



Special Olympics

RHYTHMIC GYMNASTICS JUDGES GUIDE

2008-2015

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RHYTHMIC GYMNASTICS JUDGES GUIDE 2008-2015

The Rhythmic Gymnastics Judges Guide is designed to help judges be as objective as possible when tabulating scores to rank the athletes for the purpose of divisioning and awards. There is always room for individual preference and interpretation, but the standards as described in the Special Olympics Rules must be followed. The purpose of this manual is to provide trained rhythmic gymnastics judges with guidelines for evaluating the routines according to Special Olympics Rules. This manual is also designed to educate coaches about how their athletes' routines are judged.

The complete Rhythmic Gymnastics Rules, Judging Sheets for each level and routine, and the Body Skills, and Request for Equipment Modification Forms can be found in the SOI Summer Sports Rules.

NEUTRAL DEDUCTIONS – Neutral deductions that are unique to Special Olympics are listed below. For all other neutral deductions, refer to FIG rules.

- a. Coach communicating to the athlete during a routine. The maximum deduction for assistance that may be taken is 3.0 for a routine.
 - Coach does the entire routine with the athlete - 3.0
 - Coach assists through most of the routine - 2.0 – 2.9
 - Coach assists through half the routine - 1.0 – 1.9
 - Coach assists several times - 0.1 – 0.9
- b. If coaching assistance is needed, the coach must stand in a designated area where the judges can see her.
- c. Out of bounds – The maximum out of bounds deduction which may be taken for a routine is 1.0.
 - Apparatus out of bounds - 0.2 each time
 - Gymnast out of bounds - 0.2 each time

JUDGING COMPULSORY ROUTINES – LEVELS A & B

Level A & B 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. If there are four or more judges on the panel, the competition director may elect to drop the high and low scores and average the middle scores. Neutral deductions are taken from the final average.

MAXIMUM VALUE - 5.0

- 5 Segments each with a value of 1.0
- General impression should be taken into consideration when awarding points for each Segment.

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 amplitude, execution, musicality, and apparatus technique.
0.7-0.9	The Segment is performed with minor mistakes in amplitude, execution, musicality, and apparatus technique.
0.5-0.6	The Segment is performed with major mistakes in amplitude, execution, 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 COMPULSORY ROUTINES – LEVELS 1-3

For Compulsory Routines (Levels 1-3), the judges separate into two panels: Technical (Exactness of Text) and Execution. To calculate the final score for each gymnast, the score from the Technical judge is added to the score from the Execution judge. If there is more than one judge on each panel, the average score from the judges on the Technical panel is added to the average score from the judges on the Execution panel. Neutral deductions are taken from the total.

TECHNICAL PANEL (Exactness of Text) – 5.0

Difficulty (3.0) – 6 Identified Skills each with a value of 0.5

For each Identified Skill, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each of the skills.

- 0.5 Body skill and/or apparatus handling executed flawlessly.
- 0.4 Body skill and/or apparatus handling executed with minor mistakes.
- 0.3 Body skill and/or apparatus handling executed with significant mistakes.
- 0.2 Body skill and/or apparatus handling executed with major mistakes.
- 0.1 Body skill and/or apparatus skill executed, but barely recognizable.
- 0.0 Body skill and/or apparatus handling omitted or unrecognizable.

Note: If a gymnast drops the apparatus while performing an Identified Skill, you must deduct for the drop and possible rhythm breaks, but do not penalize her the full value of the difficulty if the skill is otherwise performed well.

Connections (1.0)

This category is to rate the gymnast on the correctness of the routine other than the Identified Skills. In order to evaluate the connections accurately, judges must be completely familiar with the routines. The following breakdown is a guideline to help determine the amount of credit to be given for Connections.

- 1.0 The routine is executed as written. With smooth connections between body skills, technically correct connections in apparatus handling and a flowing connection between the body skills and apparatus handling.
- 0.7 – 0.9 The routine is basically correct, with minor mistakes in the connections.
- 0.5 – 0.6 The routine is somewhat correct, with major mistakes in the connections.
- 0.3 – 0.4 The routine is barely recognizable.
- 0.1 – 0.2 The gymnast is on the floor with the correct apparatus.

Floor Pattern (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for Floor Pattern. Note: If a gymnast misses a change of direction which causes her to completely flip the floor pattern for the remainder of the routine, that error is to be considered one mistake.

