

# Special Olympics Ohio

Online Rhythmic 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

# Rhythmic Gymnastics Sport Certification



- This Gymnastics sports training will cover Special Olympics Ohio Rhythmic Gymnastics events, rules, competitions, divisioning, along with any additional Gymnastics resources and other general information regarding coaching for Rhythmic events.
- The online Rhythmic 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 Rhythmic 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](#)

# Rhythmic Gymnastics Coaches Training

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# 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.
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 Rhythmic Gymnastics Manual



- The Official Special Olympics Sports Rules in the SOOH Rhythmic Gymnastics Sports Manual shall govern all Special Olympics Rhythmic 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 Rhythmic Gymnastics Manual](#)

[Special Olympics International Rhythmic Gymnastics Rules](#)

[Federation Internationale de Gymnastique Rules](#)

# Official Events



Level	Athlete Eligibility	Description	Rope	Hoop	Ball	Ribbon	Clubs
Level A	Male and Females, Individual	Level A routines are compulsory routines that are performed seated.	X	X	X	X	
Level B	Male and Females, Individual	Level B routines are compulsory routines that are performed seated.	X		X	X	X
Level C	Male and Females, Individual	Level C routines are compulsory routines that are performed standing. These routines are designed for lower level athletes. The emphasis is on developing body skills and apparatus skills separately	X	X	X	X	
Level 1	Female Athletes, Individual	Level 1 routines are compulsory routines. At this level, athletes learn to integrate basic apparatus and body skills. Level 1 Body Skills: Chainé turn, chassé, grand battement, passé balance, skipping steps, straight jump, tiptoe turn.	X	X	X	X	

# Official Events Cont.



Level	Athlete Eligibility	Description	Rope	Hoop	Ball	Ribbon	Clubs
Level 2	Female Athletes, Individual	Level 2 routines are compulsory routines. The apparatus and body skills at this level are more complex than in the Level 1 routines. Level 2 Body Skills: arabesque balance (with leg in front & back), chaîné turn, chassé, Hitchkick/scissor jump, passé balance in relevé, passé hops, 180° passé pivot, step hop, tiptoe turn	X	X	X	X	
Level 3	Female Athletes, Individual	Level 3 routines are compulsory routines. At this level, the apparatus and body skills are fully integrated. Athletes must have good technique with the hand apparatus and they must be capable of performing the body skills with good form and control. Level 3 Body Skills: arabesque balance in relevé (with leg in front & back), arabesque promenade, chaîné turn, passé balance in relevé, 180° passé hop, 360° passé pivot, side roll with split, straight jump, vertical jump with leg extended in front.		X	X	X	X
Level 4	Female Athletes, Individual	Level 4 routines are optional routines. Athletes perform original choreography to music of choice (following FIG guidelines for music). Optional routines should not be dances using the hand apparatus as props. Routines must contain 6 body skills, and show correct rhythmic gymnastics handling skills with the apparatus. The body skills and apparatus handling for Level 4 routines should be more complex than that in the Level 3 routines. Composition requirements for both the body skills and apparatus handling are listed in the Judging section of the Special Olympics Sports Rules for Rhythmic Gymnastics.	X		X	X	X

# Attire



## Leotard/Unitard:

- ▶ Gymnasts should wear a leotard or unitard, any color. Long tights (down to the ankle) may be worn.
- ▶ Skirted leotards, with the skirt no longer than upper thigh, are acceptable.
- ▶ Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
- ▶ The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum).
- ▶ Any decoration added to the leotard, either loose or stuck to the garment (flowers, ribbons, etc.) must adhere to the leotard.
- ▶ Leotards must be non-transparent material. Lace or other sheer fabric should be lined in the area of the trunk.

**Bare feet, gymnastics slippers or rhythmic half-slippers (recommended) are acceptable.**

**Hairstyles should be neat.**

**For the safety of the gymnast, no jewelry is allowed**

# Apparatus



The size of the apparatus can range from child size to senior equipment, based on the gymnast's size and skill level.

Equipment should be color coordinated with the athlete's leotard.

Equipment will be checked prior to competition, as well as during competition, as the gymnast leaves the floor after each routine. If the apparatus does not meet specifications, a deduction of 0.5 will be taken from the score on that event.

# Apparatus Cont.



## ***Rope Specification***

**Material:** The rope may be of hemp or synthetic material, provided that it possesses the identical qualities of lightness and suppleness as rope made of hemp.

**Length:** The length should be proportionate to the size of the gymnast.

**Ends:** Handles of any kind are not allowed, but one or two knots are permitted at each end. At the ends (to the exclusion of all other parts of the rope), a maximum of 10 centimeters may be covered by an anti-slip material, either colored or neutral.

**Shape:** The rope may be either of a uniform diameter or be progressively thicker in the center, provided that this thickness is of the same material as the rope.

