

2019 Routines – NDP

TRA CLUB LEVEL

Age Groups	CLUB LEVEL 1	CLUB LEVEL 2	CLUB LEVEL 3
7-8yrs	Compulsory x 2	Compulsory x 2	Compulsory x 2
9-10yrs	1. Front Landing	1. ½ Twist To Front Landing	1. Full Twist
11-12yrs	2. To Feet	2. To Feet	2. Straddle Jump
13yrs+	3. Straddle Jump	3. Straddle Jump	3. ½ Twist to Seat Landing
	4. Seat Landing	4. Seat Landing	4. ½ Twist to Feet
	5. To Feet	5. ½ Twist To Seat Landing	5. ½ Twist Jump
	6. ½ Twist Jump	6. ½ Twist To Feet	6. Pike Jump
	7. Tuck Jump	7. Tuck Jump	7. Back Landing
	8. Pike Jump	8. Pike Jump	8. ½ Twist to Feet
	9. Back Landing	9. Back Landing	9. Tuck Jump
	10. To Feet	10. ½ Twist To Feet	10. Front s/s (T)

NDP LEVELS 1-6

NDP 1		
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B
*7-8yrs	1. Full Twist	1. Back s/s (T)
9-10yrs	2. Straddle Jump	2. Straddle Jump
11-12yrs	3. ½ Twist to Seat Landing	3. ½ Twist to Seat Landing
13+yrs	4. ½ Twist to Feet	4. ½ Twist to Feet
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final or NDP Final</i>	5. ½ Twist Jump	5. ½ Twist Jump
	6. Pike Jump	6. Pike Jump
	7. Back Landing	7. Back Landing
	8. ½ Twist to Feet	8. ½ Twist to Feet
	9. Tuck Jump	9. Tuck Jump
	10. Front s/s (T)	10. Front s/s (P)

NDP 2		
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B
*7-8yrs	1. Back s/s (T)	1. Back s/s (T)
9-10yrs	2. Straddle Jump	2. Straddle Jump
11-12yrs	3. ½ Twist to Seat Landing	3. Barani (T)
13+yrs	4. ½ Twist to Feet	4. Tuck Jump
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final or NDP Final</i>	5. ½ Twist Jump	5. Back s/s (T) to Seat Landing
	6. Pike Jump	6. ½ Twist to Feet
	7. Back Landing	7. ½ Twist Jump
	8. ½ Twist to Feet	8. Pike Jump
	9. Tuck Jump	9. ½ Twist to Front Landing
	10. Front s/s (P)	10. To Feet

NDP 3		
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B
*7-8yrs	1. Back s/s (T)	1. Back s/s (S)
9-10yrs	2. Straddle Jump	2. Straddle Jump
11-12yrs	3. Barani (T)	3. Back s/s (T)
13+yrs	4. Tuck Jump	4. Barani (T)
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final or NDP Final</i>	5. Back s/s (T) to Seat Landing	5. ½ Twist Jump
	6. ½ Twist to Feet	6. Tuck Jump
	7. ½ Twist Jump	7. Back s/s (T) to Seat Landing
	8. Pike Jump	8. ½ Twist to Feet
	9. ½ Twist to Front Landing	9. Pike Jump
	10. To Feet	10. Front s/s (P)

NDP 4		
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B
*7-8yrs 9-10yrs 11-12yrs 13+yrs <i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final or NDP Final</i>	1. Back s/s (S) 2. Straddle Jump 3. Back s/s (T) 4. Barani (T) 5. ½ Twist Jump 6. Tuck Jump 7. Back s/s (T) to Seat Landing 8. ½ Twist to Feet 9. Pike Jump 10. Front s/s (P)	1. Back S/S (S) 2. Straddle Jump 3. Back S/S (P) 4. Barani (P) 5. ½ Twist Jump 6. Tuck Jump 7. Barani (T) 8. Back S/S (T) 9. Pike Jump 10. Front S/S (P)

