

### Issue No. 13 January 2017

The following updates to the Compulsory Levels and NDP Grades were agreed by the WTC

#### Compulsory Levels

There will be no change to the content of the Compulsory Levels and NDP Grades until 2018.

Execution deductions for the 2017 competitions will be as COP 2017-2020

The Difficulty value of the elements will be as COP 2017-2020

#### Change to Compulsory Level 1 Beam

Leap series minimum 2 different elements (must include 1 leap **minimum C**) from COP 2017-2020

1 x additional C dance element or above

#### Elements that have raised from B to C

- Split leap & split jump ½ turn
- Straddle jump ½ turn
- Straight jump 1/1 turn
- Cat leap full turn
- Tuck jump 1/1 turn

#### Elements that have raised from C to D

- Split jump 1/1 turn
- Straddle jump 1/1 turn
- Tour jeté
- Pike jump 1/1 turn
- Straight jump 1 ½ turn
- Tuck jump 1 ½ turn

#### Element lowered from D down to C

- **Sheep jump**

### NDP GRADES

#### GENERAL

Execution deductions for the 2017 competitions will be as COP 2017-2020.

The Difficulty value of the elements will be as COP 2017-2020.

#### Change to National 4 Bars

The **Low Bar** will be in place for this level bar exercise to encourage shaping in the down swing.

The cast penalties for this grade will be the same as National 3, 2 & 1.

#### Beam Exercises

Where Difficulty values are mentioned in the exercises they will be as COP 2017-2020 values.

#### Regional 1

'A' coded mount. As per FIG - any mount not in the COP (including Japana) will be valued 'A' except squat on or straddle round which have no value and are not recognised mounts

Dance series: Change leg split leap connected to **any** coded leap/jump/hop

'B' coded jump with ½ turn

#### Elements that have raised from A to B

- Tuck jump ½ turn

### National 3

Dance series: Split leap connected to Sissone – Split leap can have either a bent or a straight lead leg

### National 2

'A' coded mount. As FIG – any mount not in the COP will be valued 'A' except squat on or straddle round which have no value and are not recognised mounts.

Dance series: Split leap connected to any coded leap/jump/hop.

### National 1

B coded mount as FIG COP 2017

Elements that have raised from A to B

- Forward roll mount
- Russian lever (2 second hold) will also count

Dance series: Change leg split leap connected to any coded leap/jump/hop

'B' coded jump with ½ turn

Elements that have raised from A to B

- Tuck jump ½ turn