



# Rhythmic Gymnastics

## Sports Rules

*Special Olympics*





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## **1. GOVERNING RULES**

The Official Special Olympics Sports Rules for Rhythmic Gymnastics shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Gymnastics Federation (FIG) rules for rhythmic gymnastics found at <https://gymnastics.sport> FIG or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Rhythmic Gymnastics or Article I. In such cases, the Official Special Olympics Sports Rules for Rhythmic Gymnastics shall apply.

Refer to Article 1, <https://resources.specialolympics.org/sports-rules-article-1>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

## **2. OFFICIAL EVENTS**

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

### **2.1 Level A — Male & Female Athletes, Individual & Unified Pairs**

- Floor Exercise
- Rope
- Hoop
- Ball
- Clubs
- Ribbon
- Unified Floor Exercise
- Unified Rope
- Unified Hoop
- Unified Ball
- Unified Clubs
- Unified Ribbon

2.1.1 Level A routines are compulsory routines that are performed seated.

2.1.2 Athletes choose any three routines to compete. No All-Around awards are given. Female and male athletes are awarded together.

### **2.2 Level B — Male & Female Athletes, Individual & Unified Pairs**

- Floor Exercise
- Rope
- Hoop
- Ball
- Clubs
- Ribbon
- Unified Floor Exercise
- Unified Rope



Unified Hoop  
Unified Ball  
Unified Clubs  
Unified Ribbon

- 2.2.1 Level B routines are the Level A compulsory routines that are performed standing.
- 2.2.2 Athletes choose any three routines to compete. No All-Around awards are given. Female and male athletes are awarded together.

**2.3 Level C—Female Athletes, Individual & Unified Pairs**

Floor Exercise  
Rope  
Hoop  
Ball  
Clubs  
Ribbon  
Unified Floor Exercise  
Unified Rope  
Unified Hoop  
Unified Ball  
Unified Clubs  
Unified Ribbon

- 2.3.1 Level C routines are compulsory routines that are performed standing. These routines are designed for lower level athletes. The emphasis is on developing body difficulties and apparatus skills separately.
- 2.3.2 Floor Exercise is required. Athletes choose any three apparatus routines to compete. No All-Around awards are given.

**2.4 Level C—Male Athletes, Individual & Unified Pairs**

Rope  
Clubs  
Stick  
Rings  
Unified Rope  
Unified Clubs  
Unified Stick  
Unified Rings

- 2.4.1 Level C routines are compulsory routines that are performed standing. These routines are designed for lower level athletes. The emphasis is on developing body difficulties and apparatus skills separately.
- 2.4.2 Athletes choose any three apparatus routines to compete. No All-Around awards are given.



**2.5 Level 1 — Female Athletes, Individual & Unified Pairs**

Floor Exercise

Rope

Hoop

Ball

Clubs

Ribbon

All Around

Unified Floor Exercise

Unified Rope

Unified Hoop

Unified Ball

Unified Clubs

Unified Ribbon

Unified All Around

2.5.1 Level 1 routines are compulsory routines. At this level, athletes learn to integrate basic apparatus and body difficulties.

2.5.2 Level 1 Body Difficulties: Chainé turn, chassé, passé balance, passé hop, skipping steps, straight jump, tiptoe turn, body waves.

2.5.3 Floor Exercise, Rope, Ball, and Ribbon are required. Athletes choose one additional apparatus routine to compete. Floor Exercise is evaluated but not awarded.

**2.6 Level 1 — Male Athletes, Individual & Unified Pairs**

Rope

Clubs

Stick

Rings

All Around

Unified Rope

Unified Clubs

Unified Stick

Unified Rings

Unified All Around

2.6.1 Level 1 routines are compulsory routines. At this level, athletes learn to integrate basic apparatus and body difficulties.

2.6.2 Rope, Clubs, Stick, and Rings are required.

**2.7 Level 2 — Female Athletes, Individual & Unified Pairs**

Floor Exercise

Rope

Hoop

Ball

Clubs



Ribbon  
All Around  
Unified Floor Exercise  
Unified Rope  
Unified Hoop  
Unified Ball  
Unified Clubs  
Unified Ribbon  
Unified All Around

- 2.7.1 Level 2 routines are compulsory routines. The apparatus and body difficulties at this level are more complex than in the Level 1 routines.
- 2.7.2 Level 2 Body Difficulties: arabesque balance (with leg in front & back), chaîné turn, chassé, Hitchkick/scissor jump, passé balance in relevé, passé hops, skipping steps, 180° passé pivot, catleap, body waves.
- 2.7.3 Floor Exercise (evaluated but not awarded), Hoop, Clubs, and Ribbon are required. Athletes choose one additional apparatus routine to complete.

