



## Special Olympics Ohio

### Women's Artistic Gymnastics Manual

The Official Special Olympics Sports Rules for Women'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 Women's artistic gymnastics found at <http://www.fig-gymnastics.com> or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Women's Artistic Gymnastics or Article I. In such cases, the Official Special Olympics Sports Rules for Women'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.

- Gymnasts may compete in all events offered within the same level (AllAround) 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.
- LEVEL A – Skill list designed for athletes who cannot stand and/or perform without the assistance of wheelchairs, walkers, or spotters.
  - o Vault
  - o Uneven Bars
  - o Balance Beam
  - o Floor Exercise
- LEVEL B – Skill list designed for lower level athletes who can perform independently.
  - o Vault
  - o Uneven Bars
  - o Balance Beam
  - o Floor Exercise
- 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 Vault
  - o Uneven Bars
  - o Balance Beam
  - o Floor Exercise

#### Special Olympics Ohio

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*Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities*



- LEVEL 1 – Compulsory routines that build on the skills in Level C and provide progressions for higher level routines.
  - o Vault
  - o Uneven Bars
  - o Balance Beam
  - o Floor Exercise
- LEVEL 2 – Intermediate level compulsory routines.
  - o Vault
  - o Uneven Bars
  - o Balance Beam
  - o Floor Exercise
- LEVEL 3 – Optional/voluntary routines with FIG “A” and Recognizable Gymnastics Skills. Special Requirements are listed for each event.
  - o Vault
  - o Uneven Bars
  - o Balance Beam
  - o Floor Exercise
- LEVEL 4 – Optional/voluntary routines with Recognizable Gymnastics Skills and any level FIG elements. Special Requirements are listed for each event.
  - o Vault
  - o Uneven Bars
  - o Balance Beam
  - o Floor Exercise

## **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.
  - 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.



- 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.
- 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.

## **RULES OF COMPETITION**

- 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.
- Gymnasts may compete in all events offered within the same level (All Around) or maybe "specialists," competing in one, two or three 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.
- In All-Around competition, athletes must compete at the same level in all four events.  
Note: If an athleteenteredintheAll-Aroundreceivesnoscoreforanyoneoftheevents, 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.



- The video is the official version of the routines. The written text is provided as a supplement. If a difference exists between the video and the written text, the video must be followed.
- 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 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.
  - 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. 5.7 Modifications for athletes with hearing impairments
  - o Coaches must notify the meet director and judges of the athlete's hearing impairment before the meet and prior to the floor exercise event.
  - o 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.
- 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 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.”
- 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.

## **JUDGING/SCORING**

1. General Judging – Refer to the Judges Guide for specific requirements and deductions for each Level and routine.
  - a. Routines are judged using a D (Difficulty) Panel and E (Execution) Panel. Specific deductions taken by each panel are listed in the Judges Guide.
  - b. 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.
  - c. The E (Execution) Panel will evaluate the execution of the routine and apply all rules applicable to execution and amplitude.
  - d. One to four judges can be used on each panel for each event.
  - e. For the D Panel, all scores must match.
  - f. 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.
  - g. When using one judge for the D, E panel system, each judge will be responsible to judge the entire routine and determine the score.
  - h. 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.
  - i. 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.

## 2. Skill Values

- a. Skill values for elements in Levels A, B, C, 1 & 2 routines are listed in the Written Text & the Judges Guide.
  - b. Skill values for elements in Levels 3 & 4 routines are listed in the Judges Guide & the FIG Code of Points.
    - i. Recognizable Gymnastics Skills are elements typically performed in gymnastics routines on each apparatus. A list of Recognizable Gymnastics Skills is in the Appendix.
    - ii. FIG elements receive the value listed in the current FIG Code of Points.
    - iii. 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.
    - iv. Competition management for National or World Games may request that a Routine Contents Form be submitted with entries.
3. Protests – There are general protest forms for non-judging issues. The Games Organizers should provide the forms.

## **APPENDIX A: RECOGNIZABLE GYMNASTICS SKILLS**

1. Uneven Bars – Any skills that receive a value in the Levels 1 & 2 Uneven Bars routines will be Recognizable Gymnastics Skills
  - a. Additional Skills:
    - i. Single leg cut
    - ii. Single or double leg shoot through
    - iii. Stride/mill circle
    - iv. Basket swing
    - v. Cast, squat on
    - vi. Cast, squat on, jump to high bar
    - vii. Underswing dismount
    - viii. Sole circle dismount
2. Balance Beam – Any skills that receive a value in the Levels 1 & 2 Balance Beam routines will be Recognizable Gymnastics Skills. Additionally, variations on the skills listed below will be



Recognizable Gymnastics Skills (For Example: 90° pivot turn on 2 feet can be in a stand or squat).

