



**LONDON TRAMPOLINE & DMT NDP REGIONAL TEAM QUALIFIER  
SATURDAY 5<sup>TH</sup> MARCH 2016, at Kingston Trampoline Academy.**

Welcome to Kingston College home of Kingston Trampoline Academy. There has been an entry of 55 Trampoline Gymnasts and 20 DMT gymnasts from 5 clubs, taking part in this London competition. These gymnasts have all qualified from our two previous events and are now competing to qualify for the London Team.

Thanks are due to the following:

- Andrew Freeman plus members, parents and friends of Kingston Trampoline Academy.
- Staff and management for their help in staging this event.
- All officials who have given up their time voluntarily once again.
- The competitors, without whom there would be no competition.

Please ensure that you take all litter with you or use the rubbish bins around the Arena – PLEASE DO NOT LEAVE RUBBISH ON THE FLOOR. Ensure that you have all your property when you leave.

**FLOOR ACCESS:**

It is not permitted for non British Gymnastics members to set foot on the competition floor due to insurance issues. The competition floor is the matted area around the trampolines, the matted area around the DMT, the DMT run and the officials' areas.

**CLUBS COMPETING TODAY:**

**Must be British Gymnastics *registered* & London Gymnastics *affiliated***

Airscape Trampoline Club  
Camden Gymnastics Club  
Heathrow Gymnastics Club  
Kingston Trampoline Academy  
Zenith Trampoline Club

## MEDALS & PRESENTATION:

Medals will be awarded to the top three individuals in each TRA and DMT group at the end of each discipline.

## RESULTS:

Results will be displayed on the wall after each group has finished, therefore please do not crowd around the recorders. Please do not remove results from the wall. Results will be emailed to team managers and will be available on London Gymnastics website.

## WELFARE OFFICER:

The Welfare Officer for this event is Andrew Freeman.

## COACHING/PERFORMER QUALIFICATION:

Competitors are only allowed to perform competitively those moves that lie within the syllabus of those who are on the competition floor with them. Failure to have a coach adequately qualified with you may mean you have to withdraw, or you have to perform only those moves which lie within your coach's qualification syllabus.

## TRA NDP REGIONAL SERIES:

Two London qualification events leading to the NDP Regional Team Qualifier.

NDP Levels 1-3

All gymnasts at NDP Levels 1-3 will be required to perform:  
2 x Compulsory Routine

NDP Levels 4-7

All gymnasts at NDP Levels 4-7 will be required to perform:  
1 x Compulsory 'A' Routine  
1 x Compulsory 'B' Routine

Trampoline Individual (All NDP Levels 1-7):

- 2 round accumulative score will determine the ranking
- Time of Flight **will not** be included as qualification is based on the execution score only
- Incomplete/incorrect routines will result in a zero 'DNF' score
- A nominated panel (Member of Regional TC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

Gymnasts should enter the age group that they will be eligible for on 1st January 2016.

The NDP Regional Series events may be used as 'Test' events, enabling gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to try and qualify for the NDP Regional Team Qualifier.

Qualification to the NDP Regional Team Qualifier

All gymnasts who achieve a minimum standard, 2 round execution score of 42.0 are eligible to qualify to the NDP Regional Team Qualifier (at the appropriate level the minimum score was achieved).

## DMT NDP REGIONAL SERIES:

### **NDP Levels 1 to 7**

All gymnasts at NDP Levels 1-7 will be required to perform:

1 x Compulsory Round 1

1 x Compulsory Round 2

Pass one and pass two, in both compulsory rounds must be competed in the order stated below. Failure to do so will result in a zero score

Incomplete passes (that which is different from the requirements listed below) will result in a zero 'DNF' score

Medals for gymnasts receiving a zero score will be at the discretion of the Region

A nominated panel (Member of TC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

## NDP RANGE & CONDITIONING REGIONAL SERIES:

The Range & Conditioning score is not included in the ranking BUT a gymnast must achieve a 70% pass mark for the range & conditioning to proceed to the ranking list to be eligible to qualify for the Regional Team Final/NDP Semi Final.

