

# 2014-2017 Domestic Competition Structure

## National Development Plan (NDP) – Club Compulsory Grades

- Individual Competition
- Club, County and Regional competition events
- Younger age groups and suggested age groups can be changed to suit the individual clubs and/or regions
- Age groups: 9-10yrs, 11-12yrs, 13+yrs

NDP Grade 1 Compulsory		NDP Grade 2 Compulsory	
1	(6 x Jumps)* Arm Set	1	(6 x Jumps)* Arm Set
2	Back s/s (T)	2	Back s/s (T)
3	Straddle Jump	3	Straddle Jump
4	½ Twist to Seat Landing	4	Back s/s (T) to Seat Landing
5	½ Twist to Feet	5	½ Twist to Feet
6	Pike Jump	6	Pike Jump
7	Back Landing	7	Back Landing
8	½ Twist to Feet	8	½ Twist to Feet
9	Tuck Jump	9	Tuck Jump
10	Full Twist Jump	10	Front s/s (T)

(Club development routines and basic technical drills will be recommended in the Club Support Pack)

*All Arm Sets will be marked as the 1<sup>st</sup> element of the routine*

*\* If more/less than 6 pre routine jumps are taken there will be a penalty of 0.2 per judge (The Arm Set to be done of 7<sup>th</sup> bounce)*

### Competition Format

1 x compulsory routine and 1 x repeat of the compulsory routine with no tariff awarded OR the next grade compulsory routine for a 0.6 bonus

No Final

## National Development Plan (NDP) – Regional Compulsory Grades

- Individual Competition (Synchronised events are encouraged in the region. Gymnasts making up the synchronised pair must come from the same Club)
- Regional competition events
- Qualifying event/s leading to the NDP Regionals Final
- Age groups: 7-8yrs, 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs & 17+yrs (7-8yrs will not be eligible for the Regionals Final)

7-8yrs / 9-10yrs / 11-12yrs / 13-14yrs / 15-16yrs / 17+							
NDP Grade 3 Compulsory		NDP Grade 4 Compulsory		NDP Grade 5 Compulsory		NDP Grade 6 Compulsory	
1	6 x Jumps Arm Set *	1	6 x Jumps Arm Set *	1	6 x Jumps Arm Set *	1	Arm Set
2	Back s/s (T)	2	Back s/s (P)	2	Back s/s (S)	2	Back s/s (S)
3	Straddle Jump	3	Straddle Jump	3	Straddle Jump	3	Barani (S)
4	Barani (T)	4	Barani (P)	4	Back s/s (P)	4	Straddle Jump
5	Tuck Jump	5	½ Twist Jump	5	Barani (P)	5	Back s/s (P)
6	Back s/s (T) to Seat Landing	6	Tuck Jump	6	Tuck Jump	6	Barani (P)
7	½ Twist to Feet	7	Barani (T)	7	Barani (T)	7	½ Twist Jump
8	Pike Jump	8	Back s/s (T)	8	Back s/s (T)	8	Tuck Jump
9	½ Twist to Front Landing	9	Pike Jump	9	Pike jump	9	Barani (T)
10	To Feet	10	Front s/s (P)	10	Front s/s (P)	10	Back s/s (T)

All Arm Sets will be marked as the 1<sup>st</sup> element of the routine

\* If more/less than 6 pre routine jumps are taken there will be a penalty of 0.2 per judge (The Arm Set to be done of 7<sup>th</sup> bounce)

### Competition Format

Grade 3 to 5:

- 1 x compulsory routine and 1 x repeat of the compulsory routine with no tariff awarded OR the next grade compulsory routine for a 0.6 bonus

Grade 6:

- 1 x compulsory routine and 1 x voluntary routine (10 elements) with tariff awarded (there is a maximum tariff at this grade)

### Qualification to Regionals Final

- From designated qualifying event/s (a minimum of 2 months before the Regionals Final) the first placed gymnasts (male & female) in each group per grade will qualify to the Regionals Final
- Gymnasts must complete 10 skills in both routines and score 75% (22.5) per routine to secure this place
- The top ranked gymnast in each age group per grade will qualify to the NDP Regionals Final

### Competition Format (Regionals Final)

- As above Competition Format

### To progress to NDP 7

- If a gymnast is competent and wishes to progress to the NDP 7 level the coach must indicate this on the entry form. To qualify the gymnast must perform the NDP 6 compulsory routine and NDP 7 compulsory routine (relevant to the gymnasts age group) and achieve the minimum score to progress to national level.

