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CANADA

WOMEN'S ARTISTIC GYMNASTICS
2017-2018 ASPIRE PROGRAM MANUAL

November, 2017

TABLE OF CONTENTS

Table of Contents 2
INTRODUCTION 3
General Regulations 4
1 Age eligibility 4
2 Modifications and Committee Responsibilities 4
3 Judging Jury 4
4 Warm up & competition format 4
5 Athlete Regulations 5
5.1 Attire/Appearance 5
5.2 General Competition regulations 5
5.3 Preparation of Equipment 5
6 Rights and Responsibilities of Coaches 5
6.1 The coach is guaranteed the right to: 5
6.2 The coach may not do the following: 6
6.3 Standing on podium in a position for gymnast safety 6
6.4 Encouragement of athlete 6
6.5 Professional Attire 6
7 Equipment Regulations 7
7.2 Equipment Set-up and Verification 7
8 Scoring 8
8.1 Crediting Elements 8
8.3 Repeated Elements 8
8.4 Advanced Difficulty Elements 8
General Table of Faults (from the JO Level 6-10) 10
Technical Direction 13
Aspire One – Vault 17
Aspire One – Bars 19
Aspire One – Beam 21
Aspire One – Floor 22
Aspire Two – Vault 24
Aspire Two – Bars 27
Aspire two – beam 30
Aspire two – floor 32

INTRODUCTION

The Canadian Aspire Program (CAP) has been established to assist in the development of young athletes as they prepare for higher level competition. The program is dedicated to mastering strong basic skills on all four events upon which to build contemporary advanced elements in the years to come. Although the athletes will not compete "compulsory" routines, their optional routines will be created from a set of indicated skills, connections and requirements listed for each event. The emphasis is on the quality, not on the quantity of the elements performed. The CAP is an excellent start for all gymnasts as they work to fulfill their potential and eventually compete in the higher levels of the Canadian Junior Olympic (JO) Program or the Canadian High Performance (HP) Program.

The Women's Program Committee (WPC) of Gymnastics Canada is responsible for the content of the Canadian Aspire Program. All questions concerning the Aspire program should be sent to dbrubaker@gymcan.org.
Illustrations: Frédéric Arsenault

The Aspire Program is a preparation program. Gymnasts can move freely between the Aspire Program and JO in the competition year as outlined in the regulations below.

The program has two levels:

ASPIRE ONE

Aspire One is an entry level program for athletes 8-10 years of age preparing for competitive streams. This category is for the beginner or less experienced athlete and focuses on the development of essential basic elements on each event. Athletes can attain top D scores by performing only the Required Elements.

ASPIRE TWO

Aspire Two is an advanced level program for athletes 10-11 years of age with the goal of entry to higher levels of competition including the National and High Performance programs. The focus remains on strong essential basic elements on all events as well as the inclusion of key advanced elements. As in any other WAG program, athletes are expected to compete with stable and consistent content.

There is a set of Required Elements, which each athlete should include in their routines. Athletes capable of performing more advanced skills can increase the value of their routine by adding specific skills listed under each apparatus to a maximum difficulty value.

GENERAL REGULATIONS

1 AGE ELIGIBILITY

Age is determined by age as of December 31 in the year they are competing.

The following chart will identify eligible athletes for the years

	2017/2018	2018/2019
Aspire One (9-11)	2009, 2008, 2007	2010, 2009, 2008
Aspire Two (10-11)	2008, 2007	2009, 2008

2 MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

a) The competitions for the Aspire Program will be organized and run provincially and in inter-provincial competitions in accord with these regulations.

b) The WAG PC of Gymnastics Canada reserves the right to make changes and/or clarifications to these regulations over the course of the competition year. These clarifications will be circulated to all PTO's and program members, and will be posted on the GCG website.

3 JUDGING JURY

At Eastern/Western Canadian Championships, it is recommended to have panels of 4 judges. For all other competitions, panels of 2, 3 or 4 judges are recommended.

4 WARM UP & COMPETITION FORMAT

Provinces / Competition hosts will determine the competition and warm up which best fit their schedule. The suggested warm up for the Aspire Program is as follows:

<table>
<tr><td>General Warm up</td><td colspan="4">20 minutes: Athletes may not start the general warm-up on the warm-up or competition floor before the set time. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm-up. If it is part of the team choreography warm-up, athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.</td></tr>
<tr><td></td><td>V</td><td>UB</td><td>BB</td><td>FX</td></tr>
<tr><td rowspan="2">Canadian Warm up</td><td>2 min / athlete
Minimum 10 min</td><td>2 min / athlete
Group warm up</td><td>2 min / athlete
Individual warm up:
(May do 1:30 + 30 sec)</td><td>2 min / athlete
Group warm up
Min 5 min, max 10 min</td></tr>
<tr><td colspan="4">V: If athletes in a given rotation compete on different vault heights, coaches should determine amongst themselves the most efficient way to warm up before they approach the judges table. Considering that these athletes are inexperienced and must perform 2 different vaults / salto vault, they should be given sufficient time to warm up. If a subgroup consists of less than 5 athletes, they may have up to 10 minutes to warm up.

UB: If there are athletes with and without grips/chalk, athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each sub-group will warm up 90 sec / athlete. 90 seconds is granted for each different bar preparation.</td></tr>
<tr><td rowspan="2">FIG Warm up</td><td colspan="4">Host should plan for 2 min per athlete for the FIG warm up format.</td></tr>
<tr><td>Touch warm up:
4 vaults</td><td>Touch warm up:
30 sec / athlete for routine, 50 sec if doing bonus</td><td>Touch warm up:
30 sec / athlete</td><td>Touch warm up:
3 min</td></tr>
</table>

5 ATHLETE REGULATIONS

5.1 ATTIRE/APPEARANCE

In all Canadian Women's Artistic Gymnastics Competitions gymnasts will in general principle follow the FIG Code of Points regulations in section 2.3.2 related to attire/appearance. The following are modifications related to those regulations:

a) Hair should be secured away from the face so as not to obscure her vision of the apparatus;
b) Handguards, body bandages, and wrist wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Tape and other bandages must be white or a solid colour – with skin-tone as the preferred colour when available from the manufacturer;
c) Elastic waistbands traditionally worn as training aids are incorrect attire.

5.2 GENERAL COMPETITION REGULATIONS

a) Gymnasts are expected to remain in the competition area throughout the entire competition including awards. Gymnasts are expected to remain at their apparatus in the designated waiting area until the end of each rotation. At the end of the competition, they should continue to remain in the competition area until called to line up for the awards presentation or told to go to the awards area (if in a different location than the competition gym).
b) It is not necessary for gymnasts to ask permission to leave the competition area (i.e., go to washroom, leave designated waiting area to speak to coach, get ice from medical personnel, etc.). However, where possible, gymnasts should inform the D1 judge that she will be leaving to ensure the smooth running of the competition.

5.3 PREPARATION OF EQUIPMENT

a) During the competition, the apparatus may be prepared ahead of time but the gymnast may not warm up on the apparatus before the official time begins.
b) A coach whose athlete was on Vault may prepare the rails when the competition on UB is finished, upon permission of the D1 to ensure the previous rotation is complete.

