

**2020 Routines – NDP**

**TRA CLUB LEVEL**

<b>Age Groups</b>	<b>CLUB LEVEL 1</b>	<b>CLUB LEVEL 2</b>	<b>CLUB LEVEL 3</b>
7-8yrs	<b>Compulsory x 2</b>	<b>Compulsory x 2</b>	<b>Compulsory x 2</b>
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**

<b>NDP 1</b>		
<b>Age Groups</b>	<b>1st Routine - Compulsory A</b>	<b>2nd Routine - Compulsory B</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
13-17yrs	4. ½ Twist to Feet	4. ½ Twist to Feet
*18+yrs	5. ½ Twist Jump	5. ½ Twist Jump
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final</i>	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)

<b>NDP 2</b>		
<b>Age Groups</b>	<b>1st Routine - Compulsory A</b>	<b>2nd Routine - Compulsory B</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)
13-17yrs	4. ½ Twist to Feet	4. Tuck Jump
*18+yrs	5. ½ Twist Jump	5. Back s/s (T) to Seat Landing
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final</i>	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

<b>NDP 3</b>		
<b>Age Groups</b>	<b>1st Routine - Compulsory A</b>	<b>2nd Routine - Compulsory B</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)
13-17yrs	4. Tuck Jump	4. Barani (T)
*18+yrs	5. Back s/s (T) to Seat Landing	5. ½ Twist Jump
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final</i>	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	1. Back s/s (S)	1. Back S/S (S)
9-10yrs	2. Straddle Jump	2. Straddle Jump
11-12yrs	3. Back s/s (T)	3. Back S/S (P)
13-17yrs	4. Barani (T)	4. Barani (P)
*18+yrs	5. ½ Twist Jump	5. ½ Twist Jump
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final</i>	6. Tuck Jump	6. Tuck Jump
	7. Back s/s (T) to Seat Landing	7. Barani (T)
	8. ½ Twist to Feet	8. Back S/S (T)
	9. Pike Jump	9. Pike Jump
	10. Front s/s (P)	10. Front S/S (P)

NDP 5		
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B
9-10yrs	1. Back S/S (S)	1. Back s/s (S)
11-12yrs	2. Straddle Jump	2. Barani (S)
13-14yrs	3. Back S/S (P)	3. Straddle Jump
15-21yrs	4. Barani (P)	4. Back S/S (P)
22+yrs*	5. ½ Twist Jump	5. Barani (P)
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final</i>	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. ½ Twist to Feet or for Ballout Barani (T) (no bonus)

*Gymnasts can do B + Vol at August and must do B + Vol at Scottish Nationals.*

NDP 6		
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B
11-12yrs	1. Back S/S (S)	1. ¾ Back S/S (S)
13-14yrs	2. Barani (S)	2. Cody (T)
15-21yrs	3. Straddle Jump	3. Straddle Jump
22+yrs*	4. Back S/S (P)	4. Barani (P)
<i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final</i>	5. Barani (P)	5. Back S/S (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. ¾ Front S/S (S)	9. ¾ Front S/S (S)
	10. Ballout Barani (T)	10. Ballout Barani (T)

*Gymnasts can do B + Vol at August and must do B + Vol at Scottish Nationals.*

#### **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 Scottish Nationals**

(September in Perth) 2 round score of 50.5

## 2020 Routines – FIG

9-10yrs	
1st Routine - Compulsory A	2nd Routine - Performance Standard
<ol style="list-style-type: none"> <li>1. Back S/S (S)</li> <li>2. Barani (S)</li> <li>3. Straddle</li> <li>4. Back S/S (P)</li> <li>5. Barani (P)</li> <li>6. Tuck Jump</li> <li>7. Barani (T)</li> <li>8. Back S/S (T)</li> <li>9. ¾ Front S/S (S)</li> <li>10. Ballout Barani (T)</li> </ol>	<ol style="list-style-type: none"> <li>1. Minimum difficulty 5.1.</li> <li>2. Maximum difficulty 6.3.</li> <li>3. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.</li> <li>4. Difficulty will be capped at 1.1 per element.</li> </ol>

11-12yrs	
1st Routine - FIG WAGC	2nd Routine - Performance Standard
<p>The routine consists of 10 different elements, at least <b>eight somersaults</b>. 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"> <li>1. One element landing on the front of the body</li> <li>2. One element landing on the back of the body</li> <li>3. Full (or greater twist)</li> </ol>	<ol style="list-style-type: none"> <li>1. Minimum difficulty of 6.3 for male &amp; female gymnasts.</li> <li>2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.</li> <li>3. Difficulty will be capped at 1.5 per element.</li> </ol>