- 0.5 Correct floor pattern for the entire routine.
- 0.4 One mistake in the floor pattern.
- 0.3 Several mistakes in the floor pattern.
- 0.2 Floor pattern is barely recognizable.
- 0.1 Gymnast creates her own floor pattern.

Music (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for interpretation and synchronization with the music.

- 0.5 The routine perfectly matches the music.
- 0.4 The routine basically matches the music, with one mistake.
- 0.3 The routine somewhat matches the music, with several mistakes.
- 0.2 The routine barely matches the music.
- 0.1 The routine has no connection with the music.

EXECUTION PANEL – 5.0

Execution and Amplitude (4.0)

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The gymnast will begin with a minimum base score of 0.5. 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.

- 0.5 Minimum base score for being on the floor.
- 1.5 Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- 1.0 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.).
- 1.0 Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

Note: Faults are penalized according to degree:

- 0.1-0.2 Small faults
- 0.3 Medium faults
- 0.5 Major faults

Note: Drops of the apparatus are to be penalized as follows:

- 0.1 Immediate retrieval
- 0.3 Retrieval after 2-3 steps
- 0.5 Retrieval after 4 or more steps

Elegance and General Impression (1.0)

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.

JUDGING OPTIONAL ROUTINES – LEVEL 4

For Optional Routines (Level 4), the judges separate into either two or three panels: Technical, Artistic, and Execution. When two panels are used, the Technical panel will also judge Artistic Value. To calculate the final score for each gymnast, the scores from the Technical, Artistic, and Execution judges are added. If there is more than one judge on each panel, the average scores from the judges on each panel are added. Neutral deductions are taken from the total.

TECHNICAL PANEL – 3.0

- Required skills 1.6
- Supplemental Skills 1.2
- Bonus 0.2

ARTISTIC PANEL – 3.0

- Apparatus Technical Movements 1.6
- Connections & Apparatus Technique 0.3
- Musicality 0.3
- Floor Pattern & Use of Space 0.2
- General Impression 0.4
- Bonus 0.2

EXECUTION PANEL – 4.0

- Execution & Amplitude 3.6
- Elegance & General Impression 0.4

TECHNICAL VALUE – 3.0

Note: Each gymnast will fill out a Body Skills Form listing the supplemental difficulties in her routine. There is a space on the form to indicate if the athlete has Down Syndrome. If an athlete with Down Syndrome has been diagnosed with Atlanto-axial Instability, she may not perform acrobatic moves in her routine. Doing so will result in disqualification from that event.

- 1.6 4 Required Skills*
Value - 0.4 each
- 1.2 4 Supplemental Skills to be selected from the Special Olympics Skill List or the FIG Code of Points. Any skill listed in the FIG Code of Points will be valued as an Advanced Skill.
Value – Intermediate Skill - 0.2 each
Advanced Skill – 0.3 each
- 0.2 Bonus - Added at the judge's discretion if the athlete performs, with good execution and amplitude, at least 2 skills valued as Bs or higher in the FIG Code of Points. No bonus will be given if these skills are performed with static apparatus.

*Required Skills

- No credit will be given for skills performed with static apparatus.
- For each difficulty, partial points may be awarded. See the guidelines below.
 - LEAP – Split leap with 180° split of the legs. To receive credit, the leap must have at least 135° split of the legs.
 - PIVOT – 360° pivot with the leg extended (front, side or back) at 45° or higher. To receive credit, a fixed position of the leg must be maintained for at least 270° of the pivot.
 - BALANCE – Leg extended (front, side or back) at 90° or higher. To receive credit, the balance must be held in relevé for at least 2 seconds.
 - FLEXIBILITY – Choice of elements:
 - 1- Back arch on knees. - Kneeling on both knees and showing a clear arched position. To receive credit, the arch must come close to horizontal.
 - 2- Split (right, left or center). To receive credit, the split must show at least 135° split of the legs.

For each required skill, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each difficulty.

- 0.4 Body skill and apparatus handling executed flawlessly.
- 0.3 Body skill and apparatus handling executed with minor mistakes.
- 0.2 Body skill and apparatus handling executed with major mistakes.
- 0.1 Body skill and apparatus skill executed, but barely recognizable.
- 0.0 Body skill and apparatus handling omitted or unrecognizable.