- a. Additional Skills:
  - i. Switch leg, swing over mount
  - ii. Step up mount
  - iii. Squat or straddle mount
  - iv. V-sit
  - v. Knee scale
  - vi. Arabesque/scale (no minimum degree of angle, no hold time required)
  - vii. Chasse
  - viii. Jumps not listed in FIG (beat jump, cabriole, hitchkick, jumps with ¼ turn, etc.)
  - ix. Leaps not listed in FIG
  - x. 90° pivot turn on 2 feet
  - xi. 90° turn on 1 foot
  - xii. Body waves
  - xiii. Forward or backward roll
  - xiv. Forward or backward shoulder roll
  - xv. Handstand (3/4 to vertical with/without feet together)
  - xvi. Tic-Toc
  - xvii. Jump dismount in a fixed shape (tuck, straddle/star, straight)
  - xviii. Round-off dismount
  - xix. Front Handspring dismount off
  - xx. Cross handstand to dismount
  - xxi. Aerial dismount not listed in FIG
3. Floor Exercise – Any skills that receive a value in the Levels 1 & 2 Floor Exercise routines will be Recognizable Gymnastics Skills. Additionally, variations on the skills listed below will be Recognizable Gymnastics Skills (For Example: Rolls on either legs together or straddle).
  - a. Additional Skills:
    - i. V-sit
    - ii. Jumps not listed in FIG
    - iii. Leaps not listed in FIG
    - iv. 360° turns not listed in FIG
    - v. Body waves
    - vi. Arabesque/scale
    - vii. Balance holding leg with hand
    - viii. Rolls (forward, backward, sideways)
    - ix. Dive forward roll
    - x. Handstand forward roll
    - xi. Back extension roll
    - xii. Backbend or bridge



- xiii. 1-arm cartwheel
- xiv. Walkovers, Tic-Toc

## APPENDIX B: ARTISTIC GYMNASTICS ROUTINES

### LEVEL A

#### - VAULT (Level A)

- o The video is the official version. This written text is merely an additional teaching tool.  
\* Spotter required  
May be performed in a wheelchair or with a walker (or other assistance)

Value	Element
2.0	Salute to judge
2.0	Move to a designated point
2.0	"Stick" landing
2.0	Salute to judge
Difficulty 8.0	
Execution 2.0	
Max. score 10.0	

#### - UNEVEN BARS (Level A)

- o The video is the official version of the routine. This written text is merely an additional teaching tool.  
\* Spotter required
- o Performed seated, either with a hand held single bar or the low bar of the uneven bars

Value	Element
1.0	Salute at beginning of the routine
2.0	Grasp the bar in an overgrip (either simultaneously or one hand at a time)
1.0	Change 1 hand to an undergrip.
1.0	Change the other hand to an undergrip
2.0	Release the bar
1.0	Salute at end of the routine
Difficulty 8.0	





Execution 2.0

Max. score 10

- **BALANCE BEAM (Level A)**

- o The video is the official version of the routine. This written text is merely an additional teaching tool.
- o May be performed in a wheelchair, using a line on the floor for a beam, or with a walker, using a low beam or a line on the floor.
- o Optional Choreography, including these requirements:

<b>Value</b>	<b>Element</b>
1.0	Salute at beginning of routine
2.0	Travel to middle of the beam
1.0	Pose or arm movements
2.0	Travel to end of the beam
1.0	“Stick” dismount
1.0	Salute at end of routine

Difficulty 8.0

Execution 2.0

Max. score 10.0

- **FLOOR EXERCISE (Level A)**

- o The video is the official version of the routine. This written text is merely an additional teaching tool.
- o May be performed on the floor, with a wedge mat, with a walker, or in a wheelchair.
- o Optional Choreography, including these requirements:

<b>Value</b>	<b>Element</b>
1.0	Salute at beginning of routine
2.0	Beginning pose
2.0	1-2 log rolls or optional movements with walker or in wheelchair
2.0	Ending pose
1.0	Salute at end of routine

Difficulty 8.0



Execution 2.0

Max. score 10.0

**Level B**

- **VAULT (Level B)**

- The video is the official version. This written text is merely an additional teaching tool.  
\*Spotter required

<b>Value</b>	<b>Element</b>
1.0	Stand at attention on springboard
1.5	Salute to judge
2.0	Straight jump onto 8" mat
2.0	Stick landing
1.5	Salute to judge

Difficulty 8.0

Execution 2.0

Max. score 10.0

- **UNEVEN BARS (Level B)**

- The video is the official version of the routine. This written text is merely an additional teaching tool.  
\* Spotter required
- Performed seated, either with a hand held single bar or the low bar of the uneven bars

