

Special Olympics



**MEN'S RHYTHMIC GYMNASTICS (MRG)
JUDGES COURSE
LEVEL C**



PRESENTED BY
RHYTHMIC GYMNASTICS
SPORTS RESOURCE TEAM

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RESOURCES

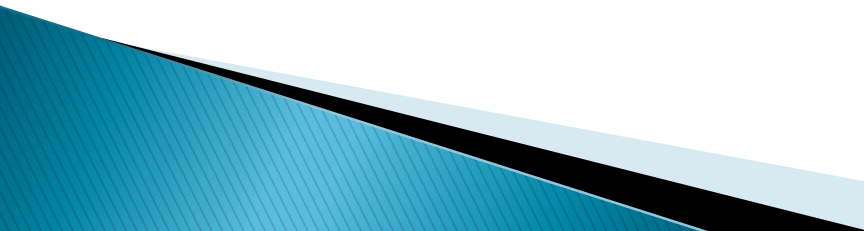
On the SOI website, you can find the following information, which is necessary for judging Special Olympics Rhythmic Gymnastics:

- Overview of the 2023–2031 Rhythmic Gymnastics program
- Overview by level
- Videos of the compulsory routines, front and back view
- Coaching Tips for all Segments
- Overview for judging each level
- Judging Tips for all Segments

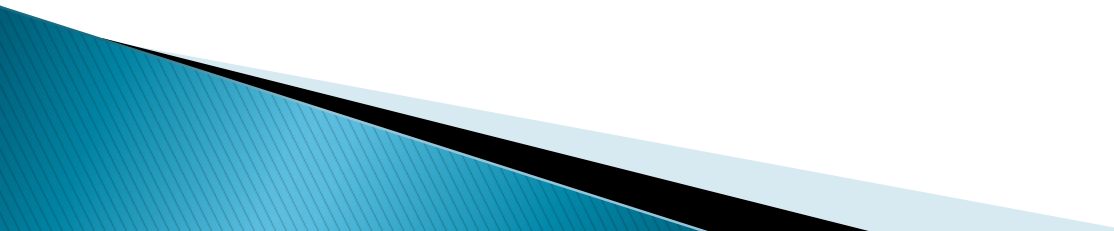
<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/gymnastics/rhythmic-gymnastics>

RULES OF COMPETITION

General Rules

- In Level C, there are different routines for female & male athletes. This course pertains specifically to the MRG routines.
 - There is no Floor Exercise for Level C MRG.
 - Athletes must compete on the same level in all chosen individual events.
 - No All Around awards are given for Level C.
 - Levels C gymnasts choose any three apparatus routines to compete.
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RULES OF COMPETITION

- The video of the compulsory routines is the official version.
 - Compulsory routines may be reversed in their entirety (mirror image).
 - Olympic order for MRG is rope, clubs, stick, rings.
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RULES OF COMPETITION

- In addition to individual, gymnasts can enter 2 group routines: group floor exercise & 1 group apparatus routine. Gymnasts cannot enter 2 group apparatus routines.
 - The video is the only version of the compulsory group routines.
 - Group is not divided by level.
 - Although this course pertains only to individual routines, judges are often called upon to judge group. The concepts covered in this course also apply to judging group.

APPARATUS

Rope: The length should be proportionate to the size of the gymnast

Clubs: Length: 25–50 centimeters from one end to the other

Stick: Length: 70–110 centimeters
Diameter: 2.0 – 3.5 centimeters

Rings: Inner diameter 30–45 centimeters
Thickness: 2.0 – 3.5 centimeters

APPARATUS

- If the apparatus does not meet specifications, a **deduction of 0.5** will be taken from the score on that event.
- A coach may complete a **Request for Equipment Modification form** if the athlete requires a different size or other adaptation. There is **no deduction if form is submitted**.

ATTIRE

- Specifications for attire are listed in the Rhythmic Gymnastics Rules on the SOI resources website.
- A **deduction of 0.3** will be taken from the score of each routine that the gymnast performs in inappropriate attire.

