

◀ TUM NDP Competition Structure 2...

TUM NDP Level Requirements

NB: Club Levels 1 - 4 compete at Regional events only, included for information only.

NDP Club Level 1												
Age Groups	Run 1			Run 2			Run 3					
7-8yrs 9-10yrs 11yrs.	1	Forward Roll			1	Cartwheel (From standing start, facing sideways)			1	Straight Jump (walk out) (From a standing start on floor)		
	2	Straight Jump			2	Cartwheel			2	Cartwheel 1/4 turn in		
	3	Forward Roll			3	Cartwheel (Finish facing sideways)			3	Fall to Dish onto mat		
	4	Tuck Jump							4	Hold Dish (3 secs)		
	5	Forward Roll										
	6	Jump 180 (arms to chest)										

NDP Club Level 2												
Age Groups	Run 1			Run 2			Run 3					
7-8yrs 9-10yrs 11yrs	1	Straight Jump (walk out) (From a standing start on floor)			1	Straight Jump (walk out) (From a standing start on floor)			1	Straight Jump (walk out) (From a standing start on floor)		
	2	Cartwheel			2	Cartwheel			2	Round Off		
	3	Chasse			3	Round Off			3	Jump to Dish onto mat		
	4	Cartwheel			4	Straight Jump			4	Hold Dish (3 secs)		
	5	Chasse			5	Backward Roll						
	6	Cartwheel										

NDP Club Level 3												
Age Groups	Run 1			Run 2			Run 3					
8yrs 9-10yrs 11-12yrs 13yrs	1	Straight Jump (walk out) (From a standing start on floor)			1	Straight Jump (walk out) (From a standing start on floor)			1	Straight Jump (walk out) (From a standing start on floor)		
	2	Cartwheel			2	Round Off			2	Round Off		
	3	Chasse			3	Jump 180 (walk out)			3	Flic		
	4	Round Off			4	Round Off			4	Jump to Dish onto mat		
	5	Jump 180 (arms to chest)			5	Straight Jump			5	Hold Dish (3 secs)		

NDP Club Level 4												
Age Groups	Run 1			Run 2			Run 3					
8yrs 9-10yrs 11-12yrs 13-14yrs	1	Round Off			1	Handspring			1	Straight Jump (walk out) (From a standing start on floor)		
	2	Flic			2	Straight Jump (walk out)			2	Round Off		
	3	Jump 180 (arms to chest)			3	Round Off			3	Flic		
	Performed from a small preparatory run*				4	Straight Jump			4	Flic		
	Performed from a small preparatory run*				5				5	Jump to Dish onto mat (hold fro 3 seconds)		

*Failure to perform a small preparatory run will result in a gymnast being given zero 'DNF' score

Range & Conditioning Routine – to be completed at NDP Qualifier (within region) only.

Range & Conditioning	
NDP Levels 1 – 5 and FIG Development	
1	Kick to handstand (hold for 1 sec) forward roll to stand
2	Straight leg forward roll to pike sit
3	Pike fold and hold for 3 seconds
4	Lower to long arm dish for 3 seconds
5	Arched hip lift for 3 seconds
6	Push to bridge and hold for 3 seconds lower to sit up tuck sit
7	Backwards roll to front support and hold for 3 seconds
8	Straight leg snap to standing dish
9	Straight arm drive to head height & return
10	Jump 180 degrees with arms straight by ears
Minimum Standard to qualify to Regional Team Final	70% pass mark

NDP National Level 1												
Age Groups	Run 1			Run 2			Run 3					
9-10yrs 11-12yrs	1	Round Off			1	Round Off			1	Round Off		
	2	Flic			2	Flic			2	Flic		
	3	Flic			3	Flic			3	Tuck Somersault		
	4	Jump ½ turn and hold for approx. 3 secs*			4	Flic			15 metres of Track only			
	5	Stretch jump into Round Off			5	Flic						
	6	Flic			6	Straight Jump						
	7	Flic										
	8	Straight Jump										

* If gymnast doesn't hold for approximately 3 seconds, a 0.2 deduction will be applied

Minimum Qualifying Standard for Regional Team Final - NDP Level 1	3 Run Score	Range & Conditioning
	70.0	70%

