

GYMNASTICS

AMATEUR ATHLETIC UNION OF THE U.S.

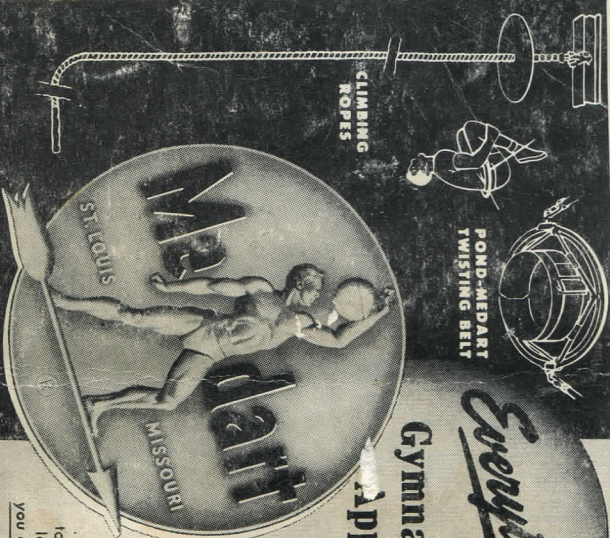


8-59 OFFICIAL RULES MEN AND WOMEN

COMPULSORY EXERCISES FOR 1958
CHAMPIONSHIPS MEN AND WOMEN

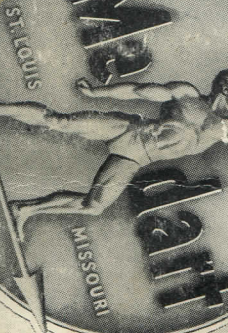
OLYMPIC, NATIONAL AND DISTRICT ASSOCIATION
RECORDS AND SUMMARIES MEN AND WOMEN

Everything in Gymnasium Apparatus



POND-MEDART
TWISTING BELT

CLIMBING
ROPE



SWIVEL
FLYING
RINGS

SIDE HORSES

PARALLEL BARS

TYPICAL EQUIPMENT IN THE MEDART LINE

- Climbing Poles & Ladders
- Baring Rings & Bag Supports
- Vault Jump Game Standards
- Physical Therapy Equipment
- Anthropometric Equipment
- Football Scoreboards
- Basketball Scoreboards
- Telescopic Gym Seats
- Stool Bars
- Resistance Machines
- Rowing Machines
- Pully Weights
- Men's Vest Tacks
- Basketball Backstops

plus many other items not illustrated or listed here.

Whether you need only a single item of gym apparatus . . . or all the equipment to completely furnish the largest modern gym . . . you can get it from Medart.

Here is equipment reflecting an international reputation for skillful design and the finest of materials and craftsmanship — equipment that has won covered acceptance among thousands of leading schools and colleges, the Olympics and the greatest championship meets — equipment that has never been surpassed in value, serviceability, or in conformance to Official standards.

Whenever you need gym equipment, specify Medart — nearly 80 years of experience is at your service.

Write for
Literature



FRED MEDART PRODUCTS, INC.

World's Only Complete Single Source For Gymnasium Equipment

- 3570 DE KALB STREET, ST. LOUIS 18, MISSOURI
- Telephone: Lesters & Wite
- Gym Seats
- Basket Weaving
- Ladders
- Lockers
- Backstops
- Basketball Apparatus
- Physical Therapy Apparatus
- Basketball & Football Equipment
- Scoreboards



MODEL "77-A"

Your *Sure* of
CHAMPIONSHIP PERFORMANCE
with **NISSEN TRAMPOLINES***

DOUBLE-
STRENGTH
RUBBER
TRAMPOLINE
CABLES

WOVEN
NYLON
WEB-BED
FOR MORE
BOUNCE!

THE
ACCEPTED
STANDARD
SIZE!

FLASHHOLDING . . .
for quick, easy, out-of-
the-way storage.

BUILT-IN
PROTECTIVE
FEATURES!

EXCLUSIVE
NISSEN
HIDDEN
HINGE!

*Reg. U. S. Pat. Off.



NISSEN TRAMPOLINE CO.
200 A. Avenue, N. W. • Cedar Rapids, Iowa

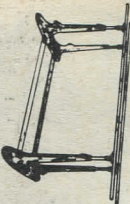
It's time NISSEN it into a TRAMPOLINE.

2nd EDITION—"This is Trampolining"—175 pages, 550 illustrations—just off the press! Get your

SCORED "HIGHEST" IN EVERY MEET



**GYMNASTIC
PANTS**
Six piece-setting
hydro-resistant
material.



PARALLELS
Complete equipment featuring
new imported model.



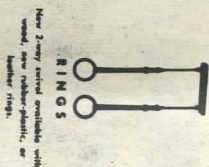
SPRINGBOARD
New fibreglass 14 1/2" official
by I.C.S. Bars.



HANDGRIPS
Three designs
including new
hempgrip and
long string.



GYMNASTIC SHOES
Some types for all
operations & trampolines.



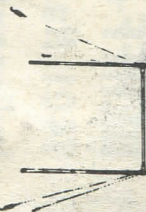
RINGS
New 2-way set-up available with
wood, new rubber-plastic, or
leather rings.



SIDE HORSE
Complete assortment of
horses and bars, both
domestic and imported.



GYM CHALK
New soft chalk.
Big stick. Fast
dissolve. Proves slip and fall.



HORIZONTAL BARS
Some types including
1 1/2" colligable and
imported models.



GYM MATS
32 models and accessories featuring new
Exclusive lightweight foam plastic.

COMPLETE Gym Supplies
Send for **FREE CATALOG**

**GYMNASTIC
SUPPLY COMPANY**

250 West 6th Street • Terminal 1394 • San Pedro California

TRADE-IN SERVICE

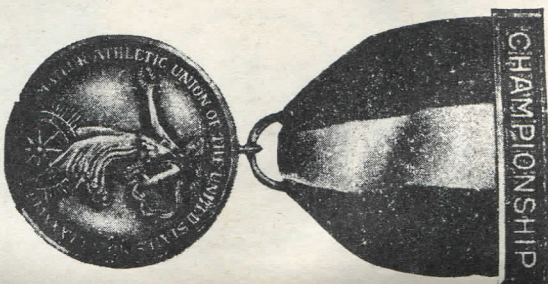
Your old, obsolete equipment can be traded
for new apparatus and supplies. Appraisal made
and quotations furnished without obligation.

**CUSTOM AWARDS
OUR SPECIALTY**

Regulation

A.A.U. Medals

**HERFF-JONES
1401 No. Capitol
Indianapolis, Ind.**



**THE 1948 AND 1952 U. S. OLYMPIC
GYMNASTIC TEAMS WORE . . .**

S. BARTOLI
Gymnastics Uniforms

131 48th Street

Telephone Union 3-4024

Union City, N. J.

Amateur Athletic Union

of the United States

Gymnastics Yearbook

1958-59

Official Rules
MEN and WOMEN

Published by
Amateur Athletic Union of United States
233 Broadway
New York 7, N. Y.

COPYRIGHT, 1958



(Center top) Kellum Johnson, Dallas, Texas, President; (Upper left) Nick J. Barrack, Columbus, Ohio, 1st vice-president; (Upper right) Louis J. Fisher, High Point, N.C., 2nd vice-president; (Center left) Jay Ethel Mahoney, New York, N.Y., 3rd vice-president; (Center right) Daniel J. Ferris, New York, Honorary Secretary; (Lower left) James F. Shimm, New York, Secretary; (Lower right) Harry Hainsworth, New York, Administrative Assistant.

CONTENTS

Page

1957 ALL AMERICA MEN'S GYMNASTIC TEAM.....	6
1957 ALL AMERICA WOMEN'S GYMNASTIC TEAM.....	6
GYMNASTIC TRAINING FILMS AVAILABLE.....	6
NATIONAL A. A. U. GYMNASTIC COMMITTEE.....	7
1960 U.S. OLYMPIC GAMES GYMNASTIC COMMITTEE.....	9
OLYMPIC GYMNASTIC CHAMPIONS.....	10
RECENT PROGRESS IN GYMNASTICS by George J. Gulack.....	13
WHAT DOES IT TAKE? by Jerry F. Hardy.....	15
THE VALUE OF AND THE NECESSITY FOR COMPULSORY EXERCISES IN EARLY GYMNASTIC TRAINING by Edward J. Scrobe... ..	17
COMPOSITION OF OPTIONAL EXERCISES FOR NATIONAL AND INTERNATIONAL COMPETITION by Frank Cumiskey.....	19
WARMING UP, TRAINING AND DEVELOPING ENDURANCE IN GYMNASTICS by Tom Maloney.....	20
GYMNASTICS COMPETITION IN AMERICA - QUO VADIS? by Werner Haas, Ph.D. [Reprint].....	22
1957 INTERNATIONAL ALL-AROUND CHAMPIONS.....	24
1957 AAU CHAMPIONSHIPS by George J. Gulack.....	26
1957 JR. NAT. MEN'S CHAMPIONSHIPS.....	33
DISTRICT ASSOCIATION A. A. U. CHAMPIONS.....	34
NATIONAL GYMNASTIC CLINIC.....	36
1957 NATIONAL Y. M. C. A. GYMNASTIC CHAMPIONSHIPS.....	40
NCAA 1957 CHAMPIONSHIPS by Charlie Graves.....	41
A. A. U. GYMNASTIC RULES.....	44
COMPULSORY EXERCISES FOR 1958 CHAMPIONSHIPS.....	72
ANALYSIS OF PRESCRIBED EXERCISES 1958 N. A. A. U.	78
PRESCRIBED 1958 JUNIOR GRADE EXERCISES.....	84
PRESCRIBED 1958 NOVICE GRADE EXERCISES.....	88
WILL YOU COMPETE IN HOME? by Pat Yeager.....	91
COMPULSORY EXERCISES FOR 1958 WORLD GYMNASTIC CHAMPIONSHIPS AT MOSCOW THAT WILL APPLY FOR 1958 SENIOR NATIONAL A. A. U. GYMNASTIC CHAMPIONSHIPS FOR WOMEN AT INDIANAPOLIS, IND.	93
WOMEN'S GYMNASTICS RULES.....	103
COVER PHOTO: JOHN G. BECKNER, LOS ANGELES TURNERS 1957 U.S. ALL AROUND CHAMPION.....	103

1957 ALL AMERICA MEN'S GYMNASTIC TEAM

Parallel Bars	ARMANDO VEGA	Unattached, Los Angeles
Horizontal Bar	ABIE GROSSFELD	Univ. of Illinois
All Around	JOHN BECKNER	Los Angeles Turners
Long Horse	ARMANDO VEGA	Unattached, Los Angeles
Calisthenics	JOHN BECKNER	Los Angeles Turners
Side Horse	ARTHUR SHURLOCK	Midwest Gymnastics Association
Still Rings	ARMANDO VEGA	Unattached, Los Angeles
Trampoline	JEFF AUSTIN	U. S. Navy
Swinging Rings	TOM DARLING	Unattached, Pittsburgh
Rope Climbing	ROBERT MANNING	Los Angeles Turners
Tumbling	JEFF AUSTIN	U. S. Navy

1957 ALL AMERICA WOMEN'S GYMNASTIC TEAM

Calisthenics	MURIEL DAVIS	Athenaeum Turners
Side Horse Vaulting	SANDRA RUDDICK	Athenaeum Turners
Uneven Parallel Bars	SANDRA RUDDICK	Athenaeum Turners
Balance Beam	MURIEL DAVIS	Athenaeum Turners
All Around	MURIEL DAVIS	Athenaeum Turners
Swinging Rings	LOUISE WRIGHT	Roxborough Turners
Tumbling	BARBARA GALLEHER	Dallas A. C.

Gymnastic Training
Films Available

A number of excellent 16mm black and white (silent) gymnastic films are now available at A. A. U. headquarters on a rental basis. These films will be of inestimable help in training our boys and girls. They are as follows:

- 1958 World Championship Compulsory Exercises -
Men - 400 feet - \$5.00
Women - 300 feet - \$3.00
- 1955 European Gymnastic Championships \$15.00 (800 feet)
- 1956 Olympic Games Men's and Women's Gymnastic Compulsory Exercises (600 feet) Rental \$5.00
- 1952 Olympic Men's and Women's - Gymnastic Championships (Approx. 1800 feet) Rental \$15.00
- 1954 World Gymnastic Championships at Rome (Approx. 3400 feet) Rental \$15.00
- 1954 National A. A. U. Men's Gymnastic Championships at Los Angeles (Approx. 1500 feet) Rental \$5.00
- 1954 Russian-Swedish dual meet (Approx. 1200 feet) Rental \$10.00

Gymnastic organizations are urged to get in their requests for the above films immediately, listing first, second and third choices.

Chairman:
Vice-Chairman:

ALLEGHENY MT.

