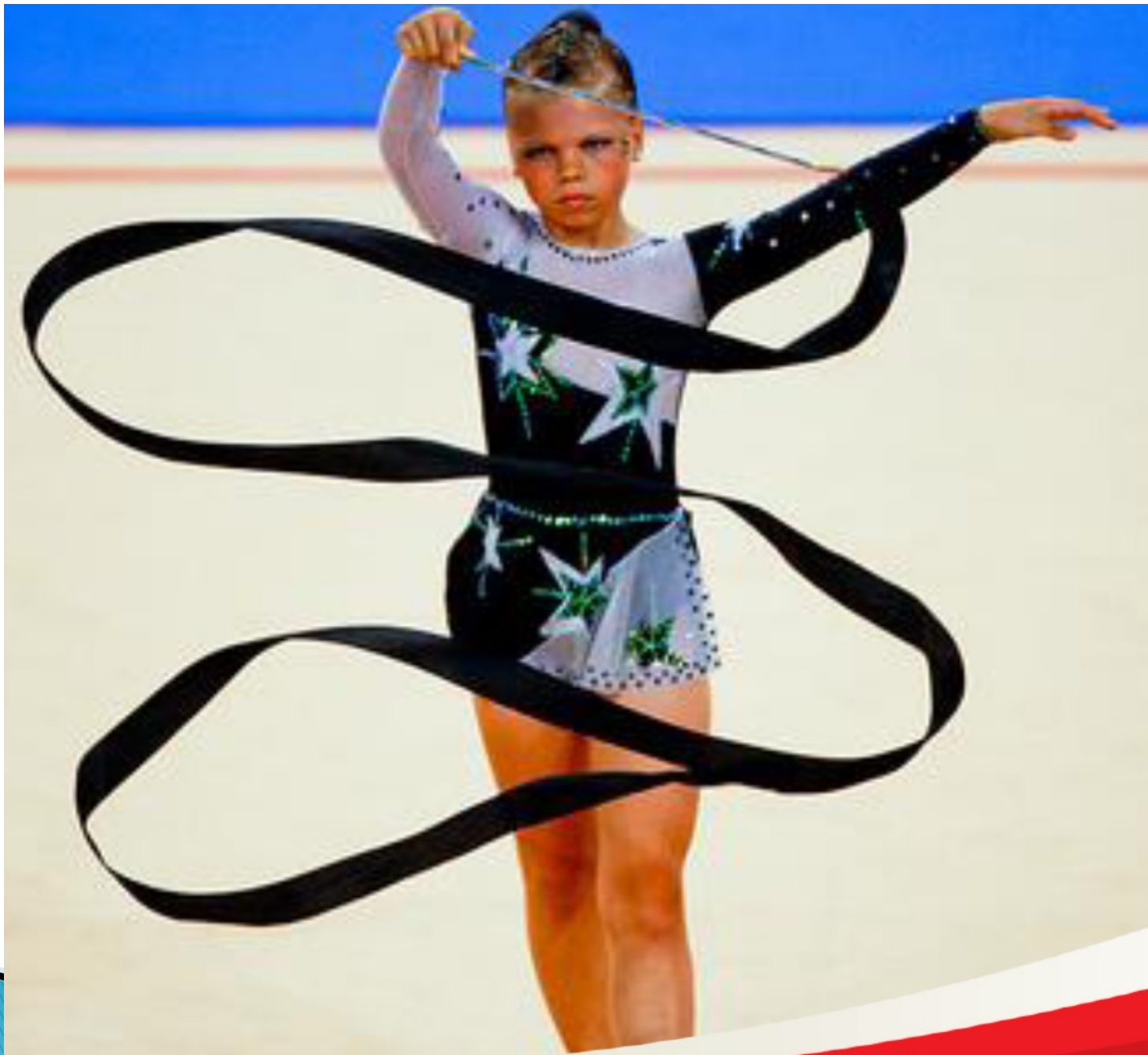


***Special Olympics***



**RHYTHMIC GYMNASTICS  
JUDGES COURSE  
LEVELS A-B-C**



**PRESENTED BY**  
**RHYTHMIC GYMNASTICS**  
**SPORTS RESOURCE TEAM**

**Cindy Bickman – Global Sports Adviser**

**Sofia Boura – Technical Delegate**

**Cindy Hoover & Efie Pantazidou – Head Judges**

**Maria Billikova, Joey Burgess, Rosie Garcia, Theodora Mavragani, Annie Pantazi, Klelia Pantazi, Ali Wood**

# RESOURCES

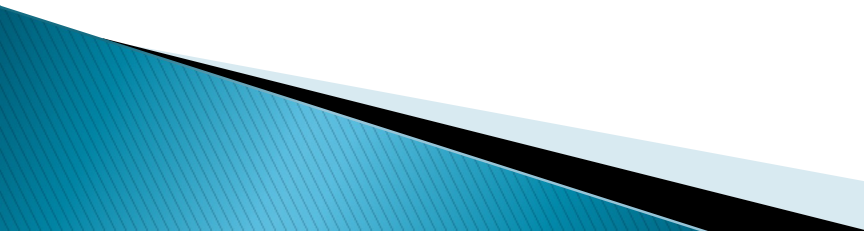
On the SOI website, you can find the following information, which is necessary for judging Special Olympics Rhythmic Gymnastics:

