



Moelwyn Gymnastics Academy LTD  
Harlech Leisure Centre  
Harlech  
Gwynedd  
LL46 2UH

## General Information

Moelwyn Gymnastics Academy are pleased to present the 5th Moelwyn International Acro Cup. (Moelwyn Acro Cup)

This competition will take place in Harlech from 11th – 13th July 2025.

The 4th Moelwyn Acro Cup is open to Club, Regional and International teams.

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

MiniStars Grade 1 - 4	4-7 Years old	Please see MiniStars Code
NDP Grades 1 - 4	No Age Restrictions	Following NDP 10 rules No Height Deductions Skirted Leotards are <b>Allowed</b>
NDP Grade 5	No Age Restrictions	Following NDP 10 rules No Height Deductions Skirted Leotards are <b>Allowed</b>
IDP 1&2	No Age Restrictions	Following NDP 10 rules No Height Deductions Skirted Leotards are <b>Allowed</b>
Aspire ( Was Youth)	No Age Restrictions	Rules on page 4 No height deduction Skirted Leotards are <b>Allowed</b>
Pre Youth (Was 11-16)	No Age Restrictions	Rules for 11-16 FIG Age Group No height deduction Skirted Leotards are <b>Allowed</b>
Youth (Was 12-18)	No Age Restrictions	Rules for 12-18 FIG Age Group No height deduction Skirted Leotards are <b>Allowed</b>
Junior	No Age Restrictions	Rules for 13-19 FIG Age Group No height deduction Skirted Leotards are <b>Allowed</b>
Senior	No Age Restrictions	Rules for Senior No height deduction Skirted Leotards are <b>Allowed</b>

## **Provisional Schedule - Subject to change**

<b>Friday 11th July</b>	Training per Schedule (music)
<b>Saturday 12th July</b>	Judges Meeting Coaches Meeting Warm-up Qualification Exercises
<b>Sunday 13th July</b>	Warm Up Qualification Exercises Finals Award Ceremony Departure of Delegations
<b>Monday 15th July</b>	Departure of Delegations

## **Competition Venue**

Harlech Sports Centre  
Ysgol Ardudwy,  
Ffordd y Traeth,  
Harlech,  
LL46 2UH

## **Competition Organisers**

Moelwyn Gymnastics Academy LTD  
5 Llain Y Mean  
Blaenau Ffestiniog  
Gwynedd  
LL41 3DN  
[moelwynacrocup@gmail.com](mailto:moelwynacrocup@gmail.com)  
07484820005

## **Delegation Size**

1 Head of Delegation  
1 Team Manager  
3 Coaches  
1 Doctor  
1 Physiotherapist  
1 Judge - Clubs are asked to provide at least one judge for both days of Competition. 2 judges would be preferred if possible.

## Competition Rules

**MiniStars** - The mini stars will compete one routine on a 2x12m strip of sprung floor area. Please see the mini stars code and guidance for more info,

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

**Qualifications (Grade 5 & IDP):**

1 Balance Exercise & 1 Dynamic Exercise

**Qualifications (Aspire):** 1 Combined Exercise

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

**Qualifications (Pre Youth / Youth / 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 (NDP Grade 1-4)** 1 Combined Exercise

**Finals (NDP Grade 5 & IDP):**

Balance or Dynamic in accordance with FIG Rules.

**Finals(Aspire):** 1 Combined Exercise

**Finals (Pre Youth):**

Balance or Dynamic in accordance with FIG Rules.

**Finals ( Youth / 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 FIG rules, valid in 2025:

FIG Code of Points

FIG Tables of Difficulty

AWAG Rules (latest version)

FIG Newsletters

NDP Code of Points

NDP Updates

## **Apparatus**

Competition Floor – Sprung Floor (Spring Construction)

Warm Up Floor – Sprung Floor (Foam Blocks)

Stretching Floor - Non Sprung Floor (Carpet Mats)

## **Entry Fee**

NDP Levels (Grade 1 - 4) - £25 per gymnast

Aspire, Grade 5, IDP 1 & IDP 2 - £30 per gymnast

FIG Levels - £35 per gymnast

## **Additional Information**

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place medals will be awarded in each category.

All gymnasts will receive a certificate of participation.

The Yvonne Owen Memorial Award will be presented to the highest scoring partnership at both NDP & FIG level.

Teams are responsible for arranging their own accommodation. Please book hotels as soon as possible as the hotels in the area are known to fill up quickly. The OC is more than happy to assist teams locating hotels.

Drinks and Snacks will be available to purchase on site.

## **Deadlines and Payments**

**Provisional Registration - Friday 11th of April.**

**Definitive Registration - Friday 23rd of May -** Entry Fees due with definitive registration.

The OC kindly requests that the bank transfers are named as follows:  
Moelwyn Acro Cup - Country / Region / Club.

**ALL REMAINING PAYMENTS WILL BE MADE AT ACCREDITATION**

### **BANK ACCOUNT INFORMATION:**

Beneficiary: Moelwyn Acro Cup  
Bank Name: NATWEST UK  
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.

## **Insurance**

All competitors must be fully insured to be eligible to compete in the competition.

## **Medical Services**

First Aid trained 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 registration 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 photographers for the event. S&G Media will also provide routine filming, live streaming, sound and lighting services.

## **Deadlines Summary**

### **Tariff Sheets**

Tariff sheets must be sent to the OC via Acro Companion Platform by the 23/06/2025.

### **Music**

Please send the music to the OC via Acro Companion Platform by the 23/06/2025.

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

Nevertheless, for safety reasons, a USB Stick should be carried by the coach.

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### **Website:**

<https://www.moelwyngymnasticsacademy.com/moelwyn-acro-cup>