

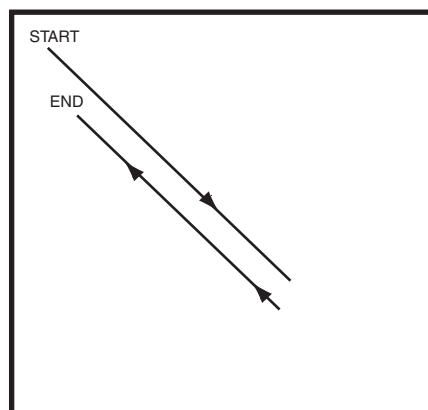
**GYMNASTICS —
ARTISTIC****MEN'S LEVEL I**

Floor Exercise
Pommel Horse
Still Rings
Vault
Parallel Bars
Horizontal Bar

MEN'S LEVEL I—FLOOR EXERCISE

Skill Description

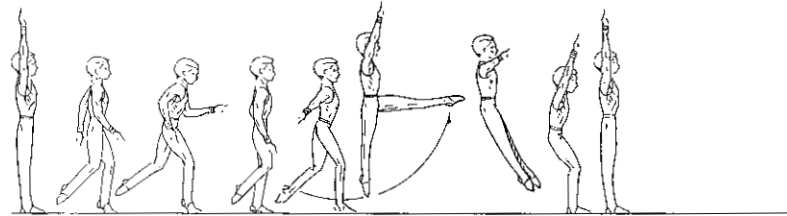
1. Start in a corner facing the diagonal - take three or four running steps to an assemble hurdle (one-foot take off, two-foot landing), stretch.
2. Perform a forward tuck roll finishing in a stretched standing position.
3. Lower arms side outward, abduct one leg 30-45 degrees and perform a modified side scale (hold two seconds). Return to stretched stand.
4. Squat down with hands in proper position for a backward roll, roll backward to a momentary candle position then roll forward and:
5. Assume a "V" sit position with support of the hands. Hold two seconds.
6. Slowly lower body to a back layout position with arms stretched overhead and perform a one-and-a-half stretched sideways roll (log roll) to stomach.
7. Push up through a knee stand to a standing stretched position.
8. Perform a tuck jump.
9. Perform a straddle jump.
10. Take two forward chasse, landing the second chasse in a lunge.
11. Perform a "teeter totter" (one leg up handstand) landing back in a lunge.
12. Bring back leg up to front leg and assume a final standing stretched position.

Men's Level I – Floor Exercise Pattern

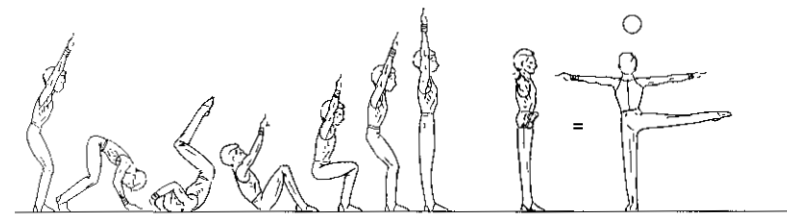


GYMNASTICS — ARTISTIC

Men's Level I – Floor Exercise Routine

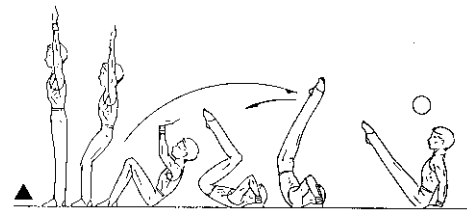


#1



#2

#3

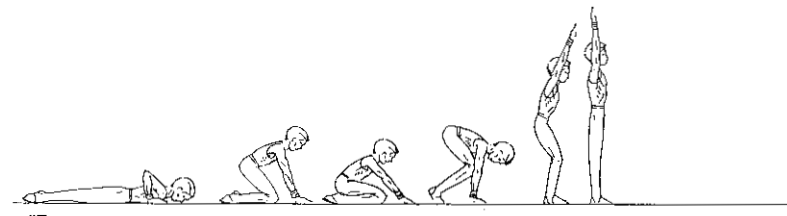


#4

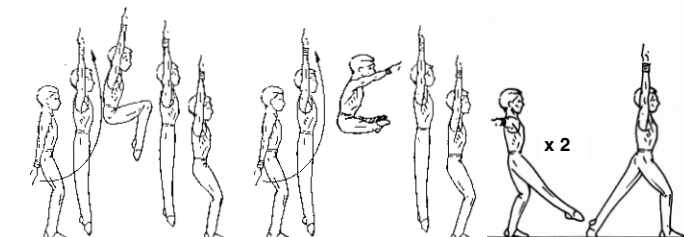
#5



#6



#7



#8

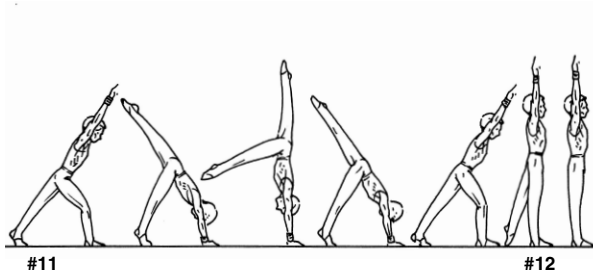
#9

#10

x 2



GYMNASTICS — ARTISTIC

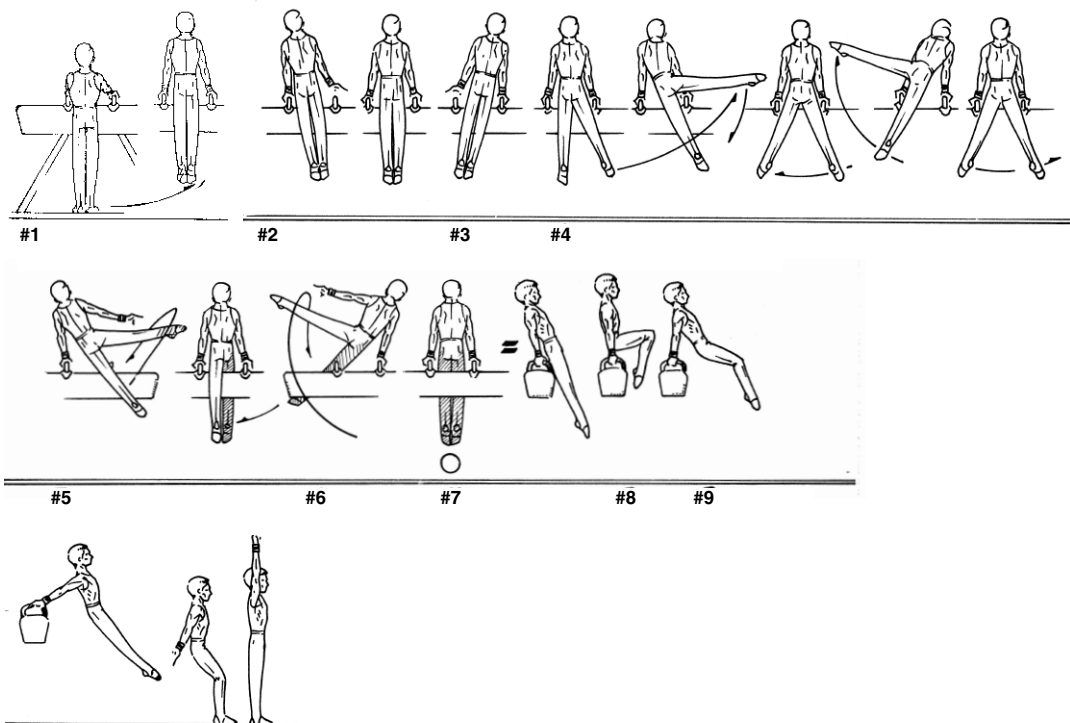


MEN'S LEVEL I — POMMEL HORSE

Skill Description

1. From a stand with one hand on each pommel, jump to a straight arm front support.
2. Shift weight to left and momentarily lift right hand off pommel (with legs together).
3. Shift weight to right and momentarily lift left hand off pommel (with legs together).
4. Initiate two support swings in straddle position starting with the right leg.
5. Perform a right single leg cut forward (ending in stride support)
6. Left single leg cut forward (ending in rear support).
7. Hold rear support position (two seconds).
8. Lift knees to tuck support position.
9. Push off horse with hands and extend legs toward ground. Assume a stretched stand.

Men's Level I – Pommel Horse Routine





GYMNASTICS — ARTISTIC

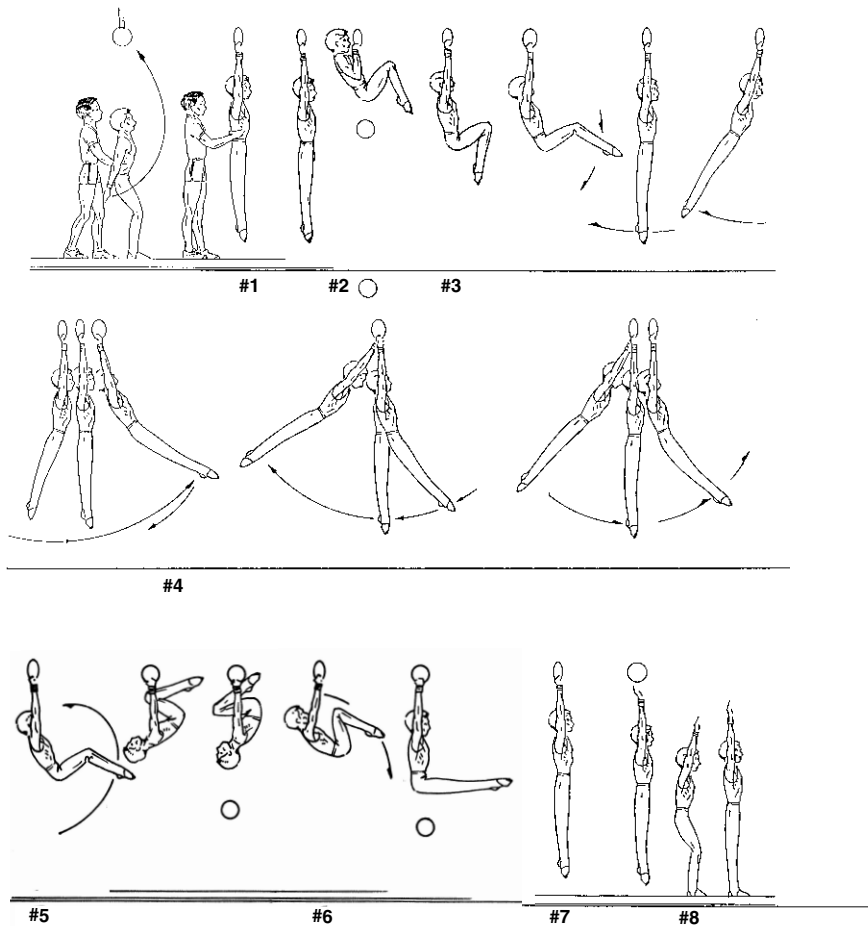
MEN'S LEVEL I—STILL RINGS

Skill Description

1. Jump to a long hang with momentary hold.
2. Flex arms, hips and knees and assume a tucked pull-up position (chin-up). Hold two seconds.
3. Extend arms slowly and lower to a straight arm tuck hang.
4. Extend legs and swing backward, forward, backward and forward to:
5. An inverted tuck hang. Hold two seconds.
6. Keep arms extended and slowly lower body forward to a pike L hang position. Hold two seconds.
7. Legs lower to a stretched hang.
8. Release and drop to a stand. Assume a final stretch position.

Special Spotting Requirement: In order for the gymnast to be scored, the coach must spot. The coach must be within arm's reach of where the gymnast mounts the rings and remain that distance throughout the entire routine.

Men's Level I – Still Rings Routine



**GYMNASTICS —
ARTISTIC****MEN'S LEVEL I — VAULTING**

Skill Description

Two different vaults. The gymnast must do both vaults. Each vault has a value of 10.0. The best vault counts. The vaults must be done in the following order, if not, there is a deduction of 0.5 from the final score.

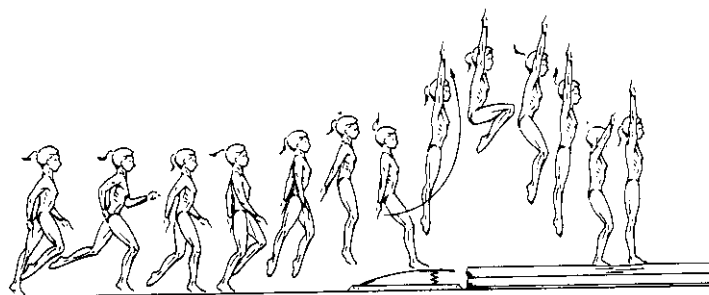
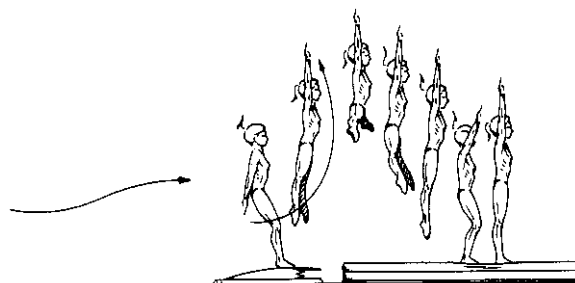
Vault #1 - Tuck jump from Board

1. Stand at attention no more than 10 meters (33 feet) from the board.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms as the knees lift toward a momentary tuck position.
5. Open the body and land on the mat, bending the knees slightly on impact.
6. Straighten the body and raise the arms overhead without taking steps.

Vault #2 - Straddle Jump from Board

1. Stand at attention no more than 10 meters (33 feet) from the board.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms. Keep the hips straight or piked and straddle the legs in the air (A pike straddle receives 0.5 bonus if back of legs reach horizontal to ground).
5. Close the legs and land on the mat by bending the knees slightly on impact.
6. Straighten the body and raise the arms overhead without taking any steps.

All levels: One balk is allowed if athlete does not touch board.

