

# GYMNASTICS

The following events can be offered at County, Area and State competitions:

## Artistic Events

### Lead-Up Events

<b>Artistic Events</b>	<b>Level</b>
Level A Floor Exercise	A
Level A Wide Beam	A
Level A Vault	A

Level A are compulsory events for gymnast s who have ambulatory problems etc., or who have not yet mastered the skills levels for the Regular Events

### Regular Events

<b>Artistic Events</b>	<b>Level</b>	<b>Artistic Events</b>	<b>Level</b>
Men's All Around	1, 2, 3, 4	Women's All Around	1, 2, 3, 4
Men's Floor Exercise	1, 2, 3, 4	Women's Balance Beam	1, 2, 3, 4
Men's Horizontal Bars	1, 2, 3, 4	Women's Floor Exercise	1, 2, 3, 4
Men's Parallel Bars	1, 2, 3, 4	Women's Vault	1, 2, 3, 4
Men's Pommel Horse	1, 2, 3, 4	Women's Uneven Bars	1, 2, 3, 4
Men's Rings	1, 2, 3, 4		
Men's Vault	1, 2, 3, 4		

Level 1 are Beginner Compulsory Routines Scoring will be the points awarded for the performance of this routine.

Level 2 are Intermediate Compulsory Routines. Scoring will be the points awarded for the performance of this routine.

Level 3 are Advanced compulsory routines. Scoring will be the points awarded for the performance of this routine. Level 4 are Optional Routines.

Level 4 athletes will perform both the level 3 compulsory routine and an Optional Routine. Scoring will be the combined score awarded for the performance of these two routines.

## Rhythmic Events

### Lead-Up Events

	<b>Level</b>
Rhythmic Ball	A & B
Rhythmic Hoop	A & B
Rhythmic Ribbon	A & B
Rhythmic Rope	A & B

### Regular Events

Rhythmic All Around	1, 2, 3, 4
Rhythmic Ball	1, 2, 3, 4
Rhythmic Hoop	1, 2, 3, 4
Rhythmic Ribbon	1, 2, 3, 4

### Rhythmic Group Events

Group Rhythmic Floor Exercise

Group Rhythmic Ball

Level A Rhythmic Events are compulsory events performed seated

Level B Rhythmic Events are compulsory events performed standing. The routines are designed for lower level athletes.

Level 1 Rhythmic Events are compulsory events. At this level, athletes should learn to integrate basic apparatus and body skills

Level 2 Rhythmic Events are compulsory events. At this level, apparatus & body skills are more complex than the Level 1 routines

Level 3 Rhythmic Events are compulsory events. Athletes must have good technique with the hand apparatus and must be capable of performing the body skills with good form and control

Level 4 athletes will perform both the level 3 compulsory routine and an Optional Routine. Scoring will be the combined score awarded for the performance of these two routines.

Group Routines are compulsory routines designed for teams of either 4 or 6 athletes who may be of any level.

Federation Internationale de Gymnastics (FIG) rules with modifications established by SOI (2003 - 2011 Official Special Olympics Summer Rules Book-Artistic)(2008 - 2005 Official Special Olympics Summer Rules Book-Rhythmic) will be followed for all training and competition.

Federation Internationale de Gymnastics (FIG)  
[www.fig-gymnastics.com](http://www.fig-gymnastics.com)

USA Gymnastics  
[www.usa-gymnastics.org](http://www.usa-gymnastics.org)

## **BASIC RULES**

1. Athletes must compete in either Artistic or Rhythmic events only.
2. All Artistic female and male events are offered at four distinct levels:
  - ◆ In Levels 1 - 3, athletes perform only the indicated compulsory routine. Scoring will be the points awarded for the performance of this routine.
  - ◆ Athletes competing at Level 4 will perform both the Level 3 compulsory routine and an optional routine. Scoring will be the combined score awarded for the performance of these two routines.
3. In the **Artistic** events:
  - ◆ Athletes may compete in up to four events (female) or six events (male) at a level.
  - ◆ Athletes competing in all of the offered events at a level will also be scored for the All-Around event and receive one award for this event as well as awards for the other events.
  - ◆ Athletes who compete in less than the maximum number of events can perform routines at two different levels (Levels 1 & 2 or Levels 2 & 3 only). For example, athletes may compete in the Floor Exercise in Level 1 and Vault at Level 2.
4. The Compulsory Routines for Artistic Events will be the routines established for the time period, 2004-2007.
5. The Lead-Up Artistic routines are strictly a compulsory routine.
6. As written in the compulsory routines, coaches must be under the **rings, high bar and uneven bars**, prepared to spot, before an athlete may compete in these events. The coach **must** remain there during the routine. If the coach does not remain in a spotting position from start to end the following will occur:
  - ◆ Gymnast will not be judged while coach is not spotting.
  - ◆ Judge will “call” for coach to be there. A 0.3 deduction will be taken for undisciplined behavior.
  - ◆ Assuming that the coach returns to the spotting position the gymnast will be judged from that point. All skills performed prior to that will be considered as omitted parts and deductions taken.
  - ◆ If the gymnast decides to start over he/she may. If the athlete leaves the apparatus or the coach touches the athlete in order to start over, a 0.5 deduction will be taken in addition to the 0.2 deduction for delay of meet.
  - ◆ **If the coach does not return to a spotting position and the gymnast completes his routine, the gymnast will score zero (0).**
7. In the **Rhythmic** events:
  - ◆ The Compulsory Routines for Rhythmic Events will be the routines established for the time period, 2008-2015.
  - ◆ In Levels 1 - 3, athletes perform only the indicated compulsory routine. Scoring will be the points awarded for the performance of this routine.
  - ◆ Athletes competing at Level 4 will perform both the Level 3 compulsory routine and an optional routine. Scoring will be the combined score awarded for the performance of these two routines.
  - ◆ Levels A and B are for both male and female athletes.
  - ◆ Level A Rhythmic events are performed while sitting; Level B Rhythmic events are performed standing
  - ◆ Levels 1, 2, 3 & 4 are for female athletes only.
  - ◆ Athletes may compete in up to five events at a level.
8. In both Artistic and Rhythmic events, athletes competing in all of the offered events at a level will also be scored for the All-Around event and receive one award for this event as well as awards for the other events.
  - ◆ Athletes must compete at the same level for all events in which he/she is entered.
  - ◆ Scoring will be the points awarded for the performance of all the routines.

### **UNIFORMS/APPROPRIATE CLOTHING**

- Male gymnasts shall wear tank tops (leotards), and long white gymnastics pants or T-shirts that are tucked in and white gymnastics shorts. Male gymnasts can compete in white socks, gymnastics slippers or bare feet.
- Female gymnasts shall wear a leotard, have bare legs and have bare feet, white peds or gymnastic slippers. Flesh colored tights are permitted, but not recommended.

### **REQUIRED FORMS FOR STATE GAMES ENTRY**

- ◆ Athlete Sports Entry Form
- ◆ General Registration Forms (including Delegation Information Form, Non-Athlete Listing, current Med Card [if necessary], Housing Form, Scratch List, Registration Summary Form)