

# ARTISTIC GYMNASTICS

## 2015 GENERAL RULES

Due to length of the Special Olympics Artistic Gymnastics Rules, Special Olympics Wisconsin (SOWI) cannot reprint the rules in this Competition Guide. Please refer to the Official Special Olympics Sports Rules on the Special Olympics, Inc. website at [www.specialolympics.org](http://www.specialolympics.org). These can also be accessed through the SOWI website under Sports and Athletes / Sports Offered / Gymnastics. Coaches are responsible for reviewing SOWI and Special Olympics, Inc. rules.

### **OFFICIAL EVENTS OFFERED:**

Gymnastics competition is no longer offered at the district level. All gymnastics athletes will automatically be advanced to the State Indoor Sports Tournament. If the number of gymnastics participants changes in the future, a determination will be made regarding the number of events offered.

1. Men's Artistic Gymnastics (Levels 1, 2, 3)
  - a. Floor Exercise
  - b. Vault
  - c. Horizontal Bar (Levels 1 & 2 only)
2. Women's Artistic Gymnastics (Levels 1, 2, 3)
  - a. Vault
  - b. Uneven Bars
  - c. Balance Beam
  - d. Floor Exercise
  - e. All Around (combination of all scores, a-d, at same level)
3. Level A Artistic Gymnastics Events (Men or Women)
  - a. Wide Beam
  - b. Floor Exercise
  - c. Vault

SOWI is utilizing the Special Olympics, Inc. Artistic Compulsory Routines. If you have not received a copy of the routines and the music CD, call SOWI at (800) 552-1324.

### **SECTION A – RULES OF COMPETITION**

1. An artistic gymnast specializing in fewer events than the All Around may compete in two different levels with one level difference between.
2. The Special Olympics order of events for Male Artistic Gymnastics is as follows: Floor Exercise, Vault and Horizontal Bar.
3. The Special Olympics order of events for Female Artistic Gymnastics is as follows: Vault, Uneven Bars, Balance Beam and Floor Exercise.
4. Music and Routines for Artistic Gymnastics can be downloaded on the Special Olympics, Inc. website at [http://resources.specialolympics.org/Topics/Sports/Artistic\\_Compulsories.aspx](http://resources.specialolympics.org/Topics/Sports/Artistic_Compulsories.aspx):
  - a. Women's Floor Exercise
    - 1) Level A – No Music

Vault Competition – SOWI will utilize a “bug board” (a smaller version of regular spring board) for low-level vaulters. Use of a round bouncer is not allowed for competition.

## **SECTION B – ATTIRE**

1. Male gymnasts shall wear tank tops (leotards) and long gymnastics pants or white gymnastics shorts. T-shirts that are tucked in may replace the tank tops. Gymnasts may compete in white socks, gymnastics slippers or bare feet.
2. Female gymnasts shall wear a long sleeve leotard; have bare legs and bare feet, or wear white peds or gymnastics slippers. Flesh colored tights with bare feet are permitted, but not recommended. No deduction will be taken for use of flesh colored tights.
3. No jewelry.

## **SECTION C – EQUIPMENT**

Generally, see FIG equipment specifications and mat specifications for competition equipment. Modifications have been made to meet skill and size requirements for Special Olympics athletes.

1. Additional mats may be used to accommodate smaller gymnasts or for added safety. (There are no deductions unless specified in the specific event.)
2. Boards may be placed on top of the allowed matting around the equipment to help gymnasts mount but should be removed immediately.
3. Tables are used in vaulting, but not used in Levels A, B or Level I vaulting.
4. Any manufactured vaulting board is permitted. A vaulting collar must be used for inverted, optional vaults and for the level 3-Handstand to back vault.
5. The heights of the uneven bars, parallel bars and high bar may be adjusted to meet the size of the gymnast. Where the height cannot be lowered sufficiently, additional mats may be used to raise the floor.
6. Balance beam
  - a. Level A beam is 12.25 centimeters (6 inches) wide and no more than 10 centimeters (4 inches) above the panel mat it sits on. The beam may be covered with suede cloth or indoor/outdoor carpeting.
  - b. Levels B, I and II may use a floor beam that is 10 centimeters (4 inches) wide and 4.88 meters (16 feet) long. The top is no more than 30 centimeters (12 inches) off the ground and 10 centimeters (4 inches) from the mats or they may use a Level III beam.
  - c. Level III uses a regulation beam that is 10 centimeters (4 inches) wide and 4.88 meters (16 feet) long. Its height may range from 88 centimeters (34 5/8 inches) to 1.2 meters (47 1/4 inches).