### **NDP Levels 1-7, All Age Groups**

Forward Roll to Dish Shape (SL) - hold for 2 seconds

4 x 1 Leg Alternate V Sit (2 x left & 2 x right)

Back Support – hold for 2 seconds

Straddle Fold – hold for 2 seconds

Pike Fold – hold for 2 seconds

Left Splits, Right Splits

Back Arch – hold for 2 seconds

Press up to Front Support – hold for 2 seconds

Burpee to Stand & vertical jump

Standing Shoulder Flexibility – hold for 2 seconds

**Minimum Standard to qualify to NDP Regional Team  
Final/NDP Semi Final**

## WARM UP & COMPETE:

WARM UP: There will be no warm up marshals – performers must form an orderly queue for their turn. There will be a timed warm up therefore no guarantee of any specific number of warm ups can be given. Performers may use either trampoline. Club managers are responsible for their performers at the trampolines during this time (i.e. there will be no official at each bed). Spotting, assistance for performers getting on or off the trampoline or any other assistance is the responsibility of the club. Competitors will need to warm up both their set and voluntary routines during their allotted warm up time – there will be no separate warm up session for the voluntary.

COMPULSORY ROUTINES A or B: After warm up, there will be a one touch warm up where the competitor will have to choose which routine to practise. The performers will then return to the marshalling area and be called to compete in programme order. They will all compete their Compulsory routines in the same order. There will be no warm ups between routines so performers must be ready to compete (with spotters) as soon as required.

All timings are approximate. The competition organisers reserve the right to start groups early if the event is running ahead of time but will not run more than one hour ahead of programme time. The competition organisers accept no responsibility for competitors who miss their turn due to changes to the above nor for the competition running early or late.

## TIMETABLE

### PANEL 1

### RANGE & CONDITIONING

#### *SESSION 1 - TRI NDP*

Warm Up 12:00-12:20  
One Touch 12:20-12:30

NDP 1 (8)  
NDP 2 (12)

NDP 1 (8)  
NDP 2 (12)

Compete 12:30-13:30

#### *SESSION 2 - TRI NDP*

Warm Up 13:30-13:45  
One Touch 13:45-13:55

NDP 3 (10)  
NDP 6 (3)  
NDP 7 (1)

NDP 3 (10)  
NDP 6 (3)  
NDP 7 (1)

Compete 13:55-14:35

#### *SESSION 3 - TRI NDP*

Warm Up 14:35-14:55  
One Touch 14:55-15:05

NDP 4 (11)  
NDP 5 (10)

NDP 4 (11)  
NDP 5 (10)

Compete 15:05-16:00

16:00-16:15 Presentations

#### *SESSION 4 - DMT NDP*

General Warm Up 16:00-16:10

NDP 1 (9)

Specific Warm Up 16:10-16:15

Compete 16:15-16:30

#### *SESSION 5 - DMT NDP*

General Warm Up 16:30-16:45

NDP 2 (5)  
NDP 3 (5)  
NDP 6 (1)

Specific Warm Up 16:45-16:50

Compete 16:50-17:20

17:20-17:30 Presentations

Presentations will take place as soon as possible after the end of each discipline. All those receiving awards MUST be in club kit. No one will be allowed on the podium unless correctly dressed. Please note that all timings are approximate and the organisers reserve the right to begin groups early if the event is running ahead of schedule. The organisers accept no responsibility for those missing their turn due to changes to the above.

