

HONITON

INVITATIONAL



10TH - 11TH
OCTOBER
2026

HONITON
GYMNASTICS
CLUB

NOVICE 1-4 •
ADULT ACRO •
GRADES 1-5 •
ASPIRE / FIG •
DISABILITY ACRO •



HONITON
INVITATIONAL



2026



ACRO
COMPANION



Honiton Gymnastics
Centre Diamond House
Reme Drive Honiton
EX14 1SE

Information Pack

HONITON INVITATIONAL COMPETITION – 10 & 11 OCTOBER 2026

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1 Invitation and general information

Get Ready for the 14th Annual Honiton Invitational!

Honiton Gymnastics Club is thrilled to invite you to our 14th annual Honiton Invitational! Prepare yourselves for an electrifying weekend of acrobatic gymnastics, unforgettable moments, and joy for gymnasts and families. This is more than just a competition; it is a vibrant celebration of talent, dedication, and the magic of acrobatics.

An established competition

The Honiton Invitational has firmly cemented its place as a must-attend highlight on the acrobatic gymnastics calendar. We can't wait to welcome back familiar friends and open our doors to brand-new competitors, all ready to showcase their skills on the floor.

Acro Companion

To ensure everything runs seamlessly, all entries, tariff sheets, music submissions, scoring, and Live-link video will be managed through Acro Companion. You can access all details here: <https://www.acro-companion.com/competition/RiF55lpq2DRAHnT6srFZ/information>

Novice to FIG level

The action will take place on our new sprung floor.

Our programme features Novice level straight-line routines, the perfect entry point for acrobatic gymnastics competitors. This enables beginners to take their very first steps into competitive acro without the pressure of music or choreographed routines.

The competition will also feature all NDP levels (Grades 1-4, Aspire, Pre-IDP, and IDP), FIG levels (Pre-Youth, Youth, Junior and Senior), Adult and Disability Acrobatics.

Our Unique Spirit: Friendly Competition & Celebration

True to Honiton's welcoming spirit, we blend fierce competition with a supportive atmosphere. Every gymnast will be celebrated with a participation medal, while those reaching the podium will proudly take home gold, silver, and bronze medals. The highest score in each grade will also earn a coveted trophy! The Honiton Invitational is more than just a competition; it's a fantastic chance for gymnasts to compete, enjoy themselves, and connect with fellow athletes.

We look forward to welcoming you to Honiton in October for our Invitational competition.

