

ARTISTIC GYMNASTICS

2012 GENERAL RULES

Due to length of the Special Olympics Artistic Gymnastics Rules, SOWI cannot reprint the rules in this Competition Guide. Please refer to the Official Special Olympics Sports Rules on the SOI website at www.specialolympics.org. These can also be accessed through the SOWI website under sports/gymnastics rules. Coaches are responsible for reviewing SOWI and SOI rules.

OFFICIAL EVENTS OFFERED:

Beginning with the 2012 season, gymnastics competition will no longer be offered at the district level. All gymnastics athletes will automatically be advanced to the State Summer Games. 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 SOI 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 for Artistic Gymnastics:
 - a. Women's Floor Exercise

- 1) Level A – No Music
- 2) Level I – Yo Ho Ho
- 3) Level II – Gypsy Kalinka
- 4) Level III – Blue Moon

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, bare feet, and 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 & SKILL DESCRIPTIONS (See SOI Rules)

RHYTHMIC GYMNASTICS

2012 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 SOI website at www.specialolympics.org. These can also be accessed through the SOWI website under sports/gymnastics rules. Coaches are responsible for reviewing SOWI and SOI rules.

OFFICIAL EVENTS OFFERED:

Beginning with the 2012 season, gymnastics competition will no longer be offered at the district level. All gymnastics athletes will automatically be advanced to the State Summer Games. 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 on the same level in all chosen events (A, B, I, II or III) for this is for rhythmic gymnastics only.
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 can be downloaded on the SOI website.
 - 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. 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
 - c. 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
 - d. 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
 - e. Clubs:
 - 1) Level II – Sailor's Hornpipe
 - 2) Level III – Tango

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 AND SKILLS

1. Agencies are responsible for bringing their own apparatus for each event at all levels of competition.
Apparatuses will not be provided.
2. Apparatuses including balls, clubs, hoops, ribbons and ropes must meet all SOI gymnastics apparatus.

For information on apparatus and skill descriptions, see SOI rules.