

Club Development Plan (CDP) - CLUB

Club Development Grades Compulsory 1		Club Development Grades Compulsory 2	
1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set
2	Front Landing	2	½ Twist to Front Landing
3	To Feet	3	To Feet
4	Straddle Jump	4	Straddle Jump
5	Seat Landing	5	Seat Landing
6	To Feet	6	½ Twist to Seat Landing
7	½ Twist Jump	7	½ Twist to Feet
8	Pike Jump	8	Pike Jump
9	Back Landing	9	Back Landing
10	To Feet	10	½ Twist to Feet

National Development Plan (NDP) - CLUB

NDP LEVEL 1 All Age Groups Compulsory		NDP LEVEL 2 All Age Groups Compulsory	
1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set
2	Full Twist	2	Back s/s (T)
3	Straddle Jump	3	Straddle Jump
4	½ Twist to Seat Landing	4	½ Twist to Seat Landing
5	½ Twist to Feet	5	½ Twist to Feet
6	Pike Jump	6	Pike Jump
7	Back Landing	7	Back Landing
8	½ Twist to Feet	8	½ Twist to Feet
9	Tuck Jump	9	Tuck Jump
10	Front s/s (T)	10	Front s/s (P)

National Development Plan (NDP) - REGIONAL

NDP LEVEL 3		NDP LEVEL 4		NDP LEVEL 5		NDP LEVEL 6		NDP LEVEL 6	
All Age Groups		All Age Groups		All Age Groups		9-10yrs / 11-12yrs / 13-14yrs		15-16yrs / 17+yrs	
Compulsory		Compulsory		Compulsory		Compulsory		Compulsory	
Individual & Synchronised	Individual & Synchronised	Individual & Synchronised	Individual & Synchronised	Individual & Synchronised	Individual & Synchronised	Individual & Synchronised	Individual & Synchronised	Individual & Synchronised	Individual & Synchronised
1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set	1	Back s/s (S)	1	Back s/s (S)	1	Back s/s (S)
2	Back s/s (T)	2	Back s/s (P)	2	Straddle Jump	2	Barani (S)	2	Barani (S)
3	Straddle Jump	3	Straddle Jump	3	Back s/s (P)	3	Straddle Jump	3	Straddle Jump
4	Barani (T)	4	Barani (P)	4	Barani (P)	4	Back s/s (P)	4	Back s/s (P)
5	Tuck Jump	5	½ Twist Jump	5	½ Twist Jump	5	Barani (P)	5	Barani (P)
6	Back s/s (T) to Seat Landing	6	Tuck Jump	6	Tuck Jump	6	Tuck Jump	6	Tuck Jump
7	½ Twist to Feet	7	Barani (T)	7	Barani (T)	7	Barani (T)	7	Barani (T)
8	Pike Jump	8	Back s/s (T)	8	Back s/s (T)	8	Back s/s (T)	8	Back s/s (T)
9	½ Twist to Front Landing	9	Pike Jump	9	Pike jump	9	Pike Jump	9	3/4 Front s/s (S)
10	To Feet	10	Front s/s (P)	10	Front s/s (P)	10	Front s/s (P)	10	Ballout Barani (T)

National Development Plan (NDP) - ZONAL

NDP LEVEL 7		NDP LEVEL 7		NDP LEVEL 7	
9-10yrs		11-12yrs		13-14yrs / 15-16yrs / 17+yrs	
Compulsory		Compulsory		Compulsory	
Individual & Synchronised	Individual & Synchronised	Individual & Synchronised	Individual & Synchronised	Individual & Synchronised	Individual & Synchronised
1	Back s/s (S)	1	¾ Back s/s (SL)	1	¾ Front s/s (S)
2	Barani (S)	2	To feet * (*Cody (T) bonus 0.3)	2	Ballout Barani (T)
3	Straddle Jump	3	Straddle Jump	3	Straddle Jump
4	Back s/s (P)	4	Back s/s (P)	4	Barani (T)
5	Barani (P)	5	Barani (P)	5	Back s/s (T)
6	Tuck Jump	6	Tuck Jump	6	Barani (P)
7	Barani (T)	7	Barani (T)	7	Back s/s (P)
8	Back s/s (T)	8	Back s/s (T)	8	Barani (S)
9	Pike Jump	9	¾ Front s/s (S)	9	Back s/s (S)
10	Front s/s (P)	10	Ballout Barani (T)	10	Full Twisting Back s/s (S)

