Southampton Tumbling Mike Walker Invitation

Competition Oct 2018

**FAQ’s** (**F**requently **A**sked **Q**uestions or **Q**uires)

**Q** “If a gymnast has competed in the any regional or national NDP or FIG earlier this year 2018; do they then have to stay at the level or can I enter them at a different one to this comp?”

**A** “The tumblers can be entered for any level in NDP or FIG grades that coach is qualified to coach at this open event. That means they can change levels between **open** comps throughout the year based on clubs development plans for that tumbling gymnast.

**Extra Notes:**

*Those who competed at Elite/FIG levels, should really stay at the Elite/FIG levels and* ***NOT*** *jump back into NDP grades within the same competition year, unless the coach feels as revaluation, that the tumbler is competing outside their true tumbling pathway.*

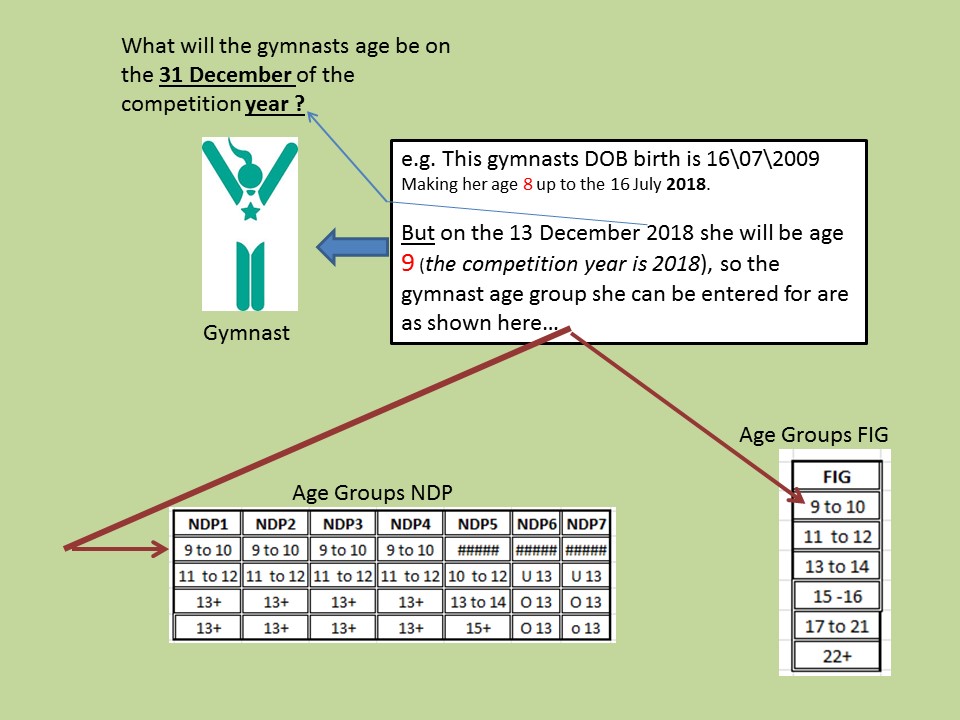
*Those who competed at NDP grades are OK to compete upward into the Elite/FIG grades, so long as this fits with coaches planned development strategies for the tumblers future pathway.*

*At national level, Tumbler only has to stay at same level when competing at national qualifying events they were entered for at regional prelims or national qualifiers.”*

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**Q** “How do I work out what age group to put on the registration form for my tumblers?”.

**A** “The **Club**, **NDP** and **Elite** grades AGE groups are determined by the **DOB** the tumbling Gymnasts is **in** the year of the competition. This Graphic should aid you, by example what age group you tumblers is in for each grade level.



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**Q**“A regional club is looking to enter about 20 people into the competition. Question is the open competition at Southampton sticking to the age rules? for example this club has some 7 year olds that they would like to enter”.

**A** “There is no planned out of age category (OOA) for NDP National Levels this event (6/7 years old), however depending on the total number of entries and levels, it might be possible to consider including and OOA group for up to NDP1. Please make a separate enquiry with event organiser about this.   
For **Club** NDP level 1 & 2 there is a 7/8 age category”

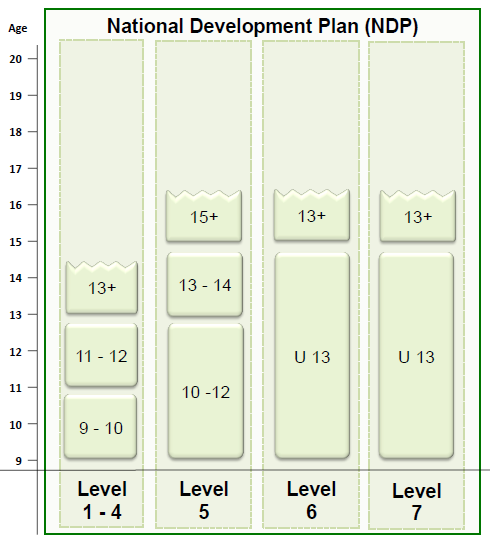
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**Q**“*I have a NDP club tumbler who is capable of NDP national level 2 skills.  The bg guidelines are that they can only enter NDP club level 3 not national level 2.  But I don't really want the gymnast to go backwards to cartwheels and rebound turns?*

*At this your open competition can the tumbler compete at the higher level ?2*”

**A** “See also pervious FAQ with regard to OOA. But to further confirm you will see that for NDP levels…. that earliest age group that is catered for NDP is 9-10 years in the year of the comp (age of gymnast @ 31st December 2018 must be 9 years old e.g. must be born in 2009)

Medal positions for age groups in NDP will be 1st, 2nd and 3rd for M and W as follows: -”



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**Q** “Are you able to advise if there will be a range and conditioning element to the NDP competition?”

**A** “No Range and Conditioning element included at this event - this is only a requirement of the regional prelims.”