



2018 Fall Games

Gymnastics

Location: Seattle Pacific University – *Royal Brougham Pavilion*

Date: December 2nd

Time: 12:00pm – 4:00pm

Participation: 4 teams / 25 Athletes / 6 Coaches / 25 Volunteers

Competition Overview:

The Competition will consist of four rotations. There will be multiple groups competing in each rotation. Athletes will be assigned to groups based on the events and levels they are register in. There will be warm-up time provided before each rotation. Awards will take place on the competition floor after competition is complete.

The SPU Women's Gymnastics Team will have an exhibition in the same gym immediately following SOWA's competition. SOWA teams and spectators are invited to stay and watch. Exhibition will take place from 4:00pm-6:00pm.

Sport Overview:

Artistic Gymnastics is a discipline of gymnastics where gymnasts perform short routines (ranging from approximately 30 to 90 seconds) on different apparatus, with less time for vaulting. Artistic Gymnastics first appeared at the Olympics for the 1896 Summer Games. Special Olympics adopted the sport in 1972. Special Olympics Washington provides the below events in competition:

- **Men's Artistic** – Floor Exercise, Pommel Horse, Rings, Vault, Parallel Bars, High Bars, All Around
- **Women's Artistic** – Uneven Bars, Balance Beam, Vault, Floor Exercise, All Around
- **Level A** (*Intended for athletes unable to participate in the events listed above*) – Wide Beam Walk, Tumbling, Floor Exercise, All Around

Learn more about Gymnastics by reviewing the [Rules!](#)

Learn more about the 2018 Fall Games by going to the [Fall Games Webpage!](#)

