



RUNNING A SPECIAL OLYMPICS RHYTHMIC GYMNASTICS MEET



PLAN AHEAD:

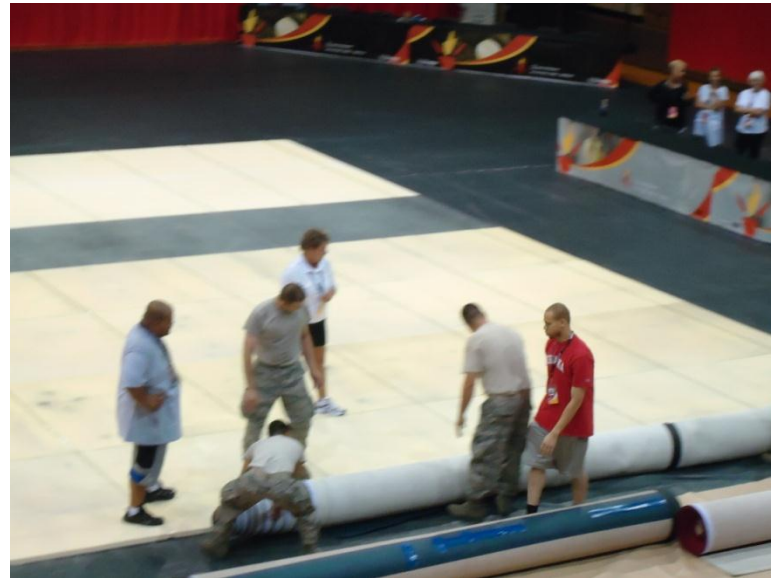
- Get a facility with enough room for your floor mat, warm up space, spectator seating, athlete seating, separate entrance for each, separate bathrooms for each.
- Tables and chairs will be needed for judges, music, and equipment checkers
- Program and facility should be ready prior to check in.



This facility has practice & competition floors

SET UP PRIOR TO THE EVENT:

- Floor mat, tables & chairs
- Decorations, if any (plants are placed at the presentation spot for the gymnast, in this case)



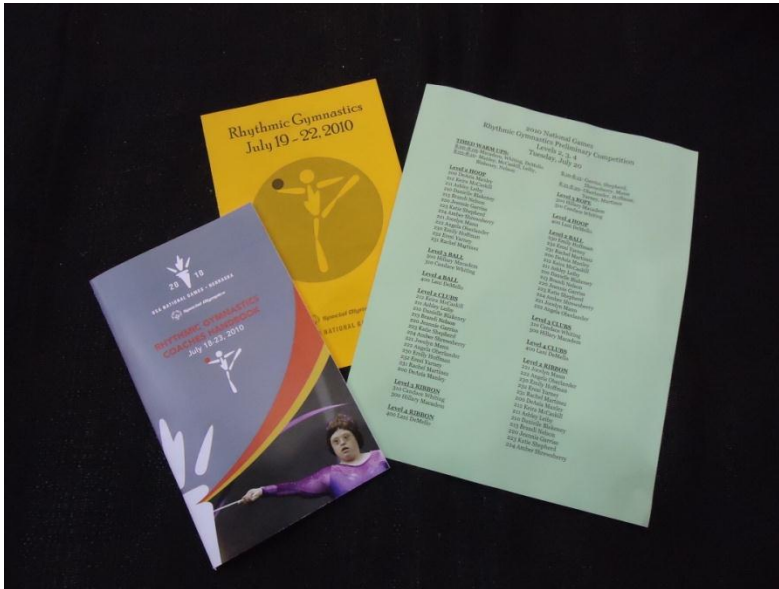
Officials should do the draw to determine competition order. Determine competition order within level.

SET UP ALSO MEANS CLEANING...



