R&C Information – January 2019 NDP

R&C will be running at the January 2019 NDP competition. Note that doing it, even if you meet the criteria below, is voluntary. If you’re not ready for it, you can leave it until a later competition in the season. The latest it can be done though, if you want to be part of the regional team, is the March regional compulsory final.

Capacity for the R&C panel at this competition only allows for the top 3 gymnasts in each group who achieve the qualifying (Q) score to be allowed to do R&C.   There is no capacity to allow any more from Sunday's competition nor any from last October’s NDP comp.

These gymnasts should make their way to the R&C area after their group has finished. (Note that the R&C area is not in the main hall but will be in a separate room, location TBD)

The Q score is 46 (including any bonuses) for trampolining and varies for each DMT routine.  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.

After you have completed your R&C routine and it has been judged and entered into the computer, ask the recorder for the judges scoresheets if you want to see how you did on individual moves. Note that the individual scores are also in the XLS results that are emailed out immediately after the competition finishes.

R&C at later competitions in the season

R&C will be run again for the top 4 with Q score at the February Brentwood (TRI only) competition but if someone has already done and passed (70%) R&C in January then there is no need to do it again.

At the March Regional NDP Compulsory Finals the top 5 with the Q+ score of 48 or more will be eligible for R&C, but again, you only need to do it if you haven’t already passed it this season.  (Please check DMT National Development Plan for DMT Q+ scores)

Note that gymnasts that achieve the Q score at any of the competitions can enter the March NDP Regional Compulsory Finals.  They do not need to have done nor passed Range and Conditioning to do so – just do it at the March competition if you come in the top-5 there.

A gymnast must achieve a 70% pass mark for the range & conditioning to proceed to the ranking list to be eligible to qualify for the NDP Regional Team Final