

NATIONAL COMPETITION STRUCTURE 2017

Notice of main changes to the National Competition Structure 2017

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 Trampoline (TRA)

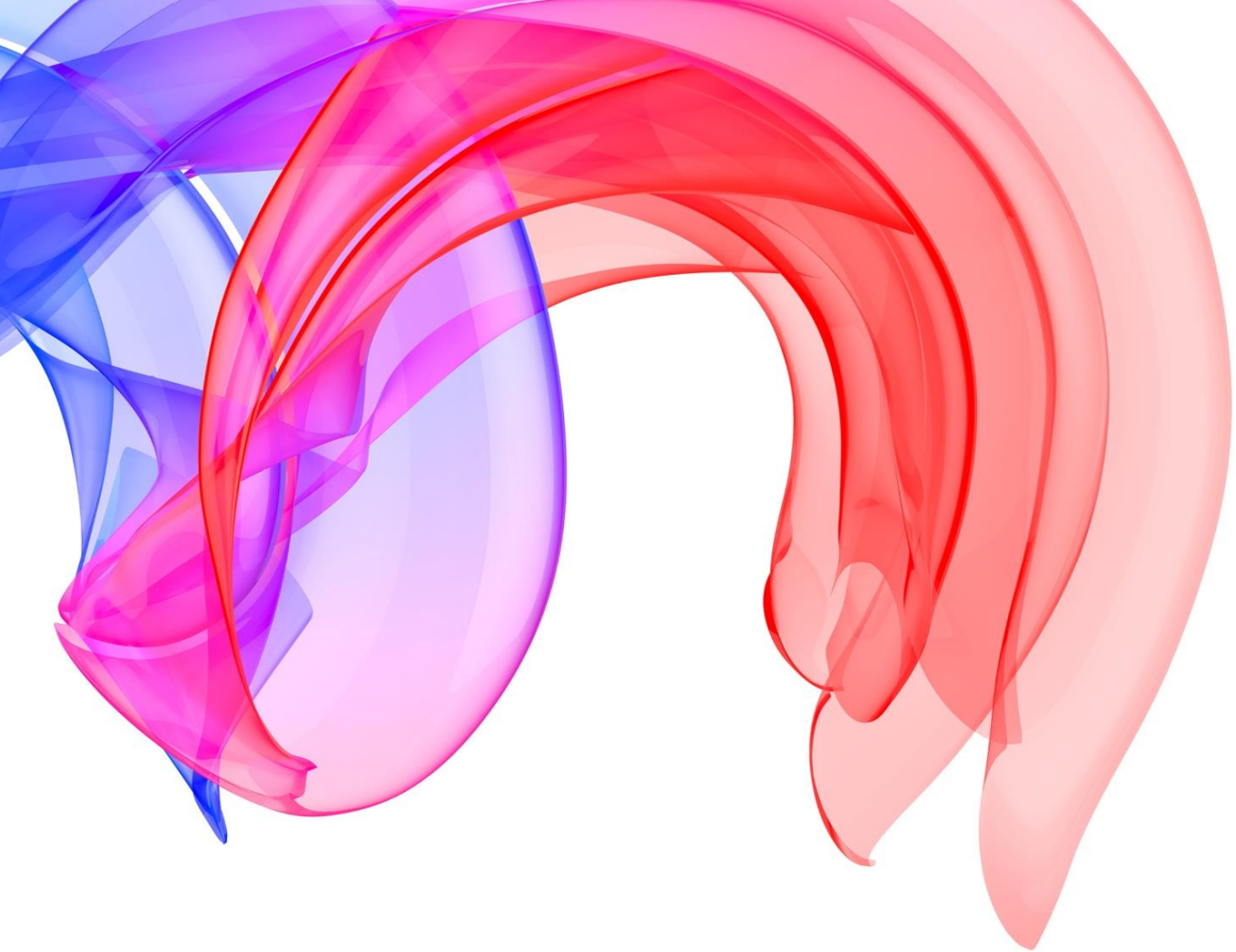
There will be NO change to the age groups for TRA in 2017

Change in requirements for NDP 8 19+

NDP 1-7: The top 8 ranked gymnasts from the Regional Team Final/NDP qualifier will qualify to the NDP finals. Gymnasts receiving a zero 'DNF' score routine **will not** be eligible to rank for the NDP Final.

