



TRAMPOLINE DOMESTIC COMPETITION STRUCTURE

TRAMPOLINE

NATIONAL DEVELOPMENT PLAN
2018

NATIONAL TRAMPOLINE TECHNICAL COMMITTEE - National Competition Structure 2018

The British Gymnastics (BG) National Trampoline Technical Committee (NTTC) is responsible and accountable to BG for the development and direction of all Trampoline, Double Mini-Trampoline and Tumbling for all BG members.

Any 'Open' competitions organised under BG membership/insurance must be authorised by the NTTC.

Any regional activity providing opportunity for members of the region must be authorised by the relevant Regional Executive Committee and in consultation with the NTTC.

The competition seasons are from 1st October to 30th September.

Gymnasts and Coaches may select their competition pathway and entry level. After the appropriate level has been selected and competed at, a gymnast cannot change levels during the same competition season *(See note below with regards Regional NDP Compulsory Events).

Regions will be required to run a minimum of two sanctioned Regional NDP Compulsory Events between 1st October 2017 and 28th February 2018 that will form part of a qualification process to a Regional NDP Compulsory Final. This event must be run on or before 31st March 2018.

In the Regional NDP Compulsory Events, gymnasts should enter the age group that they will be eligible for on 1st January 2018. The Regional NDP Compulsory Events may be used as 'Test' events, which will enable gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to qualify and enter at the Regional NDP Compulsory Final.

Range and Conditioning, for all disciplines at NDP Levels 1 to 6 will form part of the qualification process and will be required at the Regional NDP Compulsory Final 2018.

Regional NDP Compulsory Events

A minimum of 2 x British Gymnastics 'sanctioned' regional competitions held between 1st October 2017 and 28th February 2018 for NDP Levels 1-6. The purpose of these competitions is to give gymnasts the opportunity to 'try out' the appropriate entry level and to gain qualification to the Regional NDP Compulsory Final. Gymnasts may try different levels to find the appropriate level for the remainder of the season. See Trampoline Technical Committee information on organising and hosting any other TRA activity in the regions.

Regional NDP Compulsory Final

1 x British Gymnastics 'sanctioned' regional qualifying competition, held on or before 31st March 2018 and for NDP Levels 1-6 leading to the NDP Regional Team Final. Once a gymnast has entered a level at this event they must remain there for the remainder of the competition season that culminates with the NDP Final.

NDP Regional Team Final (Compulsories)

1 x British Gymnastics competition for NDP Levels 1-6 regional teams leading to the NDP Final.

Spring Event Series

2 x British Gymnastics competitions for NDP Performance Level leading to the NDP Final.

NDP Final

Culmination event for NDP Levels 1-6 & NDP Performance Level.

Please refer to the National Competition Handbook for further information.

TRA NDP Compulsory Events NDP Level 1-6

A series of qualification events leading to the Regional NDP Compulsory Final.

NDP Level 1-6

All gymnasts at NDP Levels 1-6 will be required to perform:

1 x Compulsory 'A' Routine (1st routine)

1 x Compulsory 'B' Routine (2nd routine)

Trampoline Individual (All NDP Levels 1-6):

- 2 round cumulative score will determine the ranking
- Time of Flight **will not** be included
- Incomplete routines (routines with fewer than 10 counting elements) and incorrect routines will result in a zero 'DNF' score

A nominative Panel (member of Regional TC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during warm-up or competition) that is deemed to be unsafe at any time

*Regions may run 'out of age' groups (see age groups under Technical Requirements) however gymnasts competing in 'out of age' groups are not eligible to qualify for the NDP Regional Team Final or NDP Final. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.*

Gymnasts should enter the age group that they will be eligible for on 1st January 2018

The Regional NDP Compulsory events may be used as 'Test' events, enabling gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to try and qualify for the Regional NDP Compulsory Final.

Qualification to the Regional NDP Compulsory Final

All gymnasts who achieve a minimum standard, 2 round score of 46.0 are eligible to qualify to the Regional NDP Compulsory Final (at the appropriate level the minimum score was achieved).

TRA Regional NDP Compulsory Final NDP Level 1-6

A final event held in the region leading to the NDP Regional Team Final.

