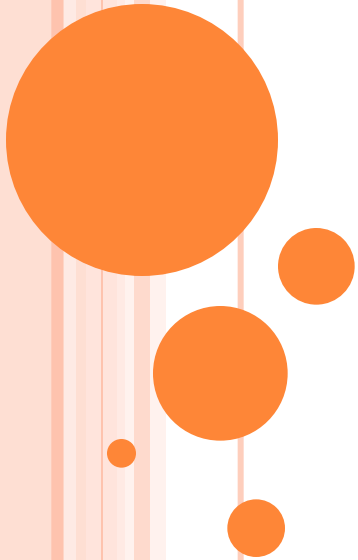


SPORTS

GYMNASTICS



Athletic gymnastics is a sport that includes competitions on gymnastic equipment, in floor exercises and in support jumps. In the modern program of gymnastics all-around: for women - on bars of different heights, a beam, in support jumps, floor exercises; for men-in floor exercises, support jumps, on a horse, rings, parallel bars and a crossbar.



A log is one of the projectiles in gymnastics, a horizontal bar 5 meters long and 10 centimeters wide, placed at a height of 125 centimeters. The shell is covered with leather or suede.



A crossbar or horizontal bar is one of the projectiles in gymnastics. Crossbar exercises are included in the program of men's competitions. Crossbar-a bar made of steel, fixed on vertical posts and fixed with steel tripwires.



Rings — one of the shells in gymnastics. Ring exercises are included in the program of men's competitions. Rings — a mobile projectile, which is two rings of non-deformable material, suspended at a height on special cables.



Uneven bars — sports equipment used in women's gymnastics. Men use the parallel bars.



The horse is one of the projectiles in gymnastics. Horse exercises are included in the program of men's competitions, in addition, the horse can be used as a projectile for a support jump.



When performing a reference jump, the athlete runs along the track, then pushes off with the help of a special inclined spring bridge and makes a jump, during which he must make an additional repulsion from the projectile. During the jump, the athlete performs additional acrobatic elements in the air. The performance is evaluated by the complexity of the completed elements, their purity, and the absence of errors. Special attention is paid to the quality of landing.



Floor exercises are held on a "carpet" - a square platform. Women's floor exercises are the only type of gymnastics program that is performed to music. In women's competitions, judges take into account the level of choreographic training.



Darya Sukhinina

