

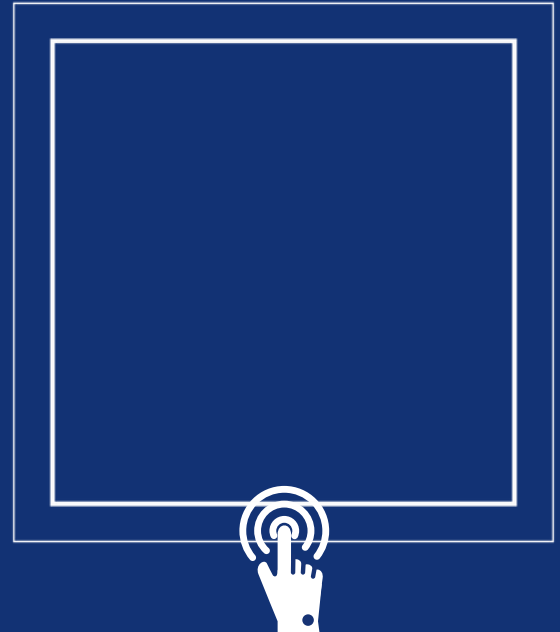


WHAT YOU NEED

Apparatus

- Hoop: A circular apparatus utilized for rolling, tossing, and rotating, emphasizing coordination and control.
- Ball: A smooth, rubber ball used for bouncing, throwing, and rolling across the body or floor, showcasing fluidity and grace.
- Clubs: A pair of small, bowling-pin-shaped apparatuses, manipulated through intricate swings, circles and tosses.
- Ribbon: A long, satin ribbon attached to a stick, creating flowing patterns like spirals and waves during routines.

THE MAT



[Click here for interactive overview](#)

The Outfit

Gymnasts must wear a leotard or unitard in any color, with optional long tights to the ankle. Skirted leotards are allowed if the skirt stays above the upper thigh. Sleeves are optional, but narrow-strap dance leotards are not permitted. The leg cut must not exceed the crotch crease, and decorations must be securely attached. Leotards must be opaque, with lined sheer fabrics in the trunk area. Performances can be done barefoot, in slippers, or rhythmic half-slippers (recommended). Hairstyles should be tidy, and jewelry is prohibited for safety reasons.





RHYTHMIC GYMNASTICS



UMEDIA

WHAT YOU NEED

Ribbon

A long, satin ribbon attached to a stick, creating flowing patterns like spirals and waves during routines.



Ball

A smooth, rubber ball used for bouncing, throwing, and rolling across the body or floor, showcasing fluidity and grace.



Clubs

A pair of small, bowling-pin-shaped apparatuses, manipulated through intricate swings, circles and tosses.



Hoop

A circular apparatus utilized for rolling, tossing, and rotating, emphasizing coordination and control.

