

# **NATIONAL COMPETITION STRUCTURE 2016**

## **NATIONAL TRAMPOLINE TECHNICAL COMMITTEE**

The British Gymnastics (BG) National Trampoline Technical Committee (NTTC) is responsible and accountable to BG for the development and direction of all Trampoline (TRA), Double Mini-Trampoline (DMT) and Tumbling (TUM) in Great Britain.

A great deal of work has been undertaken over the last 3 years and the Domestic Competition Structure for TRA, DMT & TUM has undergone a complete and thorough overhaul. The NTTC is confident that once in place and given time to work that the new structure will satisfy the majority of needs for Clubs and Regions.

The plan has been structured for development and participation with 2 pathways of performance, National Development Plan (NDP) Levels and National FIG Pathway. It is important to study the entire NDP & FIG Pathway plan to see how progress is made. There are no qualifying scores to pass from one pathway to another however, coaches should make realistic choices to provide the best opportunity for their gymnast and refer to the minimum standard guidelines provided in the discipline specific booklet.

With this streamlined approach to performance and also with the introduction of the Performance Pathway in 2014, it is hoped that regions will take the initiative to create 'Regional Squad' structures (with British Gymnastics support) catering for the performance development of their Clubs and gymnasts. Regions will be the focus of our foundations for future excellence, concentrating on performing the NDP Levels with high technical quality. This in turn will underpin the Performance Pathway and Great Britain National Squad structure. Clubs should support their region and further progress their gymnasts along the performance paths available.

Please refer to the discipline specific appendix, Overview of Domestic Competition Structure 2016 for further information.

## **Notice of main changes to the National Competition Structure 2016**

All gymnasts entering the NDP or FIG Pathway are required to hold the minimum of a current BG Silver membership.

Range and Conditioning (TRA, DMT & TUM) at NDP Levels 1 to 7 has been introduced. A pass mark is required to qualify to the Regional Team Final/NDP Final Qualifier. Diagrams of the skills will be available on the BG website in the near future together with a video demonstrating how the skills should be performed.

### **Tumbling (TUM)**

Minor changes to the TUM structure can be found under the relevant TUM section in the Domestic Competition Structure booklet.

### **Trampoline (TRA) & Double Mini-Trampoline (DMT)**

From 1<sup>st</sup> October 2015, clubs and coaches may select the appropriate entry level of competition for gymnasts.

The coach is responsible for ensuring that they are qualified and competent to teach at the appropriate level, as well as ensuring that the gymnast is prepared technically, physically and psychologically and therefore competent to compete at the selected level. If a club and/or coach is in breach of these policies BG reserves the right to refuse an entry on the grounds of safety.

In order to enter the NDP National Competition Structure and receive a BG sanction to host events, regions/representatives will be required to run a minimum of 3 NDP events\* (see below), offering entry for all NDP Levels 1 to 7. Sanctioned events are not to be run alongside other competition structures.

#### **\* NDP Regional Series**

Regions apply to organise and run a minimum a two BG sanctioned qualification events held between 1<sup>st</sup> October 2015 and 28<sup>th</sup> February 2016. These series events will be for compulsory routines as listed per level.

Regions gymnasts should enter the age group that they will be eligible for on 1<sup>st</sup> January 2016.

If a gymnast achieves the minimum execution qualifying score at least once in the NDP Regional Series, they then qualify to compete in the NDP Regional Team Qualifier that leads to the Regional Team Final.

*Gymnasts may change NDP level during the regional series, enabling gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to try and qualify for the NDP Regional Team Qualifier\* (see below). If a gymnast achieves the minimum execution qualifying score at more than one NDP level they must select only one level to enter the NDP Regional Team Qualifier and then will be required to stay at this level for the remainder of the competition season.*

#### **\* NDP Regional Team Qualifier:**

Regions to organise and run one BG sanctioned NDP Team Qualifier on or before 13<sup>th</sup> March 2016. The top 2 ranked gymnasts, per age group, per level, per gender will qualify to the Regional Team Final / NDP Semi Final, providing the minimum execution score and range & conditioning pass mark have been achieved.

There is no longer a qualification process from NDP Level 6 to NDP Levels 7, 8 or FIG.

NDP Level 7 (TRA/DMT) is now incorporated within the Regional to National NDP structure.

NDP Level 8 (TRA) will remain in the Spring Event Series for 2016.

