

# RHYTHMIC GYMNASTIC

## Défi sportif AlterGo 2023

### School sports rules



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## 1. REGISTRATION

For registrations, connect to the [registration platform](#). Each school is responsible for its registrations.

## 2. DIVISION

Athletes will be classified according to their school level (elementary or high school).

An athlete can only participate in one event.

The range of events is designed to provide competitive opportunities to athletes of all skills. The onus is on the coaches to provide their athletes with the training and choice of events appropriate to their skill level and interests.

### 2.1. Level A: ribbon and hoop (elementary and high school)

Level A routines are reserved for athletes with a physical disability requiring the routine to be performed sitting on a chair or in a wheelchair.

### 2.2. Level B: hoop, ball, ribbon, or string (elementary and high school)

Level B exercises are designed for athletes with physical limitations requiring the use of a chair or a wheelchair for performing the routine.

### **2.3. Level C: hoop, ball, ribbon, or string (elementary and high school)**

Level C exercises are to be performed while standing. Designed for novice athletes, they stress the distinct development of body abilities as well as abilities with devices.

### **2.4. Level 1: Hoop (elementary and high school)**

Level 1 routine should be performed while standing. They are designed for athletes with advanced skills.

### **2.5. Hoop Group: Troop of 4 or 6 athletes**

Exercises for the Hoop Group category are designed for groups of 4 or 6 athletes.

## **3. DRESS CODE**

- Athletes should wear a tight short or long jersey (no specific colour) or a t-shirt with shorts or tights (leggings). Tights that go down to the ankles are allowed.
- Jerseys: The cut in the thigh should not exceed the groin area (at the highest). The jerseys should be made with a non-transparent material. The lace parts or other transparent tissue in the torso area must be lined.
- Gymnasts can perform barefoot, with toe shoes, or half toe shoes (recommended).
- A neat hairstyle is required. We strongly suggest tying long hair.
- For safety reasons, jewelry is prohibited.

## **4. ACCESSORIES (apparatus)**

### **4.1. Hoop**

- Material: Wood or plastic, provided that the hoop keeps its shape in motion.
- Inside diameter: 60-90 cm.
- Shape: circular, square, rectangular, oval or other, smooth or striated.
- Colour: Any colour or colour combinations are allowed. Colour can be added by using adhesive tape either applied to the size or on some parts the apparatus.

### **4.2. Ball**

- Material: rubber or plastic as flexible as rubber.
- Diameter: 14-20 cm.
- Colour: any.

### **4.3. Ribbon and wand**

#### **4.3.1. Ribbon**

- Material: satin fabric or similar starch-free fabric.
- Colour: one, two, or more colours.
- Width: 4-6 cm.
- Length: 1.5 metres to 6 metres from one end to another. The ribbon must be one piece.

#### **4.3.2. Wand**

- Material: wood, bamboo, plastic or fiberglass.
- Maximum diameter in the widest part: 1 cm
- Shape: cylindrical, conical or a combination of both.
- Length: 45-60 cm, ribbon clip included. The lower end may be covered with non-slip adhesive tape or a rubber girdle.



#### 4.4. Rope

- Material: Hemp or synthetic material as light and smooth as hemp.
- Length: The length should be proportionate to the height of the gymnast.
- Ends: Handles are not allowed, but one or two knots are permitted at each end. At the ends (with the exception of all other parts of the rope), a maximum of 10 centimetres may be covered by a non-slip coloured or neutral material.
- Diameter: The rope may be either of a uniform diameter or be progressively thicker in the center, provided that it is entirely made of the same material.
- Colour: Any colour or colour combinations are allowed.

### 5. ROUTINES AND EVALUATION CRITERIA

Some videos are available to show examples of the routines to be executed:

<https://www.youtube.com/@DefisportifAlterGo/videos>.

#### 5.1. General evaluation considerations

- At the beginning of each routine, gymnasts must present themselves to the chief judge while standing outside the floor exercise boundary. At the signal, gymnasts move to their start position. At the end of each event, before leaving the floor, they must greet the chief judge before leaving the area.
- Judges must acknowledge the self-presentation of the gymnast before and after every routine.

#### 5.2. Music choices

Athletes can choose the music to which they will perform. The length of the music varies from division to division.

Obscene or vulgar songs are prohibited for the competition.

Here are the durations for the chosen music:

Level A and B: between 40 seconds and 1 minute

Level C: between 25 and 45 seconds

Level 1: between 45 seconds and 1 minute

### 5.3. Criteria assessed

- The actions described in the specific elements must necessarily be found in the routine performed by the athlete.
- Harmony with the music: actions must follow the rhythm of the music.
- Link: the athlete must link two gymnastic actions together, giving cohesion to the sequence.
- Originality and interpretation: the athlete must be able to stand out through his personal interpretation of the elements to be performed.

