



FIG APPARATUS NORMS

2.3 RG Rhythmic gymnastics



II
RG 1
01.01.2015

Performance Area

Rhythmic Gymnastics

Construction / Description of material, measurements

1. Form

- 1.1. The Performance Area shall have a square format. The surface must be horizontal, even and without gaps.
- 1.2. Border:
 - 1.2.1. Horizontal, even, and at the same height as the performance area.
- 1.3. Safety zone:
 - 1.3.1. The safety zone shall be kept totally free as a surrounding zone around the performance area and the border. It shall be horizontal, even and without gaps.
- 1.4. Direction of carpet seams:
 - 1.4.1. If the surface is composed of several parallel carpet rolls, the seams shall be perpendicular to the direction of the judges' tables.
- 1.5. The performance area shall be composed by a damping under – construction and an overlying carpet

2. Measurements

- 2.1. Performance area 1300 x1300 cm
Tolerance +/- 3 cm
- 2.2. Diagonals of the performance area: 1838 cm +/- 5cm
- 2.3. Border (25 + 25) 50 cm
- 2.4. Safety border 200 cm
- 2.5. Border as a variant
 - 2.5.1. Horizontal Area, Width 25 cm
 - 2.5.2. Slope max. 20 %, Width 25 cm
- 2.6. When there is a delimitation strip between the performance area and the border:
 - 2.6.1. Width of the delimitation strip 5 cm +/- 0,5 cm
 - 2.6.2. The delimitation strip is part of the performance area.
- 2.7. Performance area and border:
 - 2.7.1. Equal elasticity on the surface as well as dampening.
 - 2.7.2. When in use it should not have any motion energy.
 - 2.7.3. Elasticity and dampening must be balanced in such a way that they guarantee the gymnast stability and freedom of movement. It must not restrict turns and slide movements.
 - 2.7.4. The surface cover of the performance area must provide a balance between anti-skid and slippage. It must not cause skin burns.
 - 2.7.5. The performance area must not produce disturbing sound during the execution of an exercise. It must assure a low noise level.

