



ACROBATIC GYMNASTICS 2018 HANDBOOK

ACROBATIC GYMNASTICS -2017-2018

Acrobatic Gymnastics is a fusion of complex acrobatic skills and choreography performed in partnership to music on a sprung floor. Disciplines include: Men's Pairs, Women's Pairs, Women's Trio's and Men's fours. There is a Regional, National, and International Competitions Framework.

ACRO CLUB CONTACT NAMES

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ACRO TECHNICAL COMMITTEE

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COMPETITOR AGES

COMPETITION TITLE	Minimum age in year of competition
Acro Stars:	7 years in the year of competition
Shooting Stars:	8 years in the year of competition
Senior Stars:	9 years in the year of competition
LG friendly competitions:	8 years in the year of competition
Acro comps leading to Nat final	9 years in the year of competition

COACH TRANSFER MATRIX TO ACRO

I currently have a qualification at;	L1	L2	L3	L4	L5
in GG, so I can attend an Acro course at level:	L1	L1	L1	L1	XX
in MA	L1	L1	L1	L1	L1
in WA	L1	L1	L1	L1	L1
in TUMB	L1	L1	L1	L1	L1
in TEAM GYM	L1	L1	L1	L1	L1
in RHYTHMIC	L1	L1	L1	L1	L1
in TRAMP	L1	L1	L1	L1	L1
in AER	L1	L1	L1	L1	L1
in PS	L1	L1	L1	L1	XX

NDP COACHING LEVELS

Grade	Category	Min age	Max age	Age diff	Minimum coach level
GRADE 1	WP,MP,MXP	9 in yr of comp	11 years		LEVEL 1 ACRO
GRADE 2	WP.MP.MXP	9 in yr of comp	12 years		LEVEL 1 ACRO
GRADE 2	GROUPS	9 in yr of comp	12 years		LEVEL 1 ACRO
GRADE 3	WP,MP,MXP,WG,MG	9 in yr of comp	14 years	5 yrs.	LEVEL 2 ACRO
GRADE 4	WP,MP,MXP,WG,MG	9 in yr of comp		7 yrs.	LEVEL 2 ACRO
GRADE 5	WP.MP.MXP	9 in yr of comp		7 yrs.	L3 OR L2 +TECH MOD 1+2
GRADE 5	WG,MG	9 in yr of comp		7 yrs.	L3 OR L2 +TECH MOD 1+3+4
IDP	WP.MP.MXP	9 in yr of comp		9 yrs.	L3 OR L2 +TEC MOD 1+ 2
IDP	WG,MG	9 in yr of comp		9 yrs.	L3 OR L2 + TECH MOD 1+ 3+4
11-16	WP.MP.MXP	11years	16 years		L3 OR L2 +TECH MOD 1+ 2
11-16	WG,MG	11years	16 years		L3 OR L2 + TECH MOD1+ 3+4
12-18	WP.MP.MXP	12years	18 years		L4 / SCC
12-18	WG,MG	12 years	18 years		L4 / SCC
13-19	WP.MP.MXP	13 years	19 years		L4 / SCC
13-19	WG,MG	13 years	19 years		L4 / SCC
SENIOR	WP.MP.MXP	15 years			L5 / HPC
SENIOR	WG,MG	15 years			L5 / HPC

EVENT RULES AND REGULATIONS

The following BG& LG policies must be adhered to:

- Safeguarding and Protecting Children and Vulnerable Adults
- Equality
- Health & Safety
- Anti-doping
- Photography
- Standards of Conduct
- Social Media
- LG Generic Event Rules

LG /ATC EVENT RULES

London Gymnastics and the Acro Technical Committee reserve the right to refuse any entry and disqualify a competitor, group, coach or judge at any time, if they do not comply with BG or LG published regulations.