## National Development Plan (NDP) – National Grades

### NDP Grade 7

- Individual Competition (See separate sheet for Synchronised Competition)
- 4 x Qualifying events leading to the NDP National Final (gymnasts may enter a maximum of 3 events)
- Minimum standards of execution (all routines) and tariff (voluntary routine) must be achieved in the national qualifying galas to secure a ranking to qualify to the NDP National Final
- If 10 skills are not executed in any routine then the score for that routine will be given a zero score
- If the minimum tariff is not achieved there will be a penalty of 1.0 per judge
- From those gymnasts achieving the required minimum standards a maximum of 16 places in each Age Group (male & female) will qualify to the NDP National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs & 17+yrs

9-10yrs Compulsory		11-12yrs Compulsory		13-14yrs Compulsory		15-16yrs / 17yrs+ Compulsory	
1	Arm Set	1	¾ Back s/s (SL)	1	¾ Front s/s (S)	1	½ Twist to ¾ Front s/s (S)
2	Back s/s (S)	2	To feet * (*Cody (T) bonus 0.3)	2	Barani Ballout (T)	2	Barani Ballout (T)
3	Barani (S)	3	Straddle Jump	3	Straddle Jump	3	Straddle Jump
4	Straddle Jump	4	Back s/s (P)	4	Barani (T)	4	Back s/s (T)
5	Back s/s (P)	5	Barani (P)	5	Back s/s (T)	5	Barani (T)
6	Barani (P)	6	Tuck Jump	6	Barani (P)	6	Back s/s (P)
7	½ Twist Jump	7	Barani (T)	7	Back s/s (P)	7	Rudi (S)
8	Tuck Jump	8	Back s/s (T)	8	Barani (S)	8	Back s/s (S)
9	Barani (T)	9	¾ Front s/s (S)	9	Back s/s (S)	9	Barani (S)
10	Back s/s (T)	10	Barani Ballout (T)	10	Full Twisting Back s/s (S)	10	Full Twisting Back s/s (S)

#### Competition Format (Qualification events)

- 1 x compulsory routine and 1 x voluntary routine will make up the 2 round (2R) qualification process (no Final)
- The best 2 x 2R scores (execution, time of flight & tariff) will be added together to determine the top ranked gymnasts in each group to qualify to the NDP National Final providing the relevant minimum standard has been met

#### Competition Format (NDP Grade 7 National Final)

- 1 x compulsory routine and 1 x voluntary routine will make up the 2 round (2R) qualification process to proceed to the final top 8
- 1 x final routine
- 3 Round accumulative score will determine the ranking (1 x compulsory routine 1 x voluntary routine & 1 x final voluntary routine)

## NDP Grade 8

- Individual Competition (See separate sheet for Synchronised Competition)
- 4 x Qualifying events leading to the NDP National Final (gymnasts may enter a maximum of 3 events)
- Minimum standards of execution (all routines) and tariff (voluntary routine) must be achieved in the national qualifying galas to secure a ranking to qualify to the NDP National Final
- If 10 skills are not executed in any routine then the score for that routine will be given a zero score
- If the minimum tariff is not achieved there will be a penalty of 1.0 per judge
- From those gymnasts achieving the minimum standards a maximum of 16 places in each Age Group (male & female) will qualify to the NDP National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & 19+yrs

9-10yrs Compulsory		11-12yrs Compulsory		13-14yrs Compulsory		15-16yrs Compulsory		17-18yrs & 19yrs + Compulsory	
1	Arm Set	1	¾ Front s/s (S)	1	½ Twist to ¾ Front s/s (S)	1	½ Twist to ¾ Front s/s (S)	1	Half Out (P)
2	Back s/s (S)	2	Barani Ballout (T)	2	Barani Ballout (T)	2	Barani Ballout (T)	2	Back s/s (P)
3	Barani (S)	3	Straddle Jump	3	Back s/s (T)	3	Back s/s (T)	3	Barani (P)
4	Straddle Jump	4	Barani (T)	4	Barani (T)	4	Barani (T)	4	Full Twisting Back s/s (S)
5	Back s/s (P)	5	Back s/s (T)	5	Back s/s (P)	5	Full Back s/s	5	Barani (S)
6	Barani (P)	6	Barani (P)	6	Rudi (S)	6	Back s/s (P)	6	Back s/s (S)
7	½ Twist Jump	7	Back s/s (P)	7	Straddle Jump	7	Rudi (S)	7	Barani (T)
8	Tuck Jump	8	Barani (S)	8	Back s/s (S)	8	Back s/s (S)	8	Back s/s (T)
9	Barani (T)	9	Back s/s (S)	9	Barani (S)	9	Barani (S)	9	Half Out (T)
10	Back s/s (T)	10	Full Twisting Back s/s (S)	10	Full Twisting Back s/s (S)	10	½ in ½ Out (T)	10	Double Back s/s (S)

