

## **GYMNASTICS**

### **FRESHMEN**

#### **Unit Overview and Organization**

This unit will introduce students to the ten events included in men's and women's gymnastics. The introduction will concern itself with individual skills on each piece of equipment. Safety will be of primary concern throughout this unit. Various spotting techniques will be presented as skills and progressions are taught. Only the skills taught and demonstrated will be allowed to be worked on.

Divide the class into (3) groups. These groups will rotate events every three days. The first three (3) event rotations will include those that have a strong correlation to each other.

UNEVEN AND HORIZONTAL BAR  
FREE EXERCISE and TUMBLING  
VAULTING - MEN and WOMEN

These events will be presented for the first two (2) weeks (each group spending three (3) days at the event).

The more specific events: BEAM, PARALLEL BARS, STILL RINGS AND POMMEL HORSE will be conducted the last two (2) weeks.

#### **Safety**

1. Be sure your hair will not block your vision, no matter what your body position is.
2. Remove gum and candy from your mouth before the start of class.
3. Don't let the length of your fingernails and toenails interfere with your grip or footing.
4. Never wear jewelry while performing.
5. Never wear clothing that will interfere with your hands, your vision, or your spotter's vision.
6. Keep your hands dry by using "chalk".
7. No running or horseplay in the gymnastics area.
8. Only participate when an instructor is present. Never work alone, secure a trusted spotter.
9. Make sure you learn the proper learning progression.
10. Make sure the area is well matted, and free of potentially dangerous situations.
11. You must get permission from your instructor before performing tricks that have not been presented.

Rules that govern gymnastics scoring are made by the International Gymnastics Federation (FIG). At major competitions, four to six judges sit at each piece of apparatus. Each of the judges arrives at a score independently. The high and low scores are discarded while the remaining scores are averaged.

#### ***Judging Criteria***

For each routine, the gymnast begins with less than a perfect score. For women, the competitor starts with a 9.0 while men start with an 8.6. Judges make deductions for flaws in execution and for any missing requirements in the composition of the exercise.

The judge may award bonus points, up to 1.0 for women and 1.4 for men. Thus, the perfect routine, including bonus points added, is awarded a score of 10.00.

Gymnastics skills are divided into five levels of difficulty. Levels range from "A", which is the easiest, to "E", the most difficult. Each routine must have a minimum number of parts dependent upon the level of competition.

#### ***Olympic Competition Order***

The international competition order is decided by the FIG. Olympic order for women is vault, uneven bars, balance beam and floor exercise. Men compete in the following order: floor exercise, pommel horse, still rings, vault, parallel bars and horizontal bar.

### *Women's Events*

**Vault:** Vaults in women's gymnastics are grouped into four categories, with the various body positions and movements performed defining each category. Depending on the type of vault selected by the gymnast, she must meet the requirements specified in the Code of Points, the official text giving the relevant value of each skill performed.

A successful vault begins with a strong, accelerated run. The best vaulters explode off the board, raising their feet up over their head with tremendous quickness during the preflight phase of the vault from the springboard to contact with the horse. During the support phase (when the gymnast pushes off the horse) the judges are looking for proper body, shoulder and hand position and an instantaneous repulsion.

The second flight phase and the landing are critical areas. Watch for the height and distance traveled, as well as the number of saltos and twists. In addition, gymnasts must "stick" their landing, by taking no extra steps. Usually the more saltos and twists, the higher the difficulty value of the vault.

**The Uneven Bars:** The most spectacular of the women's events, the uneven bars, demands strength as well as concentration, courage, coordination, precision and split-second timing. Watch for the big swings that begin in handstands on the high bar, incorporating multiple hand changes, pirouettes and release elements.

The routine must move from the low bar to the high bar, incorporating many grip changes, releases and regrasps, flight elements, changes of direction, saltos and circle swings through the handstand position.

The low bar can be adjusted to between 140-160 cm tall while the high bar must be between 235-240 cm tall. At the base of the bars, they are 100 cm apart, and the bars can be adjusted to a maximum of 143.5 cm apart from each other.

The entire routine should flow from one movement to the next without pauses, extra swings or additional supports. Each routine must have two release elements.

**Balance Beam:** The beam routine must last between 70 and 90 seconds and cover the entire length of the beam. The gymnast must use acrobatic, gymnastics and dance movements to create high points, or peaks in the exercise, consisting of two or more elements performed in a series. An example of an acrobatic series is a cartwheel into a back handspring into a back salto. A gymnastics series might consist of a body wave into a turn, followed by a split jump.

There are a few special requirements on the balance beam: one acrobatic series including at least two flight elements; a turn on one leg of at least 360 degrees; a gymnastics leap or jump with great amplitude; one gymnastics/acrobatics series; one gymnastics series; and an element close to the beam.

The overall execution should give the impression that the gymnast is performing on a floor, not on a strip four inches wide. Watch for variations in rhythm, changes in level (from sitting on the beam to sailing high above it) and the harmonious blend of gymnastics and acrobatic elements.

**Floor Exercises:** The floor routine must be choreographed to music, lasting between 70 and 90 seconds and covering the entire floor area. The gymnast must use acrobatic and gymnastics elements to create high points in the exercise. These include two acrobatic series, one with at least two or more saltos; an acrobatic-gymnastics series; and a gymnastics series. Throughout, the gymnast must harmoniously blend these elements while making versatile use of floor space changing both the direction and level of movement.

The quality of grace may be disguised by movements of playful theatrics, but look for a dancer-like command of music, rhythm and space. The gymnastics elements should flow freely into each other while the leaps cover impressive distances and the pirouettes and turns add excitement to the music.

### *Men's Events*

**Floor Exercise:** The entire floor area must be used during the exercise, which consists primarily of three to five tumbling passes performed in different directions. Acrobatic (tumbling) series must be performed including at least one forward and one backward. There must also be a balance element on one leg or one arm. Transitional skills, gymnastics movements performed in between tumbling and acrobatic passes, should be executed with proper rhythm and harmony. The exercise must last 50 to 70 seconds.

Today's floor exercise routines consist of dynamic tumbling skills that only a few years ago were performed solely on the trampoline. The best gymnasts will incorporate three to five tumbling passes of substantial difficulty, performing twisting double saltos on the second or third passes.