NDP Level 1-6

All gymnasts at NDP Levels 1-6 will be required to perform:

1 x Compulsory 'A' Routine (1st routine)

1 x Compulsory 'B' Routine (2nd routine)

1 x Range & Conditioning Routine

Range & Conditioning:

The Range & Conditioning score is not included in the ranking BUT a gymnast must achieve a 70% pass mark for the range & conditioning to proceed to the ranking list to be eligible to qualify for the NDP Regional Team Final (see tie break statement).

Trampoline Individual (All NDP Levels 1-6):

- 2 round cumulative score will determine the ranking
- Time of Flight **will not** be included
- Incomplete routines (routines with fewer than 10 counting elements) and incorrect routines will result in a zero 'DNF' score

A nominative Panel (member of Regional TC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during warm-up or competition) that is deemed to be unsafe at any time

*Regions may run 'out of age' groups (see age groups under Technical Requirements) however gymnasts competing in 'out of age' groups are not eligible to qualify for the NDP Regional Team Final or NDP Final. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.*

Qualification to the NDP Regional Team Final (NDP 1 to 4)

The top **2** ranked gymnasts, per age group, per level, per gender will qualify to the NDP Regional Team Final, providing the minimum score and physical pass mark have been achieved at the Regional NDP Compulsory Final.

No more than **2** gymnasts may progress to the NDP Regional Team Final. In the event of a tie for a qualification place, the following tie break rules will be used:

- (1) The gymnast with the highest 'pass score' in the range & conditioning will qualify;
- (2) if there is still a tie, the tie break rules as set out in the BG Code of Points will apply.

Qualification to the NDP Regional Team Final (NDP 5 to 6)

The top **3** ranked gymnasts, per age group, per level, per gender will qualify to the NDP Regional Team Final, providing the minimum score and physical pass mark have been achieved at the Regional NDP Compulsory Final.

No more than **3** gymnasts may progress to the NDP Regional Team Final. In the event of a tie for a qualification place, the following tie break rules will apply:

- (1) The gymnast with the highest 'pass score' in the range & conditioning will qualify;
- (2) if there is still a tie, the tie break rules as set out in the BG Code of Points will apply.

TRA NDP Regional Team Final NDP Level 1-6

A team final event which also provides individual qualification to the NDP Final for NDP 1 to 6.

NDP Level 1-6

All gymnasts at NDP Levels 1-6 will be required to perform:

- 1 x Compulsory 'A' Routine (1st routine)
- 1 x Compulsory 'B' Routine (2nd routine)

Trampoline Individual (All NDP Levels 1-6):

- 2 round cumulative score will determine the ranking
- Time of Flight **will not** be included
- Incomplete routines (routines with fewer than 10 counting elements) and incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal

A nominative Panel (member of NTTCC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during warm-up or competition) that is deemed to be unsafe at any time

Qualification to the NDP Final

The top 8 ranked gymnasts, per age group, per level, per gender will qualify to the NDP Final. In the event of a ties the tie break rules in the BG Code of Points will apply. Gymnasts who receive a Zero 'DNF' score in one or more routines **will not** be eligible for the NDP Final.

TRA NDP National Final NDP Level 1-6

NDP Level 1-4

All gymnasts at NDP Levels 1-4 will be required to perform:

- 1 x Compulsory 'A' Routine (1st routine)
- 1 x Compulsory 'B' Routine (2nd routine)

NDP Level 5

All gymnasts at NDP Level 5 will be required to perform:

9-10yrs

- 1 x Compulsory 'A' Routine (1st routine)
- 1 x Compulsory 'B' Routine (2nd routine)

11-12yrs, 13-14yrs, 15yrs+

- 1 x Compulsory 'B' Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)

NDP Level 6

All gymnasts at NDP Level 6 will be required to perform:

11-12yrs, 13-14yrs, 15-16yrs, 17+yrs

- 1 x Compulsory 'B' Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)

Trampoline Individual (All NDP Levels 1-6):

- 2 Round cumulative score will determine the ranking
- Time of Flight **will not** be included for NDP Levels 1-6
- FIG rules will be applied (except there will not be a top 8 final but a 2 round cumulative score)

A nominated panel (Member of NTTC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

NDP Performance Level – See separate section

The NTTC encourage Club Level competition to support the National Development Plan.