ARKANSAS
CAROLINAS
CENTRAL
CENTRAL CALIF.
CONNECTICUT
DIST. OF COL.
FLORIDA
GEORGIA
GULF
INDIANA
INLAND EMPIRE
IOWA
KENTUCKY
LAKE ERIE
METROPOLITAN

MICHIGAN
MIDDLE ATLANTIC
MINNESOTA
MISSOURI VALLEY
NEW ENGLAND
NEW JERSEY
NIAGARA

OHO
OKLAHOMA
OREGON
OZARK
PACIFIC
PACIFIC NORTHWEST
PACIFIC SOUTHWEST
ROCKY MOUNTAIN
SOUTH ATLANTIC
SOUTHEASTERN
SOUTH TEXAS
SOUTHERN

SOUTHWESTERN
VIRGINIA
WEST TEXAS
WISCONSIN
U. S. AIR FORCE

U. S. ARMY

NATIONAL A. A. U. GYMNASTIC COMMITTEE

George Gulack (WVB) 431 E. 87th St., New York, N. Y.
Eugene Wetstone (Penn State Univ.) University Park, Pa.
Irwin F. Poole (Southern) 222 N. Rampart St., New Orleans, La.
Dr. Adolph H. Plicker (So. Atlantic) 202 W. Monument St., Baltimore 1, Md.
George W. Cannon, 22727 Sylvan St., Woodland Hills, California

Warren E. Nelger, Ath. Dept., Univ. of Pittsburgh, Pittsburgh, Pa.

James M. Miller, 801 Scott St., Little Rock, Ark.
Leonard Clemmer, Charlotte, N. C.
Paul Fina, 314 Herrick, Riverside, Ill.
William McAllister, YMCA, Fresno, Cal.

G. Kasprzycki, 204 Franklin St., New Haven, Conn.

George Kramer, University of Maryland, College Park, Md.
Pat Yeager, Recreation Dept., Naples, Fla.

LYLE WEISER, Georgia Tech., A. A., Atlanta, Ga.

Gene Bullard, 706 Moody St., Houston 22, Texas

Walter Ilenert, 233 N. Parkview, Indianapolis, Ind.

Merle Corrin, YMCA, 1st Ave., at Lincoln, Spokane, Wash.

Norman R. Holzapfel, Iowa University, Iowa City, Iowa

Joe Weismuller, 310 E. Broadway, Louisville, Ky.
Robert M. Grueninger, 3599 Randolph Rd., Cleveland 21, O.

Thomas E. Maloney, U. S. Military Academy, West Point, New York

George Szypula, Mich. State Univ., E. Lansing, Mich.

Wendell Lomady, 5909 "A" St., Philadelphia, Pa.

Ralph Piper, University of Minnesota, Minneapolis, Minn.

Frank J. Thompson, Kansas State Col., Manhattan, Kansas

Frank Musker, 2 Park Square, Boston, Mass.

Margaret Millar, 365 12th Ave., Paterson, N. J.
Herbert C. Feldman, 258 Partridge Ave., Buffalo 15, New York

Bob Freeman, 117 W. Monument, Dayton, Ohio

Robert Lee, 2117 N. Sherman, Oklahoma City, Okla.

Lou Gallo, 3030 S. W., Second Ave., Portland, Oregon

Henry Stroer, 3672 West Pine, St. Louis 8, Mo.

Rudy Iiling, 783 33rd Ave., San Francisco, Cal.

Eric Hughes, University of Washington, Seattle 5, Wash.

Dr. Fred Kasch, San Diego State College, San Diego, Cal.

Kenneth N. Julstrud, 2901 Ohio Way, Denver, Colo.

Leroy Martin, 1227 N. Linwood Ave., Baltimore 13, Md.

Thomas Hamble, David Lipscomb College, Nashville, Tenn.

B. W. Crenshaw, Texas University, Austin, Texas

Dr. J. Lloyd Milam, Miss. Southern College, Hattiesburg, Mississippi

Lester Griffin, Dallas Athletic Club, Dallas 1, Texas

J. Granville Williams, C & O Office Bldg., Richmond, Va.
Nard Cazell, Nard's Trampoline School, Amarillo, Texas
Ernest Gershon, Wisconsin State College, Lacrosse, Wis.
Mai, G. F. Withey, Spec. Serv. Bldg., 3800 Newark St., Washington 25, D. C.
Maj. Ralph F. Mendenhall, Spec. Serv. Div., Tago, Washington 25, D. C.

American Sokol Union
American Turners
Pensacola, Florida
Union City, N. J.
East Orange, N. J.

Champaign, Ill.
Philadelphia, Pa.
Chicago, Ill.
Philadelphia, Pa.
Pittsburgh, Pa.

Cleveland, Ohio
Tallahassee, Fla.
Jersey City, N. J.
Slovak Gym Sokol
President
Secretary-Treas.

Jerry Hardy, 92 Barnwell Dr., White Plains, N. Y.
Dr. E. A. Eklund, 18735 E. Jefferson Ave., Detroit, Mich.
Bruno Johnke, Naval Air Station, Pensacola, Florida
John H. Glatfelder, 42 Broadway, New York, N. Y.
Dr. Margaret C. Brown, 139 Glenwood Ave., E. Orange,
New Jersey

Charles P. Pond, University of Illinois, Urbana, Ill.
Martha Gable, 2601 Parkway, Philadelphia 30, Ill.
Mrs. Erna Wachtel, 2258 Kimball Ave., Chicago, Ill.
Mrs. Roberta Bomitwell, 238 W. Durant St., Phila., Pa.
Mrs. Irene Matuscak, Slovak Catholic Sokol, 2828 Spring
St., Pittsburgh, Pa.

Gus Kern, 2978 Somerton Rd., Cleveland Heights, Ohio
Dr. Hartley Price, Florida State Univ., Tallahassee, Fla.
Charles Keasjian, 106 Jackson Ave., Jersey City, N. J.
Rudolph S. Bachna, 600 Broad Ave., N. W., Canton, Ohio
Kellum Johnson, P. O. Box 1771, Dallas 21, Texas
James F. Simms, 233 Broadway, New York 7, N. Y.

Men's Technical Committee

Jerry F. Hardy, Chairman
Thomas E. Maloney, Sec.
George Canneron
Erwin Volze
Gene Wetstone
Charles P. Pond
John Van Aalten

Women's Technical Committee

Pat Yeager, Chairman
Martha Gable, Sec.
Margaret Millar
Erna Wachtel
Fay H. Gulack
Walter Lienert
George Szyplua
George J. Gulack, Ex Officio

1960 U.S. OLYMPIC GAMES GYMNASTIC COMMITTEE - MEN

Chairman

George J. Gulack, 431 E. 87th Street, New York 28, N. Y.

Eugene Wetstone, Penn State University, State College, Pa.
Charles Pond, University of Illinois, Champaign, Ill.
Dr. H. T. Frierwood, YMCA, 291 Broadway, New York, N. Y.
Jerry F. Hardy, 92 Barnwell Drive, White Plains, N. Y.
Thomas F. Maloney, U. S. Military Academy, West Point, N. Y.
Dr. E. A. Eklund, 8735 E. Jefferson Avenue, Detroit, Mich.
Dr. Adolph Pickler, 202 W. Monument St., Baltimore, Md.
C. W. Phillips, U. S. Naval Academy, Annapolis, Md.
Paul Romeo, Syracuse University, Syracuse, N. Y.
Anthony Rossi, Colorado State College, Greeley, Colorado
Lyle Welsler, Georgia Institute of Technology, Atlanta, Ga.
E. M. Waller, U. S. N., Room 1804, Arlington Navy Annex,
Washington, D. C.

1960 OLYMPIC GAMES GYMNASTIC COMMITTEE - WOMEN

Chairman

Patrick Yeager, Recreation Department, Naples, Fla.

Martha Gable, 21st & Parkway, Philadelphia, Pa.
Mrs. Fay H. Gulack, 431 E. 87th St., New York 28, N. Y.
Dr. Margaret C. Brown, 139 Glenwood Ave., E. Orange, N. J.
Mrs. Concetta Lenz, 6705 Golden Ring Road, Baltimore, Md.
Walter J. Lienert, 233 N. Parkview, Indianapolis, Ind.
Mrs. Erna Wachtel, 2258 N. Kimball Ave., Chicago, Ill.
Maj. Arthur W. Latta, Jr., Special Services Branch, Hq. U. S.
Marine Corps, Arlington Ridge Rd. & Columbia Pike,
Arlington, Va.

OLYMPIC GYMNASTIC CHAMPIONS

1896-1956
GYMNASTICS-MEN

Points	1956 Takashi Ono, Japan	19.60
LONG HORSE		
1896 Karl Schumann, Germany		36
1904 Anton Heida and George Eysler, U.S., tied		9, 98
1924 Frank Kriz, United States		28, 75
1928 E. Mack, Switzerland		54, 1
1932 Savino Guglielmetti, Italy		54, 1
1936 Karl A. M. Schwarzmann, Germany		19, 20
1948 P. J. Aaltonen, Finland		39, 1
1952 Victor Tchoukarine, U.S.S.R.		19, 20
PARALLEL BARS		
1896 Alfred Fallow, Germany		44
1904 George Eysler, United States		21, 63
1924 A. Guttinger, Switzerland		56, 50
1928 L. Vacha, Czechoslovakia		56, 9
1932 Romeo Neri, Italy		19, 067
1936 Konrad Frey, Germany		39, 5
1948 M. Reusch, Switzerland		19, 65
1952 Hans Eugster, Switzerland		19, 20
1956 Victor Tchoukarine, U.S.S.R.		19, 20

SIDE HORSE

1896 Zutter, Switzerland	42
1904 Anton Heida, United States	21, 23
1924 U. Wilhelm, Switzerland	59, 25
1928 H. Hanglel, Switzerland	57, 2
1932 Stephen Felle, Hungary	19, 333
1936 Konrad Frey, Germany	38, 7
1948 P. J. Aaltonen, Finland	9, 50
1952 Victor Tchoukarine, U.S.S.R.	19, 25

SIDE HORSE VAULT

1924 A. Senguin, France	10
-------------------------	----

HORIZONTAL BAR

1896 Herman Weingartner, Germany	40
1904 Anton Heida and Ed. A. Hennig, U.S., tied	19, 73
1924 L. Stukelj, Yugoslavia	57, 50
1928 George Miez, Switzerland	55
1932 Dallas Bickler, United States	19, 367
1936 Aleksanteri Saarva, Finland	39, 8
1948 J. Stalder, Switzerland	19, 55
1952 Jack Gunnard, Switzerland	19, 55

CALISTHENICS

1948 F. Pataki, Hungary	38, 7
1952 Wm. Thoresen, Sweden	19, 25
1956 Valentine Mouratov, U.S.S.R.	19, 20

ROPE CLIMB

1896 Andriakopoulos, Greece	7s. (25 ft.)
1904 George Eysler, United States	
1906 G. Allprantis, Greece	

1924 B. Supcik, Czechoslovakia	7.1/5s.
1932 Raymond H. Bass, U.S. (8 meters)	6.7s.

1932 Rowland Wolfe, U.S.	56.7 pts
--------------------------	----------

1904 E. A. Hennig, United States	13.
1922 George Roth, United States	26, 9

ALL-AROUND INDIVIDUAL

1900 Sandras, France	161
1904 Anton Heida, U.S.	
1906 (First Class) -- Lavalle, France; Second Class -- Anastasaglou, Greece	
1906 *First Class -- Wilhelm Weber, Germany; Second Class -- Lavalle, France	317
1908 Alberto Braglia, Italy	135
1912 Alberto Braglia, Italy	88, 35
1920 G. Zampore, Italy	110, 34
1924 L. Stukelj, Yugoslavia	247, 50
1928 Georges Miez, Switzerland	140, 625
1932 Romeo Neri, Italy	
1936 Karl A. M. Schwarzmann, Germany	113, 100
1948 V. A. Huhanen, Finland	229, 7
1952 Victor Tchoukarine, U.S.S.R.	115, 70
1956 Victor Tchoukarine, U.S.S.R.	114, 25

*Six Events.

1928 Switzerland	1718, 625
1932 Italy	541, 85
1936 Germany	657, 430
1948 Finland	1358, 3
1952 U.S.S.R.	574, 40
1956 U.S.S.R.	568, 25

RECORDS

ROPE CLIMBING

American Record--
Using hands alone--25ft. up, 4.7s.
Garvin S. Smith, Los Angeles City College at Los Angeles, Calif., April 19, 1947.

American Record--
Using hands alone--20 ft. up, 2.8s
Don Perry, Univ. of California, Los Angeles, April 30, 1954.

Olympic Record--

Using hands alone--8 meters, 6.7s.,
Raymond H. Bass, U.S., Naval Academy at Los Angeles, Cal., 1932.

Intercollegiate Record--
20 ft. up 3.6s., Stanley Ellison, U.S. Naval Academy at Annapolis, Md., 1940.

Interscholastic Record--
Using hands alone--25 ft. up, 5.4s
Jack Connors, George Washington High School, Los Angeles, Calif., April 12, 1945.

TEAM GYMNASTICS

1896 Germany	Points
1904 United States	
1906 Norway	
1908 Sweden	438
1920 Italy	
1924 Italy	839, 058



1956 U.S. Men's Olympic Gymnastic Squad -- left to right: Charlie Pond, Judge; William Tom, Richard Beckner, Joe Kotys, Abie Grossfeld, Jack Beckner, Charlie Simms, Karl Schwenzfier, Gene Wettstone, Coach; Jack Miles, Erwin Volze, trainer; Armando Vega. Not pictured: Tom Maloney, Judge.