**Pommel Horse:** The gymnast must cover all three areas of the horse, the middle and both ends, while performing continuous circular movements interrupted only by the required scissors elements. The only part of the body which should touch the apparatus is the hands. The entire exercise should flow with a steady, controlled rhythm.

Considered by many to be the most difficult of all men's gymnastics events, the pommel horse is also the most subtle. Each move is defined by complex hand placements and body positions.

The difficulty stems from two factors. First, the gymnast is performing moves that are dominantly done in a circular movement in a horizontal plane. Second, he spends most of each routine on only one arm, as the free hand reaches for another part of the horse to begin the next skill.

Look for a long series of moves with the hands reaching behind the back. The hand placements should be quick, quiet and rhythmic.

**Still Rings:** The still rings routine must include at least two handstands -- one arrived through strength, the other through swing. At least one element of strength must be held for two seconds.

Examples of strength elements include a cross, an inverted cross or a planche. A cross is performed in a straight body position with the body perpendicular to the floor and arms stretched perpendicular to the body while an inverted cross is an inverted handstand position with arms stretched perpendicular to the body. A planche is a straight body position parallel to the floor above the rings. The rings must remain still throughout the routine. Deductions will be taken for unnecessary swings and instability of all positions.

The rings are the least stable of the men's apparatus. Stillness is paramount, and those with the best command of the event will display extraordinary skill in arriving at all holds with absolute precision. The rings should be absolutely still and in control at the end of each skill. The body shouldn't sag or twist, and the arms shouldn't waver or shake.

Look for confidence in the strength elements. The gymnast should move into his cross or planche quickly, stop securely for a clear two seconds and then move easily into the next part. During the swinging elements, watch for stretched body positions and straight handstands.

**Vault:** Each individual vault is categorized in the Code of Points, the official text giving the relevant value of each skill performed, and the gymnast is required to pass through certain minimum height and distance requirements on every vault. During the pre-flight from the springboard to the horse, the body must rise quickly to the proper angle of contact by the time the hands reach the horse. During the second flight, from the horse to the landing, the gymnast's body must rise at least one meter above the height of the horse and travel at least two and one-half meters from the end of the horse before contacting the mat. The landing should be firm, without extra steps, and in line with the horse, springboard and runway.

A good vault is sometimes described as a "big" vault. The height, the distance of travel, the overall acceleration into the vault and the sudden impact of a no-step, "stuck" landing all create a good impression for the judges.

**Parallel Bars:** A parallel bars routine consists of swinging, flight and hold elements, but swinging and flight elements are most common. Strength parts may be used, although they are not required. The gymnast is required to execute two swinging elements, one in support and one from a hang. The gymnast is also required to perform a skill in which both hands release and regrasp the bars, commonly referred to as a release move.

Although not a requirement, some of the better gymnasts move outside the two rails, performing handstands and kips on only one bar. When well executed, these movements mark a good performance. The most difficult skills require the gymnast to lose sight of the bars for a moment, as in front and back saltos. The more of these skills performed in succession, the more challenging the routine.

**Horizontal Bar:** The routine on horizontal bar consists exclusively of swinging parts without stops. The parts are generally called giant swings, with more specific terms applying to changes in grip, direction and body position.

The gymnast is required to execute at least one move in which he releases and regrasps the bar (release move), and to perform at least one giant with either his back to the bar (a dorsal hang position used in inverted and German giant swings) or with an "eagle" grip in which the wrists are rolled outward until the thumbs are on the outside of the grip, pointing away from each other.

The gymnast is also required to perform an "in-bar" skill like a stalder circle. The higher level routine will have multiple release moves. Gymnasts receive bonus points for connecting higher level difficulty skills. Look for high flying dismounts with multiple somersaults and twists.

Gymnastics, as an activity, has existed for over 2,000 years, but its development as a competitive sport began just a little more than 100 years ago. During the 1800s, mass and individual exhibitions were conducted by various school clubs, athletic clubs and ethnic organizations such as the Turnvereins and Sokols.

Although slow to catch on in the schools, gymnastics did flourish in the Turnvereins and Sokols. It was introduced to the United States and its school systems in the 1830s by such immigrants as Charles Beck, Charles Follen and Francis Lieber.

The International Gymnastics Federation (FIG) was formed in 1881, then called the Bureau of the European Gymnastics Federation, opening the way for international competition. In the United States, the Amateur Athletic Union (AAU) assumed control of gymnastics, along with most other amateur sports, in 1883. Prior to this time gymnastics "championships" were held by various clubs and organizations.

The first large-scale meeting of gymnasts was the 1896 Olympics, where Germany virtually swept the medal parade. Gymnasts from five countries competed in events which included men's horizontal bar, parallel bars, pommel horse, rings and vault.

The first international gymnastics competition outside of the Olympics was held in 1903 in Antwerp, Belgium, and gymnasts from Belgium, France, Luxembourg and the Netherlands competed in what is now considered the first World Championships. At St. Louis in 1904, the men's team combined competition was added to the Olympic program.

At the ninth World Championships in 1930 at Luxembourg, the competition included the pole vault, broad jump, shot put, rope climb and a 100-meter sprint. Track and field did not fully disappear from the World Gymnastics Championships circuit until the 1954 competition.

At the 1924 Games in Paris, the basis of modern Olympic gymnastics competition was firmly established. The athletes (men) began to compete for individual Olympic titles on each apparatus, as well as in combined individual and team exercises. The 1928 Games witnessed the debut of the first women's event, the team combined exercise, won by the Netherlands. The U.S. women first competed in the 1936 Olympic Games in Berlin, Germany.

The United States Gymnastics Federation, now known as USA Gymnastics, became the National Governing Body of the sport in the United States in 1970 and remains as such today.

### **Care of Equipment**

Equipment needs periodic checking for possible defects, poor alignment or inappropriate manipulations. Each student should:

- Take it upon himself to inspect and test the equipment.
- Make sure adequate mats are placed around and within the uprights to insure a safe landing if the gymnast falls.
- Get rid of unnecessary equipment in the area.

