

## Where to buy tickets

<http://www.barclaycardarena.co.uk/whats-on/trampoline-and-tumbling>

Ticket Price (discounts available online)

- £10 Adult per day
- £17.5 Adult weekend
- £7.50 Child per day

*(Includes admin fee & £0.80 facilities fee +£2.55 fulfilment fee)*

We advise you buy tickets in advance as the queue on the day can be very long (and slow moving).

## Address

Barclaycard Arena  
King Edwards Road  
Birmingham  
West Midlands  
B1 2AA

## Train options

<http://www.barclaycardarena.co.uk/getting-here>

The Barclaycard Arena has over 2,000 on-site pay and display car park spaces across our four car parks. Other nearby options are available, the closest being in Brindley place, which you can access via Sheepcote Street or Cambridge Street, just a quick walk from the Barclaycard Arena.

The Arena is a short walk from Birmingham New Street, Moor Street, Snow Hill and Five Ways train stations. Alternatively, each station is only few minutes away by Taxi.

## What to take in their bags etc.

- Team Kit - Female: London leotard + scrunchie, white socks, underwear that will be hidden under the leotard.
- Team Kit - Male: London leotard + white stirrups (TRA), London leotard + navy shorts (DMT), underwear that will be hidden under the leotard
- Any long hair should be tightly secured back in a bun with the scrunchie. If hair is not long enough to go into a bun it should be braided in French plaits.
- Spare white socks!
- DMT shoes - if they have them
- London team tracksuit (if purchased) or dark leggings/trousers, t-shirt and jumper. No onesies. You can purchase the team kit here: <https://www.elitegymwear.co.uk/london-regionalkit>. Discount code: LONDONELITE
- Water bottle
- Make sure that all kit is named so that the gymnast can easily recognise their own kit. Extra layers will be left in the warm-up hall, they will need to be able to find them after. (Katie lost her trousers last year!)
- Print the timetable, work plan and start lists prior to the event and bring this with them.
- Download BGScore app - can watch livestream and stay updated on scores

## What are the NDP Regional Team Finals/ NDP Semi-Finals?

The best ranked gymnasts from the London qualifying events have been selected to represent London at the NDP Regional Team Final. The event is an individual and team event. Gymnasts will attempt to qualify to the NDP National Finals, as well as contributing to the London team score.

## **Competition rules/qualification requirements**

### Trampoline Individual (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
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal

### DMT Individual (NDP levels 1-5)

- All gymnasts at NDP Levels 1-5 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 specified order and failure to do so will result in a zero score
- Incomplete routines (that which is different from the requirements) will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal

### DMT Individual (NDP level 6-7)

- All gymnasts at NDP Levels 6-7 will be required to perform: 1 x Compulsory Round 1 1 x Optional Round 2
- Pass one and pass two, in the compulsory round must be competed in the specified order and failure to do so will result in a zero score
- Gymnasts will perform 2 final passes of their choice which, when combined must equal or exceed the combined round DD of the compulsory passes.
- Repeat passes or skills will result in a loss of DD for that skill or pass.
- Failure to meet or exceed the combined round DD of the compulsory round , will result in a combined optional round DD score of zero.
- Incomplete routines (that which is different from the requirements) will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal

### Qualification to the NDP Final (Information below is subject to change)

The top 8 ranked gymnasts, per age group, per level, per gender will qualify to the NDP Final, providing the minimum execution score has been achieved at the Regional Team Final. Zero 'DNF' score routines will not be eligible to rank for the NDP Final.

- Minimum standards (TRA); NDP 1-7: 2 round execution score of 45.0
- Minimum standards (DMT); NDP 1-7: Combined Execution score of 54.4 per round

NDP National Final is in Telford on the 8th and 9th July.