



TRAMPOLINE DOMESTIC COMPETITION STRUCTURE

NATIONAL DEVELOPMENT PLAN  
2015

**British**  
**Gymnastics**  
More than a sport

## Club NDP Levels 1 to 2

Club & Regional Competition ONLY – NO Regional or National Final  
Age groups: As shown at each NDP level

### Competition Format

1<sup>st</sup> Routine - Compulsory Routine

2<sup>nd</sup> Routine - Repeat Compulsory Routine (no tariff awarded)

- *Incomplete routines will result in a zero score*
- *Medals for gymnasts receiving a zero score will be at the discretion of the Club/Region*
- NO Time of Flight

CLUB NDP LEVEL 1		
Age Groups	1 <sup>st</sup> & 2 <sup>nd</sup> Routine - Compulsory	
7-8 Years	1	6 x Jumps - Arm Set
9-10 Years	2	Front Landing
11-12 Years	3	To Feet
13+ Years	4	Straddle Jump
	5	Seat Landing
	6	To Feet
	7	½ Twist Jump
	8	Pike Jump
	9	Back Landing
	10	To Feet
<p>A bonus of 0.2 per judge will be awarded if the required 6 pre-routine jumps are performed. The Arm Set on the 7<sup>th</sup> bounce <u>will</u> be marked as the 1<sup>st</sup> element of the routine.</p>		

CLUB NDP LEVEL 2		
Age Groups	1 <sup>st</sup> & 2 <sup>nd</sup> Routine - Compulsory	
7-8 Years	1	6 x Jumps - Arm Set
9-10 Years	2	½ Twist to Front Landing
11-12 Years	3	To Feet
13+ Years	4	Straddle Jump
	5	Seat Landing
	6	½ Twist to Seat Landing
	7	½ Twist to Feet
	8	Pike Jump
	9	Back Landing
	10	½ Twist to Feet
<p>A bonus of 0.2 per judge will be awarded if the required 6 pre-routine jumps are performed. The Arm Set on the 7<sup>th</sup> bounce <u>will</u> be marked as the 1<sup>st</sup> element of the routine.</p>		

## National NDP Levels 1 to 5

2 x Regional qualifying competitions leading to the Regional Team Final & NDP Final

Age groups: As shown at each NDP Level below

### Competition Format

1<sup>st</sup> Routine - Compulsory Routine

2<sup>nd</sup> Routine - Repeat Compulsory Routine (no tariff awarded)

- 2 round accumulative score will determine the ranking
- Incomplete routines will result in a zero score
- At regional events, medals for gymnasts receiving a zero score will be at the discretion of the Region
- Gymnasts receiving a zero score at the Regional Team Final or NDP Final will not be awarded a medal
- \* 7-8 Years are not eligible for the Regional Team Final or NDP Final
- NO Time of Flight

NATIONAL NDP LEVEL 1		
Age Groups	1 <sup>st</sup> & 2 <sup>nd</sup> Routine - Compulsory	
7-8 Years *	1	6 x Jumps - Arm Set
9-10 Years	2	Full Twist
11-12 Years	3	Straddle Jump
13+ Years	4	½ Twist to Seat Landing
	5	½ Twist to Feet
	6	Pike Jump
	7	Back Landing
	8	½ Twist to Feet
	9	Tuck Jump
	10	Front s/s (T)
<p>A bonus of 0.2 per judge will be awarded if the required 6 pre-routine jumps are performed. The Arm Set on the 7<sup>th</sup> bounce <u>will</u> be marked as the 1<sup>st</sup> element of the routine.</p>		
<b>Minimum Standard required to progress to the Regional Team Final &amp; NDP Final</b>		<b>2 Round Execution Score</b>
		Minimum of 45.0

NATIONAL NDP LEVEL 2		
Age Groups	1 <sup>st</sup> & 2 <sup>nd</sup> Routine - Compulsory	
7-8 Years *	1	6 x Jumps - Arm Set
9-10 Years	2	Back s/s (T)
11-12 Years	3	Straddle Jump
13+ Years	4	½ Twist to Seat Landing
	5	½ Twist to Feet
	6	Pike Jump
	7	Back Landing
	8	½ Twist to Feet
	9	Tuck Jump
	10	Front s/s (P)
<p>A bonus of 0.2 per judge will be awarded if the required 6 pre-routine jumps are performed. The Arm Set on the 7<sup>th</sup> bounce <u>will</u> be marked as the 1<sup>st</sup> element of the routine.</p>		
<b>Minimum Standard required to progress to the Regional Team Final &amp; NDP Final</b>		<b>2 Round Execution Score</b>
		Minimum of 45.0

