



***Special  
Olympics***

**RHYTHMIC GYMNASTICS  
JUDGES GUIDE  
2008-2015**

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Written by:

Cindy Bickman, Special Olympics Inc. - Technical Delegate Emeritus  
Sofia Boura, Rhythmic Gymnastics Sports Resource Team Member  
Becky Buckland, 1996 US Olympian  
Joey Burgess, Rhythmic Gymnastics Sport Resource Team Member  
Cindy Hoover, Assistant Technical Delegate  
Rosie Garcia, Rhythmic Gymnastics Sport Resource Team Member  
Efi Pantazidou, Rhythmic Gymnastics Sports Resource Team Member  
Kristi Skebo, Rhythmic Gymnastics Sport Resource Team Member  
Ashley Powell, Technical Delegate

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## **RHYTHMIC GYMNASTICS JUDGES GUIDE 2008-2015**

The Rhythmic Gymnastics Judges Guide is designed to help judges be as objective as possible when tabulating scores to rank the athletes for the purpose of divisioning and awards. There is always room for individual preference and interpretation, but the standards as described in the Special Olympics Rules must be followed. The purpose of this manual is to provide trained rhythmic gymnastics judges with guidelines for evaluating the routines according to Special Olympics Rules. This manual is also designed to educate coaches about how their athletes' routines are judged.

The complete Rhythmic Gymnastics Rules, Judging Sheets for each level and routine, and the Body Skills, and Request for Equipment Modification Forms can be found in the SOI Summer Sports Rules.

**NEUTRAL DEDUCTIONS** – Neutral deductions that are unique to Special Olympics are listed below. For all other neutral deductions, refer to FIG rules.

- a. Coach communicating to the athlete during a routine. The maximum deduction for assistance that may be taken is 3.0 for a routine.
  - Coach does the entire routine with the athlete - 3.0
  - Coach assists through most of the routine - 2.0 – 2.9
  - Coach assists through half the routine - 1.0 – 1.9
  - Coach assists several times - 0.1 – 0.9
- b. If coaching assistance is needed, the coach must stand in a designated area where the judges can see her.
- c. Out of bounds – The maximum out of bounds deduction which may be taken for a routine is 1.0.
  - Apparatus out of bounds - 0.2 each time
  - Gymnast out of bounds - 0.2 each time

## **JUDGING COMPULSORY ROUTINES – LEVELS A & B**

Level A & B routines are judged by one panel. If there is more than one judge on the panel, the final score will be the average of all judges' scores. If there are four or more judges on the panel, the competition director may elect to drop the high and low scores and average the middle scores. Neutral deductions are taken from the final average.

### **MAXIMUM VALUE - 5.0**

- 5 Segments each with a value of 1.0
- General impression should be taken into consideration when awarding points for each Segment.

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

1.0	The Segment is performed perfectly, with excellent amplitude, execution, musicality, and apparatus technique.
0.7-0.9	The Segment is performed with minor mistakes in amplitude, execution, musicality, and apparatus technique.
0.5-0.6	The Segment is performed with major mistakes in amplitude, execution, musicality, and apparatus technique.
0.3-0.4	The Segment is barely recognizable.
0.1-0.2	The athlete is on the floor with the correct apparatus.

## **JUDGING COMPULSORY ROUTINES – LEVELS 1-3**

For Compulsory Routines (Levels 1-3), the judges separate into two panels: Technical (Exactness of Text) and Execution. To calculate the final score for each gymnast, the score from the Technical judge is added to the score from the Execution judge. If there is more than one judge on each panel, the average score from the judges on the Technical panel is added to the average score from the judges on the Execution panel. Neutral deductions are taken from the total.

### **TECHNICAL PANEL (Exactness of Text) – 5.0**

#### **Difficulty (3.0) – 6 Identified Skills each with a value of 0.5**

For each Identified Skill, 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.

- 0.5 Body skill and/or apparatus handling executed flawlessly.
- 0.4 Body skill and/or apparatus handling executed with minor mistakes.
- 0.3 Body skill and/or apparatus handling executed with significant mistakes.
- 0.2 Body skill and/or apparatus handling executed with major mistakes.
- 0.1 Body skill and/or apparatus skill executed, but barely recognizable.
- 0.0 Body skill and/or apparatus handling omitted or unrecognizable.