#### **A. Tumbling-Free Exercise**

1. Never tear or "pick" at mat coverings.
2. Do not bounce on spring floor or springboard.
3. Realign mats or carpeting if it shifts.
4. Do not spill soda or food on mats.
5. Do not wear shoes or wet boots on mats.
6. Do not pull mats with any weight on them.
7. Do not put chairs or apparatus on mats

#### **B. Pommel Horse**

1. Never work horse with shoes on
  2. Make sure chalk is used on hands before mounting horse.
  3. Never put food or liquid on top of horse body.
  4. Do not sit or stand on horse.
  5. Make sure position of horse is secure by tightening brake mechanism.
  6. Tighten pommels with handles located under the horse body.
  7. Keep mats around horse, and make sure they have no cracks or rips.
  8. Keep horse clean and free of moisture. Still Rings
- 
1. Chalk hands each time you mount rings.
  2. Check for cracks on rings or frays in straps before mounting equipment.
  3. Make sure cables on event are tight.
  4. Never stand in rings
  5. Never throw rings or swing on rings
  6. Don not mount rings without proper mats under equipment

#### D. Vaulting: (Men and Women)

1. Do not vault with shoes on.
2. Keep hands dry and free of dirt.
3. Do not bounce on springboard other than to use it for the vault.
4. Keep mat runway clean and wrinkle free.
5. Use proper landing mats free of obstructions or dangerous positions.
6. Always use a spotter.

#### E. Parallel Bars and Uneven Bars

1. Always apply chalk to the hands
2. Never work bars with belt buckles, rings, knee braces, boots, or other items that will nick or damage the wooden rails.
3. Make sure locking devices are properly tightened before mounting bars.
4. Never hit bars with other objects like wood sticks or metal objects.
5. When moving or transporting equipment, never lift the object with the bars.
6. Never bounce on one rail.
7. Use proper mats under equipment.

#### F. Horizontal Bar

1. Always use chalk before mounting bar.
2. Do not scratch or score bar with metal objects.
3. Do not touch spotting ropes around this event.
4. Make sure cables on the event are tight.
5. Use proper mats at all times.

#### G. Balance Beam

1. Never go on beam with shoes.
2. Keep hands dry.
3. No food or soda near beam.
4. Proper mats at all times.
5. Never hit beam with any objects.
6. Secure lock devices before mounting beam.
7. Make sure beam is level.

### **History**

Gymnastics possibly began back as far as 2600 BC with the Chinese, but its real development began in Grecian and Roman periods of history.

Gymnastics is a word from ancient Greek. It means athletic, or disciplinary, exercises. The gymnastics of ancient times were the track and field sports of today, with some variations.

Johann Guts Muths (1759-1893) who is known as the “great grandfather” of gymnastics in America, introduced gymnastics into the Prussian schools.

A German, Friedrich Ludvig Jahn, “Father Jahn,” is known as the Father of Gymnastics. He and a group of young German boys invented and made their own apparatus from limbs of trees and the like.

A number of organizations were begun in Europe to promote physical education with emphasis on gymnastics. Among these, three, the German Turners, Slovak Sokols, and Polish Falcons, became prominent gymnastic organizations in America.

Russian athletes excelled in the 1956 Olympics. Russia continued to dominate the Olympics through the 1972 games in the women's division, but Japan won the gold medals in the men's events.

In 1984, America made its most dramatic move in the sport. Led by Bart Conner, a former Niles West gymnast, the men's American team captured the Gold Medal in gymnastics, a feat that had never been accomplished by the U.S.

In 1996 the women's team made their most dramatic move in history by taking home the Gold Medal in team competition. The American team had never taken first place in the sport before.

## **Rules**

At this level the complicated rules involved in gymnastics will be confined to safety rules and technical rules, which have been presented thus far. Specific rules of competition dealing with event requirements and judging will be covered at the junior -senior level.

## **Boys Gymnastics Skill Check List**

<b><u>Horizontal Bar</u></b>	<b><u>Rings</u></b>	<b><u>Vaulting</u></b>
Dismount front	Inverted hang	Courage
Dismount back	Inverted L	Squat
Grip changes	Bird in the cage	Rear
Hip pullover	One arm cross	Front
Single knee swing	Single leg cut	Flank
Back hip circle	Single leg cut	Straddle
Front hip circle	Single leg cut and catch	Wolf
Walking kip	Support L	Headspring
Swinging kip	Flyaway dismount	Handspring
	Straddle dismount	
	Shoulder stand	
<b><u>Parallel Bars</u></b>	<b><u>Floor Exercise</u></b>	<b><u>Side Horse</u></b>
	Forward roll	
	Walks/straddle, hand, hop	
	Backward roll	Front
<b>Mounts:</b>	Back extension	Rear
Corkscrew	Cartwheel	Straddle
Hip pullover	Roundoff	Rt over left over
Single and double leg cuts	Headstand	Rt back left back
	Forearm headstand	Rt single leg circle
Back uprise	Squat hand balance	Left single leg circle
Reverse straddle	Elbow lever	Swinging feints
Single leg cut	Kip	Leg travels
Shoulder stand	Headspring	Single rear dismount
Support Pirouette	Handspring	
Dismount front	Front roll to handstand	
Dismount back	Back roll to handstand	
Straddle dismounts	Handstand	
Left		
Both		

## **Women's Basic Gymnastic Skills Checklist**

### **Uneven Bars**

Front Support  
Single Leg Cut  
Forward Roll Dismount ( Low Bar)  
Jump to High Bar Dismount  
Tuck Over Low Bar From High Bar  
Front Pullover  
1/2 Turn on High Bar  
Knee Dismount  
Knee Swing to Penny Drop

### **Balance Beam**

Walk Forward  
Forward Tip Toes  
Forward Dip Steps  
Walk Backward  
Backward Tip Toes  
Straddle Mount to a stand  
Step Kicks Raising on Toes  
1/2 Toe Turn  
Squat Turn  
Scale

### **Vaulting**

Knee Mount  
Approach Step  
Squat Mount  
Squat Vault  
Flank Vault  
Front Vault  
Rear Vault  
Wolf Vault  
Straddle Vault  
Squat 1/2 Twist

### **Floor Exercise**

Forward Roll	Tip Up
Pike Roll	Tripods
Straddle Roll	Mule Kicks
Cartwheel	Backward Roll
Round - Off	Headstand

