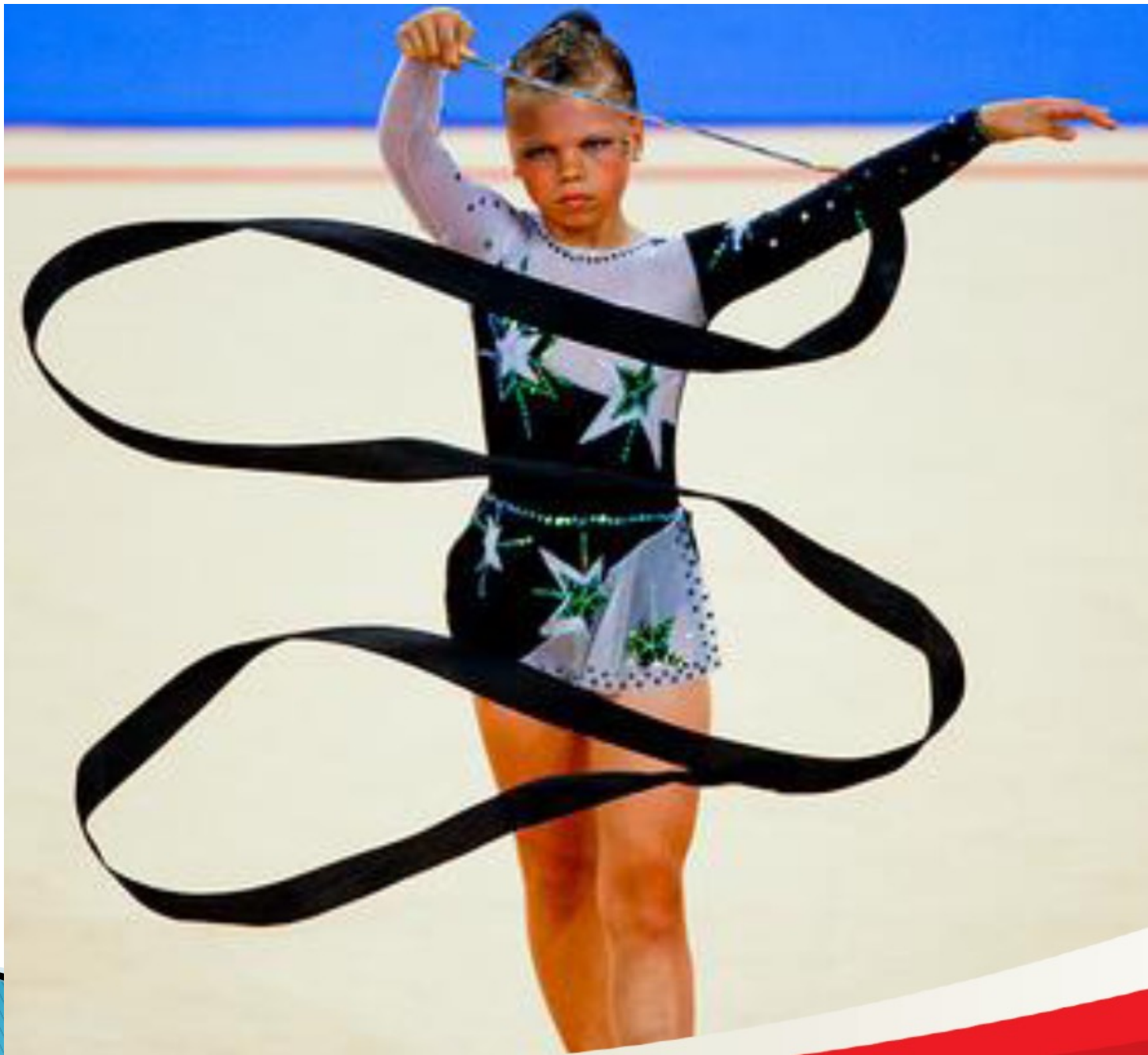


***Special Olympics***



**RHYTHMIC GYMNASTICS  
JUDGES COURSE  
LEVELS 3**



**PRESENTED BY**  
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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
- Video introduction to Level 3 Optional routines
- Videos of the Required Skills for Level 3 Optional routines
- 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

- Level 3 is a hybrid of compulsory and optional/voluntary routines. What this means is that athletes can compete the compulsory routines, as shown in the videos, or they can choose to compete optional routines, using their own music and choreography, as in Level 4. Athletes can compete some compulsory and some optional routines within the level, which is why we call it a hybrid.
- Floor Exercise is required for all gymnasts. To compete apparatus routines, each athlete must first perform the floor exercise routine. If an athlete is not prepared to do the choreography, she must perform and be evaluated on the 8 skills listed on the score sheet.
- Level 3 & 4 gymnasts perform the same floor exercise routine.

