



Acrobatic Gymnastics Handbook 2017

ACROBATIC GYMNASTICS

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.

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ACRO COMPETITIONS 2017

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	Min 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 years	LEVEL 2 ACRO
GRADE 4	WP,MP,MXP,WG,MG	9 in yr of comp		7 years	LEVEL 2 ACRO
GRADE 5	WP.MP.MXP	9 in yr of comp		7 years	LEVEL 3 TECH MOD 2
GRADE 5	WG,MG	9 in yr of comp		7 years	LEVEL 3 TECH MOD 3+4
IDP	WP.MP.MXP	9 in yr of comp		9years	LEVEL 3 TEC MOD 2
IDP	WG,MG	9 in yr of comp		9 years	LEVEL 3TECH MOD 3+4
11-16	WP.MP.MXP	11years	16 years		LEVEL 3 TECH MOD 2
11-16	WG,MG	11years	16 years		LEVEL 3 TECH MOD 3+4
12-18	WP.MP.MXP	12years	18 years		SCC
12-18	WG,MG	12 years	18 years		SCC
13-19	WP.MP.MXP	13 years	19 years		SCC
13-19	WG,MG	13 years	19 years		SCC
SENIOR	WP.MP.MXP	15 years			HPC
SENIOR	WG,MG	15 years			HPC

EVENT RULES AND REGULATIONS

The following BG policies must be adhered to:

- Safeguarding and Protecting Children and Vulnerable Adults
- Equality
- Anti-doping
- Photography
- Standards of Conduct
- **LG GENERIC EVENT RULES**

British Gymnastics, acting through its Committees, reserves the right to refuse any entry and disqualify a competitor or coach, if they do not comply with BG/LG regulations or the LG /BG Standards of Conduct'

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 Disability levels 1,,2, 3 Categories WP; MP; MXP Performed on a strip, without music On-line entry
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 On-line entry
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 On-line entry
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 On-line entry
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
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 5+IDP may require sprung floor	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"> On-line entry submitted via the BG website. 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"> On-line entry submitted via the BG website. 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"> On-line entry submitted via the BG website. 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"> • On-line entry submitted via the BG website. • 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' PASSES

LEVEL 1 RUN 1 FORWARD ROLL STRETCH JMP FORWARD ROLL STAR JUMP FORWARD ROLLFULL TURN JUMP	LEVEL 1 RUN 2 CHASSE CARTWHEEL CHASSE CARTWHEEL CHASSE CARTWHEEL [TO LAND ON SIDE]	LEVEL 1 RUN3 CARTWHEEL CARTWHEEL ½ TURN IN BACKWARD ROLL ½ TURN JUMP FORWARD ROLL STAR JUMP
LEVEL 2 RUN 1 ROUND OFF ½ TURN JMP TO 1 CARTWHEEL CARTWHEEL ROUND OFF REBOUND JUMP	LEVEL 2 RUN 2 CARTWHEEL CHASSE CARTWHEEL ROND OFF STRETCH JUMP BACKWARD ROLL	LEVEL 2 RUN 3 HANDSTAND FORWARD ROLL FORWARD ROLL TO 1 CARTWHEEL CARTWHEEL ROUND OFF ½ TURN JUMP
LEVEL 3 RUN 1 ROUND OFF ½ TURN JUMP TO 1 CARTWHEEL ROUND OFF REBOUND JUMP FULL TURN JUMP	LEVEL 3 RUN 2 HANDSPRING TO 2 STRETCH JUMP TO 1 CARTWHEEL ROND OFF ½ TURN JUMP REBOUND ROLL	LEVEL 3 RUN 3 ROUND OFF FLIC REBOUND JUMP [HOLD 3 SECS] TURN ROUND ROUND OFF FLIC REBOUND JUMP
LEVEL 4 RUN 1 ROUND OFF ½ TURN JUMP TO 1 ROUND OFF ½ TURN JUMP TO 1 ROUND OFF REBOUND JUMP	LEVEL 4 RUN 2 HANDSPRING TO 1 ROUND OFF ½ TURN JUMP ROUND OFF ½ TURN JUMP ROUND OFF	LEVEL 4 RUN 3 ROUND OFF FLIC FLIC REBOUND JUMP
LEVEL 5 RUN 1 ROUND OFF ½ TURN JUMP TO 1 ROUND OFF ½ TURN JUMP DIVE FORWARD ROLL	LEVEL 5 RUN 2 HANDSPRING TO 1 ROUND OFF ½ TURN JUMP ROUN OFF ½ TURN JUMP	LEVEL 5 RUN 3 ROUND OFF FLIC FLIC FLIC

REGIONAL ACRO PROGRAMME

REGIONAL CHAMPIONSHIPS AND PRE-LIMS

Levels:

- An advanced level competition for pairs and groups
- NDP Grades 1-5 + IDP
- Disability NDP Grades 1&2
- FIG
- The prelims for NDP national finals