## **SECTION D –SKILL DESCRIPTIONS (See Special Olympics, Inc. Rules)**

# **RHYTHMIC GYMNASTICS**

## **2015 GENERAL RULES**

Due to length of the Special Olympics Rhythmic Gymnastics Rules, SOWI cannot reprint the rules in this Competition Guide. Please refer to the Official Special Olympics Sports Rules on the Special Olympics, Inc. website at [www.specialolympics.org](http://www.specialolympics.org). These can also be accessed through the SOWI website under Sports and Athletes / Sports Offered / Gymnastics. Coaches are responsible for reviewing SOWI and Special Olympics, Inc. rules.

### **OFFICIAL EVENTS OFFERED:**

Gymnastics competition is no longer offered at the district level. All gymnastics athletes will automatically be advanced to the State Indoor Sports Tournament. If the number of gymnastics participants changes in the future, a determination will be made regarding the number of events offered.

1. Level A or B – Individual Compulsory Routines, (Level A routines are performed seated; Level B routines are performed standing), co-ed
  - a. Rope
  - b. Hoop
  - c. Ball
  - d. Ribbon
  - e. All Around (combination of all scores, a-d)
2. Level I – Individual Compulsory routines, Length: 30 Seconds, Female Only
  - a. Rope
  - b. Hoop
  - c. Ball
  - d. Ribbon
  - e. All Around (combination of all scores, a-d)
3. Level II – Individual Compulsory Routines, Length: 60 Seconds, Female Only
  - a. Clubs
  - b. Hoop
  - c. Ball
  - d. Ribbon
  - e. All Around (combination of all scores, a-d)
4. Level III – Individual Compulsory Routines, Length: 60-80 Seconds, Female Only
  - a. Clubs
  - b. Rope
  - c. Ball
  - d. Ribbon
  - e. All Around (combination of all scores, a-d)

5. For All Around, awards will be given for each individual event and for All Around. If an athlete does not do one event, they are no longer considered All Around and are judged for the individual event(s).

## **SECTION A – RULES OF COMPETITION**

1. Athletes must compete within the same level (A, B, I, II, III) in all chosen events.
2. Level A has been written for athletes who are unable to stand on their own. They may sit in a wheelchair or a sturdy chair to compete. Level B athletes must stand.
3. The order of events in rhythmic gymnastics is as follows: rope, hoop, ball, clubs, ribbon.
4. Music for rhythmic gymnastics: All music and routines can be downloaded on the Special Olympics, Inc. website at [http://resources.specialolympics.org/Topics/Sports/Rhythmic\\_Compulsories.aspx](http://resources.specialolympics.org/Topics/Sports/Rhythmic_Compulsories.aspx).
  - a. Rope:
    - 1) Level A – Rag & Bone
    - 2) Level B – Hello Cheeky
    - 3) Level I – Jump in the Line
    - 4) Level III – Crocodile Rock
  - b. Hoop:
    - 1) Level A – Freeze Frame
    - 2) Level B – Man, I Feel Like a Woman
    - 3) Level I – At the Hop
    - 4) Level II – These Boots are Made for Walking
  - c. Ball:
    - 1) Level A – Twist & Shout
    - 2) Level B – Two Guitars
    - 3) Level I – Chim Chim Cheree
    - 4) Level II – Mambo Italiano
    - 5) Level III – Air of Spring
  - d. Clubs:
    - 1) Level II – Sailor’s Hornpipe
    - 2) Level III – Tango
  - e. Ribbon:
    - 1) Level A – Hamster Dance
    - 2) Level B – Don’t Worry, Be Happy
    - 3) Level I – Goody Goody
    - 4) Level II – We Go Together
    - 5) Level III – El Triste
5. For All Around, awards will be given for each individual event and for All Around. If an athlete does not do one event, they are no longer considered All Around and are judged for the individual event(s).

## **SECTION B – ATTIRE**

1. Gymnasts should wear a leotard or unitard of any color. Long tights down to the ankle may be worn.
  - a. Skirted leotards with the skirt no longer than the upper thigh are acceptable.
  - b. Leotards may be with or without sleeves but dance leotards with narrow straps are not allowed.
  - c. The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum).
  - d. Any decoration added to the leotard, either loose or stuck to the garment (flowers, ribbons, etc.) must adhere to the leotard.
  - e. Leotards must be non-transparent material. Lace or other sheer fabric should be lined in the area of the trunk.
  - f. Bare feet, gymnastics slippers or rhythmic half-slippers (recommended) are acceptable.
  - g. Hairstyles should be neat.
  - h. No jewelry is allowed.
  - i. Male gymnasts refer to male artistic guidelines.

