



National Development Plan 9

Tables of Difficulty

Produced by:
Acrobatic Technical Committee

Acrobatic Gymnastics

1 Clarification on Shapes and Positions

One of the purposes of the National Development Plan is to show the development route for the gymnasts and partnerships, shapes and positions have a substantial role in this. It is not always clear when and if shapes and positions are deductible, therefore the following descriptions aim to clarify some of the key acrobatic shapes and positions.

The figures in the NDP Tables of Difficulty are for illustration purposes and do not always show the correct technical shapes and positions. For example, many shapes and positions are shown with a slightly arched back, this is to highlight which way the gymnast is facing, rather than to demonstrate the correct shape or position.









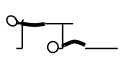
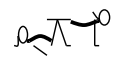


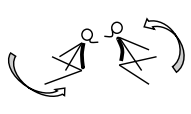








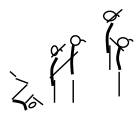

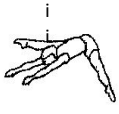

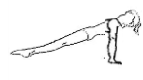
1.1 Description for common shapes and positions

1. **Top stance** – The whole body should be fully extended, flat stomach, shoulders down and body vertical, unless in a counter balance or supported balance. In general the arm position is optional, as long as the rest of body position is not broken.
2. **Base stance** – Same as the Top.
3. **Short arm holds** - All short arm holds should be performed with the Base's hands free of the shoulders.
4. **Long arm holds** - When supporting on long arm(s) shoulder(s) should also be fully extended.
5. **Stand on thighs**
 - When supporting the partner the upper body should be flat and vertical. There should be no leaning of the Base's upper body towards the partner irrespective of whether the Base is holding the partner by the hands or not.
 - In a counterbalance the body should be flat and leaning backward. The lean should be proportional to the amount of counterbalance.
6. **Handstand** – The shoulders and hips should be fully extended with the upper body flat and vertical.
7. **Half lever** – The upper body should be flat and vertical with the leg raised horizontal or just above.
8. **Straddle lever** – The upper body should be flat with the hips near the arms but without touching them and the legs raised horizontal or slightly above.
9. **Russian lever** – The legs should be at least vertical whether together or apart and the upper body flat with a slight slant backwards.
10. **Planche** – The body should aim to be horizontal and fully extended from the shoulders to the feet. A slight hyperextension of hips is accepted. If the position is 45 degrees or more above the horizontal the element is not recognised a planche.
11. **Flag** – The arch in hips and spine is strictly sideways. The legs should be horizontal or slightly below. If the legs are split both feet are to be levelled at or slightly below the hip level.
12. **Crocodile** – The body should be arched with the head and feet at the same level and clearly above the hips.
13. **One arm handstand** – The supporting arm should be vertical with the whole body tilted off the vertical around the supporting shoulder without changing its geometrical shape. The legs can be together or apart but it is recommended when the legs are apart that the right leg and left arm are horizontal and the left leg approximately 30 degrees off the vertical (if supported on right arm).

















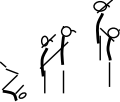




14. **Mexican:** There are two versions
 - Version 1 – A smooth curve involving the shoulders, spine and hips. The legs should be horizontal.
 - Version 2 – The shoulder is not involved in the curve, but should be above the hands. The legs should be horizontal.
15. **Goofus/Yogi** – Whether on two arms or one arm, the arms must be vertical and hips flexed to ensure that the legs are horizontal and the shoulders must be hyperextended with the head pushed forwards.
16. **Back angel** - The whole body should be in a continuous controlled arch position from the feet to the head. It is preferable for the shoulders and arms to also be included in the curve so that the curve ends at the hands.
17. **Front angel** – This is similar to back angel. The shoulders and the feet should be at the same height and a clear curve must be shown, the higher the better.
18. **Straight salto shape** – In a straight salto the hips and knees should be extended to 180* degrees with the upper body flat. A dish shape means that the shoulders are too rounded and head is to the chest, which leads to the jump being “cut-off”, decreasing the rotation momentum and over time resulting in problems with the salto. An arched shape (slight hyperextension of the hips) at “take-off” is good providing the upper body remains flat.
19. **Platform or cradle** – The upper body should be flat and upright. During the throw and catch, there should be no lean of the Base’s torsos into each other.
20. **Hurdle step** – This is a common approach used for elements such as handspring and round off. The shoulders must be fully extended and remain like this until the hands touch the floor.
21. **Handstand full turn** – The body should be fully extended. The turn should be on the spot with the hands stepping on the 4 corners of the square with the body staying in the middle.

These are just a few examples for the most popular elements, but the principles they illustrate should be used in all elements to benefit the gymnasts’ development.

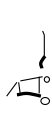


























Grade 1 Pairs			
	1	2	3
A	(i) & (ii) Top in supported balanced headstand.	Top in a balanced handstand with the Base providing minimal support.	Top should be in a balanced handstand with the Base providing minimal support.
B	(i) The grip in the counterbalance can be hands or wrists but the Base and Top should have straight arms. Top in an off-balance position supported on the middle/lower back by the Base's feet. (ii) Top in an off-balance position supported on the middle/lower back by the Base's feet.	Top stands supported on Base's thighs. The Base may support the Top with one or two hands. The Top should not make contact with the Base's body. The Top may face inwards or outwards.	Top stands on Base's thighs. Base may support the Top with one or two hands, the grip in the counterbalance can be hands or wrists. The arms of the Base and Top should be fully extended and form a continuous line, but may be crossed. The Top should not make contact with the Base's body. The Top may face inwards or outwards.
C	(i) Top in front support supported by the Base at the ankle. Base should have straight arms. (ii) Top in front support with feet/ ankles of the knees of the Base.	Top in front support with hands on Base's legs. Base supports the Top's legs. Base and Top should have straight arms.	Top in front support with hands on Base's knees. Base may support one or both legs of the Top with one or both hands. Base and Top should have straight arms. The Base may lift their feet off the floor.
D	Base and Top should be back to back at the start, each completes a full circle. Finishing where they started.	Base in an arch, arm position optional. Top reaches both hands over the waist of the Base and forward rolls.	Base in dish, arm position optional. Top cartwheels over the waist of the Base, with one hand either side.
E	Top in a straight jump supported by the Base.	Top forward rolls to a straight jump supported by the Base.	Top backward rolls to a straight jump supported by the Base.
Flex	(i) Back straight, legs wide, toes pointed, arms free.	(ii) Legs wide and straight with back of knees pressed to the floor, toes pointed, back and head in a straight line.	(iii) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.
Stand	(i) Shoulders over hands, straight line from head to toe. Toes tucked under.	(ii) Fingers facing either away from or towards toes, hips lifted to give a straight body position from head to toe. Toes pointed.	(iii) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended.
Agility / Tumble	(i) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle sit is upright with a straight back. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(iii) Forward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. (iv) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(v) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (vi) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.

Grade 1 Pairs			
	1	2	3
A	 		
B	  <p>counterbalance</p>		 <p>counterbalance</p>
C	 		
D	 <p>teddy bear roll</p>		
E	  	  	
Flex	 <p>Straddle sit</p>	 <p>Japan</p>	<p>iii Pike fold</p>
Stand	 <p>Front support 2"</p>	 <p>Back support 2"</p>	<p>iii Straddle sit with leg lift 2"</p>
Agility / Tumble	<p>i Forward roll to straddle sit</p> <p>ii Forward roll straight jump</p>	<p>iii Forward roll to stand</p> <p>iv Backward roll straight jump</p>	<p>v Backward roll to straddle stand</p> <p>vi Forward roll 180° jump</p>





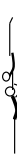



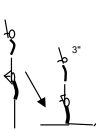


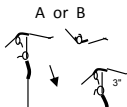


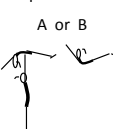



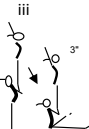




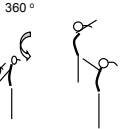


Grade 2 Pairs			
	1	2	3
A	Top should be in a balanced handstand with the Base providing minimal support.	Base supports the heel of the Top's straight leg in the stag handstand.	(i) Top in a supported shoulder stand on the Base's hands. Top provides additional support by holding onto the Base's legs. (ii) Top in a supported stag handstand with hands on the ankles of the Base. Base supports the Top's bent knee with one or two hands.
B	(i) Top stands on Base's thighs. Base may support the Top with one or two hands, the grip in the counterbalance can be hands or wrists. The arms of the Base and Top should be fully extended and form a continuous line, but may be crossed. The Top may face inwards or outwards. (ii) Base may support the Top with one or two hands. The arms of the Base may be bent. Top should be standing on one foot, in balance, on the thigh of the Base. The Top may face inwards or outwards.	(i) Top stands on Base's thighs. Base may support the Top with one or two hands, the grip in the counterbalance can be hands or wrists. The arms of the Base and Top should be fully extended and form a continuous line, but may be crossed. The Top should not make contact with the Base's body. The Top may face inwards or outwards. (ii) Top stands on one foot, in balance, on the thigh of the Base. Base may support the Top with one or two hands, grip is optional. The arms of both Base and Top should be fully extended. The Top may face inwards or	Top stands on the Base's thighs supported by the Base at the waist.
C	Top in front support with hands on Base's knees. Base may support one or both legs of the Top with one or both hands. Base and Top should have straight arms. The Base may lift their feet off the floor.	(i) Supported front angel on Base's feet. Base supports Top by the hands, grip is optional. (ii) Supported back angel on Base's feet. Base supports Top by the arms/wrists, grip is optional.	Top in front angel on long arm support of the Base.
D	Base in dish. Top cartwheels over the waist of the Base, with one hand either side.	Base supports the Top's waist throughout the cartwheel.	Base supports the Top at the waist for a jump, the shape of the Top is optional. The hips of the Top should reach the Base's shoulder height as a minimum. The Base may release and re-catch the Top but is not required to do so.
E	Top backward rolls to a straight jump supported by the Base.	Top leapfrogs over the Base. Base may face either direction.	Top jumps from two feet into the Base's arms. Jump can be from a run up or standing.
Flex	(i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.	(ii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together.	(iii) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling.
Stand	(i) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended.	(ii) Shoulder stand should achieve a straight body line.	(iii) In all one foot stands the support leg must be straight and hips square.
Agility / Tumble	(i) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.	(iii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright. (iv) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The stand should be with feet together. (v) The tumble should be smooth and continuous without additional steps.	(vi) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout. (vii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japan without stopping. (viii) The tumble should be smooth and continuous without additional steps.