Men's Level I – Vault #1 and #2**Vault #1****Vault #2**



GYMNASTICS — ARTISTIC

MEN'S LEVEL I — PARALLEL BARS

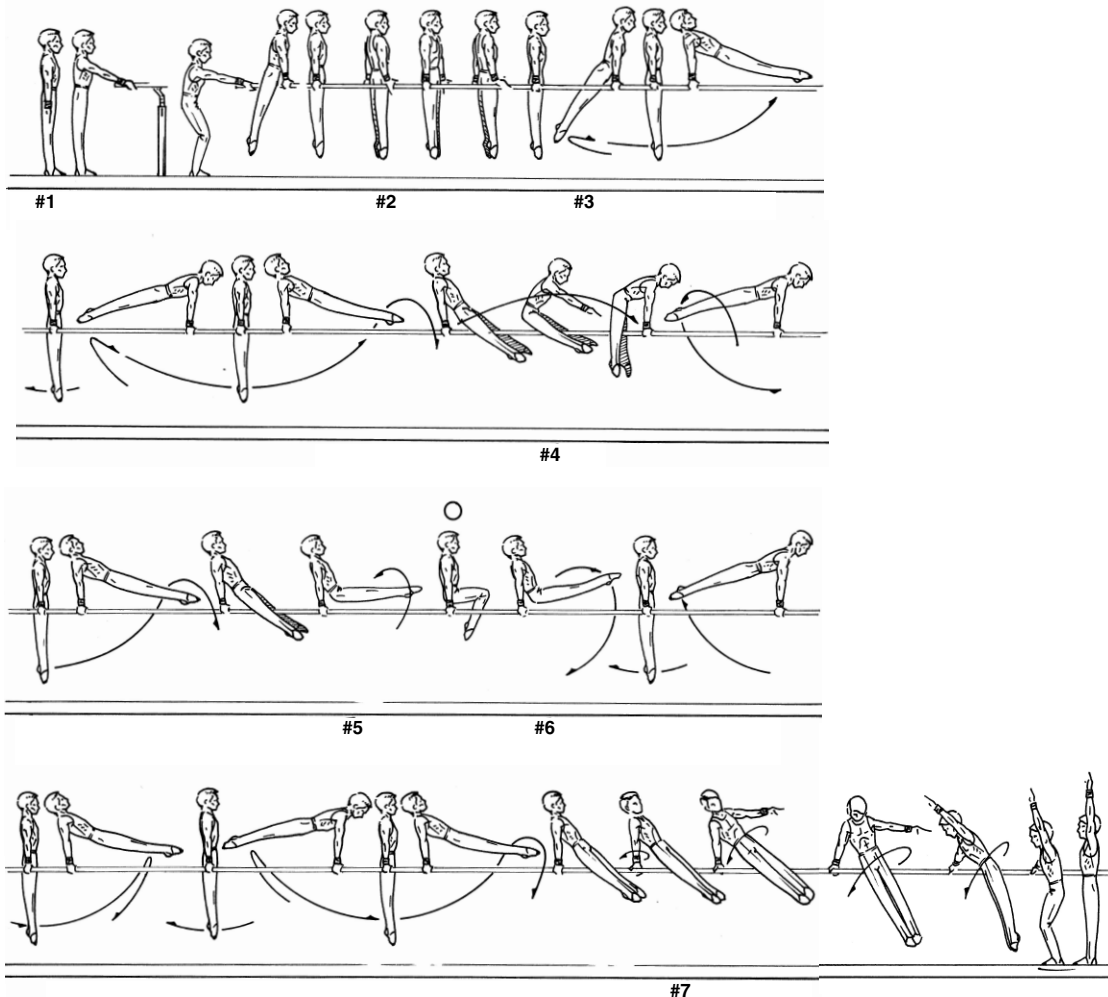
Skill Description

1. From stand at end of bars, jump to straight arm support.
2. Hand walks (three to six penguin walks) to middle of bars, with legs extended down.
3. Lift legs forward, swing back, forward, back and forward to straddle sit.
4. Straddle seat travel to end in a rear straddle support position. Extend position.
5. Lift legs to tuck support with knees and feet together (two-second hold).
6. Extend legs forward to swings – back, forward, back, forward to sit on one rail.
7. Change hand to undergrip, and jump one-half turn dismount.

Note: The height of the bars should be adjusted so that the gymnast can easily jump to a straight arm support position.

Note: A coach must be in a position to spot the gymnast.

Men's Level I – Parallel Bars Routine





GYMNASTICS — ARTISTIC

MEN'S LEVEL I — HORIZONTAL BAR

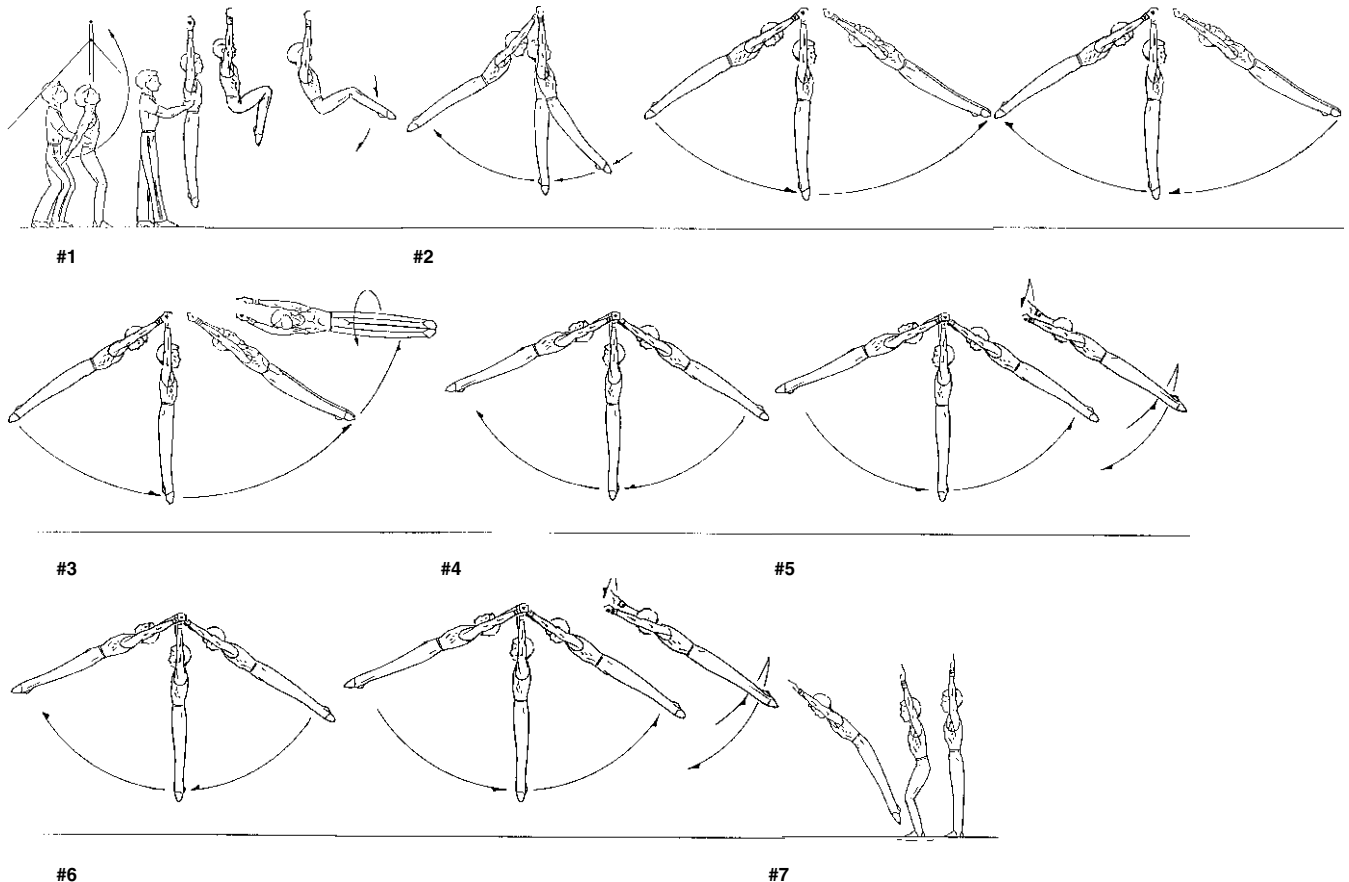
Skill Description

1. Jump to hang on bar with overgrip. Lift legs forward. Bending knees up and forward to initiate a backward swing is acceptable.
2. Swing backward, forward, backward.
3. Swing forward with one-half turn. Change hand.
4. Swing forward in mixed grip.
5. Back swing, change hand so both hands are in overgrip.
6. Swing forward, backward.
7. At the end/top of the backward swing, release to stand.

Note: The bar must be set high enough to allow for long hang swings (see video).

Special Spotting Requirement: In order for the gymnast to be scored, the coach must spot the entire routine. The coach must be within arm's reach of the upright for spotting in bar skills and should move forward or backward for swinging skills, based on the skill.

Men's Level I – Horizontal Bar Routine





**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Men's Level I – Floor Exercise**

Element	Value	Faults	Deduction	Gymnast #	
Assemble hurdle	0.3				
Forward tuck roll	1.5	Failure to roll straight Use of hands to stand	up to 0.3 0.3		
Modified side scale	1.5	Lack of amp 30-45 Lack of one sec. hold No hold	up to 0.5 0.5 1.0		
Roll back to candle	0.5	Wrong hand placement Lack of amplitude	up to 0.3 up to 0.3		
V sit	1.0	Insufficient pike of legs Lack of one sec. hold No hold	up to .5 0.5 1.0		
1 1/2 stretched sideways roll	0.5	Lack of continuity	up to 0.5		
Knee stand to standing stretched	0.2				
Tuck jump	1.0	Lack of tuck Insufficient height	up to 0.3 up to 0.3		
Straddle jump	1.0	Lack of straddle Insufficient height	up to 0.3 up to 0.3		
2 forward chasses to lunge	0.5	Lack of continuity	up to 0.3		
Teeter totter to lunge	1.0	Lack of continuity Leg not to HS	up to 0.3 up to 0.5		
Final standing stretch position	0.5				
Bonus/Virtuosity	0.5				
Total Score	10.0				

General faults will be applied to all skills. Neutral Deduction for Coaching

Small 0.1
Medium 0.3
Large 0.5
Falls 0.8

Physical assistance 0.5 each time
Verbal assistance 0.3 each time
Signals 0.2 each time

These have a four point maximum.
All other neutral deductions are the same as Fig.



GYMNASTICS — ARTISTIC

**SPECIAL OLYMPICS GYMNASTICS
Men's Level I – Pommel Horse**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Straight arm front support	1.0	Lack stretched position	up to 0.3		
Shift weight, lift right hand	1.0	Lack of rhythm and control	up to 0.3		
Shift weight, lift left hand	1.0	Lack of rhythm and control	up to 0.3		
2 Straddle swings	2.0	Lack of continuity Legs coming together	up to 1.0 0.3 ea time		
Right single leg cut forward	1.0	Lack of amplitude Touch or stop during cut	up to 0.3 up to 0.5		
Left single leg cut forward	1.0	Lack of amplitude Touch or stop during cut	up to 0.3 up to 0.5		
Hold rear support 2 seconds	0.5	Lack stretched position Lack one sec. hold No hold	up to 0.3 0.3 0.5		
Tuck support	1.0	Insufficient tuck	up to 0.3		
Push off to stretched stand	1.0	Lack of control	up to 0.3		
Bonus/Virtuosity	0.5				
Total Score	10.0				

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time
Medium	0.3	Verbal assistance	0.3 each time
Large	0.5	Signals	0.2 each time
Falls	0.8		

These have a four point maximum.
All other neutral deductions are the same as Fig.



GYMNASTICS — ARTISTIC

**SPECIAL OLYMPICS GYMNASTICS
Men's Level I – Still Rings**

Element	Value	Faults	Deduction	Gymnast #	
Jump to long hang	0.5				
Tucked pull-up hold 2 seconds	2.0	Lack of amplitude Chin not at ring height Lack of 1 second hold No hold	up to 0.3 up to 0.5 0.5 1.0		
Straight arm tuck hang	1.5	Lack of tuck Lack of continuity	up to 0.3 up to 0.3		
2 Full swings	2.0	Lack of amplitude Lack of continuity	up to 0.3 ea up to 0.3		
Inverted tucked hang hold 2 seconds	1.0	Lack of tuck Lack of 1 second hold No hold	up to 0.3 0.5 1.0		
Slowly lower to pike L hang hold 2 seconds	1.0	Lack of rhythm Legs not horizontal Lack of 1 second hold No hold	up to 0.3 up to 0.5 0.5 1.0		
Lower stretched hang momentary hold	1.0	Lack momentary hold	0.2		
Release and drop to stand	0.5				
Bonus/Virtuosity	0.5				
Total Score	10.0				

Note: Coach must be in proper spotting position for the entire routine.

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time
Medium	0.3	Verbal assistance	0.3 each time
Large	0.5	Signals	0.2 each time
Falls	0.8		

These have a four point maximum.
All other neutral deductions are the same as Fig.



GYMNASTICS — ARTISTIC

SPECIAL OLYMPICS GYMNASTICS
Men's Level 1 – Vaulting

Vault #1 Tuck jump from board			Gymnast #	Gymnast #
Element	Value	Faults	Deduction	
Run and hurdle	2.0	Alternate foot takeoff	up to 0.5	
Height in air	2.0	Less than 1' 3/4'	up to 0.5	
		Less than 1'	up to 1.0	
Body position in flight	3.0	Lack of tuck	up to 1.0	
Distance of flight	2.0	Less than 3'	up to 0.5	
		Less than 1'	1.0	
Landing	1.0	Each step	0.1	
		Fall	0.8	
Total Score # 1	10.0			

Vault #2 Straddle jump from board			Gymnast #	Gymnast #
Element	Value	Faults	Deduction	
Run and hurdle	2.0	Alternate foot takeoff	up to 0.5	
Height in air	2.0	Less than 1' 3/4'	up to 0.5	
		Less than 1'	up to 1.0	
Body position in flight	3.0	Lack of straddle	up to 1.0	
		Pike straddle		
		Horizontal = bonus	0.5	
Distance of flight	2.0	Less than 3'	up to 0.5	
		Less than 1'	1.0	
Landing	1.0	Each step	0.1	
		Fall	0.8	
Total Score # 2	10.0			
Best of # 1 & 2				

Out of Order – 0.5 off total score.