### **Terminology**

1. Arabesque - dance position; body weight is supported on one leg; the other raised in alignment with the body
2. Arch - A position in which the body is curved, like the arc of a circle, with hips forward and the upper trunk and legs extended backwards.
3. Break - point in a composition at which the gymnast makes an error, for example, bending knees at a time when legs should be straight.
4. Center of Gravity - The center of the distribution of body weight. The point of balance.
5. Composition - Sequential arrangement or combination of movement.
6. Continuity - The term used to refer to the smoothness or flowing quality of a routine or series. A series is said to possess continuity if it is not interrupted by undesirable pauses, stops or extra movements.
7. Cut - A movement in which one or both legs pass between the hand grasp and the equipment. The hand or hands must release the equipment during the cut.
8. Dismount - A technique used to get off the apparatus.
9. Flank - A body position or movement in which one side is toward the apparatus (sideways)
10. Grip - A term to refer to the hold the gymnast has on the apparatus. Some of the common grips are:
  - Regular, over grip - used for moves and swings when the body travels forward.
  - Reverse, under grip - used for moves and swings when the body travels backwards

- Cross-mixed grip, combination.
- 11. Hollow - A slightly curved total body shape; back slightly rounded; hips turned under; slight hip flexion; legs extended.
- 12. Kip - A method of raising the body by means of a kick or thrust. Usually from a piked position to an extended lay out position.
- 13. Lunge - A standing position in which the legs are apart with one knee bent and the other straight.
- 14. Mount - A technique used to get on the apparatus
- 15. Pike - A position in which the body is flexed at the waist with the legs straight.
- 16. Routine - A term used in gymnastics as a synonym for a composition; routine donates a series of individual stunts executed in a continuance manner from the beginning to end.
  - Elements of a good routine should include:
  - flowing, springing, and graceful moves
  - stunts of as great a difficulty as fall within the gymnasts ability
  - controlled body throughout the routine
  - performed with a confidence and a sense of enjoyment
- 17. Reuther Board - The official; take-off board used in vaulting and in some (springboard) other gymnastic events. Like parallel bars, uneven bars.
- 18. Scale - Hold position, body weight is supported on one leg or knee, the other raised in a position parallel to floor.
- 19. Spotting - the term used to refer to the proper positioning of an individual who assists or safeguards a gymnast as they perform a stunt. **Spotting** is also commonly used to refer to the actual act of assisting and the person providing the assistance is called the **Spotter**.
- 20. Squat - A position in which legs are in a deep bend and back is straight.
- 21. Straddle - A standing position with feet far apart and legs straight.
- 22. Straight - A fully extended body shape with arms held directly overhead; neutral head position rotated slightly upward; back flat; hips rolled under.
- 23. Support (rest) - A position in which the weight is supported wholly or partially or partially by the hands with the shoulders above the point of grasp and the center of gravity is below the shoulders.
- 24. Tuck - A position in which the head is forward, the back is rounded and the knees are drawn up to the chest.
- 25. Wolf - A body position or movement; one leg is in a flexed or squat position and the other in a straight or straddle position.

### **Evaluation and Grading**

#### **Skills: Women**

Floor Exercise	7 skills
Beam	7 skills
Uneven Bars	3 skills
Vault	<u>3 skills</u>
<b>Total</b>	<b>20 points</b>

#### **Skills: Men**

Horizontal Bar	3 skills
Still Rings	3 skills
P - Bars	4 skills
Vaulting	3 skills
Pommel Horse	3 skills
Floor-Tumbling	<u>4 skills</u>
<b>Total</b>	<b>20 points</b>

#### **Women:**

Written Test	20 points
Skill Test	20 points
<u>Participation</u>	<u>60 points</u>
<b>Total</b>	<b>100 points</b>

#### **Men:**

Written Test	20 points
Skill Test	20 points
<u>Participation</u>	<u>60 points</u>
<b>Total</b>	<b>100 points</b>

### **GYMNASTICS-SOPHOMORE**

#### **Unit Overview and Organization**

During this unit students will execute individual gymnastic skills in groups of two or more so as to develop combinations.



The combinations will then be added to each other resulting in gymnastic ROUTINES.

Specific combinations will be worked on and taught each day to develop along a proper progression to the routine.

Men will be confined to routines on the pommel horse, still rings and parallel bars.

Women will present routines on uneven bars, free exercise and balance beam.

The class will be divided into three groups of men and three groups of women.

These groups will rotate each week to a new event. Each event will have a group leader to help direct work efforts in a safe manner.

### **Mental Attitude**

As you engage in routine work keep these ideas in your mind:

Positive Mental Attitude:

Each student should develop a good positive mental approach:

1. Develop a positive approach to gymnastics by coming to grips with the real you.
2. Understand the significance of the body and mind relationship:
3. Respond to a gymnastic skill with the mental understanding prerequisite to executing complex skill safely.
4. Learn to utilize fear to your advantage.
5. Develop self-discipline as a factor for insuring success.
6. Never work out when under the influence of drugs or alcohol.
7. Learning to relax mentally will add to your ability to concentrate.

### **Safety**

1. Be sure your hair will not block your vision, no matter what your body position is.
2. Remove gum and candy from your mouth before the start of class.
3. Don't let the length of your fingernails and toenails interfere with your grip or footing.
4. Never wear jewelry while performing.
5. Never wear clothing that will interfere with your hands, your vision, or your spotter's vision.
6. Keep your hands dry by using "chalk".
7. No running or horseplay in the gymnastics area.
8. Only participate when an instructor is present. Never work alone, secure a trusted spotter.
9. Make sure you learn the proper learning progression.
10. Make sure the area is well matted, and free of potentially dangerous situations.
  1. You must get permission from your instructor before performing tricks that have not been presented.

### **Care of Equipment**

Equipment needs periodic checking for possible defects, poor alignment or inappropriate manipulations. Working on combinations and routines may result in 'rips' of skin tissue on your hands. Make sure to clean any blood off the equipment with proper use of bleach compound as prescribed by USGF.

Each student should:

- Take it upon himself to inspect and test the equipment.
- Make sure adequate mats are placed around and within the uprights to insure a safe landing if the gymnast falls.
- Get rid of unnecessary equipment in the area.

#### **A. Tumbling-Free Exercise**

1. Never tear or "pick" at mat coverings.

2. Do not bounce on spring floor or springboard.
3. Realign mats or carpeting if it shifts.
4. Do not spill soda or food on mats.
5. Do not wear shoes or wet boots on mats.
6. Do not pull mats with any weight on them.
7. Do not put chairs or apparatus on mats

#### B. Pommel Horse

1. Never work horse with shoes on
2. Make sure chalk is used on hands before mounting horse.
3. Never put food or liquid on top of horse body.
4. Do not sit or stand on horse.
5. Make sure position of horse is secure by tightening brake mechanism.
6. Tighten pommels with handles located under the horse body.
7. Keep mats around horse, and make sure they have no cracks or rips.
8. Keep horse clean and free of moisture.