TRA CLUB LEVEL

Age Groups	CLUB LEVEL 1	CLUB LEVEL 2	CLUB LEVEL 3
7-8yrs	Compulsory x 2	Compulsory x 2	Compulsory x 2
9-10yrs	Front Landing	½ Twist To Front Landing	Full Twist
11-12yrs	To Feet	To Feet	Straddle Jump
13yrs+	Straddle Jump	Straddle Jump	½ Twist to Seat Landing
<i>OR as determined by Clubs/Regions</i>	Seat Landing	Seat Landing	½ Twist to Feet
	To Feet	½ Twist To Seat Landing	½ Twist Jump
	½ Twist Jump	½ Twist To Feet	Pike Jump
	Tuck Jump	Tuck Jump	Back Landing
	Pike Jump	Pike Jump	½ Twist to Feet
	Back Landing	Back Landing	Tuck Jump

To Feet	½ Twist To Feet	Front s/s (T)
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TRA NDP Technical Requirements NDP Level 1-6

NDP LEVEL 1			
Age Groups	1 st Routine - Compulsory A	2 nd Routine - Compulsory B	Range & Conditioning
*7-8yrs	Full Twist	Back s/s (T)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
9-10yrs	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
11-12yrs	½ Twist to Seat Landing	½ Twist to Seat Landing	Back Support – hold for 2 seconds
13+yrs	½ Twist to Feet	½ Twist to Feet	Straddle Fold – hold for 2 seconds
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final or NDP Final</i>	½ Twist Jump	½ Twist Jump	Pike Fold – hold for 2 seconds
	Pike Jump	Pike Jump	Left Splits, Right Splits
	Back Landing	Back Landing	Back Arch – hold for 2 seconds
	½ Twist to Feet	½ Twist to Feet	Press up to Front Support – hold for 2 seconds
	Tuck Jump	Tuck Jump	Burpee to Long Stand with Arms Overhead
	Front s/s (T)	Front s/s (P)	Standing Shoulder Flexibility – hold for 2 seconds
	Minimum standard to qualify to: Regional NDP Compulsory Final		2 round score of 46.0
Minimum standard to qualify to: NDP Regional Team Final		2 round score of 48.0	Range & Conditioning 70% pass mark

NDP LEVEL 2			
Age Groups	1 st Routine - Compulsory A	2 nd Routine - Compulsory B	Range & Conditioning
*7-8yrs	Back s/s (T)	Back s/s (T)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
9-10yrs	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
11-12yrs	½ Twist to Seat Landing	Barani (T)	Back Support – hold for 2 seconds
13+yrs	½ Twist to Feet	Tuck Jump	Straddle Fold – hold for 2 seconds
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final or NDP Final</i>	½ Twist Jump	Back s/s (T) to Seat Landing	Pike Fold – hold for 2 seconds
	Pike Jump	½ Twist to Feet	Left Splits, Right Splits
	Back Landing	½ Twist Jump	Back Arch – hold for 2 seconds
	½ Twist to Feet	Pike Jump	Press up to Front Support – hold for 2 seconds
	Tuck Jump	½ Twist to Front Landing	Burpee to Long Stand with Arms Overhead
	Front s/s (P)	To Feet	Standing Shoulder Flexibility – hold for 2 seconds
	Minimum standard to qualify to: Regional NDP Compulsory Final		2 round score of 46.0
Minimum standard to qualify to: NDP Regional Team Final		2 round score of 48.0	Range & Conditioning 70% pass mark

NDP LEVEL 3			
Age Groups	1 st Routine - Compulsory A	2 nd Routine - Compulsory B	Range & Conditioning
*7-8yrs	Back s/s (T)	Back s/s (S)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
9-10yrs	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
11-12yrs	Barani (T)	Back s/s (T)	Back Support – hold for 2 seconds
13+yrs	Tuck Jump	Barani (T)	Straddle Fold – hold for 2 seconds