Warm wishes

Honiton Gymnastics Club

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2 Organisers

Honiton Gymnastics Club

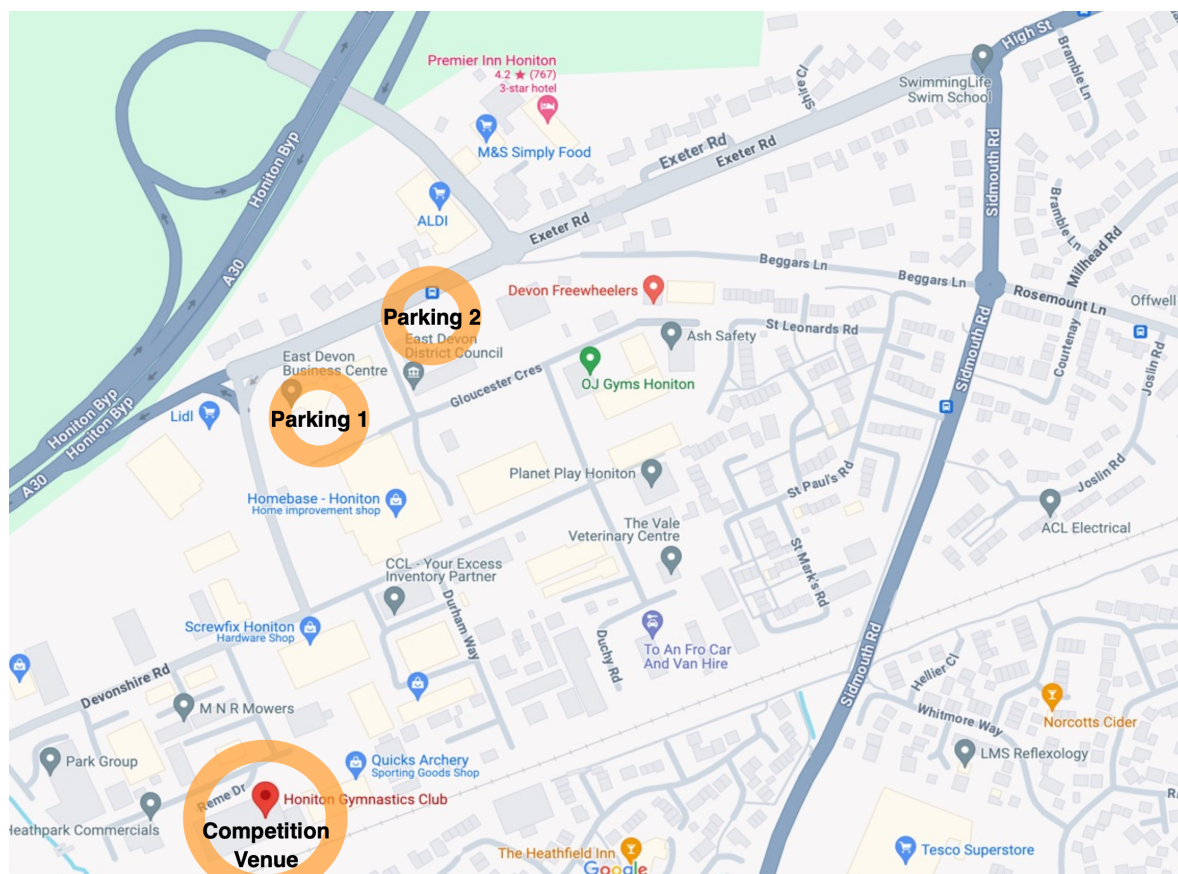
Email: info@honitongymclub.org

3 Competition venue, location and directions

Honiton Gymnastics Centre

Diamond House, Reme Drive, Honiton

EX14 1SE



Honiton Gymnastics Club on Google Maps: <https://maps.app.goo.gl/ZTienRWPYDwnNFfSD6>

Parking 1 on Google Maps: <https://maps.app.goo.gl/oZoo4L2DB4GwwfRg6>

Parking 2 on Google Maps: <https://maps.app.goo.gl/D1baUWpHcSmjQvEB9>

4 Grades/levels (see Rules section for more details)

The Honiton Invitational includes the following acrobatic gymnastics levels:

- 4.1 Novice: Levels 1-4 (straight-line routines without music or choreography)
- 4.2 NDP Grades 1-4 + Aspire, Pre-IDP & IDP
- 4.3 FIG levels 11-16 (Pre-Youth), 12-18 (Youth), 13-19 (Junior) & Senior
- 4.4 Disability acrobatics
- 4.5 Adult acrobatics

5 Age limits

There are no age restrictions for the categories/levels, except Novice (which has three age brackets for each level).

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6 Outline schedule

Saturday 10 October	Sunday 11 October
Novice Levels 3 & 4	Novice Levels 1 & 2
All Grade 2	All Grade 1
All Grade 3	All Grade 4
Aspire	All <u>Pre-IDP</u> (was Grade 5)
IDP1 & IDP 2	11-16 (Pre-Youth)
12-18 (Youth)	13-19 (Junior)
Disability Acrobatics	Senior
	Adult