Note: If a gymnast drops the apparatus while performing an Identified Skill, you must deduct for the drop and possible rhythm breaks, but do not penalize her the full value of the difficulty if the skill is otherwise performed well.

#### **Connections (1.0)**

This category is to rate the gymnast on the correctness of the routine other than the Identified Skills. In order to evaluate the connections accurately, judges must be completely familiar with the routines. The following breakdown is a guideline to help determine the amount of credit to be given for Connections.

- 1.0 The routine is executed as written. With smooth connections between body skills, technically correct connections in apparatus handling and a flowing connection between the body skills and apparatus handling.
- 0.7 – 0.9 The routine is basically correct, with minor mistakes in the connections.
- 0.5 – 0.6 The routine is somewhat correct, with major mistakes in the connections.
- 0.3 – 0.4 The routine is barely recognizable.
- 0.1 – 0.2 The gymnast is on the floor with the correct apparatus.

**Floor Pattern (0.5)**

The following breakdown is a guideline to help determine the amount of credit to be given for Floor Pattern. Note: If a gymnast misses a change of direction which causes her to completely flip the floor pattern for the remainder of the routine, that error is to be considered one mistake.

- 0.5 Correct floor pattern for the entire routine.
- 0.4 One mistake in the floor pattern.
- 0.3 Several mistakes in the floor pattern.
- 0.2 Floor pattern is barely recognizable.
- 0.1 Gymnast creates her own floor pattern.

**Music (0.5)**

The following breakdown is a guideline to help determine the amount of credit to be given for interpretation and synchronization with the music.

- 0.5 The routine perfectly matches the music.
- 0.4 The routine basically matches the music, with one mistake.
- 0.3 The routine somewhat matches the music, with several mistakes.
- 0.2 The routine barely matches the music.
- 0.1 The routine has no connection with the music.

**EXECUTION PANEL – 5.0****Execution and Amplitude (4.0)**

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The gymnast will begin with a minimum base score of 0.5. 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.

- 0.5 Minimum base score for being on the floor.
- 1.5 Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- 1.0 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.).
- 1.0 Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

Note: Faults are penalized according to degree:

- 0.1-0.2 Small faults
- 0.3 Medium faults
- 0.5 Major faults

Note: Drops of the apparatus are to be penalized as follows:

- 0.1 Immediate retrieval
- 0.3 Retrieval after 2-3 steps
- 0.5 Retrieval after 4 or more steps

### **Elegance and General Impression (1.0)**

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.

## **JUDGING OPTIONAL ROUTINES – LEVEL 4**

There are two systems for evaluating Optional Routines (Level 4): 10 point system and 20 point system. Both are described below. No matter which judging system is used, the requirements for the routines are the same. With the 20 point system, the judges have more points available to award for bonus. Note: in both systems, partial points may be awarded.

**10 Point Judging System for Level 4** - The judges separate into either two or three panels: Technical, Artistic, and Execution. When two panels are used, the Technical panel will also judge Artistic Value. To calculate the final score for each gymnast, the scores from the Technical, Artistic, and Execution judges are added. If there is more than one judge on each panel, the average scores from the judges on each panel are added. Neutral deductions are taken from the total.

### **TECHNICAL PANEL – 3.0**

- Required skills 1.6
- Supplemental Skills 1.2
- Bonus 0.2

### **ARTISTIC PANEL – 3.0**

- Apparatus Technical Movements 1.6
- Connections & Apparatus Technique 0.3
- Musicality 0.3
- Floor Pattern & Use of Space 0.2
- General Impression 0.4
- Bonus 0.2

### **EXECUTION PANEL – 4.0**

- Execution & Amplitude 3.6
- Elegance & General Impression 0.4

### **TECHNICAL VALUE – 3.0**

Note: Each gymnast will fill out a Body Skills Form listing the supplemental difficulties in her routine. 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.

- 1.6 4 Required Skills\*  
Value - 0.4 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 current FIG Code of Points will be valued as an Advanced Skill.  
Value – Intermediate Skill - 0.2 each  
Advanced Skill – 0.3 each
- 0.2 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 Code of Points. No bonus will be given if these skills are performed with static apparatus.

