****SPECIAL OLYMPICS RHYTHMIC GYMNASTICS

OPTIONAL ROUTINE LEVEL 4

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| Number: Name: | Delegation: |
| Does the athlete have Down Syndrome? Yes ☐ No ☐ Diagnosed with Atlanto-axial instability? Yes ☐ No ☐ | |

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| **Required Technical Skills (0.6 each)** | | | |
| Split Leap | Pivot 360° - Leg 45° or higher  Leg Back or Leg Front or Leg Side  088 086 02 laterale | Balance – Leg 90° or higher  Leg Back or Leg Front or Leg Side  **00004 dietro1 orizzontale** 001 avanti **00001 b laterale orizzontale mgiro** | Back Arch or Split |

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| **Required Apparatus Technical Skills (0.4 each)** | | | | |
| **Hoop** | High Toss or Throw | Rotations | Passing through | Swing |
| **Ball** | High Toss or Throw | Free roll on the body | Active Bounce | Balance on hand/Swing |
| **Clubs** | High Toss or Throw | Mills | Small Circles | Swing |
| **Ribbon** | High Toss (no echappe) | Snakes | Spirals | Figure 8s/Swings/Circles |

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| **Bonus (\*)**  2 FIG body skills B or higher – **FB (0.4)** 1 FIG body skill C or higher – **FC (0.4)** Series of 4 Rhythmic Steps -  **(0.4)**  High throw with rotation (must catch) -  **(o.4)** High throw or catch during a large leap -  or  **(0.4)**  Series of 2 body skills (Max 2 series) - **} (o.6 each series)** |

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| Skill | Judge | Skill | Judge | Skill | Judge |
| Value |  | Value |  | Value |  |
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| Skill | Judge | Skill | Judge | Skill | Judge |
| Value |  | Value |  | Value |  |
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| Skill | Judge | Skill | Judge | Skill | Judge |
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| **Score Tabulation** | **Requirements** | **Coach** | **Judge** |
| BODY SKILLS | MAX 4.8 |  |  |
| APPARATUS TECHNICAL MOVEMENTS | MAX 1.6 |  |  |
| BONUS | MAX 3.2 |  |  |
| VIRTUOSITY | 0.4 |  |  |
| MAX TOTAL | 10.00 |  |  |

COACH SIGNATURE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ JUDGE SIGNATURE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\* Please refer to the document “Instructions for Filling Out Level 4 Optional Scripts” for directions on completing this form\*\*