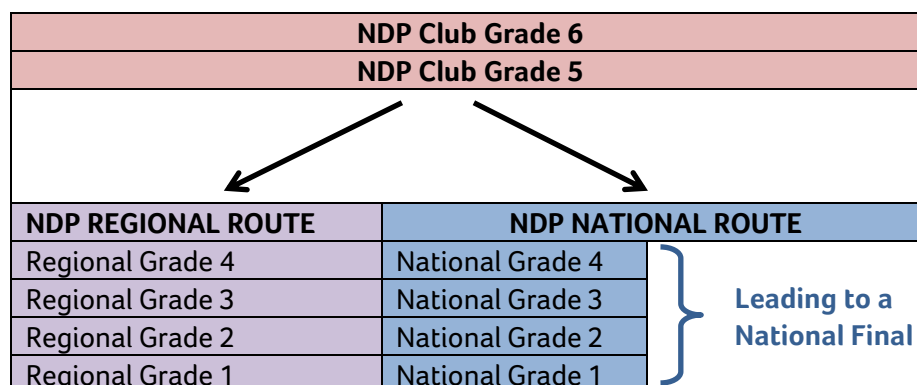


Women's Artistic NDP Grades

Provisional Overview (**Please note this is not the final version and so is subject to change)

NDP Grades Re-structure

There will be two generic NDP **Club** Grades: 6 and 5. Following that there will then be two pathways: an NDP **Regional** route with 4 grades and an NDP **National** route with 4 grades, which lead to National Finals.



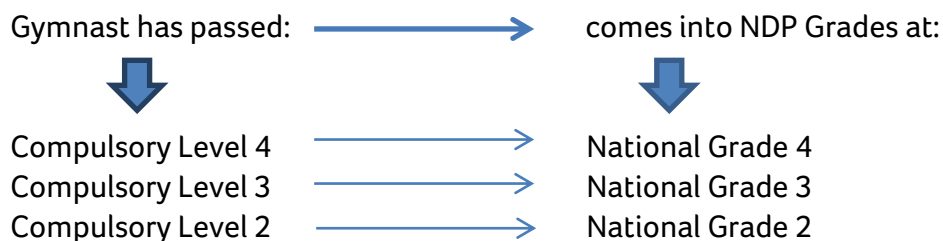
Eligibility Table Summary

	<i>Compulsory Elite Levels</i>	NDP National Grades	NDP Regional Grades
Min Age 8		NDP Club Grade 6	
Min Age 9	<i>Compulsory 4</i>	NDP Club Grade 5	
Min Age 10	<i>Compulsory 3</i>	National 4 Not eligible: a pass at Compulsory 3 2 1	Regional 4 Not eligible: a pass at Compulsory 4 3 2 1 a pass at National 4 3 2 1
Min Age 11	<i>Compulsory 2</i>	National 3 Not eligible: a pass at Compulsory 2 1	Regional 3 Not eligible: a pass at Compulsory 4 3 2 1 a pass at National 3 2 1
Min Age 12	<i>Compulsory 1</i>	National 2 Not eligible: a pass at Compulsory 1	Regional 2 Not eligible: a pass at Compulsory 4 3 2 1 a pass at National 2 1
Min Age 13		National 1 Not eligible: a pass at Compulsory 1	Regional 1 Not eligible: a pass at Compulsory 4 3 2 1 a pass at National 1

- Entry and progression in the NDP Grades pathway is at the discretion of the coach (and as long as the gymnast is eligible as per the table above).
- Gymnasts do not have to pass an NDP Grade before progressing onto another one.
- Only one grade may be taken per year. Progression must be forward and developmental.