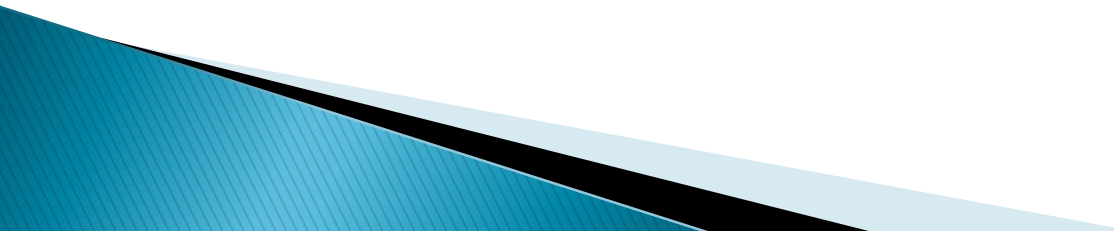
# RULES OF COMPETITION

- For apparatus routines, 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. Floor Exercise does not count toward the All-Around score.
- In addition to Floor Exercise, three apparatus routines are required for each level. Athletes have a choice for the fourth apparatus routine, which will be awarded as a mixed apparatus.
- Level 3 gymnasts can compete Compulsory or Optional/voluntary routines or a combination of some compulsory and some optional routines:

Required 3 mandatory routines: Rope, Ball, Clubs.

Choice of an additional routine: Hoop, Ribbon (awarded as mixed apparatus, not separately)

# RULES OF COMPETITION

- The video of the compulsory routines is the official version. There is no written text for the Level 3 compulsory routines.
  - The video of the required skills for optional routines shows which part of the skill must be performed as shown. For some skills, the body movement is required and for other skills, the apparatus handling is required.
  - 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 rhythmic gymnastics is floor exercise, rope, hoop, ball, clubs, ribbon.
- 

# 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

**Hoop:** The interior diameter of the hoop should be from 60–90 centimeters Weight: A minimum of 150–300 grams and up

**Ball:** Diameter: 14–20 centimeter

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

**Ribbon:** Length of the stick: 45–60 centimeters

Length of Ribbon: minimum of 3 meters to a maximum of 6 meters (for Levels 1–4).

# 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.

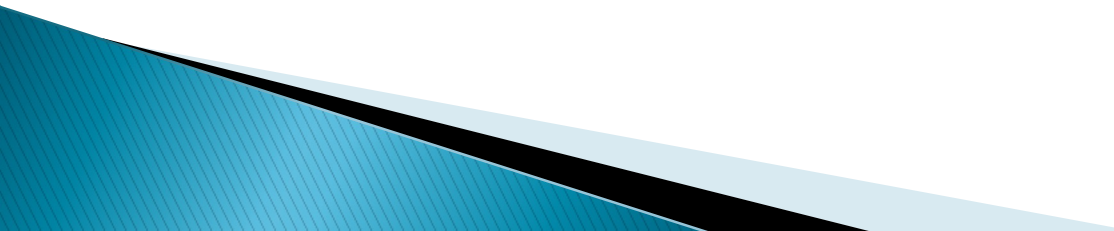
# Modifications

## 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 and for All-Around. In Level 3, the compulsory & optional routines will be awarded together, so it is important for judges to evaluate the optional Required Skills with the same criteria as the Identified Skills in the compulsory routines.
- For the required routines, each apparatus will be awarded separately. For the additional routine, hoop/ribbon will be awarded as a mixed apparatus (not separately).
- No awards are given for Floor Exercise.
- Gymnasts may receive a maximum of seven awards: one for each of the four apparatus events, one for All Around and two for group.

# 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.

# 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 LEVEL 3 ROUTINES

For Level 3 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>
• D Panel ( <b>Difficulty</b> )	<b>10.0</b>
• E Panel ( <b>Execution</b> )	<b>10.0</b>

# JUDGING LEVEL 3 ROUTINES

For the Level 3/4 Floor Exercise, there is one judge for each athlete. Multiple athletes should perform the Floor Exercise together. If there are 2 judges, 2 athletes perform at the same time. If there are 3 judges, 3 athletes perform.