6 RIGHTS AND RESPONSIBILITIES OF COACHES

The rights of coaches for all competitions will follow the JO Code of Points regulations. Coaches should be familiar with these regulations as follows:

6.1 THE COACH IS GUARANTEED THE RIGHT TO:

a) Assist the gymnast or team under his/her care on the podium during the warm up period on all apparatus.
b) Help the gymnast or team prepare the apparatus for competition.
   - vault to prepare the safety collar.
   - vault, uneven bars and balance beam to prepare springboard and position the supplementary landing mat.
   - uneven bars to adjust and prepare the uneven bar rails
c) Assist or advise the gymnast during the intermediate fall time period on all apparatus and between the first and second vault.
d) Be present at all apparatus to help in case of injuries or defects of the apparatus.
e) Inquire to the Competition Head Judge or D1 concerning the evaluation of the content of the exercise of the gymnast.

f) Request to the Competition Head Judge a review of the Time and Line deductions.

6.2 THE COACH MAY NOT DO THE FOLLOWING:

a) Change the height of the apparatus without permission.
b) Speak directly to any member of the judges panel about a performance during the competition other than the D1. Questions must be directed to the D1.
c) Interfere with the rights of other participants.
d) Delay the competition or display flagrant, undisciplined and abusive behaviour.

6.3 STANDING ON PODIUM IN A POSITION FOR GYMNAST SAFETY

Podium: In Canada the mats surrounding the apparatus will be considered as the "podium ". In the Aspire Program coaches are permitted to be on the podium for Vault (see specifics under Vault), Uneven Bars and Balance Beam to be prepared to spot for the safety of the gymnast. In the event that spotting occurs it will be subject to deductions as set out in the chart of deductions.

Coaches are not allowed to block the view of the judges - however there is no deduction for this offence. Judges should request that the coach move in this case.

6.4 ENCOURAGEMENT OF ATHLETE

The Canadian Program encourages the support of the coach in competition - general cheering and encouragement will be accepted. However, technical verbal cues by the coach (or teammate) to their own gymnast are not permitted (e.g. “hollow”, “tap”, “breathe”, etc.). Technical verbal cues may result in a deduction of 0.2.

6.5 PROFESSIONAL ATTIRE

In order to maintain a professional image, coaches are required to abide by the following regulations for attire while on the competition floor during warm-up and competition within the following

- appropriate training suit, excluding hats, shorts, midriff tops, ripped or torn clothing or similar;
- top: T-shirt, polo shirt or training jacket;
- appropriate indoor sport footwear.

7 EQUIPMENT REGULATIONS

7.1 APPARATUS SPECIFICATIONS

The Aspire program is developmental in nature. For this reason modifications are made to the equipment specifications:

	Equipment	
Vault	Vault table	115 cm or 125 cm
	Runway	Max 25 m
	Springboards	Adjustable springboards, and FIG Soft and FIG Hard springboards are permitted. Trampoline boards are not permitted.
	Suppl. mat (sting)	Varies by category. Aspire 1: Stacked mats at vault up to table height, 5 or 10 cm can be added on top of stack Aspire 2: Mandatory 10 cm or 15 cm
	Safety Mat (20 cm)	Aspire 2: 20 cm safety mat allowed
	Other	• Corridor Markings (lines) on landing mat not in effect for Aspire. • The Yurchenko hand mat may ONLY be used for Yurchenko type vaults. • Yurchenko collar mandatory for Yurchenko type vault - Allowed for all other vaults though preferable to be used only for Yurchenko type vaults.
Uneven Bars	Uneven Bars	HB: 250 cm LB: 170 cm Diagonal: 130 to 180 cm
	Springboards	A springboard, mounting block or 30 cm box/panel mat is permitted but must be placed on the 10 cm suppl. Mat. The springboard/box must be removed from underneath or the end of the apparatus after the mount.
	Supplementary mat (sting)	Mandatory: min 10 cm (under both rails and for dismount), up to 30 cm allowed
	Safety Mat (20 cm)	Allowed under LB and HB for entire routine
Beam	Beam	110 cm or 125 cm
	Springboards	The springboard must be placed on the landing mat or on the 10 cm suppl. mat, if mount and dismount are performed on the same side. If possible, the host will assign a mount and dismount side (as in the FIG rules– dismount is on the side with the shortest mats). The springboard must be removed from underneath or the end of the apparatus after the mount.
	Suppl. mat (sting)	Mandatory 5 or 10 cm. Supplementary mats are only available on one side of the beam only All gymnasts are expected to dismount on the same end of the beam
	Safety mat (20 cm)	Not allowed
Floor	Floor Area	12 m x 12 m
	Suppl. mat (sting)	5 or 10 cm allowed: suppl. mat must be placed at beginning of routine, and can be removed, moved or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine
	Safety Mat (20 cm)	Not allowed

7.2 EQUIPMENT SET-UP AND VERIFICATION

It is the responsibility of the local organizing committee to make available and set up the equipment in accordance to the specifications in the Aspire program. Any change to these guidelines must be communicated to the participating clubs in the Work plan.

It is the responsibility of the D1 judge, in conjunction with the CHJ and LOC to check the equipment before the beginning of the warm up for each competition session.

7.3 USE OF MAGNESIA (CHALK) AND USE OF TAPE

- Gymnasts may use chalk on Uneven Bars and to make small markings on the Balance Beam (tape markings are not allowed)
- In Canada, the spreading of magnesia on the Floor Exercise mat is not allowed; small marks are allowed for the purpose of marking the placement of a supplementary mat. No Velcro® or tape markings are allowed within the Floor Exercise area. Gymnasts are permitted to apply chalk to feet or hands.
- Use of tape or excessive chalk is not permitted on the vault table.
- On the Vault Runway, athletic tape or Velcro strips may be used in front of the vault board or hand mat and to mark a gymnast's starting point.
- The judge must issue a warning before taking a deduction if the measurement is exceeded or if the markings are not removed.

8 SCORING

The evaluation of the Aspire program is based on the Junior Olympic Code of points. Any rules not covered in this document (time, lines, etc.) should follow the JO Code of points.
All missing required elements will be deducted from the D score/Start Value.

8.1 CREDITING ELEMENTS

Generally, if an element is credited according to the criteria in the JO Code of points, it will be credited in the Aspire program.

8.2 REPEATED ELEMENTS

There is no deduction for repeating an element that is already part of the program but execution deductions will be applied.

For ex: Giant x3 prior to dismount. No deduction for adding a 3rd giant but execution deductions will be applied to the 3rd giant

On Beam – Acro series: back handspring – back handspring, Dismount back handspring – salto. The dismount is credited even if it is the 3rd back handspring.

If a Required Elements is not credited, it can always be repeated.

8.3 EVALUATION OF SERIES ON BEAM

On Beam, acro and dance series must be continuous, i.e. performed without stop, pause, wobble, pumping of knees or additional arm swing. This is more in line with FIG criteria.

8.4 ADVANCED DIFFICULTY ELEMENTS

The Bonus for skills or series will be awarded provided that the element(s) is (are) credited according to the criteria indicated. On BB, the acro series will receive bonus even if there is a fall, provided that both elements would be credited (one foot in proper position on the beam upon landing).

