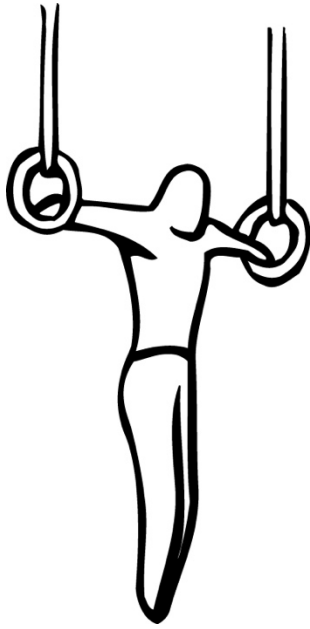


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Rings in Gymnastics: Defying Gravity with Strength and Control

Gymnastics rings, also known as the "still rings," are a mesmerizing apparatus in the world of gymnastics. This event showcases the incredible strength, control, and balance of gymnasts as they perform gravity-defying feats high above the ground. In this reading passage, we will soar into the realm of gymnastics rings, exploring the techniques, skills, and dedication required to master this awe-inspiring discipline.

The Gymnastics Rings Apparatus

The gymnastics rings consist of two circular rings suspended from the ceiling by straps. These rings are typically made of wood or other sturdy materials. The height at which the rings hang is adjustable, allowing gymnasts to customize them to their height and preference.

Techniques and Skills

- **Grips:** Gymnasts use specialized grips to hold onto the rings securely. These grips protect their hands and provide a better hold during maneuvers.
- **Strength Elements:** Rings routines feature a series of strength elements that showcase the gymnast's upper body strength. These elements include the iron cross, maltese, and planche, where the gymnast supports their body weight in various positions.
- **Swings and Swinging Elements:** Swinging elements are another essential component of rings routines. Gymnasts perform swings and swinging elements to build momentum and transition between different strength holds.
- **Dismounts:** Every rings routine concludes with a dismount, where the gymnast executes a dynamic skill to land safely on the mat.

Rings Routines

Gymnasts choreograph their rings routines to include a combination of strength elements, swings, and dismounts. Each routine is a unique blend of skills, showcasing the gymnast's individual style and strengths.

Scoring on the Rings

Scoring on the rings, like other gymnastics events, is based on Difficulty and Execution. The Difficulty score reflects the complexity of the routine, considering the variety and difficulty of skills performed. The Execution score evaluates how well the routine is executed, focusing on form, precision, and landings.