# FLOOR EXERCISE

If an athlete is not prepared to perform the Floor Exercise choreography, she must perform the 8 Identified Skills listed on the score sheet and be evaluated. Score sheets are returned to the coach at the end of competition.

- The maximum score for each Identified Skill is 3.0 if the athlete performs the choreography.
- The maximum score for each Identified Skill is 2.0 if the athlete performs only the skill.
- Partial points may be awarded.

# FLOOR EXERCISE

## SCORING (Choreography)

- 3.0 Fantastic! You rocked it!
- 2.0 Great job! You got this!
- 1.0 Good job! Keep practicing!
- 0.0 Oops – you left it out.

## SCORING (Skills)

- 2.0 Fantastic! You rocked it!
- 1.5 Great job! You got this!
- 1.0 Good job! Keep practicing!
- 0.0 Oops – you left it out.

# Level 3/4 Floor Exercise Sample Judging Sheet

Identified Skills	Choreography	Skills Only	Score
1. Side body wave to back body wave	3.0	2.0	
2. Back arabesque balance in relevé (either leg)	3.0	2.0	
3. Passé balance in relevé (either leg)	3.0	2.0	
4. Waltz dance steps	3.0	2.0	
5. Chainé turn to vertical jump with leg extended in front (45°, either leg)	3.0	2.0	
6. Forward body wave	3.0	2.0	
7. Dance steps with chasses	3.0	2.0	
8. 360° passé pivot (either direction)	3.0	2.0	

# APPARATUS ROUTINES

## D Panel (Difficulty) – 10.0

- The D Panel will evaluate:
  - Identified Skills/Required Skills
  - Connections
  - Floor Pattern
  - Music
- The Required Skills for Level 3 Optional routines are valued at 1.0 each. Remember, the compulsory & optional routines will be awarded together, so it is important to evaluate the optional requirements with the same criteria as the Identified Skills in the compulsory routines. The coach will submit a scoresheet with the skills listed in the order they occur in the optional routines. The video for each apparatus in the Coaching section on the SOI website will show you what is required. The videos specify which apparatus difficulties will have optional steps and which body movements will have optional apparatus handling.
- 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.

# APPARATUS ROUTINES

## E Panel (Execution) – 10.0

8.0 Execution, Amplitude, and Apparatus Technique

2.0 Elegance and General Impression





# D PANEL 10.0

## Level 3 Compulsory Routines

### IDENTIFIED SKILLS 1.0

In Level 3 compulsory routines, there are 8 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 her the full value of the difficulty if the skill is otherwise performed well.

### EXACTNESS OF TEXT 2.0

Connections	0.5
Floor Pattern	0.5
Music	0.5
Body Expression	0.5

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

# D PANEL 10.0

## Level 3 Optional Routines

### REQUIRED SKILLS 8.0

In Level 3 optional routines, there are 8 Required Skills, each valued at 1.0

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

### COMPOSITION 2.0

Connections (quality of movements between required skills)	0.5
Use of Floor Area	0.5
Musicality (being on time with music, expressing musical accents)	0.5
Body Expression	0.5

# 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 she excels and not be too harshly penalized for an area in which she 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.).

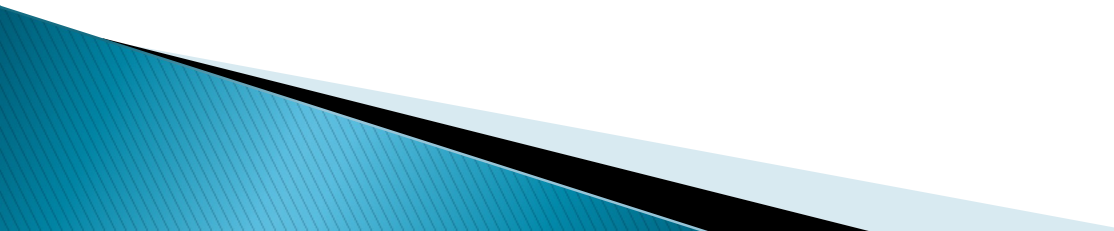
# E PANEL

## 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 graceful, soft, flowing arms, 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 3 IDENTIFIED & REQUIRED 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 same principles apply to judging the Required Skills in optional routines.
- On the Rope score sheets below, you will see which skills can be performed on either leg or in either direction. Score sheets for other apparatus can be found on the SOI Resources page.
- 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 & Required Skills for each apparatus, with values noted.