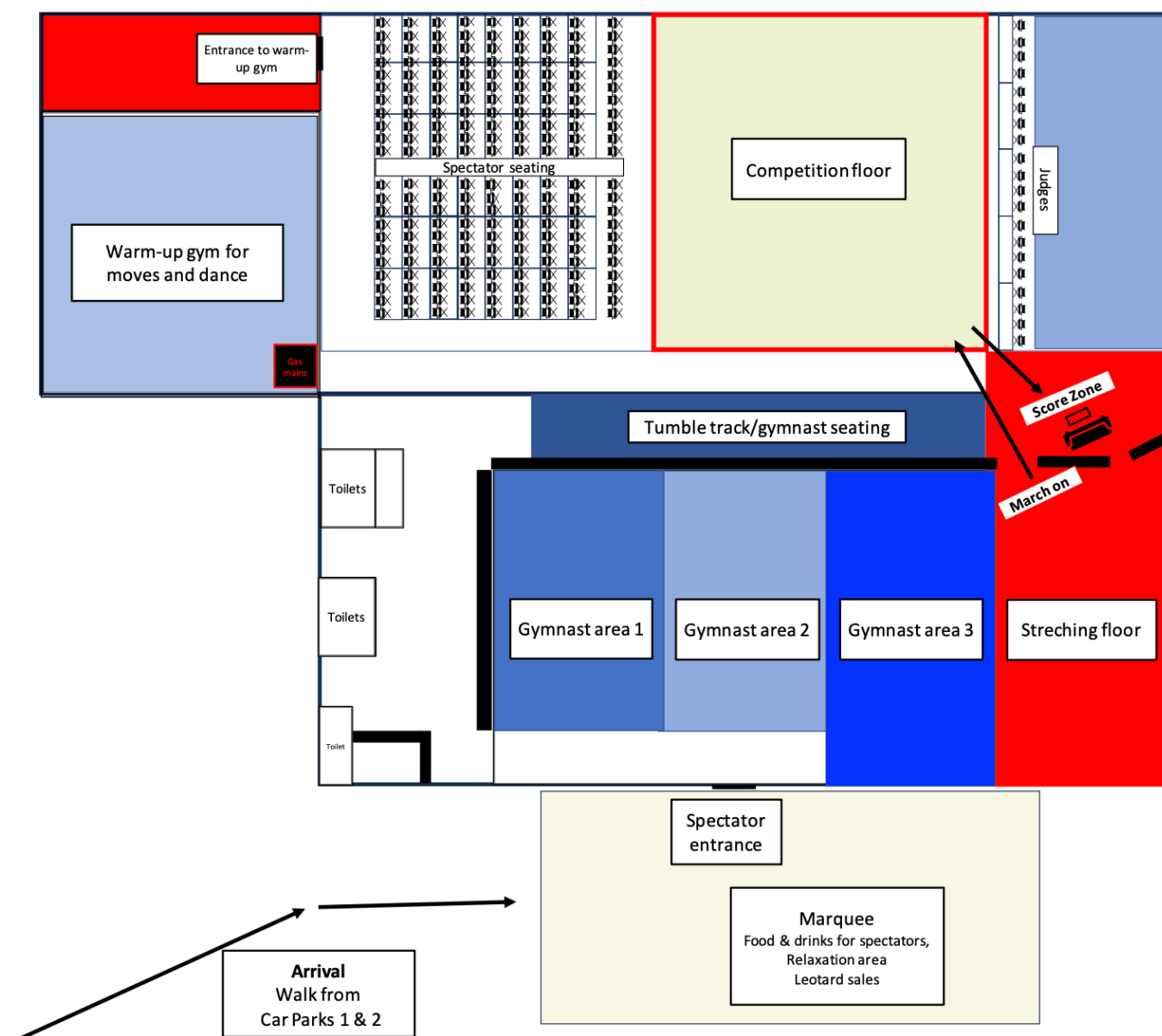
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7 Venue setup

It is expected that Honiton Gymnastics Centre will be set-up as below for the competition. If this changes closer to the competition, clubs will be notified.

