

Aspire Program

01/09/24 – 30/06/25

Updated Oct 4, 2024

**[W W W . G YM](http://WWW.GYM/) C A N . O RG**

# FORWARD

To the Gymnastics community,

In 2021, the WPA decided that a new format was needed to help further the development of the Aspire and Novice programs to better suit the needs of Canadian athletes and coaches. It was noted after the last Aspire/Novice programs were developed that more input was wanted by the gymnastics community.

Therefore, we worked to create a larger committee, with a wide variety of experiences and different viewpoints. They were divided into smaller committees assigned to work on specific events. We felt this would better serve our purpose.

The committee as a whole and the subcommittees individually have discussed many trends that are occurring and have occurred in the gymnastics community over the last cycle. They have shared many different points of view and questioned many areas of the Canadian program as they exist presently. In doing so they have also discussed and dissected their own decisions many times over while putting together this document.

We realize that no document is ever final, and everyone will have different ideas and ways to achieve them, but we believe the path that has been created will benefit and guide Canadian gymnastics.

The following document is the product of these committees. Thank you to the Novice- Aspire Committee for the hours of work you put into the research and creation of this program.

We want to thank Lorie Henderson for all her hard work and dedication in order to get this document together. Thank you for leading and organizing these coaches.

Committee’s

Vault: *Robert Persechino, Dave Fallon*

Bars: *Michel Charron, Chris Hanley, Dany Gilbert, Claude Pelletier*

Beam: *Jana Ball, Lisa Cowan, Dorina Stan*

Floor: *Barb Fraser, Paula Johnson, Jeremy Mosier*

# Consultants

# Gold Medal Profile: Denis Vachon

# Beam: CA Orchard(information from workshops and clinics incorporated)

# Vault: Adrian Balan ((information from workshops and clinics incorporated)

# Translation

# Thank you to Andree Montreuil who has worked tirelessly translating, redoing and translating again

Coordinator: Lorie Henderson

# CANADIAN ASPIRE STREAM PROGRAM

PHILOSOPHY AND DIRECTION

**Philosophy***Coach education* is of utmost importance and was the foundation upon which we built. Execution and technique are at the forefront of athlete development and therefore, they are the principles we have used to lay the foundation for the evaluation of skills, and routine construction.

**Direction**We use the term ‘Aspire Stream’ program to encompass all programs outside of CCP that lead up to Junior/Senior HP. The ‘Aspire Stream’ will be the initial starting point for the HP Pathway and will consist of three programs which will be identified as:

* GEM’s - Program Born 2015- 2016-2017-2018
* YOUTH - Program Born 2013 -2014-2015- 2016
* NOVICE - Program Born 2011-2012-2013-2014 (information in the Combined Manual will be updated)

ASPIRE STREAM …

Section 1 PROGRAM DESCRIPTIONS, GOALS AND RATIONAL

1.0 GEM’s *(****G****ymCan’s* ***E****ducational* ***M****odel)*

The GEM’s program is open to all age eligible athletes and is the first level of the Canadian Aspire Stream. The program is focused on **coach education** through athlete **identification.** It is ***not*** a competitive program.

There are 2 levels to the Gem’s program.

* Gem’s 1 Entry Level -basic skills; lead up to Gem’s Advanced
* Gem’s 2 Advanced Level -lead up to Youth Entry Level

Gymnasts participating in GEM’s are **encouraged to compete** using the CCP compulsory Levels 1-5.

* 1. RATIONAL …

*Why is it not a competitive program in and amongst itself?*

a) The athletes are very young and are in the learn to ‘enjoy and compete’ phase of their development.

b) We recognized that there were too many levels in our competitive program causing conflict, confusion and ultimately resulting in lack of participation in some programs. There is no need to have almost identical competition platforms running parallel to each other, but there is a need to identify athletes and educate coaches at this stage.

c) Since the age for international competitors is increasing, we need to promote longevity in the sport. It was concluded that gymnasts at this young age are better to be competing amongst their peers, not in a ‘special category’. This is meant to reduce pressure for them, their coaches, and especially parents.

1.2GOALS

1. ***Educate athletes and coaches*** on the importance of ***Physical preparation*** and its role in injury prevention, future skill acquisition and the ability to execute skills technically correct, and safely.
2. Provide coaches with a specific ***direction*** for future skill development.
3. Promote a ***strong foundation*** of basic skills for easier and technically sound skill acquisition in the future.
4. Provide ***opportunities*** to work with other athletes, coaches, and master coaches who can offer education and support.
5. ***Increase Participation***in our sport with the focus being on self-improvement and enjoyment

1.3METHOD

1. The program will be delivered using a *National Education/Evaluation System,* promoting Physical Ability and Basic skills.
2. These *Evaluations* will be followed by a one-day training session to promote coach and athlete education.

1.4 EVALUATIONS

1. Physical Ability Testing will be done first, followed by Apparatus evaluations. There will be a 1-day ‘camp’ with the experts following the evaluations.
2. Certificates will be awarded to Ruby, Sapphire, and Emerald at the end of the training session. All athletes will receive a certificate.

1.5 CRITERIA TO ATTAIN EACH LEVEL

**Diamond**

* Score 90% + on Physical Ability testing and Standard Skills combined

**Ruby**

* Score 80% -89.9% on Physical Ability testing and Standard Skills combined

**Sapphire**

* Score 70% - 79.9% on Physical Ability testing and Standard Skills combined

**Emerald**

* Score 69.9% or less on Physical Ability testing and Standard Skills combined

# 2.0 YOUTH

[This Photo](https://10000pages.blogspot.com/2017/07/coloured-maple-leaf-art-7.html) by Unknown uthor is licensed under [CC BY](https://creativecommons.org/licenses/by/3.0/)

The **Youth** program is the second tier of the Canadian Aspire Stream. It is the initial ***Competitive level*** geared to the development of young athletes.

The Youth Advanced Competitive program is meant to work using the FIG Code of Points. Although the requirements leading to the determination of the Start Value are different, execution is similar.

* ‘Youth Entry’ Level -entry level program is meant to work around the CPP code and is the lead-up to the Youth Advanced and the CPP Optional Program
* ‘Youth Advanced’ -designed as a ***direct*** pathway to Novice and the HP pathway. It includes fundamental skills necessary to facilitate a smooth transition into Novice.
  1. GOALS

1. To provide athletes and their coaches with knowledge.

* Routines/Sequences will provide coaches with the direction and foundation for future quality skill development.
* Skill sets will provide the developmental skills necessary to facilitate proper technique of future more advanced skill sets.

1. To provide competitive opportunities for young *aspiring* athletes
2. To track and mentor athletes and their coaches
   1. METHOD
3. Coach education and athlete interaction will be provided through Camps and clinics.
4. Physical Ability will be evaluated and worked on at camps.
   1. SELECTION
5. The Youth Competitive Stream is open to any athlete wanting to pursue HP gymnastics **or** challenge themselves to see if this is the direction they wish to pursue.

Section 3 ASPIRE STREAM ROUTINES

GEM’s

3.1 Gem’s Vault

* Purpose

1. The purpose of the Gem’s vault program is to teach and practice the very foundations of vaulting without fear of injury.
2. To build a strong basic technique upon which to build.