One balk is allowed if gymnast does not touch board or horse.

General faults will be applied to all skills.

- Small 0.1
- Medium 0.3
- Large 0.5
- Falls 0.8

Neutral Deduction for Coaching

- Physical assistance 0.5 each time
- Verbal assistance 0.3 each time
- Signals 0.2 each time

These have a four point maximum.
 All other neutral deductions are the same as Fig.



**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Men's Level I – Parallel Bars**

Element	Value	Faults	Deduction	Gymnast #	
Straight arm support	0.5	Lack of body alignment	up to 0.2		
Hand walks	1.0	Lack of continuity throughout	up to 0.5		
2 Full swings	2.0	Lack of amplitude	up to 0.3 ea		
Straddle seat travel	1.0	Lack of continuity	up to 0.3 ea		
Tuck support hold 2 seconds	2.0	Lack of amplitude	up to 0.3		
		Pike in support	up to 0.3		
		Lack of tuck	up to 0.3		
		Lack of 1 second hold	0.5		
		No hold	1.0		
2 Full swings	2.0	Lack of amplitude	up to 0.3 ea		
		Lack of continuity	up to 0.3 ea		
Grip change, 1/2 turn rear vault dismount	1.0	Lack of amplitude	up to 0.3 ea		
		Body not straight	up to 0.3 ea		
		Lack of turn	up to 0.3 ea		
Bonus/Virtuosity	0.5				
Total Score	10.0				

Note: A coach should be in a position to spot.

General faults will be applied to all skills.

Neutral Deduction for Coaching

- Small 0.1
- Medium 0.3
- Large 0.5
- Falls 0.8

- Physical assistance 0.5 each time
- Verbal assistance 0.3 each time
- Signals 0.2 each time

These have a four point maximum.
All other neutral deductions are the same as Fig.



GYMNASTICS — ARTISTIC

SPECIAL OLYMPICS GYMNASTICS
Men's Level I – Horizontal Bar

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Jump to hang	0.5	Excessive body adjustments	0.1		
1 Full swing	2.0	Lack of amplitude Lack of continuity	up to 0.3 up to 0.3		
Swing forward with 1/2 turn, change hand	2.0	Lack of amplitude Lack of continuity Swing not aligned	up to 0.3 up to 0.3 up to 0.3		
Swing forward	1.5	Lack of amplitude	up to 0.3		
Back swing, change hand	1.0	Lack of amplitude Lack of continuity Swing not aligned	up to 0.3 up to 0.3 up to 0.3		
1 Full swing	2.0	Lack of amplitude Lack of continuity	up to 0.3 up to 0.3		
Release to stand	0.5				
Bonus/Virtuosity	0.5				
Total Score	10.0				

*Coaches must be in the required spotting position for the entire routine.

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time
Medium	0.3	Verbal assistance	0.3 each time
Large	0.5	Signals	0.2 each time
Falls	0.8		

These have a four point maximum.
 All other neutral deductions are the same as Fig.



GYMNASTICS — ARTISTIC

MEN'S LEVEL II

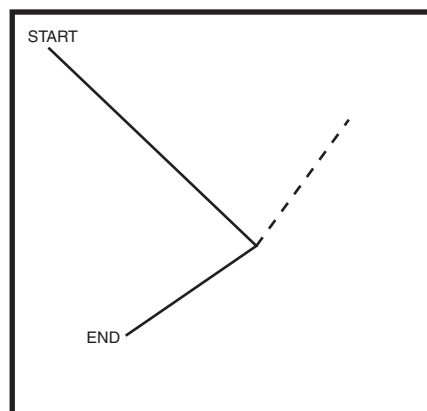
Floor Exercise
Pommel Horse
Still Rings
Vault
Parallel Bars
Horizontal Bar

MEN'S LEVEL II — FLOOR EXERCISE

Skill Description

1. Start in a corner, facing the diagonal, at attention. Step to a lunge then lift the back leg off the floor and assume a front scale position (arms side outward and back leg at least 45 degrees toward horizontal). Hold two seconds. Return to attention position.
2. Take three or four running steps and a step hop (hurdle) to a cartwheel with a sideward landing (in a straddle position with no turn in or out). Hold straddle stand momentarily, then:
3. Turn out 90 degrees.
4. Step through a lunge, and kick toward the handstand position (feet should come together above waist height). Note: A vertical momentary handstand position could earn virtuosity bonus. Tuck down to a squat position and:
5. Perform a backward roll from a squat ending in a pike straddle stand with arms side outward. Hold momentarily.
6. Place hands on the floor and perform a straddle forward roll, bringing legs together and finishing in a knee lunge. Hold momentarily, then stand.
7. Execute a vertical jump with a one-quarter turn (right or left) to face a corner.
8. Take three or four running steps to a step hop (hurdle) cartwheel, one-quarter turn inward to a lunge. Hold momentarily then:
9. Bring back foot forward to join the front and perform an immediate jump/punch one-half turn. Stick and assume a final attention position.

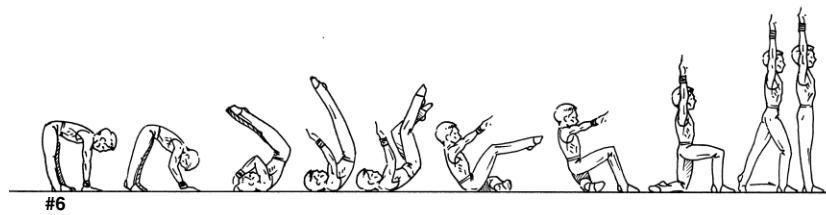
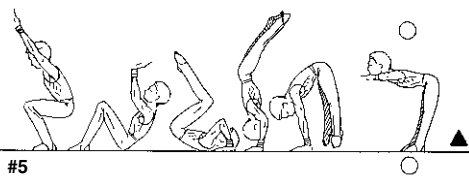
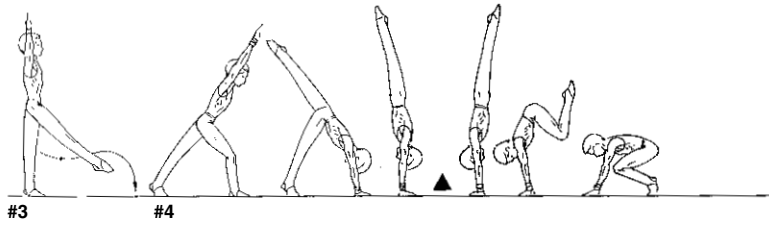
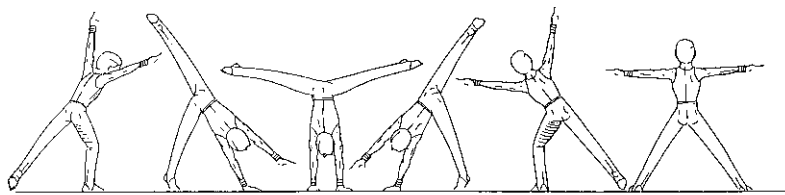
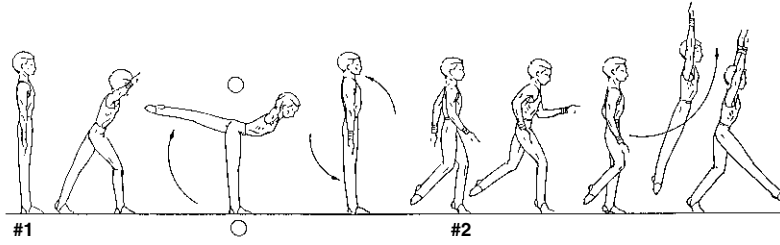
Men's Level II – Floor Exercise Pattern





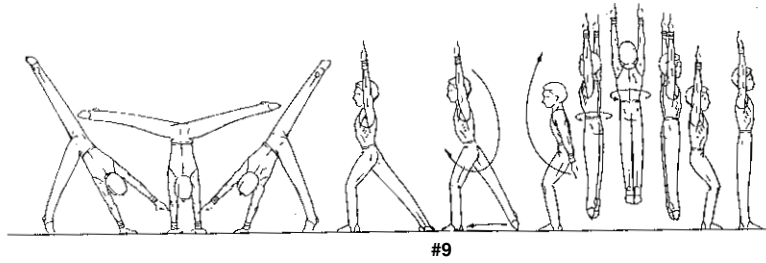
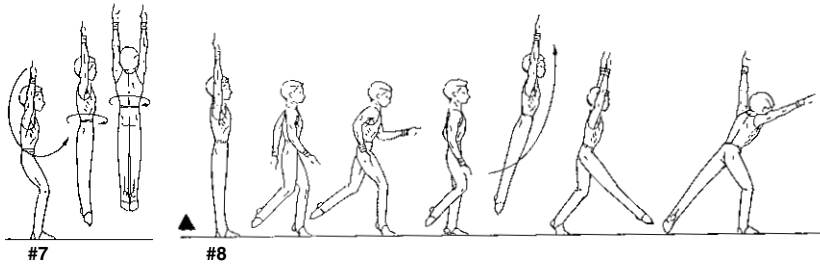
GYMNASTICS — ARTISTIC

Men's Level II – Floor Exercise Routine





**GYMNASTICS —
ARTISTIC**

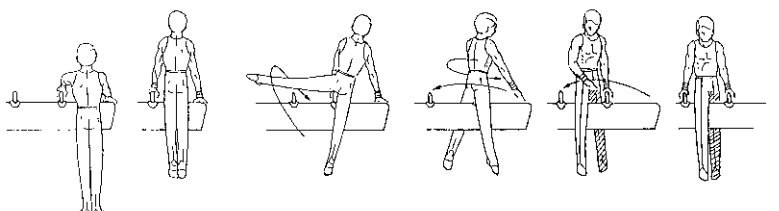


**GYMNASTICS —
ARTISTIC****MEN'S LEVEL II — POMMEL HORSE**

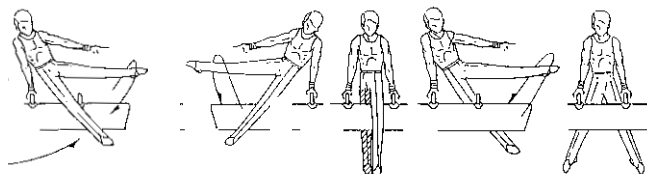
Skill Description

Start from a stand with the left hand on the right pommel in a clockwise overgrip position and the right hand on the end of the horse.

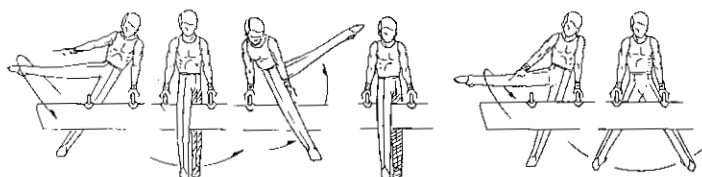
1. Jump to a straight arm front support, swing left leg around left arm while simultaneously pushing off with the right hand to turn the body 180 degrees clockwise ending in a right stride support with one hand on each pommel (single leg back stockli in).
2. Left single leg cut forward, right single leg cut backward, left leg backward to a front support.
3. Right single leg cut forward and straddle swing to left. Return swing to a right single leg cut backward to front support.
4. Left single leg cut forward and straddle swing to right, Return swing to a left single leg cut backward to front support.
5. Right single leg cut forward.
6. Left single leg flank dismount with a one-quarter turn right (clockwise) ending in a side stand. Note: The gymnast's right hand may remain on the pommel until the landing is completed.

Men's Level II – Pommel Horse Routine

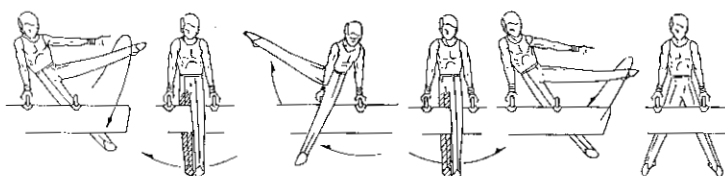
#1



#2



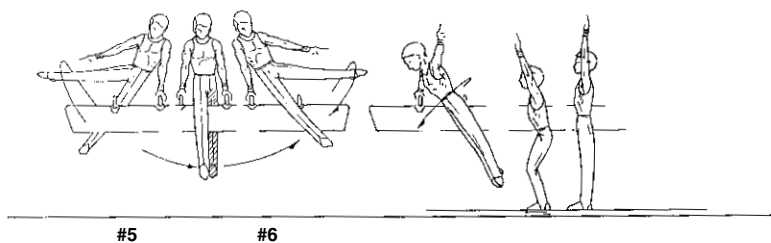
#3



#4



GYMNASTICS — ARTISTIC



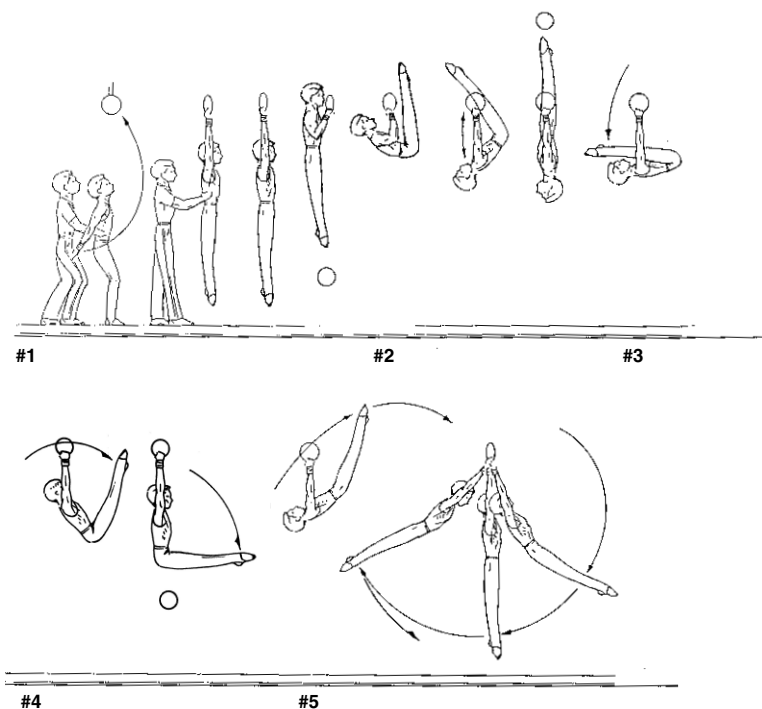
MEN'S LEVEL II — STILL RINGS

Skill description

1. Jump to a long hang with momentary hold; flex arms and assume a pull-up (chin-up) position. Hold two seconds.
2. Roll backward, extending arms slowly, and assume an inverted straight body hang. Hold two seconds. Note: 0.5 bonus points awarded if skill is done with straight legs.
3. Lower to an inverted pike position (legs parallel to the floor). Hold momentarily, then:
4. Open and lower to pike L-hang (two-second hold). Cast to:
5. Swings: backward, forward, backward and forward to:
6. A back tuck flyaway dismount.

