

British Gymnastics – National Development Plan (NDP) Competition Structure 2019

- 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 various different levels in one season if you wish, but whatever level is competed at the Regional NDP Final, must be maintained for the rest of the competition season.
- If you achieve the minimum execution qualifying score at least once, you will qualify for the Regional NDP Final.
- 'Range and Conditioning' will be assessed at the Regional NDP Final. A 70% pass mark is required to qualify for the NDP Regional Team Final.
- 'Club' Level routines are intended mainly for training and progression. Although regions may choose to run club-level groups at NDP competitions, note that these will not be run at the Regional NDP Final or Regional Team Final.

CLUB Level 1		CLUB Level 2		NDP 1-6 INFORMATION							
1	Front Landing	1	½ Twist to Front Landing	NDP 1-6 INFORMATION Must compete routines A & B Incomplete routines will result in a zero score. Age Groups in NDPs 1-4: 7-8*, 9-10, 11-12, 13+ Age Groups in NDP5: 9-10, 11-12, 13-14, 15+ Age Groups in NDP6: 11-14, 15-16, 17+ Minimum two-round score needed to qualify to Regional NDP Final is <u>46.0</u> Minimum two-round score needed to qualify to NDP Regional Team Final is <u>48.0</u>							
2	To Feet	2	To Feet								
3	Straddle Jump	3	Straddle Jump								
4	Seat Landing	4	Seat Landing								
5	To Feet	5	½ Twist to Seat Landing								
6	½ Twist Jump	6	½ Twist to Feet								
7	Tuck Jump	7	Tuck Jump								
8	Pike Jump	8	Pike Jump								
9	Back Landing	9	Back Landing								
10	To Feet	10	½ Twist to Feet								
CLUB Level 3		NDP1 A		NDP1 B		NDP2 A		NDP2 B		NDP3 A	
1	Full Twist	1	Back s/s (Tucked)	1	Back s/s (Tucked)	1	Back s/s (Tucked)	1	Back s/s (Tucked)	1	Back s/s (Tucked)
2	Straddle Jump	2	Straddle Jump	2	Straddle Jump	2	Straddle Jump	2	Straddle Jump	2	Straddle Jump
3	½ Twist to Seat Landing	3	½ Twist to Seat Landing	3	½ Twist to Seat Landing	3	½ Twist to Seat Landing	3	Barani (Tucked)	3	Barani (Tucked)
4	½ Twist to Feet	4	½ Twist to Feet	4	½ Twist to Feet	4	½ Twist to Feet	4	Tuck Jump	4	Tuck Jump
5	½ Twist Jump	5	½ Twist Jump	5	½ Twist Jump	5	½ Twist Jump	5	Back s/s (Tucked) to Seat Landing	5	Back s/s (Tucked) to Seat Landing
6	Pike Jump	6	Pike Jump	6	Pike Jump	6	Pike Jump	6	½ Twist to Feet	6	½ Twist to Feet
7	Back Landing	7	Back Landing	7	Back Landing	7	Back Landing	7	½ Twist Jump	7	½ Twist Jump
8	½ Twist to Feet	8	½ Twist to Feet	8	½ Twist to Feet	8	½ Twist to Feet	8	Pike Jump	8	Pike Jump
9	Tuck Jump	9	Tuck Jump	9	Tuck Jump	9	Tuck Jump	9	½ Twist to Front Landing	9	½ Twist to Front Landing
10	Front s/s (Tucked)	10	Front s/s (Piked)	10	Front s/s (Piked)	10	Front s/s (Piked)	10	To Feet	10	To Feet
NDP3 B		NDP4 A		NDP4 B		NDP5 A		NDP5 Routine B			
1	Back s/s (Straight)	1	Back s/s (Straight)	1	Back s/s (Straight)	1	¾ Back s/s (Straight legs)	1	¾ Back s/s (Straight legs)		
2	Straddle Jump	2	Straddle Jump	2	Straddle Jump	2	To feet (or Cody = bonus +0.3)	2	To feet (or Cody = bonus +0.3)		
3	Back s/s (Tucked)	3	Back s/s (Tucked)	3	Back s/s (Piked)	3	Straddle Jump	3	Straddle Jump		
4	Barani (Tucked)	4	Barani (Tucked)	4	Barani (Piked)	4	Back s/s (Piked)	4	Back s/s (Piked)		
5	½ Twist Jump	5	½ Twist Jump	5	½ Twist Jump	5	Barani (Piked)	5	Barani (Piked)		
6	Tuck Jump	6	Tuck Jump	6	Tuck Jump	6	Tuck Jump	6	Tuck Jump		
7	Back s/s (Tucked) to Seat Landing	7	Barani (Tucked)	7	Barani (Tucked)	7	Barani (Tucked)	7	Barani (Tucked)		
8	½ Twist to Feet	8	Back s/s (Tucked)	8	Back s/s (Tucked)	8	Back s/s (Tucked)	8	Back s/s (Tucked)		
9	Pike Jump	9	Pike Jump	9	Pike Jump	9	¾ Front s/s (Straight)	9	¾ Front s/s (Straight)		
10	Front s/s (Piked)	10	Front s/s (Piked)	10	Front s/s (Piked)	10	½ twist to feet (or Ballout Barani (T) +0.3)	10	½ twist to feet (or Ballout Barani (T) +0.3)		
NDP6 Routine A		NDP6 Routine B		NDP5&6 FINALS INFO.							
1	Back s/s (Straight)	1	¾ Back s/s (Straight)	NDP5&6 FINALS INFO. At the NDP National Final, gymnasts will perform Routine B only, plus a Voluntary (except age 9-10) Only 1 body landing is allowed in the VOL NDP5, difficulty capped at 1.1 per element. NDP6, difficulty capped at 1.3 per element for 11-12, and 1.5 per element for 13+							
2	Barani (Straight)	2	Cody (Tucked)								
3	Straddle Jump	3	Straddle Jump								
4	Back s/s (Piked)	4	Barani (Piked)								
5	Barani (Piked)	5	Back s/s (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)								

