

Simone Biles

Simone Arianne Biles (born March 14, 1997)^[4] is an American artistic gymnast. Biles is the 2016 Olympic individual all-around, vault and floor gold medalist, and balance beam bronze medalist. She was part of the gold-medal-winning team dubbed the "Final Five" at the 2016 Summer Olympics in Rio de Janeiro.^[5]

Biles is a five-time World all-around champion (2013–15, 2018–19), five-time World floor exercise champion (2013–15, 2018-19), three-time World balance beam champion (2014–15, 2019), two-time World vault champion (2018-19), a six-time United States national all-around champion (2013–16, 2018–19), and a member of the gold-medal-winning American teams at the 2014, 2015, 2018, and 2019 World Artistic Gymnastics Championships. Additionally, she is a three-time World silver medalist (2013 and 2014 on vault, 2018 on uneven bars) and a three-time World bronze medalist (2015 on vault, 2013 and 2018 on balance beam). Having won a combined total of thirty Olympic and World Championship medals, Biles is the most decorated American gymnast and the third most decorated gymnast of all time, behind Vitaly Scherbo (33 medals) and Larisa Latynina (32 medals). In October 2019, “Biles surpassed Belarusian Vitaly Scherbo’s record 23 world medals he won in the 1990s.”, winning “her 24th and 25th world medals, both gold.” at the World Championship competition in Stuttgart.^[6]

As of the 2019 World Championships, Biles is the gymnast with the most World medals (25) and most World gold medals (19) of any gender, as well as the female gymnast with the most World all-around titles (5). Biles is the sixth woman to win an individual all-around title at both the World Championships and the Olympics, and the first gymnast since Lilia Podkopayeva in 1996 to hold both titles simultaneously. She is the tenth gymnast and first American gymnast to win a World medal on every event, and the first gymnast since Daniela Silivaş in 1988 to win a medal on every event at a single Olympic Games or World Championships, having accomplished this feat at the 2018 World Championships. Olympic Champion Mary Lou Retton called Biles the "greatest gymnast ever"^[7] and multiple other observers have echoed the sentiment.^{[8][9][10][11][12]}

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Biles at the 2016 Summer Olympics

Personal information

Full name	Simone Arianne Biles
Born	March 14, 1997 ^[1] <div>Columbus, Ohio, U.S.</div>
Hometown	Spring, Texas, U.S.
Residence	Spring, Texas, U.S.
Height	4 ft 8 in (142 cm) ^[2]
Discipline	Women's artistic gymnastics
Level	Senior international elite
Years on national team	2012–16, 2018 – Present (US)
Gym	World Champions Center (current) ^[3] <div>Bannon's Gymnastix Inc. (2003–2014)</div>
Head coach(es)	Laurent Landi
Former coach(es)	Aimee Boorman
Choreographer	Dominic Zito
Eponymous skills	Biles (6.4) (vault): <div>Yurchenko half-on, front layout salto with double twist off</div> Biles (H) (balance beam):

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Early life and education

Biles was born on March 14, 1997, in Columbus, Ohio,^[13] the third of four siblings.^[14] Her birth mother, Shanon Biles, was unable to care for Simone or her other children – Adria, Ashley, and Tevin – so, all four went in and out of foster care.^{[14][15][16]}

With the help of his second wife, Nellie Cayetano Biles, Shanon's father, Ron^[17] (who had two nearly-adult sons, Ron Jr. and Adam), began temporarily caring for Shanon's children, in 2000, in the north Houston suburb of Spring, Texas, after learning that his grandchildren had been in foster care. In 2003, the couple officially adopted the two youngest, Simone and Adria, and Ron's sister, Harriet, adopted the two oldest.^{[18][14][19]} Biles holds Belize citizenship through her mother and refers to that country as her second home.^[20] Biles and her family practice Catholicism.^[21]

double double tucked salto
 dismount
Biles (G) (floor exercise):
 double layout half out
Biles II (J) (floor exercise):
 triple double tucked salto






Medal record

Representing  **United States**



















Women's artistic gymnastics

Event	1st	2nd	3rd
Olympic Games	4	0	1
World Championships	19	3	3
Pacific Rim Championships	2	0	0
FIG All-Around World Cup	2	1	0
Total	27	4	4

Olympic Games

 2016 Rio de Janeiro	Team
 2016 Rio de Janeiro	All-Around
 2016 Rio de Janeiro	Vault
 2016 Rio de Janeiro	Floor Exercise
 2016 Rio de Janeiro	Balance Beam

World Championships

 2013 Antwerp	All-Around
 2013 Antwerp	Floor Exercise
 2014 Nanning	Team
 2014 Nanning	All-Around
 2014 Nanning	Balance Beam
 2014 Nanning	Floor Exercise
 2015 Glasgow	Team
 2015 Glasgow	All-Around
 2015 Glasgow	Balance Beam
 2015 Glasgow	Floor Exercise
 2018 Doha	Team
 2018 Doha	All-Around
 2018 Doha	Vault
 2018 Doha	Floor Exercise
 2019 Stuttgart	Team
 2019 Stuttgart	All-Around
 2019 Stuttgart	Vault
 2019 Stuttgart	Balance Beam