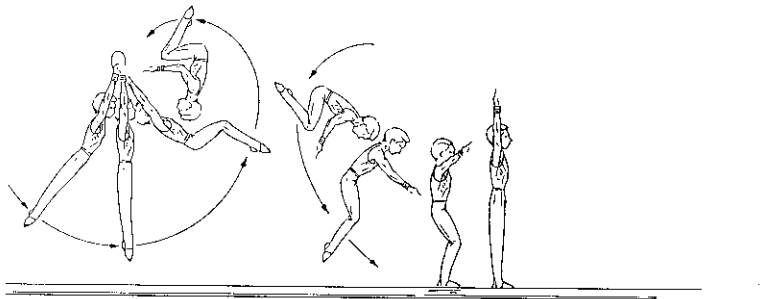
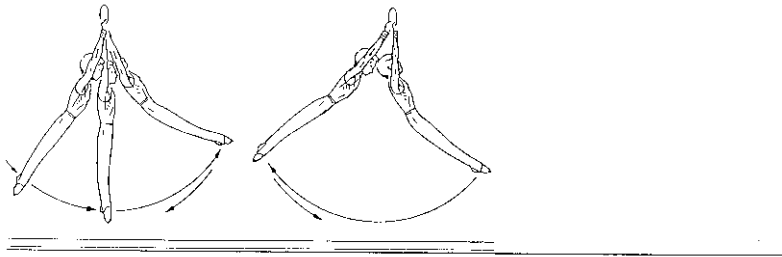
Special Spotting Requirement: In order for the gymnast to be scored, the coach must spot. The coach must be within arm's reach of where the gymnast mounts the rings and remain that distance throughout the entire routine.

Men's Level II – Still Rings Routine





**GYMNASTICS —
ARTISTIC**



#6



GYMNASTICS — ARTISTIC

MEN'S LEVEL II — VAULTING

Note: Within the next four years, many gyms may remove their traditional horses and only have a vaulting table. Therefore:

Using either the horse or table, the gymnast may choose to perform two vaults, which may be the same or different. (The straddle on may only be performed on the traditional horse, not the vaulting table.) The best vault counts.

Competition directors should notify coaches well in advance of a competition which equipment will be available: the horse, table, or both.

Only the vaulting table will be used in the 2011 World Games. A traditional horse will not be available.

Note: The coach must be in a position to spot the gymnast.

All levels - One balk allowed if the gymnast does not touch the board/horse.

Vault #1- (Use the table) Squat on Steps, Jump Off

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the table, tuck the body and land in a momentary squat position on the table with feet between hands.
6. Take up to two steps to end of table.
7. Jump off the table, reaching arms in air and extending body to stretch.
8. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

Vault # 2- (Use the horse) Straddle On, Jump Off

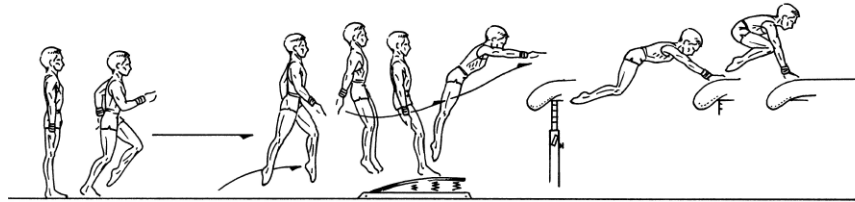
1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the horse, pike the hips, straddle the legs, and land on top of the horse in a straddle position with feet outside the hands.
6. Jump off the horse, bringing feet together in the air, reaching arms in air and extending body to stretch.
7. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

Vault #3- (Use the table) Squat on Steps, Jump Off

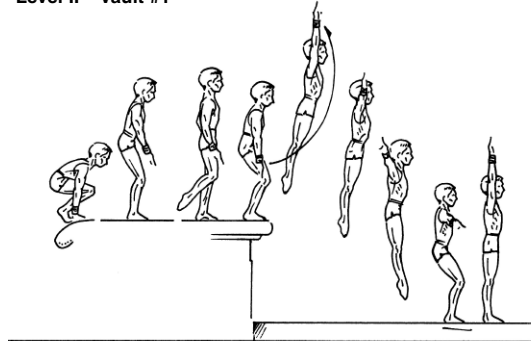
1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the table, tuck the body and land in a momentary squat position on the table with feet between hands.
6. Take up to two steps to end of table.
7. Jump off the table, reaching arms in air and extending body to stretch.
8. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.



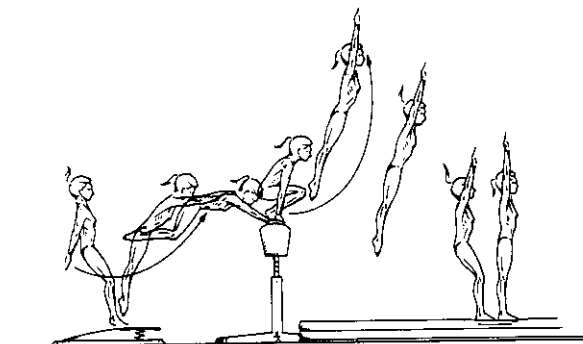
GYMNASTICS — ARTISTIC



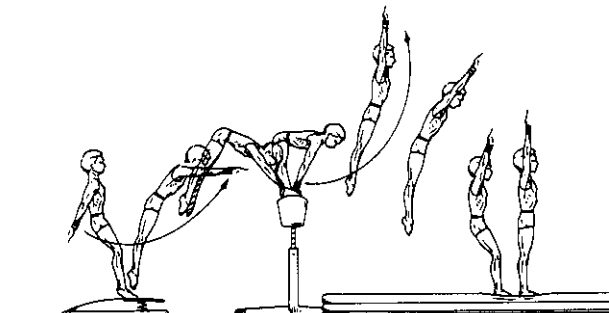
Level II - Vault #1



Men's Level II - Vault #2 and #3



Level II - Vault #2



Level II - Vault #3



GYMNASTICS — ARTISTIC

MEN'S LEVEL II — PARALLEL BARS

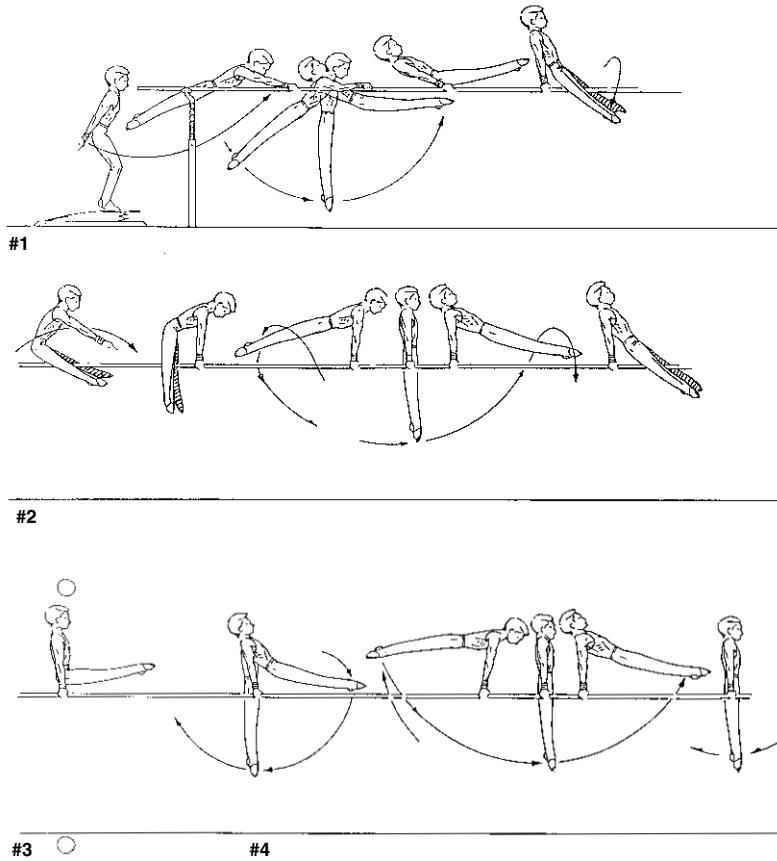
Skill Description

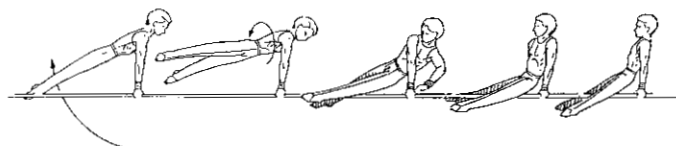
1. From a standing position at the end of the bars or from a running start, jump to an upper arm support position, swing forward, and execute a front uprise to a rear straddle support (sit) position.
2. Place hands well in front of hips, bring legs together, swing forward and perform a large straddle travel to a rear straddle support position.
3. Bring legs together to an L hold (two seconds). Then:
4. Swing legs backward, forward and at the end of the second backward swing:
5. Perform a reverse scissors to end in a rear straddle support position (skill is also known as a reverse baby stutz).
6. Bring legs together, swing backward, forward, and at the end of the second backward swing:
7. Execute a front vault dismount in a tuck position.

Note: The height of the bars should be adjusted to allow the gymnast to swing freely in an upper arm support position.

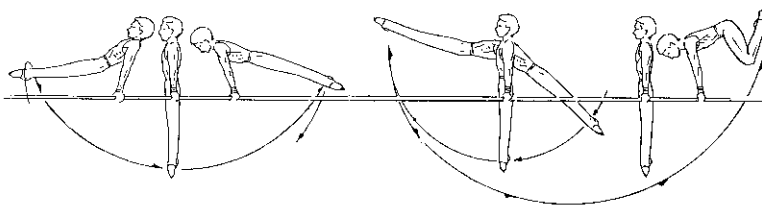
Note: The coach must be in a position to spot the gymnast.

Men's Level II – Parallel Bar Routine



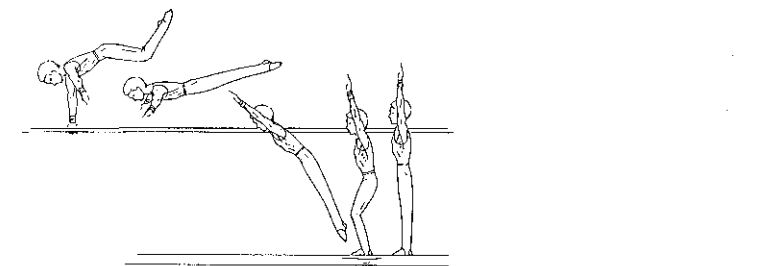
**GYMNASTICS —
ARTISTIC**

#5



#6

#7

**MEN'S LEVEL II — HORIZONTAL BAR**

Skill Description

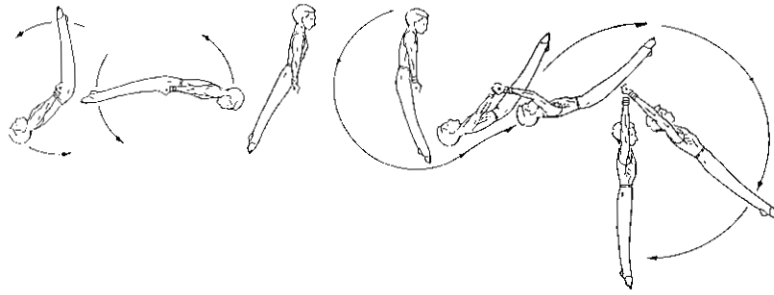
1. Jump to a long hang with an overgrip hand position and perform a back hip pull over to front support. Note: the gymnast may initiate the hip pull over as soon as he grasps the bar. He does not have to show a long hang with straight arms prior to starting the hip pull-over action.
2. Perform a single leg cut (right or left) ending in a stride support.
3. Push hips backward, hook front knee on the bar and swing backward and downward, then forward and upward to return to a stride support (single knee upswing, also known as a hock swing).
4. Single leg cut backward to a front support position.
5. Cast to a back hip circle, to an immediate:
6. Under swing forward, then swing backward and:
7. At the end/top of the backward swing, release to a stand.

Note: The bar must be set high enough to allow for long hang swings.

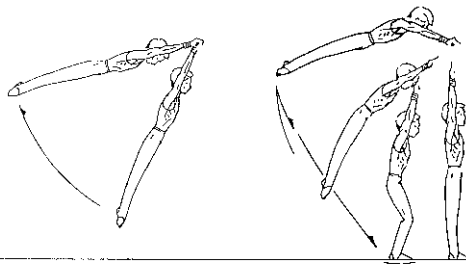
Special Spotting Requirement: In order for the gymnast to be scored, the coach must spot the entire routine. The coach must be within arm's reach of the upright for spotting in bar skills and should move forward or backward for swinging skills, based on the skill.