## OFFICIALS

NDP Regional Team Qualifier		
PANEL 1	NDP TRI	
Chair	Michael Freeman	Kingston Trampoline Academy
Execution Judge 1	Jane Evans	Airscape
Execution Judge 2	Peter Freeman	Kingston Trampoline Academy
Execution Judge 3	Gary Halfteck	Heathrow
Execution Judge 4	Ayo Ayeni	Zenith
Execution Judge 5	Hayley Durnsford	Camden
Tariff Judge 1	Sarah Warren-Smith	Kingston Trampoline Academy
Tariff Judge 2	Kat Smith	Camden
Computer	Carol Freeman	Kingston Trampoline Academy
Recorder	Jenny Egbor	Heathrow
Marshal	Richard Louch / Simone McQueen	Camden
Qualified Reserves	Claire Collette	Airscape
	Carole Charters	Zenith
Unqualified Reserves	None	
PANEL 1	NDP RANGE & CONDITIONING	
Judge 1	Sophie Cliff	Kingston Trampoline Academy
Judge 2	Fay Mitchell	Kingston Trampoline Academy
PANEL 1	NDP DMT	
Chair	Sarah Warren-Smith	Kingston Trampoline Academy
Assistant Chair	VOLUNTEER	
Execution Judge 1	Fay Mitchell	Kingston Trampoline Academy
Execution Judge 2	Peter Freeman	Kingston Trampoline Academy
Execution Judge 3	Lucy McSweeney	Kingston Trampoline Academy
Execution Judge 4	Katie Drewett	Kingston Trampoline Academy
Execution Judge 5	Carol Freeman	Kingston Trampoline Academy
Tariff Judge 1	Michael Freeman	Kingston Trampoline Academy
Tariff Judge 2	VOLUNTEER	
Computer	VOLUNTEER	
Recorder	VOLUNTEER	
Marshal	Sophie Cliff	Kingston Trampoline Academy
Qualified Reserves	None	
Unqualified Reserves	None	

Organisation		
Competition Organiser	Bal Dowrich	Independent
	Kirsty Sweet	London Trampoline Academy
Database	Karen Gent (not present on the day)	Coney Hall Cosmonauts
Judges	Linda Lawrie (not present on the day)	Harlington Hawks
Computers	Andrew Wood	Harlington Hawks
Floor Manager	Andrew Freeman	Kingston Trampoline Academy
Trophies	Organisers	

NO CHANGES TO THE ABOVE WITHOUT THE PRIOR CONSENT OF THE JUDGING COORDINATOR

OCCASIONALLY IT MAY BE NECESSARY TO ASK OFFICIALS TO CHANGE JOB AND/OR PANEL ON THE DAY.

SHOULD THIS OCCUR, THE JUDGING CO-ORDINATOR ASKS FOR YOUR COOPERATION IN THIS MATTER

### JUDGE COURSE:

#### CLUB JUDGE:

#### **Dates, Times & Venue**

Saturday 19<sup>th</sup> March 2016

9.30am – 4.00pm

Harlington Sports Centre

Sunday 20<sup>th</sup> March 2016

9.30am – 4.00pm

Harlington Sports Centre

Contact Linda Lawrie on 01932 780313 or [lindajslawrie@sky.com](mailto:lindajslawrie@sky.com)

London TRA NDP Regional Series:

