## National Development Plan (NDP)

Range and conditioning routine



## National Development plan Range and conditioning routine

- Elements of routine
  - -How marks are calculated
  - -Correct Technique/Incorrect Technique
  - -Exercises to help improve elements
  - -Deductions



## Important information

- Those competing in the tariff/out of age competitions are NOT required to do the routine. However, it is necessary to practice ready for when it is required.
- Those competing in disability category are also not required to do the routine HOWEVER, if for example you compete in the disability category for Trampoline but not DMT or vice versa you WILL be required to do it.
- There are 10 elements which must be performed in the correct order
- In order to pass the range and conditioning test the gymnast must achieve the pass mark of 70% or more.
- <u>ALL</u> elements <u>MUST</u> be attempted. Failure to complete an element will result in the routine being stopped and no further marking is done.
- If the range and conditioning routine is not passed the gymnast will NOT be able to progress to the regional team.



## How marks are calculated

- Deductions Maximum Deduction per element is 0.5
- The total pass mark for the range and conditioning routine is 70%
- It is marked out of a total of 50
- Deductions are taken away from 50 to give you your final score. So if a gymnast gets 8.0 marks deducted their final score would be ..........
- As the final score is a percentage the absolute
   MINIMUM marks to pass is 35 (70% of 50 = 35). This
   means that maximum deductions a gymnast can get
   and scrape a pass is 15.



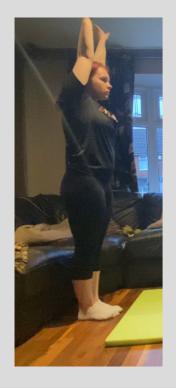
Element 1- Forward Roll to Dish Shape (SL) - (hold for 2 seconds)

- 1.0 deduction for arms in front of ears in standing position
- 1.0 deduction for not controlling speed of roll
- 1.0 deduction for knees bent in the dish shape
- 1.0 deduction for toes not pointed in the dish shape
- 1.0 deduction for not holding for required 2 seconds



## Element 1

Element 1- Forward Roll to Dish Shape (SL) - (hold for 2 seconds)









X 1.0 deduction for arms in front of ears in standing position

X 1.0 deduction for knees bent in the dish shape

1.0 deduction for toes not pointed in the dish shape

X 1.0 deduction for not holding for required 2 seconds

Total Deductions = Big Fat 0



## Element 1

Element 1- Forward Roll to Dish Shape (SL) - (hold for 2 seconds)











☑ 1.0 deduction for arms in front of ears in standing position



- ☑ 1.0 deduction for knees bent in the dish shape
- ☑ 1.0 deduction for toes not pointed in the dish shape
- ☑ 1.0 deduction for not holding for required 2 seconds
- ☑1.0 deduction for not holding for required 2 seconds

This would get 5.0 marks deducted!!!!

AND IT'S ONLY THE FIRST MOVE!!!



## Element 1-Exercises to help

Element 1- Forward Roll to Dish Shape (SL) - (hold for 2 seconds)

- Dish hold
- Rock in tuck shape to stand (without putting hands down when standing up)
- Tucked shoulder stand rock to dish (slow and controlled)
- Dish Rocks
- Around the worlds
- Leg raises
- Toe touches
- Leg raise > Toe touch (Repeat)



4 x 1 Leg Alternate V Sit (2 x left & 2 x right)

- 1.0 deduction for arms in front of ears before starting each V sit
- 1.0 deduction for knees bent
- 1.0 deduction for toes not pointed throughout
- 1.0 deduction for not touching toes
- 1.0 deduction for not returning to dish shape (legs and arms/shoulders just off the floor between each V sit)



4 x 1 Leg Alternate V Sit (2 x left & 2 x right)











1.0 deduction for arms in front of ears before starting each V sit



1.0 deduction for knees bent



1.0 deduction for toes not pointed throughout



1.0 deduction for not touching toes



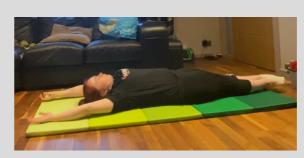
Total Deductions = Big Fat 0



4 x 1 Leg Alternate V Sit (2 x left & 2 x right)









- ☑1.0 deduction for arms in front of ears before starting each V sit
- ☑1.0 deduction for knees bent
- ☑1.0 deduction for toes not pointed throughout
- ☑1.0 deduction for not touching toes
- ☑1.0 deduction for not returning to dish shape (legs and arms/shoulders just off the floor between each V sit)

This would get 5.0 marks deducted!!!!
Thats 10 marks lost in total already on
ONLY THE SECOND ELEMENT?! you can
only lose a maximum of 15 and there is
another EIGHT moves to go yet!!





