

## British Gymnastics NDP – Silver Membership Requirement

|                   |   |  |                              |
|-------------------|---|--|------------------------------|
| <b>Discipline</b> |   |  |                              |
| <b>MAG</b>        | Level 1-6 Club Development Grades   | Level 1-6 National Elite Grades                          |                              |
| <b>WAG</b>        | NDP Club/Regional 6-1 (Previously known as Grades 14-9)                   | NDP National 4-1 (Previously known as Grades 8-5)        |                              |
|                   |   | Level 4 & 3 (9 & 10 for National Finals)                 | Level 2 (Age 11 or 12 years) |
| <b>RHY</b>        | Grades 4 – 10   |  |                              |
| <b>TRA</b>        | NDP 6, 7 & 8 / Elite Pathway  |  |                              |
| <b>SYN</b>        | NDP 6, 7 & 8 (TRA National Level)   |  |                              |
| <b>DMT</b>        | NDP 6, 7 & 8 / Elite Pathway  |  |                              |
| <b>ACRO</b>       | Grades 1 – 6 (Previously known as Regional Grades A & B and Grades 1 – 4) |  |                              |
| <b>TUM</b>        | All Levels (Previously known as Grades A – D)                             | Levels 1 – 7 and Elite (Previously known as Grade 1 – 4) |                              |
| <b>TEAM GYM</b>   | Levels 4 – 1  |  |                              |
| <b>AER</b>        | National Aerobic Code (NAC) & FIG Int. Code                               |  |                              |
| <b>Disability</b> | NDP/GRADES/Levels/British Championships                                   |  |                              |

Irrespective of the level or type of competition, if any of the above NDP programmes form the basis of the competition Silver Competitive Membership is the minimum required. A gymnast is required to hold a competitive (Silver) membership if taking part in a competitive discipline and following the prescribed competitive pathway for that discipline. Please note that the competitive pathway requires considerable investment which is in part a function of the numbers of competitive participants in the discipline.

**For competitions outside of this please refer to the individual competition rules to determine the required membership.**