

Coaches, please ensure your participants have the required solo skill level for
2027

Calisthenic Skill	Minimum Age	Solo Requirements
Test 1	Minimum age 7 years by the 31 st December in the year of examination	8 years
Test 2	Minimum age 7 years by the 31 st December in the year of examination	9 years
Test 3	Minimum age 9 years by the 31 st December in the year of examination	10 and 11 years
Grade 1	Minimum age 11 years by the 31 st December in the year of examination	12 and 13 years
Grade 2	Minimum age 13 years by the 31 st December in the year of examination	14 and 15 years
Grade 3	Minimum age 14 years by the 31 st December in the year of examination	16 years
Grade 4	Minimum age 15 years (Must be 15 by 31 st 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.