## Element 2- Exercises to help

4 x 1 Leg Alternate V Sit (2 x left & 2 x right)

- Alternate leg V-sits
- V-Sits
- Dish Hold
- Pike Fold
- Straddle fold
- Splits
- Toe touches



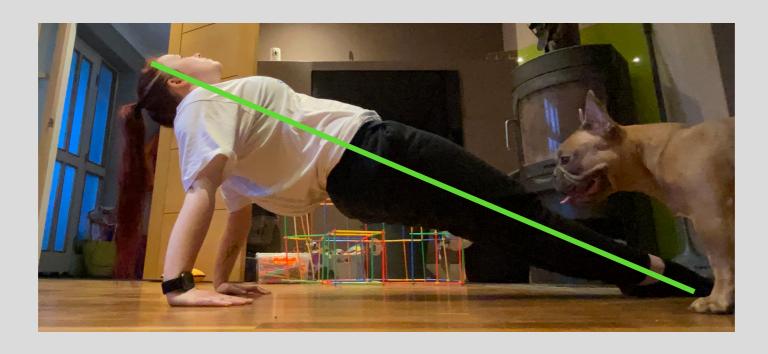
Element 3 - Back Support - (hold for 2 seconds)

- 1.0 deduction for fingers not facing forward
- 1.0 deduction for hips not in line
- 1.0 deduction for knees not straight (i.e. slight flex at the knee)
- 1.0 deduction for toes not pointed
- 1.0 deduction for not holding for required 2 seconds



### Element 3

### Element 3 - Back Support - (hold for 2 seconds)



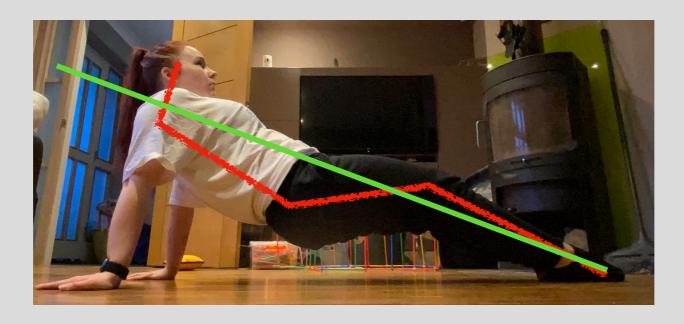
- 1.0 deduction for fingers not facing forward
- 1.0 deduction for hips not in line
- 1.0 deduction for knees not straight (i.e. slight flex at the knee)
- 1.0 deduction for toes not pointed
- 1.0 deduction for not holding for required 2 seconds





### Element 3

### Element 3- Back Support - (hold for 2 seconds)



- ☑ 1.0 deduction for fingers not facing forward
- ☑ 1.0 deduction for hips not in line
- ☑ 1.0 deduction for knees not straight (i.e. slight flex at the knee)
- ☑ 1.0 deduction for toes not pointed
- ☑ 1.0 deduction for not holding for required 2 seconds





## Element 3-Exercises to help

Element 3 - Back Support - (hold for 2 seconds)

- Back support leg raises and hold
- Back support hold
- Back support with additional weight (a book? ankle weight, something not to heavy and that won't slide off)

