

# GYMNASTICS PART 2

The women's competition brings with it a stunning combination of beauty, grace and strength

**W**omen's gymnastics was thrust before the world's eyes by Olympic superstars like Nadia Comaneci, Olga Korbut, Mary Lou Retton and Larissa Latynina. The sport was restricted to men until the 1928 Antwerp Games, when the team combined exercise for women was included. Women's individual apparatus competitions were added in 1952.

## AT THE GAMES

Women will compete in artistic, rhythmic and trampoline in London. Artistic and trampoline events will be held at North Greenwich Arena, and rhythmic at Wembley Arena.

## ARTISTIC

Artistic events are performed "on" an apparatus. At the Games, 98 women will compete in 14 events on the floor, vault, uneven bars and balance beam. Medals are awarded for each, as well as all-around individual and team events.

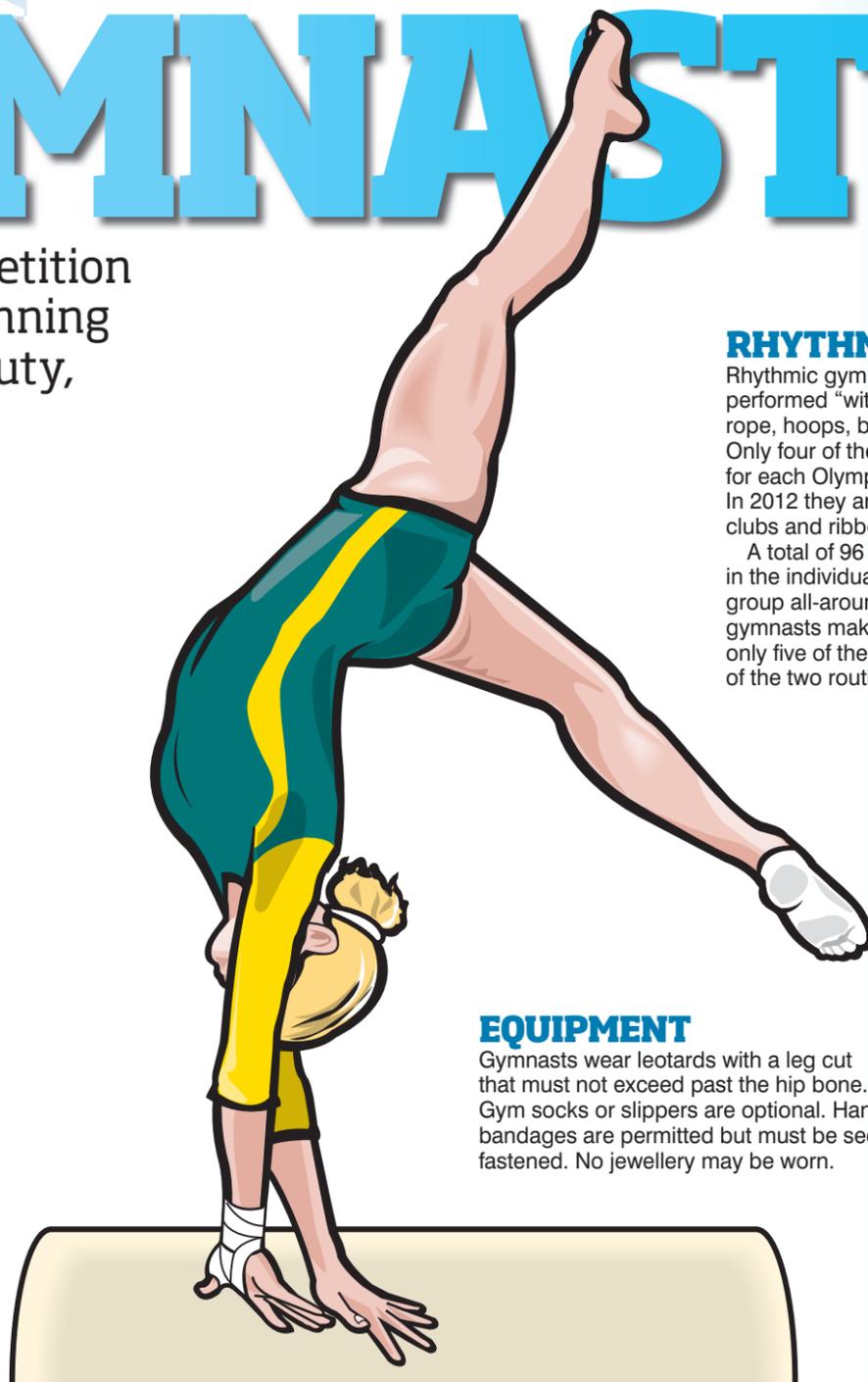
## SCORING

Using the same system as the men's artistic, the difficulty and execution of the routine are combined to create the final score. Difficulty starts at 0.0 and increases with every difficult skill performed; execution begins at 10, with the judges deducting for errors in the performance. The open-ended scoring was introduced in 2006.



### FACT FILE

Hopes are riding on Lauren Mitchell to win an 2012 Olympic artistic gymnastics medal. She became Australia's first female world champion when she won gold on the floor at the 2010 World Championships.



## RHYTHMIC

Rhythmic gymnastics are performed "with" an apparatus – rope, hoops, ball, clubs or ribbon. Only four of the five are chosen for each Olympic competition. In 2012 they are: ball, hoop, clubs and ribbon.