NDP 5		
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B
9-10yrs 11-12yrs 13-14yrs 15yrs+	1. Back S/S (S) 2. Straddle Jump 3. Back S/S (P) 4. Barani (P) 5. ½ Twist Jump 6. Tuck Jump 7. Barani (T) 8. Back S/S (T) 9. Pike Jump 10. Front S/S (P)	1. ¾ Back S/S (SL) 2. To feet / Cody (0.3 bonus for Cody)* 3. Straddle Jump 4. Back S/S (P) 5. Barani (P) 6. Tuck Jump 7. Barani (T) 8. Back S/S (T) 9. ¾ Front S/S (S) 10. ½ Twist to Feet (0.3 bonus for Ballout Barani (T))*
* The bonus will be added to the score and counts towards the ranking for qualification Gymnasts can do B + Vol at August and must do B + Vol at NDP Finals and Scottish Nationals. 1.1 DD Element Cap and max 1 body landing.		

NDP 6		
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B
11-14yrs 15-16yrs 17+yrs	1. Back S/S (S) 2. Barani (S) 3. Straddle Jump 4. Back S/S (P) 5. Barani (P) 6. Tuck Jump 7. Barani (T) 8. Back S/S (T) 9. ¾ Front S/S (S) 10. Ballout Barani (T)	1. ¾ Back S/S (SL) 2. Cody (T) 3. Straddle Jump 4. Barani (P) 5. Back S/S (S) 6. Full twisting Back S/S (S) 7. Barani (T) 8. Back S/S (T) 9. ¾ Front S/S (S) 10. Ballout Barani (T)
Gymnasts can do B + Vol at August and must do B + Vol at NDP Finals and Scottish Nationals. 1.3 DD Element Cap for 11-14yrs and max 1 body landing (at all ages).		

Minimum standard to qualify to Regional NDP Compulsory Final

(March in Perth) 2 round score of 46.0

Minimum standard to qualify to NDP Regional Team Finals

(June in Birmingham) Top 2 + 2 round score of 48.0 + Range & Conditioning Routine Pass mark of 70%

Minimum standard to qualify to NDP Finals

(July in Nottingham) Top 8

Minimum standard to qualify to Scottish Nationals

(October in Perth) 2 round score of 49.5

2019 Routines – FIG Development

9-10yrs	
1st Routine - Compulsory A	2nd Routine - Compulsory B
1. Back S/S (S) 2. Straddle Jump 3. Back S/S (P) 4. Barani (P) 5. ½ Twist Jump 6. Tuck Jump 7. Barani (T) 8. Back S/S (T) 9. Pike Jump 10. Front S/S (P)	1. ¾ Back S/S (SL) 2. To feet / Cody (0.3 bonus for Cody)* 3. Straddle Jump 4. Back S/S (P) 5. Barani (P) 6. Tuck Jump 7. Barani (T) 8. Back S/S (T) 9. ¾ Front S/S (S) 10. Ballout Barani (T)

11-12yrs	
1st Routine - Compulsory	2nd Routine - FIG WAGC
1. ¾ Front S/S (S) 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)	The routine consists of 10 different elements, at least eight somersaults . 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. <ol style="list-style-type: none"> 1. One element landing on the front of the body 2. One element landing on the back of the body
3rd Routine - Voluntary	
Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. Difficulty will be capped at 1.5 per element. Min DD: 6.3 (both Male and Female) The performing of triple somersaults is prohibited and will result in disqualification.	

13-14yrs	
1st Routine - Compulsory	2nd Routine - FIG WAGC
1. ½ Twist to ¾ Front S/S (S) 2. Ballout Barani (T) 3. Back S/S (T) 4. Barani (T) 5. Back S/S (P) 6. Rudi 7. Straddle Jump 8. Back S/S (S) 9. Barani (S) 10. Full twisting Back S/S (S)	The routine consists of 10 different elements, at least nine somersaults . 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. <ol style="list-style-type: none"> 1. Full 2. One element landing on the front of the body 3. One element landing on the back of the body.
3rd Routine - Voluntary	
Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. Difficulty is capped at 1.7 per element. Min DD: Male 7.8/Female 7.1 The performing of quadruple somersaults is prohibited and will result in disqualification.	

