

NDP LEVEL 1

Age Groups 7-8 Years 9-10 Years 11-12 Years 13+ Years	1 st Routine - Compulsory A		2 nd Routine - Compulsory B	
	1	Full Twist	1	Back S/S (T)
	2	Straddle Jump	2	Straddle Jump
	3	1/2 Twist to Seat	3	1/2 Twist to Seat
	4	1/2 Twist to Feet	4	1/2 Twist to Feet
	5	1/2 Twist Jump	5	1/2 Twist
	6	Pike Jump	6	Pike Jump
	7	Back Drop	7	Back Drop
	8	1/2 Twist to Feet	8	1/2 Twist to Feet
	9	Tuck Jump	9	Tuck Jump
	10	Front S/S (T)	10	Front S/S (P)
Minimum Standard to qualify to: Regional NDP Compulsory Final			2 round score of 46.0	
Minimum Standard to qualify to: NDP Final Regional Team Final			2 round score of 48.0	

NDP LEVEL 2

Age Groups 7-8 Years 9-10 Years 11-12 Years 13+ Years	1 st Routine - Compulsory A		2 nd Routine - Compulsory B	
	1	Back S/S (T)	1	Back S/S (T)
	2	Straddle Jump	2	Straddle Jump
	3	1/2 Twist to Seat	3	Barani (T)
	4	1/2 Twist to Feet	4	Tuck Jump
	5	1/2 Twist Jump	5	Back S/S (T) to Seat
	6	Pike Jump	6	1/2 Twist to Feet
	7	Back Drop	7	1/2 Twist Jump
	8	1/2 Twist to Feet	8	Pike Jump
	9	Tuck Jump	9	1/2 Twist to Front Drop
10	Front S/S (P)	10	To Feet	
Minimum Standard to qualify to: Regional NDP Compulsory Final			2 round score of 46.0	
Minimum Standard to qualify to: NDP Regional Team Final			2 round score of 48.0	