Special Olympics

Artistic Gymnastics Sport Rules

Special Olympics

TABLE OF CONTENTS

1. GOVERNING RULES 5
2. OFFICIAL EVENTS 5
   2.1 Mixed Gender Events (Levels A & B only) (local and regional/national competition only) 5
   2.2 Women's Events (Levels I, II, III and IV) 5
   2.3 Men's Events (Levels I, II, III, and IV) 5
   2.4 All Around or "Specialists" 5
   2.5 Order of events for competition 5
3. DIVISIONING/RULES OF COMPETITION 6
   3.1 Age-group divisions will be followed. 6
   3.2 For all Levels 6
4. EQUIPMENT 7
   4.1 Attire 7
   4.2 Men's and Women's Artistic Equipment 7
   4.3 Balance Beam 7
5. SAFETY CONSIDERATIONS 7
   5.1 Overview 7
   5.2 Special Olympics Safety Position 7
6. JUDGING/SCORING 8
   6.1 General Judging 8
   6.2 Protests 9
   6.3 Scoring 9
   6.4 Judging Compulsory Artistic Routines 9
   6.5 Judging Artistic Optional/Voluntary Routines 10
   MEN'S REQUIREMENTS: 11
   Floor Exercise 11
   Pommel Horse 11
   Rings 11
   Flexibility, balance, strength 11
   Single leg element(s) 11
   Hold(s) 2 seconds 11
   Jump(s) and turn(s) 11
   Double leg circles 11
   Element(s) in support 11
   Forward element(s) 11
   Face at least two directions 11
   Strength 11
   Backward element(s) 11
   Use all three parts of the horse 11
   Swing 11
   Side element(s) 11
   Dismount 11
   Dismount 11
   Parallel Bars 11

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Horizontal Bar 11
Hold(s) 2 seconds 11
Release, regrasp of one or two hands 11
Swing element(s) in support above bar 11
Turn(s) 11
Swing element(s) below the bar 11
Long hang swing(s) 11
Face each end of the bars 11
Element(s) near the bar 11
Dismount 11

WOMEN'S REQUIREMENTS: 11
Floor Exercise 11
Balance Beam 11
Uneven Bar 11
Acrobatic skill(s) 11
Turn(s) 11
Bar change(s) 11
Dance skill(s) 11
Leap(s) 11
Cast(s) 11
360 degree turn/spin 11
Low and high element(s) 11
Kip(s) 11
Forward & Backward element(s) 12
Balance hold(s) 12
Forward & backward swings 12
Balance hold(s) 12
Dismount 12
Dismount 12
Handstand to flat back on stacked mats 12
Handspring, Yamashita 12
Handspring, 1/2 12
1/2, 1/2 12
1/2, 1/1 12
Tsukahara 12
All other vaults 12
1/2 of FIG + 5.5 12
7. COMPULSORY ROUTINES 13
7.1 Level A Routines–for male and female gymnasts 13
7.2 Level B Routines–for male and female gymnasts 14

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8. MEN'S ROUTINES 15
8.1 Level I 15
8.2 Level II 18
8.3 Level III 21
9. WOMEN'S ROUTINES 24
9.1 Level I 24
9.2 Level II 27
9.3 Level III 31

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1. GOVERNING RULES

The Official Special Olympics Sports Rules for Artistic Gymnastics shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Gymnastique (FIG) rules for artistic gymnastics found at http://www.fig-gymnastics.com. FIG or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Artistic Gymnastics or Article I. In such cases, the Official Special Olympics Sports Rules for Artistic Gymnastics shall apply.

Refer to Article 1, http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf, 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 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.

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

2.1 Mixed Gender Events (Levels A & B only) (local and regional/national competition only)

- Vaulting
- Single Bar
- Wide Beam
- Floor Exercise
- All Around (total of all four event scores)

2.2 Women's Events (Levels I, II, III and IV)

- Vaulting
- Uneven Bars
- Balance Beam
- Floor Exercise
- All Around (total of all four event scores)

2.3 Men's Events (Levels I, II, III, and IV)

- Floor Exercise
- Pommel Horse
- Rings
- Vault
- Parallel Bars
- Horizontal Bar
- All Around (total of all six event scores)

2.4 Male and Female gymnasts may compete in all events offered within the same level (All Around) or may be "specialists," competing in one, two or more events but not all events. Specialists must be on the same level at World games, but may be 1 level different in local competitions.

2.5 Order of events for competition

In women's artistic competition and Levels A & B, the rotation order of events is: vaulting, bars, balance beam, and floor exercise. In Men's artistic competition, the rotation order of events is: floor exercise, pommel horse, rings, vault, parallel bars and horizontal bar. Gymnasts may be scheduled to start the meet on any event, but must continue their rotation in order.

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3. DIVISIONING/RULES OF COMPETITION

3.1 Age-group divisions will be followed.

- There are six levels of competition:
    - Level A: Compulsory routines for gymnasts who have ambulatory problems, etc., but are too advanced for the Motor Activities Training Program.
    - Level B: Compulsory routines for gymnasts who are unable to perform level I routines.
    - Level I: Beginner compulsory routines
    - Level II: Intermediate compulsory routines
    - Level III: Advanced routines using compulsory skills made into own routines with own connections
    - Level IV Optional/Voluntary routines

3.2 For all Levels

- Coaches will determine the competition level for their athletes. The athletes must be able to safely perform all of the skills in that level.
- In all-around competition, athletes must compete at the same level in all events. Note: If an athlete entered in the All-Around receives no score in any one of the events, then they are not eligible for an award in the All-Around event.
- At the Program level, an artistic gymnast specializing in fewer events than the all around total (i.e., three) may compete on two different levels, with a one-level difference between. In international competition, an athlete must be on the same level in all events entered.
- Female gymnasts who compete in artistic gymnastics may not compete in rhythmic gymnastics in the same competition.
- The written text is the official version. Visual aids such as floor patterns or DVD are provided as a supplement. If a difference exists between the text and visual aid, the text must be followed.
- Modifications for gymnasts with visual impairments:
    - Assistance is permissible for all levels of competition. However, coaches must notify the meet director and judges of their athlete's visual impairment before the meet and prior to each event.
    - Audible cues such as clapping may be used in all routines.
    - In the floor exercise, music may be played at any close point outside the mat or the coach may carry the music source around the perimeter of the mat.
    - In vaulting, the gymnast has the choice of not taking a run, but using one step, two steps, multiple bounces on the board (with hands starting on horse) or a gymnast may hold onto a rope alongside the runway.
- Modifications for athletes with hearing impairments
    - Coaches must notify the meet director and judges of their athlete's hearing impairment before the meet and prior to the floor exercise event.
    - In the women's floor exercise, the coach or another gymnast may signal the athlete to begin the routine without penalty.
- Modifications for athletes using canes or walkers
    - In the floor exercise, coaches may walk onto the floor and remove (and replace) walkers and other aids as needed without any deduction.

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4. EQUIPMENT

4.1 Attire

- Male gymnasts shall wear tank tops (leotards) and long gymnastic pants or gymnastic shorts depending on the event. T shirts that are tucked in may replace the tank tops. Gymnasts may compete in socks, gymnastic slippers or bare feet.
- Female gymnasts shall wear a long-sleeved, short sleeved, or sleeveless leotard or unitard. Gymnasts may have either bare feet or wear gymnastic slippers. Bare legs or leg coverings of the same color as their leotard or flesh-colored tights with bare feet are permitted.
- No jewelry is allowed per FIG rules.

4.2 Men's and Women's Artistic Equipment

- Generally, see FIG equipment specifications and mat specifications for competition equipment.
- Modifications have been made to meet skill and size requirements for Special Olympics athletes.
  - Additional mats may be used to accommodate smaller gymnasts or for added safety. (There are no deductions unless specified in the specific event.)
  - Boards may be placed on top of the allowed matting around the equipment to help gymnasts mount but should be removed immediately.
  - Tables are used in vaulting, but not used in Levels A, B or Level I vaulting.
  - Any manufactured vaulting board is permitted. A vaulting collar must be used for inverted, optional vaults and for the level 3-Handstand to back vault.
  - The heights of the uneven bars, parallel bars and high bar may be adjusted to meet the size of the gymnast. W here the height cannot be lowered sufficiently, additional mats may be used to raise the floor.

4.3 Balance Beam

- Level A beam is 12.25 centimeters (6 inches) wide and no more than 10 centimeters (4 inches) above the panel mat it sits on. The beam may be covered with suede cloth or indoor/outdoor carpeting.
- Levels B, I and II may use a floor beam that is 10 centimeters (4 in) wide and 4.88 meters (16 ft) long. The top is no more than 30 centimeters (12 in) off the ground and 10 centimeters (4 in) from the mats or they may use a Level III beam.
- Level III uses a regulation beam that is 10 centimeters (4 in) wide and 4.88 meters (16 ft) long. Its height may range from 88 centimeters (34 5/8 in) to 1.2 meters (47 1/4 in).

5. SAFETY CONSIDERATIONS

5.1 Overview

- Consistent with the Special Olympics philosophy that the movement is athlete-centered, the safety of athletes is the primary concern when establishing sports rules. The establishment of international guidelines for Special Olympics gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression of instruction in gymnastics skills. This will reduce the incidence of injuries. Athletes who safely perform all skills in a specific level of compulsory routines should compete at that level. Competition in optional routines has been limited to advanced-level gymnasts only.
- Learning the proper progressions of skill instruction and correct spotting techniques is the responsibility of the gymnastics coach. Special Olympics commends those national/state Programs in which certified gymnastics instructors use the proper progression for teaching advanced gymnastics skills which is set forth in the Gymnastic Coaching Guide, these rules and elsewhere. However, many volunteers begin coaching with limited gymnastics expertise. These volunteers should start by teaching only the compulsory Levels A, B, & I routines. Those skills that are included in the more advanced levels should be taught by coaches with at least two years of general gymnastics coaching experience. It is recommended that coaches of advanced Levels III & IV gymnasts have additional training in gymnastics from what Special Olympics offers at this time.