15-16yrs	
1st Routine - FIG WAGC	2nd Routine - Voluntary
<p>The routine consists of 10 different elements, at least nine somersaults. 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> <ol style="list-style-type: none"> 1. Full 2. Rudi or Rudi Ballout 3. One element either landing on the back or front of the body 	<p>Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. Difficulty is capped at 1.8 per element.</p> <p>Min DD: Male 8.8 Female 7.8</p> <p>The performing of quadruple somersaults is prohibited and will result in disqualification.</p>

17+yrs	
1st Routine - FIG WAGC	2nd Routine - Voluntary
<p>The routine consists of 10 different elements, at least nine somersaults. 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> <ol style="list-style-type: none"> 1. One element to front or back 2. One element from front or back - in combination with requirement No. 1 3. Double S/S 4. Rudi 	<p>Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. Difficulty is capped at 1.8 per element.</p> <p>Min DD: Male 9.8 Female 8.3</p> <p>The performing of quadruple somersaults is prohibited and will result in disqualification.</p>

Minimum standard to qualify to NDP Final

(July in Nottingham) Top 8 plus Execution Score of:

Age Group	Routine 1	Routine 2	Routine 3
9-10yrs	15.4	15.4	
11-12yrs	15.4	15.4	14.7
13-14yrs	15.7	15.7	14.7
15-16yrs	15.7	14.7	
17+yrs	15.7	14.7	

Minimum standard to qualify to Scottish Nationals

(October in Perth) Execution Score of:

Age Group	Routine 1	Routine 2	Routine 3
9-10yrs	15.6	15.6	
11-12yrs	Complete Routine	15.6	14.8
13-14yrs	Complete Routine	15.6	14.8
15-16yrs	15.6	14.8	
17+yrs	15.6	14.8	

2019 Routines – FIG

9-10yrs	
1st Routine - Compulsory A	2nd Routine - Compulsory B
<ol style="list-style-type: none"> 1. ¾ Back S/S (SL) 2. To feet / Cody (0.3 bonus for Cody)* 3. Straddle Jump 4. Back S/S (P) 5. Barani (P) 6. Tuck Jump 7. Barani (T) 8. Back S/S (T) 9. ¾ Front S/S (S) 10. Ballout Barani (T) 	<ol style="list-style-type: none"> 1. Back S/S (S) 2. Barani (S) 3. Full twisting Back S/S (S) 4. Straddle Jump 5. Back S/S (P) 6. Barani (P) 7. Tuck Jump 8. Barani (T) 9. Back S/S (T) 10. Front S/S (P) (0.3 bonus for Rudi)*

11-12yrs	
1st Routine - Compulsory	2nd Routine - FIG WAGC
<ol style="list-style-type: none"> 1. ¾ Front S/S (S) 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) 	<p>The routine consists of 10 different elements, at least eight somersaults. 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> <ol style="list-style-type: none"> 1. One element landing on the front of the body 2. One element landing on the back of the body 3. Full
<p>3rd Routine - Voluntary</p> <p>Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.</p> <p>Difficulty will be capped at 1.5 per element.</p> <p>Min DD: 7.5 (both Male and Female)</p> <p>The performing of triple somersaults is prohibited and will result in disqualification.</p>	

13-14yrs	
1st Routine - Compulsory	2nd Routine - FIG WAGC
<ol style="list-style-type: none"> 1. ½ Twist to ¾ Front S/S (S) 2. Ballout Barani (T) 3. Back S/S (T) 4. Barani (T) 5. Back S/S (P) 6. Rudi 7. Straddle Jump 8. Back S/S (S) 9. Barani (S) 10. Full twisting Back S/S (S) 	<p>The routine consists of 10 different elements, at least nine somersaults. 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> <ol style="list-style-type: none"> 1. One element to front or back 2. One element from front or back - in combination with requirement No. 1 3. Double S/S 4. Rudi
<p>3rd Routine - Voluntary</p> <p>Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.</p> <p>Difficulty is capped at 1.7 per element.</p> <p>Min DD: Male 9.5/Female 8.6</p> <p>The performing of quadruple somersaults is prohibited and will result in disqualification.</p>	

