

Special Olympics Ohio

Online Artistic Gymnastics Sports Training

Special Olympics

Ohio



Coaches Education Program



- Please review the following Sport Assistant requirements that should be completed prior to this online course.
 - **Complete and submit the Class “A” Volunteer Application**
 - **Complete online General Orientation**
 - **Complete online Protective Behaviors**
 - **Complete online Concussion Training**

[CLICK HERE TO ACCESS COURSES](#)

Level 1 Certification



- To receive the Level 1 certification, Coaches need to complete:
 - The Coaching Special Olympics Athletes Course
- OR
- The Coaching Unified Sports Course
 - In the upcoming slides, you will find a preview of the Coaching Special Olympics Athletes Course.
 - Your Level 2 Certification will not be complete until you have completed either one the Coaching Special Olympics Athletes Course OR Coaching Unified Sports Course

Artistic Gymnastics Sport Certification



- This Artistic Gymnastics sports training will cover Special Olympics Ohio Artistic Gymnastics events, rules, competitions, divisioning, along with any additional Gymnastics resources and other general information regarding coaching for Artistic events.
- The online Artistic Gymnastics Sport Certification training is required for SOOH coaches who would like to become sport certified. This training is also apart of the criteria to be eligible to attend both USA and World Games. This online training will complete the requirements for the SOOH's Level 2 sport certification. The training is also for those coaches and/or volunteers that would just like to learn more information about Special Olympics Ohio as a whole and specifically its Gymnastics program.

Course Overview



Preview of Coaching Special Olympic Athletes

Unit 1: The Athlete

Unit 2: Teaching & Training

Unit 3: Preparing & Coaching During
Competition

Unit 4: Managing the Program

Unit 5: Additional Coach Information

SOOH Artistic Gymnastics Coaches Training

Preview to Coaching Special Olympic Athletes

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Unit 1: The Athlete



Coaching Special Olympics Athletes begins with the athlete and continues to focus on the athlete throughout the course. This section outlines how the psychological, physical, and social conditions of the Special Olympics athlete influence his participation in sport. Coaches need to be aware of these aspects to understand their athletes better and to design appropriate training programs that meet each athlete's needs. The emphasis is on what the athletes can do so that the coach can assist them in building on their strengths.



Unit 2: Teaching and Training

To maximize time, it is vital that written plans and programs be developed. They are necessary to chart developments and to keep on target. In addition, they are necessary for the center or school or in the unlikely event of an accident.

A variety of levels of instruction and assistance can be provided to athletes to facilitate learning, skill development, and competition success. Each coach needs to address each athlete individually.

Unit 3: Preparing & Coaching During Competition



Competitions provide the opportunity for your athletes to show what they've learned in practice. Just as your athletes' focus shifts on competition days from learning and practicing to competing, your focus shifts from teaching skills to coaching athletes as they perform those skills in competitions. Of course, the competition is a teaching opportunity as well, but the focus is on performing what has been learned, participating, and having fun.

Unit 4: Managing the Program



Managing your program is also a critical element in this process. In this concluding unit, we provide information and tools designed to help you effectively manage your program. Our aim is to help *you* make a successful Special Olympics program happen!

If you are like most youth league or volunteer coaches, you have probably been recruited from the ranks of concerned parents, sport enthusiasts, or community volunteers. Like many rookie and veteran coaches, you probably have had little formal instruction on how to coach. But when the call went out for coaches to assist with the local Special Olympics sport program, you answered because you like to help individuals who are learning a sport, enjoy sports yourself, and want to be involved in a worthwhile community activity.



For the full online training of Coaching Special Olympic Athletes please click the link: [CLICK HERE](#)

Artistic Gymnastics Coaches Training

Special Olympics

Ohio



SOOH Gymnastics Specific Information



Sport Director: Marty McClain

Spring Sport: Season Runs from April – June

Season Timeline:

- Local/Area tryouts/practices begin in April
- Registration information sent out in May
- State Tournament will be held in late June in conjunction with State Summer Games at The Ohio State University in Columbus, OH.

