



**GYMNASTICS —
ARTISTIC****ARTISTIC GYMNASTICS**

The Official Special Olympics Sports Rules for Artistic Gymnastics shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Gymnastique (FIG) rules for artistic gymnastics found at <http://www.fedintgym.com/rules/>. FIG or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Artistic Gymnastics or Article I. In such cases, the Official Special Olympics Sports Rules for Artistic Gymnastics shall apply.

SECTION A — OFFICIAL EVENTS

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Mixed Gender Events (Level A only)

(local and regional/national competition only)

- a. Vaulting
- b. Wide Beam
- c. Floor Exercise
- d. Tumbling
- e. Single Bar
- f. All Around (total of all five event scores)

2. Men's Events (Levels I, II, III and IV)

- a. Floor Exercise
- b. Pommel Horse
- c. Rings
- d. Vaulting
- e. Parallel Bars
- f. Horizontal Bar
- g. All Around (total of all six event scores)

3. Women's Events (Levels I, II, III and IV)

- a. Vaulting
- b. Uneven Bars
- c. Balance Beam
- d. Floor Exercise
- e. All Around (total of all four event scores)

4. Male and female gymnasts may compete in all events offered within the same level (**All Around**) or may be "**specialists**," competing in one, two or more events but not all events.



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5. Order of events for competition

- a. In men's artistic competition, the order of events is: floor exercise, pommel horse, rings, vaulting, parallel bars, and horizontal bar. Men may be scheduled to start the meet on any event, but must continue their rotation in order.
- b. In women's artistic competition, the order of events is: vaulting, uneven bars, balance beam, and floor exercise. Women may be scheduled to start the meet on any event, but must continue their rotation in order.

SECTION B — DIVISIONING/RULES OF COMPETITION

1. Age-group divisions will be followed.

2. There are five levels of competition:

- a. Level A (Compulsory routines for gymnasts who have ambulatory problems, etc., but are too advanced for the Motor Activities Training Program.)
- b. Level I (Beginner compulsory routines)
- c. Level II (Intermediate compulsory routines)
- d. Level III (Advanced compulsory routines)
- e. Level IV (Optional/Voluntary routines)

3. For all Levels:

- a. Coaches will determine the competition level for their athletes. The athletes must be able to safely perform all of the skills in that level.
- b. In all-around competition, athletes must compete at the same level in all events.
- c. At the Program level, an artistic gymnast specializing in less events than the all around total (i.e., three) may compete on two different levels, with a one-level difference between. In international competition, an athlete must be on the same level in all events entered.

4. Female gymnasts who compete in artistic gymnastics may not compete in rhythmic gymnastics in the same competition.

5. The written text is the official version. Visual aids such as floor patterns, illustrations and videotapes or DVD are provided as a supplement. If a difference exists between the text and visual aid, the text must be followed.

6. Modifications for gymnasts with visual impairments: In order to aid the athlete, the following types of assistance are permissible for all levels of competition:

- a. Audible cues such as clapping may be used in all routines.
- b. In the floor exercise, music may be played at any close point outside the mat or the coach may carry the music source around the perimeter of the mat.
- c. In vaulting, the gymnast has the choice of not taking a run, but using one step, two steps, multiple bounces on the board (with hands starting on horse) or a gymnast may hold onto a rope alongside the runway.
- d. Coaches must notify the meet director and judges of their athlete's visual impairment before the meet and prior to each event.

7. Modifications for athletes with hearing impairments:

- a. In the women's floor exercise, the coach may signal the athlete to begin the routine without penalty.
- b. Coaches must notify the meet director and judges of their athlete's hearing impairment before the meet and prior to the floor exercise event.



**GYMNASTICS —
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- a. In the floor exercise, coaches may walk onto the floor and remove (and replace) walkers and other aids as needed without any deduction.

SECTION C — EQUIPMENT**1. Attire**

- a. Male gymnasts shall wear tank tops (leotards) and long gymnastic pants or gymnastic shorts depending on the event. T-shirts that are tucked in may replace the tank tops. Gymnasts may compete in socks, gymnastic slippers or bare feet.
- b. Female gymnasts shall wear a long-sleeved leotard, have bare legs and have either bare feet or wear gymnastic slippers. Flesh-colored tights with bare feet are permitted but not recommended. Sleeveless leotards may be worn if the temperature warrants it. The only jewelry allowed is stud earrings.

2. Men's and Women's Artistic Equipment

- a. Generally, see FIG equipment specifications and mat specifications for competition equipment. Modifications have been made to meet skill and size requirements for Special Olympic athletes.
 - 1) Additional mats may be used to accommodate smaller gymnasts or for added safety. (There are no deductions unless specified in the specific event.)
 - 2) Boards may be placed on top of the allowed matting around the equipment to help gymnasts mount but should be removed immediately.
- b. The floor exercise mat may be sprung or unsprung.
- c. No vaulting horses or tables are used in Level A or Level I.
- d. Any standard vaulting board is permitted. A vaulting collar must be used for inverted, optional vaults.
- e. The heights of the uneven bars, parallel bars and high bar may be adjusted to meet the size of the gymnast. Where the height cannot be lowered sufficiently, additional mats may be used to raise the floor.
- f. Balance beam
 - 1) Level A beam is 12.25 centimeters (6 inches) wide and no more than 10 centimeters (4 inches) above the panel mat it sits on. The beam may be covered with suede cloth or indoor/outdoor carpeting.
 - 2) Levels I and II may use a floor beam that is 10 centimeters (4 inches) wide and 4.88 meters (16 feet) long. The top is no more than 30 centimeters (12 inches) off the ground and 10 centimeters (4 inches) from the mats or they may use a Level III beam.
 - 3) Level III uses a regulation beam that is 10 centimeters (4 inches) wide and 4.88 meters (16 feet) long. Its height may range from 88 centimeters (34 5/8 inches) to 1.2 meters (47 1/4 inches).

SECTION D — SAFETY CONSIDERATIONS**1. Overview**

- a. Consistent with the Special Olympics philosophy that the movement is athlete-centered, the safety of athletes is the primary concern when establishing sports rules. The establishment of international guidelines for Special Olympics gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression of instruction in gymnastics skills. This will reduce the incidence of injuries. Athletes who safely perform all skills in a specific level of compulsory routines should compete at that level. Competition in optional routines has been limited to advanced-level gymnasts only.



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- b. Learning the proper progressions of skill instruction and correct spotting techniques is the responsibility of the volunteer gymnastics coach. Special Olympics commends those national/state Programs in which certified gymnastics instructors use the proper progression for teaching advanced gymnastics skills which is set forth in the Sports Skills Program Guides, these rules and elsewhere. However, many volunteers begin coaching with limited gymnastics expertise. These volunteers should start by teaching only the compulsory Level I routines. Those skills that are included in the more advanced levels should be taught by coaches with at least two years of general gymnastics coaching experience. It is recommended that coaches of advanced Level IV gymnasts have additional training in gymnastics from what Special Olympics offers at this time.

2. Special Olympics Safety Position

- a. Regardless of how much safety is provided, coaches should not entice or encourage their athletes to perform skills that are beyond their reasonable ability or skills that are beyond the coaches' ability to teach. Special Olympics recommends that all gymnastics coaches become safety certified in accordance with the policy endorsed by the appropriate National Governing Body. Special Olympics concurs with the following responsibility statement:

"Even though gymnastics safety is everyone's responsibility, the instructor or coach must bear much of it, including the responsibility to see that others do their share: the parents, the doctor and the athletes. Prevention and remediation are major responsibilities in a broad umbrella-type program under which many other points must be included: the environment, the prescribed learning progression and the physical preparedness of the athlete. These are the areas where the instructor/coach bears much of the moral and legal responsibility. It is not enough to warn and inform; all concerned must have an appreciation and understanding of the risk in every vigorous gymnastics activity."

- b. As written in the compulsory routines, coaches must be under the rings, high bar (see specific requirement for each high bar level) and uneven bars, prepared to spot, before an athlete may compete in these events. The coach must remain there during the routine. If the coach does not remain in a spotting position from start to end, the following deductions will occur:
- 1) Gymnast will not be judged while the coach is not in a position to spot.
 - 2) Judge will "call" the coach to be there. A 0.3 deduction will be taken for undisciplined behavior.
 - 3) Assuming that the coach returns to the spotting position, the gymnast will be judged from that point. All skills performed prior to that will be considered as omitted parts and deductions taken.
 - 4) If the gymnast decides to start over, he/she may. If the gymnast leaves the apparatus or the coach touches the gymnast in order to start over, an 0.8 deduction will be taken in addition to the 0.2 for delay of meet.
 - 5) If the coach does not return to a spotting position and the gymnast completes his routine, the gymnast will score a zero.
- c. During vault and parallel bars competition, the coach must be present and in a position to spot. Rules 1-5 above apply.

Note to coaches: Although this next section (beginning at this point and ending with the list of vault values) focuses primarily on judging, coaches should study it carefully in order to understand requirements for a gymnast in each event. Both compulsory and optionals are defined.

SECTION E — JUDGING/ SCORING

1. General Judging

- a. Two to six judges are used to evaluate each event. When four to six judges are involved in the scoring of a routine, the high and low scores are eliminated, and the remaining scores are averaged to result in the final score. The judges place themselves around the event mat or apparatus and are not allowed to consult among themselves unless ordered to do so by the head judge. (If the judges' scores are not "in range," there is a consultation.) The final average score is flashed.



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- b. Due to the importance of the divisioning process and in fairness to all, the following rule will be in effect once the competition begins: Judges are not allowed to talk with coaches, parents or athletes concerning a gymnast's routine. This rule applies on and off the floor of competition. If such communications occur, removal of the judge will be recommended to the Games Committee.
- c. When judging compulsory routines, the A and B panel judging system (see FIG for details) may be used. The A panel determines if the routine was performed according to the text. The A panel takes all deductions related to this area. The B panel will evaluate the execution of the routine and apply all rules applicable to this area. When not using this A, B panel system, each judge will be responsible to judge the entire routine and determine the score based on 10.0.
- d. The out-of-range guidelines for Compulsory or Optional judging are:
- | | |
|------------------|-----|
| 9.5 – 10.0..... | 0.1 |
| 9.0 – 9.45..... | 0.2 |
| 7.55 – 8.95..... | 0.3 |
| 0.00 – 7.5..... | 0.5 |
- e. Neutral deductions are taken off the final score. There is a four point maximum to these deductions. Examples include:
- | | |
|---|------------------|
| 1) Improper attire | 0.3 each routine |
| 2) Improper equipment and use of aids.
(Coach may petition in cases of special need) | 0.8 each routine |
| 3) Undisciplined or unsportsmanlike behavior | 0.3 each time |
| 4) Failure to present to judges before or after | 0.3 each time |
| 5) Failure to remove board or mounting surface | 0.3 each time |
| 6) Coaching assistance (Special Olympics modifications:) | |
| a) Physical assistance | 0.5 each time |
| b) Verbal assistance | 0.3 each time |
| c) Signals to gymnast | 0.2 each time |
| 7) Not starting within 30 seconds of judges' signal | 0.3 each time |
| 8) Not wearing competition number (if provided) | 0.3 each time |
- f. If an athlete entered in the All-Around receives no score in any one of the events, then they are not eligible for an award in the All-Around event.

2. Protests. There are General Protest Forms for non-judging issues. (These should be provided by the Games Organizers)

3. Scoring

The averaged scores are sent to the scoring table where they are placed and compared with gymnasts in that event, level, age group and skill group for medals. (See Divisioning.)

4. Judging Compulsory Artistic Routines

- a. The judges may give a maximum score of 10 points for a compulsory routine. The score of 10.0 is broken down as seen in each individual event score sheet. In a few specific routines, an additional 0.5 bonus may be given. However, as noted, the athlete will still only receive a maximum of 10 points.
- b. Value of routines/elements
- 1) There are 9.5 points to this category in both men's and women's routines. In Level A, there are 10 points to this category.



