

Rhythmic Gymnastics

Défi sportif AlterGo 2021

School sports rules



DÉFI SPORTIF
ALTERGO

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CONCEPT

In collaboration with Special Olympics Quebec, school-level athletes are invited to perform the routine of their choice among those presented in this document and to submit a video of their performance before April 21st, 2021 to francoisg@altergo.ca. The routines will be judged by Special Olympics Quebec officials.

The performance must be filmed in the same manner as seen on the videos available via the Défi sportif AlterGo [YouTube](#) page.

RYTHMIC GYMNASTICS RULES

1 – Divisions and categories

- Athletes will be classified according to their school level (elementary or high school).
- An athlete can only participate in one event.

2 – Events

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

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.

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.

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.

Level 1: Hoop (elementary and high school)

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

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 notch 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

Ribbon:

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

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 – Technical movements

- Hereafter, the following four specific movements associated with each event. (Requirement: execution of each movement).
- To be considered, all movements with the accessory must be accompanied by body movement.

5.1 - Hoop (technical movements)

- Throws – small and big
- Rotations
- Passage through
- Balanced

5.2 - Ball (technical movements)

- Throw – small and big
- Free rolling on the body (without help, on one or more body parts)
- Rebound motion
- Balance on hand - balanced

5.3 - Ribbon (technical movements)

- High toss (small escaped toss is not enough)
- Snakes
- Spirals
- Motions in 8, swings, large circles

1.6 – Routines and evaluation criteria

*Routine demonstration videos are available:
<https://www.youtube.com/user/DefisportifAlterGo> .

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text.

6.1 – General evaluation considerations

- All gymnasts will be required to consider the head judge's table as side 1.
- 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.

6.2 – 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

Note: These automatic penalties must not exceed a deduction higher than 4.0.

6.3 - Hoop (level A)

- Evaluation

Specific elements	Value
Raise the hoop overhead and bring it down. Raise the hoop overhead and lower it on the frontal plane.	1
Hoop rotation	1
Bring the hand to the shoulder	1
Bounce the hoop on the floor	1
Describe a circle with the hoop. Raise the hoop overhead for the final pose.	1

TOTAL SCORE : max 5 points

- Music: Hawaii 5-0
- Starting Position: Sitting, holding the hoop with two hands (outside grip) on the horizontal plane, at shoulder level.
- Time

Action	Time
Shake the hoop	1-8
Raise the hoop overhead on the horizontal plane. Lower the hoop for the starting position.	1-4
Raise the hoop overhead on the horizontal plane. Lower the hoop in front on the frontal plane.	5-8
On the frontal plane, four hoop rotations (left-right-left-right).	1-8
Hold the hoop on the frontal plane. Bring the right hand to the right shoulder, and extend the left arm forward, moving the hoop to the vertical plane. Extend the arms to return the hoop to the frontal plane.	1-4
Repeat, touch the left shoulder with the left hand.	5-8
Place the lower end of the hoop on the legs. Slide the hands down one at a time to grasp the hoop with the hands close together.	1-4

Tap the hoop on the floor two times to the right and two times to the left.	5-8
Final. Extending the arms, circling the hoop to the right on the horizontal plane two times. Raise the hoop overhead to the ending pose.	1

6.4 - Ribbon (Level A)

- Evaluation

Specific elements	Value
Horizontal snakes	1
Overhead swings. Spirals.	1
Overhead circles	1
Swing the ribbon up. Horizontal snakes down in front of the body.	1
Horizontal swings for final pose.	1

TOTAL SCORE : max 5
points

- Music : Finding Nerveland
- Starting Position: Sitting, extend the right arm to the side
- Time

Action	Time
Horizontal snakes.	1-8
Four overhead swings (left-right-left-right).	1-8

Spirals	1-4
Two overhead circles to the left.	5-8
Swing the ribbon up, horizontal snakes down in front of the body.	1-6
Repeat	1-6
Repeat	1-6
Three horizontal swings in front (left-right-left). Grasp the stick near the ribbon connection. Move the arms up for the final pose.	Finale

6.5 - Rope (Level B)

- Evaluation

Specific elements	Value
Circling the rope. Tilt the head.	1
Spin the rope. Twist the rope.	1
Figure 8.	1
Overhead rotations	1
Slide the hand to grasp the rope with two hands and raise the hands overhead for the final pose.	1

