

NDP Level 1		
	Compulsory A	Compulsory B
7-8yrs*		
9-10yrs	Full Twist	Back s/s (T)
11-12yrs	Straddle Jump	Straddle Jump
13-17yrs	½ Twist to Seat Landing	½ Twist to Seat Landing
18+yrs*	½ Twist to Feet	½ Twist to Feet
	½ Twist Jump	½ Twist Jump
	Pike Jump	Pike Jump
	Back Landing	Back Landing
	½ Twist to Feet	½ Twist to Feet
	Tuck Jump	Tuck Jump
	Front s/s (T)	Front s/s (P)

*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 2		
	Compulsory A	Compulsory B
7-8yrs*		
9-10yrs	Back s/s (T)	Back s/s (T)
11-12yrs	Straddle Jump	Straddle Jump
13-17yrs	½ Twist to Seat Landing	Barani (T)
18+yrs*	½ Twist to Feet	Tuck Jump
	½ Twist Jump	Back s/s (T) to Seat Landing
	Pike Jump	½ Twist to Feet
	Back Landing	½ Twist Jump
	½ Twist to Feet	Pike Jump
	Tuck Jump	½ Twist to Front Landing
	Front s/s (P)	To Feet

*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 3		
	Compulsory A	Compulsory B
7-8yrs*		
9-10yrs	Back s/s (T)	Back s/s (S)
11-12yrs	Straddle Jump	Straddle Jump
13-17yrs	Barani (T)	Back s/s (T)
18+yrs*	Tuck Jump	Barani (T)
	Back s/s (T) to Seat Landing	½ Twist Jump
	½ Twist to Feet	Tuck Jump
	½ Twist Jump	Back s/s (T) to Seat Landing
	Pike Jump	½ Twist to Feet
	½ Twist to Front Landing	Pike Jump
	To Feet	Front s/s (P)

*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 4		
	Compulsory A	Compulsory B
7-8yrs*		
9-10yrs	Back s/s (S)	Back s/s (S)
11-12yrs	Straddle Jump	Straddle Jump
13-17yrs	Back s/s (T)	Back s/s (P)
18+yrs*	Barani (T)	Barani (P)
	½ Twist Jump	½ Twist Jump
	Tuck Jump	Tuck Jump
	Back s/s (T) to Seat Landing	Barani (T)
	½ Twist to Feet	Back s/s (T)
	Pike Jump	Pike Jump
	Front s/s (P)	Front s/s (P)

*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 5		
	Compulsory A	Compulsory B
9-10yrs		
11-12yrs	Back s/s (S)	Back s/s (S)
13-14yrs	Straddle Jump	Barani (S)
15-21yrs	Back s/s (P)	Straddle Jump
*22+yrs	Barani (P)	Back s/s (P)
	½ Twist Jump	Barani (P)
	Tuck Jump	Tuck Jump
	Barani (T)	Barani (T)
	Back s/s (T)	Back s/s (T)
	Pike Jump	¾ Front s/s (S)
	Front s/s (P)	½ twist to feet OR Ballout Barani (T) (no bonus)

*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final

NDP Level 6		
	Compulsory A	Compulsory B
11-12yrs		
13-14yrs	Back s/s (S)	¾ Back (S)
15-21yrs	Barani (S)	Cody (T)
*22+yrs	Straddle Jump	Straddle Jump
	Back s/s (P)	Barani (P)
	Barani (P)	Back s/s (S)
	Tuck Jump	Full Twisting Back s/s (S)
	Barani (T)	Barani (T)
	Back s/s (T)	Back s/s (T)
	¾ Front s/s (S)	¾ Front s/s (S)
	Ballout Barani (T)	Ballout Barani (T)

*Regions may decide to run out of age events, but gymnasts are not eligible to qualify to the NDP Individual & Regional Team Final