8.5 RANGE OF SCORES – ALLOWABLE SPAN BETWEEN JUDGES SCORES

In calculating the final score, go to 3 decimals. No rounding up.
Range of scores is the allowable difference between the counting judges' scores. The average score is used to determine the range:

If the average score is between:	The 2 counting scores must be within the range of:
9.500 – 10.000	0.20
9.000 – 9.475	0.50
8.000 – 8.975	0.70
Below 8.000	1.00

GENERAL TABLE OF FAULTS (FROM THE JO LEVEL 6-10)

Fault deducted by D & E Panel		↑0.10	↑0.20	↑0.30	More
Bent arms in support or legs • 90° bend or greater = 0.3 deduction • Max of 0.30 for arms & 0.30 for legs on any one element	each	X	X	X	
Leg and knee separation	each	X	X		
Flexed, sickled feet on/during Value Part elements	each	0.05			
Legs crossed during Value Part dismounts with twist	each	X			
Insufficient exactness of Body Position • Insufficient tuck • Insufficient pike position • Insufficient exactness of stretched position ○ Arch ○ Hip angle (136° - 179°)	each X X X X		 X X X X		
Failure to maintain stretched body position (pike down)	each	X	X		
Hesitation during jump to HB or swing to handstand (UB), jump press or swing to handstand (BB)	each	X			
Incorrect body posture/alignment during dance Value Parts	each	X			
Insufficient height on leaps, jumps and hops	each	X	X		
Insufficient split position (dance/non acro flight) (deviation from 180°) • 1° - 20° missing = 0.05 - 0.10 • 21°- 45° missing = 0.15 - 0.20 • 46° or more missing = lesser VP	each	X	X		
Legs not parallel to beam/floor in split or straddle pike leaps/jumps	each	X	X		
Insufficient height of saltos, (BB) aerials and acro flight elements with hand support (BB/FX)	each	X	X		
Insufficient height (amplitude) of dismounts (UB/BB) & salto element (FX)	each	X	X	X	
Dance incomplete turn – Gr. 2 & 3 elements with 360° or more turn • 1° - 44° missing = 0.05 - 0.10 • 45° - 89° missing = 0.15 - 0.20 • 90° or more missing = lesser VP	each	X	X		
Dismounts: Incomplete twist on dismounts and acro elements with 360° or more twist • 1° - 44° missing = 0.05 - 0.10 • 45° - 89° missing = 0.15 - 0.20 • 90° or more missing = lesser VP	each	X	X		
Insufficient extension (open) of body prior to landing • UB/BB dismounts & BB/FX acro	each	X	X	X	
Relaxed/incorrect footwork in non-value parts throughout the exercise		X	X		
Relaxed/incorrect leg position/body posture/and/or in sufficient flexibility during non-value parts throughout exercise (BB/FX)		X	X	X	
Insufficient artistry throughout the exercise (max 0.10 for each) • Originality creativity of choreography in elements and connections • Quality of gymnasts' movements to reflect her personal style • Quality of expression (i.e., projection, emotion, focus)		 X X X			
Insufficient dynamics • Energy not maintained throughout the exercise • Gymnast fails to makes the difficult look effortless • Insufficient swingful execution throughout (UB)		X	X		

Landing Faults		↑0.10	↑0.20	↑0.30	More
Slight hop, or small adjustment of feet on landing of elements or dismount	each	X			
Extra steps on landing (max 0.40)	each	0.10			
Large step or jump on landing (approximately 1 metre or more) (max 0.40)	each		0.20		
Squat on landing (hips even with or lower than knees)		X	X	X	
Extra arm swings on landing		X			
Additional movements to maintain balance/control of UB/BB dismounts and Floor acro elements (applies to "stuck" landings but uses trunk movements to avoid steps)		X	X		
Deviation from straight direction on landing		X			
Incorrect body posture on landing		X	X		
Touch/brush on apparatus or mat with foot/feet (also in routine)		X			
Brush/touch the landing surface with one or both hands (no support)		X	X	X	
Support on mat with 1 or 2 hands					0.50
Fall on mat to knee(s) or hips / Fall on or against apparatus					0.50
Spotting assistance during an element					No VP or Bonus 0.50
Spotting assistance upon landing					0.50
Fall/Failure to land on the bottom of the feet first on dismount, aerials, saltos *Note: If the gymnast lands on the bottom of feet and lands on the hands & knees simultaneously, award VP & SR as appropriate and deduct for fall only*					No VP or Bonus 0.50
Fault deducted by D Panel					
Overtime		0.10			
Coach standing at Beam (on mats) throughout the entire exercise		0.10			
Failure to present to D Panel before; to any judge after exercise	each time	0.10			
Coach on the floor exercise mat inside the border marking					0.50 from FS
Short Exercise : Uneven Bars routine with less than 5 elements Short Exercise : Balance Beam/Floor Exercise routine less than 30 seconds					2.00 From FS
Exercise without a dismount (From SV)				0.30	

Fault Deductions By D Panel in Consultation with CHJ		↑0.10	↑0.20	↑0.30	More
Failure to begin exercise within 30 seconds after D1 signals to begin			0.20		
Incorrect padding (heel/hip pads on bars)			0.20		
Failure to observe specified warm-up time (after a warning) - Deduction taken from the event score			0.20		
Excessive use of magnesia (chalk)			0.20		
Use of additional mats, springboard on unauthorized surface				0.30	
Failure to remove the board after mount (includes spotting devices/blocks)				0.30	
Using incorrect apparatus specifications (e.g. bars width)				0.30	
Fault Deductions By D Panel in Consultation with CHJ		**↑0.10**	**↑0.20**	**↑0.30**	**More**
Raising the rails on UB w/o permission					0.50 From FS
Starting the exercise before the signal is given					0.50
Signal, verbal cues, etc. by coach to gymnast			0.20		
Behaviour by Coach and Gymnast – Applied by CHJ					
Incorrect attire (include jewellery) (after a warning)			0.20		
Leaving competition w/o permission (gymnast)					0.50
Unsportsmanlike conduct (gymnast)			0.20		
Unexcused delay or interruption of competition (gymnast)					Disqualified
Unsportsmanlike conduct (coach)	1st = Yellow Card, 2nd = Red Card & Removal				
Unexcused delay or interruption of competition (coach)	1st = Yellow Card, 2nd = Red Card & Removal				

TECHNICAL DIRECTION

The required skills and routines of the Aspire program provide developmental pathway that will help to prepare an athlete to enter into the High Performance Stream or a higher level within the Canadian JO Stream. One of the primary goals of this program is to provide the technical direction for coaches on the techniques and drills to use in developing our next generation of gymnasts.

The following drills and techniques should be reviewed by all coaches. These and more will be further reinforced during Aspire camps delivered by Gymnastics Canada and within the Provinces. This section of the Aspire Manual will continue to be developed.

BARS

Starting position for jump to Glide kip

Jump from two feet, lifting the hips backward-upward to grasp the low bar with an over-grip, hands shoulder-width apart. Maintain a hollow-body position with the legs straight and the head neutral.

VIDEO LINK: https://youtu.be/AxFpvRMAdHc

Cast to Handstand

For Aspire One and Two all casts to handstand are performed with stretched straight body with legs together.

