

UNIT 7

2nd ESO by Cruz Tello



SPORT OVERVIEW

- **Gymnastics** is a multidiscipline sport that involves the performance of exercises requiring strength, flexibility, balance, coordination and elegance.
- Gymnastics evolved from exercises used by the ancient Greeks that included skills for mounting and dismounting a horse, and from circus performance skills.
- **International Federation of Gymnastics (IFG)** is the governing body of competitive gymnastics. Its headquarters is in Lausanne, Switzerland. The federation draws up the rules, known as the ***Code of Points***, which regulate how a gymnast's performance is evaluated.

DISCIPLINES

Six gymnastic disciplines are governed by the IFG:

1. ***General gymnastics***
2. ***Artistic gymnastics (further classified as Men's Artistic Gymnastics – MAG and Women's Artistic Gymnastics – WAG)***
3. ***Rhythmic gymnastics (RG)***
4. ***Aerobic gymnastics (AER)***
5. ***Acrobatic gymnastics (ACRO)***
6. ***Trampolining (TRA)***

Depending on the discipline, there are three separate scores, an **execution score**, a **difficulty score** and **artistry score** (for choreography routines).

The rhythmic and artistic disciplines are best known for being part of the Summer Olympics. The discipline of trampolining is part of the Olympics since Sydney 2000.

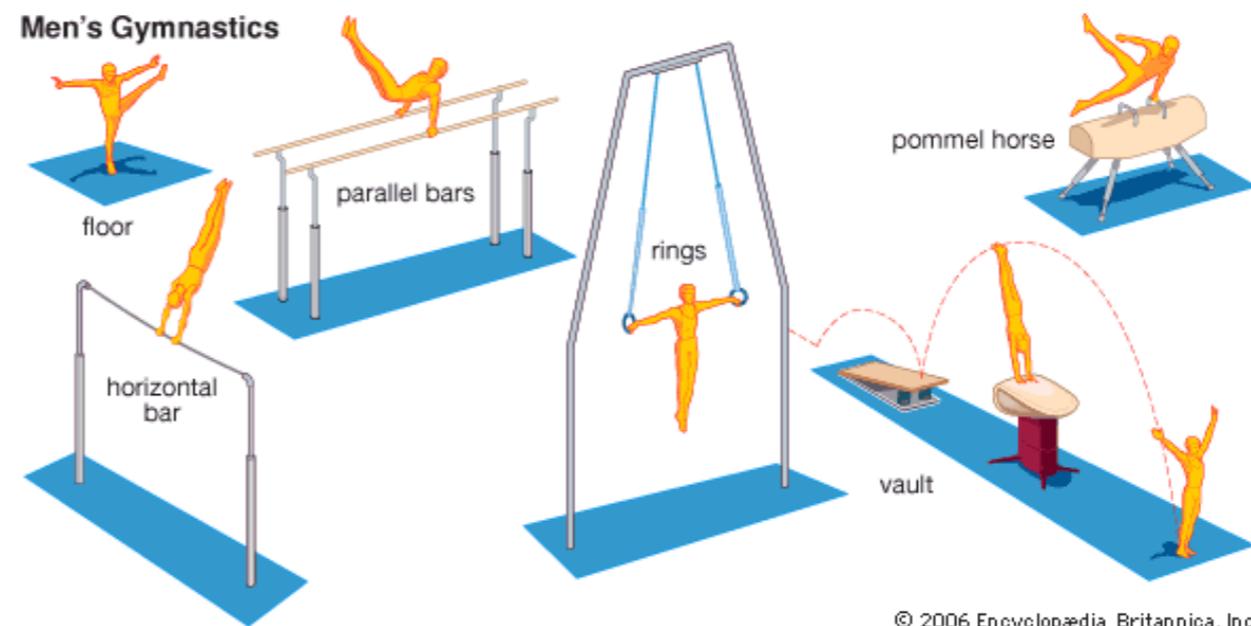
1. General gymnastics

- The general gymnastics is a discipline involved people of all age in groups from 6 to 150 gymnasts doing synchronized choreography. Groups can be single-sex or mixed.
- The general gymnastics is divided into three categories are: white, blue and red groups. The target group is the most basic category, blue is the intermediate group and red group is the most advanced. Each of these has certain rules to follow based on gymnastic elements to take.
- It is characteristic of the general gymnastics use of uniforms and accessories to characterize a subject and thus perform a gymnastic choreography linked with elements that are suitable for any age and gymnastic level. The great advantage of this discipline is handled which may include dynamic activities and exercises of artistic, rhythmic, aerobics, acrobatics, trampoline gymnastics and dance into one.