#### **\*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.
  - 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.
  - FLEXIBILITY – Choice of elements:
    - 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.
    - 2- Split (right, left or center). To receive credit, the split must show at least 135° split of the legs.

For each required skill, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each difficulty.

- 0.4 Body skill and apparatus handling executed flawlessly.
- 0.3 Body skill and apparatus handling executed with minor mistakes.
- 0.2 Body skill and apparatus handling executed with major mistakes.
- 0.1 Body skill and apparatus skill executed, but barely recognizable.
- 0.0 Body skill and apparatus handling omitted or unrecognizable.

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.



### **ARTISTIC VALUE – 3.0**

- 1.6 4 apparatus technical movements\*  
(Required: one occurrence of each skill, 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.

### **\*Apparatus Technical Movements – 1.6**

- Four skills specific to each apparatus are listed below. Required: one occurrence of each skill.
- To receive credit, all apparatus technical movements must be performed in conjunction with a body movement.
- Each skill has a value of 0.4.

For each apparatus technical movement, partial points may be awarded. See the guidelines below.

#### **HOOP**

- 1- High toss or throw
- 2- Rotations
- 3- Passing through
- 4- Swing

#### **BALL**

- 1- High toss or throw
- 2- Free roll on the body (without assistance on 1 or more parts of the body)
- 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- Figure8s/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.

- 0.4 Apparatus skill executed flawlessly.
- 0.3 Apparatus skill executed with minor mistakes.
- 0.2 Apparatus skill executed with major mistakes.
- 0.1 Apparatus skill executed, but barely recognizable.
- 0.0 Apparatus skill omitted or unrecognizable.

## **EXECUTION – 4.0**

### **Execution and Amplitude (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:

- 0.1-0.2 Small faults
- 0.3 Medium faults
- 0.5 Major faults

Note: Drops of the apparatus are to be penalized as follows:

- 0.1 Immediate retrieval
- 0.3 Retrieval after 2-3 steps
- 0.5 Retrieval after 4 or more steps

### **Elegance and General Impression (0.4)**

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.

**20 Point Judging System for Level 4** – The judges separate into two panels Difficulty and Execution, which will be referred to as the D Panel and the E Panel. The D Panel is responsible for evaluating the Body Skills and Required Apparatus Technical Skills, and for awarding bonus. The E Panel is responsible for evaluating the execution of the routine. To calculate the final score for each gymnast, the scores from the Difficulty and Execution judges are added. If there is more than one judge on each panel, the average scores from the judges on each panel are added. Neutral deductions are taken from the total.

#### **DIFFICULTY PANEL – 10.0**

- Body Skills 4.8
- Apparatus Technical Movements 1.6
- Bonus 3.2
- Virtuosity 0.4

Note: the D Panel should only evaluate skills that are listed on the script. Gymnasts may include extra skills, but they are not to be evaluated for points, even if they fulfill a requirement that is missing from the routine. Because the athletes have intellectual disabilities, there is no deduction for skills performed out of order in the routine. If the script is totally out of order, the head judge should ask the competition director to speak to the coach. Acting judges should do the best job possible in finding and awarding points for the skills performed.

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.

#### **DISTRIBUTION ON POINTS – D PANEL**

- 2.4 4 Required Skills\*  
Value - 0.6 each
- 2.4 4 Supplemental Skills to be selected from the Special Olympics Skill List or the FIG Code of Points. Any skill listed in the current FIG Code of Points will be valued as an Advanced Skill.  
Value – Intermediate Skill - 0.4 each  
Advanced Skill – 0.6 each
- 3.2 Bonus - Added at the judge's discretion if the athlete performs, with good execution and amplitude, one of the elements listed in the bonus section below. No bonus will be given if these skills are performed with static apparatus.
- 0.4 Virtuosity – Added at the judge's discretion if the athlete performs intricate dance, apparatus skills, or choreography with outstanding execution and amplitude.

### **\*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.
  - 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.
  - FLEXIBILITY – Choice of elements:
    - 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.
    - 2- Split (right, left or center). To receive credit, the split must show at least 135° split of the legs.