<b>Value</b>	<b>Element</b>
0.5	Salute at beginning of the routine
1.0	Grasp the bar in an overgrip
1.0	Show pike position
1.0	Show straddle position
1.0	Show pike position
1.0	Show tuck position. Relax legs.
1.0	Change 1 hand to an undergrip
1.0	Change the other hand to an undergrip



0.5 Release the bar. Salute at end of the routine

Difficulty 8.0

Execution 2.0

Max. score 10.0

- **BALANCE BEAM (Level B)**

- o The video is the official version of the routine. This written text is merely an additional teaching tool.
- o May be performed on a panel mat or wide balance beam.
- o Optional Choreography, including these requirements:

<b>Value</b>	<b>Element</b>
1.0	Salute at beginning of routine
1.5	Mount – step up onto side of beam
2.0	2 different locomotor movements (Examples: walk forward, sideways, backwards, march) or sideways steps in both directions
1.0	Pose
2.0	Dismount - jump or step off side or end of beam & stick landing
1.0	Salute at end of routine

Difficulty 8.0

Execution 2.0

Max. score 10.0

- **FLOOR EXERCISE (Level B)**

- o The video is the official version of the routine. This written text is merely an additional teaching tool.
- o Optional Choreography, including these requirements:

<b>Value</b>	<b>Element</b>
1.0	Salute at beginning of routine
1.0	Beginning pose
2.0	2 different locomotor movements (examples: walk forward, sideways, backwards, march) or sideways or step in both directions
2.0	1-2 log rolls



- 1.0 Ending pose
- 2.0 Salute at end of routine

Difficulty 8.0

Execution 2.0

Max. score 10.0

### **Level C**

#### **- VAULT (Level C)**

- o The video is the official version. This written text is merely an additional teaching tool.  
\*Spotter required

### ***OPTION 1 – Walk or Run Onto Springboard***

<b>Value</b>	<b>Element</b>
1.0	Salute to judge
1.0	Run or walk onto springboard
1.0	Put feet together on springboard
2.0	Straight jump onto 8" mat
1.0	Stick landing
1.0	Salute to judge

Difficulty 7.0

Execution 2.0

Max. score 9.0

### ***OPTION 2 – Hurdle Onto Springboard***

<b>Value</b>	<b>Element</b>
1.0	Salute to judge
1.0	Run
2.0	Hurdle onto springboard
2.0	Straight jump onto 8" mat
1.0	Stick landing
1.0	Salute to judge



Difficulty 8.0

Execution 2.0

Max. score 10.0

- **UNEVEN BARS (Level C)**

- The video is the official version of the routine. This written text is merely an additional teaching tool.  
\*Spotter required
- Gymnasts may use additional mats, spotting block, or a springboard to mount.

**HIGH BAR**

<b>Value</b>	<b>Element</b>
1.0	Jump or be lifted to Long hang position (show)
1.0	Tuck position (show)
1.0	Long hang (show)
1.0	Straddle position (show)
1.0	Long hang (show)
1.0	Release bar to dismount

**LOW BAR**

<b>Value</b>	<b>Element</b>
1.0	Jump to front support
1.0	Cast dismount

Difficulty 8.0

Execution 2.0

Max. score 10.0

- **BALANCE BEAM (Level C)**

- The video is the official version of the routine. This written text is merely an additional teaching tool.
- Must be performed on Low Beam (Deduction for performing on High Beam)
- The starting place on the beam should be determined so the required steps can be completed with the gymnast finishing at the end of the beam, in position for the dismount.



- The following skill may be reversed without deductions: Lunge
  - **Step up onto side of the beam** (left shoulder closest to end of beam)
  - **Step together right. Arm wave (right arm high, left arm low)**
  - **Step together left. Arm wave (left arm high, right arm low)**
  - **90° pivot turn right**, place hands on hips
  - **3 marching steps.** (stepping right first, lifting left leg to forward passé, toe to knee)
  - Step left & close feet together (one foot can be slightly in front), arms move down to sides
  - Step forward into a left lunge. Move arms forward, extended next to ears. Hold position.
  - Close the right foot to the left (one foot can be slightly in front)
  - Open arms to the side
  - Kick the right leg forward to 45°, step right & kick the left leg forward 45°, step left & kick the right leg forward 45°
  - Step right & close feet together (one foot can be slightly in front). Lower arms
  - **Arm wave to the right (crossing the midline of the body). Lower arms. Arm wave to the left (crossing the midline of the body).** Lower arms.
  - **Straight jump dismount**

Value	Element
1.0	Mount
1.0	Step together with arm wave (right & left)
1.0	90° pivot turn
1.0	Marching steps
1.0	Lunge
1.0	Forward kicks
1.0	Arm waves
1.0	Dismount