Movement between Compulsory Elite Levels & NDP Grades

Gymnasts who have passed a Compulsory Elite Level and wish to change to the NDP pathway can do so at the following stages:



** Gymnasts who have passed Compulsory Level 1 will not be allowed to revert to any NDP Grades.

General

- Range & Conditioning will be included in all NDP Grades and will be competed in the National Final competition for NDP National Grades.
- All exercises will have a D score of 14.00, unless stated differently.
- **Non-attempt** - lose the value of the move plus 1.50
- **Incomplete attempt** – an element may be repeated in order to achieve the value of the move (as per FIG code of points)

VAULT

For all grades, 2 vaults to be performed with the best score to count

Club 6	Jump from board onto block – handspring flat back off end of block to land on level safety mats	60cm block and level safety mats
Club 5	Handspring to flat back	Safety mats built up to 1m (plus or minus 10cm)

Regional 4	Handspring to flat back	120cm vault table with level safety mats
Regional 3	Handspring	120cm vault table
Regional 2 <i>(optional)</i>	Handspring full twist – 4.00 D score Half on Half off – 4.00 D score Handspring – 3.50 D score	120cm vault table
Regional 1 <i>(optional)</i>	Half on Half off Handspring full twist	125cm vault table

National 4	Handspring	120cm vault table
National 3 <i>(optional)</i>	Yurchenko to stand & fall back Half-on (Tsukahara prep) to stand & fall back Handspring to stand & fall forward	120cm vault table with level safety mats
National 2 <i>(optional)</i>	Yurchenko to flat back Half-on (Tsukahara prep) to flat back	125cm vault table with level safety mats
National 1 <i>(optional)</i>	Yurchenko tucked or piked – 4.00 D score Tsukahara tucked or piked – 4.00 D Score Handspring full twist – 3.50 D score	125cm vault table

BARS

Extra upstarts are allowed. All handstands can be straddled or legs together (unless specifically stated) without ADDITIONAL penalty. FIG CoP penalties apply.

<p>Club 6</p>	<p>Assisted by coach to mount:</p> <ul style="list-style-type: none"> - Jump to catch bar in reverse grip. Show hang position (showing good body shape throughout) - Reverse chin up, lower to hang - Half turn to regular grip by releasing one hand to side of body to execute turn and re-grasp bar - 2 x leg lifts (straight legs & feet must touch bar) - Chin up, pull over to front support and then forward roll to chin up position then lower to hang - Maximum 5 x Dish/arch (fish) swings in preparation for the tap in the backward giant (not intended to be full swings) – best 3 to be judged - Dismount at back of last fish swing 	<p>Single high bar or high bar of Asymmetric bars</p>
<p>Club 5</p>	<p>Assisted by coach to mount:</p> <ul style="list-style-type: none"> - Jump to catch bar in reverse grip. Show hang position (showing good body shape throughout) - Reverse chin up, lower to hang - Half turn to regular grip by releasing one hand to side of body to execute turn and re-grasp bar - 1 x leg lift (straight legs & feet must touch bar) - Chin up, pull over to front support and then forward roll to chin up position then lower to hang - Pike towards bar and swing back (trolley swing), swing forward and back x 2 - Swing forward and circle over bar to front support - Dismount – cast and straddle on undershoot 	<p>Single high bar or high bar of Asymmetric Bars</p>

Regional 4	Upstart float swing x 2 to stand Upward circle, squat on, jump to catch HB, $\frac{3}{4}$ giant over HB Dismount - straddle or stoop on and undershoot	Asymmetric Bars
Regional 3	Float upstart (legs together or straddled), cast to horizontal (legs together), back hip circle, squat or stoop on, jump to catch HB, long upstart, cast to horizontal (legs together) baby giant over HB Dismount - straddle or stoop on and undershoot with half turn	Asymmetric Bars
Regional 2	Float upstart (legs together or straddled), cast to horizontal, layaway upstart (legs together or straddled), cast to horizontal (legs together), back hip circle, squat or stoop on, jump to catch HB, long upstart Dismount (optional): 'A' level coded dismount	Asymmetric Bars
Regional 1	Float upstart (legs together or straddled), cast to horizontal (legs together) short clear circle to 45° or above *Optional - upstart (legs together or straddled) – may go straight from short clear circle Squat/stoop/step on and sole circle (judged as per CoP: straight legs will incur no deduction; tucked will incur CoP deductions), jump to catch HB, long upstart Dismount (optional): 'A' level coded dismount	Asymmetric Bars

