



**Special Olympics**

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**2012 Rule Change Summary  
Rhythmic Gymnastics**

<b>Change From</b>	<b>Change To</b>
<p><b>SECTION E – JUDGING</b></p> <p>6. Judging Optional Routines</p> <p>Level 4 routines should be evaluated by 3 panels: Technical Value, Artistic Value, and Execution. If there is more than one judge on a panel, the final score for that panel will be the average of all judges' scores. If a panel consists of 4 or more judges, the head judge may elect to drop the high and low scores and average the middle scores of the judges on the panel. Level 4 routines are evaluated according to the following guidelines:</p>	<p><b>SECTION E – JUDGING</b></p> <p>6. Judging Optional Routines</p> <p>Level 4 routines should be evaluated by 2 panels: Difficulty (D panel), and Execution (E panel). The D panel will evaluate the difficulty of the body skills and apparatus technical movements, and award bonus points. The E panel will evaluate execution and artistry. If there is more than one judge on a panel, the final score for that panel will be the average of all judges' scores. If a panel consists of 4 or more judges, the head judge may elect to drop the high and low scores and average the middle scores of the judges on the panel. To calculate the final score for each gymnast, the scores from the D and E panels are added. Neutral deductions are taken from the total. Level 4 routines are evaluated according to the following guidelines:</p>
<p><b>SECTION E – JUDGING</b></p> <p>6. Judging Optional Routines</p> <p><b>Technical Value: 3.0</b>  <b>1.6</b> * 4 Required Skills            Value - 0.4 each  <b>1.2</b> 4 Supplemental Skills to be selected from the Special Olympics Skill List or the FIG Code of Points. Any skill listed in the FIG Code of Points will be valued as an Advanced Skill.            Value – Intermediate Skill - 0.2 each            Advanced Skill – 0.3 each  <b>0.2</b> Bonus - Added at the judge's discretion if the athlete performs, with good execution and amplitude, at least 2 skills valued as Bs or higher in the FIG</p> <p><b>Artistic Value – 3.0</b>  <b>1.6</b> * 4 apparatus technical movements</p> <p>(Required: one occurrence of each skill,</p>	<p><b>SECTION E – JUDGING</b></p> <p>6. Judging Optional Routines</p> <p><b>DIFFICULTY PANEL (D PANEL) – 5.0</b></p> <ul style="list-style-type: none"> <li>• <b>1.2</b> Required skills</li> <li>• <b>1.2</b> Supplemental Skills</li> <li>• <b>0.8</b> 4 apparatus technical movements*</li> <li>• <b>1.8</b> Bonus</li> </ul> <p><b>EXECUTION PANEL (E PANEL) – 5.0</b></p> <ul style="list-style-type: none"> <li>• <b>0.4</b> Connections and idea of choreography</li> <li>• <b>0.3</b> Musicality</li> <li>• <b>0.3</b> Floor pattern &amp; use of space</li> <li>• <b>3.6</b> Execution, amplitude, and apparatus technique*</li> <li>• <b>0.4</b> Elegance and general impression*</li> </ul> <p><b>DIFFICULTY – 5.0</b></p> <p>Note: Each gymnast will fill out a Body Skills Form listing the supplemental difficulties in her routine.</p>

performed in conjunction with a body movement.)

Value - 0.4 each

**0.3 Connections & Apparatus technique**

**0.3 Musicality**

**0.2 Floor pattern & Use of space**

**0.4 General impression**

**0.2 Bonus** - Added at the judge's discretion if the athlete performs, with good execution and amplitude, fast and intricate apparatus handling, including 2 high throws, with catches. One of the throws must be performed with either a rotating element underneath or with the throw or catch during a large jump/leap.

### **Execution – 4.0**

Required Skills

- 1) No credit will be given for skills performed with static apparatus.
- 2) For each difficulty, partial points may be awarded. See the Judges Guide for more details.
- 3) Leap – Split leap with 180° split of the legs. To receive credit, the leap must have at least 135° split of the legs.
- 4) Pivot – 360° pivot with the leg extended (front, side or back) at 45° or higher. To receive credit, a fixed position of the leg must be maintained for at least 270° of the pivot.
- 5) Balance – Leg extended (front, side or back) at 90° or higher. To receive credit, the balance must be held in relevé for at least 2 seconds.
- 6) Flexibility – Choice of elements:
  - a) Back arch on knees. - Kneeling on both knees and showing a clear arched position. To receive credit, the arch must come close to horizontal.
  - b) Split (right, left or center). To receive credit, the split must show at least 135° split of the legs.

\*Apparatus Technical Movements

- 1) Four skills specific to each apparatus are listed below. Required: one occurrence of each skill.
- 2) To receive credit, all apparatus skills must be performed in conjunction with a body movement.
- 3) Each skill has a value of 0.4.
- 4) For each apparatus technical movement, partial points may be awarded. See the Judges

There is a space on the form to indicate if the athlete has Down Syndrome. If an athlete with Down Syndrome has been diagnosed with Atlanto-axial Instability, she may not perform acrobatic moves in her routine. Doing so will result in disqualification from that event.