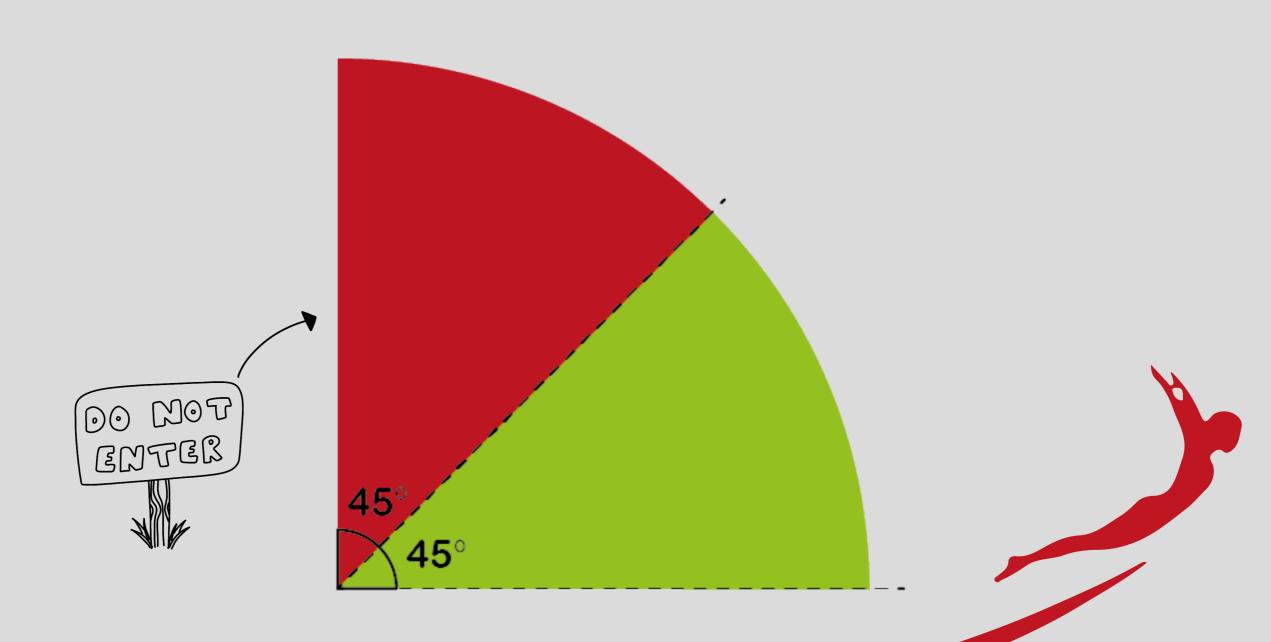


#### Straddle Fold- Hold for 2 seconds

- 1.0 deduction for legs not straight & toes not pointed
- 1.0 deduction for not keeping arms in line with torso throughout
- 1.0 deduction for chest not parallel to floor or
- 2.0 deduction for chest greater than 45° from floor
- 1.0 deduction for not holding for required 2 seconds



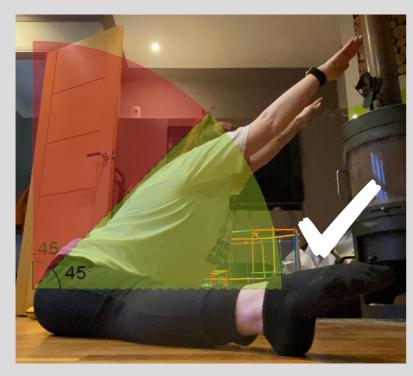
## What does it mean chest greater than 45 degrees from floor?





## Element 4- Deductions Straddle Fold- Hold for 2 seconds

1.0 Deduction for chest not flat to floor





0.0 Deduction for chest not flat to floor



1.0 deduction for legs not straight & toes not pointed



1.0 deduction for not keeping arms in line with torso throughout



1.0 deduction for chest not parallel to floor or



2.0 deduction for chest greater than 45° from floor



1.0 deduction for not holding for required 2 seconds



#### Straddle fold- Hold for 2 seconds

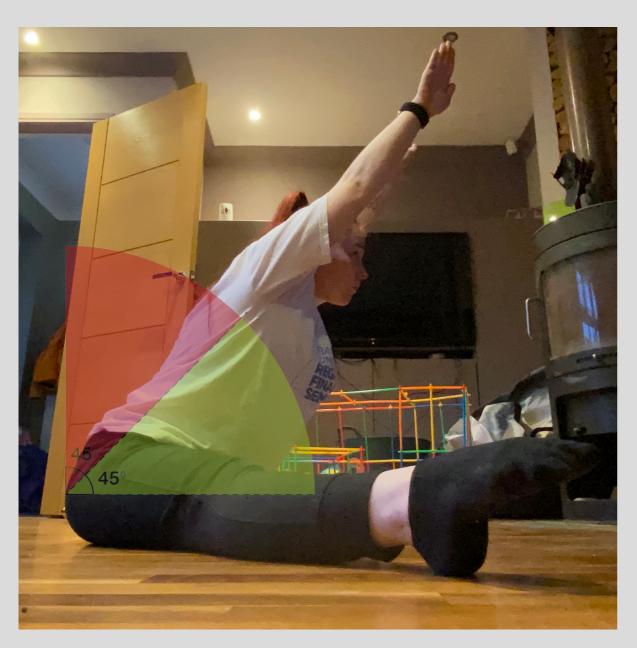




- 1.0 deduction for legs not straight & toes not pointed
- 1.0 deduction for not keeping arms in line with torso throughout
- 1.0 deduction for chest not parallel to floor or
- 2.0 deduction for chest greater than 45° from floor
- 1.0 deduction for not holding for required 2 seconds