Grade 2 Pairs			
	1	2	3
A			i  ii 
B	i  counterbalance ii 	i  counterbalance ii 	
C		i  ii 	
D			
E			
Flex	i Pike fold	ii  Bridge	iii Any splits
Stand	i Straddle sit with leg lift 2"	ii  Shoulder stand 2"	iii One foot stand 2"
Agility / Tumble	i Backward roll to straddle stand ii Forward roll 180° jump	iii Forward roll to straddle stand iv Backward roll to stand v Cartwheel chasse cartwheel	vi Backward roll with straight legs to stand vii Forward roll straddle through to lie on front viii Forward roll jump to 1 leg cartwheel


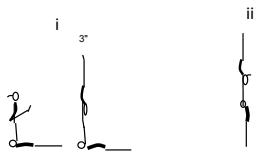
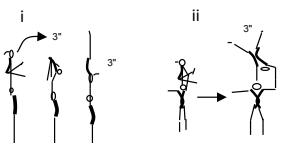
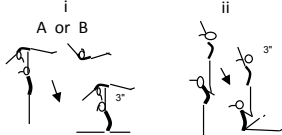
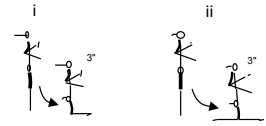
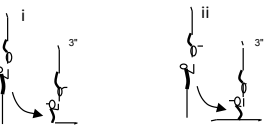
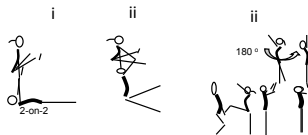
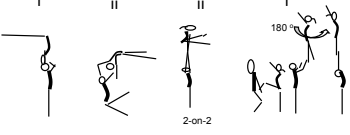
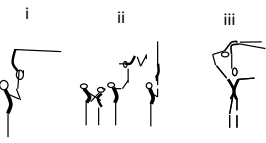
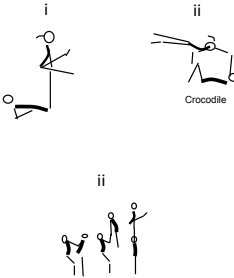
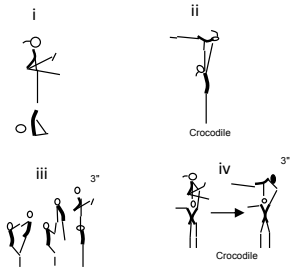
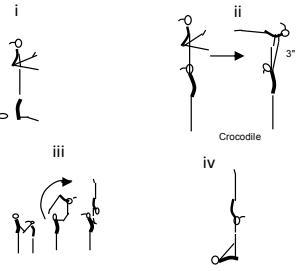
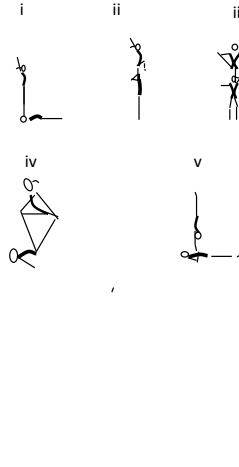
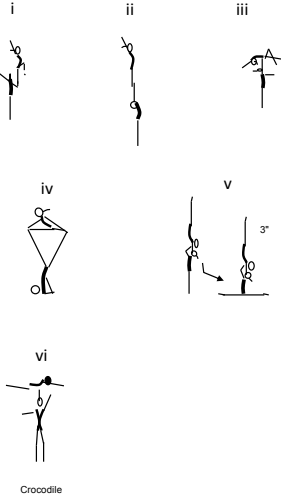
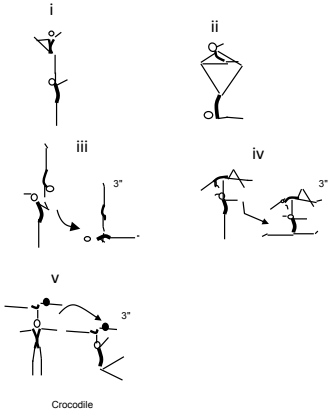
Grade 3 Pairs			
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A	<p>(i) Top in a supported shoulder stand on the Base's hands. Top provides additional support by holding onto the Base's legs.</p> <p>(ii) Top in a supported stag handstand with hands on the ankles of the Base. Base supports the Top's bent knee with one or two hands.</p>	<p>(i) Top in shoulder stand on the hands of the Base, using the arms of the Base for additional support.</p> <p>(ii) Top in supported 2-on-1 handstand on the thigh of the Base.</p>	<p>(i) Top in supported 2-on-1 handstand on the thigh of the Base.</p> <p>(ii) Top in supported handstand on the thighs of the Base.</p>
B	<p>(i) Top stands on Base's thighs. Base may support the Top with one or two hands, grip is optional. The arms of the Base and Top should be fully extended and form a continuous line, but may be crossed. The Top should not make contact with the Base's body.</p>	<p>(i) Top stands freely on Base's thighs. The Top should not make contact with the Base's body.</p> <p>(ii) Top in a supported stand on the Base's shoulders.</p>	<p>(i) Top stands on bent arm support of Base.</p> <p>(ii) Top in a supported stand on the Base's shoulders.</p>
C	<p>Top in front angel on long arm support of the Base.</p>	<p>(i) Back angel position on Base's feet.</p> <p>(ii) Front angel on Base's feet.</p>	<p>Top in lever on long arm support of the Base.</p>
D	<p>Base supports the Top at the waist for a jump, the shape of the Top is optional. The hips of the Top should reach the Base's shoulder height as a minimum. The Base can release and re-catch the Top but is not required to do so.</p>	<p>Base supports the Top at the waist for two jumps performed in immediate succession. The shape of the Top is optional. The hips of the Top should reach the Base's shoulder height as a minimum. The Base may release and re-catch the Top but is not required to do so.</p>	<p>(ii) Supported tuck/pike front salto dismount from standing on shoulders. There should be a clear upward jump from the Top before landing.</p>
E	<p>(i) Top jumps from two feet into the Base's arms. Jump can be from a run up or standing.</p>	<p>Top in a 180° jump from two feet into the Base's arms. Jump can be from a run up or standing.</p>	<p>(i) Top in a 360° jump from two feet into the Base's arms. Jump can be from a run up or standing.</p>
Flex	<p>(i) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling.</p>	<p>(ii) From standing with feet together drop back to bridge. No readjustment of hands or feet should be made to achieve the bridge.</p>	<p>(iii) (iv) & (v) Walkovers and valdez can be performed either by passing through straight handstand (legs together) or through split handstand at the midpoint. In all cases the legs should show 180° split with straight legs at some point.</p> <p>(vi) The 360° rotation should be finished before landing, which may be to back</p>
Stand	<p>(i) In all one foot stands the support leg must be straight and hips square.</p>	<p>(ii) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight with the knees tucked in.</p> <p>(iii) The tuck lever should have a straight back with the hips between the arms and knees lifted in front of the body.</p>	<p>(iv) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body and legs should be vertical however the legs position is optional.</p> <p>(v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.</p>
Agility / Tumble	<p>(i) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout.</p> <p>(ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japan without stopping.</p> <p>(iii) The tumble should be smooth and continuous without additional steps.</p>	<p>(iv) Handstand must hold for a moment before the roll. The arms may be bent or straight on entering the roll.</p> <p>(v) The 1 arm cartwheel may use either the first or second hand to lead. The finish position is optional.</p> <p>(vi) & (vii) The tumble should be smooth and continuous without additional steps.</p>	<p>(viii) Handstand must hold for a moment following the roll.</p> <p>(ix) Flip may come from another element or from standing.</p> <p>(x) Dive roll must show good flight and roll smoothly to finish.</p> <p>(xi) & (xii) The tumble should be smooth and continuous without additional steps.</p> <p>(xiii) Element should show flight and a controlled landing.</p>

Grade 3 Pairs			
	1	2	3
A	 	 	 
B		 	 
C		 	
D	 	  	 
E		 	 
Flex	i Any splits	ii From standing drop back to bridge.	iii Backward walkover iv Forward walkover v Valdez vi Healy turn
Stand	i One foot stand 2"	ii Bent leg headstand 2" iii Tuck half lever 2"	iv Headstand 2" v Half lever vi Straddle lever 2"
Agility / Tumble	i Backward roll with straight legs to stand ii Forward roll straddle through to lie on front iii Forward roll jump to 1 leg cartwheel	iv Handstand forward roll to stand v One arm cartwheel vi Cartwheel, chasse step, round off, straight jump vii Round off, stretch jump, backward roll	viii Backward roll to handstand ix flic walkout x Dive Roll xi Round off, jump 1/2 turn, cartwheel xii Round off, jump 1/2 turn round off xiii Handspring


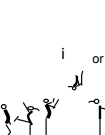
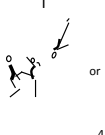
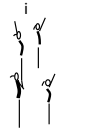
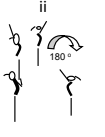
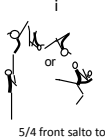
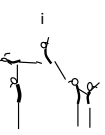



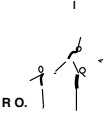
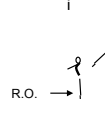
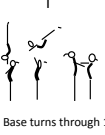