National Development Plan (NDP) - ZONAL

NDP LEVEL 8 9-10yrs Compulsory Individual		NDP LEVEL 8 11-12yrs Compulsory Individual		NDP LEVEL 8 13-14yrs Compulsory Individual		NDP LEVEL 8 15-16yrs Compulsory Individual		NDP LEVEL 8 17-18yrs & 19yrs + Compulsory Individual	
1	Back s/s (S)	1	¾ Front s/s (S)	1	½ Twist to ¾ Front s/s (S)	1	½ Twist to ¾ Front s/s (S)	1	Half Out (P)
2	Barani (S)	2	Ballout Barani (T)	2	Ballout Barani (T)	2	Ballout Barani (T)	2	Back s/s (P)
3	Straddle Jump	3	Straddle Jump	3	Back s/s (T)	3	Back s/s (T)	3	Barani (P)
4	Back s/s (P)	4	Barani (T)	4	Barani (T)	4	Barani (T)	4	Full Twisting Back s/s (S)
5	Barani (P)	5	Back s/s (T)	5	Back s/s (P)	5	Full Twisting Back s/s (S)	5	Barani (S)
6	Tuck Jump	6	Barani (P)	6	Rudi (S)	6	Back s/s (P)	6	Back s/s (S)
7	Barani (T)	7	Back s/s (P)	7	Straddle Jump	7	Rudi (S)	7	Barani (T)
8	Back s/s (T)	8	Barani (S)	8	Back s/s (S)	8	Back s/s (S)	8	Back s/s (T)
9	Pike Jump	9	Back s/s (S)	9	Barani (S)	9	Barani (S)	9	Half Out (T)
10	Front s/s (P)	10	Full Twisting Back s/s (S)	10	Full Twisting Back s/s (S)	10	Double Back s/s (T)	10	Double Back s/s (P)

9-10 Years FIG WAGC Development Individual & Synchronised		11-12 Years FIG WAGC Individual & Synchronised		13-14 Years FIG WAGC Individual & Synchronised		15-16 Years FIG WAGC Individual & Synchronised		17-18 Years FIG WAGC Individual & Synchronised		Senior FIG A Individual & Synchronised	
1	¾ Back s/s (SL)	The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element landing on the front of the body 2. One element landing on the back of the body		The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. Full (back somersault with 1/1 twist) 2. One element landing on the front of the body 3. One element landing on the back of the body.		The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. Full (back somersault with 1/1 twist) 2. Rudi or Rudi Ballout (front somersault or ¼ from back, with 1½ twist) 3. One element either landing on the back or front of the body		The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element to front or back 2. One element from front or back - in combination with requirement No. 1 3. One double front or back somersault with or without twist 4. One element with a minimum of 540° of twist and minimum of 360° somersault rotation		The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Two elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine. None of these two elements may be repeated in the voluntary. Voluntary: No restrictions but if either of the two asterisked moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine	
2	To feet * (*Cody (T) bonus 0.3)										
3	Straddle Jump										
4	Back s/s (P)										
5	Barani (P)										
6	Tuck Jump										
7	Barani (T)										
8	Back s/s (T)										
9	¾ Front s/s (S)										
10	Ballout Barani (T)										

There is a maximum of 2 body landings allowed in the voluntary routine (all ages groups)

Elite pathway (EP) - NATIONAL

ELITE 9-10yrs Compulsory		ELITE 11-12yrs Compulsory		ELITE 13-14yrs Compulsory		ELITE 15-16yrs Compulsory		ELITE 17-18yrs & 19yrs + Compulsory	
1	Back s/s (S)	1	¼ Front s/s (S)	1	½ Twist to ¼ Front s/s (S)	1	½ Twist to ¼ Front s/s (S)	1	Half Out (P)
2	Barani (S)	2	Ballout Barani (T)	2	Ballout Barani (T)	2	Ballout Barani (T)	2	Back s/s (P)
3	Straddle Jump	3	Straddle Jump	3	Back s/s (T)	3	Back s/s (T)	3	Barani (P)
4	Back s/s (P)	4	Barani (T)	4	Barani (T)	4	Barani (T)	4	Full Twisting Back s/s (S)
5	Barani (P)	5	Back s/s (T)	5	Back s/s (P)	5	Full Twisting Back s/s	5	Barani (S)
6	Tuck Jump	6	Barani (P)	6	Rudi (S)	6	Back s/s (P)	6	Back s/s (S)
7	Barani (T)	7	Back s/s (P)	7	Straddle Jump	7	Rudi (S)	7	Barani (T)
8	Back s/s (T)	8	Barani (S)	8	Back s/s (S)	8	Back s/s (S)	8	Back s/s (T)
9	Pike Jump	9	Back s/s (S)	9	Barani (S)	9	Barani (S)	9	Half Out (T)
10	Front s/s (P)	10	Full Twisting Back s/s (S)	10	Full Twisting Back s/s (S)	10	½ in ½ Out (T)	10	Double Back s/s (S)