2. Artistic gymnastics

1. Men's Artistic Gymnastics:

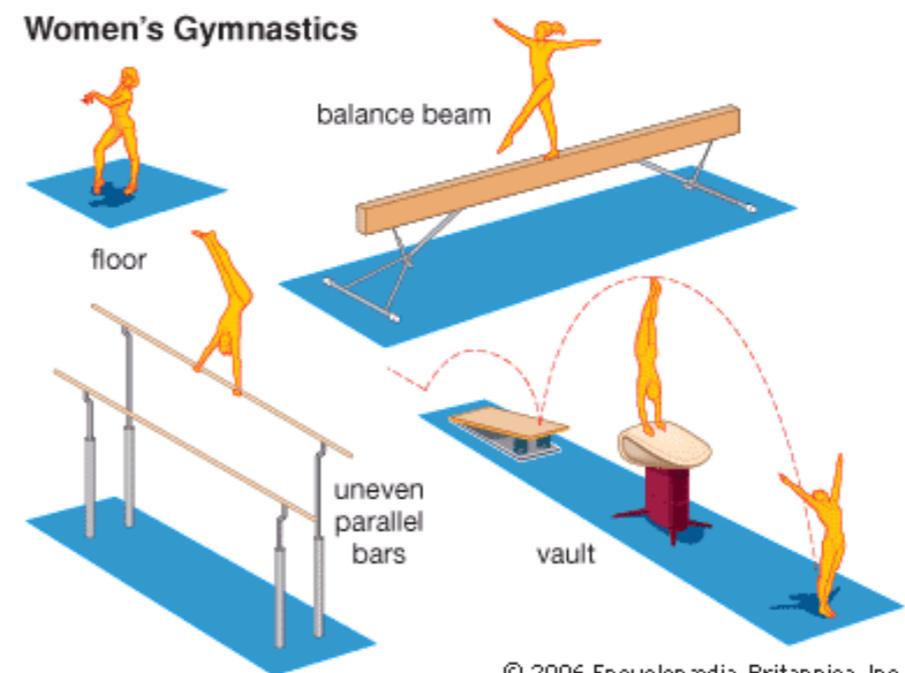
- A. Floor Exercise
- B. Pommel Horse
- C. Still Rings
- D. Vault
- E. Parallel Bars
- F. High Bar



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2. Women's Artistic Gymnastics:

