

Coaches, please ensure your participants have the required solo skill level for **2026**.

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| **Calisthenic Skill** | **Minimum Age** | **Solo Requirements** |
| Test 1 | Minimum age 7 years by the 31st December in the year of examination | 8 years |
| Test 2 | Minimum age 7 years by the 31st December in the year of examination | 9 years |
| Test 3 | Minimum age 9 years by the 31st December in the year of examination | 10 and 11 years  |
| Grade 1 | Minimum age 11 years by the 31st December in the year of examination | 12 and 13 years  |
| Grade 2 | Minimum age 13 years by the 31st December in the year of examination | 14 and 15 years |
| Grade 3 | Minimum age 14 years by the 31st December in the year of examination | 16 years |
| Grade 4 | Minimum age 15 years (Must be 15 by 31st December in the year of examination) | 17 years |
| Bronze Medal | Minimum age 16 years - **Must have Grade 4 and** **must be 16 by 31st December in the year of examination.** |  |
| Silver Medal | Minimum age 17 years - **Must have Grade 4 and Bronze Medal, and must be 17 by** **31st December in the year of examination.** |  |
| Gold Medal | Minimum age 18 years - **Must have Grade 4, Bronze and Silver Medals, and must be 18 by 31st December in the year of examination.** |  |

**All candidates should attend their Prep Class with a full working knowledge of the syllabus. Continued training after this class should be given by the Coach who is training the candidates until the date of examination.**