# JUDGING LEVEL 3

## IDENTIFIED & REQUIRED SKILLS

- If a balance, tiptoe turn, or other element is supposed to be done in relevé and the gymnast performs it on flat foot, the maximum she can receive is half the value of the skill. For example, if the Identified or Required Skill is passé balance in relevé and the gymnast does the passé flat, technically, she has done half the skill (passé) and omitted half the skill (relevé), so the maximum score she can receive is half the value of the skill.
- In a jump, if the athlete shows the correct position but does not leave the floor, she should get some credit. The maximum score she can receive is 0.5.
- If an athlete performs an element with more than the required amplitude, she should not receive extra credit. For example, a high toss or the leg raised higher on an arabesque balance.
- If an athlete performs a toss but has problems on the catch, she should get some credit for the toss.



# Rhythmic Compulsory Routine

## Sample Judging Sheet

### Level 3 Rope

Identified Skills	Value	Score
1. Dance steps	1.0	
2. 360° passé pivot (either direction)	1.0	
3. Backward skips. Windmill turn	1.0	
4. Vertical jump with leg extended to front 45° (either leg)	1.0	
5. Release one end of rope. Swing & catch (either hand)	1.0	
6. Swing to jump through rope (either leg)	1.0	
7. Passé balance in relevé (either leg)	1.0	
8. Backward jump over rope	1.0	

Exactness of Text	Value	Score
Identified Skills	8.0	
Connections	0.5	
Floor Pattern	0.5	
Music	0.5	
Body Expression	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

# LEVEL 3 IDENTIFIED SKILLS

## Compulsory Routines

### ROPE

- Dance steps 1.0  
Marching steps (0.5) Chassé & dance (0.5)
- 360° passé pivot (either direction) 1.0
- Backward skips. Windmill turn 1.0  
Backward skips (0.5) Windmill turn (0.5)
- Vertical jump with leg extended to front (45°, either leg) 1.0
- Release one end of rope, swing and catch (either hand) 1.0
- Jumps through rope (either leg) 1.0  
Each jump (0.33)
- Passé balance in relevé (either leg) 1.0  
Balance performed flat (maximum 0.5)
- Backward jump over rope 1.0

# LEVEL 3 IDENTIFIED SKILLS

## Compulsory Routines

### HOOP

- Assisted spin. Dance steps 1.0  
Assisted spin (0.5) Dance steps (0.5)
- Small jumps through hoop (2) 1.0  
Each jump (0.5)
- Front arabesque balance in relevé (either leg) 1.0  
Balance performed flat (maximum 0.5)
- 180° flip toss 1.0  
Hoop rotates more than 180° (maximum 0.5)
- 360° passé pivot (either direction) 1.0
- Hitchkick/scissors jump (either leg) 1.0
- Toss and catch (either hand) 1.0
- Boomerang roll (either hand) 1.0

# LEVEL 3 IDENTIFIED SKILLS

## Compulsory Routines

### BALL

- Dance steps. Roll ball down back. 1.0  
Dance steps (0.5) Roll down back (0.5)
- 180° passé hop (either direction) 1.0
- Bounces in a V 1.0  
Each bounce (0.5)
- Back arabesque balance in relevé (either leg) 1.0  
Balance performed flat (maximum 0.5)
- Dance steps. Roll ball in and out the arms. 1.0  
Dance steps (0.5) Roll ball in and out the arms (0.5)
- 360° passé pivot (either direction) 1.0
- Skipping steps (4) 1.0  
Each skipping step (0.25)
- Toss and catch (either hand) 1.0

# LEVEL 3 IDENTIFIED SKILLS

## Compulsory Routines

### CLUBS

- ▶ Dance steps with tapping & passé steps 1.0  
Tapping (0.5) Passé steps (0.5)
- ▶ Passé balance in relevé (either leg) 1.0  
Balance performed flat (maximum 0.5)
- ▶ Small vertical circles outside the arms (3) 1.0  
Each circle (0.3)
- ▶ Dance steps with chassé 1.0  
Chassés (0.5) Dance steps (0.5)
- ▶ Hitchkick/scissors jump (either leg) 1.0
- ▶ 180° flip toss with each hand 1.0  
Each toss (0.5)
- ▶ 360° passé pivot (either direction) 1.0
- ▶ Swing from one side to the other with a small circle in front 1.0

