Range and Conditioning (R&C) Information – February 2020 NDP - Wisbech

Generic Notes and Eligibility

Note that all gymnasts achieving the Q score at any of this season’s competitions can enter the March NDP Regional Compulsory Finals.  R&C just needs to be passed once, each season, at any of the competitions up to and including the March competition itself.

R&C can be re-attempted at the next competition if it is not passed.

An R&C 70% pass mark is required to be eligible to be considered for the NDP Individual and Regional Team Final.

Note that R&C is only for TRA and DMT NDP1 and above.  CLB grades and TPD  (Disability) do not do R&C. There are some further restrictions for TRA :-

* For NDP 1-4 TRA you must be 9 by 31.12.2020 but no older than 17 - No R&C for any U9s nor for those who are 18+
* For NDP 5 TRA you must be 9 by 31.12.2020 but no older than 21 - No R&C for any U9s nor for those who are 22+
* For NDP 6 TRA you must be 11 by 31.12.2020 but no older than 21 - No R&C for any U11s nor for those who are 22+

For DMT there are minimum ages but no maximum ages.

* For NDP 1-4 DMT you must be 9 by 31.12.2020 - No R&C for any U9s
* For NDP 5 DMT you must be 13 by 31.12.2020 - No R&C for any U13s
* For FIG Development DMT you must be 11 by 31.12.2020 – No R&C for U11s at this level.

This Competition

R&C will be running at the February 2020 NDP competition.   Note that doing it, even if you meet the qualification score/position criteria below, is voluntary.  If you’re not ready for it, you can leave it until the March competition but that is the last time you can do it if you want to progress further as part of the regional team.

For this competition we would like to invite the top **5** gymnasts in each group who achieve the qualifying (Q) score to do R&C.

These gymnasts should make their way to the R&C area after their group has finished and presentations have been made – presentations will be done by the chair immediately after the group finishes.   The R&C area will be in a separate hall.

The Q score is 46 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 they only need to do R&C once.

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 after the competition.

R&C at later competitions in the season

At the March Regional NDP Compulsory Final the top 5 with the Q+ score of 48 or more need to have passed R&C in order to be eligible to be considered for the East Regional Team at June’s NDP Individual and Regional Team Finals .  (Please check DMT National Development Plan for DMT Q+ scores)