Clubs	Must be BG registered and LG affiliated.
Gymnasts:	<p>Mini Stars competitors must have BG bronze membership</p> <p>All other levels must have BG Silver membership</p> <p>Must be the correct age to enter the event (<i>see competitor ages</i>)</p> <p>Have an accredited coach present at all times</p> <p>Long hair tied back: No jewellery: No chewing gum</p>
Coaches:	<p>L2 or above must have gold BG membership at the time of event entry and for the duration of the event</p> <p>Have the Acro L2, or above, qualification to the level of skills being performed</p> <p>Have current DBS & SPCA at the time of event entry and for the duration of the event</p> <p>L1 Acro coaches may coach at Grade 1 & Grade2</p> <p>Only L2 or above coaches will be allowed to put gymnasts on the floor.</p> <p>(<i>L1 coaches may put gymnasts on the floor at Mini Stars</i>)</p> <p>Wear club tracksuit or tracksuit bottoms and polo shirt (<i>not cropped trousers</i>)</p> <p>Long hair tied back: No jewellery: No chewing gum</p> <p>No mobile phones or any other electronic devices including tablets may be used</p> <p>Coaches ignoring the LG R&Rs will be sanctioned and may be disqualified from the event</p>
Judges	<p>Require minimum bronze membership</p> <p>Require current cycle & discipline qualification.</p> <p>Must wear BG discipline regulation attire, black suit or trousers /skirt and jacket.</p> <p>Appropriate shoes</p> <p>Judges will be paid expenses at the rate of 45p per mile</p> <p>Judges will be provided with refreshments</p> <p>A levy of £60 per day, per judge, will be charged, if the correct number of judges are not nominated, or for non- attendance by a judge on the day</p> <p>The TC may refuse to let gymnasts compete if the judge does not turn up on the day; except under exceptional circumstances</p> <p>The TC may cancel a competition if there are insufficient judges provided by the clubs.</p> <p>Event judges will be selected from the nominated judges</p>

Judge Ratios	<p>The ratio of judges to partnerships at prelims:</p> <p>1-4 partnerships = 1 judge minimum</p> <p>5-9 partnerships = 2 judges minimum</p> <p>10-14 partnerships = 3 judges minimum</p> <p>15+ partnerships = 4 judges minimum.</p>
Event entry	<p>On-line entry on BG website</p> <p>Entry fees are non-refundable after the entry has been submitted</p> <p>A club may not enter a competition without a nominated judge</p> <p><i>The nominated judge may be from their own club or another club</i></p> <p>A club may not enter a competition without a nominated volunteer</p> <p>A club may not enter a competition if there is an outstanding BG /LG/ ATC invoice</p> <p>Late entries may be accepted at the discretion of the TC at double the entry fee,</p> <p>In case of injury, a gymnast in a team or partnership may be substituted up to 2 weeks before the event ,their names will not appear on the programme.</p> <p>Judges and volunteer must be nominated at the time of event entry.</p>
Event prep	<p>Draft lists /running order will sent out 3 days after entry closing</p> <p>Response to draft lists /running orders must be received within 3 days</p> <p>Changes to spelling etc. will not be made after the set date.</p>
Music	<p>Uploaded online, 2 weeks prior to the event</p> <p>There will be a £20 fine per routine for music up-loaded late</p> <p>Have back up CD at event</p> <p>Some music from Disney, Andrew Lloyd-Webber and Cirque du Soleil may not be used.</p> <p><i>Clarification: PPL Website www.ppluk.com.</i></p>
Tariff sheets	<p>Tariff sheets must be submitted in the morning of the event for the whole day.</p> <p>3 copies of each tariff sheet must be submitted</p> <p>Tariff sheets must be numbered and named correctly.</p> <p>Tariff sheets will not be returned to clubs at the end of the event</p>
Results:	Competition results will be posted on the LG website
Medals & Trophies	<p>Medals will be presented to 1,2,3 placed partnerships</p> <p>Trophies will be presented to highest scoring partnerships</p> <p>It is the clubs responsibility to engrave trophies & return in clean, good order.</p> <p>Clubs will be charged for damaged trophies</p>
Progression:	<p>From the Regionals, the first placed NDP partnerships will progress to NDP National Finals.</p> <p>5 partnerships will be selected as the London Team in the National Team Finals.</p> <p>The top two Disability Partnerships in each category will progress to National NDP Disability Finals</p> <p>The Silver and Bronze Partnerships will progress to the Southampton Regional Championships at selected grades</p> <p><i>[if any club is not willing for their gymnasts to take part in the Southampton Regional Championships they must inform the competition organiser, in writing, prior to the prelims]</i></p>
Regional kit:	Gymnasts and coaches representing London at other Regional or National events will be required to wear the relevant LG regional kit.
Welfare	A named welfare officer will be available for the duration of any event
Spectators	<p>Not allowed on the competition arena or approach either officials or Judges</p> <p>The competition area should be clearly defined.</p>
Inquiries:	<p>Coaches must not approach the judges.</p> <p>Inquiries are only permitted in accordance with FIG regulations, with a payment of £15.00</p>

