



Gymnastics

Ariake Gymnastics Centre



Artistic Gymnastics (men)

Six disciplines on five apparatus and floor

Pommel Horse
Pendulum-like swings

Vault
Springboard after 25m run-up

Parallel Bars
Swings, holds, flights

High Bar
Continuous swings, turns, grip changes

Rings
Strength, support, balance

Twists and somersaults

12m

Artistic Gymnastics (women)

Four disciplines on three apparatus and floor

Vault

Balance Beam
Acrobatics, dance, leaps, turns

Uneven Bars

Acrobatic and dance moves set to music

1.2m high

10cm wide

2.4m high

Swings and transitions between bars

Entire length of beam used

Rhythmic Gymnastics (women)

Margarita Mamun (RUS), performs her gold medal-winning routine in Rio

Individual gymnasts perform four times, using each piece of apparatus

Hoop:
Thrown, caught, spun around body and rolled along floor

Other apparatus include **ball**, **clubs** and **ribbon**

Trampoline Gymnastics

Can bounce **10m high**

Jumping zone
Athlete must perform routine within boundary **2.15m x 1.08m**