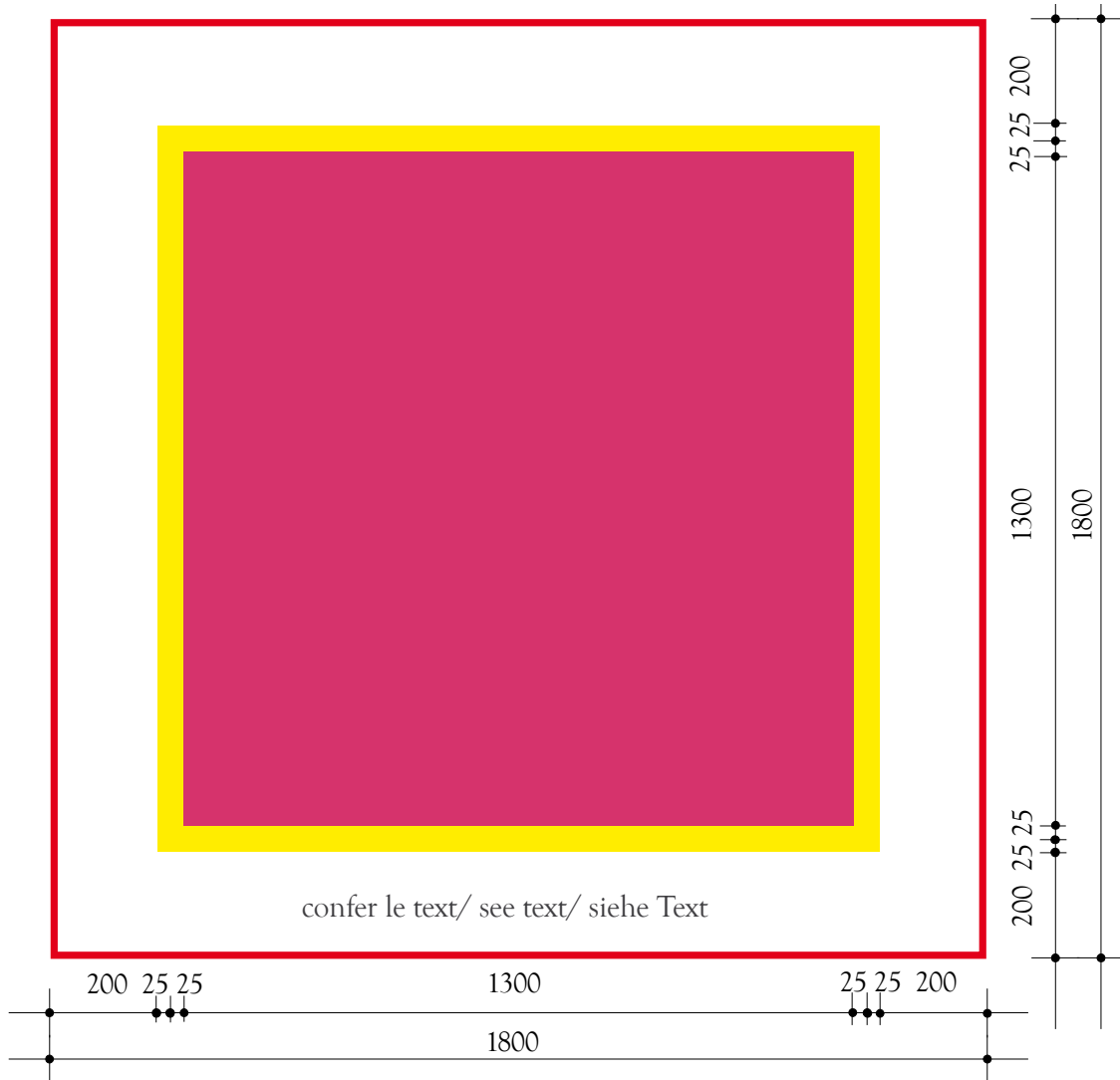
3. Colour

- 3.1. Of plain colour which choice is left to the manufacturer's discretion. Dark colours are not allowed. For certain events the FIG may stipulate the colours. The delimitation shall have a clear contrast to the performance area

Norms / Functional properties: Regarding tests carried out by FIG Tests Institutes – please see chapter IV

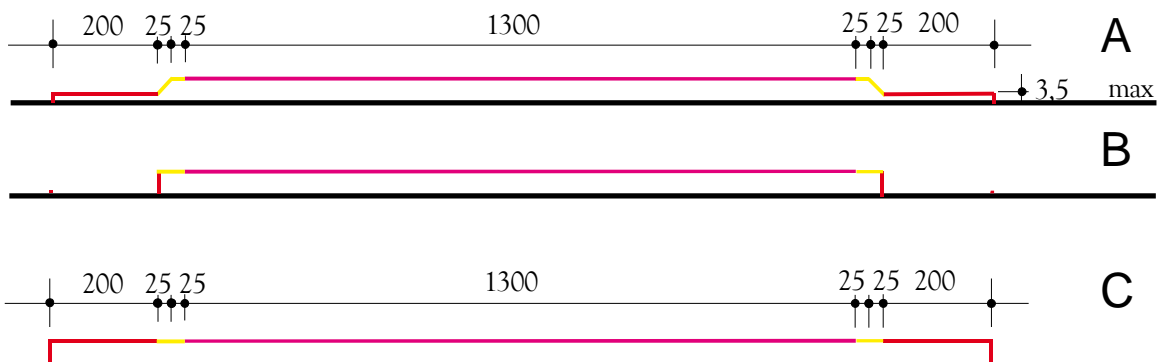
II
RG 1
01.01.2015

Performance Area



- surface de compétition, arena, Wettkampffläche
- cadre, edge, Umrandung
- zone de sécurité, safety zone, Sicherheitszone

variantes, profile - variants, Schnitt - Varianten A, B, C



II
RG 2-7
01.09.2019

Rope, Hoop, Ball, Clubs, Ribbon

Rhythmic Gymnastics

All hand apparatuses which are supposed to be used at FIG sanctioned events shall have markings according to FIG rules. The markings shall not be removable.

