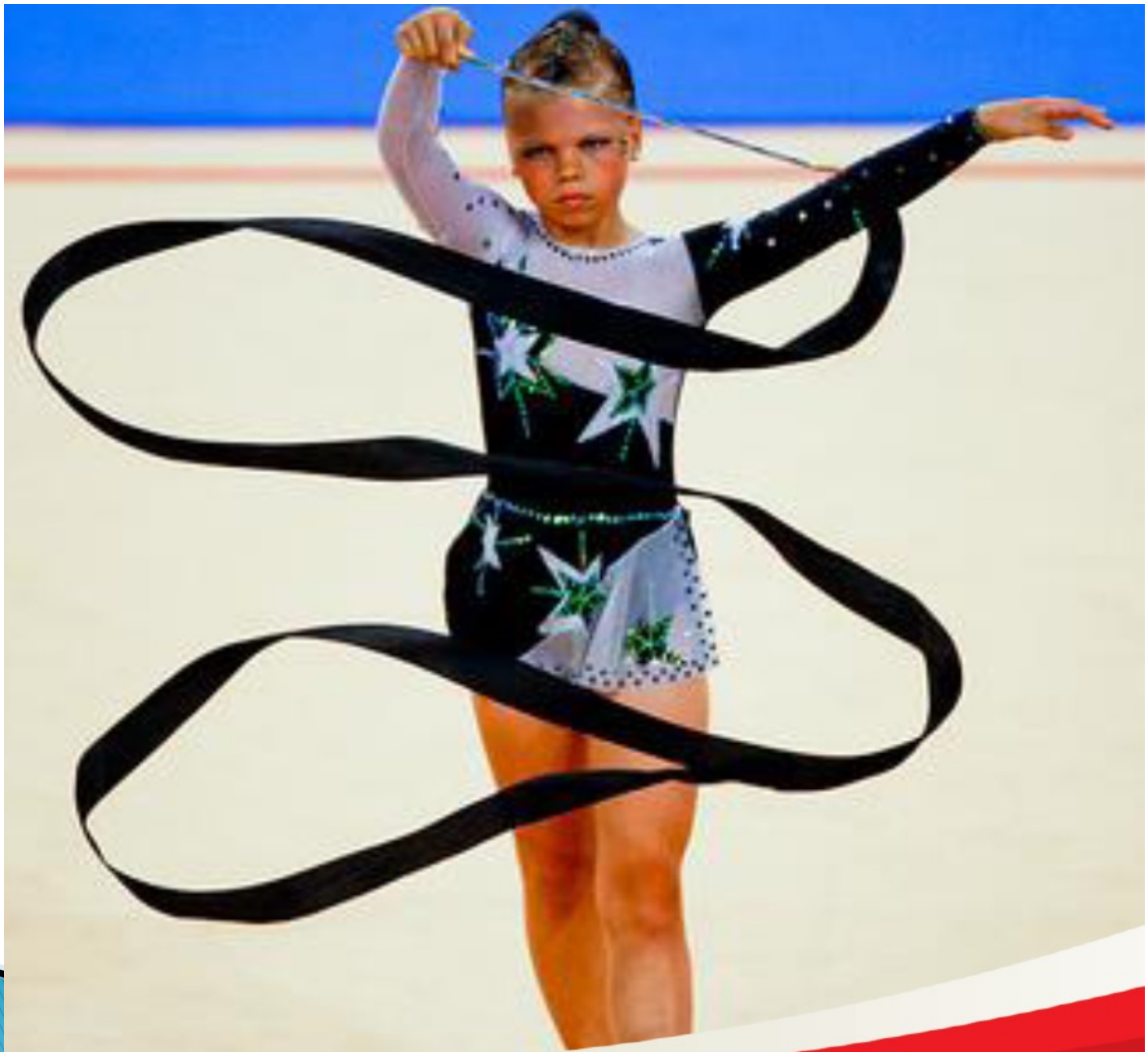


Special Olympics



**RHYTHMIC GYMNASTICS
JUDGES COURSE
WOMEN LEVELS 1 & 2**



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 program for female athletes, but the concepts also apply to judging the Men's Rhythmic Gymnastics (MRG) routines. Level 2 does not include MRG.
- Floor Exercise is required for all 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 1 & 2 gymnasts perform the same floor exercise routine.

