



## COMPETITIONS

As previously stipulated, no member of the club is made to take part in competitions. Each member can choose the pathway they wish to follow.

We do report our success in the newsletters and other media.

Below is a brief explanation of all the different competitions that may be mentioned.

**NDP** National Development Pathway.  
This is the competition structure set by British Gymnastics.

The pathway starts at beginner level - **CDG** (club development grade).  
There are 2 CDG levels and are intended to be competed at club or invitational competitions.

**NDP 1 - 7** These are competitions that are held in the region. Our region is West Midlands. There are 2 competitions per year and the competitor can *qualify* to compete at Regional Team Finals (RTF). For RTF the competitor will compete for the West Midlands Region. To qualify a specific score is required and placed top 2 in the Region.

From RTF the competitor can qualify to NDP Finals, again achieving a required score and being placed in the top 8. At NDP finals the competitor will compete for their respective club.

**NDP 8+** These grades are National events. There are 2 competitions per year with the aim to qualify to British Championships.

Each grade will have a routine requirement. The routines increase with difficulty from one grade to the next. For NDP 1-7 the competitor will also perform range and conditioning exercises with a pass requirement. The competitor has to be 9 years old (or 9 during the competition year) to compete at NDP.

For member choosing a competition pathway, all the information and requirements are provided in the diaries.

### **INVITATIONAL COMPETITIONS.**

These competitions are held within the region. They are designed for the competitor working towards NDP levels. This competition is not as strict as the NDP competitions and also caters for the lower age groups.

### **SCHOOLS.**

Competitors represent their respective School for this event. Every year there is a Regional competition historically held the first week in December. From the Regional competition if a competitor is place top 3 or part of a team and placed top 2, then they can qualify to the Zonal Competition. The West Midlands is part of the Central zone which includes - Wales, East Mids and East regions. The Zonal competition is generally held towards the end of January - beginning of February. If a competitor achieves top 3 or top 2 team then they qualify to British National Finals, held in March.

### **MIDLANDS CLOSE AGE GROUP** (West Mids Championships)

Held once a year for competitors trying to achieve West Midlands Champion.  
There are 3 levels to this competition. Novice, Intermediate and Elite.

## **NATIONAL TRAMPOLINE LEAGUE.**

This competition was introduced when the NDP structure was implemented.

The NDP competition increases with difficulty from level 5+ and often challenging to many.

NTL has a more lenient structure catering more for the clubs and participation.

A required standard still needs to be achieved and a qualification to be able to compete at the NTL finals.

There are 4 competitions per year leading to the finals.

If you have any questions about competitions, please do not hesitate to ask.