In 2012, Biles switched from public school to home schooling, allowing her to increase her training from approximately 20 to 32 hours per week, which boosted her success during the 2012 season. She spent all of her secondary education as a homeschooler, graduating in the summer of 2015. Biles verbally committed to UCLA on August 4, 2014, announcing her decision on Twitter.^[22] She planned to defer enrollment until after the 2016 Summer Olympics in Rio de Janeiro, and in November 2014, signed her National Letter of Intent with UCLA.^[23] But, on July 29, 2015, she announced that she would turn professional, forfeiting her NCAA eligibility to compete for UCLA.^[24] In January 2018, it was announced that Biles had enrolled at the University of the People to study business administration and become the university's brand ambassador.^[25]

G	2019 Stuttgart	Floor Exercise
S	2013 Antwerp	Vault
S	2014 Nanning	Vault
S	2018 Doha	Uneven Bars
B	2013 Antwerp	Balance Beam
B	2015 Glasgow	Vault
B	2018 Doha	Balance Beam
Pacific Rim Championships		
G	2016 Everett	Team
G	2016 Everett	All-Around

Gymnastics career

Pre-elite

Biles first tried gymnastics at 6 years old as part of a day-care field trip.^[26] The instructors suggested she continue with gymnastics. Biles soon enrolled in an optional training program at Bannon's Gymnastix.^[27] She began training with coach Aimee Boorman at age 8.^[28]

Junior

2011

Biles began her elite career on July 1, 2011, at the 2011 American Classic in Houston. She placed third all-around, first on vault and balance beam, fourth on floor exercise, and eighth on uneven bars.^[29] Later that month, Biles competed at the 2011 U.S. Classic in Chicago, Illinois, where she placed twentieth all-around, fifth on balance beam and floor exercise.^{[30][31]}

2012

Biles' first meet of 2012 was again the American Classic in Huntsville, Texas, where she placed first all-around and on vault, tied for second on floor exercise, placed third on balance beam and fourth on uneven bars.^{[32][33]} Biles' placement in the American Classic secured her a spot to compete at the 2012 USA Gymnastics National Championships.^[32] She later competed at the 2012 U.S. Classic in Chicago. She finished first all-around and on vault, second on floor exercise, and sixth on balance beam. In June, she made her second appearance at the U.S. National Championships in St. Louis, Missouri. She finished third all-around, first on vault, and sixth on uneven bars, balance beam, and floor exercise.^[34] After this performance, Biles was named to the U.S. Junior National Team by a committee headed by Márta Károlyi, the National Team Coordinator from 2001–2016.

Senior

2013

Biles' senior international debut was in March at the 2013 American Cup, a FIG World Cup event. She and Katelyn Ohashi were named as replacements for Elizabeth Price and 2012 Olympic gold medalist Kyla Ross, both of whom withdrew from the competition because of injuries.^{[35][36][37]} Biles led for two rotations but finished second behind her teammate, Ohashi, after a fall off the beam.^[38]

Biles immediately went on to compete at the 2013 City of Jesolo Trophy in Jesolo, Italy, where she took the all-around, vault, balance beam, and floor exercise titles in addition to contributing to the U.S.' team gold medal. She and the U.S. delegation then competed at an international tri-meet in Chemnitz, Germany, against teams from Germany and Romania. The U.S. won the team gold medal. In addition, Biles won the vault, balance beam, and floor titles, but tied for second in the all-around behind Ross after a fall on the uneven bars.^{[34][39]}

In July, Biles competed at the 2013 U.S. Classic. She performed poorly, falling several times, and did not compete vault after twisting her ankle on the floor exercise. Afterward, she was invited to a private camp with the national team coordinator, Márta Károlyi, and consulted a sports psychologist.^[40] Biles went on to compete at the 2013 USA Gymnastics National Championships in August, where she was crowned the national all-around champion ahead of Ross. Biles also won silver on all four individual events.^[34] After the USA Gymnastics National Championships, she was named to the Senior National Team and was invited to the qualifying camp for the 2013 World Artistic Gymnastics Championships in Texas, where she was named to the World Championships team.

In October, Biles competed at the 2013 World Artistic Gymnastics Championships in Antwerp, Belgium. She qualified first in the all-around, second to the vault final, sixth to the uneven bars final, fifth to the balance beam final, and first to the floor final, making her the first American gymnast to qualify to the all-around and all four event finals since Shannon Miller in 1991.^[41] Biles competed cleanly during the women's individual all-around and won the competition with a score of 60.216, almost a point ahead of silver medalist Ross and almost a point and a half better than the bronze medalist, 2010 world all-around champion Aliya Mustafina.^[42] Biles became the seventh American woman and the first African-American to win the world all-around title. In event finals, she won silver on the vault, behind defending world champion and Olympic silver medalist McKayla Maroney and ahead of 2008 Olympic gold medalist Hong Un Jong of North Korea; bronze on balance beam, behind Mustafina and Ross; and gold on the floor exercise, ahead of Italy's Vanessa Ferrari and Romania's Larisa Iordache. She finished fourth in the uneven bars final, behind China's Huang Huidan, Ross, and Mustafina.^[43]

2014

Biles missed the start of the season due to an aggravated shoulder injury, sitting out the 2014 AT&T American Cup and the 2014 Pacific Rim Championships.^{[44][45]} Biles' 2014 debut came at the U.S. Classic in Chicago. She won the all-around by a wide margin and also took first place on vault, beam (tied with Ross), and floor.^[46] At the 2014 USA Gymnastics National Championships, Biles repeated as national all-around champion after two days of competition, finishing more than four points ahead of silver medalist Ross, despite a fall from the balance beam during her final routine of the meet. She won the gold on vault and floor, tied for the silver on balance beam with Alyssa Baumann, and finished fourth on the uneven bars.^[34] She was once again named to the Senior National Team.