FIG rules will apply to all disciplines at the NDP Finals with the exception of the 'zero' score. This will not apply at these Finals and, all scores will be accumulative. (The 'zero' score will remain at the all qualification events).

Further details on ALL changes can be found in the Competition Handbook and the Domestic Competition Structure Appendix for each discipline.



TRAMPOLINE DOMESTIC COMPETITION STRUCTURE

**TRAMPOLINE
NATIONAL DEVELOPMENT PLAN
2017**

TRA NDP Regional Series

A series of qualification events leading to the NDP Regional Team Qualifier.

NDP Levels 1-3

All gymnasts at NDP Levels 1-3 will be required to perform:
2 x Compulsory Routine

NDP Levels 4-7

All gymnasts at NDP Levels 4-7 will be required to perform:
1 x Compulsory 'A' Routine
1 x Compulsory 'B' Routine

Trampoline Individual (All NDP Levels 1-7):

- 2 round accumulative score will determine the ranking
- Time of Flight **will not** be included as qualification is based on the execution score only
- Incomplete/incorrect routines will result in a zero 'DNF' score
- A nominated panel (Member of Regional 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

*Regions may run 'out of age' groups (5-6yrs, 7-8yrs, 19+yrs etc) at each NDP level as deemed appropriate, however gymnasts are not eligible for the Regional Team Final or NDP Final. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.*

Gymnasts should enter the age group that they will be eligible for on 1st January 2017.

The NDP Regional Series events may be used as 'Test' events, enabling gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to try and qualify for the NDP Regional Team Qualifier.

Qualification to the NDP Regional Team Qualifier

All gymnasts who achieve a minimum standard, 2 round execution score of 42.0 are eligible to qualify to the NDP Regional Team Qualifier (at the appropriate level the minimum score was achieved).

TRA NDP Regional Team Qualifier

A final event held in the region leading to the NDP Regional Team Final.

NDP Levels 1-3

All gymnasts at NDP Levels 1-3 will be required to perform:
2 x Compulsory Routine
1 x Range & Conditioning Routine

NDP Levels 4-7

All gymnasts at NDP Levels 4-7 will be required to perform:
1 x Compulsory 'A' Routine
1 x Compulsory 'B' Routine
1 x Range & Conditioning Routine

Range & Conditioning:

The Range & Conditioning score is not included in the ranking BUT a gymnast must achieve a 70% pass mark for the range & conditioning to proceed to the ranking list to be eligible to qualify for the Regional Team Final / NDP Semi Final.

Trampoline Individual (All NDP Levels 1-7):

- 2 round accumulative score will determine the ranking
- Time of Flight **will not** be included as qualification is based on the execution score only
- Incomplete/incorrect routines will result in a zero 'DNF' score
- 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

*Regions may run 'out of age' groups (5-6yrs, 7-8yrs, 19+yrs etc) at each NDP level as deemed appropriate, however gymnasts are not eligible for the Regional Team Final or NDP Final. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.*

Qualification to the Regional Team Final / NDP Semi Final (NDP 1 to 7)

The top 2 ranked gymnasts, per age group, per level, per gender will qualify to the Regional Team Final, providing the minimum execution score and physical pass mark have been achieved at the Regional Team Qualifier. In the event of a tie position for 2nd place both gymnasts will qualify. Hereafter please see further tie break rules in the BG Code of Points.

TRA NDP Regional Team Final / NDP Semi Final

A team final event which also provides individual qualification to the NDP Final.

NDP Levels 1-3

All gymnasts at NDP Levels 1-3 will be required to perform:
2 x Compulsory Routine

NDP Levels 4-7

All gymnasts at NDP Levels 4-7 will be required to perform:
1 x Compulsory 'A' Routine
1 x Compulsory 'B' Routine

Trampoline Individual (All NDP Levels 1-7):

- 2 Round accumulative score will determine the ranking
- Time of Flight **will not** be included as qualification is based on the execution score only
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- 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

Qualification to the NDP Final

The 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. Zero 'DNF' score routines **will not** be eligible to rank for the NDP Final.