VIDEO LINK: https://youtu.be/22BxFit9l80

Kip Cast to Handstand

VIDEO LINK: https://youtu.be/WBHX_iBpX0A

Sole Circle: Late drop start two foot

From HS (or cast) push shoulders and bring the feet to the bar together late in the first quarter (or early in second quarter) to place balls of feet on the bar between hands in a pike position.

VIDEO LINK: https://youtu.be/hSwEpYGjao0

GIANT CIRCLE BACKWARD TO HANDSTAND REQUIRED TECHNIQUE –

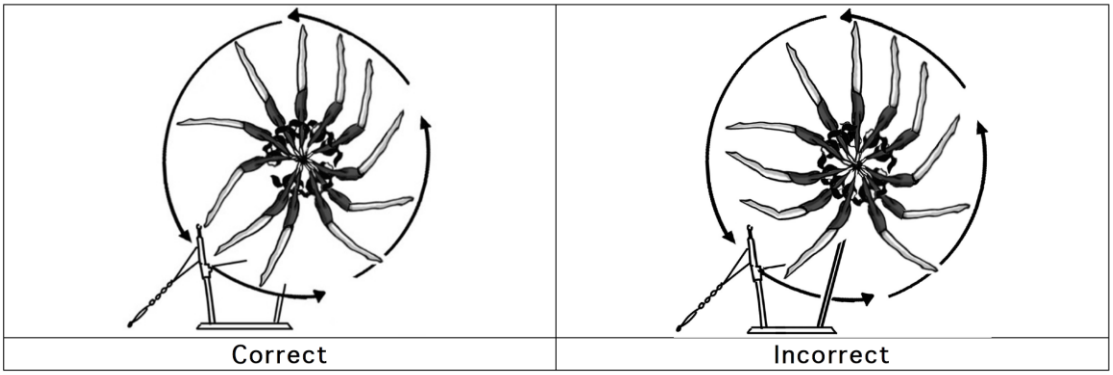
The gymnast must show:

- First 120° from handstand: straight position or slight curvilinear flexion with legs together
- Underswing should be done in the second 120°
- Third 120° of the giant swing: Curvilinear flexion
- In handstand, athlete should show straight body or curvilinear flexion with hips extended and shoulders opened

Deduct: up to 0.3 for use of incorrect technique plus related JO deductions. Straddled legs would receive full deduction of -0.3

* All young gymnasts must first learn their long hang swings with legs together and NOT straddled. Performing a straddled long hang swing is a decision to be considered at a later stage of a gymnast's career.

* All young gymnasts must learn to open their beat swing AFTER passing the low bar and not before. Allowing a gymnast to beat-swing before or over the low bar can only lead to a bent leg deduction as the gymnast grows.



Accelerated giants are appropriate before double salto dismounts. In that case, a moderate pike position is permissible during the upswing and while passing through the vertical to maintain the acceleration. Deduction for bent legs will be applied.

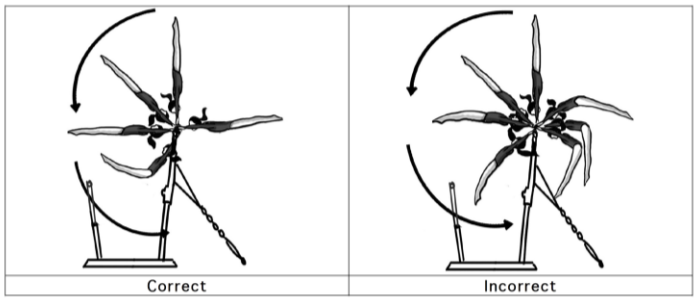
VIDEO LINK: https://youtu.be/u5bke-b3t4E

GIANT CIRCLE FORWARD IN REVERSE GRIP WITH STRAIGHT BODY TECHNIQUE

Front Giant with straight body technique
The straight body swing technique is mandatory for all categories: the element must be performed with legs together and body stretched as per the diagram.
The gymnast must show:

- First 120° - curvilinear extension
- Second 120° - curvilinear flexion
- Third 120° - curvilinear extension
- In handstand, athlete should show straight body or curvilinear extension with opened shoulders and hips extended

Straight body down (down phase) – Curvilinear inward (hang phase) – straight body (upward phase).
Deduct: Up to 0.3 for use of incorrect technique as above plus related JO deductions

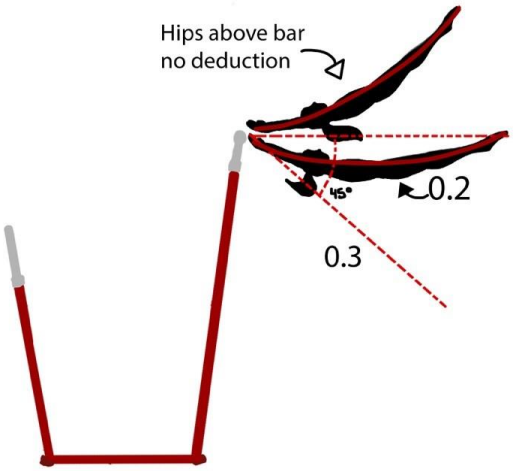


VIDEO LINK: https://youtu.be/X1QgmCoJL3c

Layout Flyaway

The following diagram illustrates deductions relative to the height of the gymnast's hips in flyaway. Timing for the flyaway release can be seen in the video below.

VIDEO LINK: https://www.youtube.com/watch?v=dUz_8sqj4T8&feature=youtu.be



Aspire One

ASPIRE ONE – VAULT

Aspire athletes will compete two (2) vaults. The first vault is compulsory for all gymnasts, while for the second vault, the gymnasts has the choice of the vault to be performed. The coach must announce the vault. There is no deduction for announcing the wrong vault.

The number of running steps is optional, with a maximum run of 25 meters. The run should be fast and powerful, and should accelerate to the hurdle onto the springboard.

Number of approaches:
For each vault: 2 attempts with no deduction, even if the gymnast touches the board – if a 3rd attempt is required in order to perform one vault, a 1.0 deduction will be applied to that vault.

If an athlete performs a vault and lands on table surface, the attempt will be considered void. Another attempt will not be allowed in this circumstance.

Calculation of Final Score
The Final Score will be the average of both vaults, as follows:
(Score of Vault #1 + Score of Vault #2) / 2 = Final Vault Score

Choice of Vaults

Vault 1:	**HANDSPRING VAULT TO FEET ONTO STACKED MATS**	**10.0**
Vault 2:	**TSUKAHARA TO FEET (STACKED MATS AT TABLE HEIGHT) OR**	**10.0**
	YURCHENKO TO FEET (STACKED MATS AT TABLE HEIGHT)	**10.0**

Landing position:
The athlete's feet (foot) must land first, then the athlete can stay standing, roll backward or rebound into candle.
If the athlete's feet do not touch the mat first, the vault is void.

The landing (steps, deep squat, etc.) is not evaluated.
If the athlete under rotates the vault (Handspring – steps backward, Tsuk and Yurchenko – steps forward), a flat deduction of 0.5 is taken.
If the athlete sticks or over rotates after the feet (foot) touch the mat (Handspring – steps forward, Tsuk and Yurchenko – steps backward, backward roll, rebounds into candle), no deduction is taken.
The goal is for the gymnast to learn to generate the rotation needed for more difficult vaults, not to stick.

