



Welsh Gymnastics
Gymnasteg Cymru

Welsh Acro NDP Qualifiers 2024

Sunday 25th February

Photography Regulations

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by Welsh Gymnastics and British Gymnastics.

This is a summary of those conditions. A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website www.british-gymnastics.org if you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of video or still image including those taken with mobile phones.
2. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
 - a. Not to take photos either generally or in particular circumstances.
 - b. To provide their full name and address and evidence of this
 - c. To let the Competition Organiser view any images recorded and to delete any images.
 - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they cannot be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash may not be used at any time while gymnasts are warming up or competing.

Welcome to the Acro NDP Qualifiers 2024. We welcome you to the home Sport Wales in Sophia Gardens, Cardiff.



PARKING

It is free to park in the designated car parks located at the front of the building and down the side of the building. There is also paid parking located to the right of the building.

ENTRY

The door for the competition will not open until 8.45am, so can we kindly ask that all spectators please form an orderly line outside.

This is a ticketed event only. Tickets will be available to purchase up until the day, please can you have your ticket confirmation to hand when entering

<https://www.eventbrite.co.uk/e/837319283517?aff=oddtcreator>

The ticket site will be open from 14/02/2024 @ 6.00pm. If we are able to release more seats, we will inform the clubs straight away.

WARM UP

General Warm up will be behind the curtain, and there will be no general warm up on the main competition floor. There will however be time to warm up moves on the main floor and orientation time prior to the start of their round.

Tariff Sheets

A kind reminder to coaches to please submit appropriate Tariff sheets before the start of the competition. These can be emailed to james.thomas@welshgymnastics.org at any point.

MUSIC

Please ensure all appropriate music is uploaded to the relevant entries or please feel free across to email james.thomas@welshgymnastics.org

Codes of conduct

Parents : <https://www.welshgymnastics.org/wp-content/uploads/2023/10/Codes-of-Conduct-for-Parents-Version-1-021023.pdf>

Gymnasts : <https://www.welshgymnastics.org/wp-content/uploads/2023/10/Codes-of-Conduct-for-Gymnasts-Version-1-021023.pdf>

Coaches, Volunteers, Officials : <https://www.welshgymnastics.org/wp-content/uploads/2023/10/Codes-of-Conduct-for-Coaches-Version-1-021023.pdf>

Welsh Gymnastics would like to wish every Gymnast taking part in this competition all the very best.

A big thank you to all volunteers and officials who are supporting the event throughout the weekend

COMPETITION

Registration
Doors Open to Spectators
Warm Up (Main Floor) - G1 & G2
Warm Up (Main Floor) - G3
Warm Up (Main Floor) G5 WG, G5 WP & IDP1 WP
Warm up (Main Floor) - IDP1 MxP, IDP1 WG & IDP1 WG
March on
Competition Starts
Round 1A Orientation
Round 1B Orientation
Round 1 (A & B) Routines
Round 2A Orientation
Round 2B Orientation
Round 2 (A & B) Routines
Round 3A Orientation
Round 3B Orientation
Round 3 (A & B) Routines
Round 4A Orientation
Round 4B Orientation
Round 4 (A & B) Routines
Presentations Grades 1, 2 & 3
Warm up (Main Floor) Grade 4
Warm up (Main Floor) Youth
Warm up (Main Floor) - G5 WG, G5 WP & IDP1 WP
Warm up (Main Floor) - IDP1 MxP, IDP1 WG & IDP1 WG
Competition Resumes
Round 5A Orientation
Round 5B Orientation
Round 5 (A & B) Routines
Round 6A Orientation
Round 6B Orientation
Round 6 (A & B) Routines - Start Panel B
Round 7A Orientation
Round 7B Orientation
Round 7 (A & B) Routines
Round 8A Orientation
Round 8 A Routines
Presentations Grade 4 & Above

RUNNING ORDER

08:30
08:45
8:45 to 8:55
8:56 to 9:06
9:07 to 9:27
9:28 to 9:48
09:55
10:10
10:10 to 10:14
10:15 to 10:19
10:20 to 10:56
10:57 to 11:01
11:02 to 11:06
11:07 to 11:40
11:41 to 11:45
11:46 to 11:50
11:51 to 12:30
12:31 to 12:35
12:36 to 12:40
12:41 to 13:05
13:10
13:25 to 13:35
13:36 to 13:46
13:47 to 14:07
14:08 to 14:28
14:30
14:30 to 14:34
14:35 to 14:39
14:40 to 15:10
15:11 to 15:15
15:16 to 15:20
15:21 to 15:54
15:55 to 15:49
15:50 to 15:54
15:55 to 16:31
16:32 to 16:36
16:37 to 16:49
17:00



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SPOTLIGHT

COLLECTION



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SCAN ME



QUATROGYMNASTICS.COM

ENCOURAGING CHILDREN TO BE ACTIVE

