



Moelwyn Gymnastics Academy LTD
Blaenau Ffestiniog
Wales – Great Britain

General Information

Due to the success of the first edition of our competition with teams from Brazil, England and Wales, Moelwyn Gymnastics Academy LTD are pleased to present the 3rd Moelwyn International Acro Cup .

This competition will take place in Blaenau Ffestiniog from 30th June to 2nd July 2023.

The 3rd Moelwyn International Acrobatic Gymnastics Cup is open to Club, Regional and National teams.

This competition will be in accordance with British and FIG regulations for the following age groups and categories:

NDP Grades 1- 4	No Age restrictions	Following NDP 10 rules No Height Deductions Skirted Leotards Permitted
NDP Grade 5	No Age restrictions	Following NDP 10 rules No Height Deductions Skirted Leotards Permitted
IDP 1&2	No Age restrictions	Following NDP 10 rules No Height Deductions Skirted Leotards Permitted
Youth	No Age restrictions	Following NDP 10 rules No Height Deductions Skirted Leotards Permitted
Age Group 1	No Age restrictions	Rules for 11-16 FIG Age Group No Height deduction
Age Group 2	No Age restrictions	Rules for 12-18 FIG Age Group No Height deduction
Junior	No Age restrictions	Rules for 13-19 FIG Age Group No Height deduction
Senior	No Age restrictions	No Height deduction

Provisional Schedule

Friday 1 st July	Training per Schedule (music) Delegation Meeting (Competition venue)
Saturday 2 nd July	Judge Meeting (Competition Venue) Qualification Exercises
Sunday 3 rd July	Qualification Exercises Finals (Youth - Senior) Award Ceremony
Monday 4 th July	Departure of Delegations

Competition Venue

Moelwyn Sports Centre
Wynne Road
Blaenau Ffestiniog
Gwynedd
LL41 3UF

Competition Organisers

Moelwyn Gymnastics Academy LTD
5 Llain Y Mean
Blaenau Ffestiniog
Gwynedd
LL41 3DN
moelwynacrocup@gmail.com
07484820005

Delegation Size

1 Head of Delegation
1 Team Manager
3 Coaches
1 Doctor
1 Physiotherapist

At least 1 judge is mandatory – **£250 penalty fee if no judge is presented**
(International Judges have 20% discount in the accommodation package)
Unlimited acrobatic pairs / groups

Competition Rules

Qualifications and Final (Grades 1- 4): 1 Combined Exercise

Qualifications and Final (Grade 5 & IDP):

1 Balance Exercise & 1 Dynamic Exercise

Qualifications (Youth): 1 Combined Exercise

(Difficulty is calculated as in FIG – Age Group 1) – 2.30”Min max duration.

Qualifications (Age Group 1 / Age Group 2 / Junior / Senior):

1 Balance Exercise & 1 Dynamic Exercise.

Finals Start From Zero (0).

The number of finalists depends on the number of pairs / groups in the category.

(1-8 P/G = 6 Finalists. 9-16 P/G = 8 Finalists. 16 plus P/G =10 Finalists.

Finals for Grade & IDP will follow FIG Age Group 1 Final Rules for 2020.

Finals(Youth): 1 Combined Exercise

Finals (Age Group 1):

Balance or Dynamic in accordance with FIG Rules.

Finals (Age Group 2 / Junior / Senior):

Combined Exercise.

Youth Rules

General Rules:

Pairs: choose 2 balance elements from 11-16 difficulty tables + 1 optional element from FIG tables and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables (OPTIONAL can be from 11-16 difficulty tables but not the same ROWS used on the compulsory elements).

Groups: choose 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (**only 2 static holds of 3” are required in the routine**) and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables (OPTIONAL can be from 11-16 difficulty tables but not the same ROWS used on the compulsory elements).

Individual: 3 individual elements must be executed – no matter if it is cat 1 or cat 2 (**NO SALTO REQUIRED**).

Technical Standards

All of the following British & FIG rules, valid in 2023:
FIG Code of Points
AWAG Rules (latest version)
FIG Newsletters
British National Development Plan

Competition Draw

The drawing of lots will take place on 26/05/2023 under supervision of the Competition Director and members of the Organising Committee.

Apparatus

Competition Floor – Power Sprung Floor (Spring Construction)
Warm Up Floor - Non Sprung Floor

Entry Fee

NDP Grades 1-4 £20 per Gymnast
NDP Grades 5 & IDP £25 per Gymnast
Youth £25 per Gymnast
11-16 - Senior £30 per Gymnast

Accommodation / Meals / Transport

Option A – Seren Hotel 1x Single - £80 6x Twin - £80 4x Double - £80 1x Triple - £80	Option B – Y Pengwern 2x Single - £70 3x Double - £60 2x Triple - £55	Option C - Plas Tan Y Bwlch 10x Single - £86 5x Double - £68 5x Twin - £68 3x Triple - £80 4x Quad - £66 17 Shared dorm rooms are available at £45.
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Rates listed in the accommodation package are per person per night.

