

RHYTHMIC GYMNASTICS

TECHNICAL RULES AND
REGULATIONS





RHYTHMIC GYMNASTICS

TECHNICAL RULES AND REGULATIONS

GENERAL	3
1. GENERAL CONDITIONS.....	3
2. DELEGATION COMPOSITION.....	4
3. SPORT PROGRAM.....	5
4. TECHNICAL RULES	6
5. DRAW.....	7
6. PROTESTS AND APPEALS.....	7



RHYTHMIC GYMNASTICS

TECHNICAL RULES AND REGULATIONS

GENERAL

The purpose of the “ISF Rhythmic Gymnastics Technical Rules and Regulations” is to provide standardised rules and regulations for all Rhythmic Gymnastics competitions. This document is set up in accordance with the ISF Statutes, the ISF Sport Policy and the ISF General Competition Regulation.

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner. The specific objectives of this document are to:

1. Define and specify the **general conditions** under which participants can take part in the ISF Rhythmic Gymnastics events;
2. Determine the **delegation composition**;
3. Determine the **sport program**;
4. Determine the **technical rules**;
5. Set the **draw** procedure;
6. Set **protests and appeals** procedure.

Please note that the technical rules and regulations are applicable to all ISF events. In case of variation of rules and regulations in relation to the type of event, the variation will be specified in the text.

1. GENERAL CONDITIONS

The competition will be run according to the ISF rules and regulations and International Gymnastics Federation (FIG) technical rules under the direction of the ISF Technical Commission of Rhythmic Gymnastics. Any decisions over matters not mentioned in the present document will be taken by the ISF Technical Commission.

- The ISF Rhythmic Gymnastics events are open to individuals/groups. Specific sports formats shall be described in the event bulletins.
- The competition is organized in: girl category.
- The composition of each delegation, the number of teams/individuals, and the final sport events that each ISF Rhythmic Gymnastics event is accepting will be defined for each event accordingly.
- The competition is held over two (2) days for any event type.

AGE CATEGORY

- For the **U15 category**, students aged 13, 14 and 15 on 31 December of the year of the competition concerned can participate.
- For the **U18 category**, students aged 16, 17, and 18 on 31 December of the year of the competition concerned can participate.

2. DELEGATION COMPOSITION

Each delegation will consist of:

- Head of delegation
- Deputy Head of delegation (where applicable)
- Additional adults
- Athletes
- Team officials
 - Coaches
 - Other team officials
- Field of play officials

HEAD OF DELEGATION (HOD)

- HOD shall be the sole intermediary between the delegation and the Local Organising Committee, the ISF Technical Commission and the ISF Delegate.
- They may not combine their role of HoD with that of a coach or any other official role.
- Each delegation is entitled to enter one (1) HoD.

DEPUTY HEAD OF DELEGATION (Deputy HoD)

- The role of Deputy HoD is to assist the Head of Delegation.
- The presence of the Deputy HoD is not mandatory.
- Number of Deputy HoD depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ADDITIONAL ADULTS

- The function of additional adults can be: interpreter, security personnel, ministry representative, media, etc.
- The presence of additional adults is not mandatory.
- The function of each additional adult must be specified during the registration process.
- Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.
- Number of additional adults depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ATHLETES

- Athletes must be students attending schools that provide general education.
- Athletes must be enrolled as full-time students at a school in the country which they represent.

TEAM OFFICIALS

Coaches

- The presence of a coach is mandatory.
- Teams or individuals cannot participate in the competition without the presence of a coach.
- The maximum number of coaches is determined by the number of athletes.
- Each delegation shall enter a minimum of one (1) coach per team.



RHYTHMIC GYMNASTICS

TECHNICAL RULES AND REGULATIONS

Other Team officials

- The function of other team officials can be: doctor, trainer, physiotherapist, statistician, team manager etc.
- The presence of the other team officials is not mandatory.
- The function of the other team officials must be specified during the registration process.
- Any person not specified during registration or exceeding the limit will not be considered part of the team.
- Each delegation shall enter up to one (1) other team official each per team.

