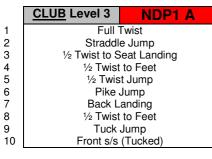
British Gymnastics - National Development Plan (NDP) Competition Structure 2018

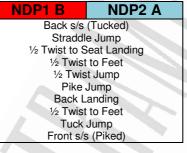
- Within the NDP system, there is no 'qualification' needed within the grades, simply compete at the level most appropriate
 to your ability. You may try out various different levels in one season if you wish, but whatever level is competed at the
 NDP Regional Final, must be maintained for the rest 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 <u>Team</u> Final. Only the top few competitors with scores of 48+ will be asked to complete Range & Conditioning.
- '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.

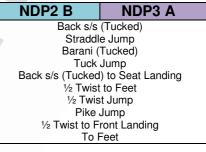
CLUB Level 1 Front Landing To Feet Straddle Jump Seat Landing To Feet ½ Twist Jump Tuck Jump Pike Jump **Back Landing** To Feet

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: 11-12, 13-14, 15-16, 17+ Minimum two-round score needed to qualify to Regional NDP Final is 46.0 Minimum two-round score needed to qualify to NDP Regional Team Final is 48.0



4 5





	NDP3 B	NDP4 A
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)	

NDP4 B	NDP5 A		
Back s/s (Straight)			
Straddle Jump			
Back s/s (Piked)			
Barani (Piked) ½ Twist Jump			
			Tuck Jump
Barani (Barani (Tucked)		
Back s/s	Back s/s (Tucked)		
Pike .	Pike Jump		
Front s/s (Piked)			

NDP5 Routine B

3/4 Back s/s (Straight legs)
To feet (or Cody = bonus +0.3)
Straddle Jump
Back s/s (Piked)
Barani (Piked)
Tuck Jump
Barani (Tucked)
Back s/s (Tucked)
Back s/s (Tucked)
3/4 Front s/s (Straight)
1/2 twist to feet (or Ballout Barani (T) +0.3)

NDP6 Routine A Back s/s (Straight) Barani (Straight) Straddle Jump Back s/s (Piked) Barani (Piked) Tuck Jump Barani (Tucked) Barani (Tucked) Back s/s (Tucked) Back s/s (Straight) Ballout Barani (Tucked)

NDP6 Routine B

3/4 Back s/s (Straight)
Cody (Tucked)
Straddle Jump
Barani (Piked)
Back s/s (Straight)
Full Twisting Back s/s (Straight)
Barani (Tucked)
Back s/s (Tucked)
3/4 Front s/s (Straight)
Ballout Barani (Tucked)

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+

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