

In partnership with



Rotary Welsh Schools Disability Gymnastics Championships 2025

Chair based Rhythmic Routines

Face to Face and Virtual Competition

Outlined below are the routines for the wheelchair rhythmic gymnastics competition in ball, hoop, and ribbon.

The competition is split into 4 levels and the gymnasts **must compete at the same level on each piece of apparatus**. We have changed them slightly to make the routines flow a bit easier. As with all routines, there will be certain individuals who will be physically unable to complete all movements.

Participants can use their own apparatus or use the equipment from Welsh Gymnastics. Welsh Gymnastics will aim to ensure we have a variety of alternatives for those who don't have much equipment in their school setting.

Teachers or helpers can give as much support as needed without any judging deductions. Gymnasts can do all three routines together or if they prefer, they can go around with their group. The aim of the competition is to give children and young people the opportunity to compete and the easier and more comfortable we make it for them the better.

Good luck and enjoy.....

BALL

Bronze	Silver	Gold	Platinum
Present	Present	Present	Present
Ball on thighs, hands on top of ball roll back and fore on thighs x 2	Start holding ball in both hands	Ball in right hand, sweep ball round in a circle backwards x 2	Hold ball above head with straight arms lower ball in one hand to left then transfer ball to opposite hand and lower to right side, then back to the top
Pick up ball hold in one hand (you choose), hold ball out in front of you and look up to the ceiling	Hold ball out in front of body,	Change hands and repeat on left side x 2	Bring ball back into body, turn ball over in both hands
Bring ball back into body, head looking down at ball	Holding ball in both hands, raise ball above head	Place ball on lap roll to knees and back, roll up chest then down both arms, lift above head to finish	Throw ball from one hand to the other x 4
With ball still in hand stretch out to one side. Turn head to look at ball, repeat whole movement on the other side	Whilst still holding the ball above the head, move the ball side to side making a rainbow shape x 4	Throw from 1 hand above head height, catch in 2 hands	Throw ball into the air x 2
Bring ball back to lap	Make a big circle with the ball whilst hold ball with both hands	1 x bounces right side, 1 x bounces left side	Bounce ball x 2 to the right side
Pick up ball and transfer ball between hands Do this movement four times	Back to holding ball out in front of body with arms stretched	Present	Bounce ball x 2 to the left
Present	Throw ball upwards so it leaves the hands slightly, re-catch		Present

HOOP

Bronze	Silver	Gold	Platinum
Present	Present	Present	Present
hold hoop out in front turn hoop in a driving wheel motion x 4	Hold hoop in outstretched arms and turn over in hands x 4	With arms outstretched, hold hoop in front of you, bring back to the body	Overhead (rainbow) x 4
Turn to one side – repeat above move	Hold hoop above head making a rainbow shape back and forth over head x 2	Arm out to the right – hula hoop around the wrist x 3	Throw the hoop up and catch on the right
Change side and repeat move	Hold hoop above head and lower to one side holding hoop in one hand.	Arm out to the left – rotate around wrist x 3 (optional – no deduction, if not performed)	Throw the hoop up and catch on the left
Hold hoop in one hand sweep hoop over the head in a rainbow shape x 2 in any direction	Take hoop back to above head and lower hoop to the opposite side	Holding the hoop in the middle position throw up and catch with both hands	Present hoop in the middle
Change hands and repeat	Roll the hoop forward and back x 2	With assistance - With hoop on knees complete a full turn, using hoop like a steering wheel	Roll the hoop forwards to catch as rotate forwards
Hoop on knees	Hoop back to knees	Turn hoop in hands forwards 2 rotations present the above head	Full turn hoop on knees
Present	Present	Roll backwards 2 rotations	Roll backwards x 2 rotations
		Present	Throw the hoop up one handed to catch with other hand

RIBBON

Bronze	Silver	Gold	Platinum
Present	Present	Present	Present
Take the ribbon out to the right	Circles to the right x 2	Full circles to the right x2	Rainbow x 2 changing hands
Across the body to the left	Circles to the left x 2	Full circles to the left x 2	Snake while completing full turn backwards
Backwards over shoulder	Backwards/forwards	Roll forward 2 rotations	Take the ribbon around the whole body x 2
Forwards to front	Swap hands backwards/forwards	2 circles around the body	Roll forwards completing 2 arms circles
Over the head to the side (rainbow)	Swap hands circle around head x 2	Roll backwards 2 rotations	Roll backwards completing 2 arm circles
Over the head to the other side	Zig zags to front	Spiral on the right x 3	Ribbon around whole body
Present	Present	Swap hands spiral on the left x 3	2 x Figure of 8 ending with catching the end of the ribbon
		Full turn	Present
		Present	



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