**Gymnastics Study Guide**

Balance: holding for at least 3 seconds

Strength: Using own body to hold yourself

Roll: forward, backward, diving- hands to back to feet

Jump: feet leave floor

Spin: body rotates in air

There are four events in female gymnastics. There are six in male gymnastics. Girls have vault, uneven parallel bars, balance beam, and floor exercise. Males have pommel horse and rings in addition.

At the beginning and end of a routine, athlete must solute.