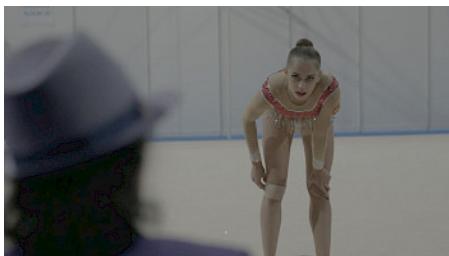




OVER THE LIMIT

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

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LINKS / REFERENCE

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

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

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

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