5.2 Special Olympics Safety Position

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- Regardless of how much safety is provided, coaches should not entice or encourage their athletes to perform skills that are beyond their reasonable ability or skills that are beyond the coaches' ability to teach. Special Olympics recommends that all gymnastics coaches become safety certified in accordance with the policy endorsed by the appropriate National Governing Body. Special Olympics concurs with the following responsibility statement:
  - "Even though gymnastics safety is everyone's responsibility, the instructor or coach must bear much of it, including the responsibility to see that others do their share: the parents, the doctor and the athletes. Prevention and remediation are major responsibilities in a broad umbrella-type program under which many other points must be included: the environment, the prescribed learning progression and the physical preparedness of the athlete. These are the areas where the instructor/coach bears much of the moral and legal responsibility. It is not enough to warn and inform; all concerned must have an appreciation and understanding of the risk in every vigorous gymnastics activity."
- As written in the compulsory routines, coaches must be under the uneven bars, rings, high bar, and high beam prepared to spot, as well as in all levels of vaulting and parallel bars, 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 deductions will occur:
  - Gymnast will not be judged while the coach is not in a position to spot. He/she will be asked to dismount immediately.
  - Judge will "call" the 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 gymnast leaves the apparatus or the coach touches the gymnast in order to start over, a 1.0 deduction will be taken in addition to the 0.3 for "delay of meet."
  - If the coach does not return to a spotting position and the gymnast completes his/ her routine, the gymnast will receive a zero for a score.

6. JUDGING/SCORING

Although this next section (beginning at this point and ending with the list of vault values) focuses primarily on judging, coaches should study it carefully in order to understand requirements for a gymnast in each event. Both compulsory and optionals are defined.

6.1 General Judging

- One to four judges can be used on each panel for each event. W hen a panel consists of two or three judges, all scores will be averaged to determine the score for that panel. When four judges comprise a panel, the high and low scores will be eliminated, and the remaining scores will be averaged.
- The judges place themselves around the event mat or apparatus and may consult among themselves if directed to do so by the head judge. (If the judges' scores are not "in range," there is a consultation.) The final average score is flashed.
- Due to the importance of the divisioning process and in fairness to all, the following rule will be in effect once the competition begins: Judges are not allowed to talk with coaches, parents or athletes concerning a gymnast's routine. This rule applies on and off the floor of competition. If such communications occur, removal of the judge will be recommended to the Games Committee.
- When judging compulsory routines, the D and E panel judging system (FIG) will be used.
  - The D (Difficulty) panel determines if the routine was performed according to the text (compulsory) or fulfills event requirements (optional). The D panel determines start value of the routine based on difficulty, bonus, and all applicable neutral deductions.

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- The E (Execution) panel will evaluate the execution of the routine and apply all rules applicable to execution and amplitude.
- When using one judge for the D, E panel system, each judge will be responsible to judge the entire routine and determine the score based on 20.0 points.
- The out-of-range guidelines for both D and E Panel are:

9.5 – 10.0	0.10
9.0 – 9.45	0.30
8.0 – 8.95	0.50
0.0 – 7.95	1.00

- Neutral deductions are taken off the final score by the D Panel. There is a four point (4.00) maximum to these deductions.
  - Examples include:

Improper attire	0.30
Improper equipment and use of aids.*	0.80
Undisciplined or unsportsmanlike behavior	0.30 each
Failure to present to judges before or after	0.30 each
Failure to remove board or mounting surface	0.30
Coaching assistance (Special Olympics modifications) (maximum 4.0/routine)	Physical assistance: 0.50 each Verbal assistance: 0.30 each Signals to gymnast: 0.10 each
Not starting within 30 seconds of judges' signal	0.30
Not displaying competition number (if provided)	0.30

* In case of special disability, a coach may submit a petition to the Technical Delegate prior to competition.

6.2 Protests

- There are General Protest Forms for non-judging issues. The Games Organizers should provide these forms.

6.3 Scoring

- The averaged scores are sent to the scoring table where they are placed and compared with gymnasts in that event, level, age group and skill group for medals. (See Divisioning)

6.4 Judging Compulsory Artistic Routines

- Each panel (D & E) may give a maximum score of 10 points each for a possible total of 20.0 points.

Value of routines/elements: (D Score)

- There are 9.5 points to this category in routines. In Level A & B, there are 10 points to this category.
- The deduction for deliberate omission of an element will be double the value of the element. This also applies to an athlete who has to be carried through an element with a full spot from the coach.
- Bonus
  - Levels A and B do not have any bonus points.
  - In some cases a specific bonus of 0.5 is noted (e.g., height of beam). The athlete will receive this bonus in addition to the routine bonuses that may be awarded.

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- However, a maximum of 10.0 points is the highest score an athlete may receive by the D panel.

E Score

- Execution deductions are applied to each individual element. Specific deductions are in addition to general deductions. Specific deductions are:
  - Small errors: 0.10
    (includes bent arms, knees, leg separation, loss of balance, wrong hand placement, etc.)
  - Medium errors: 0.30
    (includes the same as small errors but done to a greater extent)
  - Large errors: 0.50
    (includes excessive or extreme bending of arms and/or knees, leg separation, or loss of balance)
  - Very large errors: 0.80
  - Falls: 1.0
  - (includes falls on and off the apparatus)
- Amplitude deductions are taken off each individual element using the above execution guidelines.
- Amplitude includes the range of motion and how large or compressed the skill shown is compared to the ultimate.
- Rhythm deductions are taken off each individual element also. These deductions include unwanted stops (0.10) to a whole series of poor rhythm throughout the routine (0.30).

Routine Reversal

- An entire routine may be reversed without deductions, and a single element may be reversed without deductions as long as it does not change the floor pattern.

6.5 Judging Artistic Optional/Voluntary Routines

- The same routine must be performed in preliminaries and finals. (Judging has been simplified to use one format for both, since FIG rules continue to get more difficult).
- In evaluating each optional routine, the judge gives a score for difficulty, execution/presentation, combination and bonus/additive value of the routine. The maximum score a judge can give is 20 points, and this score is given only if, in the judge's opinion, the routine is performed with full difficulty and without flaw. A score of 20.0 would be broken down in the following manner:

PANEL D:

Difficulty of Skills / Value Parts	7.0
Combination / Specific Requirements	2.5
Bonus / Additive Value (if any)	0.5
Subtotal	10.0

PANEL E:

Execution / Presentation / Performance	10.0
Possible Total	**20.0**

- Difficulty of the skills/value parts (7.0) D Score:
  - A maximum of 7.0 may be given for rating the difficulty of the skills in a routine.
  - Difficulties are evaluated either Recognized Skills, A, B, C or above (FIG). The difficulty of skills/value parts will be calculated using the 9 highest valued skills in the routine, per FIG guidelines. The complete table of difficulties may be found in the FIG documentation. Recognizable skills are skills contained in compulsory routines that

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do not have a FIG value and some can be found for reference in the new coaches' guide.

- Recognizable skills are worth 0.50
- FIG A skills are worth 1.0 each
- FIG B & C skills are worth 1.5 each

6.5.1.1 The FIG rule governing repetition and the rules governing layaways, and empty and intermediate swings do not apply for Special Olympics. These can be used as elements.

6.5.1.2 A gymnast must perform at least 9 different elements in a routine (except vaulting).

6.5.1.3 An element will only be counted one time.

6.5.1.4 If 9 different elements are not performed, a deduction of 0.50 will be taken from the start value (Panel D). Elements performed to the right and left are not considered different (e.g. cartwheels, leg cuts, etc.). A skill may be performed more than one time without penalty for repetition (up to three times).

6.5.1.5 Deductions will be taken for execution errors of all elements in the routine.

6.5.1.6 In Floor Exercise only, it is permissible for female gymnast to select a difficulty skill from the male FIG Code of Points in the A, B, and C section and for males to select from the women's code.

6.5.2 Combination / specific event requirements (2.5) D score:

6.5.2.1 A maximum of 2.5 may be given for evaluating the combination of the skills in a routine, especially with regard to any specific requirements for the event.

6.5.2.2 Each completed requirement is rewarded with 0.5. The maximum points rewarded will be 2.5.

MEN'S REQUIREMENTS:		
Floor Exercise	**Pommel Horse**	**Rings**
Flexibility, balance, strength	Single leg element(s)	Hold(s) 2 seconds
Jump(s) and turn(s)	Double leg circles	Element(s) in support
Forward element(s)	Face at least two directions	Strength
Backward element(s)	Use all three parts of the horse	Swing
Side element(s)	Dismount	Dismount

Parallel Bars	**Horizontal Bar**
Hold(s) 2 seconds	Release, regrasp of one or two hands
Swing element(s) in support above bar	Turn(s)
Swing element(s) below the bar	Long hang swing(s)
Face each end of the bars	Element(s) near the bar
Dismount	Dismount

WOMEN'S REQUIREMENTS:		
Floor Exercise	**Balance Beam**	**Uneven Bar**
Acrobatic skill(s)	Turn(s)	Bar change(s)
Dance skill(s)	Leap(s)	Cast(s)
360 degree turn/spin	Low and high element(s)	Kip(s)

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Forward & Backward element(s)	Balance hold(s)	Forward & backward swings
Balance hold(s)	Dismount	Dismount

6.5.2.3 Note: A certain level of difficulty is not needed in order to meet the requirement. The requirement could be fulfilled with a simple element that has no purported value by FIG, such as a forward roll, leg cut, etc.