NDP Level 8 (TRA) gymnasts need to achieve a 3 round execution score to qualify for NDP Finals. There is a minimum score for each routine stated in the tables (see Trampoline National Development Plan 2016) and gymnasts will need to achieve these minimums, per routine, as part of the combined accumulative three round score at the same event.

NDP Level 8 (TRA) NDP Final is a 2 round event (Spring Series Events remains a 3 round qualifying event).

NDP Level 8 (TRA) is now a maximum of 1 body landing in the voluntary routine.

NDP Level 8 (DMT) is obsolete from 2016.

FIG (TRA) 9-10yrs the minimum degree of difficulty has been reduced by 0.5.

Further details on ALL changes can be found in the Competition Handbook and the Domestic Competition Structure Appendix for each discipline.

### **Supporting Information (TRA)**

The NDP & FIG pathways provide competition experience to assist in the long-term development of all ages and abilities. The NDP & FIG structure is not a linear pathway but one of self-select to reflect the gymnast's development stage. Coaches should make realistic choices to provide the best opportunity for the development of the gymnasts that they coach and are advised to focus on the appropriate technical level. There are specific routines in the NDP pathway that align with the FIG requirements so it is not necessarily that the higher the level but the best level that will support the gymnasts development and performance outcome each year. Please read carefully through all the information provided in the competition handbook, including competition formats, compulsory routines, specific requirements, age groups, minimum difficulty and minimum standards.

NDP Levels 1-4: The specific compulsory routines provide a national standard norm to help develop the deliberate practice and technical excellence of straight jumping, arm set and basic technical elements. These levels offer an entry level for early development gymnasts.

NDP Levels 5-7: The specific compulsory routines provide a national standard norm to help develop the deliberate practice and technical excellence of basic somersaults and also include the requirements used at FIG World Age Group Competition (WAGC) level. The introduction of voluntary routines at the NDP Final along with the compulsory routines, provide the platform to help the development towards the FIG Pathway.

- NDP Level 5 = FIG WAGC 11-12yrs requirements
- NDP Level 6 = FIG WAGC 13-14yrs requirements
- NDP Level 7 = FIG WAGC 15-16yrs requirements

*For development & progression to NDP 8 and/or FIG, the NTTC recommend that the NDP levels above are used in these specific age groups.*

NDP Level 8: This level mirrors the FIG Pathway for age group and out of age (19+yrs) gymnasts. The specific compulsory routines provide a national standard norm

for each age group.

