

## I. General Regulations

- A. All apparatus must meet USA Gymnastics/FIG specifications. This is the responsibility of the coach and the gymnast. Refer to the FIG Apparatus requirements, FIG Code of Points, and this section.
- B. An equipment check can be conducted for all USA Gymnastics sanctioned meets.
- C. An equipment check will be conducted at the USA National Championships.

## II. Rope Specifications

- A. Material: The rope may be of hemp, or synthetic material.
- B. Length: the length is in proportion to the size of the gymnast.
- C. Ends: Handles of any kind are not allowed but one or two knots are permitted at each end. At the ends (to the exclusion of all other parts of the rope) an anti-slip material, either colored or neutral may cover a maximum of 10 cm.
- D. Shape: The rope may be either of a uniform diameter or be progressively thicker in the center provided that this thickening is of the same material as the rope.
- E. Color: The rope must be colored (all or partially). Bright color preferred

## III. Hoop Specifications

- A. Material: The hoop may be of wood or plastic, provided that the latter retains its shape during the movement.
  - 1. Note: Foreign particles should be removed from inside the hoop before use.
- B. Diameter:
  - 1. **Senior Gymnasts:** the interior diameter of the hoop is from 80 to 90 centimeters.
  - 2. **Junior Gymnasts:** the interior diameter of the hoop is from 70-90 centimeters.
  - 3. **Children and Hope age divisions:** the diameter of the hoop may be in proportion to the size of the gymnast.
- C. Weight:
  - 1. **Junior and Senior Gymnasts:** a minimum of 300 grams
  - 2. Children and Hope age **divisions:** a minimum of 225 grams.
- D. The hoop may be all or partially covered with adhesive tape (not fluorescent) either of the same color as the hoop or of a different color. Bright color preferred.

#### IV. Ball Specifications

- A. Material: The ball may be made of rubber or synthetic material (pliable plastic) provided that the latter possesses the same elasticity as rubber.
- B. Diameter:
  - 1. **Junior and Senior Gymnasts:** 18 to 20 centimeters
  - 2. **Children's age divisions:** The ball may be between 14 and 20cm.
- C. Weight:
  - 1. **Level 9/10:** a minimum of 400 grams.
  - 2. **Level 7-8:** a minimum weight of 330 grams.
  - 3. **Level 5-6:** a minimum weight of 310 grams.
- D. **Note:** The ball may weigh a minimum of 200 grams for the Children's age divisions.
- E. Color: The ball may be of any color.

#### V. Club Specifications

- A. Material: The clubs may be made of wood or synthetic material.
- B. Length:
  - 1. **Junior and Senior Gymnasts:** 40 to 50 centimeters from one end to the other.
  - 2. **Children's and Hope age divisions:** a minimum of 25cm and appropriate to the size of the athlete
- C. Weight:
  - 1. **Junior and Senior Gymnasts:** a minimum of 150 grams for each club.
  - 2. **Children's and Hope age divisions:** Each club may weigh a minimum of 75 grams.
- D. Shape: A shape similar to that of a bottle. The wider part is called the body. The narrow part, the neck, ends in a small sphere, the head. The head has a maximum diameter of 3 cm. The head may be replaced by an enlargement of the end of the neck. An anti-slip material may cover the head provided that the diameter for this part remains at the regulatory of 3 cm. The neck and the body of the club can also be covered with adhesive tape.
- E. Color: The clubs may be of a neutral color or may be colored (all or partially) with one or several colors.

#### VI. Ribbon Specifications

- A. Stick
  - 1. Material: wood, bamboo, plastic, fiberglass
  - 2. Diameter: a maximum of 1 cm at its widest part

3. Shape: cylindrical or conical, or even a combination of the two shapes.
4. Length: 50 to 60 cm including the ring that permits the fastening of the ribbon to the stick. The bottom end of the stick may be covered by an adhesive, anti-slip tape or may have a rubber handle for a maximum length of 10 cm at the level of the grip. The top of the stick where the ribbon will be attached may consist of:
  - a. a supple strap (string or nylon) held in place by a nylon thread wound round the stick for a maximum of 5 cm.
  - b. a metal ring fixed directly onto the stick.
  - c. a metal ring (vertical, horizontal or oblique) fixed to the stick by two metal pins held in place by nylon or metallic thread wound round the stick for a maximum of 5 cm.
  - d. a metal ring (fixed, mobile or pivoting) or a supple strap fixed to a metal tip or no more than 3 cm.
  - e. a metal ring fixed by two metal pins held by a metal tip of 3 cm long which is lengthened by nylon or metallic thread wound round the stick adding up to a maximum length of 5 cm.
  - f. color: any choice.

B. Ribbon

1. Material: satin or other similar non-starched material
2. Color: any choice; a single color, two colors or multicolored.
3. Weight: (without the stick or the attachment)
  - a. **Senior Gymnasts:** a minimum of 35 grams.
  - b. **Junior and Hope Age Divisions:** a minimum of 30 grams
  - c. **Child Age Divisions:** a minimum of 20 grams
4. Width: 4 to 6 cm.
5. Length **is measured** from one end **of the ribbon** to the other **and** must be in one piece.
  - a. The end that is attached to the stick, is doubled for a maximum length of 1 meter. This is stitched down both sides. At the top, a very thin reinforcement or rows of machine stitching for a maximum length of 5 cm is authorized.
  - b. This extremity may end in a strap, or have an eyelet (a small hole, edged with buttonhole stitch or a metal circle), to permit attaching the ribbon.
  - c. **Senior Gymnasts:** the finished length of the ribbon is a minimum of 6 meters
  - d. **Junior/Hope Divisions (All Levels):** the finished length of the ribbon is a minimum of 5 meters
  - e. **Child Age Divisions:** the finished length of the ribbon is a minimum of 4.5 meters

C. Attachment of the Ribbon to the Stick

1. The ribbon is fixed to the stick by means of a supple attachment such as thread, nylon cord, or a series of articulated rings.

2. The length of this attachment: a maximum of 7 cm (not counting the strap or metal ring at the end of the stick where it will be fastened).

## **VII. Group Apparatus**

- A. All apparatus used by a group must be identical (weight, dimension and shape); only the colors may be different.