

***Special Olympics***



**MEN'S RHYTHMIC GYMNASTICS (MRG)  
JUDGES COURSE  
LEVEL 1**



**PRESENTED BY**  
**RHYTHMIC GYMNASTICS**  
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# RESOURCES

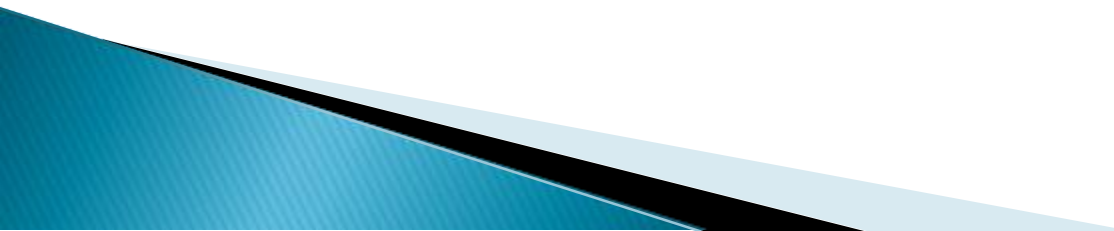
On the SOI website, you can find the following information, which is necessary for judging Special Olympics Rhythmic Gymnastics:

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

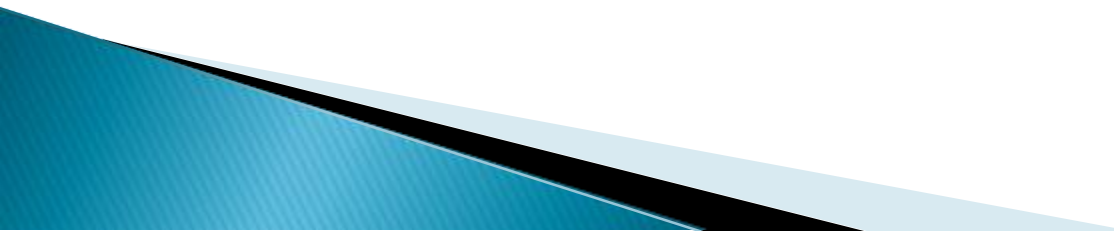
<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/gymnastics/rhythmic-gymnastics>

# RULES OF COMPETITION

## General Rules

- In Level 1, there are different routines for female & male athletes. This course pertains specifically to the MRG program for male athletes.
  - There is no Floor Exercise in Level 1 MRG.
  - Athletes must compete on the same level in all chosen individual events.
  - Gymnasts who do all four apparatus events at a level are considered All-Around.
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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), however individual elements may be reversed within the routine. These are specified on the judging sheets.
  - 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

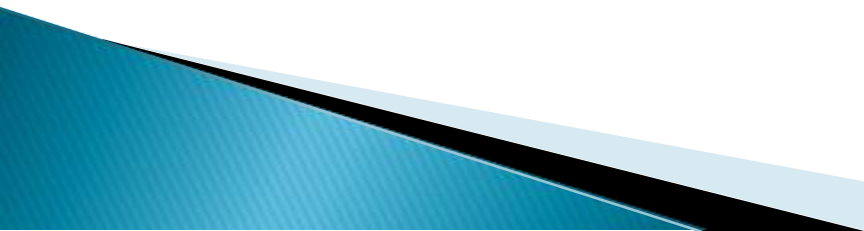
**Rings:** Inner diameter 30–45 centimeters  
Thickness: 2.0 – 3.5 centimeters



# 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.
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# Modifications

