

2009 Hopes Optional Composition Requirements Modifications

Composition Requirements for the 2009 Season for the HOPES Division will follow FIG Requirements with the following changes. Revised 12/17/2008

All Hopes Modification from the FIG Code of Points are in Red.

Vault

- 2 Vaults are permitted with the best score counting.

Uneven Bars

- 180 turn
- 2 releases ** Each release counts as a requirement
- A minimum of one Front & Back circle element (one being a close bar element) Missing one will mean losing the entire requirement.
- B Dismount

Beam

- Dance Connection with 2 different Elements (one with 180 cross
- split)
- Full turn on one foot
- Acro Series (one element must be salto)
- Acro in different direction (Backward & Forward/Sideward)
- C Dismount

Floor

- Passage of min of 2 different dance elements, one leap or hop with 180 cross split
- Acro Series with 2 different saltos
- 2 saltos in different directions (Backward & Forward/Sideward)
- Double salto & minimum of a Full Twisting LA salto
- C Dismount