Difficulty 8.0

Execution 2.0

Max. score 10.0

- **FLOOR EXERCISE (Level C)**



- The video is the official version of the routine. This written text is merely an additional teaching tool.
  - These skills may be reversed without deductions: Tiptoe turn & Knee scale
  - Starting pose: Stand on left foot. Right knee bent with toes touching the floor beside the left foot. Arms down at sides
  - COUNTS
    - 1-16 Shake hips, raise arms overhead, shaking fingers  
Open arms to side.  
Kick right leg forward.  
Step right & kick left leg forward  
Step left & kick right leg forward.  
Step right & close feet together.
    - 1-8 Step sideways right & close feet together 2 times  
Step right & point the left foot to the side.  
Arm wave (right arm low, left arm high)
    - 1-8 Step sideways left & close feet together 2 times  
Step left & point the right foot to the side.  
Arm wave (left arm low, right arm high)
    - 1-5 360° Tiptoe turn right, arms rounded overhead
    - 6-8 Plié, swinging arms down.  
Straight jump, swinging arms overhead.
    - 1-end Waving arms overhead, 5 running steps kicking feet behind (starting on the left foot).  
  
Close feet together.  
Squat & place hands on floor.  
Slide forward onto hands & knees.  
Knee scale with right leg raised in back.  
Close knees together.  
Back body wave.
- Ending pose: Sit on left hip. Arm wave with right arm.

**Value Element**

- 1.0 3 step kicks
- 0.5 Side steps left & arm wave
- 0.5 Side steps right & arm wave
- 1.0 360° tiptoe turn
- 1.0 Straight jump



- 1.0 Running steps
- 1.0 Knee scale
- 1.0 Back body wave
- 1.0 Ending pose

Difficulty 8.0

Execution 2.0

Max. score 10.0

### **LEVEL 1**

#### **- VAULT (Level 1)**

- The video is the official version. This written text is merely an additional teaching tool.  
\*Spotter required

<b>Value</b>	<b>Element</b>
--------------	----------------

- |     |   |
|-----|---|
| 1.0 | Salute to judge                                   |
| 1.0 | Run   |
| 1.0 | Hurdle onto springboard                           |
| 2.0 | Straight jump onto 8" mat                         |
| 1.0 | Stick landing                                     |
| 2.0 | (2-3 steps) $\frac{3}{4}$ Handstand/Teeter Totter |
| 1.0 | Step down to lunge                                |
| 1.0 | Salute to judge                                   |

Difficulty 10.0

Execution 10.0

Max. score 20.0

#### **- UNEVEN BARS (Level 1)**

- The video is the official version of the routine. This written text is merely an additional teaching tool.  
\*Spotter required
- Gymnasts may use additional mats, spotting block, or a springboard to mount.

### **HIGH BAR**





<b>Value</b>	<b>Element</b>
0.5	Jump or be lifted to Long hang position (show)
1.0	Tuck position (hold 2 seconds)
1.0	Long hang position (show)
1.0	Straddle position (hold 2 seconds)
1.0	Long hang position (show)
1.0	Release bar to dismount

### ***LOW BAR***

<b>Value</b>	<b>Element</b>
1.5	Jump to front support
1.5	Cast
1.0	Cast dismount

### ***BONUS***

<b>Value</b>	<b>Element</b>
0.5	Low bar – Tuck forward roll dismount

Difficulty 10.0

Execution 10.0

Max. score 20.0

#### **- BALANCE BEAM (Level 1)**

- The video is the official version of the routine. This written text is merely an additional teaching tool.
- Must be performed on Low Beam. (Deduction for performing on High Beam)
- The starting place on the beam should be determined so the required steps can be completed with the gymnast finishing at the end of the beam, in position for the dismount.
- These skills may be reversed with no deductions: Lunge, Passé hold
  - Step up onto side of the beam (left shoulder closest to end of beam).
  - Circle arms, crossing in front of the body, moving to overhead, and opening to the side.
  - **3 sideways steps** to the right
  - **90° pivot turn right**



- Step forward into a right **lunge**. Move arms forward (extended next to ears). Hold position.
- Close the left foot to the right (one foot can be slightly in front)
- Open arms to the side
- **Step left & kick right leg forward to 90°, step right & kick left leg forward to 90°, step left & kick right leg forward to 90°**
- Close right foot in front, and move arms to front in rounded position
- Lift right leg into a forward **passé hold** (toe to knee).
- Close the right foot in front. Open right arm to the side. Open left arm to the side.
- Place hands on hips.
- **3 marching steps.** (stepping left first, then right and left, lifting leg to forward passé, toe to knee, on each step)
- Close the right foot in front. Lower arms.
- **Straight jump dismount**