**GYMNASTICS —
ARTISTIC**



#6



#7



**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Men's Level II – Floor Exercise**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Lunge, front scale hold 2 seconds	1.2	Lack of amplitude - 45 degrees Lack of 1 second hold No hold	up to 0.3 0.5 1.0		
3-4 steps, Hurdle, cartwheel	1.7	Lack of continuity Insufficient split of legs Piked or arched	up to 0.3 up to 0.2 up to 0.2		
Lunge, kick toward handstand, tuck down	2.0	Body not straight Lack of amplitude Insufficient tuck Bonus hold HS	up to 0.3 up to 0.3 up to 0.3 up to 0.5		
Backward roll to piked straddle stand	1.2	Lack of continuity Failure to lift hips/straddle	up to 0.3 up to 0.3		
Straddle forward roll to knee lunge	1.0	Roll not straight Lack of continuity	up to 0.3 up to 0.3		
Vertical jump turn	0.5	Turn too far or too short	up to 0.3		
3-4 steps, hurdle cartwheel 1/4 turn to lunge	1.7	Lack of continuity Insufficient split of legs Piked or arched	up to 0.3 up to 0.3 up to 0.2		
Jump/punch 1/2 turn to final stand	0.2	Turn too far too short Jump lacks amplitude	up to 0.3 up to 0.3		
Bonus/Virtuosity	0.5				
Total Score	10.0				

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time
Medium	0.3	Verbal assistance	0.3 each time
Large	0.5	Signals	0.2 each time
Falls	0.8		

These have a four point maximum.
All other neutral deductions are the same as Fig.



GYMNASTICS — ARTISTIC

SPECIAL OLYMPICS GYMNASTICS
Men's Level II – Pommel Horse

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Jump to straight arm support	0.5	Lack stretch position	up to 0.3		
Single leg back stockil in	1.5	Extra hand placement Touch or stop during turn	0.3 each up to 0.5		
Right leg cut backward	1.0	Lack of amplitude Touch or stop during cut	0.3 each up to 0.5		
Right leg cut forward and backward	2.0	Lack of amplitude Touch or stop during cut	up to 0.3 up to 0.5 ea		
Left leg cut forward and backward	2.0	Lack of rhythm Lack of amplitude Touch or stop during cut	up to 0.3 up to 0.3 up to 0.5 ea		
Right leg cut forward	1.0	Lack of rhythm Lack of amplitude Touch or stop during cut	up to 0.3 0.3 each up to 0.5		
Left leg flank dismount with 1/4 turn right	1.5	Extra hand placement Lack of turn Failure to join legs	0.3 up to 0.5 up to 0.3		
Bonus/Virtuosity	0.5				
Total Score	10.0				

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time
Medium	0.3	Verbal assistance	0.3 each time
Large	0.5	Signals	0.2 each time
Falls	0.8		

These have a four point maximum.
 All other neutral deductions are the same as Fig.



**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Men's Level II – Still Rings**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Jump to long hang, pull up, hold 2 seconds	2.0	Lack of amplitude Lack of 1 second hold No hold	up to 0.5 0.5 1.0		
Roll backward to inverted straight body hang	2.0	Lack of continuity Body not stretched Lack of 1 second hold No hold Bonus-straight legs	up to 0.3 up to 0.3 0.5 1.0 0.5		
Inverted pike momentary hold	0.5	No momentary hold Legs not horizontal	up to 0.3 up to 0.5		
Lower to pike L hand 2 second hold, cast	2.0	Legs not horizontal Lack of 1 sec hold No hold	up to 0.3 0.5 1.0		
2 Full swings	1.5	Lack of amplitude Lack of continuity	up to 0.3 up to 0.3		
Back tuck flyaway dismount	1.5	Late release of hands Lack of amplitude Lack of stretch	0.5 up to 0.3 up to 0.3		
Bonus/Virtuosity	0.5				
Total Score	10.0				

*Coach must be in proper spotting position for the entire routine.

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time	These have a four point maximum.
Medium	0.3	Verbal assistance	0.3 each time	All other neutral deductions are the same as Fig.
Large	0.5	Signals	0.2 each time	
Falls	0.8			



GYMNASTICS — ARTISTIC

**SPECIAL OLYMPICS GYMNASTICS
Men's Level II – Vaulting**

Vault #1 OR #3 Squat on, jump off		Gymnast #	Gymnast #
Element	Value	Faults	Deduction
Rebound and flight	2.0	Alternate foot takeoff Insufficient flight	up to 0.5 up to 0.5
Body position on horse	2.0	Lack of tuck Use of one arm/hand Landing on knees	up to 0.5 up to 1.0 0.5
Needed steps		Continuity	up to 0.3
Off flight	5.0	Lack of height 0.3m (1') Lack of distance 0.9– 1.05m (3-3.5') Body position	up to 0.5 up to 1.0 up to 1.0
Landing	1.0	Each step Fall	0.1 0.5
Total Score # 1	10.0		

Vault #2 Straddle on, jump off		Gymnast #	Gymnast #
Element	Value	Faults	Deduction
Rebound and flight	2.0	Alternate foot takeoff Insufficient flight	up to 0.5 up to 0.5
Body position on horse	2.0	Lack of straddle Use of one arm/hand Landing on knees	up to 0.5 up to 1.0 0.5
Off flight	5.0	Lack of height 0.3m (1') Lack of distance 0.9– 1.05m (3-3.5') Body position	up to 0.5 up to 1.0 up to 1.0
Landing	1.0	Each step Fall	0.1 0.5
Total Score # 2	10.0		

Best Score	

Note: A coach must be at the event to spot.
Note: One balk allowed if gymnast does not touch board or horse/table.

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time
Medium	0.3	Verbal assistance	0.3 each time
Large	0.5	Signals	0.2 each time
Falls	0.8		

These have a four point maximum.
All other neutral deductions are the same as Fig.



**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Men's Level II – Parallel Bars**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Front uprise to rear straddle support	2.0	Lack of amplitude Lack of continuity	up to 0.3 up to 0.3		
Straddle travel	1.0	Pike in support Lack of amplitude	up to 0.3 up to 0.3		
L hold 2 seconds	2.0	Pike in support Legs not horizontal One second hold No hold	up to 0.3 up to 0.5 0.5 1.0		
One and a half swings	0.5	Lack of amplitude Lack of continuity	up to 0.3 ea up to 0.3 ea		
Reverse "baby stutz" to rear straddle	2.0	Turn not before leg hits Lack of continuity Lack of amplitude	up to 0.3 up to 0.3 up to 0.3		
One and a half swings	0.5	Lack of amplitude Lack of continuity	up to 0.3 ea up to 0.3 ea		
Front vault dismount tuck	1.5	Lack of amplitude Lack of tuck Lack of continuity	up to 0.3 up to 0.3 up to 0.3		
Bonus/Virtuosity	0.5				
Total Score	10.0				

Note: Coach should be in a position to spot the gymnast.

General faults will be applied to all skills.

Neutral Deduction for Coaching

- Small 0.1
- Medium 0.3
- Large 0.5
- Falls 0.8

- Physical assistance 0.5 each time
- Verbal assistance 0.3 each time
- Signals 0.2 each time

These have a four point maximum.
All other neutral deductions are the same as Fig.



GYMNASTICS — ARTISTIC

**SPECIAL OLYMPICS GYMNASTICS
Men's Level II – Horizontal Bar**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Back hip pullover	2.0	Excessive pike Bent arms in support	up to 0.3 up to 0.3		
Single leg cut	1.0	Lack of continuity Sitting in stride support Touch or stop during cut	up to 0.3 up to 0.5 up to 0.5		
Single knee upswing to stride position	2.0	Lack of amplitude Extra swing	up to 0.3 0.5 each		
Single leg cut backward	0.5	Lack of continuity	up to 0.3		
Cast back hip circle	2.0	Bent arms in support Insufficient cast Excessive pike Lack of continuity	up to 0.3 up to 0.3 up to 0.3 up to 0.3		
Underswing forward, then swing backward	1.0	Hips drop too quickly Lack of amplitude/ swings	up to 0.5 up to 0.3 each		
End of back swing release to stand	1.0	Failure to stretch Lack of control	up to 0.3 up to 0.3		
Bonus/Virtuosity	0.5				
Total Score	10.0				

*Coaches must be in required spotting position for entire routine.

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time	These have a four point maximum.
Medium	0.3	Verbal assistance	0.3 each time	All other neutral deductions are the same as Fig.
Large	0.5	Signals	0.2 each time	
Falls	0.8			



GYMNASTICS — ARTISTIC

MEN'S LEVEL III

Floor Exercise

Pommel Horse

Still Rings

Vault

Parallel Bars

Horizontal Bar

MEN'S LEVEL III — FLOOR EXERCISE

Skill Description

First pass (A-B)

1. Start in corner A, facing the diagonal. Take two to four running steps and a step hop (hurdle) to a cartwheel with a sideward landing followed by a cartwheel, one-quarter turn into a lunge, facing corner A. Hold lunge momentarily, then:
2. Turn toward the back leg while pivoting 180 degrees and perform a Swedish fall, ending in a bent-arm stretched prone position. Bring feet together, then move immediately to a squat position and:
3. Execute a straight jump with 135-degree turn (right or left) to face down a side.

Second pass (B-C)

4. From a stretch position, initiate a piked forward roll (straight legs) to end in a straddle stand with arms to side high oblique (pike to straddle out).
5. Kick to a handstand (Straddle press to a handstand = 0.3 virtuosity). Hold two seconds. (The press is shown on the video.)
6. Roll out through a knee lunge to a stand (bring legs together).
7. Step to a hitch kick (scissor kick), then step through a lunge and:
8. Kick to a handstand forward roll, followed by an immediate:
9. Straddle jump, then a straight jump with 135-degree turn to face the diagonal.

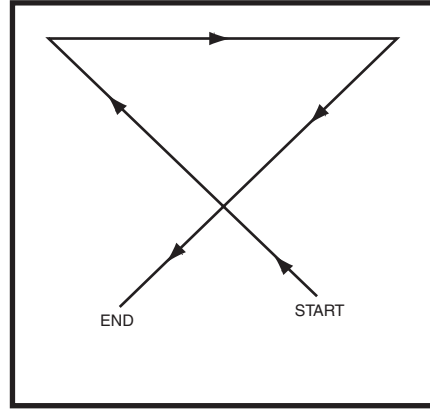
Third pass (C-D)

10. Perform a side scale with arms out to side. Hold two seconds.
11. Take three to four running steps, hurdle, round off, rebound followed by:
12. Immediate back extension roll through a handstand, (straight arm to handstand = 0.1 virtuosity), pike down to a stand and assume a final attention position.

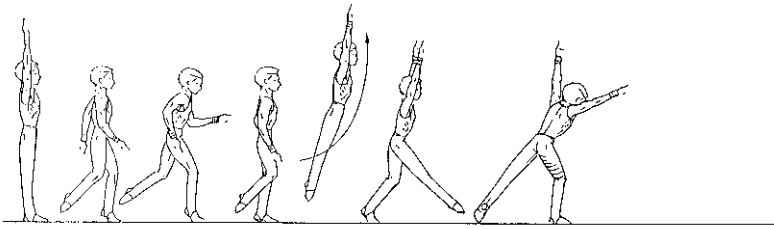


GYMNASTICS — ARTISTIC

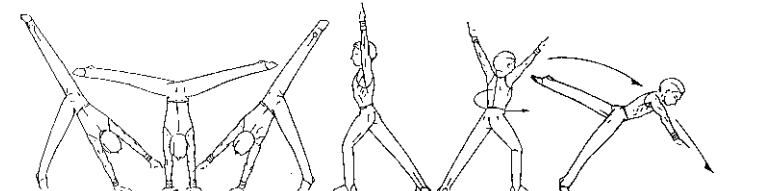
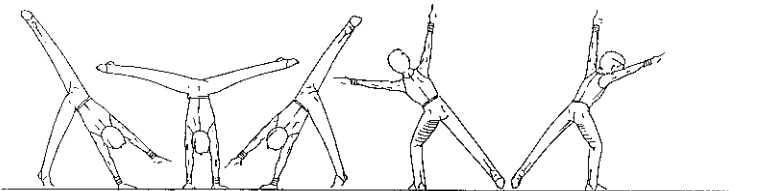
Men's Level III – Floor Exercise Pattern



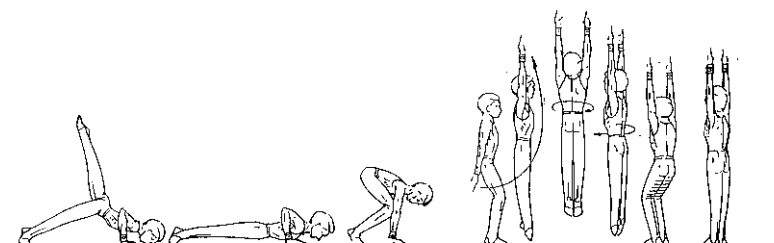
Men's Level III – Floor Exercise Routine