NATIONAL NDP LEVEL 3		
Age Groups 7-8 Years * 9-10 Years 11-12 Years 13+ Years	1 <sup>st</sup> & 2 <sup>nd</sup> Routine - Compulsory	
	1	6 x Jumps - Arm Set
	2	Back s/s (T)
	3	Straddle Jump
	4	Barani (T)
	5	Tuck Jump
	6	Back s/s (T) to Seat Landing
	7	½ Twist to Feet
	8	Pike Jump
	9	½ Twist to Front Landing
	10	To Feet
A bonus of 0.2 per judge will be awarded if the required 6 pre-routine jumps are performed. The Arm Set on the 7 <sup>th</sup> bounce <u>will</u> be marked as the 1 <sup>st</sup> element of the routine.		
<b>Minimum Standard required to progress to the Regional Team Final &amp; NDP Final</b>		<b>2 Round Execution Score</b> Minimum of 45.0

NATIONAL NDP LEVEL 4		
Age Groups 7-8 Years * 9-10 Years 11-12 Years 13+ Years	1 <sup>st</sup> & 2 <sup>nd</sup> Routine - Compulsory	
	1	6 x Jumps - Arm Set
	2	Back s/s (P)
	3	Straddle Jump
	4	Barani (P)
	5	½ Twist Jump
	6	Tuck Jump
	7	Barani (T)
	8	Back s/s (T)
	9	Pike Jump
	10	Front s/s (P)
A bonus of 0.2 per judge will be awarded if the required 6 pre-routine jumps are performed. The Arm Set on the 7 <sup>th</sup> bounce <u>will</u> be marked as the 1 <sup>st</sup> element of the routine.		
<b>Minimum Standard required to progress to the Regional Team Final &amp; NDP Final</b>		<b>2 Round Execution Score</b> Minimum of 45.0

NATIONAL NDP LEVEL 5		
Age Groups 7-8* Years 9-10 Years 11-12 Years 13-14 Years 15+ Years	1 <sup>st</sup> & 2 <sup>nd</sup> Routine - Compulsory	
	1	Back s/s (S)
	2	Straddle Jump
	3	Back s/s (P)
	4	Barani (P)
	5	½ Twist Jump
	6	Tuck Jump
	7	Barani (T)
	8	Back s/s (T)
	9	Pike Jump
	10	Front s/s (P)
<b>Minimum Standard required to progress to the Regional Team Final &amp; NDP Final</b>		<b>2 Round Execution Score</b> Minimum of 45.0

## National NDP Level 6

2 x Regional qualifying competitions leading to the Regional Team Final & NDP Final

Age groups: As shown below

### Competition Format

1<sup>st</sup> Routine – Compulsory Routine

2<sup>nd</sup> Routine – Voluntary Routine (tariff will be awarded for 2<sup>nd</sup> routine)

- 2 round accumulative score
- Incomplete routines will result in a zero score
- At regional events, medals for gymnasts receiving a zero score will be at the discretion of the Region
- Gymnasts receiving a zero score at the Regional Team Final or NDP Final will not be awarded a medal
- NO Time of Flight

NATIONAL NDP LEVEL 6					
Age Groups	1 <sup>st</sup> Routine - Compulsory		Age group	1 <sup>st</sup> Routine - Compulsory	
7-8*Years	1	Back s/s (S)	15+ Years	1	Back s/s (S)
9-10 Years	2	Barani (S)		2	Barani (S)
11-12 Years	3	Straddle Jump		3	Straddle Jump
13-14 Years	4	Back s/s (P)		4	Back s/s (P)
	5	Barani (P)		5	Barani (P)
	6	Tuck Jump		6	Tuck Jump
	7	Barani (T)		7	Barani (T)
	8	Back s/s (T)		8	Back s/s (T)
	9	Pike Jump		9	¼ Front s/s (S)
	10	Front s/s (P)		10	Ballout Barani (T)
<b>Minimum Standard required to progress to the Regional Team Final &amp; NDP Final</b>		<b>1<sup>st</sup> AND 2<sup>nd</sup> Routine (Compulsory &amp; Voluntary)</b>			
		Minimum of 22.5 execution per routine			

## National NDP Levels 1 to 6

### Qualification to Regional Team Final

These qualifiers will be calculated from the best, cumulative two-round total score (achieved at the same sanctioned qualifying event), providing all the minimum standards have been achieved.

### Qualification to NDP Final

From the Regional Team Final the top 8 ranked gymnasts per age, per gender will qualify to the NDP Finals in July, providing all the minimum standards have been achieved.