National 4	<i>In regular grip:</i> Trolley Swing Long upstart Cast to 45° or above 3 x backward giant – coach stops gymnast after 3 rd giant	Shiny Bar (gloves and loops)
National 3	Float upstart (legs together or straddled), squat or stoop on, jump to catch HB, long upstart, cast to handstand Backward giant x 2 (legs together or straddled on downswing) Dismount(optional): Straight Backaway or Straddle/Stoop /Step down and undershoot	Asymmetric Bars
National 2	Float upstart (legs together or straddled), cast to handstand Close bar element to 45° or above, upstart (legs together or straddled), squat or stoop on, long upstart, cast to handstand Backward giant x 2 (legs together or straddled on downswing) Dismount (optional): 'A' level coded dismount	Asymmetric Bars
National 1	Float Upstart (legs together or straddled), cast to handstand Close bar element to handstand, sole circle (judged as per CoP: straight legs will incur no deduction; tucked will incur CoP deductions) Jump to catch HB, long upstart, cast to handstand Close bar element to handstand (if the same element as performed earlier in routine no value i.e. routine will be out of 13.5 instead of 14.0), Backward giant x 2 (legs together or straddled on downswing) Dismount (optional): 'A' level coded dismount	Asymmetric Bars

BEAM

All grades: Beam at 125cm (with safety mat under beam if required for Club Grades 6 & 5)

Club 6	<p>Mount – jump to front support one leg over beam to cross sit, hands in front press to straddle ½ lever (HOLD 2 secs). Gymnast is then allowed to sit back on the beam, if required. Place hands on beam and swing legs backwards to squat onto beam Pike stand and walk hands out (caterpillar) to open shoulder front support (HOLD 2 secs). Hands remaining in place, walk feet back into pike stand keeping legs straight Stretched jump Relevé and ½ half turn on two feet Arabesque to 90° (HOLD 2 secs) Dismount – From centre of beam, run and two footed stretched jump off beam</p>
Club 5	<p>Mount – jump to squat on with hand support, sit on beam and then press to pike ½ lever position (HOLD 2 secs) Split jump Stretched jump into tuck jump (<i>dance series</i>) Half spin on one foot Kick towards handstand with legs in split return to the beam in lunge with arms by ears (may take arms out after position shown) Lift one leg to horizontal and squat down on opposite leg then stand up, with free leg remaining at 90° horizontal throughout. Step forward and repeat on other leg Dismount – Round off from end of beam (hands on beam & feet on floor)</p>
Regional 4	<p>Mount – Jump to straddle ½ lever support (HOLD 2 secs) Handstand (along beam). Optional leg position (show handstand) Free forward roll to stand Tuck jump into wolf (W) jump (<i>dance series</i>) Sissone Full spin Dismount – Tuck front somersault from two feet</p>
Regional 3	<p>Mount – Jump to Japana (NO straddle over first). Take hands off beam (HOLD 2 secs) Cartwheel quarter turn in (may connect to dismount) Handstand (along beam). Optional leg position (HOLD 2 secs) Split jump into wolf (W) jump (<i>dance series</i>) Split leap Full spin Dismount – Tuck back somersault from two feet (may be connected to the cartwheel)</p>
Regional 2	<p>Mount – any ‘A’ level coded mount Backward walkover or Backward roll Connection of Cartwheel and Sissone (performed in any order) Split leap into wolf (W) jump (<i>dance series</i>) Stretched jump with half turn (optional: side-side or cross-cross beam) Full spin Dismount – Pike front somersault from two feet</p>
Regional 1	<p>Mount – any coded mount Cartwheel to side handstand with legs together (show position), optional exit ‘B’ level coded flight element performed on the beam (NOT mount/dismount) Change leg split leap connected to any ‘A’ level coded jump/leap/hop (<i>dance series</i>) – may be performed in any order ‘B’ level coded jump with half turn (not mount) Full spin Dismount – Cartwheel immediate tuck back somersault</p>