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- 2) The deduction for omission of an element equals the value of the element plus an additional deduction of 0.5. (The same as if the athlete barely tried it but had to be spotted to do it.)
- 3) Execution deductions are taken off each individual element. Specific deductions are noted; in addition, general deductions are:
 - a) Small errors: 0.1 (includes bent arms, knees, leg separation, loss of balance, wrong hand placement, etc.)
 - b) Medium errors: 0.3 (includes the same as small errors but done to a greater extent)
 - c) Large errors: 0.5 (includes excessive or extreme bending of arms and/or knees, leg separation, or loss of balance)
 - d) Very large errors and falls: 0.8 (includes falls on and off the apparatus)
- 4) Amplitude deductions are taken off each individual element using the above execution guidelines. Amplitude includes the range of motion and how large or compressed the skill shown is compared to the ultimate.
- 5) Rhythm deductions are taken off each individual element also. These deductions include unwanted stops (0.1) to a whole series of poor rhythm throughout the whole routine.

c. Bonus/Virtuosity

- 1) There is 0.5 points to this category in both the men's and women's routines. (In Level A there is no bonus/virtuosity category.)
- 2) Virtuosity means the precise technical execution of a skill(s) with exceptional height and/or extension.
- 3) In some cases a specific bonus of 0.5 is noted (e.g., height of beam). The athlete will receive this bonus in addition to the 0.5 bonus/virtuosity that may be awarded. However, a maximum of 10.0 points is the highest score an athlete may receive.

- d. An entire routine may be reversed without deductions, and a single element may be reversed without deductions as long as it does not change the floor pattern (floor exercise).

5. Judging Artistic Optional/Voluntary Routines

The same routine must be performed in preliminaries and finals. (Men's and women's judging has been simplified to use one format for both, since many Special Olympics coaches coach both men and women, and FIG rules continue to get more difficult).

- a. In evaluating each optional routine, the judge gives a score for difficulty, execution/presentation, combination and bonus/additive value of the routine. The maximum score a judge can give is 10 points, and this score is given only if, in the judge's opinion, the routine is performed with full difficulty and without flaw. A score of 10.0 would be broken down in the following manner:

Panel A: Difficulty of the skills/value parts	1.0
Combination/specific requirements	1.0
Bonus/additive value	0.5
Subtotal	2.5
Panel B: Execution/presentation/performance	7.5
Total	10.0

Note: In many instances, the same judge(s) will judge both A and B.

**GYMNASTICS —
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a) A maximum of 1.0 may be given for rating the difficulty of the skills in a routine. Difficulties are rated either A, B, C or above. The complete table of difficulties may be found in the FIG books. A routine that is too simple to have any difficulty, but done exceptionally well, may still receive a potential score of 9.0.

A skills are worth 0.2 each

B skills are worth 0.4 each

C skills are worth 0.6 each

b) The FIG rule governing repetition and the rules governing layaways, and empty and intermediate swings do not apply for Special Olympics. These can be used as elements.

c) A gymnast must perform at least 6 different elements in a routine (except vaulting). An element will only be counted one time. If 6 different elements are not performed, a deduction of 0.5 will be taken from the final score. Elements performed to the right and left are not considered different (e.g. cartwheels, leg cuts, etc.). However, it must be pointed out that a skill may be performed more than one time without penalty for repetition. Deductions will be taken for execution errors of all elements in the routine.

d) In Floor Exercise only, it is permissible for a male gymnast to select a difficulty skill from the female FIG Code of Points in the A, B, and C section. It is also permissible for a female to similarly select from the male FIG Code of Points.

2) Combination/specific event requirements (1.0)

A maximum of 1.0 may be given for evaluating the combination of the skills in a routine, especially with regard to any specific requirements for the event. Each completed requirement is rewarded with 0.2. The maximum points rewarded will be 1.0.

Men's Requirements:**Floor Exercise**

Flexibility, balance, strength

Jump(s) and Turn(s)

Forward element(s)

Backward element(s)

Side element(s)

Pommel Horse

Single leg element(s)

Double leg circle(s)

Face at least two directions

Use all three parts of the horse

Dismount

Rings

Hold(s) 2 seconds

Element(s) in support

Strength

Swing

Dismount

Parallel Bars

Hold(s) two seconds

Swing element(s) in support above bar

Swing element(s) below the bar

Face each end of the bars

Dismount

Horizontal Bar

Release, regrip of one or two hands

Turn(s)

Long hang swing(s)

Element(s) near the bar

Dismount

Women's Requirements:**Floor Exercise**

Acrobatic skill(s)

Dance skill(s)

Forward element(s)

Backward element(s)

Balance hold(s)

Balance Beam

Turn(s)

Leap(s)

Low and high element(s)

Balance hold(s)

Dismount

Uneven Bar

Bar change(s)

Cast(s)

Kip(s)

Forward & backward movements

Dismount

Note: A certain level of difficulty is not needed in order to meet the requirement. The requirement could be fulfilled with a simple element that has no purported value by FIG, such as a forward roll, leg cut, etc.

Special Note: A performed skill may only fulfill one of the requirements. Therefore, it will take 5 different skills to meet all five event requirements.

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3) Bonus/additive value (0.5)

Each gymnast will have the opportunity to earn bonus points up to a maximum of 0.5. The entire 0.5 points shall be earned if the gymnast has lost no more than 0.5 of his 7.5 points in execution/presentation or if he/she performs more difficulty than the allotted 1.0.

4) Execution/presentation/performance (7.5)

Each gymnast will start his/her routine with 7.5 points in the area of exercise presentation (technical execution and body position). Gymnasts will lose points for each execution error, based on the rules for execution in the FIG codes.

Special Note: In an Optional Routine, a gymnast may use any element presently in any Compulsory Routine. However, if a gymnast uses any three consecutive elements, from any Compulsory Routine, there will be a deduction of one full point (1.0) from the Final Score. The reason for this deduction is to discourage a gymnast from taking a series of elements directly from a Compulsory routine when creating an Optional routine.

Note: In Floor Exercise and Balance Beam, the FIG guidelines will be used to determine the length of a routine.

b. Vaulting

- 1) Optional vaulting is judged differently than other optional routines.
- 2) Male gymnasts may use long or side horse or table. Female gymnasts may use side horse or table.
- 3) The gymnast is allowed one, two or three attempts at vaulting in all competitions, as follows:
 - a) One balk allowed if gymnast does not touch board or horse/table
 - b) One vault over the horse/table
 - c) A second vault over the horse/table which may be the same as the first vault or a different vault. The best vault counts.
- 4) The gymnast may not use any of the compulsory vaults for optionals.*
- 5) Scoring the execution of the vault is the same as in the FIG codes.
- 6) Vaults, commonly performed in Special Olympics, will have the following start values:

Front, Rear and Flank	5.0
*Horizontal or Layout Squat or Straddle	7.0
Stoop	7.5
Handspring, Yamashita	8.5
Handspring Sideways with 1/4 turn	8.5

Note: Add 0.5 to the start value for each 1/2 turn added to any of the above vaults.

*Special Note: The Horizontal, Layout Squat, or Straddle vaults are not the Compulsory vaults. The Compulsory vaults do not require "horizontal" or "layout" positions. It is these positions that make these Optional vaults both different and more difficult than the Compulsory vaults. Deduct 1.0 if the Horizontal or Layout positions are not shown.



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COMPULSORY ROUTINES

MEN'S AND WOMEN'S LEVEL A

Vault
Single Bar
Balance Beam
Tumbling
Floor Exercise

Note: Level A is not a preliminary to Level I. It is for non-ambulatory or very low functioning gymnasts who are too advanced for the Motor Activities Training Program but may never be Level I gymnasts. Many may need manual assistance to perform these routines.

MEN'S AND WOMEN'S LEVEL A — VAULTING

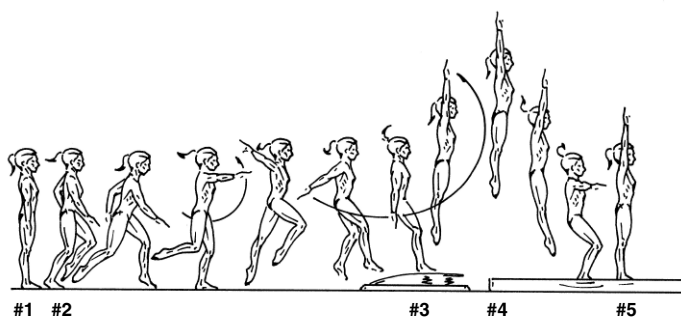
Skill Description

1. Stand at attention several steps from board.
2. Walk or run up to and onto board.*
3. Place two feet together near end of board.
4. Stretch jump into air and off of board.
5. Land on mat, stretch to attention.

*Junior board is acceptable to use based on small size and weight.

This vault is repeated two times. The better of the two is used for scoring.

Men and Women's Level A— Vault Routine





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MEN'S AND WOMEN'S LEVEL A — SINGLE BAR

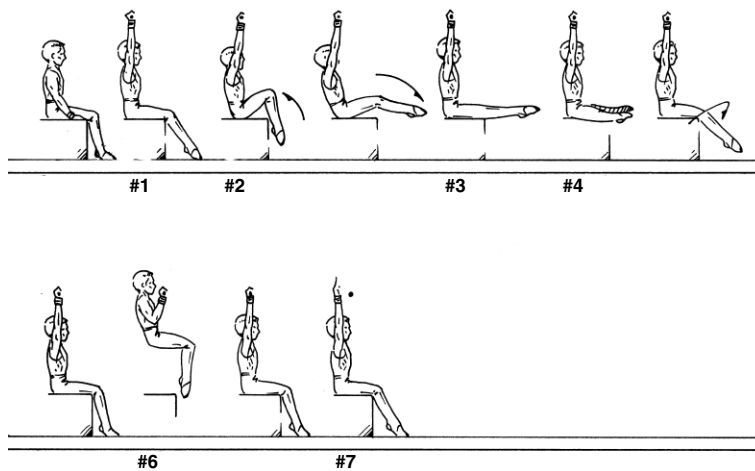
Skill Description

Start sitting (wheelchair or folded mat) or in piked hang with feet touching ground under bar (bar should be set within comfortable reach)

1. Reach up and grab bar in overgrip.
2. Bend knees up to tuck position while holding on bar.
3. Straighten legs to pike sit while holding bar.
4. Open legs to straddle sit while holding bar.
5. Bring legs together and lower to floor.
6. Attempt a chin-up.
7. Release bar and raise arms overhead.

Note: If range of motion is limited, bar may be slightly in front rather than directly overhead. Coach may have to assist with leg positions, but spotting deductions will apply.

Men and Women's Level A— Single Bar Routine



MEN'S AND WOMEN'S LEVEL A — BALANCE BEAM

Skill Description

Start by standing at end of beam.

1. Step on end of beam.
2. Forward walking to middle of beam
3. One point balance (optional foot and arm placement).
4. Forward walking to end of beam.
5. Stretched jump off end of beam.

Note: At Level A, the floor beam is 15 centimeters wide (6 inches) and no more than 10 centimeters (4 inches) above the mats.

Since the Beam Routine allows for an optional choice, no illustrations were created in order to avoid confusing the coach or gymnast.

**GYMNASTICS —
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Skill Description

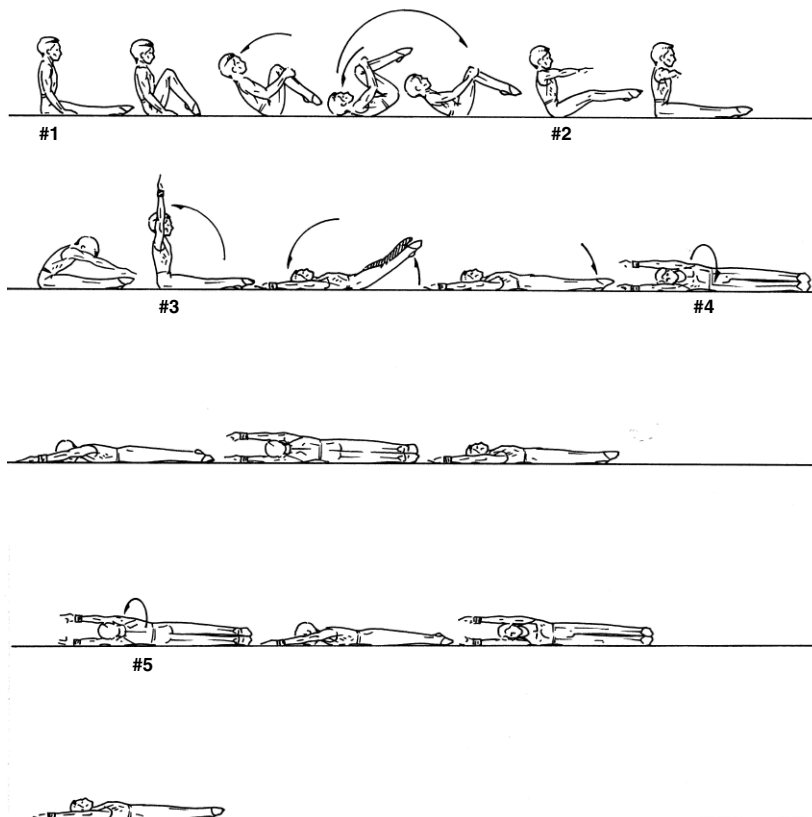
First pass — start near end of strip mat:

1. Sitting, show tuck position and perform a back rock and up, holding knees.
2. Release knees, show pike position, reach toward toes.
3. Lie back, showing straddle with legs elevated 10-90 degrees. Lower legs, bring legs together to straight lying position.
4. Two log (pencil) rolls sideways right.
5. Two log (pencil) rolls sideways left.