RECENT PROGRESS IN GYMNASTICS

By

George J. Gulack

Chairman, National A. A. U. and U. S. Olympic
Gymnastic Committee



The gymnastic development in the United States has, during the past year, taken on added impetus and has become a widespread activity practically in every part of the country.

The interest is indeed great. What is more satisfying is the earnestness of all those engaged in the sport. There appears to be a most wholesome tendency to seek and gain information regarding proper methods for the development of correct techniques in order to keep up with the modern trend of artistic gymnastics.

Perhaps the greatest contributing factor to this more satisfactory situation is the fact that there now exists greater harmony in our ever increasing gymnastic family. This is a long step in the right direction, for we have come to the realization that by working together and respecting the integrity of others, who hold opposing views, much constructive work can be accomplished. With this attitude everyone is in a position to add to our success and broaden his own knowledge.

The ever increasing reference to gymnastics by our sports writers and sports officials in the public press and a more profuse exchange of news and views on the subject is another factor which tends to stimulate increased activity. It makes the reading public more conscious of the importance of this sport as an essential activity in increasing the prestige and stature of the American people in international sports.

These articles, it can truly be said, are inspiring young boys and girls to join the ranks of the gymnasts and help meet the challenge facing us. It is interesting to note that our neophytes realize the importance of the all-around program, and are finding that the skills developed in one event have a tremendous "carry-over" to the other events comprising the all-around. This contributes greatly to the expansion of the ranks of the all-around performers, from which we expect to draw our representatives for international competition. We are thus able to look forward to better results as we are being judged solely on the basis of the all-around in international contests.

The writer had the opportunity to observe at the 7th Annual National Gymnastic Clinic at Sarasota, the excellently planned and effectively administered gymnastic program, in which a number of our newcomers from practically every corner of the States participated. They showed well disciplined talent and outstanding natural ability to master the sport and have demonstrated a keen sense for artistic gymnastics. On the basis of their performances and an appraisal of all positive as well as negative elements, a constructive plan for their further improvement and development was evolved. The National A. A. U. Gymnastic Committee welcomes the assistance of the clinic officers in carrying out the proposed plan which we have set for the next 2-1/2 years.

The program will consist of a further evaluation of the results of our study, and concentration upon the categories which require more improvement. Some of these in which the need is already apparent, are: concentration on compulsory work, techniques of the art of combining and organizing optional routines,

and in the main, concentration of the "Art" part of gymnastics, as well as conditioning and the application of safety precautions.

It is, of course, obvious that in order to expedite the administration of this program, the material and information must be authentic, accurate and clearly formulated. A panel of experts possessing the knowledge of international artistic gymnastics will review, study and screen all material before it is published and disseminated.

As this is to be a project of our combined efforts, the chairman will welcome contributions of information and material from all those who are qualified and in a position to add to the success of this project. The screened and approved material will be prepared for publication quarter-annually by the National A. A. U. Gymnastic Committee. These bulletins will be available at no cost to all those desiring a copy.

The rules appearing in the 1958 National Gymnastic Guide have been brought up to date and include the amendments as approved by the legislation committee. They have been organized to correspond with those of the F. I. G. It is highly desirable that everyone interested in gymnastics, not only read but study them for better understanding and appreciation of the sport. As there is hardly any authentic literature available in our country pertaining to artistic gymnastics, a thorough study of the rules is a most urgent prerequisite for any person who is to become connected with it in any capacity.

With reference to the "Non-International" events, our problem is not as serious, for they flourish in the traditional American manner and continue to be enjoyed by those who prefer to specialize in them. Much improvement has been made in these events as demonstrated by the very fine performances at the 1957 Nat'l A. A. U. Championships.

The "Trampoline" event stands an excellent chance to become an international event, now that the apparatus has been introduced in the European countries. Presently there is a study by experts, both American and European to provide rules and regulations for the conduct of this event internationally.

The opportunities which now lie ahead are truly exciting. One has the feeling that we really have the subject well in hand. The task now is to intrust it to those who have the talent, will-power and natural ability to make the most out of the painstaking study which has preceded their forthcoming training to the end that new goals may now be achieved.



Jerry F. Hardy
American Sokol Organization
Chairman, Technical Committee

WHAT DOES IT TAKE?

By

Articles, clinics, critiques, formal meetings, "Bull Sessions" - whenever two or more gymnasts meet (and we have even heard individuals mumbling to themselves!) -- the theme always seems to be "What can we do to improve ourselves as gymnasts?". And yet when all of the talk is boiled down, there seems to be only one answer-- W O R K !

There are no short-cuts, tricks, formulas, or "glass slippers" that will magically transform someone who has an idea that he would like to become a gymnast into a finished, polished and fluent all-around gymnastic artist overnight, within a few months, or even in a couple of years. It takes W O R K !

But let us not run out into right field when the ball is hit into dead left field! Let us aim right for the ball. Let our work be guided in the right direction. Let us not sacrifice the precepts of modern artistic gymnastics for spectacular, acrobatic exhibitions of attempts to perform a series of stunts. Let us learn to crawl before we walk and to walk before we run -- and then let us run in the right direction.

The crawling, walking and running stages may be compared to the Planning, Training, and finally the Competing in modern gymnastics.

PLANNING:

1. Study the rules and requirements of gymnastic competitions and familiarize yourself thoroughly with the penalties and also the advantages they offer.
2. Study the prescribed exercises and know the value of the component parts of each exercise.
3. Plan your optional exercises, consistent with your ability and capability and with the requirements for each event, taking into particular consideration the difficulty and combination requirements and effective beginnings and endings for each exercise.
4. Plan how best to recover from a break or a faulty execution of any major part in both the prescribed and your own optional exercises.
5. Plan a training schedule that will best suit your own requirements.

TRAINING:

1. Apply the program which you planned, modifying it only when it is necessary to do so.
2. Warm up and loosen your muscles properly before each practice session.
3. Practice all exercises in parts and master each sequence before combining the entire exercise.
4. Modify your optional exercises should you find those you planned are beyond your capability or that the planned combinations are too awkward.
5. Decide on your final optional exercises at least three weeks before a major competition and then do not vary them or try to put in more difficult movements which have not been mastered thoroughly. In the final three weeks before a major competition practice only those exercises which will be used

in the competition. If a movement has not been mastered in the weeks and months of preliminary training, surely you will not be confident of performing it in the competition, and any lack of confidence in one's self is a serious handicap during the competition.

6. Workouts should always be held under the guidance of a competent coach or instructor and whenever possible with other gymnasts of at least as high a caliber as yourself, and preferably who are better than you.

7. Train seriously and sensibly; hard enough to perfect your ability and to build up your stamina and endurance, but not to a point of exhaustion. Under no circumstances should you continue your training when illness or an injury may result in your harming yourself.

COMPETING:

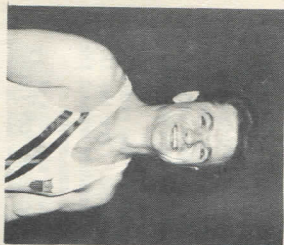
1. Be alert and self-confident, and let your work reflect these qualities.

2. Stick to the optional exercises you planned and trained on. Do not be influenced by any new or novel movements or sequences of other competitors. However, do make note of these so that you can plan on adapting them in your own exercises in the future.

3. Study the performances of the other competitors and take heed of their faults and mistakes, and note your own shortcomings, too.

4. Finally, give of your best, applying everything you planned and trained for, and there should be no self-recriminations.

Then, of course, the whole cycle starts in all over again -- planning and training for the next competition. However, this time there should be the improvement sought, and if the lessons learned are conscientiously applied, the advancement should be self-evident.



THE VALUE OF AND THE NECESSITY FOR COMPULSORY EXERCISES IN EARLY GYMNASIATIC TRAINING

By

Edward J. Scrope
President, National Gymnastic Clinic

It would be very appropriate to begin by observing that the foregoing treatment of the above named subject is applicable to the senior and/or advanced gymnast as well as to the beginner, novice and junior gymnast. All gymnasts should constantly strive for perfection and complete mastery of not only single units of an exercise but of the entire sequence or routine. Unfortunately, in many cases, the converse is typical and reflects the nature of early training.

Of what value, then, is the compulsory exercise and to what degree is it necessary? Is it necessary at all? How can we measure its value? Perhaps the best way to illustrate these points is to examine both the value and necessity singly and independently of each other. The points listed below have not been given in order of importance since one cannot do without the other, all being equally as important.

First and foremost...the necessity for compulsory exercises:

1. Compulsory exercises categorize the different levels of ability or stages of gymnastic development. Simply stated, the novice compulsory establishes a standard for the novice gymnast, a junior compulsory for a junior gymnast and so on up to the senior and national level.

2. Compulsory exercises indicate to the gymnast the type of work as well as the level of difficulty. The exercise tells the gymnast exactly where he is situated as regards progressive development. A novice gymnast on the threshold of the junior level should find it comparatively easy to perform a novice compulsory exercise flawlessly. Should this not be the case, any progress towards success will be impeded.

3. Compulsory exercises give direction in reference to the nature and type of stunts and routines a gymnast should practice. Usually, a compulsory exercise includes a stunt, or a combination of two or more stunts, foreign to the gymnast's repertoire. This, in itself, lends incentive to further learning. It is a teaching cue for the gymnast leading him on to learning those single units of an exercise which may be required for a higher level of competition. The various combinations in the compulsory will serve to stimulate his ingenuity and imagination.

4. Compulsory exercises are the basis for the self discipline needed in gymnastics. The constant repetition of the same exercise with a view to its complete mastery lends itself not only to the optimum conditioning of the body but establishes the pattern for the evolution of style in performance.

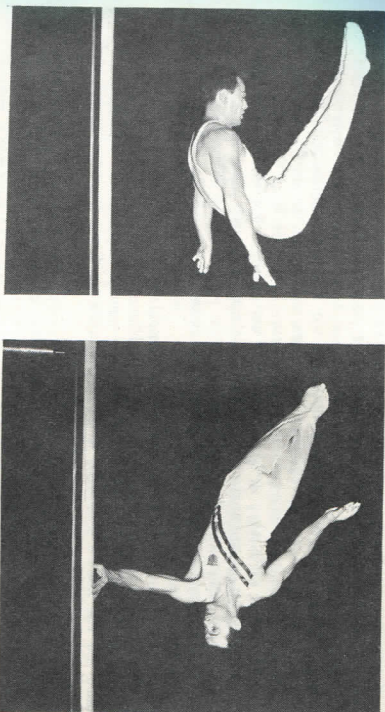
Second and equally important...the value of the compulsory exercises:

1. Compulsory exercises impel the gymnast to learn single units of an exercise (stunts) and/or combinations of two or more units heretofore never practiced and that would not be practiced ordinarily. The value here is apparent. The gymnast acquires a stockpile of combinations and single units which he already has perfected...and can utilize at will.

2. Compulsory exercises and the practice involved therein has a tremendous carry over value to optional exercise practice. The gymnast is aware of the value of repetition and that the optional must also be practiced meticulously.

3. Compulsory exercises are the testing and proving grounds for form, execution and ingenuity in exploiting delivery or presentation of stunts and combinations to the fullest possibilities. Within the compulsory, the gymnast can improvise and enhance the timing and execution.

Surely, if we go further, dig a little deeper, the reasons for the existence of compulsory exercises become even more clearly substantiated. For the all around gymnast, participation in the Olympic Games is not possible without the attainment of a high score in the compulsory exercise. YOU can score a possible 10 points out of ten for a compulsory, but very rarely will this occur for your optional exercise. **CHAMPIONSHIPS ARE WON AND LOST ON COMPULSORY PERFORMANCE!!**



COMPOSITION OF OPTIONAL EXERCISES FOR NATIONAL AND INTERNATIONAL COMPETITION

By

Frank Cunniskey

The first step for the coach and gymnast is a thorough study and understanding of the latest rules of the International Gymnastic Federation. These rules can be found in the AAU Handbook. In the 1958 issue these rules can be found on pages 44 to 68. Each event is discussed with requirements for each, deductions, and a listing of B and C moves. In order to be specific in this discussion, let us take for example one apparatus and show the proper construction of an exercise.

The Parallel Bars:

This event calls for at least 10 principal parts, of which 4 must be of a higher degree, of difficulty and one part must be of superior difficulty. Movements must combine swing and vaults, strength and pauses. The elements of swing and vaults must be predominant with at least one part of strength, and at least one part above and one part underneath the bars in which the grip is temporarily released. There must not be more than three pauses in the exercise. Keeping these rules in mind, let us construct an exercise on the Parallel Bars.

The beginning or mount is very important and extreme care should be exercised in the choice. The mount should be original, rarely used, difficult or be a combining mount (such as front uprise 1/2 turn support as in the compulsory exercise); the mount should be impressive and also fit the exercise. The mount must be of a high degree of difficulty, avoid a mount that you are unsure of or performer. From a side stand, left hand reverse grip and right hand regular mounts where you show strain while performing. Let us choose one for our grip, vault with a 1/4 turn left to a free lever above the bars (hold for 3 seconds). This is an impressive beginning, it is used infrequently and is difficult. It also has the advantage of being "safe".

Where do we go from here? Is it desirable next to swing forward and drop to a kip position? No--How about a press to a handstand with straight arms and straight body? This will be good if it doesn't take too much out of our performer and providing he shows no strain in the ascent. Other choices could be Cast, to support, to upper arm or with 1/2 turn to upper arm. Basket, to support, to upper arm, to shoulderstand, to handstand.

