



Canadian Aspire Program

Aspire 1 / Aspire 2

September 1, 2025 – June 30, 2026

Final version – January 1, 2026



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Clarifications to the Aspire Program:

The January version of the Aspire Program has been updated with the latest clarifications (January 1, 2026). The summary of all clarifications is also available in Appendix 1.

- November 15, 2025 (highlighted in yellow)
- January 1st, 2026 (highlighted in blue)



1. ASPIRE PROGRAM

The Canadian Aspire Program has been developed to assist in the development of young athletes who aspire to compete in the HP program or national categories. The Aspire Program is the initial starting point for the HP Pathway.

The Women's Program Committee (WPC) is responsible for the content of the Aspire program. Clarifications to the program rules will be provided as needed, however, the WPC will aim to circulate the information October 1 and March 1.

Questions or feedback on the Aspire program can be sent to Andrée Montreuil montreuil.andree@gmail.com.

We want to thank Lorie Henderson for all her hard work, dedication and commitment to the Aspire Program.

1.1 PHILOSOPHY

Coach education is of utmost importance and was the foundation upon which this program was built. Execution and technique are central to athlete development and serve as the foundation for skill evaluation and routine construction.

1.2 ATHLETE ELIGIBILITY

	Age	2025-2026 Birth Year
Aspire 1 Aspire 2	9-11 y/o	2014-2017

The Aspire Program has 2 levels:

- Aspire 1 – Entry level program is the lead-up to Aspire 2 and the CPP Optional Program.
- Aspire 2 – Designed as a direct pathway to the HP pathway. It includes fundamental skills necessary to facilitate a smooth transition into Novice.

1.3 GOALS

- To provide athletes and their coaches with knowledge.
 - Routines/Sequences will provide coaches with the direction and foundation for future quality skill development.
 - Skill sets will provide the developmental skills necessary to facilitate proper technique of future more advanced skill sets.
- To provide competitive opportunities for young athletes.
- To track and mentor athletes and their coaches.



2. GENERAL REGULATIONS

NOTE: A deduction that is underlined (0.3) indicates that it is a flat deduction, not an up to.

2.1 WARM UP

General Warm Up: 15 minutes			
V	UB	BB	FX
Aspire 1: 2 min / athlete Aspire 2: 2.5 min / athlete Group warm up	2.5 min / athlete Group warm up	2 min / athlete Individual warm up May do 90 sec + 30 sec	2 min / athlete Group warm up Min 8 min, max 10 min

2.2 APPARATUS SPECIFICATIONS

	Equipment	
Vault	Vault table	115 cm or 125 cm
	Supplementary Mats	Varies by depending on the 2 nd flight of the vault performed. • Stacked mats (or platform): 20 cm above the vault table height. • Landing on regular FIG surface: up to 40 cm (total) supplementary mat allowed.
	Other	The Yurchenko hand mat may <u>ONLY</u> be used for Yurchenko type vaults.
Uneven Bars	Uneven Bars	FIG Height – no maximum width but 180 cm strongly suggested.
	Springboard	A springboard or mounting block is allowed for the mount. It can be placed on any surface. It must be removed after the mount.
	Supplementary Mats	Under the bars: 10 or 20 cm allowed. For the dismount: Mandatory: 20 cm, up to 40 cm allowed.
Beam	Beam	110 cm or 125 cm
	Springboard	A springboard or mounting block is allowed for the mount. It can be placed on any surface. It must be removed after the mount.
	Supplementary Mats	Under the beam: 10 or 20 cm allowed. Dismount: Mandatory 40 cm
Floor	Floor Area	12 m x 12 m
	Supplementary Mats	5 or 10 cm allowed: suppl. mats 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. The corners do not need to be marked on the mat.

2.3 PRESENCE OF THE COACH

V	UB	BB	FX
Coach may stand next to the mat stack. If Yurchenko vault performed, the coach can stand between the board and the table. For safety reasons, the presence of the coach on the landing mat is <u>mandatory</u> for salto vaults.	Coach can stand between the rails for the entire routine without deduction.	Coach can approach the BB (in a position to spot) during a particular skill without deduction. The coach must leave immediately after.	If the coach is on the FX surface during the routine (in a position to spot), deduct <u>0.3</u> .

3. SCORING

3.1 SCORING METHOD

Provinces may decide which Code of points they will use for their competitions.

- CCP/USAG Dev Code of points (2022-2026) – Level 8, (Level 7 for Vault with stack mats) or
- FIG Code of points (2025-2028).

This document applies to either option. Please refer to the used Code of points for any information not included in the current document.

3.2 REQUIRED ELEMENTS (RE)

- Aspire 1 and Aspire 2 are based on sets of Required Elements (RE).
- The RE must be performed as indicated and cannot be substituted for more difficult elements.
- On UB, the order of the RE is set and cannot be changed (note the exception – Aspire 2). The equivalent of a fall (0.5 or 1.0) will be applied if the order is modified.
- On BB and FX, the order of the skills can be set individually. Non-required acro elements or dance elements (max C value) may be included in the routine as part of the choreography or to enhance it. Execution deductions will be taken on these skills if applicable.
- On FX, an acro line is defined as a minimum of 2 elements with flight, one being a salto. The acro lines can be performed in any order.

3.3 CREDITING REQUIRED ELEMENTS

- Generally, if an element is credited according to the criteria in the Code of points in effect, the RE will be credited.
- Some RE have specific requirements to meet. These elements are clearly indicated in the tables.

3.4 REPEATED ELEMENTS

There is no deduction for repeating an element that is part of the program. If a Required Elements is not credited, it can always be repeated. However, execution deductions are taken for every skill performed.