<p>National 4</p>	<p>Mount- Jump to straddle ½ lever (HOLD 2 secs), lift to Japana, take hands off beam (HOLD 2 secs) Backward walkover Cartwheel quarter turn in Split jump into sissone (<i>dance series</i>) Stretched jump half turn (optional: side-side or cross-cross beam) Full spin Dismount - Tuck front somersault from two feet</p>
<p>National 3</p>	<p>Mount – Stand with back to beam - jump pike half lever (show position), lift to Russian lever with legs together (HOLD 2 secs) Flick to one Round off along the beam to stand Forward walkover Split leap, sissone (<i>dance series</i>) - to be performed in any order Straddle jump Full spin Dismount – Cartwheel immediate tuck back somersault</p>
<p>National 2</p>	<p>Mount–‘A’ level coded mount Flick to two feet Forward walkover into cartwheel Split leap connected to any ‘A’ level coded jump/ leap/hop (<i>dance series</i>) – may be performed in any order Change leg split leap Full spin Dismount – ‘B’ level coded flight element (not flick to 2 feet) linked to an ‘A’ level coded somersault</p>
<p>National 1</p>	<p>Mount–‘B’ level coded mount Choice of: Free cartwheel or Free walkover or Side somersault or Tuck back somersault Split handstand step down into flick to one Change leg split leap connected to any ‘A’ level coded jump or leap (<i>dance series</i>) – may be performed in any order ‘B’ level coded jump with a half turn Full spin Dismount–‘B’ level coded dismount (may be preceded by another element)</p>

Floor

Club 6	<p>Handstand to bridge (show position), kick over back to stand Cartwheel from side to side, immediate cartwheel quarter turn into backward roll with straight arms and legs to pike stand Forward roll to straddle sit (show position), quarter turn to splits (show) Handstand forward roll with straight arms to stand Chassé cat leap, chassé assemble jump into stretched jump (in this order) Split jump</p>
Club 5	<p>Two footed jump into round off immediate stretched jump into backward roll with straight arms and legs to front support, bring one leg round to splits (show position) Tic-Toc Starting with arms behind body, swing arms into handstand with immediate bounce from hands into handstand forward roll with straight arms and straight legs (may use hands at side of legs to aid stand) to finish with hands in front of thighs in dished stand (show position) Chassé step split leap Split jump immediate star jump Full spin</p>

Regional 4	<p>Two footed jump onto round off, back flick Handspring to 2 feet Backward roll to handstand with straight arms Backward walkover (finish on feet) <i>Dance passage:</i> Split leap, split leap Straddle jump (not connected to another element) Full spin</p>
Regional 3	<p>Two footed jump into round off, 3 back flicks Tuck front somersault Handspring to one foot, run, handspring to two feet Forward walkover <i>Dance passage:</i> Split leap, fouetté hop to land in/show arabesque (in this order) Full spin</p>
Regional 2	<p>Round off, back flick, tuck back somersault Handspring to two feet, tuck front somersault Round off, 3 back flicks, immediate straddle jump Free cartwheel <i>Dance passage:</i> Change leg split leap, split leap (in ANY order) Wolf (W) jump full turn Double spin</p>
Regional 1	<p>Round off, 3 back flicks, tuck back somersault Straight front somersault (<i>optional entry from handspring</i>) Round off, back flick, straight back somersault Free cartwheel or Free walkover or Side somersault <i>Dance passage:</i> Change leg split leap, tour jeté (in this order) Straddle jump half turn Double spin</p>

National 4	<p>Round off, back flick, tuck back somersault Handspring to one foot, immediate handspring to two feet Two footed jump into round off, 3 back flicks Backward roll to handstand with straight arms <i>Dance passage:</i> Split leap, side leap (in this order) Stretched jump with full turn Full spin</p>
National 3	<p>Round off, back flick, straight back somersault Handspring to two feet, tuck front somersault Two footed jump into round off, 3 back flicks, tuck back somersault Back roll to handstand half turn into forward roll out to stand (straight arms throughout) Free walkover or Free cartwheel(<i>optional</i>) <i>Dance passage:</i> Change leg split leap, fouetté hop to land in/show arabesque (in this order) Full spin immediate step into full spin on other foot (spins may be forwards or backwards but must be on different feet)</p>
National 2	<p>Two footed jump into round off, 3 back flicks, straight back somersault Round off, back flick, straight back somersault with full twist Straight front somersault (<i>optional entry from handspring</i>) 1 step only into Free walkover or Free cartwheel or Side somersault <i>Dance passage:</i> Change leg split leap, tour jeté (in this order) Wolf (W) jump full turn Double spin</p>
National 1	<p>Must have 3 tumble passes (i.e. cannot combine tumbles) A "C" coded value somersault (<i>optional entry</i>) Full twist somersault (tucked or straight) - backwards or forwards (<i>optional entry</i>) Straight front somersault, immediate tuck front (<i>optional entry from handspring into straight front somersault</i>) <i>Dance passage:</i> Change leg split leap, change leg split leap with half turn (in this order) Straddle jump full turn "B" coded value spin</p>

