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#### COMPETITIONS EXPLAINED.

There are many levels of competition for all abilities for those who wish to compete.

#### Club Awards Competition.

2-3 per year.

This is a competition for all those working on award books and not quite ready for competition. It is also a celebration of the progress our members are making... Competition rules are leaniant.

## Club Championships.

1 per year.

Competition for ALL members of the club - categories to include all Levels. Celebration and massive get together.. Lots of medals awarded.

### Invitational Competition.

Variable

This is held by West Midlands clubs and includes novice categories.

It follows the NDP (National Development Pathway).

gives those a chance at competition who is not quite ready for NDP Regional and without the pressure of trying to acheive a certain score.

# **NDP Regional Competitions**

2 per year.

NDP .. Strict competition rules apply.

Competitors try to achieve a specific qualification score - so we make sure that members are ready to compete. The coaching team will let members know when they are ready for NDP Competition.

NDP is from Level 1 to Level 7.

### What are they qualifying for?

To be part of the West Midlands team to then compete at the NDP Team Finals, where you compete as West Midlands against all other regions.

From this competition there is a further qualification to NDP Finals... For this members will compete for Activ8 at a National competition.

#### NDP 8+

2 competitons per year - 1 British National Finals.

This is a National elite competition.

## National Trampoline League.

4 per year - 1 finals.

NDP is an elite pathway and may take a long time to achieve.

League is all about participation. The standard is still very high, however, no pressure of minium tariff. (Tariff - difficulty of a routine).

Competitors still strive to achieve a qualification to League Finals... To do this points are awarded at each event attended.. The 2 best events are added together to determine your position in the league table. Top 16 / 24 are invited to League Finals.

#### West Midlands Championships.

1 per year.

As it say - to compete and gain a West Midlands Champion spot.

### BSGA Schools Trampoline Competition.

1 Regional - 1 Zonal - 1 National Finals.

Members can enter the West Mids Region competition on behalf of their respective School.

There are 5 levels to this competition - Novice - Intermediate - Elite - Disability Novice - Disability Elite.

If you achieve a top 3 individual or top 2 teams place you qualify to the Zonal Competition.

From Zonal achieve same positions to move onto the British Schools National Finals.