Examples:

- UB - Giant x3 prior to dismount. No deduction for adding a third giant but execution deductions will be taken.
- BB - Acro series: back handspring – back handspring, Dismount back handspring – salto. The dismount is credited even if it is the 3rd back handspring.
- FX – Addition of a back handspring in an acro line.

3.5 RESTRICTED ELEMENTS (- 0.5, from the final score)

- The performance of elements not on the list of RE for the level is not authorized.
Exception: On BB and FX, non-required acro elements or dance elements (max C value) may be included in the routine as part of the choreography or to enhance it.

3.6 BONUS

- The bonus for skills or series is awarded provided that the element(s) is (are) credited according to the criteria indicated.
- The bonus is awarded if the RE is credited, even if there is a fall.
- On UB, athletes can initiate the bonus element with element(s) of their choice (For example – kip cast, or only cast, or a close circle, etc). The elements used to initiate the bonus must be part of the program. **Execution deductions are NOT taken during the preparatory elements or in the elements following the bonus.**



- On UB, if the athlete falls during a preparatory element, she has one more opportunity to attempt the bonus skill. For example: Cast to HS, fall over... she can attempt to bonus skill again. The rationale is to encourage athletes to perform skills to maximum amplitude. In this case, the athlete is NOT authorized to put chalk between the fall and the 2nd attempt.

3.7 CALCULATION OF THE FINAL SCORE

The table below explains the calculation of the Final Score depending on the Code of Points used. On every apparatus, the number/value of Required Elements and Bonus may vary, but the value of the difficulties is always 5.0 maximum.

	CCP Code of Points	FIG Code of Points
Max Final Score	10.0 Includes: 5.0 (RE + Bonus)	15.0 D Score: 5.0 (RE + Bonus) E Score: 10.0
With Bonus A1: UB, BB, FX A2: UB	Required elements: 4.0 (or 3.8) Bonus: 1.0 (2 bonus @ 0.5) (or 1.2) D Score: 9.0 (8.8) – missing RE + Bonus	Required elements: 4.0 (or 3.8) Bonus: 1.0 (2 bonus @ 0.5) (or 1.2) D Score: 4.0 (3.8) – missing RE + Bonus
No bonus A2: BB, FX	Required elements: 5.0 No bonus D Score: 10 – missing RE	Required elements: 5.0 No bonus D Score: 5.0 – missing RE
E-Score	E Score: Total deductions CCP Code of Points	E-Score: 10.0 – Total execution FIG Code of points
Final score	Final Score: D Score – E Score (minus neutral deductions)	Final Score: D Score + E Score (minus neutral deductions)
Example: • Missing 2 RE • Credit 1 bonus	D Score: $9.0 - 1.0 \text{ (RE)} + 0.5 \text{ (Bonus)} = 8.5$ E Score (total deductions) = 1.2 Final Score: $8.5 - 1.2 = 7.3$	D Score : $4.0 - 1.0 \text{ (RE)} + 0.5 \text{ (Bonus)} = 3.5$ E Score : $10 - 1.2 = 8.8$ Final score: $3.5 + 8.8 = 12.3$

3.8 EXECUTION AND ARTISTRY

- Execution deductions are taken in accordance with the CoP in effect for every skill performed, including repeated, restricted, or supplementary elements on BB and FX.
- The Artistry and Throughout deductions are listed in the table on each apparatus. No other artistry or throughout deductions can be taken.

• Landing of Salto Vaults and UB and BB dismounts - Aspire 1 and Aspire 2

Aspire athletes should demonstrate the ability to generate strong and powerful rotation (from swings, take off and repulsion), leading to more complex vaults and dismounts. As such, athletes MUST land feet first, but there is no landing fault applied if they step or fall because they over-rotate the salto (controlled over-rotation of the salto).

Landing deductions apply as usual (steps, falls) when under rotation of salto.

All other deductions (height, legs, body position, etc.) apart from the landing faults apply as usual.

Example on UB dismount (apply principle to all DMT landings, and salto vaults)

- Flyaway landing feet first then step / roll backward (over rotation) – no deduction for the steps or fall.
- Flyaway landing feet first then step / fall forward (under rotation) – deduct for the steps / fall.

3.9 UNEVEN BARS – TECHNICAL INFORMATION

Giant circle backward to handstand

The gymnast must show:

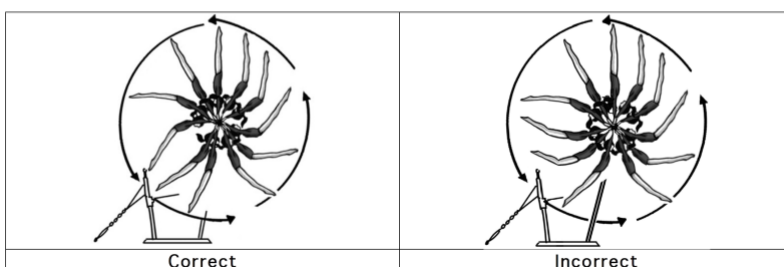
First 120° from handstand: straight position or slight curvilinear flexion

- 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 shoulders opened and hips extended.

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.

* 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.



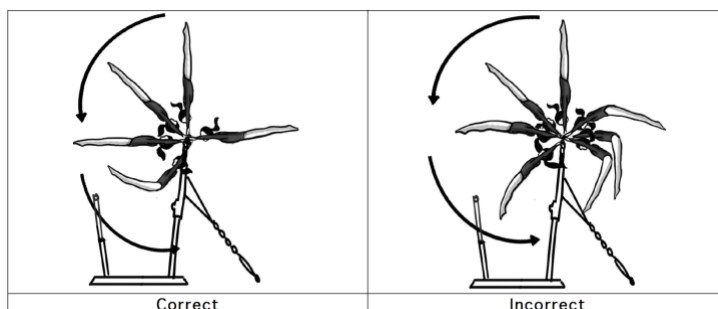
Giant circle forward in reverse grip with straight body or with bent body

A swing technique is mandatory for all categories: the element must be performed with legs together and body stretched.

