ASPIRE BARS

ASPIRE 1	0.2	0.2	0.4	0.4	No Value	0.4	0.2	0.2	0.4	0.4	0.4	0.4	0.4
ASPIRE 2	0.2	0.2	0.4	0.6	No Value	No Value	No Value	0.2	0.4	0.6	0.6	0.4	0.6
REQ'D ELEMENT	Glide Kip on LB	cxn *credit if cast reaches 45° of HS	Cast to HS *does not need to be connected to kip to credit	Clear Hip to HS	Stoop on LB direct cxn OR kip-cast	Sole circle bwd	Long Kip	cxn *credit if cast reaches 45° of HS	Cast to HS *does not need to be connected to kip to credit	Giant circle bwd	Giant circle bwd	cxn	Dismount: Layout Flyaway bwd
SPECIFIC ELEMENT DED'NS in addition to General Faults *(p. 9-11)*	•0.1 - fail to take off from both feet simultaneously •↑0.1 - lack of extension in glide	•0.3 - stop, extra swing, or back hip circle performed between kip and cast	•amplitude of cast (line from shoulders thru mid-point of lowest body part) ◦↑0.4 - between 10° to 45° ◦0.4 - below 45° Aspire 2: •0.4 - cast with legs straddled (any height)	•amplitude of clear hip (line from shoulders thru mid-point of lowest body part *when wrists shift*) ◦↑0.4 - between 10° to 45° ◦0.4 - below 45° •element not credited if hips touch bar (performs back hip circle) •can be performed on HB (after kip, cast HS) instead	•0.1 - alternate placement of feet in stoop on •**no ded'n** for cast amplitude even if below horizontal	•**no ded'n** for bent legs	•↑0.1 - lack of extension in glide	•0.3 - stop, extra swing, or back hip circle performed between kip and cast	•amplitude of cast (line from shoulders thru mid-point of lowest body part) ◦↑0.4 - between 10° to 45° ◦0.4 - below 45° Aspire 2: •0.4 - cast with legs straddled (any height)	•0.1 - incorrect technique •must be completed w/in 30° of HS to be credited •accelerated giants before double salto dismounts - moderate pike position ok during upswing and while passing thru vertical, but deduction for bent legs will be applied			•height/insufficient rise of salto (position of hips): ◦ **no ded'n** - at HB height or above ◦ ↑0.2 - 1° - 45° below HB height ◦ 0.25 or 0.3 - >45° below HB height •↑0.2 - failure to maintain straight-hollow position (>135°) •↑0.2 - pike down

ASPIRE 1 - SV = 10.0 RE
ASPIRE 2 - SV = 8.8 RE + 1.2 AD = 10.0

Casts:
Aspire 1: 1 of 2 casts must be performed straight body, with legs together. If both casts are with straddled legs, max. that can be awarded for the 2 casts is 0.4 out of 0.8
•kip, cast to HS, fall over: credit connection and cast, deduct for fall

•All Giants must be performed on HB to receive bonus
•deduct 0.1 for incorrect technique, + execution ded'ns
•Back Giant - required technique *(p. 12)* :
1. First 120° - straight body or curvilinear flexion
2. Second 120° - underswing
3. Third 120° - curvilinear flexion
4. HS should show straight body or curvilinear flexion with hips extended and shoulders opened
•Front Giant with straight body - required technique *(p. 13)* :
◦swing technique mandatory for all categories
◦must be performed w/ legs together and body stretched
1. First 120° - curvilinear extension
2. Second 120° - curvilinear flexion
3. Third 120° - curvilinear extension
4. HS should show straight body or curvilinear extension with hips extended and shoulders opened

If no dismount is performed:
•deduct value of connection (0.4)
•deduct value of flyaway (A1=0.4, A2=0.6)
•no additional deduction for landing (no fall)
•coach can slow down gymnast after last giant (no deduction for spotting)

#	NAME	A1	A2		
				RE	
				AD	
				SV	
				AV'G DED'N	
				SCORE	
				ND	
				FINAL SCORE	

#	NAME	A1	A2		
				RE	
				AD	
				SV	
				AV'G DED'N	
				SCORE	
				ND	
				FINAL SCORE	

•evaluation based on JO COP
•**missing REs will be deducted from SV**
•can repeat elements w/o penalty; apply execution
•if RE is not credited, it can always be repeated

Score:		Range:
	9.500 - 10.000	0.20
	9.000 - 9.475	0.50
	8.000 - 8.975	0.70
	<8.000	1.00

CDN Warm Up: **2 min.**/athlete (group)
FIG Warm Up: 30 sec. touch (50 sec. if doing bonus)
•for both: divide into chalk/no-chalk
◦90 sec. for each different bar preparation

•min. 10cm supplementary mat under rails and for dismount
•up to 20cm allowed under rails; up to 30cm for dismount
•board/mounting block/30 cm box/panel goes on top of 10cm mat
•bars may not be widened beyond FIG (180cm) (0.3)

•coach allowed to stand on mat, under bars during entire routine
•coach must remove board/block etc. after mount
•fall time = **45 sec.**

Aspire 1 - Demonstration Elements

•performed at end of rotation
•not evaluated
•any 2 (each from different group)

Group A	Group B
Giant circle bwd with ½ turn (1,2 hand change)	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 bwd	Clear pike circle

Aspire 2 - Advanced Difficulty Bonus (max. 1.2) *(see p. 28 for tech. req'ts)*

•performed in the routine
•bonus given for every completed skill - must show support
2nd clear hip circle to HS directly connected to mandatory clear hip to HS, OR 2nd diff. circle element connected or not to mandatory clear hip to HS (completed within 45° of HS when athlete shows support) — 0.3
Double tuck flyaway (*accelerated giants prior are OK - see *p. 13*) — 0.3

Giant ½ + giant ½ (to regular grip) — 0.3+0.3
-directly connected (completed within 30° of HS when athlete shows support)
Giant ½ (blind change) + front giant + front giant ½ — 0.3+0.3+0.3
directly connected (completed within 30° of HS when athlete shows support)
-athlete must perform the 3 elements (front giant must be performed)
• if 2nd or 3rd element in the series is not credited (not within 30°), bonus is still given for the completed skill(s)

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