Terms and Definitions



Terms	Definitions
Aerial	A stunt in which the gymnast turns completely over in the air without touching the apparatus with his or her hands.
All Around	A category of gymnastics that includes all of the events. The all-around champion of an event earns the highest total score from all events combined.
Apparatus	One of the various pieces of equipment used in gymnastics competitions.
Amplitude	The height or degree of execution of a movement. In general, the higher the salto or the more breathtaking the movement, the better the amplitude and the score.
Arch Position	The body is curved backwards.
Composition	The structure of a gymnastics routine. Each individual movement or skill is a building block; the arrangement of the moves in the exercise is called the composition of the routine.
Deduction	Points taken off a gymnast's score for errors. Most deductions are pre-determined, such as a 0.8 deduction for a fall from an apparatus or a 0.1 deduction for stepping out of bounds on the floor exercise.
Dismount	To leave an apparatus at the end of a routine; usually done with a difficult twist or salto.
Execution	The performance of a routine. Form, style, and technique used to complete the skills constitute the level of execution of an exercise. Bent knees, poor toe point and an arched or loosely-held body position are all examples of poor execution.

Terms and Definitions



Terms	Definitions
FIG	The International Gymnastics Federation is recognized by the International Olympic Committee and is responsible for the governance of the sport of gymnastics on the international level.
Flexibility	The range of motion through which a body part can move without feeling pain.
Flic-Flac	Also known as a flip-flop or back handspring. Take off on one or two feet, jump backwards onto hands and land on feet. This element is used in a majority of tumbling passes on the floor exercise. It's also used a great deal on the balance beam.
Handspring	Springing off the hands by putting the weight on the arms and using a strong push from the shoulders; can be done either forward or backward; usually a linking movement.
Kip	Movement from a position below the equipment to a position above, usually on the uneven bars, parallel bars or high bar.
Pike Position	Body bent forward more than 90 degrees at the hips while the legs are kept straight.
Pirouettes	Changing direction or moving in a circular motion by twisting in the handstand position.
Release	Leaving the bar to perform a move before re-grasping it.
Round-Off	A dynamic turning movement, with a push-off on one leg, while swinging the legs upward in a fast cartwheel motion into a 90 degree turn. The lead-off to a number of skills.
Routine	A combination of stunts displaying a full range of skills on one apparatus.

Terms and Definitions



Terms	Definitions
Salto	Flip or somersault, with the feet coming up over the head and the body rotating around the axis of the waist.
Scissors	A combination requirement in a competitive routine on the pommel horse, which combines cuts and undercuts. It begins in a stride support and ends in an opposite stride support.
Sequence	Two or more positions or skills which are performed together creating a different skill or activity.
“Stuck” Landing	Slang term used for when a gymnast executes a landing with correct technique and no movement of the feet.
Tuck	A position in which the knees and hips are bent and drawn into the chest; the body is folded at the waist.
Twist	Not to be confused with a salto, a twist occurs when the gymnast rotates around the body’s longitudinal axis, defined by the spine.
Virtuosity	The artistry, or the degree of rhythm and harmony, displayed while a movement is executed. In general, the more flowing and seamless a series of skills appears to be, the greater the virtuosity and the higher the score.
Yurchenko Vault	Round-off entry onto the board, flic-flac onto the vaulting table and salto off of the vaulting table. The gymnast may twist on the way off.

SOOH Artistic Gymnastics Manual



- The Official Special Olympics Sports Rules in the SOOH Artistic Gymnastics Sports Manual shall govern all Special Olympics Artistic Gymnastics competitions. In cases, not covered by these rules, and by Special Olympics International rules, then the Federation Internationale de Gymnastique rules shall be employed.