<b>Start No</b>	<b>Club Name</b>	<b>Competition Name</b>	<b>Firstname</b>	<b>Lastname</b>
1	Kingston Trampoline Academy	TRA NDP level 1 Girls 9-10 years	Bethan	Calder
2	Kingston Trampoline Academy	TRA NDP level 1 Girls 9-10 years	Daisy	Poole
3	Camden Gymnastics Club	TRA NDP level 1 Girls 9-10 years	India	Smith
1	Heathrow Gym Club	TRA NDP level 1 Boys 9-10 years	Asif	Malik
2	Kingston Trampoline Academy	TRA NDP level 1 Boys 9-10 years	Ben	Hallett
1	Kingston Trampoline Academy	TRA NDP level 1 Girls 11-12 years	Amelia	Ketteringham
2	Kingston Trampoline Academy	TRA NDP level 1 Girls 11-12 years	Francesca	Baty-Symes
1	Kingston Trampoline Academy	TRA NDP level 1 Girls 13+ years	Leah	Woodcock
1	Kingston Trampoline Academy	TRA NDP level 2 Girls 9-10 years	Sasha	Khan
2	Kingston Trampoline Academy	TRA NDP level 2 Girls 9-10 years	Jemima	Eckes
1	Kingston Trampoline Academy	TRA NDP level 2 Boys 9-10 years	Dovydas	Olekas
1	Camden Gymnastics Club	TRA NDP level 2 Girls 11-12 years	Isadora	Mill
2	Camden Gymnastics Club	TRA NDP level 2 Girls 11-12 years	Isabella	Lakey
3	Kingston Trampoline Academy	TRA NDP level 2 Girls 11-12 years	Poppy	Ringshall
1	Camden Gymnastics Club	TRA NDP level 2 Boys 11-12 years	Stan	Brassington
2	Airscape	TRA NDP level 2 Boys 11-12 years	Alfie	Scarborough
1	Camden Gymnastics Club	TRA NDP level 2 Girls 13+ years	Aimee	Shaw
2	Zenith Trampoline Club	TRA NDP level 2 Girls 13+ years	Trinity	Brierley
1	Zenith Trampoline Club	TRA NDP level 2 Boys 13+ years	Edward	Cecil
2	Camden Gymnastics Club	TRA NDP level 2 Boys 13+ years	Alfie	Louch
1	Heathrow Gym Club	TRA NDP level 3 Girls 9-10 years	Hannah	Bunce
2	Kingston Trampoline Academy	TRA NDP level 3 Girls 9-10 years	Anna	Dyball
1	Kingston Trampoline Academy	TRA NDP level 3 Girls 11-12 years	Vaishali	Balachandran
2	Kingston Trampoline Academy	TRA NDP level 3 Girls 11-12 years	Amy	Schafer
1	Heathrow Gym Club	TRA NDP level 3 Boys 11-12 years	Joao	Lorga-Croca-Cheiru
1	Kingston Trampoline Academy	TRA NDP level 3 Girls 13+ years	Bebe	Cook-Abbott
2	Kingston Trampoline Academy	TRA NDP level 3 Girls 13+ years	Kate	Dyball
3	Kingston Trampoline Academy	TRA NDP level 3 Girls 13+ years	Rebecca	Oram
4	Kingston Trampoline Academy	TRA NDP level 3 Girls 13+ years	Elizabeth	Cowan
5	Kingston Trampoline Academy	TRA NDP level 3 Girls 13+ years	Susie	Hamzeh

1	Heathrow Gym Club	TRA NDP level 4 Girls 11-12 years	Roberta	Tan
2	Camden Gymnastics Club	TRA NDP level 4 Girls 11-12 years	Lauran	Leslie
3	Airscape	TRA NDP level 4 Girls 11-12 years	Amy	Ingram
4	Heathrow Gym Club	TRA NDP level 4 Girls 11-12 years	Amelia	Saul
1	Airscape	TRA NDP level 4 Boys 11-12 years	Cade	Nation
2	Kingston Trampoline Academy	TRA NDP level 4 Boys 11-12 years	Freddy	Tolcher
3	Camden Gymnastics Club	TRA NDP level 4 Boys 11-12 years	Thomas	Lutman
4	Zenith Trampoline Club	TRA NDP level 4 Boys 11-12 years	Roman	Steel
1	Airscape	TRA NDP level 4 Girls 13+ years	Ellie	Scarborough
2	Airscape	TRA NDP level 4 Girls 13+ years	Serena	Sugrue
1	Airscape	TRA NDP level 4 Boys 13+ years	Elis	Carson
1	Heathrow Gym Club	TRA NDP level 5 Girls 9-10 years	Josie	Nugent
2	Heathrow Gym Club	TRA NDP level 5 Girls 9-10 years	Aaliyah	Swaby
1	Heathrow Gym Club	TRA NDP level 5 Girls 11-12 years	Sara	Kowalczyk
1	Kingston Trampoline Academy	TRA NDP level 5 Girls 13-14 years	Caitlin	Fahey
2	Kingston Trampoline Academy	TRA NDP level 5 Girls 13-14 years	Rosie	Swan
3	Kingston Trampoline Academy	TRA NDP level 5 Girls 13-14 years	Jasmine	Bates
1	Kingston Trampoline Academy	TRA NDP level 5 Boys 13-14 years	Oliver	Cubillos
2	Zenith Trampoline Club	TRA NDP level 5 Boys 13-14 years	Zak	Demetriades
1	Kingston Trampoline Academy	TRA NDP level 5 Girls 15+ years	Amber	Stevens
1	Kingston Trampoline Academy	TRA NDP level 5 Boys 15+ years	Alfie	Tolcher
1	Camden Gymnastics Club	TRA NDP level 6 Boys 9-12 years	Michael	Cheetham
1	Kingston Trampoline Academy	TRA NDP level 6 Girls 13-14 years	Tyler	Stote
1	Camden Gymnastics Club	TRA NDP level 6 Boys 15-16 years	Bailey	Pizzey
1	Heathrow Gym Club	TRA NDP level 7 Boys 11-14 years	Tyric	Egbor



