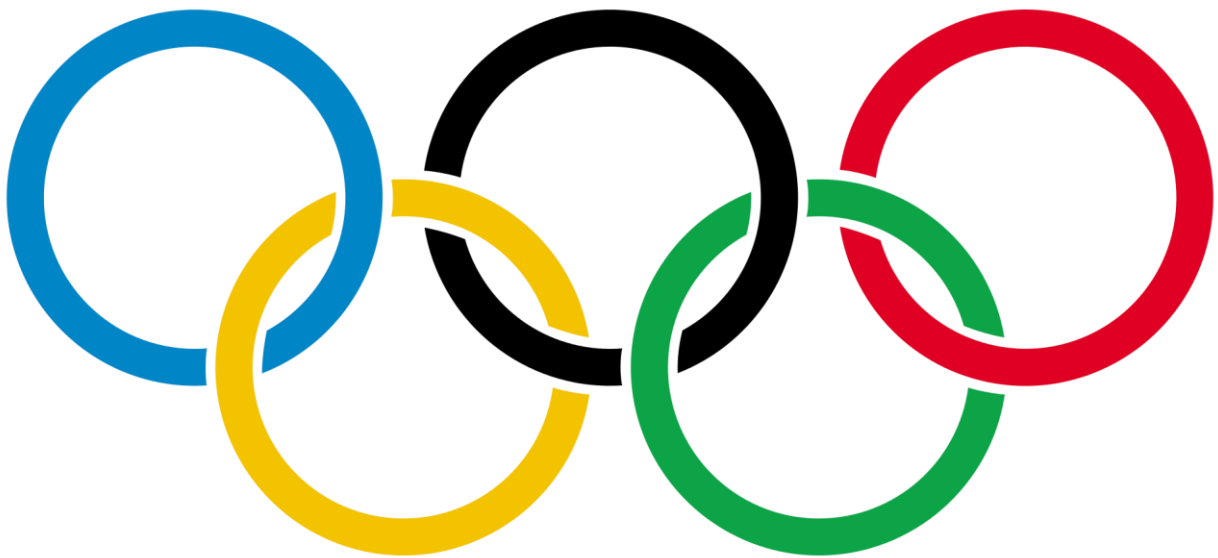




Welsh Gymnastics  
Gymnasteg Cymru

**PARIS 2024**

**Watch Guide**



# THE OLYMPIC GAMES

The Olympic Games takes place every 4 years, hosting a range of different sports, cultures and customs of athletes from around the world.

2024 marks the 100 year anniversary since Paris last hosted the games in 1924. During this games 23 different sports were demonstrated, this summer 32 sports will be on display!

For the first time ever, the opening ceremony will not take place in an arena or stadium but instead takes place on the River Seine, a river that flows through the middle of the city. Each nation will travel along the Seine in a boat.

## *Paris in numbers*



19 Days of Competition

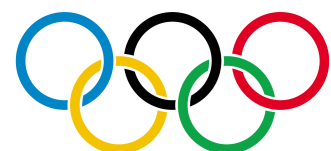
32 Sports

206 Countries Represented

10,500 Athletes

45,000 Event Volunteers

10,000,000 Spectator Tickets Sold



## Womens Artistic Team



Abigail Martin



Alice Kinsella OLY



Becky Downie MBE



Georgia-Mae Fenton



Ruby Evans

Use the hashtags **#AllezDragon** and **#ImaRubyFan** to show your support for our Welsh gem, Ruby.

Don't forget to tag us in your posts!

\*Official headshots taken by Team GB\*



## Men's Artistic Team



Harry Hepworth



Jake Jarman



Joe Fraser



Luke Whitehouse



Max Whitlock MBE

## Trampoline Team



Bryony Page



Izzy Songhurst



Zak Perzamanos

\*Official headshots taken by Team GB\*





## OLYMPIC GYMNASTICS SCHEDULE

27/07 Men's Qualification  
(Team GB compete in subdivision 1) 10:00

28/07 Women's Qualification  
(Ruby Evans and Team GB compete in subdivision 1) 08:30

29/07 Men's Team Final 16:30

30/07 Women's Team Final 17:15

31/07 Men's All Around Final 16:30

01/08 Women's All Around Final 17:15

02/08 Women's Trampoline Qual & Final 11:00  
Men's Trampoline Qual & Final 17:00

03/08 Women's Vault Final 15:20  
Men's Floor and Pommel Final 14:30



#ImaRubyfan

#AllezDragon

# GYMNASTICS SCHEDULE

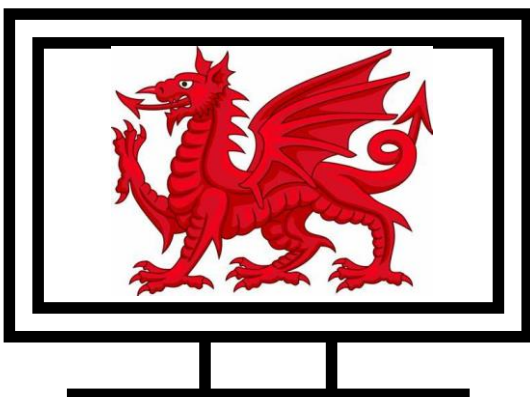
## OLYMPIC GYMNASTICS SCHEDULE

04/08	Women's Uneven Bars Final Men's Rings and Vault Final	14:40 14:00
05/08	Women's Uneven Bars Final Men's Rings and Vault Final	14:40 14:00
08/08	Rhythmic Individual All Around Qualifications (Part 1 of 2)	09:00
08/08	Rhythmic Individual All Around Qualifications (Part 2 of 2)	14:00
09/08	Rhythmic Group All Around Qualification (Part 1 of 2)	09:00
09/08	Rhythmic Group All Around Qualifications (Part 2 of 2)	10:15
09/08	Rhythmic Individual All Around Final	13:30
10/08	Rhythmic Group All Around Final	13:00



