

### NDP LEVEL 3

Age Groups 7-8 Years 9-10 Years 11-12 Years 13+ Years	1 <sup>st</sup> Routine - Compulsory A		2 <sup>nd</sup> Routine - Compulsory B	
	1	Back S/S (T)	1	Back S/S (S)
	2	Straddle Jump	2	Straddle Jump
	3	Barani (T)	3	Back S/S (T)
	4	Tuck Jump	4	Barani (T)
	5	Back S/S (T) to seat	5	1/2 Twist Jump
	6	1/2 Twist to Feet	6	Tuck Jump
	7	1/2 Twist Jump	7	Back S/S (T) to seat
	8	Pike Jump	8	1/2 Twist to Feet
	9	1/2 Twist to Front drop	9	Pike Jump
	10	To Feet	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 4

Age Groups 7-8 Years 9-10 Years 11-12 Years 13+ Years	1 <sup>st</sup> Routine - Compulsory A		2 <sup>nd</sup> Routine - Compulsory B	
	1	Back S/S (S)	1	Back S/S (S)
	2	Straddle Jump	2	Straddle Jump
	3	Back S/S (T)	3	Back S/S (P)
	4	Barani (T)	4	Barani (P)
	5	1/2 Twist Jump	5	1/2 Twist Jump
	6	Tuck Jump	6	Tuck Jump
	7	Back S/S (T) to seat	7	Barani (T)
	8	1/2 Twist to Feet	8	Back S/S (T)
	9	Pike Jump	9	Pike Jump
	10	Front S/S (P)	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 Regional Team Final			2 round score of 48.0	