



TRAMPOLINE DOMESTIC COMPETITION STRUCTURE

DOUBLE MINI-TRAMPOLINE

NATIONAL DEVELOPMENT PLAN 2019

British
Gymnastics
More than a sport

Notice of main changes to the National Competition Structure 2019

All gymnasts entering the NDP or FIG Pathway should refer to the membership section on the BG website for level of membership required (gymnast/gymnast membership/ BG NDP structure)

NDP DMT

Changes to age groups for competition at NDP 5 and NDP 6 levels.

NDP 7 renamed to FIG Development Level

There will be a '2 touch' warm up at Regional Team Final and NDP Finals and then all 4 passes competed back to back.

Tie break rules for qualification to Regional Team Finals and NDP Finals have been clarified.

DMT NDP Regional Compulsory Events and Regional NDP Final

NDP Levels 1 to 6

Compulsory Round 1

Compulsory Round 2

- Pass one and pass two, in both compulsory rounds must be competed in the order stated below. Failure to do so will result in a zero score
- Incomplete passes (that which is different from the requirements listed below) will result in a zero 'DNF' score
- Medals for gymnasts receiving a zero score will be at the discretion of the Region
- 7-8 Years are not eligible for the NDP Regional Team Final or NDP Final
- A nominated panel (Member of TC, 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

FIG Development Level

Compulsory Round 1

Optional Round 2

- Pass one and pass two, in the compulsory round must be competed in the order stated below. Failure to do so will result in a zero score
- The combined DD of pass three and four, the optional round, must equal or exceed the minimum DD stated below. Failure to do so will result in a DD score for the round of zero
- Incomplete passes (that which is different from the requirements listed below) will result in a zero 'DNF' score
- Medals for gymnasts receiving a zero score will be at the discretion of the Region
- 7-8 Years are not eligible for the NDP Regional Team Final or NDP Final
- A nominated panel (Member of TC, 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 Level 1-6 and FIG Development Level Physical & Technical Requirements

RANGE & CONDITIONING	
NDP Levels 1-7, All Age Groups	
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 Long Stand with Arms Overhead	
Standing Shoulder Flexibility – hold for 2 seconds	
Minimum Standard to qualify to Regional Team Final	70% pass mark

NDP Level 1									
Age Groups: 9-10yrs, 11-12yrs, 13+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Tuck Jump	Full Twist Jump	0.4	1	-	Full Twist Jump	Pike Jump	0.4
2	-	Pike Jump	½ Twist Jump	0.2	2	-	Tuck Jump	Front ss (T)	0.5
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 108.7				
Minimum Standard to qualify to Regional Team Final					Compulsory Round 1 & 2				
					Total score of 110.7				

NDP Level 2									
Age Groups: 9-10yrs, 11-12yrs, 13+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Tuck Jump	Barani (T)	0.7	1	-	Back ss (T)	Tuck Jump	0.5
2	-	Pike Jump	Front ss (P)	0.6	2	-	Tuck Jump	Barani (SL)*	0.7
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 109.7				
Minimum Standard to qualify to Regional Team Final					Compulsory Round 1 & 2				
					Total score of 111.7				

*SL (Straight legs)

NDP Level 3									
Age Groups: 9-10yrs, 11-12yrs, 13+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	½ Twist jump	Back ss (T)	0.7	1	-	Back ss (T)	Front ss (T)	1.0
2	-	Full Twist	Barani (T)	1.1	2	-	Barani (T)	½ Twist Jump	0.9
Combined round DD				1.8	Combined round DD				1.9
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 110.9				
Minimum Standard to qualify to Regional Team Final					Compulsory Round 1 & 2				
					Total score of 112.9				

NDP Level 4									
Age Groups: 9-10yrs, 11-12yrs, 13+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	Barani (T)	Barani (T)	Back ss (T)	1.2	1	Barani (T)	Barani (T)	Back s/s (P)	1.3
2	-	Back ss (P)	Front ss (P)	1.2	2	-	Back ss (T)	Barani (P)	1.2
Combined round DD				2.4	Combined round DD				2.5
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 112.1				
Minimum Standard to qualify to Regional Team Final					Compulsory Round 1 & 2				
					Total score of 114.1				

NDP Level 5									
Age Groups: 9-12yrs, 13-14yrs, 15+yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Back ss (P)	Barani (P)	1.3	1	Barani (T)	Barani (T)	Back s/s (S)	1.3
2	Barani (P)	Barani (P)	Back ss (P)	1.3	2	-	Back ss (T)	Barani (S)	1.2
Combined round DD				2.6	Combined round DD				2.5
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 112.3				
Minimum Standard to qualify to Regional Team Final					Compulsory Round 1 & 2				
					Total score of 114.3				

NDP Level 6									
Age Groups: 11-14yrs, 15-16yrs, 17+ yrs									
Compulsory Round 1					Compulsory Round 2				
	Mount	Spotter	Dismount	DD		Mount	Spotter	Dismount	DD
1	-	Back ss (S)	Barani (S)	1.3	1	Barani (T)	Barani (T)	Full	1.6
2	Barani (S)	Barani (S)	Back ss (S)	1.3	2	-	Back ss (T)	Rudi	1.7
Combined round DD				2.6	Combined round DD				3.3
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 113.1				
Minimum Standard to qualify to Regional Team Final					Compulsory Round 1 & 2				
					Total score of 115.1				

