



Welsh Gymnastics
Gymnasteg Cymru

WELSH OPEN ACRO CHAMPIONSHIPS 2024

16th & 17th November 2024

(depending on entries)

VENUE: [Ebbw Vale Sports Complex](#)

[Lime Avenue, Ebbw Vale NP23 6GL](#)

www.bglife.co.uk



Venue

Welcome to the Welsh Acro Open Championships and Acro Open 2024.

Parking at the venue is free of charge, however, the venue is a busy Leisure Centre, so be mindful of small children when walking from the car park to the venue. The car park can be accessed by turning left at the first junction off the main road.

There are specific spaces for blue badge holders.

The venue has a comprehensive offer in terms of catering and refreshments.

The venue is fully inclusive with accessible toilets throughout and changing rooms for gymnasts to use.

This year we are moving the Championships out of the National Centre, as the chosen venue has proved a huge success with some of our other Championships this year.

Competition Criteria/Details

Within this document, you will find all the information needed to enter and to take part in the competition. If you have any questions or queries please contact the events team directly using:

competitions@welshgymnastics.org

The competition is split into two separate competitions:

Welsh Championships

Senior 14yrs plus

Junior 12-19yrs

Age group 11-18

Age group 10-16

Age is defined as age on 31st December 2024 for both competitions

The Welsh Acro TP agreed that due to the competition being close to the year end gymnasts will be allowed to compete one year younger.

Entry fee: £50 per person

Acro Open

| Grade | Age | Age difference in partners |
|--------------|-------------|--|
| 1 | 9-11 | Grades 1-5 have a restriction of no more than 7 years age difference between the oldest and youngest partner |
| 2 | 9-12 | Grades 1-5 have a restriction of no more than 7 years age difference between the oldest and youngest partner |
| 3 | 9-14 | Grades 1-5 have a restriction of no more than 7 years age difference between the oldest and youngest partner |
| 4 | 9 – Any age | Grades 1-5 have a restriction of no more than 7 years age difference between the oldest and youngest partner |
| 5 | 9 – Any age | Grades 1-5 have a restriction of no more than 7 years age difference between the oldest and youngest partner |
| Youth | 9-18 | Youth has a restriction of no more than 5 years age difference between the oldest and youngest partner |
| IDP 1 | 9 – Any age | IDP 1-2 there is a restriction of no more than 10 years age difference between the oldest and youngest partner |
| IDP 2 | 9 – Any age | IDP 1-2 there is a restriction of no more than 10 years age difference between the oldest and youngest partner |

- The Age requirements for all of the NDP grades are included in the NDP 10 code of points but are also outlined below.
 - Age groups are kept the same otherwise gymnasts under 9 in year would be competing.

Entry Fee: £25

Coaches

Please ensure you are qualified to teach the skills your gymnasts are performing, if there is an issue please email the events team.

All coach names must be submitted to the Events Teams one week before the competition start.

Unfortunately, unless all checks have been signed off by the Welsh Gymnastics an individual will be unable to gain access to the field of play or warm-up area, please ensure all names are sent into the events team.

Judges requirements

We will aim to ask an external CJP & DJ (Non-Welsh), if Welsh Coaches have contacts please send over contact details to the events team so all relevant checks can be completed.

Unfortunately, unless all checks have been signed off by the Welsh Gymnastics an individual will be unable to gain access to the field of play or warm-up area, please ensure all names are sent into the events team.

Clubs have to enter judges in line with the below ratio:

- 1 – 8 partnerships entered – 2 judges for one whole day or one whole day each if over 2 days
 - 9 + partnerships – 3 judges that can judge two whole days each

As per the Generic Competition Handbook, at least one Regional judge or above will now be required as part of the ratio when entering more than 3 partnerships. Where a club does not have a Regional judge, we ask them to nominate a judge to the TP (via the events team) who will confirm the entry.

Presentation

Welsh Championships

Welsh Medals 1, 2, 3, ribbons 4, 5 and 6th, and a trophy for the 1st place podium. (for each of the gymnasts in the team, trio etc)

The Acro Open

Larger “normal” medals 1, 2, 3, ribbons for 4, 5, and 6th. A smaller trophy for 1st place podium.

Entry must be done via Sport80.

Entries will be open: Monday 19th August 2024

Entries will close: 30th September 2024

For further information please familiarise yourself with the generic competition handbook;

For Non-Welsh Entries

Please access via the Welsh Gymnastics website: [Resources - Welsh Gymnastics](#)