Use mats set up as a strip mat or you may use a floor exercise mat.

Coach may remove athlete from wheelchair or remove walker and replace such without penalty.

Note: Salute to the judge may be from floor at start and end of routine, if gymnast is non-ambulatory.

Men and Women's Level A—Tumbling Routine



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MEN'S AND WOMEN'S LEVEL A — FLOOR EXERCISE

Skill Description

1. Beginning pose (optional)
2. Stretched sideways roll (log/pencil roll)
3. Balance (optional – i.e., arched supine hold — “Superman” pose)
4. Locomotor movement (optional – i.e., scooting)
5. Ending pose (optional)

Note: Routine may be performed on folding mats or on a floor exercise mat.

Coach may remove athlete from wheelchair or remove walker and replace such at end of routine without penalty

Music may be used (optional).

This routine, other than beginning and ending pose, may be done in any order and in any direction.

Since the Floor Exercise allows for an optional choice, no illustrations were created in order to avoid confusing the coach or gymnast.



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**SPECIAL OLYMPICS GYMNASTICS
Men's and Women's Level A – Vaulting**

Vault #1		Gymnast #	
Element	Value	Faults	Deduction
Stand at attention	2.0		
Walk toward board	2.0	Crooked walk	up to 0.5
Hurdle onto board	2.0	One foot landing Double bounce	0.5 1.0
Stretch jump into air	2.0	Lack of stretch Lack of height	up to 1.0 up to 0.5
Land on mat Stretch to attention	2.0	No distance Each step Fall	0.5 0.1 0.5
Total Score #1	10.0		

Vault #2		Gymnast #	
Element	Value	Faults	Deduction
Stand at attention	2.0		
Walk toward board	2.0	Crooked walk	up to 0.5
Hurdle onto board	2.0	One foot landing Double bounce	0.5 1.0
Stretch jump into air	2.0	Lack of stretch Lack of height	up to 1.0 up to 0.5
Land on mat Stretch to attention	2.0	No distance Each step Fall	0.5 0.1 0.5
Total Score #2	10.0		

Best Score	
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*This vault is repeated two times; the best of the two attempts is used.

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 (4.0).
All other neutral deductions are the same as Fig.



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**SPECIAL OLYMPICS GYMNASTICS
Men's and Women's Level A – Single Bar**

Element		Value	Faults	Deduction	Gymnast #
Reach up and grab bar in overgrip		1.0			
Bend knees to tuck position		2.0	Lack of bend	up to 0.5	
Pike position		1.0			
Straddle position		2.0	Lack of straddle	1.0	
Bring legs together, lower to floor		1.0			
Attempt a chin up		2.0	Chin not up to bar	up to 1.5	
Release bar and raise arms overhead		1.0			
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 (4.0).
All other neutral deductions are the same as Fig.

**SPECIAL OLYMPICS GYMNASTICS
Men's and Women's Level A – Balance Beam**

Element		Value	Faults	Deduction	Gymnast #
Step on end of beam		2.0			
Forward walking to middle of beam		2.0	Lack of continuity	0.3	
One point balance (Optional foot and arm placement)		2.0	Balance held 1 second No hold	0.5 1.0	
Forward walking to end of beam		2.0	Lack of continuity	0.3	
Stretched jump off end of beam		2.0	No height No stretch	up to 0.5 up to 0.5	
Total Score		10.0			

*At this level, the floor beam is 15cm (6") wide and no more than 10cm (4") above the mats

*If athlete uses walker to progress through routine, the same deduction is given as if the coach supported the gymnast during the 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 (4.0).
All other neutral deductions are the same as Fig.



GYMNASTICS — ARTISTIC

**SPECIAL OLYMPICS GYMNASTICS
Men's and Women's Level A – Tumbling**

Element		Value	Faults	Deduction	Gymnast #
Back rock and up		2.0	Not tucked Not getting up	up to 0.5 up to 1.0	
Pike position		2.0	Not piked No reach	up to 0.5 up to 1.0	
Leg lift in straddle (10-90<)		2.0	Lack of straddle	up to 1.0	
Stretched sideways roll		2.0	Lack of stretch Crooked roll	up to 1.0 up to 1.0	
Stretched sideways roll		2.0	Lack of stretch Crooked roll	up to 1.0 up to 1.0	
Total Score		10.0			

*Mats set on a strip mat or floor exercise mat may be used.

**Coach may remove athlete from wheelchair or remove waker and replace such at end of routine without penalty.

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 (4.0).
All other neutral deductions are the same as Fig.

**SPECIAL OLYMPICS GYMNASTICS
Men's and Women's Level A – Floor Exercise**

Element		Value	Faults	Deduction	Gymnast #
Beginning pose (optional)		2.0			
Stretched sideways roll (log/Pencil Roll)		2.0	Lack of stretch Crooked roll	up to 0.5 0.5	
Balance (optional - i.e. supine hold "superman" hold)		2.0	One second hold No hold	0.5 1.0	
Locomotor movement optional (optional - i.e. scooting)		2.0	Lack of continuity	0.3	
End pose (optional)		2.0			
Total Score		10.0			

*Mats set on a strip mat or floor exercise mat may be used.

**Coach may remove athlete from wheelchair or remove waker and replace such at end of routine without penalty.

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 (4.0).
All other neutral deductions are the same as Fig.



GYMNASTICS — ARTISTIC

WOMEN'S LEVEL I

Vault
Uneven Bars
Balance Beam
Floor Exercise

WOMEN'S LEVEL I — VAULTING

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

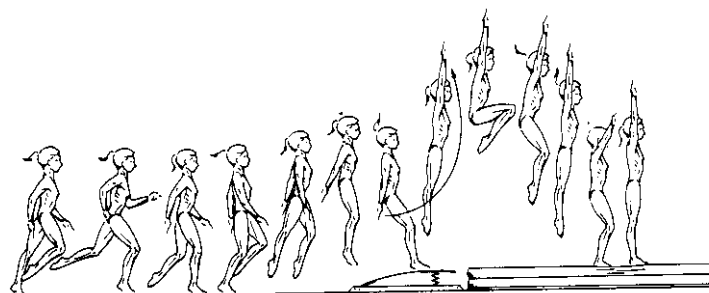
1. Stand at attention no more than 10 meters (33 feet) from the board.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms as the knees lift toward a momentary tuck position.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

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

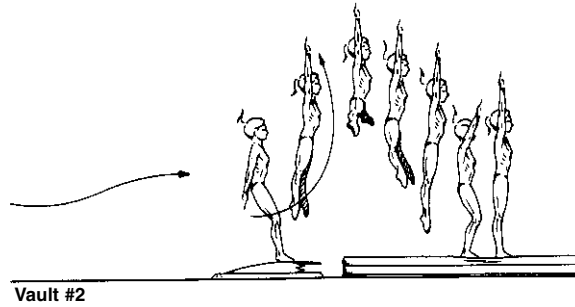
Women's Level I – Vault #1 and #2 Routine



Vault #1



GYMNASTICS — ARTISTIC



WOMEN'S LEVEL I — UNEVEN BARS

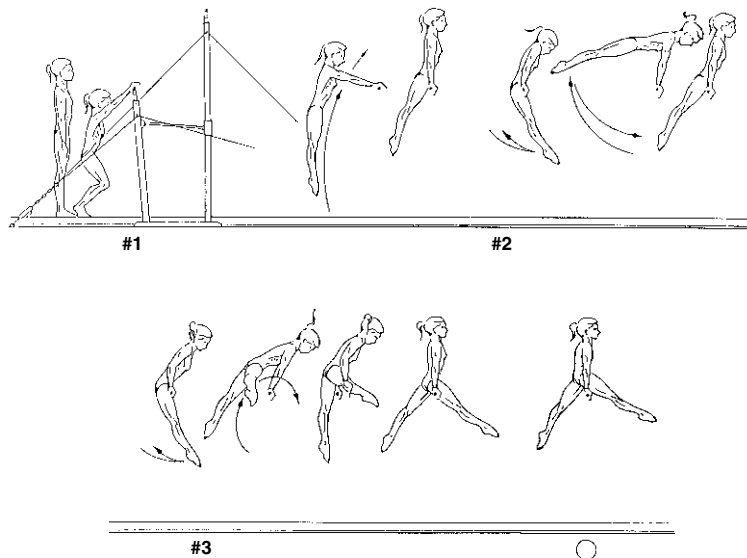
Note: Only a single low bar is needed for this routine. The low bar should be chest height for the gymnast. Lowering the bar and additional mats may be used to achieve this.

Skill Description

1. With an overgrip hand position, jump to a straight arm support position.
2. Flex arms slightly, pike, then cast clear of the bar and return to a front support position.
3. Raise right leg over the bar, placing the right hand outside right hip on the bar to achieve a stride position. Lift body (free stride) and stretch legs to momentarily hold the position.
4. Replace right hand on the bar inside the right leg and swing the right leg backward over the bar to return to a front support position.
5. Tucked forward roll over the bar and with control; slowly lower legs in tuck to the ground.
6. Stand on legs, release bar and assume a final stretched position.

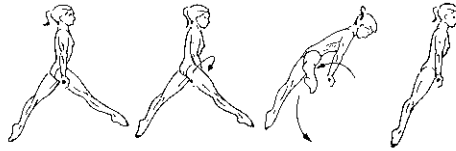
Special spotting requirement: In order for the gymnast to be scored, the coach must be in the proper spotting position for the entire routine. The coach must be within arm's reach of the upright for spotting "in-bar" skills and should move forward or backward for "swinging skills," based on the skill.

Women's Level I – Uneven Bars Routine





**GYMNASTICS —
ARTISTIC**



#4



#5

#6



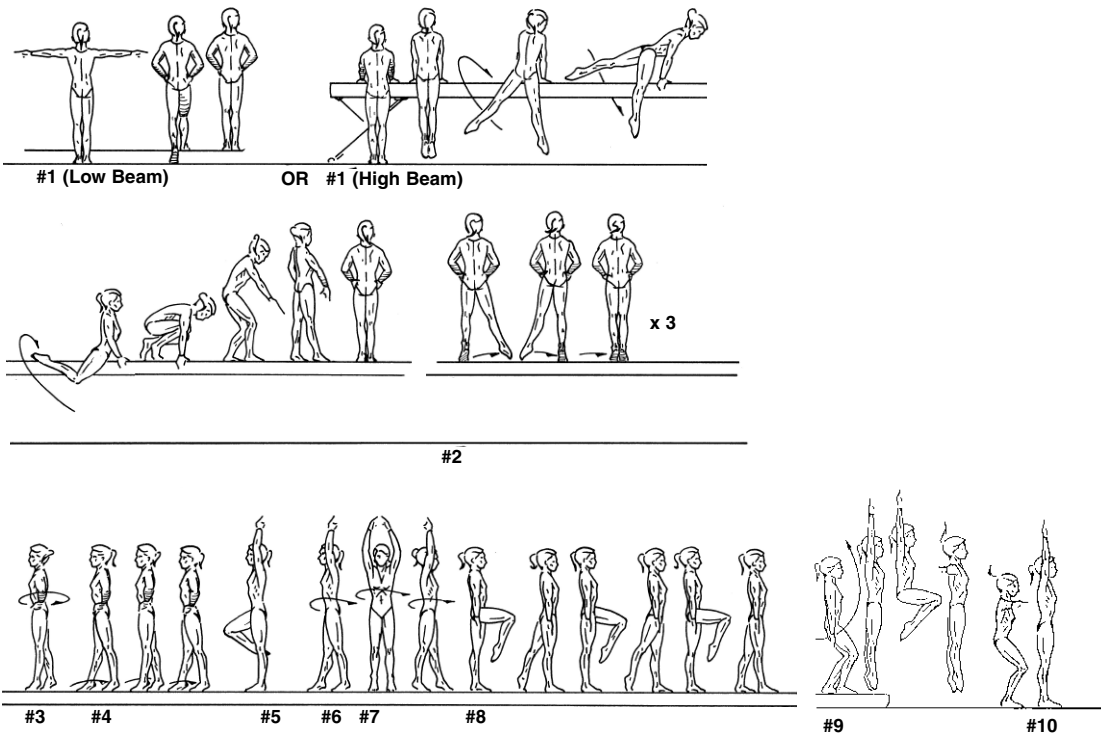
GYMNASTICS — ARTISTIC

WOMEN'S LEVEL I — BALANCE BEAM

Note: Routine may be done on a low or high beam (see section C.2.f. for heights). Performing on a high beam will result in a 0.5 bonus.