13-14yrs	
1st Routine - FIG WAGC	2nd Routine - Performance Standard
<p>The routine consists of 10 different elements, at least <b>nine somersaults</b>. 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"> <li>1. One element to front or back</li> <li>2. One element from front or back - in combination with requirement No. 1</li> <li>3. Double S/S or Half Out</li> <li>4. Rudi</li> </ol>	<ol style="list-style-type: none"> <li>1. Minimum difficulty of 8.3 for male gymnasts and 7.8 for female gymnasts.</li> <li>2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.</li> <li>3. Difficulty will be capped at 1.7 per element.</li> </ol>

15-16yrs	
1st Routine - FIG WAGC	2nd Routine - Performance Standard
<p>The routine consists of 10 different elements, at least <b>nine somersaults</b>. 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"> <li>1. One element to front or back</li> <li>2. One element from front or back - in combination with requirement No. 1</li> <li>3. Double S/S or Half Out</li> <li>4. Rudi</li> </ol>	<ol style="list-style-type: none"> <li>1. Minimum difficulty of 9.5 for male gymnast and 8.3 for female gymnasts.</li> <li>2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.</li> <li>3. Difficulty will be capped at 1.8 per element.</li> </ol>

17-21yrs	
<b>1st Routine - FIG WAGC</b>	<b>2nd Routine - Performance Standard</b>
1. <b>Ten somersaulting</b> different elements. 2. <b>Two elements, marked with an asterisk (*)</b> 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.	1. Minimum combined 1 <sup>st</sup> & 2 <sup>nd</sup> routine difficulty of 13.0 for male gymnast and 10.8 for female gymnasts. 2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.

Senior	
<b>1st Routine - FIG WAGC</b>	<b>2nd Routine - Performance Standard</b>
1. <b>Ten somersaulting</b> different elements. 2. <b>Four elements, marked with an asterisk (*)</b> 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.	1. Minimum combined 1 <sup>st</sup> & 2 <sup>nd</sup> routine difficulty of 17.5 for male gymnast and 15.3 for female gymnasts. 2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption.

**Minimum standard to qualify to British Championships & Scottish Nationals**

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

Age Group	Men	Women
9-10yrs	77.500	77.500
11-12yrs	80.500	80.500
13-14yrs	85.500	84.500
15-16yrs	88.500	86.500
17+yrs	93.000	89.000
Senior	101.000	96.000

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

### 2020 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 <b>seven somersaults</b> 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 <b>nine somersaults</b> 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	Ten different elements with at least <b>nine somersaults</b> including: ¾ Front S/S, Ballout OR ¾ Back S/S, Cody (T) PLUS Full PLUS Rudi	No Max DD
17-21yrs	<b>Ten somersaulting</b> different elements. <b>Two elements, marked with an asterisk (*)</b> 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	<b>Ten somersaulting</b> different elements. <b>Four elements, marked with an asterisk (*)</b> 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	<b>Ten somersaulting</b> different elements. <b>Four elements, marked with an asterisk (*)</b> 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 <b>three double S/S elements</b> 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.

## 2020 Routines – Disabilities

Age Groups	DISABILITIES NDP 2	DISABILITIES NDP 3
Under 15 Over 15	<b>Compulsory</b> 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)	<b>Compulsory</b> 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)
<b>Voluntary</b>	DD: 1.3-1.9	DD: 2.0-3.4

**Minimum standard to qualify to Regional NDP Compulsory Final & NDP Regional Team Finals**  
(March in Perth) 2 round score of 45.0 (E + HD Only) (Top 2 for RTF)

**Minimum standard to qualify to Scottish Nationals**  
(October in Perth) 2 round score of 46.5 (E + HD Only)

Age Groups	DISABILITIES PERFORMANCE 1
Under 15 Over 15	<b>Compulsory</b> 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
<b>Voluntary</b>	Min DD: 3.5

**Minimum standard to qualify to British Championships**  
(July in Birmingham) Top 12 plus 2 round score of 47.0 (E + HD Only)  
Top 8 at British will do a Final Routine in each category.

**Minimum standard to qualify to Scottish Nationals**  
(September in Perth) 2 round score of 48.0 (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