	<p>Only nominated supervising coaches may submit a written inquiry, for their own gymnast/s to the competition announcer</p> <p>The TC will have a superior jury</p> <p>The inquiry decision of the Superior jury is final.</p>
Mobile Phones/ devices:	<p>Gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices, including tablets, in the main arena during the event.</p>
Photography, videos	<p>By entering a LG Event, there is an acceptance that the participant may be photographed and published by LG</p> <p>Photos & videos may only be taken and used in accordance with the BG Child Protection Policy.</p> <p>Photos may not be used, distributed or copied for commercial purposes.</p> <p>Flash may not be used at any time during the event.</p> <p>The Event Organiser may at any time in his or her absolute discretion, direct that photos shall not be taken</p>
Drugs	<p>Testing may take place at any event leading to a National Event</p> <p>The gymnast is held accountable if a prohibited substance is found, whether intentional or unintentional.</p> <p>If a gymnast is taking medication, it should be checked regularly and declared.</p> <p>Medications should be checked on the website http://www.globaldro.com/</p> <p><i>Informed Sport is an official website that provides information: http://www.informed-sport.com/about-informed-sport</i></p> <p><i>For further information visit: www.british-gymnastics.org</i></p> <p><i>Technical information & judges / Sports Science and Medicine / Anti- Doping Policy</i></p>

LG ACRO REGIONAL COMPETITION PROGRAMME

Novice level Mini Stars/Disability Mini Stars	Minimum BG Bronze membership required Open to LG affiliated, Acro BG registered clubs Mini Star levels 1,2,3,4; (Pre NDP level + NDP 1 level) Disability levels 1,,2, 3 Categories WP; MP; MXP Performed on a strip, without music Email entry to host club
Development level Shooting Stars/ Disability Shooting stars	Minimum BG silver membership required Open to LG affiliated, BG Acro registered clubs Routines at NDP grades 1, 2, 3, 4: Categories: WP; MP; MXP; WG, MG Disability NDP levels 1,2: Categories: WP; MP; MXP Performed on floor, with music Email entry to host club
Development level Tumble Stars:	Minimum BG silver membership required Open to LG affiliated, Acro or tumble BG registered clubs Individual competition Tumble Stars levels 1,2,3,4,5 3 set passes Email entry to host club
Performance level Senior Stars:	Minimum BG silver membership required Open to LG affiliated, Acro BG registered clubs Routines at NDP level 3,4,5,IDP Categories: WP;MP;MXP;WG;MG Performed on floor, with music Email entry to host club
Invitational Competitions: varied levels	BG membership required Open to LG affiliated, Acro BG registered clubs By invitation only from host club Team Entry & payment direct to host club Entry forms sent with invitations
Inter- Regional Southampton Regional Competition	Organised by Southampton Regional Competition for LG Regional competition silver and bronze medallists at selected grades: grades 2-IDP LG selected entry LG entry
Regional Acro Championships: Acro Disability Championships	BG minimum silver membership & LG affiliation required LG Regional competition rules apply National Development Plan & FIG Work plan distributed 2 weeks prior to competition On-line entry by club
Regional Acro NDP Prelims: Acro Disability NDP Prelims	BG minimum silver membership & LG affiliation required On-line entry by club BG competition rules apply National Development Plan Work plan distributed 2 weeks prior to competition

Acro Stars

A progressive competition programme that leads into & includes the NDP grades

Mini Stars/Disability Stars: Shooting Stars/Disability Shooting Stars

Senior Stars: Tumble Stars:

