

RHYTHMIC GYMNASTICS LEVEL 4 2023-2031

Maximum value for Level 4 Routines - 20.0

Difficulty **7.0**

Artistry **5.0**

Execution **8.0**

D Panel (Difficulty) – 7.0

3.6 Body Difficulties

0.4 Waves

0.6 Rhythmic Dance Steps

2.4 Apparatus Bonus

1. Body Difficulties– Maximum value of **3.6**
 - a. Required: 2 different leaps/jumps, 2 different pivots, 2 different balances
 - b. All difficulties are valued based on the Difficulty Chart in the Official Special Olympics Rules.
 - c. The apparatus must be in motion during each Body Difficulty.
 - d. Partial points may be awarded, depending on the execution and amplitude of the skill.
 - i. Full credit is given if the skill is executed to FIG standards of execution & amplitude.
 - ii. Partial credit is given, at the judge's discretion, depending on the execution & amplitude of the skill.
 - iii. No credit is given if the skill is omitted or unrecognizable.
2. Waves – Maximum value of **0.4**
 - a. The value of each wave is **0.2** (may be downgraded to **0.1**).
 - b. The apparatus must be in motion.
3. Rhythmic Dance Steps – Maximum value of **0.6**
 - a. 2 sequences are required (minimum 8 seconds)
 - b. A sequence must have a minimum of 4-6 dance steps that reflect the character of the music & choreography.
 - c. Each sequence is valued at **0.3**

- d. The apparatus must be in motion.
 - e. No partial credit may be given.
4. Apparatus Bonus - Maximum value of **2.4**

4 elements (max) X **0.6** = 2.4 (partial points may be awarded)

BONUS ELEMENTS - ALL APPARATUS:

- Medium/high throw with rotation (any phase of the throw)
- Medium/high throw on jump/leap (any phase of the throw)
- Medium/high throw with catch on the floor
- Medium/high throw, catch with 1 hand
- Any 360° rotation with apparatus handling (not just in motion)

BONUS ELEMENTS - HOOP:

- Large roll on at least 2 body parts
- Rotations of the hoop on a part of the body other than the hand
- Gymnast lying/sitting on floor, handling of hoop

BONUS ELEMENTS - BALL:

- Large roll on at least 2 body parts
- Series of rhythmic bounces on the floor (min. 3)
- Gymnast lying/sitting on floor, handling of ball

BONUS ELEMENTS - CLUBS:

- Mills series (min. 3 directions)
- Simultaneous small throw & catch of 2 clubs (min. 360°)
- Gymnast lying/sitting on floor, handling of clubs

BONUS ELEMENTS - RIBBON:

- Snakes or spirals under one leg
- Echappé toss (min. 360° rotation of stick)
- Gymnast lying/sitting on floor, handling of ribbon

A Panel (Artistry) –5.0

Partial points may be awarded in each category.

- 1.0** Body and facial expression/Elegance
- 0.5** Use of floor area
- 1.0** Variety of apparatus handling
- 1.0** Connections

1.0 Musicality (Interpretation of music/dynamic changes/rhythm)

0.5 General Impression

Body and Facial Expression/Elegance (**1.0**)

Body expression and elegance include graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Expression through the use of body and facial expression, the gymnast must convey the idea of the choreography to the audience. The gymnast must be full of confidence and perform with style and emotion.

Use of Floor Area (**0.5**)

The floor area must be used completely:

- Different levels (gymnast in flight, standing, on the floor, etc.)
- Variety of directions/trajectories of body/apparatus movements (forward, backwards, etc.)
- Variety in the modalities of travelling (FIG)

Variety of Apparatus Handling (**1.0**)

In addition to throws and catches, the gymnast must show a variety of complex apparatus handling.

Connections (**1.0**)

The composition should be developed by the technical, aesthetic, and connecting elements, where one movement passes smoothly into the next, including contrasts in the speed/intensity(dynamism), amplitude and levels of the movements, performed in relationship with the music. (FIG)

Musicality (**1.0**)

The character of the music should define the guiding idea/theme of the composition, and the gymnast must convey this guiding idea to the audience from the beginning to the end of the exercise. (FIG)

General Impression (**0.5**) – Partial points may not be awarded.