TOTAL SCORE : max 5
points

- Music : Chicago Shake
- Starting Position: Sitting, with arms bent, hold the doubled rope (both knots in the right hand) on the horizontal plane.
- Time

Action	Time
Hold pose.	intro
Extend the arms to the right, and circle the rope to the left. Tilt the head right-left.	1-8
Repeat	1-8
Spin the rope forward. Extend the rope. Twist the rope, raise the left arm and lower the right arm to hold the rope on the vertical plane. Raise the right arm and lower the left arm to hold the rope on the vertical plane.	1-8
Repeat.	1-8
Release the looped end of the rope. Execute figure 8 (left-right-left). Swing the rope on the right side of the body.	1-8
Overhead rotations to the left. Lower the right arm and grasp the rope with the left hand (in an over grip), near the right hand. Slide the left hand to hold near the looped end of the rope.	1-8

Raise arms overhead for the final pose.	
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6.6 – Ball (Level B)

- Evaluation

Specific elements	Value
Carry the ball to hips	1
Circle in the frontal lane	1
Twist the ball	1
Roll the ball in and out the arms.	1
Carry the ball to shoulders. Toss with two hands and trap. Roll the ball out the arms.	1

TOTAL SCORE : max 5 points

- Music : Another One Bites The Dust
- Start Position: Sitting, holding the ball with two hands on the right hip.
- Time

Action	Time
Hold pose.	1-4
Carry the ball to the right hip, then the left hip.	5-8
Hold the ball with two hands, counter-clockwise frontal circle.	1-8
With arms extended in front, twist the ball four times (left hand on top-right-left-right).	1-8

Roll the ball in the arms, bend the elbows to trap the ball by the chest (forearms parallel).	1-4
Roll the ball out the arms and catch with two hands.	5-8
Carry the ball to the right shoulder. Extend the arms forward.	1-4
Carry the ball to the left shoulder. Extend the arms forward.	5-8
Toss the ball with two hands. Keeping the elbows lifted and the arms parallel bend the elbows to trap the ball in the arms by the chest.	1-4
Extend the arms to roll the ball out and catching with two hands.	5-8
Repeat the previous 16 counts. Raise the ball overhead to the ending pose.	1-16

6.7 – Ribbon (Level B)

- Evaluation

Specific elements	Value
Spirals	1
Swing the ribbon up. Horizontal snakes down in front of the body	1
Over-the-shoulder swings	1
Overhead circles	1
Overhead swings for final pose	1

TOTAL SCORE : max 5
points

- Music: Say hey
- Start Position: Sitting, extending the right arm to the side
- Time

Action	Time
Swirls on the side	1-8
Swing the ribbon up. Horizontal snakes down in front of the body.	1-4
Repeat	1-4
Hold the ribbon stick with both hands, swing the ribbon over the shoulder 4 times (right-left-right-left).	1-8
Four overhead circles to the left.	1-8
Four overhead swings (left-right-left-right). Counter-clockwise circle for the final pose.	1 - Final

6.8 – Rope (Level C)

- Evaluation

Specific elements	Value
Make a circle with the rope. Shake hips. Make a circle with the rope. Step backwards off the rope and hold the rope in a U-shape.	1

Rope swings in a U-shape	1
Double the rope. Straight jump	1
Tiptoe turn	1
Quadrupling the rope. Rotations on the frontal plane. Final pose.	1

TOTAL SCORE : max 5
points

- Music : Chicago Shake
- Start Position: Facing side 1, standing in the center of the rope with feet together. With one knot in each hand, holding the rope by the shoulders with elbows extended to the sides.
- Time

Action	Time
Hold pose.	intro
Extend the arms to the right, and circle the rope to the left. Return to the starting position. Twist hips.	1-8
Extend the arms to the right, and make a circle with the rope on the left. Return to the starting position.	1-4
Lifting the knees, step backwards (left-right) off the rope, hold the rope in a U shape with extended arms.	5-8
Swing the rope in a U shape (left-right-left-right).	1-8
Put both knots in the right hand. Grasp the rope with the left hand (dorsal grip), near the right hand. Slide the left hand to hold near the	

looped end of the rope (on the horizontal plane).	1-6
Straight jump, raising the arms overhead.	7-8
Tiptoe turn to the right, holding the arms overhead.	1-6
Lower the arms in front of the body to quadruple the rope, holding the knots and looped end of the rope in the right hand.	7-8
Counter-clockwise rotations on the frontal plane. Extend the right leg to the side for the ending pose.	1-8