TITLE	LEVELS	PERFORMANCE	AGE RESTRICTIONS	CATEGORIES
MINI STARS	Level 1: Level 2: Level 3 Level 4:	Performed on strip of floor, without music	Minimum age 7yrs in year of competition:	WP,MP,MXP
*D MINI STARS	Level 1: Level 2: Level 3	Performed on strip of floor, without music	Minimum age 7yrs in year of competition:	WP,MP,MXP
SHOOTING STARS	Grade 1: Grade 2: Grade 3: Grade 4	Performed on full floor, with music	Min age 8yrs,in year of competition no other age restrictions	WP,MP,MXP, WG,MG
*D SHOOTING STARS	Grade 1: Grade 2	Performed on full floor, with music	Min age 8yrs, in year of competition no other age restrictions	WP, MP, MXP
SENIOR STARS	Grade 3: Grade 4: Grade 5: IDP	Performed on full floor, with music <i>5+IDP may require sprung floor</i>	Min age 9yrs, in year of competition no other age restrictions	WP,MP,MXP, WG,MG
TUMBLE STARS	Level 1: Level 2: Level 3: Level 4: Level 5	Performed on floor or track	Level 1+2: min 7yrs. Level 3+4: min 8yrs. Level 5: min 11yrs.	Individual M /F

*D Stars: There are specific sets for disabled Mini Stars. Categories may include 1 disabled gymnast and 1 mainstream gymnast

*D Shooting Stars use Disability NDP grade 1& 2. Categories may include 1 disabled gymnast and 1 mainstream gymnast

MINI STARS & DISABILITY STARS	A programme of starter competitions for novice gymnasts and partnerships, held throughout the year and hosted by Acro Clubs. Routines are performed on a strip of un-sprung or sprung floor.
QUALIFICATIONS	<ul style="list-style-type: none"> Clubs must be Acro registered with BG & affiliated to the region The Lead coach of the team must have a level 2 or above coaching qualification and current gold BG membership Level 1 coaches may put partnerships on the floor under the supervision of the lead level 2 coach & have silver BG membership Gymnasts must have current, minimum bronze membership of BG Each Club must provide at least 1 qualified judge 'Intro to Judging Acro' is an accepted qualification for judging Mini Stars
LEVELS	<ul style="list-style-type: none"> Level 1= novice gymnasts Level 2 = starter gymnasts; may have competed in club competitions Level 3 = prep level; may have already competed NDP 1&2 Level 4= prep level; may have already competed NDP 1&2 Disability gymnasts may compete at any level, at the discretion of their coach.
AGE RESTRICTIONS:	<ul style="list-style-type: none"> A minimum age of 7 years in the year of competition Under 11yrs; all gymnasts in partnership under 11years, on the day (<i>junior school children</i>) Over 11years: at least one partner 11 yrs. or over, on the day (<i>senior school children</i>)
CATEGORIES	<ul style="list-style-type: none"> WP, MP, MXP
COMPETITION RULES:	<ul style="list-style-type: none"> Any gymnast who has competed regionally is ineligible for level 1 or level 2 Mini Stars A disability partnership, which has competed regionally, may compete at any level, at the discretion of the coach. A disability partnership may include 1 disabled and 1 mainstream gymnast, or 2 disabled gymnasts Gymnast may not compete in Acro Stars and Shooting Stars, apart from gymnasts working within a disability partnership plus mainstream partnership Disability Stars will compete in separate rounds Mini Stars must follow the set routines Disability Stars must follow the set Disability routines. All partner balances must be held for 3 seconds A complete fall will incur a penalty of 1.0 deduction Partnerships that show huge difference in mass & maturity will incur a 0.5 penalty
PRESENTATIONS:	<ul style="list-style-type: none"> Medals will be presented for each category
COMPETITION ENTRY	<ul style="list-style-type: none"> Entry submitted to host club. Payment made to host club by set date/ bank transfer Entry will be 4 weeks before the event entry date. Late entry, or late payments not accepted
COMPETITION ORGANISATION	<ul style="list-style-type: none"> The Host club organises the competition Work Plan sent out 2 weeks prior to the event date Parent's letter sent out 2 weeks prior to the event date

