



# Special Olympics Minnesota 2019 Gymnastics Handbook

## CONTENTS

Gymnastics Events.....	3-4
General Rules of Competition.....	5
Safety.....	6-7
Artistic.....	8
Rhythmic.....	9
Judging.....	10
Scoring.....	11
Area and State competitions.....	12

Practice ideas, skill assessment and development, and rules can be found in the SOI Quick Start Guides and SOI Rules for each respective sport at [www.specialolympics.org/sports.aspx](http://www.specialolympics.org/sports.aspx)

## GYMNASTICS EVENTS

### Artistic Gymnastics:

- Mixed Gender Men's and Women's (Levels A & B)
  - Vault
  - Single Bar
  - Wide Beam
  - Floor Exercise
  - All Around (total of all four event scores)
- Women's (Levels 1-4)
  - Vault
  - Uneven Bars
  - Balance Beam
  - Floor Exercise
  - All Around (total of all four event scores)
- Men's (Levels 1-4)
  - Floor Exercise
  - Pommel Horse
  - Rings
  - Vault
  - Parallel Bars
  - Horizontal Bar
  - All Around (total of all six event scores)
- Mixed Gender Men's and Women's Unified (Levels A-B)
  - Floor Exercise
  - Single Bar
  - Vault
  - Wide Beam
  - All Around (total of all four event scores)
- Women's Unified (Levels 1-4)
  - Vault
  - Uneven Bars
  - Balance Beam
  - Floor Exercise
  - All Around (total of all four event scores)
- Men's Unified (Levels 1-4)
  - Floor Exercise
  - Pommel Horse
  - Rings
  - Vault
  - Parallel Bars
  - Horizontal Bar
  - All Around (total of all six event scores)

## GYMNASTICS EVENTS

### Rhythmic Gymnastics:

Level A, B, C are mixed gender

Level 1-4 are female only

- Level A (performed seated)
  - Rope
  - Hoop
  - Ball
  - Ribbon
  - All Around
- Level B (performed seated)
  - Rope
  - Ball
  - Clubs
  - Ribbon
  - All Around
- Level C (performed standing)
  - Rope
  - Hoop
  - Ball
  - Ribbon
  - All Around
- Level 1
  - Rope
  - Hoop
  - Ball
  - Ribbon
  - All Around
- Level 2
  - Rope
  - Hoop
  - Clubs
  - Ribbon
  - All Around
- Level 3
  - Hoop
  - Ball
  - Clubs
  - Ribbon
  - All Around
- Level 4
  - Rope
  - Ball
  - Clubs
  - Ribbon
  - All Around

## GENERAL RULES OF COMPETITION FOR SPECIAL OLYMPICS MINNESOTA GYMNASTICS

### All Around vs. Event Specialist Gymnast:

- **All-Around:** male and female gymnasts are required to compete in all events at the same level to qualify for All-Around.
- **Event Specialist:** competing in one, two or more events but not all events at the same level. Specialists must be on the same level at world games, but may compete in two different levels with one level difference between the two levels at state events.

### Levels:

There are seven levels of competition offered:

- **Level A:** Compulsory Routines for gymnasts who have ambulatory problems
- **Level B:** Compulsory Routines for gymnasts who are unable to perform level I routines
- **Level C:** Compulsory Routines performed standing for lower level athletes. Rhythmic Gymnastics only.
- **Level 1:** Beginner Compulsory routines
- **Level 2:** Intermediate Compulsory routines
- **Level 3:** Advanced Routines using compulsory skills made into own routines with own connections
- **Level 4:** Optional routines
  - Level 4 in Rhythmic Gymnastics is for athletes that have skills more advanced than Level 3 skills.
  - Level 4 – Artistic Gymnastics are optional routines for athletes performing skills more advanced than Level 3.
- **For all levels:**
  - Coaches will determine the competition level for their athletes. Athletes must be able to safely perform all the skills in that level.
  - All-Around the athlete must compete at the same level in all events. If the athlete entered in All-Around receives a no score in any one of the events they are not eligible for an award in All-Around.