#1



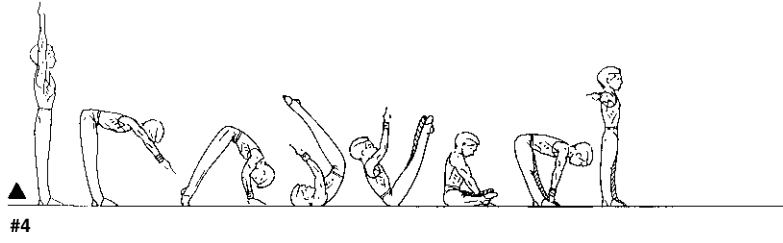
#2



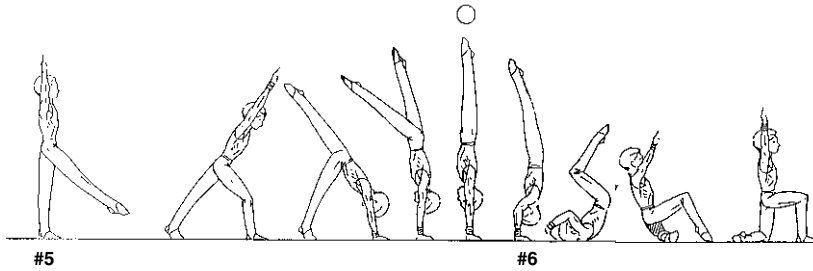
#3



GYMNASTICS — ARTISTIC

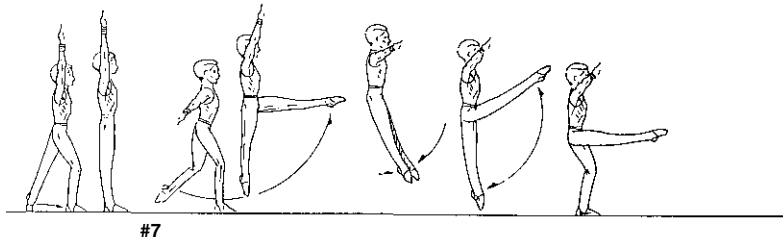


#4

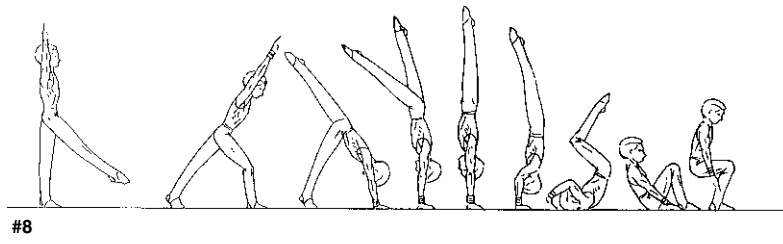


#5

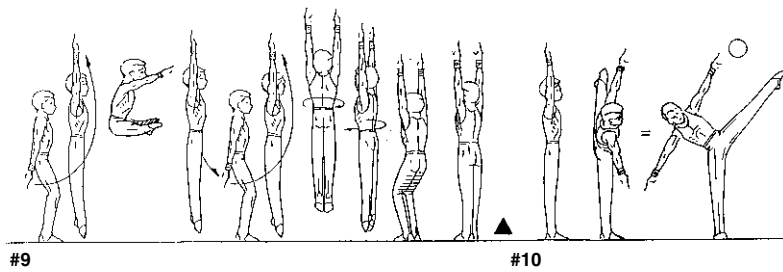
#6



#7

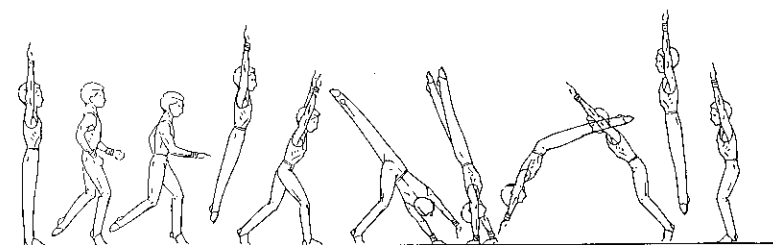


#8

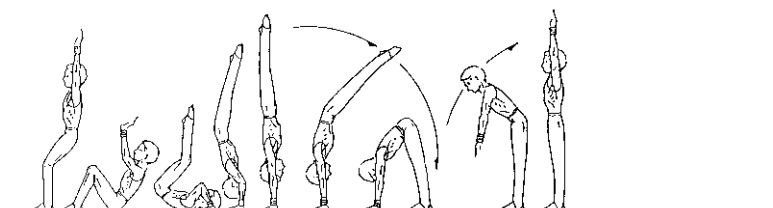


#9

#10

**GYMNASTICS —
ARTISTIC**

#11



#12

MEN'S LEVEL III — POMMEL HORSE

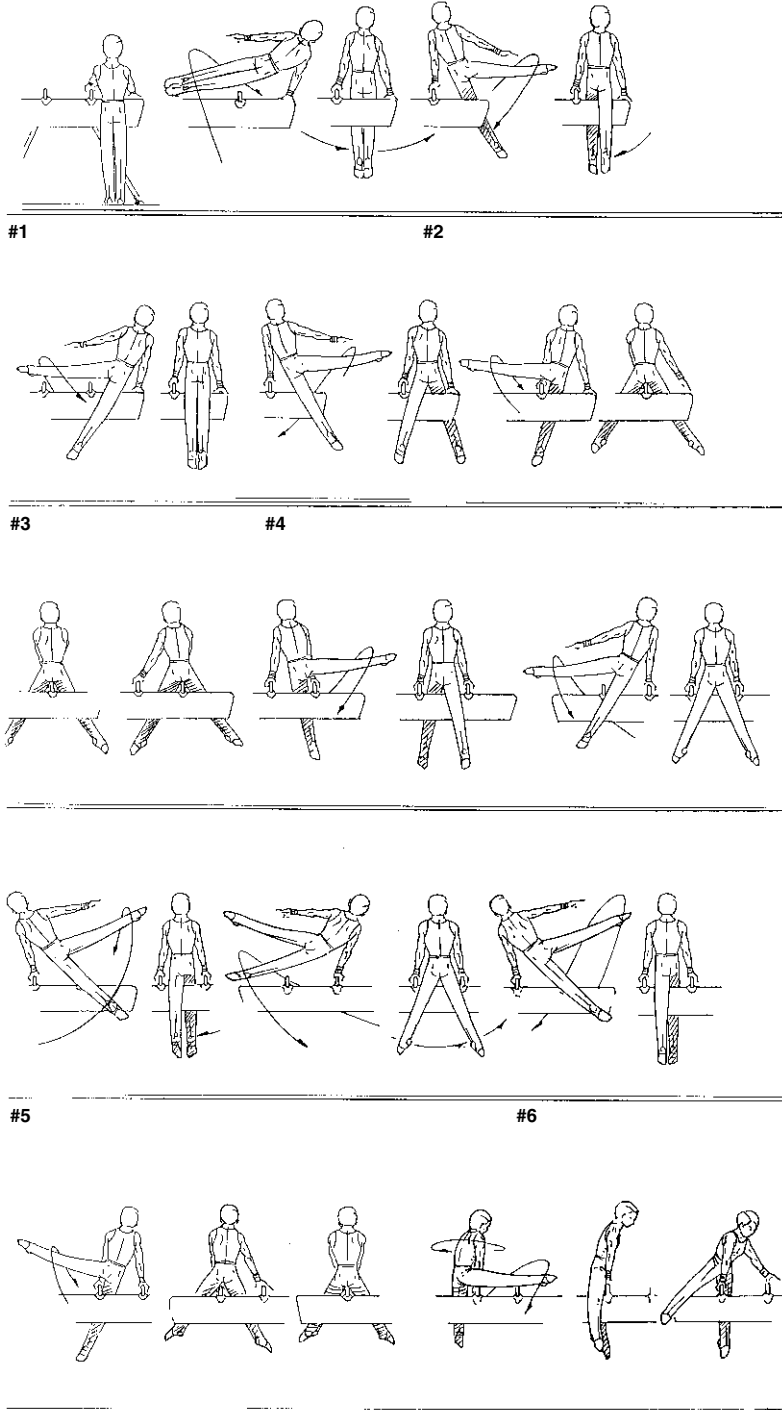
Skill Description

1. Place left hand on the right pommel and the right hand on the end of the horse, jump to a one-half-circle mount (clockwise) to end in a rear support. Immediately, perform a:
 2. Right single leg cut backward.
 3. Left single leg cut backward.
 4. Right single leg cut forward followed by a single leg uphill travel, ending in a front support position with one hand on each pommel.
 5. Right single leg circle.
 6. Cut right leg forward and swing left leg around left pommel, then push off the right pommel with the right hand; the right hand then joins the left hand in a double undergrip position on the left pommel. As the body continues to swing clockwise, the gymnast releases the left hand to reach for the free pommel and swings the right leg over the horse to a front support. The gymnast has now completed a 180-degree turn and has returned to a front support position with one hand on each pommel. This skill is known as a "Baby" or "Swing" Moore.
 7. Immediately do a left single leg cut forward with a 90-degree right (clockwise) turn of the body with the left hand joining the right hand in a double overgrip position on the pommel. Release the right hand and regrasp the free pommel while continuing to turn the body another 90 degrees (the gymnast is now in a right stride position in the saddle). This skill is known as a single leg Swiss.
 8. Swing left leg forward, straddling the left pommel; swing right leg back while moving right hand in front of left hand on left pommel. Swing left leg back. Then move left hand to end of horse, finishing in front support (single leg downhill travel).
 9. Right single leg cut forward, then swing left leg forward, releasing left hand, and perform a single-leg flank dismount with a one-quarter turn right (clockwise).



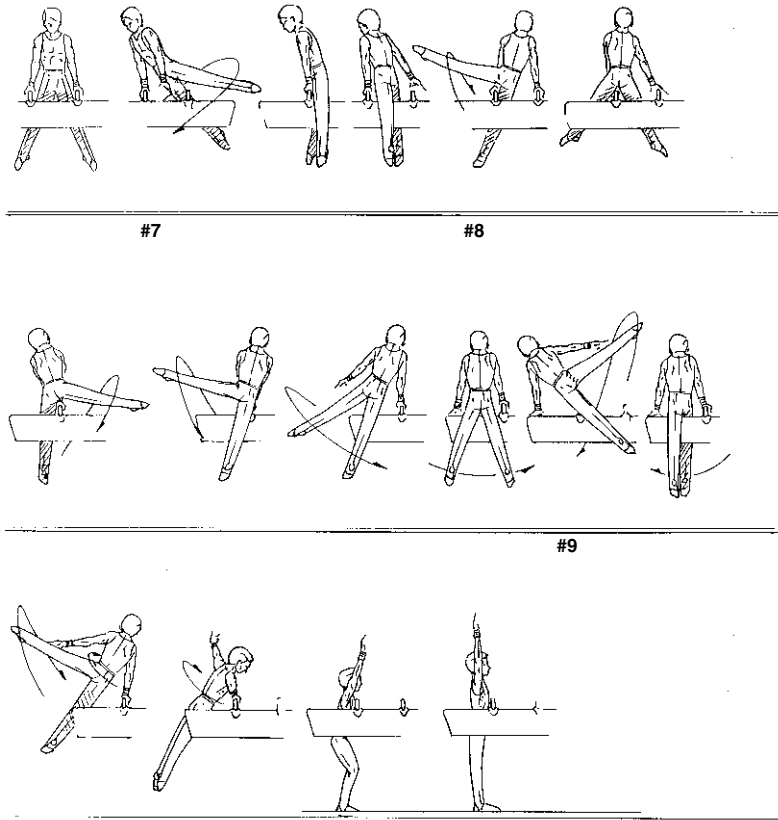
GYMNASTICS — ARTISTIC

Men's Level III – Pommel Horse Routine





GYMNASTICS — ARTISTIC



MEN'S LEVEL III — STILL RINGS

Skill Description

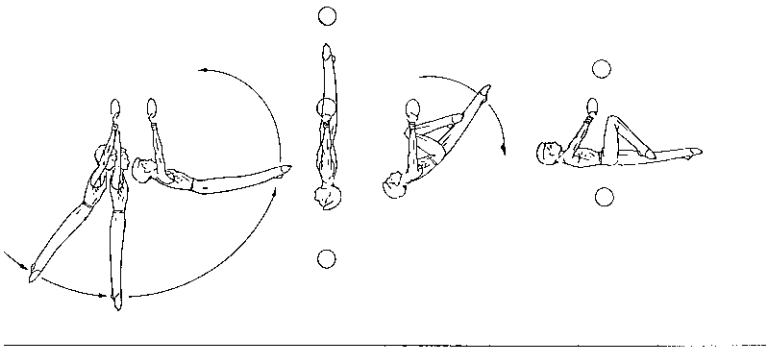
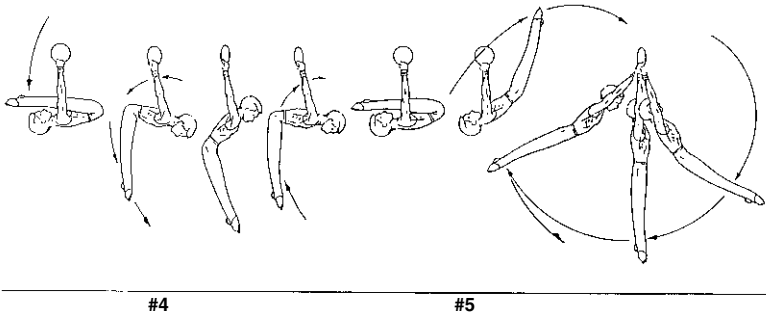
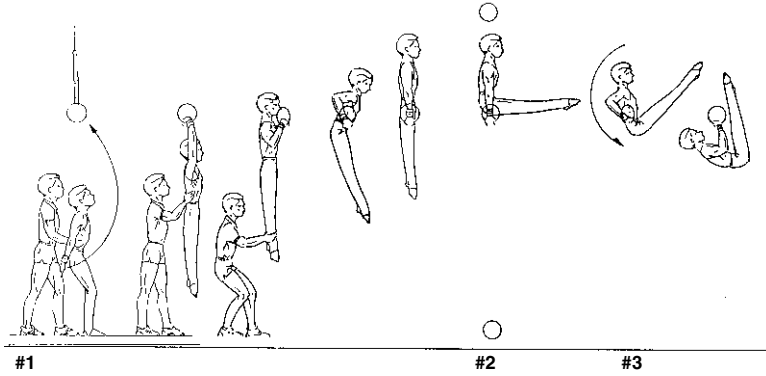
1. Jump to a long hang and execute a pull-up and press to a straight arm support position (muscle up). Note: 0.5 bonus points awarded if skill is done unassisted.
2. Flex hips and assume an L support position. Hold two seconds.
3. Slowly roll backward to an inverted pike hang position. Hold momentarily, then:
4. Lower to a German hang position, pull out through an inverted pike position, cast to:
5. Swing backward, then forward to an inverted straight body hang position. Hold two seconds.
6. Flex one knee and lower forward to a stag front lever position. Hold for two seconds, then extend the flexed knee and:
7. Perform swings: backward, forward, backward and forward to:
8. A backward pike flyaway dismount.

