



Gymnastics Local Rules & Modifications

Official 2022 Special Olympics Gymnastics Sports Rules:

[MEN'S RULES](#) | [WOMEN'S RULES](#)

The official Special Olympics Gymnastics Coaching guide can be found [HERE](#).

NOTE: It is the responsibility of the coach, team manager, and Program Coordinator to have read the official rules that govern each sport. Protests or rule inquiries during game play or a tournament MUST be made by a certified head Coach.

Competition Format

- 1) Gymnasts may compete in all events offered within the same level (all Around) or may be "specialists," competing in one, two, or three events but not all events.
- 2) Gymnasts competing as 'specialists' may be allowed to compete in events one (1) level different and must be previously approved by tournament director.
- 3) Participants who advance from local/regional games to state games will be required to compete at the same level of competition unless otherwise indicated by the official games committee.
- 4) During competition there will be a rotation order of events as noted below. Gymnasts may be scheduled to start the meet on any event but must continue their rotation in order.
 - a) The rotation order for Women's Artistic will be: Vault, uneven bars, balance beam, and floor exercise.
 - b) The rotation order for Men's Artistic will be: floor exercise, pommel horse, rings, vault, parallel bars, and horizontal bars.

Women's Artistic Gymnastics Routines:

Women's Artistic Gymnastics – Level A: [CLICK HERE](#)
Women's Artistic Gymnastics – Level 1: [CLICK HERE](#)
Women's Artistic Gymnastics – Level 2: [CLICK HERE](#)
Women's Artistic Gymnastics – Level 3: [CLICK HERE](#)

Men's Artistic Gymnastics Routines:

Men's Artistic Gymnastics – Level A: [CLICK HERE](#)
Men's Artistic Gymnastics – Level 1: [CLICK HERE](#)
Men's Artistic Gymnastics – Level 2: [CLICK HERE](#)
Men's Artistic Gymnastics – Level 3: [CLICK HERE](#)



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Competition Attire & Equipment

- 1) Uniforms
 - a) For male gymnasts, the preferred uniform is a tank top (leotard) and long manufactured gymnastics pants or shorts. A T-shirt that is tucked in may replace the tank top.
 - b) For female gymnasts, the preferred uniform is a long-sleeved manufactured gymnastics leotard with bare legs. Colored tights with bare feet are permitted but will be a deduction of (0.1) from the score.
 - i) Sleeveless leotards may be worn if temperature or body type warrants it.
 - c) No jewelry, except for one pair of stud earrings (one in each ear). All other piercings should be REMOVED, not just covered with tape.
 - d) Hair Should be pulled back from the face. Long hair should be secured in a bun, ponytail, or braid.
- 1) Equipment
 - a) Modifications may be used to accommodate smaller gymnasts or for added safety. Additional equipment might include:
 - i) Additional mats may be used to accommodate smaller gymnasts or for added safety.
 - ii) Boards may be placed on top of the allowed matting around the equipment to help gymnasts mount but should be removed immediately.
 - iii) The heights of the uneven bars may be adjusted to meet the size of the gymnast. Where the height cannot be lowered sufficiently, additional mats may be used to raise the floor.
 - iv) Modifications for gymnasts with visual and/or hearing impairments are permissible and outlined in the general sport rules.
 - v) Coaches are responsible for notifying the meet director and judges of any modifications before event day, and prior to each event.

Special Considerations

- 1) The safety of athletes is the primary concern. Athletes who safely perform all skills in a specific level of compulsory routines should compete at that level.
- 2) Many volunteers begin coaching with limited gymnastics expertise. These volunteers should start by teaching only the basic skills and routines. Those skills that are included in the more advanced levels should be taught by coaches with at least two (2) years of mainstream artistic gymnastics coaching experience.