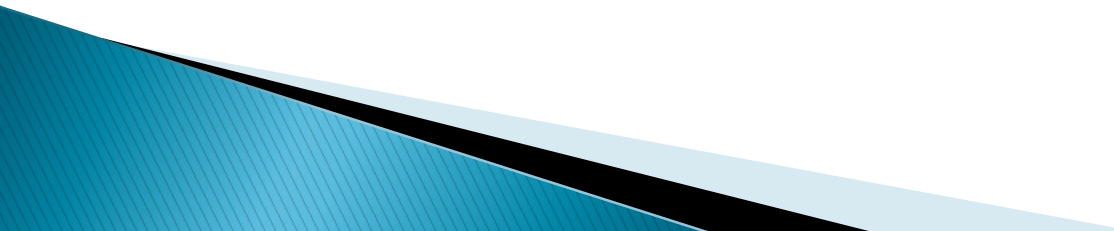
RULES OF COMPETITION

- 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 1 – Required 3 mandatory compulsory routines: Rope, Ball, Ribbon. Choice of an additional compulsory routine: Hoop, Clubs (awarded as mixed apparatus, not separately)

Level 2 – Required 3 mandatory compulsory routines: Hoop, Clubs, Ribbon. Choice of an additional compulsory routine: Rope, Ball (awarded as mixed apparatus, not separately)

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), 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.
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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: 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

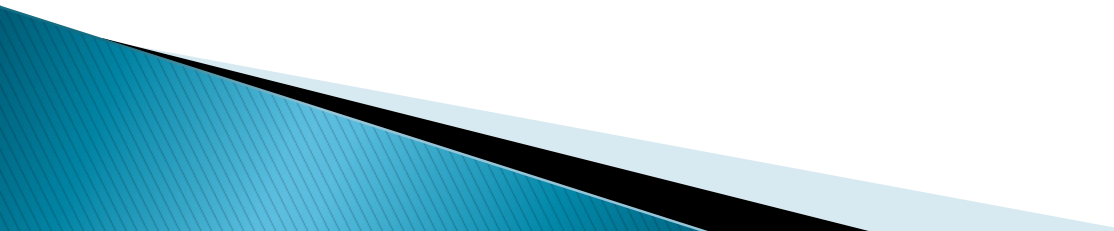
- Coaches must notify the meet director and judges of the athlete's visual impairment before the competition and prior to each routine. In order to aid the athletes, the following types of assistance are permissible for all levels of competition **without deduction**.
- Audible cues, such as clapping,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

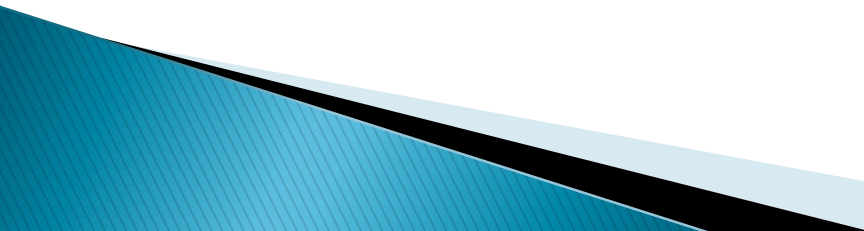
Awarding of Medals

- Medals (or ribbons) are awarded for each apparatus event and for All-Around.
 - 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.
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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:
 - 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 & 2 ROUTINES

For the Level 1/2 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.

JUDGING LEVELS 1 & 2 ROUTINES

For Levels 1 & 2 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	20.0
• D Panel (Difficulty)	10.0
• E Panel (Execution)	10.0

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 1 / 2 Floor Exercise Sample Judging Sheet

Identified Skills	Choreography	Skills Only	Score
1. Forward body wave	3.0	2.0	
2. Chainé turns (right & left)	3.0	2.0	
3. Passé balance (flat, either leg)	3.0	2.0	
4. Side body wave	3.0	2.0	
5. 180° passé pivot (either direction)	3.0	2.0	
6. Passé hop (either leg)	3.0	2.0	
7. Arabesque balance (flat)	3.0	2.0	
8. On knees, back body wave	3.0	2.0	

APPARATUS ROUTINES

D Panel (Difficulty) – 10.0

- The D Panel will evaluate:
 - Identified Skills
 - Connections
 - Floor Pattern
 - Music.
- The value for each category is different for Levels 1 & 2. Refer to the Judging Sheets for specifics for each level.
- 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 her 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.

