



Acrobatic Gymnastics Updated Clarifications of the National Development Plan 9 & Guidelines



Sport Starts Here.

Gymnastics Ireland has a licensing agreement in place to use the British Gymnastics (BG) National Development Plan. Based on the success British Gymnastics has gained in recent years on the international stage we believe this to be the best route for the development of our gymnasts through a home national competitive system. We feel that the implementation of this programme will give gymnasts in Ireland an excellent structured pathway to follow to achieve success through continuous development from minor, through to junior & senior levels.

Each level progressively develops techniques and themes that will underpin high level performance as is critical to the development of sound foundations for progressive gymnastic performance. The gymnast should develop routines by learning elements following these progressive themes. A focus on development of good technique is key throughout the Performance Pathway. Note that all judging considerations have been replaced with performance development considerations, therefore all judging is as per the FIG Code of Points 2017-2020 Cycle 13.

This Document is supported by the Gymnastics Ireland National Event Policy which outline the rules for the following events:

- **National Acrobatics Team Trophy**
- **Acrobatics National Championships**
- **National Series Super Championships**

The objective of the NDP is to provide a steady pathway for acrobatic gymnastic development independently of the international performance levels, however there is a crossover between the two pathways and Figure 1 below indicates how the NDP Grades equate to the FIG levels.

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ACRO Pathway

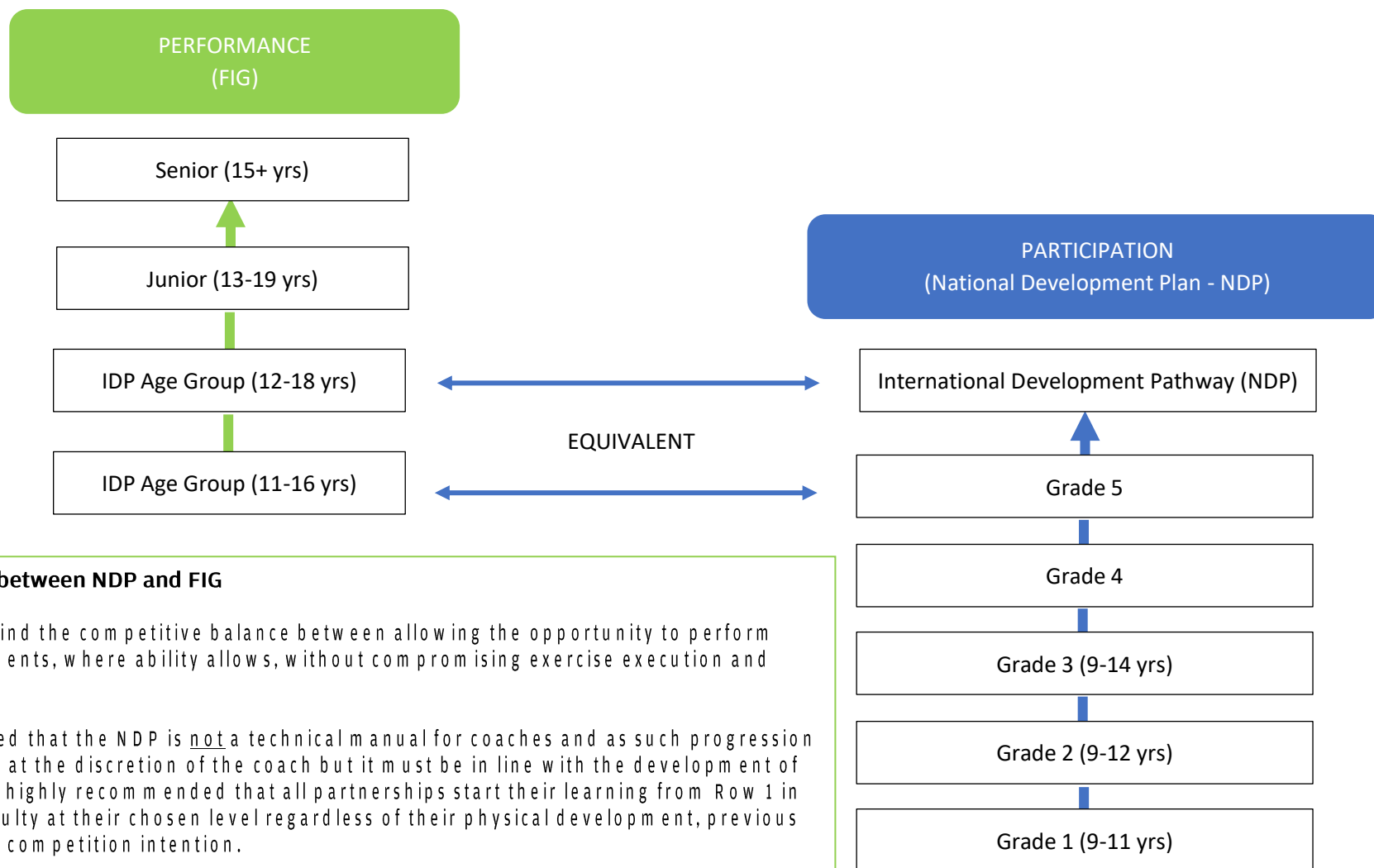


Figure 1: Pathway between NDP and FIG

The NDP seeks to find the competitive balance between allowing the opportunity to perform high difficulty elements, where ability allows, without compromising exercise execution and quality.