6.5.2.4 Special Note: A performed skill may only fulfill one of the requirements. Therefore, it will take 5 different skills to meet all five event requirements.

6.5.3 Bonus / additive value (0.50) D score:

6.5.3.1 Each gymnast will have the opportunity to earn bonus points up to a maximum of 0.50.

6.5.4 Execution / presentation / performance (10.0) E score:

6.5.4.1 Each gymnast will start their routine with 10.0 points in the area of exercise presentation (technical execution and body position). Gymnasts will lose points for each execution error, based on the rules for execution in the FIG codes.

6.5.4.2 Special Note: In an Optional Routine, a gymnast may use any element presently in any Compulsory Routine. However, if a gymnast uses any three consecutive elements, from any Compulsory Routine, there will be a deduction of one full point (1.0) from the Start Value. The reason for this deduction is to discourage a gymnast from taking a series of elements directly from a Compulsory routine when creating an Optional routine.

6.5.4.3 Note: In Floor Exercise and Balance Beam, the FIG guidelines will be used to determine the length of a routine.

6.5.5 Vaulting

6.5.5.1 Optional vaulting is judged differently than other optional routines.

6.5.5.2 The gymnast is allowed one, two or three attempts at vaulting in all competitions, as follows:

6.5.5.2.1 One balk allowed if gymnast does not touch board or table

6.5.5.2.2 One vault over the table

6.5.5.2.3 A second vault over the table which may be the same as the first vault or a different vault. (The best of the 2 vaults counts).

6.5.5.3 The gymnast may not use any of the compulsory vaults for optionals.*

6.5.5.4 Scoring the execution of the vault is the same as in the FIG codes.

6.5.5.5 Vaults, commonly performed in Special Olympics, will have the following start values:

Handstand to flat back on stacked mats	6.5
Handspring, Yamashita	6.75
Handspring, 1/2	9.4
1/2, 1/2	9.5
1/2, 1/1	9.7
Tsukahara	10.0
All other vaults	1/2 of FIG + 5.5

6.5.5.6 *Special Note: The Horizontal, Layout Squat, or Straddle vaults are not the Compulsory vaults.

6.5.5.7 The Compulsory vaults do not require “horizontal” or “layout” positions. It is these positions that make these Optional vaults both different and more difficult than the Compulsory vaults.

6.5.5.8 Deduct 1.0 if the Horizontal or Layout positions are not shown.

6.5.5.9 Additional judging guidelines can be found in the individual judging sheets.

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7. COMPULSORY ROUTINES

7.1 Level A Routines–for male and female gymnasts

7.1.1 (Note: Level A gymnasts typically would be more involved and may be using a walker or wheelchair. Level B gymnasts may have other balance and physical/mental issues that would preclude being a Level I gymnast.) Many may need manual assistance to perform these routines.

7.1.2 Male & Female Level A - Vaulting

7.1.2.1 Skill description

7.1.2.1.1 Stand at attention on marked line on vaulting board* facing mat (coach may assist in getting up on the board)

7.1.2.1.2 Bend and straighten knees while lifting arms to stretched jump off of board (may be a double bounce)

7.1.2.1.3 Land on mat with two feet.

7.1.2.1.4 Stretch to attention

7.1.2.1.5 *Junior board is acceptable, depending on size & weight

7.1.2.1.6 This vault is repeated two times. The better of the two is used for scoring.

7.1.3 Male & Female Level A – Single Bar

7.1.3.1 Skill description

7.1.3.1.1 Start in Sit (in wheelchair or on block/folded mat) under low bar (sit is maintained during entire routine) Bar should be set within comfortable reach from sitting)

7.1.3.1.2 Reach up and grab the bar in over grip with both hands

7.1.3.1.3 Bend knees up in higher tuck position while holding bar

7.1.3.1.4 Straighten legs in pike sit position while holding bar

7.1.3.1.5 Open legs to straddle sit while holding bar, bring legs together

7.1.3.1.6 Lower feet to ground & perform a "chin up", pulling forehead toward bar (may lift up from sit)

7.1.3.1.7 Lower upper body to starting position, release bar and stretch arms overhead

7.1.3.2 Note

7.1.3.2.1 If range of motion is limited in the shoulder joint, bar may be slightly in front rather than directly overhead. Coach may have to assist with leg positions, but spotting deductions will apply.

7.1.4 Male & Female Level A – Balance Beam

7.1.4.1 Skill description

7.1.4.1.1 Start by standing at end of beam, facing the beam lengthwise.

7.1.4.1.2 Step on end of beam

7.1.4.1.3 Shuffle steps (keeping same foot in front) forward to middle of beam

7.1.4.1.4 1-point balance (optional foot & arm placement)

7.1.4.1.5 Shuffle steps forward to end of beam

7.1.4.1.6 Place feet together & straight jump off end of beam

7.1.4.1.7 Land on mat with two feet, stretch

7.1.4.2 Note

7.1.4.2.1 At level A, the floor beam is 15 centimeters wide (6 in) and no more than 10 centimeters (4 in) above the mats.

7.1.5 Male & Female Level A – Floor Exercise

7.1.5.1 Skill description

7.1.5.1.1 Beginning pose (optional)

7.1.5.1.2 Stretched sideways roll (log/pencil roll)

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7.1.5.1.3 Balance (optional- i.e. arched supine hold - "Superman" pose)
7.1.5.1.4 Locomotor movement (travel on mat) (optional - i.e. scooting)
7.1.5.1.5 Back rock
7.1.5.1.6 Ending pose (optional)
7.1.5.2 Notes
7.1.5.2.1 Routine may be performed on folding mats or on a floor exercise mat.
7.1.5.2.2 Coach may remove athlete from wheelchair or remove walker and replace such at end of routine without penalty. Entire routine may be done on the floor level. This routine, other than beginning and ending pose, may be done in any order and in any direction.
7.1.5.2.3 See judging sheets for Level A.
7.1.5.2.4

7.2 Level B Routines–for male and female gymnasts
7.2.1 Male & Female Level B - Vaulting
7.2.1.1 Skill description
7.2.1.1.1 Stand at attention a few feet (several steps) from the board on runway
7.2.1.1.2 Walk/run up runway toward board*
7.2.1.1.3 Hurdle by placing two feet together on marked line of board
7.2.1.1.4 Stretched jump into air, lifting arms overhead and off of board
7.2.1.1.5 Land on mat with two feet, bend knees, and then stretch to attention.
7.2.1.2 Notes
7.2.1.2.1 *Junior board is acceptable, depending on size & weight
7.2.1.2.2 The vault is repeated two times. The better of the two is used for scoring.
7.2.2 Male & Female Level B – Single Bar
7.2.2.1 Skill description
7.2.2.1.1 Stand under high bar (may elevate height of floor)
7.2.2.1.2 Reach up and grab the high bar in over grip with both hands (long hang)
7.2.2.1.3 Bend knees up to tuck position
7.2.2.1.4 Lower body to long hang
7.2.2.1.5 Straddle legs in long hang, put legs back together
7.2.2.1.6 Attempt a chin up (bend arms to bring forehead up to height of bar)
7.2.2.1.7 Lower to long hang and release bar
7.2.2.1.8 Land on mat with two feet and stretch.
7.2.2.2 Note
7.2.2.2.1 Coach must be in a position to spot the entire routine.
7.2.3 Male & Female Level B – Balance Beam
7.2.3.1 Skill description
7.2.3.1.1 Start by standing near end of beam, facing the beam crosswise.
7.2.3.1.2 Step on beam (right or left side near end of beam)
7.2.3.1.3 Sideways walking to middle of beam
7.2.3.1.4 1-point balance (optional foot & arm placement)
7.2.3.1.5 1/4 turn to face end of beam.
7.2.3.1.6 Walk forward to end of beam.
7.2.3.1.7 Straight jump off end of beam
7.2.3.1.8 Land on mat with two feet, stretch
7.2.3.2 Note

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7.2.3.3 This floor beam is normal width (10 cm, 4 in) and 10 centimeters (4 in) above the mats.

7.2.4 Male & Female Level B – Floor Exercise

7.2.4.1 Skill description

7.2.4.1.1 Optional beginning pose
7.2.4.1.2 2 side chasse
7.2.4.1.3 2-foot pivot turn
7.2.4.1.4 Forward arm wave (lead up to body wave)
7.2.4.1.5 Lower to floor
7.2.4.1.6 Back rock
7.2.4.1.7 Stretched sideways roll (log or pencil roll)
7.2.4.1.8 Ending pose (optional)

7.2.4.2 Note

7.2.4.2.1 Music may be used (optional)
7.2.4.2.2 This routine, other than beginning and ending pose, may be done in any order and in any direction.
7.2.4.2.3 See judging sheets for Level B

8. MEN'S ROUTINES

8.1 Level I

8.1.1 Men's Level I Floor Exercise

8.1.1.1 Skill Description

8.1.1.1.1 Forward roll tuck, stand
8.1.1.1.2 Perform a tuck jump
8.1.1.1.3 Perform a straddle jump
8.1.1.1.4 Turn out 90° and perform a side chasse
8.1.1.1.5 Turn out 90° to a lunge and perform a straight leg Arabesque (2 sec. hold), return to attention position
8.1.1.1.6 Squat down with hands in proper position for a backward roll, roll backward to a momentary candle stick position then roll forward and
8.1.1.1.7 Assume a 'V' sit position with support of the hands (2 sec. hold)
8.1.1.1.8 Slowly lower body to back layout position with arms stretched overhead and perform a one-and-a-half stretched sideways roll (log roll) finishing on stomach
8.1.1.1.9 Push off through a knee stand to a standing stretch position
8.1.1.1.10 Step kick to a 'teeter-totter' (lever) (one leg up handstand) and return to attention position
8.1.1.1.11 Take 3 or 4 running steps to an assemble (hurdle) (one foot take off – two foot landing)
8.1.1.1.12 Perform a stretch jump and assume a final standing position.

