



WAG – CLARIFICATIONS TO THE ASPIRE PROGRAM May 2021

Following the last competitions in BC, we have received several questions. The clarifications below are in effect at the 2021 BC Championships and subsequent competitions. Since the Aspire program will be reviewed by GymCan this summer, the clarifications below are only in effect until the end of the season 2020-21.

Please submit any questions about the Aspire program to [Crystal Gilhooly](#).

Aspire 2 – UB – Bar transfer from LB to HB – New May 2021, from Lorie Henderson:

The athlete has 2 options to perform the bar transfer from LB to HB. Following the circle element, she can:

- a) Kip – cast (any height) – stoop on LB or sole circle to jump to HB (value 0.3), or
- b) Immediately stoop down on LB - sole circle to jump to HB (value 0.5)

To receive the higher value (0.5), the stoop must be performed immediately following the circle element.

Aspire 1 & 2 – BB – Repetition of acro elements

Series, dismount and bonus are credited, even if the same acro element is repeated. The philosophy of the Aspire program is to encourage young athletes to perform acro connections on BB. In the example below, the athlete will receive value for all skills/series, even if the back handspring (BHS) is repeated many times.

- Acro series: BHS fall, The athlete remounts the beam and perform BHS – BHS
- Mix series: BHS – Split jump
- Dismount: BHS – Salto bwd

Aspire 2 - FX – Combo line and Acro line with a C

To get a full start value of 3.5, gymnasts must do the following acro lines:

- 1) Forward Acro line: Salto forward layout - Salto fwd tuck direct connection (value 0.5)
- 2) Acro line with LA turn (C salto) (value 0.5)
- 3) Combo line with A to B/C salto (value 0.5)

If the C salto is performed in a combo line (for ex: RD - BHS – Salto bwd with 1½ twist – Punch salto fwd), and then again the same C salto is performed again as a last pass, requirements 2) and 3) are both fulfilled. The rationale is written at the top of the FX page: *Elements – Elements may be used to fulfill more than one requirement*. In this case, the 1½ twist fulfills the acro line and the combo line, however they must be performed as three separate lines (as per the directions under Generalities).

Aspire 1 – FX – Running steps to initiate a tumbling line

If the gymnast performs more than 3 steps to initiate the acro line, a flat 0.2 deduction is applied, but the acro line is credited. This is from the GymCan clarifications of February 2020.