

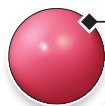


# Rhythmic Gymnastics

Rio Olympic Arena



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

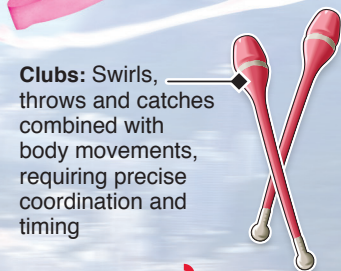


**Ball:** Rubber or soft plastic, held without gripping. Can be rolled across body, bounced on floor, and thrown and caught

**Cane:**  
**50-60cm**

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

**Length: 6m**



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

**Hoop:**

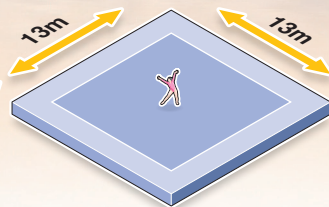
Thrown, caught, spun around body and rolled along floor. Routines must include at least three leaps

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

*London Olympics individual all-round gold medallist*  
**Evgenia Kanaeva (RUS)**

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

**Ceiling height: 12m**



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