

GYMNOVA

COMPETITION RING FRAME

F.I.G.-APPROVED

Ref. 3770



This F.I.G.-approved ring frame has been designed specially for Men's Artistic Gymnastics competitions.

Reference used at the World Championships in Montreal (2017), in Liverpool (2022), at the European Championships in Glasgow (2018) and in Antalya (2023).



To protect gymnasts' physical health, **GYMNOVA** offers a flexible ring frame with adjustable elasticity. All the specific features of the **GYMNOVA** rings have been studied to create stable and user-friendly apparatus. This allows gymnasts to perform in the best possible conditions without having to worry about equipment details.

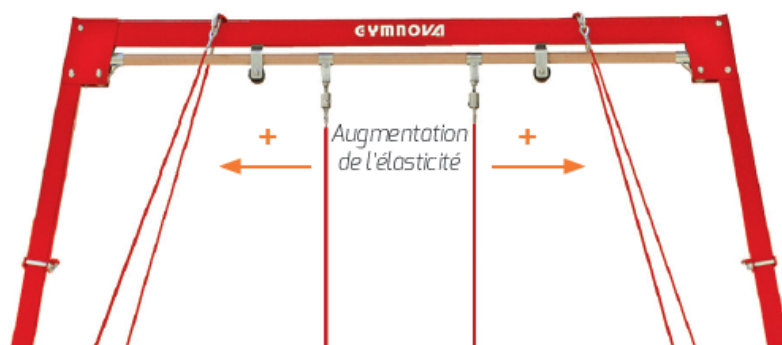
www.gymnova.com

ADVANTAGES

OPTIMUM SENSATIONS

GYMNOVA offers rings with adjustable elasticity thanks a flexible fibreglass bar. This allows each athlete to adjust the impact absorption according to individual sensations while remaining in compliance with F.I.G. standards. The elasticity can be adjusted to meet the athletes' needs as closely as possible and reduce the risk of strain injuries. This allows a greater number of repetitions to be performed with slower onset of fatigue.

The adjustable elasticity also affects rebound, making it more explosive depending on the selected settings.



PERFORMANCE & QUALITY OF MOVEMENT

GYMNOVA has endeavoured to provide maximum comfort for gymnasts on the rings to ensure high-quality routines. The double bracing helps to prevent unwanted movements, while the swivel pins allow the rings to turn on themselves for flowing movements. Finally, the strap and ring are securely joined to stop the ring from turning.



PROTECTION OF GYMNASTS' PHYSICAL HEALTH

The ring frame with adjustable elasticity helps to protect users' health with impact absorbing properties which protect gymnasts' posterior muscle chain and other areas.

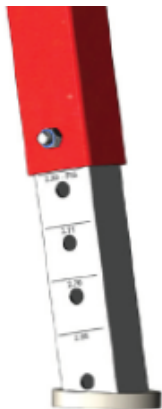
STABILITY & SAFETY

GYMNOVA has selected a flared shape for its ring frame to ensure maximum stability. Double bracing and pivot supports to maintain spacing of the feet also contribute to stability.

Additionally, this shape clears the space in the landing zone to allow maximum safety during dismounts.



EASY ADJUSTMENT



The GYMNOVA ring frame can be adjusted easily, ensuring rapid changes to allow gymnasts to concentrate on their routines. The elasticity can be adjusted from standing height, rather than several metres above the ground. Adjustments are made using silent-blocs and the spacing of the rubber end caps on the flexible bar.

Various aspects can be adapted, including height. The height can be checked easily using the engraving on the slide.



TECHNICAL SPECIFICATIONS

- F.I.G.-approved
- Plywood rings
- Elasticity can be adjusted from the ground
- Flexible fibreglass suspension bar
- Frame height: 6.05 m
- Ring height: 2.90 m
- Square tube frame
- Double braced coated cable
- Quick tightener system
- Handling pole included
- Supplied with rings factory adjusted

PACK LIST

Ref. 3770 - Competition ring frame with adjustable elasticity

Total weight: 87 kg

Package ref.	Description	Weight (kg)	Dimensions (cm)
377/02	Upper upright of dynamic frame	21	322 x 11 x 9
3770/03	Lower upright of dynamic frame	24	305 x 14 x 12
377/00	Head of dynamic frame	26	252 x 16 x 30
3770/14	Pair of rings + straps + cables	3	36 x 32 x 11
3770/10	Ring frame bracing cables	13	40 x 30 x 20

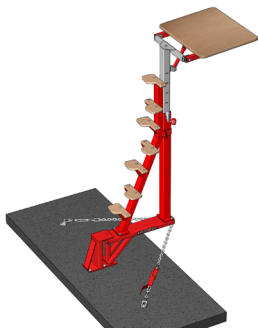
ADDITIONAL ACCESSORIES

Ref. 2927 - Large apparatus cable guards

Length: 2.50 m

Set of 2

Ref. 2715 - Access and spotting platform for rings



This stowable access and spotting platform provides access to apparatus and automatically folds against it.

Height adjustment assisted by cylinder.

Ref. 2004 - Chemical bedding anchors with clamps

Chemical fixings with collars & fast-setting high strength bedding.

Set of 4 fixings with anchoring clamps



Ref. 2040 - Control tensiometer for gymnastics apparatus cables

This F.I.G.-approved tensiometer can be used to measure the tension of gymnastics apparatus cables.

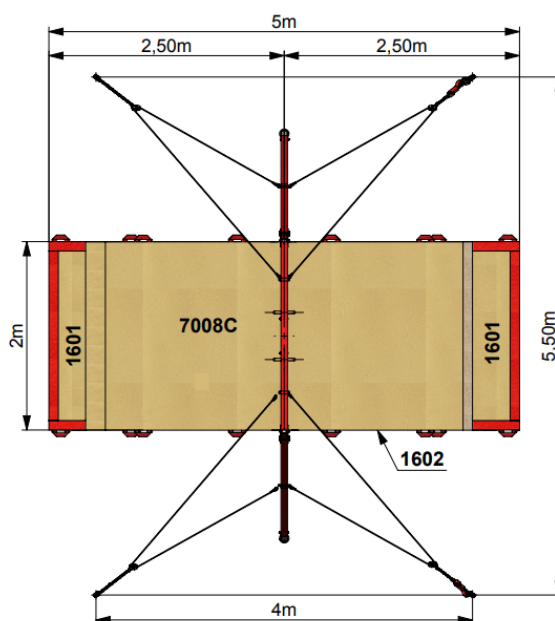


Ref. 3785 - Ring hook

Used to catch and position the rings.
Included with Ref. 3770 and Ref. 3700.



F.I.G.-APPROVED LANDING MATS



F.I.G.-APPROVED LANDING MAT SET - Ref. 1756



F.I.G.-approved mats made from a combination of multiple foam layers allowing improved load distribution and optimum stabilisation for landing.

Removable, phthalate-free, 1000 denier "leather look" PVC cover, class M2 fire rating.

Set consisting of:

- 2 mats Ref. 1601 - Dimensions: 200 x 100 x 20 cm
- 1 mat Ref. 1602 - Dimensions: 300 x 200 x 20 cm
- 1 landing mat Ref. 7008 - Dimensions: 400 x 200 x 10 cm

Total surface area: 10 m²

DOWNLOAD THE ASSEMBLY INSTRUCTIONS



Ref. 3770