

NATIONAL COMPETITION STRUCTURE 2017

NATIONAL TRAMPOLINE TECHNICAL COMMITTEE

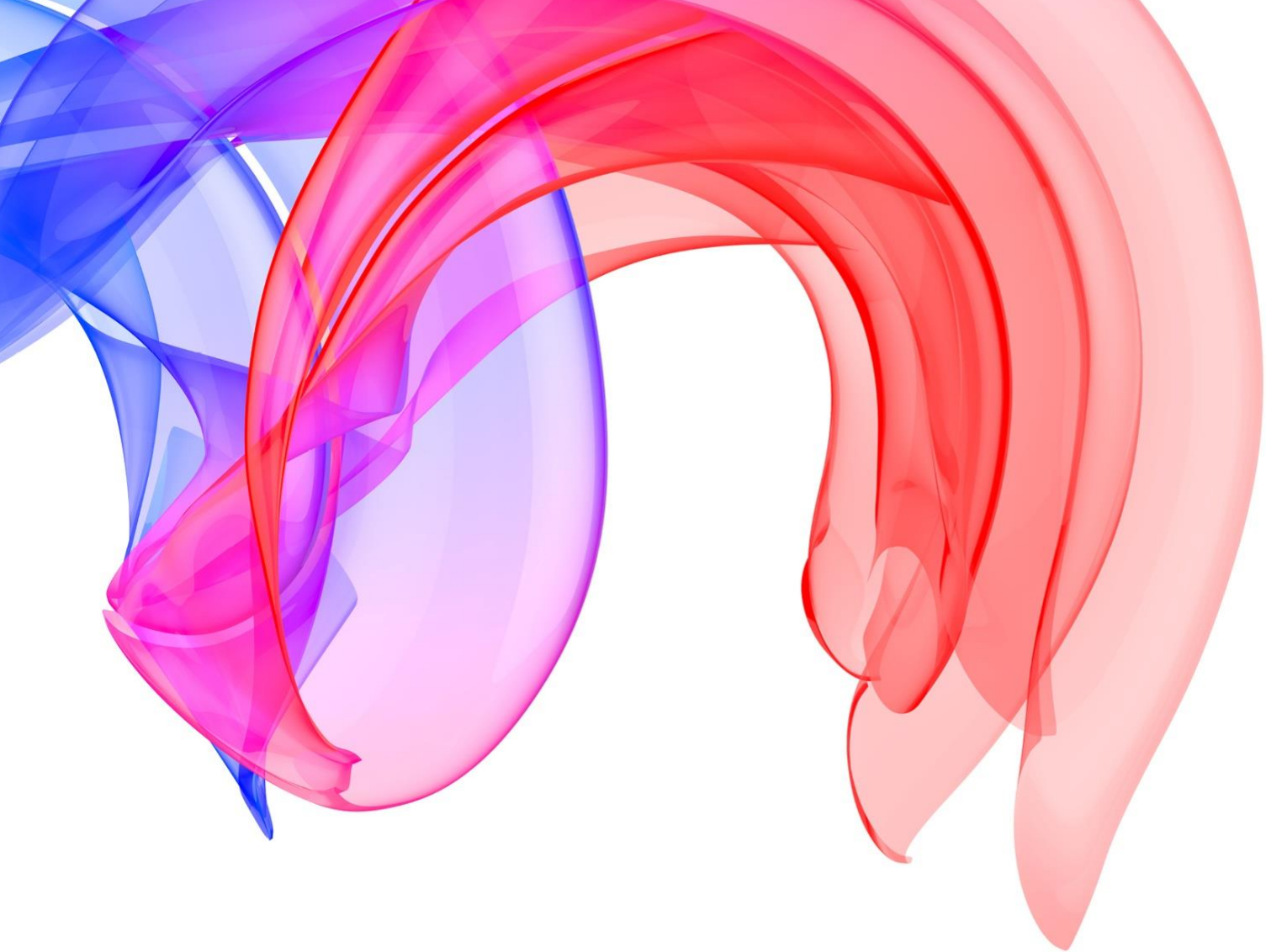
Notice of main changes to the National NDP Competition Structure 2017

There will be NO change to the age groups for TUM in 2017

NDP 1-7: The top 8 ranked gymnasts from the Regional Team Final/NDP qualifier will qualify to the NDP finals. Gymnasts receiving a zero 'DNF' score routines **will not** be eligible to rank for the NDP Final.

