

British Gymnastics – National Development Plan Competition Structure 2016 (CLUB NDP 1 > REGIONAL NDP 5)

- Within the NDP system, there is no 'qualification' needed within the grades, simply compete at the level most appropriate to your ability. You may try out two different levels in one season if you wish.
- If you achieve the minimum execution qualifying score at least once, you will qualify for the Regional Team Qualifier.
- 'Range and Conditioning' at NDP Levels 1 to 7 has been introduced for the Regional Team Qualifier. A 70% pass mark is required to qualify for the Regional Team Final/NDP Semi Final.

CLUB NDP 1		CLUB NDP 2		'REGIONAL' NDP 1	
1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set
2	Front Landing	2	½ Twist to Front Landing	2	Full Twist
3	To Feet	3	To Feet	3	Straddle Jump
4	Straddle Jump	4	Straddle Jump	4	½ Twist to Seat Landing
5	Seat Landing	5	Seat Landing	5	½ Twist to Feet
6	To Feet	6	½ Twist to Seat Landing	6	Pike Jump
7	½ Twist Jump	7	½ Twist to Feet	7	Back Landing
8	Pike Jump	8	Pike Jump	8	½ Twist to Feet
9	Back Landing	9	Back Landing	9	Tuck Jump
10	To Feet	10	½ Twist to Feet	10	Front s/s (Tucked)

'REGIONAL' NDP 2		'REGIONAL' NDP 3		INFORMATION	
1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set	Compulsory routine is performed twice. Incomplete routines will result in a zero score. Age Groups in NDP 1-3: 9-10, 11-12, 13+ A bonus of 0.2 per judge will be awarded if the pre-routine jumps are performed with an arm set This bonus score will not count towards a qualification score. 42.0 req'd to qualify to Reg. Team Finals 45.0 req'd to qualify to NDP Reg. Team & Semi 45.0 req'd to qualify to NDP National Final	
2	Back s/s (Tucked)	2	Back s/s (Tucked)		
3	Straddle Jump	3	Straddle Jump		
4	½ Twist to Seat Landing	4	Barani (Tucked)		
5	½ Twist to Feet	5	Tuck Jump		
6	Pike Jump	6	Back s/s (Tucked) to Seat Landing		
7	Back Landing	7	½ Twist to Feet		
8	½ Twist to Feet	8	Pike Jump		
9	Tuck Jump	9	½ Twist to Front Landing		
10	Front s/s (Piked)	10	To Feet		

'REGIONAL' NDP 4 'A'		'REGIONAL' NDP 4 'B'		INFORMATION	
1	6 x Jumps - Arm Set	1	Back s/s (Straight)	Routine 'A' and 'B' are performed once each. Incomplete routines will result in a zero score. Age Groups in NDP 4: 9-10, 11-12, 13+ A bonus of 0.2 per judge will be awarded if the pre-routine jumps are performed with an arm set in compulsory routine 'A'. This bonus score will not count towards a qualification score. 42.0 req'd to qualify to Reg. Team Finals 45.0 req'd to qualify to NDP Reg. Team & Semi 45.0 req'd to qualify to NDP National Final	
2	Back s/s (Piked)	2	Straddle Jump		
3	Straddle Jump	3	Back s/s (Piked)		
4	Barani (Piked)	4	Barani (Piked)		
5	½ Twist Jump	5	½ Twist Jump		
6	Tuck Jump	6	Tuck Jump		
7	Barani (Tucked)	7	Barani (Tucked)		
8	Back s/s (Tucked)	8	Back s/s (Tucked)		
9	Pike Jump	9	Pike Jump		
10	Front s/s (Piked)	10	Front s/s (Piked)		

'REGIONAL' NDP 5 'A'		'REGIONAL' NDP 5 'B'		INFORMATION	
1	Back s/s (Straight)	1	¾ Back s/s (Straight)	Routine 'A' and 'B' are performed once each. Incomplete routines will result in a zero score. Age Groups in NDP 5: 9-10, 11-12, 13-14, 15+ Voluntary routine in National NDP Final Only. (Maximum tariff of 1.0 per skill) 42.0 req'd to qualify to Reg. Team Finals 45.0 req'd to qualify to NDP Reg. Team & Semi 45.0 req'd to qualify to NDP National Final	
2	Straddle Jump	2	To feet * (*Cody = bonus 0.3)		
3	Back s/s (Piked)	3	Straddle Jump		
4	Barani (Piked)	4	Back s/s (Piked)		
5	½ Twist Jump	5	Barani (Piked)		
6	Tuck Jump	6	Tuck Jump		
7	Barani (Tucked)	7	Barani (Tucked)		
8	Back s/s (Tucked)	8	Back s/s (Tucked)		
9	Pike Jump	9	¾ Front s/s (Straight)		
10	Front s/s (Piked)	10	Ballout Barani (Tucked)		

RANGE & CONDITIONING
NDP Levels 1-7, All Age Groups
Forward Roll to Dish Shape (SL) - hold for 2 seconds
4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
Back Support – hold for 2 seconds
Straddle Fold – hold for 2 seconds
Pike Fold – hold for 2 seconds
Left Splits, Right Splits
Back Arch – hold for 2 seconds
Press up to Front Support – hold for 2 seconds
Burpee to Stand & vertical jump
Standing Shoulder Flexibility – hold for 2 seconds

British Gymnastics – National Development Plan Competition Structure 2016 (REGIONAL NDP 6 > NATIONAL NDP 8)

Within the NDP system, there is no 'qualification' needed within the grades, simply compete at the level most appropriate to your ability. You may try out two different levels in one season if you wish.