[SOOH Women's Artistic Gymnastics Manual](#)

[SOOH Men's Artistic Gymnastics Manual](#)

[Special Olympics International Women's Artistic Gymnastics Rules](#)

[Special Olympics International Men's Artistic Gymnastics Rules](#)

[Federation Internationale de Gymnastique Rules](#)

Women's Artistic Gymnastics



Special Olympics

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Official Events



Gymnasts may compete in all events offered within the same level (All Around) or may be “specialists,” competing in one, two or three events but not all events. Specialists must compete at the same level in international events, but may be 1 level different in local competitions, as determined by the local organizers.

The rotation order of events is: vault, uneven bars, balance beam, and floor exercise. Gymnasts may be scheduled to start the meet on any event, but must continue their rotation in order.

Official Events Cont.



Level	Description	Vault	Uneven Bars	Balance Beam	Floor Exercise
Level A	Skill list designed for athletes who cannot stand and/or perform without the assistance of wheelchairs, walkers, or spotters.	X	X	X	X
Level B	Skill list designed for lower level athletes who can perform independently.	X	X	X	X
Level C	Compulsory routines for lower level athletes. The emphasis is on developing basic skills and combining those skills into routines on all apparatus	X	X	X	X
Level 1	Compulsory routines that build on the skills in Level C and provide progressions for higher level routines.	X	X	X	X
Level 2	Intermediate level compulsory routines.	X	X	X	X
Level 3	Optional/voluntary routines with FIG "A" and Recognizable Gymnastics Skills. Special Requirements are listed for each event.	X	X	X	X
Level 4	Optional/voluntary routines with Recognizable Gymnastics Skills and any level FIG elements. Special Requirements are listed for each event.	X	X	X	X



Attire

Gymnasts may wear a long sleeve, short sleeve, or sleeveless leotard or unitard. Bare legs or footless tights (flesh color or the same color as the leotard) are permitted. Gymnasts may have bare feet or wear gymnastics slippers.

No jewelry, with the exception of one pair of stud earrings (one in each ear). All other piercing should be REMOVED, not just covered with tape or Band-Aids.

Hair should be pulled back from the face. Long hair should be secured in a bun, ponytail, or braid.

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 event.)
- ▶ Boards may be placed on top of the allowed matting around the equipment to help gymnasts mount but should be removed immediately.
- ▶ Vault tables are used only in Level 4. All other levels vault onto mats. Specifications are listed in the written text and on the video.
- ▶ For Level 4 vaults over stacked mats turned sideways, any standard manufactured 5'X10' mat may be used. Minimum height 32".
- ▶ Any manufactured board is permitted. A vault collar must be used for inverted, optional vaults.
- ▶ The heights of the uneven bars may be adjusted to meet the size of the gymnast. Where the height cannot be lowered sufficiently, additional mats may be used to raise the floor.

Equipment Cont.



Balance Beam

- ▶ Level A beam is a Velcro strip or line on the floor. Any length or width is acceptable.
- ▶ Level B beam is either a folded panel mat or a beam 12.25centimeters (6inches) wide and no more than10 centimeters (4inches) above the mat it sits on.
- ▶ Levels C and 1 gymnasts 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. Level C and 1 gymnasts who compete on a regulation high beam will receive a deduction. Refer to the Judges Guide.
- ▶ Level 2 gymnasts use either a low beam (like Levels C and 1) or a regulation beam that is10 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). Gymnasts receive Bonus for competing on the high beam. Refer to the Judges Guide.
- ▶ Levels 3 and 4 gymnasts use a regulation beam thatis10 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). Gymnasts who compete on a low beam will receive a deduction. Refer to the Judges Guide.

General Rules



Coaches will determine the competition level for their athletes. The athletes must be able to safely perform all of the skills specified for that level.

In All-Around competition, athletes must compete at the same level in all four events.

Note: If an athlete entered in the All-Around receives no score for any one of the events, or competes on different levels, then she is not eligible for an award in the All-Around event.

