

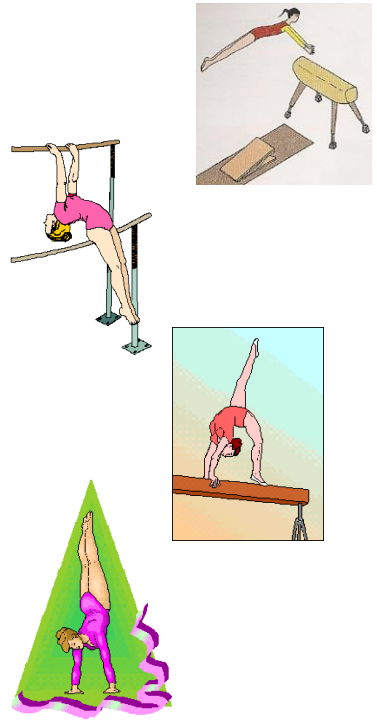
Female gymnasts compete in four events:

Vault: The gymnast runs down a runway, jumps onto a springboard, and is propelled over a vaulting horse.

Uneven Bars: The gymnast performs swings, release moves, pirouettes and a dismount using two horizontal bars set at different heights.

Balance Beam: The gymnast completes a choreographed routine with a mount, leaps, jumps, flips, turns and a dismount on a padded, wooden beam approximately 4 feet high.

Floor Exercise: The gymnast performs a choreographed routine to music of her choice. The routine usually consists of 4 or 5 tumbling passes, as well as leaps, jumps and dance moves, and cannot be longer than 90 seconds.



Gymnastic abilities in PE

<p>Forward roll</p>			
<p>Backward roll</p>			
<p>Handstand</p>		<p>Headstand</p>	
<p>Vaulting horse jump</p>			