Value	Element
1.0	Mount
1.0	Sideways steps
1.0	90° pivot turn
1.5	Lunge
1.5	Kicks forward
1.5	Passé hold
1.0	Marching steps
1.5	Dismount

Difficulty 10.0

Execution 10.0

Max. score 20.0

- **FLOOR EXERCISE (Level 1)**

- The video is the official version of the routine. This written text is merely an additional teaching tool.
- The routine may be performed with either a squat ½ turn or a forward roll (Bonus)
- These skills may be reversed without deductions: ¾ Handstand/Teeter Totter, Forward Passé hold, Lever/T-hold, Run to hurdle step



- Starting pose: Stand with feet together & knees bent. Body is bent slightly forward, arms crossed in front of face.
- COUNTS
  - 1-4 Hold
  - 5-12 With the left leg, step back and plié, Extend and point right foot forward, Circle arms down and over head. Wave hands  
Slide right toe to left foot, ball of right foot on ground and heel raised  
Extend right arm in front, then cross left arm over right at the wrist  
Straighten right leg and lower arms
  - 1-16 Step forward to a right lunge  
Extend arms at ears and hold  
 $\frac{3}{4}$  handstand/teeter-totter finishing in right lunge with arms at ears  
Slide right foot back to close feet, windshield wiper arms right, left, right, and open arms to side
  - 1-8 Step left, hop, bending right knee to forward passé, toe to knee  
Step right, hop, bending left knee to forward passé, toe to knee  
4 quick steps in relevé – left, right, left, right, close left foot to right foot
  - 1-8 Move arms to front (rounded), lift right leg to forward passé hold, toe to knee  
Step forward right with 90° turn left while closing left foot to right foot, left arm swinging down and opening to side
  - 1-16 Step left, kick right leg forward, step right into plié lifting left leg backward in arabesque  
Step left and close right foot to left foot, arms circle down, cross in front, and overhead, finishing to the side  
Step right, kick left leg forward, step left into plié lifting right leg backward in arabesque  
Step right and close left foot to right foot Leaning chest forward, bending at the hips, lift right heel bending the right knee, bring arms in front, touching wrists together, palms facing outward. Turn head to the right. Open arms to the side & straighten legs.
  - 1-8 Side chassé left, weight transfer onto left foot, pointing right foot out to the side finishing with arms on a diagonal, left arm low  
Side chassé right, weight transfer onto the right foot, pointing left foot out to the side, finishing with arms on a diagonal, right arm low
  - 1-8 With the left foot, step forward toward the corner 180° pivot turn right with arms low  
Close right foot to left foot



Bend knees in plié, bringing hands into the chest. Push the left arm on high diagonal left and look left

- 1-16 Deepen the plié, as arms swing down on the left side of the body, finishing overhead.  
Straighten knees.  
Step forward right to lunge, lever/T-hold, finishing in right lunge with arms by ears  
Slide right foot back to close feet together, lower arms
- 1-8 3 running steps (right, left, right), step forward left to a hurdle step (with arms by ears), Step forward right and close feet together.
- 1-8 Plié, circling arms down and slightly back. Straight jump, swinging arms overhead.  
Land in plié with arms by ears  
90° turn left with 4 alternating heel lifts (lift right heel first), arms extended overhead, hands clasped together
- 1-end Squat half turn [or forward roll] to sitting position with knees tucked to chest, toes pointed on floor, and arms extended forward with waving hands  
Tucked back rock (hands on floor by ears), roll up sitting on right hip moving through to high kneeling position, ending with arms by ears  
Back body wave  
Sit on heels, cross arms into hug position and look right

Value	Element
1.0	¾ handstand/teeter-totter
0.5	Passé hops
0.5	Passé hold
1.0	Dance section
0.5	Side chassés
1.0	Lever/T-hold
1.0	Hurdle step
1.0	Straight jump
1.0	Squat half turn OR 2.0 Forward roll
1.0	Tucked back rock
0.5	Back body wave



Difficulty	9.0 (with squat half turn) 10.0 (with forward roll)
Execution	10.0
Max. score	19.0 (with squat half turn) 20.0 (with forward roll)

## **LEVEL 2**

### **- VAULT (Level 2)**

- The video is the official version. This written text is merely an additional teaching tool.  
\* Spotter required

<b>Value</b>	<b>Element</b>
1.0	Salute to judge
1.0	Run
1.0	Hurdle onto springboard
2.0	Straight jump onto 16" mat
1.0	Stick landing
2.0	(2-3 steps) Handstand (putting feet together)
1.0	Step down to lunge
1.0	Salute to judge

Difficulty 10.0

Execution 10.0

Max. score 20.0

### **- UNEVEN BARS (Level 2)**

- The video is the official version of the routine. This written text is merely an additional teaching tool.  
\*Spotter required
- Gymnasts may use additional mats, spotting block, or a springboard to mount.

