



## Women's Artistic Gymnastics

**Objective:** To demonstrate your gymnastics abilities.

**Equipment:**

- Indoor floor space
- Non-slip mat
- Please dress in appropriate attire (*i.e. shorts, vest/t-shirt, leotard*)
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**Process:** Athletes must 'perform' the routine for their chosen level as per their entry form. Athletes can practice the routine as many times as they wish. A family member/guardian must record one 'performance' of the routine for submission.

Athletes are strongly advised to warm-up before their routine; see the brief warm-up video provided on [SOI Virtual Competitions](#).

**Routines:**

<b>Women's Artistic Gymnastics Level 1</b> (traditionally Level B & C athletes)
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| <ol style="list-style-type: none"><li>1. Salute</li><li>2. 3 walking steps forward</li><li>3. Straight jump to landing shape (<i>held for 3 seconds</i>)</li><li>4. Squat down, place hands on floor and perform a small bunny hop</li><li>5. From squat position, sit down and hold tuck position (<i>held for 3 seconds</i>)</li><li>6. Lie back flat and perform 1 log roll (<i>gymnast rolls from back to tummy</i>)</li><li>7. Push up to front support position</li><li>8. Jump feet in, and stand up</li><li>9. Salute</li></ol> |
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<b>Women's Artistic Gymnastics Level 2</b> (traditionally Level 1 & 2 athletes)
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| <ol style="list-style-type: none"><li>1. Salute</li><li>2. 2 chasse forward immediate cat leap</li><li>3. Straight jump to landing shape (<i>held for 3 seconds</i>)</li><li>4. ½ spin</li><li>5. Dance passage to squat position</li><li>6. In tuck position, rock backwards and forwards to stand</li><li>7. Star jump to landing shape (<i>held for 3 seconds</i>)</li><li>8. End pose</li><li>9. Salute</li></ol> |
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**Women's Artistic Gymnastics Level 3** (traditionally Level 3 & 4 athletes)

1. Salute
2. Straight jump into immediate tuck jump to landing shape (*held for 3 seconds*)
3.  $\frac{1}{2}$  spin into place foot on floor into immediate 2 footed  $\frac{1}{2}$  spin (*gymnast remains in relevè throughout*)
4. Dance passage
5. Forward roll to stand
6.  $\frac{1}{2}$  turn jump to landing shape (*held for 3 seconds*)
7. Arabesque (*held for 3 seconds*)
8. End pose
9. Salute

**Recording:** Videos should be recorded from the side where possible but if not then they must be from an angle where all moves can be seen clearly and should only include the athlete.

**Submission:**

- Please ensure you save all video's with the athletes ID number and level (**i.e. 1432544women3**).
- One video per athlete should be submitted via WeTransfer to [emma.mcmenamin@specialolympics.ie](mailto:emma.mcmenamin@specialolympics.ie)