Evolution of body position in uneven bars routines - influence of "in bar" elements

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As a consequence of changes on apparatus structure and Code of Points, gymnasts are using more and more the straigth body position in Uneven Bars routines. Purpose of the present study was to analyse the influence of "in bar" elements on body position during Uneven Bars routines. Observational methodology was used to construct and validate two observation categories comprising eleven variables considered as indicators of the external load in uneven bars. 83 world championships and Olympic Games finals uneven bars routines were analysed between 1989 and 2004. As main results we observed significant increases in the execution of "in bar" elements, with and without longitudinal rotations, as well as in respective difficulty. Straight body position elements increased from 6.45 to 9.71 up to 2001 and decreased to 7.88 by 2004.Close body position elements ranged from 8.15 to 8.21 till 2001 and increased to 10.94 by 2004. We may conclude that compulsory use of "in bar" elements and their execution beyond Code requirements contradicted the trends for a bigger use of straight body position.

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