## 2.8 Level 3 — Female Athletes, Individual & Unified Pairs

Floor Exercise  
Rope  
Hoop  
Ball  
Clubs  
Ribbon  
All Around  
Unified Floor Exercise  
Unified Rope  
Unified Hoop  
Unified Ball  
Unified Clubs  
Unified Ribbon  
Unified All Around

- 2.8.1 Athletes may choose to compete in the Level 3 compulsory routine or optional routines (with the required skills performed exactly as specified in the videos), or a combination (for example – two compulsory and two optional routines).. At this level, the apparatus skills and body difficulties are fully integrated. Athletes must have good technique with the hand apparatus, and they must be capable of performing the body difficulties with good form and control.
- 2.8.2 Level 3 Body Difficulties: arabesque balance in relevé (with leg in front & back), passé balance in relevé, 180° passé hop, 360° passé pivot, vertical jump with leg extended in front, hitchkick/scissors jump, catleap, body waves.
- 2.8.3 Floor Exercise, Rope, Ball, and Clubs are required. Athletes choose one additional apparatus routine to compete. Required – Compulsory Level 3/4 Floor/free routine (same routine for 3 & 4). Evaluated, but no awards





## 2.9 Level 4 — Female Athletes, Individual & Unified Pairs

Floor Exercise

Hoop

Ball

Clubs

Ribbon

All Around

Unified Floor Exercise

Unified Hoop

Unified Ball

Unified Clubs

Unified Ribbon

Unified All Around

- 2.9.1 Level 4 routines are optional/voluntary routines. Athletes perform original choreography to music of choice (following FIG guidelines for music). Optional/voluntary routines should not be dances using the hand apparatus as props. Routines must contain 6 body difficulties and show correct rhythmic gymnastics handling skills with the apparatus. The body difficulties and apparatus handling for Level 4 routines should be more complex than that in the Level 3 routines. Composition requirements for both the body difficulties and apparatus bonus are listed in the Judging section of the Special Olympics Sports Rules for Rhythmic Gymnastics.

## 2.10 Group Routines

- 2.10.1 The compulsory group routines are designed for teams of 4 – 12 athletes, who may be of any level or gender. Refer to the videos of the 2023 – 2031 Rhythmic Gymnastics Compulsory Routines for the choreography, floor pattern, and formations of the group routines. Duets and Trios are optional/voluntary routines for 2-3 athletes who may be of any level or gender. Composition requirements are listed in the Judging section of the Special Olympics Sports Rules for Rhythmic Gymnastics.
- 2.10.2 In addition to individual, gymnasts can enter two group routines: Group Floor Exercise and one group apparatus routine. Gymnastics cannot enter two group apparatus routines.
- 2.10.3 Group Rhythmic Floor Exercise (compulsory routine)
- Small Group: 4 – 6 gymnasts
  - Large Group: 8 – 12 gymnasts
- 2.10.4 Group Ball (compulsory routine): 4 – 6 gymnasts
- 2.10.5 Group Hoop (compulsory routine): 4 gymnasts
- 2.10.6 Group Hoop/Ball (compulsory routine): 4 gymnasts
- 2.10.7 Group Floor Exercise – Duets and Trios (Optional/Voluntary routine): 2 – 3 gymnasts
- 2.10.8 Group Apparatus – Duets and Trios (Optional/Voluntary routine): 2 – 3 gymnasts

## 3. ATTIRE

### 3.1 Attire - Women

- 3.1.1 Gymnasts should wear a leotard or unitard, any color. Long tights (down to the ankle) may be worn.
- 3.1.2 Skirted leotards, with the skirt no longer than upper thigh, are acceptable.



- 3.1.3 Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
- 3.1.4 The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum).
- 3.1.5 Any decoration added to the leotard, either loose or stuck to the garment (flowers, ribbons, etc.) must adhere to the leotard.
- 3.1.6 Leotards must be non-transparent material. Lace or other sheer fabric should be lined in the area of the trunk.
- 3.1.7 Bare feet, gymnastics slippers or rhythmic half-slippers (recommended) are acceptable.
- 3.1.8 Hairstyles should be neat.
- 3.1.9 For the safety of the gymnast, no jewelry is allowed.

### 3.2 Attire – Men

- 3.2.1 Must wear long gymnastic pants.
- 3.2.2 Must wear a singlet (fitted top) with or without sleeves.
- 3.2.3 Decorations may be added but must adhere to the fabric.
- 3.2.4 Gymnastic footwear or socks are required.
- 3.2.5 For the safety of the gymnast, no jewelry is allowed

## 4. APPARATUS

- 4.1 The size of the apparatus can range from child size to senior equipment, based on the gymnast's size and skill level. Equipment should be color coordinated with the athlete's attire. Equipment will be checked prior to competition, as well as during competition, as the gymnast leaves the floor after each routine. If the apparatus does not meet specifications, a deduction of 0.5 will be taken from the score on that event.

### 4.2 Rope specifications (Women and Men)

- Material: The rope may be of hemp or synthetic material, provided that it possesses the identical qualities of lightness and suppleness as rope made of hemp.
- Length: The length should be proportionate to the size of the gymnast.
- Ends: Handles of any kind are not allowed, but one or two knots are permitted at each end. At the ends (to the exclusion of all other parts of the rope), a maximum of 10 centimeters may be covered by an anti-slip material, either colored or neutral.
- Shape: The rope may be either of a uniform diameter or be progressively thicker in the center, provided that this thickness is of the same material as the rope.
- Color: The rope may be any color or combinations of colors.

### 4.3 Hoop specifications (Women)

- Material: The hoop may be of wood or plastic, provided that the latter retains its shape during movement. Foreign particles should be removed from inside the hoop before use.
- Diameter: The interior diameter of the hoop should be from 60-90 centimeters.
- Weight: A minimum of 150-300 grams and up.
- Shape: The cross-section of the hoop may be in several different shapes: circular, square, rectangular, oval, etc. The hoop may be smooth or ridged.





