



**Australian
Calisthenic
Federation
ACF SKILLS PROGRAM**

MASTERS Examination Guidelines

Effective July 2026

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INTRODUCTION

- The ACF Calisthenic Skills Program forms the foundation for correct technique within the sport for participants, coaches, and adjudicators and supports participant longevity.
- Through the program, participants are supported in developing an understanding of how to execute movements correctly to ensure personal safety. The syllabus is designed to develop fitness, flexibility, coordination and rhythm, musicality, deportment and poise, self-discipline, and self-esteem.
- The Master's program designed for participants 26 years plus will initially comprise of three levels – Emerald (Foundation), Ruby (Developing) and Sapphire (Advanced). There is an anticipated additional Diamond level for those who enjoy a challenge.
- Within these divisions there is a logical progression through the various elements and skills which promote technique and well-being.
- The examinations are based on a written syllabus and music audio. An accompanying video is designed to assist coaches and participants in their preparation.
- Any ACF affiliated pupil registered with the ACF or through their ACF State Coaches Association is eligible to enter.
- Successful participants receive a bar and certificate for each level. Shields can be purchased separately.
- The Skills Syllabus undergoes regular review by the Examiners Advisory Board (EAB) to ensure National standards are upheld and continue to improve. Qualified examiners accredited with the Australian Sports Commission travel to local, regional, and interstate locations examining pupils in the syllabus at every level.
- Copies of the syllabus, music and videos is available on the ACF Website. The videos are password protected. Contact your State Calisthenic Skills administrator for the password.

A BRIEF OUTLINE OF THE LEVELS

Emerald (Foundation) – Novice and Mastery

The Novice division focuses on individual movements for Figure Marching, Free Exercises, Rod Exercises, Club Swinging and Aesthetic/ Dance.

Mastery includes all the individual movements from Novice and set routines for each section.

Ruby (Progressing) – Novice and Mastery

As for Foundation level

The Novice division focuses on individual movements for Figure Marching, Free Exercises, Rod Exercises, Club Swinging, Aesthetic and Jazz Dance.

Mastery includes all the individual movements from Novice and set routines for each section.

Sapphire (Advanced) – Novice and Mastery

The Novice division focuses on individual movements for Figure Marching, Free Exercises, Rod Exercises, Club Swinging, Aesthetic and Jazz Dance.

Mastery includes all the individual movements from Novice, participants choreograph and present their own routines to the provided music.

As for Emerald and Ruby with an increase in complexity of movement and routines.

Diamond (Champion)

Participants present individually pre choreographed routines for Figure Marching, Free Exercises, Rod Exercises, Club Swinging, Aesthetic and Jazz Dance. Sapphire (Advanced) movements must be included within a 1 – 1 1/2 minute pre choreographed routine for each section.

THE EXAMINATION

Examinations for Emerald (Foundation), Ruby (Progressing) and Sapphire (Advanced) can be presented as a group exam. Participants wear a number for identification in the exam room. Candidates achieve a Non-Graded Pass.

The Coach may be present but cannot assist.

Examinations can be facilitated by an attending Examiner or via video conferencing.

There is an option to present the different sections for each level (Emerald, Ruby and Sapphire both Novice and Mastery) at different exam sessions if preferred. This should be completed within a two-year time frame (or by application).

At Emerald (Foundation level), 4 of 5 sections must be successfully completed to achieve that award (Novice and/ or Mastery). If participants have previously presented and achieved Emerald novice, only the set routines are required to be presented to achieve Mastery.

Ruby (Progressing level) 5 of 6 sections must be successfully completed to achieve that award (Novice and/ or Mastery). If participants have previously presented and achieved Ruby novice, only the set routines are required to be presented to achieve Mastery.

Sapphire (Advanced level) all sections must be successfully completed to achieve that award (Novice and/ or Mastery). If participants have previously presented and achieved Sapphire novice, only the set routines are required to be presented to achieve Mastery.

Diamond (Champion) Candidate must have successfully achieved Sapphire Mastery level to present for Diamond. All sections must be successfully completed to achieve Diamond.

Examination Uniform

- Black leotard – any style
- Bicycle shorts or full length tights with black or white (where possible) fitted t-shirt that does not impede movement.
- Plain or black tights (optional)
- Hair
 - Long hair – hair in a bun (position optional). Black bow or ribbon around the bun permitted. Headband optional.
 - Short hair – neat and tidy, not covering face or eyes.
- Rods and clubs – tape and colour optional.
- No 'hanging' jewellery that may impede apparatus. (consider safety)

The Day of the Examination and Conduct

- Candidates must arrive at the examination venue no later than 30 minutes prior to their given time. This will allow for checking in and warming up.
- On arrival, check in with the supervisor who will confirm your name and number and give you a number or colour pin/ ribbon to wear.
- The supervisor will tell you the name of your examiner.
- Warm up in the waiting area.
- Be ready to enter the examination room at your scheduled examination time with your rod, clubs, and the assessment sheet which the supervisor will give you, and a bottle of water if necessary.
- When the examiner is ready for you, they will ring their bell and the supervisor will show you the way into the examination room.
- For safety reasons we recommend that candidates hold the rod vertically in one hand, and clubs in the other when entering the exam room.
- Greet the examiner name if you can remember and hand the assessment sheet to the examiner.
- You will be asked to place your rod and clubs on the floor near the wall and stand in the centre of the room ready for the examiner to tell you what they would like to see first.
- The examiner may ask you to perform your work by yourself or along with the other candidate/s.
- Do not speak to the other candidates during the examination.
- If you do not understand, or cannot hear the examiner, politely ask them to repeat the instruction.
- If you feel extremely unwell or cannot wait until after the examination to visit the toilet, don't be afraid to tell the examiner.
- At the end of the examination pick up your rod and clubs, and thank the examiner before leaving the room.

