

GYMNASTICS STUDY GUIDEI. Gymnastics Safety Rules -

- A. No jewelry - wearing jewelry is hazardous to both the gymnast and the spotter.
No Gum.
- B. Long hair must be arranged free of the face.
- C. Make sure mats form a flat surface under all equipment. Landing mats of at least 4" thickness are recommended. Use proper landing technique.
- D. Check equipment to make sure it is properly adjusted. T handles should be secured to the right to tighten.
- E. A spotter should be at each event and should try to anticipate anything that a gymnast could possibly do while performing a particular skill. Spotting on the bars should always be done under the bar.
- F. Gymnasts should always follow a proper progression of skills beginning with a warm up of basic skills before attempting more difficult ones.
- G. The purpose of chalk is to provide the gymnast with a safer or firmer grip on the apparatus.
- H. No horseplay at any time around the equipment.
- I. Do not participate without competent supervision.
- J. Unsportsmanlike conduct (results in point deduction).

II. Competition and ScoringA. Routine: consist of two types:

- 1. Optional routine - one in which the gymnast uses his own creativity to select skills which he can perform best.
- 2. Compulsory routine - all gymnasts perform the same required routine- deductions are taken for each missing stunt. Compulsory routines emphasize fundamental skills.

B. Scoring - A gymnast may receive a maximum of 10 points for a routine. Deductions are made for the following:

- 1. Difficulty - to acquire full difficulty value, a routine should have at least (4) medium moves and (3) superior moves. Additional superior tricks can replace the 4 mediums but not vice-versa.
- 2. Execution - (How well the routine was performed) - execution and amplitude. Perfection in technique and body positions. Amplitude is the fullness or bigness of your movement; including stretch, height extension, etc. Deductions taken for: errors in stunt performance, form breaks, poor balance, stops, pauses or extra swings (bars) in routines (this is a big deduction). *This category is the most important. A few sloppy moves will lose your 4 points very quickly. Finding a "happy medium" between your greatest difficulty level and how well you can execute those skills is very important.
- 3. General Impression - This is the overview of the total performance including appearance, style, and beauty of movement. You need: expressive, dynamic movements; lightness, grace, and elegance; and the ability to perform fluently and rhythmically.

III. Order of Events in Girls' Gymnastics:

A. Vaulting

1. The vaulting event consists of three major parts:
 - a. position of the body during suspended pre-flight
 - b. position of the body at moment of hand contact
 - c. position of the body during suspended after-flight
2. The gymnast is permitted two attempts at the event if the two vaults differ. The higher score of the two attempts is taken.
3. The vault must be announced to the judge by gymnast or coach before the run. A balk (false attempt) will count as an attempt and a zero score will be given.

B. Uneven Parallel Bar Routines

REQUIREMENT - Mount - dismount - and at least 6 skills for the following part categories.

1. Swinging, circling moves
2. Quick and light grip changes from one bar to the other
3. Regrasping moves on same bar
4. Movement around both bars - above, below, and between both bars - kips, saltos, twisting moves.
5. Handstands/Saltos

Length of routine - usually 8 to 12 moves

C. Balance Beam Routines

REQUIREMENTS - Mount - dismount - and at least 6 skills from below:

1. Positions of balance, upright and/or inverted (maximum of 3)
2. Turns (at least 1 360 turn)
3. Jumps and leaps (at least knee level)
4. Flexibilities - stretching, bending, contracting
5. Large sweeping movements and dance steps
6. Tumbling stunts and combinations
7. Obvious rhythm changes
8. A series of difficulties

Length of routines - 1 min. to 1 min. and 30 sec. (usually 3 or 4 full lengths of the beam).

D. Floor Exercise Routines (performed to music)
REQUIREMENTS - Must have 10 skills from the following component part categories.

1. Three hard tumbling runs with one being backward, one forward and one mixed if possible.
2. Flexibilities
3. At least two large jumps and/or leaps
4. Small and large turns
5. Floor level work
6. Dance phrases of a gymnastics nature
7. Obvious rhythm changes
8. Must cover the entire floor area (4 corners)

Length of routine - 1 min. to 1 min. and 30 sec. (from first body movement to the final pose)

IV. Events in Boys' Gymnastics

- A. Pommel Horse - The exercises must be composed of clean swings without stops. Movements must be undercuts of one leg, circles on one and both legs, forward and reverse scissors, of which at least one must be executed twice in succession. Double leg circles must be predominant and all three parts of the horse must be used. The support of one hand at the end of the horse, during the mount, and taking away of this support without again returning to this part, cannot be considered as utilization of this part of the horse. Counterclockwise double leg circles can be taken into consideration for compulsory exercises.
- B. Rings - The exercise on the rings must involve movements alternating between swing, strength and hold parts, without swinging of the rings. The exercise must have at least two handstands, one of which must be executed with strength and the other attained by wing from a hand, inverted hand or support. Furthermore, the exercise must contain an additional strength part wherein the difficult must conform to the total difficulty of the exercise.
- C. Parallel Bars - The exercises must consist of swinging, flight and hold parts which can contain within a certain measure also strength. The swinging and flight parts should predominate. In Competition 1, the exercise must have a B or C part executed under or over the bars simultaneously leaving the grips and recatching both grips. There may not be more than three pronounced stops. In Competition 1, one of the C parts must belong to the swinging parts.
- D. Horizontal Bar - The exercise must consist exclusively of swinging parts without stops. It consists of forward and backward giant swings, with changes of grips and other variations like free hip-circles, forward and backward, twists around the vertical axis, etc. The minimum requirements for a score for combination require releasing and regrasping the bar with both hands in a B value move, and a move in dorsal suspension or cubital grip.
- E. Floor Exercise - The floor exercise must form a harmonious and rhythmical whole alternating among movements of gymnastics. It must include parts of balance, hold strength, jumps, kips, handsprings and saltos. All available floor space in all directions should be used and many different movements and parts should have a personal touch of expression and execution. All elementary arm, trunk, leg, hand, foot, and head movements must be performed in a technically correct manner and in marked gymnastic form.

Too long of a run before jumps, handsprings and saltos will result in a deduction and will be penalized accordingly. This deduction will depend on the difficulty and risk of the following parts.

- F. Vaulting - The vaulting event consists of three major parts:
1. Positions of the body during suspended pre-flight.
 2. Position of the body at moment of hand contact
 3. Position of the body during suspended after-flight
 4. The gymnast is permitted one vault.

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