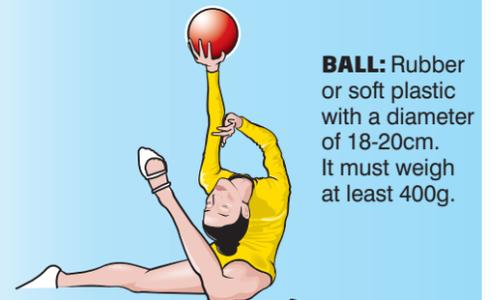
A total of 96 women will compete in the individual all-around and group all-around events (six gymnasts make up a group, but only five of them compete in each of the two routines).

During their routines – 1:15 to 1:30 minutes (individual) and 2:15 to 2:30 (team) – gymnasts must use the entire floor area. In London, 12 teams are scheduled to compete.

## SCORING

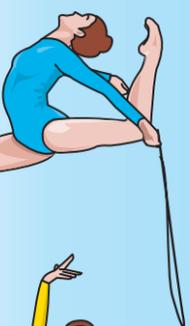
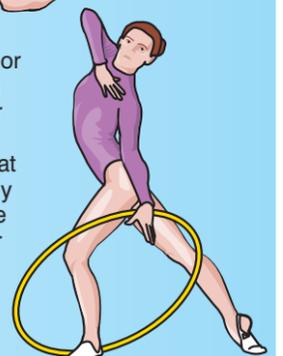
Scores are given for performances with each apparatus, but medals are based on total scores. The scoring takes into account the degree of difficulty, artistic impression and execution.

## THE APPARATUS



**BALL:** Rubber or soft plastic with a diameter of 18-20cm. It must weigh at least 400g.

**HOOP:** Wood or plastic with an inner diameter of 80 to 90cm. It must weigh at least 300g. Any vibration of the hoop in the air is penalised.



**ROPE:** Made from hemp or a similar material, it has no set length because it is relative to the height of the gymnast.



**RIBBON:** A 6m-long ribbon made from satin or a similar material is attached to a cylindrical stick 50-60cm in length. Ribbon must stay in perpetual, fluid motion throughout the routine.



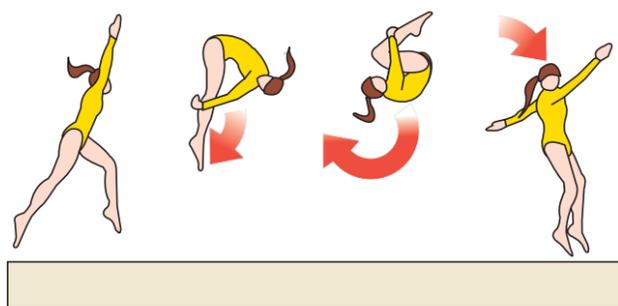
**CLUBS:** Gymnasts work with two clubs of 40-50cm resembling a slender tenpin bowling pin in shape. Made of wood or plastic, they weigh at least 150g each.

## EQUIPMENT

Gymnasts wear leotards with a leg cut that must not exceed past the hip bone. Gym socks or slippers are optional. Hand bandages are permitted but must be securely fastened. No jewellery may be worn.

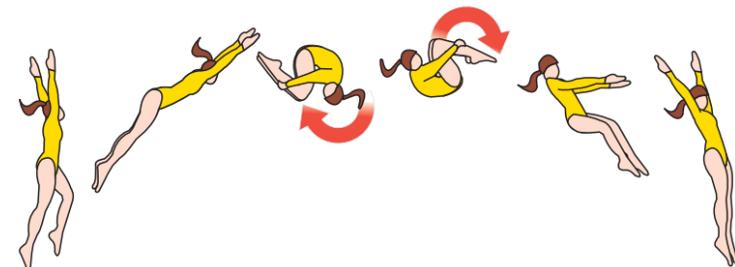
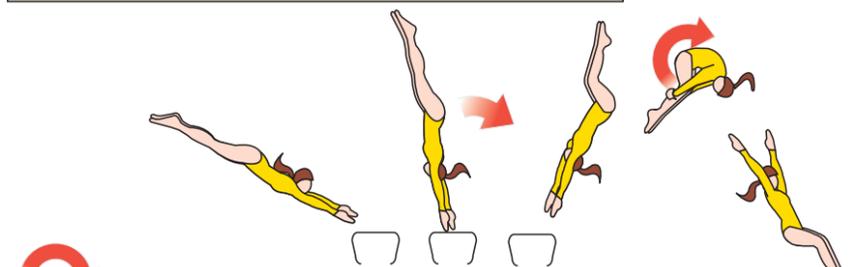
## BEAM

The beam is 5m long, 10cm wide and 1.25m above the floor. Gymnasts must cover the length of the beam during routines featuring leaps, turns, tumbling and poses which last a maximum of 90 seconds.



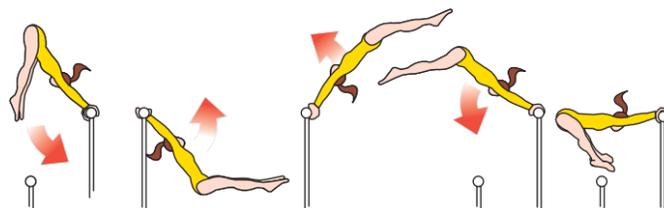
## VAULT

Gymnasts approach the 1.25m high vaulting table at great speed, bounce off the springboard and place their hands on the vault to propel into the air, performing twists and somersaults. Two vaults are allowed.



## FLOOR

Using a 12m x 12m area sprung to aid tumbling, these routines feature acrobatic, gymnastic and theatrical elements choreographed to music and must not exceed 90 seconds.



## UNEVEN BARS

The two bars rest on vertical supports at different heights – the upper bar at 2.5m and the lower 1.7m. Gymnasts perform spectacular swinging movements requiring great strength and co-ordination.