

NAME		NDP ____	Age Group ____	CLUB	
NDP Levels 1 to 5 & FIG Development - All Age Groups					
Number	Element	Deductions – Maximum Deduction per element of 0.5			Total
1	Kick to handstand (hold for 1 sec) forward roll to stand	1.0 not held for 1 sec 1.0 – 2.0 Arms bent / knees bent in handstand (lack of extension) 1.0 – 2.0 Arched back/ closed shoulders in hand stand 1.0 Use of hands to stand up from roll 1.0 Knees far apart when standing up(wider than hips)			
2	Straight leg forward roll to pike sit	1.0 Bent legs in roll 1.0 Lack of control into the roll 1.0 – 2.0 Lack of extension (arms, feet etc) 1.0 Back not straight in pike sit 1.0 pike not at 90 degrees at hip			
3	Pike fold and hold for 3 seconds	1.0 Not held for 3 seconds 2.0 pike more than 90 degrees (chest – thigh) 1.0 pike between 90 - 45 degrees(chest – thigh) 1.0 Legs not together 1.0 Knees bent			
4	Lower to long arm dish for 3 seconds	1.0 Not held for 3 seconds 1.0 Arms in front of ears (shoulder angle closed) 1.0 Legs Apart 1.0 Lack of extension (hips, knees, feet etc) 1.0 Lower back not pushed into floor when shoulder lifted			
5	Arched hip lift for 3 seconds	1.0 Not held for 3 seconds 1.0 – 2.0 Legs bent/apart 1.0 Toes not pointed 1.0 Hips not off floor 1.0 Arms not straight above head			
6	Push to bridge and hold for 3 seconds lower to sit up tuck sit	1.0 Not held for 3 seconds 1.0 Shoulders not in line/past hands 1.0 – 2.0 Lack of extension in arms/Legs 1.0 – 2.0 Arms more than shoulder width apart 1.0 – 2.0 Hands touching floor / losing balance in transition to tuck sit			
7	Backwards roll to front support and hold for 3 seconds	1.0 Front support not held for 3 seconds 1.0 Bottom raised in front support 1.0 Not strong push to front support 1.0 Back arched in front support 1.0 Head not neutral in front support			
8	Straight leg snap to standing dish	1.0 – 3.0 Legs bent 1.0 – 3.0 Loss of balance 1.0 Arms not down in dish stand 1.0 Head not neutral 1.0 Arms bent			
9	Straight arm drive to head height & return	1.0 Arms bent 1.0 Chest dish not held 1.0 Arms not lifted to head / lifted too far above head 1.0 Arms action lacking in dynamics 1.0 loss of body tension			
10	Jump 180 degrees with arms tucked into chest after being lifted to block position	1.0 incomplete/over twisting 1.0 loss of body tension during 180 turn 1.0 - 3.0 step/instability on landing 1.0 arms not reaching/held in correct position 1.0 bent knees during the 180 turn			
<i>Add up the deductions and <u>take away</u> from 50 to give total mark out of 50</i>					
	Minimum score to qualify to NDP Regional Team Final/NDP Semi Final	70% is a Pass (i.e. 15 points or fewer deducted)			Total mark ___/50