* Method

1. All GEM’s will vault onto a configuration of mats at **1m.-1.2m** The table will not be used.
2. They will be required to show three vault entries i.e., Front entry i.e., Handspring, Tsukahara and Yurchenko.
3. Special attention will be given to all phases of the vault, not just the post flight.

* Rational

1. This will allow the athlete and their coaches to see what style of entry they are most comfortable with and most suited to for future development...
2. Help develop confidence through proper technique.
3. Help prevent injury and premature chronic conditions.

**Description**

*Gem’s Entry Level - All* 3 entries must be shown during Evaluation.

|  |  |  |  |
| --- | --- | --- | --- |
| **Description** | **Illustration** | **Equipment criteria** | **Execution Criteria** |
| Front Handspring  To feet on mat to immediate prone fall (Stomach) |  | -Piled mats at 1-1.2 m  -Feet landing “target” (Yurchenko hand mat) place at approx. 1m from top surface of mat. (Short post flight) | Please see next page for specifics on:  Start position,  Run, Hurdle,  Board contact,  Pre-flight,  Mat contact,  Post flight, Landing |
| Tsukahara  To feet on mat to immediate fall to back |  | Same as previous. | Same as previous |
| Yurchenko  To feet on mat to immediate fall on back |  | Same as previous. | Same as previous |

*Gem’s Advanced - All* 3 entries must be shown during Evaluation.

|  |  |  |  |
| --- | --- | --- | --- |
| **Description** | **Illustration** | **Equipment criteria** | **Execution Criteria** |
| Front Handspring  Feet may touch slightly  Scoop to stomach  (Extra soft mat accepted) |  | -mats at 1.2 m  -Landing on target zone. | Same as previous+ land on target zone. (Lines drawn on mat to show target zone) Forcing rotation of body during postflight. |
| Tsukahara  Scoop to back/candle  (Roll over accepted) |  | Same as previous | Same as previous+ land on target zone. |
| Yurchenko  Scoop to back/candle  (Roll over accepted) |  | Same as Previous | Same as previous+ land on target zone. |

***Technique***

|  |  |  |
| --- | --- | --- |
| **Phase** | **Set up** | **Criteria** |
| **Start Position** | **Vault runway**  **And pile of mats** | Hips tucked under  Legs together  Arms down on each side  Concentrated on task to come.  Start at no less than 20m mark, no more than 23m. |
| **Run** | **Vault runway and pile of mats** | Forward lean and step into run…  Fully adjusted, fast and forward lean  Fast arms sliding on each side of the body with  leg movements accelerating toward table.  High knees in front.  Avoid ½ steps/ strides.  Hands moving from hips to the head. |
| **Hurdle** | **Vault runway and pile of mats** | *Front handspring and Tsukahara:*  Low and fast legs together before board contact.  Arm circle preferred but not exaggerated  Over arm throw is to be avoided.  *Yurchenko*  Arms close and pointing toward hand mat.  Round off: to mitigate the crooked round off, longitudinal rotation is to be initiated only after the front foot has dug in the vault runway and starts to extend.  Hands should be in line on the hand mat.  Maintain eye contact with hands to prevent head going back too soon |
| **Board Contact** | **Vault runway and pile of mats** | Contact board on the “sweet spot” in correct body configuration  Finish contact leaning toward table in correct body configuration to create optimal rotational force.  NB. In Yurchenko head must remain looking down at hand mat in between arms.  Apply huge force through the board to get the best board reaction |
| **1st Flight** | **Vault runway and pile of mats** | Ideal: (low and short) 1st flight in correct body configuration to optimize rotation and repulsion. Straight arms for all entries.  Front Handspring: Slight pike at the hip is the preferred approach. (Avoid excessive arch, legs tight and head in line not sticking out)  Tsukahara: ¼ turn approach  Legs together all the way through.  Yurchenko: low and fast rotating, head in line with arms open shoulders  (TIP: if looking, look through eyebrows) |
|  | | |
| **Mat contact** | **Vault runway and pile of mats** | **Contact** must be in correct body configuration to create more rotation and height.    A**ll entries: Must** be finished at or a bit before vertical.  Front Handspring: (no arch before hitting mat)  Tsukahara: ¼ turn contact; hand contact simultaneous.  Yurchenko: Open shoulders; ridged body line |
| **2nd Flight** | **Vault runway and pile of mats** | Body configuration must go from tall to smallest in “ideal layout position” in order to create optimal rotation.  Front handspring: no arms drop. (For safety purposes)  Tsukahara and Yurchenko: Arms drop permitted.  Arms position to protect neck is permitted. |
| **Landing/**  **Mat contact** | **Vault runway and pile of mats** | Land on feet on target (Yurchenko mat) past vertical  Rotating onto the target zone without changing the proper body position.  1) Front handspring- **to stomach** (prone fall)  ***No “scorpion”*** position accepted  2) Tsukahara & Yurchenko- Landing is on upper back **not** neck i.e., **candle**  After contact, roll over to protect neck is permitted. |

Gem’s Bars- Entry Level

Strap bar - use of Gloves, Tube or both are allowed.

*Sequence #1*

3x-**Beat swings** - (1pt/Beat swing = 3.0)

* Hollow body at the front with shoulders rounded, chest in (pushing the bar forward) and head neutral throughout ears covered (0.5)
* Curvilinear body at back head neutral ears covered (0.5)

**Upstart/Jam Swing** (2.0)

* Pull on bar while raising toes to the bar to initiate swing … Extend and lift hips (0.5)
* head neutral and arms straight (0.5)
* open shoulders to drive feet away from bar (0.5)
* Backswing with long body line shoulders extended ears hidden and body hollow; downswing to curvilinear extension (0.5)

3x-**Long swings** - (1.0pt/Long swing = 3.0)

* Backswing with long body line shoulders extended ears hidden and body hollow; downswing to curvilinear extension (0.5)
* Tap at bottom to hollow extension forward partial inverted candle, arms locked (0.5)

The 3rd long swing must finish the back swing as high as possible to initiate giant.

*Sequence #2 – From Tap Swing-must make it over in no more than 5 swings*

3x - **Back giants** (2pts/giant x 3 = 6.0)

* The gymnast must show: Swing: straight position or curvilinear flexion during the swings
* Tap should be done in the second 120° (1.0) if done too soon (.5)
* Third 120° of the giant swing: Curvilinear flexion (0.5)
* In handstand, athlete shows straight body or curvilinear flexion with hips extended and shoulders opened (0.5)

*Sequence #3 – From Tap Swing-must make it over in no more than 5 swings*

3x- **Front giants** Straight body technique is the preferred technique (2pts/giant x 3 = 6.0) hands must be in reverse grip

* First 120° - curvilinear extension (0.5)
* Second 120° - curvilinear flexion (0.5)
* Third 120° - curvilinear extension (for leg together technique)/ chest in hips up for the straddle technique (0.5)
* In handstand, athlete should show straight body or curvilinear extension with opened shoulders and hips extended (0.5)

Total = 20 points divided by 2

Gem’s Bars Advanced

Strap Bar – Gloves/mitts must be used no tube allowed.

