



Midea®

ألعاب مدارس دبي

DUBAI
SCHOOLS GAMES

RHYTHMIC GYMNASTICS CHAMPIONSHIP

In partnership with



STRYX
RHYTHMIC
GYMNASTICS



Presenting Partners



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EVENT DETAILS

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

EVENT DATES: SATURDAY 02ND NOVEMBER – SUNDAY 03RD NOVEMBER 2024

VENUE: THE CITIZENS SCHOOL, CITY WALK

TIME: 02ND NOVEMBER: 9 AM – 4 PM
03RD NOVEMBER: 9 AM – 2 PM

BIRTH YEARS: 2017, 2016, 2015, 2014, 2013, 2012, 2011, 2010

A maximum of 100 participants can register for this event

Registrations close on **Wednesday 23rd October 2024**



AGE GROUP

Year of Birth	Category A	Category B
2017	1 App by choice	Freehand (BD: max 7)
2016		
2015	Freehand (BD: max 9) + 1 App by choice	1 App by choice
2014		
2013	2 App by choice	1 App by choice
2012		
2011		
2010		



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.



APPARATUS

1. **Ribbon:** The band that the gymnast must keep constantly moving by forming very precise figures, such as serpentine, 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

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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