It should be stressed that the NDP is not a technical manual for coaches and as such progression through the NDP is at the discretion of the coach but it must be in line with the development of the gymnasts. It is highly recommended that all partnerships start their learning from Row 1 in the Tables of Difficulty at their chosen level regardless of their physical development, previous experience or final competition intention.

PURPOSE AND GOALS OF THE NDP

The aim of the NDP is to:

- Assist in the growth and development of gymnasts through the education and competition experience
- Provide a sound developmental and educational framework that enables coaches and judges to collaboratively assess progress, attainment and potential of gymnasts' performance
- Familiarise gymnasts, coaches and judges with the requirements of National and International Competition

EVENTS

All Gymnastics Ireland events are supported by the following documents available on the Gymnastics Ireland Website:

- National Competition & Events Policy
- Coaching Policy
- Judging Policy
- National Development Plan April 2019 Edition
- FIG Code of Points
- GI Entry Form

AGE GROUPS

- For all competitions, age is determined on the 31st December of the year of competition. Gymnasts must be turning 9 in the year of competition
- In the interest of gymnastic development, Grades 1-5 have a restriction of no more than 7 years age difference between the oldest and youngest partner. For IDP there is a restriction of no more than 9 years. In addition, the following maximum ages in the year of competition also apply:

Grade 1 – 11 years

Grade 2 – 12 years

Grade 3 – 14 years

- At all times it is the coach's responsibility to ensure that gymnasts are entered into the correct age group/level
- FIG Levels are as per Code of Points

HEIGHT DEDUCTIONS

- The height difference between partners allowed is 30cm (with a tolerance of up to 30.9cm)
- A deduction of 0.1 is made per exercise if the height of the shorter partner is between 31cm up to 34.9
- A deduction of 0.3 is made per exercise if the height of the shorter partner is 35cm or more
- In groups, relative to the tallest partner, the difference to the next tallest partner will be measured according to the rules above, with the same applying to the next one
- Any gymnast that does not attend height measurement or who is not co-operative through the correct stance will be disqualified

GENERAL

- All Grades and levels will be competed in the National Series events. (These categories could be combined at the NSSC if required in order to constitute a final)
- Gymnasts are permitted to compete in only one discipline and one partnership per competition

- Partnerships who have previously competed are not permitted to compete at a lower level within the same partnership in the current cycle, where the same partnership is defined as all partners remain the same (NDP Levels only)
- Partnerships can compete at the same level in the same partnership in consecutive years
- NDP9 Code of Points and NDP9 Tables of Difficulty (ToD) to be used for all events
- The score is used in determining the rankings of competitors and calculated by adding together:
 - The average mark for Technical merit, which is then multiplied by two. This has a maximum score of 20.0 (Execution or E Score)
 - The average mark for Artistic merit which has a maximum score of 10.0 (Artistry or A Score)
 - The Difficulty Value of grades is calculated as shown on Page 16 - DIFFICULTY
 - Penalties are taken from the Total Score by the Chair of the Judging Panel (CJP) and the Difficulty Judge (DJ) in accordance with the current FIG Code of Points
 - **E Score + A Score + D Score = Total Score – Penalties = Final Score**
 - If four Technical and Artistry judges are used, the average is determined by eliminating the high and low scores and taking the average of the middle two scores. If only three Technical and Artistry judges are used, the average score is determined as the average of all three scores
- For all competitions, the execution and artistry of performances are each evaluated from 0-10.0 to an accuracy of 0.001 of the sum of the two exercises. For all events, including the ATT, in the case of a tie, ranking will be determined as follows: Highest E score, followed by the highest A score of the Combined exercise or, if two exercises are performed - Highest E score, followed by the highest A score of the sum of the two exercises. In the exceptional event a tie still remains, the tie will not be broken
- Please refer to the National Competition & Events Policy re late entries / substitutions / reserve gymnasts / submission of Judges names etc
- Immediately prior to starting the competition, gymnasts will be given a warm-up according to the event rules provided

JUDGES

- For all **Team** Competitions a minimum of **1** Judge per club is required for **all** sessions throughout the day of the competition
- For all other competitions, clubs who have **5** or less **partnerships** competing during any one day, a minimum of **1** Judge is required for **all** sessions of the competition
- For clubs with up to **15 partnerships** competing in the one day, they are required to have **2** Judges for **all** sessions or **1 Judge and 1 Official**
- For clubs with more than **15 and up to 25 partnerships**, **3** Judges will be required for **all** sessions on that day or **2 Judges and 1 Official**
- For clubs with more than **25 partnerships** competing in one day, **4** Judges will be required for **all** sessions on that day or **3 Judges and 1 Official**

PLACINGS & TITLES

- The Acrobatics National Championships and NDP National Championships will be held in May and gymnasts may qualify to the National Series Super Championships from this event. Medals will be awarded to 1st, 2nd & 3rd placings in each NDP grade and FIG age category
- The **National Champions** will be declared at the National Championships in May 2019 in each NDP grade and FIG age category. National medals will be awarded to 1st, 2nd & 3rd placings in each of these categories
- The **National Series Super Champions** will be declared at the 'National Series Super Championships' in July 2019 in each NDP grade and FIG age category. National medals will be awarded to 1st, 2nd & 3rd placings in each category
- The **National Team Champions** will be declared at the 'National Series' Team competitions in November as per the ATT rules below