The gymnast must show:

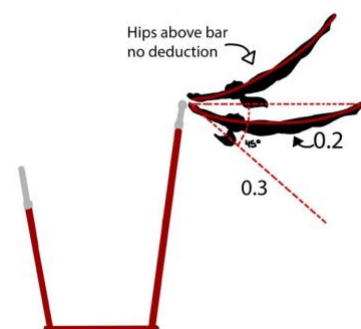
- First 120° - curvilinear extension
- Second 120° - curvilinear flexion
- Third 120° - curvilinear extension
- In handstand, athlete should show straight body or curvilinear extension with opened shoulders and hips extended.

Straight body down (down phase) – Curvilinear inward (hang phase) – straight body (upward phase).



Layout Flyaway (Backward and Forward)

In the Aspire program, the landing of the flyaway dismount on UB will not be judged. The athlete can step or fall with no additional deductions. Height and body position will be evaluated. The following diagram illustrates deductions relative to the height of the gymnast's hips in flyaway. Height requirement applies to both fwd and bwd flyaway dismounts.



4. VAULT – ASPIRE 1 AND ASPIRE 2

Choice of Vaults (Aspire 1 and Aspire 2)

- Must perform 2 vaults, with different entry:
 - Backward entry: Tsukahara and Yurchenko
 - Forward entry: Handspring and Yurchenko ½ on
- The vaults may be performed in any order.

Final Score Calculation

- The Final Score is the average of the 2 vaults.
- For vaults landing on mat stack, CCP Level 7 execution deductions are used for CCP, and the table of deductions included below is used for FIG.
- For vaults landing on a regular surface, use the CCP Level 8 / FIG deduction, depending on the Code of points used.
- There is no corridor/line deduction.
- Landing of salto vaults, read change in 3.8.

Number of approaches

- The athlete is allowed a maximum of 3 attempts to do the 2 vaults. There is no deduction for a balk.

Other

- To credit a vault with no feet contact: if the feet brush the mat but no support occurs, the vault is credited with a deduction - Brush mat with feet with no support = up to 0.3

4.1 VAULT D SCORES / START VALUE

	CCP Based SV		FIG Based D-Score	
Backward Entry Vaults: Tsukahara and Yurchenko Entry Vaults	Aspire 1 SV	Aspire 2 SV	Aspire 1 D-Score	Aspire 2 D-Score
Vaults landing on mat stack feet first	9.5	9.0	4.5	4.0
Vaults landing in candle on mat stack	10.0	9.5	5.0	4.5
Tsukahara or Yurchenko tuck open to regular surface (no deductions for grabbing the legs in the tuck position) Athlete must land feet first, but landing faults are only penalized in case of under-rotation. If over-rotation, the athlete must show control. For safety reasons, the coach must stand on the landing mat during the vault.	n/a	10.0	n/a	5.0
Forward Entry Vaults	Aspire 1 SV	Aspire 2 SV	Aspire 1 D-Score	Aspire 2 D-Score
Handspring landing on back on stacked mats	8.5	N/A	3.5	n/a
Handspring landing on stacked mats feet first	10.0	9.5	5.0	4.5
Handspring landing in prone, with no contact of the feet	10.0	9.5	5.0	4.5
Yurchenko ½ on - landing on stacked mats feet first	N/A	10.0	N/A	5.0
Yurchenko ½ on - landing in prone on stacked mats, with no contact of the feet	N/A	10.0	N/A	5.0

4.2 FIG TABLE OF DEDUCTION – VAULT LANDING ON STACKED MATS

Faults	0.10	0.30	0.50
First Flight Phase			
- For missing degrees of LA turn during flight phase - Gr. 3 with ¼ (90°) turn - Gr. 5 with ½ (180°) turn		$\leq 45^\circ$ $\leq 45^\circ$	
- Poor Technique - Head neutral - Body alignment (Hip angle/Arch) - Bent knees - Leg or knee separations - Incorrect foot form (<i>taken once throughout vault</i>)	• • • • •	• • •	•
Support Phase			
- Poor technique - Staggered hand placement Gr 1, 4 & 5 - Head neutral - Bent arms and/or shoulder angle - Too long in support - Step(s) in support (0.3 each, max 0.6) - Failure to pass through vertical - Angle of repulsion - By vertical – no deduction - 1°- 45° past vertical – 0.1 / 0.3 - 46° past vertical – 0.5 - Head contacting table (includes deduction for bent arms)	• • • • • • •	• • • • •	• • • • • <u>3.0</u>
Second Flight Phase			
- Height	•	•	•
- Body Position - Head neutral - Failure to maintain stretched body position (<i>piking too early</i>) - Brush/hit table - Failure to create rotation	• 179°-160° • •	• 159°-135° • •	• <135° • •
- Bent knees	•	•	•
- Leg or knee separations	•	•	
- Under-rotation of vault with no fall	•	•	
- Distance (<i>insufficient length</i>)	•	•	
Landing Deductions			
• Step(s) towards table (<i>opposite of landing direction</i>)	•	•	
• Body posture on landing	•	•	•
• Deviation from straight direction	•	•	
• Dynamics	•	•	•
• First point of contact on mat is head or neck	Void		