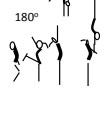
Grade 4 Pairs			
	1	2	3
A	<p>(i) Top in supported 2-on-1 handstand on the thigh of the Base.</p> <p>(ii) Top in supported handstand on the thighs of the Base.</p>	<p>(i) Top in supported 1 arm handstand on the thigh of the Base.</p> <p>(ii) Top in 2-on-1 handstand on the thigh of the Base supported by 1 arm.</p>	<p>(i) Top in handstand on shoulders of the Base, who supports the arms of the Top.</p> <p>(ii) Top in handstand on bent arm support of Base.</p>
B	<p>(i) Top stands on bent arm support of Base.</p> <p>(ii) Top in a supported stand on the Base's shoulders.</p>	<p>(i) Top stands on shoulders of Base and the Base motions to splits or Straddle sit and holds for 3".</p> <p>(ii) Top stands freely on shoulders of the Base.</p> <p>(iii) Top stands in bent arm support of the Base.</p>	<p>(i) Top in front or back angel and the Base motions to splits and holds the final position for 3" .</p> <p>(ii) Top stands in long arm support of the Base.</p>
C	<p>Top in lever on long arm support of the Base.</p>	<p>(i) Top in front or back angel on long arm support of the Base.</p> <p>(ii) Top in lever on long arm support of the Base.</p>	<p>(i) Top in 2-on-2 straddle lever on arms of Base.</p> <p>(ii) Top in lever with one hand on the head of the Base and the other in hand support. Base may be standing or in straddle sitting.</p> <p>(iii) Top standing in hands of Base and the Base motions to straddle sit and holds for 3" .</p>
D	<p>(ii) Supported tuck/pike front salto dismount from standing on shoulders. There should be a clear upward jump from the Top before landing.</p>	<p>Base pitches Top for a straight jump . The feet of the Top should reach the shoulder height of the Base.</p>	<p>Base pitches the Top for a straight jump to catch in hands. The feet of the Top should go above the Base's shoulder height before the catch.</p>
E	<p>(i) Top in a 360° jump from two feet into the Base's arms. Jump can be from a run up or standing.</p>	<p>Base supports the Top at the waist for a 360° jump. The Base should release and re-catch the Top.</p>	<p>(i) & (ii) Top in a straight jump dismount forwards or backwards from standing in the Bases hands.</p>
Flex	<p>(i) (ii) & (iii) Walkovers and valdez can be performed either by passing through straight handstand (legs together) or through split handstand at the midpoint. In all cases the legs should show 180o split with straight legs at some point.</p> <p>(vi) The 360° rotation should be finished before landing, which may be to back support or to sitting.</p>	<p>(v) Change of the legs should be with both legs moving and should occur at the height of the element.</p> <p>(vi) & (vii) The 1 arm walkover should be straight and controlled with the body square to the direction of travel.</p>	<p>(viii) & (ix) The foot must go through the arms rather than sliding to splits.</p> <p>(x) Jump to splits must show a clear 360° jump and the legs move simultaneously to splits.</p> <p>(xi) valdez on 1 arm can be performed either by passing through straight handstand or through split handstand at the midpoint.</p>
Stand	<p>(iv) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body and legs should be vertical however the legs position is optional.</p> <p>(v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.</p>	<p>(iv) Handstand must hold for a moment before the rotation begins and should finish before the exit phase.</p> <p>(v) The lifted leg should be straight and in line with the facing direction of the body.</p>	<p>(vi) Handstand should be held for a moment before the 360° rotation and held for a moment of stillness at the end of the rotation.</p> <p>(vii) Chest may be performed with forearms or hands on the floor. The leg position is optional.</p>
Agility / Tumble	<p>(i) Handstand must hold for a moment following the roll.</p> <p>(ii) Flic may come from another element or from standing.</p> <p>(iii) Dive roll must show good flight and roll smoothly to finish.</p> <p>(iv) & (v) The tumble should be smooth and continuous without additional steps.</p> <p>(vi) Element should show flight and a controlled landing.</p>	<p>(vii) Element should show flight and a controlled landing.</p> <p>(viii) Flic may come from another element or from standing.</p> <p>(ix) Element should show flight and a controlled landing.</p> <p>(x) The tumble should be smooth and continuous without additional steps.</p>	<p>(xi) (xii) (xiii) (xiv) (xv) & (xvi) All elements should show flight and a controlled landing.</p> <p>(xiii) In the hecht dive roll an open (swallow) position must be shown in flight.</p>

Grade 4 Pairs			
	1	2	3
A	 	 	 
B	 	  	 
C		 	  
D			
E			 
Flex	i Backward walkover ii Forward walkover iii Valdez iv Healy turn	v Change leg walkover vi One hand forward walkover vii One hand back walkover	viii Back walkover to any splits ix Forward elbow walkover to any splits x 360° jump to splits xi One hand valdez
Stand	i Headstand 2" ii Half lever 2" iii Straddle lever 2"	iv Handstand 180° turn v Wine glass 2"	vi Handstand 360° turn vii Chest balance
Agility / Tumble	i Backward roll to handstand ii flic walkout iii Dive Roll iv Round off, jump 1/2 turn, cartwheel v Round off, jump 1/2 turn round off vi Handspring	vii Headspring to stand viii Fick to knee ix Fly spring x Round off, flic	xi Free cartwheel xii Headspring 180° turn to front support xiii Hecht jump roll xiv 2 handsprings xv Round off 2 flics xvi Handspring to one, round off flic

Grade 5 Pairs Balance			
	1	2	3
A	<p>(i) Top in handstand on shoulders of the Base, who supports the arms of the Top.</p> <p>(ii) Top in a short arm handstand on the Base's hands.</p> <p>(iii) Top in a short arm handstand on the Base's head and hand.</p>	<p>(i) Straddle up to handstand on the Base's arms. Handstand is held for 3".</p> <p>(ii) Top in a long arm handstand on the Base.</p>	<p>(i) Top in lever on long arm support of the Base before the Top levers up to handstand and holds for 3".</p> <p>(ii) Top in lever with one hand on the head and one in hand-to-hand before the Top levers up to handstand and holds for 3".</p>
B	<p>(i) Top in angel and the Base motions to splits and holds the final position for 3".</p> <p>(ii) Top standing in hands of Base and the Base motions to straddle sit and holds for 3".</p>	<p>(i) & (ii) Top in lever on long arm support of the Base for before the Base motions to sitting or splits and holds for 3".</p>	<p>(i) & (ii) Top in short arm handstand and the Base motions to sitting or splits and holds for 3".</p>
C	<p>(i) Top in 2-on-2 straddle lever on long arm support of the Base.</p> <p>(ii) Top in lever with one hand on the head of the Base and the other in hand support.</p> <p>(iii) Base pitches the Top through 180° to stand in short arm support of the Base. There is no release in this element, as the Top rotates in the hand of the Base.</p>	<p>(i) Top in mexican handstand on shoulders of the Base, who supports the arms of the Top.</p> <p>(ii) Top in flag handstand with one hand on the head of the Base and the other hand to hand. Base in sitting.</p> <p>(iii) Top in 2-on-2 straddle lever on long arm support of the Base.</p> <p>(iv) Base pitches the Top through 180° to stand in long arm support of the Base. There is no release in this element, as the Top rotates in the hand of the Base.</p>	<p>(i) Top in a short arm mexican handstand on the Base's hands.</p> <p>(ii) Base and Top jump into reverse handstand. Top's legs may be straight or tucked in the entry to the handstand.</p> <p>(iii) Top in flag handstand with one hand on the head of the Base and the other hand to hand.</p>
D	<p>(i) Top in lever on the Base's feet.</p> <p>(ii) Top in crocodile with one hand on the knee of the Base and the other in the Base's hand.</p> <p>(iii) Base and Top jump into reverse lever.</p>	<p>(i) Base in shoulder stand supporting the back with the hands. Top in lever on the Base's feet.</p> <p>(ii) Top in crocodile on long arm support of the Base.</p> <p>(iii) Base and Top hold counter balanced stand on knees before the Base lifts the Top to long arm as the Top motions to pike hold 3".</p> <p>(iv) Top in straddle lever on head and hand before the Top motions to short arm crocodile and holds for 3".</p>	<p>(i) Base in shoulder stand with arms on the floor. Top in lever on the Base's feet.</p> <p>(ii) Top in straddle lever on long arm support of the Base before the Top motions to crocodile and holds for 3".</p> <p>(iii) Base and Top reverse through to short arm handstand. Top's legs may be straight or tucked in the entry to the handstand.</p> <p>(iv) Base lies on the floor with legs raised and arm support legs. Top in handstand on feet of Base.</p>
E	<p>(i) Top stands in long arm support of the Base.</p> <p>(ii) Top in one foot stand on the shoulder of the Base. The Top's free leg lifted in front.</p> <p>(iii) Top in wineglass balance on the shoulder of the Base.</p> <p>(iv) Top in japana on the Base's feet.</p> <p>(v) Top in short arm handstand on the Base.</p>	<p>(i) Top in one foot stand in the hands of the Base. The Top's free leg lifted in front.</p> <p>(ii) Top stands in hands of the Base on long arm support.</p> <p>(iii) Top in back angel on one-arm support of Base.</p> <p>(iv) Base in shoulder stand supporting the back with the hands. Top in japana on the Base's feet.</p> <p>(v) Top in handstand on shoulders of Base before the Base motions to splits and holds for 3".</p> <p>(vi) Top in 1 arm crocodile on head of Base.</p>	<p>(i) Top in one foot stand on one hand of Base in short arm hold. The Top's free leg lifted in wineglass..</p> <p>(ii) Base in shoulder stand with arms on the floor. Top in japana on the Base's feet.</p> <p>(iii) Top in handstand in short arm handstand on Base's hand before the Base motions to lying down and holds for 3".</p> <p>(iv) Top in angel on one arm, long arm support of the Base before the Base motions to splits and holds for 3".</p> <p>(v) Top in 1 arm crocodile on Base's head for 1" before the Base motions to sitting and holds for 3".</p>
<p>Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.</p>			

Grade 5 Pairs Balance			
	1	2	3
A			
B			
C			
D			
E			
Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.			

Grade 5 Pairs Dynamic			
	1	2	3
A	<p>(i) Base pitches the Top for a straight jump to catch in hands.</p> <p>(ii) Base throws Top for a straight jump from hands to re-catch in the hands.</p>	<p>(i) Base pitches the Top for a tuck or pike back salto.</p> <p>(ii) Base throws Top for a tuck or pike back salto dismount from standing on shoulders or standing in hands.</p>	<p>(i) Base pitches the Top for a straight back salto.</p> <p>(ii) Base throws Top for a straight back salto dismount from standing on shoulders or standing in hands.</p>
B	<p>(i) Top in a straight jump dismount forwards from standing in the Bases hands.</p> <p>(ii) Base throws Top for a forwards or backwards 180° twisting jump dismount from standing in hands.</p>	<p>(i) Base throws Top for a tuck front salto dismount from standing in hands.</p> <p>(ii) Base throws Top for a straight jump from hands to re-catch on shoulders.</p>	<p>(i) Base throws Top for a tuck or pike front salto to catch in wrap on the base.</p> <p>(ii) Base throws Top for a straight back salto to catch in wrap on the base.</p> <p>(iii) Base throws Top for a straight jump with 180 twist from hands to re-catch in hands or on shoulders.</p>
C	<p>(i) From front or back angel, Base throws the Top who performs a back 1/4 straight salto dismount.</p> <p>(ii) From back angel, Base throws the Top 2/4 front salto to catch in wrap.</p> <p>(iii) Top stands with back to Base and jumps backward with 1/4 back salto to catch in tucked cannonball. Base swings the Top out to land on feet. Can also be performed from a roundoff.</p>	<p>(i) Base pitches Top to catch in front angel.</p> <p>(ii) From front angel, Base throws the Top through 180o twist to catch in back angel.</p> <p>(iii) Top stands with back to Base and jumps backward with 1/4 back salto to catch in tucked cannonball. Base swings the Top out with 180o twist to land on feet. Can also be performed from a roundoff.</p>	<p>(i) ridochola to catch in front angel.</p> <p>(ii) Base pitches the Top through 180o twist to catch in back angel.</p> <p>(iii) Top stands with back to Base and jumps backward with 1/4 back salto to catch in tucked cannonball. Base swings the Top out to land on feet. Top immediately performs a dive roll. Can also be performed from a roundoff.</p>
D	<p>(i) Leg pitch boosted tucked back salto in tuck, pike or straight. The Base assists the Top by lifting under the raised straight leg of the Top. The Top starts with one hand free and the other on the shoulder of the Base. There must be a clear release in this element before being supported for the landing by the Base.</p> <p>(ii) Top stand in front of the Base facing the same direction and the Base boosts the Top for a tuck or pike salto overhead.</p>	<p>(i) Top in a round-off jump with a 1/4 straight back salto to land in back angel on hands of Base. This must not be merely a lift from the floor by the Base, the Top must be involved in the jump to back angel.</p> <p>(ii) Top stand in front of the Base facing the same direction and the Base boosts the Top for a straight salto overhead.</p>	<p>(i) Top in a round-off tucked back salto over the head of the Base. Base makes a half turn to assist the landing.</p> <p>(ii) From front angel the Base throws the Top for a 2/4 straight salto with 180° twist to wrap or to cradle.</p>
E	<p>(i) From short-arm handstand the base throws the Top for a 2/4 straight back salto dismount. Base makes a half turn to assist landing.</p> <p>(ii) From short-arm reverse handstand the base throws the Top or a 2/4 straight back salto dismount to the floor.</p>	<p>(i) Pitch 2/4 salto of the Top to catch in handstand in the Bases hands.</p> <p>(ii) From stnding in the Bases hands the Top performs a 2/4 salto to catch in handstnd in the Bases hands (corbett)</p> <p>(iii) From short arm handstand the base throws the Top for a 2/4 straight front salto dismount.</p>	<p>(i) From short-arm handstand the Base throws the Top for a 2/4 salto to catch the Tops feet in the Bases hands.</p> <p>(ii) Pitch 2/4 salto of the Top with 180° twist to catch in handstand in the Bases hands.</p> <p>(iii) From short-arm handstand the Base throws the Top for a 2/4 hecht salto dismount.</p>
	<p>Three Tumbling elements, minimum of value 1, from the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included and performed by all partners.</p>		