At FIG sanctioned events only FIG approved hand apparatuses shall be used.

Construction / Description of material, measurements

RG 2 – Rope

1. Material: Hemp or similar suitable material
2. Length: Optional for Senior and Junior Gymnasts
3. Thickness: Uniform or reinforced in the centre.
4. Shape: Both rope-ends, with or without knots. Without wooden-handle. May be wrapped with a thin non-slip material in a length corresponding to the width of a hand.
5. Colour: Optional. Bright colour preferred

RG 3 – Hoop

1. Material: Wood or synthetics
2. Weight:
 - 2.1. 300 g. minimum
 - 2.2. 260 g. minimum for Juniors
 The weight specification shall be fulfilled unwrapped.
3. Inner diam.:
 - 3.1. 800 – 900 mm Senior Gymnasts
 - 3.2. 700 – 900 mm Junior Gymnasts
 Can be wrapped
4. Colour: Optional. Bright colour preferred.

RG 4 – Ball

1. Material: Rubber or soft plastic, antistatic
2. Weight: 400 g. minimum
3. Diameter: 180 – 200 mm Senior and Junior Gymnasts
4. Colour: Optional. Bright colour preferred.

RG 5 – Clubs

1. Material: Wood or synthetics
2. Length: 400 – 500 mm Senior and Junior Gymnast
3. Weight: 150 g. min.
The weight specification shall be fulfilled unwrapped.
4. Shape: Bottle shape
5. Diameter of the head: 30 mm max.
6. Colour: Optional. Bright colour preferred. Can be wrapped.
(The head of the clubs must be fixed firmly to the neck of the apparatus. It shall not rotate)

II
RG 2-7
01.09.2019

Rope, Hoop, Ball, Clubs, Ribbon

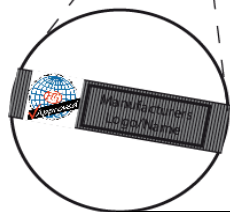
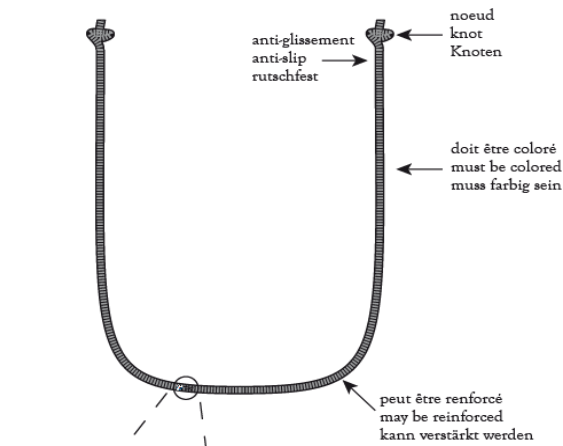
RG 6 – Ribbon

1. Material: Satin or similar
2. Length: Total length 6 m (min) in one piece (5 m min for Juniors). The part at which the ribbon is attached to the cane is doubled in a length of $1\text{ m} \pm 0,1\text{ m}$.
3. Weight: 35 g. minimum, without the cane (30 g. min. for Juniors)
4. Width: 40 – 60 mm
5. Colour: Optional. Bright colour preferred.