Honiton Invitational Competition Layout



7.1 Presenting/walk into position

Gymnasts should be ready two routines before they compete in the area labelled 'March-on'. This time will be shown as **Waiting Area** on the Acro Companion online **Starting Order**. When signalled, they will walk from the area labelled 'March on' in the above diagram and straight into position on the floor. There will be no need to present on the edge of the floor or before the start of the routine.

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8 General competition guidelines

The Honiton Invitational is designed to follow, in general, the established rules of the following programmes, with a few specified modifications:

- British Gymnastics NDP 11:
<https://www.dropbox.com/scl/fi/ofk5w3ajsq2hm6kxf1l3p/ndp11-V1.3-June-2026.pdf?rlkey=7k34vlvcwjp32yamdk64kbm30&dl=0>



- Novice levels 1-4: <https://www.dropbox.com/scl/fi/3xvapixr9iv2zovvn6etl/2025-Southwest-Novice-levels.pdf?rlkey=7cxl5iwlptnt8gjevnhf3xrkv&dl=0>



- Disability Acrobatics:
<https://www.dropbox.com/scl/fi/4h9fxc4hokpwddwduuj00/disability-ndp-11-v1.1-June-2026.pdf?rlkey=dovilfsmf2l4xfz8zswzlthw0&dl=0>



- All FIG rules, code of points and tables of difficulty (including age groups):
<https://www.dropbox.com/scl/fo/w4vu1c2n9znoguna58v1/AJ3sSANed1QP5xsKCf8ZcoU?rlkey=i87tm42mrhvhmon916jox5j3v&dl=0>



Please see the next few pages for specific guidelines, plus the rules for Novice.

Tie Breaks

All ties, at all levels, will follow NDP 11 rules (the winner is the partnership with: *The highest E-score, followed by the highest E+A-score of the combined exercise(s). If two or three exercises are performed it is the highest E-score, followed by the highest A-score of the sum of the exercises.* **If a tie still remains the tie will not be broken.**

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8.1 Guidelines: Novice (straight-line routines)

Categories

Gymnasts can be entered into the following categories

1. Novice Levels 1-4 (Age 9 & Under)
2. Novice Levels 1-4 (Age 12 & Under)
3. Novice Levels 1-4 (Age 13+)

Guidelines

- Performed on a 12m length of sprung floor
- Side to side (NOT front to back): from the judges' view, gymnasts must start at the right-hand-side of the floor, then perform their moves from right to left across the floor
- Moves must follow the exact order as set out in the Novice code
- Music is NOT permitted
- Static partner elements must be held for three seconds

Judging Rules/Requirements

- Normal technical execution judging rules apply, with a mark out of 10 (which is doubled), minus any penalties
- Routines are NOT judged for artistry
- There is NOT a difficulty mark
- Tariff sheets are NOT required

The full description of moves for Novice levels 1-4 can be found here:

<https://www.dropbox.com/scl/fi/3xvapi9iv2zovvn6etl/2025-Southwest-Novice-levels.pdf?rlkey=7cxl5iwlptnt8gjevnhf3xrkv&dl=0>

8.2 Guidelines: Pre-Youth, Youth and Junior (11-16, 12-18 & 13-19)

There are no finals in this competition. The winner is decided by adding together:

- The total of Balance and Dynamic scores for Pre-Youth.
- The total of Balance, Dynamic and Combined scores for Youth & Junior

There are also individual medals for Balance and Dynamic routine winners. Rules:

<https://www.dropbox.com/scl/fo/w4vu1c2n9znoguna58v1/AJ3sSANed1QP5xsKCf8ZcoU?rlkey=i87tm42mrxvhmon916jox5j3v&dl=0>

8.3 Guidelines: Senior

There are no finals in this competition. The winner is decided by adding together the total of Balance, Dynamic and Combined scores. There are also individual medals for Balance and Dynamic routine winners. Rules:

<https://www.dropbox.com/scl/fo/w4vu1c2n9znoguna58v1/AJ3sSANed1QP5xsKCf8ZcoU?rlkey=i87tm42mrxvhmon916jox5j3v&dl=0>