9-10 Years FIG WAGC Development Individual & Synchronised		11-12 Years FIG WAGC Individual & Synchronised		13-14 Years FIG WAGC Individual & Synchronised		15-16 Years FIG WAGC Individual & Synchronised		17-18 Years FIG WAGC Individual & Synchronised		Senior FIG A Individual & Synchronised	
1	¼ Back s/s (SL)	The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element landing on the front of the body 2. One element landing on the back of the body	The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. Full (back somersault with 1/1 twist) 2. One element landing on the front of the body 3. One element landing on the back of the body.	The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. Full (back somersault with 1/1 twist) 2. Rudi or Rudi Ballout (front somersault or ¼ from back, with 1½ twist) 3. One element either landing on the back or front of the body	The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element to front or back 2. One element from front or back - in combination with requirement No. 1 3. One double front or back somersault with or without twist 4. One element with a minimum of 540° of twist and minimum of 360° somersault rotation	The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Two elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine. None of these two elements may be repeated in the voluntary. Voluntary: No restrictions but if either of the two asterisk moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine					
2	To feet * (*Cody (T) bonus 0.3)										
3	Straddle Jump										
4	Back s/s (P)										
5	Barani (P)										
6	Tuck Jump										
7	Barani (T)										
8	Back s/s (T)										
9	¾ Front s/s (S)										
10	Ballout Barani (T)										

There is a maximum of 1 body landing allowed in the voluntary routine (all ages groups)

**MINIMUM DEGREE OF DIFFICULTY
INDIVIDUAL**

AGE BANDING	Elite Pathway	NDP Level 8	NDP Level 7
9-10yrs girls	6.5*	5.5	4.5
11-12yrs girls	7.5	6.5	5.5
13-14yrs girls	8.3	7.3	6.3
15-16yrs girls	9.0	8.0	7.0
17-18yrs girls	9.5	8.5	7.5
19+ girls		1.9/9.5	7.5
SENIOR British Championship FEMALE	2.1/12.0		
9-10yrs boys	6.5*	5.5	4.5
11-12yrs boys	7.5	6.5	5.5
13-14yrs boys	9.5	8.0	7.0
15-16 boys	11.0	9.5	8.0
17-18yrs boys	11.5	10.0	8.5
19+ boys		2.1/11.0	8.5
SENIOR British Championship MALE	2.3/14.0		

The Elite Pathway is statistically based on the results of the World Age Groups (2009 - 11) representing the average Degree of Difficulty minus a fixed amount.

Adjustments have been made to ensure the Minimum Degree of Difficulty remains progressive across all age bandings.

* To compete in the Elite Pathway, gymnasts must be a minimum of 10 years of age (in the year of competition).

BRITISH CHAMPIONSHIPS & NDP FINALS**MINIMUM EXECUTION SCORES (Individual)****Compulsory Routines, WAGC Routines & FIG A Routines**

AGE BANDING	Elite Pathway	NDP Level 8	NDP Level 7
9-10 yrs (Male & Female)	24.0	23.5	23.0
11-12 yrs (Male & Female)	24.0	23.5	23.0
13-14 yrs (Male & Female)	24.5	24.0	23.5
15-16 yrs (Male & Female)	24.5	24.0	23.5
17-18 yrs (Male & Female)	24.5	24.0	23.5
19+ (Male & Female)		24.0	23.5
SENIOR (Male & Female)	25.5		

BRITISH CHAMPIONSHIPS & NDP FINALS**MINIMUM EXECUTION SCORES (Individual)****Voluntary Routine**

AGE BANDING	Elite Pathway	NDP Level 8	NDP Level 7
9-10 yrs (Male & Female)	22.5	22.5	22.5
11-12 yrs (Male & Female)	22.5	22.5	22.5
13-14 yrs (Male & Female)	22.5	22.5	22.5
15-16 yrs (Male & Female)	22.5	22.5	22.5
17-18 yrs (Male & Female)	22.5	22.5	22.5
19+ (Male & Female)		22.5	22.5
SENIOR (Male & Female)	22.5		