- A. Vault
- B. Uneven Bars
- C. Balance Beam
- D. Floor Exercise

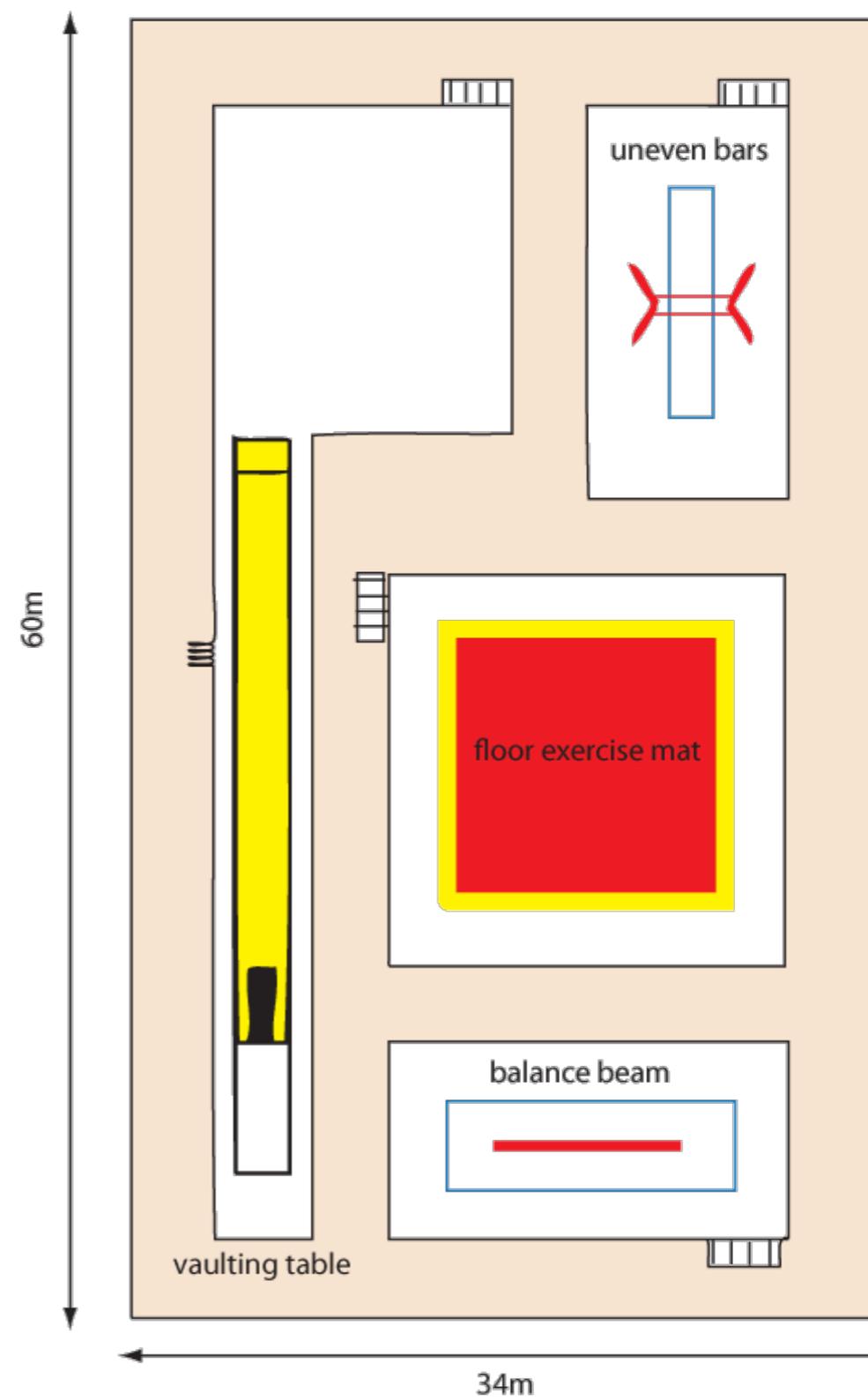
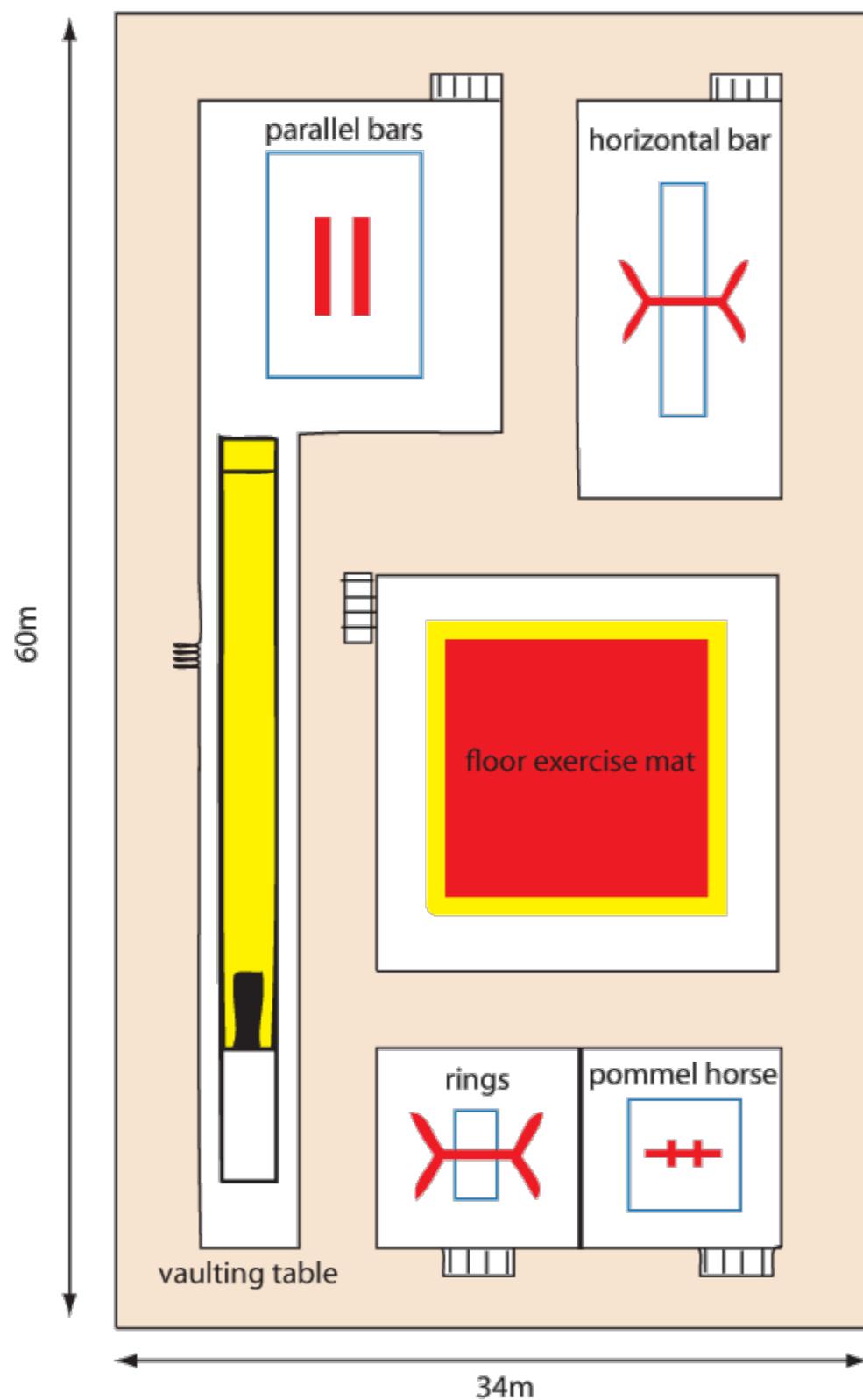


