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APPARATUS FOR RHYTHMIC GYMNASTICS

ROPE Sizing Guide

The right rope size helps gymnasts perform with **control, comfort and confidence.**



The rope should reach from the **armpit,** **under feet,** up to the **other armpit.**

RECOMMENDED ROPE SIZE GUIDE

LENGTH (FOLDED IN HALF)	CATEGORY	AGE GUIDE
Length relevant to height of gymnast, max. length is 3m.	Espoir Category	Under 12 yrs
	Junior Category	13 – 15 yrs
	Senior Category	15 / 16 yrs plus

These are general guidelines. Personal preference and style of gymnastics may influence the choice.

ROPE MATERIAL GUIDE

Ropes are usually made from synthetic materials.
Choose the option that feels right for you and supports your training and confidence.
Ropes are a fantastic training apparatus.
They are only used in competition until Junior age (13 yrs).

TEXTURE & FEEL

Most gymnasts prefer a soft yet grippy rope. This helps with control, throws and catches.

Bright colours are recommended.

ROPE CARE

Store your rope in a rope cover to protect it from wear and tear, keep it clean, and help it last longer.

Most gymnasts prefer to have one knot at each end of their rope for grip. Sometimes gymnasts cover these in grip/plaster tape.

SHOP OUR ROPE ESSENTIALS



ROPES

High quality competition ropes in a range of colours!

iloverg.co.uk/shop-ropes



ROPE COVERS

Protect your rope and keep it in perfect shape.

iloverg.co.uk/shop-bags-covers-holders

PREPARING YOUR ROPE



1. Buy your rope in a 3m length, knot one end.



2. Measure to length (with a second knot).



3. Pull tight and cut the spare length off.



4. To seal the end burn the end with a flame to prevent fraying.

ROPE LENGTH VISUAL GUIDE

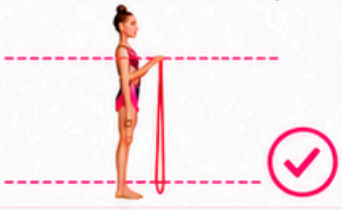
TOO SHORT

Does not reach the floor when folded in half.



JUST RIGHT

Reaches from the armpit to the floor when folded in half – perfect!



TOO LONG

Extends below the floor when folded in half.



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