



About

Gymnastics

History of gymnastics

Gymnastics is thought to have began in ancient Greece about 2500 years ago where it was used in training to keep fit for sporting activities. In the Greek city of Athens, **gymnastic** tournaments were held, including tumbling, rope climbing, and other similar activities. Gymnastics was introduced in early Greek civilization to facilitate bodily development through a series of exercises that included running, jumping, swimming, throwing, wrestling, and weight lifting. Many basic gymnastic events were practiced in some form before the introduction by the Greeks of *gymnazein*, literally, "to exercise naked." Physical fitness was a highly valued attribute in ancient Greece, and both men and women participated in vigorous gymnastic exercises. The Romans, after conquering Greece, developed the activities into a more formal sport, and they used the gymnasiums to physically prepare their legions for warfare. With the decline of Rome, however, interest in gymnastics dwindled, with tumbling remaining as a form of entertainment.

Modern Gymnastics



In 1774, a Prussian, Johann Bernhard Basedow, included physical exercises with other forms of instruction at his school in Dessau, Saxony. With this action began the modernization of gymnastics, and also thrust the Germanic countries into the forefront in the sport. In the late 1700s, Friedrich Ludwig Jahn of Germany developed the side bar, the horizontal bar, the parallel bars, the balance beam, and jumping events. He, more than anyone else, is considered the "father of modern gymnastics." Gymnastics flourished in Germany in the 1800s, while in Sweden a more graceful form of the sport, stressing rhythmic movement, was developed by Guts Muth. The opening (1811) of Jahn's school in Berlin, to promote his version of the sport, was followed by the formation of many clubs in Europe and later in England. The sport was introduced to the United States by Dr. Dudley Allen Sargent, who taught gymnastics in several U.S. universities about the time of the Civil War, and who is credited with inventing more than 30 pieces of apparatus. Most of the growth of gymnastics in the United States centered on the activities of European immigrants, who introduced the sport in their new cities in the 1880s. Clubs were formed as Turnverein and Sokol groups, and gymnasts were often referred to as "turners." Modern gymnastics excluded some traditional events, such as weight lifting and wrestling, and emphasized form rather than personal rivalry.

Modern Competition



Men's gymnastics was on the schedule of the first modern Olympic Games in 1896, and it has been on the Olympic agenda continually since 1924. Olympic gymnastic competition for women began in 1936 with an all-around competition, and in 1952 competition for the separate events was added. In the early Olympic competitions the dominant male gymnasts were from Germany, Sweden, Italy, and Switzerland, the countries where the sport first developed. But by the 1950s, Japan, the Soviet Union, and the Eastern European countries began to produce the leading male and female gymnasts. Modern international competition has six events for men and four events for women. The men's events are the rings, parallel bars, horizontal bar, side or pommel-horse, long or vaulting horse, and floor (or free) exercise. These events emphasize upper body strength and flexibility along with acrobatics. The women's events are the vaulting horse, balance beam, uneven bars, and floor exercise, which is performed with musical accompaniment. These events combine graceful, dancelike movements with strength and acrobatic skills. In the United States, tumbling and trampoline exercises are also included in many competitions

Types of gymnastics

1. Women's Artistic Gymnastics

The events: In women's artistic gymnastics, athletes compete on four apparatus (vault, uneven bars, balance beam and floor exercise).

2. Men's Artistic Gymnastics

The events: Men compete on six apparatus: floor exercise, pommel horse, still rings, vault, parallel bars and horizontal bar (usually called high bar).

3. Rhythmic Gymnastics

he events: Athletes compete with five different types of apparatus: rope, hoop, ball, clubs, and ribbon. Floor exercise is also an event in the lower levels of competition.

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4. Trampoline

The events: A compulsory and a voluntary routine are performed in the Olympic competitions. Each consists of ten skills and is done on the same type of trampoline.

5. Tumbling

The events: All tumbling is done on the same strip. The gymnast performs two passes in each stage of the competition, with eight elements in each pass.