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MEN

Performance Area Artistic gymnastics

WOMEN



3. Rhythmic gymnastics

- According to IFG rules, only women compete in rhythmic gymnastics.
- This is a sport that combines elements of **ballet**, gymnastics, **dance**, and apparatus manipulation.
- The sport involves the performance of five separate routines with the use of five apparatus on a floor area, with a much greater emphasis on the aesthetic rather than the acrobatic. There are also group routines consisting of 5 gymnasts and 5 apparatuses of their choice.

- The five apparatus are:

- A. Ball
- B. Ribbon
- C. Hoop
- D. Clubs
- E. Rope



4. Aerobic gymnastics

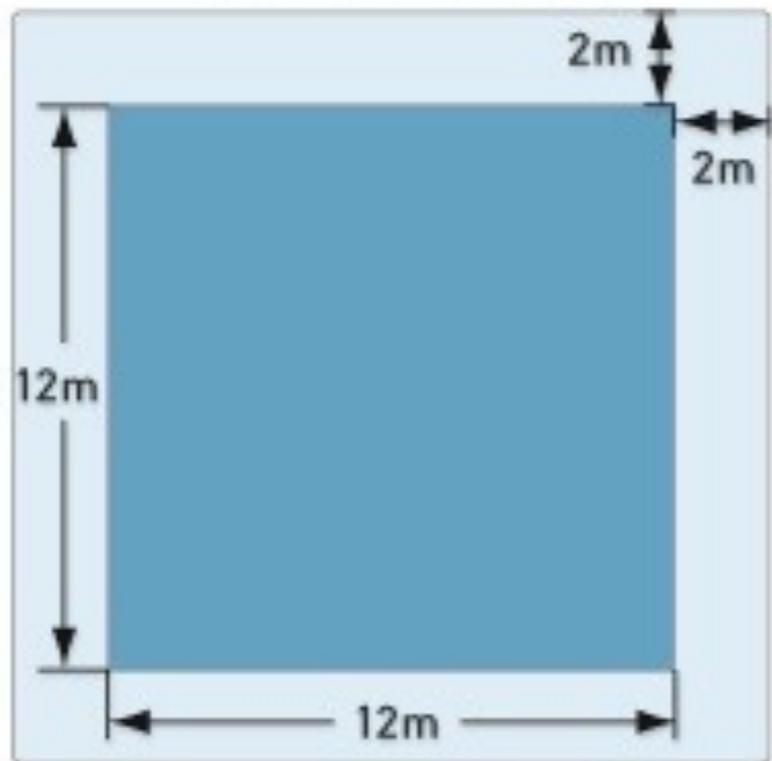
- **Aerobic gymnastics**, also called **Sports aerobics** developed from traditional aerobics exercises. *Aerobic means “with oxygen”*.
- Aerobics is a fitness program that became a competitive sport. Gymnasts - alone or in pairs, trios, or groups up to 6 people- execute routines that must show dynamic and static strength, jumping ability, flexibility and balance along with music, dance and choreography.
- Competitor profile. Gymnasts need a high level of cardiovascular capacity. Outstanding performers tend to be loose-limbed and can move quickly and elegantly in time to music. They all have superb co-ordination and suppleness.
- Rules: Accompanied by a vigorous piece of music that they have chosen themselves, gymnasts perform a continuous routine that should last exactly 1' 45". Using the entire performance area and moving rhythmically with the music, they must demonstrate compulsory elements displaying artistic beauty and originality.