FIG Development Level						
Age Groups: 11-14 yrs, 15-16yrs, 17+ yrs						
Compulsory Round 1					Optional Round 2	
	Mount	Spotter	Dismount	DD		
1	-	Back ss (S)	Rudi	1.8	Gymnasts will perform 2 voluntary passes of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a DD score of zero for this round. Passes and skills cannot be repeated from the compulsory round passes. Repeat passes or skills will result in a loss of DD for that skill or pass.	
2	Barani (S)	Barani (S)	Full	1.6		
Combined round DD				3.4		
					Minimum combined round DD	5.6
Minimum Standard to qualify to Regional NDP Final					Compulsory Round 1 & Optional round 2	
					Total score of 116.2	
Minimum Standard to qualify to Regional Team Final					Compulsory Round 1 & 2	
					Total score of 118.2	

Where skills are indicated in red, gymnasts can choose to use a mount or a spotter skill but must still ensure that the same skill is not used in the same place in another pass. All 4 passes must remain different.

Qualification to Regional Team Final

Top 2 ranked gymnasts, per age group, per level, per gender will qualify to the NDP Regional Team Final, providing all passes competed are as stated above and the minimum total score is achieved.

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 gymnast with the higher total E-score for round 2 prevails;
- (3) if there is still a tie, the gymnast with the higher E-score from the final pass prevails.

DMT NDP Regional Team Final

NDP Levels 1 to 5

Compulsory Round 1

Compulsory Round 2

- Pass one and pass two, in both compulsory rounds must be competed in the order stated above and failure to do so will result in a zero score
- Incomplete routines (that which is different from the requirements listed below) will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- 7-8 Years are not eligible for the NDP Regional Team Final or NDP Final
- A nominated panel (Member of TC, 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 Level 6

Compulsory Round 1

Optional Round 2

- Pass one and pass two, in the compulsory round must be competed in the order stated below and failure to do so will result in a zero score
- Optional Round 2 (Gymnasts will perform 2 final passes of their choice which should aim to equal or exceed the DD similar to those of the compulsory passes but cannot be a repeat of the compulsory round passes. Repeat passes or skills will result in a loss of DD for that skill or pass.) There is **no penalty** for not equalling the compulsory round DD
- Incomplete routines (that which is different from the requirements listed below) will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- 7-8 Years are not eligible for the NDP Regional Team Final or NDP Final
- A nominated panel, 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 Level 6				
Age Groups: 11-14yrs, 15-16yrs, 17+ yrs				
'Compulsory' Round 1				
	Mount	Spotter	Dismount	DD
1	-	Back ss (S)	Barani (S)	1.3
2	Barani (S)	Barani (S)	Back ss (S)	1.3
Combined Round DD				2.6
'Optional' Round 2				
<p>Gymnasts will perform 2 voluntary passes of their choice which must equal or exceed the combined round DD shown above. Failure to do so will result in a DD score of zero for this round. Passes and skills cannot be repeated from the compulsory round passes. Repeat passes or skills will result in a loss of DD for that skill or pass.</p>				

Where skills are indicated in red, gymnasts can choose to use a mount or a spotter skill but must still ensure that the same skill is not used in the same place in another pass. All 4 passes must remain different.

FIG Development Level

Compulsory Round 1

Optional Round 2

- Pass one and pass two, in the compulsory round must be competed in the order stated below and failure to do so will result in a zero score
- Optional Round 2 (Gymnasts will perform 2 final passes of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a DD score of zero for this round. Passes and skills cannot be repeated from the compulsory round passes. Repeat passes or skills will result in a loss of DD for that skill or pass.
- Incomplete routines (that which is different from the requirements listed below) will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- 7-8 Years are not eligible for the NDP Regional Team Final or NDP Final
- A nominated panel, 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

FIG Development Level				
Age Groups: 11-14 yrs, 15-16yrs, 17+ yrs				
'Compulsory' Round 1				
	Mount	Spotter	Dismount	DD
1	-	Back ss (S)	Rudi	1.8
2	Barani (S)	Barani (S)	Full	1.6
Combined Round DD				3.4
'Optional' Round 2				
Gymnasts will perform 2 voluntary passes of their choice which must equal or exceed the minimum combined round DD shown below. Failure to do so will result in a DD score of zero for this round. Passes and skills cannot be repeated from the compulsory round passes. Repeat passes or skills will result in a loss of DD for that skill or pass.				
Minimum combined round DD				5.6

Qualification to NDP Final at all levels

Top 8 ranked gymnasts, per age group, per level, per gender will qualify to the NDP Final. In the event of a tie position for 8th place please see tie break rules in the BG Code of Points. Gymnasts receiving any Zero 'DNF' score passes **will not** be eligible to rank for the NDP Final.

Tie Breaks

In case of a tie, at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher total E-score of round 2 prevails
2. The gymnast with the higher E-score of the final pass

If there is still a tie, the tie will not be broken.

DMT NDP Finals

The competition passes for NDP Levels 1 to 6 in the NDP Finals is the same as for the NDP Regional Team Finals.

FIG Development Level

Optional Round 1
Optional Round 2

There are no compulsory passes at the NDP Finals for this level. It is up to the Coach and Gymnast to create appropriate passes to maximise the total score. There is no minimum DD requirement at this competition.

All 4 optional passes must be different; any repeated element will result in a loss of DD for that element.

Competition Format at all Levels:

- FIG rules will be applied (except there will not be a top 8 final)
- 2 round cumulative score (4 passes) will determine the ranking
- 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

Ties will not be broken at the NDP Finals