- Color: The hoop may be any color or combination of colors. The hoop may be partially or fully covered with tape to add colors.

#### 4.4 Ball specifications (Women)

- Material: The ball may be made of rubber or synthetic material (pliable plastic), provided that the latter possesses the same elasticity as rubber.
- Diameter: 14-20 centimeters.
- Color: The ball may be of any color.

#### 4.5 Clubs specifications (Women & Men)

- Material: the clubs may be made of wood or synthetic material.
- Length: 25-50 centimeters from one end to the other.
- Shape: A shape similar to that of a bottle. The wider part is called the body. The narrow part, the neck, ends in a small sphere, the head.
- Color: The clubs may be of a neutral color or may be colored (all or partially) with one or several colors.

#### 4.6 Ribbon specifications (Women)

##### 4.6.1 Ribbon Stick

- Material: wood, bamboo, plastic, fiberglass.
- Diameter: a maximum of 1 centimeter at its widest part.
- Shape: cylindrical or conical, or a combination of the two shapes.
- Length: 45-60 centimeters, including the ring, which permits the fastening of the ribbon to the stick. The bottom end of the stick may be covered by an adhesive, anti-slip tape or may have a rubber handle a maximum length of 10 centimeters at the level of the grip. The top of the stick where the ribbon will be attached may consist of:
  - A supple strap (string or nylon) held in place by a nylon thread wound around the stick for a maximum of 5 centimeters.
  - A metal ring fixed directly onto the stick.
  - A metal ring (vertical, horizontal or oblique) fixed to the stick by two metal pins held in place by nylon or metallic thread wound around the stick for a maximum of 5 centimeters.
  - A metal ring (fixed, mobile or pivoting) or a supple strap fixed to a metal tip of no more than 3 centimeters.
  - A metal ring fixed by two metal pins held by a metal tip of 3 centimeters long, which is lengthened by nylon or metallic thread wound around the stick, adding up to a maximum length of 5 centimeters.
  - Color: any choice.

##### 4.6.2 Ribbon

- Material: satin or similar non-starched material.
- Color: any choice of a single color, two colors or multicolored.
- Width: 4-6 centimeters.
- Length: From one end to the other, the finished length of the ribbon should be:
  - Level A: a minimum of 1 meter to a maximum of 6 meters
  - Levels B & C: a minimum of 2 meters to a maximum of 6 meters



- Levels 1 - 4: a minimum of 3 meters to a maximum of 6 meters.  
This part must be in one piece.
  - The end which is attached to the stick is doubled for a maximum length of 1 meter. This is stitched down both sides. At the top, a very thin reinforcement or rows of machine stitching for a maximum of 5 centimeters is authorized.
  - This extremity may end in a strap, or have an eyelet (a small hole, edged with buttonhole stitch or metal circle), to permit attaching the ribbon.
- Attachment of the ribbon to the stick
  - The ribbon is fixed to the stick by means of a supple attachment, such as thread, nylon cord, or a series of articulated rings.
  - The length of this attachment is a maximum of 7 centimeters (not counting the strap or metal ring at the end of the stick where it will be fastened).

#### 4.7 Stick (Men)

- Length: 70 – 110 centimeters
- Diameter: 2.0 – 3.5 centimeters

#### 4.8 Rings (Men)

- Inner diameter: 30 - 45 centimeters
- Thickness: 2.0 – 3.5 centimeters

#### 4.9 Floor (Levels A, B, and Women)

- 12 meters by 12 meters with a security zone of 1 meter extending past each edge. A carpeted area may be used or a floor that is neither too tacky nor slippery.
- The ceiling height does not need to be 8 meters (26' 3"), but should be fairly high.

## 5. RULES OF COMPETITION

### 5.1 General Rules

- 5.1.1 Levels A & B are mixed gender. Female athletes compete in Levels C–4. Male athletes compete in Levels C – 1. Group routines are mixed gender.
- 5.1.2 The video of the compulsory routines is the official version. If a difference exists between the video and the written text, the video must be followed. For Level 3 individual compulsory routines and compulsory group routines, the video is the only version of the choreography
- 5.1.3 Olympic order for Women's Rhythmic Gymnastics is rope, hoop, ball, clubs, ribbon. Olympic order for Men's Rhythmic Gymnastics is rope, clubs, stick, rings.
- 5.1.4 Athletes must compete on the same level in all chosen individual events. (Either A, B, C, 1, 2, 3 or 4.)
- 5.1.5 Athletes may specialize by competing in one or more events at their chosen level. Gymnasts who do all four events at a level are considered All-Around. (i.e., Specialist: Level I Hoop and Ball; All-Around: Level I Rope, Hoop, Ball, and Ribbon).

### 5.2 Unified Sports Rhythmic Gymnastics Events

- 5.2.1 All rules and regulations apply equally to athletes and partners.
- 5.2.2 Unified competition is allowed in both Pairs and Group events.



- 5.2.3 In Unified Pairs events, the athlete and unified partner can either perform together as a duet or separately. One panel of judges will evaluate the athlete's routine and one panel will evaluate the unified partner's routine. The scores are added together for a unified team score.
- 5.2.4 In the Group events, there must be an equal number of athletes and partners in each group.

