



Please see reviewed runs for NDP 3 & 4 which now do not include the Arabian. This was originally included as a preparatory step to encourage the development of half in half dismounts later in gymnast's development. However, following feedback from the community we have concluded now is not the right time to introduce this to the competition structure. Coaches should be developing Arabian takeoffs at an early stage with their gymnasts, and this will feature more prominently in the coach education structure moving forwards.

Please see below the amended NDP3 and NDP4 levels as a result of this change:

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	-	Back ss (T)	Front ss (P)	1.1	1	Barani (T)	-	Back ss (T)	1.2
2	-	Back ss (P)	Front ss (T)	1.1	2	-	Barani (T)	Back ss (P)	1.3
Combined round DD				2.2	Combined round DD				2.5
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 112.7				
Minimum Standard to qualify to NDP Individual & Regional Team Final					Compulsory Round 1 & 2				
					Total score of 115.1				

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	-	Back ss (P)	Barani (P)	1.3	1	Barani (S)	-	Back ss (S)	1.3
2	Barani (P)	-	Back ss (P)	1.3	2	-	Back ss (S)	Barani (S)	1.3
Combined round DD				2.6	Combined round DD				2.6
Minimum Standard to qualify to Regional NDP Compulsory Final					Compulsory Round 1 & 2				
					Total score of 113.2				
Minimum Standard to qualify to NDP Individual & Regional Team Final					Compulsory Round 1 & 2				
					Total score of 115.6				