TRA NDP National Final

NDP Levels 1-3

All gymnasts at NDP Levels 1-3 will be required to perform:
2 x Compulsory Routine

NDP Level 4

All gymnasts at NDP Level 4 will be required to perform:
1 x Compulsory 'A' Routine
1 x Compulsory 'B' Routine

NDP Levels 5-7

All gymnasts at NDP Levels 5-7 will be required to perform:
1 x Compulsory 'B' Routine
1 x Voluntary Routine

NDP Level 8 - See separate section

Trampoline Individual (All NDP Levels 1-7):

- 2 Round accumulative score will determine the ranking
- Time of Flight **will not** be included for NDP Levels 1-7
- **FIG rules will be applied.** (except there will not be a top 8 final but a 2 round cumulative score)
- 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

TRA NDP Level 1-7 Technical & Physical Requirements

TRA NDP Club Level Compulsory

NB: Club Levels 1-2 can compete at Club and Regional events only, included for information only.

CLUB LEVEL 1			CLUB LEVEL 2		
Age Groups As determined by the Club/Region	Compulsory		Compulsory		
	1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set	
	2	Front Landing	2	½ Twist to Front Landing	
	3	To Feet	3	To Feet	
	4	Straddle Jump	4	Straddle Jump	
	5	Seat Landing	5	Seat Landing	
	6	To Feet	6	½ Twist to Seat Landing	
	7	½ Twist Jump	7	½ Twist to Feet	
	8	Pike Jump	8	Pike Jump	
	9	Back Landing	9	Back Landing	
10	To Feet	10	½ Twist to Feet		
Please note: Compulsory	<ul style="list-style-type: none"> A bonus of 0.6 will be awarded if the required 6 pre-routine jumps are performed (this is not included in the execution score to qualify) The Arm Set on the 7th bounce <u>will</u> be marked as the 1st element of the routine Failure to perform the Arm Set will result in a zero 'DNF' score 				

TRA NDP Level 1-7 Physical 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 Stand & vertical jump	
Standing Shoulder Flexibility – hold for 2 seconds	
Minimum Standard to qualify to NDP Regional Team Final/NDP Semi Final	70% pass mark

TRA NDP Level 1-7 Technical Requirements

Age Groups 9-10 Years 11-12 Years 13+ Years	NDP LEVEL 1		NDP LEVEL 2		NDP LEVEL 3	
	Compulsory		Compulsory		Compulsory	
	1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set
	2	Full Twist	2	Back s/s (T)	2	Back s/s (T)
	3	Straddle Jump	3	Straddle Jump	3	Straddle Jump
	4	½ Twist to Seat Landing	4	½ Twist to Seat Landing	4	Barani (T)
	5	½ Twist to Feet	5	½ Twist to Feet	5	Tuck Jump
	6	Pike Jump	6	Pike Jump	6	Back s/s (T) to Seat Landing
	7	Back Landing	7	Back Landing	7	½ Twist to Feet
	8	½ Twist to Feet	8	½ Twist to Feet	8	Pike Jump
	9	Tuck Jump	9	Tuck Jump	9	½ Twist to Front Landing
	10	Front s/s (T)	10	Front s/s (P)	10	To Feet
Please note: Compulsory	<ul style="list-style-type: none"> A bonus of 0.6 will be awarded if the required 6 pre-routine jumps are performed (this is not included in the execution score to qualify) The Arm Set on the 7th bounce <u>will</u> be marked as the 1st element of the routine Failure to perform the Arm Set will result in a zero 'DNF' score 					
Minimum Standard to qualify to NDP Regional Team Qualifier			Compulsory			
			2 round execution score of 42.0			
Minimum Standard to qualify to NDP Regional Team Final/NDP Semi Final			Compulsory			
			2 round execution score of 45.0			