8.1.1.2 Bonuses

8.1.1.2.1 Specified Bonus: In #5, Arabesque (2 sec. hold) = +0.3
8.1.1.2.2 Specified Bonus: In #12, Stretch jump with 1/2 turn = +0.3
8.1.1.2.3 Bonus: Stick landing = 0.1
8.1.1.2.4 Bonus: Virtuosity = 0.1

8.1.2 Men's Level I Pommel Horse

8.1.2.1 Skill Description

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8.1.2.1.1 From a stand with one hand on each pommel, jump to a straight-arm front support
8.1.2.1.2 Shift weight to the left and momentarily lift right hand off of pommel (with legs together)
8.1.2.1.3 Shift weight to the right and momentarily lift left hand off of pommel (with legs together)
8.1.2.1.4 Initiate two full support swings in a straddle position, starting with the right leg.
8.1.2.1.5 Perform a right single leg cut forward ending in a stride position
8.1.2.1.6 Perform a left single leg cut forward ending in a rear support position
8.1.2.1.7 Hold rear support position (2 seconds)
8.1.2.1.8 Lift knees to a tuck support position (1 sec hold)
8.1.2.1.9 Push away from horse with both hands to a stretched stand

8.1.2.2 Bonuses
8.1.2.2.1 Specified Bonus: Before performing #1, push to a straight-arm support with both hands on the leather between the pommels. Shift weight left and move right hand to pommel then shift weight right and move left hand to pommel = +0.3
8.1.2.2.2 Specified Bonus: In #8, Perform a pike position = +0.3
8.1.2.2.3 Bonus: Stick landing = 0.1
8.1.2.2.4 Bonus: Virtuosity = 0.1

8.1.2.3 Note
8.1.2.3.1 Routine is written starting with right leg. The routine may be reversed in its entirety.

8.1.3 Men's Level I Rings

8.1.3.1 Skill description
8.1.3.1.1 Jump (with assistance of coach) to a long hang with a momentary hold.
8.1.3.1.2 Flex arms, hips and knees and assume a tucked pull up hold (chin-up) coach allowed to spot, 2 second hold.
8.1.3.1.3 Extend arms slowly and lower to a straight arm tuck hang
8.1.3.1.4 Extend legs and swing backward, forward, backward and forward to
8.1.3.1.5 An inverted tuck hang, 2 second hold.
8.1.3.1.6 Keeping arms straight, slowly lower body to a straight body hang
8.1.3.1.7 Lift legs to a low pike L hang position (inverted V), 2 second hold.
8.1.3.1.8 Legs lower to a stretch hang
8.1.3.1.9 Release and drop to a stand assuming a final standing stretched position.

8.1.3.2 Note
8.1.3.2.1 Coach must be in a position to spot the entire routine.

8.1.3.3 Bonuses
8.1.3.3.1 Specified Bonus: Perform #2 without spot = +0.3
8.1.3.3.2 Specified Bonus: Perform #7 with 90° hip bend and hold 1 second = +0.3
8.1.3.3.3 Bonus: Virtuosity = 0.1

8.1.4 Men's Level I Parallel Bars

8.1.4.1 Skill description
8.1.4.1.1 From a stand at end of bars, jump to a straight-arm support
8.1.4.1.2 Hand walks (3-6 penguin walks) to middle of bars with legs extended down
8.1.4.1.3 Lift legs and straddle to a straddle sit on the bars

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8.1.4.1.4 Straddle seat travel to end in a rear straddle support position (extension shown)
8.1.4.1.5 Lift legs to a tuck support, 2 second hold, with knees and feet together
8.1.4.1.6 Extend legs forward to swing back
8.1.4.1.7 Swing forward and backward to
8.1.4.1.8 A tuck flank dismount

8.1.4.2 Note
8.1.4.2.1 Coach must be in a position to spot the entire routine.

8.1.4.3 Bonuses
8.1.4.3.1 Specified Bonus: #5 perform a L, hold 2 seconds = +0.3
8.1.4.3.2 Specified Bonus: #8 perform dismount with straight legs over the bar = +0.3
8.1.4.3.3 Bonus: Stick landing = 0.1
8.1.4.3.4 Bonus: Virtuosity = 0.1

8.1.5 Men's Level I Horizontal Bar

8.1.5.1 Skill description
8.1.5.1.1 Jump to hang on bar with an over grip, lift legs forward to
8.1.5.1.2 Swing backward, forward, backward
8.1.5.1.3 Swing forward with 1/2 turn to mix grip
8.1.5.1.4 Swing forward in mixed grip
8.1.5.1.5 Swing back and change hand to over grip
8.1.5.1.6 Swing forward and backward
8.1.5.1.7 At end/top of back swing, release to stand

8.1.5.2 Note
8.1.5.2.1 Coach must be in a position to spot the entire routine.

8.1.5.3 Bonuses
8.1.5.3.1 Specified Bonus: #2 hop with both hands (on second back swing, before 1/2 turn) = +0.3
8.1.5.3.2 Specified Bonus: Any swing done at or above 45° below horizontal = +0.3
8.1.5.3.3 Bonus: Stick landing = 0.1
8.1.5.3.4 Bonus: Virtuosity = 0.1

8.1.6 Men's Level I Vaulting

8.1.6.1 Vaults
8.1.6.1.1 Two different vaults.
8.1.6.1.2 The gymnast must do both vaults.
8.1.6.1.3 Each vault has a start value of 10.00. (D score) The best vault counts.
8.1.6.1.4 The vaults must both be done, if not, there is a deduction of 0.5 from the final score for repetition.

8.1.6.2 Vault #1 - Tuck Jump from Board
8.1.6.2.1 Stand at attention no more than 10 meters (33 feet) from the board.\
8.1.6.2.2 Run forward down the runway.
8.1.6.2.3 Hurdle from the runway to the board, landing with feet together and knees slightly bent.
8.1.6.2.4 Rebound off the board, reaching in the air with the arms as the knees lift toward a momentary tuck position.
8.1.6.2.5 Open the body and land on the mat with two feet, bending the knees slightly on impact.

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8.1.6.2.6 Straighten the body and raise the arms overhead without taking steps.

8.1.6.3 Vault #2 - Straddle Stretched (Star) Jump from Board

8.1.6.3.1 Stand at attention no more than 10 meters (33 feet) from the board.

8.1.6.3.2 Run forward down the runway.

8.1.6.3.3 Hurdle from the runway to the board, landing with feet together and knees slightly bent.

8.1.6.3.4 Rebound off the board, reaching in the air with the arms as the hips remain straight and straddle the legs in the air

8.1.6.3.5 Close the legs and land on the mat with two feet, bending the knees slightly on impact.

8.1.6.3.6 Straighten the body and raise the arms overhead without taking steps.

8.1.6.4 Notes

8.1.6.4.1 All levels - One balk is allowed if athlete does not touch board.

8.1.6.4.2 Note: coach must be in a position to spot the gymnast.

8.1.6.4.3 See judging sheets for Level I Men

8.2 Level II

8.2.1 Men's Level II Floor Exercise

8.2.1.1 Skill description

8.2.1.1.1 Start in corner, facing opposite corner diagonally, turn 90° and perform a side chasse to a cartwheel

8.2.1.1.2 Turn 90° to the front into a lunge and then perform a front scale (**2 sec. hold**) with arms to the side or forward, return to attention position

8.2.1.1.3 Step through a lunge and kick towards a handstand position (feet should come together above waist height), step down to stretched stand, tuck to squat position and

8.2.1.1.4 Perform a backward roll ending in a pike straddle stand with arms stretched sideways (**momentary hold**), then stand

8.2.1.1.5 Place hands on the floor and perform a straddle forward roll, bring legs together and finish in a knee-lunge position (**momentary hold**), then stand

8.2.1.1.6 Execute a stretch jump with a 1/4 turn (right or left)

8.2.1.1.7 Take 3 or 4 running steps to a hurdle/hop round-off to an immediate

8.2.1.1.8 Stretch jump to an immediate stretch jump with 1/2 turn and assume a final standing position.

8.2.1.2 Bonuses

8.2.1.2.1 Specified Bonus: In #3, Hold handstand for a minimum of 1 second = +0.3

8.2.1.2.2 Specified Bonus: In #8, Perform a stretch jump with a full turn = +0.3

8.2.1.2.3 Bonus: Stick landing = 0.1

8.2.1.2.4 Bonus: Virtuosity = 0.1

8.2.2 Men's Level II Pommel Horse

8.2.2.1 Skill description

8.2.2.1.1 Start from a stand with the right hand on the left pommel in a counter clockwise over grip position and the left hand on the left hand on the end of the horse.