5. Acrobatic gymnastics

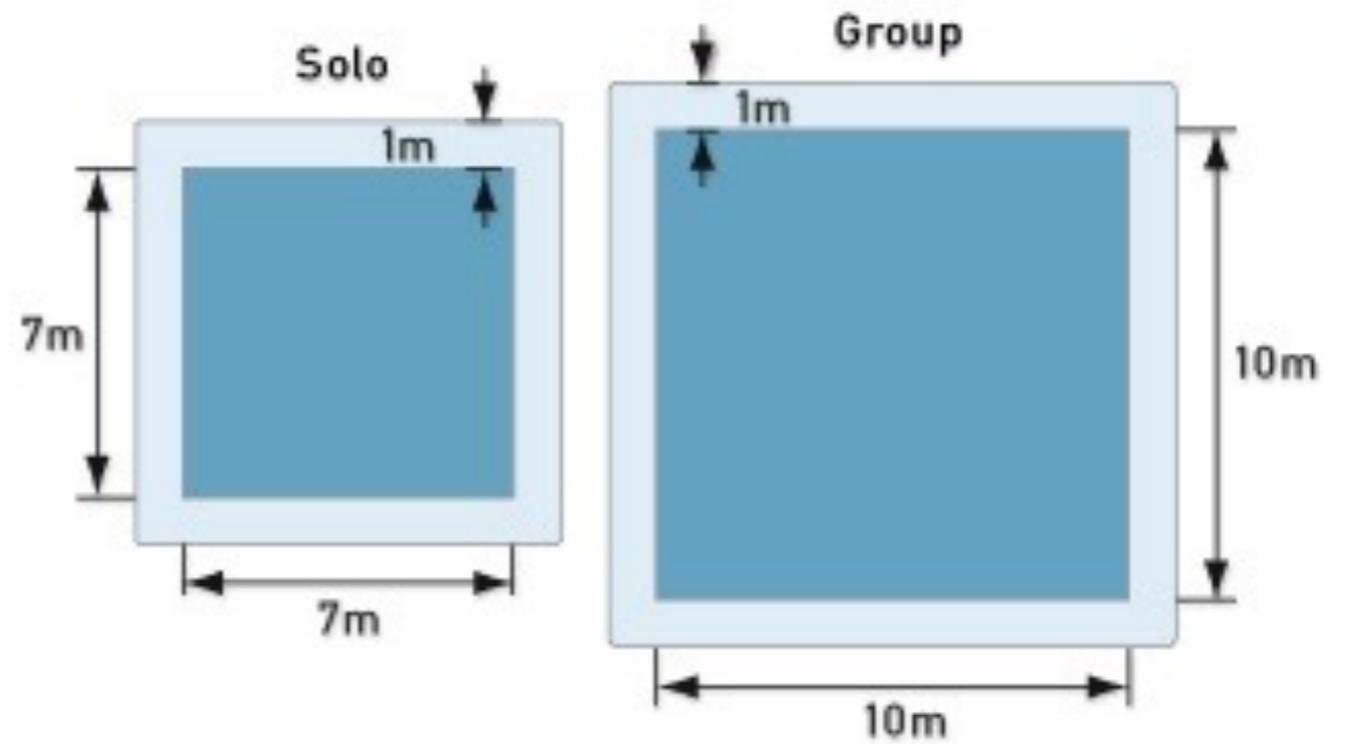
- Acrobatic gymnastics, also called Sports Acrobatics is a competitive gymnastic discipline where partnerships of gymnasts work together and perform figures consisting of acrobatic moves, dance and tumbling, set to music.
- Competitor profile. Team members usually complement each other; acrobats at the base are tall and strong, while the “flyers” who stand on or spring off them are small and supple. All acrobats have a strong sense of rhythm and so they also make good dancers. So that, the gymnasts' different sizes and abilities will be balanced to complement each other in order to carry out the complex moves. Some will mainly carry out supporting and pitching (throwing) roles, and are known as bases. They are then balanced with smaller gymnasts who become the 'tops'.
- The different partnerships seen in competition are:
 - women's pair (two females)
 - men's pair (two males)
 - mixed pair (a male base and a female top)
 - women's group (three females)
 - men's group (four males)
- Competitors perform three routines to show off different skills, each a maximum of 2' 30” long. The three types of routines are:
 - **Balance routine** where the focus is on strength, poise and flexibility. Teams adopt and hold complex poses, including human pyramids. The positions must be held for three minutes.
 - **Dynamic routine** which includes throws, somersaults and catches. This part is more energetic.
 - **Combined routine** which includes elements from both balance and dynamic in an spectacular display.

