



# Aspire Program Manual

2019-2020

*“Preparing for the Future”*

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P: 613.748.5637 | F: 613.748.5691 | E: [info@gymcan.org](mailto:info@gymcan.org)

120-1900 promenade City Park Drive, Ottawa, ON K1J 1A3

[WWW.GYMCAN.ORG](http://WWW.GYMCAN.ORG)



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## 1.0 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 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 [amanda@gymcan.org](mailto:amanda@gymcan.org).

The Aspire Program is a preparation program. Gymnasts can move freely between the Aspire Program and JO in the competition year according to PTO's regulations.

### 1.1 GOAL OF THE ASPIRE PROGRAM

The program is dedicated to mastering strong basic skills on each of the four apparatus thereby creating the foundation to build upon, and later master, the contemporary advanced elements necessary to compete successfully at a higher level.

### 1.2 HOW?

Although the routines are not be completely compulsory by nature, they are created using a set of required skills, connections and guidelines for each apparatus and level.

The emphasis is on quality of the skills performed; therefore, the difficulty value (DV) is designed to increase from Aspire 1 to Aspire 2 to allow for a smoother transition into higher levels. Required skills are valued at 0.1, 0.3 or 0.5, weighted based on the difficulty **and** importance of the skills in the athlete's development.

The maximum DV are as follows:

|          |          |
|----------|----------|
| Aspire 1 | DV = 3.0 |
| Aspire 2 | DV = 3.5 |

The program is designed **without bonus** but instead, with a score that can be built upon until the full DV can be reached. Advancing to the next level regardless of placement in a meet is not recommended until maximum difficulty on each apparatus has been met.

### 1.3 ASPIRE LEVELS

**The Canadian Aspire Program** is **not** a program for all gymnasts. Coaches need to be aware that the skills and specified techniques required may be difficult to achieve for some gymnasts.

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 Aspire program has two levels.

**ASPIRE 1**

This is an entry level program and will focus on the progressive development of essential basic elements on every apparatus.

**ASPIRE 2**

Aspire 2 will focus on the continuing development of essential basic elements, as well as, the inclusion of key advanced elements and combinations needed to progress into HP Novice.

## 2.0 AGE ELIGIBILITY

Age is determined by birth year.

|          |                  |
|----------|------------------|
|          | 2019/2020        |
| Aspire 1 | 2009, 2010, 2011 |
| Aspire 2 | 2008, 2009, 2010 |

## 3.0 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:

|                         |  |                                  |  |   |
|-------------------------|--|----------------------------------|--|---|
| <b>General Warm up</b>  | 15 minutes: Athletes may not start the general warm-up on the warm-up or competition floor before the set time. They may <b>not</b> 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 basic floor acro tumbling and beam acro on a line. The use of diagonals is prohibited.   |                                  |  |   |
| <b>Canadian Warm up</b> | <b>Vault</b>   | <b>Bars</b>                      | <b>Beam</b>  | <b>Floor</b>  |
|                         | 2 min / athlete<br>Minimum<br>10 min   | 2 min / athlete<br>Group warm up | 2 min / athlete<br>Individual warm up:<br>(May do 1:30 + 30 sec) | 2 min / athlete<br>Group warm up<br>Min 5 min, max 10 min |
|                         | <p>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.</p> <p>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.</p> |                                  |  |   |
| <b>FIG Warm up</b>      | Host should plan for 2 min per athlete for the FIG warm up format.   |                                  |  |   |
|                         | Touch warm up: 4 vaults  | Touch warm up: 30 sec            | Touch warm up: 30 sec  | Touch warm up: 3 min / group                              |



### 3.1 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.



## 4.0 EQUIPMENT REGULATIONS

### 4.1 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)        | <ul style="list-style-type: none"> <li>Aspire 1: Stacked mats at vault up to table height, 5 or 10 cm can be added on top of stack</li> <li>Aspire 2: Mandatory 10 cm or 15 cm</li> </ul>   |
|             | Safety Mat (20 cm)        | Aspire 2: 20 cm safety mat allowed  |
|             | Other                     | <ul style="list-style-type: none"> <li>Corridor Markings (lines) on landing mat not in effect for Aspire.</li> <li>The Yurchenko hand mat may <u>ONLY</u> be used for Yurchenko type vaults.</li> <li>Yurchenko collar mandatory for Yurchenko type vault - Allowed for all other vaults though preferable to be used only for Yurchenko type vaults.</li> </ul>    |
| Uneven Bars | Uneven Bars               | HB: 250 cm LB: 170 cm<br>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.<br>Supplementary mats are only available on one side of the beam only<br>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   |

## 4.2 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.

## 5.0 JUDGING

### 5.1 EVALUATION

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.

### 5.2 ELEMENTS

- All missing required elements will be deducted from the Start Value.
- Required elements must be performed as written and **cannot** be substituted with more difficult elements.
- For Aspire 2, on Beam and Floor, non-required acro elements or dance elements (max D value in the JO Code of Points) may be included in the routine as part of the choreography or to enhance it. These extra elements are evaluated, and will receive related deductions but receive no credit.

