

British Gymnastics – National Development Plan (NDP) Competition Structure 2020

- 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 / Regional Team Final.

CLUB Level 1	CLUB Level 2	NDP 1-6 INFORMATION					
1 Front Landing 2 To Feet 3 Straddle Jump 4 Seat Landing 5 To Feet 6 ½ Twist Jump 7 Tuck Jump 8 Pike Jump 9 Back Landing 10 To Feet	1 ½ Twist to Front Landing 2 To Feet 3 Straddle Jump 4 Seat Landing 5 ½ Twist to Seat Landing 6 ½ Twist to Feet 7 Tuck Jump 8 Pike Jump 9 Back Landing 10 ½ Twist to Feet	Must compete routines A & B Incomplete routines will result in a zero score. Ages in Club 1-3: 7-8, 9-10, 11-12, 13+ Ages in NDP 1-4: 7-8*, 9-10, 11-12, 13-17, 18+* Ages in NDP5: 9-10, 11-12, 13-14, 15-21, 22+* Ages in NDP6: 11-12, 13-14, 15-21, 22+* 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>					
CLUB Level 3	NDP1 A	NDP1 B	NDP2 A	NDP2 B	NDP3 A		
1 Full Twist 2 Straddle Jump 3 ½ Twist to Seat Landing 4 ½ Twist to Feet 5 ½ Twist Jump 6 Pike Jump 7 Back Landing 8 ½ Twist to Feet 9 Tuck Jump 10 Front s/s (Tucked)	1 Back s/s (Tucked) 2 Straddle Jump 3 ½ Twist to Seat Landing 4 ½ Twist to Feet 5 ½ Twist Jump 6 Pike Jump 7 Back Landing 8 ½ Twist to Feet 9 Tuck Jump 10 Front s/s (Piked)	1 Back s/s (Tucked) 2 Straddle Jump 3 Barani (Tucked) 4 Tuck Jump 5 Back s/s (Tucked) to Seat Landing 6 ½ Twist to Feet 7 ½ Twist Jump 8 Pike Jump 9 ½ Twist to Front Landing 10 To Feet	1 Back s/s (Straight) 2 Straddle Jump 3 Back s/s (Tucked) 4 Barani (Tucked) 5 ½ Twist Jump 6 Tuck Jump 7 Back s/s (Tucked) to Seat Landing 8 ½ Twist to Feet 9 Pike Jump 10 Front s/s (Piked)	1 Back s/s (Straight) 2 Straddle Jump 3 Back s/s (Piked) 4 Barani (Piked) 5 ½ Twist Jump 6 Tuck Jump 7 Barani (Tucked) 8 Back s/s (Tucked) 9 Pike Jump 10 Front s/s (Piked)	1 Back s/s (Straight) 2 Barani (Straight) 3 Straddle Jump 4 Back s/s (Piked) 5 Barani (Piked) 6 Tuck Jump 7 Barani (Tucked) 8 Back s/s (Tucked) 9 ¾ Front s/s (Straight) 10 ½ Twist to feet OR Ballout Barani (Tucked)		
NDP3 B	NDP4 A	NDP4 B	NDP5 A	NDP5 Routine B	NDP6 Routine A	NDP6 Routine B	NDP FINALS INFO.
1 Back s/s (Straight) 2 Straddle Jump 3 Back s/s (Tucked) 4 Barani (Tucked) 5 ½ Twist Jump 6 Tuck Jump 7 Back s/s (Tucked) to Seat Landing 8 ½ Twist to Feet 9 Pike Jump 10 Front s/s (Piked)	1 Back s/s (Straight) 2 Straddle Jump 3 Back s/s (Piked) 4 Barani (Piked) 5 ½ Twist Jump 6 Tuck Jump 7 Barani (Tucked) 8 Back s/s (Tucked) 9 Pike Jump 10 Front s/s (Piked)	1 Back s/s (Straight) 2 Straddle Jump 3 Back s/s (Piked) 4 Barani (Piked) 5 ½ Twist Jump 6 Tuck Jump 7 Barani (Tucked) 8 Back s/s (Tucked) 9 Pike Jump 10 Front s/s (Piked)	1 Back s/s (Straight) 2 Straddle Jump 3 Back s/s (Piked) 4 Barani (Piked) 5 ½ Twist Jump 6 Tuck Jump 7 Barani (Tucked) 8 Back s/s (Tucked) 9 Pike Jump 10 Front s/s (Piked)	1 Back s/s (Straight) 2 Barani (Straight) 3 Straddle Jump 4 Back s/s (Piked) 5 Barani (Piked) 6 Tuck Jump 7 Barani (Tucked) 8 Back s/s (Tucked) 9 ¾ Front s/s (Straight) 10 ½ Twist to feet OR Ballout Barani (Tucked)	1 Back s/s (Straight) 2 Barani (Straight) 3 Straddle Jump 4 Back s/s (Piked) 5 Barani (Piked) 6 Tuck Jump 7 Barani (Tucked) 8 Back s/s (Tucked) 9 ¾ Front s/s (Straight) 10 Ballout Barani (Tucked)	1 ¾ Back s/s (Straight) 2 Cody (Tucked) 3 Straddle Jump 4 Barani (Piked) 5 Back s/s (Straight) 6 Full Twisting Back s/s (Straight) 7 Barani (Tucked) 8 Back s/s (Tucked) 9 ¾ Front s/s (Straight) 10 Ballout Barani (Tucked)	At NDP 1-4 & NDP 5 (Age 9-10), routines A & B will be performed, time of flight will be included. At NDP 5&6, gymnasts perform Routine B only, plus a voluntary, time of flight will be included. Only 1 body landing is allowed in the VOL NDP5, difficulty capped at 1.0 per skill (11-12) 1.1 per skill (13-14) & 1.3 per skill (15-21) NDP6, difficulty capped at 1.1 per skill (11-12) 1.3 per skill (13-14) & 1.5 per skill (15-21) Triple somersaults are prohibited.

Age groups denoted with * are not eligible to progress to NDP Individual and Team Final

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