Grade 5 Pairs Dynamic			
	1	2	3
A	 0/4 back salto	 4/4 back salto	 4/4 back salto
B	 0/4 front salto	 0/4 front or back salto	 5/4 front salto to 1/4 back salto to wrap
C	 1/4 front or back salto	 180°	 180°
D	 iiiv Boost tuck or pike back salto overhead	 ii Boost straight back salto overhead	 2/4 front salto wrap
E	 Base turns through 180°	 180°	 180°
<p>Three Tumbling elements, minimum of value 1, from the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included and performed by all partners.</p>			

IDP Pairs Balance

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the following rules also apply to IDP.

All Pair Balance elements are taken from the FIG ToD

Definition of an element for IDP Balance:

- Static Hold of the Top + Base position
- Mount (including the static position of the top and the base)
- Motion of the Top + Static Hold of the Top+ Base position
- Start position of the Top + Motion of the Base + Static Hold of the Top + Base position
- Start position of the Top + Motion of the Top + Motion of the Base + Static Hold of the Top + Base position

Any static element from the FIG ToD with maximum value 15 including additional difficulty for Women's Pairs

No minimum difficulty required

Maximum difficulty of the sum of all elements performed equals 70

Pairs may perform up to 10 values more than the maximum difficulty mark. If they exceed 10 values a penalty of 1.0 will be applied.

Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty.
Minimum difficulty 1 and maximum difficulty 10.

IDP Pairs Dynamic

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the following rules also apply to IDP.

All Pair Dynamic elements are taken from the FIG ToD

Any Dynamic element from the FIG ToD with maximum value 18 including additional difficulty for Women's Pairs




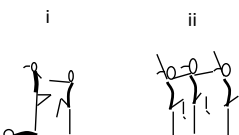
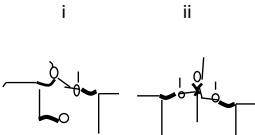
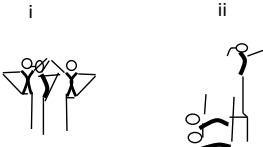
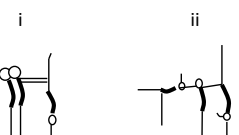

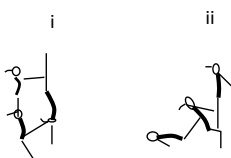


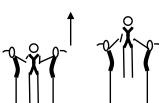
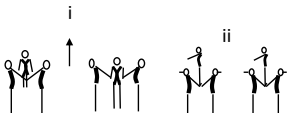




No minimum difficulty required

Maximum difficulty of the sum of all elements performed equals 60



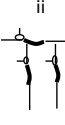










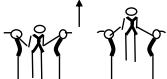



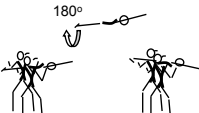
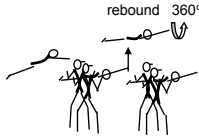
Pairs may perform up to 10 values more than the maximum difficulty mark. If they exceed 10 values a penalty of 1.0 will be applied.

Three elements, minimum of value 1, from Category 2 of the FIG Tables of Difficulty
MUST be included although will not count towards difficulty.
Minimum difficulty 1 and maximum difficulty 12.
N.B. A salto MUST be included and performed by all partners.





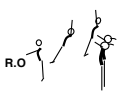

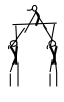
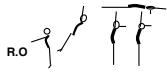








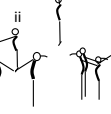

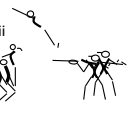





	Grade 2 Group		
	1	2	3
A	<p>(i) Top in counter balance on the Base and Middle's knees facing inwards. The arms of all three are fully extended. Grip is optional.</p> <p>(ii) Top performs stand on thighs. All three hold hands, arms may be bent and grip is optional.</p>	<p>(i) Top stands supported on shoulders with one foot on the Base and Middle, who support the Top by holding the lower leg with one hand each.</p> <p>(ii) Top stands in balance supported on the thighs of the Base and Middle who are in lunge in any orientation.</p>	<p>Top stands supported on shoulders with one foot on the Base and Middle, who support the Top by holding the lower leg with one hand each.</p>
B	<p>(i) Middle sits on the feet of the Base, using the feet against the legs of the Base for extra stability if required. Top stands on one foot in front of the Middle. Arms of Middle and Top should be straight and grip is optional.</p> <p>(ii) Linked one foot stand. All partners must be in contact with each other using one straight arm. The other arm must be free. Grip is optional.</p>	<p>(i) Middle in front angel on Base's feet and supports the Top who performs an arabesque holding hands with Middle. Grip is optional.</p> <p>(ii) Linked arabesque hold. All partners must be in contact with each other on straight arms. Grip is optional.</p>	<p>(i) Linked wineglass holds. All partners must be in contact with the other but orientation is optional. Grip is optional</p> <p>(ii) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top stands on the Middle's thighs.</p>
C	<p>(i) Base and Middle support the handstand of the Top on straight arms.</p> <p>(ii) Base stands with feet together supporting the Top in handstand. Arms of the Base should be straight. The Middle performs arabesque holding on to the shoulders of the Base with straight arms.</p>	<p>(i) Base lies on the floor supporting the lower back of the Middle. Top stands in counterbalance on the thighs of the Middle, linking hands on extended arms. Grip is optional.</p> <p>(ii) Base and Middle support the Top in a handstand with their feet.</p>	<p>(i) Base in straddle sit with Top in supported stand on shoulders. Middle in a handstand supported by the Top. Top and Middle positions are interchangeable.</p> <p>(ii) Base lies on the floor supporting the lower back of the Middle. The Top stands on the thighs of the Middle and can be supported but is not required to be.</p>
D	<p>Base and Middle lie side by side in dish, the position of their arms is optional. Top forward rolls over their waist.</p>	<p>Top consecutively leapfrogs over Base and Middle with no extra steps. Base and Middle may face either direction but should have straight legs.</p>	<p>Base and Middle support the Top to jump. Top shape in the jump is optional. No release is required although the Base and Middle may release the hand on the upper arm of the Top.</p>
E	<p>(i) From sitting on platform the Top is pitched for a straight jump dismount by the Base and Middle.</p> <p>(ii) Top stands on the platform and the Base and Middle squat and return to standing.</p>	<p>Base and Middle throw the Top from cradle to re-catch in cradle. Top can be on front or back in cradle.</p>	<p>Top jumps to cradle, this can be from a run or from standing. Flight must be seen before the catch.</p>
Flex	<p>(i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.</p>	<p>(ii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together.</p>	<p>(iii) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling.</p>
Stand	<p>(i) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended.</p>	<p>(ii) Shoulder stand should achieve a straight body line.</p>	<p>(iii) In all one foot stands the support leg must be straight and hips square.</p>
Agility / Tumble	<p>(i) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright.</p> <p>(ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.</p>	<p>(iii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in piked or upright.</p> <p>(iv) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The stand should be with feet together.</p> <p>(v) The tumble should be smooth and continuous without additional steps.</p>	<p>(vi) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The roll should pass through Japan without stopping.</p> <p>(vii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japan without stopping.</p> <p>(viii) The tumble should be smooth and continuous without additional steps.</p>

	Grade 2 Group		
	1	2	3
A	 Counterbalance		
B			
C			
D			
E		 Front or back	 Front or back
Flex	<div> <div>i Pike fold</div> <div>  Bridge </div> <div>iii Any splits</div> </div>		
Stand	<div> <div>i Straddle sit with leg lift 2"</div> <div>  Shoulder stand 2" </div> <div>iii Any one foot stand 2"</div> </div>		
Agility / Tumble	i Backward roll to straddle stand ii Forward roll 180° jump	iii Forward roll to straddle stand iv Backward roll to stand v Cartwheel chasse cartwheel	vi Backward roll with straight legs to stand vii Forward roll straddle through to lie on front viii Forward roll jump to 1 leg cartwheel