SHOOTING STARS & DISABILITY STARS	<p>A Programme of developmental competitions for Acro partnerships training for a maximum of 8 hours per week, held throughout the year and hosted by Acro Clubs</p> <p>The Acro year is defined as being from one Acro NDP final to the next final.</p>
QUALIFICATIONS	<ul style="list-style-type: none"> Clubs must be Acro registered with BG & affiliated to the region Lead coach of the team must have level 2 or above qualification in Acro and current gold BG membership For grade 3 & 4 the coach must have level 2 or above qualification in Acro, current gold BG membership and the appropriate qualification to the level of the skills being performed Gymnasts must have current silver competitive BG membership Each Club must provide a minimum of 1 qualified judge for entry to be accepted
LEVELS	<ul style="list-style-type: none"> Routines at Acro NDP levels Grades 1: 2: 3: 4 Disability routines at Acro NDP levels Grades 1: 2
AGE RESTRICTIONS	<ul style="list-style-type: none"> A minimum age of 8 years in the year of competition There are no other age range restrictions
CATEGORIES:	<ul style="list-style-type: none"> Grade 1 category: WP, MP, MXP Grade 2 category: WP, MP, MXP, Group Grade 3 category: WP, MP, MXP, WG, MG Grade 4 category: WP, MP, MXP, WG, MG Disability Grade 1: WP, MP, MXP Disability Grade 2: WP, MP, MXP
COMPETITION RULES:	<ul style="list-style-type: none"> Partnerships perform 1 combined routine for a duration of 2 minutes maximum A gymnast may not compete in Acro Stars and Shooting Stars during the same event A partnership may not compete in Shooting Stars and Super Stars during the same 'Acro year' A gymnast may compete in a different role, even if they have previously competed at NDP 3 4,5, IDP regionally All partner balances must be held for 3 seconds A complete fall will incur a penalty of 1.0 deduction Partnerships that show a huge difference in mass & maturity will incur a 0.5 penalty
PRESENTATIONS:	<ul style="list-style-type: none"> Medals presented for each category
COMPETITION ENTRY	<ul style="list-style-type: none"> Entry submitted to host club. Payment made to host club by set date/ bank transfer Entry will be 4 weeks prior to the event date Late entry, or late payments not accepted
COMPETITION ORGANISATION	<ul style="list-style-type: none"> The Host club organises the competition A Work Plan is sent out 2 weeks prior to the event date A Parent's Letter is sent out 2 weeks prior to the event date.

SENIOR STARS	A programme of competitions offering opportunities for more experienced gymnasts or partnerships, older gymnasts or partnerships and out of age partnerships, following NDP regulations and held throughout the year, hosted by Acro clubs
QUALIFICATIONS:	<ul style="list-style-type: none"> • Clubs must be Acro registered with BG & affiliated to the region • Coaches must have level 2 or above qualification in Acro • Coaches must have Current BG membership and the appropriate qualification to the level of the skills being performed • Gymnasts must have current competitive silver BG membership • Each Club must provide a minimum of 1 qualified judge for entry to be accepted
LEVELS:	<ul style="list-style-type: none"> • Routines at Acro NDP Grades 3: 4: 5: IDP. <i>NB; grades 5 & IDP may require a sprung floor.</i>
AGE RESTRICTIONS:	<ul style="list-style-type: none"> • A minimum age of 9 years in the year of competition • There are no other age restrictions
CATEGORIES:	<ul style="list-style-type: none"> • Grade 3 categories: WP, MP, MXP, WG, MG • Grade 4 categories: WP, MP, MXP, WG, MG • Grade 5 categories: WP, MP, MXP, WG, MG • IDP categories: WP, MP, MXP, WG, MG
COMPETITION RULES:	<ul style="list-style-type: none"> • There on no restrictions on the number of training hours • A Partnership may not compete in Shooting Stars during the same event. • A gymnast may not compete in Shooting Stars during the same event • A gymnast may compete in two separate partnerships. • Partnerships perform routines of maximum duration 2 minutes. • Tempo routines performed if sprung floors available • Balance routines if sprung floor not available • Routines specified by host club, dependent on time and facilities • All partner balances must be held for 3 seconds • A complete fall will incur a penalty of 1.0 deduction • Partnerships that show a huge difference in mass & maturity will incur a 0.5 penalty
PRESENTATIONS:	<ul style="list-style-type: none"> • Medals presented for each category
COMPETITION ENTRY:	<ul style="list-style-type: none"> • Entry submitted to host club. • Payment made to host club by set date/ bank transfer • Entry will be 4 weeks prior to the event date • Late entry ,or late payments not accepted
COMPETITION ORGANISATION:	<ul style="list-style-type: none"> • The Host club organises the competition • A Work Plan is sent out 2 weeks prior to the event date • A Parent's Letter is sent out 2 weeks prior to the event date

