

Name _____

Rings in Gymnastics: Defying Gravity with Strength and Control

Short Answer Key

1. The gymnastics rings consist of two circular rings suspended from the ceiling by straps, typically made of wood. Specialized grips are used for hand protection and grip enhancement.
2. Specialized grips in gymnastics protect the hands from blisters and provide a better hold on the rings, essential for control during maneuvers.
3. Key strength elements on the rings include the iron cross, maltese, and planche. Gymnasts execute these elements by supporting their body weight in challenging positions.
4. Gymnasts incorporate artistic expression into their rings routines through choreography, body language, and graceful movements, adding a personal touch to their performances.
5. Deductions are applied for errors such as form errors, missed holds, incomplete rotations, steps on landings, and falls.