First Flight Phase	Applies to	↑0.10	↑0.20	↑0.30	MORE
Failure to maintain a curvilinear flexion/extension, or straight body until landing					
• Excessive arch	ALL	X	X	X	
• Pike	ALL	X	X	X	↑0.5
Legs bent	ALL	X	X	X	
Legs separated	ALL	X	X		
Incorrect foot form	ALL	X			
Incorrect head alignment	ALL	X			
Tsuk: Missing degrees of turn (¼ to ½ turn required)	Tsuk	X			

Support Phase		**↑0.10**	**↑0.20**	**↑0.30**	**MORE**
Incorrect shoulder alignment (showing a shoulder angle less than 180°)	ALL	X	X	X	
Arms bent – note, For Tsuk, a slight arm bend of the leading arm is allowed	ALL	X	X	X	↑0.5
Completely bent arms causing head to contact table	ALL				2.0
Additional hand placements (taking steps/hops on hands)	ALL	Each 0.1 Max 0.3			
Too long in support	ALL	X	X	X	↑0.5
Alternate repulsion/hand placement	ALL	X	X		
Angle of Repulsion - Failure to leave vault table before vertical. Determined by the angle created from the hands to the body part that is furthest past vertical. If the gymnast leaves by:	HS				
• Vertical	HS	No deduction			
• 1° - 45° past vertical	HS	X	X	X	↑0.5
• 46° to 89° past vertical	HS				0.55–1.0
Touch with one hand on table (applied by D1)	ALL				1.0
No hand support on table	ALL				VOID
Body does not pass through vertical	Tsuk			X	
Second Flight Phase		**↑0.10**	**↑0.20**	**↑0.30**	**MORE**
Insufficient height	ALL	X	X	X	↑0.5
Insufficient distance (consider size of gymnast, overall trajectory, where hands contact table and where feet land)	ALL	X	X	X	
Legs bent	ALL	X	X	X	
Legs separated	ALL	X	X		
Incorrect foot form	ALL	X			
Incorrect head alignment	ALL	X			
Brush, touch or hit of body on far end of table	ALL			0.3	
Landing		**↑0.10**	**↑0.20**	**↑0.30**	**MORE**
HS: Steps forward (any size) or straight body fall to stomach Tsuk/Yurch: Steps backward (any size) or straight body fall to back	ALL	No deduction Demonstrates Power and Dynamics			
Under-rotated	ALL				0.5
Feet (foot) not touching first on landing		Void			
Brush, touch or hit the vault table	ALL			0.3	
General Deductions		**↑0.10**	**↑0.20**	**↑0.30**	**MORE**
Insufficient dynamics (speed and power)	ALL	X	X	X	
Deviation from a straight direction	ALL	X	X	X	
Performing incorrect vault	ALL				VOID
Assistance of coach during Pre- Flight, Support or Post-Flight Phase	ALL				2.0
Aid of coach on landing	ALL				0.5
Run approach without executing vault (balk): 2 attempts per vault allowed. Deduction for 3rd attempt	ALL				1.0
Performing Vault without signal from D1	ALL				0.5

Aspire One – Bars

PRESENCE OF THE COACH
Coaches are allowed to stand on the mat, under the bars during the entire routine without deductions.

FINAL SCORE CALCULATIONS
The evaluation starts from 10.0.
Start Score: From 10.0 deduct the value of skills not performed or not credited
Final Score: From the Start Score, deduct the total execution deductions.

ROUTINE – REQUIRED ELEMENTS
Elements must be presented as written. It is not possible in Aspire 1 to substitute a requirement with a more difficult element. Repeated elements and series credit – see in the General section of this document

Description	Deductions	Value
1. Glide Kip on LB		0.2
- Failure to take off from both feet simultaneously - Lack of extension in the glide	0.1 ↑0.1	
2. Connection Kip-Cast		0.2
• The connection requirement is credited if the cast reaches 45° of HS - Stop, extra swing or back hip circle performed between kip and cast	 0.3	
3. Cast to HS (legs together ~~or straddled~~)		0.4
• To receive value, the cast does not need to be connected to the kip. The cast is evaluated on its ow • Kip cast to handstand – fall over: connection and cast given - Cast with straddled legs (any height) - Amplitude of cast (line from shoulders to through the mid-point of the lowest body part) - Between 10° to 45° - Below 45°	 0.5 (fall) 0.2 ↑0.4 0.4	
4. Clear hip to HS (or performed on HB after #9)		0.4
- Hips touch bar - Amplitude of clear hip (line from shoulders to through the mid-point of the lowest body part when wrists shift) ○ Between 10° to 45° ○ Below 45°	0.4 ↑0.4 0.4	
5. Late drop stoop on LB direct connection or kip-cast		no value
• No requirement for amplitude of cast. No deduction, even if the cast is below horizontal - Alternate placement of feet in stoop on	 0.1	
6. Sole Circle Bwd		0.4
• There is no deductions for bent legs		
7. Long Kip		0.2
- Lack of extension in the glide	↑0.1	
8. Connection kip – cast (given if cast reaches min 45)		0.2
• The connection requirement is credited if the cast reaches 45° of HS - Stop, extra swing or back hip circle performed between kip and cast	 0.3	
9. Cast to HS (legs together ~~or straddled~~)		0.4

• To receive value, the cast does not need to be connected to the kip. The cast is evaluated on its own. - Kip cast to handstand – fall over: connection and cast given, and deduct 0.5 for the fall. - Cast with straddled legs (any height) - Amplitude of cast (line from shoulders to through the mid-point of the lowest body part) - Between 10° to 45° - Below 45°	0.5 (fall) 0.2 ↑0.4 0.4	
10. Giant circle backward x 2		0.4 x 2
Giant circle backward to handstand required technique: • Straight position or curvilinear flexion in the first 120° from HS • Underswing should be done in the second 120° • Curvilinear flexion in the third 120° of giant swing • In HS, athlete should show straight body or curvilinear flexion with hips extended and shoulders opened - Incorrect technique or leg straddled in downswing (see technical direction) - Giant not completed within 30°	↑0.3 0.4	
11. Connection Giant – Flyaway		0.4
See #10		
12. Dismount layout flyaway Bwd		0.4
If no dismount is performed, the following deductions are applied: • Value of the flyaway in layout position (0.4) • Value of the connection (0.4) • No additional deduction for landing (no fall) • The coach is allowed to slow down the gymnast after her last giant if she is not performing the flyaway dismount. There will be no deduction for spotting. - Legs straddled in the downswing - Height / Insufficient rise of the salto: (position of the hips) ○ At high bar height or above ○ 1° to 45° below the level of HB ○ Greater than 45° below the level of HB - Failure to maintain straight-hollow position (greater 135°) - Pike down	0.3 No deduction ↑0.2 0.25 or 0.3 ↑0.2 ↑0.2	

DEMONSTRATION ELEMENTS

Aspire One athletes are encouraged to perform demonstration skills once all athletes in the rotation have completed their routine. The judge will acknowledge the start of the demonstration skills performance but they are not evaluated. Gymnasts may perform any two (2) of the following each from a different group:

Group A:	Group B:
Giant circle bwd with ½ turn (1, 2 hand change)	Close bar element: Clear hip circle HS
Giant circle bwd ½ turn (Blind Change)	Sole circle to HS (2-foot entry required)
Front Giant	Stalder
Front flyaway (undergrip from HS)	Endo
Double salto backwards	Clear pike circle

ASPIRE ONE – BEAM

GENERALITIES
TIME Limit: maximum 1:30, warning at 1:20 – if overtime, deduct 0.1

FINAL SCORE CALCULATION
The evaluation starts from 10.0.
Start Score: From 10.0 deduct the value of skills not performed or not credited
Final Score: From the Start Score, deduct the total execution deductions.