1. **Low Beam** - Stand at the side of beam, close to the left end. Step right, then left foot onto beam. Place hands on hips.
1. **High Beam** - Stand at side of beam, close to the left end. Perform a front support mount (front support, leg over, hook toes behind, lift to knees, stand). Make one quarter turn. Place hands on hips. (Note: This mount is not shown on the video or in the illustrations.)
2. Take three steps sideways to right.
3. One-quarter turn left.
4. Three steps backward.
5. Raise arms to overhead crown - passé balance (knee is forward).
6. Place foot in front.
7. One-half pivot turn (arms overhead).
8. Arms to side, march forward with high knee lift to end of beam.
9. Stand with feet together on end of beam - tuck jump off of beam to landing.
10. Stretch.

Women's Level I – Balance Beam Routine





GYMNASTICS — ARTISTIC

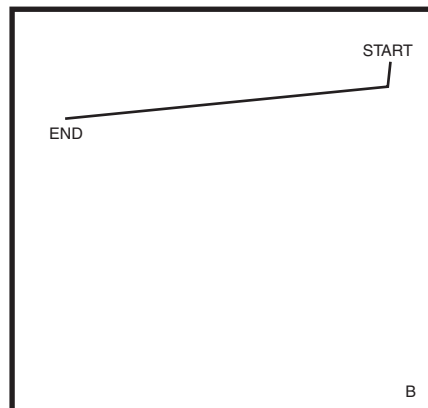
WOMEN'S LEVEL I — FLOOR EXERCISE

Music: "Yo Ho Ho" (movie theme- Rugrats) Barrie Nease

Starting position: lie on front, elbows bent, hands under chin.

1. Bend right knee, straighten.
2. Bend left knee, straighten.
3. One-and-a-half stretched sideways roll (log), ending on back.
4. Spread arms to high oblique, then sit up, bending left foot under body and right foot in front, lift to stand, place feet together.
5. Back body wave, finishing with arms overhead.
6. Step right foot forward to lunge.
7. Handstand with one leg up (teeter-totter) finish in right lunge. Close right foot to left foot.
8. Place hands on hips, lift right foot to touch left knee (parallel passé).
9. Two chasse – forward with same foot, keeping hands on hips; feet together.
10. Dig right heel to front right side; feet together.
11. Dig left heel to front left side; feet together.
12. Step right, left, assemble, straddle jump (arms up).
13. Forward roll to a tuck sitting position.
14. Back rock, touching hands to ground on either side of the head. Return to a tuck sitting position.
15. Turn one-quarter turn left to kneeling. Circle arms to left and overhead, down right to in front, then to left and slide along ground while lowering body to side lying position. Lift right leg.
16. Lower right leg, bend knees and lift upper body to side sitting pose. Right arm is diagonally upper right, look at right hand.

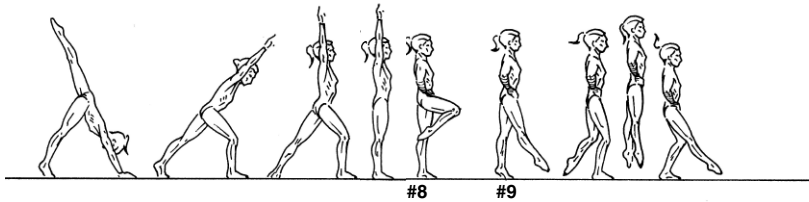
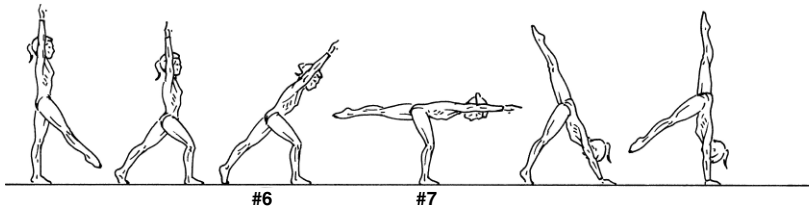
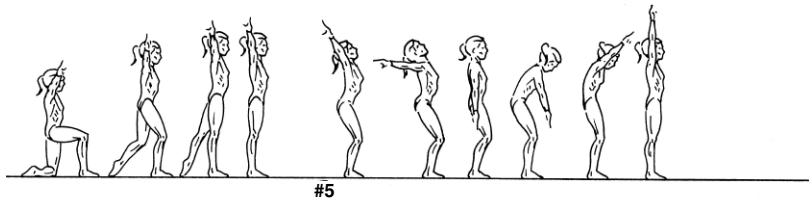
Women's Level I – Floor Exercise Pattern





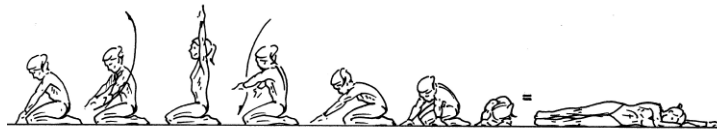
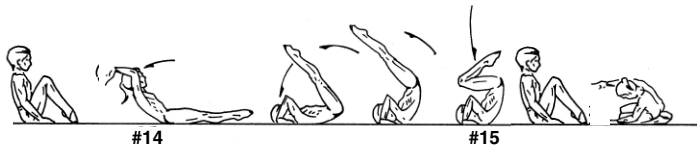
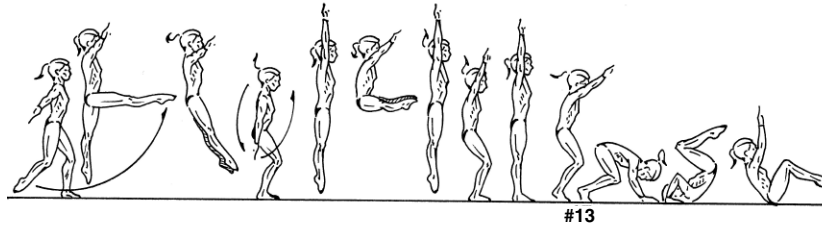
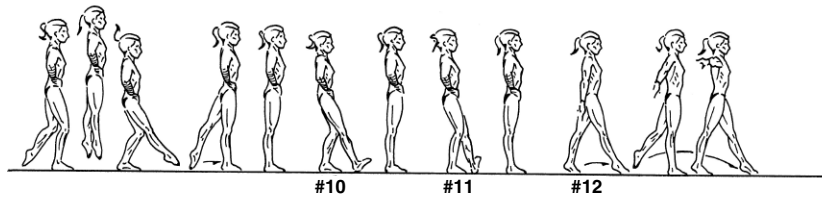
GYMNASTICS — ARTISTIC

Women's Level I – Floor Exercise Routine





GYMNASTICS — ARTISTIC





**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Women'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 the board.

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
Women's Level I – Uneven Bars**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Jump to straight arm support	1.0	Incorrect body position in support	up to 0.2		
Cast	1.5	Insufficient stretch Lack of amplitude	up to 0.3 up to 0.5		
Raise right leg over bar to stride position	2.0	Bending of arms Bending of legs Lack of continuity Not clear of bar	up to 0.3 up to 0.3 up to 0.3 0.5		
Return of leg	2.0	Bending of arms Bending of legs Lack of continuity	up to 0.3 up to 0.3 up to 0.3		
Tuck forward roll	2.5	Lack of continuity Lack of control Lack of tuck	up to 0.3 up to 0.5 up to 0.5		
Release bar to stretch	0.5				
Bonus/Virtuosity	0.5				
Total Score	10.0				

Note: Coach must be in the required spotting position.

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
Women's Level I – Balance Beam**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Step on beam/ front support mount to stand	0.5	General			
3 steps sideways	1.5	Lack of continuity in steps	up to 0.2 each		
1/4 turn	1.0	Lack of turn or overturn	up to 0.5		
		Lack of continuity in turn	up to 0.5		
3 steps backward	2.0	Lift on each step	0.1 each		
		Lack of continuity in steps	up to 0.2 each		
		Arm position	up to 0.3		
		Chest up	up to 0.3		
Passé balance	1.0	Balance not held (2 sec)	up to 1.0		
Two foot pivot turn	1.5	Turn incomplete	up to 0.5		
		Not on toe	up to 0.5		
Marching steps forward	1.0	Lack of knee lift	up to 0.5		
		Lack of continuity	up to 0.2		
Tuck jump dismount	1.0	Lack of tuck	up to 0.5		
		Lack of height	up to 0.2		
		Deep squat	up to 0.3		
Bonus/ High Beam or 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	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
Women's Level I – Floor Exercise**

Element	Value	Faults	Deduction	Gymnast #	
1 1/2 log roll	1.0	Lack of continuity in roll Lack of stretch	up to 0.3 up to 0.5		
Back body wave	0.5	Lack of continuity Lack of arch	up to 0.3 up to 0.3		
Lunge	0.5				
1 leg handstand	1.5	Lack of amplitude	up to 1.0		
2 Chasse	1.5	Lack of continuity Lack of amplitude	up to 0.3 ea up to 0.2 ea		
Heel digs	0.5				
Assemble, straddle jump	1.0	Insufficient height Lack of continuity Lack of straddle	up to 0.2 up to 0.3 up to 0.3		
Forward roll to sit	1.0	Lack of continuity Failure to roll straight	up to 0.3 up to 0.3		
Backward rock	1.0	Incomplete tuck Incorrect hand placement	up to 0.2 up to 0.3		
Arm circle and slide	1.0	Lack of continuity	up to 0.3		
Pose	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	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****WOMEN'S LEVEL II**

Vault
Uneven Bars
Balance Beam
Floor Exercise

WOMEN'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.

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

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

Vault #1 - (Use the table) Squat, 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, if needed, 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) Squat 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, tuck the body and land in a momentary squat position on the horse with feet between hands.
6. Jump off the horse, 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.

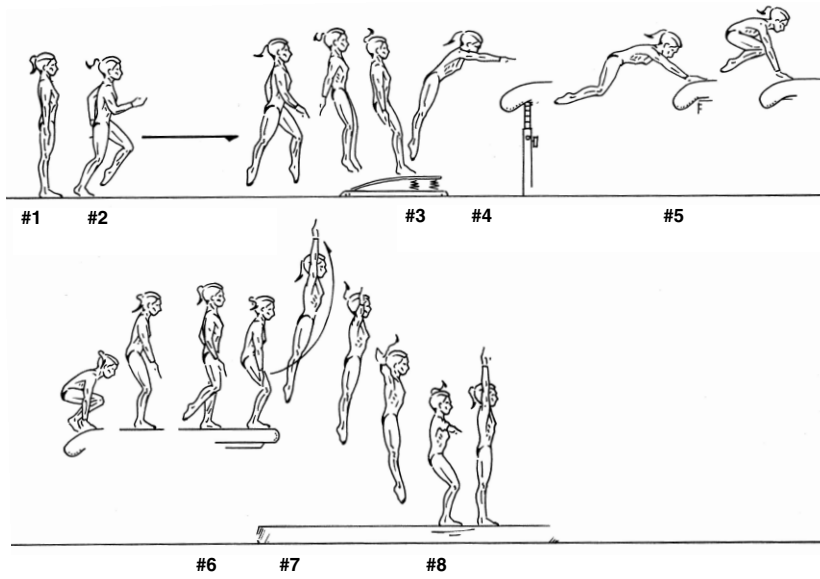
Vault #3 - (Use the horse) Straddle On, Jump Off

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 and 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.