### 5.3 Modifications

- 5.3.1 Visually Impaired Athletes – Coaches must notify the meet director and judges of the athlete's visual impairment before the competition and prior to each routine. In order to aid the athletes, the following types of assistance are permissible for all levels of competition without deduction:
  - 5.3.1.1 Audible cues, such as clapping, may be used in all routines.
  - 5.3.1.2 Music may be played at any close point outside of the mat, or the coach may carry the music source around the perimeter of the mat.
- 5.3.2 Hearing Impaired Athletes – Coaches must notify the meet director and judges of the athlete's hearing impairment before the competition and prior to each routine.
  - 5.3.2.1 The athlete may receive a visual aid from the coach to begin her routine as the music starts.
- 5.3.3 Modifications for Other Disabilities
  - 5.3.3.1 If special adaptations of equipment are needed, the coach must submit a request with the athlete's entry and receive permission in writing prior to competition.
  - 5.3.3.2 Coaches should bring the notice of approval to the competition (see form in the appendix).

### 5.4 Awards

- 5.4.1 Awards are given for each apparatus routine (all levels), Floor Exercise for Levels A & B, and for All-Around (Levels 1 – 4 only).
- 5.4.2 Floor Exercise (Levels C – 4) is evaluated, but no awards are given.
- 5.4.3 Gymnasts may receive a maximum of seven awards: one for each individual routine, one for All Around and two for group.
- 5.4.4 Gymnasts who compete Group only may receive a maximum of two awards: one for each group routine

## 6. SAFETY CONSIDERATIONS

- 6.1 Consistent with the Special Olympics philosophy that the movement is athlete-centered, the safety of the athletes is the primary concern when establishing sports rules. The establishment of international guidelines for Special Olympics rhythmic gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression of instructional skills.
- 6.2 Female athletes who have tested positive for Atlanto-axial subluxation may participate in rhythmic gymnastics. If these athletes elect to do an optional routine, they may not perform pre-acrobatic or acrobatic moves. If they do, the routine is void and the gymnast will be disqualified.

## 7. JUDGING/SCORING

- 7.1 General Judging
  - 7.1.1 All gymnasts will be required to consider the head judge's table as side one.



- 7.1.2 At the beginning of each routine, while standing outside the floor exercise boundary, the gymnast must present him/herself to the head judge. After acknowledging the green flag, the gymnast may take her starting position on the floor. At the end of each event, before leaving the floor, the gymnast must acknowledge the head judge.
  - 7.1.3 Prior to the routine and at the end of the routine, judges must acknowledge the self-presentation of the gymnast.
    - 7.1.3.1 For deductions concerning the apparatus that are not specified in the Official Special Olympics Rules (checking, loss of, replacement, broken, contact with ceiling), refer to FIG rules.
  - 7.1.4 For deductions relating to the discipline of coaches and athletes, refer to FIG rules.
  - 7.1.5 If an athlete entered in the All-Around receives no score in any one of the events, then the athlete is not eligible for an award in the All-Around event. This applies to Levels 1 – 4, No All-Around is awarded for Levels A – C.
- 7.2 Neutral Deductions
- 7.2.1 Neutral deductions, which are unique to Special Olympics, are listed below. For all other neutral deductions, refer to FIG rules.
  - 7.2.2 Coach communicating to the athlete during a routine. For Levels A – C, the coaching deduction is considered in Memorization (maximum – 1.0).
  - 7.2.3 The maximum deduction for assistance that may be taken in Levels 1 -4 is 4.0 for a routine. No partial points may be awarded.
  - 7.2.4 If coaching assistance is needed, the coach must stand in a designated area in full view of the judges.
  - 7.2.5 Neutral Deductions:
 

Coach assists with the whole routine	<b>- 4.0</b>
Coach assists with the majority of the routine	<b>- 3.0</b>
Coach assists with half the routine	<b>- 2.0</b>
Coach gives slight assistance	<b>- 1.0</b>
  - 7.2.6 Out of bounds: The maximum out of bounds deduction, which may be taken for a routine, is 2.0.
 

Apparatus out of bounds	<b>- 0.3 each time</b>
Gymnast out of bounds	<b>- 0.3 each time</b>
  - 7.2.7 Attire or Apparatus not conforming to regulations:
 

Attire	<b>- 0.3</b>
Apparatus	<b>- 0.5</b>
- 7.3 Judging Floor Exercise
- 7.3.1 Level A & B Floor Exercise is judged the same as Level A & B Apparatus routines.
  - 7.3.2 Floor Exercise is required for Levels C, 1, 2, 3 & 4. The routine is evaluated by no awards are given.
  - 7.3.3 To compete Apparatus routines, each athlete must perform the Floor Exercise routine: Level C, Level 1 / 2, or Level 3 / 4. If an athlete is not prepared to perform the Floor Exercise choreography, she must perform the 8 identified skills listed on the score sheet and be evaluated.
    - 7.3.3.1 The maximum score for each Identified Skill is 3.0 if the athlete performs the choreography.



- 7.3.3.2 The maximum score for each Identified Skill is 2.0 if the athlete performs only the skill.
- 7.3.4 Scoresheets are returned to coaches at the end of the competition.
- 7.3.5 Multiple athletes should perform the Floor Exercise together. If there are two judges, two athletes perform at the same time. If there are three judges, three athletes perform, etc.

**8. JUDGING LEVEL A, B, & C ROUTINES**

- 8.1 Levels A, B, & C routines are judged by one panel. If there is more than one judge on the panel, the final score will be the average of all judges' scores. (Note: If there are four or more judges on the panel, the competition director and/or head judge may elect to drop the high and low scores, and average the middle scores.) Neutral deductions are taken from the final average.
  