Grade 3 Women's Groups			
	1	2	3
A	Top stands supported on shoulders with one foot on the Base and Middle, who support the Top by holding the lower leg with one hand each.	(i) Top in handstand supported on the thighs of the Base and Middle who are in lunge in any orientation. (ii) Top in front or back log on straight arms of the Base and Middle. Support of the Top is on the lower leg and on the shoulder area or upper arms.	Base and Middle lying side by side with arms straight and hands in 2-on-2 position. Top in lever on their hands.
B	(i) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top stands on the Middle's thighs. (ii) Top jumps backwards to cradle from standing. Flight must be seen before the catch.	(i) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top in a shoulder stand holding on to the Base's feet with straight arms. (ii) From standing or motion Base and Middle support the Top in a flic from 2 feet to 2 feet.	(i) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top in a shoulder stand holding on to the Middle's arms. (ii) Round off jump 1/4 straight back salto to land in cradle.
C	Base lies on the floor supporting the lower back of the Middle. The Top stands on the thighs of the Middle and can be supported at the waist.	Top stands supported on Bases thighs. Middle in a handstand supported by the Top. Arms of the Top should be straight. Middle and Top positions are interchangeable.	Top stands freely on Bases thighs whilst Base is in bridge. Middle in a handstand supported by the Top. Arms of the Top should be straight. Middle and Top positions are interchangeable.
D	Base and Middle support the Top to jump. Top shape in the jump is optional. No release is required although the Base and Middle may release the hand on the upper arm of the Top.	Top performs a handspring to 2 feet over head aided by the Bases, without release.	Top is thrown for a tuck back salto dismount by the Base and Middle from sitting on platform. The salto should reach head height of the Base and Middle.
E	Top jumps forwards to cradle, this can be from a run or from standing. Flight must be seen before the catch.	Top starts in a forwards or backwards cradle and the Base and Middle throw the Top for a 180° log roll re-catching in cradle. The log roll should take place above the heads of the Base and Middle.	From a run, jump or other element landing in a forwards or backwards cradle, Top is immediately thrown for a 360° log roll re-catching in cradle. The log roll should take place above the heads of the Base and Middle.
Flex	(i) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling.	(ii) From standing with feet together drop back to bridge. No readjustment of hands or feet should be made to achieve the bridge.	(iii) (iv) & (v) Walkovers and valdez can be performed either by passing through straight handstand (legs together) or through split handstand at the midpoint. In all cases the legs should show 180° split with straight legs at some point. (vi) The 360° rotation should be finished before landing, which may be to back support or to sitting.
Stand	(i) In all one foot stands the support leg must be straight and hips square.	(ii) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight with the knees tucked in. (iii) The tuck lever should have a straight back with the hips between the arms and knees lifted in front of the body.	(iv) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body and legs should be vertical however the legs position is optional. (v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.
Agility / Tumble	(i) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japana without stopping. (iii) The tumble should be smooth and continuous without additional steps.	(iv) Handstand must hold for a moment before the roll. The arms may be bent or straight on entering the roll. (v) The 1 arm cartwheel may use either the first or second hand to lead. The finish position is optional. (vi) & (vii) The tumble should be smooth and continuous without additional steps.	(viii) Handstand must hold for a moment following the roll. (ix) Flic may come from another element or from standing. (x) Dive roll must show good flight and roll smoothly to finish. (xi) & (xii) The tumble should be smooth and continuous without additional steps. (xiii) Element should show flight and a controlled landing.

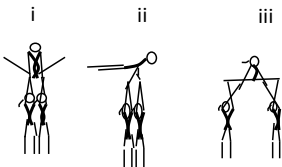
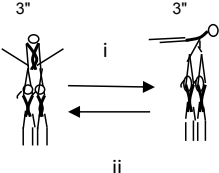
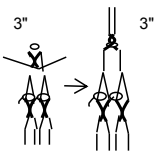
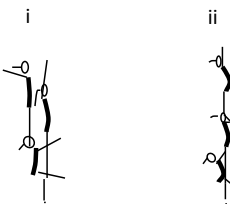
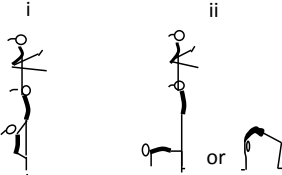
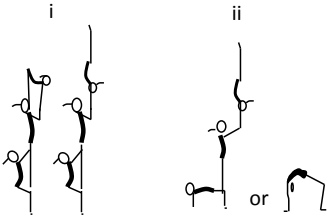
Grade 3 Women's Groups			
	1	2	3
A		 	
B	 	 	  R.O.
C			
D			 4/4 back salto
E	 1/4 front salt	 180° 0/4 back or front salto	 rebound 360° 1/4 back or front salto
Flex	i Any splits	ii From standing drop back to bridge.	iii Backward walkover iv Forward walkover v Valdez vi Healy turn
Stand	i One foot stand 2"	ii Bent leg headstand 2" iii Tuck half lever 2"	iv Headstand 2" v Half lever vi Straddle lever 2"
Agility / Tumble	i Backward roll with straight legs to stand ii Forward roll straddle through to lie on front iii Forward roll jump to 1 leg cartwheel	iv Handstand forward roll to stand v One arm cartwheel vi Cartwheel, chasse step, round off, straight jump vii Round off, stretch jump, backward roll	viii Backward roll to handstand ix flic walkout x Dive Roll xi Round off, jump 1/2 turn, cartwheel xii Round off, jump 1/2 turn round off xiii Handspring

Grade 4 Women's Groups			
	1	2	3
A	<p>(i) Base and Middle lying side by side with arms straight and hands in 2-on-2 position. Top in lever on their hands.</p> <p>(ii) Round off jump 1/4 straight back salto to land in cradle.</p>	<p>(i) Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in lever on their hands.</p> <p>(ii) Base and Middle stand facing each other supporting one leg and 1 arm of the Top in splits on their shoulders.</p> <p>(iii) Top in round off straight jump which is supported by the Base and Middle.</p>	<p>(i) Base and Middle stand facing each other supporting one arm of the Top in handstand.</p> <p>(ii) Base and Middle stand facing each other supporting one leg and 1 arm of the Top in splits on straight arms.</p> <p>(iii) Top in round off 1/4 straight back salto to log which is supported by the Base and Middle. Flight should be seen before the catch, and the element should pass overhead. The Base and Middle positions are optional.</p>
B	Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top in a shoulder stand holding on to the Base's feet with straight arms.	Top stands supported on shoulders of the Base. Base supports the lower leg of the Top. Middle in straddle lever on shoulder and calf of the Base.	Top in lever on straight arm of the Base. Base supports the lower leg of the Top. Middle in straddle lever on shoulder and calf of the Base.
C	Top stands on Bases knees whilst Base is in bridge. Middle in a handstand supported by the Top. Arms of the Top should be straight. Middle and Top positions are interchangeable.	Top stands on shoulders of the Base. Middle stands on the thighs of the Base, holding hands with the Top, arms of Top and Middle are straight. Base supports Middle to enable an on-balance stand from both Top and Middle.	Top stands on shoulders of the Base. Middle stands on the thighs of the Base. Base supports Middle to enable an on-balance stand from both Top and Middle.
D	(i) Top is thrown for a tuck back salto dismount by the Base and Middle from sitting on platform.	(i) & (ii) From pitch or platform, Top is thrown for a straight jump dismount.	(i) & (ii) From pitch or platform, Top is thrown for a 1/4 straight back or forward salto to land in cradle.
E	From a run, jump or other element landing in a forwards or backwards cradle, Top is immediately thrown for a 360° log roll re-catching in cradle. The log roll should take place above the heads of the Base and Middle.	From a run, jump or other element landing in a forwards or backwards cradle, Top is immediately thrown for a 540° log roll re-catching in cradle.	(i) (ii) & (iii) From cradle, Base and Middle throw Top for a 3/4 tuck, pike or straight front or back salto.
Flex	<p>(i) (ii) & (iii) Walkovers and valdez can be performed either by passing through straight handstand (legs together) or through split handstand at the midpoint. In all cases the legs should show 180° split with straight legs at some point.</p> <p>(iv) The 360° rotation should be finished before landing, which may be to back support or to sitting.</p>	<p>(v) Change of the legs should be with both legs moving and should occur at the height of the element.</p> <p>(vi) & (vii) The 1 arm walkover should be straight and controlled with the body square to the direction of travel.</p>	<p>(viii) & (ix) The foot must go through the arms rather than sliding to splits.</p> <p>(x) Jump to splits must show a clear 360° jump and the legs move simultaneously to splits.</p> <p>(xi) valdez on 1 arm can be performed either by passing through straight handstand or through split handstand at the midpoint.</p>
Stand	<p>(iv) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body and legs should be vertical however the legs position is optional.</p> <p>(v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.</p>	<p>(iv) Handstand must hold for a moment before the rotation begins and should finish before the exit phase.</p> <p>(v) The lifted leg should be straight and in line with the facing direction of the body.</p>	<p>(vi) Handstand should be held for a moment before the 360° rotation and held for a moment of stillness at the end of the rotation.</p> <p>(vii) Chest may be performed with forearms or hands on the floor. The leg position is optional.</p>
Agility / Tumble	<p>(i) Handstand must hold for a moment following the roll.</p> <p>(ii) Flic may come from another element or from standing.</p> <p>(iii) Dive roll must show good flight and roll smoothly to finish.</p> <p>(iv) & (v) The tumble should be smooth and continuous without additional steps.</p> <p>(vi) Element should show flight and a controlled landing.</p>	<p>(vii) Element should show flight and a controlled landing.</p> <p>(viii) Flic may come from another element or from standing.</p> <p>(ix) Element should show flight and a controlled landing.</p> <p>(x) The tumble should be smooth and continuous without additional steps.</p>	<p>(xi) (xii) (xiii) (xiv) (xv) & (xvi) All elements should show flight and a controlled landing.</p> <p>(xvii) In the hecht dive roll an open (swallow) position must be shown in flight.</p>

Grade 4 Women's Groups			
	1	2	3
A	<p>i</p>  <p>ii</p>  <p>R.O</p>	<p>i</p>  <p>ii</p>  <p>iii</p>  <p>R.O</p>	<p>i</p>  <p>ii</p>  <p>iii</p>  <p>R.O</p>
B			
C			
D	<p>i</p>  <p>4/4 back salto</p>	<p>i</p>  <p>or</p> <p>ii</p>  <p>0/4 back or front salto</p>	<p>i</p>  <p>or</p> <p>ii</p>  <p>1/4 back or front salto</p>
E	<p>rebound 360°</p>  <p>1/4 back or front salto</p>	<p>rebound 540°</p>  <p>1/4 back or front salto</p>	<p>i</p>  <p>or</p> <p>ii</p>  <p>or</p> <p>iii</p>  <p>3/4 back or front salto from cradle</p>
Flex	<p>i Backward walkover</p> <p>ii Forward walkover</p> <p>iii Valdez</p> <p>iv Healy turn</p>	<p>v Change leg walkover</p> <p>vi One hand forward walkover</p> <p>vii One hand back walkover</p>	<p>viii Back walkover to any splits</p> <p>ix Forward elbow walkover to any splits</p> <p>x 360° jump to splits</p> <p>xi One hand valdez</p>
Stand	<p>i Headstand 2"</p> <p>ii Half lever 2"</p> <p>iii Straddle lever 2"</p>	<p>iv Handstand 180° turn</p> <p>v Wine glass 2"</p>	<p>vi Handstand 360° turn</p> <p>vii Chest balance</p>
Agility / Tumble	<p>i Backward roll to handstand</p> <p>ii flic workout</p> <p>iii Dive Roll</p> <p>iv Round off, jump 1/2 turn, cartwheel</p> <p>v Round off, jump 1/2 turn round off</p> <p>vi Handspring</p>	<p>vii Headspring to stand</p> <p>viii Fick to knee</p> <p>ix Fly spring</p> <p>x Round off, flic</p>	<p>xi Free cartwheel</p> <p>xii Headspring 180° turn to front support</p> <p>xiii Hecht jump roll</p> <p>xiv 2 handsprings</p> <p>xv Round off 2 flics</p> <p>xvi Handspring to one, round off flic</p>