### 5.3 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.

### 5.4 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.

## 5.5 FINAL SCORE CALCULATION (BARS, BEAM, FLOOR)

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

## 6.0 ASPIRE 1

### 6.1 VAULT

Aspire 1 athletes will compete two (2) vaults. The first vault is compulsory for all gymnasts, while for the second vault, the gymnast has the choice of the vault to be performed. The coach must announce the vault. There is no deduction for announcing the wrong vault.

#### Calculation of Final Score

- The JO 6-7 table of vault deductions will apply.
- The Final Score will be the average of both vaults, as follows:  
(Score of Vault #1 + Score of Vault #2) / 2 = Final Vault Score

| Element  | Value |
|--|-------|
| 1 <sup>st</sup> Vault: Handspring to standing onto stacked mats                        | 10.0  |
| 2 <sup>nd</sup> Vault: Choose one of:<br>Tsukahara to feet onto stacked mats <b>or</b> | 9.7   |
| Yurchenko to feet onto stacked mats  | 10.0  |

### 6.2 BARS

#### Presence of the coach

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

Angles are evaluated as per JO Code of Points

| Routine   | Value (3.0) |
|---|-------------|
| Kip - cast to handstand:<br>a) in a straddle position             | 0.3         |
| b) with straight body   | 0.5         |
| Clear hip circle to handstand (no value if not within 20 degrees) | 0.5         |
| Immediate snap into sole circle<br>a) if step down technique used | 0.3         |
| b) snap and pike down   | 0.5         |
| Long kip - cast to handstand (straight body or legs straddled)    | NV          |
| Giant   | 0.5         |
| Giant   | 0.5         |
| Layout Flyaway  | 0.5         |



### 6.3 BEAM

#### Generalities

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

#### Artistry Deductions

According to JO rules

#### Elements

- Elements or series not performed as written will lose maximum difficulty value for that element or series.
- Elements may be used to fulfill more than one requirement (2x back handspring – backward salto can fulfill the Acro Series and Dismount requirement)

| Elements  | Value (3.0)       |
|---|-------------------|
| <b>Mount:</b> from L-hold, press to handstand from side or end, no hold required, return to beam optional   | 0.3               |
| <b>Dance Series</b><br>Split leap to Sissone  | 0.3 each          |
| <b>Turn:</b><br>1/1 turn (360°) on one leg (A value)  | 0.3               |
| <b>Acro Series:</b> Choose one of:<br>a) Back walkover - back handspring (1 or 2 foot landing)<br>b) 2x back handsprings (same or different)<br><i>Must be connected to receive value</i> | 0.3<br>0.5        |
| <b>Acro in different direction:</b> Choose one of:<br>a) Front walkover (can be done in conjunction with the mount) or cartwheel<br>b) Front handspring<br>c) Front aerial or side aerial | 0.1<br>0.3<br>0.5 |
| <b>Dance Element:</b> Choose one of:<br>a) Split jump or Straddle jump<br>b) Switch leap  | 0.3<br>0.5        |
| <b>Dismount:</b> Choose one of:<br>a) Acro A to Salto A<br>b) Acro B to Salto A   | 0.1<br>0.3        |

## 6.4 FLOOR

### Generalities

TIME Limit: maximum 1:30 – if overtime, deduct 0.1

### Artistry Deductions

According to JO rules

### Elements

- Elements or series not performed as written will lose maximum difficulty value for that element or series.
- Elements may be used to fulfill more than one requirement (switch leap to switch leap ½ can fulfill the Dance Passage and Dance Element requirements)

| Element   | Value (3.0) |
|---|-------------|
| <b>Turn:</b> 1/1 turn (360°) on one leg (A value)   | 0.5         |
| <b>Dance Passage:</b> Choose one of:<br>a) 2 different A leaps, one being with 180° split<br>b) 2 different leaps, one leap being a switch leap<br><i>Must be connected directly or indirectly to receive value</i> | 0.3<br>0.5  |
| <b>Dance Elements:</b> Choose one of:<br>a) Split jump or Straddle jump<br>b) Switch leap with ½ turn or Split jump with ½ turn or straddle jump ½ turn   | 0.3<br>0.5  |
| <b>Forward Acro Line:</b> Max 3-4 steps entry<br>Minimum 2 flight elements -1 must be a salto   | 0.5         |
| <b>Backward Acro Line:</b> Max 3-4 steps entry<br>Round off – 2x back handsprings – Layout salto backward   | 0.5         |
| <b>Acro with LA turn:</b> Choose one of: (may not replace the layout)<br>a) Layout salto backward with ½ twist<br>b) Layout salto backward with 1/1 twist   | 0.3<br>0.5  |

## 7.0 ASPIRE 2

### 7.1 VAULT

Aspire athletes may 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 vault will be the final score. Vaults will be evaluated using the JO 8-10 vault table deductions.