For awards, gymnasts should be divided by Level and by Age Group. Further divisioning should take place reflecting the Special Olympics philosophy that athletes should compete with athletes of similar ability. Divisioning should be done separately for each event and All-Around.

General Rules Cont.



Modifications for gymnasts with visual impairments:

- ▶ Assistance is permissible for all levels of competition. However, coaches must notify the meet director and judges of the athlete's visual impairment before the meet and prior to each event.
- ▶ Audible cues such as clapping may be used in all routines.
- ▶ In 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 vault, the gymnast has the choice of not taking a run, but using one or two steps, or of holding onto a rope alongside the runway. 5.7 Modifications for athletes with hearing impairments
- ▶ Coaches must notify the meet director and judges of the athlete's hearing impairment before the meet and prior to the floor exercise event.
- ▶ In floor exercise, the coach or another gymnast may signal the athlete to begin the routine without penalty.

Safety Considerations



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 Ohio commends those local 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.

Many volunteers begin coaching with limited gymnastics expertise. **These volunteers should start by teaching only the basic skills and routines. Those skills that are included in the more advanced levels should be taught by coaches with at least two years of mainstream artistic gymnastics coaching experience.**

- ▶ It is recommended that coaches of advanced Levels 3 and 4 gymnasts have additional training in gymnastics from the National Governing Body for gymnastics in their country.

Safety Considerations Cont.



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 abroad 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.”

Safety Considerations Cont.



As shown on the video and written in the text, coaches must be in a position to spot on vault, uneven bars, and high beam before an athlete may compete in these events. The coach must remain there during the routine. The gymnast will be stopped and will receive deductions if the coach is not in the spotting position for the routine. Refer to the Judges Guide.

[Level A Instruction Videos](#)

[Level B Instruction Videos](#)

[Level C Instruction Videos](#)

[Level 1 Instruction Videos](#)

[Level 2 Instruction Videos](#)

[Level 3 Instruction Videos](#)

[Level 4 Instruction Videos](#)

Judging/Scoring



General Judging – Refer to the Judges Guide for specific requirements and deductions for each Level and routine. [Found HERE](#)

- ▶ Routines are judged using a D (Difficulty) Panel and E (Execution) Panel. Specific deductions taken by each panel are listed in the Judges Guide.
- ▶ The D (Difficulty) Panel determines if the routine was performed according to the text. The D panel determines start value of the routine based on difficulty, bonus, and all applicable neutral deductions. If a gymnast performs any part of a routine, the minimum score awarded by the D Panel is 1.0.
- ▶ The E (Execution) Panel will evaluate the execution of the routine and apply all rules applicable to execution and amplitude.
- ▶ One to four judges can be used on each panel for each event.
- ▶ For the D Panel, all scores must match.
- ▶ For the E Panel, if there are two or three judges, all scores will be averaged. With four judges, the highest and lowest scores will be eliminated, and the remaining scores will be averaged.
- ▶ When using one judge for the D, E panel system, each judge will be responsible to judge the entire routine and determine the score.

Judging/Scoring Cont.



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. Out of range guidelines are listed in the Judges Guide) 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.

Judging/Scoring Cont.



Skill Values

- ▶ Skill values for elements in Levels A, B, C, 1 & 2 routines are listed in the Written Text & the Judges Guide.
- ▶ Skill values for elements in Levels 3 & 4 routines are listed in the Judges Guide & the FIG Code of Points.
 - ▶ Recognizable Gymnastics Skills are elements typically performed in gymnastics routines on each apparatus. A list of Recognizable Gymnastics Skills is in the Appendix.
 - ▶ FIG elements receive the value listed in the current FIG Code of Points.
 - ▶ For skills not in the Special Olympics List of Recognizable Gymnastics Skills or the FIG Code of Points, a coach can submit a New Skill Evaluation Request Form with entries for a competition. Meet Directors should submit the request to the technical officials for the competition in time to notify the coach of the decision within 3 weeks. When this form is returned, the coach should bring it to the competition and present it to the meet referee or head judge prior to the competition. If a skill is approved for credit at World Games, it will be added to the official skill list. Otherwise, the skill must be approved for each competition.