**The level that a gymnast is registered for and competes in at an area competition will be the level they are registered for at the state competition.**

GYMNASTICS EQUIPMENT		RHYTHMIC EQUIPMENT
Women's	Men's	<i>Refer to Rhythmic Gymnastics Coaching Guide (for additional specifications)</i>
Floor Exercise mat (42X42)	Floor Exercise mat (42X42)	<b>ROPE:</b> hemp or synthetic material,
Balance Beam	High (horizontal) bar	Length proportionate to the size of the gymnast.
Low Balance Beam	Pommel Horse	<b>HOOP:</b> wood or plastic, Diameter: Interior 60-90 centimeters
Uneven Bars	Vaulting Board	Weight: minimum of 150-300 grams and up.
Vaulting Board	Vaulting Table	<b>BALL:</b> rubber or synthetic material (pliable plastic), any color
Vaulting Table	Parallel Bars	Diameter: 14-20 centimeters.
Chalk and chalk box or stand	Still Rings	<b>CLUBS:</b> wood or synthetic material 40 to 50 centimeters from one end to the other
Mats (various sizes)	Mats (various sizes)	
Landing Mats (various sizes)	Landing Mats (various sizes)	<b>RIBBON:</b> width 4-6 centimeters.
Blocks (various heights & shapes) used in training or mounting equipment	Blocks (various heights & shapes) used in training or mounting equipment	Length: minimum of 3 meters to a maximum of 6 meters attached to stick
Score flasher (for meets)	Score flasher (for meets)	
	Chalk and chalk box or stand	

## PROVIDE A SAFE ENVIRONMENT

- Establish clear rules for behavior at your first practice and enforce them.
  - Keep your hands to yourself.
  - Listen to the coach.
  - When you hear the coach – stop, look and listen.
  - Ask permission before leaving the gym to go anywhere.
  - Gymnasts should not be in the gym or on equipment without proper supervision.
- Make sure gymnasts bring water to every practice or provide a water fountain, especially in hotter climates.
- Have a first aid kit in the building; restock supplies as necessary.
- Train all gymnasts and coaches on emergency procedures.
- Discuss safety in the gym as well as outside the gym. Rules such as: not walk in front of dismount area; careful around mats of different heights, look before walking etc.
- Coaches must be under the uneven bars, rings, high bar, and high beam prepared to spot, as well as in all levels of vaulting and parallel bars, before an athlete may compete in these events. The coach must remain there during the routine.

Consistent with the Special Olympics philosophy that the movement is athlete-centered, the safety of athletes is the primary concern when establishing sports rules. The establishment of international guidelines for Special Olympics gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression of instruction in gymnastics skills. This will reduce the incidence of injuries. Athletes who safely perform all skills in a specific level of compulsory routines should compete at that level. **Competition in optional routines has been limited to advanced-level gymnasts only.**

Learning the proper progressions of skill instruction and correct spotting techniques is the responsibility of the gymnastics coach. Special Olympics commends those national/state Programs in which certified gymnastics instructors use the proper progression for teaching advanced gymnastics skills which is set forth in the Gymnastic Coaching Guide, these rules and elsewhere. However, many volunteers begin coaching with limited gymnastics expertise.

- These volunteers should start by teaching only the compulsory Levels A, B, C & Level 1 routines.
- Those skills that are included in the more advanced levels should be taught by coaches with at least two years of general gymnastics coaching experience.
- It is recommended that coaches of advanced Levels 3 & 4 gymnasts have additional training in gymnastics from what Special Olympics offers at this time.

No athletes may participate in Artistic Gymnastics if they have Atlanto-axial subluxation. Female athletes who have tested positive for Atlanto-axial subluxation may participate in rhythmic gymnastics. If these athletes elect to do an optional routine, they may not perform pre-acrobatic or acrobatic moves. If they do, the routine is void and the gymnast will be disqualified.

### Special Olympics Safety Position:

Regardless of how much safety is provided, coaches should not entice or encourage their athletes to perform skills that are beyond their reasonable ability or skills that are beyond the coaches' ability to teach. Special Olympics recommends that all gymnastics coaches become safety certified in accordance with the policy endorsed by the appropriate National Governing Body. Special Olympics concurs with the following responsibility statement: "Even though gymnastics safety is everyone's responsibility, the instructor or coach must bear much of it, including the responsibility to see that others do their share: the parents, the doctor and the athletes. Prevention and remediation are major responsibilities in a broad umbrella-type program under which many other points must be included: the environment, the prescribed learning progression and the physical preparedness of the athlete. These are the areas where the instructor/coach bears much of the moral and legal responsibility. It is not enough to warn and inform; all concerned must have an appreciation and understanding of the risk in every vigorous gymnastics activity."