For the performance of vaults with saltos the coach is permitted to stand by the vault table as needed for the safety of the gymnast.

| Element   | Value |
|---|-------|
| Handspring, 1/2 on (Tsuk entry) or Yurchenko entry (no salto) | 8.5   |
| Tsukahara Tuck or pike  | 9.5   |
| Tsukahara open tuck   | 9.7   |
| Yurchenko tuck or pike  | 9.7   |
| Yurchenko open tuck   | 10.0  |

## 7.2 BARS

### Presence of the coach

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

Angles are evaluated as per JO Code of Points

| Element  | Value (3.5) |
|--|-------------|
| Kip - cast to handstand:   |             |
| a) in a straddle position  | 0.3         |
| b) with straight body  | 0.5         |
| Clear hip circle to handstand (no value if not within 20 degrees)          | 0.5         |
| One different close circle from: (no value if not within 20 degrees)       |             |
| a) Sole circle to handstand  | 0.5         |
| b) Stalder to handstand  | 0.5         |
| Choose one of:   |             |
| a) Kip – Cast stoop on LB jump to HB or                                    | 0.0         |
| b) Stoop down on LB to sole circle   | 0.0         |
| Long kip – Cast to handstand straight body or legs straddle                | 0.5         |
| Series of 3 giants from the following options:                             |             |
| a) Giant (NV), back giant ½ (0.3), back giant ½ (0.3)                      | 0.6         |
| b) Giant (NV), blind change (0.5), front giant or endo (0.5)               | 1.0         |
| c) Giant (NV), blind change (0.5), front giant or endo ½ (0.5)             | 1.0         |
| Giants backward may be performed before or after any of the options above. |             |
| <b>Dismount:</b> Choose one of:  |             |
| a) Salto backward Layout flyaway   | 0.3         |
| b) Salto forward Layout flyaway  | 0.3         |
| c) Double salto backward tuck flyaway                                      | 0.5         |

### 7.3 BEAM

#### Generalities

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

#### Artistry Deductions

According to JO rules

#### Elements

- Elements or series not performed as written will lose maximum difficulty value for that element or series.
- Elements may be used to fulfill more than one requirement (split jump – back handspring – layout step out fulfills the Mix and Acro Series requirements)

| Element   | Value (3.5)       |
|---|-------------------|
| <b>Mount:</b> Choose one from:<br>a) A mount<br>b) B mount  | 0.3<br>0.5        |
| <b>Turn:</b> Choose one from:<br>a) A turn (360°) on one leg<br>b) B + turn on one leg  | 0.3<br>0.5        |
| <b>Dance Series:</b> Switch leap to Sissone   | 0.5               |
| <b>Mix Series: Dance/Acro:</b> Choose one from:<br>a) Acro A to Dance A or reverse<br>b) Acro A to Dance B or reverse<br>c) Acro B to Dance B or reverse  | 0.1<br>0.3<br>0.5 |
| <b>Acro Series:</b> Choose one from:<br>a) Series of 2x back handspring (same or different)<br>b) Series of 3x back handspring (same or different)<br>c) Back handspring to salto: layout step out or salto backward tuck | 0.3<br>0.5<br>0.5 |
| <b>Forward/Side Acro:</b> Choose one from:<br>a) without flight (can be part of the mount)<br>b) Front handspring<br>c) Front aerial or Side aerial   | 0.1<br>0.3<br>0.5 |
| <b>Dismount:</b> Choose one from:<br>a) Acro B to Salto A<br>b) Acro B to Salto B   | 0.3<br>0.5        |

## 7.4 FLOOR

### Generalities

TIME Limit: maximum 1:30 - if overtime, deduct 0.1

### Artistry Deductions

According to JO rules

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

### Elements

- Elements or series not performed as written will lose maximum difficulty value for that element or series.
- Elements may be used to fulfill more than one requirement (switch leap – B leap other than switch leap can fulfill the Dance Passage and Dance Element requirements)

| Element   | Value (3.5)           |
|---|-----------------------|
| <b>Turn:</b> Choose one of:<br>a) B turn<br>b) 2 directly connected turns, one must be a B turn or more difficult<br>c) C turn  | <br>0.3<br>0.5<br>0.5 |
| <b>Dance Passage:</b> 2 different leaps one being a switch leap   | 0.5                   |
| <b>Dance Elements:</b><br>Choose one jump:<br>a) Split jump with 1/2 turn or Straddle jump with 1/2 turn<br>b) Split jump with 1/1 turn or Straddle jump with 1/1 turn  | <br>0.3<br>0.5        |
| Choose one leap:<br>a) B Leap, other than switch leap<br>b) C Leap  | <br>0.3<br>0.5        |
| <b>Forward Acro Line:</b><br>Choose one of:<br>a) Forward handspring or Flyspring to salto forward layout<br>b) Salto forward tuck to Salto forward tuck (directly connected)<br>c) Salto forward layout to Salto forward tuck (directly connected) | <br>0.3<br>0.3<br>0.5 |
| <b>Acro Line with LA Turn</b><br>Choose one of:<br>a) Salto backward layout with 1/1 twist<br>b) C Salto (forward or backward) with LA Twist  | <br>0.3<br>0.5        |
| <b>Combination Acro Line:</b><br>At least one salto must be backward. Can be direct or indirect combination.<br>Choose one of:<br>a) A Salto to A Salto<br>b) A Salto to B/C Salto (or reverse)   | <br>0.3<br>0.5        |