

Rhythmic Gymnastics

Special Olympics
Ireland



About Rhythmic Gymnastics: Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics and apparatus manipulation. The hand apparatus used are: rope, hoop, ball, clubs and ribbon.

Established: Rhythmic gymnastics was introduced to Special Olympics in the mid 90's.

Differences of Special Olympics Rhythmic Gymnastics: The Special Olympics Rhythmic Gymnastics program closely follow Federation International de Gymnastics (FIG) rules, on a scaled down level of difficulty. In FIG, only females are allowed to compete in rhythmic gymnastics. At Special Olympics, males can compete in Levels A & B. Special Olympics also offers a level of competition for athletes who perform seated, which is not included in FIG.

By The Numbers:

In 2019, 186 Special Olympics Ireland athletes participated in Gymnastics

East Asia has the highest number of Gymnastic athletes at 12,035

Rhythmic Gymnastics was originally termed "modern gymnastics"

In the Olympic Games, rhythmic gymnastics is offered for female participants only

Associations/Federations/Supporters:

Gymnastics Ireland <http://www.gymnasticsireland.com/>

British amateur Gymnastics Association

Federation International de Gymnastics (FIG) <http://www.fig-gymnastics.com/site/>

Divisioning at Special Olympics:

Athletes in every sport and event are grouped by age, gender, and ability, giving everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events, whether it's athletics, aquatics, table tennis, football, skiing, or gymnastics. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans.