



About Rhythmic Gymnastics: Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics, and apparatus manipulation. Gymnasts may compete in individual events or group (4-6 athletes). The hand apparatus used for individual and group are: rope, hoop, ball, clubs, and ribbon. There is also a Group Floor Exercise routine, which is performed without apparatus.

Established at Special Olympics: 1990

Differences of Special Olympics Rhythmic Gymnastics: The Special Olympics Rhythmic Gymnastics program closely follow FIG rules, on a scaled down level of difficulty. In FIG, only females are allowed to compete in Rhythmic Gymnastics. At Special Olympics, males can compete in the lower levels. Special Olympics also offers a level of competition for athletes who perform seated, which is not included in FIG.

By The Numbers:

- In 2011, 29,077 Special Olympics Athletes competed in Gymnastics events
- In 2011, 95 Special Olympics programs hosted Gymnastics competitions
- East Asia has the highest number of Gymnastic athletes at 12,035
- Rhythmic Gymnastics was originally termed “modern gymnastics”
- In the Olympic games, rhythmic gymnastics only allows female participants

Associations/Federations/Supporters:

Federation Internationale de Gymnastique (FIG)

Divisioning at Special Olympics:

Athletes in every sport and event are grouped by age, gender, and ability – giving everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events, whether it’s athletics, aquatics, table tennis, football, skiing, or gymnastics. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans.”