Let us choose a basket to a glide kip to a shoot shoulder to a back roll handstand (hold) Back somersault catch to layout 1/2 turn (Stuetz-Kelne), cast with a 1/2 turn to a front uprise to a swinging forward pironette to a back somersault dismount.

This is a nice flowing exercise which contains all the requirements as outlined above.

You must be certain your exercise does not follow too closely the compulsory and you must master it just as "sure" as you master the compulsory. Make sure your dismount is perfect and get a good stand. Avoid the use of "junk" (meaningless fill) in your optional routine. This use of "junk" is especially prevalent on the rings and in Calisthenics. Get your optional exercise settled early in the season so that you may concentrate on the compulsory. Above all you must sell your exercise, be confident and consistent.



WARMING UP, TRAINING AND DEVELOPING ENDURANCE IN GYMNASTICS

Tom Maloney

By

Prior to the 1956 Olympic gymnastic competition, I had the opportunity to observe the Russian and Japanese gymnasts in their daily workouts. After watching these two top teams practice the following points were noted:

1. Their warm-ups were never more than ten minutes in duration and included a great deal of stretching and bending. At least one third of their warm-up was completed with calisthenics rather than entirely apparatus work. When this warm-up was completed it was noticed that the gymnasts immediately got into sweat suits.
2. They all had the necessary endurance to go through routines two or three times in each event with only very short rest periods.
3. They were all trimmed-down and carried no excess weight.

From these observations the following suggestions are offered for warming-up, training and developing endurance in gymnastics.

Although a good warm-up is essential it is not necessary to spend fifteen minutes on each piece of apparatus prior to competition. Warm-ups can be accomplished by use of calisthenics emphasizing bending, twisting and stretching. Sweat suits or similar warm clothing should be worn immediately after the warm-up to keep the body warm and prevent cooling off. Prior to your turn on the apparatus be on your feet moving and loosening up. Don't wait until your name is called for performance to loosen-up. Learn to cut down on your apparatus warm-ups and thereby save valuable energy.

In training, frequency in workouts is much more important than an occasional long workout. If it is possible, working out daily is ideal. Care of the hands and minor injuries is of course most important. By proper selection of events it is possible to have daily practice sessions. Hand guards can be used to relieve wear and tear on the hands although regular wear of hand guards is not advisable. After working out, the hands should be washed thoroughly with soap and hot water for at least three minutes and then a skin lotion such as vaseline should be rubbed into the hands. Minor injuries such as shin-splints in the forearms, muscular pulls and bruises must be treated carefully. Heat and rest are advised until the injury is cleared. Working too soon after an injury can only aggravate the injury.

After the individual parts of the compulsory and optional routines have been mastered it is most important to go through the complete exercise, with or without breaks. The complete routine should be executed at least two times a workout in at least three events. Many gymnasts will start to go through the compulsory or their optional exercise and then, if some part is missed even slightly, the tendency is to drop off and start over. This may go on for several times and finally the gymnast leaves the event without ever completing the exercise. Coaches and trainers should insist on their men completing routines in practice as well as in meets.

There are perhaps many ways of developing endurance on apparatus. I believe one of the best methods to use after the routine has been mastered is to go through the routine just completed after only a minute's rest. It was very noticeable in watching the Japanese and Russian gymnasts training in

Melbourne for the Games to see them do just this. It is unfortunate but true that many of our gymnasts spend more time talking and analyzing what they did or didn't do instead of working it out on the apparatus. Want to try something interesting, Coach? Someday, have your manager, unknown to your men, time the actual amount of time each man spends on the apparatus in a half hour or hour, and the amount of time he spends talking.

The only short cut to success in gymnastics is by hard work and willingness on the part of each gymnast to make a few sacrifices. Getting the proper amount of sleep and a well balanced diet is a must. Smoking should be eliminated or cut to a minimum. Many gymnasts ask: "What exercise can I do to lose some weight?" Although this is an oldie, the best exercise I know is pushing away from the table. Many a good gymnast has hurt himself and his team by overeating. A gymnast must be conscious of his weight at all times and get himself trimmed down to as light a weight as is possible without losing his strength.

It is a good idea to complete each workout with a little running, three hundred to five hundred yards. This will also help to develop wind and endurance and will make running more natural for the gymnast when he does his Long Horse jumping.

How well can you score yourself on the following questions?

1. Is my warm-up suitable and not too lengthy?
2. Do I train properly with frequent workouts and completed routines?
3. Am I willing to develop endurance on apparatus?
4. Am I willing to make the necessary sacrifices, getting eight hours sleep, watching my weight and eating properly, and eliminating smoking or cutting it to an absolute minimum?

In my opinion the main reason that the Russian and Japanese gymnasts are ahead of us now is that they are willing to work harder, willing to observe strict training rules, and willing to make sure that nothing interferes with their gymnastic work. These gymnasts take gymnastics very seriously and devote most of their spare time to it. We too can be Great if we are willing to make the necessary sacrifices.

QUO VADIS?

By

Werner Haas, Ph. D.
 Assistant Professor of Social Science and
 Physical Education, Springfield College

Reprint from "Journal of Physical Education"

"The overemphasis by other nations on 'fringe' sports, such as gymnastics, is responsible for the 'loss' of the last Olympic Games to the athletes of the Soviet Union at Melbourne, Australia." Such statements filled our newspapers and tried to instill the belief in the American public that only our poor showing in these fringe sports caused the loss of American supremacy in the recent Games.

It must be emphasized from the first that there are no fringe sports in the Olympics. There cannot be any discrimination in the value of an Olympic medal, and any athlete participating in those Games deserves the same amount of credit for his performance. If Americans want to call gymnastics a minor sport because it is less popular in this country, foreigners could do the same for instance with certain events in track and field which are less common there.

It shall not be the task of this article to argue over the importance of gymnastics as an Olympic event; but since gymnastics has been brought into the spotlight of public and professional attention, we should scrutinize the facts which help us to identify the major weaknesses in our system of competitive gymnastics. A comparison of the practices here and abroad seems to be necessary first, in order to make any implication which must be derived from an analysis of this matter.

International gymnastics meetings such as the Olympics, world championships, or competitions between different nations, require a performance on six pieces of apparatus by each member of every team. Routines have to be performed on the side horse, parallel bars, horizontal bar, still rings, plus a freehand exercise and leaping over the long horse. Nobody is eligible to take part in any competition unless he is competing in all six events. In order to win a medal or championship for any apparatus, the rule states that 80% of all points which can be received on all apparatus together have to be accumulated by the participant. This rule discourages one-sided specialization and demands that every gymnast be an all-around performer. Throughout the whole world these rules are observed and accepted—except in America. Unlike a sport such as tennis, competitive gymnastics meets in the U.S. are not, for the most part, conducted according to international procedure.

Looking at our intercollegiate gymnastics competition, we realize immediately that we are operating quite differently in this country. Specialization on one or only a few apparatus is the rule rather than the exception for a gymnast on a college team. The set-up of the competitions between colleges encourages and often demands such specialization. The regulations for college meetings do not require all-around participation from the individual contestant, and because a U.S. coach wishes to win meets, he encourages his athletes to specialize on one or few pieces of apparatus rather than develop all-around skills.

This collegiate policy of specialization falls short of the broader aims of gymnastics such as the all-around apparatus skills needed for the Olympics

or other international competitions. The American colleges and universities have been the major source for the development and training of top athletes in almost any sport which brought Olympic honors to the United States. These institutions have been the "cradle" of many medal winning Americans. Without the instruction, facilities, competition, and the inspiring atmosphere provided by many campuses across the country, success in international competition might never have been possible.

But this does not hold true in the field of gymnastics. Whatever the reasons may be, the fact remains unchanged that gymnastics as carried on in most colleges neither stimulates nor provides the conditions for improving our international competition. Does this mean we don't care about success abroad? Is it really necessary for U.S. gymnastics to remain on a provincial level? Perhaps the answers lie in the programs of the Turnvereins and YMCA's, who have produced more Olympic gymnasts than the colleges. Gymnastics in this country is running on different tracks which never seem to meet. It shall depend mainly on the trend of collegiate gymnastics whether this rift in procedures and aims will continue or not. The establishment of a more unified set of goals and practices should be of good service to this sport in America.

Furthermore, even without emphasizing international events, we should pay attention to that sound concept of gymnastics as originally introduced by the great German "Turnvater" Jahn. He favored a wide variety of exercises and activities as given by a workout on different apparatus. Narrow specialization was never sought by the leaders of gymnastics and was always discouraged on the ground that gymnastics has an educational mission which can be fulfilled best when carried out in its broadest sense. It is not pure coincidence that the six standard apparatus demand different skills, patterns, and concentrate on entirely different body positions (side-horse and parallel bars--support position, rings and horizontal bar--hanging position; free exercise, tumbling and long horse leaping--jumping). Without this demand of versatility as represented in all-around gymnastics, we not only destroy the genuine unity of the sport but also impoverish the full value of gymnastics.

Finally, if we agree that competition is not an end in itself, but a means toward more important ends such as stimulating interest, challenging one's ability, and contributing to the development of the activity in its full capacity, then we will have to design and to shape competition in a way which will help us achieve these goals. In America the approach to gymnastics, and its competition in particular, needs some changes. The situation as pointed out indicates clearly an unfortunate discrepancy between the task competition ought to fulfill and what it really does fulfill due to the practices which defeat its truest purpose.

1957 INTERNATIONAL ALL-AROUND
CHAMPIONS

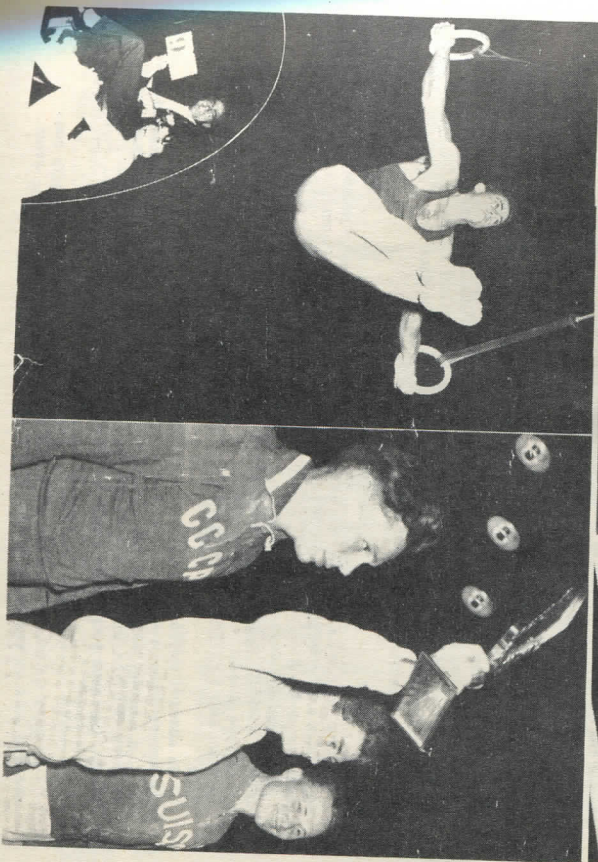
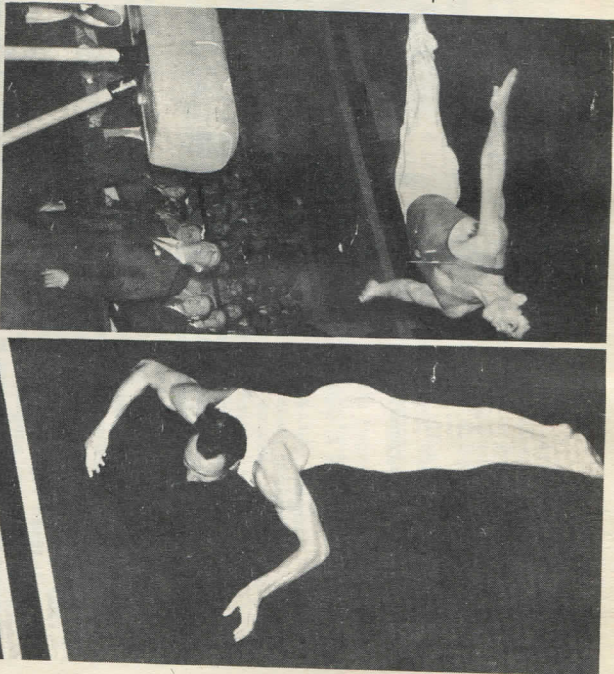
European Championships		Japan - Nat'l Champs.		USSR - Nat'l Champs.		Scandinavia - Champs.	
(Opt. only)		(Compt. +Opt.)		(Compt. +Opt.)		(Opt. only)	
1. Blume, Spain	57.40	Ono	115.90	Schachlin	112.65	Kestola, Finland	56.90
2. Titov, U. S. S. R.	56.85	Tukawaki	114.90	Stolbov	112.65	Olkkonen, Finland	56.60
3. Benker, Switzerl	55.90	Aihara	114.45	Titov	111.35	Mansikka, Finland	56.00
4. Günthard, Switzerl	55.85	Takemoto	114.25	Lipatov	111.15	Leimuvirta, Finland	55.90
5. Stoffel, Luxemborg	55.55	Baba	113.00	Muratov	111.00	Wigartz, Sweden	55.80
6. Suonemi, Finland	55.50	Terai	112.90	Portnoi	110.50	Toikka, Finland	55.45
7. Schmitt, West Germ.	54.75	Himori	112.60	Sobolev	110.00	Olsen, Norway	55.45
8. Skvor, Tschecosl	54.10	Kono	112.25	Azarjan	109.95	Cronstedt, Sweden	55.20

Upper Left -
Joachim Blume,
Spain, Winner
1957 European
All Around Gym-
nastic Champion-
ship. Shown exe-
cuting "Hecht
From Neck".