ROUTINE – REQUIRED ELEMENTS
Elements must be performed as written and cannot be substituted with more difficult elements.
Repeated elements and series credit – see in the General section of this document

Description	Deductions	Value
1. Mount: from clear straddle sit, press to Handstand held 2 sec.		0.4
• Return to Beam optional - Vertical position reached but HS not held 2 sec: element is credited, deduct for no hold - HS reached but gymnast does not return to BB: element is credited, deduct for fall - If not from clear straddle sit, the element is not credited	 0.3 0.5 (fall) 0.4	
2. Turn 360° on 1 Foot		0.2
- Failure to perform the 360° turn in high relevé	↑ 0.1	
3. Dance Series: 2 different leaps or jumps from list		0.6
• 2 different elements from: Switch split, Split leap, Split jump or Sissonne • Connection is credited if there is no stop, pause, wobble, pumping of the knees or additional arm swing • Value of each dance element and connection: 0.2 each (total 0.6)		
4. Acro Series: 2 elements, one must have flight (no salto allowed)		0.6
• Value of each acro element and connection: 0.2 each (total 0.6) • Connection is credited if there is no stop, pause, wobble, pumping of the knees or additional arm swing • Value of both acro skills credited even if they are the same (e.g. BHS–BHS) • Acro series can be combined with the dismount series. There must be at least 2 elements ON the beam to meet both requirements (e.g. BHS-BHS-Salto Bwd Tuck) • Acro Series – If there is a fall or stop after the 1st element, the gymnast may repeat the 1st acro element ONCE immediately after remounting the beam or stopping after the 1st attempt. It can receive credit, and all execution deductions will be applied. • HS hold (2 sec) to step down immediate BHS would fulfil the series for connection and flight, but would receive a value of 0.4 (HS is a Hold element and not an acro)	 0.2	
5. Front Walkover or Front Handspring		0.2
• Can be part of the mount (for example: press to HS, held, to front walkover)		
6. Dismount: Roundoff or BHS to Bwd tuck or Layout Salto		0.6
• Value: Acro B, Bwd layout salto, connection: 0.2 each (total 0.6) • Acro series can be combined with the dismount series. There must be at least 2 elements ON the beam to meet both requirements (e.g. BHS – BHS – Salto Bwd Tuck, for example) - Dismount: salto performed after cartwheel or walkover	 0.2	

ASPIRE ONE – FLOOR

TIME Limit: maximum 1:30

FINAL SCORE CALCULATION

The evaluation starts from 10.0.
Start Score: From 10.0 deduct the value of skills not performed or not credited
Final Score: From the Start Score, deduct the total execution deductions.

ROUTINE – REQUIRED ELEMENTS

Elements must be performed as written and cannot be substituted with more difficult elements.

Description	Deductions	Value
1. 360° Turn on 1 leg		0.2
- Failure to perform the 360° turn in high relevé,	↑ 0.1	
2. Switch Split Leap		0.2
• Switch split credited if free leg is straight and reaches 45° before the switch		
3. Dance Passage of 2 different leaps, one being 180° cross split		0.4
4. Back extension with ½ turn (blind turn)		0.4
• Exit after completion of the ½ turn optional - Back extension with bent arms - Blind turn is not performed (only back extension is performed)	 ↑ 0.2 0.2	
5. One Aerial element (preparation for beam, no run)		0.2
6. One jump with 180° cross or side split in a mixed series		0.2
• Jump can be combined with acro series or single acro element landing on 2 feet		
7. FWD Acro Series: Front HS (and/or flyspring) + Fwd Tuck Salto (or flyspring)		0.4
• A Flyspring can be added, or replace either or both elements • Options: FHS + flyspring + salto tuck OR FHS + flyspring, OR flyspring + flyspring - From a stand 1, 2 or 3 (Max) running steps + hurdle allowed (a hurdle Is not permitted from stand prior to running steps)	 0.2, if more	
8. BWD Acro Series: Round off + BHS + Bwd Layout Salto with 180°		0.6
- From a stand 1, 2 or 3 (Max) running steps + hurdle allowed (a hurdle Is not permitted from stand prior to running steps)	0.2, if more	
9. Acro Series: From 2 feet jump to hurdle to r-off 3 BHS to Bwd tuck or layout salto		0.4
• No steps allowed in entry (Hurdle only)		

Aspire Two

ASPIRE TWO – VAULT

Aspire athletes will compete two (2) vaults. The gymnast has the choice of any of the vaults listed below. The same vault may be performed twice. The best of both vaults will be the final score.

The number of running steps is optional, with a maximum run of 25 meters. The run should be fast and powerful, and should accelerate to the hurdle onto the springboard.

Number of approaches: For each vault: 2 attempts with no deduction, even if the gymnast touches the board – if a 3rd attempt is required in order to perform one vault, a 1.0 deduction will be applied to that vault. This is different than FIG. It is important that these young and inexperienced athletes be given some leeway so they get the opportunity to perform 2 counting vaults. Coach must announce the vault. No deduction for announcing the wrong vault.

For the performance of Yurchenko and/or Tsukahara vaults the coach is permitted to stand by the vault table as needed for the safety of the gymnast.

ALL VAULTS MUST BE PERFORMED TO FEET

HANDSPRING VAULT	**8.5**
TSUKAHARA TUCK	**9.7**
TSUKAHARA PIKE	**9.7**
TSUKAHARA OPEN TUCK	**10.0**
YURCHENKO TUCK	**9.7**
YURCHENKO PIKE	**9.7**
YURCHENKO OPEN TUCK	**10.0**

First Flight Phase	Applies to	↑0.10	↑0.20	↑0.30	MORE
Failure to maintain a curvilinear flexion/extension, or straight body until landing					
• Excessive arch	ALL	X	X	X	
• Pike	ALL	X	X	X	↑0.5
Legs bent	ALL	X	X	X	
Legs separated	ALL	X	X		
Incorrect foot form	ALL	X			
Incorrect head alignment	ALL	X			
Tsuk: Missing degrees of turn (¼ to ½ turn required)	Tsuk	X			

