

3. MUSIC

In the short program there is the same musical (theme) style for every group which changes every two years. The permitted length of the short program is 1 min 25 sec – 1 min 45 sec for all categories.

For junior/senior categories the theme of the **music in 2024-2025 is MUSIC FROM OPERA** - any musical works used in opera performances. The choice of music is free, but it needs to show and support the theme clearly.

For children categories the theme of the **music in 2024-2025 is MUSIC OF ETHNIC-FOLKLORIC CHARACTER**. This type of music includes: folkloric traditional dance, contemporary folk music and also any music that involves cultural organization. For example: African, Celtic, Oriental music, reggae, Afro-Cuban and others.

Music can be interpreted by one or several instruments. Voice(s) and words are allowed in the piece of music. The music must be unified and complete without interruptions with a clear and well-defined structure and it must be appropriate for the gymnasts' age category. Disconnected musical fragments or irregular sound effects are not permitted. A short signal may sound before the music. Short musical introduction without movement is permitted. Gymnasts are not allowed to make any vocal sounds, except single claps, taps or similar rhythm effects.

4. DRESS, HAIR AND MAKE-UP OF GYMNASTS (updates)

4.1. DRESS

The competition dress used by a group must be a gymnastics leotard or unitard, with or without a skirt and with an aesthetic appeal appreciating the spirit and principles of the competitive sport, but not a show or performance. Competition dress must be identical (in material and in style) and of the same color for all members of the group. However, if the competition dress is made of patterned material, some slight differences due to the cut are tolerated. Competition dress must remain unchanged throughout the program.

Gymnasts must perform the program in any kind of beige colored toe shoes. Competition dress must be made of non-transparent material with the exception of sleeves, neckline, and legs for the part below the fold of the crotch. The neckline of the leotard must not be lower than the top of the breasts in the front and the bottom of the shoulder blades in the back. The cut of the skirt must be long enough to cover the groin in the front and the glutei in the back. Competition dress must not distract or prevent clear sight of movements or disturb the evaluation of execution.

It is permitted to have:

- tights down to ankles, over or under the leotard
- small decorations on competition dress/skirt (such as ribbons, rhinestones, rosettes etc.) that are aesthetic and do not disturb the execution of the program
- skin-colored bandages and support tapes
- national emblems and logos in conformity with General Competition Rules (size max.30 cm²). Emblems can be situated on the upper arm or hip area of the competition dress.

It is forbidden to have:

- hats or any other headgear,
- separate decorations on wrists, ankles and/or neck
- all types of earrings and other jewelry
- any lights in the competition dress
- gloves or sleeves on palm
- too large decorations or decorative elements in the competition dress that do not allow the judges to see the movements
- pants

Competition dress must not hurt/insult any religion or nationality and must not express any political attitude/opinion.



4.2. HAIR AND MAKE-UP

Hair (except short hair) must be tied for the safety of the gymnasts. Small hair decoration (including a scrunchie around the hair bun) is allowed (maximum size of all together hair decorations is approximately 5 x 10 cm, height from scalp max 1 cm). Hairdo of the gymnasts must stay unchanged from the beginning till the end of the program. Each destroyed hairdo will result in an AV penalty.

Clarification: Loss of small hair pins and small rhinestones will not be penalized.

It is not allowed to use hair dyes that can transfer to the competition area.

Make-up should conform to the principles of competitive sports, but not a show or performance.

Sportive, moderate, and aesthetic make-up is allowed. Theatrical make-up, drawings or other drawings on the face, stones or sequins, glitter shadows, too dark/unnatural lipstick color, colored contact lenses etc. are not allowed. The artificial eyelashes are allowed (but not longer than 1 cm).

Rules will be published soon. Follow IFAGG website for updates.