9-10 Years WAGC Development		11-12 Years FIG WAGC	13-14yrs FIG WAGC	15-16 Years FIG WAGC	17-18 Years FIG WAGC	19yrs+ FIG A
1	¾ Back s/s (SL)	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. 1. One element landing on the front of the body 2. One element landing on the back of the body.	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. 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.	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. 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.	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. 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.	1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. 2. 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 first routine. 3. None of these two elements may be repeated in the voluntary. Voluntary: No restrictions but 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.
2	To feet * (*Cody (T) bonus 0.3)					
3	Straddle Jump					
4	Back s/s (P)					
5	Barani (P)					
6	Tuck Jump					
7	Barani (T)					
8	Back s/s (T)					
9	¾ Front s/s (S)					
10	Barani Ballout (T)					

**There is a maximum of 2 body landings allowed in the voluntary routine at NDP 8**

### Competition Format - Qualification events

- 1 x compulsory routine, 1 x FIG WAGC requirements and 1 x voluntary routine will make up the 3 round (3R) qualification process (no Final)
- The best 2 x 3R scores (execution, time of flight & tariff) will be added together to determine the top ranked gymnasts in each group to qualify to the NDP National Final

### Competition Format - NDP 8 National Final (FIG rules, unless otherwise stated)

- 1 x WAGC requirements and 1 x voluntary routine will make up the 2 round (2R) qualification process to proceed to the final top 8\*
- 1 x final routine

\* If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (1 x WAGC requirements, 1 x voluntary & 1 x final voluntary)

## Elite Pathway - FIG Senior & Age Groups

- Individual Competition (See separate sheet for Synchronised Competition)
- 4 x Qualifying galas leading to the British Championships (gymnasts may enter a maximum of 3 events)
- Minimum standards of execution (all routines) and tariff (voluntary routine) must be achieved in the national qualifying events to secure a ranking to qualify to the British Championships
- If 10 skills are not executed in any routine then the score for that routine will be given a zero score
- If the minimum tariff is not achieved there will be a penalty of 1.0 per judge
- From those gymnasts achieving the minimum standards a maximum of 16 places in the 10yrs, 11-12yrs & 13-14yrs age groups and a maximum of 12 places in the 15-16yrs, 17-18yrs age groups and Senior (male & female) will qualify to the British Championships after the HNC has allocated automatic places for GBR gymnasts
- Age groups: 10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & Senior

10yrs Compulsory	11-12yrs Compulsory	13-14yrs Compulsory	15-16yrs Compulsory	17-18yrs & 19yrs + Compulsory
Same as NDP Grade 8 9-10yrs routine	Same as NDP Grade 8	Same as NDP Grade 8	Same as NDP Grade 8	Same as NDP Grade 8

WAGC Development	FIG WAGC	FIG WAGC	FIG WAGC	FIG WAGC	FIG A
10 Years	11-12 Years	13-14yrs	15-16 Years	17-18 Years	Senior (17yrs+)
Same as NDP Grade 8 9-10yrs routine	FIG WAGC requirements as above	FIG WAGC requirements as above	FIG WAGC requirements as above	FIG WAGC requirements as above	FIG A requirements

***There is a maximum of 1 body landing allowed in the voluntary routine***

### Age Group Competition Format - Qualification events

- 1 x compulsory routine, 1 x FIG WAGC requirements and 1 x voluntary routine will make up the 3 round (3R) qualification process (no Final)
- The best 2 x 3R scores (execution, time of flight & tariff) will be added together to determine the top ranked gymnasts in each group to qualify to the British Championships