8.2.2.1.2 Jump to straight-arm front support, swing right leg around right arm while simultaneously pushing off with the left hand to turn the body 180° counter clockwise ending in a left stride support with one hand on each pommel (single leg stockli)

8.2.2.1.3 Left single leg cut backwards to front support

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8.2.2.1.4 Initiate one full straddle swing
8.2.2.1.5 Right leg single cut forward to stride support and stride swing to the left
8.2.2.1.6 Right leg single cut backwards to front support
8.2.2.1.7 Left leg single cut forward to stride support and stride swing to the right
8.2.2.1.8 Left leg single cut backwards to front support
8.2.2.1.9 Right leg single cut forward to stride support and
8.2.2.1.10 Left leg cut forward to flank dismount with 1/4 turn clockwise ending in a side stand

8.2.2.2 Note
8.2.2.2.1 The routine may be reversed in its entirety.

8.2.2.3 Bonuses
8.2.2.3.1 Specified Bonus: Leg cuts performed with foot reaching shoulder height (elbow height is required) = +0.3
8.2.2.3.2 Specified Bonus: Stride swings performed with foot reaching shoulder height (elbow height is required) = +0.3
8.2.2.3.3 Bonus: Stick landing = 0.1
8.2.2.3.4 Bonus: Virtuosity = 0.1

8.2.3 Men's Level II Rings

8.2.3.1 Skill description
8.2.3.1.1 Jump (with assistance of coach) to a long hang with a momentary hold, flex arms and assume a pull-up (chin-up) position, 2 second hold.
8.2.3.1.2 Roll backward, extending arms slowly and assume an inverted straight body hang, 2 second hold.
8.2.3.1.3 Lower to an inverted pike position (legs parallel to the floor), hold momentarily then
8.2.3.1.4 Open and lower to stretched body hang
8.2.3.1.5 Lift legs to a 90° pike L hang position, 2 second hold, cast to
8.2.3.1.6 Swing backward, forward, backward and forward to
8.2.3.1.7 A back tuck flyaway dismount.

8.2.3.2 Note
8.2.3.2.1 Coach must be in a position to spot the entire routine.

8.2.3.3 Bonuses
8.2.3.3.1 Specified Bonus: Perform one chin up before #1 = +0.3
8.2.3.3.2 Specified Bonus: #4 lower right to the L position = +0.3
8.2.3.3.3 Bonus: Stick landing = 0.1
8.2.3.3.4 Bonus: Virtuosity = 0.1

8.2.4 Men's Level II Parallel Bars

8.2.4.1 Skill description
8.2.4.1.1 From a stand or run, jump to an upper-arm support position, swing forward and execute a front up rise to rear straddle support (sit) position
8.2.4.1.2 Place hands well in front of hips, bring legs together, swing forward and perform a large straddle travel to rear straddle support (showing hip extension)
8.2.4.1.3 Bring legs together to L hold, 2 seconds
8.2.4.1.4 Swing legs backward, forward, backward to
8.2.4.1.5 Perform a reverse scissor to end in a rear straddle support (baby reverse stutz)

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8.2.4.1.6 Bring legs together and swing backward, forward, backward to
8.2.4.1.7 A straight leg flank dismount, 45° above horizontal
8.2.4.1.8
8.2.4.2 Note
8.2.4.2.1 Coach must be in a position to spot the entire routine.
8.2.4.3 Bonuses
8.2.4.3.1 Specified Bonus: #1 performed without straddle support (extra swing allowed to get into straddle sit position) = +0.3
8.2.4.3.2 Specified Bonus: #7 performed to nominal handstand = +0.3
8.2.4.3.3 Bonus: Stick landing = 0.1
8.2.4.3.4 Bonus: Virtuosity = 0.1

8.2.5 Men's Level II Horizontal Bar
8.2.5.1 Skill description
8.2.5.1.1 Jump to hang on bar with an over grip, perform a pull over with spot
8.2.5.1.2 Cast back hip circle
8.2.5.1.3 Under shoot to swing backward, forward
8.2.5.1.4 Swing backward to hop
8.2.5.1.5 Swing forward to 1/2 turn to mixed grip
8.2.5.1.6 Swing forward in mixed grip, swing backward (still in mixed grip) and
8.2.5.1.7 At end/top of back swing, release to stand on two feet.
8.2.5.2 Note
8.2.5.2.1 Coach must be in a position to spot the entire routine.
8.2.5.3 Bonuses
8.2.5.3.1 Specified Bonus: #1 pull over done without spot = +0.3
8.2.5.3.2 Specified Bonus: #5 1/2 turn done at or above 45° below horizontal = +0.3
8.2.5.3.3 Bonus: Stick landing = 0.1
8.2.5.3.4 Bonus: Virtuosity = 0.1

8.2.6 Men's Level II Vaulting
8.2.6.1 Vaults
8.2.6.1.1 May do one of each vault, or do the same vault 2 times. The best vault will count.
8.2.6.1.2 Only the vaulting table to be used to perform these vaults. A traditional horse will not be available.
8.2.6.2 Vault #1 - Squat on, Straight Jump Off – Vaulting Table
8.2.6.2.1 Stand at attention at the end of the runway.
8.2.6.2.2 Run forward down the runway.
8.2.6.2.3 Hurdle from the runway to the board, landing with feet together and knees slightly bent.
8.2.6.2.4 Rebound off the board, reaching in the air with the arms.
8.2.6.2.5 Place hands on top of the table, tuck the body and land in a momentary squat position on the table with feet between hands.
8.2.6.2.6 Take steps, if needed, to end of table.
8.2.6.2.7 Jump off the table, reaching arms in air and extending body to stretch (straight jump).
8.2.6.2.8 Land on the mat with two feet by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.
8.2.6.3 Vault #2 - Squat on, Straddle Jump Off – Vaulting Table

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8.2.6.3.1 Stand at attention at the end of the runway.
8.2.6.3.2 Run forward down the runway.
8.2.6.3.3 Hurdle from the runway to the board, landing with feet together and knees slightly bent.
8.2.6.3.4 Rebound off the board, reaching in the air with the arms.
8.2.6.3.5 Place hands on top of the table, tuck the body and land in a momentary squat position on the table with feet between hands.
8.2.6.3.6 Take steps, if needed, to end of table.
8.2.6.3.7 Jump off the table, reaching arms in air and straddling legs with closed hips and legs parallel to the floor (straddle jump).
8.2.6.3.8 Close legs in the air and land with two feet on the mat and bend the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

8.2.6.4 Notes
8.2.6.4.1 All levels - One balk allowed if the gymnast does not touch the board/horse.
8.2.6.4.2 Coach must be in a position to spot the gymnast.
8.2.6.4.3 See judging sheets for Level II Men

8.3 Level III

8.3.1 Men's Level III Floor Exercise

8.3.1.1 Skill description
8.3.1.1.1 A list of skills is provided.
8.3.1.1.2 They may be put in any order with your own choreography/combinations:
8.3.1.1.2.1. Acro:
8.3.1.1.2.1.1. Cartwheel(s)
8.3.1.1.2.1.2. Round Off
8.3.1.1.2.1.3. Roll(s)
8.3.1.1.2.1.4. Handstand
8.3.1.1.2.2. Other:
8.3.1.1.2.2.1. Jump(s) with and without turns
8.3.1.1.2.2.2. Balance element (scale, arabesque)
8.3.1.1.2.2.3. One strength move
8.3.1.1.2.2.4. Pivot

8.3.1.2 Note
8.3.1.2.1 The gymnast will need a minimum of 2 tumbling passes (3+ skills), level changes, use the entire FX mat and have direction changes.

8.3.2 Men's Level III Pommel Horse

8.3.2.1 Skill description
8.3.2.1.1 A list of skills is provided; a routine should be made up with these skills in any order except the mount and dismount.
8.3.2.1.2 Place right hand on left pommel and left hand on the end of the horse and jump to a half a circle mount (counter clockwise) to end in a rear support.
8.3.2.1.3 Left single leg cut backwards
8.3.2.1.4 Right single leg cut backwards
8.3.2.1.5 Single leg travel up hill
8.3.2.1.6 2 single leg false scissors (done together or separately)
8.3.2.1.7 One full straddle swing
8.3.2.1.8 Single leg stockli down with a 1/4 turn dismount to side stand

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8.3.2.2 Bonuses
- 8.3.2.2.1 Specified Bonus: Jump to one full circle on mount = +0.3
- 8.3.2.2.2 Specified Bonus: Foot reaching shoulder height on false scissors (elbow height is required) = +0.3
- 8.3.2.2.3 Bonus: Stick landing = 0.1
- 8.3.2.2.4 Bonus: Virtuosity = 0.1

8.3.3 Men's Level III Rings

8.3.3.1 Skill description
- 8.3.3.1.1 A list of skills is provided; a routine should be made up with these skills in any order except the mount and dismount.
- 8.3.3.1.2 Muscle up with assistance
- 8.3.3.1.3 Straight body support, 2 second hold.
- 8.3.3.1.4 Roll backwards to an inverted straight pike hang position (momentary hold)
- 8.3.3.1.5 German hang pull out
- 8.3.3.1.6 Inlocate
- 8.3.3.1.7 2 full swings
- 8.3.3.1.8 A backward pike flyaway dismount

8.3.3.2 Note
- 8.3.3.2.1 Coach must be in a position to spot the entire routine.

8.3.3.3 Bonuses
- 8.3.3.3.1 Specified Bonus: Muscle up without assistance = +0.3
- 8.3.3.3.2 Specified Bonus: #7 perform a layout dismount = +0.3
- 8.3.3.3.3 Bonus: Stick landing = 0.1
- 8.3.3.3.4 Bonus: Virtuosity = 0.1