RG 7 – Ribbon cane

1. Cane
 - 1.1. Material: Wood, bamboo, fibreglass, aluminium, or synthetics
 - 1.2. Length: 500 – 600 mm
 - 1.3. Diameter: maximum 10 mm at the thickest point.
 - 1.4. Shape: cylindrical or conic. The handle may be wrapped in a thin anti-slip material with a length of 100 mm max.
 - 1.5. Colour: Optional.
2. Fixture:
 - 2.1. Material: cord, nylon-thread or similar item, or moveable ring resp. a swivel attached to the cane.
 - 2.2. Length: 70 mm maximum

Rope, Hoop, Ball



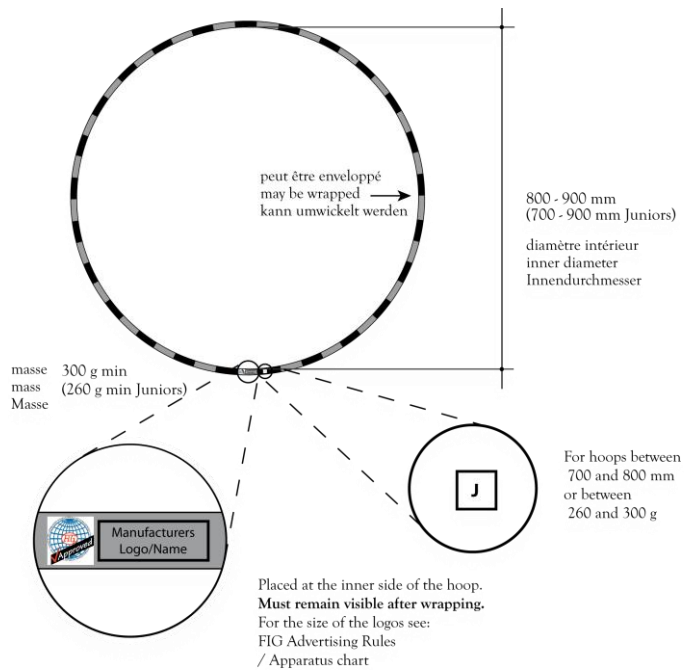
For the size of the logos see:
FIG Advertising Rules
/ Apparatus chart

Hoop: Size of Logos

"Manufacturers Logo/Name"		
(all values in mm)	value	Tolerance ±
width	10 mm	± 2 mm
length	32 mm	- 24 mm
Position on the right side and on the middle axes	at the inner side of the hoop	-

"FIG Approved"		
(all values in mm)	value	Tolerance ±
width	10 mm	± 2 mm
length	10 mm	± 2 mm
Position on the left side and on the middle axes	at the inner side of the hoop	-

Remark: The FIG Logo can be turned to arrange the same orientation as the Manufacturers Logo/Name

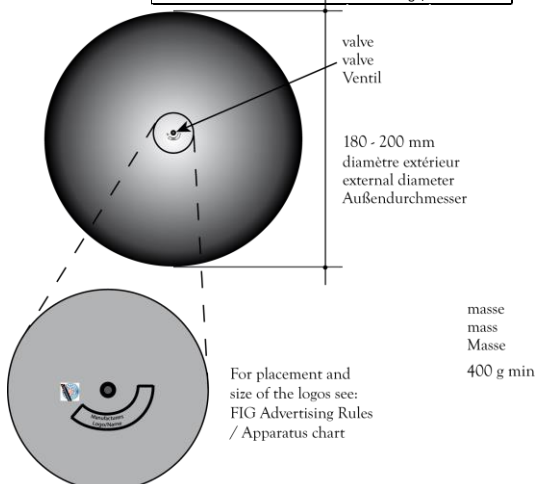


Rope: Size of Logos

"Manufacturers Logo/Name"		
(all values in mm)	value	Tolerance ±
width	10 mm	± 2 mm
length	32 mm	- 24 mm

"FIG Approved"		
(all values in mm)	value	Tolerance ±
width	10 mm	± 2 mm
length	10 mm	± 2 mm

Remark: The FIG Logo can be turned to arrange the same orientation as the Manufacturers Logo/Name



