, and the minimum number rule.

The v2026 ACF Rules & Regulations will become effective 1 February 2026.

Rule Reference	Referring To	Changes
1.1.j) vi	Definition added	<p>To ensure clarity and consistency, it is important to distinguish between the <i>definition of an item for entry purposes</i> and the <i>minimum number requirements for performance</i> under Rule 3.4.</p> <p>The ADDITION OF this definition establishes the baseline eligibility for entering a competition (i.e., a team item cannot be registered or entered with fewer than the defined number of competitors). Whilst rule 3.4 governs the minimum number that must be maintained on stage during the performance itself.</p> <p>To avoid confusion between these two provisions, the following edits will be adopted, with a qualifier statement (NOTE) included to reinforce the distinction.</p> <p><u>Rule 1.j vi</u></p> <p>For the purposes of competition, <u>items</u> are defined as follows:</p> <ul style="list-style-type: none"> Solo Items: 1 competitor Duo Items: 2 competitors Trio Items: 3 competitors Team Items: 4 or more competitors <p>Note: This definition applies to entry eligibility only. A team item cannot enter a competition with fewer than the number defined above. This definition is separate from Rule 3.4</p>

		(Minimum Number), which must be met for all competition items.
2.1.7	Competition Entry and Rule 1.j.vi	<p>The new definition (Rule 1.j.vi) requires a corresponding rule under Competition Entry (2.1) to clarify that entries are only accepted when they meet the definition outlined in Rule 1.j.vi.</p> <p>Added:</p> <p>2.1.8. Entries will only be accepted where they comply with the item definition of items as outlined in Rule 1.1.j.vi.</p>
3.4.1	Minimum number that must remain on stage	<p>Added clarification to Rule 3.4.1 outlining what constitutes entry/opening following the removal of the 20-second rule:</p> <p>The specified minimum number of competitors must remain on stage and be visible throughout the item, excluding entry / opening and exit/closing. Once the specified minimum number has been reached in the entry/opening it must be maintained throughout the majority of the item until the exit/closing. This also applies to Solo, Duo and Trio Items. Minimum Number may be exceeded (except for Solo, Duo and Trio items). Rule Breach: 5 point penalty.</p>

AUTHORISATION

ACF Rules & Regulations v2026 - Recommendations of the ACF Rules Committee

Endorsed by the ACF Board on 22 January 2026

Australian Calisthenics Federation