Lower Left -
Joachim Blume,
Spain "L-Cross
on Rings"

Upper Right -
Benker, Switzer-
land, 3rd in the
All-Around.
Shown on the
Parallel Bars.

Lower Right -
The winner,
Joachim Blume.
Planked by Titov,
USSR and Benker,
Switzerland.



1957
A A U

CHAMPIONSHIPS

By George J. Gulack
Chairman, Nat. A.A.U.
Gymnastic Committee

The Los Angeles Turners won the team title, Jack Beckner of the winning squad, successfully defended his all around title and Muriel Davis of the Athenaeum Turners won the women's all around at the National A. A. U. Gymnastic Championships at the Univ. of Chicago Fieldhouse on May 3 and 4.

Armando Vega, Penn State University Olympian, competing unattached, showed the greatest progress in their work since last year by winning three gold medals each. Vega placed first in the long horse, parallel bars and tied for first place on the rings while Miss Davis won the calisthenics, balance beam and the all around events.

Among the double winners were Sandra Ruddick, Olympian and 1956 all around champion, a teammate of Muriel Davis, placing on parallel bars and side horse vaulting.
Attila Takach, Hungarian Olympian, now residing in California, placed first in calisthenics and tied for first place on the rings. Lt. Jeff Austin of the Navy Pre-Flight School, Pensacola, Fla., captured both the tumbling and trampoline events with amazing performances.

Breaks Monopoly

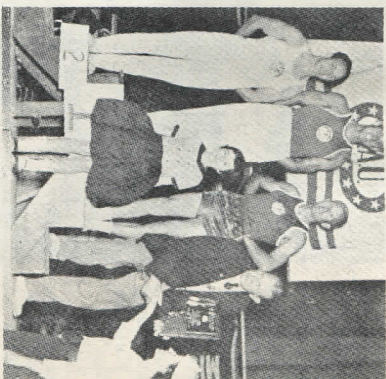
Arthur Shurlock, Midwest Gymnastic Association, registered a noteworthy performance by winning the side horse event. He was the only competitor to break the domination of the Olympic boys in an international event.

Successful defenders of their titles besides Beckner were Able Grosfeld, Univ. of Illinois, in the horizontal bar and Robert Manning, L. A. Turners, in the rope climb.
Tom Darling, Univ. of Pittsburgh, competing unattached won the swinging rings.

In addition to the fine performances by the newly-crowned champions, three newcomers deserve honorable mention: Larry Banner of U. C. L. A., Don Tomry, Univ. of Illinois, and Jay Werner of Penn State University, competing unattached. This trio has just joined the ranks of the all around men and judging by their ability, they will soon forge to the top in this grueling test.

Galleher Strands Out

Barbara Galleher of the Dallas A. C. won her specialty for the sixth consecutive year by turning in an outstanding performance in the tumbling event.



Above: Mrs. John R. Kane presenting the team championship award established in memory of her father Roy E. Moore, to coach Erwin Volze and the members of the Los Angeles Turner Team.

There was a record turnout of entries — most unusual for a post-Olympic year — with renewed interest especially in women's gymnastics.

The University of Chicago, under the direction of Robert D. Kreidler, staged one of the most successful national gymnastic championships ever held. The co-sponsors of the meet were the Central Association of the A. A. U. and the Midwest Gymnastic Association.

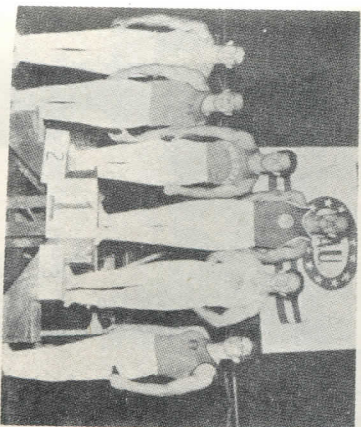
Dan K. Penny, Robert D. Kreidler, Hal Frey, Paul Fina, William Haase and Mrs. Gwen Kreidler, who handled the intricate scoring assignment, were in charge.
The technical work in running the competition was the responsibility of Jerry F. Hardy, technical chairman of the National A. A. U. Gymnastic Committee.

Exchange Views

An open meeting was held at Bartlett Gymnasium on Saturday morning and leaders in the field of gymnastics gave their views on "How can we best prepare ourselves in order to excel in international competition?"

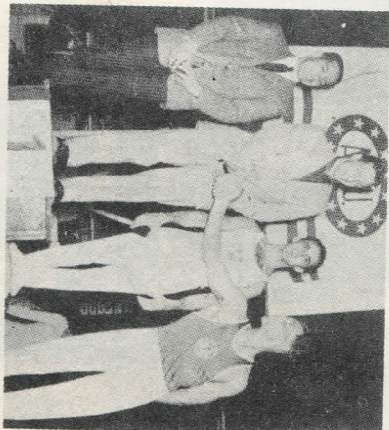
Louis Mang of Annapolis, Dr. Adolph Pickler of Baltimore and Gus Kern of Cleveland received the veteran award for their long and outstanding service in gymnastics.

Mrs. John R. Kane presented the team championship award established in the memory of her father, Roy E. Moore, to coach Erwin Volze and the members of the Los Angeles Turner team. There could hardly have been a more fitting occasion for the first presentation of an award commemorating the spirit in which the late Mr. Moore functioned among his fellow gymnasts of several generations.



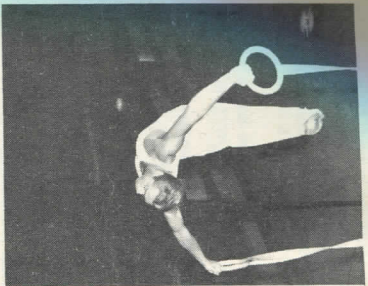
All Around

1. John Beckner, L.A. Turners 112.35
2. Armando Vega, Unat. 111.90
3. Attila Takach, L.A. Turners 110.75
4. Able Grosfeld, Univ. of Ill. 110.60
5. Don Tomry, Univ. of Ill. 107.60
6. Larry Banner, U.C.L.A. 104.75



Side Horse

1. Arthur Shurlock, Midwest Gym Assn. 18.90
2. Robert Diamond, Unat. 18.85
3. Rafael Lecuona, Florida State 18.75
4. Russ Symantse, U.C.L.A. 18.50
5. John Beckner, L.A. Turners 18.25
6. Attila Takach, L.A. Turners 17.80



Don Tonry, Univ. of Ill.
5th All Around

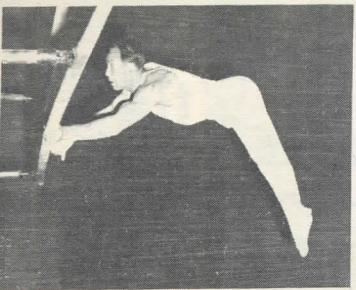


John G. Becker, Los Angeles
Turners - Winner of the All
Around 1956 and 1957

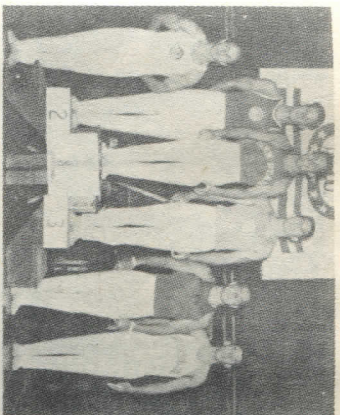
Barbara Galleher, Dallas A. C.
Tumbling



Abie Grossfeld, Univ. of Ill.
U.S. Champion - Horizontal Bar

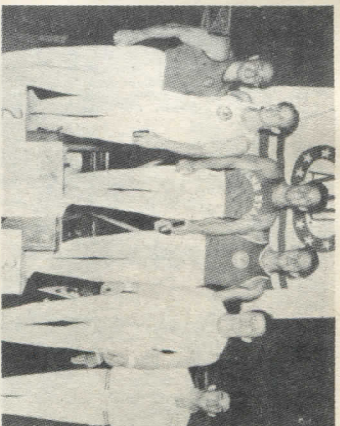


Attila Takach, Los Angeles Turners
U.S. Champion, Calisthenics and Rings



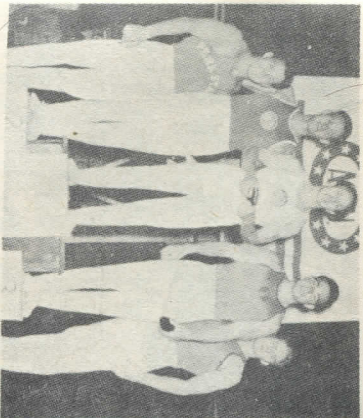
Long Horse

1. Armando Vega, Unat. 19.00
2. John Becker, L.A. Turners 18.80
3. Larry Banner, U.C.L.A. 18.65
4. Attila Takach, L.A. Turners 18.40
5. Abie Grossfeld, Univ. of Illinois 18.30
6. Ed Gagner, Unat. 18.25



Parallel Bars

1. Armando Vega, Unat. 19.35
2. Attila Takach, L.A. Turners 19.00
3. John Becker, L.A. Turners 18.85
4. Joe Kojis, Cleveland Swiss Turners 18.75
5. Abie Grossfeld, Univ. of Ill. 18.70
6. Ed Gagner, Unat. 16.60



Calisthenics

1. Attila Takach, L.A. Turners 19.00
2. John Becker, L.A. Turners 18.95
3. Abie Grossfeld, Univ. of Ill. 18.70
4. Armando Vega, Unat. 18.45
5. Larry Sem, U.C.L.A. 18.35
6. Don Tonry, Univ. of Ill. 18.30

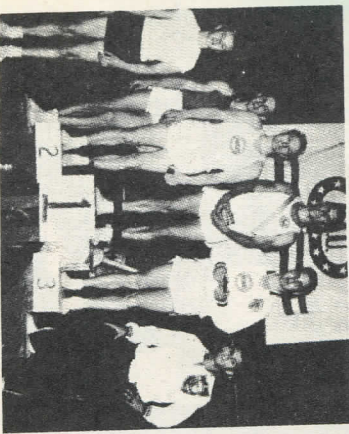


Still Rings

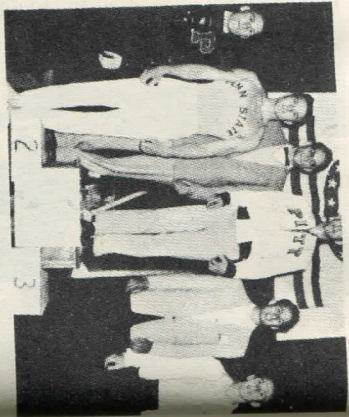
1. Armando Vega, Unat. 18.80
2. Attila Takach, L.A. Turners 18.50
3. John Becker, L.A. Turners 18.65
4. Abie Grossfeld, Univ. of Ill. 18.60
5. Warren Lemen, U.C.L.A. 18.60
6. Don Tonry, Univ. of Ill. 18.45



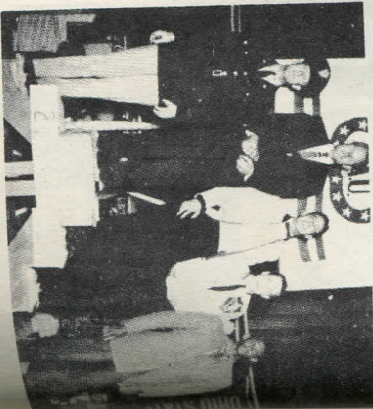
- Horizontal Bar**
1. Able Grossfeld, Univ. of Ill. 19.15
 2. John Beckner, Unat. 18.85
 3. Armando Vega, L.A. Turners 18.65
 4. Joseph Kolys, Cleveland Swiss Turners 17.90
 5. Don Tony, Univ. of Ill. 17.75
 6. Atilla Takach, L.A. Turners



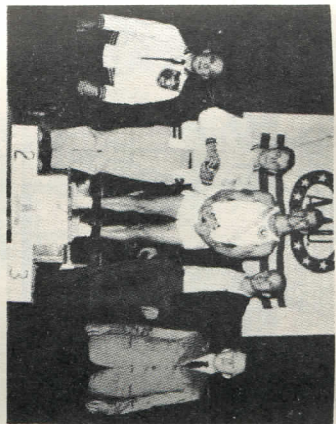
- Tumbling**
1. Jeff Austin, U. S. Navy 9.65
 2. Finky Rashski, J.C.D.R. Ill. 9.00
 3. Frank Schand, Army, City Dept. Rec. 8.95
 4. Jannie Aspmoe, Fla. St. Univ. 8.75
 5. Gymkana 8.70
 6. Harold Holmes, Unat. 8.45



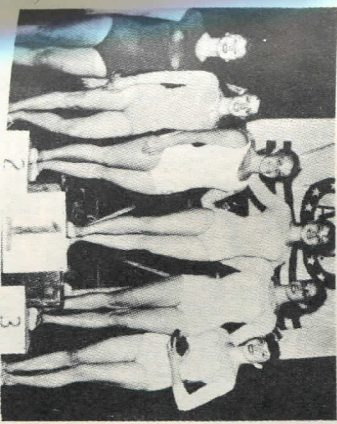
- Swinging Rings**
1. Tom Darling, Unat. 9.35
 2. Jay Werner, Unat. 8.95
 3. Melvin Robbin, Unat. 8.95
 4. Dave Ballie, Iowa, Dolphin Club 8.70
 5. Sam Donald Leas, Unat. 8.55
 6. Donald Leas, Unat.



