

ASPIRE BEAM

ASPIRE 1	0.4	0.2	0.2 skill + 0.2 cxn + 0.2 skill	0.2 skill + 0.2 cxn + 0.2 skill	0.2	0.2 skill + 0.2 cxn + 0.2 skill			
REQ'D ELEMENTS	from clear straddle sit, press to HS, hold 2 sec.	360° turn on one foot	2 different elements from: switch split, split leap, split jump, sissonne	2 acro elements, one must have flight •no salto allowed •HS (2 sec), step down BHS will fulfill cxn and flight only - credit 0.4 (HS is hold, not acro)	front walkover OR front handspring	round off OR back handspring to bwd tuck OR layout salto			
	Mount	Turn	Dance Series	Acro Series	Forward Acro	Dismount			
	from clear straddle sit, press to HS, hold 2 sec.	360° turn on one foot	switch split leap to leap/jump with 180° cross or side split	2 acro elements, both must have flight •elements must have flight to receive credit •non-flight acro elements will not receive credit	fwd acro element with or without flight (excl. mount/dismount)	acro (min. B) to bwd layout salto			
ASPIRE 2	0.4	0.2	0.2 skill + 0.2 cxn + 0.2 skill	0.2 skill + 0.2 cxn + 0.2 skill	0.4	0.2 skill + 0.2 cxn + 0.2 skill			
SPECIFIC ELEMENT DED'NS	<ul style="list-style-type: none"> •return to beam optional •0.3 - vertical position reached but HS not held 2 sec. (credit element, deduct for no hold) •0.5 - HS reached but gymnast does not return to BB (credit element, deduct for fall) •element not credited if not from clear straddle sit 	<ul style="list-style-type: none"> •†0.1 - failure to perform 360° turn in high relevé 	<ul style="list-style-type: none"> •connection credited if there is no stop, pause, wobble, pumping of the knees, or additional arm swing •switch split credited if free leg is straight and reaches 45° before the switch 	<ul style="list-style-type: none"> •connection credited if there is no stop, pause, wobble, pumping of the knees, or additional arm swing •if fall/stop after 1st element, may repeat 1st acro element ONCE immediately after remounting/stopping after first attempt •can receive credit, execution ded'ns apply •credit value of both skills even if same (e.g. BHS - BHS); for A2, both must have flight 	<p>Aspire 1:</p> <ul style="list-style-type: none"> •can be part of mount (e.g. press HS, held, to front walkover) 	<ul style="list-style-type: none"> •can combine with acro series •must be at least 2 elements ON beam to meet both requirements <p>Aspire 1:</p> <ul style="list-style-type: none"> •0.2 - salto performed after cartwheel or walkover 			
ASPIRE 1 - SV = 10.0 RE		#		NAME		A1	A2	RE	
ASPIRE 2 - SV = 8.8 RE + 1.2 AD = 10.0									
Aspire 2 - Advanced Difficulty Bonus (max. 1.2)								AD	
•1C+ dance element (excl. switch split) 0.3								SV	
•as per JO COP									
•given max. once									
•up to 3 different saltos/aerials 0.3 ea.								AVG DED'N	
•dismount: acro B on beam to back layout salto with 1/1 twist (360°) 0.3								SCORE	
Aspire 2:								ND	
•non-required acro or dance elements (max. D value) may be included as part of choreography or to enhance it								FINAL SCORE	
•extra elements are evaluated and will receive execution deductions, but do not receive bonus or additional points									
•otherwise, performance of elements not on list of REs or ADs is not authorized									
•0.5 - restricted element (applied to Final Score)									
Series:								RE	
•acro and dance series must be continuous								AD	
•performed without stop, pause, wobble, pumping of knees, or additional arm swing (more like FIG)								SV	
•acro series will receive credit/bonus even if there is a fall, provided that both elements would be credited (at least one foot in proper position on beam upon landing)								AVG DED'N	
Artistry:								SCORE	
•†0.1 - originality/creativity of choreography in elements and connections								ND	
•†0.1 - quality of gymnast's movements to reflect her personal style								FINAL SCORE	
•†0.1 - quality of expression (i.e. projection, emotion, focus)									
•†0.2 - insufficient dynamics									
•evaluation based on JO COP	Score: 9.500 - 10.000	Range: 0.20	CDN Warm Up: 2 min./athlete (individual)	•min. 5 or 10cm supplementary mat for dismount	•coach allowed to stand on mats to spot, but not for entire routine				
•missing REs will be deducted from SV	9.000 - 9.475	0.50	•may be split 90 sec. + 30 sec.	•supp. mat at one end of beam only (all dismount to same end)	•coach must remove springboard after mount				
•can repeat elements w/o penalty; apply execution	8.000 - 8.975	0.70	FIG Warm Up: 30 sec. touch	•springboard goes on landing mat or on top of 10cm mat	•routine time = 1:30 (warning at 1:20); deduct 0.1 for overtime				
•if RE is not credited, it can always be repeated	<8.000	1.00	Beam Height = 110 cm OR 125 cm	•20cm safety mat not allowed (p. 6)	•fall time = 30 sec.				