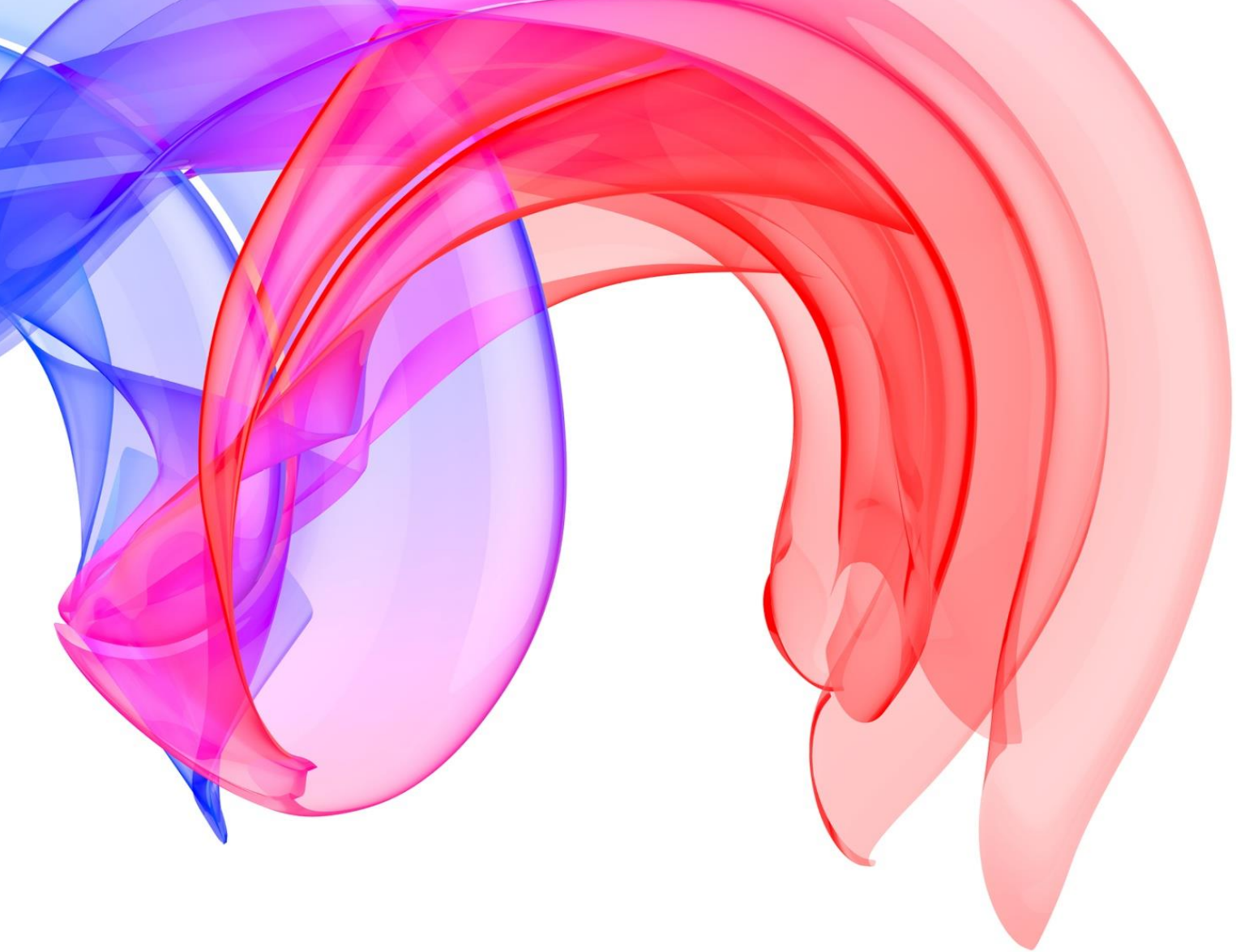
**FIG Pathway:** Senior & WAGC gymnasts that are of the highest performance standard and looking to represent Great Britain at international standard. The FIG Pathway is also underpinned with national standard compulsory routines.

### **Supporting information (DMT)**

**NDP Levels 1-5:** The specific compulsory passes provide a national standard norm to help develop the deliberate practice and technical excellence of controlled, basic elements that form a foundation upon which the future acquisition of more complex passes can be based. These levels offer an entry level for early development gymnasts.

**NDP Levels 6-7:** The specific compulsory passes provide a national standard norm to help develop the deliberate practice and technical excellence of basic transitions between spotter/mount skills and the dismount skill as well as progression to double somersaults in preparation for a transition across to the FIG and WAG pathway should that be desired. The introduction of optional passes in round 2 of the Regional Team finals and NDP finals provide additional opportunity to help the development towards the FIG Pathway.

**FIG Pathway:** Senior & WAGC gymnasts that are of the highest performance standard and looking to represent Great Britain at international standard. The FIG Pathway sets minimum combined round total scores that will allow gymnasts to continue to develop competitive passes at the highest levels nationally and internationally.



**TRAMPOLINE DOMESTIC COMPETITION STRUCTURE**

**TRAMPOLINE  
NATIONAL DEVELOPMENT PLAN  
2016**

## TRA NDP Regional Series

A series of qualification events leading to the NDP Regional Team Qualifier.

### NDP Levels 1-3

All gymnasts at NDP Levels 1-3 will be required to perform:  
2 x Compulsory Routine

### NDP Levels 4-7

All gymnasts at NDP Levels 4-7 will be required to perform:  
1 x Compulsory 'A' Routine  
1 x Compulsory 'B' Routine

Trampoline Individual (All NDP Levels 1-7):

- 2 round accumulative score will determine the ranking
- Time of Flight **will not** be included as qualification is based on the execution score only
- Incomplete/incorrect routines will result in a zero 'DNF' score
- A nominated panel (Member of Regional TC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

*Regions may run 'out of age' groups (5-6yrs, 7-8yrs, 19+yrs etc) at each NDP level as deemed appropriate, however gymnasts are not eligible for the Regional Team Final or NDP Final. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.*

Gymnasts should enter the age group that they will be eligible for on 1<sup>st</sup> January 2016.

The NDP Regional Series events may be used as 'Test' events, enabling gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to try and qualify for the NDP Regional Team Qualifier.