RANGE & CONDITIONING	
NDP Levels 1-6, 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 Long Stand with arms overhead	
Standing Shoulder Flexibility – hold for 2 seconds	

[Click here to see a video of this Range and Conditioning Routine being demonstrated](#)

Spring Event Series – FIG Development Level

9-10 yrs – ‘Set A’		9-10 yrs – ‘Set B’	INFORMATION
1	Back s/s (S)	1	<p>Must compete A & B Routines. Time of Flight IS included. Incomplete or incorrect routines will receive a zero score and will not rank or receive a medal.</p> <p>After the 2 qualifying rounds, EIGHT places will be ranked and awarded for the NDP National Final, requiring a minimum execution score of 15.4 per routine.</p>
2	Barani (S)	2	
3	Straddle Jump	3	
4	Back s/s (P)	4	
5	Barani (P)	5	
6	Tuck Jump	6	
7	Barani (T)	7	
8	Back s/s (T)	8	
9	Pike Jump	9	
10	Front s/s (P)	10	

11-12 yrs – 1 st ‘Set’		11-12 yrs – 2 nd ‘WAGC’	INFORMATION
1	¾ Front s/s (S)	<p>The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. To include:</p> <ol style="list-style-type: none"> One element landing on the front of the body One element landing on the back of the body 	<p>Must compete A & B Routines <u>± a VOL</u>. VOL can only have 1 body landing, DD capped at 1.5 per element. No triples. Time of Flight IS included. Incomplete or incorrect routines will receive a zero score and will not rank or receive a medal.</p> <p>After the 2 qualifying rounds, EIGHT places will be ranked and awarded for the NDP National Final, requiring a minimum execution score of 15.4 for 1st & 2nd routines, 14.7 for the VOL.</p>
2	Ballout Barani (T)		
3	Straddle Jump		
4	Barani (T)		
5	Back s/s (T)		
6	Barani (P)		
7	Back s/s (P)		
8	Barani (S)		
9	Back s/s (S)		
10	Full Twisting Back s/s (S)		

13-14 yrs – 1 st ‘Set’		13-14 yrs – 2 nd ‘WAGC’	INFORMATION
1	½ Twist to ¾ Front s/s (S)	<p>The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. To include:</p> <ol style="list-style-type: none"> Full back somersault One element landing on the front of the body One element landing on the back of the body. 	<p>Must compete A & B Routines <u>± a VOL</u>. VOL can only have 1 body landing, DD capped at 1.7 per element. No quads. Minimum DD, Male 7.8, Female 7.1 Time of Flight IS included. Incomplete or incorrect routines will receive a zero score and will not rank or receive a medal.</p> <p>After the 2 qualifying rounds, EIGHT places will be ranked and awarded for the NDP National Final, requiring a minimum execution score of 15.7 for 1st & 2nd routines, 14.7 for the VOL.</p>
2	Ballout Barani (T)		
3	Back s/s (T)		
4	Barani (T)		
5	Back s/s (P)		
6	Rudi (S)		
7	Straddle Jump		
8	Back s/s (S)		
9	Barani (S)		
10	Full Twisting Back s/s (S)		

15-16 yrs – 1 st ‘WAGC’		15-16 yrs – 2 nd ‘VOL’	INFORMATION
<p>The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. To include:</p> <ol style="list-style-type: none"> Full back somersault Rudi or Rudi Ballout One element either landing on the back or front of the body 		<p>Maximum 1 body landing. Difficulty capped at 1.8 per element. No quadruple somersaults. Minimum degree of difficulty: Male – 8.8 Female – 7.8</p>	<p>Must compete 1st routine + a VOL. Time of Flight IS included. Incomplete or incorrect routines will receive a zero score and will not rank or receive a medal.</p> <p>After the 2 qualifying rounds, EIGHT places will be ranked and awarded for the NDP National Final, requiring a minimum execution score of 15.7 for 1st routine, 14.7 for the VOL.</p>

17+ yrs – 1 st ‘WAGC’		17+ yrs – 2 nd ‘VOL’	INFORMATION
<p>The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. To include:</p> <ol style="list-style-type: none"> One element <u>to</u> front or back One element <u>from</u> front or back - in combination with requirement No. 1 One double front or back somersault with or without twist One element with a minimum of 540° of twist and minimum of 360° somersault rotation 		<p>Maximum 1 body landing. Difficulty capped at 1.8 per element. No quadruple somersaults. Minimum degree of difficulty: Male – 9.8 Female – 8.3</p>	<p>Must compete 1st routine + a VOL. Time of Flight IS included. Incomplete or incorrect routines will receive a zero score and will not rank or receive a medal.</p> <p>After the 2 qualifying rounds, EIGHT places will be ranked and awarded for the NDP National Final, requiring a minimum execution score of 15.7 for 1st routine, 14.7 for the VOL.</p>