As written in the compulsory routines, coaches must be under the uneven bars, rings, high bar, and high beam prepared to spot, as well as in all levels of vaulting and parallel bars, before. If the coach does not remain in a spotting position from start to end, the following deductions will occur:

- 1.) Gymnast will **not** be judged if the coach is not in a position to spot. He/she will be asked to dismount immediately.
- 2.) Judge will "call" the coach to be there. A 0.3 deduction will be taken for undisciplined behavior.
- 3.) Assuming that the coach returns to the spotting position, the gymnast will be judged from that point. All skills performed prior to that will be considered as omitted parts and deductions taken.
- 4.) If the gymnast decides to start over, he/she may. If the gymnast leaves the apparatus or the coach touches the gymnast in order to start over, a 1.0 deduction will be taken in addition to the 0.3 for "delay of meet."
- 5.) If the coach does not return to a spotting position and the gymnast completes his/ her routine, the gymnast will receive a zero for a score.

## **STRUCTURING YOUR TRAINING SESSIONS**

### **Warm-up and Stretch (10-15 minutes)**

- Every athlete must participate in the warm-up and stretch period on or near the court (i.e., shadow body movements).
- Stretch each muscle groups

### **Skills Instruction (15-20 minutes)**

- Quickly review previously taught skills.
- Introduce the theme of the skills activity.
- Demonstrate the skills simply and dramatically.
- Physically assist and prompt lower ability players when necessary.
- Introduce and practice new skills early in the practice session.

### **Competition Experience (One, two, or three games)**

- Athletes learn a lot by simply playing the game. The game is a great teacher. Be sure to have coaches available to give feedback and instruction during play.

### **Cool-down, Stretch and Review (10-15 minutes)**

- Every athlete should participate in a cool-down period following a training session. The stretching of each muscle group should not be as vigorous as the warm-up. This is a good time to reflect on the good points of the training session, highlighting any progress various athletes have made, but remember not to do this at the detriment of other athletes who may not have achieved as much. Time can also be spent on areas where you may need to work during the next session. You should always finish the training session, whether it was good or not so good, with some fun and laughter.



## ARTISTIC GYMNASTICS

Special Olympics Minnesota is utilizing the Special Olympics, Inc. Artistic Compulsory Routines. All routines are available in the **Special Olympics, Inc. Artistic Gymnastics Sports Rules Version: June 2018** rulebook:

[https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Artistic-Gymnastics-Rules-2018-v2.pdf?\\_ga=2.260160968.419787042.1549911552-1132801732.1546960368](https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Artistic-Gymnastics-Rules-2018-v2.pdf?_ga=2.260160968.419787042.1549911552-1132801732.1546960368)

As well as online in video format: <http://www.specialolympics.org/Artistic-Gymnastics.aspx>

### Order of Events:

- Women's Artistic competition and levels A & B will rotate in Olympic order: Vault, Uneven Bars, Balance Beam, and Floor Exercise.
- Men's Artistic Competition will rotate in Olympic order: Floor Exercise, Pommel Horse, Still Rings, Vault, Parallel Bars, and Horizontal Bar.
- Gymnasts may be scheduled to start the meet on any event, but must continue their rotation in Olympic order.

### Modifications:

Please see the **Special Olympics, Inc. Artistic Gymnastics Sports Rules Version: June 2018** rulebook for all modifications for athletes with hearing and vision impairments; as well as athletes using canes or walkers (Page 6

### Attire:

**Men:** Tank tops (Unitard) and long gymnastic pants or gymnastic shorts depending on the event. T Shirts that are tucked in may replace the tank top. Gymnasts may compete in gymnastics slippers, or bare feet. Grips (for bars) are optional. Dowel Grips for advanced Gymnast only.

**Women:** long-sleeved, short sleeved or sleeveless leotard, with optional matching shorts. Gymnasts may have either bare feet or wear gymnastic slippers. Bare legs or leg covering of the same color as the leotard or flesh colored tights with bare feet are permitted. Grips (for bars) are optional. Dowel Grips for advanced Gymnast only.

### Both:

- Underwear should not show
- Hair away from face and should be tied up
- No jewelry, small earrings optional

### Equipment:

Please see the **Special Olympics, Inc. Artistic Gymnastics Sports Rules Version: June 2018** rulebook for all equipment specifications and modifications. In general see FIG equipment and mat specifications for competition equipment; but modifications have been made to meet skill and size requirements for Special Olympics athletes.