### Qualification to the NDP Regional Team Qualifier

All gymnasts who achieve a minimum standard, 2 round execution score of 42.0 are eligible to qualify to the NDP Regional Team Qualifier (at the appropriate level the minimum score was achieved).

## TRA NDP Regional Team Qualifier

A final event held in the region leading to the NDP Regional Team Final.

### NDP Levels 1-3

All gymnasts at NDP Levels 1-3 will be required to perform:  
2 x Compulsory Routine  
1 x Range & Conditioning Routine

### NDP Levels 4-7

All gymnasts at NDP Levels 4-7 will be required to perform:  
1 x Compulsory 'A' Routine  
1 x Compulsory 'B' Routine  
1 x Range & Conditioning Routine

Range & Conditioning:

The Range & Conditioning score is not included in the ranking BUT a gymnast must achieve a 70% pass mark for the range & conditioning to proceed to the ranking list to be eligible to qualify for the Regional Team Final / NDP Semi Final.

Trampoline Individual (All NDP Levels 1-7):

- 2 round accumulative score will determine the ranking
- Time of Flight **will not** be included as qualification is based on the execution score only
- Incomplete/incorrect routines will result in a zero 'DNF' score
- A nominated panel (Member of TC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

*Regions may run 'out of age' groups (5-6yrs, 7-8yrs, 19+yrs etc) at each NDP level as deemed appropriate, however gymnasts are not eligible for the Regional Team Final or NDP Final. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.*

**Qualification to the Regional Team Final / NDP Semi Final (NDP 1 to 7)**

The top 2 ranked gymnasts, per age group, per level, per gender will qualify to the Regional Team Final, providing the minimum execution score and physical pass mark have been achieved at the Regional Team Qualifier. In the event of a tie position for 2<sup>nd</sup> place both gymnasts will qualify. Hereafter please see further tie break rules in the BG Code of Points.

## TRA NDP Regional Team Final / NDP Semi Final

A team final event which also provides individual qualification to the NDP Final.

**NDP Levels 1-3**

All gymnasts at NDP Levels 1-3 will be required to perform:  
2 x Compulsory Routine

**NDP Levels 4-7**

All gymnasts at NDP Levels 4-7 will be required to perform:  
1 x Compulsory 'A' Routine  
1 x Compulsory 'B' Routine

Trampoline Individual (All NDP Levels 1-7):

- 2 Round accumulative score will determine the ranking
- Time of Flight **will not** be included as qualification is based on the execution score only
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- A nominated panel (Member of TC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

**Qualification to the NDP Final**

The top 8 ranked gymnasts, per age group, per level, per gender will qualify to the NDP Final, providing the minimum execution score has been achieved at the Regional Team Final. In the event of a tie position for 8<sup>th</sup> place please see tie break rules in the BG Code of Points. Zero 'DNF' score routines **will not** be eligible to rank for the NDP Final.



## TRA NDP National Final

### NDP Levels 1-3

All gymnasts at NDP Levels 1-3 will be required to perform:  
2 x Compulsory Routine

### NDP Level 4

All gymnasts at NDP Level 4 will be required to perform:  
1 x Compulsory 'A' Routine  
1 x Compulsory 'B' Routine

### NDP Levels 5-7

All gymnasts at NDP Levels 5-7 will be required to perform:  
1 x Compulsory 'B' Routine  
1 x Voluntary Routine

NDP Level 8 - See separate section

### Trampoline Individual (All NDP Levels 1-7):

- 2 Round accumulative score will determine the ranking
- Time of Flight **will not** be included for NDP Levels 1-7
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- A nominated panel (Member of TC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

## TRA NDP Level 1-7 Technical & Physical Requirements

### TRA NDP Club Level Compulsory

NB: Club Levels 1-2 can compete at Club and Regional events only, included for information only.

CLUB LEVEL 1			CLUB LEVEL 2		
Age Groups As determined by the Club/Region	Compulsory		Compulsory		
	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		
Please note: Compulsory	<ul style="list-style-type: none"> <li>A bonus of 0.6 will be awarded if the required 6 pre-routine jumps are performed (this is not included in the execution score to qualify)</li> <li>The Arm Set on the 7<sup>th</sup> bounce <b>will</b> be marked as the 1<sup>st</sup> element of the routine</li> <li>Failure to perform the Arm Set will result in a zero 'DNF' score</li> </ul>				