### 5.3.1. Hoop - Level A

Example : [lien vidéo](#)

#### EVALUATION

SPECIFIC ELEMENTS	VALUE
Swings in different plans (frontal and sagittal) (right – left)	1
Hoop rotation	1
Movement in the frontal plan	1
Bounce the hoop on the floor	1
Describe a circle with the hoop.	1
Harmony with the music	1
Originality and interpretation	1
Link	1
MAX. TOTAL SCORE	8 points



### 5.3.2. Hoop - Level C

Example: [Lien vidéo](#)

#### EVALUATION

SPECIFIC ELEMENTS	VALUE
Hoop spin (around the vertical plane)	1
Throw the hoop up.	1
Over-the-shoulders swings	1
Overhead circles	1
Overhead swings for final pose	1
Harmony with the music	1
Originality and interpretation	1
Link	1
MAX. TOTAL SCORE	8 points

### 5.3.3. Hoop - Level 1

Example : [Lien vidéo](#)

#### EVALUATION

SKILLS TO DEMONSTRATE	VALUE
Swings in different plans (frontal and sagittal) (right – left)	1
Hoop rotation	1
Hoop spin	1
Assisted roll to passé balance	1
Chainé turns	1
Toss and catch	1

CONFORMITY	VALUE
Skills to demonstrate (from chart above)	6
Connections	2
Harmony with the music	1
Originality and interpretation	1
MAX. TOTAL SCORE	10

CONFORMITY	VALUE
Performance, range and flexibility	8
Poise et general appearance	2
MAX. TOTAL SCORE	10 points

### 5.3.4. Group Hoop - Level C

#### EVALUATION

SKILLS TO DEMONSTRATE	VALUE
Hoop spin (around the vertical line)	1
Hoop rotation	1
Assisted roll	1
Toss and catch	1
Hoop swing for final pose	1
MAX. TOTAL SCORE	5

CONFORMITY WITH TEXT	VALUE
Skills to demonstrate (from chart above)	5
Connections	1
Group alignment	2
Harmony with music	1
Originality and interpretation	1
MAX. TOTAL SCORE	10 points

CONFORMITY WITH TEXT	VALUE
Performance, range and flexibility	8
Poise et general appearance	2
MAX. TOTAL SCORE	10 points

### 5.3.5. Ball - Level B

Example: [Lien vidéo](#)

#### EVALUATION

SPECIFIC ELEMENTS	VALUE
Free rolling of the ball over the body.	1
Swing of the ball: examples: swings or figure eight of the ball with circular movements of the arms.	1
Reversal of the ball: series of 3 assisted rolls.	1
Big bounce.	1
Toss-catch.	1
Harmony with the music	1
Originality and interpretation	1
Link	1
MAX. TOTAL SCORE	8 points

### 5.3.6. Ball - Level C

Example : [Lien vidéo](#)

#### EVALUATION

SPECIFIC ELEMENTS	VALUE
Free rolling of the ball over the body.	1
Big roll of the ball on the ground.	1
Visible bounces on a part of the body or on the floor.	1
Ball swing.	1
Toss and catch with two hands. Final pose	1
Harmony with the music	1
Originality and interpretation	1
Link	1
MAX. TOTAL SCORE	8 points



### 5.3.7. Ribbon - Level A

Example : [Lien vidéo](#)

#### EVALUATION

SPECIFIC ELEMENTS	VALUE
Horizontal snakes	1
Spirals	1
Big circles	1
Swing the ribbon up. Horizontal snakes down in front of the body.	1
Horizontal and/or sagittal swings.	1
Harmony with the music	1
Originality and interpretation	1
Link	1
MAX. TOTAL SCORE	8 points

### 5.3.8. Ribbon - Level B

Example: [Lien vidéo](#)

#### EVALUATION

SPECIFIC ELEMENTS	VALUE
Spirals	1
Snakes	1
Over-the-shoulder swings and snakes going down	1
Big circles	1
Harmony with the music	1
Originality and interpretation	1
Link	1
MAX TOTAL SCORE	7 points

### 5.3.9. Ribbon - Level C

Example : [Lien vidéo](#)

#### EVALUATION

SPECIFIC ELEMENTS	VALUE
Spirals	1
Swing the ribbon up. Horizontal snakes down in front of the body.	1
Knee bends with swings over the shoulders	1
Big circles	1
Snakes	1
Harmony with the music	1
Originality and interpretation	1
Link	1
MAX. TOTAL SCORE	8 points

### 5.3.10. Rope - Level B

Example : [Lien vidéo](#)

#### EVALUATION

SPECIFIC ELEMENTS	VALUE
Circling the rope. Tilt the head. Spirals	1
Winding or swaying.	1
Figure 8	1
Rotation in the frontal or sagittal plan	1
Slide the hand to grasp the rope with two hands.	1
Harmony with the music	1
Originality and interpretation	1
Link	1
MAX. TOTAL SCORE	8 points

## 5.4. Automatic penalties

Some automatic penalties exclusive to Special Olympics are listed below. For all other automatic penalties, refer to FIG rules.

### COACH COMMUNICATING WITH THE ATHLETE DURING A ROUTINE

ACTION	PENALTY
Physical assistance	-0.5 point
Verbal assistance	- 0.3 point
Signs	- 0.1 point

Note: These automatic penalties must not exceed a deduction higher than 4.0. If coaching assistance is needed, the coach must stand where the judge can see him.

*Most recent update : 23/01/06*



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