ACRO COMPETITION STRUCTURE

<u>Level & Exercises</u>	<u>Ages</u>	<u>Discipline</u>			<u>May National Championships and qualification to NSSC</u>	<u>National Series Super Championships July</u>	<u>November Team Championships (ATT)</u>
NDP Grade 1 Combined	9-11	MP	WP	Mxd	<ul style="list-style-type: none"> The top 8 gymnasts per NDP grade and FIG age group (cumulative score where applicable) will qualify to the NSSC After competing Balance and Dynamic, the top 8 scorers in 12-18, 13-19 & Senior must perform a Combined routine on the second day of the event to decide NSSC qualifiers and National Champions. 11-16 qualification and National Champions decided on a final routine according to current cycle FIG rules. For final routines, all competitors scores return to zero Qualification will continue down the ranking until either: <ul style="list-style-type: none"> a) A maximum of 8 per NDP grade and FIG age group is achieved (i.e. if a place is declined, it will be offered to the next qualifier) or b) GI determine there are sufficient numbers in the category to constitute a final or c) Age group/genders combined with another age/gender group 	<ul style="list-style-type: none"> Qualification is via the National Championships This event determines the National Series Super Champions for each NDP grade and FIG age group Gymnasts must compete all routines as required for their category Dependant on entries an age group and/or gender could be combined – see NSSC qualification rules on the left 	<p>There is no cap on the number of teams a club can enter across all Grades.</p> <p>TEAM CONSTRUCTION</p> <ul style="list-style-type: none"> Grades 1-4 Two partnerships per team as follows: <ul style="list-style-type: none"> Grade 1: Two pairs Grades 2-4: Must be one group & one pair Grade 5 & IDP: One pair & one group (One Dynamic & one Balance routine must be performed per team) FIG: One partnership can constitute a team. One Balance & one Dynamic routine must be performed. Max. three partnerships per team (top 2 scores count) All levels – gymnasts may not interchange partnerships (see ATT rules)
NDP Grade 2 Combined	9-12	MP	WP	Mxd Group (Men, Women or Mixed)			
NDP Grade 3 Combined	9-14	MP	WP	Mxd			
NDP Grade 4 Combined		MP	WP	Mxd			
NDP Grade 5 Balance & Dynamic		MP	WP	Mxd			
IDP (B&D)	11-16 12-18	MP	WP	Mxd	WG	MG	
FIG Junior (B&D) Senior (B&D)	13-19 15+						

COMPETITION RULES - Acrobatics Team Trophy (ATT)

- ATT - a team event culminating in an overall club trophy in both the NDP and FIG section. There are also individual medals for teams in each grade and each FIG category
- These rules are to be used in conjunction with the NDP document – see ATT Specific Guidelines below
- The scheduling of the event will be dependent on the entries and planned to ensure the optimal running of the event
- Clubs may enter as many teams as they wish per Grade
- In Grade 1 each team will consist of 2 pairs per team performing a combined routine
- In Grades 2, 3 & 4 each team must consist of one pair and one group performing a combined routine
- In Grade 5 & IDP each team must consist of one pair and one group and perform one Balance and one Dynamic routine per team. Please ensure that the specific restrictions for pairs/groups in the NDP9 Code of Points are adhered to
- In FIG categories one partnership can constitute a team up to a max of 3 partnerships per team (top 2 scores to count), all pairs and groups must use age appropriate ToD (11-16; 12-18; 13-19; Senior), as per FIG guidelines. There is no minimum start value
- Individual medals will be awarded for 1st, 2nd and 3rd positions on each day. The overall NDP and FIG team prizes will be awarded on Day 2 of the event
- Gold, silver and bronze medals will be awarded to the top 3 teams in each NDP grade and FIG age category
- A club may enter an incomplete team i.e. a pair/group performing a single routine (balance or dynamic). In the event an incomplete team qualifies for a medal placing, they will receive the medal however will NOT receive points towards the overall club Team trophy. These points will go to the next highest placed team (see below)
- **Team Trophy Points:**
 - 3 points for a gold medal placing
 - 2 points for a silver medal placing
 - 1 point for a bronze medal placing
 - The points from each NDP Grade are added (Grade 1 – NDP)
 - The club with the highest points tally is awarded the overall Team Trophy. The same procedure is used with FIG groups – there will be an NDP club Team Trophy and a FIG club Team Trophy
 - Where clubs enter more than one team, the highest placed team from the club shall take the points for the club. The other team from that club may receive medals for a placing, but will NOT be awarded points towards the overall club Team Trophy