8.3.4 Men's Level III Parallel Bars

8.3.4.1 Skill description
- 8.3.4.1.1 A list of skills is provided; a routine should be made up with these skills in any order except the mount and dismount.
- 8.3.4.1.2 Mount – from a stand or run, jump to an upper arm support, swing to an inverted pike position and perform a kip to a rear straddle support position.
- 8.3.4.1.3 L hold, 2 seconds
- 8.3.4.1.4 Shoulder stand hold, 2 seconds
- 8.3.4.1.5 Roll forward to a modified back up rise (straight arm support with one leg/thigh on each bar)
- 8.3.4.1.6 Swings forward and backward
- 8.3.4.1.7 Reverse scissor to end in a rear straddle support (baby reverse Stutz)
- 8.3.4.1.8 Stutz off dismount, 45° below horizontal

8.3.4.2 Note
- 8.3.4.2.1 Coach must be in a position to spot the entire routine.

8.3.4.3 Bonuses
- 8.3.4.3.1 Specified Bonus: Back up rise done without use of legs on bar = +0.3
- 8.3.4.3.2 Specified Bonus: #7 performed at or above horizontal = +0.3
- 8.3.4.3.3 Bonus: Stick landing = 0.1
- 8.3.4.3.4 Bonus: Virtuosity = 0.1

8.3.5 Men's Level III Horizontal Bar

8.3.5.1 Skill description

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8.3.5.1.1 A list of skills is provided; a routine should be made up with these skills in any order except the mount and dismount.
8.3.5.1.2 Mount - Jump to hang on bar with an under grip, perform a pull over to front support
8.3.5.1.3 Cast forward over the bar
8.3.5.1.4 Swing backward to hop to over grip
8.3.5.1.5 Swing forward to 1/2 turn
8.3.5.1.6 Baby giant
8.3.5.1.7 Under shoot
8.3.5.1.8 Dismount – swing forward to 1/2 turn then release the bar

8.3.5.2 Note
8.3.5.2.1 Coach must be in a position to spot the entire routine.

8.3.5.3 Bonuses
8.3.5.3.1 Specified Bonus: #2 cast with body extended at 45° above horizontal = +0.3
8.3.5.3.2 Specified Bonus: Dismount 1/2 turn done at horizontal = +0.3
8.3.5.3.3 Bonus: Stick landing = 0.1
8.3.5.3.4 Bonus: Virtuosity = 0.1

8.3.6 Men's Level III Vaulting

8.3.6.1 Vaults
8.3.6.1.1 Choice of one of 2 vaults - done 2 times or may do one of each.
8.3.6.1.2 All levels - One balk is allowed if the athlete does not touch board/horse.

8.3.6.2 Vault #1 - Squat Vault – Vaulting Table
8.3.6.2.1 Stand at attention at the end of the runway.
8.3.6.2.2 Run forward down the runway.
8.3.6.2.3 Hurdle from the runway to the board, landing with feet together and knees slightly bent.
8.3.6.2.4 Rebound off the board, reaching in the air with the arms.
8.3.6.2.5 Place hands on top of the table, tuck the body.
8.3.6.2.6 Keeping the head and chest up, rebound off the hands as the knees pass over the table without touching it.
8.3.6.2.7 Lift the arms and stretch the body in the off-flight.
8.3.6.2.8 Land on the mat with two feet and bend the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

8.3.6.3 Vault #2 - Repulse through handstand - (Use a board with collar and a 12-inch mat)
8.3.6.3.1 Stand at attention close to, or a short distance from, the board.
8.3.6.3.2 Lunge or hurdle with none or one lead-up step, bending and placing both hands (at the same time) onto the top of the board.
8.3.6.3.3 Kick the legs toward a handstand.
8.3.6.3.4 As the body passes through an extended handstand position, the gymnast should quickly extend the shoulders, resulting in a lift off the board (gymnast should not stop in the handstand).
8.3.6.3.5 Keeping the body in a tight and extended position, the gymnast lands onto the back of his/her entire body at the same time, onto the 12-inch (25-centimeter) mat, then holds this extended landed position for 1-2 seconds.
8.3.6.3.6 The gymnast gets up and shows an attention position.

8.3.6.4 Note

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8.3.6.4.1 The gymnast should show control, with a minimum of excess movement while getting from the back to the feet.
8.3.6.4.2 Coach must be in a position to spot the gymnast.
8.3.6.4.3 See judging sheets for Level III men see judging sheets for Level IV men.

9. WOMEN'S ROUTINES

9.1 Level I

9.1.1 Women's Level I Vaulting

9.1.1.1 Vaults

9.1.1.1.1 Two different vaults.
9.1.1.1.2 The gymnast must do both vaults.
9.1.1.1.3 Each vault has a start value of 10.00. (D score) The best vault counts.
9.1.1.1.4 The vaults must both be done, if not, there is a deduction of 0.5 from the final score for repetition.

9.1.1.2 Vault #1 - Tuck Jump from Board

9.1.1.2.1 Stand at attention no more than 10 meters (33 feet) from the board.\
9.1.1.2.2 Run forward down the runway.
9.1.1.2.3 Hurdle from the runway to the board, landing with feet together and knees slightly bent.
9.1.1.2.4 Rebound off the board, reaching in the air with the arms as the knees lift toward a momentary tuck position.
9.1.1.2.5 Open the body and land on the mat with two feet, bending the knees slightly on impact.
9.1.1.2.6 Straighten the body and raise the arms overhead without taking steps.

9.1.1.3 Vault #2 - Straddle Stretched (Star) Jump from Board

9.1.1.3.1 Stand at attention no more than 10 meters (33 feet) from the board.
9.1.1.3.2 Run forward down the runway.
9.1.1.3.3 Hurdle from the runway to the board, landing with feet together and knees slightly bent.
9.1.1.3.4 Rebound off the board, reaching in the air with the arms as the hips remain straight and straddle the legs in the air
9.1.1.3.5 Close the legs and land on the mat with two feet, bending the knees slightly on impact.
9.1.1.3.6 Straighten the body and raise the arms overhead without taking steps.

9.1.1.4 Notes

9.1.1.4.1 All levels - One balk is allowed if athlete does not touch board.
9.1.1.4.2 Note: coach must be in a position to spot the gymnast.

9.1.2 Women's Level I Uneven Bars

9.1.2.1 Skill description

9.1.2.1.1 Using an over grip hand position, jump to a straight arm support position.
9.1.2.1.2 Flex arms slightly, pike, then cast clear of the bar and return to a front support position.
9.1.2.1.3 Hand shift (lean weight on one arm, while briefly lift other hand off bar, regrasp)
9.1.2.1.4 Other Hand shift (lean weight on opposite arm, while briefly lifting other hand off bar, regrasp)

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9.1.2.1.5 Flex arms slightly, pike, then cast clear of the bar and return to a front support position.
9.1.2.1.6 With hands still in overgrip, tucked forward roll over the bar and with control; slowly lower legs in tuck to the ground.
9.1.2.1.7 Stand on legs, release bar and assume a final stretched position.

9.1.2.2 Note
9.1.2.2.1 Coach must be in a position to spot the entire routine.

9.1.2.3 Bonus
9.1.2.3.1 Specified Bonus - +0.2 -1 x Tuck swing (open tuck position) on LB or HB if necessary for height (return to land on floor or box on HB)

9.1.3 Women's Level I Balance Beam

9.1.3.1 Skill Description
9.1.3.1.1 Low beam only
9.1.3.1.2 Step onto end of beam with hands on hips
9.1.3.1.3 2 straight leg swings forward (90 degrees) with steps; arms out to sides
9.1.3.1.4 1/4 turn with hands on hips
9.1.3.1.5 2 side steps (step together/step together); arms out to sides
9.1.3.1.6 1/4 turn coupe balance (touch-toe to ankle); arms in mid-5th (arms in front, circle position shoulder height)
9.1.3.1.7 Arms behind back; two steps backwards (raise knee forward, then step backward)
9.1.3.1.8 1/4 turn to side; hands on hips
9.1.3.1.9 1/4 turn to same side; hands on hips
9.1.3.1.10 March to the end of the beam knees raising in front passe; arms out to sides
9.1.3.1.11 Place feet together & straight jump off; arms over head
9.1.3.1.12 Land on mat with two feet at the end of beam, stretch to attention.

