



Welsh Gymnastics  
Gymnasteg Cymru

# Llawlyfr Cystadleuaeth Acrobatig 2026

## Acrobatic Competition Handbook 2026

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## Section 1 – Version History

The Acrobatics 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)
- Acrobatics Queries  
[performance@welshgymnastics.org](mailto:performance@welshgymnastics.org)
- Acrobatics Technical Panel Lead – Alex Jones & Lisa Thomas
- Acrobatics Competitions Lead – Mandy McNicholas
- Acrobatics Judging Lead – Matt Scott

## 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's 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 whole day each if over 2 days
- 9 + partnerships – 3 judges that can judge two whole days each

As per the Generic Competition Handbook, at least one regional judge or above will now be required as part of the ratio when entering more than 3 partnerships. In exceptional circumstances, where a club does not have a regional judge, we ask them to nominate a judge to the TP who will confirm they are suitably qualified and or experienced.

All Acrobatic competitions will be judged on the 2025-2028 cycle judging qualification.

## Section 3 – General Rules and Penalties

General rules and penalties as per the 2025 – 2028 FIG Code of Points and Welsh Gymnastics membership rules / terms and conditions.

### March On

March on should be the most direct way to your start position. A casual walk on without dance on is encouraged.

### 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 clothing must be fitted and not restrict the view of the judges.

### Pathway Movement

To increase the number of gymnasts within Wales competing at an FIG pathway whilst also ensuring fairness for gymnasts competing across the NDP Pathway framework, an agreement has been made by the Welsh Gymnastics Acrobatic Technical Panel with regards to movement across the Welsh Acrobatic Gymnastics competition pathways.

The partnership rules apply to all competitors entering the Welsh FIG Championships and Welsh NDP Championships.

Gymnasts who have previously competed are not permitted to compete at a lower level within the same partnership, where a partnership is defined as all members of the pair/group remaining the same. Gymnasts can only move between the pathways as below table within the same partnership:

Welsh FIG Championships	Welsh NDP Championships
11-16	Grade 5 or above
12-18	IDP 1 or above
13-19	IDP 1 or above
Senior	IDP 2

If any partnerships are looking to enter the British Championships these rules are governed by British Gymnastics and partnerships must choose whether to enter the NDP Finals or the British Championships, they cannot enter both events in the same year in the same partnership.

In exceptional circumstances, clubs can contact [performance@welshgymnastics.org](mailto:performance@welshgymnastics.org) and requests will be reviewed by the Head National Coach on a case-by-case basis.

## Section 4 - National Competition Calendar

Competition Name	Venue	Date(s)	Closing Date	Membership Levels
NDP and Disability Grades	SWNC	22nd February 2026	12th January 2026	Silver
Welsh Championships and Acrobatics Open	Point Acro Gym Club	7th & 8th November 2026	14th September 2026	Silver

## Section 5 - Competition Apparatus

Unless otherwise stated, the equipment at Welsh Gymnastics competitions will be to current FIG specifications.

## Section 6 – Competitions

### NDP Grades and Disability NDP Grades

NDP Grades will be judged as per the NDP 11.

For routines, age groups, levels, and additional requirements please see the Acrobatic Technical Resources section of the BG website ([Acrobatic Gymnastics Technical Information](#)).

The top placing partnership per grade will qualify to represent (the region of) Wales in the British Finals. The second-place partnership will qualify to represent (the region of) Wales in the Southampton Inter-Regional competition.

### Welsh Championships

The below competitions will take place at the Welsh Championships. A gymnast's age is defined as their age on the 31<sup>st</sup> December 2026.

For routines, age groups, levels, and additional requirements please see the Acrobatic Technical Resources section of the BG website ([Acrobatic Gymnastics Technical Information](#)).

- Pre-Youth (Age Group 10-16)
- Youth (Age Group 11-18)
- Junior (Age Group 12-19)
- Senior (14 +)
- IDP 1
- IDP 2
- Grade 5
- Aspire

### Acro Open

The below competitions will take place at the Welsh Championships. A gymnast's age is defined as their age on the 31<sup>st</sup> December 2026. Gymnasts turning 8 in year are eligible to compete at the Acro Open.

For routines, age groups, levels, and additional requirements please see the Acrobatic Technical Resources section of the BG website ([Acrobatic Gymnastics Technical Information](#)).

### NDP Levels

- Grade 1
- Grade 2
- Grade 3

- Grade 4

#### Out of Age (No Age Rules)

- OOA Grade 1
- OOA Grade 2
- OOA Grade 3
- OOA Grade 4
- OOA Aspire
- OOA Grade 5

#### Disability Levels

- Grade 1
- Grade 2
- Grade 3
- Grade 4