Support Phase		**↑0.10**	**↑0.20**	**↑0.30**	**MORE**
Incorrect shoulder alignment (showing a shoulder angle less than 180°)	ALL	X	X	X	
Arms bent For Tsuk, a slight arm bend of the leading arm is allowed	ALL	X	X	X	↑0.5
Completely bent arms causing head to contact table	ALL				2.0
Additional hand placements (taking steps/hops on hands)	ALL	Each 0.1 Max 0.3			
Too long in support	ALL	X	X	X	↑0.5
Alternate repulsion/hand placement	ALL	X	X		
Angle of Repulsion - Failure to leave vault table before vertical. Determined by the angle created from the hands to the body part that is furthest past vertical. If the gymnast leaves by:	HS				
• Vertical	HS	No deduction			
• 1° - 45° past vertical	HS	X	X	X	↑0.5
• 46° to 89° past vertical	HS				0.55 – 1.0
Touch with one hand on table (applied by D1)	ALL				1.0
No hand support on table	ALL				VOID
Body does not pass through vertical	Tsuk			X	
Second Flight Phase		**↑0.10**	**↑0.20**	**↑0.30**	**MORE**
Insufficient height	ALL	X	X	X	↑0.5
Insufficient distance (consider size of gymnast, overall trajectory, where hands contact table and where feet land)	ALL	X	X	X	
Insufficient exactness of tuck, open tuck or pike body position (90°)	Tsuk/Yurch	X	X	X	
Insufficient extension before landing	Tsuk/Yurch	X	X	X	
Legs bent	ALL	X	X	X	
Legs separated	ALL	X	X		
Incorrect foot form	ALL	X			
Incorrect head alignment	ALL	X			
Brush, touch or hit of body on far end of table	ALL			0.3	
Landing		**↑0.10**	**↑0.20**	**↑0.30**	**MORE**
HS: Steps backward (for HS) after landing Tsuk/Yurch: Steps forward (Demonstrate under rotation)	ALL	Each 0.1			Max 0.4
HS: Steps forward (any size) Tsuk/Yurch: Steps backward (any size) (Demonstrate power and dynamics)	ALL	No deduction			
Deep squat on landing	ALL	X	X	X	
Fall (fall, support on hand(s), against table, etc.)	ALL				0.5
Brush, touch or hit	ALL			0.3	

General Deductions		↑0.10	↑0.20	↑0.30	MORE
Insufficient dynamics (speed and power)	ALL	X	X	X	
Deviation from a straight direction	ALL	X	X	X	
Performing incorrect vault	ALL				VOID
Assistance of coach during Pre- Flight, Support or Post-Flight Phase	ALL				2.0
Aid of coach on landing	ALL				0.5
Run approach without executing vault (balk): 2 attempts per vault allowed. Deduction for 3rd attempt	ALL				1.0
Performing Vault without signal from D1	ALL				0.5

ASPIRE TWO – BARS

FINAL SCORE CALCULATIONS
The evaluation starts from 8.8.
Start Score: From 8.8, deduct the value of skills not performed or not credited and add bonus
Final Score: From the Start Score, deduct the total execution deductions.

ROUTINE – REQUIRED ELEMENTS
Elements must be presented as written. It is not possible in Aspire Two to substitute a requirement with a more difficult element. Bonus elements must be performed in the routine. Bonus elements must be performed as indicated. Repeated elements and series credit – see in the General section of this document

REPEATED ELEMENTS:
There is no deduction for repeating an element that is already part of the program but execution deductions will be applied. For ex: Giant x3 prior to dismount. No deduction for adding a 3rd giant but execution deductions will be applied to the 3rd giant

Description	Deductions	Value
1. Glide Kip		0.2
- Failure to take off from both feet simultaneously - Lack of extension in the glide	0.1 ↑ 0.1	
2. Connection Kip-Cast		0.2
• The connection requirement is credited if the cast reaches 45° of HS - Stop, extra swing or back hip circle performed between kip and cast	 0.3	
3. Cast to Handstand – legs together		
• To receive value, the cast does not need to be connected to the kip • To receive value, the cast must be done with legs together - Kip cast to handstand – fall over: connection and cast given - Cast with straddled legs (any height) - Amplitude of cast (line from shoulders to through the mid-point of the lowest body part) ○ Between 10° to 45° ○ Below 45°	 0.5 (fall) 0.4 ↑ 0.4 0.4	0.4
4. Clear hip to circle to HS		0.6
• The clear hip can be performed either on LB (as element #4) or on HB after element #9. The value and evaluation criteria are the same whether the clear hip is performed on LB or HB. - Hips touch bar (back hip circle) - Amplitude of clear hip (line from shoulders to through the mid-point of the lowest body part when wrists shift) ○ Between 10° to 45° ○ Below 45°	 0.6 ↑ 0.4 0.4	
5. Step down or stoop on LB to direct connection or kip – cast		No value
• No requirement for amplitude of cast. No deduction, even if the cast is below horizontal - Alternate placement of feet in stoop on	 0.1	
6. Sole Circle, jump to HB		No value
• There is no deductions for bent legs		
7. Long Kip		No value

- Lack of extension in the glide	↑0.1	
8. Connection Kip-Cast		0.2
• The connection requirement is credited if the cast reaches 45° of HS - Stop, extra swing or back hip circle performed between kip and cast	0.3	
9. Cast to HS – legs – legs together		0.4
• To receive value, the cast does not need to be connected to the kip - Kip cast to handstand – fall over: connection and cast given - Cast with straddled legs (any height) - Amplitude of cast (line from shoulders to through the mid-point of the lowest body part) ○ Between 10° to 45 ○ Below 45°	0.5 (fall) 0.4 ↑ 0.4 0.4	
10. & 11. Giant Circle Backward		0.6 ea
Giant circle backward to handstand required technique: • Straight position or curvilinear flexion in the first 120° from HS • Underswing should be done in the second 120° • Curvilinear flexion in the third 120° of giant swing • In HS, athlete should show straight body or curvilinear flexion with hips extended and shoulders opened - Incorrect technique in the giant circle bwd (including straddled legs) - Giant not completed within 30°	↑ 0.3 0.6	
12. Connection Giant to flyaway dismount		0.4
13. Backward Layout Flyaway		0.6
If no dismount is performed, the following deductions are applied: • Value of the flyaway in layout position (0.4) • Value of the connection (0.4) • No additional deduction for landing (no fall) • The coach is allowed to slow down the gymnast after her last giant if she is not performing the flyaway dismount. There will be no deduction for spotting. - Legs straddled in the downswing - Height / Insufficient rise of the salto: ○ At high bar height or above ○ 1° to 45° below bar height ○ Greater than 45° below bar height - Failure to maintain straight-hollow position (greater 135°) - Pike down	0.3 ↑0.3 No deduction ↑0.2 0.25 or 0.3 ↑0.2 ↑0.2	
ADVANCED DIFFICULTY (bonus given for every completed skill)		Max 1.2
• 2nd clear hip circle to HS directly connected to mandatory clear hip to HS OR 2nd different circle element connected or not to mandatory clear hip to HS (completed within 45° of HS)		0.3
• Giant ½ (0.3) + Giant ½ (to regular grip) (0.3) – directly connected (completed within 30° of HS) OR • Giant ½ (blind change) (0.3) + front giant (0.3) + front giant ½ (0.3) – directly connected (completed within 30° of HS) If the 2nd / 3rd element in the series is not credited (not within 30°), the bonus is still given for the completed skills. In the 2nd option, the athlete must perform the 3 elements (the front giant must be performed).		0.3 ea
• Double tuck flyaway		0.3

