

NAME		NDP ____	Age Group ____	CLUB	
NDP Levels 1-6 - All Age Groups					
Number	Element	Deductions – Maximum Deduction per element of 0.5			Total
1	Forward Roll to Dish Shape (SL) – (hold for 2 seconds)	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 and arms/shoulder just off the floor between each V sit)			
3	Back Support – (hold for 2 seconds)	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 seconds)	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 seconds)	1.0 deduction for legs not straight (i.e. slight flex at the knee) 1.0 deduction for toes not pointed 1.0 deduction for chest not pressing on thighs or 2.0 deduction for chest greater than 45° from thighs 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 seconds)	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 and arms deduction for not holding for required 2 seconds			
8	Press up to Front Support – (hold for 2 seconds)	1.0 deduction for not performing press up movement 1.0 deduction for ankles, hips and shoulders not in line. (i.e. straight body and 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 and after vertical jump			
10	Standing Shoulder Flexibility – (hold for 2 seconds)	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			
<i>Add up the deductions and take away from 50 to give total mark out of 50</i>					

	Minimum score to qualify to NDP Regional Team Final/NDP Semi Final	70% is a Pass (i.e. 15 points or fewer <u>deducted</u>)	Total mark ___/50
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