15-16yrs	
1st Routine - FIG WAGC	2nd Routine - Voluntary
<p>The routine consists of 10 different elements, at least nine somersaults. 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> <ol style="list-style-type: none"> 1. One element to front or back 2. One element from front or back - in combination with requirement No. 1 3. Double S/S 4. Rudi 	<p>Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. Difficulty is capped at 1.8 per element.</p> <p>Min DD: Male 11.0 Female 9.0</p> <p>The performing of quadruple somersaults is prohibited and will result in disqualification.</p>

17-21yrs	
1st Routine - FIG WAGC	2nd Routine - Voluntary
<ol style="list-style-type: none"> 1. Ten somersaulting different elements. 2. Two elements, marked with an asterisk (*) on the competition card, will have difficulty added. 3. None of these two elements should be repeated in the second routine otherwise difficulty will not be added. 	<p>Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. Difficulty is capped at 1.8 per element.</p> <p>Min DD: Male 11.5 Female 9.5</p> <p>The performing of quadruple somersaults is prohibited and will result in disqualification.</p>

Senior	
1st Routine - FIG WAGC	2nd Routine - Voluntary
<ol style="list-style-type: none"> 1. Ten somersaulting different elements. 2. Four elements, marked with an asterisk (*) on the competition card, will have difficulty added. 3. None of these four elements should be repeated in the second routine otherwise difficulty will not be added. 	<p>Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.</p> <p>Min DD: Male 3.5/14.0 Female 3.3/12.0</p>

Minimum standard to qualify to British Championships
(September in Birmingham) Top 8 plus Execution Score of:

Age Group	Routine 1	Routine 2	Routine 3
9-10yrs	16.2	16.2	
11-12yrs	16.4	16.4	15.2
13-14yrs	16.4	16.4	15.2
15-16yrs	16.4	15.2	
17+yrs	16.4	15.2	
Senior	17.2	15.2	

Top 8 at British will do a Final Routine in each category.

Minimum standard to qualify to Scottish Nationals
(October in Perth) Execution Score of:

Age Group	Routine 1	Routine 2	Routine 3
9-10yrs	15.6	15.6	N/A
11-12yrs	Complete Routine	15.6	14.8
13-14yrs	Complete Routine	15.6	14.8
15-16yrs	15.6	14.8	N/A
17-21yrs	15.6	14.8	N/A
Senior	15.6	14.8	N/A

2019 Routines – League

League 3		
Age Groups	1st Routine - Compulsory	2nd Routine - Voluntary
9-10yrs 11-12yrs 13-14yrs 15-16yrs 17-18yrs 19+yrs	Ten different elements with: At least seven somersaults including one of the following three elements: ¾ Front S/S, Ballout OR ¾ Back S/S, Cody (T) OR Full OR Rudi	Max DD: 6.5

League 2		
Age Groups	1st Routine - Compulsory	2nd Routine - Voluntary
9-12yrs 13-14yrs 15-16yrs 17-18yrs 19+yrs	Ten different elements with at least nine somersaults with a minimum of 270° somersault rotation to include: ¾ Front S/S, Ballout OR ¾ Back S/S, Cody (T) PLUS one of the following: Full OR Rudi OR Double S/S	Max DD: 8.0

League 1		
Age Groups	1st Routine - Compulsory	2nd Routine - Voluntary
9-12yrs 13-14yrs 15-16yrs 17-21rs	Ten different elements with at least nine somersaults including: ¾ Front S/S, Ballout OR ¾ Back S/S, Cody (T) PLUS Full PLUS Rudi	No Max DD
17-21rs	Ten somersaulting different elements. Two elements, marked with an asterisk (*) on the competition card, will have difficulty added.	None of these Two elements should be repeated in the second routine of the qualifying round. In the event they are repeated the difficulty will not be counted.
17+yrs	Ten somersaulting different elements. Four elements, marked with an asterisk (*) on the competition card, will have difficulty added.	None of these four elements should be repeated in the second routine of the qualifying round. In the event they are repeated the difficulty will not be counted.

