



ألعاب مدارس دبي

DUBAI
SCHOOLS GAMES

RHYTHMIC CHAMPIONSHIP

In partnership with



STRYX
RHYTHMIC
GYMNASTICS



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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 15th NOVEMBER – SUNDAY 16th NOVEMBER 2025

VENUE: THE CITIZENS SCHOOL, CITY WALK

TIME: 15th NOVEMBER: 9 AM – 2 PM
16th NOVEMBER: 9 AM – 2 PM

BIRTH YEARS: 2018, 2017, 2016, 2015, 2014, 2013, 2012

A maximum of 100 participants can register for this event

Registrations close on **Thursday 6th November 2025**



AGE GROUP

Year of birth	Categories	
	A	B
2018	1 Apparatus by choice	FH (6 BD max)
2017	2 Apparatus by choice	FH (6 BD max)
2016	2 Apparatus by choice	1 Apparatus by choice
2015	2 Apparatus by choice	1 Apparatus by choice
2014	2 Apparatus by choice	1 Apparatus by choice
2013	2 Apparatus by choice	1 Apparatus by choice
2012	2 Apparatus by choice	1 Apparatus by choice



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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