

**2020 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
13-17yrs	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)

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)
13-17yrs	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

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)
13-17yrs	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 9-10yrs 11-12yrs 13-17yrs *18+yrs <i>*Out of age gymnasts are not eligible to qualify to the Regional Team 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 15-21yrs 22+yrs* <i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final</i>	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. 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. ½ Twist to Feet or for Ballout Barani (T) (no bonus)
<i>9-10yrs: in the B Routine move 9 is Pike Jump & Move 10 is Front S/S (P).</i>		
<i>Gymnasts must do B + Vol at Scottish Nationals.</i>		

NDP 6		
Age Groups	1st Routine - Compulsory A	2nd Routine - Compulsory B
11-12yrs 13-14yrs 15-21yrs 22+yrs* <i>*Out of age gymnasts are not eligible to qualify to the Regional Team Final</i>	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 (S) 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)
<i>Gymnasts must do B + Vol at Scottish Nationals.</i>		

2021 Routines – FIG

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

11-12yrs	
1st Routine - FIG WAGC	2nd Routine - Performance Standard
<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 (or greater twist) 	<ol style="list-style-type: none"> 1. Minimum difficulty of 6.3 for male & female gymnasts. 2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. 3. Difficulty will be capped at 1.5 per element.

13-14yrs	
1st Routine - FIG WAGC	2nd Routine - Performance Standard
<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 or Half Out 4. Rudi 	<ol style="list-style-type: none"> 1. Minimum difficulty of 8.3 for male gymnasts and 7.8 for female gymnasts. 2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. 3. Difficulty will be capped at 1.7 per element.

15-16yrs	
1st Routine - FIG WAGC	2nd Routine - Performance Standard
<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 or Half Out 4. Rudi 	<ol style="list-style-type: none"> 1. Minimum difficulty of 9.5 for male gymnast and 8.3 for female gymnasts. 2. Maximum of 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption. 3. Difficulty will be capped at 1.8 per element.

17-21yrs	
1st Routine - FIG WAGC	2nd Routine - Performance Standard
<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. 	<ol style="list-style-type: none"> 1. Minimum combined 1st & 2nd 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	
1st Routine - FIG WAGC	2nd Routine - Performance Standard
<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. 	<ol style="list-style-type: none"> 1. Minimum combined 1st & 2nd 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.

2021 Routines – Disabilities

Age Groups	DISABILITIES NDP 2	DISABILITIES NDP 3
Under 15	Compulsory	Compulsory
Over 15	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	DD: 1.3-1.9	DD: 2.0-3.4

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: 3.5