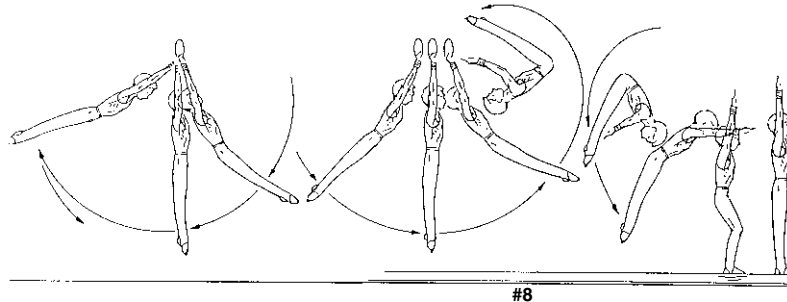
Special Spotting Requirement: In order for the gymnast to be scored, the coach must spot. The coach must be within arm's reach of where the gymnast mounts the rings and remain that distance throughout the entire routine.



GYMNASTICS — ARTISTIC

Men's Level III – Still Rings Routine



**GYMNASTICS —
ARTISTIC****MEN'S LEVEL III — VAULTING**

Note: Within the next eight years, many gyms may remove their traditional horses and only have a vaulting table. Therefore, using either horse or table, the gymnast may choose to perform two vaults, which may be the same or different. The better of the two vaults counts.

Note: The coach must be in a position to spot the gymnast.

All levels - One balk is allowed if the athlete does not touch board/horse.

Vault #1 - (Use the horse or table) Squat Vault

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the horse or table, tuck the body.
6. Keeping the head and chest up, rebound off the hands as the knees pass over the horse or table without touching it.
7. Lift the arms and stretch the body in the off-flight.
8. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

Vault #2 - (Use the horse or table) Straddle Vault

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the horse or table, pike the hips and straddle the legs.
6. Keeping the head and chest up, rebound off the hands as the legs pass over the horse or table in a straddle position without the legs touching it.
7. Lift arms, bring legs together and stretch body in the off-flight.
8. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

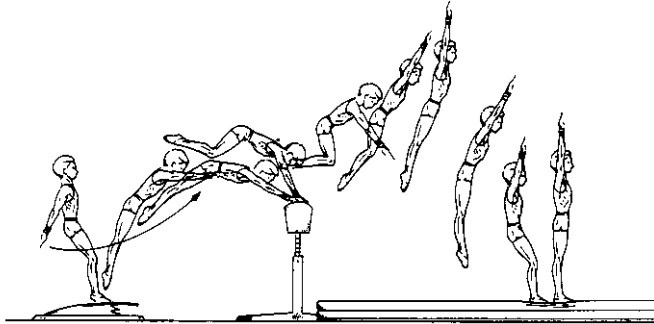


GYMNASTICS — ARTISTIC

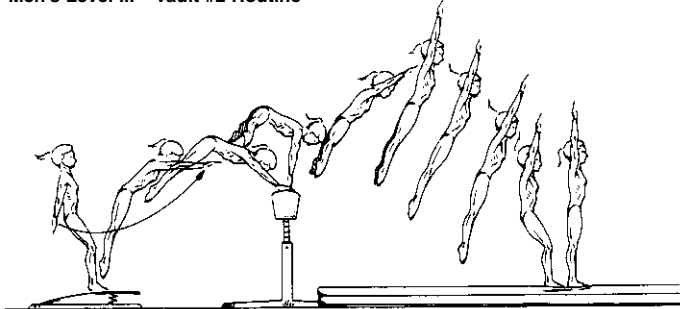
Vault #3 - (Use a board and a 12-inch mat) Repulse Through Handstand.

1. Stand at attention close to, or a short distance from the board.
2. Lunge or hurdle with none or one lead-up step, bending and placing both hands (at the same time) onto the top of the board.
3. Kick the legs toward a handstand.
4. As the body passes through an extended handstand position, the gymnast should quickly extend the shoulders, resulting in a lift off the board (gymnast should not stop the handstand).
5. Keeping the body in a tight and extended position, the gymnast lands onto the back of his/her entire body at the same time, onto the 12-inch (25-centimeter) mat; then holds this extended landed position for 1-2 seconds.
6. The gymnast gets up and shows an attention position. Note: the gymnast should show control, with a minimum of excess movement while getting from the back to the feet.

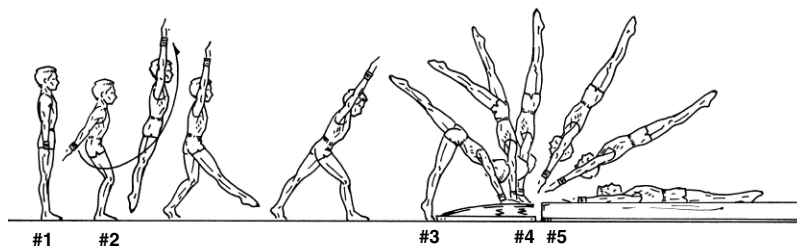
Men's Level III – Vault #1 Routine



Men's Level III – Vault #2 Routine



Men's Level III – Vault #3 Routine



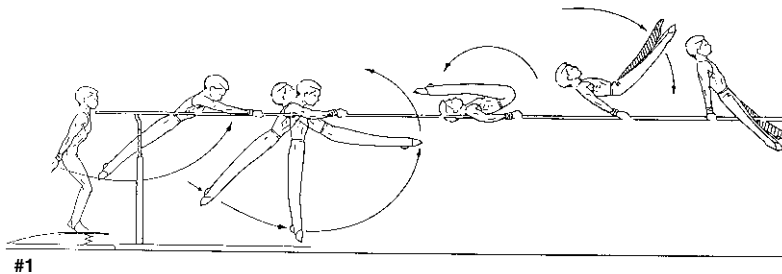
**GYMNASTICS —
ARTISTIC****MEN'S LEVEL III — PARALLEL BARS**

Skill Description

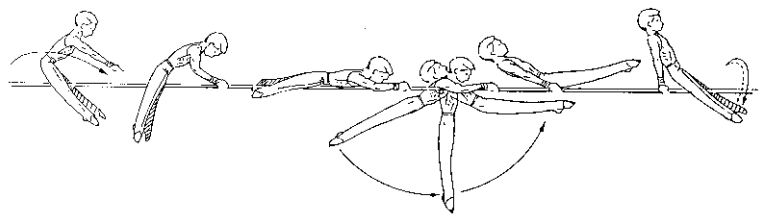
1. From a standing position at the end of the bars or from a running start, jump well down the bars to an upper arm support; swing forward to an inverted pike position and perform an above-bar kip to a rear-straddle support position.
2. Reach forward with both hands and layaway to an upper arm support; bring legs together; swing forward and execute a front uprise to a rear straddle support.
3. Lift legs off the bars and assume an L position. Hold two seconds.
4. Perform swings: backward, forward and at the end of the second back swing:
5. Perform a reverse scissors (reverse baby back stutz) to a rear straddle support.
6. Move hands to a position on the bars in front of the hips and press through the straddle position to an upper arm stand (shoulder stand). Hold two seconds.
7. Roll forward out of the shoulder-stand position and perform a modified back uprise to a straight arm support position with one thigh resting on each bar (push-up position). Note: 0.5 bonus points are awarded if the gymnast performs the back uprise without support of his thighs on the bars, as seen in the illustrations below.
8. Swing forward, backward and forward to execute a rear vault dismount with a one-half turn (stutz dismount).

Note: The height of the bars should be adjusted to allow the gymnast to swing freely in an upper arm support position.

Note: A coach must be in the position to spot the gymnast.

Men's Level III – Parallel Bars Routine

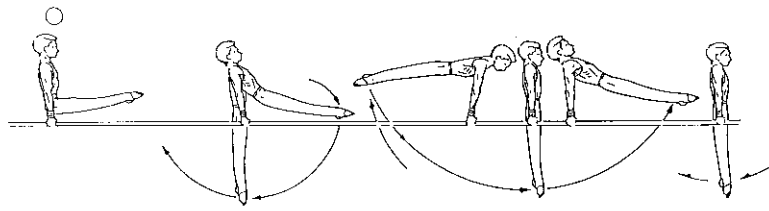
#1



#2

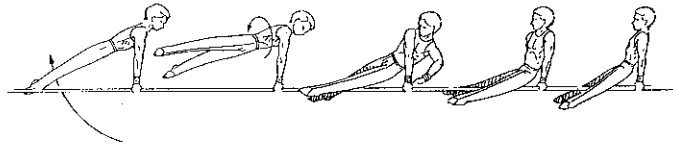


GYMNASTICS — ARTISTIC

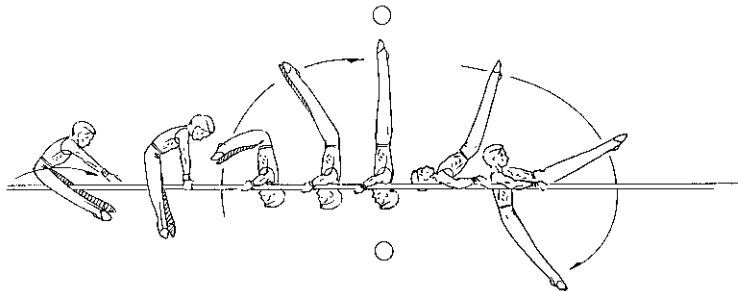


#3 ○

#4

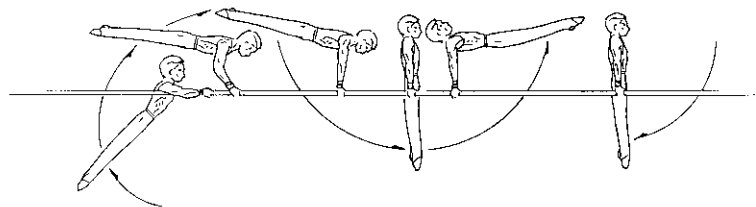


#5

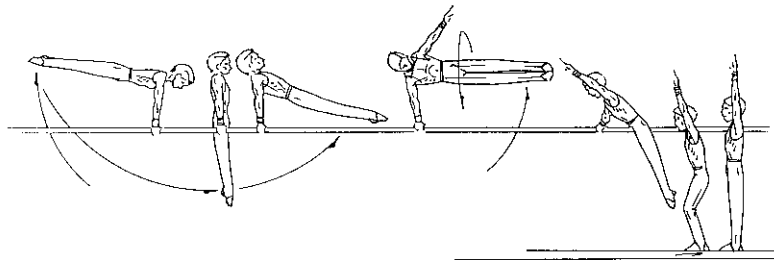


#6

#7



#8



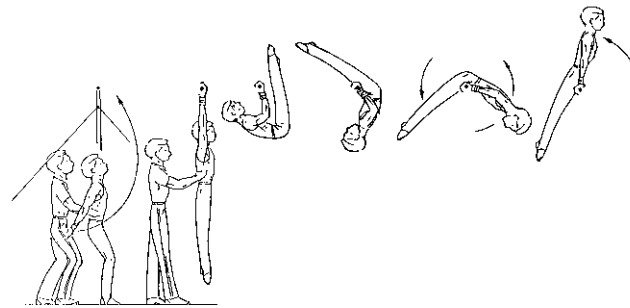
**GYMNASTICS —
ARTISTIC****MEN'S LEVEL III — HORIZONTAL BAR**

Skill Description

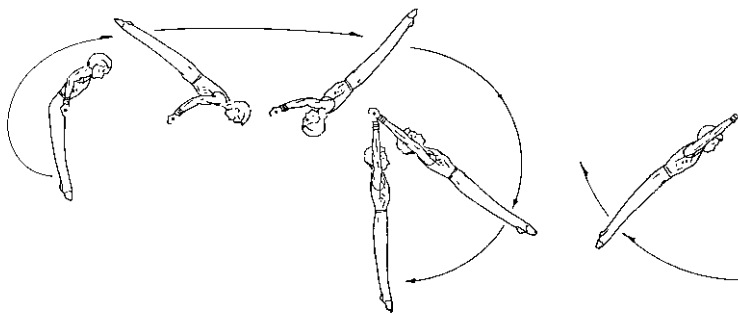
1. Jump to a long hang with an undergrip (reverse grip) hand position and execute a hip pull over to a front support. Note: The gymnast may initiate the hip pull over as soon as he grasps the bar. He does not have to show a long hang with straight arms prior to starting the hip pull-over action.
2. Cast forward over the bar and:
3. At the end of the backswing, hop both hands to an overgrip position.
4. Swing forward and execute a one-half turn to a mixed grip hand position.
5. Swing forward, then backward with a mixed grip, and at the end of the backward swing, hop the second hand to an overgrip position; swing forward and:
6. Perform a single leg kip (shoot) to a stride support.
7. Execute a one-half turn (toward the back leg), then single leg over backward to end in a front support.
8. Cast, back hip circle.
9. Cast, straddle on, sole circle (under swing) dismount.

Special Spotting Requirement: In order for the gymnast to be scored, the coach must spot the entire routine. The coach must be within arm's reach of the upright for spotting in bar skills and should move forward or backward for swinging skills, based on the skill.

Note: The bar must be set high enough to allow for long hang swings.