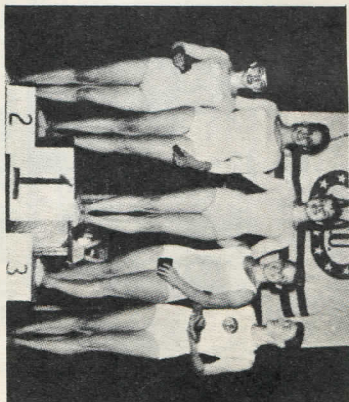
- Rope Climbing**
1. Robert Manning, L.A. Turners 13.55
 2. Dave Chavez, L.A. City College 13.15
 3. Norman Anton, Univ. of Arizona 13.15
 4. Bob Hammond, Army 13.05
 5. Laird Anderson, Florida State 12.85
 6. Joseph Francois, B.C.Y. 12.85



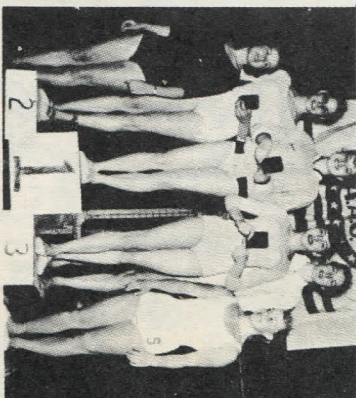
- Trampoline**
1. Jeff Austin, U. S. Navy 9.60
 2. Glenn Wilson, Western Illinois 8.95
 3. Don Harper, Ohio State 8.70
 4. Don Preiser, Fla. St. Univ. Gymkana 8.00
 5. Donald Leas, Mich. St., Unat. 7.00
 6. Ronald Munn, Nard's T.R.C. 6.65



- Gaitathenics**
1. Muriel Davis, Athenaeum T. 19.40
 2. Ernestine Russell, Unat., Mich. St. 19.10
 3. Sandra Ruddick, Athenaeum T. 19.05
 4. Sharon Phelps, Unat. 18.65
 5. Dianne Fisher, Feoria Y.M.C.A. 18.45
 6. 18.20



- All Around**
1. Muriel Davis, Athenaeum T. 75.10
 2. Sandra Ruddick, Athenaeum T. 74.80
 3. Ernestine Russell, Unat., Mich. St. 73.20
 4. Sharon Phelps, Athenaeum T. 72.30
 5. Louise Wright, Roxborough T. 71.40
 6. Myra Ferkins, Athenaeum T. 68.20



- Balance Team**
1. Muriel Davis, Athenaeum T. 18.95
 2. Sandra Ruddick, Athenaeum T. 18.10
 3. Louise Wright, Roxborough T. 17.85
 4. Sharon Phelps, Athenaeum T. 17.85
 5. Ernestine Russell, Unat., Mich. St. 17.80
 6. Beverly Cude, Unat. 17.65

WOMEN

1957 JR. NAT. MEN'S CHAMPIONSHIPS

Held at Sarasota, Florida

December 30, 1957

All Around

1. John Pешa, West Side Y. M. C. A.
2. J. Muzzercro, Unat.
3. Jay Werner, Unat.

Calisthenics

1. Ted Segura, Univ. of Iowa
2. Ray Hadley, Winn. H. S., Ill.
3. Staffan Carlson, Univ. of Iowa.

Long Horse

1. Jay Werner, Unat.
2. Gregor Weiss, S. G. S. H. C.
3. Don Leas, Unat.

Side Horse

1. William Buck, Unat.
2. Fred Orlofsky, N. Y. A. C.
3. John Pешa, W. S. Y.

Parallel Bars

1. John Pешa, W. S. Y.
2. Ted Segura, Univ. of Iowa
3. William Buck, Unat.

Horizontal Bar

1. Stanley Tarshis, Mich. State Univ.
2. Ted Mazyko, Unat.
3. John Pешa, W. S. Y.

Balance Beam

1. Carolyn Osborn, Univ. of Mich.
1. Judy Kowalsky, St. Petersburg "Y"
3. Louise McKinnon, Gulfport, Miss.

Side Horse Vault

1. Barbara Nesselrod, Ponds Palaestrum
2. Cassie Collawn, Naples
2. Marlene Hicks, Western Ill. College
2. Judy Kowalsky, St. Petersburg "Y"

Free Calisthenics

1. Carolyn Osborn, Univ. of Michigan
2. Judy Kowalsky, St. Petersburg "Y"
2. Cassie Collawn, Naples

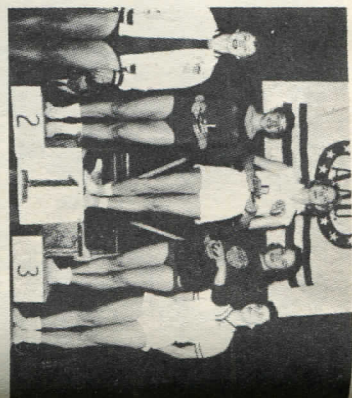
Tumbling

1. Myra Oehmke, Pond's Palaestrum
2. Louise McKinnon, Gulfport, Miss.
3. Mary Ann Spada, Rozanas Club, Chicago



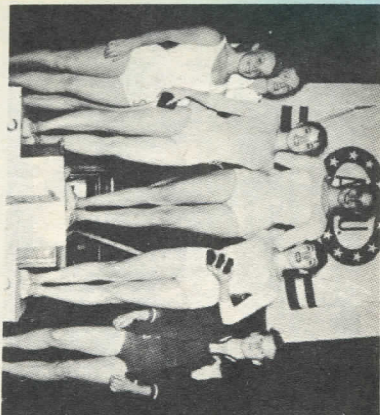
Side Horse Vaulting

1. Sandra Ruddleick, Athenaeum T. 18.95
2. Ernestine Russell, Unat., Mich. St. 18.50
3. Sharon Phelps, Athenaeum T. 18.30
4. Louise Wright, Roxborough T. 18.15
5. Muriel Davis, Athenaeum T. 18.10
6. Patsy Hobbs, Monessen T. 17.10



Tumbling

1. Barbara Galleher, Dallas A.C. 9.40
2. Teresa Montelusco, Florida Y.M.C.A. 9.05
3. Avis Tieber, Crestshaw A.C. 8.85
4. Sandy Kent, Dallas A.C. 7.90
5. Myra Oehmke, Ponds Pal. 7.60
6. Dianne Fisher, Florida Y.M.C.A. 7.45



Uneven Parallel Bars

1. Sandra Ruddleick, Athenaeum T. 18.70
2. Muriel Davis, Athenaeum T. 18.65
3. Sharon Phelps, Athenaeum T. 15.90
4. Ernestine Russell, Unat., Mich. St. 17.80
5. Louise Wright, Roxborough T. 17.70
6. Cassie Collawn, Naples Rec. Dept. 17.55



Swinging Rings

1. Louise Wright, Roxborough T. 8.85
2. Donna D'Amico, W. D. Lowe School 8.50
3. Margaret Schramm, Windsor Gym Club 8.25



Fred Orlofsky, N. Y. A. C.
Jr. Champion - Rings

Rings

1. Fred Orlofsky, N. Y. A. C.
2. Jay Werner, Unat.
3. John Pешa, W. S. Y.

Trampoline

1. Ed Cole, Michigan
2. William Buck, Univ. of Iowa
3. Morris Hicks, West. Ill.

Rope Climb

1. Norman Anton, Univ. of Arizona
2. Robert Hicks, Western Illinois
3. Harlan Bensley, Unat.

Tumbling

1. Hal Holmes, Univ. of Illinois
2. Morris Hicks, West. Ill.
3. Staffan Carlson, Univ. of Iowa

1957 JR. NAT. WOMEN'S CHAMPIONSHIPS

All Around

1. Judy Kowalsky, St. Petersburg "Y"
2. Cassie Collawn, Naples
3. Barbara Nesselrod, Pond's Palaestrum

Uneven Bars

1. Cassie Collawn, Naples
2. Barbara Nesselrod, Pond's Palaestrum
3. Judy Kowalsky, St. Petersburg "Y"

Balance Beam

1. Carolyn Osborn, Univ. of Mich.
1. Judy Kowalsky, St. Petersburg "Y"
3. Louise McKinnon, Gulfport, Miss.

Side Horse Vault

1. Barbara Nesselrod, Ponds Palaestrum
2. Cassie Collawn, Naples
2. Marlene Hicks, Western Ill. College
2. Judy Kowalsky, St. Petersburg "Y"

Free Calisthenics

1. Carolyn Osborn, Univ. of Michigan
2. Judy Kowalsky, St. Petersburg "Y"
2. Cassie Collawn, Naples

Tumbling

1. Myra Oehmke, Pond's Palaestrum
2. Louise McKinnon, Gulfport, Miss.
3. Mary Ann Spada, Rozanas Club, Chicago

DISTRICT ASSOCIATION A. A. U. CHAMPIONS

MEN

ALLEGHENY MT.

EVENT
 ALL-AROUND
 CALISTHENICS
 HORIZONTAL BAR
 PARALLEL BARS
 SIDE HORSE
 RINGS
 LONG HORSE
 TUMBLING
 TRAMPOLINE
 ROPE CLIMB
 SW. RINGS

GEORGIA (OPEN)
 MEN
 Jack Miles, F.S.U.
 J. Austin, Pensacola NAS
 Jack Miles, F.S.U.
 J. Parker, Georgia Tech
 R. Leuona, F.S.U.
 D. Holder, F.S.U.
 J. Miles, F.S.U.
 J. Austin, F.S.U.
 J. Keene, Georgia Tech
 J. Miles, F.S.U.

LAKE ERIE

Joe Koys, Swiss G.S.
 Joe Koys, Swiss G.S.
 Bob Reutmann, Swiss G.S.
 Joe Koys, Swiss G.S.
 Joe Koys, Swiss G.S.
 Joe Koys, Swiss G.S.
 Bob Reutmann, Swiss G.S.

METROPOLITAN

ALL-AROUND
 CALISTHENICS
 HORIZONTAL BAR
 PARALLEL BARS
 SIDE HORSE
 LONG HORSE
 RINGS
 TUMBLING
 TRAMPOLINE
 ROPE CLIMB
 SW. RINGS

AL STALL, Univ. of Mich.
 Dick Becker, Mich. State
 Stan Tarabish, Mich. State
 Wolfgang Dozeman, U. of Mich.
 Al Stall, Univ. of Mich.
 Al Stall, Univ. of Mich.
 Ron VanVleet, Mich. State
 Al Stall, Univ. Mich.
 Tor Olson, Mich. State

MIDWESTERN

Wayne Strickler, Univ. Neb.
 Bruce Riley, Omaha Sokol
 Wayne Strickler, Univ. Neb.
 Wayne Strickler, Univ. Neb.
 Ken Kohler, Univ. Neb.
 Bruce Riley, Omaha Sokol
 Bob Hastings, Hastings, Neb.
 Bruce Riley, Omaha Sokol

NEW ENGLAND

ALL-AROUND
 CALISTHENICS
 HORIZONTAL BAR
 PARALLEL BARS
 SIDE HORSE
 LONG HORSE
 RINGS
 TUMBLING
 TRAMPOLINE
 ROPE CLIMB
 SW. RINGS

PACIFIC
 A. Shurtlock, Utah
 Jack Wiley, Fresno G.C.
 A. Shurtlock, Utah
 Donald Potter, U.C.
 Don Kelly, U.C.
 Ted Knight, Olympic Club
 Jack Wiley, Fresno G.C.
 Gene Merriman, Fresno G.C.
 Goodwin, S.C. Gym
 Marshman, S.C. Gym
 Herman Farleigh, Cal. Poly

PACIFIC NORTHWEST

Ron Sullivan, E. W. C. E.
 Bill Crow, Univ. Wash.
 Thorne Tibbels, W.S.C.
 Ron Sullivan, E.W.C.E.
 George Stalon, U. of W.
 Ron Sullivan, E.W.C.E.
 Melvin Robln, Jr. Husky
 Bill Crow, U. of W.
 Gene Merriman, Fresno G.C.
 Melvin Robln, Jr. Husky

PACIFIC SOUTHWEST

ALL-AROUND
 CALISTHENICS
 HORIZONTAL BAR
 PARALLEL BARS
 SIDE HORSE
 RINGS
 LONG HORSE
 TUMBLING
 TRAMPOLINE
 ROPE CLIMB
 SW. RINGS

SOUTHERN PACIFIC
 J. Beckner, L.A.T.
 N. Marks, L.A.S.
 A. Takach, L.A.T.
 J. Beckner, L.A.T.
 R. Allee, U.C.L.A.
 L. Harris, S.C.G.C.
 L. Banner, U.C.L.A.
 L. Nacera, Utah
 O. Sampson, U.C.L.A.
 L. Shaul, Utah
 J. Cabellero, S. D. S. C.

