

Welcome to Wales

Croeso i Gymru



**Pencampwriaethau Agored LICC/MAG Cymru 2025**

**Welsh WAG/MAG Open Championships 2025**

Competition Workplan (Coaches and  
Officials)

**13<sup>th</sup> – 16<sup>th</sup> February 2025**

<b>Discipline</b>	Women's Artistic Gymnastics Men's Artistic Gymnastics
<b>Hosting Organization</b>	Welsh Gymnastics Contact: <a href="mailto:competitions@welshgymnastics.org">competitions@welshgymnastics.org</a> Website: <a href="http://www.welshgymnastics.org">www.welshgymnastics.org</a>
<b>Location</b>	Sport Wales National Centre CARDIFF CF11 9SW
<b>Date</b>	13 <sup>th</sup> – 16 <sup>th</sup> February 2025
<b>Apparatus</b>	All apparatus – Gymnova, Sport Wales
<b>Confirmed Schedule</b>	<b>Thursday 13<sup>th</sup> February</b> Venue set up, equipment checks and room decoration <b>Friday 14<sup>th</sup> February</b> Competition - FoP <b>Saturday 15<sup>th</sup> February</b> Competition – FoP MAG Podium – 6:30pm – 8pm <b>Sunday 16<sup>th</sup> February</b> Competition - FoP
<b>Rules and Regulations</b>	<ul style="list-style-type: none"> <li>• This is our Home Nation Championships, which is also a ranking event for WAG/MAG, to qualify for 2025 British Championships. It is an open Championships for gymnasts who compete at the appropriate level within the age groups of Aspire, Junior and Senior for WAG. For MAG U10 (Welsh Foundation Gymnasts only), U12, U14, U16, U18 and SNR.</li> <li>• All competitors must have valid Silver WG/BG memberships.</li> <li>• Must adhere to the code of conduct, to access the documents please follow the following link to our website: <a href="#">Resources &amp; Videos - Welsh Gymnastics</a></li> <li>• As associate members of British Gymnastics we adhere to and encourage the published photography policy: <a href="#">file (british-gymnastics.org)</a></li> <li>• Welsh Gymnastics – Safe Environment Policy: <a href="#">Safe-Environment-Policy-Version-1-08.09.24.pdf</a></li> <li>• All coaches must have up-to-date insurance, SPC and DBS</li> <li>• All Non-Welsh Members who are coaches and officials will have their criteria checked using the My BG System</li> <li>• <a href="#">Policies - Welsh Gymnastics</a></li> </ul>
<b>Accreditation</b>	Coaches will be given an accreditation which must be clearly and safely displayed throughout the duration of the Championships. Only <b>accredited individuals</b> will gain access to the competition floor. Can we ask that your accreditation is worn at ALL times. All nominated volunteers must be at least 14 years old. Those who are 16 years old and above, must have a DBS in place (WG will supply a DBS for all nominated volunteers – Welsh members only)
<b>Tickets</b>	Tickets are available via Sport80. To make it easier for everyone each session/day has been built separately, which means that spectators can add tickets on if they wish to after they have paid for a certain session/day.  Friday (Aspire/Junior): <a href="https://welshgymnastics.sport80.com/public/wizard/e/314">https://welshgymnastics.sport80.com/public/wizard/e/314</a> Senior WAG Round 1: <a href="https://welshgymnastics.sport80.com/public/wizard/e/315">https://welshgymnastics.sport80.com/public/wizard/e/315</a> Senior WAG Round 2: <a href="https://welshgymnastics.sport80.com/public/wizard/e/316">https://welshgymnastics.sport80.com/public/wizard/e/316</a> Sunday (MAG): <a href="https://welshgymnastics.sport80.com/public/wizard/e/317">https://welshgymnastics.sport80.com/public/wizard/e/317</a>  How to purchase tickets: <a href="#">tickets-how-to.pdf</a>  TICKET COSTS: Adult - £15:00, Child: £8.50 <b>Limited Hospitality tickets - £80</b> To include: Spectator ticket up on the balcony with the VIPS, bag of Welsh goodies to include, printed signed program, newly designed T-shirt, private lunch, meet, greet and photo opportunity with an International Gymnast

