

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.