NDP LEVEL 4				
Age Groups 9-10 Years 11-12 Years 13+ Years	1st Routine - Compulsory A		2nd Routine - Compulsory B	
	1	6 x Jumps - Arm Set	1	Back s/s (S)
	2	Back s/s (P)	2	Straddle Jump
	3	Straddle Jump	3	Back s/s (P)
	4	Barani (P)	4	Barani (P)
	5	½ Twist Jump	5	½ Twist Jump
	6	Tuck Jump	6	Tuck Jump
	7	Barani (T)	7	Barani (T)
	8	Back s/s (T)	8	Back s/s (T)
	9	Pike Jump	9	Pike Jump
	10	Front s/s (P)	10	Front s/s (P)
Please note: <u>Compulsory A</u>	<ul style="list-style-type: none"> A bonus of 0.6 will be awarded if the required 6 pre-routine jumps are performed (this is not included in the execution score to qualify) The Arm Set on the 7th bounce <u>will</u> be marked as the 1st element of the routine Failure to perform the Arm Set will result in a zero 'DNF' score 			
Minimum Standard to qualify to NDP Regional Team Qualifier		Compulsory A & B		
		2 round execution score of 42.0		
Minimum Standard to qualify to NDP Regional Team Final/NDP Semi Final		Compulsory A & B		
		2 round execution score of 45.0		

NDP LEVEL 5				
Age Groups 9-10 Years 11-12 Years 13-14 Years 15+ Years	1st Routine - Compulsory A		2nd Routine - Compulsory B (FIG development routine)	
	1	Back s/s (S)	1	¾ Back s/s (SL)
	2	Straddle Jump	2	To feet * (*Cody = bonus 0.3)
	3	Back s/s (P)	3	Straddle Jump
	4	Barani (P)	4	Back s/s (P)
	5	½ Twist Jump	5	Barani (P)
	6	Tuck Jump	6	Tuck Jump
	7	Barani (T)	7	Barani (T)
	8	Back s/s (T)	8	Back s/s (T)
	9	Pike Jump	9	¾ Front s/s (S)
	10	Front s/s (P)	10	Ballout Barani (T)
		Voluntary Routine (National NDP Final Only)		
		<ul style="list-style-type: none"> Maximum of 1 body landing allowed (all ages groups) No minimum difficulty Maximum difficulty at Level 5 of 1.0 per element 		
Minimum Standard to qualify to NDP Regional Team Qualifier		Compulsory A & B		
		2 round execution score of 42.0		
Minimum Standard to qualify to NDP Regional Team Final/NDP Semi Final		Compulsory A & B		
		2 round execution score of 45.0		

NDP LEVEL 6				
Age Groups 9-12 Years 13-14 Years 15-16 Years 17+ Years	1st Routine - Compulsory A		2nd Routine - Compulsory B (Including 13-14 WAGC Requirements)	
	1	Back s/s (S)	1	$\frac{3}{4}$ Back (S)
	2	Barani (S)	2	Cody (T)
	3	Straddle Jump	3	Straddle Jump
	4	Back s/s (P)	4	Back s/s (S)
	5	Barani (P)	5	Barani (S)
	6	Tuck Jump	6	Full Twisting Back s/s (S)
	7	Barani (T)	7	Barani (T)
	8	Back s/s (T)	8	Back s/s (T)
	9	$\frac{3}{4}$ Front s/s (S)	9	$\frac{3}{4}$ Front s/s (S)
	10	Ballout Barani (T)	10	Ballout Barani (T)
Voluntary Routine (National NDP Final Only)				
<ul style="list-style-type: none"> Maximum of 1 body landing allowed (all ages groups) No minimum difficulty Maximum difficulty at Level 6 of 1.3 per element 				
Minimum Standard to qualify to NDP Regional Team Qualifier		Compulsory A & B		
		2 round execution score of 42.0		
Minimum Standard to qualify to NDP Regional Team Final/NDP Semi Final		Compulsory A & B		
		2 round execution score of 45.0		

NDP LEVEL 7				
Age Groups 11-14 Years 15-16 Years 17+ Years	1st Routine - Compulsory A		2nd Routine - Compulsory B (Incl. 15-16 WAGC Requirements)	
	1	$\frac{3}{4}$ Front s/s (S)	1	$\frac{1}{2}$ Twist to $\frac{3}{4}$ Front s/s (S)
	2	Ballout Barani (T)	2	Ballout Barani (T)
	3	Straddle Jump	3	Back s/s (T)
	4	Barani (T)	4	Barani (T)
	5	Back s/s (T)	5	Back s/s (P)
	6	Barani (P)	6	Rudi (S)
	7	Back s/s (P)	7	Straddle Jump
	8	Barani (S)	8	Back s/s (S)
	9	Back s/s (S)	9	Barani (S)
	10	Full Twisting Back s/s (S)	10	Full Twisting Back s/s (S)
Voluntary Routine (National NDP Final Only)				
<ul style="list-style-type: none"> Maximum of 1 body landing allowed (all ages groups) No minimum difficulty No maximum difficulty at Level 7 				
Minimum Standard to qualify to NDP Regional Team Qualifier		Compulsory A & B		
		2 round execution score of 42.0		
Minimum Standard to qualify to NDP Regional Team Final/NDP Semi Final		Compulsory A & B		
		2 round execution score of 45.0		