## London DMT NDP Regional Series:

<b>Start No</b>	<b>Competition Name</b>	<b>Firstname</b>	<b>Lastname</b>
1	DMT NDP level 1 Girls 9-10 years	Anna	Dyball
2	DMT NDP level 1 Girls 9-10 years	Sasha	Khan
3	DMT NDP level 1 Girls 9-10 years	Jemima	Eckes
1	DMT NDP level 1 Boys 9-10 years	Ben	Hallett
2	DMT NDP level 1 Boys 9-10 years	Campbell	McLaren
1	DMT NDP level 1 Girls 11-12 years	Vaishali	Balachandran
2	DMT NDP level 1 Girls 11-12 years	Poppy	Ringshall
1	DMT NDP level 1 Girls 13+ years	Kate	Dyball
2	DMT NDP level 1 Girls 13+ years	Susie	Hamzeh
1	DMT NDP level 2 Boys 11-12 years	Freddy	Tolcher
1	DMT NDP level 2 Girls 13+ years	Amber	Stevens
2	DMT NDP level 2 Girls 13+ years	Jasmine	Bates
3	DMT NDP level 2 Girls 13+ years	Rosie	Swan
1	DMT NDP level 2 Boys 13+ years	Alfie	Tolcher
1	DMT NDP level 3 Boys 9-10 years	Theo	Butcher
1	DMT NDP level 3 Girls 11-12 years	Mia	Instrall
2	DMT NDP level 3 Girls 11-12 years	Piper	Stote
1	DMT NDP level 3 Girls 13+ years	Caitlin	Fahey
1	DMT NDP level 3 Boys 13+ years	Oliver	Cubillos
1	DMT NDP level 6 Boys 15-16 years	Oscar	Parker

## JEWELLERY AND BODY PIERCING:

[http://www.britishgymnastics.org/site/index.php?option=com\\_docman&task=cat\\_view&gid=374&Itemid=1134](http://www.britishgymnastics.org/site/index.php?option=com_docman&task=cat_view&gid=374&Itemid=1134) Please see the above link for the latest British Gymnastics policy on this.

The policy applies to all participants and coaches in training and in events at home and abroad. Failure to comply with the policy will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance with this policy.

Please note that the chewing of gum is not allowed at any phase of the competition for competitors, coaches and officials.

## ELECTRONIC DEVICES:

Spectators and gymnasts using any electronic devices including mobile phones should have the volume turned down or wear earphones. Any games being played on these devices should not cause a distraction during the competition.

## PHOTOGRAPHY:

It is no longer necessary for people to register their intention to take photos and/or videos. Please note that flashlight photography is not permitted whilst the competition is going on (this includes warm-ups). However, please see the BG Photo Policy below.

### BRITISH GYMNASTICS PHOTOGRAPHY POLICY

#### **British Gymnastics Conditions for Audience Photography at Gymnastic Events Short Form:**

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics

This is a summary of those conditions. A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website [www.british-gymnastics.org](http://www.british-gymnastics.org). If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of video or still image including those taken with mobile phones.
2. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
  - a. Not to take photos – either generally or in particular circumstances.
  - b. To provide their full name and address and evidence of this
  - c. To let the Competition Organiser view any images recorded and to delete any images.
  - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they can not be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash may not be used at any time while gymnasts are warming up or competing.