## TRA NDP Level 1-7 Physical Requirements

RANGE & CONDITIONING	
<b>NDP Levels 1-7, All Age Groups</b>	
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	
<b>Minimum Standard to qualify to NDP Regional Team Final/NDP Semi Final</b>	70% pass mark

## TRA NDP Level 1-7 Technical Requirements

Age Groups	NDP LEVEL 1		NDP LEVEL 2		NDP LEVEL 3	
	Compulsory		Compulsory		Compulsory	
9-10 Years 11-12 Years 13+ Years	1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set
	2	Full Twist	2	Back s/s (T)	2	Back s/s (T)
	3	Straddle Jump	3	Straddle Jump	3	Straddle Jump
	4	½ Twist to Seat Landing	4	½ Twist to Seat Landing	4	Barani (T)
	5	½ Twist to Feet	5	½ Twist to Feet	5	Tuck Jump
	6	Pike Jump	6	Pike Jump	6	Back s/s (T) to Seat Landing
	7	Back Landing	7	Back Landing	7	½ Twist to Feet
	8	½ Twist to Feet	8	½ Twist to Feet	8	Pike Jump
	9	Tuck Jump	9	Tuck Jump	9	½ Twist to Front Landing
	10	Front s/s (T)	10	Front s/s (P)	10	To Feet
<b>Please note:</b> Compulsory	<ul style="list-style-type: none"> <li>A bonus of 0.6 will be awarded if the required 6 pre-routine jumps are performed (this is not included in the execution score to qualify)</li> <li>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</li> <li>Failure to perform the Arm Set will result in a zero 'DNF' score</li> </ul>					
<b>Minimum Standard to qualify to NDP Regional Team Qualifier</b>			<b>Compulsory</b>			
			2 round execution score of 42.0			
<b>Minimum Standard to qualify to NDP Regional Team Final/NDP Semi Final</b>			<b>Compulsory</b>			
			2 round execution score of 45.0			
<b>Minimum Standard to qualify to NDP National Final</b>			<b>Compulsory</b>			
			2 round execution score of 45.0			

NDP LEVEL 4				
Age Groups 9-10 Years 11-12 Years 13+ Years	1 <sup>st</sup> Routine - Compulsory A		2 <sup>nd</sup> Routine - Compulsory B	
	1	6 x Jumps - Arm Set	1	Back s/s (S)
	2	Back s/s (P)	2	Straddle Jump
	3	Straddle Jump	3	Back s/s (P)
	4	Barani (P)	4	Barani (P)
	5	½ Twist Jump	5	½ Twist Jump
	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	Pike Jump
10	Front s/s (P)	10	Front s/s (P)	
<b>Please note:</b> <u>Compulsory A</u>	<ul style="list-style-type: none"> <li>A bonus of 0.6 will be awarded if the required 6 pre-routine jumps are performed (this is not included in the execution score to qualify)</li> <li>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</li> <li>Failure to perform the Arm Set will result in a zero 'DNF' score</li> </ul>			
<b>Minimum Standard to qualify to NDP Regional Team Qualifier</b>		<b>Compulsory A &amp; B</b>		
		2 round execution score of 42.0		
<b>Minimum Standard to qualify to NDP Regional Team Final/NDP Semi Final</b>		<b>Compulsory A &amp; B</b>		
		2 round execution score of 45.0		
<b>Minimum Standard to qualify to NDP National Final</b>		<b>Compulsory A &amp; B</b>		
		2 round execution score of 45.0		

NDP LEVEL 5				
Age Groups 9-10 Years 11-12 Years 13-14 Years 15+ Years	1 <sup>st</sup> Routine - Compulsory A		2 <sup>nd</sup> Routine - Compulsory B (Including 11-12 WAGC Requirements)	
	1	Back s/s (S)	1	¾ Back s/s (SL)
	2	Straddle Jump	2	To feet * (*Cody = bonus 0.3)
	3	Back s/s (P)	3	Straddle Jump
	4	Barani (P)	4	Back s/s (P)
	5	½ Twist Jump	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)	
		<b>Voluntary Routine (National NDP Final Only)</b>		
		<ul style="list-style-type: none"> <li>Maximum of 1 body landing allowed (all ages groups)</li> <li>No minimum difficulty</li> <li>Maximum difficulty at Level 5 of 1.0 per element</li> </ul>		
<b>Minimum Standard to qualify to NDP Regional Team Qualifier</b>		<b>Compulsory A &amp; B</b>		
		2 round execution score of 42.0		
<b>Minimum Standard to qualify to NDP Regional Team Final/NDP Semi Final</b>		<b>Compulsory A &amp; B</b>		
		2 round execution score of 45.0		
<b>Minimum Standard to qualify to NDP National Final</b>		<b>Compulsory A &amp; B</b>		
		2 round execution score of 45.0		