*Sequence 1*

Prep With Beat Swing **and/or** Jam start as per Gem’s 1 (1.0) followed by

2x-**Long swings** - (1.0pt/Long swing = 2.0)

* Backswing with long body line shoulders extended ears hidden and body hollow; downswing to curvilinear extension (0.5)
* Tap at bottom to hollow extension forward partial inverted candle, arms locked (0.5) into

**Uprise** (2.0)

* Downswing to curvilinear extension (0.5)
* Tap at bottom to hollow extension forward partial inverted candle, arms locked (0.5)
* Backswing with long body line shoulders extended ears hidden and body hollow (0.5)
* Slight heels tap as just before shoulder drop into mini-free hip(0.5)…

*Sequence 2 - Start From Uprise*

**Free hip -** *Min of 45 degrees*(2.0)

* Shoulder drop to initiate free hip and body stays hollow (0.5)
* Arms straight during drop (0.5)
* Wrists move upon shoulder extension to a minimum of **45˚**, with head neutral (0.5)
* Body staysclear of the bar (0.5) swing down

2 back **giants**-(2pts/giant x 2 = 4.0)

* The gymnast must show: First 120° from handstand: straight position or curvilinear flexion (0.5)
* Tap should be done in the second 120° (0.5)
* Third 120° of the giant swing: Curvilinear flexion (0.5)
* In handstand, athlete shows straight body or curvilinear flexion with hips extended and shoulders opened (0.5)

2 **accelerated** giants(1.5pts/giant x 2 = 3.0)

* The gymnast must show: First 120° from handstand: straight position or curvilinear flexion (0.5)
* Tap should be done in the second 120° (0.5)
* Third 120° of the giant swing: Curvilinear flexion (0.5) **…** a moderate pike position is permissible during the upswing

*Sequence 3 – From Uprise*

**Stalder** (2.0)

* Planche entry (0.5)
* Tip upside down head in while compressing legs into body (at bottom hips should be higher than feet) (0.5)
* Hips rise first arms stay straight during the shoulder extension (0.5)
* In handstand, athlete should show straight body or curvilinear flexion with hips extended and shoulders opened (0.5) **or**

**Toe On** (2.0)

* Planche or step-down entry allowed(0.5)
* Ball of feet are placed on the bar near the bottom(0.5)
* Head remains neutral during circle and during the shoulder extension(0.5)
* In handstand, athlete should show straight body or curvilinear flexion with hips extended and shoulders opened. (0.5)

Swing down and back into handstand…

**2 front giants** (the first is not marked) Straight body technique(not straddle)is the preferred technique (2pts/giant x 2 = 4.0)

* First 120° - curvilinear extension (0.5)
* Second 120° - curvilinear flexion (0.5)
* Third 120° - curvilinear extension (for leg together technique)/ chest in for the straddle (0.5)
* In handstand, should show straight body or curvilinear extension with opened shoulders and hips extended (0.5) ￼

**Endo** (2.0)

* Planche entry (0.5)
* Tip upside down head in while compressing legs into body (at bottom hips should be higher than feet) (0.5)
* Hips rise first arms stay straight during the shoulder extension (0.5)

In handstand, athlete should show straight body or curvilinear flexion with hips extended and shoulders opened (0.5)

Total = 22 points divided by 2 = 11points

**GEM’s** Execution Deductions for all ages

Major Execution Errors 0.5

1. Missing connection/stop Taken each time
2. Extra skills or swings Taken each time.

Minor Execution Errors

Bent Legs/Flexed Feet/Bent arms

* To be taken off total score(one time deduction)

1. Majority of skills 1.0
2. Occasionally 0.5

Gem’s Beam -Entry Level  Beam Height **110 cm.**  **Landing mat 20cm/add’l 5 or 10 allowed**

Beam Skills will be announced by evaluator

**1.Mount-Crossway’s straddle support hold (***2.5***)** *i.e., Facing the length of the beam.*

* Jump to straddle support lift head .Hold for 2 seconds. (0.5)
* Heels held above hip height (0.5)
* Lift hips as in a press, putting feet on beam while keeping legs and arms tight (0.5)
* Bend legs to squat then stand making sure legs are straight, hips under, head neutral and arms in 1st position (0.5)
* Releve Hold*(0.5)-*Releve with arms in a wide -V- and hold for 2 seconds.

**2.Active Flexibility Series** (3.0) Arms in wide V- series performed on flat feet except for the kicks performed on releve

* (a)Step toe to knee (using dominant leg) in turn out position (little toe touching knee or calf), move knee to forward passe legs straight, hips under, head neutral and arms pressed back in wide V(0.5)
* (b)Lifting knee extend leg from knee until heel is at **hip** height or higher and hold for 2 sec (0.5) Repeat sequence on opposite leg (a-0.5 +b-0.5)
* Forward leg kick to shoulder height (0.5); Repeat with opposite leg 0.5)

**3.Tic Toc** (2.5)

* Entry position tall with arms pressed back passing through lunge position with support leg bent (0.5)
* Demonstrate 150˚split in handstand position with legs straight (0.5)
* Arrive in bridge with free leg straight, showing 150˚split (0.5)
* Demonstrate 150˚split in handstand position with legs straight (0.5)
* Watch for feet to land showing slight arabesque, step back onto free leg and finish arms optional(0.5)

**4.Jump Series** (2.0)

Straight jump (1.0)

* Entry - Swing arms to vertical to initiate jump; maintaining shoulders over hips, legs extended (0.5)
* Landing in plie maintaining shoulders over hips and arms land down in wide -V in preparation for next jump… (0.5)

Pause 2-3 sec.

Split Jump

* Split Jump 150˚; arms pressed back in wide-V(0.5)
* Show finish position-plie upon landing, hips under and shoulders above hips, arms wide-V(0.5)

**5. Acro Series** (3.5) - Not Connected

Back walkover (1.5)

* Entry position tall with arms pressed back straight leg extended forward with heel held at min. of 45˚(0.5)
* 150˚split in handstand support (0.5)
* Watching both feet land (0.5) and pause…

Back handspring (2.0)

* Entry position shoulders above or slightly behind hips, arms pressed back (0.5)
* Shoulders tight upon contact with the beam, looking at the beam (0.5)
* Split after pushing off but slightly before vertical Menichelli ( (0.5)
* Finish position – see both feet land in lunge position arms in wide-V (0.5)

**6. Full Turn** (2.0)

* Entry position optional
* With foot in forward passe(Foot of free leg must be touching side of calf or below) and arms in 2nd , lift onto toes and ¼ turn and mark (0.5); ¼ turn and mark (0.5)
* When facing end of beam place free foot on beam releve and execute ½ turn on two feet with arms in crown (0.5)
* Finish position modified 3rd legs tight and heels down (0.5)

**7.Cartwheel** (2.5)

* Entry position -tall with arms pressed back demonstrating lunge position with support leg bent
* ¼ turn is shown in the middle (0.5)
* 2nd foot landing behind first foot, see feet land. Feet, hips, and shoulders land facing the end of beam (0.5)
* Hollow body position, arms narrow at shoulder height… hold position for minimum 2-3 seconds (prep for future dismount combo)

**8.Back Tuck** **Dismount** (2.0)

* Show set position with head looking forward (0.5)
* Show tuck position with knees together with momentary grab in front of knees (0.5)
* Landing position feet slight separation with shoulders above hips and arms front and centre (0.5)
* Stick Landing (0.5)