<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final or NDP Final</i>	Back s/s (T) to Seat Landing	½ Twist Jump	Pike Fold – hold for 2 seconds
	½ Twist to Feet	Tuck Jump	Left Splits, Right Splits
	½ Twist Jump	Back s/s (T) to Seat Landing	Back Arch – hold for 2 seconds
	Pike Jump	½ Twist to Feet	Press up to Front Support – hold for 2 seconds
	½ Twist to Front Landing	Pike Jump	Burpee to Long Stand with Arms Overhead
	To Feet	Front s/s (P)	Standing Shoulder Flexibility – hold for 2 seconds
Minimum standard to qualify to: Regional NDP Compulsory Final		2 round score of 46.0	
Minimum standard to qualify to: NDP Regional Team Final		2 round score of 48.0	Range & Conditioning
			70% pass mark
NDP LEVEL 4			
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B	Range & Conditioning
7-8yrs*	Back s/s (S)	Back s/s (S)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
9-10yrs	Straddle Jump	Straddle Jump	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
11-12yrs	Back s/s (T)	Back s/s (P)	Back Support – hold for 2 seconds
13+yrs	Barani (T)	Barani (P)	Straddle Fold – hold for 2 seconds
<i>*Out of age - these gymnasts are not eligible to qualify to the NDP Regional Team Final or NDP Final</i>	½ Twist Jump	½ Twist Jump	Pike Fold – hold for 2 seconds
	Tuck Jump	Tuck Jump	Left Splits, Right Splits
	Back s/s (T) to Seat Landing	Barani (T)	Back Arch – hold for 2 seconds
	½ Twist to Feet	Back s/s (T)	Press up to Front Support – hold for 2 seconds
	Pike Jump	Pike Jump	Burpee to Long Stand with Arms Overhead
	Front s/s (P)	Front s/s (P)	Standing Shoulder Flexibility – hold for 2 seconds
Minimum standard to qualify to: Regional NDP Compulsory Final		2 round score of 46.0	
Minimum standard to qualify to: NDP Regional Team Final		2 round score of 48.0	Range & Conditioning
			70% pass mark

NDP LEVEL 5			
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B	Range & Conditioning
9-10yrs#	Back s/s (S)	¼ Back s/s (SL)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
11-12yrs	Straddle Jump	To feet <u>or</u> Cody (T) = bonus 0.3*	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
13-14yrs	Back s/s (P)	Straddle Jump	Back Support – hold for 2 seconds
15yrs+	Barani (P)	Back s/s (P)	Straddle Fold – hold for 2 seconds
	½ Twist Jump	Barani (P)	Pike Fold – hold for 2 seconds
	Tuck Jump	Tuck Jump	Left Splits, Right Splits
	Barani (T)	Barani (T)	Back Arch – hold for 2 seconds
	Back s/s (T)	Back s/s (T)	Press up to Front Support – hold for 2 seconds
	Pike Jump	¼ Front s/s (S)	Burpee to Long Stand with Arms Overhead
	Front s/s (P)	½ Twist to Feet <u>or</u> Ballout Barani (T) = bonus 0.3*	Standing Shoulder Flexibility – hold for 2 seconds
Voluntary Routine (NDP Final Only)			
<i>#NOT 9-10yrs as they will perform Compulsory A & Compulsory B at NDP Final</i>			
<ul style="list-style-type: none"> Maximum of 1 body landing allowed (all ages groups). Performing more than 1 body landing will be deemed an interruption. No minimum difficulty Difficulty will be capped at 1.1 per element 			
Minimum standard to qualify to: Regional NDP Compulsory Final		2 round score of 46.0*	
Minimum standard to qualify to: NDP Regional Team Final		2 round score of 48.0*	Range & Conditioning
			70% pass mark

