Range and Conditioning (R&C) Information – February 2019 NDP - Brentwood

Generic Eligibility

* R&C is only for TRA and DMT NDP1 and above. CLB grades and TPD do not do R&C.
* For NDP1-5 you must be 9 by 31.12.2019 - No R&C for any U9’s
* For NDP6 or FIG you must be 11 by 31.12.2019 – No R&C for U11’s at these levels

Note that all gymnasts achieving the Q score at any of this season’s competitions can enter the March NDP Regional Compulsory Finals.  They do not need to have attempted or passed R&C to do so – it can be done at the March competition itself.

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

This Competition

R&C will be running at the February 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 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 the top **4** gymnasts in each group who achieve the qualifying (Q) score to do R&C. However, if you already passed R&C at the January competition there is no need to do it again. A pass is a pass, there is no point in trying to improve your score.

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 the main hall.

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 they only need to 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 judge’s 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. (Please check DMT National Development Plan for DMT Q+ scores)

If you have already done R&C at an earlier competition and passed it then there is no need to do it again in March **unless** in March you are involved in a tie-break for a top-5 place. Because R&C results are specified by BG as the primary tie-break criterion at this competition then anyone involved in a top-5 tie-break **will** need to do R&C again so that the scores used are from the same panel of judges contemporaneously.

(Note that R&C is only used as the primary tie-break for the Regional NDP Compulsory Final. In all other competitions the tie-break is done using scores achieved for the TRA/DMT routine itself, execution score being the primary. Don’t ask me why, ask BG)