



NDP7 for 2013

What's happened?

For All NDP Events

The size penalties at NDP have changed from 0.3/0.5 to 0.1/0.3 to match new FIG rules.

In each section there can be only one entry per region per event.

Within all Grades, partnership rules apply:

You may only represent your Region in one (1) discipline/category, one (1) partnership. I.e Enter Grade 2, MP. This would be the only eligible category that a gymnast may enter, meaning the same person cannot represent the Region in Men's, Mixed and Groups for instance.

Prep A & B

- Routine time reduced to 2 minutes.
- A new grade for groups has been added 'Prep Group'.
- Prep A and B will be included at National NDP finals
- Test event of Prep Group at the National NDP finals – one from each Region, with mixed gender of participants allowed in each group – though this is not compulsory.
- Competitors qualifying for National NDP finals must be 9 in the year of competition and Silver members of BG.
- For finalists, an age cap has been introduced of 11yrs in the year of competition for Prep A and 12 yrs in the year of competition for Prep B and Prep Groups.
- The order of elements has been made consistent with other grades. Replacement pages are still available on the BG website. http://www.british-gymnastics.org/site/index.php?option=com_docman&view=docman&Itemid=905
- Only 5 Pair & Group elements are required 3 from A-D & 2 from E-F.
- Only 3 individual elements from the 4 required although the flexibility element must be included.

Grades 1, 2 & 3 Pairs

- Routine time reduced to 2 minutes.
- The order of elements has been made consistent with other grades.
- Only 5 Pair elements required 3 from A-D & 2 from E-F.
- Only 3 individual elements from the 4 required although the flexibility element must be included.

Grades 1 & 2 Groups

- Routine time reduced to 2 minutes.
- The order of elements has been made consistent with other grades.

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- Only 5 Group elements required from rows A- F.
- Only 3 individual elements from the 4 required although the flexibility element must be included.

Grade 3 groups

- Routine time reduced to 2 minutes.
- All special requirements remain unchanged.
- In the Balance exercise, to match with the Age Group rules, performers should show a flexibility, a stand and an agility and one other category 1 individual element.
- The tariff sheets for Grade 3 Groups will not change for the 2013 competition season.

In Grades Prep A through to Grade 2 and in Grade 3 pairs

Performers must choose elements from the same row in individual elements, even though they are choosing 3 from 4 elements in the grade.

E.g. Novice Group:

1) Competitor A: All perform pike fold (Row G), then one does back roll to straddle while the other(s) choose backward roll to stand (Row I). For their last element all choose forward roll with half turn jump (Row J). ***This is correct***

2) Competitor B: For their first element, one does Japana, one does shoulder stand and one does v-sit (H). For their second element they all choose backward roll to stand (Row I). For their third element, one does forward roll half turn jump (J), one does shoulder stand (H) and the other does bridge (G). ***This is not correct and would incur Special Requirement and Difficulty penalties***

This table will be used for all Prep Grades and Grades 1-3 pairs Balance & Dynamic and for Grades 1 & 2 groups.

24	10.0
23	9.90
22	9.80
21	9.70
20	9.65
19	9.60
18	9.55
17	9.5
16	9.45
15	9.4
14	9.35

13	9.3
12	9.2
11	9.1
10	9.0
9	8.9
8	8.8
7	8.7
6	8.6
5	8.5
4	8.4