NDP LEVEL 6				
Age Groups 9-12 Years 13-14 Years 15-16 Years 17+ Years	1 <sup>st</sup> Routine - Compulsory A		2 <sup>nd</sup> Routine - Compulsory B (Including 13-14 WAGC Requirements)	
	1	Back s/s (S)	1	¾ Back (S)
	2	Barani (S)	2	Cody (T)
	3	Straddle Jump	3	Straddle Jump
	4	Back s/s (P)	4	Back s/s (S)
	5	Barani (P)	5	Barani (S)
	6	Tuck Jump	6	Full Twisting Back s/s (S)
	7	Barani (T)	7	Barani (T)
	8	Back s/s (T)	8	Back s/s (T)
	9	¾ Front s/s (S)	9	¾ Front s/s (S)
	10	Ballout Barani (T)	10	Ballout Barani (T)
<b>Voluntary Routine (National NDP Final Only)</b>				
<ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed (all ages groups)</li> <li>• No minimum difficulty</li> <li>• Maximum difficulty at Level 6 of 1.3 per element</li> </ul>				
<b>Minimum Standard to qualify to NDP Regional Team Qualifier</b>			<b>Compulsory A &amp; B</b>	
			2 round execution score of 42.0	
<b>Minimum Standard to qualify to NDP Regional Team Final/NDP Semi Final</b>			<b>Compulsory A &amp; B</b>	
			2 round execution score of 45.0	
<b>Minimum Standard to qualify to NDP National Final</b>			<b>Compulsory A &amp; B</b>	
			2 round execution score of 45.0	

NDP LEVEL 7				
Age Groups 11-14 Years 15-16 Years 17+ Years	1 <sup>st</sup> Routine - Compulsory A		2 <sup>nd</sup> Routine - Compulsory B (Incl. 15-16 WAGC Requirements)	
	1	¾ Front s/s (S)	1	½ Twist to ¾ Front s/s (S)
	2	Ballout Barani (T)	2	Ballout Barani (T)
	3	Straddle Jump	3	Back s/s (T)
	4	Barani (T)	4	Barani (T)
	5	Back s/s (T)	5	Back s/s (P)
	6	Barani (P)	6	Rudi (S)
	7	Back s/s (P)	7	Straddle Jump
	8	Barani (S)	8	Back s/s (S)
	9	Back s/s (S)	9	Barani (S)
	10	Full Twisting Back s/s (S)	10	Full Twisting Back s/s (S)
<b>Voluntary Routine (National NDP Final Only)</b>				
<ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed (all ages groups)</li> <li>• No minimum difficulty</li> <li>• No maximum difficulty at Level 7</li> </ul>				
<b>Minimum Standard to qualify to NDP Regional Team Qualifier</b>			<b>Compulsory A &amp; B</b>	
			2 round execution score of 42.0	
<b>Minimum Standard to qualify to NDP Regional Team Final/NDP Semi Final</b>			<b>Compulsory A &amp; B</b>	
			2 round execution score of 45.0	
<b>Minimum Standard to qualify to NDP National Final</b>			<b>Compulsory A &amp; B</b>	
			2 round execution score of 45.0	

## TRA NDP Level 8 Technical Requirements

### Spring Event Series

All gymnasts at NDP Level 8 will be required to perform:

- 1 x Compulsory Routine
- 1 x FIG WAGC Routine (9-18yrs) / FIG A Routine (19+yrs)
- 1 x Voluntary Routine

Trampoline Individual (NDP Level 8):

- 3 round accumulative score will determine the ranking
- Time of Flight **will** be included at NDP Level 8
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero score will not be awarded a medal
- A nominated panel (Member of NTTCC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

NDP LEVEL 8						
Age Group 9-10 Years	1 <sup>st</sup> Routine - Compulsory			2nd Routine – WAGC Development		
	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)		
	Voluntary Routine					
<ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed</li> <li>• Male - Minimum difficulty 5.5</li> <li>• Female - Minimum difficulty 5.5</li> </ul>						
Minimum Standard to qualify to NDP National Final	Minimum 3 round Execution Score			Minimum Difficulty		
	69.5			Male	Female	
	Compulsory	WAGC	Voluntary	5.5	5.5	
Minimum for each routine		23.0	23.0	22.0		