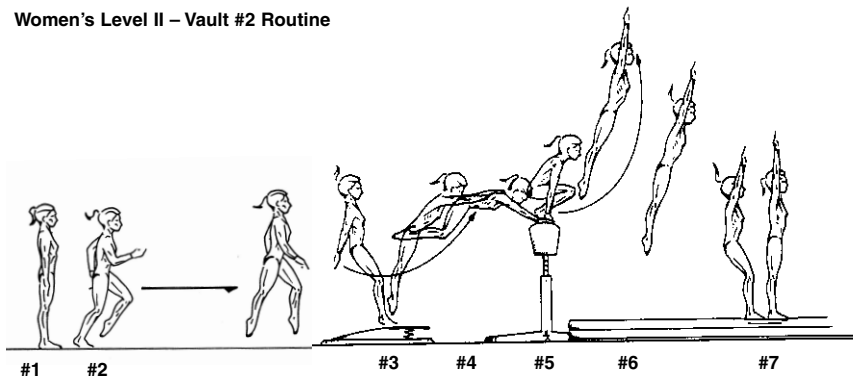


GYMNASTICS — ARTISTIC

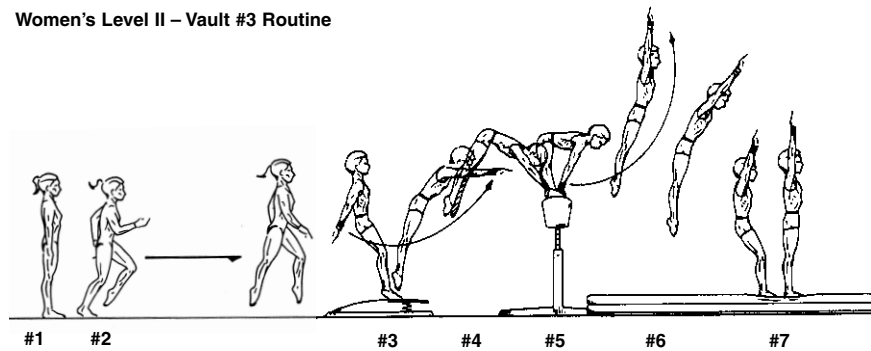
Women's Level II – Vault #1 Routine



Women's Level II – Vault #2 Routine



Women's Level II – Vault #3 Routine





**GYMNASTICS —
ARTISTIC****WOMEN'S LEVEL II — UNEVEN BARS**

This routine will be divided into two routines – low bar routine and high bar routine. Each routine will have a maximum value of 5.0. The total of both routines, added together, will determine the Final Score.

Low Bar

1. Jump to straight arm support facing in either direction
2. Show the straight arm support position for 1 full second
3. Cast 2 times
4. Under swing dismount to stand

High Bar

1. From a still straight arm long hang. Gymnast may be lifted or use a box.
2. Lift the knees to a tuck position and hold for 2 full seconds.
3. Extend the legs into a forward swing.
4. Swing backwards, swing forwards, swing backwards.
5. At the end of the 2nd backwards swing, release the grip and dismount to a stand.

Special spotting requirement: In order for the gymnast to be scored, the coach must be in the proper spotting position for 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

WOMEN'S LEVEL II — BALANCE BEAM

Low Beam - Stand on side of beam with right side facing beam, two-thirds down beam.

1. Step on beam with right foot, place left in front.

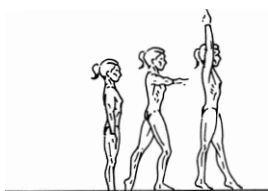
High Beam - Place board in same location as low beam.

1. Take several steps to board, place hand on beam and step on right, then left. Stand.
2. One-quarter turn right, three sideways steps right. As athlete takes step to right, arms are out to sides shoulder height; as the left foot steps together, arms are raised to overhead crown. Repeat for all steps.
3. One-quarter turn left.
4. Three steps backward with straight leg lift forward (knee height).
5. Forward body wave. Arms finish in high crown position.
6. Three steps forward, lifting a high knee, then kick.
7. Scale balance on straight right leg. Arms out to sides.
8. Lower leg behind, releve as arms bend into body, then lift overhead.
9. Arms to sideways stretched position as chasse forward with same leg to the end of the beam.
10. Feet together. Straddle jump dismount.
11. Land. Stretch.

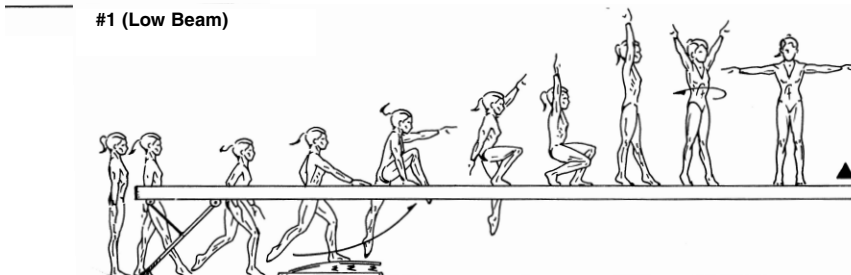


GYMNASTICS — ARTISTIC

Women's Level II – Balance Beam Routine

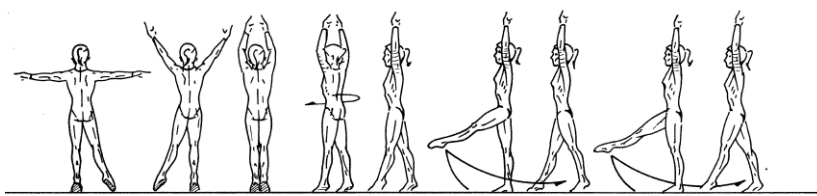
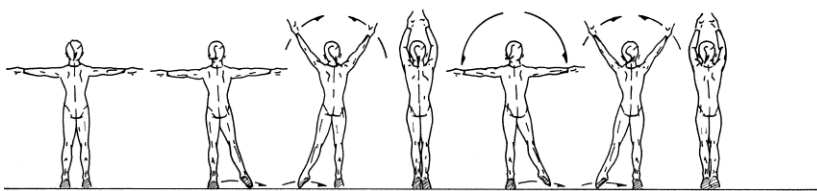


#1 (Low Beam)



OR #1 (High Beam)

#2



#3

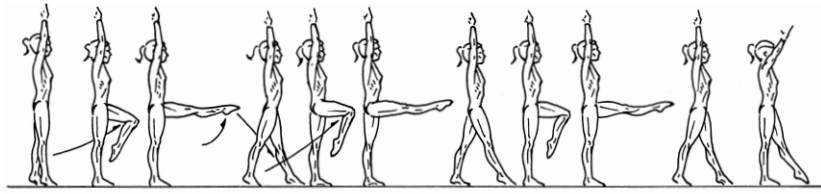
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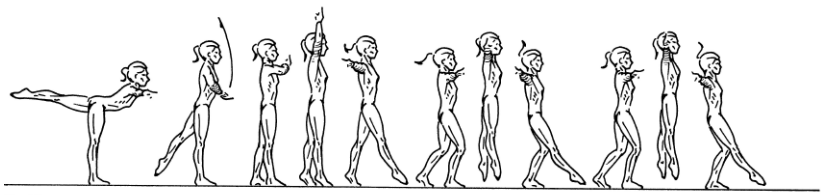
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GYMNASTICS — ARTISTIC



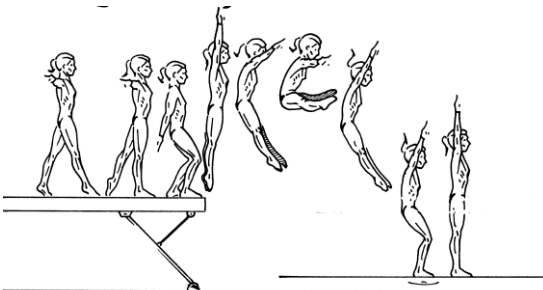
#6



#7

#8

#9



#10

#11



**GYMNASTICS —
ARTISTIC****WOMEN'S LEVEL II — FLOOR EXERCISE**

Music - "Gypsy Kalinka" (Russian folk song) Barry Nease

Start standing, in a right lunge, looking down.

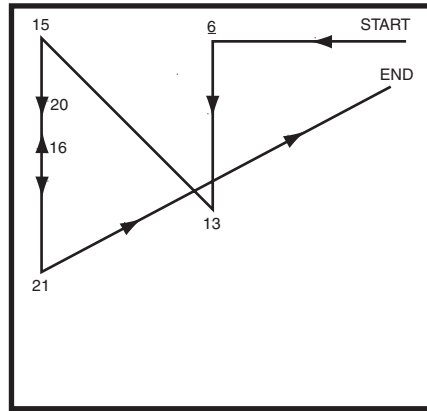
1. Place arms straight in front, shoulder height; look straight ahead.
2. Bring feet together; forward body wave, finishing with arms overhead (feet flat).
3. Cross arms down in front of body and to waist, then lift left arm up overhead and right arm low, side oblique.
4. Keeping arms stretched, tip-toe turn right with small steps for 360 degrees.
5. Extend arms to side, grapevine steps right (step right, cross left in front, step side right, cross left in back, step side right, bring feet together).
6. Kick right (battement) to right lunge.
7. Switch leg handstand finish in left lunge.
8. Bend elbows, placing right hand on left elbow and left hand on right elbow with arms lifted shoulder height in front.
9. Four skip steps forward (left, right, left right).
10. Lift arms overhead and jump to heel dig right, jump to heel dig left.
11. Jump three-quarters turn left.
12. Land and push hands out to side (shoulder height).
13. Side chasse right to right cartwheel, chasse right to right, cartwheel. Finish in left lunge.
14. Four small steps backwards, as arms push to side at shoulder height.
15. Scale on right foot to forward roll, step out with right foot forward to knee stand. Cross arms overhead and open to sides.
16. Sit back and perform back shoulder roll, bringing legs together in roll to kneeling.
17. Rise up high on knees.
18. Step right foot forward, arms overhead and stand, feet together.
19. Push arms out to side, rise on toes, flick wrists.
20. Left chasse forward. Step forward left and lifts right leg forward to cat leap one-half turn left, finishing in right lunge.
21. With hands on hips, left chasse forward, right chasse forward.
22. Lift left foot up and stamp it next to right foot.*
23. Two runs, right leap, step hitch kick.
24. Step and kneel on back leg (arms crossed in front).
25. Drop front leg down to kneeling position.
26. Sit back on heels. Raise arms overhead, lower arms in front. Lower right hand to floor and lift left hand diagonally up. Hold final pose.

*Note: Text and video are correct. Illustrations in these 2 situations show opposite.

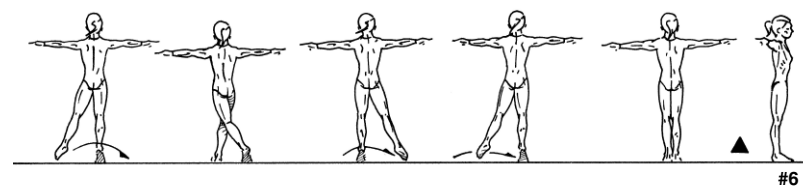
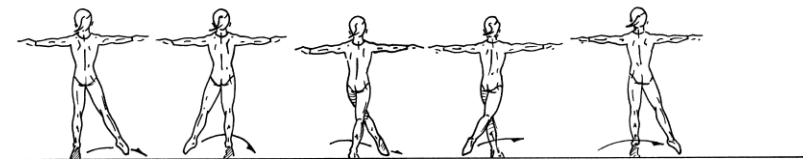
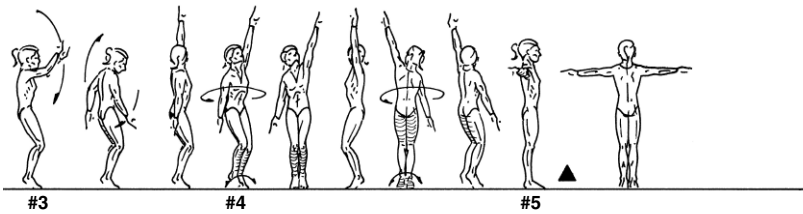
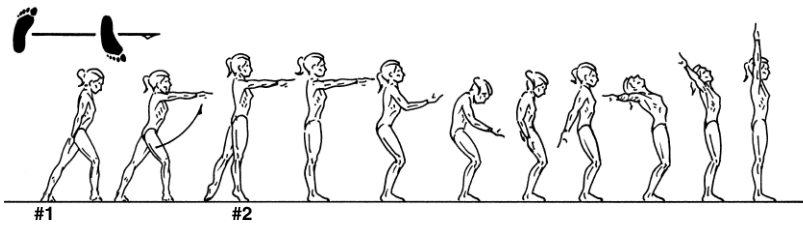