## What would the deduction be for this?



- 1.0 deduction for legs not straight & toes not pointed
- 1.0 deduction for not keeping arms in line with torso throughout
- 1.0 deduction for chest not parallel to floor or
- 2.0 deduction for chest greater than 45° from floor
- 1.0 deduction for not holding for required 2 seconds



## Which one of these may get a 1.0 deduction and why?



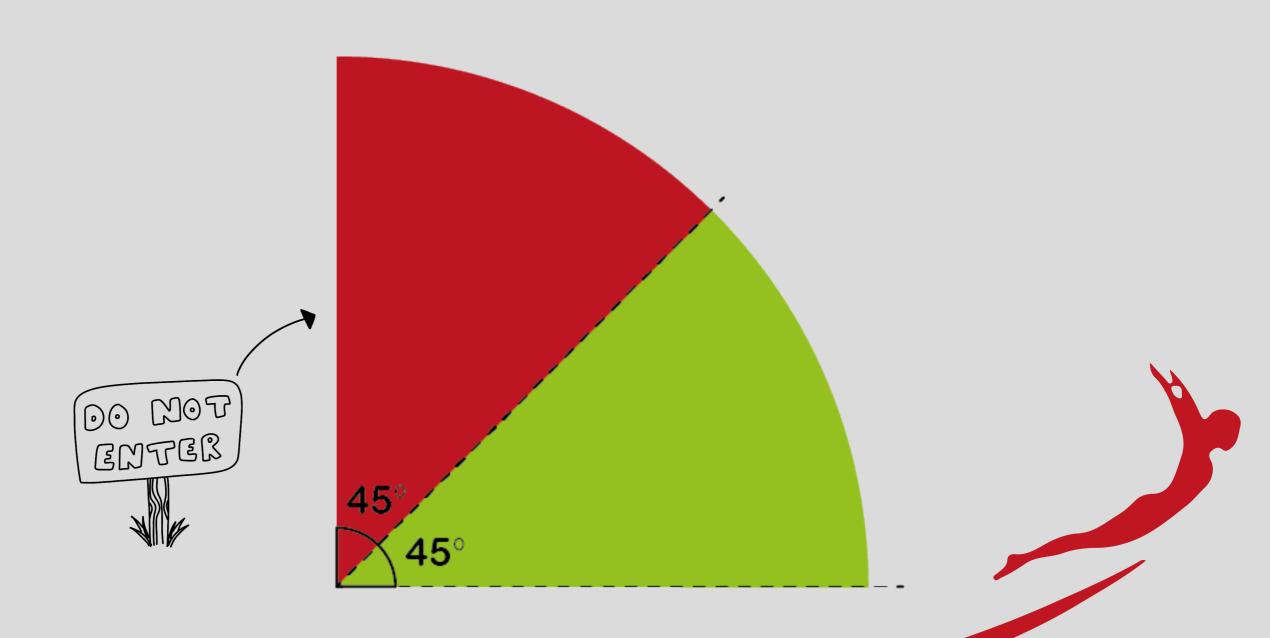




- 1.0 deduction for legs not straight (i.e. slight flex at the knee)
- 1.0 deduction for toes not pointed
- 1.0 deduction for chest not pressing on thighs or
- 2.0 deduction for chest greater than 45° from thighs
- 1.0 deduction for not holding for required 2 seconds