	<p><b>Spectators:</b> entry to the main hall can be accessed to the left of reception, please do not queue in reception area, as this can cause issues for Centre staff. There will be signage directing spectators around the venue. Please ensure tickets are purchased before arriving, this is a ticketed only event. Please have tickets ready to be viewed by door staff.</p>
<p><b>Competition Venue Information</b></p>	<ul style="list-style-type: none"> <li>• All general warm-ups will take place in the lower hall, which is situated at the far side of Sport Wales. Can we politely ask that coaches remove outdoor shoes when entering the lower hall.</li> <li>• There will be an accreditation desk in the reception area of Sport Wales, where coaches can pick up their event accreditation.</li> <li>• Gymnasts and coaches seating will be allocated in the first block of seats as you enter the hall - this will be clearly marked. Can we ask that all coaches and gymnasts utilise this area as the event is likely to be sold out, with spectators who have purchased tickets.</li> <li>• The venue has lots of changing spaces for gymnasts and store their belongings safely.</li> </ul>
<p><b>Safeguarding</b></p>	<p>Safeguarding and wellbeing officers for this competition are <b>Abbie Godsall/James Thomas</b> Any Safeguarding concerns email: <a href="mailto:safeguarding@welshgymnastics.org">safeguarding@welshgymnastics.org</a></p>
<p><b>Presentations</b></p>	<p>Welsh medals and trophies will be presented to all gymnasts in the open/closed category who finish in overall 1st position. Medals will be awarded to those finishing in overall silver and bronze overall.</p> <p>Apparatus medals will be presented to gymnasts finishing in 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> in all <b>closed</b> (only) categories.</p> <p>Welsh Gymnastics Official leotard sponsors QUATRO are kindly donating a £50 gift voucher to all Senior overall event winners.</p>
<p><b>Parking/Venue</b></p>	<p>Parking at the venue is free of charge. Electric points are situated in the first two spaces of the car park at the front of the building. Disability parking is situated opposite the building.</p> <p>The venue has a lovely café and restaurant, which are both stocked with locally sourced produce.</p>
<p><b>Music Upload</b></p>	<p>Music can be uploaded directly to Gyndata, from Monday 27<sup>th</sup> January 2025. GymData have a new system so the following instructions are slightly different to previous years:</p> <p><b>Instructions for how to use the system:</b></p> <p>If you haven't used the system before, please follow this link to register to upload music: <a href="http://www.gymdata.co.uk/user-register.aspx?mu=1">www.gymdata.co.uk/user-register.aspx?mu=1</a></p> <p>You will be asked to provide your name, email address and the name of the club you are associated with along with a password. Once you have entered this information click "Register". You will be sent an email to the address provided which contains a link which will confirm your registration. You will only need to register once for all future competitions.</p> <p>Once registered you can login to the Gyndata website <a href="http://www.gymdata.co.uk">www.gymdata.co.uk</a> as shown below:</p>



Events User Login The System Contact Us Search Event

### Gymdata Login

Username:

Password:

[Forgot your password? Request a new one.](#)

All scores may be subject to change or protest and are provided without guarantee as to their accuracy or completeness.

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Website and hosting provided by Elmbrook

Once logged in you can find this event on the “Future Events” page and then select the “Music Upload” option.

To upload a gymnast(s) music:

1. Select your club to show a list of gymnasts.
2. Find the gymnast(s) you would like to upload music for.
3. Click 'Choose File' and select the appropriate file from your device.
4. Once uploaded you will be able to play the track to confirm it is correct.

If you accidentally upload the wrong music you can upload another track which will replace the original. Uploaded music can only be played by the user who uploaded it so nobody else will have access to your music.

If you can't find your gymnast(s) please email their music to [music@gymdata.co.uk](mailto:music@gymdata.co.uk) as the system may not be updated regularly with changes and late entries.

Please bring a copy of your music to the event (on USB) as a backup.

For any problems, please email [support@gymdata.co.uk](mailto:support@gymdata.co.uk)



**Welsh WAG/MAG**  
**Artistic Championships**  
**2025**