Range and Conditioning (R&C) Information – March 2019 NDP Regional Compulsory Final - Hatfield

To select two East Team members and two reserves it is sometimes necessary to call upon competitors finishing 5th at Compulsory Finals (as not all in the top 4 might have achieved a Range and Conditioning score of 70 or more.)

At Regional Compulsory Finals, tie breaks are settled first by reference to the gymnasts’ Range and Condition scores then, if necessary, by reference to Execution scores and HD scores (trampoline only.)  As top-5 tie breaks affects medals and selection for the East Regional Team we need to ensure a robust, fair process.

Note that team places are only available for NDP levels, not for Club levels.  And gymnasts can only be on the team at NDP 1-5 if they are at least 9 years old by year end.  At NDP 6 (both TRA and DMT) and FIG Development DMT the gymnast must be at least 11 years old by year end.  Anyone not meeting these criteria does not need to do R&C.

**At Regional Compulsory Finals (Hatfield, March 17th) please observe the following protocol concerning Range and Conditioning (R+ C) assessment:**

1.  Any gymnast outside the top-5 then do NOT GO to Range and Conditioning.

2.  Any gymnast in the top 5 who is not involved in a tie and who already has an R+C score (from Colchester or Brentwood) of 70 or greater should NOT GO to Range and Conditioning.

3.  Any gymnast in the top 5 who achieves the Q+ score (see below) and does not yet have an R+C score or whose previous score is 69 or less should GO to Range and Conditioning Assessment.

4.  Any gymnast with the Q+ score and who is involved in a total marks tie in the first 5 places should GO to Range and Conditioning irrespective of whether or not they have a prior R+C score. (This is necessary to ensure that their final placings, medals and/or East Team places are correctly allocated based on R+C scores achieved via the same Range and Conditioning panel contemporaneously.)

Gymnasts needing to go to R+C assessment should do so as soon as possible after their event and before presentations (if in the morning session then you can do R&C after the presentations as long as it’s not a tie-break for a medal requirement).

We expect very few ties in the top 5 places but these might delay final results and presentations a little.  (Ties at 6th place and below will be tie-broken based on existing data and need not involve those gymnasts in further R+C assessment.)

The 2019 R&C criteria and scoring sheet, which was updated in July 2018, can be found here:

<https://www.british-gymnastics.org/technical-information/discipline-updates/trampoline/9685-judging-score-sheet-range-and-conditioning-tra-dmt-july-2018-1/file>

Q+ for TRA DIS = 42

Q+ = 48 for all regional TRA levels (including any bonus at NDP 5)

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| DMT level | NDP 1 | NDP 2 | NDP 3 | NDP 4 | NDP 5 | NDP 6 | FIG DEV |
| **Q+** | 110.7 | 111.7 | 112.9 | 114.1 | 114.3 | 115.1 | 118.2 |