TRA NDP Level 8 Technical Requirements

Spring Event Series

All gymnasts at NDP Level 8 will be required to perform:

- 1 x Compulsory Routine
- 1 x FIG WAGC Routine (9-18yrs) / FIG A Routine (19+yrs)
- 1 x Voluntary Routine

Trampoline Individual (NDP Level 8):

- 3 round accumulative score will determine the ranking
- Time of Flight **will** be included at NDP Level 8
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero score will not be awarded a medal
- A nominated panel (Member of NTTCC, 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 8						
Age Group 9-10 Years	1 st Routine - Compulsory			2 nd Routine – WAGC Development		
	1	Back s/s (S)	1	¾	Back s/s (SL)	
	2	Barani (S)	2		To feet * (*Cody = bonus 0.3)	
	3	Straddle Jump	3		Straddle Jump	
	4	Back s/s (P)	4		Back s/s (P)	
	5	Barani (P)	5		Barani (P)	
	6	Tuck Jump	6		Tuck Jump	
	7	Barani (T)	7		Barani (T)	
	8	Back s/s (T)	8		Back s/s (T)	
	9	Pike Jump	9	¾	Front s/s (S)	
	10	Front s/s (P)	10		Ballout Barani (T)	
	Voluntary Routine					
<ul style="list-style-type: none"> Maximum of 1 body landing allowed Male - Minimum difficulty 5.5 Female - Minimum difficulty 5.5 						
Minimum Standard to qualify to NDP National Final	Minimum 3 round Execution Score 69.5			Minimum Difficulty		
				Male	Female	
	Compulsory	WAGC	Voluntary	5.5	5.5	
Minimum for each routine		23.0	23.0	22.0		

NDP LEVEL 8						
Age Group 11-12 Years	1 st Routine - Compulsory		2nd Routine – WAGC Requirements			
	1	¼ Front s/s (S)	<p>The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.</p> <p>1. One element landing on the front of the body 2. One element landing on the back of the body</p>			
	2	Ballout Barani (T)				
	3	Straddle Jump				
	4	Barani (T)				
	5	Back s/s (T)				
	6	Barani (P)				
	7	Back s/s (P)				
	8	Barani (S)				
	9	Back s/s (S)				
	10	Full Twisting Back s/s (S)				
Voluntary Routine						
<ul style="list-style-type: none"> Maximum of 1 body landing allowed Male - Minimum difficulty 6.0 Female - Minimum difficulty 6.0 						
Minimum Standard to qualify to NDP National Final		Minimum 3 round Execution Score 69.5			Minimum Difficulty	
		Compulsory	WAGC	Voluntary	Male	Female
Minimum for each routine		23.0	23.0	22.0	6.0	6.0

NDP LEVEL 8						
Age Group 13-14 Years	1 st Routine - Compulsory		2nd Routine – WAGC Requirements			
	1	½ Twist to ¼ Front s/s (S)	<p>The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.</p> <p>1. Full (back somersault with 1/1 twist) 2. One element landing on the front of the body 3. One element landing on the back of the body.</p>			
	2	Ballout Barani (T)				
	3	Back s/s (T)				
	4	Barani (T)				
	5	Back s/s (P)				
	6	Rudi (S)				
	7	Straddle Jump				
	8	Back s/s (S)				
	9	Barani (S)				
	10	Full Twisting Back s/s (S)				
Voluntary Routine						
<ul style="list-style-type: none"> Maximum of 1 body landing allowed Male - Minimum difficulty 7.5 Female - Minimum difficulty 6.8 						
Minimum Standard to qualify to NDP National Final		Minimum 3 round Execution Score 70.5			Minimum Difficulty	
		Compulsory	WAGC	Voluntary	Male	Female
Minimum for each routine		23.5	23.5	22.0	7.5	6.8