- 8.2 Maximum Value for Routine – 10.0
  
- 8.3 Top part of scoresheet (5.0) - Segments
  - 8.3.1 5 Segments each with a value of 1.0. For each Segment, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each Segment.
    - 1.0** The Segment is performed perfectly, with excellent execution, amplitude, musicality and apparatus technique.
    - 0.7-0.9** The Segment is performed with minor mistakes in execution, amplitude, musicality and apparatus technique.
    - 0.5-0.6** The Segment is performed with major mistakes in execution, amplitude, musicality and apparatus technique.
    - 0.3-0.4** The Segment is barely recognizable
    - 0.1-0.2** The athlete is on the floor with the correct apparatus.
  
- 8.4 Bottom part of scoresheet (5.0) - Performance
  - 8.4.1 5 categories each with a value of 1.0. Partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each category:
 

Salute at beginning and end of the routine	<b>0.5 each</b>
Memorization – Includes coaching deductions	
Visual or verbal cues    Deduction for each segment	<b>-0.1</b>
Manual assistance        Deduction for each segment	<b>-0.2</b>
Musicality – beginning and ending with music. Hitting musical cues.	
Expression – Includes body and facial expression.	
General impression – A performance with good technique, confidence, and personality.	

**9. JUDGING LEVEL 1,2 & 3 COMPULSORY ROUTINES**

- 9.1 For Level 1, 2, & 3 Routines, the judges separate into two panels: D Panel (Difficulty) and E Panel (Execution). To calculate the final score for each gymnast, the score from the D Panel is added to the score from the E Panel. If there is more than one judge on each panel, the average score from the judges on the D Panel is added to the average score from the judges on the E Panel. Neutral deductions are taken from the total.





**9.2 Maximum value for routine – 20.0**

**9.2.1 D Panel (Difficulty) – 10.0**

9.2.1.1 The D Panel will evaluate Identified Skills, Connections, Floor Pattern, and Music. The value for each category is different for Levels 1, 2, and 3. Partial points may be awarded, depending on the, execution and amplitude of the Identified Skills, and the Exactness of Text, including Floor Pattern and Music. Refer to the Judging Sheets in the Appendix for specifics for each level.

9.2.1.2 Note: If a gymnast drops the apparatus while performing an Identified Skill, the judge must deduct for the drop and possible rhythm breaks, but should not penalize her the full value of the difficulty if the skill is otherwise performed well.

**9.2.2 E Panel (Execution) – 10.0**

**8.0** Execution, Amplitude, and Apparatus Technique

**2.0** Elegance and General Impression

**9.3 Execution, Amplitude, and Apparatus Technique (8.0)**

9.3.1 The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The gymnast will begin with a minimum base score of 1.0. The Execution and Amplitude category is divided into sub-categories so that each gymnast will be rewarded for areas in which she excels and not be too harshly penalized for an area in which she may have limitations.

**1.0** Minimum base score for being on the floor.

**3.0** Form (pointed toes, straight legs, position and extension of the upper body, etc.).

**2.0** Amplitude – The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc.) and apparatus (height of tosses, extension in swings, etc.).

**2.0** Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

Note: Faults are penalized according to degree:

**0.1** Small faults

**0.3** Medium faults

**0.5** Major faults

Note: Drops of the apparatus are to be penalized as follows:

**0.3** Immediate retrieval (without a step)

**0.5** Retrieval after 1-2 steps

**0.7** Retrieval after 3 or more steps

**9.4 Elegance and General Impression (2.0)**

9.4.1 Elegance includes graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Good general impression is a performance with few errors. The gymnast must be full of confidence and perform with style and emotion.





## **10. JUDGING LEVEL 3 VOLUNTARY ROUTINES**

10.1 The judges separate into two panels: D Panel (Difficulty) and E Panel (Execution). To calculate the final score for each gymnast, the score from the D Panel is added to the score from the E Panel. If there is more than one judge on each panel, the average score from the judges on the D Panel is added to the average score from the judges on the E Panel. Neutral deductions are taken from the total.

10.2 Maximum value for routine – **20.0**

10.2.1 D Panel (Difficulty) – **10.0**

**8.0** Required Skills (listed on scoresheet in the order they occur in routine) 1.0 each

**2.0** Connections, Use of Floor Area, Musicality, Body Expression 0.5 each

10.2.2 Note: If a gymnast drops the apparatus while performing a Required Skill, the judge must deduct for the drop and possible rhythm breaks, but should not penalize him/her the full value of the difficulty if the skill is otherwise performed well.

10.2.3 E Panel (Execution) – **10.0**

**8.0** Execution, Amplitude, and Apparatus Technique

**2.0** Elegance and General Impression

**For guidelines, refer to the Execution, Amplitude and Apparatus Technique for compulsory routines.**

10.3 Required skills for Level 3 Optional Routines

10.3.1 To receive full credit, each skill must be performed as shown in the videos. Partial points may be awarded.

10.3.2 3 Body Difficulties: Body Difficulty and Apparatus Handling are specified.

10.3.3 2 Dance Steps: Body Movement, Apparatus Handling, or both are specified.