#ImaRubyfan

#AllezDragon



### WHERE TO WATCH

Discovery+ are the official streaming partners of the 2024 Olympic Games. Here you will be able to watch live footage of all sports including Gymnastics.

Follow this link to sign up [Paris 2024 | discovery+ \(discoveryplus.com\)](https://www.discoveryplus.com)

BBC will be showing key highlights throughout the games and you can always keep up to date with the latest news on our socials!

### Tokyo 2020



Max Whitlock - Pommel



WA Team

Bryony Page - Trampoline

### Rio 2016



Max Whitlock - Floor  
Max Whitlock - Pommel



Louis Smith - Pommel  
Bryony Page - Trampoline



Max Whitlock - AA  
Nile Wilson - H Bar  
Amy Tinkler - Floor

### London 2012



Louis Smith - Pommel



Beth Tweedle - Bars  
Max Whitlock - Pommel  
MA Team

### Beijing 2008



Louis Smith - Pommel

# GENERIC JUDGING INFORMATION



Men's Artistic Gymnasts compete on Floor, Vault, Pommel, High Bar, Parallel Bar and Rings. Scores consist of a D-Score (difficulty) and E-Score (execution)



Women's Artistic Gymnasts compete on Floor, Vault, Bars and Beam. Floor routines are performed to music. Scores consist of a D-Score (difficulty) and E-Score (execution)



Rhythmic Gymnasts use a series of hand apparatus, including Hoop, Clubs, Ribbon and Ball. Each routine is performed to music for 75-90 seconds. Scores consist of a D-Score (difficulty), E-Score (execution) and A-Score (artistry)



Trampoline Gymnasts bounce over 9 metres high, with routines containing elements such as twists, bounces and somersaults. Each routine includes 10 elements which are scored on difficulty, execution and time spent in the air.





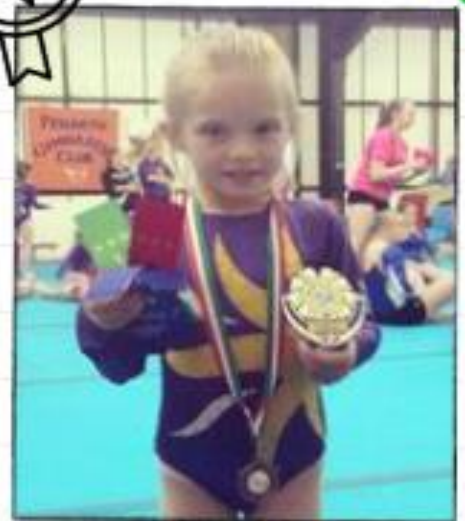
**RUBY  
EVANS**

## Ruby's Journey

Ruby's gymnastics journey started at Western Leisure Centre, when she was just 5 years old. She quickly impressed her coaches and started training with Debbie at Fairwater before moving to her club, Cardiff Olympic.

Ruby is no stranger to putting on a show, every Sunday she would make her parents watch her performances - and they just had to give a perfect 10 (or they would have to watch again and again and again!)

Growing up Ruby idolised her now team mate Alice Kinsella, always admiring her routines and wanting to be just like her.



**Ruby's First Competition**

## Fun Fact

Ruby has been petrified of frogs ever since her Dad showed her one in a bucket when she was younger - Lets hope Ruby doesn't bump into one in Paris!




**Idol to Team Mate**

## GET INVOLVED

Are you inspired by the Olympic Games? Do you want to start your gymnastics journey, or reignite your coaching passion? If so, visit our website to locate your nearest Welsh Gymnastics affiliated club.

[Find Gymnastics - Welsh Gymnastics](#)



## WANT TO KNOW MORE?

Follow the below link to access games, videos, team profiles and the Official Team GB store.

[Home | Team GB](#)

## CANT GET ENOUGH?

To find out more information on the 2024 Games, including news and stories from 32 different sports head to the Official Paris 2024 website.

[Paris 2024 Olympics - Latest News, Schedules & Results](#)



*Ruby our Welsh gem,*

*As you step on to the global stage, know that a proud nation are cheering you on with immense pride and admiration.*

*Your dedication, hard work and extraordinary talent have brought you to this incredible opportunity. You have already achieved so much in your career, embodying the spirit of Wales and inspiring gymnasts to follow in your footsteps.*

*May you find strength in every routine, grace in every move and passion in every challenge.*

*Welsh Gymnastics*

*#AllezDragon #ImARubyFan*