Ball: Size of Logos

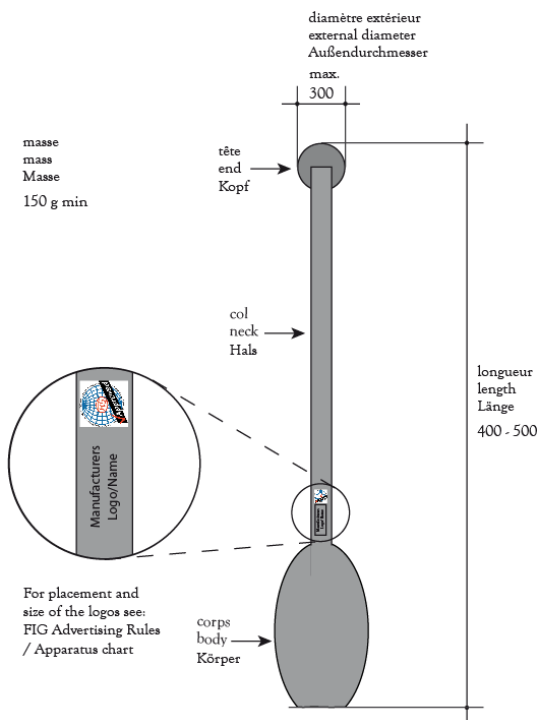
"Manufacturers Logo/Name"		
(all values in mm)	value	Tolerance ±
width	10 mm	± 2 mm
length	32 mm	- 24 mm
Distance from the valve	10 mm	± 5 mm

Remark: The Manufacturers Logo can be rectangular or curved as indicated in the drawing.

"FIG Approved"		
(all values in mm)	value	Tolerance ±
width	10 mm	± 2 mm
length	10 mm	± 2 mm
Distance from the valve	10 mm	± 5 mm

Remark: The FIG Logo can be turned to arrange the same orientation as the Manufacturers Logo/Name.

Clubs, Ribbon



toutes longueurs en mm
all lengths in mm
alle Längen in mm

Clubs: Size of Logos

"Manufacturers Logo/Name"		
(all values in mm)	value	Tolerance ±
width	10 mm	± 2 mm
length	32 mm	- 24 mm
Distance to the body	20 mm	± 15 mm

"FIG Approved"		
(all values in mm)	value	Tolerance ±
width	10 mm	± 2 mm
length	10 mm	± 2 mm

Remark: The FIG Logo can be turned to arrange the same orientation as the Manufacturers Logo/Name

Ribbon: Size of Logos

"Manufacturers Logo/Name"		
(all values in mm)	value	Tolerance ±
width	10 mm	± 2 mm
length	32 mm	- 24 mm

"FIG Approved"		
(all values in mm)	value	Tolerance ±
width	10 mm	± 2 mm
length	10 mm	± 2 mm

Position at the beginning of the Ribbon (Cane's side) and at the end of the Ribbon		
Distance from the end	100 mm	± 20 mm
Distance from the beginning	50 mm	± 10 mm

Remark: The FIG Logo can be turned to arrange the same orientation as the Manufacturers Logo/Name