## RHYTHMIC GYMNASTICS

Special Olympics Minnesota is utilizing the Special Olympics, Inc. Rhythmic Compulsory Routines. All routines are available in the **Special Olympics Sports Rules, Gymnastics-Rhythmic Version: January 2018** rulebook:

[https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Rhythmic-Gymnastics-Rules-2016-2023.pdf?\\_ga=2.20222717.419787042.1549911552-1132801732.1546960368](https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Rhythmic-Gymnastics-Rules-2016-2023.pdf?_ga=2.20222717.419787042.1549911552-1132801732.1546960368)

As well as online in video format: <http://www.specialolympics.org/rhythmic-gymnastics.aspx>

### Attire:

#### Work out:

- Leotard which may be worn with footless tights, shorts, or skirts.
- Rhythmic half-slippers, bare feet or socks

#### Competition:

- Gymnasts should wear a leotard or unitard, any color. Long tights down to the ankle may be worn.
- Skirted leotards, with the skirt no longer than upper thigh or matching shorts, are acceptable.
- Long tights (down to the ankle) may be worn under the leotard.
- Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed and a low cut back are not allowed.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum).
- Any decoration added to the leotard, either loose or stuck to the garment (flowers, ribbons, etc.) must adhere to the leotard.
- Leotards must be non-transparent material. Lace or other sheer fabric should be lined in all the area of the trunk.
- Bare feet, gymnastics slippers, or rhythmic half-slippers (recommended) are acceptable.
- Hairstyles should be neat.
- Underwear should not show.
- Hair away from face and should be tied up.
- No jewelry. Small earrings are optional.

### Apparatus:

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 specification, a deduction of 0.3 will be taken from the score on that event.

For further specifications of each apparatus please see pages 7-9 of the **Special Olympics Sports Rules, Gymnastics-Rhythmic Version: January 2018**

### Rules of Competition:

1. Female gymnasts may compete in levels I-IV. Levels A, B and C are mixed gender.
2. Unified sports Rhythmic Gymnastics Events:
  - a. All routines and regulations apply equally to athletes and partners.
  - b. Unified competition is only in the group events. There must be an equal number of athletes and partners in each group (for a 4 person group, 2 athletes and 2 partners, etc.)
3. Level A and B routines have been written for athletes who are unable to stand on their own.
4. Level C routines have been written for athletes of lower ability level who can stand on their own.
5. Order of completion for rhythmic gymnastics is rope, hoop, ball, clubs, ribbon.
6. Awarding of medals
  - a. Medals are awarded for each event and for All-Around.
  - b. Gymnasts may receive a maximum of five medals.

### Modifications:

Modifications for Blind, Deaf, and other disabilities please see **Special Olympics Sports Rules, Gymnastics-Rhythmic Version: January 2018** page 9-10.

## JUDGING

### General Judging:

One to four judges can be used on each panel for each event. When a panel consists of two or three judges, all scores will be averaged to determine the score for that panel. When four judges comprise a panel, the high and low scores will be eliminated, and the remaining scores will be averaged.

a. The judges place themselves around the event mat or apparatus and may consult among themselves if directed to do so by the head judge. (If the judges' scores are not "in range," there is a consultation.) The final average score is flashed.

b. Due to the importance of the divisioning process and in fairness to all, the following rule will be in effect once the competition begins: Judges are not allowed to talk with coaches, parents or athletes concerning a gymnast's routine. This rule applies on and off the floor of competition. If such communications occur, removal of the judge will be recommended to the Games Committee.

c. Each judge is responsible to judge the entire routine and determine the score **based on 10.0 points**.

The out-of-range guidelines when averaging scores are as follow:

9.5 – 10.0.....	0.10
9.0 – 9.45.....	0.30
8.0 – 8.95.....	0.50
0.0 – 7.95.....	1.00

d. Neutral deductions are taken off the final score by the head judge on the event. There is a four point (4.00) maximum to these deductions.

e. Coaching assist: Coaches must be visible to the judges when assisting the gymnast from the sideline, as deductions are applied (note deductions below). Coaches are encouraged to train the students to memorize their routines as best as possible.

f. Coaches may not speak directly with a judge at any point during the competition. If there are any concerns, please speak directly with event management. A coach may be asked to leave the competition if this rule is not followed

### Examples include:

1.) Improper attire	0.30
2.) Improper equipment and use of aids	* 0.80
3.) Undisciplined or unsportsmanlike behavior	0.30 each
4.) Failure to present to judges before or after	0.30 each
5.) Failure to remove board or mounting surface	0.30
6.) Coaching assistance (Special Olympics modifications)	(Maximum 4.0/routine) a) Physical assistance 0.50 each b) Verbal assistance 0.30 each c) Signals to gymnast 0.10 each
7.) Not starting within 30 seconds of judges' signal	0.30
8.) Not displaying competition number (if provided)	0.30

\* In case of special disability, a coach may submit a petition to the Technical Delegate prior to competition.