## What does it mean chest greater than 45 degrees from thighs?

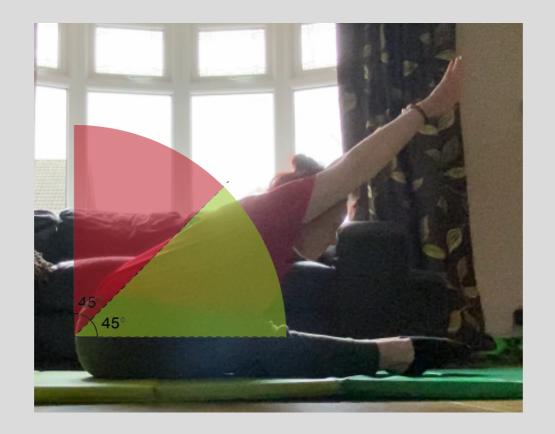






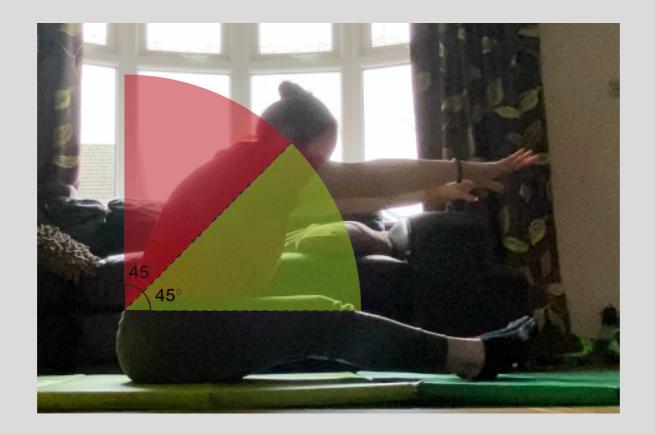
- 1.0 deduction for legs not straight (i.e. slight flex at the knee)
- 1.0 deduction for toes not pointed
- 1.0 deduction for chest not pressing on thighs or
- 2.0 deduction for chest greater than 45° from thighs
- 1.0 deduction for not holding for required 2 seconds





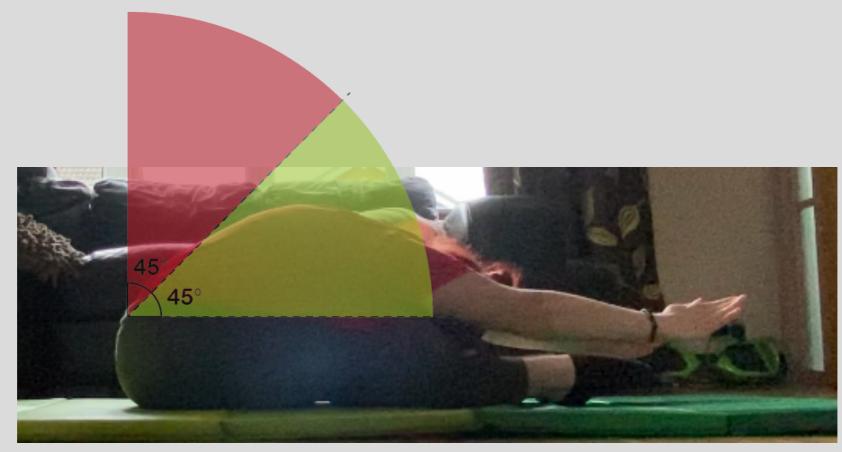
- 1.0 deduction for legs not straight (i.e. slight flex at the knee)
- 1.0 deduction for toes not pointed
- 1.0 deduction for chest not pressing on thighs or
- 2.0 deduction for chest greater than 45° from thighs
- 1.0 deduction for not holding for required 2 seconds





- 1.0 deduction for legs not straight (i.e. slight flex at the knee)
- 1.0 deduction for toes not pointed
- 1.0 deduction for chest not pressing on thighs or
- 2.0 deduction for chest greater than 45° from thighs
- 1.0 deduction for not holding for required 2 seconds





- 1.0 deduction for legs not straight (i.e. slight flex at the knee)
- 1.0 deduction for toes not pointed
- 1.0 deduction for chest not pressing on thighs or
- 2.0 deduction for chest greater than 45° from thighs
- 1.0 deduction for not holding for required 2 seconds