** The bonus will be added to the score and counts towards the ranking for qualification*

NDP LEVEL 6			
Age Groups	1 st Routine - Compulsory A	2 nd Routine - Compulsory B	Range & Conditioning
11-12yrs 13-14yrs 15-16yrs 17+yrs	Back s/s (S)	¾ Back (S)	Forward Roll to Dish Shape (SL) - hold for 2 seconds
	Barani (S)	Cody (T)	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
	Straddle Jump	Straddle Jump	Back Support – hold for 2 seconds
	Back s/s (P)	Barani (P)	Straddle Fold – hold for 2 seconds
	Barani (P)	Back s/s (S)	Pike Fold – hold for 2 seconds
	Tuck Jump	Full Twisting Back s/s (S)	Left Splits, Right Splits
	Barani (T)	Barani (T)	Back Arch – hold for 2 seconds
	Back s/s (T)	Back s/s (T)	Press up to Front Support – hold for 2 seconds
	¾ Front s/s (S)	¾ Front s/s (S)	Burpee to Long Stand with Arms Overhead
	Ballout Barani (T)	Ballout Barani (T)	Standing Shoulder Flexibility – hold for 2 seconds
	Voluntary Routine (NDP Final Only)		
	<ul style="list-style-type: none"> • Maximum of 1 body landing allowed (all ages groups). Performing more than 1 body landing will be deemed an interruption. • No minimum difficulty • Difficulty will be capped at 1.3 per element for 11-12yrs • Difficulty will be capped at 1.5 per element for 13yrs+ • The performing of triple somersaults is prohibited and will result in disqualification 		
	Minimum standard to qualify to: Regional NDP Compulsory Final		2 round score of 46.0
Minimum standard to qualify to: NDP Regional Team Final		2 round score of 48.0	Range & Conditioning 70% pass mark

TRA Spring Event Series NDP Performance Level

NDP Performance Level

All gymnasts at NDP Performance Level will be required to perform:

9-10yrs

- 1 x Compulsory 'A' Routine (1st routine)
- 1 x Compulsory 'B' Routine (2nd routine)

11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs

- 1 x Compulsory Routine (1st routine)
- 1 x FIG WAGC Routine (2nd routine)
- 1 x Voluntary Routine (3rd routine)

19yrs+

- 1 x Compulsory Routine (1st routine)
- 1 x FIG A Routine (2nd routine)
- 1 x Voluntary Routine (3rd routine)

Trampoline Individual (All NDP Performance Levels):

- 3 round cumulative score will determine the ranking (2 round cumulative for 9-10yrs)
- Time of Flight **will** be included
- Incomplete routines (routines with fewer than 10 counting elements) and incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero score will not be awarded a medal

A nominated panel (Member of NTTC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

Qualification to NDP Final – NDP Performance Level

The top 8 ranked gymnasts, per age group, per gender from the Spring Event Series will qualify for the NDP Final. These qualifiers will be calculated from the best, cumulative total score (achieved at the same qualifying event) providing the minimum difficulty is completed. In the event of a tie position for 8th place please see tie break rules in the BG Code of Points. Gymnasts who receive a Zero 'DNF' score in one or more routines will not be eligible for the NDP Final.

TRA NDP National Final NDP Performance Level

NDP Performance Level

All gymnasts at NDP Performance Level will be required to perform:

9-10yrs

- 1 x Compulsory 'A' Routine (1st routine)
- 1 x Compulsory 'B' Routine (2nd routine)

11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs

- 1 x FIG WAGC Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)

19yrs+

- 1 x FIG A Routine (1st routine)
- 1 x Voluntary Routine (2nd routine)

Trampoline Individual (All NDP Performance Levels):

- 2 round cumulative score will determine the ranking
- Time of Flight **will** be included
- FIG rules will be applied. (except there will not be a top 8 final but a 2 round cumulative score)

A nominated panel (Member of NTTC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time.

TRA NDP Performance Level Requirements

TRA NDP PERFORMANCE LEVEL			
9-10yrs			
Age Groups	1 st Routine - Compulsory A	2nd Routine – Compulsory B WAGC Development Routine	
9-10yrs	Back s/s (S)	¾ Back s/s (SL)	
	Barani (S)	To feet or Cody (T) = bonus of 0.3*	
	Straddle Jump	Straddle Jump	
	Back s/s (P)	Back s/s (P)	
	Barani (P)	Barani (P)	
	Tuck Jump	Tuck Jump	
	Barani (T)	Barani (T)	
	Back s/s (T)	Back s/s (T)	
	Pike Jump	¾ Front s/s (S)	
	Front s/s (P)	Ballout Barani (T)	
	Voluntary Routine (Spring Events & NDP Final)		
	<ul style="list-style-type: none"> • This is a prescribed voluntary routine at 9-10yrs 		