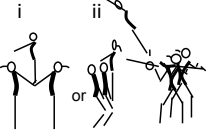
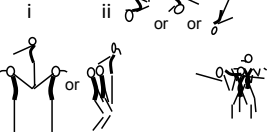
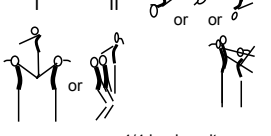
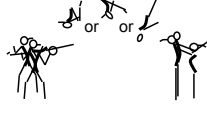
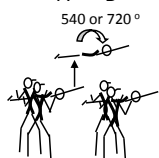
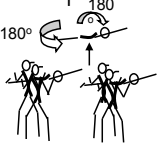
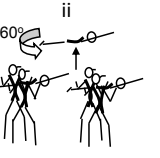
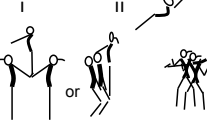
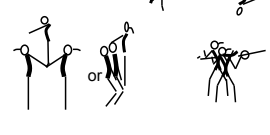
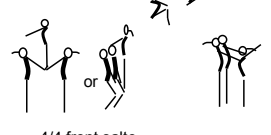
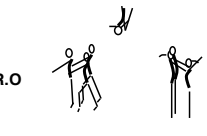
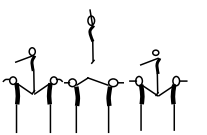

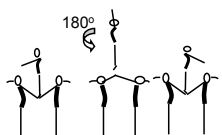
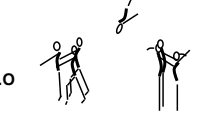
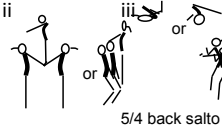
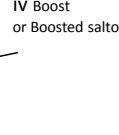
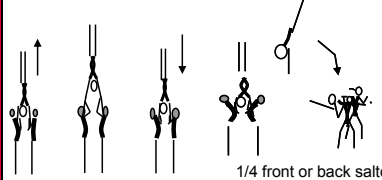
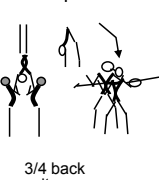
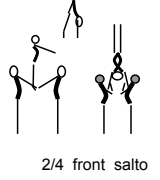
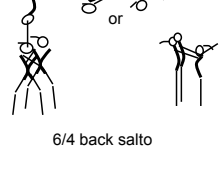
Grade 5 Women's Groups Balance			
	3	4	5
A	<p>(i) Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in lever on their hands.</p> <p>(ii) Base and Middle stand side by side with arms straight, hands joined. Top in crocodile on their hands.</p> <p>(iii) Base and Middle stand facing each other supporting one leg and 1 arm of the Top in splits on straight arms.</p>	<p>(i) & (ii) Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in straddle lever for 3" on their hands and then motions to crocodile for 3". This may be done from crocodile to straddle.</p>	<p>Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in straddle lever for 3" on their hands and then motions to handstand for 3".</p>
B	<p>Any Category 2, 4, 5 and 6 balance from the FIG Tables of Difficulty.</p> <p>Total value of the Base and the Tops plus any motion is a MINIMUM of 4 values.</p>	<p>Any Category 2, 4, 5 and 6 balance from the FIG Tables of Difficulty.</p> <p>Total value of the Base and the Tops plus any motion is a MINIMUM of 7 values.</p>	<p>Any Category 2, 4, 5 and 6 balance from the FIG Tables of Difficulty.</p> <p>Total value of the Base and the Tops plus any motion is a MINIMUM of 10 values and a MAXIMUM of 16 values.</p>
C	<p>(i) Base and Top perform stand on shoulders. Middle stands on the thighs of the Base. Base supports Middle on the waist with bent arms to enable an on-balance stand from both Top and Middle.</p> <p>(ii) Middle stands on Base' thighs and Top standing on the shoulders of the Middle. Base supports Middle on the waist with bent arms to enable an on-balance stand.</p>	<p>(i) Middle stands on Base' thighs and Top in lever on straight arms of the Middle. Base supports Middle on the waist with bent arms to enable an on-balance stand.</p> <p>(ii) Base in back support or bridge position with the Middle standing on thighs and Top in lever on straight arms of the Middle.</p>	<p>(i) Middle stands on Base' thighs and Top in short arm handstand on the Middle. Base supports Middle on the waist with bent arms to enable an on-balance stand.</p> <p>(ii) Base in back support or bridge position with the Middle standing on thighs and Top in short arm handstand on the Middle.</p>
<p>Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty.</p> <p>Minimum difficulty 1 and maximum difficulty 10.</p>			

Grade 5 Women's Groups Balance

	3	4	5
A	<p>Category 1</p> 	<p>Category 1</p> 	<p>Category 1</p> 
B	<p>Category 2, 4, 5 or 6</p> <p>Any Category 2, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 4 values.</p>	<p>Category 2, 4, 5 or 6</p> <p>Any Category 2, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 7 values.</p>	<p>Category 2, 4, 5 or 6</p> <p>Any Category 2, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 10 values and a MAXIMUM of 16 values.</p>
C	<p>Category 3</p> 	<p>Category 3</p> 	<p>Category 3</p> 
<p>Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.</p>			

Grade 5 Women's Groups Dynamic			
	1	2	3
A	(i) & (ii) From pitch or platform, Top is thrown for a 1/4 straight back salto to land in cradle.	(i) & (ii) From pitch or platform, Top is thrown for a 3/4 tuck, pike or straight back salto to land in cradle.	(i) & (ii) From pitch or platform, Top is thrown for a 4/4 tuck, pike or straight back salto.
B	From cradle, Base and Middle throw Top for a 3/4 tuck, pike or straight front or back salto.	From cradle, Base and Middle throw Top for a 540 or 720° log roll to recatch in cradle from back or front.	(i) From cradle on front or back, Base and Middle throw Top for a 2/4 turntable with 180° twist. (ii) From cradle on front or back, Base and Middle throw Top for a 4/4 turntable.
C	(i) & (ii) From pitch or platform, Top is thrown for a 1/4 straight front salto to land in cradle.	(i) & (ii) From pitch or platform, Top is thrown for a 3/4 tuck or pike front salto to land in cradle.	(i) & (ii) From pitch or platform, Top is thrown for a tuck or pike front salto dismount.
D	(i) Top in round off boosted tuck back salto over the heads of the base and Middle. Flight should be seen before the catch (ii) Base and Middle throw Top into a straight jump, re-catching on the platform.	(i) Top in round off boosted pike back salto over the heads of the base and Middle. Flight should be seen before the catch. (ii) Base and Middle throw Top for a straight jump with 180° twist, re-catching on the platform.	(i) Top in round off boosted straight back salto over the heads of the base and Middle. (ii) & (iii) From pitch or platform, Top is thrown for a 5/4 tuck or pike back salto to land in cradle. (iv) Boost or boosted front or back straight 4/4 salto from seat.
E	(i) From supported short arm handstand the Top is thrown towards straight arm handstand and caught back to short arm handstand. (ii) From supported short arm handstand the Top is thrown for a 1/4 salto front or back to land in cradle.	(i) From supported short arm handstand the Top is thrown for a 3/4 back salto to land in cradle. (ii) From standing on platform the Top is thrown for a front 2/4 salto to catch in short arm handstand (courbette).	From supported short arm handstand the Top is thrown for a 6/4 tuck or pike salto dismount.
	Three Tumbling elements, minimum of value 1, from the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included and performed by all partners.		

Grade 5 Women's Groups Dynamic

	1	2	3
A	 <p>1/4 back salto</p>	 <p>3/4 back salto</p>	 <p>4/4 back salto</p>
B	 <p>3/4 back or front salto from cradle</p>	 <p>0/4 back or front salto</p>	 <p>2/4 turntable from front or back</p>  <p>4/4 turntable from front or back</p>
C	 <p>1/4 front salto</p>	 <p>3/4 front salto</p>	 <p>4/4 front salto</p>
D	 <p>R.O</p>  <p>1/4 front salto</p>	 <p>R.O</p>  <p>180°</p>	 <p>R.O</p>  <p>5/4 back salto</p>  <p>iv Boost or Boosted salto</p>
E	 <p>1/4 front or back salto</p>	 <p>3/4 back salto</p>  <p>2/4 front salto</p>	 <p>6/4 back salto</p>
	<p>Three Tumbling elements, minimum of value 1, from the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included and performed by all partners.</p>		

IDP Women's Groups Balance

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the following rules also apply to IDP.

All Group Balance elements are taken from the FIG ToD.

Definition of an element for IDP Balance:

- Static position of the Top + Base Position
- Static position of the Top and/or Middle + Base position
- Motion of the Top and/or Middle + Static position of the Top and/or Middle + Base position
- Start position of the Top + Transition of the base(s) + Final position of the Top + new Base position
- Start position of the Top + Motion of the Top + Transition of the base(s) + Final position of the Top + new Base position
- Mount + Final position of the Top+ Base position

Any static element from the FIG ToD with maximum value 25 including additional difficulty for Women's Groups

No minimum difficulty required

Maximum difficulty of the sum of all elements performed equals 70

Groups may perform up to 10 values more than the maximum difficulty mark. If they exceed 10 values a penalty of 1.0 will be applied.

Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty.
Minimum difficulty 1 and maximum difficulty 10.

IDP Women's Groups Dynamic

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the following rules also apply to IDP.

All Group Dynamic elements are taken from the FIG ToD.

Any Dynamic element from the FIG ToD with maximum value 14


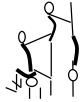






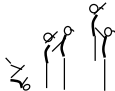



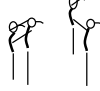




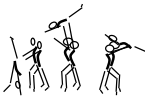
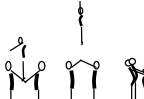

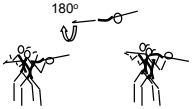

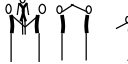
No minimum difficulty required

Maximum difficulty of the sum of all elements performed equals 60

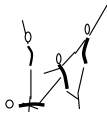
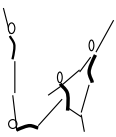








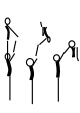






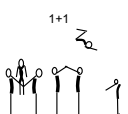
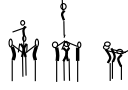
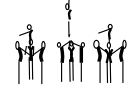
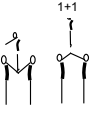
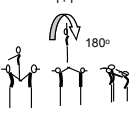
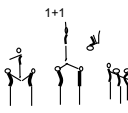
Groups may perform up to 10 values more than the maximum difficulty mark. If they exceed 10 values a penalty of 1.0 will be applied.