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8.4 Guidelines: Disability Acrobatics

Follows the rules of the NDP 11 Disability Acro Code of Points:
<https://www.dropbox.com/scl/fi/4h9fxc4hokpwddwduuj00/disability-ndp-11-v1.1-June-2026.pdf?rlkey=dovilfsmt2l4xfz8zswzlthw0&dl=0>

8.5 Guidelines: Adult Acrobatics (Age 18+)

Open to anyone aged 18 and over, regardless of experience or ability. The event creates a fun and relaxed atmosphere where competitors can meet like-minded people whilst showcasing their gymnastics skills to one another.

Guidelines

1. 1 x Combined routine required with a combination of **5** Balance/Dynamic moves (any NDP level/grade or using FIG moves)
2. Must have at least one Balance (3-second holds) and one Dynamic move
3. Combination of **3** individual elements (any level/grade)
4. Two-minute routine to music is required
5. Partnerships can be either: Men's Pair, Women's Pair, Mixed Pair (girl as top), Trio (either Mixed, Men's or Women's) and Men's Group
6. There is no maximum age restrictions; only a minimum age of 18 years.
7. Age bonus: 0.1 bonus for every full 5 years over the age of 20 years for each partner (e.g. Top is 25 & Base is 39 = 0.4 bonus).
8. Competition attire can be matching leotards (with or without shorts), gym club T-shirts or polo shirts with leggings or shorts, vest tops, tank tops.

Adult Judging rules

1. The routine is marked out of 10.00 for execution (then doubled) and 10.00 for artistry. The CJP will then add the age bonus and award an arbitrary bonus of between 0.0 & 0.5 for difficulty.
2. Standard judging rules will apply for technical execution & artistry.

9 Competition Entry Fees

Cost

Entry is:

- £35 per gymnast per discipline in Grades and FIG
- £20 per gymnast for Novice entries

Double entries are allowed (but only if a gymnast competes in a different discipline). Gymnasts must pay for each discipline that they compete in. A gymnast cannot double entry in the same discipline (ie they cannot compete in two different women's pairs).

Closing Date

The closing date for entries is 23:59 on Sunday 6 September. Entry fees must be paid by this date to confirm entries.

Limited numbers!

To ensure a smooth competition, we will be limiting the weekend's competition to a maximum of 350 routines and we won't be able accept further entries once we reach this number, so please ensure your entries reach us as soon as possible! We will update our Facebook page with how full the competition is as more entries are received (<https://www.facebook.com/HonitonInvitationalAcroComp>).

If you have any questions or difficulty, please email honitongymclub@gmail.com and we can help.

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10 Entry Process via Acro Companion

All entries, tariff sheets and music are via Acro Companion.

- **Existing Users:** Sign in to your Acro Companion account here: <https://www.acro-companion.com/login/sign-in>
- **New Users:** Register for an account here: <https://www.acro-companion.com/login/sign-up> . Email Acro Companion at support@acro-companion.com and provide them with the following information:
 - Name of your club
 - Which Federation you're connected to (GB)
 - Country
 - Address
 - The email of the person who will be the manager of your club in Acro Companion (the one you have registered with above)
Acro Companion will reply once they have created the club.

Step-by-Step Guide (after your club has been created by Acro Companion, log into your Acro Companion account):

1. Click the Suitcase icon (top left corner).
2. Select "Change Organisation" at the top (orange bar)
3. Under 'Clubs' select the tickbox for your club
4. Select "Members/Registrations."
5. **Members (top menu):** Add details of ALL competing gymnasts and coaches (Click the + Button on the right to add them. It's not necessary to fill in all details - just the compulsory ones)
6. **Teams (top menu):** Group your gymnasts into their partnerships, choose their discipline and grade, and add photos (optional...but great if you would like to see your gymnasts' photos on the scoreboard!).
7. **Register for the Honiton Invitational:**
 - Choose "Register for Competitions" (right-hand side menu at the top right menu).
 - Select "Acrobatic" and then "Honiton Invitational Competition."
8. **Select your teams!:** Select your teams in the **Teams** menu at the top
9. Follow **the tabs along the top to complete the entire registration process, including adding coaches and judges and their judging days.** When happy, click the **Send in Registration** button! The Honiton team will then approve your registration and assign you tariff sheets.

