

All About Rhythmic Gymnastics



Rhythmic gymnastics is an activity in which one or more gymnasts use **balls, hoops, ribbons, and ropes** to express themselves through many different movements. Rhythmic gymnastics involves **ballet, theatrical dance, and gymnastics**. The winner of a rhythmic gymnastics competition is the gymnast or team that gets the most **points**, as awarded by many judges. Each team is given points, based on **leaps, balances, pivots, flexibility, apparatus handling, and artistic effect**. The greatest rhythmic gymnastics competition is held at the **Olympics**.

This sport is performed by both boys and girls. Boys are judged on the some of the same abilities and skills as girls; however, boys are also judged on **tumbling, strength, power, and martial arts skills**. In comparison, girls are judged more on **flexibility and dance skills**.