6.9 – Hoop (Level C)

- Evaluation

Specific elements	Value
Hoop spin (around the vertical plane)	1
Throw the hoop up. Horizontal snakes in front.	1
Over-the-shoulders swings	1
Overhead circles	1
Overhead swings for final pose	1

TOTAL SCORE : max 5
points

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- Music: Boogie Shoes
 - Starting Position: Facing Side 1, stand with feet together. Hold the hoop in an overgrip, on the frontal plane, with the bottom edge of the hoop on the floor.
 - Time

Action	Time
Assisted spin (using two hands) to the right on the vertical plane. Catch the hoop with two hands in a palm position.	1-8
Walk forward four steps in raised position (right-left-right-left), raising the hoop overhead.	1-8
Tiptoe turn to the right.	1-4
Hold the hoop overhead, fold and bend the torso sideways to the left.	1-4
Hold the hoop overhead, fold and bend sideways to the right.	5-8
Hold the hoop overhead, hold and bend the torso sideways to the left.	1-4
Lower the hoop in front of the body.	5-8
Swing the hoop overhead, straight jump.	1-2
Lower the hoop in front of the body.	3-4
Step sideways to the right, extending the left leg to the side. Swing the hoop to the right.	1-4
Execute a knee bend to shift the weight left, extending the right leg to the side. Swing the hoop to the left.	5-8

Execute a knee bend to shift the weight right, extending the left leg to the side. Swing the hoop to the right.	1-4
With the right hand, lower the hoop to the floor and extend the left arm on a high side diagonal for the final pose.	5-8

6.10 – Ribbon (Level C)

- Evaluation

Specific elements	Value
Swirls and knee bends	1
Swing the ribbon up. Horizontal snakes down in front of the body. Straight jump.	1
Knee bends with swings over the shoulders	1
Overhead circle and swing. Tiptoe turn	1
Walk while executing overhead swings. Circle for the final pose.	1

TOTAL SCORE : max 5
points

- Music : Say Hey
- Start position: In the middle of the floor, facing side 1, stand with feet together. Left hand on the hip. Right arm, extended forward.
- Time

Action	Time
Spirals.	1-4
Two knee bends with spirals.	5-8
Swing the ribbon up. Horizontal snakes down in front of the body.	1-4
Straight jump. Swing the ribbon up. Horizontal snakes down in front of the body.	5-8
Holding the ribbon stick with both hands, four knee bends, swing the ribbon over the shoulders (right-left-right-left).	1-8
Four overhead circles	1-4
Tiptoe turn to the right with arms extended to the sides.	5-8
Five steps forward in relevé (left-right-left-right-left), with overhead swings. Lunge to the right with a large counter-clockwise frontal circle. Swing ribbon to the right for the final pose.	1-4

6.11 – Ball (Level C)

- Evaluation

Specific elements	Value
Shake hips. Frontal circle.	1
Tiptoe turn. Roll the ball in and out the arms.	1
Carry the ball to the shoulders. Bounce and catch with two hands. Straight jump	1
Marching steps.	1
Toss and catch with two hands. Final pose	1

TOTAL SCORE : max 5
points

- Music : Another Bites the Dust
- Start position: Facing side 1, stand on the right foot with the left knee bent and the left foot on toes by the right foot. With two hands, hold the ball on the right hip.
- Time

Action	Time
Shake hips.	1-8
Lower the right heel to stand on two feet. Holding the ball with two hands, counter-clockwise frontal circle.	1-8
Raising the ball overhead, tiptoe turn to the right. Lower the arms to hold the ball in front of the body.	1-8

