

Five Rules to Know RHYTHMIC GYMNASTICS



Apparatus

Gymnasts perform routines using apparatuses such as rope, hoop, ball, clubs, and ribbon, each requiring specific skills and techniques.

Scoring

Judges evaluate routines based on difficulty, execution, and artistry. The difficulty score reflects the complexity of movements, while the execution score assesses performance quality, including technical precision and artistic expression.

Choreography

Routines are choreographed to music, emphasizing harmony between movements and musical accompaniment. Gymnasts must demonstrate rhythm, expression, and seamless transitions.

Time Limits

Individual routines last 1:15–1:30 minutes, while group routines can go up to 2:30 minutes.

Group Performances

In group events, teams consist of five gymnasts performing coordinated routines. Synchronization and collaborative formations are crucial, with two routines performed: one with a single type of apparatus and one with mixed apparatuses.