On September 17, Biles was selected to compete at the 2014 World Artistic Gymnastics Championships in Nanning, China.^[47] She dominated the preliminary round despite a major error on the uneven bars, qualifying in first place to the all-around, vault, beam, and floor finals, in addition to contributing to the U.S. team's first-place qualification into the team final. During the team final, Biles led the United States to its second consecutive world team championship, which they won over the second-place Chinese team by nearly seven points. In the all-around, Biles performed cleanly on all four events, bettering her bars score from qualifications by over a point, and won her second consecutive world all-around title ahead of two good friends, Ross and Iordache. Biles became the second American woman to repeat as world all-around champion, following Miller (1993 and 1994), and the first woman of any nationality to do so since Russia's Svetlana Khorkina (2001 and 2003).^[43] She also received extra press when a video of her fleeing from a bee on the podium during the all-around award ceremony went viral.^[48] Biles finished

behind North Korea's Hong Un Jong in the vault competition, taking her second consecutive silver medal in that event, but went on to win the gold in the balance-beam final ahead of China's Bai Yawen and the gold in the floor exercise final, again, ahead of Iordache. This brought her total of World Championship gold medals to six, the most ever by an American gymnast, surpassing Miller's five.^[49]

2015

Biles competed at the 2015 AT&T American Cup at AT&T Stadium in Arlington, Texas, on March 7. She placed first with a score of 62.299, 4.467 points ahead of second-place finisher U.S. teammate MyKayla Skinner. Later that month, Biles was nominated for the James E. Sullivan Award.^[50] She ended the month at the 2015 City of Jesolo Trophy, winning the all-around title with 62.100.^[51]

On July 25, she competed at the U.S. Classic and finished first in the all-around, ahead of 2012 Olympic all-around champion Gabby Douglas and Maggie Nichols, with a score of 62.400. On the beam, she scored a 15.250 and took first at the event, ahead of Douglas and 2012 Olympic beam bronze medalist Aly Raisman. She scored a 16.050 on the floor and claimed first on the event, 1.050 points ahead of Douglas and also ahead of Nichols and Bailie Key. She had a small hop on her Amanar vault and scored a 16.000. She then scored 15.150 on her second vault, to score an average of 15.575 and place first in the event, ahead of 2014 Worlds vault bronze medalist and teammate MyKayla Skinner, who averaged 14.950. Biles ended on bars and scored a 15.100 to claim the all-around title. She placed fourth in the event behind 2014 Worlds teammate Madison Kocian, Douglas, and Key.^[52]

At the 2015 U.S. National Championships, Biles secured her third all-around national title, becoming only the second woman ever to do so, 23 years after Kim Zmeskal (1990, 1991, 1992).^[53]

Biles, along with Douglas, Dowell, Kocian, Nichols, Raisman, and Skinner, was selected to represent the United States at the 2015 World Artistic Gymnastics Championships in Glasgow, Scotland. Biles once again qualified in first place in the all-around, vault, beam, and floor finals. Her uneven bars score would have qualified her in 8th place in that final as well, but she was excluded, as per the rules, after teammates Kocian and Douglas qualified ahead of her. In team finals, she helped the United States team win their third consecutive gold medal at a World Championships event.^[54] During the all-around final, Biles performed below her usual standard, taking a large hop on the vault, landing out of bounds on floor (which she stated was a first^[55]), and grasping the beam to prevent a fall. However, her final score of 60.399 was more than enough to secure the title with her largest margin of victory yet (over a point ahead of silver medalist Gabby Douglas and bronze medalist Larisa Iordache).^[56] With that victory, Biles became the first woman to win three consecutive all-around titles in World Gymnastics Championships history.^[57] During day one of event finals, Biles competed on vault, taking bronze behind Maria Paseka (RUS) and Hong Un Jong (PRK). On day two, she competed on balance beam and floor exercise, retaining her world title on both events by large margins. This brought Biles' total World Championships medal count to 14, the most for any American, and total gold medal count to 10, the most for any woman in World Championships history.

2016

Biles went into the 2016 season as a fourth-year senior and the reigning National champion. On December 17, 2015, USA Gymnastics announced that she would compete at the 2016 Pacific Rim Gymnastics Championships, in April 2016 in Everett, Washington.^[58]

In April, Biles began her season at the Pacific Rim Championships, where she won the all-around title and had the highest score on vault (where she debuted a more difficult second vault), floor exercise (where she debuted a new floor routine), and balance beam. Additionally, the U.S. won the team title by a wide margin. Biles did not compete in the event finals. On June 4, Biles competed at the Secret U.S. Classic on two events only, the uneven bars and beam. She placed first on balance beam with a 15.650 and placed fifth on uneven bars with a 15.1.