## National NDP Level 6

### Qualification to National NDP Level 7, NDP Level 8 or FIG Pathway

A minimum execution score as shown in the table below must be achieved in both the compulsory and voluntary routine and at the same competition event.

The voluntary routine must meet the minimum Difficulty required to compete at NDP Level 7, NDP Level 8 or FIG Pathway per relevant age group/gender as shown in the table below.

*FIG Senior progression is by application to the Head National Coach and with proof of FIG Level performance expectations and reflects the long-term direction and aims of the TRA Programme.*

Minimum standards to progress from NDP 6 to levels as shown	Minimum Execution		Minimum Difficulty for NDP7		Minimum Difficulty for NDP 8		Minimum Difficulty For FIG PATHWAY	
	Compulsory	Voluntary	Men	Women	Men	Women	Men	Women
AGE GROUP								
9-10 Years (Men & Women)	22.5	22.5	4.5	4.5	5.5	5.5	6.5	6.5
11-12 Years (Men & Women)	22.5	22.5	5.5	5.5	6.5	6.5	7.5	7.5
13-14 Years (Men & Women)	23.0	22.5	7.0	6.3	8.0	7.3	9.5	8.3
15-16 Years (Men & Women)	23.0	22.5	8.0	7.0	9.5	8.0	11.0	9.0
17-18 Years (Men & Women)	23.0	22.5	9.0	8.0	10.0	8.5	11.5	9.5
19+ Years (Men & Women)	23.0	22.5	9.0	8.0	11.0	9.5		
Senior (Men & Women)	FIG Senior progression is by application to the Head National Coach, see above statement.							

## National NDP Level 7

2 x Spring Event Series leading to the NDP Final

Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs & 17+yrs

### Competition Format

1<sup>st</sup> Routine – Compulsory Routine

2<sup>nd</sup> Routine – Voluntary Routine

- 2 round accumulative score will determine the ranking
- Incomplete routines will result in a zero score
- Gymnasts receiving a zero score will not be awarded a medal
- NO Time of Flight

NATIONAL NDP LEVEL 7					
Age Group	1 <sup>st</sup> Routine - Compulsory		Age groups	1 <sup>st</sup> Routine - Compulsory	
9-10 Years	1	Back s/s (S)	11-12 Years	1	¾ Back s/s (SL)
	2	Barani (S)		2	To feet * (*Cody = bonus 0.3)
	3	Straddle Jump		3	Straddle Jump
	4	Back s/s (P)		4	Back s/s (P)
	5	Barani (P)		5	Barani (P)
	6	Tuck Jump		6	Tuck Jump
	7	Barani (T)		7	Barani (T)
	8	Back s/s (T)		8	Back s/s (T)
	9	Pike Jump		9	¾ Front s/s (S)
	10	Front s/s (P)		10	Ballout Barani (T)

NATIONAL NDP LEVEL 7		
Age Groups	1 <sup>st</sup> Routine - Compulsory	
13-14 Years	1	¾ Front s/s (S)
15-16 Years	2	Ballout Barani (T)
17+ Years	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)

## National NDP Level 7

### Qualification to NDP Final

The top 16 ranked gymnasts, per age group, per gender from the Spring Event Series will qualify for the NDP Final. These qualifiers will be calculated from the best, cumulative two-round total score (achieved at the same qualifying event) providing all minimum standards have been achieved.

Minimum standards required to qualify to NDP 7 Final	Minimum Execution		Minimum Difficulty	
	Compulsory	Voluntary	Men	Women
AGE GROUP				
9-10 Years (Men & Women)	23.0	22.5	4.5	4.5
11-12 Years (Men & Women)	23.0	22.5	5.5	5.5
13-14 Years (Men & Women)	23.5	22.5	7.0	6.3
15-16 Years (Men & Women)	23.5	22.5	8.0	7.0
17+ Years (Men & Women)	23.5	22.5	9.0	8.0

## National NDP Level 8

2 x Spring Event Series leading to the NDP Final

Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & 19+yrs

### Competition Format for Spring Event Series

1<sup>st</sup> Routine – Compulsory Routine (all age groups)

2<sup>nd</sup> Routine – FIG WAGC Routine (9-18yrs) / FIG A Routine (19+yrs)

3<sup>rd</sup> Routine – Voluntary Routine

- *There is a maximum of 2 body landings allowed in the voluntary routine (all age groups)*
- *3 round accumulative score will determine the ranking*
- *Incomplete routines will result in a zero score*
- *Gymnasts receiving a zero score will not be awarded a medal*