For each required skill, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each difficulty.

- 0.6 Body skill and apparatus handling executed flawlessly.
- 0.4-0.5 Body skill and apparatus handling executed with minor mistakes.
- 0.3-0.2 Body skill and apparatus handling executed with major mistakes.
- 0.1 Body skill and apparatus skill executed, but barely recognizable.
- 0.0 Body skill and apparatus handling omitted or unrecognizable.

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.

### **\*Apparatus Technical Movements – 1.6**

- Four skills specific to each apparatus are listed below. Required: one occurrence of each skill.
- To receive credit, all apparatus technical movements must be performed in conjunction with a body movement.
- Each skill has a value of 0.4.

For each apparatus technical movement, partial points may be awarded. See the guidelines below.

#### **HOOP**

- 1- High toss or throw
- 2- Rotations
- 3- Passing through
- 4- Swing

#### **BALL**

- 1- High toss or throw
- 2- Free roll on the body (without assistance on 1 or more parts of the body)
- 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- Figure8s/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.

- |     |  |
|-----|--|
| 0.4 | Apparatus skill executed flawlessly.               |
| 0.3 | Apparatus skill executed with minor mistakes.      |
| 0.2 | Apparatus skill executed with major mistakes.      |
| 0.1 | Apparatus skill executed, but barely recognizable. |
| 0.0 | Apparatus skill omitted or unrecognizable.         |

### \*Bonus

- With the exception of the series, each bonus element can be counted only once.
- A required or supplemental skill may be counted as part of a series, as well as individually.

2 FIG body skills, valued B or higher	0.4
1 FIG body skill valued C or higher	0.4
Series of 4 rhythmic steps	0.4
High throw with rotation element underneath (must catch)	0.4
High throw or catch during a large leap/jump	0.4
Series of 2 body skills (maximum 2 series)	0.6 each

## EXECUTION PANEL – 10.0

- |  |     |
|--|-----|
| • Execution, amplitude, and apparatus technique                    | 7.2 |
| • Connections and idea of choreography (0.20 / 0.40 / 0.60 / 0.80) | 0.8 |
| • Musicality (0.30 / 0.60 / 0.90)                                  | 0.9 |
| • Floor pattern and use of space                                   | 0.3 |
| • Elegance and general impression (0.20 / 0.40 / 0.60 / 0.80)      | 0.8 |

Judges should refer to the following documents for in depth information about how the routines should be judged: D and E Panel forms, and instructions to coaches for filling out the script.

SPECIAL OLYMPICS RHYTHMIC GYMNASTICS  
OPTIONAL ROUTINE LEVEL 4



Number:	Name:	Delegation:
Does the athlete have Down Syndrome? Yes <input type="checkbox"/> No <input type="checkbox"/>		Diagnosed with Atlanto-axial instability? Yes <input type="checkbox"/> No <input type="checkbox"/>

Required Body 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 - <b>FB (0.4)</b> 1 FIG body skill C or higher - <b>FC (0.4)</b> Series of 4 Rhythmic Steps -	Series of 4 Rhythmic Steps -
High throw with rotation (must catch) -	High throw or catch during a large leap -
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	
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		
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\*\*

SPECIAL OLYMPICS RHYTHMIC GYMNASTICS		
EXECUTION (LEVEL 4)		
Name:		Number:
Delegation:		
Round:	Division:	
Execution	Value	Score
Execution, amplitude, and apparatus technique	7.20	
Connections and idea of choreography (0.20 / 0.40 / 0.60 / 0.80)	0.80	
Musicality (0.30 / 0.60 / 0.90)	0.90	
Floor pattern and use of space	0.30	
Elegance and general impression (0.20 / 0.40 / 0.60 / 0.80)	0.80	
execution score	TOTAL	Max 10.00

