

NEWSLETTER – N° 01 – June 2026

3 News Difficulty Body are available.

Dragas Pivot



Performed by Tara Dragas (ITA)

Element description: Free leg horizontal backward with help and with back band of the trunk, back bend – touching is required



Element Value: for a base value of 0.4 for the 360° rotation. Each additional rotation will be awarded +0.2.

Element Code: the new DB will be added to DB Table 3.904.1 different box (pivots)

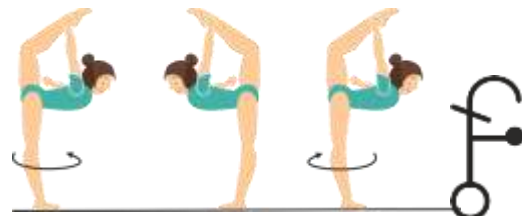
Performed: World Championship in RIO 2025

Griskenas Pivot



Performed by Evita Griskenas (USA)

Element description: back split with help, trunk forward at the horizontal, with open (>90°) ring. The hand which holds the open ring should be straight.



Executed on relevé, on flat foot, or combining relevé/flat foot.

Element Value: for a base value of 0.4 for the 360° rotation. Each additional rotation will be awarded +0.1.

Element Code: The new DB will be added to DB Table 3.1104 the same box as other pivot.

Performed: at World Cup in Tashkent 2026

Tugolukovas Pivot



Performed by Vera Tugolukova (CYP)

Element description: side split with help, trunk horizontal with free leg bent



Element Value: for a base value of 0.4 for the 360° rotation. Executed on relevé. Each additional rotation will be awarded +0,2.

Element Code: The new DB will be added to DB Table 3.804. (the same box as other pivot).

Performed: at World Cup in Tashkent 2026

Respectfully submitted

Noha Abou Shabana

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Rhythmic Gymnastics Technical Committee

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