## Visually Impaired Athletes

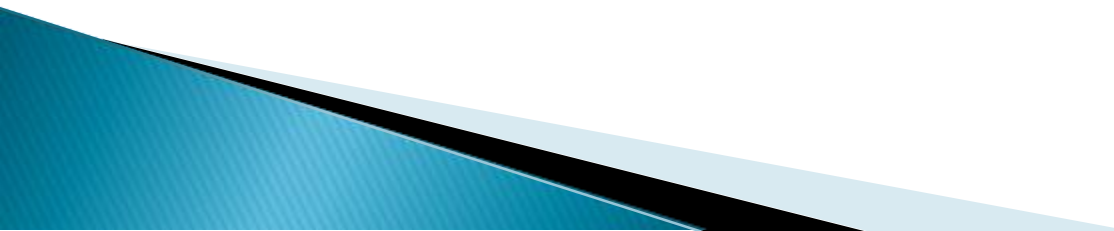
- Coaches must notify the meet director and judges of the athlete's visual impairment before the competition and prior to each routine. In order to aid the athletes, the following types of assistance are permissible for all levels of competition **without deduction**.
- Audible cues, such as clapping, 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 his routine as the music starts. **There is no deduction.**

# Awarding of Medals

- Medals (or ribbons) are awarded for each apparatus event and for All-Around.
  - Gymnasts may receive a maximum of seven awards: one for each of the four apparatus events, one for All Around and two for group.
  - 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.
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# 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.

# 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:
  - The **maximum deduction** for assistance that may be taken is **4.0** for a routine. No partial points may be awarded. If coaching assistance is needed, **the coach must stand in a designated area** in full view of the judges.
    - Coach assists with the whole routine – 4.0
    - Coach assists with the majority of the routine – 3.0
    - Coach assists with half the routine – 2.0
    - Coach gives slight assistance – 1.0

# Neutral Deductions

## ➤ 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 LEVELS 1 ROUTINES

For Level 1 Apparatus Routines, the judges separate into two panels: D Panel (**Difficulty**) and E Panel (**Execution**).

To calculate the final score for each gymnast, the score from the D Panel is added to the score from the E Panel. If there is more than one judge on each panel, the average score from the judges on the D Panel is added to the average score from the judges on the E Panel.

Neutral deductions are taken from the total.

Maximum value for apparatus routine	<b>20.0</b>
• <b>D Panel (Difficulty)</b>	<b>10.0</b>
• <b>E Panel (Execution)</b>	<b>10.0</b>



# APPARATUS ROUTINES

## D Panel (Difficulty) – 10.0

- The D Panel will evaluate:
  - Identified Skills
  - Connections
  - Floor Pattern
  - Music.
- Partial points may be awarded, depending on the execution and amplitude of the Identified Skills, and the Exactness of Text, including Floor Pattern and Music.

## E Panel (Execution) – 10.0

8.0 Execution, Amplitude, and Apparatus Technique  
2.0 Elegance and General Impression

# D PANEL 10.0

## Level 1

### IDENTIFIED SKILLS 6.0

In Level 1 routines, there are 6 Identified Skills, each valued at 1.0

**Note:** If a gymnast drops the apparatus while performing an Identified Skill, the judge must deduct for the drop and possible rhythm breaks but should not penalize him the full value of the difficulty if the skill is otherwise performed well.

### EXACTNESS OF TEXT 4.0

Connections	2.0
Floor Pattern	1.0
Music	1.0

To evaluate the gymnasts' performances accurately, judges on the D Panel must be familiar with the compulsory routines.



# E PANEL

## Execution, Amplitude & Apparatus Technique 8.0

Use this chart to determine the points to award in each category

The Execution and Amplitude category is divided into sub-categories so that each gymnast will be rewarded for areas in which he excels and not be too harshly penalized for an area in which he may have limitations.

- 1.0 Minimum base score for being on the floor.
- 3.0 Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- 2.0 Amplitude - The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc.) and apparatus (height of tosses, extension in swings, etc.).
- 2.0 Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

# E PANEL

## Execution, Amplitude & Apparatus Technique 8.0

Faults are penalized according to degree:

- 0.1** Small faults
- 0.3** Medium faults
- 0.5** Major faults

Drops of the apparatus are to be penalized as follows:

- 0.3** Immediate retrieval (without a step)
- 0.5** Retrieval after 1–2 steps
- 0.7** Retrieval after 3 or more steps

# E PANEL

## Elegance and General Impression 2.0

- Elegance includes supple body movements and an elegant carriage of the body.
- Good general impression is a performance with few errors. The gymnast must be full of confidence and perform with style and emotion.

