**West Midlands Championships - 12th March 2016**

The West Midlands NDP national grade qualifier is an individual qualification event. The top two placed boys and girls from each of the below age group and grade will qualify for the National semi final (Providing the minimum score has been achieved in the British Gymnastics Range and Conditioning exercise.)

**NDP GRADES**

Grade 1 – 9/10 11/12 13+

Grade 2 - 9/10 11/12 13+

Grade 3 - 9/10 11/12 13+

Grade 4 - 9/10 11/12 13+

Grade 5 – 10/11/12 13/14 15+

Grade 6 – Under 13 13+

Grade 7 - Under 13 13+

**NDP GRADES RANGE AND CONDITIONING**

All NDP gymnasts ***MUST*** complete the British Gymnastics Range and Conditioning set routine. For gymnasts to qualify through to the NDP semi finals, a minimum score of 70% (or 7.0) must be achieved.

Information relating to the Range and Conditioning routine can be found via the link below.

<https://www.british-gymnastics.org/technical-information/discipline-updates/tumbling>

**CLUB GRADES**

In addition to the NDP Grades there will also be competitions in the following Club Grades and ages

Club Grade 1 – 7 & 8 in year 9/10 11+

Club Grade 2 – 7 & 8 in year 9/10 11+

Club Grade 3 – 7 & 8 in year 9/10 11+

**RULES**

1. Ages are the age achieved in the year of the competition.
2. All Tumblers must compete in their designated group and time slot allocated.
3. All tumblers must complete all elements in all 3 passes to qualify for the national semi finals, regardless of the number of competitors in the competition. If a ZERO is scored gymnasts will not be permitted to qualify.
4. All National grade tumblers must have silver membership
5. All club grade gymnasts must have bronze membership.
6. The first and second placed boys/girls in each age group and grade will qualify for the national semi final, as long as the criteria has been meet.
7. Only 15m of the tumble track may be used in Pass 3 in all NDP Grades.
8. All passes **NOT** ending in somersaults may land on the track.
9. All passes ending in a somersault **MUST** land in the landing area
10. A tumbler must compete all three set passes from the given grade structure. e.g. passes 1 -3 in National Grade 2
11. Tumblers can not enter the NDP grades and the FIG age group.
12. If there’s a tie for second place the tumbler with the highest score form pass 3 will proceed to the semi final. If there’s a tie for pass 3 the highest score form pass 2 will proceed and so on.
13. All NDP gymnasts ***MUST*** complete the British Gymnastics Range and Conditioning and achieve a minimum score of 70% (or 7.0) to be eligible for the Semi finals.

**ENTRIES**

1. Entries for the ***West Midlands Championships 2016*** to be made using the on line entry system on GymNet via British Gymnastics web site.
2. A regional entry will be made for all gymnasts who qualify to the ***NDP semi final***. However, for this to happen, Individual clubs **MUST** enter the qualified gymnasts into the event ***“WEST MIDLANDS NDP SEMI FINAL ENTRY”*** on GymNet via British Gymnastics web site before the closing date. Entries not made before the closing date will signify withdrawal from the NDP semi final and as a consequence may be replaced by the next eligible gymnast from the West Midlands Championships 2016.
3. For clubs to receive the 50% subsidy for the NDP semi final, entries must be made via the region.
4. Entries for the ***National NDP Final*** are to be made by individual club using GymNet via British Gymnastics web site.
5. Late entries will **NOT** be accepted.
6. A £50 no judge fee will apply if a judge is not submitted on your clubs West Midlands Championship entry.
7. It is the clubs responsibility to ensure all gymnasts and coach’s memberships, coaching qualifications; Safeguarding and DBS are correct and up-to-date on GymNet.

**COMPETITION OPENING AND CLOSING DATES**

**West Midlands Championships**

12th March , Wood Green Academy

Entry fee - £15 per gymnast

Entries open – 15th January 2016

Entries close – 12th February 2016

**NDP semi final**

 27th – 29th May,Barclaycard Arena, Birmingham

 Entry fee - £45 per gymnast (50% subsidy will apply to gymnasts entered through region)

Entries open – Noon, 18th March 2016

Entries close – Noon, Monday 4th April 2016

**National NDP final**

 8th – 10th July, International center, Telford

Entry fee - £45 per gymnast

Entries open – 15th April

Entries Close – Noon, 6th June

**Any entry fees not received by the above dates will signify that you are withdrawing your tumbler(s) from that event and gymnasts may be replaced at the discretion of the WM committee.**

**FIG COMPETITION**

This competition will follow the FIG Age Group rules as per the British Gymnastics Handbook.

**AGE GROUPS -** Age is taken from 31st December 2016.

**7/8yrs** *(Boys Competition / Girls Competition)*

1. Gymnasts must perform 3 tumbling passes; 6 skills in pass A, 4 skills in pass B, 3 skills in pass C.

2. FIG repeat rule applies – No repeated somersaults unless preceded by a different skill.

3. GB Bonuses will apply to whips (0.8).

4. Stretch jump, ½ turn jump and full turn jump will count as a skill but will receive a 0.0 tariff.

**Under 13yrs** *(Boys Competition / Girls Competition, ages 9yrs - 12yrs)*

**13yrs+** *(Boys Competition / Girls Competition, ages 13yrs and older)*

1. Gymnasts must perform 3 tumbling passes of 8 skills.

2. FIG repeat rule applies – No repeated somersaults in pass 1 or 2 unless preceded by a different skill.

3. Pass 3 can be the same as pass 1 or 2 or completely different.

4. GB Bonuses will NOT apply.

**TARIFF SHEETS -** Coaches must provide tariff sheets to show difficulty score to be added onto execution score. These must be handed into the head judge during warm up.

**WARM UP -** FIG group will receive 15 minutes warm up and then compete the first two passes. There will be no warm up touch in between pass 1 and 2. A touch may be taken in between pass 2 and 3 if required.