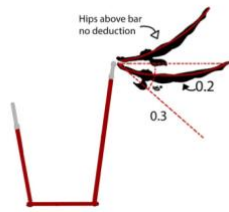
5. UNEVEN BARS – ASPIRE 1

Final Score Calculation

	CCP Code of Points	FIG Code of points
Required Elements	4.0	4.0
Bonus	2 bonus @ 0.5 = 1.0	2 bonus @ 0.5 = 1.0
D-Score	D Score (SV): 9.0 – missing RE + Bonus Max = 10.0	D Score: 4.0 – missing RE + Bonus Max = 5.0
E-Score	Execution as per CCP CoP L8, including clarifications below.	Execution as per FIG CoP, including clarifications below.
Final score	D Score – E Score (minus neutral deductions)	D Score + E Score (minus neutral deductions)
Fall	In case of a fall, the gymnast has 30 seconds to remount the UB once back on her feet.	
Throughout Deductions	Throughout deductions are applied as follows: (no 0.05 for FIG). Only the deductions listed below can be applied. - Dynamics – up to 0.1 - Body alignment in HS – up to 0.1	

Required Elements and Bonus

Required Elements - Description		Value
1.	Glide Kip on LB, Cast to HS (legs together or straddled) - To be credited, the cast must be min above horizontal (legs together) + angle deductions. - Cast at horizontal or below, or cast with straddled legs below 20°: Deduct for RE (-0.5) + Angle deductions To be credited, a cast performed with straddled legs must reach 20° from HS.	0.5
2.	Close Bar Element to HS Circle: - Completed within 20° = RE given - Completed 21° and below = RE not given (0.5) Angle deductions: - Completed within 10° = no deductions - Completed 10-30° = CCP up to 0.1 / FIG 0.1 - Completed 30-45° = CCP up to 0.2 / FIG 0.3 - Completed below 45 = CCP up to 0.3 / FIG 0.5	1.0
3.	Pike down or step down to sole circle bwd or Kip cast (any height) to sole circle - Pike or step down to sole circle bwd – no deduction. - Kip cast within 20° to pike down or step down – no deduction. - Kip cast completed 21° and below to sole circle bwd – Deduct for RE (-0.2) - The sole circle must return to support over the bar to be credited. - If two or multiple sole circles in a row – rule regarding repeated elements applies (see 3.4).	0.5
Jump off bars – 45 seconds allowed to remount on the HB Deduction of 0.2 if performed with the pause. It is preferred (but not mandatory) that the athlete remounts the bars without chalking up.		

4.	Long Kip (not mandatory – no value), Cast to HS (legs together or straddled) - To be credited, the cast must be min above horizontal (legs together) + angle deductions. - Cast at horizontal or below, or cast with straddled legs below 20°: Deduct for RE (-0.5) + angle deductions To be credited, a cast performed with straddled legs must reach 20° from HS.	0.5
5-6	Giant circle backward x 2 The giants must be performed with legs together (over LB), otherwise deduction of <u>0.2</u>.	0.5 x 2
7.	Dismount: layout flyaway Bwd - The tap (↑0.3), height (↑0.3) and body position are evaluated. For height, see diagram. - Landing of the dismount – see changes in Section 3.8 - Failure to maintain straight-hollow position (greater 135°) – ↑0.2 - Flyaway tuck or pike – Deduct for RE (-0.4) 	0.5
Bonus - The execution deduction may not exceed the value credited for the bonus. If the bonus is not credited (value not given, incomplete element, etc.), no execution deduction is taken. - Bonus must be performed immediately after the dismount – preferably without chalking up. There is no “planned” rest. - Athletes can initiate the bonus element with the element(s) of their choice (For example – kip cast, or only cast, or a close circle, etc.). The preparatory elements used to initiate the bonus must be part of the program. Execution deductions are NOT taken during the preparatory elements or in the elements following the bonus. - If the athlete falls during a preparatory element, she has one more opportunity to attempt the bonus skill. For example: Cast to HS, fall over... she can attempt to bonus skill again. The rationale is to encourage athletes to perform skills to maximum amplitude. In this case, the athlete is NOT authorized to put chalk between the fall and the 2nd attempt. - Athletes do not need to present to judges before or in between bonus elements. They must ensure that the judges are ready (watch for a nod or signal) before getting on the bars. They should present after their last bonus. - Athletes can only attempt bonus skills once they can perform the routine without the allowed pause. Falls at other times in the routine does not prevent the athlete from doing the bonus. The typical progression is: 1 – Routine in 2 parts, using the allowed pause. 2 – Full routine, without the allowed pause. 3 – Full routine, without the allowed pause, and bonus.		
B 1	Bonus 1 – Close bar circle element on LB - different than RE#2 (max 0.5) - Completed within 20° – Apply angle deductions - Completed 21° and below – Apply angle deductions	+ 0.5 + 0.3
B 2	Bonus 2 – on HB (max 0.5) - Giant bwd ½ turn - Blind to reverse grips (coach may stand in to spot or catch athlete) or, - Giant swing with ½ turn to swing (within 30°)	+ 0.5 + 0.3

6. BEAM – ASPIRE 1

Final Score Calculation

	CCP Code of Points	FIG Code of points
Required Elements	4.0	4.0
Bonus	2 bonus @ 0.5	2 bonus @ 0.5
D-Score (SV)	D Score: 9.0 – missing RE + Bonus Max = 10.0	D Score: 4.0 – missing RE + Bonus Max = 5.0
E-Score	Execution as per CCP CoP L8, including clarifications below.	Execution as per FIG CoP, including clarifications below.
Final score	D Score – E Score (minus neutral deduct.)	D Score + E Score (minus neutral deductions)
Timing	Maximum 1:45, with signal (gong) at 1:35 Overtime: Deduct 0.1 at 1:46 In case of a fall, time is stopped, and the gymnast has 10 seconds to remount the BB, once she is back on their feet.	
Artistry	Artistry deductions are applied as follows: (no 0.05 for FIG). Only the deductions listed below can be applied. • Posture – up to 0.2 • Relevé – up to 0.2	