# LEVEL 3 IDENTIFIED SKILLS

## Compulsory Routines

### RIBBON

- ▶ Dance steps 1.0  
Side steps (0.33) Shifting weight (0.33) Turn (0.33)
- ▶ Sideways steps over ribbon (4) 1.0  
Each step (0.25)
- ▶ Catleap (either leg) 1.0
- ▶ 180° passé hop (either leg) 1.0
- ▶ Backward steps changing the ribbon from hand to hand 1.0  
with rotation of the stick (4)  
Each step (0.25)
- ▶ Front arabesque balance in relevé (either leg) 1.0  
Balance performed flat (maximum 0.5)
- ▶ Runs over frontal circles (4) 1.0  
Each step (0.25)
- ▶ 360° passé pivot (either direction) 1.0

# LEVEL 3 OPTIONAL ROUTINE REQUIREMENTS

## REQUIRED SKILLS FOR LEVEL 3 OPTIONAL ROUTINES

- The 8 Required Skills in optional routines have components of the Identified Skills in compulsory routines.
- To receive full credit, each skill must be performed as shown in the videos on the SOI website.
- Each Required Skill has a value of 1.0. Partial points may be awarded.
- Required Skills are listed at the top of each score sheet.
- The coach should list the skills on the score sheet in the order they occur in the routine.
  - 3 Body Difficulties: Body Difficulty and Apparatus Handling are specified
  - 2 Dance Steps: Body Movement, Apparatus Handling, or both are specified
  - 3 Additional Body Movements/Apparatus Handling

# Rhythmic Optional Routine

## Sample Judging Sheet

### Level 3 Rope

Identified Skills	Value	Score
1.	1.0	
2.	1.0	
3.	1.0	
4.	1.0	
5.	1.0	
6.	1.0	
7.	1.0	
8.	1.0	

Exactness of Text	Value	Score
Identified Skills	8.0	
Connections (quality of movements between required skills)	0.5	
Use of Floor Area	0.5	
Musicality (being on time with music, expressing musical accents)	0.5	
Body Expression	0.5	
<b>Total Score</b>	<b>max 10.0</b>	



# LEVEL 3 REQUIRED SKILLS

## Optional Routines

### ROPE

#### Body Difficulties

1. 360° Passé pivot – swing
2. Vertical jump with leg extended to front(45°) – overhead rotations
3. Passé balance in relevé – overhead rotations

#### Dance Steps

1. Frontal rotations
2. 4 backward skips. Windmill turn. (in any order)

#### Additional body movements/apparatus handling

1. Hold 1 end of rope, swing forward to catch the other end
2. 3 jumps through the rope
3. Backward jump over the rope

# LEVEL 3 REQUIRED SKILLS

## Optional Routines

### HOOP

#### Body Difficulties

1. 360° Passé pivot – pass around waist
2. Chassé to Hitchkick – (inside hoop) shake hoop on chassé, raise overhead on hitchkick
3. Front arabesque balance in relevé – pass hoop overhead

#### Dance steps

1. Assisted spin around vertical axis
2. 180° flip toss

#### Additional body movements/apparatus handling

1. Small jumps through the hoop (minimum 2)
2. Toss & catch with 1 hand (sagittal plane)
3. Boomerang roll

# LEVEL 3 REQUIRED SKILLS

## Optional Routines

### BALL

#### Body Difficulties

1. 360° Passé pivot – swing to hold with 2 hands
2. 180° Passé hop – swing to hold with 2 hands
3. Back arabesque balance in relevé – pass ball overhead

#### Dance steps

1. Roll ball down the back
2. Roll ball in & out the arms

#### Additional body movements/apparatus handling

1. Bounce in a V from side to side
2. 4 skipping steps
3. Toss & catch with 1 hand

# LEVEL 3 REQUIRED SKILLS

## Optional Routines

### CLUBS

#### Body Difficulties

1. 360° Passé pivot – hold clubs in both hands, swing overhead
2. Hitchkick – tap overhead
3. Passé balance in relevé – 3 taps in front

#### Dance steps

1. Side chassé
2. Swing from one side to the other with a small circle in front

#### Additional body movements/apparatus handling

1. Marching steps in relevé (minimum 2)
2. 3 small vertical circles (outside the arm) with both hands (forward or backward)
3. 180° flip toss with each hand (holding head of clubs to toss, catch body of clubs)

# LEVEL 3 REQUIRED SKILLS

## Optional Routines

### RIBBON

#### Body Difficulties

1. 180° Passé hop – overhead circle
2. Front arabesque balance in relevé – overhead circle
3. 360° Passé pivot – overhead circle

#### Dance steps

1. Spirals
2. 4 sideways steps over ribbon

#### Additional body movements/apparatus handling

1. Catleap
2. Steps changing the ribbon from hand to hand with rotation of the stick – 4 times
3. 4 runs over large frontal circles

# 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!