Biles competing at the 2016 Summer Olympics

In the following weeks at the 2016 U.S. National Championships, Biles won the all-around title by a wide margin of 3.9 points over Aly Raisman. She won the gold medal on vault and floor exercise, receiving scores of at least sixteen all four times. She also won the gold medal on balance beam and placed fourth on uneven bars.

On July 10, Biles was named to the team for the 2016 Rio Summer Olympics, alongside Gabby Douglas, Laurie Hernandez, Madison Kocian and Aly Raisman.^[59]

In September 2016, Biles's medical information was released following the Russian cyber espionage group Fancy Bear's hack into the World Anti Doping Agency. Biles then disclosed on Twitter that she has attention deficit hyperactivity disorder and was permitted to take medication for it, having applied for and received a Therapeutic Use Exemption.^{[60][61]}

2016 Summer Olympics

Biles appeared with gymnasts Dominique Dawes and Nadia Comăneci in a commercial for Tide called "The Evolution of Power" prior to the 2016 Summer Olympics.^{[62][63]}



Biles competing in the 2016 Summer Olympics

On August 7, Biles competed in the Women's Qualification at the 2016 Summer Olympics. She scored a 16.050 on the vault, a 15.000 on the uneven bars, a 15.633 on the balance beam, and a 15.733 on the floor exercise. Along with the team final, she individually qualified into the all-around, vault, balance beam, and floor exercise finals, all in first place. On August 9, Biles won her first Olympic gold medal in the gymnastics team event. The only gymnast for Team USA to compete on all four events in the final, she contributed scores of 15.933 on vault, 14.800 on bars, 15.300 on beam and 15.800 on floor as the Americans won the gold medal with a score of 184.897, over eight points ahead of the second place Russians. She also won the gold medal individual all-around on August 11, with teammate Aly Raisman winning the silver and Russia's Aliya

Mustafina claiming the bronze.^[64] Biles had a total score of 62.198 with 15.866 on the vault, 14.966 on the uneven bars, 15.433 on the balance beam, and 15.933 on the floor. Biles had the highest scores on vault, balance beam, and floor; she had the only score over 15 on balance beam in the finals. In the women's vault, she won her second individual gold medal with a score of 15.966, more than 0.7 points ahead of second-place finisher Maria Paseka of Russia and third-place finisher Giulia Steingruber of Switzerland. In the women's balance beam final, she grabbed the beam, scoring a 14.733. Despite her mistake, wobbly routines from France's Marine Boyer, Brazil's Flavia Saraiva, China's Fan Yilin, Romania's Catalina Ponor, and Canadian Isabela Onyshko, combined with her high difficulty score, allowed her to grab bronze behind teammate Laurie Hernandez (who won silver with a score of 15.333), and Sanne Wevers of the Netherlands (who won the title scoring 15.466). In the women's floor exercise final, she won gold with a score of 15.966. Teammate Aly Raisman won silver with a score of 15.500 and Amy Tinkler of Great Britain won bronze scoring 14.933. She contributed to an historic feat for the gymnastics team, with USA claiming a medal on every event for the first time since 1984.

With four Olympic gold medals, Biles set an American record for most gold medals in women's gymnastics at a single Games, and equaled a number of other records with her medals won in Rio.^[65] Biles' win of four gold medals was the first instance of a quadruple gold medallist in women's gymnastics at a single Games since Ecaterina Szabo (Romania) in 1984, and the fifth overall, after Larisa Latynina (USSR, 1956), Agnes Keleti (HUN, 1956), Věra Čáslavská (CZE, 1968) and Szabo. Biles became the sixth female gymnast to have won an individual all-around title at both the World Championships and the Olympics; the others being Larisa Latynina, Věra Čáslavská, Ludmilla Tourischeva, Elena Shushunova and Lilia Podkopayeva. Biles is the first

female gymnast since Lilia Podkopyayeva (UKR) in 1996 to win the all around gold as well as an event final gold, and the first female gymnast since Podkopyayeva to win the Olympic all around title while holding the World and European/American individual all around titles. Biles joins Latynina (1956–1960), Čáslavská (1964–1968) and Tourischeva (1968–1972), as the fourth female gymnast to win every major all-around title in an Olympic cycle.

Biles joined Mary Lou Retton in 1984, Shannon Miller in 1992 and Nastia Liukin in 2008 in winning five medals at a single Olympiad, along with Szabo (ROM, 1984), Nadia Comaneci (ROM, 1976) and Karin Janz (East Germany, 1972). Olga Mostepanova (USSR) also won five gold medals at the Alternate Olympics in 1984. The overall record for most women's Olympic gymnastics medals at a single games (majority gold), remains six medals (Latynina, 1956, 1960 and 1964, Keleti, 1956, Caslavka, 1968, Daniela Silivas, 1988).

Biles and her teammate Gabby Douglas are the only American female gymnasts to win both the individual all-around gold and team gold at the same Olympiad. Douglas won both in the 2012 London games.

As the first American female gymnast to be given the honor,^[66] Biles was chosen by Team USA to be the flag bearer in the closing ceremonies.

