



GYMNASTICS (RHYTHMIC) REGULATIONS

Last Update 01.04.2022

1. Organization

- a. The Gymnastics Committee of the 21st Maccabiah will be responsible for the Rhythmic Gymnastics competitions of the 21st Maccabiah, subject to the approval of the Sport Department.
- b. The Rhythmic Gymnastics competitions will be conducted according to the rules of the International Gymnastics Federation (F.I.G.), according to the new code of points, 2021-2024
- c. Participation in the competition is open to any athlete who is in possession of a Participant Card, issued by the Organizing Committee of the 21st Maccabiah, and is registered for the Rhythmic Gymnastics competitions.
- d. Each country may enter up to four (4) competitors for the individual open competitions born 2006 and older and up to four (4) competitors for the individual juniors (2007-2009) competitions.
- e. The Gymnastics Committee, upon approval from the Sports Department, is authorized to make changes in the competition format if necessary, according to the total number of participants and NF.

2. Venues and times

- a. The Gymnastics Committee of the 21st Maccabiah will determine the venues and times of the Rhythmic Gymnastics competitions and teams will be notified accordingly.
- b. The Gymnastics Committee is authorized to change the venues and times of the competitions. These decisions will be final.
- c. The competitions will be held in a hall, according to the rules of the International Gymnastics Federation.

3. General Program of the competition

The all-around competition will include four exercises :(Open /junior)

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| (1) Exercise with HOOP | 1:15-1:30 |
| (2) Exercise with BALL | 1:15-1:30 |
| (3) Exercise with CLUBS | 1:15-1:30 |
| (4) Exercise with RIBBON | 1:15-1:30 |

4. System of competition

The competitions will be divided into two parts as follows:

- a. Competition No. 1 will decide classification in the all-around competition, according to the total number of points achieved in the 4 exercises.
- b. Competition No. 2 finals: will be no more than 2 gymnasts from NF (as will be determined by the Organizing Committee according to the total number of participants and level of gymnasts).
- c. In both competitions OPEN/JUNIOR will be classified for team results if there will be at least 4 NF.
- d. Open will present max .16 ex. And the best 12 ex. Will be the team score.
- e. Junior will present max .16 ex. And the best 12 ex. Will be the team score.

5. Classification

- a. General individual classification will be decided upon according to the results obtained by each gymnast on all the apparatus together, in competition no. 1.
- b. Individual classification on each apparatus will be decided upon according to the results of the Final.

6. Music

According to FIG rules

7. Judges

The Gymnastics Committee will appoint a Judges' Committee, which in turn will appoint the judges of the competition. Each country is invited to propose up to two (2) international judges F.I.G brevet, valid 2021-2024 the host country will complete judges according to the no. of necessary judges.

8. General

- a. These regulations are but one part of the complete 21st Maccabiah Regulations and must be read along with the instructions found in the Maccabiah Basic Regulations.
- b. In the event of a discrepancy between the regulations written here and those appearing in the Maccabiah Basic Regulations, the regulations written here will apply and be binding.