



## Special Olympics Ohio

### Men's Artistic Gymnastics Manual

The Official Special Olympics Sports Rules for Men's 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 Men's 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 Men's Artistic Gymnastics or Article I. In such cases, the Official Special Olympics Sports Rules for Men's Artistic Gymnastics shall apply.

#### 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 ----

- LEVEL A – Skill list designed for athletes who cannot stand and/or perform without the assistance of wheelchair walkers, or spotters. Optional choreography for Floor Exercise.
  - o Floor Exercise
  - o Vault
  - o Parallel Bars
  - o Single Bar
- LEVEL B – Skill list designed for lower level athletes who can perform independently. Optional choreography for Floor Exercise.
  - o Floor Exercise
  - o Pommel Horse
  - o Vault
  - o Horizontal Bar
- LEVEL C – Compulsory routines for lower level athletes. The emphasis is on developing basic skills and combining those skills into routines on all apparatus
  - o Floor Exercise
  - o Pommel Horse
  - o Vault
  - o Horizontal Bar
- LEVEL 1 – Compulsory routines that build on the skills in Level C and provide progressions for higherlevel routines.
  - o Floor Exercise
  - o Pommel Horse
  - o Still Rings

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- Vault
  - Parallel Bars
  - Horizontal Bar
- LEVEL 2 – Intermediate level compulsory routines.
  - Floor Exercise
  - Pommel Horse
  - Still Rings
  - Vault
  - Parallel Bars
  - Horizontal Bar
- LEVEL 3 – Choice of Non-FIG A and FIG A level skills. Optional choreography.
  - Floor Exercise
  - Pommel Horse
  - Still Rings
  - Parallel Bars
  - Horizontal Bar
- LEVEL 4 – Optional choreography including Non-FIG A, any level FIG skills, and Element Groups listed for each apparatus.
  - Floor Exercise
  - Pommel Horse
  - Still Rings
  - Vault
  - Parallel Bars
  - Horizontal Bar

## **RULES OF COMPETITION**

- Coaches will determine the competition level for their athletes. The athletes must be able to safely perform all of the skills in that level.
- 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.
- 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 anyone of the events, then he is not eligible for an award in the All- Around event.
- Gymnasts may compete in all events offered within the same level (All Around )or maybe “specialists,” competing in one to five events but not all events. In international competitions, specialists must compete at the same level for all events entered. In local competitions, gymnasts may be 1 level different in the events entered, as determined by the local organizers.
- 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.
- Modifications for gymnasts with visual impairments:
  - o 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.
  - o Audible cues such as clapping may be used in all routines.
  - o 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.

### **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.
  - o Additional mats may be used to accommodate smaller gymnasts or for added safety. (There are no deductions unless specified in the event.)
  - o Boards may be placed on top of the allowed matting around the equipment to help gymnasts mount but should be removed immediately.
  - o 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.
  - o Any manufactured board is permitted. A vaulting collar must be used for inverted, optional vaults.
  - o 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.

### **SAFETY**

- 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 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.
- 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:
  - o "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 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.

## **JUDGING/SCORING**

- General Judging – Refer to the Judges Guide for specific requirements and deductions for each Level and routine.
- 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.
- 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.
- 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
- Protests – There are general protest forms for non-judging issues. The Games Organizers should provide the form.

### **APPENDIX C: ARTISTIC GYMNASTICS JUDGES FORMS**

Click here to find these forms on the [Special Olympics Resource Website](#).