Hiatus

2017

Biles stated that she planned to take all of 2017 off and to resume training in early 2018.^[67] After the 2016 Rio Games, Simone co-wrote an autobiography with journalist Michelle Burford, *Courage to Soar: A Body in Motion, A Life in Balance*. According to the *Los Angeles Times*, Biles stated, "I want people to reach for their dreams and there are so many people who have inspired me with their love and encouragement along the way-and I want to pass on that inspiration to readers."^[68] The book hit number one on *The New York Times* best sellers Young Adult list the week of January 8, 2017^[69] and was turned into a Lifetime biopic.^[70]

On March 1, Biles was revealed as one of the contestants who would compete on season 24 of *Dancing with the Stars*, attempting to replicate her Rio teammate Laurie Hernandez's win in season 23. She was paired with professional dancer Sasha Farber. Before the competition even started, Biles and Farber were favorites to win. Despite high scores and praises from the judges throughout the season, Biles and Farber were eliminated on May 15, 2017, one week before the finals, finishing in fourth place.^[71]

In August, during the 2017 P&G National Championships, Biles stated that she had returned to the gym to start conditioning.^[72] In October it was announced that Biles' new coach would be Laurent Landi, the former coach of Olympic teammate Madison Kocian.^[73] This news came after it was announced that Biles' former coach, Aimee Boorman, was moving to Florida to take the executive director position at Evo Athletics.^[74]



A homecoming parade for Biles in Spring, Texas on August 24, 2016



Simone Biles with VOA's Ramon Taylor in 2018

Comeback

2018

Biles was officially added back to the National Team on March 1 after the Athlete Selection Committee viewed videos demonstrating Biles current performance level.^{[75][76]} Biles' first competition was the U.S. Classic in July, where she won the all-around title ahead of Riley McCusker by 1.200 points.^[77] She also won the gold medal on floor and balance beam and recorded the highest single vault score.^[78] Her all-around score of 58.700 became the highest score recorded under the 2017–2020 Code of Points despite a fall on the uneven bars and an out-of-bounds penalty on floor exercise.^[79] Her return to competition was highlighted by numerous upgrades to her routines from 2016, including a Fabrichnova (double-twisting double back dismount), a Van Leeuwen on uneven bars, and a Moors (double-twisting double layout) on floor exercise.

In August, Biles competed at the 2018 National Championships where she placed first on every event over two days of competition. She is the first woman to do so since Dominique Dawes in 1994. Biles won the all-around title 6.55 points ahead of second-place finisher and reigning world champion Morgan Hurd and set a record for the most national all-around titles with five wins.^{[80][81][82]} This placement also marked her fourth national vault title, third national balance beam and floor exercise titles, and first national uneven bars title. Her 60.100 all-around score from the first day of competition was the first score recorded above 60 since her own all-around victory at the 2016 Olympics.^[83] She was named to her seventh national team and was invited to the October selection camp for the 2018 World Championships.^[84]

During the 2018 Youth Olympics, the mixed multi-discipline teams were named after gymnastics legends including Nadia Comăneci and Kōhei Uchimura.^[85] The team named after Biles won gold.^[86]

In October, Biles participated in the World Team Selection Camp. She placed first in the all-around as well as first on vault and floor exercise. She placed second on the uneven bars behind McCusker, and fourth on balance beam (due to hands touching the mat on dismount) behind Kara Eaker, McCusker, and Ragan Smith. Biles debuted a brand new vault, a Yurchenko with a half turn on with a stretched salto forward with two turns (Cheng with an extra half twist).^[87] The following day she was named to the team to compete at the 2018 World Championships alongside McCusker, Hurd, Grace McCallum, Eaker, and alternate Ragan Smith.^{[88][89]}

2018 World Championships

In late October, at the 2018 World Championships in Doha, Qatar, Biles went to an emergency room the night before the qualification round because of stomach pains that turned out to be a kidney stone.^[90] After confirming that it was not appendicitis, she checked herself out of the hospital.^[91] The following day, she qualified to the all-around, vault, balance beam, and floor exercise finals in first place, and to the uneven bars final in second place behind Nina Derwael of Belgium. After successfully performing the vault she premiered at the selection camp, it was named the Biles in the Code of Points and given a difficulty value of 6.4 (for the 2017–2020 code of points), which was tied with the Produnova for the most difficult women's vault ever competed. The US also qualified to the team final in first place.^[92] During the team final, Biles competed on all four events, recording the highest score of any competitor on vault, uneven bars, and floor exercise. The U.S. team won the gold medal with a score of 171.629, 8.766 points ahead of second place Russia,^[93] beating previous margin of victory records set in the open-ended code of points era at the 2014 World Championships (6.693) and the 2016 Summer Olympics (8.209).^[94]

In the all-around final, Biles won the gold medal, despite struggles on several events. These included sitting her Biles vault, falling off the balance beam on her Barani salto, and going out of bounds on her Moors during her floor exercise. Nevertheless, the overwhelming difficulty gap between her and her competitors allowed her to claim the title with a score of 57.491, roughly 1.7 points ahead of silver medalist Mai Murakami of Japan and bronze medalist Morgan Hurd.^[95] For example, Biles' vault had a full point higher in start value compared to the double-twisting Yurchenko vault performed by Hurd and Murakami, and her final skill on the floor exercise, the Silivas, was the opening skill in Hurd and Murakami's routines. Earning her fourth world all-

around title, Biles set a new record for most women's World All-Around titles, surpassing the previous record of three held by Svetlana Khorkina.^[96] She also became the first defending Olympic women's all-around champion to earn a world all-around title since 1972 Olympic champion Lyudmilla Turischeva did so in 1974.^[97]