FIELD OF PLAY OFFICIALS

- Each team shall enter one (1) field of play official (judge).
- The Field of play officials(judge) cannot combine their position with other positions, such as head of delegation, team officials or additional adults.
- Field of play officials(judge) shall be in possession of a valid FIG brevet. Level of qualification shall be eventually described in the event bulletins.
- The qualification will be reviewed and approved by the ISF Rhythmic Gymnastics technical commission. Delegations must provide certificates for the field of play officials (judge) during the registration process.
- Failure to provide the required number of field of play officials (judge) will lead to a fine of 900€ (per judge) payable to the organiser prior to the competition.

3. SPORT PROGRAM

EVENTS

U15 Category

- Group Competition (all-around competition)
 - 5 Balls
- Individual Competition (all-around competition)
 - Hoop
 - Ball
 - Clubs
 - Ribbon
 - Individual Finals Apparatus

U18 Category

- Group Competition (all-around competition)
 - 3 Hoops + 2 pairs Clubs
- Individual Competition (all-around competition)
 - Hoop
 - Ball
 - Clubs
 - Ribbon
 - Individual Finals Apparatus

ENTRIES PER EVENT

- Each School Sport Entity may choose to participate only with group.
- Each School Sport Entity may choose to participate only with individuals (1 to 3 athletes).



RHYTHMIC GYMNASTICS

TECHNICAL RULES AND REGULATIONS

4. TECHNICAL RULES

TEAMS: INDIVIDUALS AND GROUPS

U18

Girls 4 / 6 = 10

U15

Girls 4/ 6 = 9

Individual All-Around

Qualifications and Group 1^o EXERCICE

1 Days

Individual – Finals

2^o EXERCICE group All-Around

1 Days

Total Days 2

Total sessions per day 2/1

Total sessions 3

TECHNICAL REGULATION

Program:

Each country is allowed to participate in a group competition with one group:

a) Group Competition: Members of the group = 5 gymnasts + 1reserve / 2 routines per exercise: Sum of the 2 Passes the same exercise 2 Exercises – **No finals**

TECHNICAL PROGRAM: U15 (5 BALLS) / U18 (4 HOOPS+ 2 PAIRS CLUBS)

b) Individual Competition: U15: 4 gymnasts / 4 apparatus for each gymnast

U18: 4 gymnasts / 4 apparatus for each gymnast

Competition I

- General rankings of gymnasts, with the sum of the scores earned from each of the 4 different apparatus
- Ranking of the 8 best gymnasts for each apparatus for participation in Competition II

Competition II

- Apparatus Finals (The top 8 gymnasts for each apparatus – 2 gymnasts per country)

TECHNICAL PROGRAM:

(HOOP, BALL, CLUBS, RIBBON)



RHYTHMIC GYMNASTICS

TECHNICAL RULES AND REGULATIONS

The structure and degree of difficulties must meet the standards defined by the FIG 2017-2021 Rhythmic Gymnastics Code of Points. (**U15 JUNIOR** program will be applied) (**U18 SENIOR** program will be applied)

SYSTEM OF PLAY

- The introduction of the notes by the judges will be by computer system
- A panel will reflect each score
- The established program will determine the results

RESULTS:

ALL-AROUND Individual

FINALS Individual: HOOP /BALL / CLUBS / RIBON

ALL-AROUND Group

5. DRAW

- The ISF is responsible for establishing criteria's and fixing timing of the draw.
- The ISF Technical Commission is responsible of the draw.

6. PROTESTS AND APPEALS

Appeals involving results or any matter not concerning discipline will be heard by the Appeal Jury. The appeal must be lodged within 30 minutes of the incident and be submitted in English. The payment of amount, 50€, must accompany the appeal and is to be paid to LOC in cash. This payment will be refunded only if the appeal is upheld or at the discretion of the Appeal Jury. In the case of an unsuccessful appeal, the payment will be retained by the ISF.



WE ARE SCHOOL SPORT

www.isfsports.org



@ISFsports

March 2021, ISF SG