Marking/Results

- All group exams are assessed as a non-graded pass.
- Individual or pair exams require a 50% overall pass rate to be awarded their certificate.
- For group exams, examiners will not give individual feedback. Coaches will receive group feedback.
- The examiner's decision is final, and no correspondence will be entered into.
- Marks/Classification Table for individual assessments

PASS MARK ACHIEVED	CLASSIFICATION WORDING
50 to 59	Pass
60 to 69	Pass Plus
70 to 74	Commended
75 to 79	Highly Commended
80 to 84	Credit
85 to 89	Credit Plus
90 to 94	Honours
95 to 100	Honours with Distinction

Assessment Sheets, Certificates, Bars and Medals

Assessment Sheets, Certificates and Bars are the sole property of the candidate. Shields can be purchased individually to display Emerald, Ruby, Sapphire and Diamond bars.

Note : bars can be added to existing ACF Calisthenic Skills Shield current for Test 1,2,3 and Grade 1,2,3,4.

REQUIREMENTS FOR ENTRY AND ENTRY FORMS
General

- Any examination may be recorded by the EAB. This recording is strictly for examiner training purposes only and not for general distribution.
- Entry forms without payment will be returned.
- Clear, correct spelling of candidates' names is essential to ensure that names are recorded accurately.
- Birth dates, and ages are needed to timetable candidates fairly.
- For insurance purposes, candidates must have paid their annual affiliation fees to their state association. If not competing, candidate must be a registered ACF participant or ACF coach.
- A separate entry form is required if a Skills coach is instructing candidates from another Club.
- A \$25.00 per candidate fee will be incurred for late entry.
- All correspondence/results will be sent to the Club coach/co-ordinator.

Examination

- Candidates must present in Examination uniform (as per page 4 of this document).
- Candidates with injury/illness will not be examined. A Medical Certificate is not to be presented to the examiner on the day. Candidates entering the examination with known injuries and medical conditions do so at their own risk.
- Refunds are not available for withdrawals or non-appearance at the examination venue.
- Deferral of examination (in advance of examination date) is only possible for medical reasons and a Medical Certificate has to be presented. 50% of the fee will be deferred; so candidates will incur 50% of fee to re-present at a later date (preferably within 12 months).
- Administrator to be notified ahead of the examination if a Special Needs candidate is presenting – preferably when entry forms are submitted. (This is not to be confused with injury/illness.)
- Disabilities must be documented and confirmed by a Medical Provider and this information must be submitted to the Skills Administrator upon entry to ensure the assigned Examiner has the information at least 48 hours ahead of the scheduled exam. Failure to do so may result in cancellation of their exam.

STATE ADMINISTRATORS

Please contact the relevant State Administrators.

ACT	Jossie Edmonds c/- 15 Hebblewhite Street Monash ACT 2904	Mobile 0407 063 654 Email skills@calisthenicsact.com.au
NSW	Mrs Jenny Buchanan 4 Browallia Cres Loftus NSW 2232	Phone 02 9521 5226 Mobile 0419 195 393 Email jennybuchanan@y7mail.com
NT	Christina Heron & Amy Cook	Email Admin@ntcalisthenics.org.au
WA	Stephanie Humphrey 2 Woodspring Grove Ballajura WA 6066	Home 08 9249 2533 Mobile 0401 132 408 Email rhum4253@bigpond.net.au
QLD	Tiarn Kennedy	website: www.calisthenicsqld.com.au Email admin@calisthenicsqueensland.com.au
SA	Kristine Reynolds PO Box 343 Brighton SA 5048	Email skills@calisthenicssa.com.au

Masters Advisory Team

Diane Winterling ACF Head of Skills (EAB)
Narelle Drake NSW
Jodie Sims ACT
Felicia Rodeghiero SA
Sam Williams SA
Rachel Lee SA
Erin Stewart QLD

ACF ADMINISTRATION

Head of Skills, Examination Co-Ordinator
And Convenor of Examiners' Advisory Board

Diane Winterling
Email: skills@calisthenicsaustralia.com.au

All supporting resources available on the website
<https://calisthenicsaustralia.com.au/syllabus-and-resources>

Examiners' Advisory Board - Members

Diane Winterling	EAB Convenor and ACF Head of Skills
Michelle Symons	South Australian representative And Skills Examiner Accreditation Officer
Cassandra Smith	Western Australia representative
Sarah Chalmers	Queensland representative
Frances Madafarri	Australian Capital Territory representative