

The Importance of “Swallow” on structuring and valuing rings exercises of Men’s Artistic Gymnastics

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Abstract

Background and aims. “Swallow” is a very important element for the rings routines in Men’s Artistic Gymnastics. This study aimed to verify the contribution of “Swallow” as structural framework and also to enhance value in the rings routines.

Methods. The rings routines of 212 male gymnasts from the World Championships at Stuttgart in 2007 were observed. The exercises evaluation was made through the IRCOS images, with the support of Rings Supervisor Judge from the competition analyzed. For data analysis, we resorted to the Correlation of Pearson and Descriptive Statistics (study of frequencies and crosstabs).

Results. As main results, we found that: most gymnasts who make “Swallow”, choose to do two variants of the element; the start value note of exercises seems to increase according to the number of variants elements executed, having implications on the final score and thus on gymnasts classification; the “Swallow” elements were majority performed in the first five elements of the exercise, the summits teams have a larger number of gymnasts performing two “Swallow” elements on their exercises; most of the gymnasts on Competition III showed two “Swallow” elements.

Conclusions. “Swallow” is an advantageous alternative for the value and structuring of Rings exercise, mainly by having the widest range in variants of high value of difficulty, for the compliance with the requirement groups and for the ability of connection value awarded with other elements of strength directly connected.

Keywords: men’s artistic gymnastics, code of points, rings, “swallow”, gymnastic routines.