

Artistic Gymnastics is a discipline in which competitive gymnasts perform short routines (ranging from approximately 30 to 90 [seconds](#)) on different apparatus, with less time for vaulting. Artistic gymnastics has become a popular [spectator sports](#) at the [Summer Olympic Games](#).

Women's events

Uneven bars -gymnasts perform swinging, circling, transitional, and release moves, as well as moves that pass through the handstand.

Balance beam - the gymnast performs a choreographed routine from 70 to 90 seconds in length consisting of leaps, acrobatic skills, turns and dance elements on a padded sprung beam.

Floor exercise -the floor event occurs on a carpeted 12m × 12m square. Female gymnasts perform a choreographed exercise 70 to 90 seconds long with music. The music is instrumental and cannot include vocals. The routines consist of tumbling passes, series of jumps, dance elements, acrobatic skills, and turns.

The vault - an event shared by both men and women, with little difference between the two categories. Gymnasts sprint down a runway before hurdling onto a spring board. The gymnast then rotates to a standing position. In advanced gymnastics, multiple twists and somersaults may be added before landing.

Men's events

Floor exercise

Male gymnasts also perform on a 12m by 12m square. A series of tumbling passes are performed to demonstrate flexibility, strength, and balance. The gymnast must also show strength skills, including circles, scales, and press handstands. Men's floor routines usually have four passes that will total between 60–70 seconds and are performed without music, unlike the women's event. Rules require that gymnasts touch each corner of the floor at least once during their routine.

Pommel horse

A typical pommel horse exercise involves both single leg and double leg work. Single leg skills are generally found in the form of scissors, an element often done on the pommels. Double leg work however, is the main staple of this event. The gymnast swings both legs in a circular motion (clockwise or counterclockwise depending on preference) and performs such skills on all parts of the apparatus

Still rings

Still Rings is arguably the most physically demanding event. Gymnasts perform a routine demonstrating balance, strength, power, and dynamic. A routine must begin with an impressive *mount*, and must conclude with an equally impressive *dismount*.

Parallel bars

Men perform on two bars slightly further than a shoulder's width apart and usually 1.75m high while executing a series of swings, balances, and releases that require great strength and coordination.

High bar

A 2.4cm thick steel bar raised 2.5m above the landing area is all the gymnast has to hold onto as he performs *giants* (revolutions around the bar), release skills, twists, and changes of direction. By using all of the momentum from giants and then releasing at the proper point, enough height can be achieved for spectacular dismounts, such as a triple-back salto.

The vault – see women.

Rhythmic gymnastics is a sport in which single competitors or pairs, trios or even more (generally five) manipulate one or two apparatuses: Rope, Hoop, Ball, Clubs and Ribbon. Rhythmic Gymnastics is a sport that combines elements of ballet, gymnastics, theatrical dance, and apparatus manipulation.

ROPE

The fundamental requirements of a rope routine include leaps and skipping. Other elements include swings, throws, circles, rotations and figures of eight.

HOOP

Fundamental requirements of a hoop routine include rotation around the hand or body and rolling, as well as swings, circles, throws, and passes through and over the hoop.

BALL

Fundamental elements of a ball routine include throwing, bouncing or rolling. The gymnast must use both hands and work on the whole floor area whilst showing continuous flowing movement.

CLUBS

Fundamental elements of a clubs routine include mills and small circles, asymmetric movements, throwing and catching. The gymnast must show use of the clubs in both hands and in one hand.

RIBBON

Compulsory elements for the ribbon include flicks, circles, snakes and spirals, and throws. It requires a high degree of co-ordination to form the spirals and circles as any knots which may accidentally form in the ribbon are penalised and any elements done while there is still a knot in the ribbon acquire additional deductions. During a ribbon routine, large, smooth and flowing movements are looked for.