Gymnastics Floors

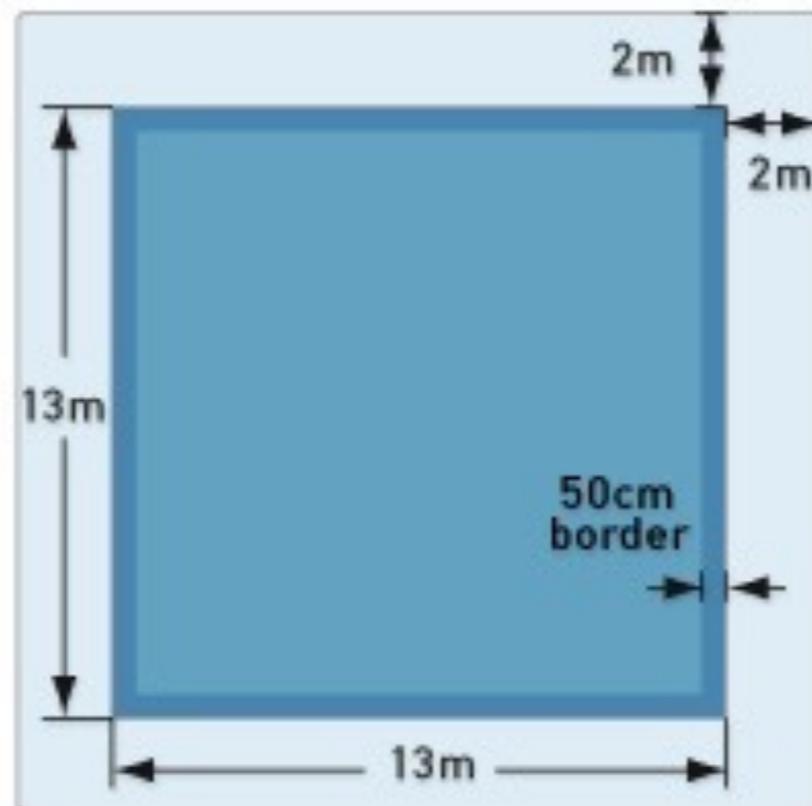
Artistic & Acrobatic Gymnastics Men's and Women's