## **INSTRUCTIONS FOR FILLING OUT LEVEL 4 OPTIONAL SCRIPTS**

**July 21, 2014**

### **GENERAL INSTRUCTIONS:**

- PLEASE TYPE OR PRINT LEGIBLY IN DARK INK SO SCRIPTS CAN BE DUPLICATED.
- FIG SYMBOLS MUST BE USED FOR TECHNICAL (BODY) AND APPARATUS. SKILLS MUST BE LISTED IN THE ORDER THEY APPEAR IN THE ROUTINE. FOR EACH SKILL, THE VALUE SHOULD BE ENTERED IN THE VALUE BOX. TOTAL VALUES SHOULD BE CALCULATED & ENTERED IN THE SCORE TABULATION SECTION OF THE FORM.
- IN ORDER FOR CREDIT, SKILLS MUST BE COMPLETED AND PERFORMED WITH CORRECT EXECUTION AND AMPLITUDE, AS STATED IN THE SPECIAL OLYMPICS RULES OR, IF APPLICABLE, THE CURRENT FIG CODE OF POINTS.
- NO CREDIT WILL BE GIVEN FOR BODY SKILLS PERFORMED WITH STATIC APPARATUS.
- THE AMOUNT OF CREDIT GIVEN IS AT THE DISCRETION OF THE JUDGES. PARTIAL POINTS MAY BE AWARDED.
- REQUIRED & SUPPLEMENTAL BODY SKILLS MUST BE LISTED, WITH THE VALUE (INTERMEDIATE: 0.4, ADVANCED: 0.6). BESIDE THE SYMBOL, DESIGNATE THE FIG VALUE FOR THE SKILL (A, B, C).
- IN THE VALUE BOX, BY EACH POINT VALUE, USING THE ABBREVIATIONS BELOW, DESIGNATE WHAT THAT VALUE IS FOR. (for example: 0.40A)  
(A) = apparatus technical movement  
(R) = required body skill  
(SI) = supplemental skill intermediate  
(SA) = supplemental skill advanced  
(B\*) = bonus
- REQUIRED APPARATUS TECHNICAL SKILLS MAY BE LISTED ONCE. VALUE: 0.4 EACH.
- THE EXECUTION FORM WILL BE COMPLETED BY THE JUDGES. THE FINAL SCORE TABULATION FORM WILL BE COMPLETED BY THE SCORE KEEPER.
- THE CURRENT FIG CODE WILL BE USED TO DETERMINE THE LEVEL OF FIG SKILLS (A,B,C, etc.) FOR THE PURPOSE OF DESIGNATING SUPPLEMENTAL SKILLS AS ADVANCED IF THEY ARE LISTED, & AWARDED BONUS IF THEY ARE B OR HIGHER. THE LINK TO THE FIG CODE IS:  
<https://www.figgymnastics.com/site/page/view?id=472>

### **STEP BY STEP INSTRUCTIONS:**

- 1- Fill in the athlete's name and delegation.
- 2- Mark the apparatus with an X in the appropriate box (symbols are in Olympic order: hoop, ball, clubs, ribbon)



- 3- Required Technical Skills and symbols are listed. In addition to the 4 Required Technical Skills, the routine should include 4 Supplemental Skills, chosen from the Special Olympics Skill List or the current FIG Code.
- 4- With the exception noted below regarding bonus, extra skills should not be included in the script. If more than 4 Required Body Skills & 4 Supplemental Skills are listed, the judge will only evaluate the first 4 of each to occur in the routine. Note: Extra skills may be included in order to get bonus credit for a series.
- 5- Required Apparatus Technical Skills and symbols are listed for each apparatus. If an apparatus skill is repeated several times in the routine, you must choose the occurrence to be credited and list it in the order it is performed in the routine. Note: if the athlete fails to complete the skill as listed in the script, the judge will not use another occurrence of the skill as a replacement.
- 6- When determining the routine bonus, the options are listed, with symbols and values, in the Bonus box. Each bonus skill may be listed and credited only once, with the exception of the series, which may be credited twice.
- 7- Fill in the skills in the order they are performed in the routine. BEGIN AT THE TOP OF THE LEFT HAND COLUMN AND WORK DOWN UNTIL YOU HAVE LISTED 7 SKILLS. FROM THERE, GO TO THE TOP OF THE MIDDLE COLUMN AND WORK DOWN FOR THE NEXT 7 SKILLS. USE THE RIGHT HAND COLUMN FOR THE FINAL 7 SKILLS.
- 8- If a skill is to be credited as both a body skill and apparatus technical movement, and are listed in the same skill box, add a + symbol between the noted skill values (ex. 0.4 + 0.6)
- 9- Score Tabulation
  - Calculate the value of the Body Skills as listed in the script and enter the total in the COACH box (maximum 4.8)
  - Calculate the value of the Apparatus Technical Movements as listed in the script and enter the total in the COACH box (maximum 1.6)
  - Calculate the value of Bonus as listed in the script and enter the total in the COACH box (maximum 3.2)
  - Only the judge may award Virtuosity, so the COACH box is blacked out.
  - Add the totals in the COACH boxes and enter the maximum total in the COACH box. Note: because only the judge can award Virtuosity, the maximum total that can be entered in the COACH box is 9.6.
- 10-Sign on the line for Coach Signature