10.3.4 3 Additional Body Movements/Apparatus Handling

10.3.5 Rope

Body Difficulties

- 360 Passé pivot – swing
- Vertical jump with leg extended to front (45) – overhead rotations
- Passé balance in relevé – overhead rotations

Dance Steps

- Frontal rotations
- 4 backward skips. Windmill turn. (in any order)

Additional body movements/apparatus handling

- Hold one end of rope, swing forward to catch the other end
- Three jumps through the rope
- Backward jump over the rope

10.3.6 Hoop

Body Difficulties

- 360 Passé pivot – pass around waist
- Chassé to Hitchkick – (inside hoop) shake hoop on chassé, raise overhead to hitchkick
- Front arabesque balance in relevé – pass overhead

Dance Steps



- Assisted spin around vertical axis
- 180 flip toss

Additional body movements/apparatus handling

- Small jumps through the hoop (minimum of two)
- Toss and catch with one hand (sagittal plane)
- Boomerang roll

### 10.3.7 Ball

Body Difficulties

- 360 Passé pivot – swing to hold with two hands
- 180 Passé hop – swing to hold with two hands
- Back arabesque in relevé – pass ball overhead

Dance Steps

- Roll ball down the back
- Roll ball in and out the arms

Additional body movements/apparatus handling

- Bounce in a V from side to side
- 4 skipping steps
- Toss and catch with one hand

### 10.3.8 Clubs

Body Difficulties

- 360 Passé pivot – hold clubs in both hands, swing overhead
- Hitchkick – tap overhead
- Passé balance in relevé – 3 taps in front

Dance Steps

- Side chassé
- Swing from one side to the other with a small circle in front

Additional body movements/apparatus handling

- Marching steps in relevé (minimum of 2)
- 3 small vertical circles (outside the arm) with both hands (forward or backward)
- 180 flip toss with each hand (holding head of clubs to toss, catch body of clubs)

### 10.3.9 Ribbon

Body Difficulties

- 180 Passé hop – overhead circle
- Front arabesque balance in relevé – overhead circle
- 360 Passé pivot – overhead circle

Dance Steps

- Spirals
- 4 sideways steps over ribbon

Additional body movements/apparatus handling

- Catleap
- Steps changing the ribbon from hand to hand with rotation of the stick – 4 times



- 4 runs over large frontal circles

## **11. JUDGING LEVEL 4 ROUTINES**

11.1 Level 4 routines should be evaluated by three panels: D Panel (Difficulty), A Panel (Artistry) and E Panel (Execution). To calculate the final score for each gymnast, the score from the all three panels are added together. If there is more than one judge on a panel, the final score for that panel will be the average of all judges' scores. If a panel consists of four or more judges, the head judge may elect to drop the high and low scores and average the middle scores of the judges on the panel. Level 4 routines are evaluated according to the following guidelines

11.2 Maximum score for routine – **20.0**

11.3 D Panel (Difficulty): **7.0**

11.3.1 Body Difficulties – Maximum value of **3.6**

- Required: 2 different leaps/jumps, 2 different pivots, 2 different balances
- All difficulties are valued based on the Difficulty Chart in the Official Special Olympics Rules.
- At least one occurrence of Apparatus Handling must be performed in conjunction with each Body Skill. Partial points may be awarded, depending on the execution and amplitude of the skill.
  - Full credit is given if the skill is executed to FIG standards of execution & amplitude
  - Partial credit is given, at the judge's discretion, depending on the execution & amplitude of the skill
  - No credit is given if the skill is omitted or unrecognizable

11.3.2 Waves – Maximum value of 0.4

- The value of each wave is 0.2 (may be downgraded to 0.1)
- The apparatus must be in motion.

11.3.3 Rhythmic Dance Steps – Maximum value of 0.6

- 2 sequences are required (minimum eight seconds)
- A sequence must have a minimum of 4-6 dance steps that reflect the character of the music and choreography
- Each sequence is valued at 0.3
- No credit will be awarded if the Rhythmic Dance Steps are performed with static apparatus.
- No partial credit may be given

11.3.4 Apparatus Bonus – Maximum value of 2.4

4 elements (max) x 0.6 = 2.4 (partial points may be awarded)

11.3.4.1 All Apparatus:

- Medium/high throw with rotation (any phase of the throw)
- Medium/high throw on jump/leap (any phase of the throw)
- Medium/high throw with catch on the floor
- Medium/high throw, catch with one hand



- Any 360 rotation with apparatus handling (not just in motion)
- 11.3.4.2 Hoop
  - Large roll on at least two body parts
  - Rotations of the hoop on a part of the body other than the hand
  - Gymnast lying/sitting on floor, handling of hoop
- 11.3.4.3 Ball
  - Large roll on at least two body parts
  - Series of rhythmic bounces on the floor (minimum of 3)
  - Gymnast lying/sitting on floor, handling of ball
- 11.3.4.4 Clubs
  - Mills series (minimum of 3 directions)
  - Simultaneous small throw & catch of two clubs (minimum 360)
  - Gymnast lying/sitting on floor, handling of clubs
- 11.3.4.5 Ribbon
  - Snakes or spirals under one leg
  - Enchappé toss (minimum 360 rotation of stick)
  - Gymnast lying/sitting on floor, handling of ribbon

**11.4 A Panel (Artistry): 5.0**

11.4.1 Body and facial expression/elegance – Maximum value of **1.0**

11.4.2 Body expression and elegance includes graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Expression through the use of body and facial expression, the gymnast must convey the idea of the choreography to the audience. The gymnast must be full of confidence and perform with style and emotion

11.4.3 Use of Floor Area – Maximum value of 0.5

- The floor area must be used completely
- Different levels (gymnast in flight, standing, on the floor, etc.)
- Variety in the modalities of traveling (FIG)

11.4.4 Variety of Apparatus Handling – Maximum value of 1.0

- In addition to throws and catches, the gymnast must show a variety of complex apparatus handling.