9.1.3.2 Bonuses
9.1.3.2.1 Specified Bonus: In #2, 2 straight leg swings forward-above 90-degree angle = +0.3
9.1.3.2.2 Specified Bonus: In #5, 1/4 turn coupe balance-hold 2 seconds = +0.3

9.1.4 Women's Level I Floor Exercise

9.1.4.1 Music
9.1.4.1.1 "I Love Rock n' Roll" ~ Version By: Barry Nease

9.1.4.2 Skill description
9.1.4.2.1 Starting Position: upright kneeling position on left leg with right foot in front, hands on hips – hold 4 counts
9.1.4.2.2 Shift weight from left knee to right knee then back again to left knee, optional arm position
9.1.4.2.3 Place hands on shoulders and then stretch them overhead
9.1.4.2.4 Lean forward and place hands on mat and slide body forward into a stretched prone position, arms above head, log roll to the right one revolution, finish in prone position
9.1.4.2.5 Return to kneeling position by sliding arms and upper body toward knees, step forward and upward onto right foot, left leg behind, foot pointed into a lunge position, close left foot to right foot, arms above head
9.1.4.2.6 Step to the right with right foot and slide (side chasse) to the right two times, arms side middle

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9.1.4.2.7 Step forward right into lunge, arabesque into ¾ handstand, legs in stride position (teeter-totter), land in lunge position

9.1.4.2.8 Coupe turn 1/4 to the right left leg in coupe (toe to ankle), arms rounded in front middle position

9.1.4.2.9 Four marching steps forward in passé (toe to knee) L-R-L-R close left foot to right foot, hands on hips

9.1.4.2.10 Stretched straight jump upward, feet together, land in demi-plie, arms swing from low back upward to stretched position above head, lower down to sides of body on landing

9.1.4.2.11 Four shoulder shrugs in place while bending knees slightly and pushing up onto toes, arms straight and stretched down by sides wrists extended, R-L-R-L

9.1.4.2.12 Two steps forward lifting straight legs to horizontal, (battement), arms side middle, L-R

9.1.4.2.13 Scale on the right leg, hold 2 counts, arms optional

9.1.4.2.14 Transfer weight from right leg to left leg, arms stretched above head, kick right leg up and step forward onto the right foot passing through lunge into a simulated cartwheel (kick over) to the right, land on left leg in lunge position

9.1.4.2.15 Forward roll to tuck sitting position, arms stretched above head on finish

9.1.4.2.16 Back rock in tuck position, arms stretched above head

9.1.4.2.17 Rock forward while bending the legs to right side to finish in an upright kneeling position, arms circle clockwise to finish in side middle. Right arm then circles clockwise in front of the body once, left arm remains in side middle

9.1.4.3 Note

9.1.4.3.1 *May be reversed in its entirety to accommodate left-side dominate gymnasts.

9.1.4.3.2 See judging sheets for Level I Women

9.1.4.4 Women's Level I - Floor Exercise Pattern

9.1.4.4.1 May choose to start on sides or in corners, depending on athlete's size and amplitude

START

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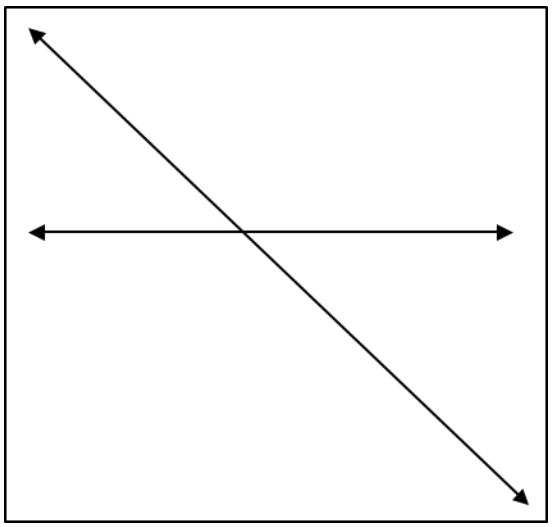

9.1.4.5 Bonuses

9.1.4.5.1 Bonus: #8- skipping in passé instead of marching steps= +0.3 bonus

9.1.4.5.2 Bonus: #13- in place of simulated cartwheel, gymnast achieves vertical with a cartwheel= +0.5 bonus

9.2 Level II

9.2.1 Women's Level II Vaulting

9.2.1.1 Vaults

9.2.1.1.1 May do one of each vault, or do the same vault 2 times. The best vault will count.

9.2.1.1.2 Only the vaulting table to be used to perform these vaults. A traditional horse will not be available.

9.2.1.2 Vault #1 - Squat on, Straight Jump Off – Vaulting Table

9.2.1.2.1 Stand at attention at the end of the runway.

9.2.1.2.2 Run forward down the runway.

9.2.1.2.3 Hurdle from the runway to the board, landing with feet together and knees slightly bent.

9.2.1.2.4 Rebound off the board, reaching in the air with the arms.

9.2.1.2.5 Place hands on top of the table, tuck the body and land in a momentary squat position on the table with feet between hands.

9.2.1.2.6 Take steps, if needed, to end of table.

9.2.1.2.7 Jump off the table, reaching arms in air and extending body to stretch (straight jump).

9.2.1.2.8 Land on the mat with two feet by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

9.2.1.3 Vault #2 - Squat on, Straddle Jump Off – Vaulting Table

9.2.1.3.1 Stand at attention at the end of the runway.

9.2.1.3.2 Run forward down the runway.

9.2.1.3.3 Hurdle from the runway to the board, landing with feet together and knees slightly bent.

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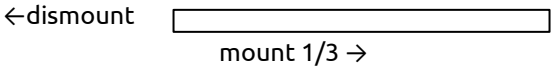
9.2.1.3.4 Rebound off the board, reaching in the air with the arms.
9.2.1.3.5 Place hands on top of the table, tuck the body and land in a momentary squat position on the table with feet between hands.
9.2.1.3.6 Take steps, if needed, to end of table.
9.2.1.3.7 Jump off the table, reaching arms in air and straddling legs with closed hips and legs parallel to the floor (straddle jump).
9.2.1.3.8 Close legs in the air and land with two feet on the mat and bend the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

9.2.1.4 Notes
9.2.1.4.1 All levels - One balk allowed if the gymnast does not touch the board/horse.
9.2.1.4.2 Coach must be in a position to spot the gymnast.
9.2.1.4.3 See judging sheets for Level II Men

9.2.2 Women's Level II Uneven Bars
9.2.2.1 There are two sections of the routine, one on low bar; one on high bar.
9.2.2.2 Skill Description: Low bar section
9.2.2.2.1 Mount- jump to straight arm support
9.2.2.2.2 Hold straight arm support
9.2.2.2.3 One cast
9.2.2.2.4 Underswing dismount to stand
9.2.2.3 Skill Description: High bar section – face low bar (unless doing bonus)
9.2.2.3.1 Jump to straight arm long hang
9.2.2.3.2 Tuck position (hold 2 seconds)
9.2.2.3.3 Extend to forward swing
9.2.2.3.4 Swing backward
9.2.2.3.5 Swing forward
9.2.2.3.6 Swing backward and release to land on two feet in a stand.
9.2.2.3.7 Stretch
9.2.2.4 Note
9.2.2.4.1 Coach must be in a position to spot the entire routine.
9.2.2.5 Bonus
9.2.2.5.1 +0.5- #5-add a 1/2 turn on high bar -1 grip change on forward swing, 1 grip change on backward swing (added). Supplementary forward swing and backward swing may be performed (optional). Release going away from low bar to land on two feet. Stretch

9.2.3 Women's Level II Balance Beam
9.2.3.1 This routine may be reversed in its entirety by mounting with right foot first mount.
9.2.3.2 Skill Description
9.2.3.2.1 Start by standing with the left side of the body along the side of the beam about 1/3 of the distance from the end of the beam.
9.2.3.2.2 NOTE: Starting point may need to be adjusted forward or backward according to athlete's size and ability level.



9.2.3.2.3 Mount (LOW BEAM) – Step onto beam with left foot, place right foot in front of left foot, (train position). Finish in stretched stand with arms in crown.

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9.2.3.2.4 (HIGH BEAM) – Step onto spring board with right foot while simultaneously placing the left hand on beam to block and support upper body. Spring off of right foot and place left foot on top of beam. Lift left hand up while placing right foot on beam in front of left foot, (train position). Finish in a balanced squat position, arms front middle then continue to a stretched stand arms in crown.

9.2.3.2.5 Arabesque walks forward- Step forward onto left foot while lifting right leg back into a 15-degree arabesque. Left arm moves to side middle, right arm moves to front middle. Step forward onto right foot while lifting left leg back into a 15-degree arabesque. Right arm moves to side middle, left arm moves to front middle.

9.2.3.2.6 Step forward with the left foot and close in front of right foot (train position). Releve, (rise up onto balls of feet) sousou, into a (locked position), arms move to crown position. Perform a releve 1/2 turn to the right. Lower heels and arms upon completion.

9.2.3.2.7 Coupe steps backward- Step back with right foot and place left foot in coupe position, (toe to ankle). Arms are behind back, hands flat against lower back, palms facing out. Step back with left foot and place right foot in coupe position. Arms remain behind back.

9.2.3.2.8 Scale balance- Stretch right leg back and up 30 degrees into a scale position while arms move to side middle position. Hold balanced position for two seconds.

9.2.3.2.9 Step forward with right foot then kick left leg up and into lunge position, arms in crown.

9.2.3.2.10 Execute a 1/4 turn to the right into a side lunge position, left arm side middle, right arm front middle.

9.2.3.2.11 Slide steps to the right- Slide the right foot towards the left foot while moving arms out to side middle. Feet will then be side by side. Step to the left, close the right foot to left foot while crossing hands in front middle position and then back to side middle. Step to the left again and close right foot to left foot while moving arms from a side middle position into crossing hands in front middle position and back to side middle.

9.2.3.2.12 Execute a 1/4 turn in releve to the left with arms out in side middle position.

9.2.3.2.13 Passe hold- Place right foot in forward passé position, (right foot against left knee, right thigh horizontal). Arms move to middle curved position. Hold 1 second.

9.2.3.2.14 Stretched straight jump- Step forward onto right foot, then step with left foot to close in front of right foot. Feet will be in train position. Arms lower to sides of body. Demi-plie, (bend both knees and hips about 45 degrees to prepare for jump and then jump up, simultaneously swinging arms up over head and extending completely through ankles, knees and hips. Show a stretched straight body position in air. Land in demi-plie with arms lowered by sides of body. Left foot is in front of right foot in train position.

9.2.3.2.15 Marching steps- Step forward onto right foot while bringing left foot up in line with right knee, (forward passé position). Left thigh should be horizontal to beam. Arms are optional. Continue marching steps forward until the end of the beam is reached.