Protests – There are general protest forms for non-judging issues. The Games Organizers should provide the forms.



Recognizable Gymnastics Skills

Any skills that receive a value in the Level 1 & 2 for Uneven Bars, Balance Beam, and Floor Exercise will be Recognizable Gymnastic Skills.

Additional Skills for each Event can be found here:

Recognizable Gymnastic Skills Document

Routines



Women's Artistic Gymnastics Routines Written Instructions
can be found here:

WOMEN'S ARTISTIC GYMNASTICS ROUTINES-- WRITTEN

Scoresheets



[2019 – 2027 Bars Score Sheets](#)

[2019 – 2027 Beam Score Sheets](#)

[2019 – 2027 Floor Score Sheets](#)

[2019 – 2027 Vault Score Sheets](#)

Men's Artistic Gymnastics



Special Olympics

Ohio



Official Events



Gymnasts may compete in all events offered within the same level (All Around) or may be “specialists,” competing in one, two or three events but not all events. Specialists must compete at the same level in international events, but may be 1 level different in local competitions, as determined by the local organizers.

The rotation order of events is: Floor Exercise, pommel horse, rings, vault, parallel bars, and horizontal bars. Gymnasts may be scheduled to start the meet on any event, but must continue their rotation in order.

Official Events Cont.



Level	Description	Floor Exercise	Vault	Parallel Bars	Single Bar	Pommel Horse	Horizontal Bar	Still rings
Level A	Skill list designed for athletes who cannot stand and/or perform without the assistance of wheelchairs, walkers, or spotters. Optional choreography Floor Exercise	X	X	X	X			
Level B	Skill list designed for lower level athletes who can perform independently. Optional choreography Floor Exercise	X	X			X	X	
Level C	Compulsory routines for lower level athletes. The emphasis is on developing basic skills and combining those skills into routines on all apparatus	X	X			X	X	
Level 1	Compulsory routines that build on the skills in Level C and provide progressions for higher level routines.	X	X	X		X	X	X
Level 2	Intermediate level compulsory routines.	X	X	X		X	X	X
Level 3	Choice of Non-FIG A and FIG A level skills. Optional choreography.	X		X		X	X	X
Level 4	Optional choreography including Non-FIG A, any level FIG skills, and Element Groups listed for each apparatus.	X	X	X		X	X	X

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 shoes or bare feet.

No jewelry is allowed.

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 maybe used to accommodate smaller gymnasts or for added safety. (There are no deductions unless specified in the event.)
- ▶ Boards may be placed on top of the allowed matting around the equipment to help gymnasts mount but should be removed immediately.
- ▶ Vault tables are used only in Level 4 vault. All other levels vault onto mats. Specifications are listed in the write text and on the video.
- ▶ Any manufactured board is permitted. A vaulting collar must be used for inverted, optional vaults.
- ▶ The heights of the rings, parallel bars, and horizontal bar may be adjusted to meet the size of the gymnast. Where the height cannot be lowered sufficiently, additional mats may be used to raise the floor.

General Rules



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 he is not eligible for an award in the All-Around event.

The video is the official version. The written text is provided as a supplement. If a difference exists between the video and the written text, the video must be followed.

For awards, gymnasts should be divided by Level and by Age Group. Further divisioning should take place reflecting the Special Olympics philosophy that athletes should compete with athletes of similar ability. Divisioning should be done separately for each event and All Around.

General Rules Cont.



Modifications for gymnasts with visual impairments:

- ▶ Assistance is permissible for all levels of competition. However, coaches must notify the meet director and judges of the athlete's visual impairment before the meet and prior to each event.
- ▶ Audible cues such as clapping may be used in all routines.
- ▶ In vault, the gymnast has the choice of not taking a run, but using one or two steps, or of holding onto a rope alongside the runway.