Note: If the gymnast drops the apparatus while performing a body skill, you must deduct for lack of apparatus handling, but do not penalize her the full value of the difficulty if the body skill is otherwise performed well.

ARTISTIC VALUE – 3.0

- 1.6 4 apparatus technical movements*
(Required: one occurrence of each skill, performed in conjunction with a body movement.)
Value - 0.4 each
- 0.3 Connections & Apparatus technique
- 0.3 Musicality
- 0.2 Floor pattern & use of space
- 0.4 General impression
- 0.2 Bonus - Added at the judge's discretion if the athlete performs, with good execution and amplitude, fast and intricate apparatus handling, including 2 high throws, with catches. One of the throws must be performed with either a rotating element underneath or with the throw or catch during a large jump/leap.

***Apparatus Technical Movements – 1.6**

- Four skills specific to each apparatus are listed below. Required: one occurrence of each skill.
- To receive credit, all apparatus technical movements must be performed in conjunction with a body movement.
- Each skill has a value of 0.4.
- For each apparatus technical movement, partial points may be awarded. See the guidelines below.

HOOP

- 1- High toss or throw
- 2- Rotations
- 3- Passing through
- 4- Swing

BALL

- 1- High toss or throw
- 2- Free roll on the body (without assistance on 1 or more parts of the body)
- 3- Active bounce
- 4- Balance on hand/swing

CLUBS

- 1- High toss or throw
- 2- Mills
- 3- Small circles
- 4- Swings

RIBBON

- 1- High toss (small echappé toss does not fulfill this requirement)
- 2- Snakes
- 3- Spirals
- 4- Figure 8s/swings/large circles

For each Apparatus Technical Movement, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each of the skills.

- 0.4 Apparatus skill executed flawlessly.
- 0.3 Apparatus skill executed with minor mistakes.
- 0.2 Apparatus skill executed with major mistakes.
- 0.1 Apparatus skill executed, but barely recognizable.
- 0.0 Apparatus skill omitted or unrecognizable.

EXECUTION – 4.0

Execution and Amplitude (3.6)

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. 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.

- 1.2 Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- 1.2 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.).
- 1.2 Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

Note: Faults are penalized according to degree:

- 0.1-0.2 Small faults
- 0.3 Medium faults
- 0.5 Major faults

Note: Drops of the apparatus are to be penalized as follows:

- 0.1 Immediate retrieval
- 0.3 Retrieval after 2-3 steps
- 0.5 Retrieval after 4 or more steps

Elegance and General Impression (0.4)

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.

SPECIAL OLYMPICS SKILL LIST

- Level 4 routines must have 4 supplemental difficulties.
- Intermediate skills will be valued at 0.2 each.
- Advanced skills will be valued at 0.3 each.
- No credit will be given if the difficulty is performed with static apparatus.
- Supplemental difficulties may be chosen from the list below or from the FIG Code of Points.
- Any skill listed in the FIG Code of Points will be valued as an Advanced Skill.

LEAPS

INTERMEDIATE

- Any jump or leap with at least a 135° split of the legs
- Any jump or leap with one leg extended at horizontal (front, side or back)
- Any jump or leap turning 180°, with one or both legs at 45° to slightly below horizontal

ADVANCED

- Any jump or leap with at least a 180° split of the legs
- Any jump or leap turning 360°
- Any jump or leap turning 180°, with one or both legs at or above horizontal

PIVOTS

INTERMEDIATE

- Any 360° pivot with the free leg 45° to just below 90°. Leg may be extended (front, side or back) or bent in an attitude position (front or back).
- 540° passé pivot

ADVANCED

- Any 360° pivot with the free leg 90° or higher. Leg may be extended (front, side or back) or bent in an attitude position (front or back).
- Any 720° pivot with the leg 45° or higher. Leg may be in an extended, passé, or attitude position.

BALANCES

INTERMEDIATE – Intermediate balances will be considered Advanced if 2 technical movements with the apparatus are performed during the balance.

- Any unassisted balance (in relevé) with the free leg 90°. Leg may be extended (front, side or back) or bent in an attitude position (front or back).
- Any assisted balance (flat) with the leg head high
- Passé balance (turned out with the thigh at horizontal), in relevé, with 2 technical movements of the apparatus performed during the balance. Note – the passé balance will be given Intermediate credit only if performed with 2 technical movements. This balance may not be upgraded to an Advanced skill.