9.2.3.2.16 Straddle jump (star) dismount- At end of beam feet should be in staggered position, (ball of right foot is pressed next to arch of left foot), or in a side by side position, (feet are directly next to one another). Arms lower to sides of body. Demi-plie and jump off of both feet to lift the body up and slightly forward. Simultaneously swing arms up and stretch them overhead showing a

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stretched straddled position in the air, (star position). Land on both feet in demi-plie, feet side by side and slightly apart. Show control. Stand to a stretched position and salute the head official.

9.2.3.3 Bonus

9.2.3.3.1 Specified bonus: #3-Hold releve position after 1/2 turn for two seconds. +.3

9.2.3.3.2 Specified bonus: Perform side chasses instead of steps. +.3

9.2.3.3.3 Specified bonus: Perform on high beam +.5.

9.2.3.4 Note

9.2.3.4.1 Coach must be in a position to spot the entire routine if performed on high beam.

9.2.4 Women's Level II Floor Exercise

9.2.4.1 Music

9.2.4.1.1 "BALIMOS" – Version By Barry Nease

9.2.4.2 Skill description

9.2.4.2.1 Starting Position: standing, left knee slightly bent, left foot in releve, left hand on hip, right arm bent 45 degrees with palm facing in – hold 4 counts

9.2.4.2.2 Circle right arm counter-clockwise down in front of body out to side and back up to high oblique

9.2.4.2.3 Step back onto left foot into fourth position, arms rounded in front middle, single foot turn (270 degrees) to right

9.2.4.2.4 Step forward left, right, 90-degree scale on right leg, hold 2 counts

9.2.4.2.5 Forward roll from scale to stand with feet together

9.2.4.2.6 Four passé prance steps forward twisting body, hands on hips – R, L, R, L, - step right 90 turn to right

9.2.4.2.7 Two running steps forward R, L, right leg hurdle into right side cartwheel, right leg chasse into right cartwheel, land in left lunge, 90 degree turn to left on left foot, place right foot next to left so that feet are together

9.2.4.2.8 Four passé step-hops backward, hands on hips – R, L, R, L to finish with feet together and arms lowered to sides.

9.2.4.2.9 Two steps forward R, L into right leg stride leap (90 degrees), step forward left, R leg stride leap (90 degrees), step forward left into right leg assemble

9.2.4.2.10 Stretched straight jump 270 degrees to the right

9.2.4.2.11 Bend left knee slightly with left foot in releve, hip rocks in place while both arms lift upward above head with hands shaking

9.2.4.2.12 Lift L foot up to R knee in side releve position then side chasse left, step left while bringing R foot up to L knee in side passé position and crossing arms in front of body, chasse right while uncrossing arms.

9.2.4.2.13 Step to right side on right foot and hop half turn landing with feet together, (simulated tourjete)

9.2.4.2.14 Step forward right into handstand, hold one count, land in lunge

9.2.4.2.15 Close feet together, backward roll in tuck position with hands facing each other and placed on back of neck, elbows flared, land on knees

9.2.4.2.16 Sit to left side, knee roll to left, finish in kneeling position

9.2.4.2.17 Body wave backward, raising up on knees, finish with arms down by sides

9.2.4.2.18 Lift right arm up to high oblique, lift left arm up to high oblique, lower right arm down to side of body

9.2.4.3 Note

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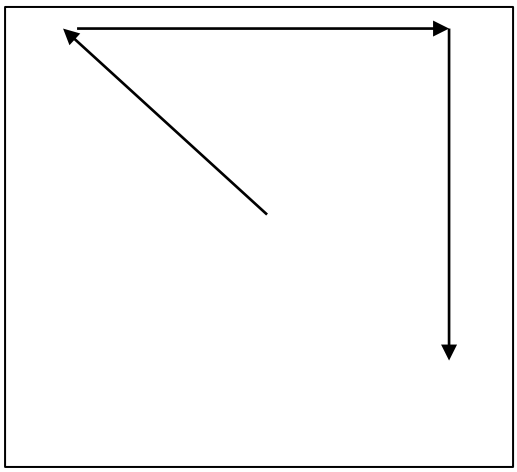
9.2.4.3.1 * May be reversed in its entirety to accommodate left-side dominate gymnasts

9.2.4.3.2 See judging sheets for Level II Women

9.2.4.4 Floor Exercise Pattern



9.3 Level III

9.3.1 Women's Level III Vaulting

9.3.1.1 Vaults

9.3.1.1.1 Choice of one of 2 vaults - done 2 times or may do one of each.

9.3.1.1.2 All levels - One balk is allowed if the athlete does not touch board/horse.

9.3.1.2 Vault #1 - Squat Vault – Vaulting Table

9.3.1.2.1 Stand at attention at the end of the runway.

9.3.1.2.2 Run forward down the runway.

9.3.1.2.3 Hurdle from the runway to the board, landing with feet together and knees slightly bent.

9.3.1.2.4 Rebound off the board, reaching in the air with the arms.

9.3.1.2.5 Place hands on top of the table, tuck the body.

9.3.1.2.6 Keeping the head and chest up, rebound off the hands as the knees pass over the table without touching it.

9.3.1.2.7 Lift the arms and stretch the body in the off-flight.

9.3.1.2.8 Land on the mat with two feet and bend the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

9.3.1.3 Vault #2 - Repulse through handstand - (Use a board with collar and a 12-inch mat)

9.3.1.3.1 Stand at attention close to, or a short distance from, the board.

9.3.1.3.2 Lunge or hurdle with none or one lead-up step, bending and placing both hands (at the same time) onto the top of the board.

9.3.1.3.3 Kick the legs toward a handstand.

9.3.1.3.4 As the body passes through an extended handstand position, the gymnast should quickly extend the shoulders, resulting in a lift off the board (gymnast should not stop in the handstand).

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9.3.1.3.5 Keeping the body in a tight and extended position, the gymnast lands onto the back of his/her entire body at the same time, onto the 12-inch (25-centimeter) mat, then holds this extended landed position for 1-2 seconds.

9.3.1.3.6 The gymnast gets up and shows an attention position.

9.3.1.4 Note

9.3.1.4.1 The gymnast should show control, with a minimum of excess movement while getting from the back to the feet.

9.3.1.4.2 Coach must be in a position to spot the gymnast.

9.3.1.4.3 See judging sheets for Level III men see judging sheets for Level IV men.

9.3.2 Women's Level III Uneven Bars

9.3.2.1 This is a list of skills; they may be done in any order except the mount and dismount. There are two sections of the routine, one on low bar; one on high bar.

9.3.2.2 Skill Description: Low bar section

9.3.2.2.1 Mount- jump to straight arm support (or pullover for bonus)

9.3.2.2.2 Cast

9.3.2.2.3 Back hip circle

9.3.2.2.4 Underswing dismount

9.3.2.3 Skill Description: High bar section – face low bar (unless doing bonus)

9.3.2.3.1 Mount – jump to long hang, with forward swing

9.3.2.3.2 Swings

9.3.2.3.3 Dismount- swing forward with 1/2 turn dismount

9.3.2.4 Note

9.3.2.4.1 Coach must be in a position to spot the entire routine.

9.3.2.5 Bonus

9.3.2.5.1 Low bar mount- +0.5- pullover on low bar +0.3- 1/2 turn in swings (high bar)

9.3.3 Women's Level III

Balance Beam

9.3.3.1 This is done on the high beam only.

9.3.3.2 Skill Description

9.3.3.2.1 Perform skills listed in any order (except mount & dismount). Connections are up to the gymnast.

9.3.3.2.2 Mount- using spring board, single leg take off to squat on with hand support.

9.3.3.2.3 Bonus- using spring board, double foot take off without hand support to squat on.

9.3.3.2.4 Assemble' straight jump

9.3.3.2.5 Coupe 1/2 turn on single leg

9.3.3.2.6 2 side chasse

9.3.3.2.7 Jump 1/4 turn

9.3.3.2.8 2 coupe steps backwards

9.3.3.2.9 Leap

9.3.3.2.10 Scale balance (45 degrees)

9.3.3.2.11 Lever (lunge to one leg up handstand) (arms above head on start and finish)

9.3.3.2.12 Dismount- lunge round off dismount

9.3.3.3 Note

9.3.3.3.1 Coach must be in a position to spot the entire routine.

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9.3.3.4 Bonus
9.3.3.4.1 Mount - using spring board, double foot take off without hand support to squat on=0.3

9.3.4 Women's Level III Floor Exercise
9.3.4.1 Skill Description
9.3.4.1.1 Perform skills listed in any order.
9.3.4.1.2 Connections choreography and music are up to the gymnast.
9.3.4.1.2.1. Acro:
9.3.4.1.2.1.1. Cartwheel(s)
9.3.4.1.2.1.2. Round-off
9.3.4.1.2.1.3. Roll(s)
9.3.4.1.2.1.4. Handstand
9.3.4.1.2.2. Dance:
9.3.4.1.2.2.1. 360 degree turn on one foot
9.3.4.1.2.2.2. Pass with leap(s)
9.3.4.1.2.2.3. Jump(s)
9.3.4.1.2.2.4. Body wave
9.3.4.2 Note
9.3.4.2.1 Must have a minimum of 1 tumbling pass of 3+ skills
9.3.4.2.2 Must have level changes
9.3.4.2.3 Must use all of floor (floor pattern) Must change direction
9.3.4.2.4 See judging sheets for Level III Women
9.3.4.2.5 See judging sheets for Level IV Women
9.3.4.3 Bonus
9.3.4.3.1 Leaps at 120 degrees=+0.2, leaps at 150 degrees=+0.3, leaps at 180 degrees=+0.5

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