RANGE AND CONDITIONING

Club 6 & 5	<ol style="list-style-type: none">1. Forward roll to long sit. Keep back vertical and straight and arms out sideways, extend knees to lift heels off floor (HOLD 2 secs)2. Straddle legs to sit in box splits – may use hands in transition then take hands off floor (HOLD 2 secs)3. Lie forwards and take legs backwards to join together. Push to press up position (toes pointed) drag feet to stand in pike fold with hands on floor behind feet facing backwards (show position)4. Stand with straight back, arms by ears and walk forward to parallettes . Crouch down and place hands on parallettes. Perch hold (HOLD 2 secs)5. Return feet to floor in crouch and lift legs to straddle ½ lever (HOLD 2 secs). Lift legs behind and place feet on floor behind paralettes. Stand up6. Half turn (180°) on two feet. Kneel down on one leg and slide leg forward to splits (optional leg & may use hands without penalty). Take hands off floor to arms at side horizontal (HOLD 2 secs)7. Place hands on floor and half turn to other leg splits. Take hands off floor with arms at side horizontal (HOLD 2 secs)8. Bring back leg round forwards to long sit with legs together. Lift arms to ears and pike fold (HOLD 2 secs)9. Lie on back. With feet together push to bridge and straighten legs (HOLD 2 secs)10. Lift one leg straight to vertical (may move support leg) and kick through split handstand to stand
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Regional 4 3 2 1	<ol style="list-style-type: none">1. Start in straddle stand, place hands on floor and straddle press (elephant lift) to handstand (HOLD 2 secs) and pike down. Stand up with straight back and arms by ears2. Start in crouch position, forward roll to straddle sit keeping back straight and vertical with arms out sideways (HOLD 2 secs)3. Without changing leg position, lift arms above head and keeping back straight, lean forward to Japana position (HOLD 2 secs). Sit up with straight back & arms by ears4. Quarter turn to forwards splits (optional leg & may use hands without penalty). Take hands off floor to arms at side horizontal (HOLD 2 secs)5. Half turn to other leg splits (may use hands without penalty). Take hands off floor to arms at side horizontal (HOLD 2 secs)6. Bring back leg round forwards to long sit with legs together. Lift arms to ears and pike fold (HOLD 2 secs)7. Lie on back, with feet together push to bridge and straighten legs (HOLD 2 secs)8. Lift one leg straight to vertical (may move support leg) and kick through split handstand to stand
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National 4 3 2 1	<ol style="list-style-type: none">1. Start in pike stand, place hands on floor and pike press to handstand (HOLD 2 secs). Half turn (180°) in handstand, split legs and step down. Join feet with arms by ears2. Start in crouch position, forward roll to straddle ½ lever (HOLD 2 secs). Lower to straddle sit position3. Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position (HOLD 2 secs)4. Take legs backwards (may use hands in transition phase) passing through box splits, join legs together with arms by ears to front lying position. Place hands on floor and push to press up position (toes pointed)5. Swing one leg round to forwards splits. Take hands off floor to arms at side horizontal (HOLD 2 secs)6. Half turn to other leg splits (may use hands without penalty). Take hands off floor to arms at side horizontal (HOLD 2 secs)7. Bring back leg forwards to long sit with legs together. Lift arms to ears and pike fold (HOLD 2 secs)8. Lie on back, with feet together push to bridge and straighten legs (HOLD 2 secs)9. Lift one leg straight to vertical(may move support leg) (HOLD 2 secs) and kick through split handstand to stand
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