

Ref: NDP Range and Conditioning Testing

Please find below – extra information about the R & C Testing which needs to be carried out as part of the NDP programme for the February & March NDP competitions. Most regions are using the second NDP comp as a Test event.

Regarding the actual exercises:

- 1) The exercises must be done in the correct order as per the video and diagrams
- 2) **All** the exercises must be attempted in order to receive a score. Failure to complete an element, the sequence of elements is stopped at that point and no further marking is done.
- 3) The video (available on the BG website) is a very good example of what is required however it is not necessarily perfect i.e. scoring 100%
- 4)
 - i) Forward roll to dish expectations – feet together, tight tuck, controlled roll, feet pointed, legs straight as the gymnast exits from tuck shape, position of dish shape held for 2 secs (MIN), arms in line with ears in the dish hold.
 - ii) Alternate leg V sit It doesn't matter which leg is done first but they must be done alternately with the gymnast returning to the dish position after each one. Legs straight, toes pointed, arms straight, toes touched. Failure with part of this on one v sit (eg legs not straight on ONE of the v sits) will receive a deduction. A slow controlled exercise not done as fast as possible
 - iii) Back support Fingers must point forward arms straight, body, hips and legs must make one straight line, toes pointed, position must be held for 2 seconds (MIN)
 - iv) Straddle Fold Must start from upright seated position with arms in line with ears & head in line, Arms should be kept roughly in line with the body when it folds forward. Legs straight, toes pointed. Keep the whole torso as straight as possible. If the torso is more than 45° from horizontal it is a 2.0 deduction, if the torso gets less than 45° from horizontal but is not touching the floor it is a 1.0 deduction, laid onto the floor (as per video) it is a 0.0. Hold for 2 seconds (MIN)
 - v) Pike Fold Must start from upright seated position with arms in line with ears & head in line, Arms should be kept roughly in line with the body when it folds forward. Legs straight, toes pointed. Keep the whole torso as straight as possible. If the torso is more than 45° from horizontal it is a 2.0 deduction, if the torso gets less than 45° from horizontal but is not touching the legs it is a 1.0 deduction, body laid onto the legs (as per video) it is a 0.0. Hold for 2 seconds (MIN)
 - vi) Left & Right Splits It doesn't matter which side is done first, arms can be either straight and to the side at shoulder height or with one arm forward and one to the side and back (as per the video) How the gymnast gets from the previous pike fold to the splits and how they get from one splits to the next is up to them. It must be a forward/backward splits not a box splits. A fault in one of the splits will count just once (similar to the V sits)
 - vii) Back Arch Arms and legs straight with toes pointed, Head position should be roughly in line with the arms. Try and get a similar amount of lift with head and shoulders and the legs so the shape looks balanced. Hold for 2 seconds (MIN)
 - viii) Press up to Front Support Arms shoulder width apart, fingers pointing forward, Head, body and legs in line and straight, one single movement to the front support position with the body held straight. Hold for 2 seconds (MIN)
 - ix) Burpee to stand & vertical jump One jump from support position with feet & knees together to squat position, vertical jump (must be on the spot) arms by ears and straight, bend knees a little to absorb the landing from jump.
 - x) Standing shoulder flexibility Legs torso and head in line and straight, arms straight and no more than 45° from the central line (ie outwards away from the head) Hold for 2 seconds (MIN)

Note:

- a) There may be slight pauses during the exercise but not lengthy ones.
- b) Each fault in the exercise will be deducted as a **1.0** mark rather than a **0.1** as on previously distributed score sheets, it makes the maths easier.
- c) **ONLY** gymnasts who achieve the Regional Team Finals/NDP Semi Finals qualifying score (execution score of 45.0 for the 2 routines) and are placed in the top **4/5** in each age/level group need to be tested. This allows for 2 qualifiers and a couple of reserves.
- d) Only gymnasts who have achieved the qualifying score for the Regional Team Finals/NDP Semi Finals AND have passed the Range and Conditioning Test (70%) will be allowed to enter the Regional team finals.