Required Elements and Bonus

Required Elements Description			Value
1.	Acro	Mount: from clear straddle sit, press to Handstand held 2 sec. or B Mount (FIG or CCP) • Press to HS - If not from clear straddle sit, the element is not credited. Return to Beam is optional. - If start lengthwise on beam in straddle support – step down to beam or walkover out. - HS reached but gymnast does not return to BB: element is credited, deduct for fall. - Vertical not reached, deduct the value of the mount RE: <u>(-0.5)</u> - If the HS is not held 2 sec, deduct <u>-0.2</u>. • B Mount (CCP or FIG). C+ mounts not allowed. • CCP Press to HS no hold is a B. To get the RE, HS must be held 2 sec.	0.5
2.	Acro	Acro Series: 2 elements, the second element must have flight. • B + B (same or different) • A + B – Deduct for RE (-0.3) • Both acro performed but no connection – Deduct for RE (-0.5) • The connection is evaluated according to the CoP used. • Acro Series – If there is a fall or stop after the first element, the series may be attempted and the RE will be credited, even if elements are repeated. The objective is for the athlete to perform the series.	0.5
3-4	Acro	Two Acro Skills showing Flexibility/Control - Choose from: • Back walkover, Front walkover, Tic Toc, Valdez, Cartwheel - Each element is worth 0.5. - The element may be part of the mount or acro series. - Cartwheel may not be part of the dismount to get the RE. - Variations of these skills are allowed if the bridge portion is shown.	0.5 x 2

5.	Dance	Turn 360° on 1 foot • Turn in high relevé, free leg bent and held by calf or knee (in passé)	0.5
6.	Dance	Split leap (straight leg or développé technique) • RE #6 and #7 can be connected or performed in isolation.	0.5
7.	Dance	Split Jump or straddle jump	0.5
8.	DMT	Dismount: • Acro element directly connected to Salto Bwd (any position) or - Landing of the dismount – see changes in Section 3.8 • Front Layout - The value of the RE is credited only if the dismount is complete (Acro + salto or Front layout). - 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). - Landing of the dismount – see changes in Section 3.8	0.5
Bonus (must be included in the routine)			
B 1	Acro	Bonus 1 – Acro (max 0.5) - One of: • Aerial (front or side) • Standing Bwd Salto tuck	+ 0.5
B 2	Dance	Bonus 2 • Switch split	+ 0.5

7. FLOOR – ASPIRE 1

Final Score Calculation

	CCP Code of Points	FIG Code of points
Required Elements	4.0	4.0
Bonus	2 bonus @ 0.5	2 bonus @ 0.5
D-Score (SV)	D Score: 9.0 – missing RE + Bonus Max = 10.0	D Score: 4.0 – missing RE + Bonus
E-Score	Execution as per CCP CoP L8, including clarifications below.	E-Score: 10.0 – Total execution deductions Execution: As per FIG CoP, including clarifications below.
	FX - Landing of acro line When landing an acro line, a <u>controlled</u> lunge is allowed without deduction, regardless of whether the CCP or FIG CoP is applied.	
Final score	D Score – E Score (minus neutral deductions)	D Score + E Score (minus neutral deductions)
Timing	As per FIG – Maximum 1:30; Overtime: Deduct 0.1 at 1:31	
Border Markings	As per FIG – 0.1 (one foot or hand) / 0.3 (Steps outside with both feet, both hands or part of the body, or landing with both feet outside.	
Artistry	Artistry deductions are applied as follows: (no 0.05 for FIG). Only the deductions listed below can be applied. • Posture – up to 0.2 • Footwork – up to 0.2	

Required Elements and Bonus

Required Elements – Description		Value
	ACRO Lines: an acro line consists of a minimum of 2 directly connected flight elements, one of which is a salto with take-off from 2 feet. To meet all requirements, the routine must have: - RE#1: RD-FF-Layout salto bwd - RE#2: Salto Fwd – tuck or pike in an acro line (see definition above) - B1: Salto with 180° or 360° (Fwd or Bwd) - B2: Fwd Salto Layout or Extra acro line with salto (max C value) Acro Lines can be performed in any order. To get the maximum D Score, the lines can be combined provided that all 4 requirements are present. For ex: Routine 1: • RD – FF – 360° twist – meets B1 • Fwd salto tuck - RD – FF – Bwd layout – meets RE#1 and RE#2 • Front handspring – Front layout – meets B2 Routine 2: • RD – FF – 180° twist – meets B1 • RD – FF – Bwd layout – meets RE#1 • RD – FF – Bwd salto tuck – meets B2 • Fwd Salto Tuck (in isolation) – Deduct <u>0.2</u> (salto is not in an acro line).	
1.	Acro Acro Line 1: RD – FF – Bwd Layout Salto • The 3 elements are required (RD, FF, salto) • The layout salto cannot be substituted with a more difficult element. • To be credited, the body position in the salto must be a minimum of 135°.	1.0