In the event finals, Biles won the gold medal on vault, her first ever world vault title. The two vaults she competed were a Cheng and an Amanar. This marked her thirteenth World gold medal, meaning Biles had won the most Gymnastics World Championships titles of any gender, breaking Soviet Vitaly Scherbo's previous record of twelve gold medals.^[98] She then won the silver medal on uneven bars behind Nina Derwael of Belgium. By winning a medal on uneven bars, Biles became the first American and the tenth female gymnast from any country to have won a World Championship medal on every event.^[99] The following day, she won the bronze medal on balance beam behind Liu Tingting of China and Anne-Marie Padurariu of Canada after a large balance check on her Barani. She then won the gold medal on floor exercise with a strong routine. In doing so, she became the first U.S. gymnast and first non-Soviet gymnast to win a medal on every event at a single World Championships, as well as the first gymnast from any country to do so since Elena Shushunova in 1987. Her 6 medals at this World Championships brought her total number of world medals to 20, which tied her with Khorkina for most world medals won.^[100]

2019

In January it was announced that Biles would compete at the Stuttgart World Cup in early March.^[101] It was her first World Cup appearance not on American soil.^[102] She finished in first place, 3.668 points ahead of second place Ana Padurariu of Canada.^[103]

In July Biles competed at the 2019 GK US Classic. During podium training she performed a triple-twisting double-tucked salto backwards (upgraded from a Silivas); however she did not perform it during the competition.^[104] Should she perform it at the World Championships it will be the second floor exercise maneuver to be named after her. Biles won the all-around at the U.S. Classic, finishing 2.1 points ahead of second-place finisher Riley McCusker. Individually, she placed fifth on bars behind Morgan Hurd, Sunisa Lee, Grace McCallum and McCusker, third on beam behind Kara Eaker and McCusker, and first on floor exercise. She also had the highest single vault score, ahead of Jade Carey and MyKayla Skinner.^[105]

In August, Biles competed at the 2019 U.S. National Gymnastics Championships. She placed first in the all-around, with a two-day combined score of 118.500.^[106] In the competition she also successfully completed a triple twisting double somersault on floor exercise, becoming the first woman to perform the skill, and a double twisting double somersault dismount off of the balance beam, becoming the first gymnast to attempt and complete that skill;^{[107][108]} both of which will be named after her if she completes them at the 2019 World Artistic Gymnastics Championships in October.^[109] Additionally she placed first on vault, ahead of Jade Carey and MyKayla Skinner, first on balance beam ahead of Kara Eaker and Leanne Wong, first on floor exercise ahead of Carey and Sunisa Lee, and third on uneven bars behind Lee and Morgan Hurd.^[110]

In September Biles competed at the US World Championships trials where she placed first in the all-around, despite falling on her dismount off the uneven bars, and was therefore automatically named to the team to compete at the 2019 World Championships in Stuttgart. The following day her teammates Sunisa Lee, Kara Eaker, MyKayla Skinner, Jade Carey, and Grace McCallum were also named to the team.^[111]

2019 World Championships

During qualifications at the World Championships, Biles helped the USA qualify to the team final in first place, over five points ahead of second-place China. Individually, she qualified to the all-around, balance beam, and floor exercise finals in first place, the vault final in second place by a margin of one one-thousandth below teammate Jade Carey, and the uneven bars final in seventh place.^{[112][113]} Additionally, she successfully debuted her two new skills, the Biles II, a triple-twisting double-tucked somersault on floor exercise, and the Biles, a double-twisting double-tucked somersault dismount on the balance beam.^[114]

In the team final, Biles led Team USA to its fifth-consecutive team title, contributing scores of 15.400, 14.600, 14.433, and 15.333 on vault, uneven bars, balance beam, and floor exercise, respectively. In doing so, Biles surpassed Russian gymnast Svetlana Khorkina as the most-decorated female gymnast in World Championship history. Her scores on vault, balance beam, and floor exercise were the highest of the day.^[115] During the all-around final Biles won gold with a score of 58.999, a record-setting 2.1 points ahead of second place finisher Tang Xijing of China.^[116] Once again, she recorded the highest scores of the day on vault, balance beam, and floor exercise.^[117]

During the first day of event finals Biles won the gold medal on vault, ahead of teammate Carey and Ellie Downie of Great Britain. After earning a medal on vault, her 23rd World Championships medal, Biles tied the record for most medals won at the World Championships with Soviet/Belarusian gymnast Vitaly Scherbo.^[118] During the uneven bars final Biles earned a score of 14.700, finishing in fifth place.^[119]