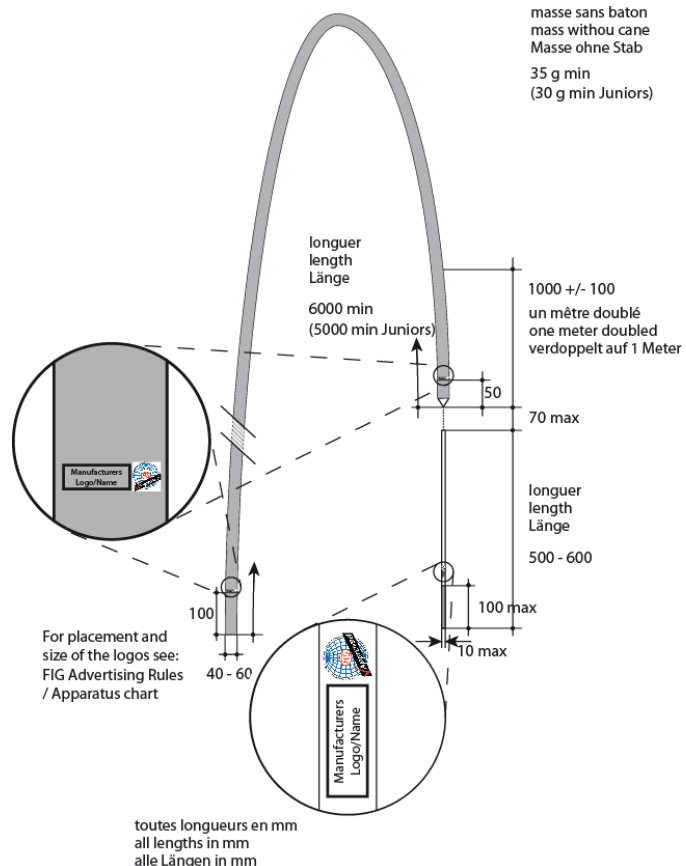
Ribbons Cane: Size of Logos

"Manufacturers Logo/Name"		
(all values in mm)	value	Tolerance ±
width	10 mm	± 2 mm
length	32 mm	- 24 mm

"FIG Approved"		
(all values in mm)	value	Tolerance ±
width	10 mm	± 2 mm
length	10 mm	± 2 mm

Distance to the 100 mm reinforcement		
value	10 mm	± 2 mm

Remark: The FIG Logo can be turned to arrange the same orientation as the Manufacturers Logo/Name



Measurement Table for RG with Balance

Rhythmic Gymnastics for testing prescriptions of RG 3,4,5,6,7

Construction / Description of material, measurements

1. Form

1.1. The apparatus consists of a table or a plate which can be placed on a table with special trays and tools for controlling prescribed parameters of RG equipment during the competition. An additional, suitable balance is needed.

2. Measurements:

2.1. The device should be suitable for measuring:

2.1.1.interior diameter of hoops (RG3) (Senior):	800 – 900mm
2.1.2.interior diameter of hoops (RG3) (Junior):	700 – 900mm
2.1.3.diameter of balls (RG4):	180 – 200mm
2.1.4.diameter of the end of clubs (RG5):	30mm max.
2.1.5.diameter of the cane of gymnastic ribbons (RG6):	10mm max
2.1.6.length of clubs (RG5):	400 - 500mm
2.1.7.length of ribbons (RG6) (Senior): [can be measured as 6 * 1000mm]	6000mm min.
2.1.8.length of ribbons (RG6) (Junior): [can be measured as 5 * 1000mm]	5000mm min.
2.1.9.length of the doubled part of ribbons (RG6):	1000mm (+/- 100)
2.1.10.length of the cane of gymnastic ribbons (RG6):	500 - 600mm
2.1.11.length of the optional handle part of the cane of gymnastic ribbons (RG6):	100mm max.
2.1.12.length of the fixture of gymnastic ribbons (RG6):	70mm max.
2.1.13.width of ribbons (RG6):	40 - 60mm

2.2. The balance should be suitable for measuring the following weights (“masses”) with a precision of +/- 1 g:

2.2.1.hoops (RG3):	300g min.
2.2.2.balls (RG4):	400g min.
2.2.3.clubs (RG5):	150g min.
2.2.4.gymnastic ribbons without the cane (RG6, Seniors):	35g min.
2.2.5.gymnastic ribbons without the cane (RG6, Juniors):	30g min.