** The bonus will be added to the score and counts towards the ranking for qualification to the NDP Final*

TRA NDP PERFORMANCE LEVEL		
11-12yrs		
Age Groups	1 st Routine - Compulsory	2nd Routine – WAGC Requirements
11-12yrs	¾ Front s/s (S)	<p>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.</p> <ol style="list-style-type: none"> 1. One element landing on the front of the body 2. One element landing on the back of the body
	Ballout Barani (T)	
	Straddle Jump	
	Barani (T)	
	Back s/s (T)	
	Barani (P)	
	Back s/s (P)	
	Barani (S)	
	Back s/s (S)	
	Full Twisting Back s/s (S)	
Voluntary Routine (Spring Events & NDP Final)		
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 6.0 • Female - Minimum difficulty 6.0 • Difficulty will be capped at 1.5 per element • The performing of triple somersaults is prohibited and will result in disqualification 		

TRA NDP PERFORMANCE LEVEL 13-14yrs		
Age Groups 13-14yrs	1st Routine - Compulsory	2nd Routine – WAGC Requirements
	½ Twist to ¼ Front s/s (S)	<p>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.</p> <ol style="list-style-type: none"> 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.
	Ballout Barani (T)	
	Back s/s (T)	
	Barani (T)	
	Back s/s (P)	
	Rudi (S)	
	Straddle Jump	
	Back s/s (S)	
	Barani (S)	
	Full Twisting Back s/s (S)	
	Voluntary Routine (Spring Events & NDP Final)	
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 7.5 • Female - Minimum difficulty 6.8 • Difficulty is capped at 1.7 per element • The performing of quadruple somersaults is prohibited and will result in disqualification 		

TRA NDP PERFORMANCE LEVEL 15-16yrs		
Age Groups 15-16yrs	1st Routine - Compulsory	2nd Routine – WAGC Requirements
	½ Twist to ¼ Front s/s (S)	<p>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.</p> <ol style="list-style-type: none"> 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
	Ballout Barani (T)	
	Back s/s (T)	
	Barani (T)	
	Full Twisting Back s/s (S)	
	Back s/s (P)	
	Rudi (S)	
	Back s/s (S)	
	Barani (S)	
	Double Back (P)	
Voluntary Routine (Spring Events & NDP Final)		
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 8.5 • Female - Minimum difficulty 7.5 • Difficulty is capped at 1.8 per element • The performing of quadruple somersaults is prohibited and will result in disqualification 		

TRA NDP PERFORMANCE LEVEL 17-18yrs		
Age Groups 17-18yrs	1st Routine - Compulsory	2nd Routine – WAGC Requirements
	Half Out (P)	<p>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.</p> <ol style="list-style-type: none"> 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
	Back s/s (P)	
	Barani (P)	
	Full Twisting Back s/s (S)	
	Barani (S)	
	Back s/s (S)	
	Barani (T)	
	Back s/s (T)	
	Half Out (T)	
	Double Back s/s (P)	
Voluntary Routine (Spring Events & NDP Final)		
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 9.5 • Female - Minimum difficulty 8.0 • Difficulty is capped at 1.8 per element 		

- The performing of quadruple somersaults is prohibited and will result in disqualification

TRA NDP PERFORMANCE LEVEL

19yrs+

Age Groups 19yrs+	1st Routine - Compulsory	2nd Routine – FIG A Requirements
	Half Out (P)	
	Back s/s (P)	
	Barani (P)	
	Full Twisting Back s/s (S)	
	Barani (S)	
	Back s/s (S)	
	Barani (T)	
	Back s/s (T)	
	Half Out (T)	
Double Back s/s (P)		
Voluntary Routine (Spring Events & NDP Final)		
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. • Male - Minimum difficulty 3.3/10.5 • Female - Minimum difficulty 3.1/8.5 • Difficulty is capped at 1.8 per element • The performing of quadruple somersaults is prohibited and will result in disqualification 		

The routine consists of 10 different elements, each with a **minimum** of 270° somersault rotation. Four 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 second routine. None of these four elements may be repeated in the voluntary.

- If any of the four asterisked moves (*) from the 2nd routine are repeated in the voluntary routine, they will not be awarded difficulty in that routine