Modifications

Visually Impaired Athletes

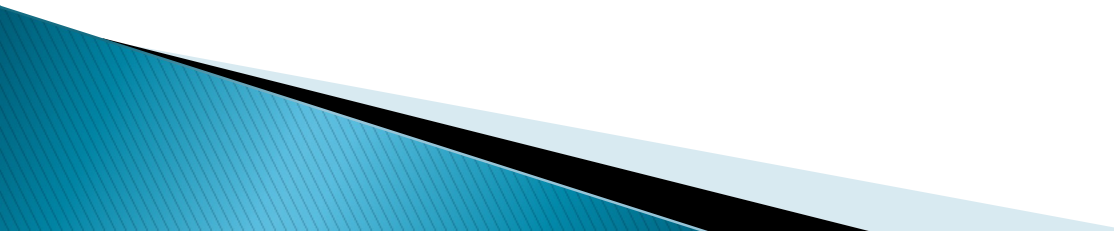
- Coaches must notify the meet director and judges of the athlete's visual impairment before the competition and prior to each routine. In order to aid the athletes, the following types of assistance are permissible for all levels of competition **without deduction**.
- Audible cues, such as clapping, may be used in all routines.
- Music may be played at any close point outside of the mat, or the coach may carry the music source around the perimeter of the mat.

Modifications

Hearing Impaired Athletes

- Coaches must notify the meet director and judges of the athlete's hearing impairment before the competition and prior to each routine.
- The athlete may receive a visual aid from the coach to begin her routine as the music starts. **There is no deduction.**

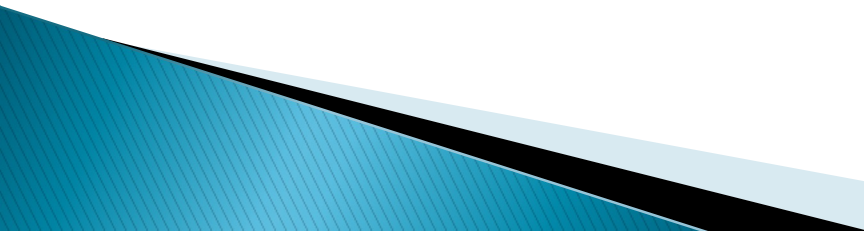
Awarding of Medals

- Medals (or ribbons) are awarded for each apparatus event.
 - No awards are given for All Around.
 - Gymnasts may receive a maximum of five awards: one for each of the three apparatus events and two for group.
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Awarding of Medals

- Gymnasts who compete Group only may receive a maximum of two awards: one for each group routine.
- For awards, athletes are separated by divisions so that there is fair competition for all abilities. Judges must be familiar with the Divisioning process to be able to evaluate the gymnasts' routines appropriately. Refer to the Special Olympics Divisioning Course for Gymnastics.

UNIFIED

- ▶ Unified competition is offered in Individual and Group events. In Individual, one athlete and one unified partner compete on the floor together. In Group, there must be an equal number of athletes and partners in each group (for example: 2 athletes and 2 partners).
 - ▶ All rules and regulations apply equally to athletes and partners.
 - ▶ For individual unified competition, there are 2 judging panels: one panel judges the athlete and the other panel judges the unified partner. The final scores from each panel are added together for a team total.
 - ▶ The athlete and unified partner receive awards together as a team.
 - ▶ For unified group competition, the same guidelines and procedures are followed as in group competition.
 - ▶ Unified individual teams and unified groups are not awarded in the same divisions with individuals and groups composed entirely of Special Olympics athletes.
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Neutral Deductions

Neutral deductions, which are unique to Special Olympics, are listed below. For all other neutral deductions, refer to FIG rules.

