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## PHYSICAL APPEARANCE IN RHYTHMIC GYMNASTICS: CODE OF POINT AND CURRENT PERCEPTIONS

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### Introduction

The three elements that constitute the sport of Rhythmic Gymnastics (RG), based on the code of point, are the exercises, the music accompaniment and the appearance of the rhythmic gymnast, namely her costume, her hairstyle and her make-up. (FIG., 2006) The determining factors for the selection of the costume are the music accompaniment and the rhythmic gymnast's body build-physical type (Karpenko et al. (2003). In every apparatus (equipment), according to the code of point, the rhythmic gymnast is required to choose between three types of costumes: 1) leotard, 2) unitard. and 3) wrap skirt leotard or ballerina style leotard. The purpose of this study is to examine if the costume restrictions of the code of point are acceptable or if they need to be reformulated, reassessed, reevaluated and adapted to current aesthetic views.

## **Method-Methodology**

Two hundred and ninety-nine (299) participants— rhythmic gymnasts, trainers, judges, journalists, members of the technical committee, parents and spectators (audience)— responded to a closed questionnaire. The statistical evaluation of the data was prepared with the SPSS v. 13 statistical package-program.

## **Results**

According to the results, the majority of the questionnaire participants (59.2%) maintain that the movement technique must be taken into consideration for the formulation of the costume. The institutional representatives of the sport (trainers, administrative and technical members) claim that the ethical dimensions of the sport must also be considered, in contrast to the views held by the rhythmic gymnasts and the remaining categories of the questionnaire participants. Alternatively, an overwhelming majority of the questionnaire respondents maintained that religious particularities and dimensions should not be taken into consideration. A particularly notable factor is that the appearance of the rhythmic gymnasts, according to the questionnaire respondents, influences the judges' opinions in the evaluation of the program.

## **Conclusion**

The costumes of the rhythmic gymnasts encompass and comprise a multifaceted and multi-complex choice that must be governed or presided over by rules-regulations that, however, should not have a permanently binding, restrictive or restraining character, as ethical views and attitudes change, progress and are transformed in the process of time. Conversely, the religious particularities of the rhythmic gymnasts are, reasonably, not taken into consideration by the

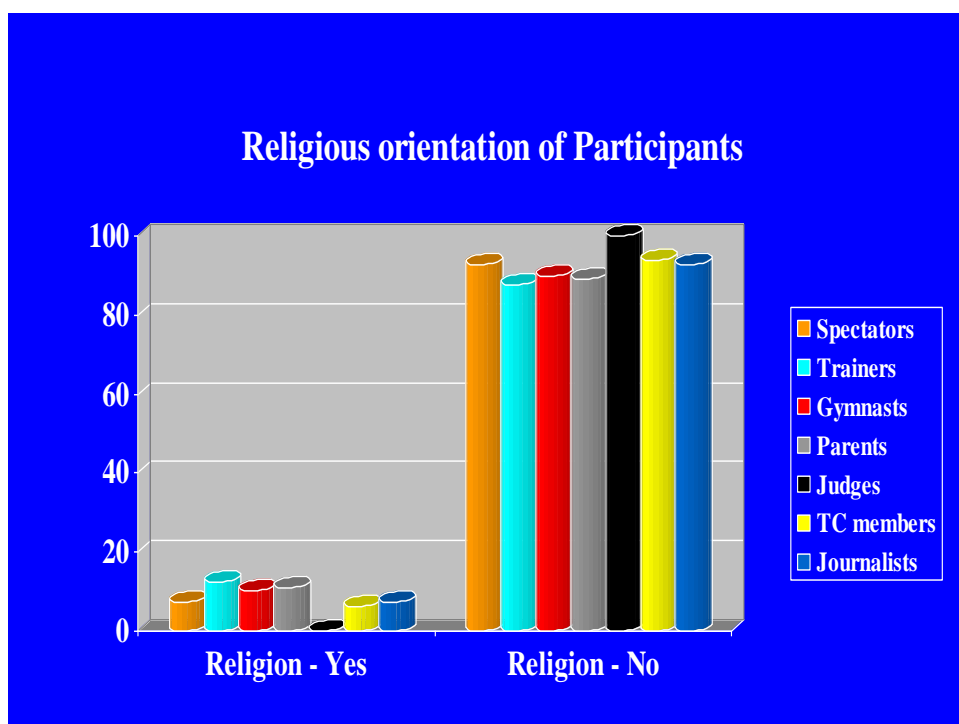
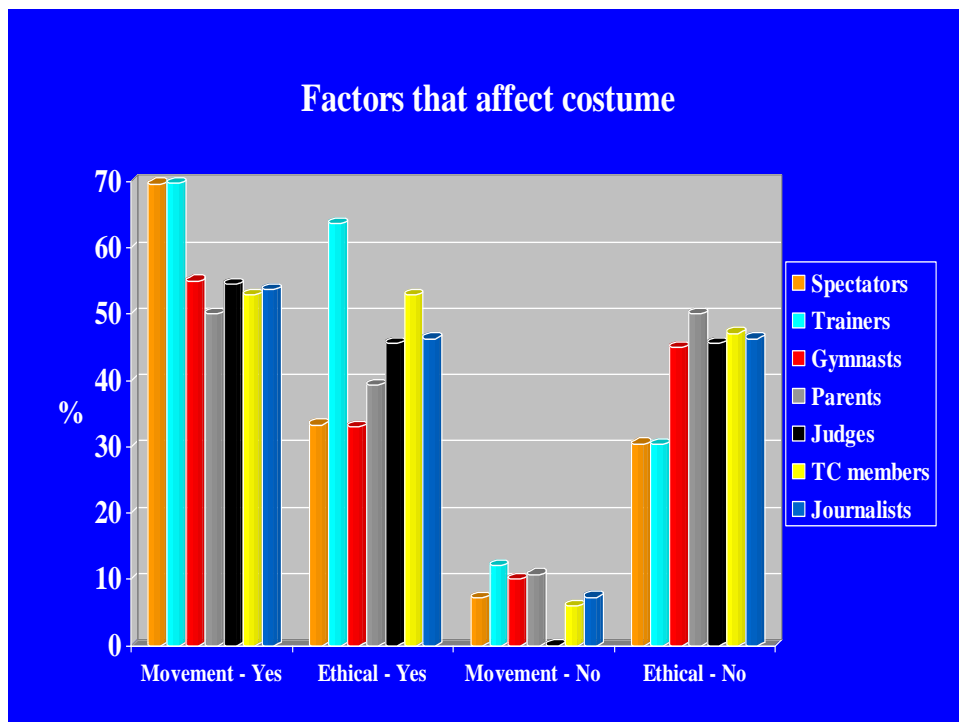
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international code of point. The appearance of the rhythmic gymnasts, however, influences the judge's decision in the evaluation of the program.

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### Discussion sample:



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## Gymnast's appearance & judge's decision

