R&C Information – February 2018 NDP

Note that ALL gymnasts that achieve the Q score at any of the competitions (October 2017, January 2018, February 2018) can enter the 18th March Regional NDP Compulsory Finals (used to be called the Regional Semi-Finals).  They do not need to have done nor passed Range and Conditioning to do so.

R&C will be running at the February 25th 2018 NDP competition in Brentwood.

Notes :-

* R&C applies only to NDP grades. TPD and CLB grades do not need to do R&C
* R&C must be done in competition attire
* The top **4** gymnasts hitting the Q score at the February competition are eligible to do R&C at this competition – but only if not already done and passed (70%) at the January competition
* These gymnasts should make their way to the R&C area after their group has finished
* The Q score is 46 (without bonuses) for trampolining and varies for each DMT grade.  A gymnast only needs to qualify for R&C once, so if they qualify in both TRA and DMT only do R&C for one of them

The individual scores for R&C are in the XLS results that are emailed out immediately after the competition finishes and are also published on the trampoline-east website.

<http://trampoline-east.org/competitions/competitions-2018/>

R&C at later competitions

At the 18th March Regional NDP Compulsory Finals at Cambridge the top **5** getting the Q+ score will be eligible to do R&C. But, again, only needs to be done if you haven’t previously passed it.

The Q+ score is 48 (without bonuses) for trampolining and varies for each DMT grade.