Range and Conditioning (R&C) Information – March 2020 NDP

March 2020 Competition Specifics

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 as soon as their group has finished. There will be 2 panels available. As tie-breakers for medals and team places might depend on R+C scores it is vital that gymnasts go to the correct panel.

* Panel 1 will be for 9-10 and 11-12 age groups, both DMT and Trampoline
* Panel 2 will be for 13 and older age groups, both DMT and Trampoline

Generic Notes on Requirements for R&C

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/DPD (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.

The Q+ score is 48 for Trampolining. The Q+ scores for DMT vary for each level:

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| --- | --- |
|  | Q+ |
| NDP 1 | 112.1 |
| NDP 2 | 113.5 |
| NDP 3 | 115.1 |
| NDP 4 | 115.6 |
| NDP 5 | 118.1 |
| FIG DEV 11-12 | 116.2 |
| FIG DEV 13-14 | 119.0 |
| FIG DEV 15+ | 122.4 |

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 – in that situation do R&C at the time that makes sense for you unless you are in a top 5 position tie-break; in that case you should go to R+C as soon as possible.

After you have completed your R&C routine and it has been judged and entered into the computer, ask the Chair of Panel or Recorder for your score.   The score sheets will be retained but your individual scores will be in the XLS results that are emailed out after the competition.