- If you achieve the minimum execution qualifying score at least once, you will qualify for the Regional Team Qualifier.

'REGIONAL' NDP 6 'A'		'REGIONAL' NDP 6 'B'		INFORMATION
1	Back s/s (Straight)	1	¾ Back s/s (Straight)	Routine 'A' and 'B' are performed once each. Incomplete routines will result in a zero score. Age Groups in NDP 6: 9-12, 13-14, 15-16, 17+ Voluntary routine in National NDP Final only with a maximum of one body landing. (Maximum tariff of 1.3 per skill) 42.0 req'd to qualify to Reg. Team Finals 45.0 req'd to qualify to NDP Reg. Team & Semi 45.0 req'd to qualify to NDP National Final
2	Barani (Straight)	2	Cody (Tucked)	
3	Straddle Jump	3	Straddle Jump	
4	Back s/s (Piked)	4	Back s/s (Straight)	
5	Barani (Piked)	5	Barani (Straight)	
6	Tuck Jump	6	Full Twisting Back s/s (Straight)	
7	Barani (Tucked)	7	Barani (Tucked)	
8	Back s/s (Tucked)	8	Back s/s (Tucked)	
9	¾ Front s/s (Straight)	9	¾ Front s/s (Straight)	
10	Ballout Barani (Tucked)	10	Ballout Barani (Tucked)	

'REGIONAL' NDP 7 'A'		'REGIONAL' NDP 7 'B'		INFORMATION
1	¾ Front s/s (Straight)	1	½ Twist to ¾ Front s/s (Straight)	Routine 'A' and 'B' are performed once each. Incomplete routines will result in a zero score. Age Groups in NDP 7: 11-14, 15-16, 17+ Voluntary routine in National NDP Final only with a maximum of one body landing. (No maximum tariff) 42.0 req'd to qualify to Reg. Team Finals 45.0 req'd to qualify to NDP Reg. Team & Semi 45.0 req'd to qualify to NDP National Final
2	Ballout Barani (Tucked)	2	Ballout Barani (Tucked)	
3	Straddle Jump	3	Back s/s (Tucked)	
4	Barani (Tucked)	4	Barani (Tucked)	
5	Back s/s (Tucked)	5	Back s/s (Piked)	
6	Barani (Piked)	6	Rudi (Straight)	
7	Back s/s (Piked)	7	Straddle Jump	
8	Barani (Straight)	8	Back s/s (Straight)	
9	Back s/s (Straight)	9	Barani (Straight)	
10	Full Twisting Back s/s (Straight)	10	Full Twisting Back s/s (Straight)	

RANGE & CONDITIONING
NDP Levels 1-7, All Age Groups
Forward Roll to Dish Shape (SL) - hold for 2 seconds
4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
Back Support – hold for 2 seconds
Straddle Fold – hold for 2 seconds
Pike Fold – hold for 2 seconds
Left Splits, Right Splits
Back Arch – hold for 2 seconds
Press up to Front Support – hold for 2 seconds
Burpee to Stand & vertical jump
Standing Shoulder Flexibility – hold for 2 seconds

NATIONAL 'Spring Event Series'

NDP 8 (15-16 Years) – 'A'	NDP 8 (15-16 Years) 'B'	INFORMATION
1 ½ Twist to ¾ Front s/s (Straight) 2 Ballout Barani (Tucked) 3 Back s/s (Tucked) 4 Barani (Tucked) 5 Full Twisting Back s/s (Straight) 6 Back s/s (Piked) 7 Rudi (Straight) 8 Back s/s (Straight) 9 Barani (Straight) 10 Double back (Tucked)	10 different elements with only one of less than 270° s/s rotation to include: - Full Twisting Back s/s - Rudi or Rudi Ballout - One s/s landing on back or front	Routine 'A' and 'B' are performed once each plus one voluntary routine (one body landing). Incomplete routines will result in a zero score. Time of Flight <u>will</u> be included. Minimum tariff for voluntary routine: Male 9.5, Female 8.0 Minimum standard to qualify for NDP National Final is <u>70.5</u> Routine 'A' – 23.5 Routine 'B' – 23.5 Voluntary – 22.0 Tariff – 9.5 (M), 8.0 (F)

NDP 8 (17-18 Years) – 'A'	NDP 8 (17-18 Years) 'B'	INFORMATION
1 Half Out (Piked) 2 Back s/s (Piked) 3 Barani (Piked) 4 Full Twisting Back s/s (Straight) 5 Barani (Straight) 6 Back s/s (Straight) 7 Back s/s (Piked) 8 Barani (Tucked) 9 Back s/s (Tucked) 10 Double back (Piked)	10 different elements with only one of less than 270° s/s rotation to include: - One s/s landing on front or back - One s/s from front or back - One double s/s with/out twist - One s/s of at least 360° rotation with minimum 540° twist	Routine 'A' and 'B' are performed once each plus one voluntary routine (one body landing). Incomplete routines will result in a zero score. Time of Flight <u>will</u> be included. Minimum tariff for voluntary routine: Male 10.0, Female 8.5 Minimum standard to qualify for NDP National Final is <u>70.5</u> Routine 'A' – 23.5 Routine 'B' – 23.5 Voluntary – 22.0 Tariff – 10.0 (M), 8.5 (F)

For NDP 8 Age Groups '9-10', '11-12', '13-14' & '19+', please see the National Development Plan document