

## Men's Artistic Gymnastics (MAG)

### Aparatus involved in MAG:



**VAULT ...like lightning.** Vaulting shows off the gymnast's athletic qualities, as the movement is performed after a run up of about 20 metres. The gymnast must put both hands on the horse. As far as marking is concerned, the judges will evaluate the complexity of the movement, the position of the body, and the landing, which must be perfect.



**PARRALEL BARS...a continuous movement.** The gymnast mainly performs movements of swinging and flight, with changes of direction, swinging with precision, over and under the two rails, as well as laterally. Strength parts may be used.



**THE FLOOR ...the acrobats of floor space.** It is an exercise in pure acrobatics, alternating tumbling and acrobatic series showing off the calm attitudes of the gymnasts who, while endeavouring to reach maximum height, will also never forget to include the artistic side of their routine.



**POMMEL HORSE...round and round.** The exercises performed on this apparatus are characterised by circular movements of the body "circles" of both legs together with backwards and forwards "scissors" and alternate movements of the legs which must be carried out without a break, steadily with control and skill. The gymnast must carry out these exercises using all three areas of the horse, moving with rhythm as he changes from one side of the horse to the other.



**HORIZONTAL BAR...variations around a bar.** This very spectacular apparatus, spectacular because of the movements of literally taking off, and releasing the bar, is for the public, the most eye-catching apparatus. The routine is essentially based on swinging parts without stops, and includes forward swings and backward swings, combined with swings where the body is fully extended, with changes of grip as well as at least one move where the gymnast releases and regrips the bar. This dismount from the bar allows the gymnast to show his acrobatic talents.



**RINGS...the straight rope.** Elements of strength, support and swing are the characteristics of this mobile apparatus, where any movement of the rings incurs a penalty. During his performance, the gymnast must demonstrate all his control, power and balance, by presenting a routine composed of swings, holds, force and forward and backward elements. The exercise ends with the gymnast showing acrobatic skills.