Roll the ball in the arms, bending the elbows to trap the ball by the chest (forearms parallel).	1-4
Roll the ball out the arms and catch with two hands.	5-8
While bending the knees, bend the elbows and touch the ball to the right shoulder. While straightening the knees, extend the arms forward.	1-4
Repeat, touching the ball to the left shoulder.	5-8
With two hands, bounce and catch the ball.	1-4
Straight jump, swing the ball overhead on the jump and lower in front on the landing.	5-8
Holding the ball in front of the body, four marching steps (stepping on the left foot and raising the right knee first).	1-8
Close feet together in a knee bend position. Toss and catch the ball with two hands.	1-4
Bend the arms, elbows to the sides, and hold the ball against the chest. Extend the right leg to the side (toes lifted) to the ending pose.	5-8

6.12 – Hoop (Level 1)

- Evaluation

Skills to demonstrate	Value
Side chassé	1
Tiptoe turn	1
Hoop spin	1

Assisted roll to passé balance	1
Chainé turns	1
Forward chassés	1

Conformity with text	Value
Skills to demonstrate (from chart above)	6
Connections	2
Floor Pattern	1
Harmony with the music	1

TOTAL SCORE : max 10
points

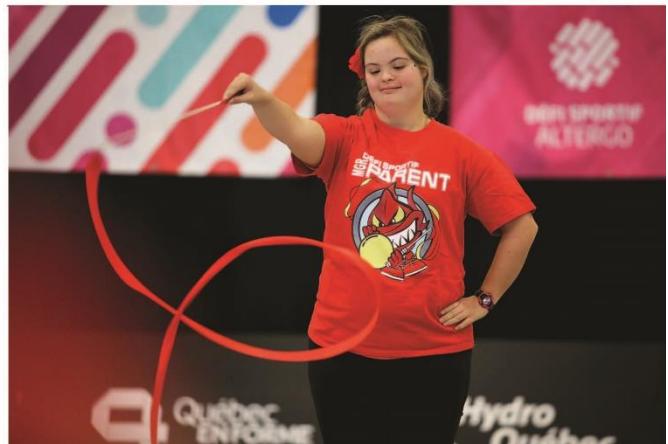
Conformity with text	Value
Performance, range and flexibility	8
Poise et general appearance	2

Total score : max 10 points

- Music: Lewis Boogie
- Start position: Near corner 6, facing side 1, and stand on the left foot with the right leg extended to the side. In an under grip, hold the hoop to the left on the frontal plane.
- Time

Action	Time
Plié to shift the weight to the right. Swing the hoop to the right on the frontal plane.	1-4
Side chassé to the right, circling the hoop on the frontal plane in a clockwise direction, changing hands overhead. Finish standing on the right foot with the left leg extended to the side. Hold the hoop to the right on a high diagonal.	5-8
Plié on the right leg (side lunge) and tap the hoop on the floor to the right. Small jump to change to a left side lunge. Tap the hoop to the right on a high diagonal.	1-4
Tiptoe turn to the right. Hold the hoop on the vertical plane in front of the body (right hand high, left hand low).	5-8
Moving the hoop to the frontal plane with the left hand high, travel to the right, twisting the feet (alternating heels and toes) with pliés. Twist the hoop on the frontal plane.	1-4
Pose, bending the arms and leaning the torso to look forward through the center of the hoop.	5-8

<p>Holding the hoop in the right hand, lower to the floor on the right side of the body. Assisted hoop spin (with the right hand) to the right. Walk around the hoop in relevé. Close feet together, facing side 1.</p> <p>Assisted roll (right to left) while stepping left in plié to shift the weight to the left. Holding the hoop with the left hand on the frontal plane, and the right arm extended overhead, passé balance (right knee lifted in a turned position).</p>	<p>1-12</p>
<p>Close feet together. In an under grip, hold the hoop with two hands in front of the body. Through the turning hoop, two small jumps (right-left). On the second jump, finish inside the hoop, with the hands in an outside grip. Bending and straightening the knees, twist.</p>	<p>1-8</p>
<p>Chainé turn right, raising the hoop overhead. Touch the left foot by the right foot.</p>	<p>1-4</p>
<p>Chainé turn left, lowering the hoop. Touch the right foot by the left foot.</p>	<p>5-8</p>
<p>Travelling toward side 1, two forward chassés, right, flutter the hoop. Step forward on the right foot. Kneel behind on the left knee. Place the right knee on the floor (knees hip distance apart). Release the hoop. Sit on the hoop to flip the hoop backwards over the head (use arms to assist).</p>	<p>1 - Final</p>



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