



RHYTHMIC GYMNASTICS REGULATIONS

Last Update: 26.05.2026

1. Organization

- a. The Gymnastics Committee of the 22nd Maccabiah will be responsible for the Rhythmic Gymnastics competitions of the 22nd Maccabiah, subject to the approval of the Sport Department.
- b. The competition will be organized under the following FIG rules, as valid in the year of the Competition:
 - Code of Ethics
 - Code of Conduct
 - Technical Regulations
 - Code of Points, relevant Newsletters, and Helpdesk
 - General Judges' Rules
 - Specific Judges' Rules for Artistic Gymnastics
 - FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events.
- 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 22nd 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 2010 and older and up to four (4) competitors for the individual juniors (2011-2012) competitions.

Remark:

No gymnast will be allowed to register for the Competition without being accompanied by a coach.

The Host Federation shall not, under any circumstance, provide coaching services and /or allow the gymnasts participation in the competition without a coach.

2. Venues and times

- a. The Gymnastics Committee of the 22nd 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-round competition will include four exercises :(Open /junior)

- | | |
|--------------------------|-----------|
| (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 RG Competition shall consist of:

Junior All Around Competition

The Gymnasts shall take part in an All-Around Competition during which every gymnast shall present all 4 apparatus (Hoop, Ball, Clubs, Ribbon).

Open (Senior) All Around Competition

The Gymnasts shall take part in an All-Around Competition during which every gymnast shall present all 4 apparatus (Hoop, Ball, Clubs, Ribbon).

The results of aforementioned AA Competition shall determine:

1. The winners of the AA Title.
2. The winners of the individual apparatus (there will be no separate apparatus finals).

5. Drawing of lots

The gymnasts' drawing of lots of dates shall be published at a later date and in accordance with the Maccabiah registration process.

6. Classification

- a. General individual classification will be decided 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.

7. Music

According to FIG rules.

8. Judges

- a. Each country is allowed to register up to 2 eligible judges holding an FIG judge's category.
- b. The judges panel will be composed under FIG regulations and the Host Federation shall complete the judges panel with its local judges as required.
- c. The judging of the competition will be according to the regulations of the FIG and the current code of points.



9. General

- a. These regulations are but one part of the complete 22nd Maccabiah Regulations and must be read along with the instructions found in "Basic Regulations and Disciplinary Procedures".
- b. In the event of a discrepancy between the regulations written here and those appearing in the "Basic Regulations", the regulations written here will apply and be binding.
- c. A detailed work plan with all relevant competition information shall be published prior to the participants arrival.
- d. The Organizing Committee, upon approval from the sport department, is authorized to make changes in the competition format if necessary, according to the total number of participants and NF.