TUMBLE STARS	A Programme of developmental competitions for inexperienced tumblers, held throughout the year and hosted by Acro Clubs
QUALIFICATIONS:	<ul style="list-style-type: none"> • Clubs must be Tumbling registered with BG & affiliated to the region • The lead coach with the team must be at least Level 2 tumbling, or Level 2 Acro, or Level 2 GG, or Level 2 WA or MA • Coaches must have Current BG membership and the appropriate qualification to the level of the skills being performed • Gymnasts must have current, minimum bronze BG membership • Each Club must provide a minimum of 1 qualified judge for entry to be accepted • 'Intro to Judging Tumbling' is an accepted qualification for judging Level 1, 2, 3 tumbles. • Club tumbling judging qualification required for level 4&5 tumbles
LEVELS:	<ul style="list-style-type: none"> • Tumble Level 1: • Tumble Level 2: • Tumble Level 3: • Tumble Level 4: • Tumble Level 5
AGE RESTRICTIONS	<ul style="list-style-type: none"> • Level 1&2 tumblers must be a minimum 7 years in the year of competition • Level 3 tumblers must be a minimum of 8 years in year of competition • Level 5 tumblers must be a minimum of 11 years in the year of competition
CATEGORIES	<ul style="list-style-type: none"> • Male / Female • Tumble Level 1: age groups: 7-8: 9-10: 11-12: 13+ • Tumble Level 2: age groups: 7-8: 9-10: 11-12: 13+ • Tumble Level 3: age groups: 8-10: 11-12: 13+ • Tumble Level 4: age groups: 8-10: 11-12: 13+ • Tumble Level 5: age groups: 11-12: 13+
COMPETITION RULES	<ul style="list-style-type: none"> • Tumblers must complete all three set runs, in the correct order
PRESENTATIONS	<ul style="list-style-type: none"> • Medals presented for each category
COMPETITION ENTRY	<ul style="list-style-type: none"> • Entry submitted to host club. • Payment made to host club by set date/ bank transfer • Entry will be 4 weeks prior to the competition date • Late entry ,or late payments not accepted
ORGANISATION	<ul style="list-style-type: none"> • The Host club organises the competition • A Work Plan is sent out 2 weeks prior to the event date • A Parent's Letter is sent out 2 weeks prior to the event date

TUMBLE STARS LEVEL	RUN 1	RUN 2	RUN 3
Level 1: age groups: 7-8: 9-10: 11-12: 13+	RUN 1 FORWARD ROLL STRETCH JMP FORWARD ROLL STAR JUMP FORWARD ROLL FULL TURN JUMP	RUN 2 CHASSE CARTWHEEL CHASSE CARTWHEEL CHASSE CARTWHEEL TO LAND ON SIDE	RUN3 CARTWHEEL CARTWHEEL ¼ TURN IN BACKWARD ROLL ½ TURN JUMP FORWARD ROLL STAR JUMP
Level 2 age groups: 7-8: 9-10: 11-12: 13+	RUN 1 ROUND OFF ½ TURN JMP TO 1 CARTWHEEL CARTWHEEL ROUND OFF REBOUND JUMP	RUN 2 CARTWHEEL CHASSE CARTWHEEL ROUND OFF STRETCH JUMP BACKWARD ROLL	RUN 3 CARTWHEEL ROUND OFF ½ TURN WALK OUT CARTWHEEL ROUND OFF JUMP 1/2 TURN
Level 3: age groups: 8-10: 11-12: 13+	RUN 1 ROUND OFF ½ TURN JUMP TO 1 CARTWHEEL ROUND OFF REBOUND JUMP FULL TURN JUMP	RUN 2 DIVE ROLL FROM RUN STRETCH JUMP TOP 1 CARTWHEEL ROUND OFF ½ TURN JUMP REBOUND ROLL	RUN 3 ROUND OFF FLIC REBOUND JUMP [HOLD 3 SECS] TURN ROUND ROUND OFF FLIC REBOUND JUMP
Level 4: age groups: 8-10: 11-12: 13+	RUN 1 ROUND OFF FLICK JUMP 1/2 TURN WALKOUT ROUND OFF FLICK REBOUND JUMP	RUN 2 ROUND OFF FLICK ½ TURN JUMP TO 1 HANDSPRING TO 2	RUN 3 ROUND OFF FLIC FLIC REBOUND JUMP
Level 5: age groups: 11-12: 13+	RUN 1 ROUND OFF FLICK ½ TURN JUMP DIVE FORWARD ROLL HANDSPRING	RUN 2 HANDSPRING TO 1 ROUND OFF ½ TURN JUMP ROUND OFF ½ TURN JUMP	RUN 3 ROUND OFF FLIC FLIC FLIC