Three Tumbling elements, minimum of value 1, from the FIG Tables of Difficulty
MUST be included although will not count towards difficulty.
Minimum difficulty 1 and maximum difficulty 12.
N.B. A salto MUST be included and performed by all partners.

Grade 3 Men's Group			
	1	2	3
A	Base 1's legs support the lower back of Base. The 3rd man stands on Base 2 thighs. Top in handstand on floor supported by 3rd man, whose arms should be straight.	Base 1 kneels on the floor with a flat back. Base 2 sits on Base 1 at hip level. 3rd man stands on knees of Base 2 and gives support to the Top in handstand on the floor. Arms of 3rd man should be straight.	Base 2 in chair position supported in the lower back by the feet of Base 1. Top in a counter balanced stand with 1 arm support. 3rd man in stand in hands of Base 1, whose arms should be vertical and not lean against the body.
B	Base 1 and Base 2 are standing in lunge alongside each other supporting 3rd man to stand on their knees. Top in a straight handstand on the floor, supported by 3rd man whose arms should be straight.	Base 1 and Base 2 kneel on all fours alongside each other. 3rd man kneels on all fours on Base 1 and Base 2 with one hand and one knee on each Base at shoulder and hip level. Top stands on back of 3rd man at hip level.	Base 1 and 2 stand alongside each other with the 3rd man standing supported on their shoulders, one foot on each Base. The Bases support the 3rd man with one hand and use the free hands to support the Top in handstand on the floor.
C	<p>Two pairs simultaneously or in immediate succession perform the same or different skills.</p> <p>(i) The arms of both performers in the final position should be extended. The legs of the Base may be bent or raised straight. The shoulder stand should show an extended bodyline.</p> <p>(ii) Top in a supported handstand with hands on the ankles of the Base. Base supports the Top's bent knee with one or two hands.</p> <p>(iii) Top backward rolls to a straight jump supported by the Base.</p>	<p>Two pairs simultaneously or in immediate succession perform the same or different skills.</p> <p>(i) (ii) Base lying, Top in shoulder stand on the hands of the Base, using the arms of the Base for additional support.</p> <p>(ii) Base kneels up on one knee and supports 2-on-1 handstand of the Top on the thigh of the Base. The Base may bend the arms in the support to ensure the handstand is in balance.</p> <p>(iii) Base kneeling, Top in a supported stand on the Base's shoulders.</p> <p>(iv) Base supports the Top at the waist for a vertical jump, the shape of the Top is optional. The hips of the Top should reach the Base's shoulders.</p>	<p>Two pairs simultaneously or in immediate succession perform the same or different skills.</p> <p>(i) Base lying, Top stands on bent arm support of Base.</p> <p>(iii) Top stands on Base's shoulders, whilst Base is standing. Base supports the Top by holding the lower legs of the Top.</p> <p>(iv) Supported tuck/pike front salto dismount from standing on shoulders.</p>
D	<p>Two Tops in immediate succession perform the same skill.</p> <p>From standing or motion Base 1 and Base 2 support the Top in a flic from 2 feet to 2 feet.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>From standing or motion Base 1 and Base 2 support the Top in a handspring. There is no release, but the handspring must pass over the heads of the Base's, not over their shoulders.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>Base 1 and Base 2 throw Top for a straight jump dismount from platform.</p>
E	<p>Two Tops in immediate succession perform the same skill.</p> <p>Top jumps forwards to cradle, this can be from a run or from standing.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>From cradle Base 1 and Base 2 throw the Top for a 180° log roll re-catching in cradle. The log roll should take place above the head height of Bases.</p>	<p>Two Tops in immediate succession perform the same skill.</p> <p>Top is thrown for a tuck back salto dismount by Base 1 and Base 2.</p>
Flex	(i) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling.	(ii) From standing with feet together drop back to bridge. No readjustment of hands or feet should be made to achieve the bridge.	<p>(iv) (v) (vi) & (vii) Walkovers and valdez can be performed either by passing through straight handstand (legs together) or through split handstand at the midpoint. In all cases the legs should show 180° split with straight legs at some point.</p> <p>(iv) The 360° rotation should be finished before landing, which may be to back support or to sitting.</p>
Stand	(i) In all one foot stands the support leg must be straight and hips square.	<p>(ii) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight with the knees tucked in.</p> <p>(iii) The tuck lever should have a straight back with the hips between the arms and knees lifted in front of the body.</p>	<p>(iv) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body and legs should be vertical however the legs position is optional.</p> <p>(v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.</p>
Agility / Tumble	<p>(i) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout.</p> <p>(ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japana without stopping.</p> <p>(iii) The tumble should be smooth and continuous without additional steps.</p>	<p>(iv) Handstand must hold for a moment before the roll. The arms may be bent or straight on entering the roll.</p> <p>(v) The 1 arm cartwheel may use either the first or second hand to lead. The finish position is optional.</p> <p>(vi) & (vii) The tumble should be smooth and continuous without additional steps.</p>	<p>(viii) Handstand must hold for a moment following the roll.</p> <p>(ix) Flic may come from another element or from standing.</p> <p>(x) Dive roll must show good flight and roll smoothly to finish.</p> <p>(xi) & (xii) The tumble should be smooth and continuous without additional steps.</p> <p>(xiii) Element should show flight and a controlled landing.</p>

Grade 3 Men's Group			
	1	2	3
A			
B			
C	i  ii  ii 	i  ii  iii  iv 	i  ii  iii 
D	1+1 	1+1 	1+1 
E	1+1  1/4 front salto	1+1  180° 0/4 back or front salto	1+1  
Flex	i Any splits	ii From standing drop back to bridge.	iv Backward walkover v Forward walkover vi Valdez vii Healy turn
Stand	i One foot stand 2"	ii Bent leg headstand 2" iii Tuck half lever 2"	iv Headstand 2" v Half lever vi Straddle lever 2"
Agility / Tumble	i Backward roll with straight legs to stand ii Forward roll straddle through to lie on front iii Forward roll jump to 1 leg cartwheel	iv Handstand forward roll to stand v One arm cartwheel vi Cartwheel, chasse step, round off, straight jump vii Round off, stretch jump, backward roll	viii Backward roll to handstand ix flic walkout x Dive Roll xi Round off, jump 1/2 turn, cartwheel xii Round off, jump 1/2 turn round off xiii Handspring






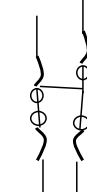




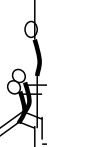


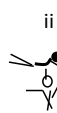

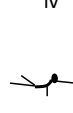

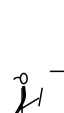

Grade 4 Men's Group			
	1	2	3
A	Base 2 in chair position supported in the lower back by the feet of Base 1. Top in a counter balanced stand with 1 arm support. 3rd man in stand in hands of Base 1, whose arms should be vertical and not lean against the body.	Base 2 in chair position supported in the lower back by the feet of Base 1. Top in a counter balance stand with 1 arm support. 3rd man in stand in hands of Base 1 on long arm hold. Base 1 arms should be vertical and not lean against the body. Top and 3rd man are interchangeable.	Base 2 in chair position supported in the lower back by the feet of Base 1. 3rd man in a handstand on the knees of Base 2. Top in lever on hands of Base 1 on long arm hold. Top and 3rd man are interchangeable.
B	Base 1 and 2 stand alongside each other with the 3rd man standing on their shoulders, one foot on each Base. The Bases support the 3rd man with one hand and use the free hands to support the Top in handstand on the floor.	Base 1 and 3rd man perform stand on knees. Base 2 stands in front of 3rd man who supports Base 2 wrists. Top in lever on straight arms of Base 2.	(i) Base 1 with Base 2 standing supported on thighs and 3rd man standing freely on shoulders. Top in handstand on the floor supported by 3rd man whose arms should be straight. (ii) Base 1 and 2 stand in lunge alongside each other supporting the 3rd man who stands on their thighs. Top stands on shoulders of 3rd man.
C	Two pairs simultaneously or in immediate succession perform the same or different skills. (i) Base lying on the floor with knees bent and feet on the floor. Top stands on bent arm support of Base. (ii) Top in lever on hands of Base. (iii) Top stands on Base's shoulders, whilst Base is standing. Base supports the Top by holding the lower leg of the Top. (iv) Supported tuck/pike front salto dismount from standing on shoulders.	Two pairs simultaneously or in immediate succession perform the same or different skills. (i) Base standing, Top in lever on hands of Base. (iii) Base pitches Top for a straight jump. (iii) Base pitches the Top for a straight jump dismount.	Two pairs simultaneously or in immediate succession perform the same or different skills. (i) Base lying, Top in stand in long arm of Base. (ii) Base lying, Top handstands on bent arm support of Base. (iii) Base pitches the Top to catch in hands of Base.
D	Two Tops in immediate succession perform the same skill. Top is thrown for a tuck back salto dismount by Base 1 and Base 2.	From 3-man platform Top is pitched for a straight jump dismount.	From 3-man platform, Top in straight jump to re-catch on platform.
E	Two Tops in immediate succession perform the same skill. Base 1 and Base 2 throw Top for a straight jump dismount from platform.	Two Tops in immediate succession perform the same skill. From platform, Top is thrown for a straight jump with 180° twist dismount.	Two Tops in immediate succession perform the same skill. From platform, Top is thrown for tuck back or forward salto dismount.
Flex	(i) (ii) & (iii) Walkovers and valdez can be performed either by passing through straight handstand (legs together) or through split handstand at the midpoint. In all cases the legs should show 180° split with straight legs at some point. (iv) The 360° rotation should be finished before landing, which may be to back support or to sitting.	(v) Change of the legs should be with both legs moving and should occur at the height of the element. (vi) & (vii) The 1 arm walkover should be straight and controlled with the body square to the direction of travel.	(viii) & (ix) The foot must go through the arms rather than sliding to splits. (x) Jump to splits must show a clear 360° jump and the legs move simultaneously to splits. (xi) valdez on 1 arm can be performed either by passing through straight handstand or through split handstand at the midpoint.
Stand	(iv) In headstand the weight should be distributed evenly between the hands and the front of the head. The line of the body and legs should be vertical however the legs position is optional. (v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.	(iv) Handstand must hold for a moment before the rotation begins and should finish before the exit phase. (v) The lifted leg should be straight and in line with the facing direction of the body.	(vi) Handstand should be held for a moment before the 360° rotation and held for a moment of stillness at the end of the rotation. (vii) Chest may be performed with forearms or hands on the floor. The leg position is optional.
Agility / Tumble	(i) Handstand must hold for a moment following the roll. (ii) Flic may come from another element or from standing. (iii) Dive roll must show good flight and roll smoothly to finish. (iv) & (v) The tumble should be smooth and continuous without additional steps. (vi) Element should show flight and a controlled landing.	(vii) Element should show flight and a controlled landing. (viii) Flic may come from another element or from standing. (ix) Element should show flight and a controlled landing. (x) The tumble should be smooth and continuous without additional steps.	(xi) (xii) (xiii) (xiv) (xv) & (xvi) All elements should show flight and a controlled landing. (xiii) In the hecht dive roll an open (swallow) position must be shown in flight.