## **HIGH BAR**

<b>Value</b>	<b>Element</b>
1.0	From a spotting block, lean into tap swing forward



- 1.0 Tap swing backward
- 1.0 Tap swing forward
- 1.0 Tap swing backward
- 1.0 On back swing, release bar to dismount

### **LOW BAR**

<b>Value</b>	<b>Element</b>
1.0	Jump to front support
1.0	Cast
1.0	Cast dismount

### **BONUS**

<b>Value</b>	<b>Element</b>
1.0	Low bar – Kick over mount (step kick to pullover)
1.0	Low bar – Pullover mount (feet together)
1.0	Low bar – Tuck forward roll dismount

Difficulty 10.0

Execution 10.0

Max. score 20.0

- BALANCE BEAM (Level 2)
  - o The video is the official version of the routine. This written text is merely an additional teaching tool.
  - o May be performed on Low Beam or High Beam (bonus)
    - \* Spotter required on High Beam
  - o These skills may be reversed with no deductions: Pivot turn, Lever/T-hold & the pose after
  - o **Mount (Low Beam):**
    - Step up onto the end of the beam facing the length of the beam
    - Squat and hold while extending arms forward. Circle arms in towards body and push out
  - o **Mount (High Beam):**
    - Jump to front support, swing straight right leg over to sit on beam facing the length of the beam.



- Swing both legs backward into squat. Lift hands from beam, and extend arms forward. Circle arms in towards body, and push out
- CONTINUE (low and high beam):
  - Stand and lower arms
  - **Raising arms to the side, step right, kick left leg forward (90 °), step onto left and lift right leg backward to arabesque in plié**
  - Three steps forward (right, left, right) arms extended to the side
  - **Arms to the side, step left, kick right leg forward (90°), step onto right and lift left leg backward to arabesque in plié**
  - Two to three steps forward, place foot in front, lower chest to bow forward, extending arms behind
  - Stand up straight. With arms low, **180° pivot turn** (low beam video shows pivot turn left, high beam video shows pivot turn right)
  - Step forward into a right lunge. Move arms forward (extended next to ears). Lever/T-hold.
  - Return to right lunge
  - Circle arms behind, finishing with arms extended in opposition (left arm in front, right to the side), pose with ball of right foot on beam, heel lifted.
  - Step forward and close feet together, to finish with the right foot front, arms lowering.
  - **Straight jump**, swinging arms overhead. Land in plié, opening arms to the side
  - Straighten knees and lower arms
  - 90° pivot turn to the left, opening arms to the side
  - **In relevé, sideways step to the right, bend right elbow to hold hand in front of chest. Repeat sideways step, bending left elbow to finish with arms crossed in front of chest.**
  - 90° pivot turn to the right, raise arms overhead
  - **Step right & coupé left (toe to ankle), lower right arm to side**
  - **Step left & coupé right (toe to ankle), lower left arm to side**
  - Take 3-4 steps to end of beam, close feet, straddle jump dismount (minimum 90° split)

Value	Element
1.0	Mount to squat
1.0	Right leg dance
1.0	Left leg dance
1.0	180° Pivot Turn
1.0	Lever/T-hold



1.0	Straight Jump
1.0	Side Steps
1.0	Coupé Steps
1.0	Straddle Jump Dismount
Difficulty	10.0 (High Beam)
	9.0 (Low Beam)
Execution	10.0
Max. score	20.0 (High Beam)
	19.0 (Low Beam)

#### - FLOOR EXERCISE (Level 2)

- The video is the official version of the routine. This written text is merely an additional teaching tool.
- The routine may be performed with either a candlestick or backward roll.
- These skills may be reversed without deductions: 180° passé pivot, Handstand, Chassés, Cartwheel, & Hurdle step to lever/T-hold
- Starting pose: Kneeling on the right knee, left foot in front. Left arm bent with hand at right shoulder. Right arm extended diagonally back.
- COUNTS
  - 1-4 Hold
  - 5-16 Extend left arm forward. Extend right arm forward, parallel to left  
Shift weight forward and push arms to the side  
Shift weight to back leg, straightening right leg in front, and clasp hands together in front  
90° turn right bringing left knee to kneeling position, bend hands into chest  
90° turn right, bringing right knee up, placing right foot on floor. With hands still clasped, extend arms in front
  - 1-16 Stand and close feet, extend arms to the side  
Step forward with right foot to prep for turn, with right arm rounded in front and left arm to the side. **180° passé pivot**, closing arms in front in a rounded position.  
Step left and close feet together, extend arms to the side  
Lower arms
  - 1-16 Step left, step into a right lunge with arms extended by ears





Kick to **handstand** (with feet together in vertical position). Step down into a right lunge with arms extended by ears  
Close right foot back to the left foot. Lower arms.