#### C. Still Rings

1. Chalk hands each time you mount rings.
2. Check for cracks on rings or frays in straps before mounting equipment.
3. Make sure cables on event are tight.
4. Never stand in rings
5. Never throw rings or swing on rings
6. Don not mount rings without proper mats under equipment

#### D. Vaulting: (Men and Women)

1. Do not vault with shoes on.
2. Keep hands dry and free of dirt.
3. Do not bounce on springboard other than to use it for the vault.
4. Keep mat runway clean and wrinkle free.
5. Use proper landing mats free of obstructions or dangerous positions.
6. Always use a spotter.

#### E. Parallel Bars and Uneven Bars

1. Always apply chalk to the hands
2. Never work bars with belt buckles, rings, knee braces, boots, or other items that will nick or damage the wooden rails.
3. Make sure locking devices are properly tightened before mounting bars.
4. Never hit bars with other objects like wood sticks or metal objects.
5. When moving or transporting equipment, never lift the object with the bars.
6. Never bounce on one rail.
7. Use proper mats under equipment.

#### F. Horizontal Bar

1. Always use chalk before mounting bar.
2. Do not scratch or score bar with metal objects.
3. Do not touch spotting ropes around this event.
4. Make sure cables on the event are tight.
5. Use proper mats at all times.

## G. Balance Beam

1. Never go on beam with shoes.
2. Keep hands dry.
3. No food or soda near beam.
4. Proper mats at all times.
5. Never hit beam with any objects.
6. Secure lock devices before mounting beam.
7. Make sure beam is level.

## History

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In 1996 the women’s team made their most dramatic move in history by taking home the Gold Medal in team competition. The American team had never taken first place in the sport before.

## Techniques

Because combinations and routines end with a dismount, landing techniques will be stressed at the sophomore level.

Land first on the balls of the feet and then the heels (an almost flat foot landing).

Emphasize bending sufficiently at the ankles, knees and hips to absorb the landing shock without hyper flexion in the knee joint.

Use your arms for balance and appearance.

NEVER land with “locked” knees.

Refer to all other techniques discussed in the freshman unit.

## Rules

At the sophomore level specific rules of gymnastics will be modified.

Routines presented are compulsories, they can be scored on a 10 point basis with a very simple standard as follows:

Judging standards for compulsory Routines:

4.0 - exactness of routine

6.0 - coordination, elegance, sureness of execution, amplitude, lightness, precision.

## **Terminology**

**Routine:** A continuous combination of skills into a whole with one or more pre planned pauses permitted, beginning with a mount and concluding with a dismount.

**Split Leap:** Jump from both feet into air, high enough to allow legs to stretch as far apart as possible.

**Stag Leap:** Bring legs up quickly, bending front one and keeping back one straight, at the same time extending arms horizontally.

**Waltz Step:** Start with longer initial step followed by two shorter steps. (step, two, three, step two, three).

Competition in gymnastics consists of performing compulsory and/or optional routines.

Compulsory routines are standardized routines with prescribed text. The gymnast must perform the routines following the specified instructions.

Optional routines are composed by the individual gymnast, following general established guidelines. They give the performer the opportunity to show creativity in composition and should demonstrate highest level of achievement.

All routines have a maximum value of 10 points. Compulsory and optional routines are judged according to different criteria.

Specific event requirements and detailed judging techniques will be taught at the advanced level gymnastic course for junior and senior students.

(See freshman unit for more terminology).

## **Men's Sophomore Gymnastic Routines**

**Pommel Horse Jump** to support on right end of horse; Right leg cut; travel to saddle of horse using leg cuts; Right outside leg circle; Inside left leg circle; Right leg cut; travel to end of horse using leg cuts; Right feint to single rear dismount.

**Parallel Bars:** Jump to under arm support; Kip to straddle seat; legs together and hold "L"; back to straddle seat; press shoulder stand; forward roll; free back and front under arm swing to; back uprise; flank vault dismount.

**Still Rings:** Mount to support; straight body hold; "L" hold; press to straddle legshoulder stand; (bring legs together if possible) and hold for 3 seconds; rotate backward to support and continue to inverted hang; Kip dismount to stand.

## **Women's Sophomore Gymnastics Routines**

### **Unevens**

Hang on High Bar facing out

Half Turn

Straddle or squat over the Low Bar

Half turn on the low bar, (hip roll)

Snap lift right foot to stand on low bar

Jump to support on high bar and execute forward roll dismount.

### **Floor**

Jump full turn

Forward roll to squat

Jump to feet

Scale

Half turn

Back roll to squat

Tripod to forward roll to stand

Tuck or straddle jump

**Beam**

Front support to straddle

Knee scale to stand

Dip steps to end of beam

Tip toe turn

Two times chasse steps

Squat turn

two waltz steps, turn and walk to center of the beam

Jump dismount, tuck-arch-or straddle

**Sophomore Event Rotation Guide****Week I**

Boys:	Group I	Pommel Horse
	Group II	Rings
	Group III	Parallel Bars

Girls:	Group I	Floor
	Group II	Beam
	Group III	Bars

**Week II**

Boys:	Group I	Still Rings
	Group II	Parallel Bars
	Group III	Pommel Horse

Girls:	Group I	Beam
	Group II	Uneven Bars
	Group III	Floor Exercise

**Week III**

Boys:	Group I	Parallel Bars
	Group II	Pommel Horse
	Group III	Still Rings

Girls:	Group I	Uneven Bars
	Group II	Floor Exercise
	Group III	Beam

**Evaluation and Grading**

Each student will perform 3 routines worth 10 points each, (judging techniques under rules).

