



## Gymnastics Rhythmic

Rhythmic gymnastics is a women-only event in which gymnasts perform on a floor with a rope, hoop, ball, clubs or ribbon accompanied by music, in individual or group events.

### Faster and stronger

In the 1800s rhythmic gymnastics operated under the guise of group gymnastics, and included a trace of elementary choreography. It grew slowly until the first experimental competitions appeared in eastern Europe in the 1930s, when its new-found complexity began to draw a wider audience.

### Many parents

Rhythmic gymnastics evolved from a host of related disciplines. It incorporates elements from classical ballet, such as pliés and arabesques, as well as the German system of emphasising apparatus work for muscle development and the Swedish method of using free exercise to develop rhythm.

### First tournament

The FIG recognised rhythmic gymnastics as an official discipline in 1963, and a year later organised an international tournament in Budapest. In 1964 the tournament was officially declared the first Rhythmic Gymnastics World Championships, and Ludmila Savinkova of the Soviet Union became the first world champion.

### World sport

The number of athletes grew as interest spread to other parts of the world. Gymnasts from the United States first appeared at the championships in 1973, and rhythmic gymnastics slowly emerged from the shadow of the long-established artistic discipline to enter the Olympic programme in 1984.

For more information please refer to IOC official website  
Source: IOC website