Safety Considerations



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- ▶ The establishment of international guidelines for Special Olympics gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression instruction in gymnastics skills. This will reduce the incidence of injuries.
- ▶ Athletes who safely perform all skills in 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.

Many volunteers begin coaching with limited gymnastics expertise. **These volunteers should start by teaching only the basic skills and routines. Those skills that are included in the more advanced levels should be taught by coaches with at least two years of mainstream artistic gymnastics coaching experience.**

- ▶ It is recommended that coaches of advanced Levels III and IV gymnasts have additional training in gymnastics from the National Governing Body for gymnastics in their country.

Safety Considerations Cont.



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Safety Considerations Cont.



As shown on the video and written in the text, coaches must be in a position to spot on rings, vault, and horizontal bar before an athlete may compete in these events. The coach must remain there during the routine. The gymnast will be stopped and will receive deductions if the coach is not in the spotting position for the routine. Refer to the Judges Guide.

[Level A Instruction Videos](#)

[Level B Instruction Videos](#)

[Level C Instruction Videos](#)

[Level 1 Instruction Videos](#)

[Level 2 Instruction Videos](#)

[Level 3 Instruction Videos](#)

[Level 4 Instruction Videos](#)

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- ▶ The E (Execution) Panel will evaluate the execution of the routine and apply all rules applicable to execution and amplitude.
- ▶ One to four judges can be used on each panel for each event.
- ▶ For the D Panel, all scores must match.
- ▶ For the E Panel, if there are two or three judges, all scores will be averaged. With four judges, the highest and lowest scores will be eliminated, and the remaining scores will be averaged.
- ▶ When using one judge for the D, E panel system, each judge will be responsible to judge the entire routine and determine the score.

Judging/Scoring Cont.



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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

Protests – There are general protest forms for non-judging issues. The Games Organizers should provide the form.

Recognizable Gymnastics Skills



Recognizable Skills for each Men's Artistic Gymnastics Event
can be found here:

Recognizable Gymnastic Skills Document

Routines



Men's Artistic Gymnastics Routines Written Instructions can be found here:

MEN'S ARTISTIC GYMNASTICS ROUTINES-- WRITTEN

Men's Scoresheets



[2019 – 2027 Pommel Horse Score Sheets](#)

[2019 – 2027 Parallel Bars Score Sheets](#)

[2019 – 2027 Floor Score Sheets](#)

[2019 – 2027 Horizontal Bar Score Sheets](#)

[2019 – 2027 Rings Score Sheets](#)

[2019 – 2027 Vault Score Sheets](#)

Coaching Tips



Please visit the following link for videos that give tips on the following topics:

- ▶ Handstand Progression Intro
- ▶ Handstand Progression Lunge
- ▶ Handstand Lever T Hold
- ▶ Handstand/Teeter Totter & Handstand with Feet Together
- ▶ Leap Progression Intro
- ▶ Leap Progression Step Kick Forward
- ▶ Leap Progression Step Kick Forward/Step Lift Leg in Back

[Coaching Tips](#)

Special Olympics Artistic Gymnastic Resources



This online coaching guide covers planning a season, teaching skills, teaching rules, and includes a quick start guide. It also includes virtual training/learning videos in which can offer you a more hands-on experience when learning about the sport of Gymnastics.

[Online Special Olympics Artistic Gymnastics Coaching Guide](#)

THANK YOU FOR FINISHING THE SOOH ARTISTIC GYMNASTICS SPORT
CERTIFICATION TRAINING PRESENTATION! IN ORDER TO COMPLETE AND
RECEIVE CREDIT FOR ENTIRE TRAINING, PLEASE TAKE THE FOLLOWING QUIZ:

CLICK HERE:

[SOOH Artistic Gymnastics Training Quiz](#)

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