SOUTHWESTERN

Barry Johnston, N.W.S.C.
 Bill Norman, Houston Y
 Bill Norman, Houston Y
 Barry Johnson, N.W.S.C.
 Jerry Milan, U. of Tex.
 Sonny Martinez, N.W.S.C.
 Mike Murphy, N.W.S.C.
 James Dickson, U. of Tex.
 Ronald Munn, Nards T.C.
 Tyrrel Leach, N.W.S.C.

WISCONSIN

ALL-AROUND
 CALISTHENICS
 HORIZONTAL BAR
 PARALLEL BARS
 SIDE HORSE
 RINGS
 LONG HORSE

AMERICAN SOKOL ORGANIZATION

Hilnka, Sokol, Chicago, Ill.

MEN (continued)

EVENT
 TUMBLING
 TRAMPOLINE
 ROPE CLIMB
 SW. RINGS

WISCONSIN
 Charles Wimmer, LaCrosse
 Bob Wollangk, Oshkosh
 James Parker, Oshkosh

EVENT

ALL-AROUND
 CALISTHENICS
 PARALLEL BARS
 BALANCE BEAM
 S. H. VAULT
 FLYING RINGS
 TUMBLING
 TRAMPOLINE

MICHIGAN
 Ernestine Russell, Mich. St.
 Ernestine Russell, Mich. St.
 Ernestine Russell, Mich. St.
 Ernestine Russell, Mich. St.
 Ernestine Russell, Mich. St.
 Mary Lou VanPutten, Mich. St.

WOMEN

NEW ENGLAND STATE
 Lynnch, Holyoke Turners
 Fortin, Prov. Turners
 Kalisz, Adams Turners
 Cox, Unattached

PACIFIC NORTHWEST
 Stella Bracomier, Coquiltam
 Jeanne Bargele, Richmond
 Stella Bracomier, Coquiltam
 Jeanne Bargele, Richmond
 Stella Bracomier, Coquiltam
 Diane Canby, Como Lake

EVENT

ALL-AROUND
 CALISTHENICS
 PARALLEL BARS
 BALANCE BEAM
 S. H. VAULT
 FLYING RINGS
 TUMBLING
 TRAMPOLINE

SOUTHERN (OPEN)
 Cassie Collawn, Naples, Fla.
 Cassie Collawn, Naples, Fla.
 Cassie Collawn, Naples, Fla.
 Cassie Collawn, Naples, Fla.
 Cassie Collawn, Naples, Fla.

SOUTHWESTERN

Avis Tieber, Crenshaw A. C.
 Louise McKinnon, Hines, Miss. Judy Willis, Willis G. C.
 Louise McKinnon, Hines, Miss. Avis Tieber, Crenshaw A. C.

AMERICAN SOKOL ORGAN.

Bianche Kos, Sokol Tabor, Chicago, Ill.

NATIONAL GYMNASTIC CLINIC
By George J. Gulack, Chairman, Nat. A. A. U.
and U. S. Olympic Gymnastic Committees

Ideal weather and beautiful Sarasota, Florida, provided the stage for a truly outstanding 7th Annual National Gymnastic Clinic gathering, Dec. 26-30. Practically every state in the Union and Hawaii were represented in this great gymnastic affair which became a reality through the efforts and long months of diligent and arduous preparation by the officers of the clinic, namely Edward J. Scrobe, president; Frank A. Wells, program director; Thomas E. Maloney, executive director; Frank Cumiskey, secretary; and Lyle Welsler, honorary president and founder of the Clinic.

Several days before the opening, gymnasts, coaches, physical educators, officials, gymnastic followers and their families began to arrive from far and wide.

Representatives from the following foreign countries were also on hand: Mexico, Cuba, Canada, Switzerland, Sweden and Hungary.

When Edward J. Scrobe, president of the National Gymnastic Clinic, delivered his inspiring opening address at 9 A. M., Dec. 26th, to the members of the gymnastic family, the number of registrants had already reached well over 1,000. It was evident that the interest and extensive participation in the venture were to make this clinic an outstanding success.

Work in all classes and categories, including age group activities, began without delay. Only a few weeks earlier at the National A. A. U. Convention in Washington, D. C., our Gymnastic Committee evolved a constructive program for the development of gymnasts of international calibre. The clinic operations provided an excellent opportunity to put our theory into practice. We are convinced that our boys and girls possess exceptionally great talents to master the sport.

Our foreign guests were impressed by the natural abilities and great potentials displaced by our gymnasts—especially true in their fearless approach to daring and difficult moves and their general physical fitness. They freely gave recognition to these inherent American qualities.

These qualities weigh heavily on our credit side. Realizing the importance of strengthening our teams internationally in the face of the increased ability demonstrated by the other countries recently, the clinic directors cooperated in concentrating in the categories where our gymnasts need considerable improvement. This phase of the program was expertly administered.

Since gymnasts know no seasons or letup in training, and the work must continue year round, the National A. A. U. Gymnastic Committee will continue with the valuable aid of the Clinic Directors in the development program by means of periodic gymnastic bulletins which will contain the latest training techniques in artistic gymnastics, careful analysis of exercises, construction and combination of routines as well as the latest news and rules changes in international gymnastics.

The coaches will help in this project by submitting progress reports to the National Chairman.

The first Roy E. Moore Memorial Meet was holly contested with the nation's outstanding gymnasts participating. Able Grosfeld won the all around. The runner-up was the much improved Don Torrey. In the Women's section, Ernestine Russell outclassed Muriel Davis for the all around.

John Pesha was crowned Jr. Nat. All Around champion. J. Muzzerca was runner-up.

In the women's section, Judy Kowalsky was first in the Jr. Nat. Championship and Cassie Collawn was runner-up.

The traditional North versus South meet was won by the North team. Considering the long distances travelled by all participants and the unselfish devotion to the sport of gymnastics by the officers of the clinic, all of whom attended at their own expense and in some cases at considerable sacrifice, the tremendous progress made at the clinic was doubly commendable. Not only was a great contribution made to the sport of gymnastics but a patriotic service was also rendered our country by this fine collective effort.

ROY E. MOORE MEMORIAL MEET

All Around

1. Able Grosfeld, Univ. of Illinois
2. Don Torrey, Univ. of Illinois
3. John Culbertson, Univ. of Illinois

Long Horse

1. Armando Vega, Unat.
2. Able Grosfeld, Univ. of Ill.
3. Chic Cicio, Fla. St. Gymkana

Calisthenics

1. Able Grosfeld, Univ. of Illinois
2. Armando Vega, Unat.
3. Don Torrey, Univ. of Illinois

Side Horse

1. William Buck, Unat.
1. Sam Bailie, Unat.
3. John Davits, Univ. of Illinois

Parallel Bars

1. Able Grosfeld, Univ. of Illinois
2. Armando Vega, Unat.
3. John Pesha, W. S. Y.

Horizontal Bar

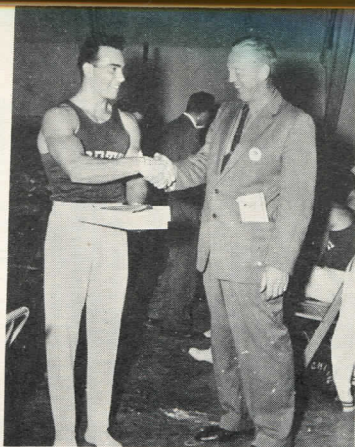
1. Able Grosfeld, Univ. of Illinois
2. Don Torrey, Univ. of Illinois
3. Stanley Tarshis, Mich. State Univ.

Rings

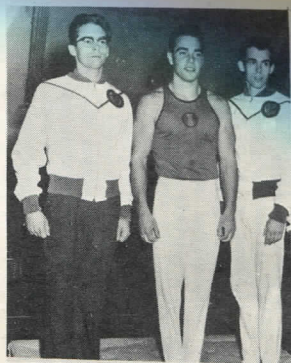
1. Able Grosfeld, Univ. of Illinois
2. Armando Vega, Unat.
3. Don Torrey, Univ. of Illinois



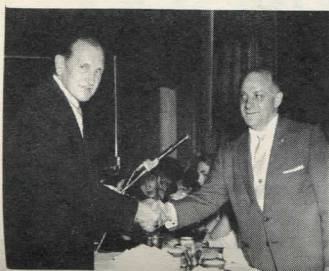
Rings - Abie Grossfeld, Univ. of Ill.
Armando Vega, Unattached
Don Tonry, Univ. of Ill.



Grossfeld Congratulated by Lyle Welzer,
Founder of the Clinic



All Around Winners - Abie Grossfeld, Univ. of Ill., (Center). Don Tonry, Univ. of Ill., (Left). John Culbertson, Univ. of Ill., (Right).



A. A. U. Veteran's Award Presented to Coach Erwin Volze, Los Angeles Turners



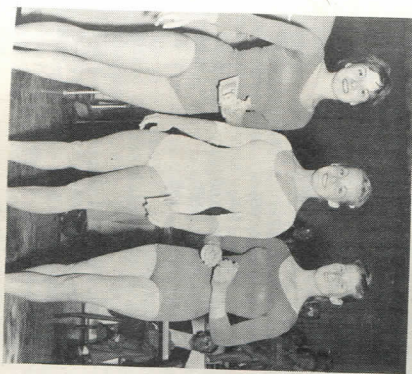
Coaches in attendance at Clinic



Chairman George J. Gulack presents Award to Program Director Frank Wells

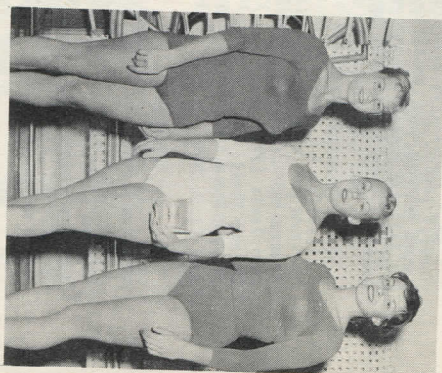
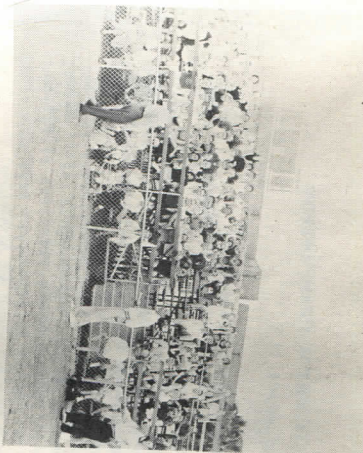


Clinic Officers Planning Activities

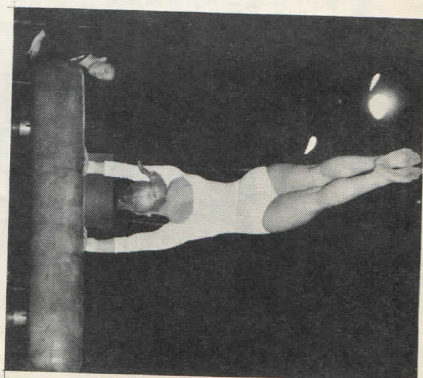


Parallel Bars -
Ernestine Russell, Windsor, Ont.
Muriel Davis, Athenaum Turners
Cassie Callawn, Naples, Fla.

General Scene at Sarasota



All Around Winners - Ernestine Russell, Windsor, Ont. (Center). Muriel Davis, Athenaum Turners, Indianapolis (Right). Carolyn Osborn, unattached, Univ. of Michigan (Left).



Ernestine Russell, Windsor, Ont.
Side Horse Vault

1957 NATIONAL Y. M. C. A. GYMNASTIC CHAMPIONSHIPS
Held at Poughkeepsie, N. Y.

NCAA 1957 CHAMPIONSHIPS

By

Charlie Graves, Gymnastic Coach U. S. C.