ADVANCED

- Any unassisted balance (in relevé) with the free leg higher than 90°
- Any assisted balance (in relevé) with the leg head high
- Any Intermediate balance (except passé) performed with 2 technical movements with the apparatus.

FLEXIBILITIES/ACROS

INTERMEDIATE

- Back arch to horizontal
- Split (on the floor)
- High kick with 135° split (front, side or back)
- Front or back body wave with a contraction (hands reaching below the knees) and a back arch to horizontal
- Passé with back arch to horizontal
- Any 360° promenade with the free leg in a passé position or with the free leg 45° to just below 90°
- Any 180° promenade with the free leg at 90° or above. (The foot or leg may be held with the hand.)
- Rolls (forward, backward, over the shoulder or head) – May not be performed by athletes who have Down syndrome and have been diagnosed with Atlanto-axial instability

ADVANCED

- Back arch below horizontal
- High kick with 180° split (front, side or back)
- Back arch to horizontal with straight leg kick to the front. Leg must kick to 90° or higher.
- Any 360° promenade with the free leg at 90° or above. (The foot or leg may be held with the hand.)
- Illusion
- Any acrobatic skill with hand or elbow support. Acrobatic skills with flight are not allowed. Acrobatic skills may not be performed by athletes who have Down syndrome and have been diagnosed with Atlanto-axial instability.

JUDGING GROUP ROUTINES

For Group Routines, the judges separate into two panels: Technical (Exactness of Text) and Execution. To calculate the final score for each group, the score from the Technical judge is added to the score from the Execution judge. If there is more than one judge on each panel, the average score from the judges on the Technical panel is added to the average score from the judges on the Execution panel. Neutral deductions are taken from the total.

NEUTRAL DEDUCTIONS – Neutral deductions are the same for Group as they are for Individual competition, with one addition: non-conforming leotard or apparatus. All gymnasts in a group must wear matching leotards, identical in shape and color. All gymnasts must use apparatus identical in weight, shape and size; only the color can differ. The deductions for non-conforming leotards or apparatus are as follows:

- 0.1 Each leotard that does not match (maximum deduction is 0.3)
- 0.1 Each apparatus that does not match (maximum deduction is 0.3)

GROUP FLOOR EXERCISE

TECHNICAL PANEL (Exactness of Text) – 5.0

Difficulty (3.0) – 4 Identified Skills and 2 Formations, each with a value of 0.5

For each Identified Skill, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each of the Identified Skills in groups of either 4 or 6 gymnasts.

- 0.5 Body skill is executed flawlessly by all gymnasts.
- 0.4 Body skill is executed well by at least 3 gymnasts.
- 0.3 Body skill is executed with minor mistakes by 2 gymnasts.
- 0.2 Body skill is executed with major mistakes.
- 0.1 Body skill is executed, but barely recognizable.
- 0.0 Body skill is omitted or unrecognizable.

The following breakdown is a guideline to help determine the amount of credit given for each Formation in groups of either 4 or 6 gymnasts.

- 0.5 All gymnasts are in the exact formation.
- 0.4 1 gymnast is out of formation.
- 0.3 2 gymnasts are out of formation.
- 0.2 3 gymnasts are out of formation
- 0.1 Formation is barely recognizable.
- 0.0 Formation is unrecognizable.

Connections (1.0)

This category is to rate the group on the correctness of the routine other than the Identified Skills. In order to evaluate the connections accurately, judges must be completely familiar with the routines. The following breakdown is a guideline to help determine the amount of credit to be given for Connections.

- 1.0 The routine is executed as written. With smooth connections between body skills, and fluidity in movements where gymnasts work together.
- 0.7 – 0.9 The routine is basically correct, with minor mistakes in the connections.
- 0.5 – 0.6 The routine is somewhat correct, with major mistakes in the connections.
- 0.3 – 0.4 The routine is barely recognizable.
- 0.1 – 0.2 The group is on the floor.

Uniformity of the Group – All gymnasts performing with precision (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for the Uniformity of the Group.

- 0.5 All gymnasts working together with synchronization.
- 0.4 One mistake in synchronization.
- 0.3 Several mistakes in synchronization.
- 0.2 Gymnasts work together sporadically.
- 0.1 Gymnasts are working independently.

Music (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for interpretation and synchronization with the music.

