



# **ACROBATIC GYMNASTICS 2020 HANDBOOK**

# LONDON GYMNASTICS

## ACROBATICS -2020

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

Chairman	Chris Brockbank	<a href="mailto:acrochair@london-gymnastics.co.uk">acrochair@london-gymnastics.co.uk</a>
Treasurer	Carol Bailey	<a href="mailto:acrofinance@london-gymnastics.co.uk">acrofinance@london-gymnastics.co.uk</a>
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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
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

## EVENT RULES AND REGULATIONS

*The following BG& LG policies must be adhered to for all events:*

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

*The National Acro Competition Handbook rules must be adhered to for the Acro Prelims*

## 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                      All other levels must have BG Silver membership                      Must be the correct age to enter the event (<i>see competitor ages</i>)                      Have an accredited coach present at all times                      Long hair tied back: No jewellery: No chewing gum                      Gymnasts ignoring the LG R&amp;Rs will be sanctioned and may be disqualified from the event</p>
Coaches: Level 2 or above	<p>Gold BG membership at the time of event entry and for the duration of the event                      Acro L2, or above, qualification to the level of skills being performed                      Current DBS &amp; SPCA at the time of event entry and for the duration of the event                      Only L2 or above coaches will be allowed to put gymnasts on the floor.</p>
Coaches L1	<p>Silver BG membership at the time of event entry and for the duration of the event                      L1 Acro coaches may coach at Grade 1 &amp; Grade2                      L1 coaches may put gymnasts on the floor at Mini Stars</p>
All coaches	<p>Wear club tracksuit or tracksuit bottoms and polo shirt (<i>not cropped trousers</i>)                      Long hair tied back: No jewellery: No chewing gum                      No mobile phones or any other electronic devices including tablets may be used                      Coaches ignoring the LG R&amp;Rs will be sanctioned and may be disqualified from the event</p>
Coach Passes:	At the prelims, It may not be possible to issue personal coaches passes, dependant on the number of partnerships. Passes will be issued in line with current FIG regulations
Judges	<p>Require minimum bronze membership                      Require current cycle &amp; discipline qualification.                      Clubs must nominate judges to the set acro ratio, at the time of entry.                      Must wear BG discipline regulation attire, black suit or trousers /skirt and jacket.                      Appropriate shoes                      Judges will be paid expenses at the rate of 45p per mile                      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                      The TC may refuse to let gymnasts compete if the selected judge does not turn up on the day; except under exceptional circumstances                      The TC may cancel a competition if there are insufficient judges provided by the clubs.                      Judges may self-nominate for certain events                      Judge Panels will be selected from the nominated judges, or self-nominated judges, by the TC, depending on appropriateness for the specific event</p>
Judge Ratios	<p>The ratio of judges to partnerships at prelims:                      1-5 partnerships = 1 judge minimum                      6-10 partnerships = 2 judges minimum                      11-15 partnerships = 3 judges minimum                      16+ partnerships = 4 judges minimum.</p>
Event entry	<p>On-line entry on BG website ( unless otherwise stated)                      Entry fees are non-refundable after the entry has been submitted                      A club may not enter a competition without a nominated judge  <i>The nominated judge may be from their own club or another club</i>                      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  Late entries may be accepted at the discretion of the TC at double the entry fee,  In case of injury, a gymnast in a team or partnership may be substituted up to 1 week before the event ,their names will not appear on the programme.  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  Response to draft lists /running orders must be received within 3 days  Changes to spelling etc. will not be made after the set date.</p>
Music	<p>Uploaded online, <b>16 days</b> prior to the event  There will be a £20 fine per routine for music up-loaded late  Have back up CD at event  Some music from Disney, Andrew Lloyd-Webber and Cirque du Soleil may not be used.  Clarification: PPL Website <a href="http://www.ppluk.com">www.ppluk.com</a>.</p>
Tariff sheets	<p>Tariff sheets must be submitted by email on the set date – 2 weeks prior to the event.  Tariff sheets must be numbered and named correctly.  There will be a £20 fine per tariff sheet if submitted late  Tariff sheets will not be returned to clubs at the end of the event  For acro stars tariff sheets may be submitted on the day.</p>
Results:	<p>Competition results will be published on the LG website within 3 days of event</p>
Medals & Trophies	<p>Medals will be presented to 1,2,3 placed partnerships  Trophies will be presented for display in the clubs  Clubs will be charged for any damage to trophies</p>
Progression:	<p>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 Partnerships will progress to the Southampton Championships at selected grades  <i>[if any club is not willing for their gymnasts to take part in the Southampton Regional Championships they must inform the competition organiser, <b>in writing, 2 weeks prior to the prelims]</b></i></p>
Regional kit:	<p>Gymnasts and coaches representing London at other Regional or National events will be required to wear the relevant LG regional kit.</p>
Welfare	<p>A named Welfare Officer will be available for the duration of any event</p>
Health & Safety	<p>A named Health &amp; Safety Person will be on duty for the duration of the event</p>
First Aid:	<p>A named Medical Practitioner will be on duty for the duration of the event</p>
Spectators	<p>Not allowed on the competition arena or approach either officials or Judges  The competition area will be clearly defined.</p>
Inquiries:	<p>Inquiries are only permitted in accordance with FIG regulations, with a payment of £25.00  Only nominated supervising coaches may submit a written inquiry, for their own gymnast/s to the competition announcer  The TC will have a superior jury  The inquiry decision of the Superior jury is final.</p>
Mobile Phones/ devices:	<p><b>Gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices, including tablets, in the field of play during the event.</b></p>