Competition Rules: (see also LG generic rules)

- Clubs must be Acro registered & affiliated to LG
- Gymnasts must be current minimum silver BG membership
- Gymnasts must be minimum age 9 years in the year of competition
- Gymnasts may only compete in one partnership (unless also in disability partnership)
- Routines last for a maximum of 2 minutes
- Tariff sheets emailed to designated judge prior to event
- Additional rules in the NDP section of BG Acro Handbook

Event entry:

- On-line entry on BG website
- Music up-loaded on BG music portal
- Judges ratio = 1 judge – 4 partnerships per club
- Each club must nominate at least 1 judge to be eligible to enter the event
- Selection of judges made from judges nominated on-line
- There will be a charge of £50 per judge, if the correct number of judges are not nominated or fail to attend the event
- No refunds after closing date of entry
- Work plan & parent' letter published 2 weeks prior to the event
- One tariff sheet per routine must be emailed to the judging coordinator by the prescribed date.

Injury:

- Should one member of a partnership sustain an injury after the closing entry date, a substitution may be made, up to one week before the event.
- The event organiser must agree to the change before it is confirmed.
- The substitute must be of the same grade as the injured gymnast. The new partnership will receive a score, but would not be eligible to progress to the finals.
- Should the new partner be out of age, the partnership may 'guest' at the competition, but they will not be formally placed in the results.
- Changes cannot be made during the week running up to the event

Coaches:

- Nominated, supervising coaches must be level 2 or above in Acro
- Current gold BG membership
- Assisting coaches may not coach the gymnasts unless they have the appropriate qualification to the level of the skills being performed
- Assisting coaches may sit with the gymnasts to supervise them.

Height deductions:

- NDP = 0.10 – 0.30
- DG = 00
- OoA = 0.10- 0.30
- 11-16 = 0.10- 0.30
- 12-18 = 0.10- 0.30
- 13-19 = 0.30- 0.50
- Sen = 0.30- 0.50

Inquiries:

- Coaches must not approach the judges.
- Inquiries are only permitted in accordance with FIG regulations, with a payment of £15.00
- Only nominated supervising coaches may submit a written inquiry, for their own gymnast/s to the competition organiser /announcer
- The inquiry decision of the judges' superior panel is final.

Medals & Trophies

- Gymnasts must wear gymnastic attire for the awards ceremony
- Medals will be awarded to 1st, 2nd, 3rd places in each category
- Trophies will be presented to the highest scoring partnership in each category.
- In the case of a tie break for first position: maximum tariff, then highest values, then greatest number of highest valued elements will be considered.

Progression:

- From the Regionals, the first placed NDP partnerships will progress to NDP National Finals.
- 5 partnerships will be selected as the London Team in the National Team Finals.
- The top two Disability Partnerships in each category will progress to National NDP Disability Finals
- The Silver and Bronze Partnerships will progress to the Southampton Regional Championships at selected grades
- *[if any club is not willing for their gymnasts to take part in the Southampton Regional Championships they must indicate this to the competition organiser prior to the prelims]*

Regional Tracksuits:

- Gymnasts and coaches representing London must wear the London Regional Tracksuit / Kit.
- Tracksuits may be ordered on-line through the LG website

Mobile Phones:

- 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.
- 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.

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

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 tariff sheets submitted 2 weeks prior to Regional Prelims to nominated judge

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 & Groups
 Maximum tariff
 Highest values
 Greatest number of 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
MWP	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				
Barbara MacDuff Cup Presented by Bromley in memory of Barbara MacDuff / 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.**ACRO/ TUMBLING EVENT CALENDAR 2016 -2017**

JAN	2017		
		Acro Stars	Harlequins
	9 th	PRELIMS ENTRY OPEN	
	19 th	NDP 5 + IDP Clinic	Bromley
FEB			
	1-6	Acro Brevet course /revalidation	Lilishall
	10 TH	PRELIMS ENTRY CLOSED	
	18/19 th	Club, Regional, National Acro Judge re-validation	Richmond
	24-26 th	Pat Wade Classic	Fenton manor
	24 TH	WORKPLAN OUT TO CLUBS	
MAR			
	1-5 th	World Cup, Maia,	Portugal
	19 th	Acro Prelims and Regional Championships	Europa
	25 th	Hub Club Event – Multi-disciplinary (pilot for LG)	
APR			
	7-9 th	World Cup, Puurs,	Belgium
	29 th -30 th	Southampton Regional Championships	Southampton
MAY			
	7 th	Bromley Acro Stars and Controlled Competition	Bromley
	13-14 th	2017 NDP & Disability National Finals	Fenton
	25-27 th	World Cup,	Geneva
JUNE			
	11 th	Acro Stars	Allstarz
JULY			
	20 – 30 th	World Games , Warsaw,	Poland
	26 – 30 th	British Championships, Echo Arena	Liverpool
AUG			
SEP			
OCT			
	16 -22 nd	European Championships, Rzeszow,	Poland

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