Point distribution:

Written Test	20 points
Skill Test	20 points
(Routines)	
Quality Involvement:	
	<u>60 points</u>
TOTAL	100 Points

## **GYMNASTICS JUNIOR/SENIOR**

The progressions developed over freshman and sophomore units in this activity will need to be reviewed and used as a one week "refresher course". During this time single skills and combinations (2-3 skills executed together), will be executed. Compulsory routines will be presented the second week. These will be the foundation upon which more difficult routines will develop through the remainder of the unit. Progression skill lists from Frosh-Soph units will be used so advanced skills have proper lead-ups to more advanced difficulty. The instructor will act as primary facilitator in all new techniques and skills tried for the first time on any apparatus. Proper uses of mechanical spotting devices will be presented and learned by all students.

Advanced work will be presented in routine analysis and composition. Fundamental judging techniques will be taught throughout the unit. Because skill levels in this unit will vary from the basic beginning gymnastic enthusiast to the senior level varsity gymnast, work assignments and intensity levels will be extremely different. Attention to individual needs and differences will be stressed.

### **COMPULSORY GYMNASTIC ROUTINES: MEN**

#### **FREE EXERCISE:**

Round off; back roll; back extension roll to feet; 1/4 turn to cartwheel, cartwheel; 1/4 turn kick to handstand; forward roll to stand; step 1/2 turn to handspring; forward roll; headspring; scale (2 sec); step 1/2 turn; 2 running steps to round off; back roll; straddle; jump to stand.

#### **POMMEL HORSE:**

Loop on; travel to saddle; scissored; scissor left; 1/2 outside right leg circle; left inside leg circle; travel down to end; feint; single rear dismount.

#### **VAULT:**

Straddle; squat; stoop; handspring.

#### **STILL RINGS:**

Muscle up to support; "L" (2 sec); press shoulder stand; back roll to inverted hand; cast inlocate; free swing; flyaway.

#### **PARALLEL BARS:**

Dive to underarm support; back uprise "L"; straddle seat press should stand; forward roll; backuprise; free front swing; front flank 1/2 turn dismount.

#### **HORIZONTAL BAR:**

Drop kip; front hip circle; cast, free front swing; kip; back hip circle; free back swing to fly away.

#### **NOTE:**

FUNDAMENTAL ROUTINES WILL BE MASTERED TO FULL LEVEL EXECUTION BEFORE ADVANCED DIFFICULTY WILL BE CONSIDERED

### **COMPULSORY GYMNASTIC ROUTINES: WOMEN**

#### **FREE EXERCISE:**

2. Assemble'
3. Curtseys
4. Developpe walk
5. Round off
6. Hitchkick
7. Turn preparation
8. 360 degree (full) turn
9. Waltz steps
10. Arabesque
11. Arabesque
12. Stag split leap
13. Passe' hop
14. Small body wave
15. Fouette - back extension roll to pose on knees
16. Forward splits
17. Front lying support

18. Contraction off the floor
19. Roll to pose
20. Large body wave
21. Front handspring
22. Straddle jump
23. Kneeling finish

#### BALANCE BEAM:

1. Step on to semi squat stand
2. Forward bodywave - 180 degree (1/2) turn
3. Small leap
4. Sissone
5. Curtsey
6. Lunge
7. Kick
8. 360 degree (full) turn
9. Run - side lunge
10. Close
11. Arabesque - Contraction - Presentation
12. Split leap
13. Forward swing turn
14. Swing
15. Kneel
16. Pose - 180 degree (1/2) turn
17. Round off dismount

#### VAULTING:

Straddle, squat, stoop, handspring

#### UNEVEN PARALLEL BARS:

Pull over mount on low bar facing high bar; back hip circle; cast off low bar to single leg shoot through; stride circle forward; pull back leg over bar to seat and push off low bar to grasp high bar; swing 1/2 turn on high; double leg over low bar at end of front swing; hip roll to front support on low; grasp high bar with one hand and cast feet on to low bar; with both hands on high bar, jump off low and execute fly away dismount.

### GYMNASTICS PRACTICE TEST QUESTIONS

#### MEN

1. A gymnastic routine for men is composed of how many moves  
a.) 7 b.) 8 c.) 9 d.) 10.
2. In judging a routine 1.2 points is awarded to what category of score?  
a.) difficulty b.) execution c.) virtuosity d.) combination
3. "Difficulty" refers to the degree of skill each category of stunts are arranged under.  
True or False?
4. The most difficult stunts in gymnastics are "A" moves. True or False?
5. The most a gymnast can receive for difficulty is 3.6. True or False?
6. A gymnast can lose .3 of a point for sloppy hair or clothing. True or False?
7. In doing giant swings on high bar, how do you cut radius of circle to gain momentum to top?  
a.) Bend knees b.) Bend arms c.) pike at hips d.) all the above
8. Doing a handstand without bending at the hips is called:  
a.) stiff stiff b.) hollowback c.) pike up d.) press hand
9. A round off is a cartwheel with a 1/2 turn. True or False?
10. A "kip" can be performed on all pieces of apparatus. True or False?
11. Going from one end of the horse to the other using leg cuts is called a:  
a.) journey b.) trip c.) travel d.) towel
12. The ring event requires 3 handstands. True or False?
13. A good high school routine will have 1C, 4 B's & 5A's. True or False?

14. What is a routine without a C move worth?  
a.) 9.6 b.) 9.4 c.) 9.3 d.) 9.7
15. Name one strength move on rings.  
a.) handstand b.) iron cross c.) dislocate d.) back roll
16. If a spotter helps a gymnast during his routine he can be deducted:  
a.) .20-.50 b.) .10-.20 c.) .30-1.00 d.) nothing
17. Proper technique for a good handspring is 180 degree angle at shoulder joint. True or False?
18. A "kip" requires what move next after you pike ankles to the bar?
19. a) pull on bar; b) kick legs upward at ceiling; c) snap your wrists; d) bend your knees.
20. A required aspect for a pommel horseman is:  
a) Moore; b) scissors; c) shears; d) leg cuts
20. A handstand can be executed on every apparatus. True or False?
21. Vaulters must land at least 2 meters away from the horse for no deductions.  
True or False?
22. Parallel Bar event requires 2 hand stands. True or False?
23. A good lead up skill for giants on the High Bar are 3/4 giants. True or False?
24. The still ring events requires a strength move. True or False?
25. Hold moves on the apparatus requires 3 seconds of time. True or False?
26. Major form breaks can cost the gymnast a .3 deduction. True or False?
27. The gymnast can re-mount the apparatus within one minute. True or False?
28. If a gymnast's grip breaks he can redo his routine with a .5 deduction. True or False?
29. A gymnast with a beard can get a .5 deduction. True or False?
30. A reverse "kip" on the ring event is called a bird up. True or False?
31. An "a" move in men's high school gymnastics is worth:  
32. a.) .2 b.) .1 c.) 3. d.) .4 of a point
32. Men vault across the length of the horse only once in competition. True or False?
33. The spring board can be used to mount the pommel horse. True or False?
34. The ropes and belts used to train for new skills are referred to as:  
a.) aids b.) mechanics c.) helpers d.) all the above
35. A basic pommel horse dismount is called a:  
a.) single rear b.) loop off c.) triple rear d.) all the above
36. When executing a back somi on the tumbling strip, what do you do with your arms?  
a.) bend the elbows b.) drop them to your sides c.) reach up for the ceiling d.) throw out to the side
37. Execution portion of a gymnast's score is 5.0 full points. True or False?
38. "Difficulty" is worth how many points to a gymnast routine?  
a.) 3.0 b.) 2.0 c.) 2.5 d.) 3.6
39. "Combination" in a routine refers to how well requirements of the gymnastic event have been met. True or False?
40. Gymnastics is a major sport in what country?
41. a.) Egypt b.) Mexico c.) Russia d.) England