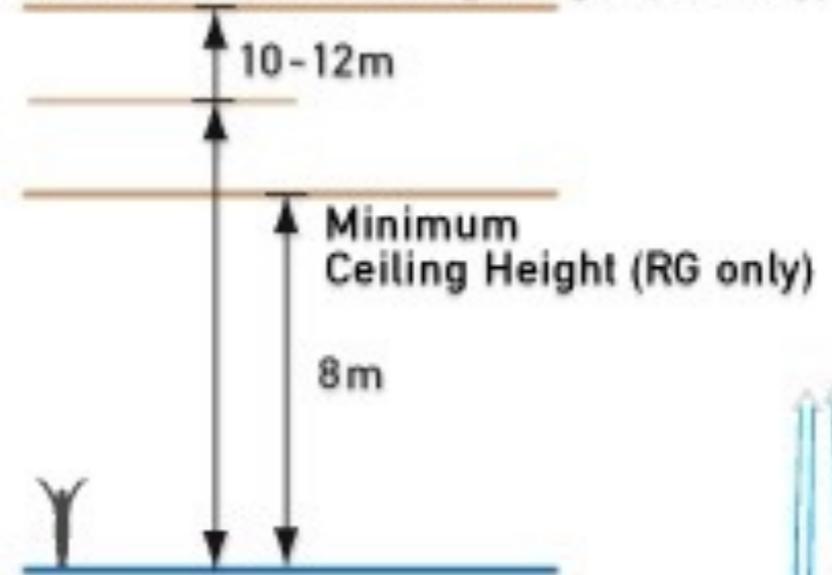
Aerobic Gymnastics



Rhythmic Gymnastics

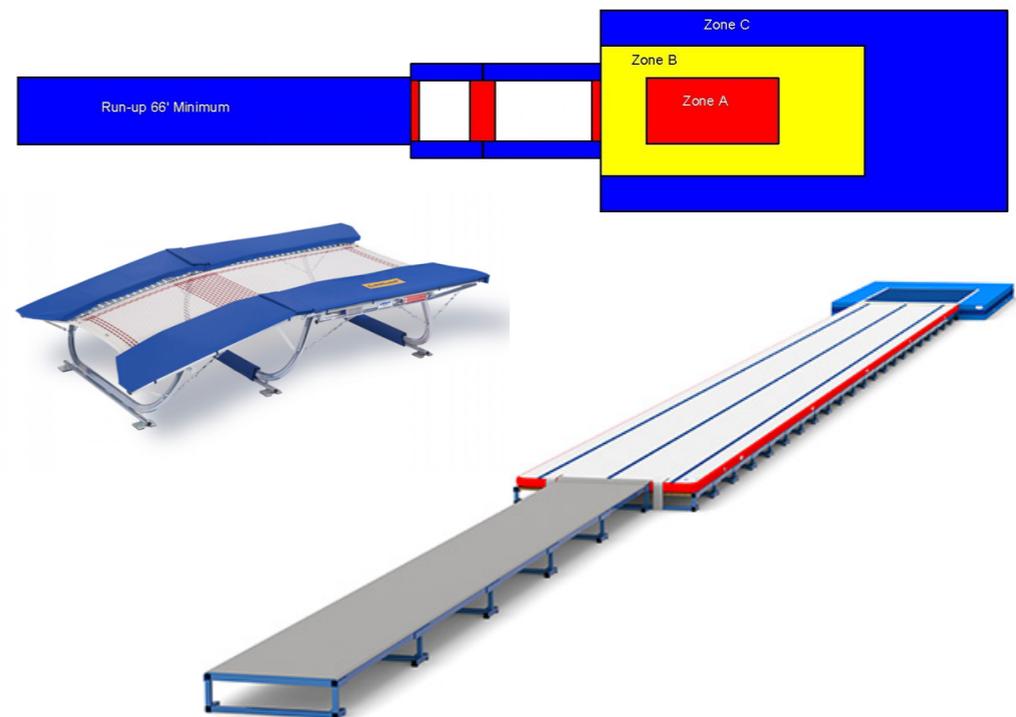
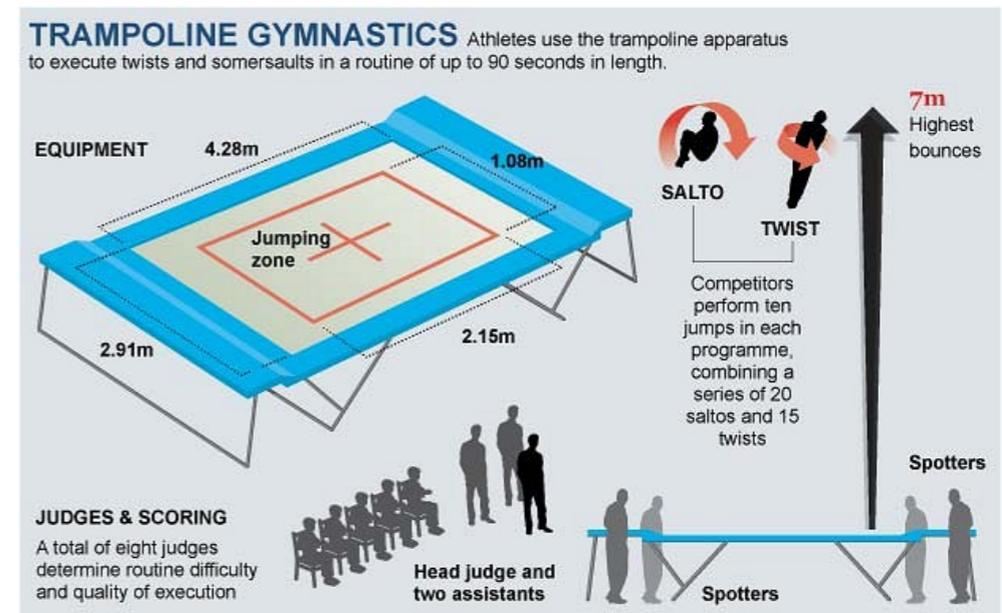


Recommended Ceiling Height (RG only)



