

Forms of gymnastics

Artistic gymnastics

Artistic gymnastics is divided into Men's and Women's Gymnastics. Each group does different **events**; Men compete on **Floor Exercise, Pommel Horse, Still Rings, Vault, Parallel Bars, and High Bar**, while women compete on **Vault, Uneven Bars, Beam, and Floor Exercise**. Though **routines** performed on each event may be short, they are physically exhausting.

Nowadays, at the international level, competitions on the various apparatus consist of two different performance categories: compulsory and optional. Each country may use compulsory and optional routines as they wish.

Women's events

Vault

In the vaulting events gymnasts: **sprint** down a 25 meter (about 82 feet) **runway**, jump onto a **beatboard**, (run/ take-off segment), **land** on the vaulting horse or vaulting table, then **spring** of this platform to a **two footed landing**. This may include one or more multiple **saltos or somersaults**, and/or twisting movements.

In 2001, the traditional vaulting horse was replaced with a new apparatus, sometimes known as a **tongue or table**.

Uneven Bars

On the uneven bars (also known as **asymmetric bars** ([UK](#)), the gymnast navigates two horizontal bars set at different heights. Gymnasts perform **swinging, circling, transitional**, and **release** moves. Gymnasts often mount the Uneven Bars using a beatboard (springboard).

Balance Beam

The gymnast performs a **choreographed routine** from 60 to 80 seconds in length consisting of **leaps, acrobatic skills, somersaults etc.** on a padded sprung beam. The event requires in particular, balance, flexibility and strength.

Floor

The floor event occurs on a carpeted 12m × 12m square. Female gymnasts perform a choreographed exercise 70 to 90 seconds long. In levels 7 and up, they can choose a music piece, which must be instrumental. The routines of a female gymnast consist of **tumbling passes, series of jumps, dance elements, acrobatic skills, and turns**.

At the compulsory levels (1-6) gymnasts are judged on a scale of 10, but as they reach the higher levels, particularly levels 9 and 10. **Compulsory levels** of gymnastics have choreographed routines, and all women competing at that level do the same routines. In **optional level competitions**, however, all routines are different and have different floor music.

Men's events

Floor Exercise

Male gymnasts also perform on a 12m. by 12m. spring floor. A series of **tumbling passes** are performed to demonstrate **flexibility, strength, and balance**. The gymnast must also show strength skills, including **circles, scales, and press handstands**. Men's floor routines usually have four passes that will total between 60–70 seconds and are performed without music, unlike the women's event.

Pommel Horse

A typical pommel horse exercise involves both **single leg** and **double leg work**. Single leg skills are generally found in the form of **scissors**, an element often done on the pommels. To make the double leg work exercise more challenging, gymnasts will often include variations – **mores, spindles, flares**. The routines is ended with a **dismount**, either by swinging his body over the horse, or landing after a handstand.

Still Rings

Still Rings is the most physically cahllanging event. The rings are suspended on wire cable off the floor, and adjusted in height. The gymnast must perform a routine demonstrating **balance, strength, power, and dynamic motion** while preventing the rings themselves from swinging. At least one **static strength move** is required.

Vault

Gymnasts sprint down a **runway**, before **hurdlng onto** a spring board. The body **position is maintained** while "**punching**" (blocking using only a shoulder movement) the vaulting platform. The gymnast then rotates to a standing position.

Parallel Bars

Men perform on two bars while performing a series of **swings, balances, and releases** that require **great strength and coordination**.

High Bar (Horizontal bar)

A 2.4cm thick steel bar 2.5m above the landing area is what the gymnast has to hold onto as he performs **giants** (revolutions around the bar), **release skills, twists** etc. Leather grips are usually used to help maintain a **grip** on the bar.

Further forms of gymnastics

- Rhythmic gymnastics
- Trampolining and Tumbling
- Display gymnastics
- Aerobic gymnastics (formally Sport Aerobics)
- Acrobatic Gymnastics (formerly Sports Acrobatics)
- TeamGym (Floor, Trampette, Tumbling)