



2019 State Fall Games

(Gymnastics)

Location: Mid-Columbia Gymnastics Academy

Date: November 23

Time: 9:00am – 12:00pm

Participation: 6 teams / 30 Athletes / 6 Coaches



Competition Overview:

Athletes will rotate through each event as a team. There will be warm-up time provided before each rotation. Awards will take place at 1:00pm on the competition floor after competition is complete.

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 2019 State Fall Games by going to the [Fall Games Webpage!](#)