NATIONAL PROGRAMME

National development plan 9

NDP 9 emphasises technical excellence over difficulty and artistry, and provides for smaller step-changes in element difficulty.

Coaches should read the up-dated NDP 9 regulations and competition handbook before embarking upon NDP coaching and competitions

PARTNERSHIPS Progression through the NDP is at the discretion of the coach:

- The gymnast's maturity
- The gymnast's ability
- The gymnast's experience in gymnastics
- The coach's level of coaching qualification

An individual may only participate in 1 partnership & 1 category
A gymnast may participate in a second disability partnership
A previous partnership may not compete at a lower level
All exercises have a maximum duration of 2 minutes
A partnership may not enter the NDP Preliminaries and the Pat Wade Classic in the same year,

DISABILITY:

Grade 1:-4 Pairs competition only
Grade 2: Group competition may be 3 or 4 members: may be mixed gender, 50% disabled minimum.
All grade pairs: minimum 1 disabled gymnast
Grade 2 groups a minimum of 2 disabled gymnasts

NDP 9: Age:

Gymnasts must be 9 years in the year of competition
Grade 1: maximum age in year of competition 11 years
Grade 2: maximum age in year of competition 12 years
Grade 3: maximum age in year of competition 14 years
no more than 5 years age difference in partnership
Grade 4: no more than 7 years age difference in partnership
Grade 5: no more than 7 years age difference in partnership
IDP: no more than 9 years age difference in partnership

NDP 9: Levels:

6 developmental levels:

Grade 1: MP, WP, MxdP	combined exercise
Grade 2: MP, WP, Mxd P, Gps	combined exercise
Grade 3: MP, WP, Mxd P, WG, MG	combined exercise
Grade 4: MP, WP, MxdP, WG, MG	combined exercise
Grade 5: MP, WP, Mxd P, WG, MG	balance / dynamic
IDP : MP, WP, Mxd P, WG, MG	balance / dynamic

COACH QUALIFICATION LEVEL:

Grade 1: UKCC L2 [ex. Pre-school] + L1 in Acro equivalent qualification
Grade 2: UKCC L2 [ex. Pre-school] + L1 in Acro equivalent qualification
Grade 3: UKCC L2 or equivalent qualification
Grade 4: UKCC L2 or equivalent qualification
Grade 5: L3 Technical Module 2 or equivalent qualification
IDP: L3 Technical Module 2 or equivalent qualification

MUSIC Up-loaded onto the on-line portal 2 weeks prior to the event.

TARIFF SHEETS: 3 copies need to be submitted on the morning of the event

NDP: Clearly indicate the gymnast's names, club, discipline and level.
Competitors may not compete without a tariff sheet.
Elements need to appear in the order in which they are to be performed.
One element per box
The tariff sheet will electronically add up the tariff
LG Grade 1-5 + IDP: 3 copies of tariff sheets submitted on the morning of the event

TARIFF SHEETS

FIG: Clearly indicate names of the gymnast, club, discipline and level.
Competitors may not compete without a tariff sheet.
Elements on the tariff sheet in the order in which they will be performed
Individual elements identified on the last row after the pair/group elements.
Only declared elements of value from the FIG Tables of Difficulty will be evaluated
FIG tariff sheets must show the element value, page number, and where shown, the identification letter or number from the FIG Tables of Difficulty.
0.3 deduction off each routine that has an incorrect tariff sheet