NATIONAL NDP LEVEL 8				
Age Group	1 <sup>st</sup> Routine - Compulsory		2 <sup>nd</sup> Routine – WAGC Development	
9-10 Years	1	Back s/s (S)	1	¾ Back s/s (SL)
	2	Barani (S)	2	To feet * (*Cody = bonus 0.3)
	3	Straddle Jump	3	Straddle Jump
	4	Back s/s (P)	4	Back s/s (P)
	5	Barani (P)	5	Barani (P)
	6	Tuck Jump	6	Tuck Jump
	7	Barani (T)	7	Barani (T)
	8	Back s/s (T)	8	Back s/s (T)
	9	Pike Jump	9	¾ Front s/s (S)
	10	Front s/s (P)	10	Ballout Barani (T)

NATIONAL NDP LEVEL 8			
Age Group	1 <sup>st</sup> Routine - Compulsory	2nd Routine – WAGC Requirements	
11-12 Years	1	¼ Front s/s (S)	<p>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.</p> <p>1. One element landing on the front of the body 2. One element landing on the back of the body</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)	

NATIONAL NDP LEVEL 8			
Age Group	1 <sup>st</sup> Routine - Compulsory	2nd Routine – WAGC Requirements	
13-14 Years	1	½ Twist to ¼ Front s/s (S)	<p>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.</p> <p>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</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)	

NATIONAL NDP LEVEL 8			
Age Group	1 <sup>st</sup> Routine - Compulsory	2nd Routine – WAGC Requirements	
15-16 Years	1	½ Twist to ¼ Front s/s (S)	<p>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.</p> <p>1. Full (back somersault with 1/1 twist) 2. Rudi or Rudi Ballout (front somersault or 1 ¼ from back, with 1½ twist) 3. One element either landing on the back or front of the body</p>
	2	Ballout Barani (T)	
	3	Back s/s (T)	
	4	Barani (T)	
	5	Full Twisting Back s/s (S)	
	6	Back s/s (P)	
	7	Rudi (S)	
	8	Back s/s (S)	
	9	Barani (S)	
	10	Double Back s/s (T)	

NATIONAL NDP LEVEL 8			
Age Group	1 <sup>st</sup> Routine - Compulsory	2nd Routine – WAGC Requirements	
17-18 Years	1	Half Out (P)	<p>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.</p> <p>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</p>
	2	Back s/s (P)	
	3	Barani (P)	
	4	Full Twisting Back s/s (S)	
	5	Barani (S)	
	6	Back s/s (S)	
	7	Barani (T)	
	8	Back s/s (T)	
	9	Half Out (T)	
	10	Double Back s/s (P)	



NATIONAL NDP LEVEL 8			
Age Group	1 <sup>st</sup> Routine - Compulsory		2nd Routine – FIG A Requirements
19+ Years	1	Half Out (P)	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 second routine. None of these two elements may be repeated in the voluntary.  Voluntary: No restrictions but if either of the two asterisked moves from routine 2, are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine
	2	Back s/s (P)	
	3	Barani (P)	
	4	Full Twisting Back s/s (S)	
	5	Barani (S)	
	6	Back s/s (S)	
	7	Barani (T)	
	8	Back s/s (T)	
	9	Half Out (T)	
	10	Double Back s/s (P)	

### National NDP Level 8

#### Qualification to NDP Final

The top 16 ranked gymnasts, per age group, per gender from the Spring Event Series will qualify for the NDP Final. These qualifiers will be calculated from the best, cumulative three-round total score (achieved at the same qualifying event) providing all minimum standards have been achieved.

Minimum standards required to qualify to NDP 8 Final	Minimum Execution			Minimum Difficulty	
	Compulsory	WAGC	Voluntary	Men	Women
AGE GROUP					
9-10 Years (Men & Women)	23.5	23.5	22.5	5.5	5.5
11-12 Years (Men & Women)	23.5	23.5	22.5	6.5	6.5
13-14 Years (Men & Women)	24.0	24.0	22.5	8.0	7.3
15-16 Years (Men & Women)	24.0	24.0	22.5	9.5	8.0
17-18 Years (Men & Women)	24.0	24.0	22.5	10.0	8.5
19+ Years (Men & Women)	24.0	24.0	22.5	2.1/11.0	1.9/9.5

### Competition Format for NDP Final

1<sup>st</sup> Routine – FIG WAGC Routine (9–18yrs) / FIG A Routine (19+yrs)

2<sup>nd</sup> Routine – Voluntary Routine

3<sup>rd</sup> Routine – Voluntary Routine (Top 8 Final)

- *There is a maximum of 2 body landings allowed in the voluntary routine (all age groups)*
- *3 round accumulative score will determine the ranking*
- *Incomplete routines will result in a zero score*
- *Gymnasts receiving a zero score will not be awarded a medal*