Gem’s Beam -Advanced Level Beam Height **110 cm.**  **Landing mat 20cm/add’l 5 or 10 allowed**

Beam Skills will be announced by evaluator

**1.Mount-Press to handstand (2.0) Facing the side of the beam.**

* Straddle hold must be shown at beginning with feet higher than hips and legs not resting on elbows (0.5)
* Feet must touch at the top and hold for 2 second (0.5)
* Must show a straight handstand position (0.5)
* Straddle hold must be shown at and end with feet higher than hips and legs not resting on elbows (0.5)
* Legs must swing back to a pike stand (0.5)
* Swing leg back and show 180+ split (0.5)i.e. needle kick
* Stand to releve sharp and quick with arms pressed back in wide -V- 2 second hold (0.5)

**2.Jump ½ turn (1.0)**

* Arms start in -L- move down to sides and up over head (0.5)
* Feet must land facing the end of beam with hips square and back foot landing in front, arms in a wide-V(0.5)

**3.Active Flexibility Series (2.0)**

Arms V-Wide and series performed on flat feet for its entirety except the step kick following the ronde de jambe

* Step toe to knee (using dominant leg) in turn out position (little toe touching knee or calf), move knee to forward passe. Raise knee and extend leg from knee until heel is at chest height and held for 2-3 sec (0.5)
* Rond de jambe keeping leg as high as possible finishing in arabesque hold (0.5)
* Swing leg through step forward kick with leg locked and arms in wide-V. Heel above chest height (0.5)
* Hop 2x with front leg straight and in front (0.5)-as in prep take off for split leap

**4.Front Walkover (2.0)**

* Entry position tall with arms pressed passing through lunge position with support leg bent (0.5)
* Demonstrate 150˚split in handstand position with legs straight (0.5)
* Staying tall in the shoulders and straight in the lower back in the handstand position (0.5)
* Leaving head back as the gymnast stands up (control second leg as it comes down to touch the beam) with weight kept on the support leg i.e., no lunge, arms remain pressed back (0.5)
* Two steps backwards in releve with arms circling backwards to sides in preparation for jump series (0.5each)

**5.Jump Series** (2.5)

Straight jump (1.0)

* Entry - Swing arms to vertical to initiate jump; maintaining shoulders over hips, legs extended (0.5)
* Landing in plie maintaining shoulders over hips and arms land down in wide -V in preparation for next jump… (0.5)
* Connection (0.5)

Split jump (1.0)

* Split Jump 150˚; arms pressed back in wide-V(0.5)
* Show finish position-plie upon landing, hips under and shoulders above hips, arms wide-V(0.5)

**6.Acro Series** (3.0)

Back walkover (1.0)

* Entry position tall with arms pressed back straight leg extended forward with heel at hip height (0.5)
* 150˚ split in handstand support (0.5)
* Connected to

Back handspring (1.5) & Connection (0.5)

* Shoulders tight upon contact with the beam, looking at the beam (0.5)
* Split after pushing off but slightly before vertical (0.5)
* Finish position – see both feet land in lunge position arms in wide-V (0.5)

**7.Turn**

* ½ turn on one foot to 2-foot pivot turn combination(1.5)
* Entry position feet and arms in 3rd position with legs straight, perform ½ turn in releve; 1-foot in forward passe (Foot of free leg must be touching side of calf or below , with arms in crown (5th) (0.5)
* Smooth continuous Connection (0.5)
* 2-foot ½ turn pivot in releve, arms in crown(5th) Finish in 3rd position, legs straight with arms in V-wide, feet flat. (0.5)

**8. Cartwheel to Back Tuck Combination Dismount** (3.5)

**Cartwheel** (2.0)

* Entry position tall with narrow arms demonstrating lever position with support leg bent (0.5)
* ¼ turn is shown in the middle (0.5)
* 2nd foot landing behind first foot, watching for landing of feet (0.5)
* Connection (0.5)

**Back Tuck** (1.5)

* Show tuck position with knees together with momentary grab in front of knees (0.5)
* Landing position feet slight separation with shoulders above hips and arms front and centre (0.5) Stick (0.5)

**Total =** 20 points divided by 2 = **10 poi****nts**

Execution Deductions for all ages

Major Execution Errors

Falls - If gymnast falls during any phase of the skill or skill series, they will lose credit for that phase of the skill

Minor Execution Errors

Bent Legs/Flexed Feet/Bent arms

* To be taken off total score

1. Majority of skills 1.0
2. Occasionally 0.5

.

Gem’s Floor -Entry Level

Skills-announced by evaluator. NO music

**1.Series: Power Hurdle Rd off 3 back springs** (4.0)

Power Hurdle Round off- creates backward power and acceleration.

* Take-off: From a raised surface; (10-20cm; max 40cm) 2-foot power take -off (0.5)
* Arms: Diagonally-forward, shoulders on the hurdle slightly closed throughout (0.5)
* Legs come together quickly, scooping feet into punch (0.5)
* Reach back hard and fast with arms into the back spring (0.5)

Back springs

* Rhythm & Length should be consistent (0.5)
* Hands face forward ,triangle will be acceptable; shoulder width apart showing straight arms & open shoulders (0.5)
* Arms reach back quickly (0.5)
* Body Line - tension in body line, arms to ears head neutral (0.5)

**2.Series: Front handspring, step out, front handspring 2-feet** (3.0)

Front Handspring step out (1.5)

* Power take- off-Hurdle to large step arms by ears ribs in passing thru lever position (0.5)
* Drive first heel aggressively strong shoulder bump upon hand contact with floor (0.5)
* Second leg held up reaching (large step) into prep for handspring (0.5)

Front Handspring 2 feet(1.5)

* Keeping arms by ears passing thru lever position, drive first heel aggressively snapping legs together by vertical +/- 30˚ (0.5)
* Shoulder Pop - Strong shoulder bump upon hand contact with floor, head remains neutral while maintaining slight body outcurve (0.5)
* Post Flight- Drive heels towards hands while maintaining strong body outcurve on punch (0.5)

**3.Fly spring -**separate from front series(2.0) 2-3 steps and punch from two feet

* Body position - slightly rounded on reach followed by pike, arms remain by ears, head neutral reach forward (0.5)
* Punch - should occur at 20 -30˚ off center, drive heels aggressively (0.5)
* Shoulder Pop - Strong shoulder bump upon hand contact with floor head remaining neutral while maintaining slight body outcurve (0.5)
* Post Flight - Drive heels towards hands while maintaining strong body outcurve on punch. Rebound - run after acceptable (0.5)

**4.Rd. off backspring Back tuck** onto Stacked mats (30cm in height) (1.5)

* Take off - Slight angle 10-20˚ position should show flat hips, ribs in & head neutral (0.5)
* Rotation - Head neutral, straight body showing slight candle position before tuck (0.5)
* Hands grab i.e., front of legs; head neutral (0.5)

**5.Front tuck** onto Stacked Mats (30cm in height) (1.5) **No** front handspring allowed**, max. 4-5 steps**

* Take off - slightly forward of vertical body position should show flat hips, chest in, **no** pike and head neutral (0.5)
* Rotation - grabbing the front of knees on rotation. (0.5)
* Landing - Either on feet with forward lean or on feet fall to prone (0.5)

