

NAME		NDP		AGE GROUP		CLUB	
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NDP LEVELS 1-5								
#	Element	Deductions – Maximum Deduction per element of 0.5					Total	
1	Kick to handstand (hold for 1 sec) forward roll to stand	1.0 deduction for not held for 1 sec 1.0 – 2.0 deduction for arms bent / knees bent in handstand (lack of extension) 1.0 – 2.0 deduction for arched back/ closed shoulders in handstand 1.0 deduction for use of hands to stand up from roll 1.0 deduction for knees far apart when standing up (wider than hips)						
2	Straight leg forward roll to pike sit	1.0 deduction for bent legs in roll 1.0 deduction for lack of control into the roll 1.0 deduction for lack of extension (arms, feet etc) 1.0 deduction for back not straight in pike sit 1.0 deduction for pike not at 90 degrees at hip						
3	Pike fold and hold for 3 seconds	1.0 deduction for not held for 3 seconds 2.0 deduction for pike more than 90 degrees (chest – thigh) 1.0 deduction for pike between 90 – 45 degrees (chest – thigh) 1.0 deduction for legs not together 1.0 deduction for knees bent						
4	Lower to long arm dish for 3 seconds	1.0 deduction for not held for 3 seconds 1.0 deduction for arms in front of ears (shoulder angle closed) 1.0 deduction for legs apart 2.0 deduction for lack of extension in (hips, knees, feet etc) 1.0 deduction for lower back not pushed into floor when shoulder lifted						
5	Arched hip lift for 3 seconds	1.0 deduction for legs not held for 3 seconds 1.0 – 2.0 deduction for legs bent/apart 1.0 deduction for toes not pointed 1.0 deduction for hips not off floor 1.0 deduction for arms not straight above head						
6	Push to bridge and hold for 3 seconds lower to sit up tuck sit	1.0 deduction for not held for 3 seconds 1.0 deduction for shoulders not in line/past hands 1.0 -2.0 deduction for lack of extension in arms/legs 1.0 -2.0 deduction for arms more than shoulder width apart 1.0 -2.0 deduction for hands touching floor / losing balance in transition to tuck sit						
7	Backwards roll to front support and hold for 3 seconds	1.0 deduction for front support not held for 3 seconds 1.0 deduction for bottom raised in front support 1.0 deduction for not strong push to front support 1.0 deduction for back arched in front support 1.0 deduction for head not neutral in front support						
8	Straight leg snap to standing dish	1.0 – 3.0 deduction for legs bent 1.0 – 3.0 deduction for loss of balance 1.0 deduction for arms not down in dish stand 1.0 deduction for head not neutral 1.0 deduction for arms bent						
9	Straight arm drive to head height & return	1.0 deduction for arms bent 1.0 deduction for chest dish not held 1.0 deduction for arms not lifted to head / lifted too far above head 1.0 deduction for arms action lacking in dynamics 1.0 deduction for loss of body tension						
10	Jump 180 degrees with arms straight by ears	1.0 deduction for incomplete / over twisting 1.0 deduction for loss of body tension during 180 turn 1.0 – 3.0 deduction for step / instability on landing 1.0 deduction for arms not reaching / held in correct position 1.0 deduction for bent knees during 180 turn						
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		