ATT SPECIFIC GUIDELINES

GRADE	GUIDELINES NDP 9 (with Supplementary Rules)	TEAM RESTRICTIONS
GRADE 1	<ul style="list-style-type: none"> All pair categories (MP, WP, MXP) <ul style="list-style-type: none"> Combined Routine No limit on number of teams per club 	<ul style="list-style-type: none"> 2 pairs per team Gymnasts may not interchange partnerships or teams
GRADE 2 GRADE 3 GRADE 4	<ul style="list-style-type: none"> All partnership categories (MP, WP, MXP, GROUP) <ul style="list-style-type: none"> Combined Routine No limit on number of teams per club 	<ul style="list-style-type: none"> 2 partnerships per team Must have one pair and one group per team Gymnasts may not interchange partnerships or teams
GRADE 5 IDP	<ul style="list-style-type: none"> All partnership categories (MP, WP, MXP, GROUP) <ul style="list-style-type: none"> Balance and Dynamic Routines No limit on number of teams per club 	<ul style="list-style-type: none"> 2 partnerships per team Must have one pair and one group per team Gymnasts may not interchange partnerships or teams Each team must perform one Balance & One Dynamic routine
FIG	<ul style="list-style-type: none"> No limit on number of teams per club <ul style="list-style-type: none"> Teams may consist of: <ol style="list-style-type: none"> 1 pair/group performing both balance & dynamic routines = both scores count OR 2 pairs/groups each performing 1 routine of their choice = both scores count OR 3 pairs/groups each performing 1 routine of their choice = top 2 scores count 	<ul style="list-style-type: none"> Each team may consist a maximum of 3 pairs/groups Gymnasts may not interchange partnerships or teams

ENTERING & MOVING BETWEEN LEVELS

NDP LEVELS & IDP	FIG
<ul style="list-style-type: none"> Gymnasts should enter at an age appropriate level where they can safely complete all the required elements Gymnasts are permitted to compete in only ONE discipline and ONE partnership per competition Partnerships who have previously competed are not permitted to compete at a lower level within the same partnership in the current cycle, where the same partnership is defined as all partners remain the same Partnerships can compete at the same level in the same partnership in consecutive years 	<ul style="list-style-type: none"> Gymnasts on any of the National Squads and/or who have competed in a GI FIG Trial (including guests) must compete the FIG pathway Gymnasts should enter at their age appropriate level where they can safely complete all the required elements in all passes

ACRO GUIDELINES AND CLARIFICATIONS

LENGTH OF EXERCISES

- All exercises have a maximum duration of 2 minutes, with the exception of IDP Balance routines which can be 2 minutes 30 seconds. There is no stipulated minimum. There is a 2" (second) tolerance before the automatic overtime of exercise penalty is applied
- The first note of the music or move made by one or more competitors from their starting position is considered as the beginning of the exercise. The end of an exercise must be a static position and not an element of difficulty
- The timing of the exercise continues until the last movement of the gymnast(s)
- Difficulty and Special Requirements are given to elements performed after the music has ended

MUSICAL ACCOMPANIMENT

- All exercises are performed to music, without words for Grades 1-5. Voice may be used as an instrument
- IDP may perform 1 exercise to music with words, with respect to FIG code of Ethics. The coach must highlight on the appropriate tariff sheet which routine uses words

COACH REQUIREMENTS FOR COMPETITIONS

- All gymnasts must have an accredited coach present on the competition floor at all times – if there is no coach present, gymnasts will not be allowed to compete

COMPETITION ATTIRE, ACCESSORIES AND AIDS

- The choice of competition attire, accessories and aids must be gymnastic in character and design. Attire must be elegant and complement the artistry of an exercise. It should not divert attention from the performance of the gymnasts nor require adjustment during an exercise
- Partners must wear identical or complementary attire
- Leotards may be with or without sleeves, but dance style leotards with narrow straps are not allowed
- As of January 2018, leotards with skirts are not allowed at NDP Grades 1-5. Gymnasts competing at IDP can continue to wear skirts after this time
- Men and boys may compete in leotards with gymnastic shorts or long gymnastic trousers. One-piece suits/unitards are allowed
- The competitive attire should respect the gender of the gymnast in design
- Very dark colour legs of trousers, unitards or tights are allowed only if the whole length of colour on the legs is broken from hip to ankle by light coloured decoration or pattern. The breaking must be simple & not overdone. The length & type of fabric covering the legs must be identical on both legs. Only the decoration may be different
- For safety reasons, loose clothing, raised attachments & accessories are not allowed. **All** attire must be close fitting to allow the judges to properly evaluate body lines
- All attire must be modest including the use of proper undergarments. The cut of the leg of leotards must not go above the iliac crest (hipbone). The neckline must be no further down than ½ the sternum in front, or below the lower line of the shoulder blades in the back. Lace and transparent material on the torso must be fully lined.
- Provocative, swimsuit, character outfits and photographs in the design are forbidden
- Competitors may perform with/without footwear which must be flesh colour or white, clean & in good repair. For men wearing trousers, gym shoes/socks must be worn
- Jewellery, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs, is not allowed
- Sequins, stones, cummerbunds & lace must be integrated into the fabric of the attire or attached securely – any consequential injury is the coach/athletes responsibility
- Hair clips, slides, bands and ribbons, if worn, must be secure. Character hair accessories (e.g. tiaras, feathers and flowers) are not allowed
- Face painting is not allowed; any make-up must be modest and not portray a theatrical character (animal or human)
- Equipment, such as belts or head-rolls to aid execution of elements, is not allowed. Taping and support bandages must be of neutral colour

