

| NAME  | NDP ____  | Age Group ____  | CLUB  |  |
|---|---|---|-------|--|
| <b>NDP Levels 1-6 - All Age Groups</b>  |   |   |       |  |
| Number  | Element   | Deductions – Maximum Deduction per element of 0.5   | Total |  |
| 1   | <b>Forward Roll to Dish Shape (SL) – (hold for 2 seconds)</b> | 1.0 deduction for arms in front of ears in standing position<br>1.0 deduction for not controlling speed of roll<br>1.0 deduction for knees bent in the dish shape<br>1.0 deduction for toes not pointed in the dish shape<br>1.0 deduction for not holding for required 2 seconds   |       |  |
| 2   | <b>4 x 1 Leg Alternate V Sit (2 x left &amp; 2 x right)</b>   | 1.0 deduction for arms in front of ears before starting each V sit<br>1.0 deduction for knees bent<br>1.0 deduction for toes not pointed throughout<br>1.0 deduction for not touching toes<br>1.0 deduction for not returning to start position. (legs and arms/shoulder just off the floor between each V sit)   |       |  |
| 3   | <b>Back Support – (hold for 2 seconds)</b>                    | 1.0 deduction for fingers not facing forward<br>1.0 deduction for hips not in line<br>1.0 deduction for knees not straight (i.e. slight flex at the knee)<br>1.0 deduction for toes not pointed<br>1.0 deduction for not holding for required 2 seconds   |       |  |
| 4   | <b>Straddle Fold – (hold for 2 seconds)</b>                   | 1.0 deduction for legs not straight & toes not pointed<br>1.0 deduction for not keeping arms in line with torso throughout<br>1.0 deduction for chest not parallel to floor <b>or</b><br>2.0 deduction for chest greater than 45° from floor<br>1.0 deduction for not holding for required 2 seconds  |       |  |
| 5   | <b>Pike Fold – (hold for 2 seconds)</b>                       | 1.0 deduction for legs not straight (i.e. slight flex at the knee)<br>1.0 deduction for toes not pointed<br>1.0 deduction for chest not pressing on thighs <b>or</b><br>2.0 deduction for chest greater than 45° from thighs<br>1.0 deduction for not holding for required 2 seconds  |       |  |
| 6   | <b>Left Splits, Right Splits</b>                              | 1.0 deduction for legs not straight at the knee.<br>1.0 deduction for toes not pointed<br>1.0 deduction for not being flat with the floor in each split<br>1.0 deduction for arms not straight and to the sides or fwd/back.<br>1.0 deduction for hips not square with legs<br><b>5.0 deduction for angle between upper legs being less than 135° in either/both splits (this is the maximum deduction)</b> |       |  |
| 7   | <b>Back Arch – (hold for 2 seconds)</b>                       | 1.0 deduction for arms not straight<br>1.0 deduction for legs not straight<br>1.0 deduction for toes not pointed<br>1.0 deduction for unequal lift of legs and arms<br>deduction for not holding for required 2 seconds   |       |  |
| 8   | <b>Press up to Front Support – (hold for 2 seconds)</b>       | 1.0 deduction for not performing press up movement<br>1.0 deduction for ankles, hips and shoulders not in line. (i.e. straight body and legs)<br>1.0 deduction for bending legs at any point<br>1.0 deduction for head not in line with body<br>1.0 deduction for not holding for required position for 2 seconds   |       |  |
| 9   | <b>Burpee to Stand &amp; vertical jump</b>                    | 1.0 deduction for knees apart in squat<br>1.0 deduction for not jumping<br>1.0 deduction for not landing on the spot<br>1.0 deduction for not bending legs to absorb landing<br>1.0 deduction for not keeping arms by ears during and after vertical jump   |       |  |
| 10  | <b>Standing Shoulder Flexibility – (hold for 2 seconds)</b>   | 1.0 deduction for arms in front of ears<br>1.0 deduction for bending arms<br>1.0 deduction for arms beyond 45° from central line<br>1.0 deduction for body not in line (head, shoulders, hips)<br>1.0 deduction for not holding for required 2 seconds  |       |  |
| <i>Add up the deductions and take away from 50 to give total mark out of 50</i> |   |   |       |  |

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|--|---|--|----------------------|
|  | <b>Minimum score to<br/>qualify to NDP Regional<br/>Team Final/NDP Semi<br/>Final</b> | <b>70% is a Pass</b><br><b>(i.e. 15 points or fewer <u>deducted</u>)</b> | Total mark<br>___/50 |
|--|---|--|----------------------|