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## Landing errors in men's floor exercise

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### Abstract

In our research we focused on the reasons for the magnitude of landing errors in floor exercise in men's artistic gymnastics. Our goal is to determine the parameters of the landing characteristics which have an influence on the magnitude of landing mistakes. We analyzed flips which were performed by all gymnasts ( $n = 97$ ) competing in the qualification rounds of the European Championships in the year 2004 in Ljubljana. We defined the variables according to the theoretical model for the evaluation of flip landings in floor exercises. The results show that a soft landing is most effective, incomplete twists are the reason for large errors, landing after performing flips without twists is optimal with the feet together (unless the gymnast's abilities of his/her left and right leg are different) and the arms' positions at the time of the touch down should be upward.

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