11.4.5 Connections – Maximum value of 1.0

- The composition should be developed by the technical, aesthetic, and connecting elements, where one movement passes smoothly into the next, including contrasts in speed/intensity (dynamism), amplitude and levels of the movements, performed in the relationship with the music (FIG).

11.4.6 Musicality – Maximum value of 1.0

- The character of the music should define the guiding idea/theme of the composition, and the gymnast must convey this guiding idea to the audience from the beginning to the end of the exercise. (FIG)

11.4.7 General Impression – Maximum value of 0.5

- Partial points may not be awarded.



**11.5 E Panel (Execution) Execution, Amplitude, and Apparatus Technique: 8.0**

**11.5.1** The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The gymnast will begin with a minimum base score of 1.0. The Execution and Amplitude category is divided into sub-categories so that each gymnast will be rewarded for areas in which s/he excels and not be too harshly penalized for an area in which s/he may have limitations.

**3.0** Form (pointed toes, straight legs, position and extension of the upper body, etc.).

**2.0** Amplitude – The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc.) and apparatus (height of tosses, extension in swings, etc.).

**2.0** Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

**Note:** Faults are penalized according to degree:

**0.1** Small faults

**0.3** Medium faults

**0.5** Major faults

**0.7** Fall of gymnast

**Note:** Drops of the apparatus are to be penalized as follows:

**0.3** Immediate retrieval (without a step)

**0.5** Retrieval after 1-2 steps

**0.7** Retrieval after 3 or more steps

## **12. JUDGING GROUP ROUTINES**

**12.1** For Group Routines, the judges separate into two panels: D Panel (Difficulty) and E Panel (Execution). To calculate the final score for each group, the score from the D Panel judge is added to the score from the E Panel judge. If there is more than one judge on each panel, the average score from the judges on the D Panel is added to the average score from the judges on the E Panel. Neutral deductions are taken from the total.

**12.1.1** The attire of all gymnasts in a group must be identical (of same material, style, design, and color). If male gymnasts are in the group, their attire should follow Men's Rhythmic Gymnastics guidelines and coordinate with the female athletes' leotards.

**12.1.1.1** Deduction: **0.3** Each gymnast whose attire does not conform to regulations

**12.1.2** All gymnasts must use apparatus identical in weight, shape, and size: only the color can differ.

**12.1.2.1** Deduction: **0.5** Each apparatus that does not match (maximum deduction is 0.3)

### **12.2 Compulsory Group Routines**

**12.2.1** Judging guidelines are the same for compulsory group routines as for levels 1 – 3 individual compulsory routines. The Identified Skills and Exactness of Text categories for Compulsory Group Routines are listed on the scoresheet.

### **12.3 Optional/Voluntary Group Routines: Duets and Trios**

**12.3.1** Judging guidelines are the same for Optional/Voluntary group routines as for Level 3 Optional/Voluntary routines.



**12.3.1.1 Group Floor Exercise**

Maximum time: 1:30

Required elements:

- 3 Body Difficulties: 1 jump/leap, 1 pivot, 1 balance
- 1 dance sequence
- 1 collaboration

**12.3.1.2 Group Apparatus**

Maximum time: 1:30

Required elements:










- 3 Body Difficulties: 1 jump/leap, 1 pivot, 1 balance
- 1 dance sequence
- 2 exchanges: minimum two meters












**13. APPARATUS HANDLING**

**13.1 ROPE** 

	<ul style="list-style-type: none"> <li>• Passing through the rope with a jump/leap. Rope turning forward, backward, or to the side</li> </ul>
	<ul style="list-style-type: none"> <li>• Passing through the rope with series (3 minimum) of small hops. Rope turning forward, backward, or to the side</li> </ul>
	<ul style="list-style-type: none"> <li>• "Echappe"</li> </ul>
	<ul style="list-style-type: none"> <li>• Spirals (double or more rotations of the rope's end during "echappe")</li> </ul>
	<ul style="list-style-type: none"> <li>• Figure eight or "sail" movement with ample movement of the trunk (Rope held in two hands)</li> <li>• Large circles (rope held in two hands)</li> </ul>
	<ul style="list-style-type: none"> <li>• Catch of the rope with one end in each hand</li> </ul>
	<ul style="list-style-type: none"> <li>• Series (3 minimum) of rotations. Rope folded in two</li> <li>• One free rotation around a part of the body</li> <li>• One rotation of the open, stretched rope, held by the middle or by the end</li> </ul>
	<ul style="list-style-type: none"> <li>• Small or medium throw and catch</li> </ul>
	<ul style="list-style-type: none"> <li>• Wrapping or swings</li> </ul>



