

ASPIRE FLOOR

ASPIRE 1	0.2	0.2	0.4	0.4	0.2	0.2	0.4	0.6	0.4			
REQ'D ELEMENTS	360° turn on one leg	switch split leap	2 different leaps (one being 180° cross split)	back ext. ½ turn (blind turn)	one aerial element (prep. for beam, no run)	one jump with 180° cross or side split in a mixed series	front hsp (and/or flyspring) to fwd tuck salto (or flyspring)	round off - back hsp - bwd layout salto with ½ (180°) twist	from 2 feet, jump to hurdle to RO - 3x BHS - bwd tuck or layout salto			
	Turn		Dance Passage				Fwd Acro Series	Bwd Acro Series	Additional Acro Series			
	any JO B or C turn		2 different elements (one being switch split leap)				front hsp (and/or flyspring) to front layout salto (NO twisting)	bwd twisting acro series, min. 3 skills (RO - BHS - salto)	two salto (combo) line	Layout 1/1		
ASPIRE 2	0.4		0.4				0.6	0.6	0.6	0.4		
SPECIFIC ELEMENT DED'NS in addition to General Faults (p. 9-11)	•†0.1 - failure to perform turn in high relevé	•credited if free leg is straight and reaches 45° before the switch	Aspire 2: •1st element must be a leap; 2nd element must take off 1 foot but may land on 2 feet •may include one bonus skill (C+ leap)	•exit after completion of ½ turn optional •†0.2 - back extension with bent arms •0.2 - blind turn is not performed (only back extension performed)		•jump can be combined with acro series or single acro element landing on 2 feet	Aspire 1: •no hurdle from stand before run •0.2 - >3 running steps + hurdle performed •flying spring can be added, or replace either or both elements Aspire 2: •flying spring can replace front hsp or be added after front hsp	Aspire 1: •no hurdle from stand before run •0.2 - >3 running steps + hurdle performed	Aspire 1: •no steps allowed in entry - hurdle only Aspire 2: •saltos may be directly or indirectly connected •saltos may be same or different	•may be performed as part of bwd twisting series or combo series		
ASPIRE 1 - SV = 10.0 RE ASPIRE 2 - SV = 8.8 RE + 1.2 AD = 10.0		# NAME							A1	A2	RE	
Aspire 2 - Advanced Difficulty Bonus (max. 1.2)											AD	
•up to 2 C+ dance element(s) (excl. double turn) as per JO COP		0.3 ea.									SV	
•bwd salto layout with 1½ twist (540°)		0.4									AVG DED'N	
•bwd salto layout with 2/1 twist (720°)		0.6									SCORE	
•fwd salto layout with 1/1 twist (360°)		0.6									ND	
Aspire 2: •routine must show min. 3 acro series ◦an acro series may fulfill 2 requirements ◦a 4th acro series may be performed for bonus •non-required acro or dance elements (max. D value) may be included as part of choreography or to enhance it •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)											FINAL SCORE	
		# NAME							A1	A2	RE	
											AD	
											SV	
											AVG DED'N	
											SCORE	
											ND	
											FINAL SCORE	
Artistry: •†0.1 - originality/creativity of choreography in elements and connections •†0.1 - quality of gymnast's movements to reflect her personal style •†0.1 - quality of expression (i.e. projection, emotion, focus) •†0.2 - insufficient dynamics ◦energy not maintained throughout exercise ◦gymnast fails to make the difficult look effortless												
•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: 9.500 - 10.000 Range: 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) •minimum 5 min., maximum 10 min. FIG Warm Up: 3 min. touch		•5 or 10cm supplementary mat allowed •supp. mat must be placed at beginning of routine ◦can be removed, moved, or left in place •20cm safety mat not allowed (p. 6)		•coach allowed to move/remove supplementary mat, but otherwise not permitted on floor exercise mat/"podium" ◦0.5 - coach on floor exercise mat inside the border marking •routine time = 1:30; deduct 0.1 for overtime •0.2 - out of bounds (double the JO deduction)				