Required Elements – Description			Value
2.	Acro	Acro 2: Salto fwd (in an acro line) • Salto fwd layout in an acro line • Salto fwd tuck or pike in a combo series (2-salto line) • Salto fwd tuck or pike isolated – Deduct for RE <u>-0.2</u>	0.5
3.	Acro	One Aerial element (preparation for beam, no run) • If the aerial is done after a run or hurdle, deduct <u>0.1</u> (execution)	0.5
4.	Dance	Turn on 1 leg: One of: • Turn min 540° (1½) on one foot or • Wolf turn min 360°	0.5
5.	Dance	Dance Passage • Switch split to Split leap (or reverse) – Both leaps must be credited to get the 0.5 value. If one leap is not credited (element not from the choice above or not meeting CCP/FIG technical requirements – lack of split for ex.) the dance passage is not credited.	0.5
6	Dance	Straight jump with 360° • Straight jump with 360° turn, with preferred arm work. (Arms in L position (one close to ear, the other lateral), both arms come down and lift during the jump). • The RE is credited even if the preferred arm work is not used. There is no deduction if the preferred arm work is not used.	0.5
7-8	Dance	Split jump rebound to Straddle jump (or reverse) • Both jumps must be credited to get the value.	0.5
Bonus			
B1	Acro	Bonus 1- Acro Line with LA turn. One of: • 360° • 180°	+0.5 +0.3
B2	Acro	Bonus 2 – To award the bonus, the elements may not be used to fill a RE. • Salto fwd Layout (in an acro line) or • Extra Acro Line with salto max C value (must be a 3rd acro line)	+0.5

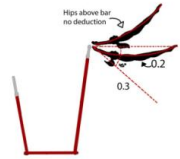
8. UNEVEN BARS – ASPIRE 2

Final Score Calculation

	CCP Code of Points	FIG Code of points
Required Elements	3.8	3.8
Bonus	2 bonus @ 0.5 1 bonus @ 0.2 = 1.2	2 bonus @ 0.5 1 bonus @ 0.2 = 1.2
D-Score (SV)	D Score (SV): 8.8 – missing RE + Bonus Max = 10.0	D Score: 3.8 – missing RE + Bonus Max = 5.0
E-Score	Execution as per CCP CoP L8, including clarifications below.	Execution as per FIG CoP, including clarifications below.
Final score	D Score – E Score (minus neutral deductions)	D Score + E Score (minus neutral deduct.)
Fall	In case of a fall, the gymnast has 30 seconds to remount the UB once back on their feet.	
Throughout Deductions	Throughout deductions are applied as follows: (no 0.05 for FIG). Only the deductions listed below can be applied. • Dynamics – up to 0.1 • Body alignment in HS – up to 0.1	
Dismount	The athlete as a choice of a bwd or fwd dismount. If doing a fwd dismount, the gymnast may jump off the bars after the last 2 bwd giants, and remount immediately (no chalking break) to do the dismount.	

Required Elements and Bonus

	Required Elements - Description	Value
1.	Glide Kip on LB – Cast to HS (legs together or straddled) • To be credited, the cast must be within 30° of vertical (legs together) + angle deductions. • Cast below 31° or cast with straddled legs below 20°: Deduct for RE (-0.5) + Angle deductions To be credited, a cast performed with straddled legs must reach 20° from HS.	0.5
2.	Close Bar Element Circle: • Completed within 20° = RE given • Completed 21° and below = RE not given (0.5) Angle deductions: • Completed within 10° = no deductions • Completed 10-30° = CCP up to 0.1 / FIG 0.1 • Completed 30-45° = CCP up to 0.2 / FIG 0.3 • Completed below 45 = CCP up to 0.3 / FIG 0.5	0.5
3.	Close Bar Element (Different root) – can be performed on LB or on HB after the long kip, cast to HS Circle: • Completed within 20° = RE given • Completed 21° and below = RE not given (0.5) Angle deductions: • Completed within 10° = no deductions • Completed 10-30° = CCP up to 0.1 / FIG 0.1 • Completed 30-45° = CCP up to 0.2 / FIG 0.3 • Completed below 45 = CCP up to 0.3 / FIG 0.5	0.5

4.	Pike down or step down to sole circle bwd or Kip cast (any height) to sole circle - Pike down – 0.0 - Step down – Deduct for RE (-0.2) - Kip cast (any height, no amplitude deductions) to sole circle bwd – Deduct for RE (-0.4) - The sole circle must return to support over the bar to receive be credited. - If two or multiple sole circles in a row – rule regarding repeated elements applies (see 3.4).	0.5
5.	Long Kip, Cast to HS (legs together or straddled) - To be credited, the cast must be within 30° of vertical (legs together) + angle deductions. - Cast below 31° or cast with straddled legs below 20°: Deduct for RE (-0.5) + Angle deductions To be credited, a cast performed with straddled legs must reach 20° from HS.	0.5
6.	Giant circle backward x 2 The giants must be performed with legs together (over LB), otherwise deduction of 0.2.	0.5 x 2
The dismount can be done on its own, or in connection to another element.		
7.	Dismount layout flyaway Bwd or Fwd - The dismount can be done on its own, or in connection with another element. - If the dismount is performed in isolation, the gymnast must remount immediately after the second giant. If there is a delay (chalking up), a deduction for a fall will be taken. The coach may lift the athlete to the bar. - The tap (↑0.1), height (↑0.3) and body position are evaluated. For height, see diagram. - Landing of the dismount – see changes in Section 3.8 - Failure to maintain straight-hollow position (greater 135°) – ↑0.3 - Flyaway tuck or pike – Deduct for the RE (-0.5) 	0.5
Bonus - The execution deduction may not exceed the value credited for the bonus. If the bonus is not credited (value not given, incomplete element, etc.), no execution deduction is taken. - Bonus must be performed immediately after the dismount – preferably without chalking up. There is no “planned” rest. - Athletes can initiate the bonus element with the element(s) of their choice (For example – kip cast, or only cast, or any close circle, etc.). The elements used to initiate the bonus must be part of the program. Execution deductions are NOT taken during the preparatory elements. - If the athlete falls during a preparatory element, she has one more opportunity to attempt the bonus skill. For example: Cast to HS, fall over... she can attempt to bonus skill again. The rationale is to encourage athletes to perform skills to maximum amplitude. In this case, the athlete is NOT authorized to put chalk between the fall and the 2nd attempt. - Athletes do not need to present before or in between bonus elements. They must ensure that the judges are ready (watch for a nod or signal) before getting on the bars. They should present after their last bonus.		
B 1	Bonus 1 Fwd Circling Element within 30° (close bar or other)	+ 0.5
B 2	Bonus 2 – One of: - Giant swing ½ turn (within 30°) to swing - Giant bwd, Giant with ½ turn Blind change to reverse grips (within 20°) - Close bar element with ½ turn (on LB or HB) (within 20°)	+ 0.5
B 3	Bonus 3 - If Bonus 1 and Bonus 2 are connected. - Ex: Giant bwd, Giant bwd to Blind to reverse grips, Giant fwd - Ex: Stalder ½ turn to Endo	+ 0.2