Advanced Difficulty

	Close Bar Elements	Giant Circles
Advanced Difficulty	• Clear Hip Circle • Stalder Circle • Endo Circle • Sole Circle (2-foot entry mandatory)	• Giant Circle Fwd in Reverse Grip with or without ½ Turn to Regular Grip (legs together technique) • Giant Circle Bwd ½ turn to Regular Grip • Giant Circle Bwd ½ turn to Reverse Grip (Blind Change) • Video: https://youtu.be/j8MQvj9dPeU
Requirement to credit the bonus element	To receive bonus, close bar circles must be: • Completed within 45° (angle determined when athlete shows support) • Must show support	To receive bonus, Giant circles must be: • Completed to 30° from HS (angle determined when athlete shows support) • Must show support • Bonus is awarded for each skill; athlete does not need to complete the entire series of skills to get bonus • Must be performed on high bar
Technical Requirement	Sole Circle to HS: • To receive bonus, the Sole Circle to HS must start from 2 feet	**Front Giant (Mandatory Technique)** Incorrect technique: ↑0.3 The required technical execution is a "swing" technique. The gymnast must show: - First 120° - curvilinear extension - Second 120° - curvilinear flexion - Third 120° - curvilinear extension

ASPIRE TWO – BEAM

GENERALITIES
TIME Limit: maximum 1:30, warning at 1:20 – if overtime, deduct 0.1

FINAL SCORE CALCULATIONS
The evaluation starts from 8.8
Start Score: From 8.8, deduct the value of skills not performed or not credited and add bonus
Final Score: From the Start Score, deduct the total execution deductions.

ROUTINE – REQUIRED ELEMENTS
Elements must be performed as written and cannot be substituted with more difficult elements.
Repeated elements and series credit – see in the General section of this document

For Aspire Two, on Beam and Floor, non-required acro elements or dance elements (max D value) may be included in the routine as part of the choreography or to enhance it. Otherwise, the performance of elements (not on the list of required element or advanced skills bonus is not authorized. If a restricted element is performed, a deduction of 0.5 will be applied to the Final Score. These extra elements are evaluate, will receive related deductions but do not receive any bonus or additional points

REQUIRED SKILLS	Deductions	Value
1. Mount: from clear straddle sit, press to Handstand held 2 sec. return to beam optional		0.4
- Vertical position reached but HS not held 2 sec: deduct 0.3, element is credited - HS reached but gymnast does not return to BB: deduct 0.5 for fall only, element is credited - If not from clear straddle sit, the element is not credited	0.3 0.5 0.4	
2. Turn 360º on 1 Foot		0.2
- Failure to perform the 360° turn in high relevé	↑0.1	
3. Dance Series: Switch split leap to Leap/jump with 180° cross or side split (0.2 x 3)		0.6
• Value: Switch split, 2nd element and connection: 0.2 each (total 0.6) • Switch split credited if free leg is straight and reaches 45° before the switch • Connection is credited if there is no stop or pause		
4. Acro Series: 2 elements, both with flight, with connection (0.2 x 3)		0.6
• Value of each ***flight*** acro element and connection: 0.2 each (total 0.6) • Connection is credited if there is no stop or pause • Value of both acro skills credited even if they are the same (BHS–BSH, for example) ***as long as both have flight*** • Acro series can be combined with the dismount series. There must be at least 2 elements ON the beam to meet both requirements (BHS – BHS – Salto Bwd layout, for example) • Acro Series – If there is a fall or stop after the 1st element, the gymnast may repeat the 1st acro element ONCE immediately after remounting the beam or stopping after the 1st attempt. It can receive credit, and all execution deductions will be applied.		
5. Forward acro element with or without flight (excl. mount and dismount)		0.4

6. Dismount: Acro (min B) to Bwd layout Salto (0.2 x 3)		0.6
• Value: Acro B, Bwd layout salto, connection: 0.2 each (total 0.6) • Acro series can be combined with the dismount series. There must be at least 2 elements ON the beam to meet both requirements (BHS – BHS – Salto Bwd layout, for example)		
BEAM ADVANCED DIFFICULTY (0.3 each for maximum 1.2)		
• 1C+ dance element (excluding switch) as per JO CoP, bonus give max once -		0.3
• Up to 3 different Salto or Aerial		0.3 ea
• Dismount: Acro B on beam + Back layout Salto with 1/1 twist (360°)		0.3

ASPIRE TWO – FLOOR

GENERALITIES
TIME Limit: maximum 1:30

FINAL SCORE CALCULATIONS
The evaluation starts from 8.8
Start Score: From 8.8, deduct the value of skills not performed or not credited and add bonus
Final Score: From the Start Score, deduct the total execution deductions.

ROUTINE – REQUIRED ELEMENTS
Elements must be performed as written and cannot be substituted with more difficult elements.

For Aspire Two, on Beam and Floor, non-required acro elements or dance elements (max D value, as per JO CoP) may be included in the routine as part of the choreography or to enhance it. Otherwise, the performance of elements (not on the list of required element or advanced skills bonus is not authorized. If a restricted element is performed, a deduction of 0.5 will be applied to the Final Score. These extra elements are evaluate, will receive related deductions but do not receive any bonus or additional points.

Change to JO rules: Out of bound deductions 0.2 (double the JO CoP deduction)

Description	Deductions	Value
1. Any JO B or C turn		0.4
- Failure to perform the turn in high relevé	↑0.1	
2. Dance Passage: 2 different elements, one being a switch split leap		0.4
- 1st element must be a leap, 2nd element must take off on one foot but may land on 2 feet - The dance passage may include one bonus skill (C+ leap, as per JO CoP)		
Acro Series: The routine must show a minimum of 3 acro series. An acro series may fulfill 2 requirements. FWD: Series #3, performed as written but additional salto element may be added (end only) to fufill combo #5 ○ BWD: One backward twisting acro series (# 4) ○ COMBO: One series with 2 salto (# 5) ○ Salto bwd layout with 360° (as part of BWD or COMBO) A 4th acro series may be performed for bonus. A maximum of 3 steps prior to the hurdle is recommended. However, in Aspire 2, there is no deduction if more than 3 steps are performed. (a hurdle Is not permitted from stand prior to running steps)		
3. Fwd Acro Series: Front Handspring (and/or flyspring) + Front Layout Salto		0.6
• Requirement #3 must be performed as written (no twisting) • The flyspring can replace the FHS or be added after (FHS + flyspring + front salto)		
4. Bwd Twisting Acro Series		0.6
• The BWD twisting Acro Series must have min 3 skills (RD-BHS-Salto)		
5. Acro Series with 2 salto (Combo line)		0.6
• Saltos can be directly or indirectly connected and same or different		
6. Salto layout bwd with 1/1 twist (360°)		0.4
• May be performed as part of Series #4 (Bwd twisting) or #5 (Combo)		

FLOOR ADVANCED DIFFICULTY: (maximum 1.2)		
• Up to 2 - C+ dance element (excluding double turn) as per JO CoP		0.3 ea
• Bwd Salto layout with 1 ½ twist (540°)		0.4
• Bwd Salto layout with 2/1 twist (720°)		0.6
• Fwd Salto layout with 1/1 twist (360°)		0.6