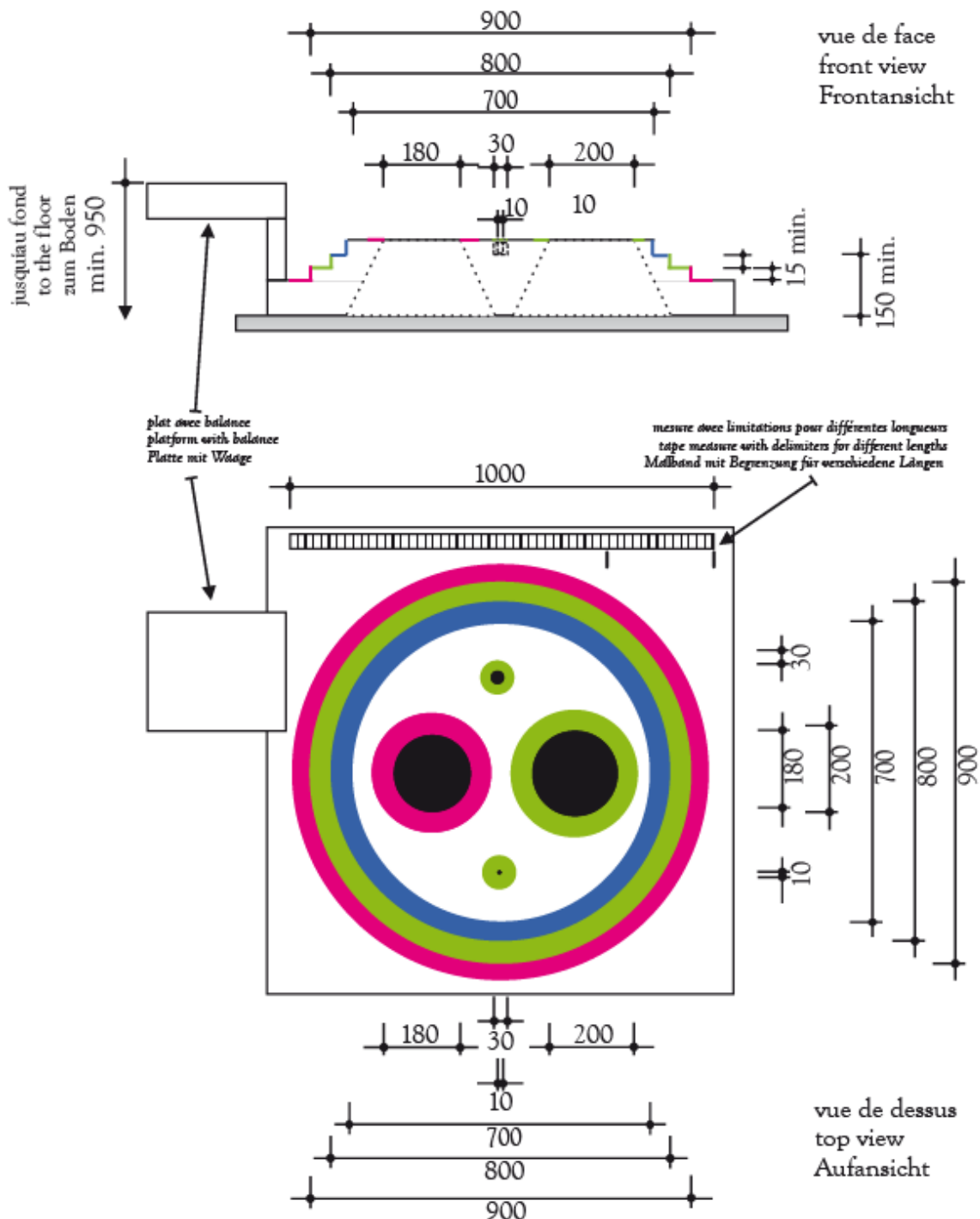
2.3. The measurement trays for diameters of Hoops for measuring diameters shall control the whole circles, not only segments of the circles (“hoops shall not be bent during measurements”). Each Tray of 700mm, 800mm & 900 mm, must have a thickness minimum of 15mm.

2.4. All measures shall be indicated unmistakably on labels.

2.5. The weight of hoops shall be measured in a hanging position of the hoops.

Measurement Table for RG with Balance

Example for positioning of trays and tools for controlling the prescribed parameters:



cotes obligatoires;
construction selon le gré;
dessin en exemple

dimensions: mandatory;
design: at your discretion;
drawing: typical example

Maß e bindend;
Konstruktion freigestellt;
Zeichnung als Beispiel