JUDGING

- The emphasis of the NDP competitions is on perfecting technical performance. competition attire, accessories and aids must be gymnastic in character and design. For this reason we have implemented a structure that reduces the impact of difficulty and artistry
- All exercises are judged for technical merit, in accordance with the current FIG Code of Points
- A tolerance of 0.5 for Qualifications and 0.3 for Finals will remain at NDP level. The following provides a summary of the judges deductions :
- **A penalty of 1.0 is applied:**
 - For physical assistance by the coach (CJP)
 - For each missing pair element, a Special Requirement penalty is applied (DJ)
 - For each missing individual element, a Special Requirement penalty is applied (DJ)
 - For performance of a forbidden element. This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet (DJ)
 - A fall (EJ)
- **A penalty of 0.5 is applied:**
 - When poor sportsmanship in the field of play is exhibited (CJP)
 - Music infringements (CJP)
 - Each time a gymnast lands 2 feet outside the boundary (CJP)
 - When forbidden or immodest attire is worn (CJP)
 - Markings on the floor or presence of a coach (CJP)
 - Serious technical faults (EJ)
 - A fall (EJ)
- **A penalty of 0.3 is applied:**
 - Difference in heights of 35cm + (CJP)
 - Re-start of exercise without justification (CJP)
 - Failure to present to the judges at start or end of exercise (CJP)
 - Starting before or ending before/after the music (CJP)
 - Coaching from the side-lines (CJP)
 - When elements are not performed in order on Tariff Sheet (DJ)
 - For each second missing of a 3 (") second static element (DJ)
 - For each second missing of a 2 (") second individual element (DJ)
 - Significant technical faults (EJ)
 - Stylistic variation used in elements at Grades 1-4 (EJ)
- **A penalty of 0.1 is applied:**
 - Difference in heights of 31cm-34.9cm (CJP)
 - For each second over 2 minutes following a 2 second tolerance (CJP)
 - Each time a gymnast steps over the boundary line (CJP)
 - Each time the attire is adjusted, or an accessory is lost (CJP)
 - Verbal coaching by partner (CJP)
 - Small technical faults (EJ)

• **In addition, the DJ can take the following penalties:**

- Any Element started and not completed = no Difficulty and no Special Requirement credit given
- Any static Pair/Group element held less than 1 second = 0.9 time faults + no Difficulty and no Special Requirement credit given
- Any static Individual element held less than 1 second = 0.6 time faults + no Difficulty and no Special Requirement credit given
- All exercises are judged for Artistic merit, in accordance with the current FIG Code of Points (see Appendix A for artistry judging sheet)
- The minimum Artistry score is 5.00 and the maximum Artistry score is 10.00
- **Descriptions of the Artistry criteria:**

- Partnership (Max 2.0) – Partnership selection that creates a logical relationship between individuals in pair/groups that is characterised by a visible connection
- Expression (Maximum 2.0) – Making the audience understand your thoughts or feelings, character, attitude. Gymnasts convey a particular emotion
- Performance (Maximum 2.0) – The act, process or art of performing by using amplitude, space, pathway, levels and synchronisation
- Creativity (Maximum 2.0) – Display imagination, originality, inventiveness, inspiration, variation in : composition , entries / exits, elements
- Musicality (Maximum 2.0) – Gymnasts express the music throughout the performance:
 - Match movement and form to the rhythm, melody and mood of the music being played
 - Synchronise with music beats
 - Vary the magnitude or speed / tempo of movements with music
 - Use expressive movements that are influenced by melody, variations in rhythm and mood or combinations of these

COMPOSITION OF EXERCISES

GENERAL RULES

- The drawings in the NDP Tables of Difficulty are only a guide to the general shape of elements
- Elements should be selected to show optimum variety
- Elements **may not** be performed with minor stylistic variation from the element pictured in the NDP ToD for Grades 1-4. See section 8
- Elements from different rows may be linked where the NDP ToD allow
- No element can be repeated in a grade and claimed for Difficulty and/or Special Requirements
- Only elements declared for difficulty need to be shown on the Tariff Sheet
- If two elements are selected from the same row and shown on the Tariff Sheet, the first element performed from that row shall be used in the calculation of difficulty
- If a different element is performed to that declared on the Tariff Sheet then no difficulty will be given and a 0.3 deduction for incorrect tariff sheet will be taken but the element will count for special requirements
- The roles of Top and Base(s) are not interchangeable. If they are interchanged the difficulty of the element is not given but it counts for Special Requirements
- Entries and exists to elements are optional unless specified in the ToD
- Individual elements are required for Special Requirements but do not count for difficulty

GENERAL CLARIFICATIONS

- When a lever is stated in the element descriptions it may be performed in either straddle or pike position. There is no need to identify the specific leg position on the tariff sheet
- A handstand may be performed with legs either apart or together in all positions of handstand in both pair and group balance and dynamic elements. There is no need to identify the specific leg position on the tariff sheet
- The directions of handstands during balances are optional unless stated in the element descriptions
- Motions to sit or splits are optional unless stated otherwise in the in the NDP ToD

- In sitting the Base's legs may be together or in straddle unless stated otherwise in the element descriptions
- Cartwheels performed as an individual element can finish either sideways or with a ¼ turn