**Color:** The rope may be any color or combinations of colors.

## ***Hoop Specifications***

**Material:** The hoop may be of wood or plastic, provided that the latter retains its shape during movement. Foreign particles should be removed from inside the hoop before use.

**Diameter:** The interior diameter of the hoop should be from 60-90 centimeters.

**Weight:** A minimum of 150-300 grams and up.

**Shape:** The cross-section of the hoop may be in several different shapes: circular, square, rectangular, oval, etc. The hoop may be smooth or ridged.

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

# Apparatus Cont.



## ***Ball Specifications***

***Material:*** The ball may be made of rubber or synthetic material (pliable plastic), provided that the latter possesses the same elasticity as rubber.

***Diameter:*** 14-20 centimeters.

***Color:*** The ball may be of any color.

## ***Club Specifications***

***Material:*** the clubs may be made of wood or synthetic material.

***Length:*** 25-50 centimeters from one end to the other.

***Shape:*** A shape similar to that of a bottle. The wider part is called the body. The narrow part, the neck, ends in a small sphere, the head.

***Color:*** The clubs may be of a neutral color or may be colored (all or partially) with one or several colors.

# Apparatus Cont.



## ***Ribbon Specifications -- Stick***

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



# Apparatus Cont.



## ***Ribbon Specifications – Ribbon***

- ▶ Material: satin or similar non-starched material.
- ▶ Color: any choice of a single color, two colors or multicolored.
- ▶ Width: 4-6 centimeters.
- ▶ Length: From one end to the other, the finished length of the ribbon should be a minimum of 1 meter to a maximum of 6 meters (for Levels A, B), a minimum of 2 meters to a maximum of 6 meters (for Level C) and a minimum of 3 meters to a maximum of 6 meters (for Levels 1-4). This part must be in one piece.
- ▶ The end which is attached to the stick is doubled for a maximum length of 1 meter. This is stitched down both sides. At the top, a very thin reinforcement or rows of machine stitching for a maximum of 5 centimeters is authorized. This extremity may end in a strap, or have an eyelet (a small hole, edged with buttonhole stitch or metal circle), to permit attaching the ribbon.

## **Attachment of the ribbon to the stick**

- ▶ The ribbon is fixed to the stick by means of a supple attachment, such as thread, nylon cord, or a series of articulated rings.
- ▶ The length of this attachment is a maximum of 7 centimeters (not counting the strap or metal ring at the end of the stick where it will be fastened).

# General Rules



Only female athletes compete in Levels 1–4. Levels A, B, C, and Group are mixed gender.

Athletes must compete on the same level in all chosen individual events.  
(Either A, B, C, 1, 2, 3 or 4.)

A gymnast may perform in one or two group routines in addition to individual routines, or perform just in group routines (no individual).

The video of the compulsory routines is the official version. If a difference exists between the video and the written text, the video must be followed. For group routines, the video is the only version of the choreography

Compulsory routines may be reversed in their entirety (mirror image).

Olympic order for rhythmic gymnastics is rope, hoop, ball, clubs, ribbon.

# General Rules Cont.



## ***Modifications***

Visually Impaired Athletes – Coaches must notify the meet director and judges of the athlete's visual impairment before the competition and prior to each routine. In order to aid the athletes, the following types of assistance are permissible for all levels of competition without deduction:

- ▶ Audible cues, such as clapping, may be used in all routines.
- ▶ Music may be played at any close point outside of the mat, or the coach may carry the music source around the perimeter of the mat.

Hearing Impaired Athletes – Coaches must notify the meet director and judges of the athlete's hearing impairment before the competition and prior to each routine.

# General Rules Cont.



## ***Awarding of Medals***

Medals (or ribbons) are awarded for each event and for All-Around.

Gymnasts may receive a maximum of seven awards: one for each of the four events, one for All Around.

# Safety Considerations



Consistent with the Special Olympics philosophy that the movement is athlete-centered, the safety of the athletes is the primary concern when establishing sports rules. The establishment of international guidelines for Special Olympics rhythmic gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression of instructional skills.

Female athletes who have tested positive for Atlanto-axial subluxation may participate in rhythmic gymnastics. If these athletes elect to do an optional routine, they may not perform pre-acrobatic or acrobatic moves. If they do, the routine is void and the gymnast will be disqualified.

# Routine Videos/Music/Coaching Tips



The following link will send you to instructional videos for each level and each event, music for each level, and coaching tip videos for skills that should be taught.

[CLICK HERE](#)

# Judging/Scoring



**All gymnasts will be required to consider the head judge's table as side one.**

- ▶ At the beginning of each routine, while standing outside the floor exercise boundary, the gymnast must present herself to the head judge. After acknowledging the green flag, the gymnast may take her starting position on the floor. At the end of each event, before leaving the floor, the gymnast must acknowledge the head judge.