On the second day of event finals Biles scored 15.066 on the balance beam, earning the gold medal over reigning World balance beam Champion Liu Tingting and Li Shijia, both of China, by over 0.6 points. This marked Biles' 24th World Championships medal, surpassing Scherbo's record and making Biles the sole record holder for most World Championship medals won by a gymnast of any gender.^[120] On floor exercise Biles won gold with a score of 15.133, one point more than silver medalist Lee. By winning five gold medals in Stuttgart, Biles tied the record of most gold medals won at a single World Championships with Larisa Latynina and Boris Shakhlin, who both accomplished this at the 1958 World Championships.^[121] Furthermore, by winning her fifth gold medal on floor exercise, Biles tied the record for most world titles on one apparatus with Italian Jury Chechi (who won five gold medals on Still Rings) and Russian Svetlana Khorkina (who won five gold medals on Uneven Bars).^[122]

Awards



Biles signs a 35-ton steel plate alongside Katie Ledecky to signal the start of construction of the USS *Enterprise*

Biles was named Team USA Female Olympic Athlete of the Year in December 2015, making her the fourth gymnast to win the honor.^[123] In December 2016, Biles was chosen as one of the sponsors of the US Navy aircraft carrier USS *Enterprise* alongside swimmer Katie Ledecky.^[124] They are the first Olympians to be given this honor. In 2016, Simone Biles won the Glamour Award for the Record Breaker.^[125] In 2016, she was chosen as one of BBC's 100 Women, and after the world championships, she was named one of ESPNW's Impact 25 and chosen as Sportswoman of the Year by the Women's Sports Foundation.^{[126][127]} She was also one of the finalists for *Time magazine's* 2016 Person of the Year. Biles was also nominated for a 2016 ESPY award for Best Female Athlete along with Elena Delle Donne, Katie Ledecky, and Breanna Stewart; Stewart won the award.^{[128][129]} In July 2017, Biles won the ESPY Award for Best Female Athlete.^[130] She is the second gymnast to win this award after Nastia Liukin

won it in 2009.^[131] In 2017, Simone won the Shorty Awards for the best in sports.^[132] At the 2017 Teen Choice Awards, Simone won favorite female athlete, and won Laureus World Sports Award for Sportswoman of the Year in 2017. Simone Biles was named one of the most influential people in the World list by Time Magazine. In May 2018, it was announced that Biles and the other survivors would be awarded the Arthur Ashe Courage Award.^[133] In December, it was announced that Biles was named ESPN The Magazine's most dominant athlete of 2018.^{[134][135][136]} In February 2019, it was announced that Biles was named Laureus' Sportswoman of the Year for the second time, beating out tennis players Simona Halep and Angelique Kerber, snowboarder Ester Ledecká, triathlete Daniela Ryf, and skier Mikaela Shiffrin.^[137] Biles was nominated for the 2019 ESPY Award for Best Female Athlete but lost to soccer player Alex Morgan.^[138]

Sponsors and endorsements

Biles signed with Octagon in July 2015, who also supports fellow American gymnast Aly Raisman and Olympic swimmer Michael Phelps.^[139] In November 2015 she became a Nike-sponsored athlete – announcing the news through Twitter.^[140] On November 23, 2015 Biles signed with GK Elite Sportswear to have an exclusive line of leotards.^[141] Later in 2015, Biles partnered with Core Power to become a new member of its Everyday Awesome team of athletes.^[142] In August 2016, Kellogg's put the Final Five's picture on the Gold Medal Edition of Special berries. On the backside it featured Simone Biles with one of her gold medals from Rio.^[143] After the 2016 Rio games, Biles received endorsements from Procter & Gamble, The Hershey Company, and United Airlines.^[142] In September 2016, Biles signed with Mattress Firm as a spokesperson for the company's program of supporting foster homes.^[144] In 2016, Biles partnered with Spieth America to create a line of gymnastics equipment, and partnered with Beats By Dr Dre, becoming a brand ambassador.^[145] In 2018 she became a brand ambassador and collaborated with Caboodles to create a collection of products for women with active lifestyles.^[146]

Personal life

On January 18, 2018, Biles released a statement on Twitter confirming that former USA Gymnastics physician Larry Nassar had sexually assaulted her. She also named USA Gymnastics for having an alleged role in allowing the abuse to occur, and for subsequently covering it up.^[147] She did not attend court hearings held from January 16 to 24, 2018, citing that she "wasn't emotionally ready to face Larry Nassar again."^[148] On January 24, 2018, Nassar was sentenced to 40 to 175 years in prison by Judge Rosemarie Aquilina.^[149] In May 2018, it was announced that Biles and the other survivors would be awarded the Arthur Ashe Courage Award. At the 2018 U.S. National Championships, Biles designed and wore a teal leotard that she stated was meant to honor the survivors of Nassar's abuse, as a statement of unification.^[150]

Skills

Selected competitive skills

Biles is well known for her performance of difficult skills at a high level of execution. Her 2018 and 2019 routines on vault and floor exercise are the most difficult of all time in women's artistic gymnastics. Below are some of the skills she has performed over the course of her senior career.