GENERAL RESTRICTIONS

- It is forbidden for women pairs and women's groups to work on the back of the neck (except where there are two points of support) or top of the head
- Men may not perform Mexican or ring handstands
- A catch to wrap (i.e. legs astride the hips of the base) may only be performed with straight legs and is forbidden for men
- In mixed pairs the base must always be the male
- Landings must be supported for all dynamic elements unless otherwise stated in the NDP ToD

GENERAL SPECIAL REQUIREMENTS

- One pair/group element must be performed from each row in the ToD, except for Grade 5 Men's Groups Balance where only three elements are required to be selected from different rows respectively
- All pair/group balance elements must be held for a minimum of 3 seconds unless otherwise stated in the NDP ToD
- When a mount or a motion is declared for difficulty credit, the final position must be held for 3 seconds
- Individual elements with a static hold ('Stand') must be unsupported by partners to be considered for difficulty value. These elements must be held for 2 seconds
- Each partner of a pair or group must perform a maximum of three individual elements, one from each row, from ToD
- All partners do not need to perform the same individual, but they must perform individuals from the same row either simultaneously or in immediate succession, but they cannot overlap, e.g. back-walkover cut to splits, then a hold in splits, counts as one element, not two separate elements

GRADE 5 AND IDP PAIRS BALANCE – SPECIAL REQUIREMENTS

- The following applies to both Grade 5 and IDP unless specifically stated:
 - IDP Pairs Balance exercises must contain a minimum of 5 elements and maximum of 8 elements from the FIG ToD
 - An unsupported handstand must be performed by the top in a minimum of 1 element and held for 3 seconds
 - Top planche does not fulfil the Special Requirement of an unsupported handstand

RESTRICTIONS FOR PAIRS BALANCE

- The Top can receive difficulty value for the same position in the whole exercise 2 times for a static hold and 2 times during the motion of a Base
- The Base may not repeat an identical motion, regardless of the position of the Top
- At the end of a motion to the floor by the Base, e.g. to sit or to splits, a hand or hands used to assist the motion must be lifted from the floor for the static hold. If the hand remains on the floor during a static hold, a technical penalty of 0.5 is taken for additional support

GRADE 5 AND IDP GROUPS BALANCE – SPECIAL REQUIREMENTS

- The following applies to both Grade 5 and IDP unless specifically stated:
 - IDP Group balance exercises must include a minimum of 2 different category pyramids from the FIG ToD
 - In Men's Groups, an alternative to one pyramid, a single pair element may be selected from the same level Pairs Table of Difficulty provided it is performed by two pairs simultaneously or in immediate succession. The pair elements performed must be identical and receive the same difficulty as in pairs although difficulty is for each pair performing the balance
 - The value of motions can be used in addition to the static holds for Grade 5 and IDP Group elements

- Group balance exercises must include a minimum of 3 x 3 seconds static holds
- An unsupported handstand (handstand position is optional) must be performed by the top in a minimum of 1 pyramid and held for 3 seconds. This special requirement cannot be fulfilled by another partner acting as the top. The entry into an unsupported handstand is optional
- Top planche does not fulfil the Special Requirement of an unsupported handstand

RESTRICTIONS FOR GROUPS BALANCE

- The Top can receive difficulty value for the same position in the whole exercise 2 times for a static hold
- Category 2 pyramids are pyramids with 2 Tops working. In this special category, 1 of the Tops may change position and receive full difficulty value for the motion and the new static hold, even if the position of the second Top and Base remains unchanged. However, if the second Top does not change position, they receive difficulty value for the static hold only one time. (The Base position is also only given difficulty value only one time.)
- Transitional pyramids: At least one Middle and/or Base must change the point of support for a transition value to be given. At least one box of the FIG ToD must change. For evaluation of the whole transitional pyramid, all Base values are given
- **In a transitional pyramid:**
 - When the Top does not change position during a transition of the bases, the start position is used to determine the difficulty value of the Top
 - When a Top changes position during a transition, the difficulty value of the transition is calculated as the value of the start position of the Top, plus the motion of the Top, plus the transition value, plus the final static hold and Base position
 - The Top is not allowed to use an additional point of support during a transition
- There is no requirement for the Top to hold the same position during the motion and on the final pyramid. E.g. a Top may be in a straddle position during the transition and then press to handstand for the final hold

RESTRICTIONS FOR GRADE 5 AND IDP PAIRS AND GROUP DYNAMIC

- IDP Pairs and Groups Dynamic exercise must contain a minimum 6 elements and maximum of 8 elements from the FIG ToD
- Not more than 3 dismounts can be used
- Not more than 3 horizontal catch positions will be evaluated for difficulty
- Not more than 3 links will be evaluated in one exercise
- Not more than 3 identical start points
- Not more than 3 identical catch positions
- No more than 4 of the same start positions from **platform** will be evaluated for difficulty
- Not more than 5 landings (dismounts PLUS dynamic elements) on the floor
- Not more than 4 elements for difficulty can be performed in a series or in immediate succession
- In Women's Groups all 3 partners must be actively involved for an element to be evaluated for difficulty
- In Men's Groups only a change of partners during flight phase is not considered to be an identical element as the same element without a change of partners
- In Men's Groups only 1 element performed by the 3 active partners, with the fourth not participating in the element, may count towards the difficulty value. Assisting the landing in a dismount is NOT considered to be an active role
- In Men's Groups only 1 element executed by the Men's Group working as two pairs, simultaneously or in immediate succession, will be evaluated for difficulty. The difficulty value of the pair element is added. (The values are taken from the pairs ToD)
- In Men's Groups only 1 element with a throw of 1 partner by the 3 acting together may be credited with difficulty
- In Men's Groups only 1 dynamic element with a catch of 1 partner by the 3 acting together
- In Men's Groups only 1 horizontal catch (regardless of variant) may be credited for difficulty value