REGIONALS FINAL**MINIMUM EXECUTION SCORES****Compulsory Routine & 2nd Routine**

AGE BANDING	NDP Level 6	NDP Level 5	NDP Level 4	NDP Level 3
9-10 yrs (Male & Female)	22.5	22.5	22.5	22.5
11-12 yrs (Male & Female)	22.5	22.5	22.5	22.5
13-14 yrs (Male & Female)	22.5	22.5	22.5	22.5
15+ yrs (Male & Female)	22.5	22.5	22.5	22.5

QUALIFY FROM NDP 6 TO NDP 7 / 8 OR ELITE**MINIMUM EXECUTION SCORES****Compulsory & Voluntary Routine**

AGE BANDING	NDP Level 6	Voluntary	Note
9-10 yrs (Male & Female)	22.5	22.5	The voluntary routine must meet the minimum Degree of Difficulty (tariff) required to compete at NDP Level 7 per relevant age group. (This is the maximum tariff allowed at NDP Level 6).
11-12 yrs (Male & Female)	22.5	22.5	
13-14 yrs (Male & Female)	23.0	22.5	
15-16 yrs (Male & Female)	23.0	22.5	
17+ yrs (Male & Female)	23.0	22.5	

RECOMMENDED EXECUTION SCORES BEFORE PROGRESSION**Compulsory Routines**

AGE BANDING	NDP Level 5	NDP Level 4	NDP Level 3	NDP Level 2	NDP Level 1
9-10 yrs (Male & Female)	22.5	22.5	22.5	22.5	22.5
11-12 yrs (Male & Female)	22.5	22.5	22.5	22.5	22.5
13-14 yrs (Male & Female)	22.5	22.5	22.5	22.5	22.5
15+ yrs (Male & Female)	22.5	22.5	22.5	22.5	22.5

**MINIMUM DEGREE OF DIFFICULTY
SYNCHRONISED**

AGE BANDING	Elite Pathway	NDP Level 8	NDP Level 7
9-10yrs girls	5.5*	4.5	3.5
11-12yrs girls	6.5	5.5	4.5
13-14yrs girls	7.3	6.3	5.3
15-16yrs girls	8.0	7.0	6.0
17-18yrs girls	8.5	7.5	6.5
19+ girls		1.7/8.5	6.5
SENIOR British Championship FEMALE	2.1/11.0		
9-10yrs boys	5.5*	4.5	3.5
11-12yrs boys	6.5	5.5	4.5
13-14yrs boys	8.5	7.0	6.0
15-16 boys	10.0	8.5	7.0
17-18yrs boys	10.5	9.0	7.5
19+ boys		1.9/10.0	7.5
SENIOR British Championship MALE	2.3/13.0		

* To compete in the Elite Pathway, gymnasts must be a minimum of 10 years of age (in the year of competition).

BRITISH CHAMPIONSHIPS & NDP FINALS**MINIMUM EXECUTION SCORES (Synchronised)****Compulsory Routines, WAGC Routines & FIG A Routines**

AGE BANDING	Elite Pathway	NDP Level 8	NDP Level 7
9-10 yrs (Male & Female)	16.0	15.6	15.3
11-12 yrs (Male & Female)	16.0	15.6	15.3
13-14 yrs (Male & Female)	16.3	16.0	15.6
15-16 yrs (Male & Female)	16.3	16.0	15.6
17-18 yrs (Male & Female)	16.3	16.0	15.6
19+ (Male & Female)		16.0	15.6
SENIOR (Male & Female)	17.0		

BRITISH CHAMPIONSHIPS & NDP FINALS**MINIMUM EXECUTION SCORES (Synchronised)****Voluntary Routine**

AGE BANDING	Elite Pathway	NDP Level 8	NDP Level 7
9-10 yrs (Male & Female)	15.0	15.0	15.0
11-12 yrs (Male & Female)	15.0	15.0	15.0
13-14 yrs (Male & Female)	15.0	15.0	15.0
15-16 yrs (Male & Female)	15.0	15.0	15.0
17-18 yrs (Male & Female)	15.0	15.0	15.0
19+ (Male & Female)			
SENIOR (Male & Female)	15.0	15.0	15.0