

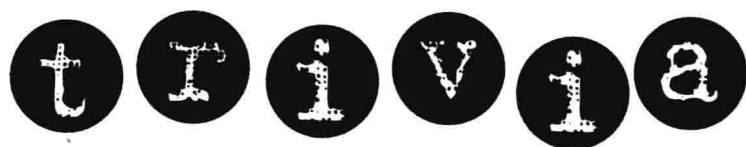
The background of the cover is a solid light green. It features several faint, light green silhouettes of gymnasts in various poses: one in a handstand at the top left, one in a split leap at the top right, one in a pike position in the center, and one in a backflip at the bottom left.

WOMEN'S GYMNASTICS

t r i v i a

Cristy Tsui

WOMEN'S GYMNASTICS



by

Cristy Tsui

Women's Gymnastics Trivia
By Cristy Tsui

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The staff at USA Gymnastics.

DEDICATION

To Josh for being very supportive, understanding, and an inspiration.

To my mom and dad, Jorge and Francisca, for allowing me to attend Karolyi's summer camp.

To Geli, Chico, and Gabi for putting up with "all the noise" when I trained in "my gym" (the different rooms in the house).

To Ms. Tourville, my ballet instructor, for being a terrific role model and a real inspiration.

To Ms. Tropper for helping me advance in my gymnastics.

To all my teammates who helped and encouraged me during my workout sessions.

To all the outstanding gymnasts at national, world, and Olympic level who inspired me through the years.

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INTRODUCTION

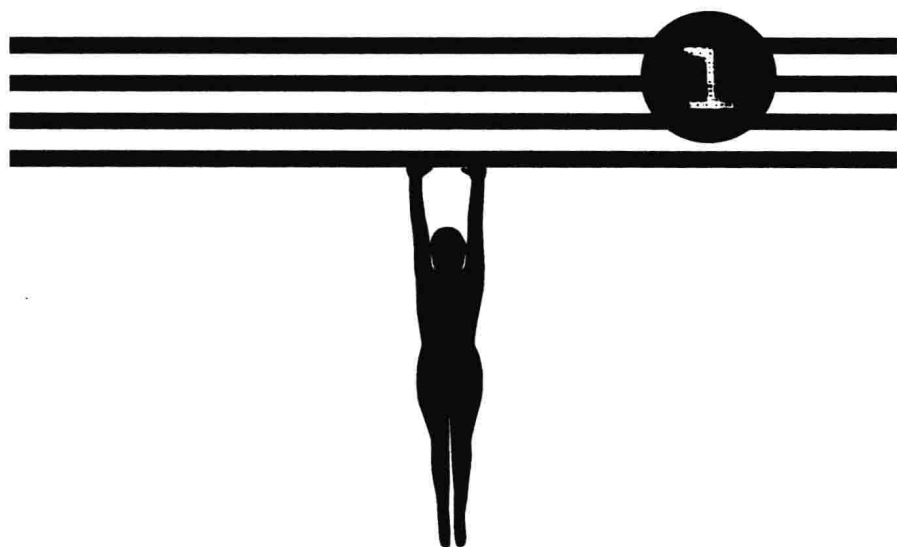
I decided to write this book after walking into several bookstores and seeing that there were very few if any gymnastics books. I would see the golf books and then the hunting books-no gymnastics.

I am a graphic and web designer by trade, but truly have a passion for gymnastics. I started by teaching myself a good portion of skills from age eight to sixteen. It wasn't until Mrs. Tropper, who had been a gymnast, took me in at the park district she coached that I advanced and finally learned more skills.

To every person who loves the sport of gymnastics, I hope you enjoy this book.

Cristy Tsui

TECHNICALLY SPEAKING



TECHNICALLY SPEAKING

Q1:

The gymnastics rule book and scoring system, known as “the code of points”, is always being revised and updated. What did the “new life” rule mean during the all-around competition at the ‘92 Games?

Q2:

Why was the Hristakieva vault discontinued in 1997?

Q3:

A back handspring to a full twisting somersault on the balance beam is one of the most difficult skills being performed on the beam. Not many gymnasts perform it because it is so difficult. Which American Olympic gymnast performed this back in 1982?

Q4:

Gymnastics has been popular in China for many years. However, they are not known for being strong on all the events. What are their strongest events?

Q5:

What is the name of the high release move Dominique Dawes performed on the uneven bars at the 1996 and 2000 Olympics?

Q6:

Who created the first *Code of Points*?

Q7:

Why has it become more difficult for gymnasts to score perfect 10s?

Q8:

What unique middle tumbling pass did 1988 Olympic all-around Champion Elena Shoushounova perform?

TECHNICALLY SPEAKING

A1:

It had been the first time in Olympic competition that the gymnasts began the all-around competition with a score of 0. The all-around total was derived from their scores on all four pieces of apparatus, which were then added up. Before 1992 the scores during the team compulsory and optionals were carried over to the all-around score.

A2:

The vault's value was lowered so much in the Code of Points in 1997 that they decided to not use it any more.

A3:

Pam Bileck.

A4:

The Chinese women gymnasts are known for their technical expertise and flexibility on the balance beam and the uneven parallel bars.

A5:

The Hindorff is the high release move that Dawes performed on the uneven bars.

A6:

Arthur Gander wrote the first *Code of Points*. He passed away in 1981.

A7:

Not all of the routines are worth a 10. Routines are given different values depending on the elements and difficulty. For example if a vault is only worth a 9.8 then a gymnast can only get a perfect 9.8.

A8:

A 1 3/4 side Arabian.

TECHNICALLY SPEAKING

Q9:

Although the Olympic Games features 12 teams that qualified to the Olympics, how many advance to the team competition?

Q10:

In the *Code of Points*, which gymnast has the most skills named after her?

Q11:

Dagmar Kersten of Germany was given a 10 for her performance on the uneven bars during the event finals at the Seoul 1988 Olympics. What was unique about her 10?

Q12:

Which Chinese gymnast performed the Gaylord release move on the uneven bars from an inverted giant swing at the 1996 Olympics?

Q13:

Shannon Miller (USA), Dominique Dawes (USA), and Tatiana Gutsu (EUN) performed a full-in dismount off the end of the balance beam at the '92 Games. What made each of them different?

Q14:

Tatiana Gutsu performed a double layout in her floor exercise routine at the 1992 European Championships and the 1992 Olympics. But what was special about it?

Q15:

Olga Korbut was famous for many innovative moves. The back somersault on the balance beam was named after her in the *Code of Points*. However, America's Nancy Thies was actually the first one to perform it at the 1972 Olympics. Who helped Thies be included in the *Code* along with Korbut for this skill?

TECHNICALLY SPEAKING

A9:

Only the top six teams from the first qualifying round advance to the team finals at the Olympics.

A10:

Svetlana Khorkina (RUS) has six skills named after her in the *Code of Points*. This is more than any female or male gymnast in the world.

A11:

It was an “Imperfect 10” because she took a small hop on her dismount.

A12:

Bi Wenjing performed the Gaylord release move on the uneven bars from an inverted giant swing at the 1996 Olympics.

A13:

Shannon Miller performed the full-in after a round-off. Tatiana Gutsu performed the full-in after three back handsprings and Dominique Dawes performed the full-in after two back handsprings.

A14:

She performed a split leg layout on the first layout and a regular layout on the second.

A15:

Jackie Fie.