

**SPECIAL OLYMPICS RHYTHMIC GYMNASTICS**  
**OPTIONAL ROUTINE LEVEL 4**



Number: \_\_\_\_\_ Name: \_\_\_\_\_ Delegation: \_\_\_\_\_  
 Does this athlete have Down Syndrome? Yes  No  Diagnosed with Atlanto-axial instability? Yes  No

Required Technical Skills (0.6 each)			
Split Leap  —	Pivot 360° - leg 45° or higher Leg Back or Leg Front or Leg Side  ⌋ ⌋ ⌋	Balance - leg 90° or higher Leg Back or Leg Front or Leg Side  ⊥ ⊥ ⊥	Back Arch or Splits  ∩ =

Required Apparatus Technical Skills (0.4 each)				
<b>Hoop</b>	High Toss or Throw ↗	Rotations ○	Passing through →	Swing ∞
<b>Ball</b>	High Toss or Throw ↗	Free roll on the body (○○○)	Active Bounce ∇	Balance on hand/swing ∞
<b>Clubs</b>	High Toss or Throw ↗	Mills X	Small Circles ○	Swings ∞
<b>Ribbon</b>	High Toss(no echappe) ↗	Snakes ∩∩∩	Spirals (○○○)	Figure 8s/swings/circles ∞

**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 - **s→→→ (0.4)**  
 High throw with rotation (must catch) - ↗⌋ (0.4)    High throw or catch during a large leap - ↗∧ or ↓∧ (0.4)  
 Series of 2 body skills (Max 2 series) - } (0.6 each series)

Skill	Judge	Skill	Judge	Skill	Judge
Value		Value		Value	
Skill	Judge	Skill	Judge	Skill	Judge
Value		Value		Value	
Skill	Judge	Skill	Judge	Skill	Judge
Value		Value		Value	
Skill	Judge	Skill	Judge	Skill	Judge
Value		Value		Value	
Skill	Judge	Skill	Judge	Skill	Judge
Value		Value		Value	
Skill	Judge	Skill	Judge	Skill	Judge
Value		Value		Value	

SCORE TABULATION	REQUIREMENTS	COACH	JUDGE
BODY SKILLS	MAX 4.8		
APPARATUS TECHNICAL MOVEMENTS	MAX 1.6		
BONUS	MAX 3.2		
VIRTUOSITY	0.4		
<b>MAX TOTAL</b>	<b>10.00</b>		

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

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