**Dance Elements**

**Leaps and Jumps**

Switch Leap(2.0) Must be done as a single element

* Preparation:Maximum of 3-4 steps with or without chasse into leap; steps must be on toes or toes then heel 45° (0.5)
* Initiate Leap**:** With a deep step pushing from take-off leg; Front leg straight must swing forward to (0.5)
* Chest up, arms lift upwards and back (0.5)
* Show 150˚split (0.5)

Split Jump(1.5)

* Even angle back and front legs (0.5)
* Chest up, arms lift upwards and back (0.5)
* Rebound to Straddle Jump(1.5)
* Knees face upwards (0.5)
* Slight pike allowable 150˚ (0.5)
* Chest up, arms lift upwards and back (0.5)

**Turns (3.0)**

1. Full Turn – Preparation into turn can start from static position or step (1.5)

* Foot of free leg must be touching side of calf or below, knee facing forward, arms start in rounded ‘L’ shape (arms slightly below shoulders) and raise to crown/5th position during turn (0.5)
* Smooth turn in locked releve, turn must be completed with heel and hips around (0.5)
* A small, controlled step forward, arms opening to wide-V is required (0.5)

Additional Turn – Choose one of: (1.5)

1. Full Turn in ‘L’ Position(1.5)

* Preparation - swing free leg across center line of body, releve lifting free leg to a minimum of 45˚. Both legs must be straight once the turn is initiated. (0.5)
* Arms - start in rounded ‘L’ shape (arms slightly below shoulders) and raise to crown/5th during turn and open to horizontal/presentation (0.5)
* Leg Position - Foot must be a minimum of 45 degrees during and at completion of turn (0.5) knee facing upwards

1. Wolf 1/1 - Arms start in rounded ‘L’ then open/swing bent arm to initiate turn; Knee of straight should close to knee of bent leg as you push

* Push from toes on extended leg, trying to minimize bending leg to push (0.5)
* Chest up, no excessive arm swing (0.5)
* Body and knee of bent leg must finish facing forward arms can open to finish (0.5)

**Total =** 20 points divided by 2 = **10 points**

Gem’s Floor -Advanced Level

Skills-announced by evaluator. NO music

**Series:** Power HurdleRound off 3 back springs to back tuck **(3.0)**

**1. Back springs series** (1.5)

* Rhythm & Length should be consistent at this level (0.5)
* Hands facing forward to triangle will be acceptable and shoulder width apart showing straight arms and open shoulders (0.5)
* Body Line - tension in body line with visible straight-line repulsion to the set, arms to ears head neutral (0.5)

**2. Back Tuck** (1.5)

* Take-off - Head neutral, straight body showing slight candle position before tuck (0.5)
* Hands grab shins (i.e., Infront of) head neutral (0.5)
* Landing - Slight open at the hip’s chest up in preparation for controlled landing to lunge (0.5)

**3.: Front handspring, step out, front handspring 2-feet to Fly spring** **(4.0)**

**Front Handspring step out** (0.5)

* Hurdle to large step arms by ears ribs in passing thru lever position, drive first heel aggressively strong shoulder bump upon hand contact with floor (0.5)

**Front Handspring 2 feet** (1.5)

* Keeping arms by ears passing thru lever position, drive first heel aggressively snapping legs together (by vertical +/- 20˚) (0.5)
* Shoulder Pop - Strong shoulder bump upon hand contact with floor, head remains neutral while maintaining slight body outcurve (0.5)
* Post Flight- Drive heels towards hands while maintaining strong body outcurve on punch (0.5)

**Fly spring** (2.0)

* Body position - slightly rounded on reach followed by pike, arms remain by ears, head neutral reach forward (0.5)
* Punch - should occur at 20 -30˚off center, drive heels aggressively (0.5)
* Shoulder Pop - Strong shoulder bump upon hand contact with floor head remaining neutral while maintaining slight body outcurve (0.5)
* Post Flight-Drive heels towards hands maintain strong body outcurve on punch. Rebound run out accepted (0.5)

**4.Round Off backspring Back Layout** onto Stacked mats (40cm in height) **(2.0)**

* Take off - Slight angle 10-20˚ body position should show flat hips, ribs in & head neutral (0.5)
* Rotation Position- Slight hollow (Candle stick) position in rotation with head neutral (1.0)
* Landing - Chest up on landing hips flat no pike down (slight step back acceptable and encouraged) (0.5)

**5.Front Layout** onto Stacked Mats (40cm in height) **(1.5)** No front handspring allowed

* Take off - slightly forward of vertical body position should show flat hips, chest in, no pike -head neutral (0.5)
* Rotation - Punch with heel drive, slight outcurve body position, shoulders open & arms moving to -T- position(0.5)
* Landing - Either on feet with forward lean or on feet fall to prone (0.5)

**Dance Elements**

**Leap/Jump Combination** (6.0)

Switch Leap(2.0)

* Preparation:Maximum of 3-4 steps with or without chasse into leap; steps must be on toes or toes then heel (0.5)
* Initiate Leap**:** With a deep step pushing from take-off leg; Front leg straight must swing forward to 45° (0.5)
* Chest up, arms lift upwards and back (0.5)
* Show 160˚split (0.5)

Chasse and swing free leg forward land on two feet bending both legs jump (0.5)to **…**Split Jump(1.5)

* Even angle back and front legs (0.5)
* Chest up, arms lift upwards and back (0.5)
* Show 160˚ split (0.5)

Connection (0.5) MUST REBOUND / ABSORBING WITH ARM SWING

* Knees face upwards (0.5)
* Slight pike allowable 160˚ (0.5)
* Chest up, arms lift upwards and back (0.5)

Straddle Jump(1.5)

**Turns (3.0)**

1. 1½ Turn – Preparation into turn can start from static position or step (1.5)

* Foot of free leg must be touching side of calf or below, knee facing forward, arms start in rounded ‘L’ shape (arms slightly below shoulders) and raise to crown/5th position during turn (0.5)
* Smooth turn in locked releve, turn must be completed with heel and hips around (0.5)
* A small, controlled step forward, arms opening to wide-V is required (0.5)

Additional Turn - Choose from: (1.5)

1. Full Turn in ‘L’ Position(1.5)

* Preparation - swing free leg across center line of body, releve lifting free leg. Both legs must be straight once the turn is initiated. (0.5)
* Arms - start in rounded ‘L’ shape (arms slightly below shoulders) and raise to crown/5th during turn and open to horizontal/presentation (0.5)
* Leg Position - Foot must be a minimum of 45° degrees during and at completion of turn (0.5) knee facing upwards

1. Wolf 1/1 - Arms start in rounded ‘L’ then open/swing bent arm to initiate turn; Knee of straight should close to knee of bent leg as you push

* Push from toes on extended leg, trying to minimize bending leg to push (0.5)
* Chest up, no excessive arm swing (0.5)
* Body and knee of bent leg must finish facing forward arms can open to finish (0.5)

**Total =** 20 points divided by 2 = **10 points**

Minor Execution Errors

Bent Legs/Flexed Feet/Bent arms

* To be taken off total score

1. Majority of skills 1.0
2. Occasionally 0.5

Execution Deductions for all ages

Major Execution Errors Falls -If gymnast falls during any phase of the skill or skill series, they will lose credit for that

phase of the skill

Youth Vault Entry and Advanced Levels

|  |  |
| --- | --- |
| **Equipment** | * Vault 115-125 cm * 2nd flight/landing: Mat stack, 20 cm above the vault table height, or, * Landing: FIG landing mats with up to 20 cm supplementary mat ~~(same as Level 8)~~ |
| **Warm up** | * 2 min / athlete |
| **Evaluation** | * Must perform 2 vaults, with different entry (one Bwd and one Fwd), averaged.   + - * Backward entry: Tsukahara and Yurchenko       * Forward entry: Handspring and Yurchenko ½ on * The vaults may be performed in any order. * The athlete is allowed a maximum of 3 attempts to do the 2 vaults. If one vault is void (she does not go over the table, for example), she can have a 2nd attempt at that vault. A penalty of 0.5 will be applied on the final score of the repeated vault. * For vaults landing on mat stack, CCP Level 7 execution deductions will be used. * For vaults landing on a regular surface, FIG deductions will be applied * To credit a vault with no feet contact: if the feet brush the mat but no support occurs, the vault is credited with a deduction for the brush up to 0.3. * If the athlete performs a vault to regular landing, the coach **must be** in a position to spot, otherwise the vault is void. |
| **Method** | * To introduce the table while still working on technique for the run, hurdle, pre and post flight. * By adding 20 cm mats above the level of the table, therefore, encouraging work on the desired height for the post flight. |

|  |  |  |
| --- | --- | --- |
| **Tsukahara and Yurchenko Entry Vaults** | **SV**  **Entry** | **SV**  **Advanced** |
| Vaults landing on mat stack feet first | 9.0 | 8.0 |
| Vaults landing in candle on mat stack | 9.5 | 9.0 |
| Tsukahara or Yurchenko tuck open to regular surface  For safety reasons, the coach must stand on the landing mat during the vault. | 10.0 | 10.0 |

|  |  |  |
| --- | --- | --- |
| **Forward Entry Vaults** | **SV**  **Entry** | **SV**  **Advanced** |
| Handspring landing on stacked mats feet first | 9.5 | 9.0 |
| Handspring landing in prone, with no contact of the feet | 10.0 | 9.5 |
| Yurchenko ½ on- landing on stacked mats feet first | N/A | 9.5 |
| Yurchenko ½ on-landing in prone on stacked mats, with no contact of the feet | N/A | 10.0 |

Youth Entry Bars

|  |  |
| --- | --- |
| **Equipment** | * UB at FIG height, diagonal: no maximum width * Supplementary 10 cm or 20 cm allowed under the rails. * Mandatory 20 cm mat for the dismount. * Coach allowed under the rails for the entire routine. |
| **Warm up** | * 2 min / athlete |
| **Evaluation** | * 7 SR’s + 2 Bonus @ 0.5each * Execution Deductions -TBD * Skills must be performed in the order listed below. * The LB and HB sequences are performed one after the other, with a maximum of 45 second pause in between. * **B**onus-LB /**B**onus-HB after both LB and HB sequences have been completed |

SPECIAL REQUIREMENTS

|  |  |
| --- | --- |
|  | **From**  **SV = 10.0** |
| **SR #** | **LB or HB Sequence** | **Special Requirements** | | **Value** |
| 1 | LB | Kip, cast to handstand (straight or straddle) - credited if within 40˚ of handstand (with angle deductions) | | 0.5 |
| 2 | LB | Close bar element - C  - B | | 1.0  or 0.5 |
| 0 | LB | Pike down or step down to sole circle  Kip cast to sole circle | | 0.5  or 0.3 |
| **B LB** | LB | *Additional* but different close bar Element - C  *(Shown separately at end of HBr sequence)* - B | | 0.5  Or 0.3 |
|  |  |
| 4 | HB | (Long kip, **not** mandatory, no value), Cast to handstand (straight or straddle) - credited if within 40˚ of handstand | | 0.5 |
| 5 | HB | Giant bwd | | 0.5 |
| 6 | HB | Giant bwd | | 0.5 |
| 7 | HB - DMT | Flyaway layout backward landing on feet first (can fall backward after landing-prep for dismount)  Judges looking for the tap, not the landing |  | 0.5 |
| **B HB** |  | 1: Giant bwd ½ turn - Blind (coach may stand in to spot or catch athlete[)  2: Giant swing with ½ Turn to swing (within 30)  *(Shown separately at end of HBr sequence)* |  | 0.5  Or 0.3 |

Youth Entry Beam

|  |  |
| --- | --- |
| **Equipment** | * Beam 115 cm * Optional 20 cm supplementary mat under the beam allowed * Mandatory 40 cm supplementary mats for landing of dismount * Time: Level 8 rules (max length of routine, fall time, overtime deductions) |
| **Warm up** | * 2 min / athlete (may do 2 min or 90 sec + 30 sec, at the athlete’s choice) |
| **Evaluation** | * 10 SR @ 0.5   + - * One Acro skill may fulfill more than one SR Acro       * Unless specified, elements may be performed in isolation or in combination. * Execution and Artistry/Throughout - CCP Level 8 (no composition) |

SPECIAL REQUIREMENTS

|  |  |  |  |
| --- | --- | --- | --- |
| **SR #** | **Type** | **Special Requirements** | **Value** |
| 1 | * Acro | Mount:   * + - * Press to handstand (either option)       * from straddle support, press to handstand, exit optional but must come down onto the beam , or       * start lengthwise on beam in straddle support – step down to beam or walkover out   OR   * + - * Any other B mount (no C+) | 0.5 |
| 2 | Acro | Acro series: minimum  2 elements the second element must have flight   * + - * A + B       * B + B (can be the same or different) | 0.3  Or 0.5 |
| 3 & 4 | Acro | Two Acro skills showing flexibility – Chose from:   * Back walkover * Front walkover * Tic Toc * Valdez   The element may be part of the mount.  Variations of these skills are allowed if the bridge portion is shown | 0.5 |
| 5 | Dance | Turn 360° minimum   * Turn with foot of free leg bent and held by calf or knee | 0.5 |
| 6 | Acro | * Cartwheel * Aerial | 0.2  Or 0.5 |
| 7 | Dance | Split leap (straight leg or developé technique allowed)   * in future Req’t technique is straight front leg to 45˚ | 0.5 |
| 8 | Dance | Split Jump | 0.5 |
| 9 | Dance | Kick Series (prep for switch split)   * Forward kick with straight front leg to 45˚(non dominant; on releve) immediately swinging the leg to the back on releve close feet | 0.5 |
| 10 | Dismount | Acro element directly connected to salto bwd Front Layout dismount | 0.5 |

Youth Entry Floor

|  |  |
| --- | --- |
| **Equipment** | * supplementary mats allowed |
| **Warm up** | * 2 min / athlete (Min 8 min, Max 12 min) |
| **Music** | * As per FIG (length of routine, overtime) |
| **Evaluation** | * 10 SR @ 0.5   + - * One Acro skill may fulfill more than one SR Acro * Execution and Artistry: TBD (no composition or artistry deductions) |