NDP LEVEL 8						
Age Group 15-16 Years	1 st Routine - Compulsory		2nd Routine – WAGC Requirements			
	1	½ Twist to ¾ Front s/s (S)	<p>The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.</p> <p>1. Full (back somersault with 1/1 twist) 2. Rudi or Rudi Ballout (front somersault or 1 ¼ from back, with 1½ twist) 3. One element either landing on the back or front of the body</p>			
	2	Ballout Barani (T)				
	3	Back s/s (T)				
	4	Barani (T)				
	5	Full Twisting Back s/s (S)				
	6	Back s/s (P)				
	7	Rudi (S)				
	8	Back s/s (S)				
	9	Barani (S)				
	10	Double Back (T)				
Voluntary Routine						
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed • Male - Minimum difficulty 8.5 • Female - Minimum difficulty 7.5 						
Minimum Standard to qualify to NDP National Final		Minimum 3 round Execution Score 70.5		Minimum Difficulty		
		Compulsory	WAGC	Voluntary	Male	Female
Minimum for each routine		23.5	23.5	22.0	8.5	7.5

NDP LEVEL 8						
Age Group 17-18 Years	1 st Routine - Compulsory		2nd Routine – WAGC Requirements			
	1	Half Out (P)	<p>The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.</p> <p>1. One element to front or back 2. One element from front or back - in combination with requirement No. 1 3. One double front or back somersault with or without twist 4. One element with a minimum of 540° of twist and minimum of 360° somersault rotation</p>			
	2	Back s/s (P)				
	3	Barani (P)				
	4	Full Twisting Back s/s (S)				
	5	Barani (S)				
	6	Back s/s (S)				
	7	Barani (T)				
	8	Back s/s (T)				
	9	Half Out (T)				
	10	Double Back s/s (P)				
Voluntary Routine						
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed • Male - Minimum difficulty 9.5 • Female - Minimum difficulty 8.0 						
Minimum Standard to qualify to NDP National Final		Minimum 3 round Execution Score 70.5		Minimum Difficulty		
		Compulsory	WAGC	Voluntary	Male	Female
Minimum for each routine		23.5	23.5	22.0	9.5	8.0

NDP LEVEL 8									
Age Group 19+ Years	1 st Routine - Compulsory		2nd Routine – FIG A Requirements						
	1	Half Out (P)	The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Four elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the second routine. None of these four elements may be repeated in the voluntary. <ul style="list-style-type: none"> • Male – Minimum difficulty 3.3 • Female – Minimum difficulty 3.1 • Maximum one body landing allowed 						
	2	Back s/s (P)							
	3	Barani (P)							
	4	Full Twisting Back s/s (S)							
	5	Barani (S)							
	6	Back s/s (S)							
	7	Barani (T)							
	8	Back s/s (T)							
	9	Half Out (T)							
	10	Double Back s/s (P)							
Voluntary Routine			• If any of the four asterisked moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine • Maximum of 1 body landing allowed • Male - Minimum difficulty 10.5 • Female – Minimum difficulty 8.5						
Minimum Standard to qualify to NDP National Final		Minimum 3 round Execution Score 70.5				Minimum Difficulty			
		Compulsory				WAGC	Voluntary	Male	Female
Minimum for each routine		23.5				23.5	22.0	3.3/10.5	3.1/8.5

Qualification to NDP Final

A maximum of the top 8 ranked gymnasts, per age group, per gender from the Spring Event Series will qualify for the NDP Final, providing all minimum standards have been achieved. These qualifiers will be calculated from the best, cumulative three-round total score (achieved at the same qualifying event). In the event of a tie for 8th place please refer to the BG Code of Points.

NDP Final

All gymnasts at NDP Level 8 will be required to perform:
 1 x FIG WAGC Routine (9-18yrs) / FIG A Routine (19+yrs)
 1 x Voluntary Routine

Trampoline Individual (NDP Level 8):

- 2 round accumulative score will determine the ranking
- Time of Flight **will** be included
- **FIG rules will be applied. (except there will not be a top 8 final but a 2 round cumulative score)**