



30th November – 2nd December
Blaenau Ffestiniog
Wales

General Information

Moelwyn Gymnastics Club are pleased to present the 1st Moelwyn International Acrobatic Gymnastics Tournament. This will be the first international acro cup Wales has hosted in over twenty years.

This competition will take place in Blaenau Ffestiniog from 30th November – 2nd December. The 1st Moelwyn International Acrobatic Gymnastics is open to Club, Regional and National teams.

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

Youth	8 – 16 years old	Rules on page 4
Age Group 1	9 – 17 years old	Rules for 11-16 FIG Age Group
Age Group 2	10 – 19 years old	Rules for 12-18 FIG Age Group Height deductions will apply
Junior	11 – 19 years old	Rules for 13-19 FIG Age Group Height deductions will apply
Senior	Minimum 12 years old	Rules for Senior Height deductions will apply

Provisional Schedule

Friday 30 th November	09:00 – 18:00 18:00 – 18:30 18:00 – 18:30	Training per Schedule (music) Delegation Meeting (Competition venue) Judge Meeting (Competition Venue)
Saturday 1 st December	8:00	Start Warm-up Qualification Exercises
Sunday 2 nd December	All Day	Finals (All Categories) Award Ceremony Farewell Party / Banquet
Monday 3 rd December	All Day	Departure of Delegations

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Competition Venue

Moelwyn Sports Centre
Wynne Road
Blaenau Ffestiniog
Gwynedd
LI41 3UF

Competition Organisers

Moelwyn Gymnastics Club
5 Llain Y Mean
Blaenau Ffestiniog
Gwynedd
LL41 3DN

Delegation Size

1 Head of Delegation
1 Team Manager
Coaches – 1 Min no max
1 Doctor
1 Physiotherapist

At least 1 judge is mandatory – **£100 penalty fee if no judge is presented (*International Judges have 20% discount in the accommodation package*)**

Unlimited acrobatic pairs / groups

Competition Rules

Qualifications and Finals in all categories.

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 =12 Finalists.

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 FIG rules, valid in 2018:

FIG Code of Points

AWAG Rules (latest version)

FIG Newsletters

Competition Draw

The drawing of lots will take place on 03/11/2018 under supervision of the Competition Director and members of the Organising Committee.

Apparatus

Competition Floor – Continental Sports – FIG Approved Floor

Warm Up Floor –Continental Sports - Non Sprung Floor

Entry Fee

£30 per gymnast

Accommodation / Meals / Transport

Option A – Ty Gorsaf 1x Single 7x Double 3x Triple Rooms 1x Five bed room £50	Option B – Tan y Bwlch En-suite rooms 5x Single 4x Twin 2x Double 2x Triple £72 (Shared bathrooms) 4x Triple 1x Quad 1x Family (5) £62	Option C - Pengwern En –suite 1x Single 3x Double 2x Twin 2x Triple £60
Option D – Treks Bunkhouse 1x 6 bed room 1x 4 bed room 1x Triple 2x Twin £55	Option F – Cellb 1x 6 bed room 1x 3 Triple 1x 2 Twin £57	Option G – Oakley Arms (En Suite) Single £93.50 Double £70 Triple £61

Rates listed in the accommodation package are per person per night

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

Extra Banquet tickets are available from the LOC at £30 per person, request can be made until 28/10/18.

The prices charged for hotel rooms will not exceed the usual hotel rates. (All meals – Breakfast, Lunch and Dinner are included in the accommodation package.

Buses (Included in the accommodation package) will transport the participants between the hotels and competition venue.

Deadlines and Payments

Provisional entry ; 31st august

Definitive Registration: 23rd September

50% Accommodation Package & 100% Entry Fee

Nominative Registration: 28th October

50% Accommodation Package

The LOC kindly requests that the bank transfers are named as follows: Moelwyn International 2018 - Country / Region / Club.

ALL REMAINING PAYMENTS WILL BE MADE AT ACCREDITATION

BANK ACCOUNT INFORMATION:

Beneficiary : Clwb Gymnasteg Y Moelwyn

Address : 205 Manod Road, Blaenau Ffestiniog, Gwynedd LL41 4AR

Bank Name : HSBC UK

Address : 62 Stryd Fawr, Porthmadog Gwynedd LL49 9LN

IBAN : GB76HBUK40121671057855

Account Number : 71057855

Sort Code : 40-12-16

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.

Visa

If you require an official invitation to obtain a visa to travel to Wales, 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.

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 28.10.18. Please send your tariff sheets to 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 music.moelwyn@gmail.com

Please send the music to the OC by 28.10.18 and identify the MUSIC TRACKS as follows: NUMBER_DISCIPLINE_CATEGORY_EXERCISE_COUNTRY/CLUB

Example: **6_MG_S_BAL_WAL.mp3**

Music Abbreviations - **Y** = Youth; **AG1** = Age Group 1; **AG2** = Age Group 2; **J** = Junior; **S** = Senior (The NUMBER will be given after the Nominative Entries and will appear in the Participants Lists)

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

Nearest Airports

Manchester Airport

Liverpool Airport

Trains, if booked 3 months in advance, will give a 26% discount for groups (Arriva Trains Wales) From Manchester Airport to Blaenau Ffestiniog.

Deadlines Summary

Provisional Registration (moelwynacrocup@gmail.com)	31/08/18
Definitive Registration (moelwynacrocup@gmail.com)	23/09/18
Payment Accommodation costs 50%	23/09/18
Payment Entry fee 100%	23/09/18
Nominative registration (moelwynacrocup@gmail.com)	28/10/18
Payment last 50%	28/10/18
Request for extra farewell tickets	28/10/18
Tariff Sheets (tariffsheets.moelwyn@gmail.com)	28/10/18
Music (music.moelwyn@gmail.com)	28/10/18