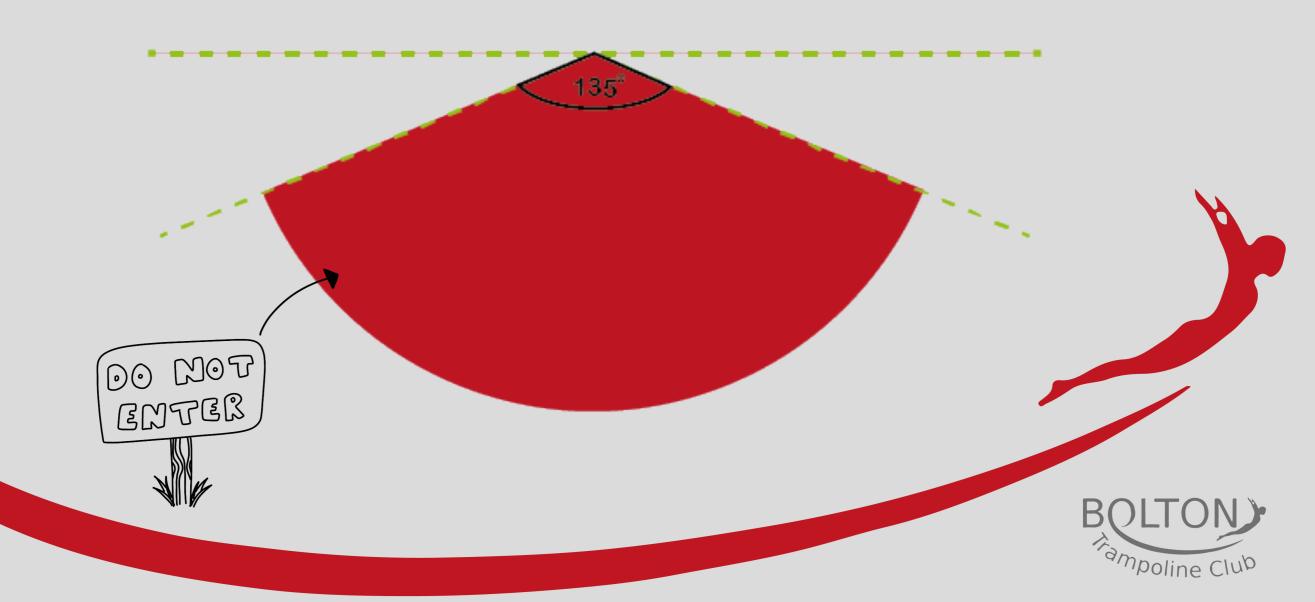


### Left and Right leg splits

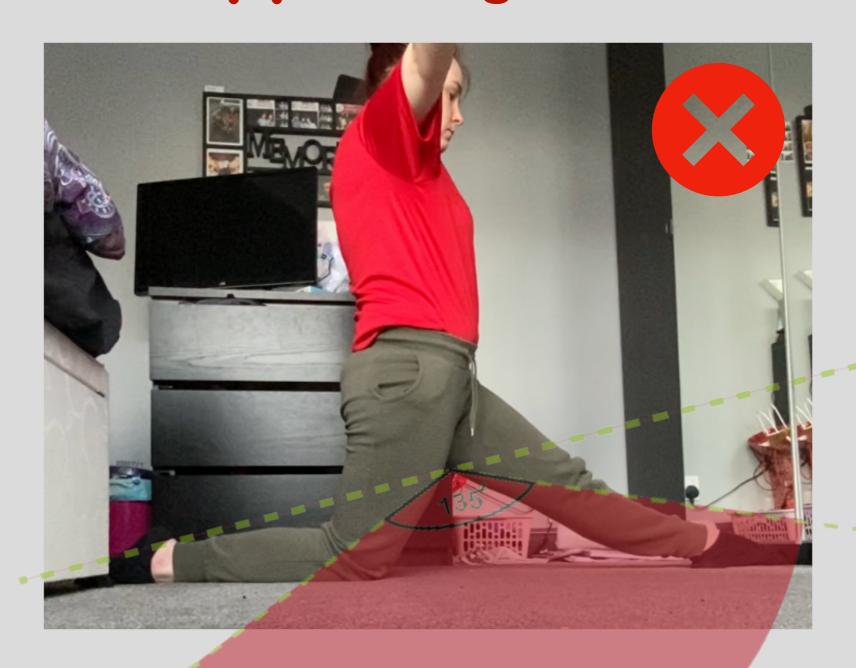
- 1.0 deduction for legs not straight at the knee.
- 1.0 deduction for toes not pointed
- 1.0 deduction for not being flat with the floor in each split
- 1.0 deduction for arms not straight and to the sides or fwd/back.
- 1.0 deduction for hips not square with legs
- 5.0 deduction for angle between upper legs being less than 135 degrees in either/both splits (this is the maximum deduction)



## What does it mean 135 degrees between tops of legs?



# What does it mean 135 degrees between upper legs?





### Left and Right leg splits

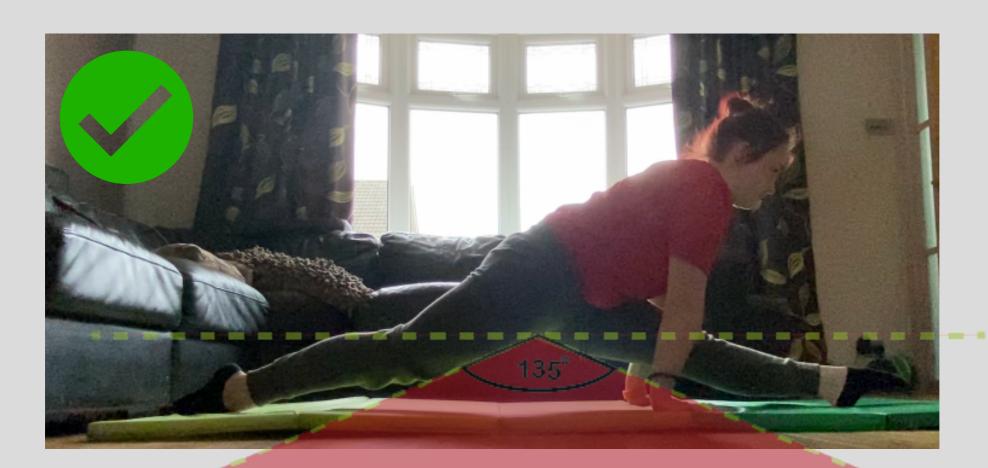
- 1.0 deduction for legs not straight at the knee.
- 1.0 deduction for toes not pointed
- 1.0 deduction for not being flat with the floor in each split
- 1.0 deduction for arms not straight and to the sides or fwd/back.
- 1.0 deduction for hips not square with legs
- 5.0 deduction for angle between upper legs being less than 135 degrees in either/both splits (this is the maximum deduction)