## **SPECIAL OLYMPICS SKILL LIST**

- Level 4 routines must have 4 supplemental difficulties.
- Intermediate skills will be valued at 0.2 each (10 point judging system) or 0.4 (20 point judging system).
- Advanced skills will be valued at 0.3 each (10 point judging system) or 0.6 (20 point judging system).
- No credit will be given if the difficulty is performed with static apparatus.
- Supplemental difficulties may be chosen from the list below or from the FIG Code of Points.
- Any skill listed in the current FIG Code of Points will be valued as an Advanced Skill. If an Intermediate skill listed below has been added to the current Code of Points, it will be considered an Advanced skill.

### **LEAPS**

#### **INTERMEDIATE**

- Any jump or leap with at least a 135° split of the legs
- Any jump or leap with one leg extended at horizontal (front, side or back)
- Any jump or leap turning 180°, with one or both legs at 45° to slightly below horizontal

#### **ADVANCED**

- Any jump or leap with at least a 180° split of the legs
- Any jump or leap turning 360°
- Any jump or leap turning 180°, with one or both legs at or above horizontal

### **PIVOTS**

#### **INTERMEDIATE**

- Any 360° pivot with the free leg 45° to just below 90°. Leg may be extended (front, side or back) or bent in an attitude position (front or back).
- 540° passé pivot

#### **ADVANCED**

- Any 360° pivot with the free leg 90° or higher. Leg may be extended (front, side or back) or bent in an attitude position (front or back).
- Any 720° pivot with the leg 45° or higher. Leg may be in an extended, passé, or attitude position.

## **BALANCES**

INTERMEDIATE – Intermediate balances will be considered Advanced if 2 technical movements with the apparatus are performed during the balance.

- Any unassisted balance (in relevé) with the free leg 90°. Leg may be extended (front, side or back) or bent in an attitude position (front or back).
- Any assisted balance (flat) with the leg head high
- Passé balance (turned out with the thigh at horizontal), in relevé, with 2 technical movements of the apparatus performed during the balance. Note – the passé balance will be given Intermediate credit only if performed with 2 technical movements. This balance may not be upgraded to an Advanced skill.

### **ADVANCED**

- Any unassisted balance (in relevé) with the free leg higher than 90°
- Any assisted balance (in relevé) with the leg head high
- Any Intermediate balance (except passé) performed with 2 technical movements with the apparatus.

## **FLEXIBILITIES/ACROS**

### **INTERMEDIATE**

- Back arch to horizontal
- Split (on the floor)
- High kick with 135° split (front, side or back)
- Front or back body wave with a contraction (hands reaching below the knees) and a back arch to horizontal
- Passé with back arch to horizontal
- Any 360° promenade with the free leg in a passé position or with the free leg 45° to just below 90°
- Any 180° promenade with the free leg at 90° or above. (The foot or leg may be held with the hand.)
- Rolls (forward, backward, over the shoulder or head) – May not be performed by athletes who have Down syndrome and have been diagnosed with Atlanto-axial instability

### **ADVANCED**

- Back arch below horizontal
- High kick with 180° split (front, side or back)
- Back arch to horizontal with straight leg kick to the front. Leg must kick to 90° or higher.
- Any 360° promenade with the free leg at 90° or above. (The foot or leg may be held with the hand.)
- Illusion
- Any acrobatic skill with hand or elbow support. Acrobatic skills with flight are not allowed. Acrobatic skills may not be performed by athletes who have Down syndrome and have been diagnosed with Atlanto-axial instability.