- 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

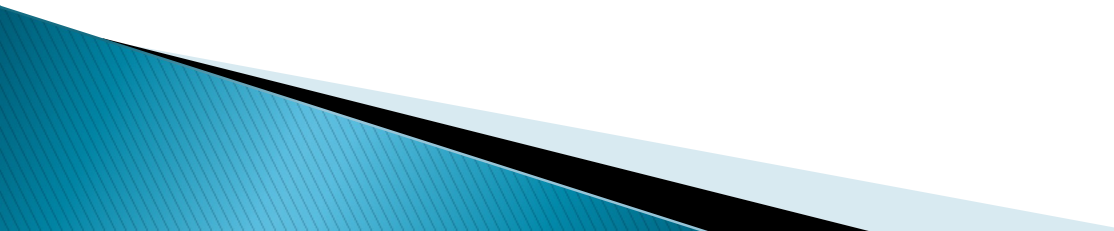
<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/gymnastics/rhythmic-gymnastics>

# RULES OF COMPETITION

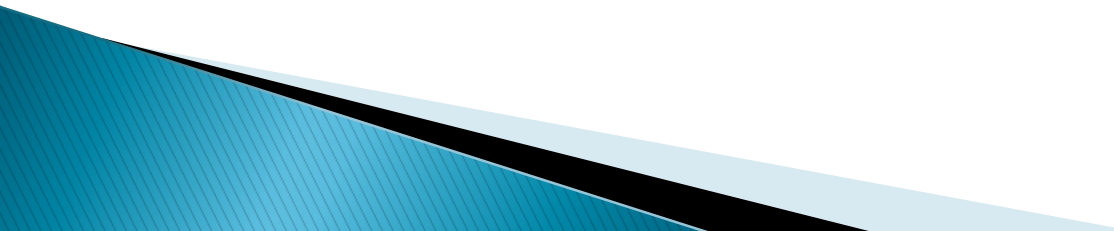
## General Rules

- Levels A & B are mixed gender. In Level C, there are different routines for female & male athletes. This course pertains specifically to the program for female athletes, but the concepts also apply to judging the Men's Rhythmic Gymnastics (MRG) routines.
  - Floor Exercise is required for Level C female 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 A and B gymnasts may compete Floor Exercise, but it is not required.
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# RULES OF COMPETITION

- For apparatus routines, athletes must compete on the same level in all chosen individual events.
  - No All Around awards are given for Levels A–B–C.
  - Levels A & B gymnasts choose any three routines to compete.
  - In addition to Floor Exercise, Level 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. If a difference exists between the video and the written text, the video must be followed.
  - Compulsory routines may be reversed in their entirety (mirror image).
  - Olympic order for rhythmic gymnastics is floor exercise, rope, hoop, ball, clubs, ribbon.
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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

**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:

Level A: minimum of 1 meter to a maximum of 6 meters

Levels B–C: minimum of 2 meters to a maximum of 6 meters

# 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

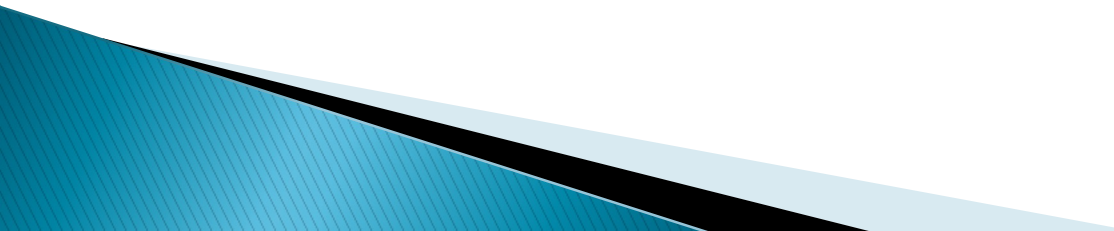
- Coaches must notify the meet director and judges of the athlete's visual impairment before the competition and prior to each routine. In order to aid the athletes, the following types of assistance are permissible for all levels of competition **without deduction**.
- Audible cues, such as clapping, 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.**