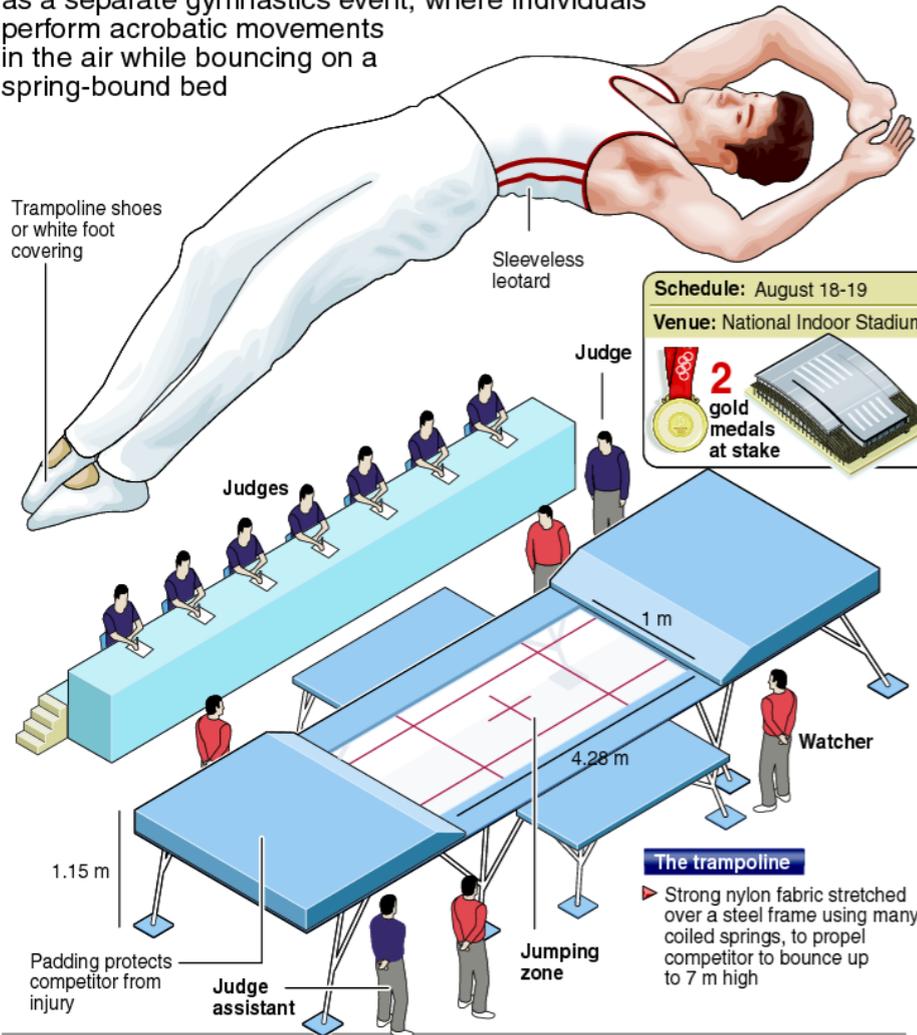
6. Trampolining

- Trampolining is a competitive Olympic sport in which gymnasts perform acrobatics while bouncing on a trampoline.
- These can include simple jumps in the pike, tuck or straight position to more complex combinations of forward or backward somersaults and twists.
- Trampolinists compete in individual and team events, including:
 - Individual Trampoline
 - Synchronized Trampoline
 - Double Mini-Trampoline
 - Tumble Track (Tumbling)
- Competitor profile. Regular and intense training keeps trampolines physically and mentally fit and enables them to develop timing, coordination, and rhythmic movements. The ability to achieve precise balance and body control while rotating through the air leads to an increase in self-confidence.



Trampoline

Trampoline debuted in the 2000 Sydney Olympics as a separate gymnastics event, where individuals perform acrobatic movements in the air while bouncing on a spring-bound bed



Schedule: August 18-19
Venue: National Indoor Stadium
2 gold medals at stake

The trampoline
 ▶ Strong nylon fabric stretched over a steel frame using many coiled springs, to propel competitor to bounce up to 7 m high

How to compete

- ▶ **Qualifying round:** 16 competitors perform 2 routines each:
 - 1 "compulsory" routine of prescribed moves in set order
 - 1 "optional" routine of moves chosen by competitor
- ▶ **Finals:** 8 competitors gaining highest scores in qualifying round, perform 1 optional routine
- ▶ **Scoring:** Judges determine level of difficulty of moves and degree of execution on a scale of 0 to 10 (with decimals)

The routine

- ▶ A single routine consists of 10 consecutive contacts with the trampoline
- ▶ 3 standard body positions
- ▶ Routines can include somersaults or twists in a variety of positions

Tuck (Group)



Knees are clamped to chest by hands

Pike (Spread)



Ankles and legs together with hands touching close to feet

Straight (Rigid)



Arms, body and legs are straight



Double Mini-Trampoline

