



FAQs

1. Which part of the body is benefitted in the sports of gymnastics?
Ans: All parts of the body are benefitted in the sport of gymnastics.
2. Which components of physical fitness are promoted in gymnastics?
Ans: Gymnastics promotes strength, agility, flexibility, co-ordination, kinaesthetic sense and balance.
3. Mention some personal equipments of a gymnast?
Ans: Leotard, shoe, hair clips, hand guard are the personal equipments of a gymnast.
4. What the guidelines for standard meet operation?
Ans: Guidelines for Standard Meet Operation
 - 2 Teams, 2 or 4 Judges
 - 3 Teams, 2 Judges
 - 3 Teams, 3 Judges
 - 3 Teams, 4 Judges
 - 4 Teams, 3 Judges
 - 4 Teams, 4 Judges
5. What are the important duties of a chief judge?
Ans:
 1. Prepares judges at meeting prior to competition.
 2. Check apparatus: mats, working materials, signals & devices.
 3. Instruct Judging Assistants
6. How many types of assistants are there in gymnastics?
Ans: Types of Assistants are
 - a) Line judge
 - b) Timers
7. Who must be designated for each meet?
Ans: Meet referee must be designated for each meet of gymnastics.
8. Write any one objective of gymnastics?
Ans: Perform a transfer of support within the context of a routine.
9. Who sends written notification to the chief judge?
Ans: Assistant will send the written notification which will be given to the chief judge.