## **JUDGING GROUP ROUTINES**

For Group Routines, the judges separate into two panels: Technical (Exactness of Text) and Execution. To calculate the final score for each group, the score from the Technical judge is added to the score from the Execution judge. If there is more than one judge on each panel, the average score from the judges on the Technical panel is added to the average score from the judges on the Execution panel. Neutral deductions are taken from the total.

**NEUTRAL DEDUCTIONS** – Neutral deductions are the same for Group as they are for Individual competition, with one addition: non-conforming leotard or apparatus. All gymnasts in a group must wear matching leotards, identical in shape and color. All gymnasts must use apparatus identical in weight, shape and size; only the color can differ. The deductions for non-conforming leotards or apparatus are as follows:

- 0.1 Each leotard that does not match (maximum deduction is 0.3)
- 0.1 Each apparatus that does not match (maximum deduction is 0.3)

## **GROUP FLOOR EXERCISE**

### **TECHNICAL PANEL (Exactness of Text) – 5.0**

#### **Difficulty (3.0) – 4 Identified Skills and 2 Formations, each with a value of 0.5**

For each Identified Skill, 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 Identified Skills in groups of either 4 or 6 gymnasts.

- 0.5 Body skill is executed flawlessly by all gymnasts.
- 0.4 Body skill is executed well by at least 3 gymnasts.
- 0.3 Body skill is executed with minor mistakes by 2 gymnasts.
- 0.2 Body skill is executed with major mistakes.
- 0.1 Body skill is executed, but barely recognizable.
- 0.0 Body skill is omitted or unrecognizable.

The following breakdown is a guideline to help determine the amount of credit given for each Formation in groups of either 4 or 6 gymnasts.

- 0.5 All gymnasts are in the exact formation.
- 0.4 1 gymnast is out of formation.
- 0.3 2 gymnasts are out of formation.
- 0.2 3 gymnasts are out of formation.
- 0.1 Formation is barely recognizable.
- 0.0 Formation is unrecognizable.

#### **Connections (1.0)**

This category is to rate the group on the correctness of the routine other than the Identified Skills. In order to evaluate the connections accurately, judges must be completely familiar with the routines. The following breakdown is a guideline to help determine the amount of credit to be given for Connections.

- |           |  |
|-----------|--|
| 1.0       | The routine is executed as written. With smooth connections between body skills, and fluidity in movements where gymnasts work together. |
| 0.7 – 0.9 | The routine is basically correct, with minor mistakes in the connections.  |
| 0.5 – 0.6 | The routine is somewhat correct, with major mistakes in the connections.   |
| 0.3 – 0.4 | The routine is barely recognizable.  |
| 0.1 – 0.2 | The group is on the floor.   |

#### **Uniformity of the Group – All gymnasts performing with precision (0.5)**

The following breakdown is a guideline to help determine the amount of credit to be given for the Uniformity of the Group.

- |     |   |
|-----|---|
| 0.5 | All gymnasts working together with synchronization. |
| 0.4 | One mistake in synchronization.                     |
| 0.3 | Several mistakes in synchronization.                |
| 0.2 | Gymnasts work together sporadically.                |
| 0.1 | Gymnasts are working independently.                 |

#### **Music (0.5)**

The following breakdown is a guideline to help determine the amount of credit to be given for interpretation and synchronization with the music.

- |     |  |
|-----|--|
| 0.5 | The routine perfectly matches the music.                       |
| 0.4 | The routine basically matches the music, with one mistake.     |
| 0.3 | The routine somewhat matches the music, with several mistakes. |
| 0.2 | The routine barely matches the music.                          |
| 0.1 | The routine has no connection with the music.                  |

### **EXECUTION PANEL – 5.0**

#### **Execution and Amplitude (4.0)**

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The group will begin with a minimum base score of 0.5. The Execution and Amplitude category is divided into sub-categories so that each group will be rewarded for areas in which the gymnasts excel and not be too harshly penalized for an area in which they may have limitations.