Men's Level III – Horizontal Bar Routine

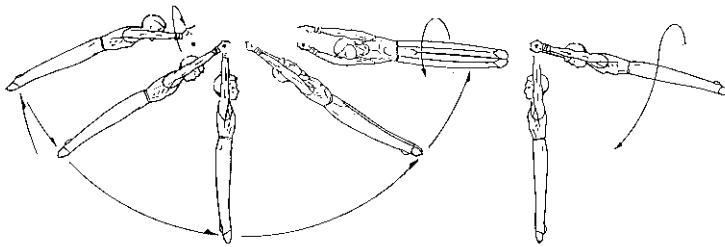
#1



#2

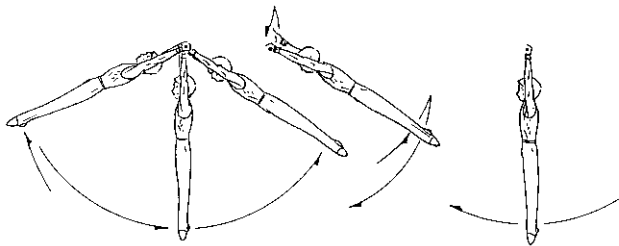


**GYMNASTICS —
ARTISTIC**

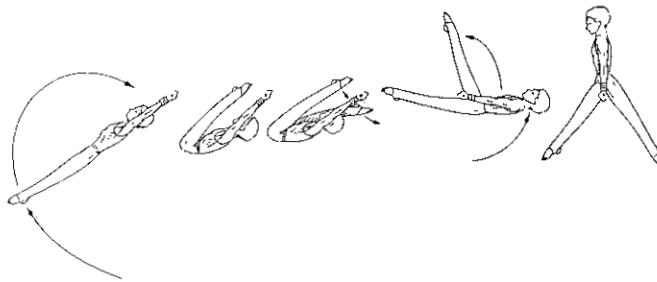


#3

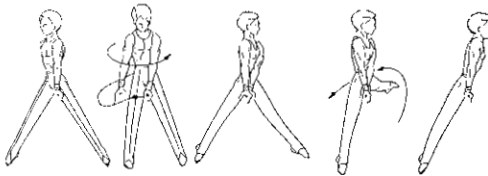
#4



#5



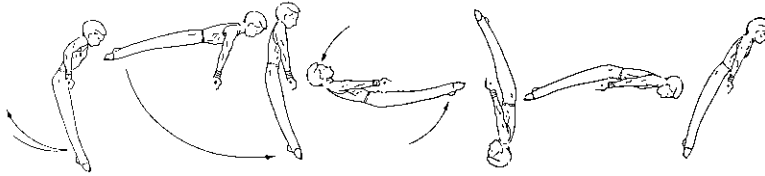
#6



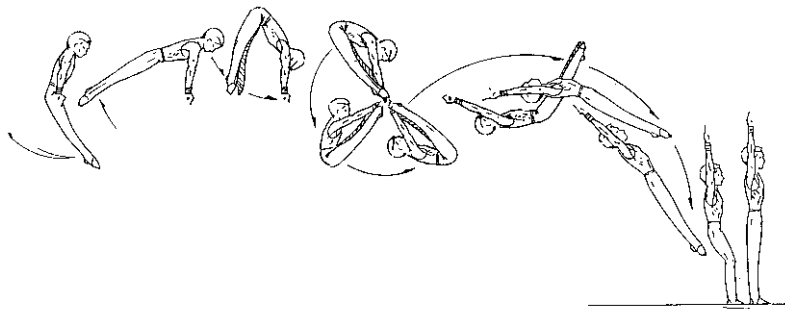
#7



**GYMNASTICS —
ARTISTIC**



#8



#9



**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Men's Level III – Floor Exercise**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Hurdle cartwheel, cartwheel 1/4 turn in	1.2	Lack of continuity Insufficient split of legs Piked or arched	up to 0.3 up to 0.2 ea up to 0.2 ea		
Pivot to swedish fall	0.5	Incomplete turn body Not straight in fall	up to 0.3 up to 0.3		
Jump 135 turn	0.2	Incomplete turn	up to 0.2		
Pike forward roll	1.0	Roll not straight	up to 0.3		
straddle stand		Lack of straddle	up to 0.3		
Kick to hand stand hold 2 seconds	1.2	Jump off feet Body not stretched	0.2 up to 0.3		
Straddle press to HS		One second hold	0.5		
hold 2 sec = virtuosity		No hold	1.0		
Knee lunge to stand	0.5	Lack of continuity Use of hands to stand	up to 0.3 0.3		
Hitch kick	0.2				
Handstand forward roll	1.0	Failure to make vertical Roll uncontrolled	up to 0.5 up to 0.3		
Straddle jump, straight	0.4	Lack of continuity	up to 0.2		
jump with 135 turn		Lack of amplitude	up to 0.2		
Side scale	1.0	Lack of amplitude 30° Lack of 1 second hold No hold	up to 0.3 0.5 1.0		
Hurdle roundoff rebound	1.0	Lack of continuity Legs failing to pass vertical Lack of repulsion from hands Legs coming together late	up to 0.3 up to 0.3 up to 0.2 up to 0.2		
Back extension roll through HS pike down If straight arm to HS++ .1 virtuosity	1.3	Lack of continuity Failure to reach vertical Stretch in handstand Lack of control in pike	up to 0.3 up to 0.3 up to 0.3 up to 0.3		
Bonus/Virtuosity	0.5				
Total Score	10.0				

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time
Medium	0.3	Verbal assistance	0.3 each time
Large	0.5	Signals	0.2 each time
Falls	0.8		

These have a four point maximum.
All other neutral deductions are the same as Fig.



GYMNASTICS — ARTISTIC

SPECIAL OLYMPICS GYMNASTICS
Men's Level III – Pommel Horse

Element	Value	Faults	Deduction	Gymnast#	Gymnast #
Jump 1/2 circle mount	0.8	Excessively piked Extra hand placement Touch or stop in rear support	up to 0.3 0.3 each up to 0.5		
Right leg cut backward	0.5	Touch or stop in rear support Lack of amplitude	up to 0.5 0.3 each		
Left leg cut backward	0.5	Touch or stop in rear support Lack of amplitude	up to 0.5 0.3 each		
Right leg cut forward to single leg up hill travel	1.5	Extra hand placement Touch or stop during cut Lack of continuity Lack of amplitude	0.3 each up to 0.5 up to 0.3 up to 0.3		
Right single leg circle	1.5	Touch or stop during cut Lack of amplitude	up to 0.3 each 0.5 each		
"Baby" or "swing" more	1.5	Extra hand placement Touch or stop during cut Lack of continuity Lack of amplitude	0.3 each up to 0.5 up to 0.3 up to 0.3		
Single leg swiss to front support	0.7	Extra hand placement Touch or stop during cut Lack of continuity Lack of amplitude	0.3 each up to 0.5 up to 0.3		
Right leg cut forward to single leg downhill	1.5	swing cut Extra hand placement Touch or stop during cut Lack of continuity Lack of amplitude	up to 0.3 0.3 each up to 0.5 up to 0.3 up to 0.3		
Single leg flank dismount with 1/4 turn	1.0	Extra hand placement Lack of turn Failure to join legs Touch or stop during cut Lack of continuity Lack of amplitude in cut	0.3 each up to 0.5 up to 0.3 up to 0.5 up to 0.3 up to 0.3		
Bonus/Virtuosity	0.5				
Total Score	10.0				

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time
Medium	0.3	Verbal assistance	0.3 each time
Large	0.5	Signals	0.2 each time
Falls	0.8		

These have a four point maximum.
 All other neutral deductions are the same as Fig.



**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Men's Level III – Still Rings**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Muscle-up	2.0	Uneven push Lack of continuity	up to 0.5 up to 0.5		
Bonus-if done unassisted 0.5					
L support hold 2 seconds	1.0	Legs not horizontal One second hold No hold	up to 0.3 0.5 1.0		
Slowly roll backward to inverted pike hang	1.5	Legs not horizontal No momentary hold	up to 0.3 0.3		
Momentary hold		Lack of continuity	up to 0.3		
German hang pullout	1.0	Lack of stretch Stop	up to 0.3 0.3		
Lack of continuity		Lack of continuity	up to 0.3		
One full swing	0.5	Lack of amplitude on swing	up to 0.3		
Inverted straight body hang hold 2 seconds		Lack of stretch Lack of 1 second hold No hold	up to 0.3 0.3 0.5		
Slag front lever hold 2 seconds	1.5	Lack of stretch Lack of 1 second hold No hold	up to 0.3 0.5 1.0		
2 Full swings	1.0	Lack of amplitude	up to 0.3		
Backward pike flyaway	1.0	Late release of hands Lack of amplitude Tuck position	up to 0.5 up to 0.5 1.0		
Bonus/Virtuosity	0.5				
Total Score	10.0				

*Coaches must be in proper spotting position for the entire routine.

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time
Medium	0.3	Verbal assistance	0.3 each time
Large	0.5	Signals	0.2 each time
Falls	0.8		

These have a four point maximum.
All other neutral deductions are the same as Fig.



**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Men's Level III – Vaulting**

Vault #1 - Squat Vault		Gymnast #	Gymnast #
Element	Value	Faults	Deduction
First flight	3.0	Insufficient height Insufficient flight Leg separation (squat) Body twisted	up to 0.3 up to 0.5 0.2 0.2
Support phase	2.0	Not top of horse Use of one arm/hand Leg position incorrect	up to 0.3 up to 1.0 up to 0.3
Second flight	4.0	Lack of height Lack of body stretch Lack of distance	up to 1.0 up to 0.3 up to 1.0
General	0.5	Direction	up to 0.3
Landing	0.5	Each step Deep squat or pike >90 Fall	0.1 0.3 0.8
Total Score #1	10.0		

Vault #2 - Straddle Vault		Gymnast #	Gymnast #
Element	Value	Faults	Deduction
First flight	3.0	Insufficient height Insufficient flight Leg separation (squat) Body twisted	up to 0.3 up to 0.5 0.2 0.2
Support phase	2.0	Not top of horse Use of one arm/hand Leg position incorrect	up to 0.3 up to 1.0 up to 0.3
Second flight	4.0	Lack of height Lack of body stretch Lack of distance	up to 1.0 up to 0.3 up to 1.0
General	0.5	Direction	up to 0.3
Landing	0.5	Each step Deep squat or pike >90 Fall	0.1 0.3 0.8
Total Score #2	10.0		



**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Men's Level III – Vaulting (continued)**

Vault #3 - Repulse Through Handstand			Gymnast #	Gymnast #
Element	Value	Faults	Deduction	
Stand at attention	1.0			
Lung to hands on mat	2.0	Alternate hands Bent elbows	up to 0.3 up to 0.5	
Kick through handstand	2.0	Bent elbows Each additional attempted handstand	up to 0.5	
Repulsion	2.0	Pause in handstand 1 full second stop Body not tight No lift	1.0 0.5 1.0 up to 0.5 up to 1.0	
Land on back on mat	2.0	Not entire body at the same time Body not tight	up to 1.5 up to 0.5	
Stand to attention	1.0	Awkward transition	up to 0.5	
Total Score #3	10.0			

Best Score	

Note: A coach must be at the event to spot.

Note: One balk allowed if gymnast does not touch board or horse.

General faults will be applied to all skills.

- Small 0.1
- Medium 0.3
- Large 0.5
- Falls 0.8

Neutral Deduction for Coaching

- Physical assistance 0.5 each time
- Verbal assistance 0.3 each time
- Signals 0.2 each time

These have a four point maximum.
All other neutral deductions are the same as Fig.



**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Men's Level III – Parallel Bars**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Kip to rear straddle support	1.5	Lack of amplitude Lack of continuity Pike in support	up to 0.3 up to 0.3 up to 0.3		
Layaway to front uprise	1.0	Lack of amplitude Lack of continuity Pike in support	up to 0.3 up to 0.3 up to 0.3		
L hold 2 seconds	1.0	Legs not horizontal Lack of 1 second hold No hold	up to 0.5 0.5 1.0		
One and a half swings	0.5	Lack of amplitude Lack of continuity	up to 0.3 ea up to 0.3 ea		
Reverse "baby stutz"	1.2	Turn not before leg hits Lack of continuity Lack of amplitude	up to 0.3 up to 0.3 up to 0.3		
Press to upper arm stand, hold 2 seconds	1.5	Body not vertical Lack of 1 second hold No hold	up to 1.0 0.5 1.0		
Froll forward to modified back uprise	1.3	Excessive pike on roll Lack of amplitude Lack of continuity	up to 0.5 up to 0.3 up to 0.3		
One and a half swings, half turn rear vault dismount	1.5	Lack of amplitude Body not straight Lack of turn	up to 0.3 up to 0.3 up to 0.3		
Bonus/Virtuosity	0.5				
Total Score	10.0				

*Coach must be in a position to spot the gymnast.

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time
Medium	0.3	Verbal assistance	0.3 each time
Large	0.5	Signals	0.2 each time
Falls	0.8		

These have a four point maximum.
All other neutral deductions are the same as Fig.



**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Men's Level III – Horizontal Bar**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Back hip pullover mount	2.0	Excessive pike Bent arms in support	up to 0.3 up to 0.3		
Cast forward over bar	1.0	Lack of amplitude Lack of stretch	up to 0.5 up to 0.5		
Hop both hands	1.0	Lack of amplitude/ swing Alternate hand placement	up to 0.3 up to 0.5		
1/2 turn to mixed grip	0.5	Lack of amplitude/ swing	up to 0.3 up to 0.3		
Swings/hop hand	1.0	Turn misaligned Lack of amplitude/ swing	up to 0.3 up to 0.3 ea		
Single leg kip to stride support	1.5	Lack of continuity Bent leg during kip Sitting in stride support	up to 0.3 up to 0.5 0.5		
1/2 turn, leg cut backward to front support	0.5	Lack of continuity Sitting during skill Touch or stop during cut	up to 0.3 0.5 up to 0.5		
Cast back hip circle	1.0	Lack of amplitude on cast Excessive pike on circle	up to 0.3 up to 0.3 up to 0.3		
Cast straddle sole circle dismount	1.0	Lack of amplitude on cast Lack of height Lack of distance Failure to stretch Excessive pike on circle	up to 0.3 up to 0.3 up to 0.3 up to 0.3 up to 0.3		
Bonus/Virtuosity	0.5				
Total Score	10.0				

*Coaches must be in required spotting position for entire routine.

General faults will be applied to all skills. Neutral Deduction for Coaching

Small	0.1	Physical assistance	0.5 each time
Medium	0.3	Verbal assistance	0.3 each time
Large	0.5	Signals	0.2 each time
Falls	0.8		

These have a four point maximum.
All other neutral deductions are the same as Fig.