

# Range & Conditioning Testing

## Organising the R & C Testing

- Trial the exercises at one more of your NDP competitions. (Feedback to the Judge committee please on any issues or difficulties)
- At the Regional NDP Team Qualifier competition (March), only qualifiers to the Regional Finals need to be tested.
- Results of R & C will be added to the score sheets from that competition, (Details of how to do this will be sent to you shortly)
- R & C to be done at a suitable point after Trampoline routines for a competitor have been completed and an amount of time is given to warm up for the exercise before the test.
- It is suggested that a suitable area perhaps away from the competition would be best with Gym mats suitable for the test and warming up should be provided.
- The Test must be judged by qualified judges either Tra/DMT/Tu or if available an Artistic Judge could also do this.
- It is preferable to do the testing with two judges. Calculate the mean score (rounding to the nearest whole number)
- In the trial testing, there is no problem in showing the exercise results sheet to the gymnast after they have taken part, so that if they are not quite 'up to the mark' they know what they need to work at.
- Record the scores for the gymnast's test on the score sheet and keep the score sheet from the final Regional NDP competition to go with the full results sheets.

## The Test

- Warming up the exercise sequence before testing is acceptable and advisable.
- Only one attempt at the exercise sequence is allowed
- Transitions between exercises are not marked but should be smooth
- Not performing the exercise along a straight line is not penalised.
- Completing the exercise in the wrong order = 0.0 score for the whole exercise.
- Suitable Gymnastics clothing should be worn whilst taking part