

Requirements:

Difficulty (D1) Panel - Body Difficulties and Rhythmic Dance Steps ---

Maximum Value 5.4 points

A) Body Difficulties

Maximum value 3.6 points

- Required: 6 Difficulties - 2 different leaps/jumps, 2 different pivots, 2 different balances
 - Partial points may be awarded, depending on the execution and amplitude of the skill
 - Full credit is given if the skill is executed to FIG standards of execution and amplitude
 - Partial credit is given, at the judge's discretion, depending on the execution and amplitude of the skill
 - No credit is given if the skill is omitted, unrecognized, or has static apparatus

B) Rhythmic Dance Steps

Maximum value 1.8 points

- 3 sequences are required -- Each sequence is valued at 0.6 points
- No Credit will be awarded if the Rhythmic Dance Steps are performed with static apparatus
- No Partial points may be given

Difficulty (D2) Panel – Handling and Mastery

Maximum Value 4.6 points

A) Handling

Maximum Value 2.4 points

- 12 occurrences of apparatus handling are required (6 with Body Difficulties, 3 with Dance Steps, 3 Free Choice)
- Each handling will be valued at 0.2 points
- Each handling may receive credit three times
- No partial points may be given
- In order to receive credit, the apparatus handling must be performed in conjunction with a Body Difficulty (BD), Rhythmic Dance Steps (DS), or a Body Movement (BM)

B) Mastery

Maximum Value 2.0 points

- There is no requirement for Mastery elements
- Mastery elements are chosen from the chart in the Appendix of the Official Special Olympics Rules
- Each Mastery element is valued at 0.4 points
- A maximum of 5 mastery elements may receive credit
- No partial points may be given

Completing the Form:

1. There are 21 rows available for you to record the routine, which provides enough space for the required body difficulties, apparatus handling and mastery. Do not add extra rows OR extra pages
2. Each body difficulty or dance steps and the corresponding apparatus handling or mastery should be indicated in its own row, with the corresponding symbols and values in the correct columns.
3. You MAY have more than the 6 required body difficulties and 3 required dance steps as you may have choreographed additional elements including body difficulties, pre-acrobatic movements or dance steps. If these elements are being performed with apparatus handling or mastery, then record the body element along with the apparatus element.
4. You MUST circle (sample below) the difficulties and dance steps you want counted and ensure the values are entered. The other elements do not require a value entered for the body element and must not be circled.

5. NOTE that only the circled elements will be counted, so choose only those the gymnast can execute well. For example, it is better to choose something with a lower value that she can do well than something with a higher value that she cannot execute well.
6. You may claim a maximum of 12 apparatus handling, and have the option of up to 5 mastery, for a total of 17 possible apparatus items.
 - a. You may choose to have only the 12 apparatus handling and no mastery.
 - b. You may choose to replace between 1 and 5 of the 12 apparatus handling with mastery elements. In this case, you record the Apparatus Handling value of .20 plus the Mastery value of .40 for that apparatus element in the same space. **Note** that if the element is not executed properly, the gymnast will receive 0 (zero) for that skill. It is therefore recommended that you choreograph 12 basic apparatus skills that the gymnast can execute properly so that she will receive value for those, and only add the optional mastery in addition to the 12 handlings if the gymnast can execute them correctly.
 - c. Otherwise, you must record the 12 apparatus handling for .20 each, one per row, plus between 1 and 5 mastery items on separate rows for .40 each.