13.2 BALL ●

	<ul style="list-style-type: none"> <li>Free roll of the ball on the body</li> </ul>
	<ul style="list-style-type: none"> <li>Large ( 1 meter minimum) roll of the ball on the floor</li> <li>Series (3 minimum) of small rolls of the ball on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>Bounces             <ul style="list-style-type: none"> <li>Series (3 min.) of small bounces (below knee level)</li> <li>One high bounce (knee level and higher)</li> <li>Visible rebound from a part of the body</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>Balancing of the ball – For example: Swings or Figure eight of the ball with circle movements of the arms (circumduction)</li> </ul>
	<ul style="list-style-type: none"> <li>Catch of the ball with one hand</li> </ul>
	<ul style="list-style-type: none"> <li>“Flip over” movement of the ball</li> <li>Rotations of the hand(s) around the ball</li> <li>Series (3 min.) of assisted small rolls</li> <li>Roll of the body over the ball on the floor</li> <li>Thrust/push of the ball from different parts of the body</li> </ul>
	<ul style="list-style-type: none"> <li>Small or medium throw and catch</li> </ul>












13.3 CLUBS 

✕	<ul style="list-style-type: none"> <li>• Mills- at least 4 small circles of the clubs with time delay and by alternating crossed and uncrossed wrists/hands each time</li> </ul>
⊙	<ul style="list-style-type: none"> <li>• Series (3 minimum) of small circles with both clubs</li> </ul>
+	<ul style="list-style-type: none"> <li>• Asymmetric movements of 2 clubs, must be different in their shape or amplitude and in the work planes or direction</li> </ul>
↔	<ul style="list-style-type: none"> <li>• Small throws and catches with rotation of 2 clubs together, simultaneously or alternating</li> </ul>
∞	<ul style="list-style-type: none"> <li>• Free rotations of 1 or 2 clubs on the part of the body or on the floor</li> <li>• Rolls of 1 or 2 clubs on the part of the body or on the floor</li> <li>• Rebound of 1 or 2 clubs from the body</li> <li>• Swings</li> <li>• "Sliding"</li> <li>• Tapping (1 minimum)</li> <li>• Thrust/push of the clubs from different part of the body</li> </ul>
○	<ul style="list-style-type: none"> <li>• Series (3 minimum) of small circles with 1 club</li> </ul>
↔	<ul style="list-style-type: none"> <li>• Small or medium throw and catch of 1 club</li> </ul>
↗	<ul style="list-style-type: none"> <li>• Throw or catch of 2 clubs, simultaneous</li> </ul>
↗→	<ul style="list-style-type: none"> <li>• Throw or catch of 2 clubs, asymmetric</li> </ul>
↗↗	<ul style="list-style-type: none"> <li>• "Cascade" throws (double or triple)</li> </ul>



13.4 RIBBON



	<ul style="list-style-type: none"> <li>• Spirals (4-5 waves), tight and same height</li> </ul>
	<ul style="list-style-type: none"> <li>• Spirals on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>• Snakes (4-5 waves), tight and same height</li> </ul>
	<ul style="list-style-type: none"> <li>• Snakes on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>• Passing through or over the pattern of the ribbon</li> </ul>
	<ul style="list-style-type: none"> <li>• "Echappe"</li> </ul>
	<ul style="list-style-type: none"> <li>• Boomerang in the air or on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>• Rotational movement of the ribbon stick around the hand</li> <li>• Roll of the ribbon stick on the part of the body</li> <li>• Rebound of the stick from the part of the body</li> <li>• Wrapping</li> <li>• Figure eights, swings, large circles</li> <li>• Movement of the ribbon around the part of the body created, when the stick is held by different parts of the body (hand, neck, knee, elbow) during body movements or difficulties with rotation (not during "slow turn")</li> </ul>
	<ul style="list-style-type: none"> <li>• Small or medium throw and catch</li> </ul>



13.5 HOOP



	<ul style="list-style-type: none"> <li>● Free roll of the hoop on the body</li> </ul>
	<ul style="list-style-type: none"> <li>● Large (1 meter minimum) roll of the hoop on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>● Rotation of the Hoop around its axis: Around the fingers or around on part of the body (min. 1)</li> </ul>
	<ul style="list-style-type: none"> <li>● Rotation on the floor around the axis (min. 1)</li> </ul>
	<ul style="list-style-type: none"> <li>● Rotation of the Hoop around the hand or around a part of the body (min. 1)</li> </ul>
	<ul style="list-style-type: none"> <li>● Passing through the Hoop with the whole or part of the body (two large body segments)</li> </ul>
	<ul style="list-style-type: none"> <li>● Sliding of the Hoop over minimum two large body segments</li> </ul>
	<ul style="list-style-type: none"> <li>● Small or medium throw and catch</li> </ul>


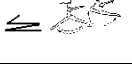

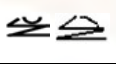



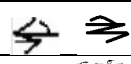

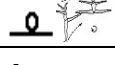





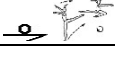






**14. SYMBOLS OF JUMPS/LEAPS**

Special Olympics 0.2	Special Olympics 0.4	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6







**15. SYMBOLS OF BALANCES**

Special Olympics 0.2	Special Olympics 0.4	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6



**16. SYMBOLS OF PIVOTS**

Special Olympics 0.2	Special Olympics 0.4	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6

**17. WRITTEN TEXT OF ROUTINES AND JUDGES SCORESHEETS**

17.1 Written text of all routines and judge scoresheets can be found on the Special Olympics Rhythmic Gymnastics resources web page (<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/gymnastics/rhythmic-gymnastics>)