



SOUTH TYNESIDE INVITATIONAL ACRO CUP

SOUTH TYNESIDE – GBR 29TH & 30TH October 2022

South Tyneside Gymnastics Club are pleased to invite you to their 12th Invitational Acrobatic Gymnastics Cup

Date & Venue

29th – 30th October 2022

Beacon of Light

Stadium Park

Sunderland

SR5 6SU

<https://www.foundationoflight.co.uk/Beacon-of-Light/>

Events:

BG NDP Grade 1-5	For UK Gymnasts Rules according to NDP 10	No Age Restrictions
Youth	Pairs – choose 2 balance elements from 11-16 + 1 optional element & 2 dynamic elements from 11-16 + 1 optional element Groups – choose 1 pyramid from 11-16 + 1 optional pyramid and 2 dynamic elements from 11-16 + 1 optional element <ul style="list-style-type: none">• 2 static holds of 3" are required• Individual – any 3 cat 1 or 2 individuals• (no salto required)	No Age Restrictions
BG IDP 1 & 2	For UK Gymnasts Rules according to NDP 10	No Age Restrictions
FIG 11-16	Rules for 11-16 FIG Age Group	No Age Restrictions
FIG 12-18	Rules for 12-18 FIG Age Group	No Age Restrictions
FIG 13-19 (JUNIOR)	Rules for 13-19 FIG Age Group	No Age Restrictions
15+ (SENIOR)	Rules for Senior FIG	No Age Restrictions

Judges:

Clubs are expected to provide at least 1 judge, however If you have more than 1 judge available their attendance would be greatly appreciated. A £100 fee will be charged if no judge is supplied.

Entry fee:

NDP Grade 1, 2, 3, 4 and Youth £30 per gymnast

NDP Grade 5, IDP and FIG Levels £35 entry fee per gymnast

Entry Fee includes a commemorative T-shirt

Additional Information:

Sharlene Slater Award for the highest NDP score.

Medals awarded to 1st 2nd & 3rd place in each event.

For insurance purposes all competing gymnasts must be members of their Countries Federation and have the relevant sport specific insurance.

Coaches must hold the relevant level of coaching qualification for the event their gymnasts are entered into.

A mat area for warm up plus full size sprung practice floor

12x12 Gymnova Competition Floor

Tiered seating for approx. 600 spectators

S&G Media photography, live stream, sound and lighting etc.

Entry Deadlines:

Provisional Entry (form attached) Friday 5th August 2022

Definitive/Nominative Entry Friday 2st Sept 2022 (Full payment of Entry Fee)

Definitive/Nominative form will follow after Provisional Entry is received

These are our entry deadlines but please be aware if we reach maximum capacity we will have to close the entry early

Bank Details:

Account Name: South Tyneside Gymnastics Club

Account Number: 01270273

Sort Code: 40-42-34

IBAN: GB19HBUK40423401270273

BIC: HBUKGB4155L

Organising Committee Travel & Accommodation

UK delegations are responsible for organising their own Travel and accommodation, although please get in touch if you need some help

For International Guests - Please contact us at stgymclub@hotmail.co.uk for further Competition information and Organising Committee travel and accommodation package, which will include your Airport Transfers, Meals and Accommodation, and Local transport.

For International Guests the nearest Airports to the Competition venue are as follows:

Airports:

NCL – Newcastle International Airport is approx. 30 mins from the Competition venue

MME – Teesside International Airport is approx. 1 hour from the Competition venue

LBA – Leeds/Bradford Airport is approx. 2 hours from Competition venue

EDI – Edinburgh Airport is approx. 3 hours from Competition Venue

MAN – Manchester Airport is approx. 3 hours from Competition Venue

Podium Training

Podium training will be offered on Friday 28th October starting at 1pm. We are providing a warm up area, and a 12 x 12m sprung practice floor in addition to the competition floor. You can request podium training with your provisional entry and it will be allocated with consideration to your squad size and travel arrangements as near to your requested time as possible.

Spectator Tickets

Saturday £10

Sunday £10

Week end pass £18

*Under 5's free

*No concessions

Spectator tickets will be on sale at podium training, at the event or in advance with your nominative entry

Please feel free to share our Invitation to your Acro friends

Should you require any further information please get in touch. We look forward to seeing you all in South Tyneside

Our Kind Regards

Sue Mattinson

stgymclub@hotmail.co.uk

07787137475



SOUTH TYNESIDE INVITATIONAL ACRO CUP

Provisional Entry 2022

Club Name	
Federation	
Federation ID	
Contact Name	
Telephone Number	
Email Address	

	WP	MP	MXP	WG	MG
NDP Grade 1					
NDP Grade 2					
NDP Grade 3					
NDP Grade 4					
NDP Grade 5					
Youth					
IDP 1					
IDP 2					
11-16					
12-18					
Junior					
Senior					
Podium Training	Time Request				

Please send to stgymclub@hotmail.co.uk no later than Friday 5th August 2022