**Partial points may be awarded**

# Rhythmic Execution Judging Sheet

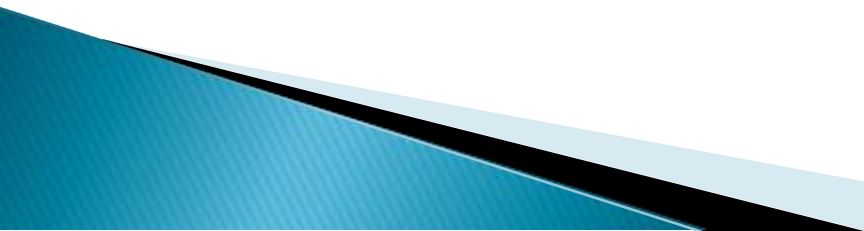
	Value	Score
Execution Amplitude Apparatus Technique	8.0	
Elegance General Impression	2.0	
<b>Total Score</b>	<b>max 10.0</b>	

# JUDGING LEVEL 1 IDENTIFIED SKILLS

- For videos explaining the specifics on judging each Identified Skill, go to the Judging folder on the SOI Resources page on the website.
- The Rope score sheet below is an example of the D Panel (Difficulty). Score sheets for other apparatus can be found on the SOI Resources page.

# JUDGING LEVEL 1 IDENTIFIED SKILLS

General judging information that is specific to Special Olympics:

- If there are 2 elements in an Identified Skill, each element has a value of 0.5. If there are 3 elements, each has a value of 0.33. Below, you will find a list of the Identified Skills for each apparatus, with values noted.
  - In a jump, if the athlete shows the correct position but does not leave the floor, he should get some credit. The maximum score he can receive is 0.5.
  - If an athlete performs an element with more than the required amplitude, he should not receive extra credit.
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# Rhythmic Compulsory Routine

## Sample MRG Judging Sheet

### Level 1 Rope

Identified Skills	Value	Score
1. Wrap & unwrap rope on arm	1.0	
2. Marching steps	1.0	
3. Straight jump	1.0	
4. Steps with sail	1.0	
5. Jump over rope	1.0	
6. Overhead rotations, pass around to spin	1.0	

Exactness of Text	Value	Score
Identified Skills	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
<b>Total Score</b>	<b>max 10.0</b>	

# LEVEL 1 IDENTIFIED SKILLS

## ROPE

The video is the only version of the routine.

### IDENTIFIED SKILLS:

Wrap & unwrap rope on arm	1.0
Wrap (0.5)   Unwrap (0.5)	
Marching steps	1.0
Straight jump	1.0
Steps with sail	1.0
Jump over rope	1.0
Overhead rotations, pass rope around to spin	1.0
Rotations (0.33)   Pass around (0.33)   Spin (0.33)	

# LEVEL 1 IDENTIFIED SKILLS

## CLUBS

The video is the only version of the routine.

### IDENTIFIED SKILLS:

Turn to lunges	1.0
Turn (0.5)    Each lunge (0.25)	
Marching steps	1.0
Straight jump	1.0
Lunges with frontal circles	1.0
Each side (0.5)	
Passé hop (either leg)	1.0
Passé balance (either leg)	1.0

# LEVEL 1 IDENTIFIED SKILLS

## STICK

The video is the only version of the routine.

### IDENTIFIED SKILLS:

Pass stick overhead	1.0
Steps with frontal circle & swing	1.0
Each direction (0.5)	
Marching steps	1.0
Passé balance (either leg)	1.0
Roll stick in & out arms	1.0
Pass stick behind back	1.0

# LEVEL 1 IDENTIFIED SKILLS

## RINGS

The video is the only version of the routine.

### IDENTIFIED SKILLS:

Overhead swings	1.0
Each side (0.5)	
Steps with 180° turn marching	1.0
Each direction (0.5)	
Roll ring on floor	1.0
March, passing ring in large circle	1.0
Rotation on arm	1.0
Steps with handling	1.0

# 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!