

## 1. GYMNASTICS

Gymnastics, the performance of systematic exercises, often with the use of rings, bars, and other apparatus, either as a competitive sport or to improve strength, agility, coordination, and physical conditioning.

Gymnastics are composed by different categories and events. The female category is composed by four events, and the male by six events. The major difference between men's gymnastics and women's gymnastics is the apparatus on which the gymnasts compete. They share only two events in common: vault and floor.

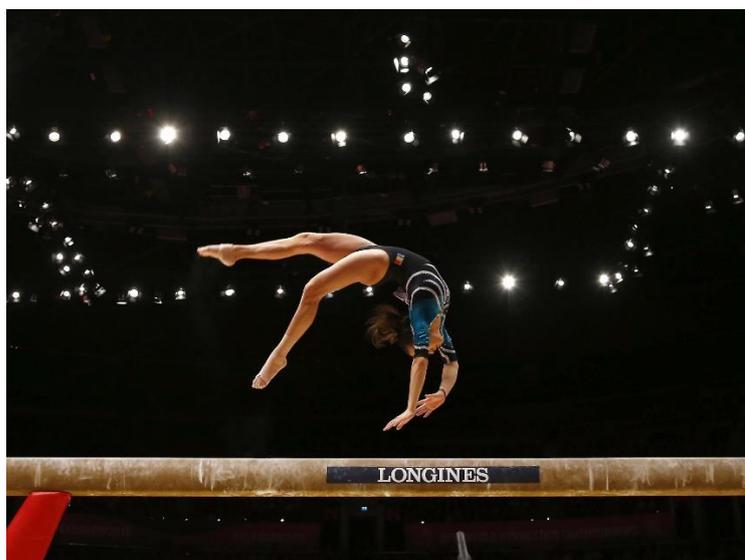
WOMEN'S EVENTS	MEN'S EVENTS
Uneven or asymmetric bars	Parallel bars
Balance beam	Pommel horse
Floor exercise	Floor exercise
Vault	Vault
	Still rings
	High bar

### WOMEN'S EVENTS

1. **Uneven bars:** In general, bar routines are composed of elements on both the high and low bars, along with release moves to move from bar to bar. The top bar is 2.4 metres above the floor, while the lower bar is 1.65 metres high. A bar routine consists of about 15-20 skills and should flow from one move to the next and use both bars. There shouldn't be any pauses or extra swings. There is no time limit on bars, but routines usually last about 30-45 seconds.



- Balance beam:** gymnastics apparatus used in women's competition. It is a wooden beam 5 metres long, 10 cm wide, and raised 125 cm from the floor. Gymnasts must use the entire length of the beam during their routine, which lasts up to 90 seconds (a deduction is incurred if it goes longer). The goal is to perform skills that are difficult and beautiful and to look so confident that it almost looks like she is doing her routine on the floor. The gymnast does both a mount to start the routine and a dismount to finish it, and, like all dismounts in gymnastics, she strives to stick the landing (to land without moving her feet).



- Floor exercise:** event in which movements are performed on the floor in an area 12 metres square. This area is covered by some type of cloth or mat, usually with some cushioning. No other apparatus is used. Gymnasts must use the entire floor mat during their routine but cannot step off the floor mat at any time or a deduction is taken. A floor routine lasts up to 90 seconds. Women perform to the music of their choice.



4. **Vault:** The women's vaulting horse was the same as the men's except that it was lower and was placed sideways instead of lengthwise. Women also used the springboard and performed vaults similar to those done by men, except that the vault was much shorter, since it was performed over the width of the horse rather than its length. For women the vaulting table is 1.25 metres high.



The gymnast takes a run, gathers momentum as he nears the apparatus, rebounds off the springboard, and, with hands on the apparatus, vaults over it. A variety of tricks may be performed, such as vaulting over with straddled legs, with legs together and bent into a squatting position, or with legs straight and the hips bent, as well as handsprings, cartwheels, and other more difficult movements.

## MEN'S EVENTS

1. **Parallel bars:** In gymnastics competition on the parallel bars, performed by men only, movements combine swings, flight elements, strength, and balance, although swings and vaults must predominate. Movements below the bars and the release and regripping of the bars are also required. The two bars, made of wood, are oval in cross section, 5 cm thick, 3.5 metres long, 2 metres high, and 42 cm apart.