Dismissal	The coaches will leave the field of play with their gymnasts to organise their dismissal
Emergency	In the case of emergency, the evacuation procedure will be announced. The coaches will supervise the gymnasts and meet the parents outside the building
Photography, videos	By entering a LG Event, there is an acceptance that the participant may be photographed and published by LG Photos & videos may only be taken and used in accordance with the BG Child Protection Policy. Photos may not be used, distributed or copied for commercial purposes. Flash may not be used at any time during the event. The Event Organiser may at any time in his or her absolute discretion, direct that photos shall not be taken
Drugs	Testing may take place at any event leading to a National Event The gymnast is held accountable if a prohibited substance is found, whether intentional or unintentional. If a gymnast is taking medication, it should be checked regularly and declared. Medications should be checked on the website <a href="http://www.globaldro.com/">http://www.globaldro.com/</a> <i>Informed Sport is an official website that provides information: <a href="http://www.informed-sport.com/about-informed-sport">http://www.informed-sport.com/about-informed-sport</a></i> <i>For further information visit: <a href="http://www.british-gymnastics.org">www.british-gymnastics.org</a></i> <i>Technical information &amp; judges / Sports Science and Medicine / Anti- Doping Policy</i>

### Specific prelims rules.

Competition Minimum Qualification Required (or equivalent)

Grade 1	UKCC L2 excluding Pre-school / L1 in Acrobatics equivalent qualification / L2 Acro
Grade 2	UKCC L2 excluding Pre-school / L1 in Acrobatics equivalent qualification / L2 Acro
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

It may not be possible to issue personal coaches passes, dependant on the number of partnerships.

The allocation of passes per club will be based on the number of partnerships as per current FIG accreditation rules.

A partnership is defined as one Pair or one Group. □

One partnership	One pass.
Two to five partnership	Two passes.
Six to eight partnership	Three passes. □
Nine or more partnership	Four passes.
4 or more additional partnerships	One additional pass

## LG ACRO REGIONAL COMPETITION PROGRAMME

<p>Novice level Mini Stars/Disability Mini Stars</p>	<p>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</p>
<p>Development level Shooting Stars/ Disability Shooting stars</p>	<p>Minimum BG silver membership required Open to LG affiliated, BG Acro registered clubs Routines at NDP grades 1, 2, 3, 4, 5, IDP, Youth: Categories: WP; MP; MXP; WG, MG Disability NDP levels 1,2, 3: Categories: WP; MP; MXP Performed on floor, with music Email entry to host club</p>
<p>Development level Tumble Stars:</p>	<p>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</p>
<p>Invitational Competitions: varied levels</p>	<p>BG membership required Open to LG affiliated, Acro BG registered clubs By invitation only from host club Team Entry &amp; payment direct to host club Entry forms sent with invitations</p>
<p>Inter- Regional Southampton Regional Competition</p>	<p>Organised by Southampton Regional Competition for LG Regional competition silver and bronze medallists at selected grades: grades 2-IDP &amp; Youth LG selected entry LG entry</p>
<p>Regional Acro Championships: Acro Disability Championships</p>	<p>BG minimum silver membership &amp; LG affiliation required LG competition rules apply National Development Plan &amp; FIG Work plan distributed 2 weeks prior to competition On-line entry by club</p>
<p>Regional Acro NDP Prelims: Acro Disability NDP Prelims</p>	<p>BG minimum silver membership &amp; LG affiliation required On-line entry by club BG competition rules apply National Development Plan Work plan distributed 2 weeks prior to competition</p>

# Acro Stars

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

Mini Stars/Disability Stars: Shooting Stars/Disability Shooting 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 Grade 5 IDP Youth	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 Grade 3	Performed on full floor, with music	Min age 8yrs, in year of competition no other age restrictions	WP, MP, MXP
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 & 3. Categories may include 1 disabled gymnast and 1 mainstream gymnast



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

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

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

<b>TUMBLE STARS LEVEL</b>	<b>RUN 1</b>	<b>RUN 2</b>	<b>RUN 3</b>
<b>Level 1:</b> 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
<b>Level 2</b> 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
<b>Level 3:</b> 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
<b>Level 4:</b> 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
<b>Level 5:</b> 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 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, apart from youth partnerships.

