

Name _____

Rings in Gymnastics: Defying Gravity with Strength and Control

Multiple Choice Questions

1. What are the gymnastics rings made of?
 - a. Metal
 - b. Rubber
 - c. Wood
 - d. Plastic

2. Why do gymnasts use specialized grips on the rings?
 - a. To protect their feet
 - b. To improve their balance
 - c. To protect their hands and enhance grip
 - d. To reduce the width of the rings

3. Which of the following is NOT a key technique used in rings routines?
 - a. Strength elements
 - b. Swings and swinging elements
 - c. Jumps and leaps
 - d. Dismounts

4. What is the primary purpose of performing swings and swinging elements on the rings?
 - a. To entertain the audience
 - b. To test the gymnast's flexibility
 - c. To build momentum and transition between holds
 - d. To practice balance

5. How are scores determined in rings routines?
 - a. Only based on Execution
 - b. Only based on Difficulty
 - c. Based on Difficulty and Execution
 - d. Based on artistic expression