NDP LEVEL 8						
Age Group 11-12 Years	1 <sup>st</sup> Routine - Compulsory		2nd Routine – WAGC Requirements			
	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)				
Voluntary Routine						
<ul style="list-style-type: none"> <li>Maximum of 1 body landing allowed</li> <li>Male - Minimum difficulty 6.5</li> <li>Female - Minimum difficulty 6.5</li> </ul>						
Minimum Standard to qualify to NDP National Final		Minimum 3 round Execution Score			Minimum Difficulty	
		69.5			Male	Female
		Compulsory	WAGC	Voluntary	6.5	6.5
Minimum for each routine		23.0	23.0	22.0		

NDP LEVEL 8						
Age Group 13-14 Years	1 <sup>st</sup> Routine - Compulsory		2nd Routine – WAGC Requirements			
	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)				
Voluntary Routine						
<ul style="list-style-type: none"> <li>Maximum of 1 body landing allowed</li> <li>Male - Minimum difficulty 8.0</li> <li>Female - Minimum difficulty 7.3</li> </ul>						
Minimum Standard to qualify to NDP National Final		Minimum 3 round Execution Score			Minimum Difficulty	
		70.5			Male	Female
		Compulsory	WAGC	Voluntary	8.0	7.3
Minimum for each routine		23.5	23.5	22.0	8.0	7.3

NDP LEVEL 8						
Age Group 15-16 Years	1 <sup>st</sup> Routine - Compulsory		2nd Routine – WAGC Requirements			
	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 (T)				
<b>Voluntary Routine</b>						
<ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed</li> <li>• Male - Minimum difficulty 9.5</li> <li>• Female - Minimum difficulty 8.0</li> </ul>						
Minimum Standard to qualify to NDP National Final		Minimum 3 round Execution Score 70.5			Minimum Difficulty	
		Compulsory	WAGC	Voluntary	Male	Female
Minimum for each routine		23.5	23.5	22.0	9.5	8.0

NDP LEVEL 8						
Age Group 17-18 Years	1 <sup>st</sup> Routine - Compulsory		2nd Routine – WAGC Requirements			
	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)				
<b>Voluntary Routine</b>						
<ul style="list-style-type: none"> <li>• Maximum of 1 body landing allowed</li> <li>• Male - Minimum difficulty 10.0</li> <li>• Female - Minimum difficulty 8.5</li> </ul>						
Minimum Standard to qualify to NDP National Final		Minimum 3 round Execution Score 70.5			Minimum Difficulty	
		Compulsory	WAGC	Voluntary	Male	Female
Minimum for each routine		23.5	23.5	22.0	10.0	8.5

NDP LEVEL 8							
Age Group 19+ Years	1 <sup>st</sup> Routine - Compulsory		2nd Routine – FIG A Requirements				
	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. <ul style="list-style-type: none"> <li>• Male – Minimum difficulty 2.1</li> <li>• Female – Minimum difficulty 1.9</li> </ul>				
	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)					
Voluntary Routine			<ul style="list-style-type: none"> <li>• 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</li> <li>• Maximum of 1 body landing allowed</li> <li>• Male - Minimum difficulty 11.0</li> <li>• Female – Minimum difficulty 9.5</li> </ul>				
Minimum Standard to qualify to NDP National Final						Minimum 3 round Execution Score 70.5	
			Compulsory	WAGC	Voluntary	Male	Female
Minimum for each routine			23.5	23.5	22.0	2.1/11.0	1.9/9.5

### Qualification to NDP Final

A maximum of the top 8 ranked gymnasts, per age group, per gender from the Spring Event Series will qualify for the NDP Final, providing all minimum standards have been achieved. These qualifiers will be calculated from the best, cumulative three-round total score (achieved at the same qualifying event). In the event of a tie for 8<sup>th</sup> place please refer to the BG Code of Points.

### NDP Final

All gymnasts at NDP Level 8 will be required to perform:  
 1 x FIG WAGC Routine (9-18yrs) / FIG A Routine (19+yrs)  
 1 x Voluntary Routine

Trampoline Individual (NDP Level 8):

- 2 round accumulative score will determine the ranking
- Time of Flight **will** be included
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal