

ASPIRE FRENCH RULES

(Combined n°2 NA 8-16 - french program)

1- General rules:

➤ Ages : 8-16

Each pair or group must present a combined exercise, which must be choreographed and performed to music.

The exercise is composed of compulsory elements, selected from the World Age Group Rules, and optional elements, selected the FIG Tables of Difficulty.

Music of all exercises has a maximum duration of 2 minutes. There is a 2" (second) tolerance before the overtime of exercise penalty is applied. There is no minimum length.

The first note of the music indicates the beginning of the time of the exercise. The first move made by one or more competitors from the start position is considered as the "start" of an exercise. The end of an exercise is the static position of partners, which must coincide with the end of the music.

There is no height penalty. However, the rules for the logical relationship between partners in artistry are applied.

Each pair/group must perform the elements as in the drawings.

Each pair/group must also perform the required number of optional elements.

Each element chosen from the COMPULSORY Difficulty Tables has a stated difficulty value, which is used to determine the Difficulty Value of the exercise.

Optional elements are NOT used in calculating the Difficulty value of the exercise, although they must be performed to meet Special Requirements.

The Difficulty value of the exercise is calculated according to the difficulty value of the performed elements up to a MAX of 0,5:

D-Value of Compulsory Elements

0,0
0,1
0,2
0,3
0,4
0,5

2- Special Requirements :

a. Individual elements :

3 individual elements must be executed by each partner from any category (Balance or Dynamic).

No salto is required.

Individual elements selected from the FIG Tables of Difficulty **must not exceed value 10**.

Tumbling elements (Flic flac, salto's, handspring...) must be preceded by motion (run-up, round off,...) and land on one or two feet according to the character of the element. If an individual element is not declared, the element that follows is given no difficulty.

b. Pairs/Groups elements :

→ Optional elements cannot be taken from the compulsory elements.

For groups, the base of the optional pyramid can be from the same category as the base of the compulsory element used, but it must be from a different box in the ToD.

Each pair or group may use simple entries, motions, links, catches and dismounts. They do not need to be declared on the tariff sheet.

These elements must:

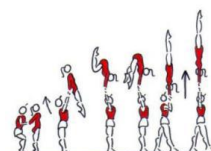
- Be selected from the FIG Tables Of Difficulty.
- Not exceed value 5.
- Not exceed **3/4** rotation or more than **360°** twist.

For developmental reasons, in both pair and group balance and dynamic elements, **all handstands of the compulsory elements** may be performed with legs in either a straddle or any allowed positions or with legs together to the ankle. There is no need to identify the specific leg position on the tariff sheet.



All optional elements may be performed according to the FIG ToD variation table on page 15 and 16

Elements that move from low arm to high arm as indicated in the compulsory tables may be performed first to low arm then moving into high handstand as one motion, but the low position must be included in the motion.



❖ PAIRS :

There must be exactly **two (2) Compulsory Balance Pair elements**, each selected from a different row, I, II, III and IV of the Compulsory Element Table, i.e. one from Row I, one from Row II etc.

There must be exactly **one (1) Optional Balance Pair element** selected from the FIG Tables of Difficulty. The difficulty of the optional balance element must be a minimum of value 1 and a maximum of value 9.

There must be exactly **two (2) Compulsory Dynamic Elements**, each selected from a different row, I, II, III and IV of the Compulsory Element Table, i.e. one from Row I, one from Row II etc.

There must be exactly **one (1) Optional Dynamic element** selected from the FIG Tables of Difficulty. The difficulty of the Optional Dynamic Elements must be a minimum of 1 value and a maximum of value 14.

→ One of the Dynamic Element (Compulsory or Optional) must be **a catch**.

❖ GROUPS :

There must be **one (1) Compulsory Balance Pyramid** from a row of the Compulsory Element Table.

There must be **one (1) Optional Balance Pyramid** selected from the FIG Tables of Difficulty, with a minimum difficulty value of 4 and a maximum difficulty value of 16 for the static hold of all partners. (Value of the base position + the value of the top) and can not be joined with the compulsory pyramid. Each pyramid must be performed as a separate construction.

There must be exactly **two (2) Compulsory Dynamic Elements**, each selected from a different row, I, II, III and IV of the Compulsory Element Table, i.e. one from Row I, one from Row II etc.

There must be exactly **one (1) Optional Dynamic element** selected from the FIG Tables of Difficulty. The difficulty of the Optional Dynamic Elements must be a minimum difficulty value of 1 and a maximum difficulty value of 14 for women and a maximum difficulty value of 10 for men.

→ One of the Dynamic Element (Compulsory or Optional) must be **a catch**.

3- Restrictions :

Dynamic :

- Maximum 2 dismounts (compulsory and Optional)
- MG may perform 1 horizontal catch selected from the Compulsory Element Table + 1 horizontal catch as optional element

4- Penalties :

A penalty of 1.0 is applied when:

- For each missing requirement
- Performing more elements than the ones required.
- A pair/group or individual element exceeds the stated maximum value.
- A simple element exceeds the maximum number of rotations, twists or the maximum value of 5.
- A forbidden element is performed. (see for forbidden elements FIG 11-16 rules)

This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet.

All the landings of all dynamic elements and dismounts with a value greater than 1 must be supported. If the landing is performed without support, a **0.5 penalty** is applied for each occurrence.

Exceptions: *Support is optional for dismounts from “cannon-ball” elements and the 5/4 gainer salto from wrap*

A penalty of **0.3** is applied for **incorrect Tariff Sheet** (element order, wrong element,..). This penalty is applied only **one time** per exercise.

All Special Requirements must be met within the declared elements on the Tariff sheet.

Exception: *If a different element is performed to that declared for difficulty on the Tariff sheet by the coach, the gymnasts will not receive the difficulty value of this element. However, this element will count for Specific Requirements and there will always be a **0.3 penalty for wrong Tariff sheet**.*