D PANEL 10.0

Level 2

IDENTIFIED SKILLS 7.0

In Level 2 routines, there are 7 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 3.0

Connections	2.0
Floor Pattern	0.5
Music	0.5

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 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.).

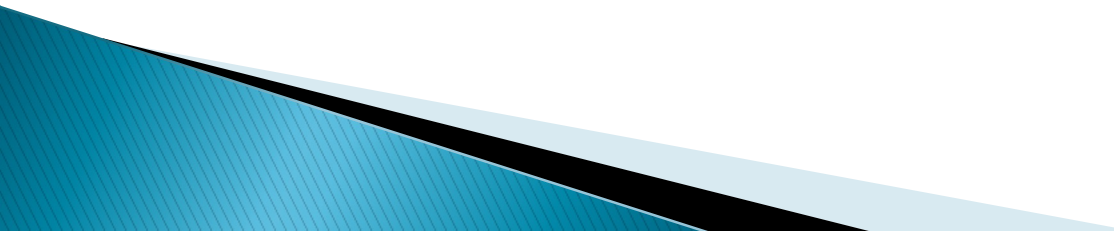
E PANEL

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
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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	
Total Score	max 10.0	

JUDGING LEVEL 1 & 2

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.
- 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 for each apparatus, with values noted.

JUDGING LEVEL 1 & 2

IDENTIFIED 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 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 Identified 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 1 Rope

Identified Skills	Value	Score
1. Dance steps with wrap (either arm)	1.0	
2. Passé balance (either leg)	1.0	
3. Dance steps, marching steps	1.0	
4. Straight jump	1.0	
5. Chainé turn	1.0	
6. Swing to jump through (either leg)	1.0	

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

Rhythmic Compulsory Routine

Sample Judging Sheet

Level 2 Rope

Identified Skills	Value	Score
1. Catleap (either leg) with rope swing & catch	1.0	
2. Jump over rope (either leg)	1.0	
3. Dance steps to 180° passé pivot (either direction)	1.0	
4. Passé hop (either leg)	1.0	
5. Back arabesque balance (either leg)	1.0	
6. Chainé turns (one & $\frac{3}{4}$)	1.0	
7. Passé balance in relevé (either leg)	1.0	

Exactness of Text	Value	Score
Identified Skills	7.0	
Connections	2.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 10.0	

LEVEL 1 IDENTIFIED SKILLS

ROPE

- **Dance steps with wrap (either arm)** 1.0
Steps with wrap (0.5) Walking backward unwrapping (0.5)
- **Passé balance (either leg, flat)** 1.0
- **Dance steps, marching steps** 1.0
Dance steps (0.5) Marching steps (0.5)
- **Straight jump** 1.0
If athlete swings arms & lifts body but feet don't leave floor (max 0.5)
- **Chainé turn** 1.0
If athlete completes turn flat footed (maximum 0.5)
- **Swing to jump through (either leg)** 1.0

LEVEL 1 IDENTIFIED SKILLS

HOOP

- **Tiptoe turn (either direction)** 1.0
If athlete completes turn flat footed (maximum 0.5)
- **3 swings, pass hoop overhead, assisted roll** 1.0
Swings (0.33) Pass overhead (0.33) Assisted roll (0.33)
- **Passé balance (either leg, flat)** 1.0
- **Chainé turn to dance steps** 1.0
Chainé turn (0.5) Dance steps (0.5)
- **Straight jump** 1.0
If athlete swings arms & lifts body but feet don't leave floor (max0.5)
- **Assisted spin** 1.0

LEVEL 1 IDENTIFIED SKILLS

BALL

- **Passé balance** (either leg, flat) 1.0
- **Tiptoe turn** (either direction) 1.0
If athlete completes turn flat footed (maximum 0.5)
- **Roll ball out arms to toss** 1.0
Roll ball (0.5) Toss (0.5)
- **Straight jump** 1.0
- **Dance steps with chassés** 1.0
Chassé to right (0.5) Chassé to left (0.5)
- **Bounce ball to dance steps** 1.0
Bounce ball (0.5) Dance steps (0.5)

