



ألعاب مدارس دبي  
**DUBAI**  
SCHOOLS GAMES

## RHYTHMIC GYMNASTICS

In partnership with





ألعاب مدارس دبي  
**DUBAI**  
SCHOOLS GAMES



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**CITIZENS**  
A school where education is re-imagined.  
[www.citizens.me](http://www.citizens.me)  
Citizens School, Al Safa Street, Dubai, UAE



# EVENT DETAILS

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We are proud to announce the launch of Dubai Schools Games Rhythmic Gymnastics. See below for event information:

<b>EVENT DATES:</b>	<b>SATURDAY, 12<sup>TH</sup> NOVEMBER 2022</b>
<b>VENUE:</b>	<b>THE CITIZEN SCHOOL, CITY WALK</b>
<b>TIME:</b>	<b>9 AM - 1:30 PM</b>
<b>BIRTH YEARS:</b>	<b>2015, 2014, 2013, 2012, 2011, 2010, 2009, 2008 &amp; 2007</b>



# AGE GROUP

Year of Birth	Category A	Category B
2014		
2013	Freehand + 1 App by choice	Freehand (BD: max7)
2012		
2011	2 App by choice	Freehand + 1 App by choice (BD: max 7)
2010		
2009		
2008	2 App by choice	Freehand + 1 App by choice (BD: min 7 max 9)
2007		
2006	2 App by choice	Freehand + 1 App by choice (BD: min 7 max 9)



# RULES

## Leaps and jumps

- All leaps and jumps must be of a good height, have a clear shape and good amplitude.
- All leaps with the back arched must have the head in contact with the leg.

## Balances

- All balances must be performed on the toes or the knee. These must be held clearly and have a good, fixed shape.

## Pivots

- All pivot combinations must be performed entirely on the toes without heel support.



# APPARATUSES

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1. **Ribbon:** The band that the gymnast must keep constantly moving by forming very precise figures, such as serpentines, spirals and circles.
2. **Hoop:** Rigid apparatus is used in a wide variety of manipulations, such as rotations, throwing, rolls and passing through.
3. **Ball:** The sphere that the gymnast manipulates to bring out suppleness and corporal expression, as well as the contrast between power for throwing and gentleness for catching.
4. **Rope:** Apparatus whose length is proportional to the gymnast's height; it is used mainly for jumping.
5. **Clubs:** Apparatuses that are manipulated in a choreography made up of rotations, throwing and asymmetrical movements



# TECHNICAL PARTNER

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Do not hesitate to reach out to Stryx Sports, if you would like to train, learn new skills or develop your game further.



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**THANK YOU**

If you may have any further queries, comments or suggestions  
feel free to contact us.

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