- 1-8 Step right into 2 forward chassés, arms in opposition (left arm in front, right arm to the side)  
Run and kick feet up and behind [3x, stepping on right, left, right] with arms 45° down and at the side. Close feet together and keep arms lowered at side
- 1-16 **Straight jump**, swinging arms above head  
Land with arms overhead. Circle arms around behind. Tuck jump, swinging arms to front middle  
Straighten legs and lower arms  
Step right foot to the right, keeping legs apart. Shake hips right, left, right, left with arms 45° and at the side  
90° turn to the right, bringing left foot in to close. Clap 5x with hands in the middle of chest. Turn head to the right and point right with both hands
- 1-16 Step forward with right foot and close left foot together into a plié, swinging arms forward and overhead as legs straighten  
Step forward with right foot and close left foot together, forward body wave
- 1-8 Candlestick (with hands on floor by ears) OR backward roll to squat hold
- 1-16 Stand up, moving left arm diagonally forward and right arm diagonally back 45° turn left towards the corner, bringing back arm forward to finish with both arms at ears  
**Cartwheel** finishing in lunge
- 1-4 Two steps back [lifting knees] and close feet together. Lower arms to a back diagonal during steps. Bring left hand to hip, and right hand to left shoulder with lifted elbow. Head looks left.
- 1-16 Step left and hop with right leg kicking forward 45°. Step right into plié or relevé, lifting left leg backward in arabesque.  
Three steps forward in relevé. Step right and hop with left leg kicking forward 45°. Step left into plié or relevé, lifting right leg backward in arabesque  
Three steps forward in relevé. Close feet, turning 45° to the left
- 1-16 Two to three running steps forward, hurdle step to lever/T-hold. Step back closing front foot to the back foot, arms above head  
Lower arms



- 1-end Placing left knee on the floor, squat and turn to the right, to sit with legs in straddle
  - Twist body to right, and place right hand on ground, lift hips, swinging left arm across face to finish extended by ear
  - Sit and close feet together. Lie down into a log roll to the left finishing on back with arms by ears
  - Clap hands together with arms extended above chest and open arms to the sides on the floor. Slide left foot to knee

Value	Element
1.0	180° passé pivot
1.0	Handstand
0.5	Forward chassés
1.0	Straight jump
1.0	Tuck jump
0.5	Forward body wave
1.0	Candlestick or Backward roll
1.0	Cartwheel
1.0	Dance section
1.0	Hurdle step
1.0	Lever/T-hold

Difficulty 10.0

Execution 10.0

Max. score 20.0

### **LEVEL 3**

#### **- VAULT (Level 3)**

- The video is the official version. This written text is merely an additional teaching tool.
- \* Spotter required

### **OPTION 1**

Value	Element
1.0	Salute to judge



- 1.0 Run
- 1.0 Hurdle onto springboard
- 2.0 Straight jump onto 24" mat
- 1.0 Stick landing
- 2.0 (2-3 steps) Handstand flat back
- 1.0 Sit up & salute to judge

Difficulty 9.0

Execution 10.0

Max. score 19.0

### **OPTION 2**

- | <b>Value</b> | <b>Element</b>                         |
|--------------|--|
| 1.0          | Salute to judge                        |
| 1.0          | Run                                    |
| 2.0          | Hurdle onto springboard                |
| 3.0          | Jump to handstand onto minimum 30" mat |
| 2.0          | Flat back                              |
| 1.0          | Sit up & salute to judge               |

Difficulty 10.0

Execution 10.0

Max. score 20.0

#### - UNEVEN BARS (Level 3)

\*Spotter required

- o Gymnasts may use additional mats, spotting block, or a springboard to mount.
- o Elements in the routine may be performed in any order, using these composition guidelines:
  - 6 elements (3 on high bar & 3 on low bar).
  - FIG "A" or Recognizable Gymnastics Skills
  - To change bars, gymnast must dismount one bar and mount the other bar
  - Safety note: On high bar, swinging dismounts should release swinging away from the low bar.