- Pommel horse:** Gymnasts are not allowed to pause during a routine and must continue to move throughout once mounting the apparatus. Routines are built off of different types and categories of circles (swinging both legs together one full rotation around the horse, while keeping the body horizontal to the ground) and scissor work (switching the legs over the pommel horse while swinging, sometimes up to a handstand and back down).



Routines may include flairs (a circle with legs straddled), elements on a single pommel, and ones that travel the length of the horse. All routines also are required to end with a dismount that may involve pirouetting and going through the handstand position. Dismounts should be stuck, just like on the other apparatus.

- Floor exercise:** event in which movements are performed on the floor in an area 12 metres square. This area is covered by some type of cloth or mat, usually with some cushioning. No other apparatus is used. Men's routines are 50 to 70 seconds in duration. The type of exercise required is a series of movements combining elements of flexibility, strength, jumps, holding of poses, and balance, as well as other maneuvers. The whole routine must be performed with rhythm and harmony, and the gymnast must move in different directions, using a major portion of the allotted area.
- Vault:** For men the height of the apparatus is 1.35 metres measured from the floor. The gymnast takes a run, gathers momentum as he nears the apparatus, rebounds off the springboard, and, with hands on the apparatus, vaults over it. A variety of tricks may be performed, such as vaulting over with straddled legs, with legs together and bent into a squatting position, or with legs straight and the hips bent, as well as handsprings, cartwheels, and other more difficult movements. Each vault is evaluated according to a table of standards of difficulty.

5. **Still rings:** gymnastics apparatus consisting of two small circles that are suspended by straps from an overhead support and grasped by the gymnast while performing various exercises. Competitive exercise on the rings must be performed with the rings in a stationary position (without swinging or pendulum movement of the rings). It combines swinging movements of the body, strength, and holding of positions. There must be at least two handstands in an exercise, one attained by strength and the other utilizing swing. Typical strength movements on the rings include the cross, or iron cross (holding the body vertical with the arms fully stretched sideways), and the lever (hanging with straight arms with the body stretched out horizontally).



6. **High bar:** It is a polished steel bar 2.8 cm in diameter, 2.4 metres long, and raised about 2.8 metres from the floor. Competitors (men only) generally wear hand protectors and go through a routine that lasts from 15 to 30 seconds. Exercises include upstarts (by which the gymnast swings himself from a hang to a support above the bar); giant circles (rotating around the bar from a handstand position with the arms fully extended) with inverted or dislocated grips and changes of direction; vaulting over the bar, releasing the grip, and regripping the bar; movements requiring turns and changes of the position of the body and the releasing and regripping of the bar; and finishes with straddles over the bar or forward and backward somersaults from the bar.



## 2. ACROSPORT

Acrosport is an acrobatic sport performed with a partner or in groups. Acrosport combines:

- Figures: made by all the participants at the same level.
- Human pyramids: all participants at different levels. The base is usually bigger than the top.
- Gymnastics and choreographic elements.

Acrosport roles:

1. The base. It is a stable base. The main features are strength, stability and balance.
2. The top. The main features are flexibility, balance and agility, being usually thinner and smaller than the base. The top must be courageous and trust the base and other partners.
3. The helper. Provides security and confidence to the partners, helping to build the figure or pyramid.

Grips or hand holds are important when building human pyramids and structures. Provide security and stability to the pyramids or figures. There are many types of hand in hand grips, for example:



Principles related to security:

- Communication. Listen to your partner.
- Always help the top.
- Check the base stability.
- Avoid putting weight on dangerous body areas. Use shoulder blades and hip area.



## SOME VIDEOS

- Evolution of gymnastics (<https://www.youtube.com/watch?v=PPFiC3nAuxQ>)
- Floor (<https://www.youtube.com/watch?v=E7vGDU1GEhM>)
- Balance beam (<https://www.youtube.com/watch?v=LOFl6dOPJDc>)
- Uneven bar (<https://www.youtube.com/watch?v=rp4NKWb7dXk>)
- Vault (<https://www.youtube.com/watch?v=JUuFww8u0rw>)
- Rings (<https://www.youtube.com/watch?v=BXfksjMusiQ>)
- Pommel Horse (<https://www.youtube.com/watch?v=JscRgwXuAis>)
- Horizontal bar (<https://www.youtube.com/watch?v=EMVa7emA-7M>)
- Parallel bar (<https://www.youtube.com/watch?v=TUo2UmD03es>)