GYMNASTICS — ARTISTIC

Women's Level II – Floor Exercise Pattern

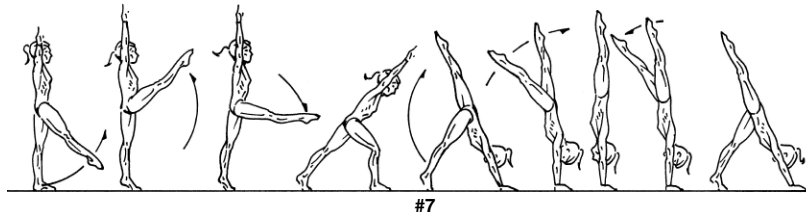


Women's Level II – Floor Exercise Routine





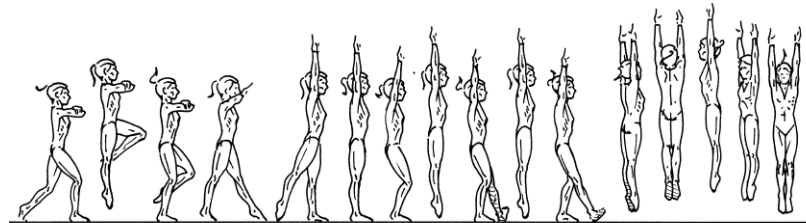
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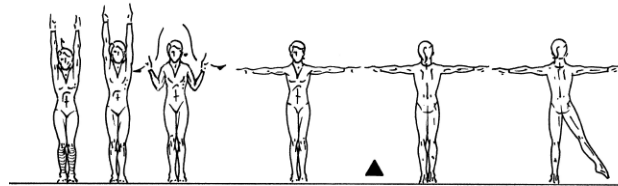


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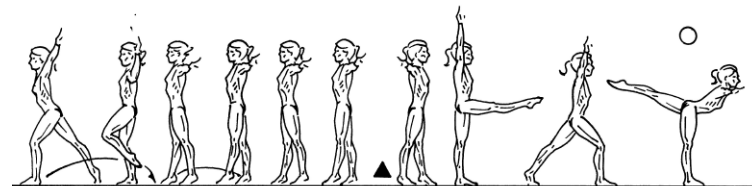
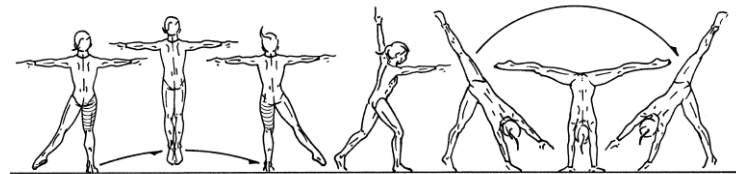
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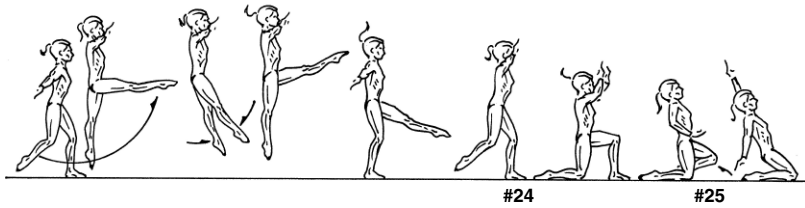
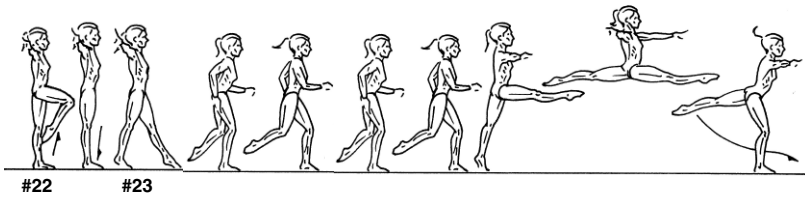
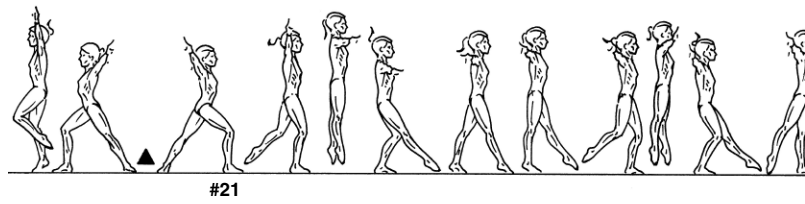
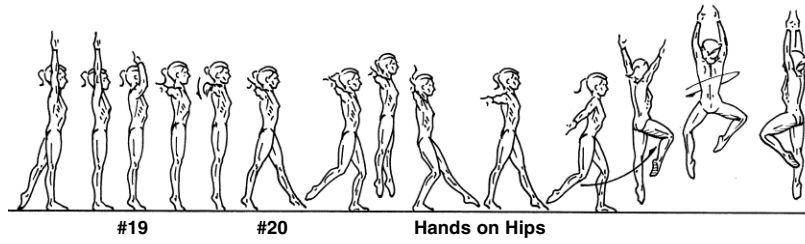
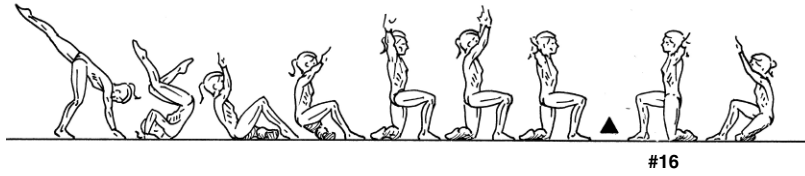
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GYMNASTICS — ARTISTIC





GYMNASTICS — ARTISTIC

**SPECIAL OLYMPICS GYMNASTICS
Women'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	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
Women's Level II – Uneven Bars**

Low Bar			
Element	Value	Faults	Deduction
Jump to front support	0.5	Not done smoothly	up to 0.2
Show straight arm support	0.5	Incorrect body position	up to 0.2
Cast	1.0	Insufficient stretch Lack of amplitude	up to 0.3 up to 0.5
Cast	1.0	Insufficient stretch Lack of amplitude	up to 0.3 up to 0.5
Under swing dismount	2.0	Incorrect timing of legs Insufficient height Insufficient distance Lack of rhythm	up to 0.2 up to 0.3 up to 0.3 up to 0.5
Total Possible Score (Low Bar)	5.0		
High Bar			
Element	Value	Faults	Deduction
Straight arm long hang	0.5	Not in still position	up to 0.5
Tuck position 2 seconds	2.0	Not held Held only 1 full second	0.5 0.2
Extend into forward swing	0.5	Insufficient swing	up to 0.3
Swing backward, forward, backward	1.5	Insufficient swing each time	up to 0.3
Release grip to stand	0.5	Crooked position/ not showing control	up to 0.3
Total Possible Score (High Bar)	5.0		
Actual Score Low Bar			
Actual Score High Bar			
Virtuosity a one time maximum of 0.5			
Final Score			

*Coach must be in the required spotting position.

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
Fall	0.8		

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



**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Women's Level II – Balance Beam**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Low-step on beam; High-step on to squat, stand	1.0	Lack of continuity Poor body position	up to 0.2 up to 0.2		
1/4 turn	0.5				
3 sideways steps	1.0	Continuity of arm movements	up to 0.5		
1/4 turn	0.5				
3 steps backward	1.0	Kick not knee height	up to 0.3		
Forward body wave	1.0	Lack of continuity in arms/body	up to 0.3		
Steps forward	1.0	Extensions of leg	up to 0.2 ea		
Scale balance	1.5	Leg not 30 degrees Not held Poor body position	up to 0.3 up to 0.3 up to 0.3		
Chasse to end	1.0	Lack of continuity Height Extension	up to 0.3 ea up to 0.3 ea up to 0.2 ea		
Straddle Jum Dismount	1.0	Lack of straddle Lack of height	up to 0.5 up to 0.2		
Bonus/High Beam or 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
Women's Level II – Floor Exercise**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Forward body wave	0.5	Lack of continuity	up to 0.2		
360 degree turn	0.5	Not on toes	up to 0.3		
Grapevine steps	0.5	Lack of continuity	up to 0.1 ea		
Battlement to lunge	0.2	Lack of height in kick	up to 0.2		
Switch leg handstand	1.5	Lack of continuity	up to 0.3		
4 skips forward	0.3				
Jump 3/4 turn left	0.5	Lack of turn	up to 0.3		
Chasse to cartwheel,	2.0	Piked or arched	up to 0.2 ea		
Chasse to cartwheel		Insufficient split of legs	up to 0.2 ea		
		Rhythm unbalanced	up to 0.2 ea		
		General continuity	up to 0.5		
Front scale to forward	1.0	Not 45 degree angle	up to 0.2		
roll		Poor body position	up to 0.2		
		Uncontrolled roll	up to 0.2		
Back shoulder roll	0.5	Roll not continuous	up to 0.3		
Chasse, cat leap	0.5	Lack of continuity	up to 0.3		
Run, leap	1.0	Insufficient height of leap	up to 0.2		
		Insufficient split - less	up to 0.3		
		than 90 degrees			
Step, hitchkick	0.5	Lack of continuity	up to 0.3		
		Legs too low (waist)	up to 0.2		
Bonus/Virtuosity	0.5				

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****WOMEN'S LEVEL III**

- Vault
- Uneven Bars
- Balance Beam
- Floor Exercise

WOMEN'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.

Vault #3 - (Use a board and a 12-inch mat) Repulse through handstand.

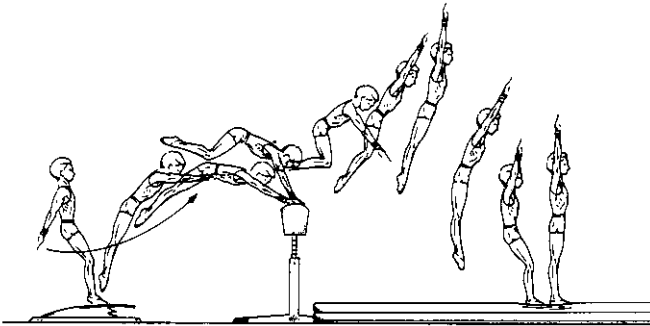
1. Stand at attention close to, or a short distance from, the board.
2. Lunge or hurdle with none or one lead-up step, bending and placing both hands (at the same time) onto the top of the board.
3. Kick the legs toward a handstand.
4. As the body passes through an extended handstand position, the gymnast should quickly extend the shoulders, resulting in a lift off the board (gymnast should not stop in the handstand).



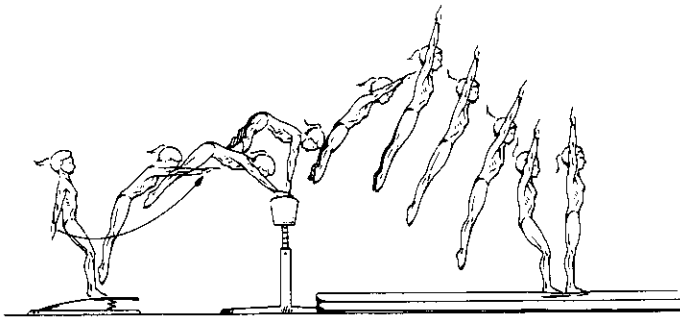
GYMNASTICS — ARTISTIC

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.

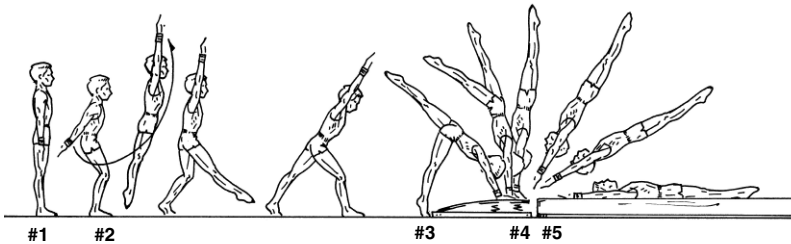
Women's Level III – Vault #1 Routine



Women's Level III – Vault #2 Routine



Women's Level III – Vault #3 Routine





**GYMNASTICS —
ARTISTIC****WOMEN'S LEVEL III — UNEVEN BARS**

This routine will be divided into two routines – low bar routine and high bar routine. Each routine will have a maximum value of 5.0. The total of both routines, added together, will determine the Final Score.

Low Bar

1. Jump to front support facing either direction

Note: If instead, the gymnast performs a pull over, without assistance, she will earn 0.5 Bonus.