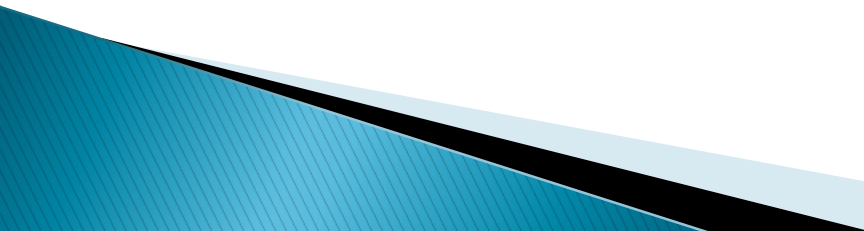
# Awarding of Medals

- Medals (or ribbons) are awarded for each apparatus event and Level A and B Floor Exercise.
  - No awards are given for Level C Floor Exercise.
  - 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.
- 

# 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 LEVELS A-B-C ROUTINES

**Level A-B Floor Exercise is judged the same as Level A-B apparatus routines.**

**For the Level C 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

## Level C

If an athlete is not prepared to perform the Level C 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

## Level C

### 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.

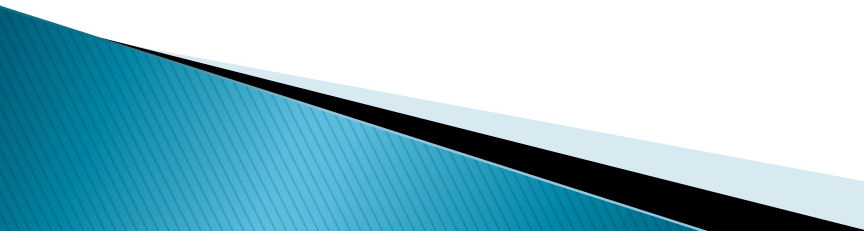
### SCORING (Skills)

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 C Floor Exercise Sample Judging Sheet

Identified Skills	Choreography	Skills Only	Score
1. Steps forward, presenting with arms	3.0	2.0	
2. Forward body wave	3.0	2.0	
3. Dance (heel together)	3.0	2.0	
4. Chassés forward	3.0	2.0	
5. Straight jump	3.0	2.0	
6. Tiptoe turn	3.0	2.0	
7. March in place, clapping on knees	3.0	2.0	
8. Shift weight side to side with arm waves	3.0	2.0	

# JUDGING LEVELS A-B-C ROUTINES

- Levels A, B, & 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 A, B, & 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.
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# JUDGING LEVELS A-B-C 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

## LEVELS A-B-C 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 Rope

Segments	Value	Score
1. Swing rope and trap under foot. Marching steps, spinning rope.	1.0	
2. Straight jump. Relevé	1.0	
3. Tiptoe turn and dance steps	1.0	
4. Wrap rope around waist and regrasp	1.0	
5. Dance steps	1.0	
	<b>TOTAL</b>	

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	
	<b>TOTAL</b>	
<b>Final Score</b>	<b>max 10.0</b>	



# SEGMENTS LEVEL C ROPE

REFER TO SOI RULES FOR OTHER LEVELS & APPARATUS  
SEGMENTS ARE DESIGNATED BY ALTERNATING HI-LITE COLORS

## Counts

- 1-4 Hold  
5-6 Plié, bending slightly forward to bring the hands together.  
7-8 Straighten legs, stand up straight, and open the arms to the sides.
- 1-4 Step forward right, through plié. Swing the rope overhead in a U-shape.  
5-8 Shift the weight to the back foot, through plié. Trap the rope under the right foot.
- 1-4 Put both knots in the right hand.  
5-8 Close feet together. Grasp the rope with the left hand near the right hand and slide to the loop end to double the rope. Spin the rope forward.  
1-8 Spinning the rope, 3 marching steps forward. Close feet together.
- 1-4 Plié and stretch the rope, lowering arms in front.  
5-8 Swinging the rope overhead, straight jump, landing in plié. Relevé.
- 1-8 Holding the rope stretched overhead, tiptoe turn (either direction).
- 1-8 Release the loop end of the rope and begin overhead rotations to the left. Heel together right and left.
- 1-8 Crossing the right arm in front of the body, allow the rope to wrap around the waist. Grasp the loop end of the rope with the left hand. Release the knots and grasp the rope with the right hand near the left hand. Slide the right hand to regrasp the knots, with the rope stretched in front of the body.
- 1-2 Plié and bring the hands together in front of the body.  
3-4 Straighten legs and open the arms to stretch the rope.  
5-6 Relevé and raise the rope overhead.  
7-8 Lower the heels and place the middle of the rope behind the neck, hands on hips.
- 1-4 Step right, plié and straighten to shift the weight to the right, finishing with left foot to the side, toes lifted.  
5-8 Plié and straighten to shift the weight to the left, finishing with right foot to the side, toes lifted.

# 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!