

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 Team 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		CLUB Level 2		NDP 1-6 INFORMATION	
1	Front Landing	1	½ Twist to Front Landing	Must compete routines A & B	
2	To Feet	2	To Feet	Incomplete routines will result in a zero score.	
3	Straddle Jump	3	Straddle Jump	Age Groups in NDPs 1-4: 7-8, 9-10, 11-12, 13+	
4	Seat Landing	4	Seat Landing	Age Groups in NDP5: 9-10, 11-12, 13-14, 15+	
5	To Feet	5	½ Twist to Seat Landing	Age Groups in NDP6: 11-12, 13-14, 15-16, 17+	
6	½ Twist Jump	6	½ Twist to Feet	Minimum two-round score needed to qualify to	
7	Tuck Jump	7	Tuck Jump	Regional NDP Final is <u>46.0</u>	
8	Pike Jump	8	Pike Jump	Minimum two-round score needed to qualify to	
9	Back Landing	9	Back Landing	NDP Regional Team Final is <u>48.0</u>	
10	To Feet	10	½ Twist to Feet		

CLUB Level 3		NDP1 A		NDP1 B		NDP2 A		NDP2 B		NDP3 A	
1	Full Twist	1	Back s/s (Tucked)	1	Back s/s (Tucked)	1	Back s/s (Tucked)	1	Back s/s (Tucked)	1	Back s/s (Tucked)
2	Straddle Jump	2	Straddle Jump	2	Straddle Jump	2	Straddle Jump	2	Straddle Jump	2	Straddle Jump
3	½ Twist to Seat Landing	3	½ Twist to Seat Landing	3	½ Twist to Seat Landing	3	½ Twist to Seat Landing	3	Barani (Tucked)	3	Barani (Tucked)
4	½ Twist to Feet	4	½ Twist to Feet	4	½ Twist to Feet	4	½ Twist to Feet	4	Tuck Jump	4	Tuck Jump
5	½ Twist Jump	5	½ Twist Jump	5	½ Twist Jump	5	½ Twist Jump	5	Back s/s (Tucked) to Seat Landing	5	Back s/s (Tucked) to Seat Landing
6	Pike Jump	6	Pike Jump	6	Pike Jump	6	Pike Jump	6	½ Twist to Feet	6	½ Twist to Feet
7	Back Landing	7	Back Landing	7	Back Landing	7	Back Landing	7	½ Twist Jump	7	½ Twist Jump
8	½ Twist to Feet	8	½ Twist to Feet	8	½ Twist to Feet	8	½ Twist to Feet	8	Pike Jump	8	Pike Jump
9	Tuck Jump	9	Tuck Jump	9	Tuck Jump	9	Tuck Jump	9	½ Twist to Front Landing	9	½ Twist to Front Landing
10	Front s/s (Tucked)	10	Front s/s (Piked)	10	Front s/s (Piked)	10	Front s/s (Piked)	10	To Feet	10	To Feet

NDP3 B		NDP4 A		NDP4 B		NDP5 A		NDP5 Routine B	
1	Back s/s (Straight)	1	Back s/s (Straight)	1	Back s/s (Straight)	1	¾ Back s/s (Straight legs)	1	¾ Back s/s (Straight legs)
2	Straddle Jump	2	Straddle Jump	2	Straddle Jump	2	To feet (or Cody = bonus +0.3)	2	To feet (or Cody = bonus +0.3)
3	Back s/s (Tucked)	3	Back s/s (Tucked)	3	Back s/s (Piked)	3	Straddle Jump	3	Straddle Jump
4	Barani (Tucked)	4	Barani (Tucked)	4	Barani (Piked)	4	Back s/s (Piked)	4	Back s/s (Piked)
5	½ Twist Jump	5	½ Twist Jump	5	½ Twist Jump	5	Barani (Piked)	5	Barani (Piked)
6	Tuck Jump	6	Tuck Jump	6	Tuck Jump	6	Tuck Jump	6	Tuck Jump
7	Back s/s (Tucked) to Seat Landing	7	Barani (Tucked)	7	Barani (Tucked)	7	Barani (Tucked)	7	Barani (Tucked)
8	½ Twist to Feet	8	Back s/s (Tucked)	8	Back s/s (Tucked)	8	Back s/s (Tucked)	8	Back s/s (Tucked)
9	Pike Jump	9	Pike Jump	9	Pike Jump	9	¾ Front s/s (Straight)	9	¾ Front s/s (Straight)
10	Front s/s (Piked)	10	Front s/s (Piked)	10	Front s/s (Piked)	10	½ twist to feet (or Ballout Barani (T) +0.3)	10	½ twist to feet (or Ballout Barani (T) +0.3)

NDP6 Routine A		NDP6 Routine B		NDP5&6 FINALS INFO.	
1	Back s/s (Straight)	1	¾ Back s/s (Straight)	At the NDP National Final, gymnasts will	
2	Barani (Straight)	2	Cody (Tucked)	perform Routine B only, plus a Voluntary (except	
3	Straddle Jump	3	Straddle Jump	age 9-10)	
4	Back s/s (Piked)	4	Barani (Piked)	Only 1 body landing is allowed in the VOL	
5	Barani (Piked)	5	Back s/s (Straight)	NDP5, difficulty capped at 1.1 per element.	
6	Tuck Jump	6	Full Twisting Back s/s (Straight)	NDP6, difficulty capped at 1.3 per element for	
7	Barani (Tucked)	7	Barani (Tucked)	11-12, and 1.5 per element for 13+	
8	Back s/s (Tucked)	8	Back s/s (Tucked)		
9	¾ Front s/s (Straight)	9	¾ Front s/s (Straight)		
10	Ballout Barani (Tucked)	10	Ballout Barani (Tucked)		

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	