



Date:	May 5, 2019
Location:	Paul Derda Recreation Center, Broomfield, CO
Medical/Class A Deadline:	April 5, 2019 (<i>Forms can be mailed or e-mailed</i>)
Entry Deadline:	April 5, 2019 (<i>Entries can be mailed or e-mailed</i>)
Items to Submit:	Class A Coach Roster Individual Entry Form
Competition Notes and Schedule:	9:00 am – Young Athletes, Registration and Warm Ups 9:10 am – 9:50 am – Young Athletes Showcase 10:00 am – 10:45 am – Registration/Warm Ups 10:45 am – 11:00 am –Opening Ceremonies 11:00 am – 1:15 pm – Competition 1:15 pm – 2:00 pm – Awards by teams 2:00 pm – 3:30 pm – sandwiches and ice cream
Meals:	Late lunch will be provided.
Lodging:	No lodging will be provided.
Governing Bodies:	Special Olympics Colorado Rule Interpretation and the Official Special Olympics Sports Rules for all events shall govern all Special Olympics competitions. In cases not covered by these interpretations, the following rules will govern per sport (and can be downloaded at the following sites): <u>Gymnastics</u> : USA Gymnastics - www.usagym.org .

COMPETITION NOTES

- Female gymnasts may specialize by competing in one or more events, up to a maximum of five events. Male gymnasts may specialize by competing in one or more events, up to a maximum of seven events.
- Female athletes must choose either rhythmic OR artistic competition - Not Both!
- An entry level must be submitted for all athletes in each event. Optional is for Level 3 only.
 - Level A or B – Lead up
 - Level 1 – Beginner
 - Level 2 – Intermediate
 - Level 3 – Advanced
- Gymnasts specializing in particular events may compete on two levels, with one level difference between artistic competitions. In rhythmic competition, they must be at the same level.
- Athletes not in appropriate competition attire are subject to disqualification.
- Competition attire includes:
 - Male gymnasts shall wear tank tops (leotards) and long gymnastic pants or gymnastic shorts depending on the event. T shirts that are tucked in may replace the tank tops. Gymnasts may compete in socks, gymnastic slippers or bare feet.
 - Female gymnasts shall wear a long-sleeved, short sleeved, or sleeveless leotard or unitard. Gymnasts may have either bare feet or wear gymnastic slippers. Bare legs or leg coverings of the same color as their leotard or flesh-colored tights with bare feet are permitted.