SPECIAL REQUIREMENTS

|  |  |  |  |
| --- | --- | --- | --- |
| **SR #** | **Type** | **Special Requirements** | **Value** |
| 1 | Acro | Rd. off bk spring ,bk layout | 0.5 |
| 2 | Acro | 1 Acro line with salto with LA turn 180°  360° | 0.3  Or 0.5 |
| 3 | Acro | 1 Salto forward Tuck/Pike  Layout | 0.3  Or 0.5 |
| 4 | Acro | Side or Front aerial | 0.5 |
| 5 | Dance | Turn: One of:   * 11/2 turn * Wolf turn (360°) | 0.5 |
| 6 | Dance | Dance Passage:  - Switch split to split leap (or reverse) | 0.5 |
| 7 | Dance | * Straight jump with 360° turn, with required arm work. (Arms in L position (one close to ear, the other lateral), both arms come down and lift during the jump). | 0.5 |
| 8 & 9 | Dance | Split jump rebound to Straddle jump (or reverse) | 0.5/0.5 |
| 10 |  | 1 Extra Floor Pass (C or Less) | 0.5 |

Youth Advanced Bars

|  |  |
| --- | --- |
| **Equipment** | * UB at FIG height, diagonal: no maximum width * Supplementary 10 cm or 20 cm allowed under the rails. * Mandatory 20 cm mat for the dismount. * Coach allowed under the rails for the entire routine. |
| **Warm up** | * 2 min / athlete |
| **Evaluation** | * 8 SR + 2 Bonus @ 0.5 * Execution -as per FIG unless specified. * Skills must be performed in the order listed below. * The LB and HB sequences are performed one after the other, with a maximum of 45 second pause in between. The bonus element are performed after the HB sequence. * In the HB sequence, the athlete can choose between dismount… bwd or fwd. flyaway |

SPECIAL REQUIREMENTS

|  |  |  |
| --- | --- | --- |
|  | **From**  **SV = 10.0** | |
| **SR #** | **LB or HB Sequence** | **Special Requirements** | | | **Value** |
| 1 | LB | Kip, Cast to handstand (straight or straddle) - credited if within 30˚ of handstand (with angle deductions) | | | 0.5 |
| 2 | LB | Close bar element minimum C+ | | | 0.5 |
| 3 | LB | Pike down to sole circle  Step down to sole circle  Kip cast to sole circle | | | 0.5  Or 0.3  Or 0.1 |
|  |  |  | | |  |
| 4 | HB | Long kip~~,~~ cast to handstand (straight or straddle) - credited if within 30˚ of handstand (with angle deductions) | | | 0.5 |
| 5 | HB | Different Close bar element, C  B | | | 0.5  Or 0.3 |
| 6 | HB | Giant bwd | | | 0.5 |
| 7 | HB | Giant bwd | | | 0.5 |
|  |  | **Dismount** may be done on its own or in combination if applicable | | |  |
| 8 | HB - DMT | Flyaway layout backward landing on feet first (can fall backward after landing)  (the tap is judged, not the landing)  No Tap | | Flyaway layout forward  (the tap is judged, not the landing)  NO Tap | 0.5  Or 0.3 |
| 9-10 | Additional skills | 1: Forward circling element min B+  (close bar or other)  2: Choice of:  - Giant bwd ½ turn  - Blind change from giant  - Close bar element (LB or Hb) | | 1: Forward circling element min B + (close bar or other)  2: Choice of:  - Giant bwd ½ turn  - Blind change from giant  - Close bar element(LB or Hb) | 0.5  +  0.2  Or 0.3  Or 0.5 |

Youth Advanced Beam

|  |  |
| --- | --- |
| **Equipment** | * Beam 120 or 125 cm * 20 cm supplementary mat under the beam allowed * Mandatory 40 cm supplementary mats for landing of dismount * Time: FIG |
| **Warm up** | * 2 min / athlete (may do 2 min or 90 sec + 30 sec, at the athlete’s choice) |
| **Evaluation** | * 10 SR @ 0.5   + - * One Acro skill may fulfill more than one SR Acro       * Unless specified, elements may be performed in isolation or in combination. * Execution and Artistry (FIG with no composition or artistry deductions) |

SPECIAL REQUIREMENTS

|  |  |  |  |
| --- | --- | --- | --- |
| **SR #** | **Type** | **Special Requirements** | **Value** |
| 1 | Acro | Mount:   * + - * Press to handstand (either option)       * from straddle support, press to handstand, finish in straddle support or pike thru to sit, or       * start lengthwise on beam in straddle support – step down to beam or walkover out   OR   * + - * Any other B mount | 0.5 |
| 2 | Acro | Acro series: minimum 2 flight elements   * + - * B + B (0.3)       * B + C (0.5) **or** B +B+ B+(0.5) | 0.3  Or 0.5 |
| 3 | Acro | One Acro C+ with flight - must be different than in requirement #2 | 0.5 |
| 4 | Acro | One Acro skill showing flexibility – One of:   * Back walkover * Front walkover * Tic Toc * Valdez   The element may be part of the mount.  Variations of these skills are allowed if the bridge portion is shown | 0.5 |
| 5 | Dance | Turn 360° minimum   * Turn with foot of free leg bent and held by calf or knee * Wolf Turn * Turn min 360 with free leg held straight at minimum 45° below 90 | 0.5 |
| 6 | Dance | Straight jump with ½ turn sideways (cross) | 0.5 |
| 7 | Dance | Split leap (straight leg in, no developé technique) | 0.5 |
| 8 | Dance | Split Jump | 0.5 |
| 9 | Dance | Kick Series (prep for switch split ring)   * Forward kick with straight front leg to 45˚on releve to ring kick on releve | 0.5 |
| 10 | Dance | Dismount: Acro element with flight directly connected to salto bwd layout dismount  Landing must be on feet first, but there is no deduction for the landing. | 0.5 |

Youth Advanced Floor

|  |  |
| --- | --- |
| **Equipment** | * Supplementary mats allowed |
| **Warm up** | * 2 min / athlete (Min 8 min, Max 12 min) |
| **Music** | * As per FIG (length of routine, overtime) |
| **Evaluation** | * 10 SR @ 0.5   + - * One Acro skill may fulfill more than one SR Acro * Execution and Artistry: no composition or artistry deductions taken |

SPECIAL REQUIREMENTS

|  |  |  |  |
| --- | --- | --- | --- |
| **SR #** | **Type** | **Special Requirements** | **Value** |
| 1 | Acro | Minimum of 3 Acro lines  (Acro line = min 2 flight elements, one being a salto) | 0.5 |
| 2 | Acro | 1 Acro line with min 2 salto | 0.5 |
| 3 | Acro | 1 Acro line with salto with LA turn 360°+ | 0.5 |
| 4 | Acro | 1 C+ Acro | 0.5 |
| 5 | Acro | 1 Salto forward | 0.5 |
| 6 | Dance | Turn: One of:   * Double turn (720°) * Wolf turn (540°) * Turn with free leg held at horizontal (360°) | 0.5 |
| 7-8 | Dance | Dance Passage: One of the following (performed as indicated)   * Switch split to Johnson * Switch split to Switch with ½ turn * Switch split to Tour jeté | 0.5 |
| 9-10 | Dance | Combination of directly connected Jumps: One of:   * Straight jump with 360° turn, with required arm work. (Arms in L position (one close to ear, the other lateral), both arms come down and lift during the jump). * To split jump or straddle jump with ½ turn | 0.5/0.5 |

# Clarifications for Novice

# This level is still geared to athlete/coach education. Due to the ages of the athletes, it is best that their coaches be near to answer any questions/concerns that may arise. FOP for Novice will be discussed at the coaches meetings prior to any major National competition so it is clear to all parties.