2. Cast back hip circle into an
3. Under swing dismount to stand

High Bar

1. Start facing away from the low bar

Note: If a gymnast gets into support on the high bar (she can use a platform or be lifted) and then does a cast in support followed by a forward roll to a long hang, she will earn 0.5 Bonus for doing skills on top of the high bar.

There will be no penalty for not doing this series.

2. From a long hang, lift with straight legs and extend into a forward swing
3. Swing back
4. Swing forward and dismount with a half turn to a controlled stand

Special Spotting Requirement: In order for the gymnast to be scored, the coach must be in the proper spotting position for 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**



**GYMNASTICS —
ARTISTIC****WOMEN'S LEVEL III - BALANCE BEAM**

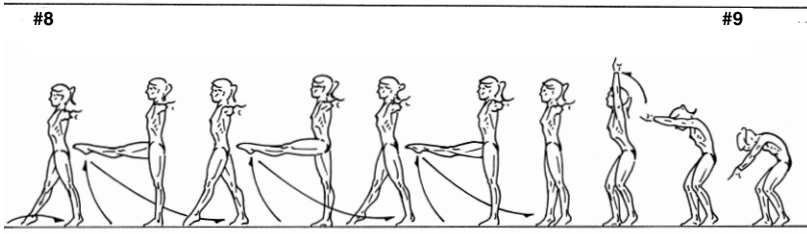
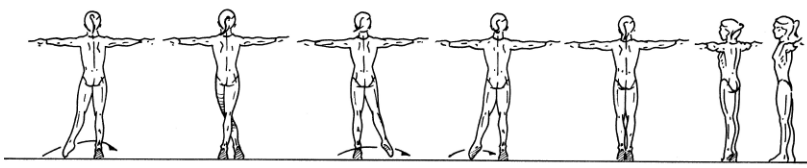
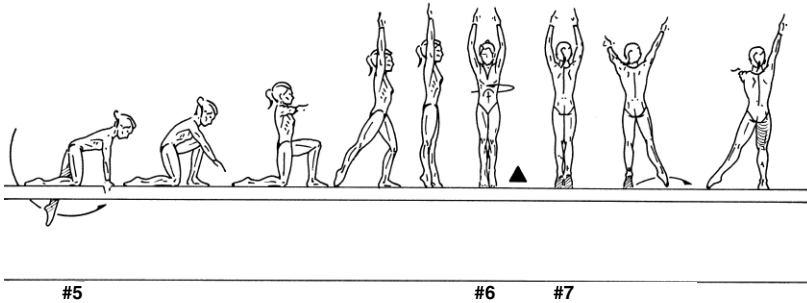
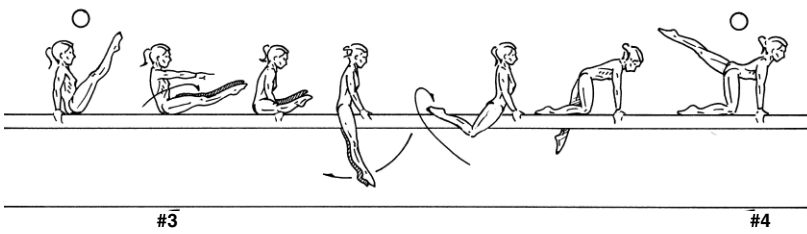
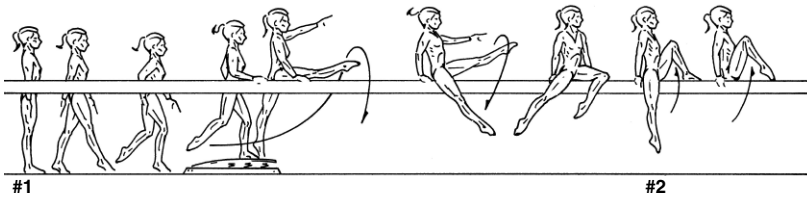
Using high beam, stand with right side to beam, three-quarters of the way down.

1. Scissor kick over beam (right leg, left leg) to side sitting position; hands on beam.
2. Bring legs forward to a tuck sit. Extend both legs to perform V sit. Pause 1 second.
3. Straddle legs and lower down and in back. Place toes on beam behind body.
4. Lift to one knee. Raise back leg. Knee scale position. Pause 1 second.
5. Swing back leg down side of beam and place foot in front of knee. Stand.
6. One-quarter turn right.
7. Step sideways right, to right lunge. Right arm up, left in front.
8. One grapevine step sideways, crossing left foot in front of right, step right to side (end of first pass).
9. One-quarter turn left, arms out to side.
10. Three back steps with forward kicks.
11. Body wave to releve. Arms circle to overhead.
12. Hands on waist, three skip steps forward with high knees. Place foot down.
13. Attitude balance (free leg bent in back). Arms are out to the side.
14. Straight jump, changing feet (changement)
15. Step to assemble, straight jump (end of pass).
16. One-half turn on one foot, toe near ankle.
17. Run, run, leap.
18. Steps to round off dismount.



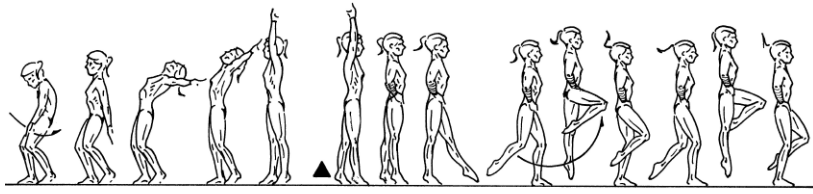
GYMNASTICS — ARTISTIC

Women's Level III – Balance Beam Routine

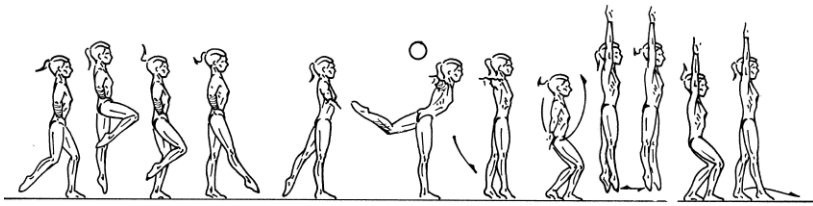




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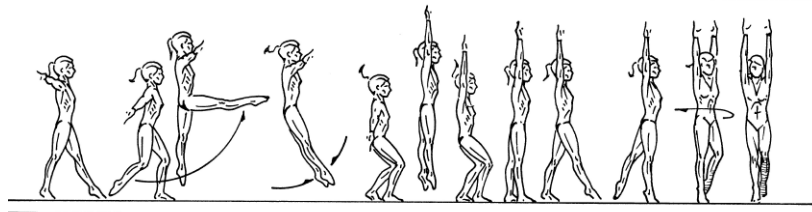


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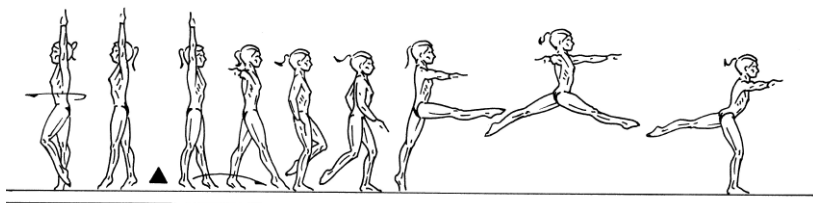
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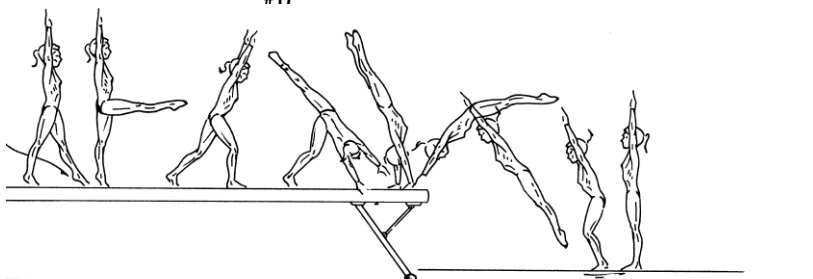


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GYMNASTICS — ARTISTIC

WOMEN'S LEVEL III - FLOOR EXERCISE

Music - "Blue Moon" (1950s) Barry Nease

Starting position: Kneeling, hands on knees. Chest and head looking straight ahead.

1. Two knee slaps, two claps, right thumb to right, left thumb to left (hand jive).
2. Place hands on ground, lean forward and kick legs up, straddling them; drop back to knees.
3. Sit sideways onto right hip. One-half roll on seat left. End in tuck sit.
4. Kick legs alternately (right, left). Roll forward onto right knee with left foot in front.
5. Step up on left foot. Place feet together. Arms outward to sides.
6. Two right cartwheels. Finish in left lunge.
7. Standing on left leg. One full passé turn left, with arms in crown position.
8. Feet together. Side body wave right then left. Arm going down and up. Finish arms overhead.
9. Step right (ball, heel) as you bend arms and snap fingers.
10. Step left (ball, heel) as you bend arms and snap fingers.
11. Step back right, lift left, step down left (ball change) and close right foot to left. Clap hands.
12. Step left forward with arms overhead, kick right to right lunge.
13. Handstand, forward roll ending sitting in straddle.
14. Arm sweep from right foot, forward toward left foot. Place left hand behind left leg and lift hips off ground. Look back left.
15. Lower, bring left leg to right and perform 360 degree seat spin right. Finish on right knee with left foot in front.
16. Step up on left foot, one-quarter turn left.
17. Two slide steps right, arms go up on the slide step and in when feet close.
18. Three-quarters turn right with two small steps, kicking back. Close feet together.
19. Three runs to right laep, step right laep, step hitchkick.
20. Step left, bring right leg up with knee bend, drop head back, arms down at side, wrists flexed. Hesitate.
21. Three prance steps in place, feet together.
22. Left chasse, step, tour jete right. Sit back on left knee.
23. Roll back to shoulder stand, arms overhead, roll forward and bend knees to sit on left hip.
24. Kneel on both knees and roll sideways right, straddling legs. Finish on knees. Stand and close feet together.
25. Step right to side on toe, raising right arm overhead (fingers spread) jazz hand.
26. Step left to side on toe, raising left arm overhead (fingers spread).
27. Step right to side on toe, lower right arm (fingers spread).
28. Step left to side on toe, lower left arm (fingers spread).
29. Toe, heel right with bent, shake hand twice.
30. Toe heel left. With arm bent, shake hand twice.
31. Two runs to hurdle, round off straddle jump, backward roll finishing in a lunge.
32. Lean forward, placing hands on the floor, stretch body into an extended position.
33. One-and-one-quarter log roll left. End lying on right side. Drop left arm to the side and back. Bend knee. Hold final pose.