## SCORING

1.) Execution deductions are applied to each individual element. Specific deductions are in addition to general deductions. Specific deductions are:

a. Small errors:	0.10	(Includes bent arms, knees, leg separation, loss of balance, wrong hand placement, etc.)
b. Medium errors:	0.30	(Includes the same as small errors but done to a greater extent)
c. Large errors:	0.40	(Includes excessive or extreme bending of arms and/or knees, leg separation, or loss of balance)
d. Very large errors:	0.50	
e. Falls	0.50	(Includes falls on and off the apparatus)
f. Rhythm deductions	0.10 0.30	Unwanted stops Poor rhythm throughout the routine

2.) Amplitude deductions are taken off each individual element using the above execution guidelines. Amplitude includes the range of motion and how large or compressed the skill shown is compared to the ultimate.

### Routine Reversal:

An entire routine may be reversed without deductions, and a single element may be reversed without deductions as long as it does not change the floor pattern.

### Optional Routines:

In evaluating each optional routine, the judge gives a score for difficulty, execution/presentation, combination and bonus/additive value of the routine based upon the Federation Internationale de Gymnastique (FIG) rules for a 10.0. Deductions are taken based on missing skills according to the skills required for each level and execution errors as noted afore hand.

## COMPETITIONS AND DIVISIONING

### Area Competitions:

Area	Date	Location	City	Register Deadline	Contact
Area 3	May 19	Twin Ports Gymnastics Center	Superior	May 5	dani.druse@somn.org
Area 4	May 5	LAR Gymnastics	Alexandria	April 21	leah.wolkow@somn.org
Area 11	May 5	Mini Hops	Plymouth	April 21	jake.krier@somn.org

### State Competition:

Date	Location	City	Register By
June 14-15	Concordia University	St. Paul	May 28

### Competition Details:

- The state Gymnastics competition is a standalone competition held at Concordia University.
- Artistic- June 14, 2019 & Rhythmic- June 15, 2019
- Athletes can participate in state gymnastics and either basketball, swimming or track and field. They can participate in both artistic and rhythmic gymnastics.

### Divisioning:

Athletes have been assigned divisions based on:

- Gender
- Level
- Age group
- Ability level

## COACHES CERTIFICATION RATIO TABLES

### Individual Sports and Individual Skills

Athletes	Level II	Level I
1-4	1	0
5-8	1	1
9-12	1	2
13-16	1	3
17-20	2	3
21-24	2	4
25-28	2	5
29-32	2	6
33-36	3	6
37-40	3	7
41-44	3	8
45-48	3	9
49-52	4	9
53-56	4	10
57-60	4	11
61-64	4	12
65-68	5	12
69-72	5	13
73-76	5	14
77-80	5	15
81-84	6	15
85-88	6	16
89-92	6	17
93-96	6	18
97-100	7	18

### Team Sports\*\*

Coach ratios for team sports are per team, not the total number of athletes registered

Athletes	Level II	Level I
3-4	1	0
5-8	1	1
9-12	1	2
13-16	1	3

### Team Sport Roster Size

Sport	Team
Half-Court Basketball	4-7
Full-Court Basketball	6-16
Unified Basketball	6-16
Poly Hockey	6-16
Unified Flag Football	6-16
Traditional & Unified Softball	10-16
Traditional & Unified Volleyball	6-16

\* Unified Individual Sports Coach Ratio: Delegations are allowed to count Unified Partners who are certified coaches toward their ratios provided that any delegation bringing more than one athlete to a competition has at least one Level II coach on site who is not playing and still meets the appropriate coach ratio. Coach ratios for individual skills must still be met by non-playing coaches.

\*\* Unified Team Sports ratios are the same as traditional team sports, teams still need one non-playing Level II coach on the bench at all times. Unified Partners will be included in coach ratio if they are 16 years of age or older.

## SPORTSMANSHIP

Good sportsmanship is both the coach's and athlete's commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

### **Competitive Effort**

- Put forth maximum effort during each event.
- Practice the skills with the same intensity as you would perform them in competition.
- Always finish a match/event: Never quit.

### **Fair Play at All Times**

- Always comply with the rules.
- Always Demonstrate sportsmanship and fair play.
- Always Respect the decision of the officials.
- Coaching
- Strategy discussions with any athlete and/or partner are prohibited once the match begins.
- If an official determines that a coach, partner or spectator is violating this rule, the official may sanction the offending individual. Sanctions may include verbal warning, citing the coach/partner with unsportsmanlike conduct or expulsion from the game.