INDIVIDUALS GRADE 5 AND IDP

- In the Balance exercise, each partner must perform 3 individual elements, one from static, agility and flexibility
- In the Dynamic exercise, each partner must perform 3 tumbling individual elements, one must be a salto and must be performed by all partners
- In Grade 5 Balance the round off can be used multiple times, however in Dynamic it may be used only ONE time
- In IDP Balance and Dynamic the round off can be used only ONE time

DIFFICULTY

- Each element, chosen from the NDP Tables of Difficulty or the FIG ToD for IDP, has a stated difficulty value, which is used to determine the overall difficulty value of the exercise. There is no minimum requirement for difficulty
- The exercise difficulty is determined by the total values of the element performed. The column in which it is to be found determines the value of the element.
 - Elements in column 1 have a value of 1
 - Elements in column 2 have a value of 2
 - Elements in column 3 have a value of 3
 - Elements in column 4 have a value of 4
 - Elements in column 5 have a value of 5
- The exception to this is Grade 5 Groups, where:
 - Elements in column 1 have a value of 3
 - Elements in column 2 have a value of 4
 - Elements in column 3 have a value of 5
- The Difficulty Value of Grades 1-5 has a maximum value of 15. And IDP, where:
 - IDP Balance routines have a capped difficulty of 70
 - IDP Dynamic routines have a capped difficulty of 60
- The values of the elements performed are added together to provide the total difficulty for the exercise
- Individual Elements are not used in calculating the difficulty value of the exercise, although they must be performed to meet Special Requirements
- The difficulty value is converted to a difficulty score in Grades 1-5 by dividing the difficulty value by 10 and for IDP by dividing the difficulty value by 100

TARIFF SHEETS

- A Tariff Sheet is an illustration of the pair, group and individual elements to be performed in the exercise and is required at all levels of NDP competition
- Elements must include the Row and Value as indicated in the NDP ToD. Where elements are selected from the FIG ToD the elements must include the page and Reference Number and Value as indicated
- Elements that are purely used to meet Special Requirements (i.e. Individual elements) must be identified on the tariff sheet. Only Individual elements taken from the FIG ToD need to have their Row and Value indicated. Individuals in grade 1-4 need only have their Row indicated, as they do not have a value
- All elements to be performed must be included on the tariff sheet in order of performance. If the elements are out of order, a penalty is applied only once per exercise
- The intended timing of all static holds, including individuals must also be declared
- In instances when the illustration and the reference are not consistent on the tariff sheet the illustration will be taken as the correct declaration of the element
- Where an element performed is not the declared pictorial form, providing the new element is from the same row it will receive no value although will count towards Special Requirements
- Each missing element will incur a 1.0 penalty for Special Requirements and a further deduction of the maximum element value for the respective row. Time faults will also be applied
- It is the responsibility of the coach to prepare and ensure that the Tariff sheets are correct
- Tariff sheets must be submitted in electronic format excel, pdf, etc. Hand drawn tariff sheets are no longer accepted
- A sample electronic tariff sheet has been included in Appendix A. Elements need to be either copied and pasted from the ToD or hand drawn together with the Row/ID number and Value. All difficulties together with total exercise difficulty needs to be entered into and overall routine difficulty should be calculated automatically

CLARIFICATIONS ON SHAPES AND POSITIONS

One of the purposes of the NDP is to show the development route for gymnasts and partnerships, shapes/positions have a substantial role in this. It is not always clear when and if shapes and positions are deductible, therefore the following descriptions aim to clarify some of the key acrobatic shapes and positions. The figures in the NDP ToD are for illustration purposes and do not always show the correct technical shapes/positions. For example, many shapes/positions are shown with a slightly arched back, this is to highlight which way the gymnast is facing, rather than demonstrate the correct shape/position, eg arm positions should be fully extended at or above shoulder height and legs should be fully extended and feet together unless the skill requires a different position as shown in the ToD.