Biles at the 2016 Olympics all-around gold medal podium

Apparatus	Name	Description	Difficulty ^[a]	Performed
Vault	López	Yurchenko half-on entry, laid out salto forwards with ½ twist	5.2	2013–15
	Amanar	Yurchenko entry, laid out salto backwards with 2½ twists	5.8	2013–19
	Cheng	Yurchenko half-on entry, laid out salto forwards with 1½ twists	6.0	2016–19
	Biles	Yurchenko half-on entry, laid out salto forwards with 2 twists	6.4	2018
Uneven Bars	Piked Tkatchev	Counter reverse piked hecht over high bar	E	2013, 2015–19
	Van Leeuwen	Toe-On Shaposhnikova transition with ½ twist to high bar	E	2018–19
	Fabrichnova	Dismount: Double-twisting (2/1) double tucked salto backwards	F	2018–19
Balance Beam	Front Pike	Piked salto forwards to cross stand	E	2018
	Layout	Laid out salto backwards with legs together (to two feet)	E	2013
	Mitchell	1080° (3/1) turn in tuck stand on one leg	E	2018–19
	Barani	Jump forward with ½ twist to tucked salto backwards	F	2015–18
	Full-In	Dismount: Full-twisting (1/1) double tucked salto backwards	G	2013–19
	Biles	Dismount: Double-twisting (2/1) double tucked salto backwards	H	2019
Floor Exercise	Mukhina	Full-twisting (1/1) double tucked salto backwards	E	2013–19
	Double Layout	Double laid out salto backwards	F	2014
	Biles	Double laid out salto with ½ twist	G	2013–19
	Chusovitina	Full-twisting (1/1) double laid out salto backwards	H	2015–19
	Silivas	Double-twisting (2/1) double tucked salto backwards	H	2013–19
	Moors	Double-twisting (2/1) double laid out salto backwards	I	2018
	Biles II	Triple-twisting (3/1) double tucked salto backwards	J	2019

Eponymous skills

Apparatus	Name	Description	Difficulty ^[a]	Added to Code of Points/Notes
Vault	Biles	Yurchenko half-on entry, laid out salto forwards with two twists	6.4	2018 World Championships
Balance Beam	Biles	Dismount: Double-twisting (2/1) double tucked salto backwards	H	2019 World Championships
Floor Exercise	Biles	Double laid out salto backwards with ½ twist	G	2013 World Championships
	Biles II	Triple-twisting (3/1) double tucked salto backwards	J	2019 World Championships

a. Valid for the 2017–2020 Code of Points

Competitive history

Junior

Year	Event	Team	AA	VT	UB	BB	FX
2011	American Classic		3	1	8	1	4
	U.S. National Championships		14	7	22	10	12
	U.S. Classic		20	5			5
2012	U.S. Classic		1	1		6	2
	U.S. National Championships		3	1	6	6	6

Senior

Year	Event	Team	AA	VT	UB	BB	FX
2013	American Cup		2				
	City of Jesolo Trophy	1	1	1		1	1
	Chemnitz Friendly	1	2	1		1	1
	U.S. Classic					7	8
	U.S. National Championships		1	2	2	2	2
	World Championships	N/A	1	2	4	3	1
2014	U.S. Classic		1	1	4	1	1
	U.S. National Championships		1	1	4	2	1
	World Championships	1	1	2		1	1
2015	American Cup		1				
	City of Jesolo Trophy	1	1	1		1	1
	U.S. Classic		1	1	4	1	1
	U.S. National Championships		1	1	5	1	2
	World Championships	1	1	3		1	1
2016	Pacific Rim Championships	1	1				
	U.S. Classic				5	1	
	U.S. National Championships		1	1	4	1	1
	Olympic Trials		1	1	4	4	1
	Olympic Games	1	1	1		3	1
2017	did not compete						
2018	U.S. Classic		1		10	1	1
	U.S. National Championships		1	1	1	1	1
	Worlds Team Selection Camp		1	1	2	4	1
	World Championships	1	1	1	2	3	1
2019	Stuttgart World Cup		1				
	U.S. Classic		1		5	3	1
	U.S. National Championships		1	1	3	1	1
	Worlds Team Selection Camp		1	1	4	2	1
	World Championships	1	1	1	5	1	1

See also

- List of top female medalists at the World Artistic Gymnastics Championships
- Final Five – the gold medal winning team at the 2016 Summer Olympics
- Me Too (hashtag)

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External links

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- Official website (<http://www.simonebiles.com>)
- Simone Biles (http://gymnastics.sport/site/athletes/bio_detail.php?id=38172) at the International Federation of Gymnastics
- Simone Biles (<https://usagym.org/pages/athletes/athleteListDetail.html?id=164887>) at USA Gymnastics
- Simone Biles (https://twitter.com/Simone_Biles) on Twitter
- Biles (floor exercise) (<https://g-flash.net/en/f-biles>) at g-flash.net

Awards		
Preceded by Katie Ledecky	USOC Sportswoman of the Year 2014–15	Succeeded by Katie Ledecky
Preceded by  Dan Carter	BBC Overseas Sports Personality of the Year 2016	Succeeded by  Roger Federer
Preceded by  Serena Williams  Katie Ledecky	L'Équipe Champion of Champions 2016 2018	Succeeded by  Katie Ledecky <i>Incumbent</i>
Preceded by  Serena Williams  Serena Williams	Laureus World Sportswoman of the Year 2017 2019	Succeeded by  Serena Williams <i>Incumbent</i>

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