## COMPETITION CALENDAR LONDON 2016

Event Name & Date	Closing Date	Venue
<b>London NDP Regional Series 1</b>		
Saturday 5 <sup>th</sup> December 2015	23:00hrs Monday 16 <sup>th</sup> November 2015	Kingston Trampoline Academy Arena, Kingston College, Kingston upon Thames, Surrey KT1 2AQ 020 8941 7083
<b>London Region DMT 1</b> Thursday 14 <sup>th</sup> January 2016	23:00hrs Monday 14 <sup>th</sup> December 2015	London DMT Reynolds Sports Centre, Gunnersbury Lane, W3 8EY 07950 267655
<b>London Region Trampoline 1</b> Sunday 17 <sup>th</sup> January 2016	23:00hrs Monday 14 <sup>th</sup> December 2016	Harlington Hawks Harlington Sports Centre Pinkwell Lane, Hayes. UB3 1PB 020 8569 3211
<b>London Region DMT 2</b> Thursday 4 <sup>th</sup> February 2016	23:00hrs Monday 18 <sup>th</sup> January 2016	London DMT Reynolds Sports Centre, Gunnersbury Lane, W3 8EY 07950 267655
<b>London NDP Regional Series 2</b> Saturday 6 <sup>th</sup> February 2016	23:00hrs Monday 18 <sup>th</sup> January 2016	Harlington Hawks Harlington Sports Centre Pinkwell Lane, Hayes. UB3 1PB 020 8569 3211
<b>London Region Trampoline 2</b> Sunday 7 <sup>th</sup> February 2016	23:00hrs Monday 18 <sup>th</sup> January 2016	Harlington Hawks Harlington Sports Centre Pinkwell Lane, Hayes. UB3 1PB 020 8569 3211
<b>London Region DMT 3</b> Thursday 3 <sup>rd</sup> March 2016	23:00hrs Monday 15 <sup>th</sup> February 2016	London DMT Reynolds Sports Centre, Gunnersbury Lane, W3 8EY 07950 267655
<b>TRA NDP Regional Team Qualifier</b> Saturday 5 <sup>th</sup> March 2016	23:00hrs Monday 15 <sup>th</sup> February 2016	Kingston Trampoline Academy Arena, Kingston College, Kingston upon Thames, Surrey 020 8941 7083
<b>London Region Trampoline 3</b> Sunday 6 <sup>th</sup> March 2016	23:00hrs Monday 15 <sup>th</sup> February 2016	Harlington Hawks Harlington Sports Centre Pinkwell Lane, Hayes. UB3 1PB 020 8569 3211

**London Region DMT 4**  
Thursday 21st April 2016

23:00hrs Mon 4<sup>th</sup> April  
2016

London DMT  
Reynolds Sports Centre,  
Gunnersbury Lane, W3 8EY  
07950 267655

**London Region Trampoline 4**  
Sunday 10th April 2016

23:00hrs Monday  
21st March 2016

Harlington Hawks  
Harlington Sports Centre  
Pinkwell Lane, Hayes. UB3 1PB  
020 8569 3211

**London Region Trampoline Championships plus London Closed 2016**  
Saturday 11<sup>th</sup> & Sunday 12<sup>th</sup> June 2016

23:00hrs Monday  
16<sup>th</sup> May 2016

Harlington Hawks  
Harlington Sports Centre  
Pinkwell Lane, Hayes. UB3 1PB  
020 8569 3211

**Synchro & DMT Championships**  
Sunday 9<sup>th</sup> October 2016

23:00hrs Monday  
19<sup>th</sup> September 2016

Harlington Hawks  
Harlington Sports Centre  
Pinkwell Lane, Hayes. UB3 1F  
020 8569 3211