# There will be no deductions for FOP infractions until a warning (yellow card) has been issued by the HJ and a second infraction occurs for the same situation.

# Rational: These are young athletes in the learning to compete at a national and international level. We don’t want to penalize the athlete for the coach’s error. However, we need to remind or educate the coaches and athletes to know the rules they will face at the international level of competition.

# There will be no corridor deductions for Novice vault

# The FIG bonus for D+ dismount *will not be* applied in Novice.

|  |  |  |
| --- | --- | --- |
| **Novice Vault** | | **Bonus** |
| Difficulty Value | 1. The gymnast can perform one or two vaults, best to count. 2. The Difficulty Value of each vault is as per FIG.  * In Novice only, a layout body position is credited if the hip angle is maximum 120° (salto backward).   (As a reference, the FIG rule is the layout position will be credited if the bend of the hips is maximum 150°).   1. A difficulty bonus is applied to the final score of each vault. |  |

|  |  |  |
| --- | --- | --- |
| Difficulty Bonus | There are 3 possible bonuses: |  |
| 1. **Salto Bonus:** Vault with salto backward or forward   The bonus is applied to the average of the performed vault | + 0.5 |
| 1. **Layout Position Bonus** (salto backward): if the body angle is 165° (or more)   To be awarded the bonus, the layout body position (min 165°) must be maintained from the repulsion to the inverted position (head down).  The bonus is applied to the average of the performed vault.   1. **Twisting Bonus of Vaults from different group Bonus**  * From the list below, award the applicable bonus with the highest value. * If more than one bonus below applies, award only the bonus with the highest value. * The Twisting/Different group bonus is added to the score of the counting/best vault.   **Twisting Bonus:**   * Applies to turn in pre-flight (Gr 5) or post-flight (Gr 2 to 5) * Bonus awarded for twist in tuck of layout position   **Vault from Different Groups Bonus:**   * Bonus applies if the 2 vaults from different groups are performed (Group 2 to 5 only).   Bonus: Award only one bonus from the list below (highest value, to the benefit of the athlete). | + 0.3 |
| * + 0.1 – 2 vaults from different groups are performed | + 0.1 |
| * + 0.1 – Vaults from same group, one vault with 180° twist | + 0.1 |
| * + 0.3 – Vaults from same group, one vault with 360° twist | + 0.3 |
| * + 0.5 – 2 vaults from different groups AND one with min 180° twist | + 0.5 |

Score Calculations: *Example 1- Same Group*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Vaults | FIG  D Score | Athlete  E score | Athlete Score | Bonus salto | Bonus  layout | Final score  (For each vault) | Twisting or Different Groups Bonus |
| Vault 1: Tsukahara layout | 3.8 | 9.0 | 12.80 | +0.5 | Body position 120°, no bonus | 13.30 | n/a |
| Vault 2:  Tsukahara layout with 1/1 twist | 4.1 | 9.0 | 13.10 | +0.5 | +0.3 | **13.90**  Best of 2 vaults | **+ 0.3**  Vaults same group, with 360° twist  **Final Score:** **14.200** |

Score Calculations: Example 2- *Different Groups*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Vaults | FIG  D Score | Athlete  E score | Athlete Score | Bonus salto | Bonus  layout | Final score | Twisting or Different Groups Bonus |
| Vault 1: Tsukahara layout with ½ twist | 4.0 | 9.0 | 13.00 | +0.5 | +0.3 | **13.80**  Best of 2 vaults | **+0.5** for 2 families AND, one vault with twist min 180°  **Final score: 14.300** |
| Vault 2: Yurchenko tuck with 1/1 twist | 3.6 | 9.0 | 12.60 | +0.5 | n/a | 13.10 | n/a |

|  |  |  |
| --- | --- | --- |
| **Novice Bars – Composition Requirements (CR) and Execution Bonus** | | **Value** |
| Composition Requirements (CR) FIG and Modified  6 CR @ 0.5 each | 1. One flight element min C (HB-LB, LB-HB, or same bar)   (Experts discourage the use of the lightning (toe shoot) to the HB for younger athletes)   1. Different grips (not cast, mount or dismount) min B 2. Non-Flight element with min 180° turn (no mount or cast to HS with ½ turn) 3. & 5. Two Close Bar Circle elements, minimum C (different roots)   6. Dismount flyaway double salto bwd tuck (B element) or any C+ dismount | 0.5  0.5  0.5  0.5ea  0.5 |
| Execution Bonus | * E-Score between. 8.0 and 8.499, and all CR awarded * E-Score 8.5 or more, and all CR awarded | +0.3  +0.5 |
| Clarifications | Bar Changes:   * Cast (any height), sole circle, jump to HB (no ½ turn allowed) – No deduction * Cast (any height), squat on, jump to HB- Deduction for uncharacteristic elements applied. * No empty swing deduction for Shaposhnikova-type elements followed by a kip * The FIG bonus for D+ dismount is not applied in Novice. |  |

|  |  |  |
| --- | --- | --- |
| **Novice Beam – Composition Requirements (CR) and Execution Bonus** | | **Value** |
| CR  FIG and Modified  6 CR @ 0.5 each | 1. One connection of at least 2 different dance elements, 1 being a leap or jump with 180 split (cross or side), or straddle position. 2. Turn (Gr.3) (NO Roll/Flairs) 3. Acro series, min. 2 flight elements 1 being a salto (may be the same or different) 4. Acro elements in different directions (Fwd./Sd and bwd.) 5. One Acro element requiring flexibility (Walkover fwd./bwd m, Tic-toc, Valdez, or variation of these skills). (No holds or cartwheels) Ft walkover/Tic Toc as mount will be accepted 6. Acro flight (can be repeated) directly connected to Dismount B or C dismount (no D+ allowed) | 0.5  0.5  0.5  0.5  0.5  0.5 |
| Execution Bonus | * E-Score between. 8.0 and 8.499, and all CR awarded * E-Score 8.5 or more, and all CR awarded | +0.3  +0.5 |
| Clarifications | * The FIG bonus for D+ dismount **is not applied** in Novice. |  |

|  |  |  |
| --- | --- | --- |
| **Novice Floor - Composition Requirements (CR) and Execution Bonus** | | **Value** |
| CR  FIG and Modified  6 CR @ 0.5 each | 1. Dance passage (as per FIG) 2. Salto with LA turn (min 360°) 3. Salto with double BA 4. Salto bwd and salto fwd. (no aerials) in the same **or** different acro line 5. 3 acro lines, one of which must be a combo line (2 saltos) 6. One turn (Gr. 2) B+ | 0.5  0.5  0.5  0.5  0.5  0.5 |
| Execution Bonus | * E-Score between. 8.0 and 8.499, and all CR awarded * E-Score 8.5 or more, and all CR awarded | +0.3  +0.5 |