Super League		
Age Groups	1st Routine - Compulsory	2nd Routine - Voluntary
15-16yrs 17-21yrs 17+yrs	Ten somersaulting different elements. Four elements, marked with an asterisk (*) on the competition card, will have difficulty added.	None of these four elements should be repeated in the second routine of the qualifying round. In the event they are repeated the difficulty will not be counted. The voluntary routine must contain three double S/S elements none of which may have been used as an * element in the first routine. If repeated additional penalty of 1.0pts will be added.

Top 8 will make Final at the event and do a 3rd Voluntary Routine.

Disabilities Trampoline Category 1 (Learning Disability)	
1st Routine - Compulsory	2nd Routine - Voluntary
A competitor will compete with: A 10 contact routine A minimum tariff of 2.0 No repeated elements. The penalty for repeating an element in the routine will be termination of the routine.	A competitor will compete with: A 10 contact routine A minimum tariff of 2.0 NB should an element with tariff be repeated, no tariff will be given for the repeated element.

Disabilities Trampoline Category 2 (Physical or Sensory Disability)	
1st Routine - Compulsory	2nd Routine - Voluntary
A competitor will compete with: A 10 contact routine No repeated elements. The penalty for repeating an element in the routine will be termination of the routine.	A competitor will compete with: A 10 contact routine A maximum tariff of 1.9 NB should an element with tariff be repeated, no tariff will be given for the repeated element.

2019 Routines – Disabilities

Age Groups	DISABILITIES NDP 1	DISABILITIES NDP 2	DISABILITIES NDP 3
Under 15	Compulsory x2	Compulsory	Compulsory
Over 15			
	1. ½ Twist To Front Landing 2. To Feet 3. Straddle Jump 4. Seat Landing 5. ½ Twist To Seat Landing 6. ½ Twist To Feet 7. Tuck Jump 8. Pike Jump 9. Back Landing 10. ½ Twist To Feet	1. Full Twist 2. Straddle Jump 3. Seat Landing 4. ½ Twist to Seat Landing 5. ½ Twist to Feet 6. Pike Jump 7. Back Landing 8. ½ Twist to Feet 9. Tuck Jump 10. Front s/s (T)	1. Back s/s (T) 2. Straddle Jump 3. Seat Landing 4. ½ Twist to Seat Landing 5. ½ Twist to Feet 6. Pike Jump 7. Back Landing 8. ½ Twist to Feet 9. Tuck Jump 10. Front s/s (P)
Voluntary	N/A	DD: 1.3-1.9	DD: 2.0-3.0

Minimum standard to qualify to Regional NDP Compulsory Final & NDP Regional Team Finals
(March in Perth) 2 round score of 42.0 (E + HD Only) (Top 2 for RTF)

Minimum standard to qualify to NDP Finals
(July in Nottingham) Top 8

Minimum standard to qualify to Scottish Nationals
(October in Perth) 2 round score of 43.5 (E + HD Only)

Age Groups	DISABILITIES PERFORMANCE 1
Under 15	Compulsory
Over 15	
	1. Back s/s (T) 2. Straddle Jump 3. Barani (T) 4. Tuck Jump 5. Back s/s (T) to Seat Landing 6. ½ Twist to Feet 7. ½ Twist Jump 8. Pike Jump 9. ½ Twist to Front Landing 10. To Feet
Voluntary	Min DD: 3.1

Minimum standard to qualify to British Championships
(September in Birmingham) Top 12 plus 2 round score of 44.0 (E + HD Only)
Top 8 at British will do a Final Routine in each category.

Minimum standard to qualify to Scottish Nationals
(October in Perth) 2 round score of 45.5 (E + HD Only)

DISABILITIES LEAGUE	
1st Routine - Compulsory	2nd Routine - Voluntary
Ten different elements with: A full twist jump Plus Two separate body landings, both with half a twist either into or from the element. A somersault may be used to replace either or both of the body landing requirements. Two elements of Routine 1 will be starred (*) on the tariff sheet and will count toward difficulty marks.	Repeated starred elements from Routine 1 will not be credited with tariff. Repeated elements executed within Routine 2 will not be credited with tariff. Min DD: 1.0