- Must include these Special Requirements:

<b>Value</b>	<b>Requirement</b>
0.5	Pullover or kick over
0.5	Cast to 45°
0.5	Circling element (forward or backward)
0.5	Swinging element
Difficulty	10.0
Execution	10.0
Max. score	20.0

- **BALANCE BEAM (Level 3)**

- Must Be Performed On High Beam
  - \*Spotter required
  - \*Maximum Time = 1:15
    - Optional choreography
    - 6 elements
    - FIG "A" or Recognizable Gymnastics Skills
    - Must include these Special Requirements:

<b>Value</b>	<b>Requirement</b>
0.5	Acro element
0.5	Dance element (hop/jump/leap)
0.5	Balance element
0.5	Turn (minimum 180° on 1 or 2 feet)
Difficulty	10.0
Execution	10.0
Max. score	20.0

- **FLOOR EXERCISE (Level 3)**

- \*Maximum Time = 1:15
  - Optional choreography
  - 6 elements • FIG "A" or Recognizable Gymnastics Skills
  - Must include these Special Requirements:



<b>Value</b>	<b>Requirement</b>
0.5	Acro element (forward, sideways or backwards)
0.5	Additional acro element (must be a different direction than first acro element)
0.5	Dance element (hop/jump/leap)
0.5	Turn (minimum 180° on 1 foot)
Difficulty	10.0
Execution	10.0
Max. Score	20.0

#### **LEVEL 4**

##### **- VAULT (Level 4)**

- Any vault in the FIG Code of Points – Start values are listed in the current FIG Code of Points
- For Special Olympics vaults over stacked mats turned sideways, any standard manufactured 5'X10' mat may be used.
- Special Olympics Vaults:
  - Start value Vault
    - 1.0 Handstand Onto Stacked Mats (32" Or Higher) – Flat Back
    - 1.6 Handstand Onto Table – Flat Back Onto Stacked Mats (minimum height even with table)
    - 1.4 Handspring Over Stacked Mats (32" or higher)

Additional vaults over stacked mats will receive 1.4 for the handspring, plus the following points:

- 0.1 Each  $\frac{1}{4}$  turn (For example:  $\frac{1}{4}$  on –  $\frac{1}{4}$  off start value is 1.6: 1.4 for the handspring plus 0.1 for each  $\frac{1}{4}$  turn))
- 0.2 Each  $\frac{1}{2}$  turn (For example:  $\frac{1}{2}$  on,  $\frac{1}{2}$  off start value is 1.8: 1.4 for the handspring plus 0.2 for each  $\frac{1}{2}$  turn)

SAFETY NOTE: Per FIG, vaults with a lateral landing are not allowed. (For example - a handspring on, 1/4 off is not allowed.)

##### **- UNEVEN BARS (Level 4)**

\*Spotter required

- Gymnasts may use additional mats, spotting block, or a springboard to mount.
- Elements in the routine may be performed in any order, using these composition guidelines:
  - 8 elements (4 on high bar & 4 on low bar).
  - Any FIG value skills or Recognizable Gymnastics Skills



- Must include a bar change within the routine.
- Safety note: On high bar, it is recommended that swinging dismounts release swinging away from the low bar. If, because of the order of skills, the gymnast must release swinging toward the low bar, the coach must be in a position to stop the gymnast from hitting the low bar.
- Must include these Special Requirements:

<b>Value</b>	<b>Requirement</b>
0.5	Cast above 45°
0.5	Circling element (forward or backward)
0.5	Additional circling element (same element can receive credit twice if performed once on low bar & once on high bar)
0.5	Swinging element or additional circling element (same circling element cannot receive credit a third time)
Difficulty 10.0	
Execution 10.0	
Max. Score 20.0	

- **BALANCE BEAM (Level 4)**

- Must Be Performed On High Beam
  - \*Spotter required
  - \*Maximum Time = 1:30
    - Optional Choreography
    - 8 elements.
    - Any FIG value skills or Recognizable Gymnastics Skills
    - Must include these Special Requirements:

<b>Value</b>	<b>Requirement</b>
0.5	Acro element with hand support (can be a dismount)
0.5	Dance element (jump/leap)
0.5	Balance element (with leg extended front, side, or back at 90°)
0.5	Turn (minimum 180° on 1 foot)
Difficulty 10.0	
Execution 10.0	



Max. score 20.0

- **FLOOR EXERCISE (Level 4)**

\*Maximum Time = 1:30

- Optional Choreography
- 8 elements.
- Any FIG value skills or Recognizable Gymnastics Skills
- Must include these Special Requirements:

<b>Value</b>	<b>Requirement</b>
0.5	Acro element (forward, sideways or backwards)
0.5	Acro element with flight
0.5	Dance series or passage (minimum 2 different skills, one must be a jump/leap)
0.5	Turn (minimum 360° on 1 foot)

Difficulty 10.0

Execution 10.0

Max. Score 20.0

**APPENDIX C: ARTISTIC GYMNASTICS JUDGES FORMS**

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