

SPECIAL OLYMPICS RHYTHMIC GYMNASTICS  
OPTIONAL ROUTINE LEVEL 4



Number: <b>560</b>	Name: <b>DeMello, Lani</b>	Delegation: <b>USA</b>
Does the athlete have Down Syndrome? Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Diagnosed with Atlanto-axial instability? Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>		

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 Split 

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 ×	Small Circles ○	Swing ∞	
<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 -  $s \rightarrow$  (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 <b>0.4 A</b>		Value <b>0.4A + 0.6SA + 0.4B*</b>		Value	
Value <b>0.4 A + 0.6 R</b>		Value <b>0.6 SA</b>		Value	
Value <b>0.6 SA</b>		Value <b>0.6 SA + 0.4 B*</b>		Value	
Value <b>0.4A + 0.6R + 0.4B*</b>		Value <b>0.6 R</b>		Value	
Value <b>0.6 B*</b>		Value		Value	
Value <b>0.4 B*</b>		Value		Value	
Value <b>0.6 R</b>		Value		Value	

Score Tabulation	Requirements	Coach	Judge
BODY SKILLS	MAX 4.8	<b>4.8</b>	
APPARATUS TECHNICAL MOVEMENTS	MAX 1.6	<b>1.6</b>	
BONUS	MAX 3.2	<b>2.2</b>	
VIRTUOSITY	0.4		
MAX TOTAL	10.00	<b>8.6</b>	

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

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