## WOMEN

1. Women compete on Balance Beam to music. True or False?
2. A single knee circle is a move used on the vaulting event. True or False?
3. Women perform kips on the uneven bars just like men. True or False?
4. Women must complete their beam routine within a certain amount of time. True or False?
5. A "round off" can be used only on what events?  
a.) Vaulting b.) Balance Beam c.) Floor Exercise d.) All the above
6. A good handspring requires how much of a shoulder angle?  
a.) 125 degree b.) 150 degree c.) 180 degree d.) 90 degree
7. Women must do a 360 degree turn in their balance routine. True or False?
8. Women get to vault 3 times in high school competition. True or False?
9. Back hip circles can be learned after "belly beats" are mastered. True or False?
10. What event requires strength in arms, abdomen and shoulders?
11. Beam b) Vaulting c.) Uneven Bars d.) free exercise.
12. A front somer sault with a 1/2 twist is called



- a.) Flifus b.) Brani c.) Rudolf d.) Somi.
12. An assistant positioned near the apparatus to aid the gymnast in case of a fall is a  
a.) helper b.) plotter c.) spotter d.) pal.
  13. The "Requirement" portion of a women's routine is worth a full point. True or False?
  14. How well a women does her skills and routine combinations is referred to as  
a. execution and amplitude b.) connections c.) bonus d.) all the above.
  15. "Difficulty" in judging refers to how difficult or easy skills in the routine are. True or False?
  16. Women's Floor Exercise has a component that men do not have. What is it?  
b. balance c.) dance d.) difficulty.
  17. Women's routines award how many points for difficulty?  
c. 3.0 b) 3.3 c.) .30 d.) 33
  18. A good handspring vault should land at least 2 meters from the horse body. True or False?
  19. An uneven bar requirement calls for the hands to leave the bar and regrip it at least once. True or False?
  20. Women have never been able to do a double back somersault on floor exercise. True or False?
  21. The best way to treat a "ripped" hand injury from the uneven bars is with  
d. a.) iodine b.) vaseline c.) chalk d.) water.
  22. The width of Balance Beam is, to the nearest inch, is  
e. a.) 3 b.) 4 c.) 5 d.) 6 inches.
  23. Women can wear what piece of jewelry during competition?  
f. earrings b.) neck chain c.) bracelet d. none of the above.
  24. If a gymnast can perform her routine with a wrist cast on the Balance Beam, it's acceptable. True or False?
  25. A gymnast swears at a judge, what cannot occur?  
g. the judge can swear back b.) penalize the team score by 1.0 point c.) disqualify the gymnast d.) tell the gymnast's coach.
  26. What event cannot be spotted in women's gymnastic?  
h. Floor Ex. b.) Vaulting c.) Unevens d.) Beam.
  27. Each step taken on a dismount results in a deduction of 0.1 to 0.3. True or False?
  28. A free exercise routine cannot last longer than 1 to 1 min. 30 sec. True or False?
  29. A 360 degree turn is a requirement on what event?  
i. a.) Floor Exercise b.) Vaulting c.) Beam d.) Rope Climb.
  30. Women gymnasts must tumble on the Balance Beam. True or False?
  31. A gymnast executes 2 vaults; her score is the average of both vaults. True or False?
  32. A Uneven Bar routine requires the gymnast to do a handstand. True or False?
  33. A Uneven Bar routine is judged the moment a gymnasts feet leave the floor or beat board. True or False?
  34. The deduction for falling off the apparatus is  
j. a.) .3 b.) .4 c.) .5 d.) .6
  35. When Vaulting, a gymnast must touch the horse with both hands. True or False?
  36. In Floor Exercise, a women gymnast must execute 3 dance moves in a row. True or False?
  37. On the Uneven Bars, the routine must end in 1 min. 30 sec. True or False?
  38. What would proper progression be in the sequence:  
k. cartwheel; b.) forward roll; c.) round off d.) back flip?
  39. On the Uneven Bars, what would you learn first?  
l. a.) kip; b.) front hip circle c.) pull over d.) fly away ?
  40. The top country in gymnastics competition is:  
m. Germany; b.) Egypt c.) Canada d.) Russia?

## **MEN'S GYMNASTIC EVENT REQUIREMENTS**

### **VAULTING REQUIREMENTS:**

1. Men do only one vault.
2. Vault begins with first step of run.
3. The hand or hands must touch the horse.

### **PARALLEL BARS:**

1. A "B" value skill in which both hands are free of the bars, then regrip.

2. One "B" swing move on 2 rails in or through support.
3. One skill on 2 rails in or through a hang.

#### HORIZONTAL BAR:

1. One in-bar skill of at least "B" value.
2. A "B" skill performed directly into, through, or out of a skill performed with dorsal suspension cubital grip.
3. "B" bar release and regrip.

#### FLOOR EXERCISE:

1. A tumbling series containing at least one swinging "C" part.
2. One strength part at least a "B".
3. One hold part.

#### POMMEL HORSE:

1. Two scissors in any connection.
2. Double leg skill of at least "B" value. (Other than mount or dismount.)
3. Double leg skills on all parts of horse. ( 3 parts.)

