



## Gymnastics – Sport Rules Modifications, Interpretations, and Points of Emphasis

The Official Special Olympics Sports Rules for Artistic and Rhythmic Gymnastics dated June 2016 will be in effect for the 2017-2018 program year. This document is intended to be used in conjunction with USA Gymnastics rules and SOI Rules; therefore, those rules are not repeated here but they will be enforced unless in direct conflict to SONC modifications.

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

Coed Rhythmic Level A or B	Rhythmic Gymnastics (Women Only)			
	Level 1	Level 2	Level 3	Level 4
Rope Hoop Ball Ribbon All-Around (total of all four event scores)	Rope Hoop Ball Ribbon All-Around (total of all four event scores)	Hoop Ball Clubs Ribbon All-Around (total of all four event scores)	Rope Ball Clubs Ribbon All-Around (total of all four event scores)	Hoop Ball Clubs Ribbon All-Around (total of all four event scores)

### Appropriate Attire and Equipment

- Female gymnasts should wear a standard leotard or unitard.<sup>1</sup>
- Male gymnasts should wear attire according to the Official Special Olympics Sports Rules for Gymnastics.
- Team uniforms are encouraged.
- Gymnastics slippers are allowed.
- Jeans and cutoffs will not be allowed.<sup>2</sup>

### Competition Interpretations and Modifications

- All-around or specialist athletes will not be able to cross levels in rhythmic gymnastics.<sup>3</sup> Coaches will determine in what level of competition to place their athletes.
- Routines are found within the official Special Olympics Sports Rules for Artistic Gymnastics and Rhythmic Gymnastics. The written text is the official version.<sup>4</sup>
- Athletes must compete in all events to be registered for All-Around. Awards will be presented for each event and for All-Around honors. If an athlete entered in All-Around receives no score in **any one** of the events, then they are not eligible for an award in the All-Around event.
- Please refer to SOI E.1.e.6 for coaching assistance penalties.
- Refer to SOI rules regarding coach spotting requirements for certain events.<sup>5</sup>

### Special Notices

- Artistic Gymnastics compulsory routines and music are available for streaming [online](#).
  - The Sport Development Team highly recommends at least 12-16 weeks of training prior to Summer Games.

<sup>1</sup> Modification of Summer Sports Rules Gymnastics-Artistic Section 4.1.2 as female athletes are allowed to wear long or short-sleeved leotards/unitards regardless of temperature.

<sup>2</sup> Interpretation of Summer Sports Rules Gymnastics-Artistic Section 4.1.1 and Summer Sports Rules Gymnastics-Rhythmic Section B.1.

<sup>3</sup> Athletes competing in artistic may cross levels if they are specialists (not competing for all-around). Athletes competing in rhythmic may not cross levels. For more details, please see SOI Rules Gymnastics-Artistic Section 3.2.3 and SOI Rules Gymnastics-Rhythmic Section D.3.

<sup>4</sup> As per Summer Sports Rules Gymnastics-Artistic Section 6.5

<sup>5</sup> SOI Rules Gymnastics-Artistic Section 5.2.2 and 5.2.3