FIG rules will apply to all disciplines at the NDP Finals with the exception of the 'zero' score. This will not apply at these Finals and all scores will be accumulative. (The 'zero' score will remain at the all qualification events).

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



TUMBLING DOMESTIC COMPETITION STRUCTURE

TUMBLING
NATIONAL DEVELOPMENT PLAN
2017

Tumbling Domestic Competition Structure

Objectives

Provide two clear pathways of competition, Elite pathway and NDP pathway

Gymnasts must select their competition pathway at the beginning of the season and may not transfer pathways

TUM NDP Revision Proposal

Rational

- In each level Run 1 focuses on mount (start) skills, Run 2 develops mid-run continuity and Run 3 develops dismount skills.
- Skills are progressively introduced into more complex runs

Tumble NDP Level Requirements

NB: Club Levels 1 -3 compete at Regional events only, included for information only.

NDP Club Level 1						
Age Groups	Run 1		Run 2		Run 3	
7 - 8, 9 - 10, 11 - 12, 13+	1	Forward Roll	1	Chasse	1	Cartwheel
	2	Stretch Jump	2	Cartwheel	2	Cartwheel ¼ in
	3	Forward Roll	3	Chasse	3	Backward Roll
	4	Jump (TUCK)	4	Cartwheel	4	Jump ½ Turn
	5	Forward Roll	5	Chasse	5	Forward Roll
	6	Jump Full Turn	6	Cartwheel to land side on	6	Jump (1/2 TURN)

NDP Club Level 2						
Age Groups	Run 1		Run 2		Run 3	
7 - 8, 9 - 10, 11 - 12, 13+	1	Round Off	1	Cartwheel	1	CARTWHEEL
	2	Jump ½ Turn walkout	2	Chasse	2	R OFF
	3	Cartwheel	3	Cartwheel	3	½ TURN WO
	4	Cartwheel	4	Round Off	4	Cartwheel
	5	Round Off	5	Stretch Jump	5	Round Off
	6	Rebound Jump	6	Backward Roll	6	Jump ½ Turn

NDP Club Level 3						
Age Groups	Run 1		Run 2		Run 3	
9 - 10, 11 - 12, 13+	1	Round Off	1	Dive roll from run	1	Round Off
	2	Jump ½ Turn walkout	2	Stretch Jump Walk out	2	Flick
	3	Cartwheel	3	Cartwheel	3	Jump ½ Turn walkout
	4	Round Off	4	Round Off	4	Round Off
	5	Rebound Jump	5	Jump ½ Turn	5	Jump ½ Turn walkout
	6	Jump Full Turn	6	Rebound Dive Roll	6	Cartwheel ¼ in

Physical Norms will be competed at Regional Prelims only.

Physical Norms – Body Management
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

NDP National Level 1						
Age Groups	Run 1		Run 2		Run 3	
9 - 10, 11 – 12, 13+	1	Round Off	1	Stretch Jump Walkout	1	Round Off
	2	Flick	2	Cartwheel	2	Flick
	3	Jump ½ Turn Walkout	3	Round Off	3	Flick
	4	Round Off	4	Flick	4	Jump ½ Turn
	5	Flick	5	Flick	15 metres of Track only	
	6	Rebound Jump	6	Rebound Jump		

Minimum Qualifying Standard NDP Level 1	3 Run Score	Physical Norms
	70.00	70.00

NDP National Level 2						
Age Groups	Run 1		Run 2		Run 3	
9 - 10, 11 – 12, 13+	1	Tuck Front Somi walkout	1	Round Off	1	Round Off
	2	Round Off	2	Flick	2	Flick
	3	Flick	3	Flick	3	Tuck Back Somi
	4	Flick	4	Flick	15 metres of Track only	
	5	Flick	5	Flick		
	6	Rebound	6	Jump ½ Turn		

