

**GYMNASTICS STUDY GUIDE (boys)**  
(revised 07/05)

**A. HISTORICAL FACTS**

- Gymnastics as we know it begin in Sweden during the beginning of the 1800's.
- Germany and Czechoslovakia developed the event apparatus around the same time.
- Friedrich L. Jahn invented parallel and horizontal bars, the rings, the horse, and the balance beam in Germany in early 1800.
- Immigrants to the United States were responsible for the growth of gymnastics in the U.S. after the Civil War.
- Gymnastics for men were included in the 1896 Olympic Games.
- Competition for women began 40 years later.

**B. GYMNASTICS COMPETITION**

**Three segments of Competition**

- **Team**—Each of six members performs a compulsory and an optional routine on each apparatus. The five highest scores on each apparatus are added together for a team total. The team with the highest number of points wins.
- **All-around**—The best gymnasts from each team perform an optional routine on each piece of apparatus. Individual scores are totaled and the gymnast with the most points is declared the winner.
- **Individual**—The gymnasts with the highest number of points on each piece of apparatus compete again on optionals. The gymnast with the most number of points on each piece of equipment is the winner.

**Three areas considered by Judges when Scoring Gymnastics**

- **Difficulty:** The difficulty rating of the stunt being performed.
- **Composition:** The way in which the routine is put together.
- **Execution:** How the routine is performed.

**C. MEN'S AND WOMEN'S EVENTS**

**Men's (6 events)**

Floor Exercise	Pommel Horse
Horizontal Bar	Rings
Parallel Bars	
Vault	

**Women's (4 events)**

Floor Exercise
Uneven Parallel Bars
Balance Beam
Vault

***Parallel Bars***

1. The bars have a rectangular shape, with rounded ends.
2. The parallel bars are made of wood or fiberglass poles, and are parallel to each other.
3. They are 5 feet 9 inches from the ground, and 11 feet long.
4. a routine on the parallel bars should consist of a mount, handstands, swings, somersaults (flips), and a dismount.

***Horizontal Bar (high bar)***

1. It is similar to the other two bar events (uneven parallel bars for women and parallel bars for men), but consist of only one bar.
2. The horizontal bar is made of metal. It is 8 feet long and 8.5 feet from the ground.
3. A routine consists of many swings and release moves.
4. A gymnast should have a change in direction and a change of grip.

### ***Rings***

1. It consists of a set of two rings, which are 8.5 feet from the ground.
2. The rings are made out of wood with laminated cover, or fiberglass, and are suspended from long nylon or leather straps.
3. A routine is composed of swing elements, hanging elements, and handstands.

### ***Vault***

1. There is NO music and both men and women use the same vaults, except that the women vault sideways, and the men vault long ways.
2. For women, the vault is 4.5; for men, the vault is 5.5 feet high.
3. Women are permitted 78 feet to run; men are permitted 65 feet.
4. Gymnasts run and jump off a beatboard or springboard to perform.
5. In the finals for both men and women, the gymnasts are permitted two vaults, and their scores are averaged to form a final mark.
6. The gymnast must possess speed, power, agility, and total body awareness for the few seconds he/she must fly air, perform a complicated controlled skill and land with maximum control (stick it!).

### ***Pommel Horse***

1. Similar to the vault, except that the horse has two wooden handles, called pommels, on top.
2. The pommel horse is 3 feet 8 inches off the floor, and approximately 5 feet long.
3. The pommels are 5 inches upright.
4. A routine consists of many difficult strength skills linked together, and performed cleanly on the pommels.

### ***Floor Exercise***

1. Women must have music with NO words, and men may not use music.
2. The size of the floor is about 10 by 10 meters (40 by 40 feet).
3. There is a white line along the perimeter of the mat, and deductions are given if the gymnast steps out of that line.
4. Gymnasts must have a routine that consists of dance moves and tumbling runs.
5. A routine for women must be 70 to 90 seconds; for men, it must be 50 to 70 seconds