



Welsh Gymnastics  
Gymnasteg Cymru

# Llawlyfr Cystadleuaeth Aerobig 2025

## Aerobic Competition Handbook 2025

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## Section 1 – Version History

Version	Summary of Changes	Document Status	Date
1.0	Aerobic Competition Handbook created	Live	01/05/2025

The Aerobics Technical Panel (WTP) reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the Welsh Gymnastics website and an updated version will be made available to download at the time of change.

Any enquiries regarding competitions should be directed to one of the following:

- Welsh Gymnastics Competition Team  
[competitions@welshgymnastics.org](mailto:competitions@welshgymnastics.org)
- Aerobics Queries  
[performance@welshgymnastics.org](mailto:performance@welshgymnastics.org)
- Aerobics Technical Panel Lead – Laura Morgan
- Aerobics Judging Lead – Allan Brotherston
- Aerobics Competitions Lead – Vacant

## Section 2 – Judges

Clubs entering competitions are required to nominate and supply a judge or judges for the day(s) on which their gymnasts are competing. If a Club competitors cover various age groups / grades it will be necessary to provide a judge for each day of their competition (please see below). Numbers of gymnasts are across the full competition, not per day. Whilst we will do our best to put judges on the same day as their club's competing gymnasts, this is not a guarantee. Club's need to provide judge availability to the competition organiser before the entry deadline and ratio's will be determined based on numbers at entry. The number of judges required is as below:

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

For Aerobics, a regional judge will not be required as part of the ratio when entering more than 3 partnerships.

## Section 3 – General Rules and Penalties

General rules and penalties as per FIG code of points and Welsh Gymnastics membership rules / terms and conditions.

### Competition Attire

For all events held by Welsh Gymnastics, excluding Welsh Championships, no attire deductions will be taken. Welsh Championships are governed by FIG rules unless otherwise specified. Please refer to British Gymnastics handbooks for any British Gymnastics competitions.

Appropriate attire for Welsh competitions on top of regular FIG rules:

- Shorts and leggings are accepted but must not restrict the view of the judges.

In the interest of sustainability and affordability, gymnasts who have represented their country or Home Nation will not be required to remove their flag off their leotard prior to competing. Wearing of other country / Home Nation attire however is not permitted.

### IAC

Gymnasts may wear fitted shorts or leggings and t-shirt or vest. Leotards are not compulsory at this level of competition, however, may be worn. Gymnasts may perform in bare feet or socks (no trainers).

### Music

Each year a selection of music choices will be provided in line with the IAC Code. The designated music tracks are available through the British Gymnastics website ([Introductory Aerobics](#)). Teams may choose one of these pieces of music for each of their performances – no other choice of music is permitted.

Music must be different for the compulsory and voluntary routine.

## Section 4 - National Competition Calendar

Competition Name	Venue	Date(s)	Closing Date	Membership Levels
Welsh Championships and Aerobic Open	Ebbw Vale	11 <sup>th</sup> – 12 <sup>th</sup> October 2025	5 <sup>th</sup> September 2025 12pm	Bronze / Silver

## Section 5 - Competition Apparatus

Equipment specifications will be detailed in all correspondence prior to the competition. Teams will perform on a floor surface (to be communicated by competition organiser) of a minimum 8m<sup>2</sup> and maximum 12m<sup>2</sup>.

## Section 6 – Competitions

For age groups, rules, and entry criteria, please refer to the British Gymnastics Aerobic Competition Handbook / IAC Competition Handbook ([Aerobic Gymnastics Technical Information](#)).

### Welsh Championships 2025

The following competitions will be offered:

#### FIG

- Senior
- Junior
- Youth
- National Development
- Foundation

### Aerobic Open 2025

The following competitions will be offered:

#### NAC (Silver Membership)

- Senior
- Junior
- Youth
- National Development

#### RAC (Silver Level Membership)

- Senior
- Junior
- Youth
- Nat Dev
- Foundation
- Pre-Foundation

#### IAC (Bronze Level Membership)

- Level 1
- Level 2
- Level 3
- Level 4
- Level 5 (new - being trialled at this competition)

## Aerodance

Aerobic Dance Competitions will be offered at the following age groups:

- National Development
- Age Group
- Junior
- Senior