Minimum Qualifying Standard NDP Level 2	3 Run Score	Physical Norms
	70.00	70.00

NDP National Level 3						
Age Groups	Run 1		Run 2		Run 3	
9 - 10, 11 - 12, 13+	1	Pike Front Somi walkout	1	Round Off	1	Round Off
	2	Round Off	2	Flick	2	Flick
	3	Flick	3	Whip	3	Pike Back Somi
	4	Flick	4	Flick	15 metres of Track only	
	5	Flick	5	Flick		
	6	Jump ½ Turn	6	Tuck Back Somi		

Minimum Qualifying Standard NDP Level 3	3 Run Score	Physical Norms
	70.00	70.00

NDP National Level 4						
Age Groups	Run 1		Run 2		Run 3	
9 - 10, 11 – 12, 13+	1	Round Off	1	Round Off	1	Round Off
	2	Whip	2	Flick	2	Flick
	3	Flick	3	Whip	3	Straight Back Somi
	4	Flick	4	Flick	15 metres of Track only	
	5	Flick	5	Flick		
	6	Tuck Back Somi	6	Flick		
	7		7	Flick		
	8		8	Pike Back Somi		

Minimum Qualifying Standard NDP Level 4	3 Run Score	Physical Norms
	70.00	70.00

NDP National Level 5									
Age Groups 10 - 12, 13 - 14, 15+	Run 1			Run 2			Run 3		
	1	Round Off		1	Round Off		1	Round Off	
	2	Whip		2	Flick		2	Flick	
	3	Whip		3	Whip		3	Straight Back 360° Somi	
	4	Flick		4	Flick		15 metres of Track only		
	5	Flick		5	Whip				
	6	Pike Back Somi		6	Flick				
	7			7	Flick				
	8			8	Straight Back Somi				

Minimum Qualifying Standard NDP Level 5	3 Run Score	Physical Norms
	70.00	70.00

NDP National Level 6									
Age Groups U13, O13	Run 1			Run 2			Run 3		
	1	Barani		1	Round Off		1	Round Off	
	2	Whip		2	Whip		2	Flick	
	3	Whip		3	Whip		3	Straight Back Somi 720°	
	4	Whip		4	Whip		15 metres of Track only		
	5	Flick		5	Whip				
	6	Flick		6	Flick				
	7	Flick		7	Flick				
	8	Straight Back Somi		8	Straight Back Somi 360°				

Minimum Qualifying Standard NDP Level 6	3 Run Score	Physical Norms
	70.00	70.00

NDP National Level 7									
Age Groups U13, O13	Run 1			Run 2			Run 3		
	1	Round Off		1	Round Off		1	Round Off	
	2	Whip		2	Whip		2	Flick	
	3	Whip 360°		3	Whip		3	Double Tuck Back Somi	
	4	Whip		4	Whip		15 metres of Track only		
	5	Whip		5	Whip				
	6	Whip		6	Flick				
	7	Flick		7	Flick				
	8	Straight Back Somi 360°		8	Straight Back Somi 720°				

Please note:	Level 7 Run 1 Skills 2 & 3 may be performed in any order E.g. - RO W W360 W W F F StB360 - RO W360 W W W F F StB360
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Minimum Qualifying Standard NDP Level 7	3 Run Score	Physical Norms
	70.00	70.00

NDP Regional Team Final/NDP Semi Final & NDP Finals



Top 2 ranked gymnasts, per age group, per level, per gender will qualify to the Regional Team Final/NDP Semi Final, providing all runs competed are as stated below, the minimum execution scores are achieved, and the physical pass mark has been achieved. In the event of a tie position for 2nd place both gymnasts will qualify. Hereafter please see further tie break rules in the BG Code of Points. (Physical Norms score not included in ranking BUT must be passed to be eligible).

Ranking at the Regional Team Finals / NDP Semi Final is determined by the cumulative scores from all 3 runs. The top eight gymnasts per level / age group / gender will progress to the NDP Finals, dependant on attaining minimum qualifying runs score.