

# Rhythmic Gymnastics *Wembley Arena*

**RIBBON:** Made from satin or similar material. Must stay in perpetual, fluid motion throughout performance

Ribbon length: **7m**  
Attached to cane  
**50-60cm**

## HOOP

Inner diameter: **80-90cm**  
Min. weight: **300g**

Hoop is thrown, caught, spun around body and rolled along floor. Routines must include at least three leaps

*Olympic individual all-round champion*  
**Evgenia Kanaeva (RUS)**

## BALL



Diameter **18-20cm**  
Min. weight **400g**

Rubber or soft plastic. Ball is held without gripping. Can be rolled across body, bounced on floor, and thrown and caught

**CLUBS:** Swirls, throws and catches combined with body movements, requiring precise coordination and timing

Length **40-50cm**  
Min. weight **150g**



Ceiling height **12m**

**13m**

**13m**

Floor area

**SCORING:** Each discipline marked out of 30 for difficulty, artistry and execution