- |     |   |
|-----|---|
| 0.5 | Minimum base score for being on the floor.  |
| 1.5 | Form (pointed toes, straight legs, position and extension of the upper body, etc.).   |
| 1.0 | 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.). |
| 1.0 | Body Position errors.   |

Note: Faults are penalized according to degree:

- |         |               |
|---------|---------------|
| 0.1-0.2 | Small faults  |
| 0.3     | Medium faults |
| 0.5     | Major faults  |

#### **Elegance and General Impression (1.0)**

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 group must be full of confidence and perform with style and emotion.

## GROUP BALL

### TECHNICAL PANEL (Exactness of Text) – 5.0

#### Difficulty (3.0) – 2 Identified Skills, 2 Exchanges and 2 Formations, each with a value of 0.5

For each Identified Skill, 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 Identified Skills in groups of either 4 or 6 gymnasts.

- 0.5 Body skill is executed flawlessly by all gymnasts.
- 0.4 Body skill is executed well by at least 3 gymnasts.
- 0.3 Body skill is executed with minor mistakes by 2 gymnasts.
- 0.2 Body skill is executed with major mistakes.
- 0.1 Body skill is executed, but barely recognizable.
- 0.0 Body skill is omitted or unrecognizable.

The following breakdown is a guideline to help determine the amount of credit given for each Exchange performed in groups of either 4 or 6 gymnasts.

- 0.5 Exchange is completed by all gymnasts.
- 0.4 1 gymnast drops the apparatus.
- 0.3 2 gymnasts drop the apparatus.
- 0.2 3 gymnasts drop the apparatus.
- 0.1 4 gymnasts drop the apparatus.
- 0.0 No attempt is made to exchange.

The following breakdown is a guideline to help determine the amount of credit given for each Formation in groups of either 4 or 6 gymnasts.

- 0.5 All gymnasts are in the exact formation.
- 0.4 1 gymnast is out of formation.
- 0.3 2 gymnasts are out of formation.
- 0.2 3 gymnasts are out of formation.
- 0.1 Formation is barely recognizable.
- 0.0 Formation is unrecognizable.

#### Connections (1.0)

This category is to rate the group on the correctness of the routine other than the Identified Skills. In order to evaluate the connections accurately, judges must be completely familiar with the routines. The following breakdown is a guideline to help determine the amount of credit to be given for Connections.

- 1.0 The routine is executed as written. With smooth connections between body skills, technically correct connections in apparatus handling and a flowing connection between the body skills and apparatus handling.
- 0.7 – 0.9 The routine is basically correct, with minor mistakes in the connections.
- 0.5 – 0.6 The routine is somewhat correct, with major mistakes in the connections.
- 0.3 – 0.4 The routine is barely recognizable.
- 0.1 – 0.2 The group is on the floor with the correct apparatus.

**Uniformity of the Group – All gymnasts performing with precision (0.5)**

The following breakdown is a guideline to help determine the amount of credit to be given for the Uniformity of the Group.

- 0.5 All gymnasts working together with synchronization.
- 0.4 One mistake in synchronization.
- 0.3 Several mistakes in synchronization.
- 0.2 Gymnasts work together sporadically.
- 0.1 Gymnasts are working independently.

**Music (0.5)**

The following breakdown is a guideline to help determine the amount of credit to be given for interpretation and synchronization with the music.

- 0.5 The routine perfectly matches the music.
- 0.4 The routine basically matches the music, with one mistake.
- 0.3 The routine somewhat matches the music, with several mistakes.
- 0.2 The routine barely matches the music.
- 0.1 The routine has no connection with the music.

**EXECUTION PANEL – 5.0****Execution and Amplitude (4.0)**

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The group will begin with a minimum base score of 0.5. The Execution and Amplitude category is divided into sub-categories so that each group will be rewarded for areas in which the gymnasts excel and not be too harshly penalized for an area in which they may have limitations.

- 0.5 Minimum base score for being on the floor.
- 1.5 Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- 1.0 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.).
- 1.0 Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

Note: Faults are penalized according to degree:

- 0.1-0.2 Small faults
- 0.3 Medium faults
- 0.5 Major faults

**Elegance and General Impression (1.0)**

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 group must be full of confidence and perform with style and emotion.