- 0.5 The routine perfectly matches the music.
- 0.4 The routine basically matches the music, with one mistake.
- 0.3 The routine somewhat matches the music, with several mistakes.
- 0.2 The routine barely matches the music.
- 0.1 The routine has no connection with the music.

EXECUTION PANEL – 5.0

Execution and Amplitude (4.0)

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The group will begin with a minimum base score of 0.5. The Execution and Amplitude category is divided into sub-categories so that each group will be rewarded for areas in which the gymnasts excel and not be too harshly penalized for an area in which they may have limitations.

- 0.5 Minimum base score for being on the floor.
- 1.5 Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- 1.0 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.).
- 1.0 Body Position errors.

Note: Faults are penalized according to degree:

- 0.1-0.2 Small faults
- 0.3 Medium faults
- 0.5 Major faults

Elegance and General Impression (1.0)

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 group must be full of confidence and perform with style and emotion.

GROUP BALL

TECHNICAL PANEL (Exactness of Text) – 5.0

Difficulty (3.0) – 2 Identified Skills, 2 Exchanges and 2 Formations, each with a value of 0.5

For each Identified Skill, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each of the Identified Skills in groups of either 4 or 6 gymnasts.

- 0.5 Body skill is executed flawlessly by all gymnasts.
- 0.4 Body skill is executed well by at least 3 gymnasts.
- 0.3 Body skill is executed with minor mistakes by 2 gymnasts.
- 0.2 Body skill is executed with major mistakes.
- 0.1 Body skill is executed, but barely recognizable.
- 0.0 Body skill is omitted or unrecognizable.

The following breakdown is a guideline to help determine the amount of credit given for each Exchange performed in groups of either 4 or 6 gymnasts.

- 0.5 Exchange is completed by all gymnasts.
- 0.4 1 gymnast drops the apparatus.
- 0.3 2 gymnasts drop the apparatus.
- 0.2 3 gymnasts drop the apparatus.
- 0.1 4 gymnasts drop the apparatus.
- 0.0 No attempt is made to exchange.

The following breakdown is a guideline to help determine the amount of credit given for each Formation in groups of either 4 or 6 gymnasts.

- 0.5 All gymnasts are in the exact formation.
- 0.4 1 gymnast is out of formation.
- 0.3 2 gymnasts are out of formation.
- 0.2 3 gymnasts are out of formation.
- 0.1 Formation is barely recognizable.
- 0.0 Formation is unrecognizable.

Connections (1.0)

This category is to rate the group on the correctness of the routine other than the Identified Skills. In order to evaluate the connections accurately, judges must be completely familiar with the routines. The following breakdown is a guideline to help determine the amount of credit to be given for Connections.

- 1.0 The routine is executed as written. With smooth connections between body skills, technically correct connections in apparatus handling and a flowing connection between the body skills and apparatus handling.
- 0.7 – 0.9 The routine is basically correct, with minor mistakes in the connections.
- 0.5 – 0.6 The routine is somewhat correct, with major mistakes in the connections.
- 0.3 – 0.4 The routine is barely recognizable.
- 0.1 – 0.2 The group is on the floor with the correct apparatus.

Uniformity of the Group – All gymnasts performing with precision (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for the Uniformity of the Group.

- 0.5 All gymnasts working together with synchronization.
- 0.4 One mistake in synchronization.
- 0.3 Several mistakes in synchronization.
- 0.2 Gymnasts work together sporadically.
- 0.1 Gymnasts are working independently.

Music (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for interpretation and synchronization with the music.

- 0.5 The routine perfectly matches the music.
- 0.4 The routine basically matches the music, with one mistake.
- 0.3 The routine somewhat matches the music, with several mistakes.
- 0.2 The routine barely matches the music.
- 0.1 The routine has no connection with the music.

EXECUTION PANEL – 5.0

Execution and Amplitude (4.0)

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The group will begin with a minimum base score of 0.5. The Execution and Amplitude category is divided into sub-categories so that each group will be rewarded for areas in which the gymnasts excel and not be too harshly penalized for an area in which they may have limitations.

- 0.5 Minimum base score for being on the floor.
- 1.5 Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- 1.0 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.).
- 1.0 Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

Note: Faults are penalized according to degree:

- 0.1-0.2 Small faults
- 0.3 Medium faults
- 0.5 Major faults

Elegance and General Impression (1.0)

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 group must be full of confidence and perform with style and emotion.