Breakfast, Lunch and Dinner are included in the accommodation package. Breakfast will be served at the hotels. Lunch & Dinner will be served at the Competition Venue.

The prices charged for hotel rooms will not exceed the usual hotel rates.

Buses (Included in the accommodation package) will transport the participants between the hotels and competition venue. The organising committee will gladly help delegations secure airport transportation.

Deadlines and Payments

Definitive Registration: 7th April

50% Accommodation Package & 100% Entry Fee

Nominative Registration: 19th May

50% Accommodation Package

The LOC kindly requests that the bank transfers are named as follows: Moelwyn International 2023 - Country / Region / Club.

ALL REMAINING PAYMENTS WILL BE MADE AT ACCREDITATION

BANK ACCOUNT INFORMATION:

Beneficiary : Moelwyn Acro Cup

Address : 5 Llain Y Maen, Blaenau Ffestiniog, Gwynedd LL41 4AR

Bank Name : Natwest UK

IBAN : GB92NWBK51611471090800

Account Number : 71090800

Sort Code : 51-61-14

Additional Notes:

- All payments must be made in British Pounds.
- All expenses in connection with bank fee's must be paid by the participating Club.
- Delegations are responsible for paying their travel, accommodation and entry fees.
- Entry Fee non refundable. Refunds will be provided if the competition is cancelled due to Covid-19.

Visa

If you require an official invitation to obtain a visa to travel to Wales - United Kingdom, please contact the OC as soon as possible.

Insurance

All delegations are responsible for ensuring the appropriate coverage against accidents and illness. The OC will verify the certificates of insurance of all delegation members upon arrival at accreditation. All accredited persons who cannot provide proof of adequate insurance coverage will not be allowed to compete.

Medical Services

Medical personnel will be present at podium training and competition.

Media

Media personnel must request special accreditation from the OC. Please contact the OC at the time of nominative entry to be eligible for media accreditation. The media personnel will be assigned media areas in the field of play and will need to agree to the media code of conduct. S&G Media will be the official event photographers for the event. S&G will be providing the competition with routine photos, routine film and a livestream service.

Accreditation

Accreditation Location : Competition Venue

Accreditation Times : Friday as per podium training schedule

The accreditation system identifies individuals participating in the competition and ensures controlled access to each area. All participants and officials are required to wear accreditation cards at all times.

At accreditation, the Head of Delegation must check the correct names of their delegation, verify accommodation requirements. A delegation pack will be given to the Head of Delegation. Accreditation is personal, non-transferable. Accreditation is required to access training and competition zones, official transport and meals.

Without your accreditation card, you cannot pass the security control and you cannot participate in lunches, dinners, etc. If you lose your accreditation card, you will have to buy a new one for the price of £10

When all the commitments are fulfilled, all delegation members will receive their accreditations.

Tariff Sheets

Tariff sheets must be sent to the OC by the 23/06/23 via email.

tariffsheets.moelwyn@gmail.com

Music

In order to avoid a large amount of CD's, we kindly ask you to send the music in MP3 format to the OC via email. moelwyn.music@sandg.media

Please send the music to the OC by 17/06/22 and identify the MUSIC TRACKS as follows: NUMBER_DISCIPLINE_CATEGORY_EXERCISE_COUNTRY/CLUB
Example: **6_MG_SEN_BAL_WAL.mp3**

(Competition Numbers will be available when the starting order is released)

Nevertheless, for safety reasons, 1 music CD (for each routine) should be carried by

the coach.

Key; Grade 1 = G1 Grade 2 = G2 Grade 3 = G3 Grade 4 = G4 Grade 5 = G5 IDP1 = IDP1 IDP2 = IDP2 Youth = Y 11-16 = AG1 12-18 = AG2 13-19 = JUN Senior = SEN	Women's Pair = W2 Men's Pair = M2 Mixed Pair = MX2 Women's Group = W3 Men's Group = M4
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Nearest Airports

Manchester Airport

Liverpool Airport

We will gladly assist delegations to book their transportation from and to the airports.

Kindest Regards

Jordan Dodd

Competition Director - Moelwyn Acro Cup

Managing Director - Moelwyn Gymnastics Academy LTD

Deadlines Summary

Definitive Registration (moelwynacrocup@gmail.com)	07/04/2023
Payment Accommodation costs 50%	07/04/2023
Payment Entry fee 100%	07/04/2023
Nominative registration (moelwynacrocup@gmail.com)	19/05/2023
Payment last 50%	19/05/2023
Tariff Sheets (tariffsheets.moelwyn@gmail.com)	23/06/2023
Music (moelwyn.music@sandg.media)	23/06/2023