NDP National Level 2												
Age Groups	Run 1			Run 2			Run 3					
9-10yrs 11-12yrs 13-14yrs	1	Round Off			1	Round Off			1	Round Off		
	2	Flic			2	Flic			2	Flic		
	3	Flic			3	Whip			3	Tuck Somersault		
	4	Flic			4	Flic			15 metres of Track only			
	5	Flic										
	6	Tuck Somersault			6	Straight Jump						

5	Recreio rip and for 3 seconds
6	Push to bridge and hold for 3 seconds lower to sit up tuck sit
7	Backwards roll to front support and hold for 3 seconds
8	Straight leg snap to standing dish
9	Straight arm drive to head height & return
10	Jump 180 degrees with arms straight by ears
Minimum Standard to qualify to Regional Team Final	
	70% pass mark

NDP National Level 1			
Age Groups	Run 1	Run 2	Run 3
9-10yrs	1 Round Off	1 Round Off	1 Round Off
11-12yrs	2 Flic	2 Flic	2 Flic
	3 Flic	3 Flic	3 Tuck Somersault
	4 Jump 1/2 turn and hold for approx. 3 secs*	4 Flic	
	5 Stretch jump into Round Off	5 Flic	
	6 Flic	6 Straight Jump	
	7 Flic		
	8 Straight Jump		

15 metres of Track only

* If gymnast doesn't hold for approximately 3 seconds, a 0.2 deduction will be applied

Minimum Qualifying Standard for Regional Team Final - NDP Level 1	3 Run Score	Range & Conditioning
	70.0	70%

NDP National Level 2			
Age Groups	Run 1	Run 2	Run 3
9-10yrs	1 Round Off	1 Round Off	1 Round Off
11-12yrs	2 Flic	2 Flic	2 Flic
13-14yrs	3 Flic	3 Whip	3 Tuck Somersault
	4 Flic	4 Flic	
	5 Flic	5 Flic	
	6 Tuck Somersault	6 Straight Jump	

15 metres of Track only

Minimum Qualifying Standard for Regional Team Final - NDP Level 2	3 Run Score	Range & Conditioning
	70.0	70%

NDP National Level 3			
Age Groups	Run 1	Run 2	Run 3
11-12yrs	1 Round Off	1 Round Off	1 Round Off
13-14yrs	2 Flic	2 Flic	2 Flic
15+yrs	3 Flic	3 Whip	3 Straight Somersault
	4 Flic	4 Flic	
	5 Flic	5 Flic	
	6 Flic	6 Tuck Somersault	
	7 Flic		
	8 Pike Somersault		

15 metres of Track only

Minimum Qualifying Standard for Regional Team Final - NDP Level 3	3 Run Score	Range & Conditioning
	70.0	70%

NDP National Level 4			
Age Groups	Run 1	Run 2	Run 3
U13yrs	1 Round Off	1 Round Off	1 Round Off
O13yrs	2 Whip	2 Whip	2 Flic
	3 Whip	3 Whip	3 Full Twist
	4 Flic	4 Flic	
	5 Whip	5 Flic	
	6 Flic	6 Pike Somersault	
	7 Flic		
	8 Straight Somersault		

15 metres of Track only

Minimum Qualifying Standard for Regional Team Final - NDP Level 4	3 Run Score	Range & Conditioning
	70.0	70%

NDP National Level 5			
Age Groups	Run 1	Run 2	Run 3
U13yrs	1 Round Off	1 Round Off	1 Round Off
O13yrs	2 Whip	2 Whip	2 Flic
	3 Whip	3 Whip	3 Double Twist
	4 Whip	4 Flic	
	5 Flic	5 Flic	
	6 Flic	6 Full Twist	
	7 Flic		
	8 Tuck Somersault		

15 metres of Track only

Minimum Qualifying Standard for Regional Team Final - NDP Level 5	3 Run Score	Range & Conditioning
	70.0	70%

FIG DEVELOPMENT LEVEL

FIG DEVELOPMENT			
Age Groups	Run 1	Run 2	Run 3
9-10yrs	1 Round Off	8 Skill Free Pass	8 Skill Free Pass
	2 Flic	(difficulty to be added)	(difficulty to be added)
	3 Flic	Qualification Criteria for Regional Team Final & NDP Final	
	4 Flic	Minimum Difficulty over two free passes - 2.6	
	5 Flic	Minimum Difficulty over two free passes - 3.2	
	6 Flic		