TIE BREAK

for 1st place only
Grades: Pairs & Group: E score; A score: highest valued elements
International Levels: FIG rules apply

FINALS TEAM EVENT:

The competition director will nominate 5 partnerships to represent London in the Regional Team Event at the NDP finals
Winning Regional Team based on sum of 3 highest scores from 5 partnerships
Must include 1x pair, 1x group

CUPS AND TROPHIES

NDP		REGIONAL CHAMPIONSHIPS		
WP	Highest score	Partnership cup / held by club /1 year	Club engraves	Medals
MP	Highest score	Partnership cup / held by club /1 year	Club engraves	Medals
MXP	Highest score	Partnership cup / held by club /1 year	Club engraves	Medals
WG	Highest score	Partnership cup / held by club /1 year	Club engraves	Medals
MG	Highest score	Partnership cup / held by club /1 year	Club engraves	Medals
FIG	AGE RULES	REGIONAL CHAMPIONSHIPS		
WP	Highest score	Kingston Cup / held by club /1 year	Club engraves	Medals
MP	Highest score	Heathrow Trophy / held by club /1 year	Club engraves	Medals
MXP	Highest score	BVGC Cup / held by club /1 year	Club engraves	Medals
WG	Highest score	Deborah Brown / held by club /1 year	Club engraves	Medals
MG	Highest score	LGF Trophy / held by club /1 year	Club engraves	Medals
leunan Parry Shield Presented by Sportac in memory of leunan Parry / held by club for 1 year				

All cups & trophies must be returned (cleaned) to Harlequins or Richmond by 30th January ready for the next Regional Championships.
Lost or damaged cups and trophies will have to be replaced by the club responsible.

Club:	ALLSTARZ: allstarzgymclub@hotmail.com
Telephone	0208 405 9355
Website	www.allstarzgymclub.co.uk
Contact	Victoria Ongley:

Club	BROMLEY: info@bromleyvalley.co.uk
Telephone	020 8300 5964
Website	www.bromleyvalley.co.uk
Contact	Andy MacDuff / Sarah Welch

	CROYDON: croydonacro@gmail.com
Telephone	07885865372
Website	Www.croydonacro.com
Contact	Jo Little

Club	HAREFIELD: harefieldgym@gmail.com harefieldgymnastics@london.com
Telephone	07584415144 (Natasha)
Website	www.harefieldgymnastics.com
Contact	Natasha Maxwell, Rachel Prest

Club:	HARLEQUINS: missattitude133@hotmail.com
Telephone n	01708 374 986
Contact	Michelle Nevils: Faye Powell-Davis

Club:	HEATHROW: alexuttley@hotmail.com
Telephone	020 8569 5069
Website	www.heathrowgymnastics.org.uk
Contact	Alex Uttley , Dan Cook

Club:	HENDON: perdie.millard@gmail.com
Telephone n	0208455 0818
website	www.better.org.uk
Contact	Perdie Millard

Club:	HILLINGDON: Karen.rose@gll.org
Telephone	07950352086
website	www.better.org.uk
Contact	Karen De Sa; Marlene du Silver Duarte

Club:	JAYBEE: jaybeegymnastics@hotmail.co.uk
Telephone	07801517118
.website	WWW.JaybeeGymnastics.com
Contact	Tayla-May Ewenson

Club:	NEL: enquiries@nelgc.org
Telephone	020 7923 7239
website	www.nelgc.org
Contact	Lara Overall

Club:	NITRO: nitrogymnasticsclub@live.com
Telephone	07504 305185
website	www.nitrogymnasticsclub.moonfruit.co.uk nitrogymnastics@live.com

Contact	Helen Korro
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Club:	RICHMOND: salme@richmondgymnastics.co.uk
Telephone	020 8878 8682
Website	www.richmondgymnastics.co.uk
Contacts	Salme Naylor

Club:	SPORTAC karen.p.edney@sky.com
Telephone	0208 549 2798
Website	www.SportacAcrobatics.co.uk
Contact	Tania Noble