Supply the right name of an apparatus to each paragraph:

\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_

Compulsory elements for the routine 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 are penalised and any elements done while there is still a knot in the apparatus acquire additional deductions. During this routine, large, smooth and flowing movements are looked for.