

# GYMNASTICS

**HISTORY** - Gymnastics as we know it today originated in Sweden and Germany, and is currently known as Artistic Gymnastics. Artistic Gymnastics is primarily an individual sport, whereby a performer executes a routine on a piece of apparatus and is scored for their performance level, by a panel of judges.

## MEN'S EVENTS

**FLOOR EXERCISE** - The participant must use a 40 x 40 foot square mat to execute a routine containing skills that show strength, flexibility, and balance. Men's floor routines do not use music.

**VAULT** - The gymnast runs to the vault and uses a spring board to vault. Judges base their evaluation on the distance traveled, the flight, the stunt, and the landing. Examples: Squat Vault, Straddle Vault.

**POMMEL HORSE** - Considered to be the most difficult. The gymnast must maintain consistent swinging movements. Examples: Single Leg Cuts, Leg Circles.

**RINGS** - Requires the greatest amount of strength. Routines contain approximately 60% swinging moves and 40% strength moves. Examples: Iron Cross, Back Upraise.

**PARALLEL BARS** - Predominately swinging type movements between 2 bars using a variety of strength and balance type moves. Examples: Shoulder Stand, Swing, Straddle Travel.

**HIGH BAR** - Considered to be the most exciting and daring of the male events. The gymnast must stay in continuous motion throughout the entire routine. Example: Hip Circles, Kip Up, Giants.

## WOMEN'S EVENTS

**FLOOR EXERCISE** - The gymnast must use a 40 x 40 foot size mat to demonstrate dance, balance, strength and precision while performing stunts. Women's floor routines are choreographed to music. Each floor exercise routine must be one minute to one and a half minutes in length.

**VAULT** - In competition 2 vault attempts are performed (these do not have to be the same stunt) and the best of the two scores is kept. Example: Squat Through, Straddle Vault.

**UNEVEN PARALLEL BARS** - Uses predominantly swinging movements between, over, and around the bars. Example: Hip Circles, Kip Ups.

**BALANCE BEAM** - Combination of dance, balance moves, and stunts on a beam 3 7/8 inches wide. Each balance beam routine must be one to one and a half minutes in length.

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**SPOTTING/SAFETY** - Safety is always first!!! A spotter is a person situated near the gymnast during their routine who is there to assist if needed. Spotters must be paying attention at all times and must be ready to anticipate what is going to happen. The spotter is used to prevent injuries and accidents. It is not the job of the spotter to help performers do skills that would otherwise be beyond the performer's ability. Alertness is the spotter's key asset!