- COACH COMMUNICATING to the athlete during a routine: In Levels A–B–C, coaching deductions are considered in Memorization.
- OUT OF BOUNDS: The maximum out of bounds deduction which may be taken for a routine, is 2.0 points.
 - Apparatus out of bounds – 0.30 each time
 - Gymnast out of bounds – 0.30 each time
- ATTIRE or APPARATUS not conforming to the regulations:
 - Attire – 0.30
 - Apparatus – 0.50

JUDGING LEVEL C MRG ROUTINES

- Levels C routines are judged by one panel. If there is more than one judge on the panel, the final score will be the average of all judges' scores. (Note: If there are four or more judges on the panel, the competition director and/or head judge may elect to drop the high and low scores and average the middle scores.) Neutral deductions are taken from the final average.
- Maximum Value for Level C Routines – 10.0
- There are two parts on the score sheet, each with a value of 5.0. The top part of the score sheet is to evaluate the Segments and the bottom part, Performance.

JUDGING LEVEL C MRG ROUTINES

TOP PART OF SCORE SHEET (5.0) – Segments

There are 5 Segments, each with a value of 1.0.

For each Segment, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each Segment.

1.0 The Segment is performed perfectly, with excellent execution, amplitude, musicality, and apparatus technique.

0.7 – 0.9 The Segment is performed with minor mistakes in execution, amplitude, musicality, and apparatus technique.

0.5 – 0.6 The Segment is performed with major mistakes in execution, amplitude, musicality, and apparatus technique.

0.3 – 0.4 The Segment is barely recognizable.

0.1 – 0.2 The athlete is on the floor with the correct apparatus.

JUDGING

LEVEL C MRG ROUTINES

BOTTOM PART OF SCORE SHEET (5.0) – Performance

There are 5 categories, each with a value of 1.0. Partial points may be awarded.

Salute at beginning & end of the routine (0.5 each)

Memorization – Includes coaching deductions.

Visual or verbal cues	Deduction for each segment	– 0.1
Manual assistance	Deduction for each segment	– 0.2

Musicality – Beginning & ending with music. Hitting musical cues.

Expression – Includes body and facial expression.

General Impression – A performance with good technique, confidence, & personality.

Rhythmic Compulsory Routine

Sample Judging Sheet

Level C MRG Rope

Segments	Value	Score
1. Swing rope and trap under foot. Marching steps, spinning rope.	1.0	
2. Straight jump.	1.0	
3. Frontal rotations with rope to lunges.	1.0	
4. Steps with sail. Jump through rope.	1.0	
5. Lunge. Overhead rotations to wrap on arm.	1.0	
	TOTAL	

Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

SEGMENTS

Level C MRG

MRG LEVEL C ROPE

The video is the only version of the routine.

SEGMENTS:

1. Swing rope and trap under foot. Marching steps, spinning rope.
2. Straight jump
3. Frontal rotations with rope to lunges.
4. Steps with sail. Jump through rope.
5. Lunge. Overhead rotations to wrap on arm.

SEGMENTS

Level C MRG

MRG LEVEL C CLUBS

The video is the only version of the routine.

SEGMENTS :

1. Sagittal arm circle. Steps with tapping.
2. Large frontal circle. Turn (either direction, flat).
3. Sagittal arm swings.
4. Straight jump.
5. Lunges. Drumming.

SEGMENTS

Level C MRG

MRG LEVEL C RINGS

The video is the only version of the routine.

SEGMENTS:

1. Dance steps. Remove rings from neck and lower to sides.
2. Raise arms forward and open. Balance standing on 1 foot (either leg).
3. Marching steps turning, both directions.
4. Roll ring on floor
5. Place 1 ring around neck. Swing ring on arm. Place other ring around neck to ending pose.


SEGMENTS

Level C MRG

MRG LEVEL C STICK

The video is the only version of the routine.

SEGMENTS:

1. Marching steps in a circle
 2. Pass stick in large circle, changing hands overhead
 3. Balance standing on 1 foot (either leg).
March forward.
 4. Lunges
 5. Marching steps turning. Roll stick on floor.
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ENJOY THE COMPETITION!

Remember, judge from your head, not your heart. Divisioning will ensure that all athletes have fair competition with others of a similar ability

THANK YOU!