Midea®

ألعاب مدارس دبي

DUBAI SCHOOLS GAMES

RHYTHMIC GYMNASTICS CHAMPIONSHIP

In partnership with

STRYX RHYTHMIC GYMNASTICS

دبي DUBAI للرياضة SPORTS

ألعاب مدارس دبي DUBAI SCHOOLS GAMES

UNITED ARAB EMIRATES MINISTRY OF SPORTS

Presenting Partner

Presenting Partner

Hydration Partner

Streaming Partner

Technical Partner/Prize Partner

Venue Partner

Organised By

EVENT DETAILS

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

EVENT DATES: SATURDAY 14th NOVEMBER – SUNDAY 15th NOVEMBER 2026

VENUE: THE CITIZENS SCHOOL, CITY WALK

TIME: 14th NOVEMBER: 9 AM – 2 PM
15th NOVEMBER: 9 AM – 2 PM

BIRTH YEARS: 2020, 2019, 2018, 2017, 2016, 2015, 2014, 2013

A maximum of 110 participants can register for this event

Registrations close on **Thursday 5th November 2026**



AGE GROUP

Year of Birth	Categories	
	A	B
2020	FH (6 BD Max)	FH (6 BD Max)
2019	FH (6 BD Max)	FH (6 BD Max)
2018	1 Apparatus by choice	FH (6 BD Max)
2017	2 Apparatus by choice	1 Apparatus by choice
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



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 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

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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