## **SECTION C - APPARATUS**

1. Agencies are responsible for bringing their own apparatus for each event at all levels of competition.  
**Apparatuses will not be provided.**
2. The size of the apparatus can range from child size to senior equipment, based on the gymnast's size and skill level. Equipment should be color coordinated with the athlete's leotard. Equipment will be checked prior to competition, as well as during competition, as the gymnast leaves the floor after each routine. If the apparatus does not meet specifications, a deduction of 0.3 will be taken from the score on that event.
  - a. Rope specifications
    - 1) Material: The rope may be of hemp or synthetic material, provided that it possesses the identical qualities of lightness and suppleness as rope made of hemp.
    - 2) Length: The length should be proportionate to the size of the gymnast.
    - 3) Ends: Handles of any kind are not allowed, but one or two knots are permitted at each end. At the ends (to the exclusion of all other parts of the rope), a maximum of 10 centimeters may be covered by an anti-slip material, either colored or neutral.
    - 4) Shape: The rope may be either of a uniform diameter or be progressively thicker in the center, provided that this thickness is of the same material as the rope.
    - 5) Color: The rope may be any color or combinations of colors.
  - b. Hoop specifications
    - 1) Material: The hoop may be of wood or plastic, provided that the latter retains its shape during movement. Foreign particles should be removed from inside the hoop before use.
    - 2) Diameter: The interior diameter of the hoop should be from 60-90 centimeters.
    - 3) Weight: A minimum of 150-300 grams and up.

- 4) Shape: The cross-section of the hoop may be in several different shapes: circular, square, rectangular, oval, etc. The hoop may be smooth or ridged.
  - 5) Color: The hoop may be any color or combination of colors. The hoop may be partially or fully covered with tape to add colors.
- c. Ball specifications
- 1) Material: The ball may be made of rubber or synthetic material (pliable plastic), provided that the latter possesses the same elasticity as rubber.
  - 2) Diameter: 14-20 centimeters.
  - 3) Color: The ball may be of any color.
- d. Clubs specifications
- 1) Material: the clubs may be made of wood or synthetic material.
  - 2) Length: 25-50 centimeters from one end to the other.
  - 3) Shape: A shape similar to that of a bottle. The wider part is called the body. The narrow part, the neck, ends in a small sphere, the head.
  - 4) Color: The clubs may be of a neutral color or may be colored (all or partially) with one or several colors.
- e. Ribbon specifications
- 1) Stick
    - a) Material: wood, bamboo, plastic, fiberglass.
    - b) Diameter: a maximum of 1 centimeter at its widest part.
    - c) Shape: cylindrical or conical, or a combination of the two shapes.
    - d) Length: 45-60 centimeters, including the ring, which permits the fastening of the ribbon to the stick. The bottom end of the stick may be covered by an adhesive, anti-slip tape or may have a rubber handle a maximum length of 10 centimeters at the level of the grip. The top of the stick where the ribbon will be attached may consist of:
      - i. A supple strap (string or nylon) held in place by a nylon thread wound around the stick for a maximum of 5 centimeters.
      - ii. A metal ring fixed directly onto the stick.
      - iii. A metal ring (vertical, horizontal or oblique) fixed to the stick by two metal pins held in place by nylon or metallic thread wound around the stick for a maximum of 5 centimeters.
      - iv. A metal ring (fixed, mobile or pivoting) or a supple strap fixed to a metal tip of no more than 3 centimeters.
      - v. A metal ring fixed by two metal pins held by a metal tip of 3 centimeters long, which is lengthened by nylon or metallic thread wound around the stick, adding up to a maximum length of 5 centimeters.
      - vi. Color: any choice.

- 2) Ribbon
  - a) Material: satin or similar non-starched material.
  - b) Color: any choice of a single color, two colors or multicolored.
  - c) Width: 4-6 centimeters.
  - d) Length: From one end to the other, the finished length of the ribbon should be a minimum of 2 meters to a maximum of 6 meters (for Levels A, B) and a minimum of 3 meters to a maximum of 6 meters (for Levels 1-4). This part must be in one piece.
    - i. The end which is attached to the stick is doubled for a maximum length of 1 meter. This is stitched down both sides. At the top, a very thin reinforcement or rows of machine stitching for a maximum of 5 centimeters is authorized.
    - ii. This extremity may end in a strap, or have an eyelet (a small hole, edged with buttonhole stitch or metal circle), to permit attaching the ribbon.
- 3) Attachment of the ribbon to the stick
  - a) The ribbon is fixed to the stick by means of a supple attachment, such as thread, nylon cord, or a series of articulated rings.
  - b) The length of this attachment is a maximum of 7 centimeters (not counting the strap or metal ring at the end of the stick where it will be fastened).
- f. Floor specifications
 

12 meters by 12 meters with a security zone of 1 meter around. A carpeted area may be used or a floor that is neither too tacky nor slippery. The ceiling height does not need to be 8 meters (26' 3"), but should be fairly high.

## **SECTION D - SKILLS (See Special Olympics, Inc. Rules)**