REVISION: January 2008

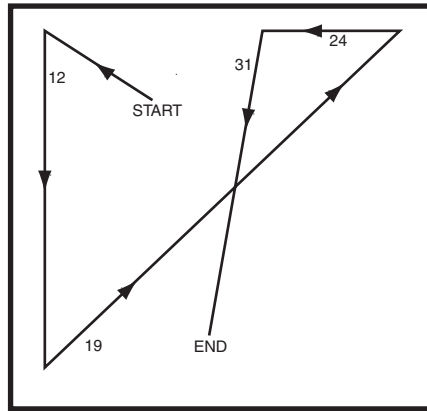
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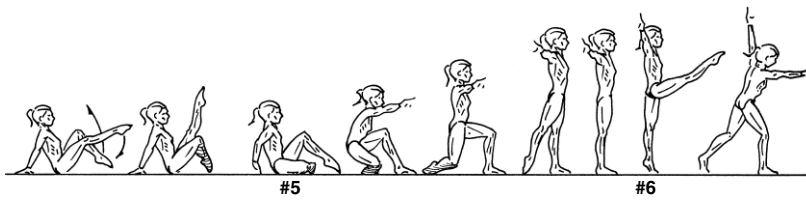
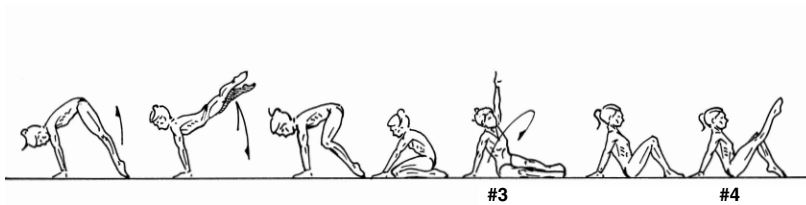


GYMNASTICS — ARTISTIC

Women's Level III – Floor Exercise Pattern

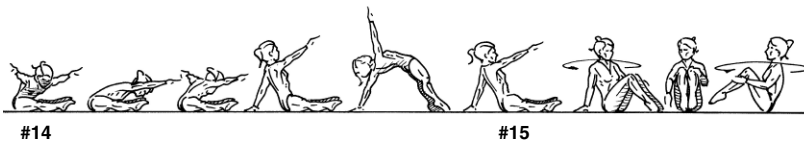
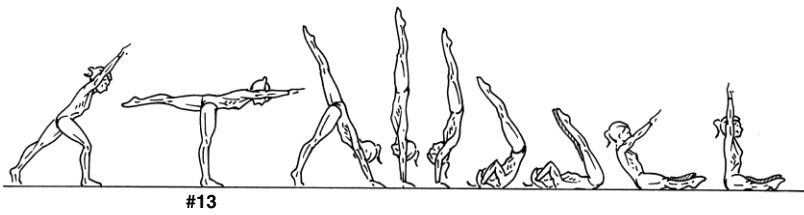
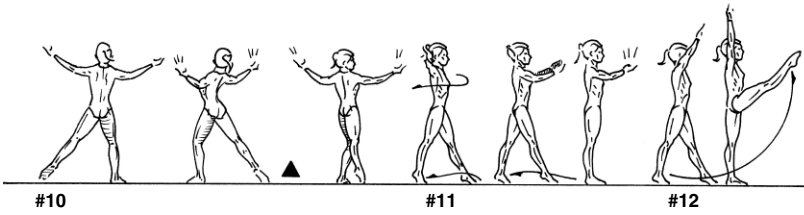
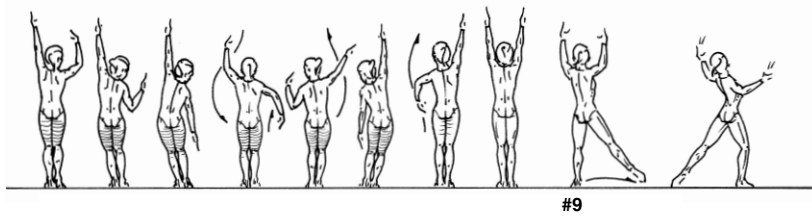
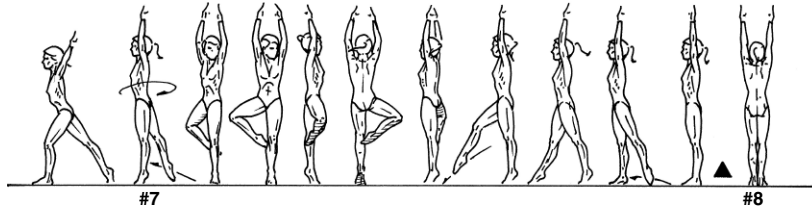


Women's Level III – Floor Exercise Routine



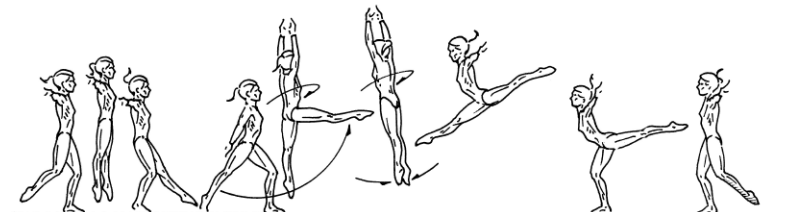
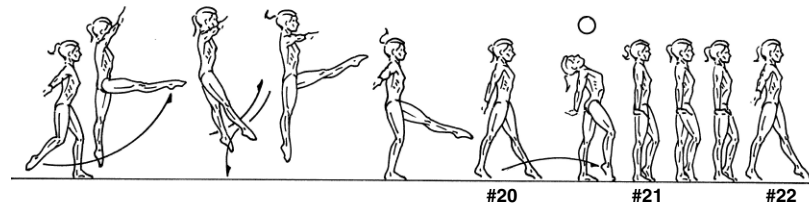
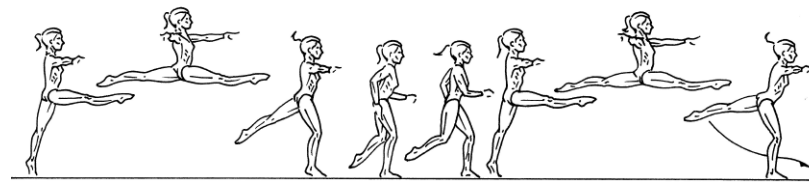
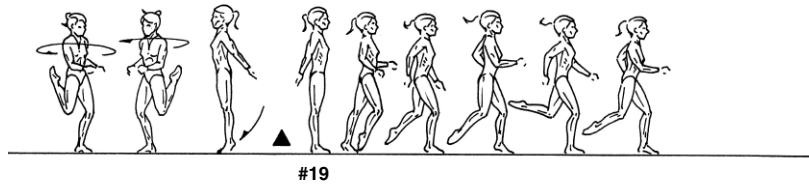
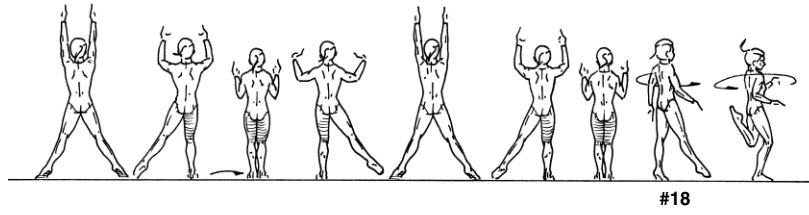


GYMNASTICS — ARTISTIC



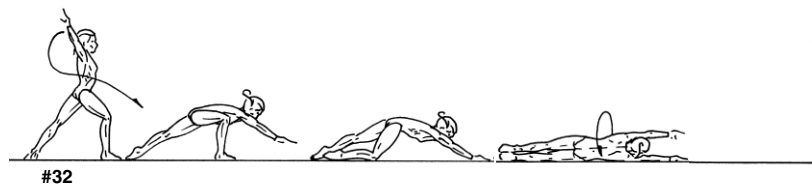
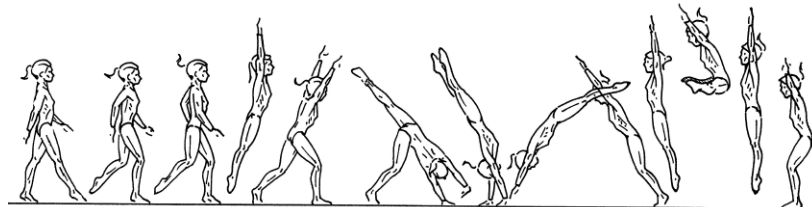
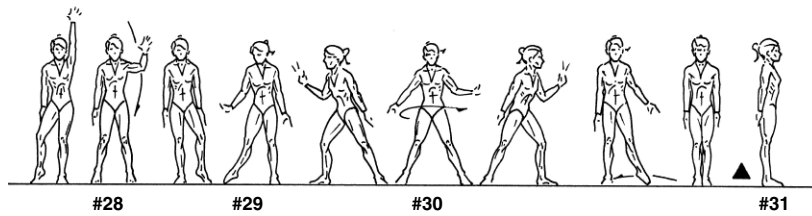
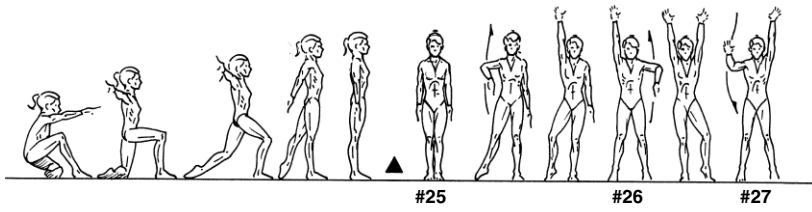


**GYMNASTICS —
ARTISTIC**





GYMNASTICS — ARTISTIC





**GYMNASTICS —
ARTISTIC**





**GYMNASTICS —
ARTISTIC**

**SPECIAL OLYMPICS GYMNASTICS
Women's Level III — Vaulting**

Vault #1 - Squat Vault				Gymnast #
Element	Value	Faults	Deduction	Gymnast #
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 #
Element	Value	Faults	Deduction	Gymnast #
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
Women'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 Pause in handstand 1 full second stop	up to 0.5 1.0 0.5 1.0	
Repulsion	2.0	Body not tight No lift	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
Women's Level III – Uneven Bars**

Low Bar			
Element	Value	Faults	Deduction
Jump to front support	0.5	Incorrect body position in support	up to 0.2
Possible Bonus for doing a Pull Over	+0.5	Lack of continuity Lack of stretch/ straight arms	up to 0.2 up to 0.5
Cast back hip circle	2.0	Insufficient cast (hip clearance) Lack of body stretch	up to 0.2 up to 0.2 up to 0.3
Under swing dismount	2.0	Lack of continuity Incorrect timing of legs Insufficient height Insufficient distance Lack of rhythm	up to 0.2 up to 0.3 up to 0.3 up to 0.3 up to 0.5
Total Possible Score (Low Bar)	5.0		
High Bar			
Element	Value	Faults	Deduction
Possible Bonus for doing elements on top of high bar	+0.5 (there is no penalty for not doing this category)	Poor execution getting into support Cast support: usual body position deductions Fwd roll: lack of control to momentary still hang	up to 0.2 up to 0.2 up to 0.3
Long hang into forward swing	2.0	Not starting from momentary still hang Legs not straight Insufficient swing	up to 0.5 up to 0.3 up to 0.3
Swing back	1.0	Insufficient swing	up to 0.3
Swing fwd 1/2 turn dismount	2.0	Insufficient swing More or less 1/2 turn	up to 0.3 up to 0.3
Total Possible Score (High Bar)	5.0		
Actual Score Low Bar			
Actual Score High Bar			
Virtuosity a one time maximum of 0.5			
Final Score			

*Coach must be in the required spotting position.

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
Fall	0.8		

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



GYMNASTICS — ARTISTIC

**SPECIAL OLYMPICS GYMNASTICS
Women's Level III – Balance Beam**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Mount/scissor kick	0.5	Land heavy and unsure Poor body position	up to 0.2 up to 0.2		
V sit	0.5	Not one second	0.5		
Knee Scale	0.5	Not one second	0.5		
R lunge					
Grapevine step					
3 Backward steps	0.5	Lack of leg kick	up to 0.1 each		
Body Wave	0.5	No releve	up to 0.2		
		Continuity of body/arms	up to 0.2		
3 Skip steps	0.5	Lack of height in skips	up to 0.3		
Attitude balance	0.5	Not held	up to 0.3		
		Low height	up to 0.2		
Changement jump	1.0	Insufficient height of jump	up to 0.2		
		Lack of continuity	up to 0.2		
Assemble, straight jump	1.0	Lack of continuity	up to 0.2		
		Poor body position	up to 0.2		
		Lack of height	up to 0.2		
1/2 pivot turn	1.0				
Run, run, leap	1.5	Insufficient height	up to 0.2		
		Lack of continuity	up to 0.2		
		Insufficient split (45 degree angle)	up to 0.2		
Roundoff	1.5	Roundoff not thru vertical	up to 0.5		
		Insufficient height	up to 0.3		
		Insufficient push off hands	up to 0.3		
		Insufficient stretch of body	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
- 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
Women's Level III – Floor Exercise**

Element	Value	Faults	Deduction	Gymnast #	Gymnast #
Straddle kick of legs	0.2				
1/2 roll sideways					
2 right cartwheels	1.5	Lack of continuity cartwheels not vertical	up to 0.5		
Full pivot turn	1.0	Incomplete turn	up to 0.3 ea		
Side body wave	0.3		up to 0.5		
Dance steps	0.2				
Handstand, forward roll	1.0	Failure to make vertical Roll uncontrolled	up to 0.5 up to 0.3		
Seat spin	0.3				
Slide steps	0.3				
Fluns, leap, leap, hitchkick	1.5	Lack of continuity Lack of split (90 degrees)	up to 0.3 up to 0.2 ea		
Chasse, tour jete	0.5	Incomplete turn	up to 0.3		
Shoulder stand	0.2				
Round off straddle jump, backward roll	2.0	Legs failing to pass through vertical Legs coming together late Lack of repulsion from hands Lack of continuity Lack of amplitude on jump	up to 0.3 up to 0.2 up to 0.2 up to 0.3 up to 0.2		
1 1/4 sideways roll	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	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.