

# OVER THE LIMIT

by Marta Prus



## SYNOPSIS

"You're not a human being, you're an athlete," 20-year-old Rita is told by one of her two merciless coaches. She's preparing to represent Russia in rhythmic gymnastics at the Olympics in Brazil. The training is harsh, particularly in mental terms. However gracefully Rita catches rings or rolls a ball across her shoulders, her coaches expect more from her, time and again. Warmth and solace come in her scant free time, when she talks with her boyfriend on Skype or hangs out with her parents. Over the Limit shows how the Russian system for training athletes transgresses boundaries. The film focuses on Rita's state of mind—she seems to be perpetually on the verge of tears. The subtle editing and effective sound design allow us to feel her despair and pain, as well as the intense pressure she's living under. Fortunately, the end comes as a relief. (IDFA)

## FESTIVALS

IDFA - Amsterdam 2017  
Little Stamp - Best Young Director @ ZagrebDox International Documentary Film Festival 2018  
Documentary Award by BGL BNP Paribas @ Luxembourg City Film Festival 2018  
20th Thessaloniki Documentary Festival  
25th hotDOCS Toronto  
Visions du Réel, Nyon - Grand Angle  
33rd DOK.fest Munich  
58th KFF - Krakowski Festiwal Filmowy  
20th International Tel Aviv Documentary Filmfestival - doc aviv  
25th Sheffield Doc|Fest  
DocsBarcelona 2018  
Sydney Film Festival  
Transilvania IFF  
Best Documentary Film at Polish Film Festival in Los Angeles  
Grand Prix at OFF Cinema in Poznań  
Audience Award at OFF Cinema in Poznań

Polen, Finland, Germany 2017  
74 min

### FORMAL CATEGORIES

Biographie/Portrait, Sports

### ORIGINAL LANGUAGES

Russian

### PREMIERE

Germany (2017)

### WORLD SALES

[auTLOOK FILMSALES](#)

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### LINKS / REFERENCE

<https://vimeo.com/user22336...>

<https://youtu.be/ijdUZDszhP...>

<http://www.ventana-film.de>

<http://www.telemark.com.pl>