

GYMNASTICS STUDY GUIDE

1. What is the highest individual score a person can get in men's & women's SINGLE event? **10.00 (ten point 0)**
2. How many events do men compete on? **6**
3. Should be able to name 4 of the 6 events that men compete on.
Floor, parallel bars, vault, rings, high bar, horse
4. What is the men's highest total all-around score possible?
60.00 (sixty point 0)
5. How many events do women compete on? **4**
6. Should be able to name 3 of the 4 events that women compete on.
Floor, uneven bars, vault, balance beam
7. What is the highest total woman's all-around score?
40.00 (forty point 0)
8. On all bar events, men & women both wear padding on their hands called
Grips.
9. Who helps a gymnast when they need assistance or are there next to them for safety? **Spotter**
10. What is a combination of stunts in a series called? **Routine**
11. Group building at different levels is called what? **Pyramids**