6. Acrobatic Gymnastics

- **The events:** Acrobatics is always performed on the same floor exercise mat.
- The events competed are men's pairs, women's pairs, mixed pairs, women's groups (three gymnasts) and men's groups (four gymnasts).

JUDGING CRITERIA FOR GYMNASTICS

Artistic gymnastics

Eight judges in total are split into two different panels - the A Panel and the B Panel, to critique an artistic gymnastic routine.

- **Difficulty Score (D)**

The A Panel judges requirements, difficulty and connections between the moves. The scores start at 0 and points are added, resulting in the gymnast's "Start Value" or "D Score". The A Panel consists of two judges.

- **Execution Score (E)**

The B Panel judges execution faults, artistry, falls and any other mistakes made. The score starts at 10 and points are deducted accordingly to form the gymnast's "E Score". The B Panel consists of six judges.

The final score is determined by adding the Difficulty Score (D Score) and the Execution Score (E Score).

The Apparatus Jury (Judges' Panels)

- For the official FIG Competitions, World Championships and Olympic Games, the Apparatus Jury will consist of a D-Panel and an E-Panel. - The D Judges are drawn and appointed by the FIG Technical Committee in accordance with the most current FIG Technical Regulations - E- Judging Panels and supplementary positions will be drawn under the authority of the TC in accordance with the current Technical Regulations or Judges' Rules that govern that competition. - R-Judges are appointed by the FIG Presidential commission. The structure of the Apparatus Jury for the various types of competitions should be as follows:

WC and OG	International Invitational
9 Judge Panel 2 D - Panel Judges 5 E - Panel Judges 2 R - Panel Judges	Minimum 6 Judge Panel 2 D - Panel Judges 4 E - Panel Judges (Recommended)

- Line and Time judges: -
2 line judges for Floor Exercise,
1 line judge for Vault,
1 time keeper for Floor Exercise,
1 time keeper Parallel Bars warm up time.

▪ Functions of the D – Panel

- a) D- Panel Judges record the entire exercise content in symbol notation, evaluate independently, without bias and then jointly determine the D score content. Discussion is allowed.
- b) b) The D-Panel enters the D- score into the computer.
- c) c) The D-score content includes: - The value of elements (difficulty value) according to the table of elements. - The connections value, based on special rules for each apparatus. - The number and the value of Element Group Requirements executed.

Function of The D1 judge:

- a) To serve as liaison between the Apparatus Jury and the Apparatus Supervisor. The Apparatus Supervisor will then consult when necessary with the Superior Jury.
- b) To coordinate the work of the Time Judges, Line Judges and Secretaries.
- c) To ensure the efficient running of the apparatus including the control of warm up time.
- d) To display the green light or other conspicuous signal to notify the gymnasts they must begin their exercise within thirty seconds.
- e) To ensure that neutral deductions for time, line, behavior faults are taken from the Final Score before being flashed.
- f) To ensure the correct penalties for a short exercise are applied.
- g) To ensure the following deductions are applied for: - Failure to present before and after the exercise. - Performance of an invalid “0” vault. - Assistance during the: Vault, Exercise and Dismounts.



Functions of the E - Panel

- a) They must observe the exercises attentively, evaluate the faults and apply the corresponding deductions correctly, independently and without consulting the other judges.
- b) They must record the deductions for: -
 - General Faults
 - Technical compositional errors
 - Positional Errors
- c) They must complete the score slip with a legible signature or enter their deductions into the computer.
- d) They must be able to provide a personal written record of their evaluation of all exercises.

Short exercise

- For exercise presentation, the gymnast may earn a maximum E- Score of 10.00 points. The D -Panel will take the appropriate neutral deduction (penalty) for a short exercise from the Final Score.

7 or more elements - 0.0 points

5 - 6 elements - 4.0 points

3 - 4 elements - 6.0 points

1 to 2 elements - 8.0 points

No elements - 10.0 points