DESCRIPTION FOR COMMON SHAPES AND POSITIONS	
Top stance	Whole body should be fully extended, flat stomach, shoulders down & body vertical, unless in a counter balance or supported balance. In general, the arm position is optional, as long as the rest of body position is not broken
Base stance	
Short arm holds	All short arm holds should be performed with the Base's hands free of the shoulders
Long arm holds	When supporting on long arm(s) shoulder(s) should also be fully extended
Stand on thighs	When supporting the partner, the upper body should be flat and vertical. There should be no leaning of the Base's upper body towards the partner irrespective of whether the Base is holding the partner by the hands or not. In a counterbalance, the body should be flat and leaning backward. The lean should be proportional to the amount of counterbalance
Handstand	Shoulders and hips should be fully extended with the upper body flat and vertical
Half lever	Upper body should be flat and vertical with the leg raised horizontal or just above
Straddle lever	Upper body should be flat with the hips near the arms but without touching them and the legs raised horizontal or slightly above
Russian lever	Legs should be at least vertical whether together or apart and upper body flat with a slight slant backwards
Planche	Body should aim to be horizontal & fully extended from shoulders to feet. A slight hyperextension of hips is accepted. If the position is 45 degrees or more above the horizontal the element is not recognised a planche
Flag	Arch in hips & spine is strictly sideways. Legs horizontal or slightly below. If legs are split both feet are to be levelled at or slightly below hip level
Crocodile	Body should be arched with head and feet at the same level and clearly above the hips
One arm handstand	Supporting arm should be vertical with whole body tilted off vertical around supporting shoulder without changing its geometrical shape. Legs together or apart, but recommended when apart that right leg & left arm are horizontal & left leg approx. 30° off vertical (if supported on right arm)
Mexican	Version 1 – A smooth curve involving the shoulders, spine and hips. Legs should be horizontal Version 2 – The shoulder is not involved in the curve but should be above the hands. Legs should be horizontal
Goofus/Yogi	Whether on 2 arms or 1 arm, the arms must be vertical & hips flexed to ensure the legs are horizontal and shoulders must be hyperextended with the head pushed forwards
Back angel	Whole body should be in a continuous controlled arch position from feet to head. It is preferable for shoulders & arms to also be included in the curve so that the curve ends at the hands
Front angel	Similar to back angel - shoulders and feet should be at the same height & a clear curve must be shown, the higher the better
Straight salto shape	Hips & knees should be extended to 180° with upper body flat. A dished shape = shoulders too rounded & head is to the chest, which leads to the jump being "cut-off", decreasing the rotation momentum & over time resulting in problems with the salto. An arched shape (slight hyperextension of hips) at "take-off" is good providing the upper body remains flat
Platform or cradle	Upper body should be flat & upright. During the throw & catch, there should be no lean of the Base's torsos into each other
Hurdle step	Shoulders must be fully extended & remain like this until hands touch the floor
Handstand full turn	Body should be fully extended. The turn should be on the spot with the hands stepping on 4 corners of the square and body staying in the middle

These are just a few examples for the most popular elements, but the principles they illustrate should be used in all elements to benefit the gymnasts' development.

	1			
Value	A	B	C	D
SH	Box 1			
Top	Box 2			
Base	Box 3			

Grades 1 – 4 and Pairs Grades 5 & IDP

Box 1: Row identification of the Static element from the NDP Tables of Difficulty Difficulty Value (1,2 or 3) to be placed in box **Value A**

Box 2: Row identification of the Dynamic element from the NDP Tables of Difficulty Difficulty Value (1,2 or 3) to be placed in box **Value B**

Box 3: not used for Grade 1-4

Note: For all static holds the timing of the hold (1" or 3") must be indicated alongside the pictorial representation of the element

Women's and Men's Group Balance Grade 5 and IDP

Box 1: Row identification or identification no. of the Static Element or Top Static Hold from NDP ToD or FIG ToD respectively

Difficulty value to be placed in box **Value A**

Box 2: Row identification or identification number of the Top Mounts & Motions from the FIG ToD

Difficulty value to be placed in box **Value B**

Box 3: Row identification or identification number of the Base Motions & Positions from the FIG ToD

Difficulty value to be placed in box **Value C**

Women's and Men's Group Dynamic Grade 5 and IDP

Box 1: not used

Box 2: Row identification or identification number of the Dynamic Element from the NDP ToD or FIG ToD respectively

Difficulty value to be placed in box **Value B**

Box 3: not used.

I1			
A	B	C	D
Box 1			

Individual Elements

Box 1: Row identification of the Individual element from the NDP ToD or ID number of individual element from FIG ToD













Difficulty Value to be placed in box:

Value A and B for each individual in the Pair

Value A, B and C for each individual in the Women's Group

Value A, B, C and D for each individual in the Men's Groups

Note: How many and which members of the partnership are performing the individual must be indicated alongside the pictorial representation of the element. For a stand the time of the hold 2 seconds must also be indicated

NDP9 Tariff sheet 2017 - 2020						Competition: National Finals		Nr:309	Music with Lyrics:		Yes	No																								
Names of Gymnasts + Contact Person (Telephone Number)																																				
	1			2			3			4			5			6			7			8			9			CLUB/REGION								
																									LONDON											
																											LEVEL									
																											1.	2.	3.	4.	5.	IDP				
																											X									
Value	1							2																												
SH	A1												B3												C2 II											
Top							E2												D3																	
Base																																				
	10			11			12			13			14			15			16			17			18			CATEGORY								
																											W2	M2	MX2	WG	M4					
																											X									
																											EXERCISE									
																											BAL	DYN	COM							
																													X							
Value																																				
SH																																				
Top																																				
Base																																				
			INDIVIDUAL ELEMENTS																								D-Score		0.11							
					bridge x2				1 foot stand x1 Shoulder stand x1				Backward roll to stand x2												DV	11										
																											VALUE									
Value																												BALANCE	6							
SH	Flex						Stand						Agility/Tumble												DYNAMIC	5										
Top																																				
Base	Size:						TF:						SR:						INDIVIDUAL L						NV											



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