9. BEAM – ASPIRE 2

Final Score Calculation

	CCP Code of Points	FIG Code of points
Required Elements	5.0	5.0
Bonus	No bonus	No bonus
D-Score (SV)	D Score (SV): 10.0 – missing RE	D Score: 5.0 – missing RE
E-Score	E Score: Total deductions Execution as per CCP CoP L8, including clarifications below.	E-Score: 10.0 – Total execution deductions Execution: As per FIG CoP, including clarifications below.
Final score	Final Score: D Score – E Score (minus neutral deductions)	Final Score: D Score + E Score (minus neutral deductions)
Timing	Maximum 1:45, with signal (gong) at 1:35 Overtime: Deduct 0.1 at 1:46 In case of a fall, time is stopped, and the gymnast has 10 seconds to remount the BB once back on their feet.	
Artistry (only those listed apply)	Artistry deductions are applied as follows: (no 0.05 for FIG). Only the deductions listed below can be applied. • Posture – up to 0.2 • Relevé – up to 0.2	

Required Elements

Required Elements Description			Value
1.	Acro	Mount: from clear straddle sit, press to Handstand held 2 sec. or B+ mount (FIG or CCP) • Press to HS - If not from clear straddle sit, the element is not credited. Return to Beam is optional. - If start lengthwise on beam in straddle support – step down to beam or walkover out. - HS reached but gymnast does not return to BB: element is credited, deduct for fall. - Vertical not reached, deduct the value of the mount. - If the HS is not held 2 sec, deduct <u>(-0.2)</u> • B+ Mount (CCP or FIG). • Note: CCP Press to HS no hold is a B. To get the RE, HS must be held 2 sec.	0.5
2.	Acro	Acro Series: 2 elements with flight (same or different). • B + C or B + B + B • B + B - Deduct for RE <u>(-0.2)</u> • Acro elements not connected – Deduct for RE <u>(-0.5)</u> - The connection is evaluated according to CoP used. - Acro Series – If there is a fall or stop after the first element, the series may be attempted and the RE will be credited, even if elements are repeated. The objective is for the athlete to perform the series.	0.5
3.	Acro	Acro C+ with flight (different than in RE#2)	0.5
4.	Acro	One Acro skill showing flexibility – One of: • Back walkover • Front walkover • Tic Toc • Valdez - The element may be part of the mount. - Variations of these skills are allowed if the bridge portion is shown.	0.5

Required Elements Description			Value
5.	Dance	Turn 360° on 1 Foot – One of: • Turn 360° with foot of free leg bent and held by calf or knee (in passé) • Wolf Turn 360° • Turn 360° with free leg held straight at minimum 45° below horizontal (or higher)	0.5
6.	Dance	Switch split – in isolation	0.5
7.	Dance	Split Jump or straddle jump RE #7 and 8 can be combined or done in isolation	0.5
8.	Dance	Straight jump with ½ turn (cross or side)	0.5
9.	Dance	Series of kicks • Forward kick with straight front leg to horizontal on relevé, swing leg down, ½ turn, forward kick to horizontal on relevé The series is intended as a progression for a switch leap with ½ turn. Points of emphasis: • Kick on relevé to horizontal (not required to go above horizontal). Focus is on proper technique and control rather than height. • Half turn on relevé; • Preferred arm position: ○ First kick: arms at shoulder height in forward to lateral position. ○ Second kick: arms pulled back hard and wide in one precise position (preferred arm position wherever there is a split) without crossing the arms in front of the body. Deductions: • Leg kicks below horizontal – up to 0.2 (CCP) / 0.1 or 0.3 (FIG), for both kicks (not for each). • Turn not on relevé – 0.1 (flat deduction), for both CCP and FIG. Series of kicks – Video https://vimeo.com/1141232337/1a3a39f3aa?share=copy&fl=sv&fe=ci	0.5
10.	DMT	Dismount: Acro element with flight to Salto bwd layout • The acro element can be repeated. • Acro series can be combined with the dismount series. There must be at least 2 elements on the beam before the salto dismount. • Landing of the dismount – see changes in Section 3.8	0.5

10. FLOOR – ASPIRE 2

Final Score Calculation

	CCP Code of Points	FIG Code of points
Required Elements	5.0	5.0
Bonus	No bonus	No bonus
D-Score (SV)	D Score (SV): 10.0 – missing RE	D Score: 5.0 – missing RE
E-Score	E Score: Total deductions Execution as per CCP CoP L8, including clarifications below.	E-Score: 10.0 – Total execution deductions Execution: As per FIG CoP, including clarifications below.
	FX - Landing of acro line When landing an acro line, a <u>controlled</u> lunge is allowed without deduction, regardless of whether the CCP or FIG CoP is applied.	
Final score	Final Score: D Score – E Score (minus neutral deductions)	Final Score: D Score + E Score (minus neutral deductions)
Timing	As per FIG – Maximum 1:30; Overtime: Deduct 0.1 at 1:31	
Border Markings	As per FIG – 0.1 (one foot or hand) / 0.3 (Steps outside with both feet, both hands or part of the body, or landing with both feet outside.	
Artistry	Artistry deductions are applied as follows: (no 0.05 for FIG). Only the deductions listed below can be applied. • Posture – up to 0.2 • Footwork – up to 0.2	