#### 5.0 Deductions





# What does it mean 135 degrees between upper legs?





## Left and Right leg splits

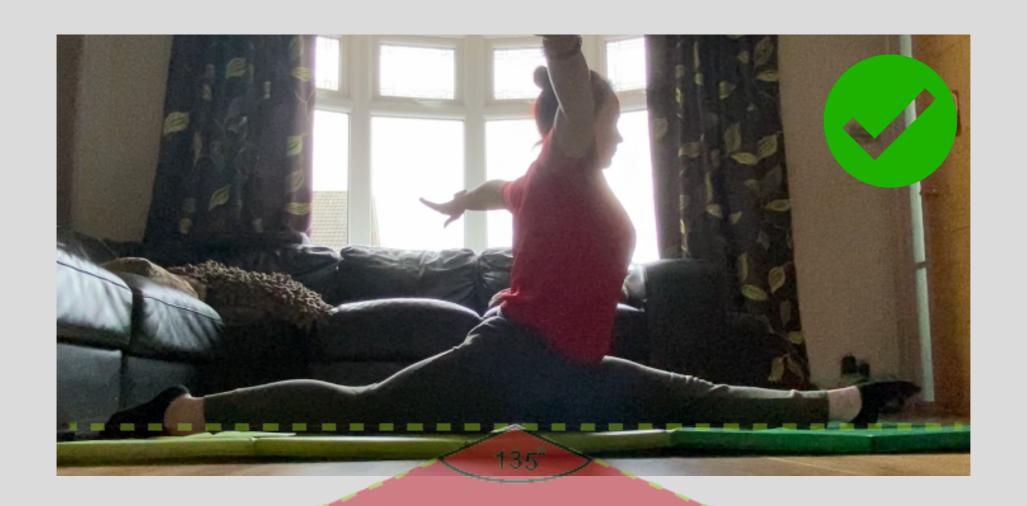
- 1.0 deduction for legs not straight at the knee.
- 1.0 deduction for toes not pointed
- 1.0 deduction for not being flat with the floor in each split
- 1.0 deduction for arms not straight and to the sides or fwd/back.
- 1.0 deduction for hips not square with legs
- 5.0 deduction for angle between upper legs being less than 135 degrees in either/both splits (this is the maximum deduction)

