

NAME		NDP		AGE GROUP		CLUB	
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NDP LEVELS 1-6 - All Age Groups			
#	Element	Deductions – Maximum Deduction per element of 0.5	Total
1	Forward Roll to Dish Shape (SL) (hold for 2 secs)	1.0 deduction for arms in front of ears in standing position 1.0 deduction for not controlling speed of roll 1.0 deduction for knees bent in the dish shape 1.0 deduction for toes not pointed in the dish shape 1.0 deduction for not holding for required 2 seconds	
2	4 x 1 Leg Alternate V-Sit (2 x left & 2 x right)	1.0 deduction for arms in front of ears before starting each V sit 1.0 deduction for knees bent 1.0 deduction for toes not pointed throughout 1.0 deduction for not touching toes 1.0 deduction for not returning to start position. (Legs & arms/shoulder just off the floor between each V sit)	
3	Back Support (hold for 2 secs)	1.0 deduction for fingers not facing forward 1.0 deduction for hips not in line 1.0 deduction for knees not straight (i.e. slight flex at the knee) 1.0 deduction for toes not pointed 1.0 deduction for not holding for required 2 seconds	
4	Straddle Fold (hold for 2 secs)	1.0 deduction for legs not straight & toes not pointed 1.0 deduction for not keeping arms in line with torso throughout 1.0 deduction for chest not parallel to floor or 2.0 deduction for chest greater than 45° from floor 1.0 deduction for not holding for required 2 seconds	
5	Pike Fold (hold for 2 secs)	1.0 deduction for legs not straight & toes not pointed 1.0 deduction for not keeping arms in line with torso throughout 1.0 deduction for chest not parallel to floor or 2.0 deduction for chest greater than 45° from floor 1.0 deduction for not holding for required 2 seconds	
6	Left Splits, Right Splits	1.0 deduction for legs not straight at the knee 1.0 deduction for toes not pointed 1.0 deduction for not being flat with the floor in each split 1.0 deduction for arms not straight and to the sides or fwd/back 1.0 deduction for hips not square with legs 5.0 deduction for angle between upper legs being less than 135° in either/both splits (this is the maximum deduction)	
7	Back Arch (hold for 2 secs)	1.0 deduction for arms not straight 1.0 deduction for legs not straight 1.0 deduction for toes not pointed 1.0 deduction for unequal lift of legs & arms 1.0 deduction for not holding for required 2 seconds	
8	Press up to Front Support (hold for 2 secs)	1.0 deduction for not performing press up movement 1.0 deduction for ankles, hips & shoulders not in line (i.e. straight body & legs) 1.0 deduction for bending legs at any point 1.0 deduction for head not in line with body 1.0 deduction for not holding for required position for 2 seconds	
9	Burpee to Stand & Vertical Jump	1.0 deduction for knees apart in squat 1.0 deduction for not jumping 1.0 deduction for not landing on the spot 1.0 deduction for not bending legs to absorb landing 1.0 deduction for not keeping arms by ears during & after vertical jump	
10	Standing Shoulder Flexibility (hold for 2 secs)	1.0 deduction for arms in front of ears 1.0 deduction for bending arms 1.0 deduction for arms beyond 45° from central line 1.0 deduction for body not in line (head, shoulders, hips) 1.0 deduction for not holding for required 2 seconds	
Add up the deductions and take away from 50 to give total mark out of 50		70% is a pass (i.e. 15 points or fewer deducted)	Total mark / 50