Required Elements

Required Elements – Description			Value
1.	Acro	Minimum 3 acro lines • Acro line = min 2 flight elements, one being a salto • The routine must show a minimum of 3, and max of 4 acro lines to fulfill RE #2, 3, 4 and 5. An acro line may fulfill more than one requirement. • For ex: Salto fwd tuck – RD – FF – Salto layout with 360° will fulfill RE#6 and #8	0.5
2.	Acro	One Combo Acro line - with minimum 2 salto • Saltos can be directly or indirectly connected and same or different.	0.5
3.	Acro	One Acro line with salto with LA turn 360°+	0.5
4.	Acro	One Acro C+ (in acro line)	0.5
5.	Acro	One Salto forward (in acro line)	0.5
6.	Dance	Turn on 1 leg – One of: • Double turn 720° • Wolf turn 540° • Turn 360° with free leg held at horizontal (leg cannot be held with hand)	0.5
7-8	Dance	Dance Passage – One of: • Switch split to Johnson • Switch split to Switch with ½ turn • Switch split to Tour jeté	0.5 0.5
9-10	Dance	Jumps connected in Rebound – in any order • Straight jump with 360° turn, (preferred arm work: Arms in L position, one close to ear, the other lateral, both arms come down and lift during the jump – no deduction if preferred arm not used) connected (rebound) to: • Split jump (no turn) OR Straddle jump with or without ½ turn	0.5 0.5



11. APPENDIX 1 – CANADIAN ASPIRE PROGRAM - CLARIFICATIONS

In effect in Canada as of January 1st, 2026

All changes below have been incorporated in the document.

2.2	2025	Vault - Equipment For salto vaults, up top 40 cm (total) supplementary mats allowed.
V, UB, BB A1 / A2	2025	Landing of Salto Vaults and dismounts on UB, BB Aspire athletes should demonstrate the ability to generate strong and powerful rotation (from swings, take off and repulsion), leading to more complex vaults and dismounts. As such, athletes MUST land feet first, but there is no landing fault applied if they step or fall because they over-rotate the salto (controlled over-rotation of the salto). Landing deductions apply as usual (steps, falls) for under rotation of the salto. All other deductions (height, legs, body position, etc.) apart from the landing faults apply as usual. Example on UB dismount (apply principle to all DMT landings, and salto vaults): - Flyaway landing feet first then step / roll backward (over rotation) – no deduction for the steps or fall. - Flyaway landing feet first then step / fall forward (under rotation) – deduct for the steps / fall.
FX - All	Jan 2026	Landing of acro line on FX When landing an acro line, a <u>controlled</u> lunge is allowed without deduction, regardless of whether the CCP or FIG CoP is applied.
UB – A1	2025	UB – Aspire 1 Start Value For clarity, there is a change in the mathematics to determine the SV. There is no change in intent or outcome. Since the sum of the Require Elements is 4.0, the athlete will start from 4.0 and a deduction of 0.2 will be applied for the pause between part 1 and part 2. - Routine with allowed stop: $4.0 - 0.2 = 3.8$ - Routine without stop: 4.0
UB – All	Jan 2026	UB – Close Bar Circles For consistency, all close bar circles are evaluated using the requirements below: Circle: - Completed within 20° = RE given - Completed 21° and below = RE not given (0.5) Angle deductions: - Completed within 10° = no deductions - Completed 10-30° = CCP up to 0.1 / FIG 0.1 - Completed 30-45° = CCP up to 0.2 / FIG 0.3 - Completed below 45 = CCP up to 0.3 / FIG 0.5

UB – A2	2025	UB – Bonus Preparatory Elements Athletes can initiate the bonus element with the element(s) of their choice (For example – kip cast, or only cast, or a close circle, etc.). The preparatory elements used to initiate the bonus must be part of the program. Execution deductions are <u>NOT</u> taken during the preparatory elements or in the elements following the bonus. If the athlete falls during a preparatory element, she has one more opportunity to attempt the bonus skill. For example: Cast to HS, fall over... she can attempt to bonus skill again. The rationale is to encourage athletes to perform skills to maximum amplitude. In this case, the athlete is NOT authorized to put chalk between the fall and the 2nd attempt.
BB- A1, A2	Jan 2026	BB – Time Maximum 1:45, with signal (gong) at 1:35 Overtime: Deduct 0.1 at 1:46
BB – A2	Jan 2026	BB – Series of kicks The series is intended as a progression for a switch leap with ½ turn. Points of emphasis: • Kick on relevé to horizontal (not required to go above horizontal). Focus is on proper technique and control rather than height. • Half turn on relevé; • Preferred arm position: ○ First kick: arms at shoulder height in forward to lateral position. ○ Second kick: arms pulled back hard and wide in one precise position (preferred arm position wherever there is a split) without crossing the arms in front of the body. Deductions: • Leg kicks below horizontal – up to 0.2 (CCP) / 0.1 or 0.3 (FIG), for both kicks (not for each). • Turn not on relevé – 0.1 (flat deduction), for both CCP and FIG. Series of kicks – Video https://vimeo.com/1141232337/1a3a39f3aa?share=copy&fl=sv&fe=ci
FX – A1	Jan 2026	FX - A1 - Acro Line #1 As per the description, the athlete must perform RD-FF-layout bwd. The performance of the back handspring is required.