LEVEL 1 IDENTIFIED SKILLS

CLUBS

- **Chainé turn to dance steps** 1.0
Chainé turn (0.5) Dance steps (0.5)
- **Tiptoe turn (either direction)** 1.0
If athlete completes turn flat footed (maximum 0.5)
- **Straight jump** 1.0
If athlete swings arms & lifts body but feet don't leave floor (max 0.5)
- **Dance steps to chassés** 1.0
Chassé left (0.5) Chassé right (0.5)
- **Passé hop (either leg)** 1.0
If the athlete shows the passé position but does not hop (max 0.5)
- **Passé balance (either leg, flat)** 1.0

LEVEL 1 IDENTIFIED SKILLS

RIBBON

- **Passé balance** (either leg, flat) 1.0
- **Dance steps** 1.0
Dance steps right (0.5) Dance steps left (0.5)
- **Chainé turn** 1.0
If athlete completes turn flat footed (maximum 0.5)
- **Dance steps to straight jump** 1.0
Dance steps (0.5) Straight jump (0.5)
- **Skipping steps, side chassé** 1.0
Skipping steps (0.5) Side chassé (0.5)
- **Figure 8s** 1.0

LEVEL 2 IDENTIFIED SKILLS

ROPE

- **Catleap (either leg) with rope swing (either hand) & catch** 1.0
Catleap (0.5) Rope swing & catch (0.5)
- **Jump over rope** 1.0
- **Dance steps to 180° passé pivot (either direction)** 1.0
Dance steps (0.5) 180° passé pivot (0.5)
- **Passé hop (either leg)** 1.0
If the athlete shows the passé but doesn't leave the floor (max 0.5)
- **Back arabesque balance (either leg)** 1.0
- **Chainé turns (one & 3/4)** 1.0
- **Passé balance in relevé (either leg)** 1.0

LEVEL 2 IDENTIFIED SKILLS

HOOP

- **Jumps through hoop (either leg)** 1.0
Each jump (0.33)
- **180° flip toss to passé balance in relevé (either leg)** 1.0
180° flip toss(0.5) Passé balance in relevé (0.5)
- **180° passé pivot (either direction)** 1.0
- **Jumps in & out of the hoop. Spin** 1.0
Jumps in & out of the hoop (0.5) Spin (0.5)
- **Free roll to dance steps** 1.0
- **Passé hop (either leg)** 1.0
If the athlete shows the passé but doesn't leave the floor (max 0.5)
- **Toss (either hand) & catch** 1.0
Toss (0.5) Catch (0.5)

LEVEL 2 IDENTIFIED SKILLS

BALL

- **Dance steps with rolls** 1.0
Steps with ball roll in (0.5) Steps with ball roll out (0.5)
- **Figure 8/spiral** 1.0
- **Bounce & catch to 180° passé pivot (either direction)** 1.0
Bounce & catch (0.5) 180° passé pivot (0.5)
- **Catleap (either leg)** 1.0
- **Swings to side chassé** 1.0
Swings (0.5) Side chassé (0.5)
- **Back arabesque balance (either leg)** 1.0
- **Toss (either hand) & catch** 1.0

LEVEL 2 IDENTIFIED SKILLS

CLUBS

- **Passé balance in relevé (either leg)** 1.0
- **Catleap (either leg)** 1.0
- **Side chassé to chaîné turn** 1.0
Side chassé (0.5) Chainé turn (0.5)
- **Dance steps** 1.0
- **Skipping steps to small circle with clubs** 1.0
Skipping steps (0.5) Small circle with clubs (0.5)
- **Front arabesque balance (either leg)** 1.0
- **180° passé pivot (either direction)** 1.0

LEVEL 2 IDENTIFIED SKILLS

RIBBON

- **Back arabesque balance** (either leg) 1.0
- **Catleap** (either leg) 1.0
- **180° passé pivot** (either direction) 1.0
- **Side steps over ribbon** 1.0
Each step (0.33)
- **Passé hop** (either leg) 1.0
If the athlete shows the passé but doesn't leave the floor (max 0.5)
- **Passé balance in relevé** (either leg) 1.0
- **Chainé turn** 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!