#### STILL RINGS:

1. One "B" strength part.
2. One "B" press handstand.
3. One swing handstand.

The sport of men's gymnastics has advanced very much over the years. You have learned to put skills together in combination and finally into routines on the events. Each event has specific requirements, moves that must be done in order to receive full credit for the routine. They also need certain amounts of easy and difficult skills to score a 10.0. Finally form and execution are most important due to it's 5.9 value, if done perfectly.

Men's free exercise in high school is done on a 60 x 5 strip free exercise mat, in all other competition it's done on a 40 X 40 mat. You have learned basic skills like a round off (cartwheel with a 1/2 turn) and handsprings, which require a 180 degree angle at the shoulder joint. Free exercise combines tumbling with static and flexibility moves like the scale, handstand, and splits. Tumbling is the very foundation of most moves on the apparatus.

The pommel horse is one of the most difficult events in men's gymnastics. The factor of balance and vision in performing combinations makes this very challenging. Moving across the horse is called a travel and can be done with simple leg cuts or more complicated moves. One of the requirements are called the "scissors", a skill requiring the front leg in the straddle position to go back and the back leg to the front. The mount on the pommel horse is off the floor only, you cannot use a spring board.

The still ring event is very dynamic. Here a strength move like an "iron cross" is required. Another popular move, the reverse kip, or "bird up" is often used by intermediate level gymnasts. Two handstands are a must as well as swing moves like inlocates, and dislocates.

In vaulting, men only do one the length of the horse. Judging is based on body position over the horse and landing at least 2 meters away from the horse on the dismount. Different vaults vary in value depending on how difficult they are to execute. For example a handspring vault is valued at 8.4, but a straddle vault is only 7.5.

The parallel bars contain swinging and vaulting movement on the bars. Handstands are often done without bending at the hips, called a "hollow back," but oddly enough handstands are not required on the event. Your routine contains a shoulder stand coupled with a back uprise and a flank vault dismount. Major form breaks like taking free swings without moves in them are major deductions of up to .3 points.

The high bar, technically called the horizontal bar, is the most dramatic event in men's gymnastics. Here a gymnast swings around a single steel bar doing full body giant swings with dramatic in bar, outbar and release of various variety culminating with awesome dismounts like double back somi's. Giant swings seems to occur by magic, but if you realize the body as a radial entity that can be shortened by bending you knees, arms or bending at the hips, speed will increase so as to swing completely around the bar. Giant swings are usually learned after doing lead up skills like 3/4 giants or 1/2 giants. The kip is another move done by transfer of momentum. Once you pike your ankles to the bar, kicking upward toward the ceiling will transfer momentum to the torso and swing it to support on the top of the bar. Skills on horizontal bar usually are worked on using ropes and belts called "mechanics". High

bar is very dangerous so if a gymnast grip breaks while he is doing his routine, he can stop, correct the grip damage and continue his routine with no deduction.

Although a gymnast with a beard cannot be penalized for the beard, if it or hair or uniform are extremely sloppy or dirty, deductions of up to .3 pts. can be applied. At times a gymnast will fall off the apparatus, besides the .5 deductions incurred, he can mount within 30 seconds. Now that you have entered the arena of advanced gymnastics, work hard, concentrate, and do your combinations and routines over and over to reach perfection.

## **WOMEN'S GYMNASTIC EVENT REQUIREMENTS**

### **VAULTING REQUIREMENTS:**

1. Must have both hands on horse.
2. Two vaults may be executed.

### **UNEVEN PARALLEL BARS:**

1. Twisting for turning at least 180 degrees.
2. Handstand.
3. Salto.
4. Circling / Swinging skill.
5. Kip.
6. Bar release, both hands.
7. At least 8 skills.
8. At least 2 skills on each bar.
9. At least 2 bar changes.
10. Dismount of superior difficulty.

### **BALANCE BEAM:**

1. A 360 degree turn.
2. Balance skill.
3. Hand swing, aerial or salto.
4. Flexibility move.
5. Jump or leap of medium difficulty.
6. At least 3 passes.
7. One dance series.
8. One tumbling series.
9. One dance/tumbling for tumbling/dance series.
10. Dismount - superior difficulty.

### **FLOOR EXERCISE:**

#### **A) TUMBLING**

1. Twisting at least 180 degree.
2. Aerial or salto.
3. At least 3 tumbling passes.
4. Tumbling in at least 2 of 3 directions.
5. Last tumbling pass has one superior tumbling skill.

#### **B) DANCE**

1. 360 degree turn.
2. Jump and leap series of difficulty.
3. One superior jump leap.
4. 3 connected dance skills.
5. One dance to tumbling or tumbling to dance series.

The "new gymnast", that has evolved in you, is aware of many more facts about gymnastics than layman on the street. Lets take a look at some essential facts about women's gymnastics that you have and will derive from the course. In women's vaulting we know two vaults are presented across the width of the horse. the better of the two scores count for team or individual honors. The basic handspring vault requires a 180 degree shoulder angle to be done correctly. The vaulter tries to land her vault at least 2 meters from the horse to eliminate deductions. Some women's vaults begin with and incorporate a round off on the horse as part of their effort. Vaulting must incorporate a double hand touch to be considered legal. Hops or steps after landing are .1 deductions.

On the uneven bars women must develop strength in their arms, shoulders and abdomen, this is why the event is difficult for most beginners. Moves like kips and single knee circles are common to the beginner. Lead up skills like "belly beats" are essential before attempting back hip circles. One of the easiest mounts on unevens is the pullover which you will learn in this program. The event has become very dynamic. Women are doing many of the moves the men do on the horizontal bar. Because of the friction of the bars "ripped" hands are common and best treated with vaseline, after practice.

The balance beam, which is only 4 inches wide is one of the most difficult to "stay on" for most competitors. Even though moves similar to free exercise are done on the beam there is no missed accomplishment to this event. Keeping focused on the end of the beam helps maintain balance. The event is best performed with bare feet. Tumbling moves as well as dance moves are presented on the beam.

Free Exercise for women combines dance with tumbling and leaping. Moves like front and back flips are common, but very good routines contain branis' (front flip with a half twist) or full twisting back flips or even double back flips. A common tumbling learning sequence would be: forward roll; cartwheel; roundoff; back flip.

The program you have undertaken has introduced you to new and exciting facts about gymnastics. Keep practicing!