**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  
Youth: MP, WP Mxd P, 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  
Youth: UKCC L3 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: Up-loaded onto the on-line portal 2 weeks prior to 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 & Youth:  
 There will be a £20 fine for late tariff sheets

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.  
 There will be a £20 fine for late tariff sheets

TIE BREAK for 1<sup>st</sup> place only  
 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 based on scores.  
 Winning Regional Team is 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		Medals
MP	Highest score	Partnership cup / held by club /1 year		Medals
MXP	Highest score	Partnership cup / held by club /1 year		Medals
WG	Highest score	Partnership cup / held by club /1 year		Medals
MG	Highest score	Partnership cup / held by club /1 year		Medals
FIG	AGE RULES	REGIONAL CHAMPIONSHIPS		
WP	Highest score	Kingston Cup / held by club /1 year		Medals
MP	Highest score	Heathrow Trophy / held by club /1 year		Medals
MXP	Highest score	BVGC Cup / held by club /1 year		Medals
WG	Highest score	Deborah Brown / held by club /1 year		Medals
MG	Highest score	LGF Trophy / held by club /1 year		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: <a href="mailto:allstarzqymclub@hotmail.com">allstarzqymclub@hotmail.com</a>
Telephone	0208 405 9355
Website	<a href="http://www.allstarzqymclub.co.uk">www.allstarzqymclub.co.uk</a>
Contact	Victoria Ongley:

Club	BROMLEY: <a href="mailto:info@bromleyvalley.co.uk">info@bromleyvalley.co.uk</a>
Telephone	020 8300 5964
Website	<a href="http://www.bromleyvalley.co.uk">www.bromleyvalley.co.uk</a>
Contact	Andy MacDuff / Sarah Welch

Club	HAREFIELD: <a href="mailto:harefieldgym@gmail.com">harefieldgym@gmail.com</a> <a href="mailto:harefieldgymnastics@london.com">harefieldgymnastics@london.com</a>
Telephone	07584415144 (Natasha)
Website	<a href="http://www.harefieldgymnastics.com">www.harefieldgymnastics.com</a>
Contact	Natasha Maxwell, Rachel Prest

Club:	HARLEQUINS: <a href="mailto:missattitude133@hotmail.com">missattitude133@hotmail.com</a>
Telephone n	01708 374 986
Contact	Michelle Nevils: Faye Powell-Davis

Club:	HEATHROW: <a href="mailto:alexuttley@hotmail.com">alexuttley@hotmail.com</a>
Telephone	020 8569 5069
Website	<a href="http://www.heathrowgymnastics.org.uk">www.heathrowgymnastics.org.uk</a>
Contact	Alex Uttley , Dan Cook

Club:	HENDON: <a href="mailto:perdie.millard@gmail.com">perdie.millard@gmail.com</a>
Telephone n	0208455 0818
website	<a href="http://www.better.org.uk">www.better.org.uk</a>
Contact	Perdie Millard

Club:	HILLINGDON: <a href="mailto:Marlene.DeSilvaDuarte@gll.org">Marlene.DeSilvaDuarte@gll.org</a>
Telephone	07950352086
website	<a href="http://www.better.org.uk">www.better.org.uk</a>
Contact	Marlene du Silver Duarte: Juliana Lewis

Club:	JAYBEE: <a href="mailto:jaybeegymnastics@hotmail.co.uk">jaybeegymnastics@hotmail.co.uk</a>
Telephone	07801517118
.website	<a href="http://WWW.JaybeeGymnastics.com">WWW.JaybeeGymnastics.com</a>
Contact	Tayla-May Ewenson

Club:	NEL: <a href="mailto:enquiries@nelgc.org">enquiries@nelgc.org</a>
Telephone	020 7923 7239
website	<a href="http://www.nelgc.org">www.nelgc.org</a>
Contact	Lara Overall

Club:	NITRO: <a href="mailto:nitrogymnasticsclub@live.com">nitrogymnasticsclub@live.com</a>
Telephone	07504 305185
website	<a href="http://www.nitrogymnasticsclub.moonfruit.co.uk">www.nitrogymnasticsclub.moonfruit.co.uk</a> <a href="mailto:nitrogymnastics@live.com">nitrogymnastics@live.com</a>
Contact	Helen Korro

Club:	RICHMOND: <a href="mailto:salme@richmondgymnastics.co.uk">salme@richmondgymnastics.co.uk</a>
Telephone	020 8878 8682
Website	<a href="http://www.richmondgymnastics.co.uk">www.richmondgymnastics.co.uk</a>
Contacts	Salme Naylor

Club:	SPORTAC <a href="mailto:karen.p.edney@sky.com">karen.p.edney@sky.com</a>
Telephone	0208 549 2798
Website	<a href="http://www.SportacAcrobatics.co.uk">www.SportacAcrobatics.co.uk</a>
Contact	Tania Noble