#### 1.0 Deductions





# What does it mean 135 degrees between upper legs?

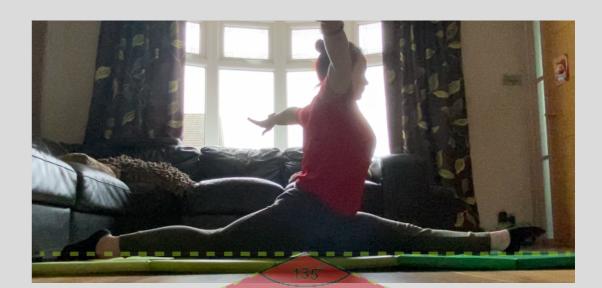




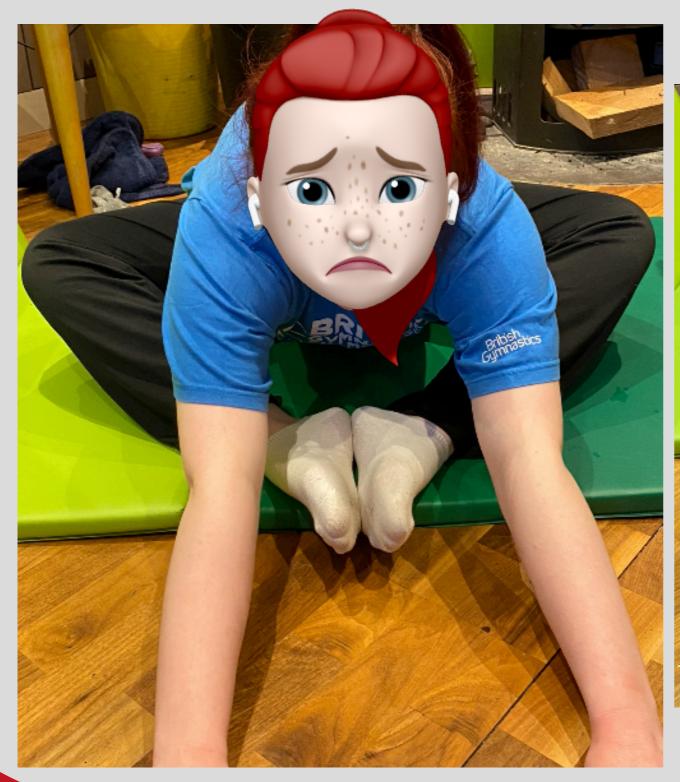
## Left and Right leg splits

- 1.0 deduction for legs not straight at the knee.
- 1.0 deduction for toes not pointed
- 1.0 deduction for not being flat with the floor in each split
- 1.0 deduction for arms not straight and to the sides or fwd/back.
- 1.0 deduction for hips not square with legs
- 5.0 deduction for angle between upper legs being less than 135 degrees in either/both splits (this is the maximum deduction)

#### 0.0 Deductions







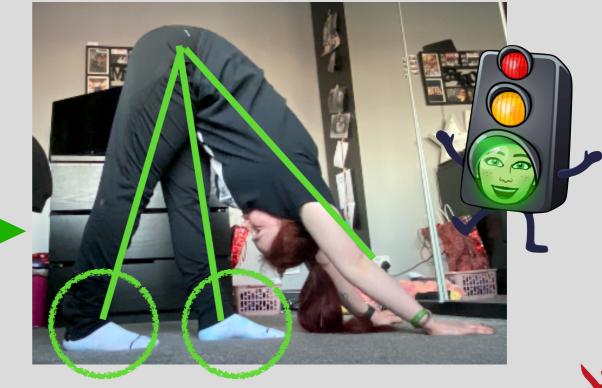




### Stretches to improve pike/straddle fold/splits

Squeeze front leg for 10 seconds then relax for 5 (stay in position) x3 each leg

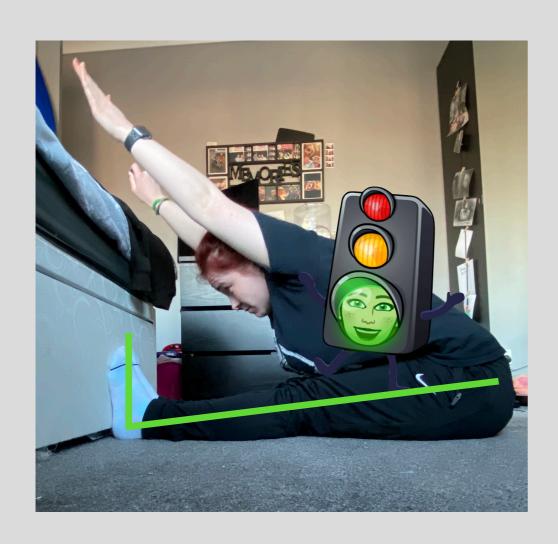








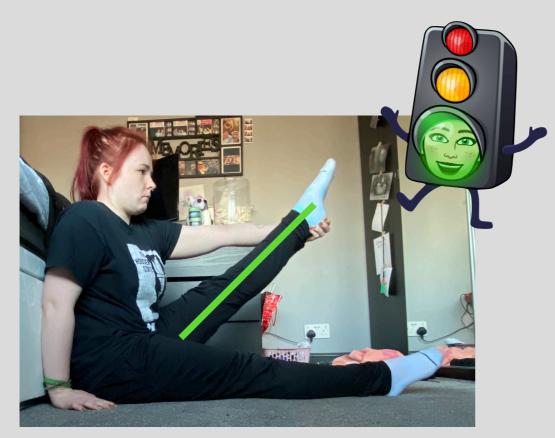
## Stretches to improve pike/straddle fold/splits 30 seconds hold relax for 5 seconds repeat x3







## Stretches to improve pike/straddle fold/splits 30 seconds hold relax for 5 seconds repeat x2 (each leg)





If this is easy try it like this