### Age Group Competition Format - British Championships (FIG rules, unless otherwise stated)

- 1 x WAGC requirements and 1 x voluntary routine will make up the 2 round qualification process to proceed to the final top 8\*
- 1 x final routine (zero final)

\* If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (1 x WAGC requirements, 1 x voluntary & 1 x final voluntary)

### Senior Competition Format - Qualification events

- 1 x FIG A requirements and 1 x voluntary routine will make up the 2 round (2R) qualification process
- The best 2 x 2R scores (execution, time of flight & tariff) will be added together to determine the top ranked gymnasts in each group to qualify to the British Championships
- 1 x final voluntary (3 Round accumulative score will determine the ranking 1 x FIG A, 1 x voluntary routine & 1 x final voluntary routine)

### Senior Competition Format - British Championships (FIG rules, unless otherwise stated)

- 1 x FIG A requirements and 1 x voluntary routine will make up the 2 round (2R) qualification process to proceed to the final top 8\*
- 1 x final routine (zero final)

\* If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (1 x FIG A requirements, 1 x voluntary & 1 x final voluntary)

# National Development Plan NDP – SYNCHRONISED

## Club & Regional Compulsory Grades

- Club, County and Regions may choose to include synchronised events for development purpose
- All synchronised pairs must be from the same Club

## National Development Plan – National Grade 7

- Synchronised Competition
- 2 x Qualifying events leading to the NDP National Final
- Synchronised pairs must be from the same Club
- Both gymnasts making up the synchronised pair must be eligible for NDP 7 as an individual
- If 10 skills are not executed then the score for that routine will be given as zero
- A maximum of 8 pairs in each Age Group (male & female) will qualify to the NDP National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17+yrs

### Competition Format (Qualification events)

- 1 x compulsory routine (as per individual compulsory routine) and 1 x voluntary routine will make up the 2 round (2R) qualification process
- The best 1 x 2R scores (execution, synchronised & tariff) will be added together to determine the top ranked pairs in each group to qualify to the NDP 7 National Final\*

\* At least one gymnast in the synchronised pairing must have qualified to the NDP 7 National Final as an individual to be eligible to compete in the NDP 7 National Final Synchronised event

### Competition Format NDP 8 National Final

- 1 x final routine will determine the ranking from a zero final

## National Development Plan – National Grade 8

- Synchronised Competition
- 2 x Qualifying events leading to the NDP National Final
- Synchronised pairs may be from different Clubs
- Both gymnasts making up the synchronised pair must be eligible for NDP 8 as an individual
- If 10 skills are not executed then the score for that routine will be given as zero
- A maximum of 8 pairs in each Age Group (male & female) will qualify to the NDP National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & 19+yrs

### Competition Format (Qualification events)

- 1 x compulsory routine (as per individual 9-18yrs age group compulsory routine) and 1 x voluntary routine will make up the 2 round (2R) qualification process
- The best 1 x 2R scores (execution, synchronised & tariff) will be added together to determine the top ranked pairs in each group to qualify to the NDP 8 National Final\*

\* At least one gymnast in the synchronised pairing must have qualified to the NDP 8 National Final as an individual to be eligible to compete in the NDP 8 National Final Synchronised event

### Competition Format NDP 8 National Final

- 1 x final routine will determine the ranking from a zero final

## **Elite Pathway - FIG Senior & Age Groups**

- Synchronised Competition
- 2 x Qualifying events leading to the British Championships
- Synchronised pairs may be from different Clubs
- Both gymnasts making up the synchronised pair must be eligible for the Elite Pathway as an individual
- If 10 skills are not executed then the score for that routine will be given as zero
- A maximum of 8 pairs in each Age Group (male & female) will qualify to the British Championships
- Age groups: 10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & Senior

### **Competition Format (Qualification events)**

- 1 x compulsory (as per individual 9-18yrs age group compulsory routine) or 1 x FIG A (Senior) plus 1 x voluntary routine will make up the 2 round (2R) qualification process
- After any GBR automatic places have been allocated, the best 1 x 2R scores (execution, synchronised & tariff) will be added together to determine the top ranked pairs in each group to qualify to the British Championships\*

\* At least one gymnast in the synchronised pairing must have qualified to the British Championships as an individual to be eligible to compete in the British Championships Synchronised event

### **Competition Format (British Championships)**

- 1 x final routine will determine the ranking from a zero final