Only one Acro Companion account per club allowed for this competition.

Even if your club has different groups, use just one account to add gymnasts and form partnerships. When creating partnerships, add their coach's email to give the coach permission to create and manage their tariff sheets and add music. The coach must have their own Acro Companion account to access the tariff sheets and add music.

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11 Payments

Following entry on Acro Companion, all payments must be sent, including reference code **[YOUR CLUB NAME] INV2026**, to: A/C: 65686249 Sort Code: 089299. **Entries will only be confirmed when payment has been made.** No refunds after the entry closing date.

12 Judge requirements

A full and balanced panel of judges is essential for ensuring the competition runs fairly. There is a £150 per day charge if you cannot bring a judge with you, which should be added to your club's payment. This charge enables us to organise for another judge to attend and for us to pay travel and accommodation expenses. Please let us know as soon as possible if you won't be able to bring a judge so we can ensure their space is filled. Please add your judges and contact details to Acro Companion when you register.

13 Tariff sheets & Music

Tariff Sheets and Music are via Acro **Companion no later than Friday 2 October**. Adult Acrobatics and Novice Levels do not do tariff sheets. Adult Acrobatics partnerships should email their music to honitongymclub.org. Changes are possible until midnight **on 8 October**. Final approvals will then be made and music downloaded to our system, so no further changes are possible after this. Please bring a copy of your tariff sheet and backup of your music on a pen drive in case of issues.

14 Additional competition day info

Balance or Dynamic first?

All partnerships with more than one routine will compete BALANCE first, DYNAMIC second (and COMBINED third if competing in Youth, Junior or Senior).

Food onsite

Refreshments and hot & cold food will be available to purchase all weekend in the marquee. We also expect to have freshly-made pizza on sale.

Photos

A photo service will be provided.

Cuppas and food for coaches

Coaches will receive complimentary lunch each day and will have access to tea or coffee for free all day!

Presentations

Medal ceremonies (for podium places) are held at the end of each session. We expect three presentation ceremonies per day, and all gymnasts receive participation medals.

Scores

Up-to-the-minute scores are available throughout the event via Acro Companion.

Livestream

There will be a Livestream of the competition via Acro Companion throughout the weekend. More details will be sent out about this nearer to the competition.

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15 Accommodation suggestions

There are plenty of hotels in and around Honiton and the surrounding towns. See below for some ideas.

Travelodge

Tiverton	(10.9 miles from Honiton)
Wellington	(12.9 miles from Honiton)
Exeter	(13.3 miles from Honiton)
Ilminster	(14.4 miles from Honiton)

Premier Inn

Honiton	
Seaton	(9 miles from Honiton)
Exeter (M5)	(14.1 miles from Honiton)
Exeter Countess Wear	(16 miles from Honiton)
Exeter St David's	(17.5 miles from Honiton)
Exeter Central	(17.6 miles from Honiton)
Exmouth	(18 miles from Honiton)
Taunton East	(19.5 miles from Honiton)
Taunton Ruishton	(20.1 miles from Honiton)

Holiday Inn

Exeter (M5)	(14.06 miles from Honiton)
Taunton (M5)	(20.22 miles from Honiton)

Innkeepers Lodge (Vintage Inns)

Exeter	(13.6 miles from Honiton)
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St Rita's Retreat & Conference Centre

Ottery Moor Lane, Honiton, EX14 1AP

The Heathfield Inn

Walnut Rd, Honiton EX14 2UG