

R&C Information – January 2018 NDP

R&C will be running at the January 14th 2018 NDP competition.

Capacity for the R&C panel only allows 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)

The Q score is 46 (without 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 routine and it has been judged and entered into the computer, ask the recorder for the judges scoresheets so you can see how you did on all the moves. The individual scores are also in the XLS results that are emailed out immediately after the competition finishes.

R&C at later competitions

R&C will be run again for the top 4 with Q score at the 25th February Brentwood (TRI only) competition but if someone has already done and passed (70%) R&C in January then don't do it again.

At the 18th March Regional NDP Compulsory Finals at Cambridge the top 5 with Q score will be eligible, but again, only do it if you haven't previously done it.

Note that gymnasts that achieve the Q score at any of the competitions (October 2017, January 2018, February 2018) can enter the March Regional NDP 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.