Grade 4 Men's Group			
	1	2	3
A			
B			 i  ii
C	 i  ii  iii  iv	 i  ii  iii	 i  ii  iii
D	 1+1		 d
E	 1+1	 1+1 180°	 1+1 4/4 back or front salto
Flex	i Backward walkover ii Forward walkover iii Valdez iv Healy turn	v Change leg walkover vi One hand forward walkover vii One hand back walkover	viii Back walkover to any splits ix Forward elbow walkover to any splits x 360° jump to splits xi One hand valdez
Stand	i Headstand 2" ii Half lever 2" iii Straddle lever 2"	iv Handstand 180° turn v Wine glass 2"	vi Handstand 360° turn vii Chest balance
Agility / Tumble	i Backward roll to handstand ii flic walkout iii Dive Roll iv Round off, jump 1/2 turn, cartwheel v Round off, jump 1/2 turn round off vi Handspring	vii Headspring to stand viii Fick to knee ix Fly spring x Round off, flic	xi Free cartwheel xii Headspring 180° turn to front support xiii Hecht jump roll xiv 2 handsprings xv Round off 2 flics xvi Handspring to one, round off flic

Grade 5 Men's Group Balance

A	As an alternative to one pyramid a single pair element may be selected from the Grade 5 Pairs Table provided it is performed by two pairs simultaneously or in immediate succession. The pair elements performed must be identical and will receive the same difficulty as in Grade 5 pairs although the difficulty is given for each pair.		
B	One pyramid may be performed from the Base positions shown. All Top positions are on straight arms of the Base or Bases. In the case of position (iv) the highest valued Top position is the given difficulty of the balance.		
C	Value 3	Value 4	Value 5
	<p>(i) Base 1 and Base 2 in bridge, 3rd man standing freely on thighs of Bases, one foot on each Base. Top standing on supported shoulders of 3rd man.</p> <p>(ii) Base 1 and Base 2 in back support, 3rd mans standing freely on thighs of Bases, one foot on each Base. Top standing supported on shoulders of 3rd man.</p> <p>(iii) Base 1 and Base 2 standing facing each other. 3rd man in shoulder stand on straight arms of Base 1 holding the wrists of Base 2. Top in handstand on straight arms of Base 2.</p>	<p>(iv) Base 1 and Base 2 standing side by side with 3rd man in supported chair position with one foot on each shoulder. Top standing supported on knees of 3rd man.</p> <p>(v) Base 1 and Base 2 standing side by side with 3rd man standing supported on their shoulders with one foot on each shoulder. Top standing supported on shoulders of 3rd man.</p>	<p>(vi) Base 1 and Base 2 stand facing each other and 3rd Man stands in hands of Base 1 and Base 2. Top in short arm hold or head of 3rd man.</p> <p>(vii) Base 1 and Base 2 stand side by side and 3rd man stands supported on shoulders of Base 1 and Base 2. Top in short arm hold or head of 3rd man.</p> <p>(viii) Base 1 and Base 2 lunge side by side 3rd man stands supported on thighs of the Bases, one foot on each thigh. Top in long arm hold or head of 3rd man.</p>
D	Any Category 3, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 4 values.	Any Category 3, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 7 values.	Any Category 3, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 10 values and a MAXIMUM of 16 values.
TOP	<p>(i) Lever on arms or head</p> <p>(ii) Crocodile on arms or head</p>	<p>(iii) Handstand on arms or head</p> <p>(iv) One arm crocodile on arm or head</p>	<p>(v) Straddle up to handstand</p> <p>(vi) One arm handstand on arm or head.</p>
<p>Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty.</p> <p>Minimum difficulty 1 and maximum difficulty 10.</p>			

Grade 5 Men's Group Balance

A	As an alternative to one pyramid a single pair element may be selected from the Grade 5 Pairs Table provided it is performed by two pairs simultaneously or in immediate succession. The pair elements performed must be identical and will receive the same difficulty as in Grade 5 pairs although the difficulty is given for each pair.			
B	<div><div><div>i</div><div>ii</div><div>iii</div><div>iv</div><div>v</div></div><div></div><div>Category 2</div></div>			
C	Value 3	Value 4	Value 5	
	Category 1	Category 1	Category 1	
	<div><div>i</div><div>ii</div><div>iii</div></div> <div></div>	<div><div>iv</div><div>v</div></div> <div></div>	<div><div>vi</div><div>vii</div><div>viii</div></div> <div>Top can be on arms or head</div> <div></div>	
	Category 3, 4, 5 or 6	Category 3, 4, 5 or 6	Category 3, 4, 5 or 6	
Any Category 3, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 4 values.	Any Category 3, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 7 values.	Any Category 3, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 10 values and a MAXIMUM of 16 values.		
D	Value 1	Value 2	Value 3	Va
	<div><div>i</div><div>ii</div></div> <div></div> <div>On arms or head On arms or head</div>	<div><div>iii</div><div>iv</div></div> <div></div> <div>On arms or head On head</div>	<div><div>v 3°</div></div> <div></div> <div>On arms or head</div>	<div><div>vi</div></div> <div></div> <div>On head</div>
Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 10.				

Grade 5 Men's Group Dynamic			
	1	2	3
A	<p>(i) & (ii) From 2-man platform or pitch, Two Tops are thrown for tuck back salto dismount in immediate succession perform the same</p> <p>(iii) & (iv) From 3-man platform or pitch, Top is thrown for tuck back salto dismount.</p>	<p>(i) & (ii) From 2-man platform or pitch, Two Tops are thrown for pike back salto dismount in immediate succession perform the same</p> <p>(iii) & (iv) From 3-man platform or pitch, Top is thrown for pike back salto dismount.</p>	<p>(i) & (ii) From 2-man platform or pitch, Two Tops are thrown for straight back salto dismount in immediate succession perform the same</p> <p>(iii) & (iv) From 3-man platform or pitch, Top is thrown for straight back salto dismount.</p>
B	<p>(i) (ii) & (iii) From 3-man platform, Top in 3/4 front salto tucked, piked or straight to catch in horizontal cradle</p>	<p>(i) From foot pitch Top is thrown for a straight jump to catch on the platform of the other two Bases.</p> <p>(ii) & (iii) From stand in hands of a single Base. Top is thrown for a straight jump to catch on the platform of the other two Bases.</p>	<p>From 2-man platform, Top in straight jump forwards or backwards to land in hands of other Base.</p>
C	<p>From 3-man platform Top is thrown for a straight jump dismount.</p>	<p>From 2-man platform Top is thrown for a straight jump to catch.</p>	<p>From 2-man platform Top is thrown for a straight jump to catch with a change Base.</p>
D	<p>From 2-man platform or pitch, Two Tops are thrown for tuck front salto dismount in immediate succession.</p>	<p>(i) & (ii) From 2 or 3-man platform or pitch, Top is thrown for a 3/4 tuck, pike or straight front or back salto to catch in cradle rebound 360° or 720° log.</p>	<p>(i) & (ii) From 2 or 3-man platform or pitch, Top is thrown for a 5/4 tuck, pike or straight back salto to catch in cradle rebound 3/4 tuck or pike salto to floor.</p>
E	<p>2/4 turntable, which may be assisted by the 4th performer. This should be above head height of the Bases.</p>	<p>(i) & (ii) 3 partners working. From stand on platform or from foot pitch the Top is pitched for a front or back 2/4 salto to catch in short arm handstand (courbette). No change of Base from the platform or pitch to the catch.</p>	<p>(i) & (ii) 3 partners working. From stand on platform or from foot pitch the Top is pitched for a front 2/4 salto to catch in short arm handstand (courbette) with change Base from the platform or pitch to the catch.</p>
	<p>Three Tumbling elements, minimum of value 1, from the FIG Tables of Difficulty MUST be included although will not count towards difficulty.</p> <p>Minimum difficulty 1 and maximum difficulty 12.</p> <p>N.B. A salto MUST be included and performed by all partners.</p>		

Grade 5 Men's Group Dynamic

	1	2	3
A	<p>1+1</p> <p>4/4 back salto</p>	<p>1+1</p> <p>4/4 back salto</p>	<p>1+1</p> <p>4/4 back salto</p>
B	<p>3/4 front salto</p>	<p>0/4 front or back salto</p>	<p>0/4 front or back salto</p>
C	<p>0/4 front or back</p>	<p>0/4 front or back</p>	<p>0/4 front or back with change Base</p>
D	<p>1+1</p> <p>4/4 front salto</p>	<p>3/4 front or back salto with rebound 360 or 720 log</p>	<p>5/4 back salto with rebound 3/4 back salto to floor</p>
E	<p>2/4 turntable</p>	<p>2/4 front or back salto No Change Base</p>	<p>2/4 front salto Change Base</p>
<p>Three Tumbling elements, minimum of value 1, from the FIG Tables of Difficulty MUST be included although will not count towards difficulty. Minimum difficulty 1 and maximum difficulty 12. N.B. A salto MUST be included and performed by all partners.</p>			

IDP Men's Groups Balance

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the following rules also apply to IDP.

All Group Balance elements are taken from the FIG ToD.

Definition of an element for IDP Balance:

- Static position of the Top + Base Position
- Static position of the Top and/or Middle + Base position
- Motion of the Top and/or Middle + Static position of the Top and/or Middle + Base position
- Start position of the Top + Transition of the base(s) + Final position of the Top + new Base position
- Start position of the Top + Motion of the Top + Transition of the base(s) + Final position of the Top + new Base position
- Mount + Final position of the Top+ Base position

Any static element from the FIG ToD with maximum value 25

No minimum difficulty required

Maximum difficulty of the sum of all elements performed equals 70

Groups may perform up to 10 values more than the maximum difficulty mark. If they exceed 10 values a penalty of 1.0 will be applied.

**Three Category 1 elements MUST be included one from each section (static, flexibility and agility) of the FIG Tables of Difficulty.
Minimum difficulty 1 and maximum difficulty 10.**

IDP Men's Groups Dynamic

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the following rules also apply to IDP.

All Group Dynamic elements are taken from the FIG ToD.

Any Dynamic element from the FIG ToD with maximum value 14

No minimum difficulty required

Maximum difficulty of the sum of all elements performed equals 60

Groups may perform up to 10 values more than the maximum difficulty mark. If they exceed 10 values a penalty of 1.0 will be applied.

**Three Tumbling elements, minimum of value 1, from the FIG Tables of Difficulty
MUST be included although will not count towards difficulty.
Minimum difficulty 1 and maximum difficulty 12.
N.B. A salto MUST be included and performed by all partners.**