CHECK IN AND COACHES MEETING:

- coaches check athletes in as they arrive
- programs and other paperwork are distributed at coaches meeting



A "MAKE UP" STATION & IRONING STATION COULD BE ADDED:

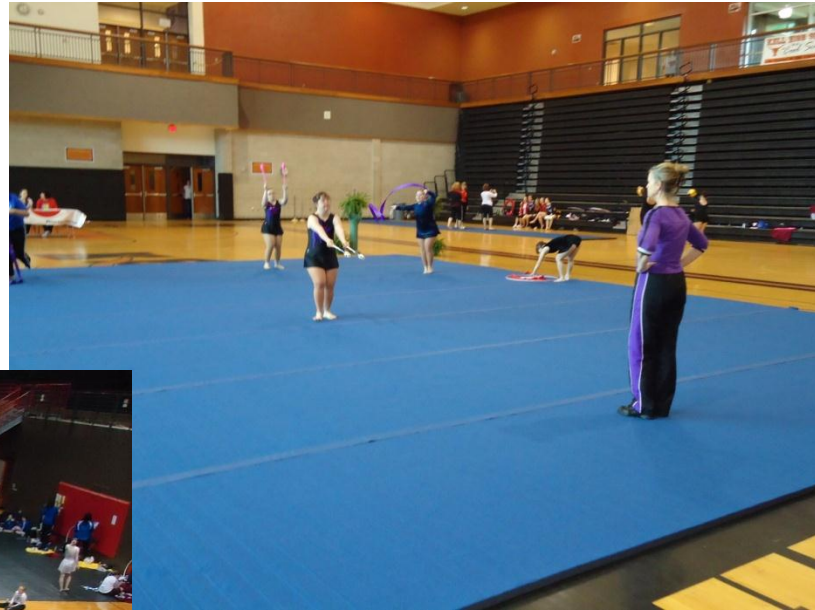


A FIRST AID STATION, MEDIA STATION AND A CRAFTS STATION ...



WARM UPS:

OPEN WARM UPS ON PRACTICE MAT (IF AVAILABLE)
TIMED WARM UPS ARE ON THE COMPETITION MAT



EQUIPMENT CHECK STATION

Equipment is checked as gymnast leaves the floor (mandatory) and during warm ups (voluntary)



Gymnasts & their coaches can wait in the “kiss or cry area” while the Equipment is being measured.

JUDGES/SCORE TABLE:

Two sets of judges alternate judging 2 events.
Another volunteer checks the scores & will give it to the
computer table after it is flashed.



FLASH THE SCORES AND POST THEM FOR COACHES & SPECTATORS



MUSIC/ANNOUNCER

One person can do both jobs in smaller meets.



HOSPITALITY:

- Don't forget to feed the volunteer judges and workers
- Food can also be sold in a vending area to spectators



PAGEANTRY:

- A parade of the athletes and music adds to the program



Signage to represent each team helps

CLINICS AND DEMONSTRATIONS:

- Educate the athletes and coaches while they are there.
- Fill in the time while waiting for awards

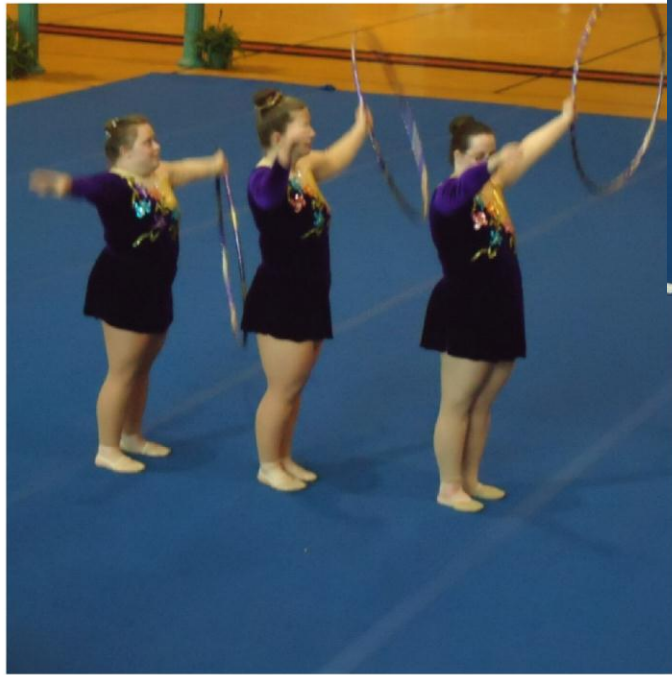


Get the coaches involved!!!



GROUP DEMONSTRATIONS





INCLUSIVE GROUP



AWARDS:

- Should follow Special Olympics Rules
- Everyone is a Winner



CLEAN UP:

Have your committee ready to go immediately after the competition.



Have Fun!