- **1.2 4 Required Skills\*** Value - 0.3 each
- **1.2 4 Supplemental Skills** to be selected from the Special Olympics Skill List or the FIG Code of Points. Any skill listed in the FIG Code of Points will be valued as an Advanced Skill. Value:
  - 0.2 Intermediate Skill
  - 0.3 Advanced Skill
- **0.8 4 Apparatus Technical Movements\*** (Required: one occurrence of each skill, performed in conjunction with a body movement.) Value:
  - 0.2 each
- **1.8 Bonus** – Added at the judge's discretion if skills are performed with good execution and amplitude. No bonus points will be awarded if skills are performed with static apparatus.
  - 0.2 2 skills valued as Bs or higher in the FIG Code of Points
  - 0.2 1 skill valued as Cs or higher in the FIG Code of Points
  - 0.6 Series of 2 body skills (maximum 2 series, each series worth 0.3) – Each skill in the series will be credited separately as a body skill. The bonus is for the connection of the skills.
  - 0.2 Rhythmic steps – A series of at least 4 steps in perfect coordination/synchronization with the character and style of the music
  - 0.2 High throw with a rotating element underneath (must catch)
  - 0.2 High throw, with throw or catch on a large jump or leap
  - 0.2 Virtuosity and expression

### **\*Required Skills**

- No credit will be given for skills performed with static apparatus.
- For each difficulty, partial points may be awarded. See the guidelines below.
  - LEAP – Split leap with 180° split of the legs. To receive credit, the leap must have at least 135° split of the legs.
  - PIVOT – 360° pivot with the leg extended (front, side or back) at 45° or higher. To receive credit, a fixed position of the leg must be maintained for at least 270° of the pivot.

<p>Guide for details.</p> <p>Hoop</p> <ol style="list-style-type: none"> <li>1) High toss or throw</li> <li>2) Rotations</li> <li>3) Passing through</li> <li>4) Swing</li> </ol> <p>Ball</p> <ol style="list-style-type: none"> <li>1) High toss or throw</li> <li>2) Free roll on the body (without assistance on 1 or more parts of the body)</li> <li>3) Active bounce</li> <li>4) Balance on hand/swing</li> </ol> <p>Clubs</p> <ol style="list-style-type: none"> <li>1) High toss or throw</li> <li>2) Mills</li> <li>3) Small circles</li> <li>4) Swings</li> </ol> <p>Ribbon</p> <ol style="list-style-type: none"> <li>1) High toss (small echappé toss does not fulfill this requirement)</li> <li>2) Snakes</li> <li>3) Spirals</li> <li>4) Figure 8s/ swings/ large circles</li> </ol>	<ul style="list-style-type: none"> <li>• BALANCE – Leg extended (front, side or back) at 90° or higher. To receive credit, the balance must be held in relevé for at least 2 seconds.</li> <li>• FLEXIBILITY – Choice of elements: <ol style="list-style-type: none"> <li>1- Back arch on knees. - Kneeling on both knees and showing a clear arched position. To receive credit, the arch must come close to horizontal.</li> <li>2- Split (right, left or center). To receive credit, the split must show at least 135° split of the legs.</li> </ol> </li> </ul> <p>For each required skill, partial points (.1 or .05) may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each difficulty.</p> <p>0.25-0.3 Body skill and apparatus handling executed flawlessly.</p> <p>0.15-0.2 Body skill and apparatus handling executed with minor mistakes.</p> <p>0.05-0.1 Body skill and apparatus handling executed with major mistakes.</p> <p>0.0 Body skill and apparatus handling omitted or unrecognizable.</p> <p>Note: If the gymnast drops the apparatus while performing a body skill, you must deduct for lack of apparatus handling, but do not penalize her the full value of the difficulty if the body skill is otherwise performed well.</p> <p><b>*Apparatus Technical Movements – 0.8</b></p> <ul style="list-style-type: none"> <li>• Four skills specific to each apparatus are listed below. Required: one occurrence of each skill.</li> <li>• To receive credit, all apparatus technical movements must be performed in conjunction with a body movement.</li> <li>• Each skill has a value of 0.2.</li> <li>• For each apparatus technical movement, partial points may be awarded (.1 or .05) See the guidelines below.</li> </ul> <p>HOOP</p> <ol style="list-style-type: none"> <li>1- High toss or throw</li> <li>2- Rotations</li> <li>3- Passing through</li> <li>4- Swing</li> </ol> <p>BALL</p> <ol style="list-style-type: none"> <li>1- High toss or throw</li> <li>2- Free roll on the body (without assistance on 1 or more parts of the body)</li> </ol>
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- 3- Active bounce
- 4- Balance on hand/swing

**CLUBS**

- 1- High toss or throw
- 2- Mills
- 3- Small circles
- 4- Swings

**RIBBON**

- 1- High toss (small echappé toss does not fulfill this requirement)
- 2- Snakes
- 3- Spirals
- 4- Figure 8s/swings/large circles

For each Apparatus Technical Movement, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each of the skills.

0.15-0.2 Apparatus skill executed flawlessly.

0.05-0.1 Apparatus skill executed with mistakes.

0.0 Apparatus skill omitted or unrecognizable.

**EXECUTION – 5.0**

- **0.4** Connections and idea of choreography
- **0.3** Musicality
- **0.3** Floor pattern & use of space
- **3.6** Execution, amplitude, and apparatus technique\*
- **0.4** Elegance and general impression\*

\*Execution, amplitude, and apparatus technique - 3.6

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. 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.

1.2 Form (pointed toes, straight legs, position and extension of the upper body, etc.).

1.2 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.).

1.2 Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

Note: Faults are penalized according to degree:  
0.05-0.2 Small faults

	<p>0.3 Medium faults  0.5 Major faults</p> <p>Note: Drops of the apparatus are to be penalized as follows:</p> <p>0.1 Immediate retrieval  0.3 Retrieval after 2-3 steps  0.5 Retrieval after 4 or more steps</p> <p>Note: Each occurrence of static apparatus will be penalized -0.1, with a maximum deduction of 1.0 for the routine.</p> <p><b>*Elegance and general impression - 0.4</b>  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.</p>

**NOTE:** For full detail of Proposed Rule Changes (Accepted and Denied) please contact your Regional Sport Director. This list does not indicate those proposed changes that were not adopted by the Sports Rules Advisory Committee in 2012.