**Prior to the routine and at the end of the routine, judges must acknowledge the self-presentation of the gymnast.**

**For deductions relating to leaving the floor area during a routine, refer to FIG rules.**

**For deductions concerning the apparatus (checking, loss of, replacement, broken, contact with ceiling), refer to FIG rules.**

**For deductions relating to the discipline of coaches and athletes, refer to FIG rules.**

**If an athlete entered in the All-Around receives no score in any one of the events, then she is not eligible for an award in the All-Around event.**

# Judging/Scoring



## ***Neutral Deductions***

Neutral deductions, which are unique to Special Olympics, are listed below. For all other neutral deductions, refer to FIG rules.

Coach communicating to the athlete during a routine. The maximum deduction for assistance that may be taken is 4.0 for a routine. No partial points may be awarded. If coaching assistance is needed, the coach must stand in a designated area in full view of the judges.

- ▶ Coach assists with the whole routine - **4.0**
- ▶ Coach assists with the majority of the routine - **3.0**
- ▶ Coach assists with half the routine - **2.0**
- ▶ Coach gives slight assistance - **1.0**

**Out of bounds** – The maximum out of bounds deduction, which may be taken for a routine, is 2.0.

- ▶ Apparatus out of bounds - **0.3 each time**
- ▶<sup>32</sup> Gymnast out of bounds - **0.3 each time**



# Judging Level A, B, C Routines



Levels A, B, & C routines are judged by one panel. If there is more than one judge on the panel, the final score will be the average of all judges' scores. (Note: If there are four or more judges on the panel, the competition director and/or head judge may elect to drop the high and low scores, and average the middle scores.) Neutral deductions are taken from the final average.

Maximum Value for Routine – 5.0

5 Segments each with a value of 1.0. For each Segment, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each Segment.

- ▶ **1.0** The Segment is performed perfectly, with excellent execution, amplitude, musicality and apparatus technique.
- ▶ **0.7-0.9** The Segment is performed with minor mistakes in execution, amplitude, musicality and apparatus technique.
- ▶ **0.5-0.6** The Segment is performed with major mistakes in execution, amplitude, musicality and apparatus technique.
- ▶ **0.3-0.4** The Segment is barely recognizable
- ▶ **0.1-0.2** The athlete is on the floor with the correct apparatus.
- ▶ Note: General impression should be taken into consideration when awarding points for each Segment.

# Judging Level 1, 2, & 3 Routines



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

Maximum value for routine – 20.0

## D Panel (Difficulty) – 10.0

- ▶ The D Panel will evaluate Identified Skills, Connections, Floor Pattern, and Music. The value for each category is different for Levels 1, 2, and 3. Partial points may be awarded, depending on the, execution and amplitude of the Identified Skills, and the Exactness of Text, including Floor Pattern and Music. Refer to the Judging Sheets in the Appendix for specifics for each level.
- ▶ Note: If a gymnast drops the apparatus while performing an Identified Skill, the judge must deduct for the drop and possible rhythm breaks, but should not penalize her the full value of the difficulty if the skill is otherwise performed well.

## E Panel (Execution) –10.0

- ▶ 8.0 Execution, Amplitude, and Apparatus Technique
- ▶ 2.0 Elegance and General Impression

# Judging Level 1, 2, & 3 Routines Cont.



**Execution, Amplitude, and Apparatus Technique (8.0)** - The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The gymnast will begin with a minimum base score of 1.0. The Execution and Amplitude category is divided into sub-categories so that each gymnast will be rewarded for areas in which she excels and not be too harshly penalized for an area in which she may have limitations.

- ▶ **1.0** Minimum base score for being on the floor.
- ▶ **3.0** Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- ▶ **2.0** Amplitude – The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc.) and apparatus (height of tosses, extension in swings, etc.).
- ▶ **2.0** Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

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

- ▶ **0.1** Small faults
- ▶ **0.3** Medium faults
- ▶ **0.5** Major faults

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

- ▶ **0.3** Immediate retrieval (without a step)
- ▶ **0.5** Retrieval after 1-2 steps
- ▶ **0.7** Retrieval after 3 or more steps

# Judging Level 1, 2, & 3 Routines Cont.



**Elegance and General Impression (2.0)** - Elegance includes graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Good general impression is a performance with few errors. The gymnast must be full of confidence and perform with style and emotion.

# Routines



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

[WOMEN'S RHYTHMIC GYMNASTICS ROUTINES-- WRITTEN & JUDGES FORMS](#)

[LEVEL 4 WOMEN'S RHYTHMIC GYMNASTICS ROUTINES- WRITTEN](#)

[LEVEL 4 JUDGING SHEETS](#)

# Special Olympics Rhythmic 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 Rhythmic Gymnastics Coaching Guide](#)

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

CLICK HERE:

[SOOH Rhythmic Gymnastics Training Quiz](#)

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