Team Scores		Team Scores	
West Side YMCA, NYC (WS)	102.25	Jerry Santoro, (G)	17.10
Germanatown YMCA, Pa. (G)	61.75	Tom Seward and Charles Neely	16.95
Brooklyn Central, NY (B)	11.75	Horizontal Bar	
Montclair, N. J. (M)	3.00	Richard Mohr, (WS)	18.80
Fr. Wayne, Indiana (FW)	2.75	John Pesha, (WS)	18.50
Hamilton, Ohio (H)	2.50	Mario Arimborgo, (WS)	16.95
Dayton, Ohio (D), Newburg, N. Y. (N)	2.50	Walter Dodge, (G)	16.60
and Ottawa, Canada (O), individual scores not counted in team competition.		Joseph Calvetti, (N)	16.50
		Frank Adams, (O)	16.35

SUMMARY

All Around

John Pesha, (WS)	111.20
Richard Mohr, (WS)	108.45
Charles Neely, (G)	101.50
Walter Dodge, (G)	90.30
John Dalpizzoli, (WS)	90.15
Gordon Christie, (WS)	88.05

Trampoline

Tom Gompf, (D)	8.80
Demis Harget, (H)	8.45
Frank Adams, (O)	8.00
Demis McHugh, (M)	6.50
Kenneth Black, (M)	6.15
Charles Elliott, (M)	6.10

Rope Climb

Stationary Rings		Seconds	
Mario Arimborgo, (WS)	18.30	Joseph Francois, (B)	4.1
Richard Mohr, (WS)	17.85	William Coco, (G)	5.4
John Pesha, (WS)	17.70	Jerry Santoro, (G)	5.5
Charles Neely, (G)	16.20	Tom Lieberman, (G)	6.1
Jerry Santoro, (G)	16.20	Mario Arimborgo, (WS)	6.2
Phil Tucchi, (WS)	14.80	Phil Tucchi, (WS)	6.8
		Louis Aiese, (B)	6.8

Swinging Rings

Long Horse		Seconds	
John Pesha, (WS)	18.65	Sam Corigliano, (G)	8.40
Richard Mohr, (WS)	18.35	Tom Lieberman, (G)	7.95
Charles Neely, (G)	17.00	Stanley Chatis, (G)	7.90
Gordon Christie, (WS)	16.95	Angelo Damilatis, (FW)	7.90
Tom Gompf, (D)	16.80	Jerry Santoro, (G)	7.80
Royce Evans, (FW)	16.40	Walter Dodge, (G)	7.40

Tumbling

Tom Seward, (G)	9.40
William Rocco, (G)	8.80
Frank Adams, (O)	8.55
Tom Gompf, (D)	8.45
Harry Johnston, (G)	7.80
William Coco, (G)	7.35

On March 22nd and 23rd close to 100 gymnasts representing some 20 Colleges met at the United States Naval Academy, Annapolis, Md. for the fifteenth NCAA Gymnastic Championships. In keeping with the Military tradition of the host everything was run off precisely. Navy coach Chet Phillips and his staff are to be commended for a very well organized meet. The preliminaries were held on Friday afternoon and evening, with over 35 competitors in almost every event (38 on side horse, 39 on parallel bars). Tensions were high--and evident--with these competitors on Friday, all trying to be among the top ten so they could compete in the finals the next day. On Saturday afternoon, almost a thousand spectators crowded into the Academy gym to see the well-planned finals, which ran smoothly in 2-1/2 hours, with all competitors performing well. Penn State came through in grand style to win the team title, with 88-1/2 points. Illinois was a close second with 80 points, Florida State third with 63-1/2 points.

Olympian Armando Vega was the outstanding individual gymnast bringing home 58 points for coach Wetstone's Penn State team. Olympian, Abie Grossfield, of the University of Illinois, also did an excellent job. Wilson of Western Illinois, was outstanding on the trampoline.

Competition on the rings, horizontal and parallel bars, and in free-X was good; the horse, about average; and the tumbling fell somewhat below the par set by past NCAA meets.

Southern Calif. was represented by five men from L. A. State College. Three of them qualified for the finals and two went on to win: Garvin Smith took first in the rope with a 3.1 climb and Norman Marks, after injuring an ankle in the prelim's came through with a first in free X. Duncan the third qualifier tied for sixth place on the flying rings and Vance tied for sixth in the long horse finals on Friday. West coast's strong UCLA team and USC were ineligible to compete because of the PCC ruling in last years football scandals.

The NCAA Rules Committee met at the Academy on Friday and Saturday mornings. Also held at Annapolis during this busy weekend was the NAAGC seventh annual dinner and business meeting on Wednesday evening at the Carvel Hall Hotel.

1957 NCAA RESULTS

ROPE CLIMB			TRAMPOLINE		
Name	Time	Place	Name	Points	Place
Smith, L. A. State	3.1	1	Wilson, Ill.	283	1
Dean, Army	3.6	2	Joe, Iowa	270	2
Plat, Calif.	3.7	3	Cole, Mich.	266	3

SIDE HORSE			HORIZONTAL BAR		
Name	Points	Place	Name	Points	Place
Davis, Ill.	271	1	Grossfeld, Ill.	282	1
Baillie, Iowa	268	2	Amstater, Fla. St.	279	2
Vega, Penn State	252	3	Vega, Penn St.	266	3

FREE EXERCISE			PARALLEL BARS		
Name	Points	Place	Name	Points	Place
Marks, L. A. St.	271	1	Vega, Penn St.	287	1
Vega, Penn State	266	2	Grossfeld, Ill.	276	2
Grossfeld, Ill.	265	3	Gagner, Mich.	270	3

LONG HORSE		TUMBLING	
Place			
1	Holland, Ill.	273	1
2	Harvey, Ill.	265	2
3	Karou, Ill.	265	2
1	Vega, Penn St.	275	1
2	Girhard, Mich.	268	2
3	Gagner, Mich.	268	2
TEAM SCORES			
	Penn State	88-1/2	1
	Illinois	80	2
	Florida State	63-1/2	3
STILL RINGS			
1	Vega, Penn St.	270	1
2	Grossfeld, Ill.	265	2
3	Bailey, Iowa	259	3
FLYING RINGS			
1	Vega, Penn State	1601	1
2	Grossfeld, Illinois	1514	2
3	Bailey, Iowa	1471	3
ALL AROUND			
1	Vega, Penn St.	282	1
2	Clark, Army	264	2
3	Hirst, Pitt.	262	3



Penn State 1967 NCAA Championship Team - Rear: Dave Dulaney, Philip Mullen, John Hidingger, Adie Stevens, Dick Rehm, Charles Fegley, Walter Heuler, Louis Savadove, Jim Schultz, Mgr. Front: Dion Weissend, Capt., Jack Biesterfeldt, Robt. Foh, Ed Sidwell, Lt. Lenu, Jack Donahue, Armando Vega, Gene Wetstone, coach.

REVISION OF THE RULES

B Y
 JERRY F. HARDY
 Chairman, Technical Committee

As so often happens when any organization amends and changes its rules and regulations from time to time, these in due course become cumbersome and unwieldy, and often contain many discrepancies, contradictions and needless repetitions.

The present form of our AAU Gymnastic Rules was adopted in 1953, and since then numerous changes have been made in our attempt to keep abreast of the FIG rules. Therefore, when the FIG sent us a revision of their Code of Points, as edited in October 1956, we felt it opportune to adopt its literal translation.

Apparently the FIG was also faced with the same problem, because in the revision of their Code, the subject matter, in the main, has been merely re-arranged to a more logical form. There are, however, a number of important changes from our 1957 rules, and the major ones are marked with an asterisk (*) in the revision as published in this 1958 rule book, and should be particularly noted.

Also, two important administrative rules were adopted, as approved at the AAU annual convention in Washington, November 1957.

One provides for a standard method of elimination of competitors (Section II, Article 2a.)

The other rule will expedite our keeping up to date with the international rules as it permits us to promptly adopt any changes promulgated by the FIG in their rules, without the necessity of waiting for the legislative action to be taken at the AAU annual conventions (Section II, Article 3a.)

Trampoline competitors will also be interested in the rule change providing for two sequences of ten bounces each, with a twenty second rest period.

Rules concern everyone interested in Gymnastics - the competitors, coaches, officials, and even the spectators. It is therefore important that all of the rules be read and studied -- from beginning to end -- and particular note taken of any changes that may affect the interests of those involved.

JERRY F. HARDY

AMATEUR ATHLETIC UNION OF THE
UNITED STATES - GYMNASTIC RULES

The rules for the conducting of gymnastic competitions are promulgated by the Amateur Athletic Union of the United States and conform, where applicable, to the rules of the International Amateur Gymnastic Federation (FIG).

These rules cover the following sections and their sub-numbered articles:

- I - Administrative Rules
- II - General Rules of Competition
- III - Technical Rules pertaining to International Events
- IV - Code of Points, and its annexes, pertaining to International Events
- V - Rules for other than International Events
- VI - Compulsory Exercises:
 - A - Senior Grade
 - B - Junior Grade
 - C - Novice Grade

SECTION I - ADMINISTRATIVE RULES

1 - JURISDICTION:

The Amateur Athletic Union of the United States (AAU) is the governing body for the sport of gymnastics in the United States, holding membership in the International Amateur Gymnastic Federation (FIG), which body controls international gymnastic contests, including the Olympic Games. All national championships, all district championships and all open gymnastic competitions held in the United States are conducted under the following rules.

2 - NATIONAL AAU GYMNASTIC COMMITTEE:

The jurisdiction of the AAU is exercised through the National AAU Gymnastic Committee, appointed by the President of the AAU. This Committee shall consist of the following officers and members:

- (1) A Chairman
- (2) 3 Vice-Chairmen
- (3) A Secretary
- (4)

Members of the Committee which, in the main, consist of the chairman of the gymnastic committees in each of the District Associations of the AAU. The Chairman of the Committee shall have the privilege of recommending such other persons for membership on the Committee who may be of assistance in the administration or conduct of the sport of gymnastics.

This Committee, subject to the approval of the Board of Governors of the AAU, draws up the rules of competition, decides when and where the national championships are held, and over which it has jurisdiction, passing on the qualification of contestants to compete therein, and approving of the officials to serve therein.

In general, this Committee is entrusted with the development, protection and general welfare of the sport of gymnastics.

Meetings of the Committee are to be held at least twice a year (during the holding of the national championships and at the time of the Annual Convention of the AAU), and at such other times as called for by the Chairman.

In voting, decisions will be rendered on an absolute majority of the members of the Committee present at the meeting. In case of a tie, the Chairman shall cast the deciding vote.

3 - TECHNICAL COMMITTEES OF THE NATIONAL AAU GYMNASTIC COMMITTEE:

There shall be two separate Technical Committees:

- 1 - A Women's Technical Committee, whose activities shall be confined to women's gymnastics.

- 2 - A Men's Technical Committee, whose activities shall be confined to men's gymnastics.

These committees are to serve in an advisory capacity to the Chairman of the AAU Gymnastic Committee in general, but not confined to the following matters:

- (1) Elaboration of technical regulations and programs; planning of the competitions; composition of prescribed exercises.

- (2) Terminology for gymnastics; general regulations of the different competitions.

- (3) All research and study in the interest of progress and the improvement of methods; in general, all technical questions which may be submitted or which they agree to study.

- (4) The editing and approving of any articles or literature to be published under the authority or with the sanction of the AAU Gymnastic Committee.

The Technical Committees shall be appointed by the Chairman of the AAU Gymnastic Committee and shall consist of the following officers and members:

- (1) - A Chairman
- (2) - A Secretary
- (3) - 5 members of the National AAU Gymnastic Committee.

The Chairman of the AAU Gymnastic Committee shall be a member ex officio of both Technical Committees.

Meetings of the Technical Committees shall be held whenever called for by their respective chairmen.

4 - ELIGIBILITY:

No competitor shall be permitted to participate in an open gymnastic competition, unless he is an amateur and registered in the district in which he resides. The minimum age limit for male competitors shall be 16 years. Age limit shall not apply for non-championship competition.

All gymnastic meets must be sanctioned by the Amateur Athletic Union. Any competitor who participates in an unsanctioned meet automatically disqualifies himself.

Entries close with the Chairman of the AAU Gymnastic Committee at the address designated by him, and will be accepted only on the official entry blank form, completely and properly executed, and received before the stipulated closing date together with the entry fee as provided herein.

5 - GRADES OF COMPETITION:

(1) NOVICE: For the purpose of defining a Novice in Gymnastics, the winning of a first, second, or third place in one event (including the all-around event) shall not affect an athlete's standing as a Novice in any other event.

(2) JUNIOR:

(a) Junior Championship Meets: In Junior Championship Meets, the winning of a first place in one event (except the all-around event) shall not eliminate the gymnast from competing in any other event. He shall be classified as a Junior until he has won first place in each event, or until he has won first place in the Junior all-around event. A gymnast who has won a first place in any of the events comprising the Junior Championship All-Around event is still eligible for the all-around event (provided he has not won first place in a previous Junior Championship All-Around event). In such case the points made in the event in which he previously won first place shall be counted only toward his all-around score and shall be ignored in determining the place winners in the event in question, just as if he had not competed.

(b) Non-Championship Junior Meets: The winning of any place competing in a non-championship Junior Grade event will not bar a gymnast from competing in the same event, or any other event, in any other non-championship Junior Grade competition, or in a Junior Grade championship event. He may compete in any Junior Grade event until he has won first place in a championship competition in that particular event, or first place in the Junior Championship all-around event.

(3) SENIOR: A gymnast who has won a first place in a Senior Championship shall be ineligible for competition in that particular event in Junior or Novice Grade competitions.

The National AAU Senior Championships shall be open to all registered athletes in the world.

6 - COSTUME:

A complete athletic costume must be worn by all gymnasts. Costume to consist of shirt, trunks or long trousers, and gymnastic shoes.

7 - ENTRY FEE:

Each competitor (including those entered in the all-around event), must pay a separate entry fee (Juniors \$ 1.00; Seniors \$2.00) for each event in which he desires to compete for individual honors.

8 - AWARDS:

Regulation championship die medals shall be awarded to first, second, and third place winners in individual events. In the all-around event, regulation medals shall be awarded to the first, second, third, fourth, fifth, and sixth place winners. When two or more competitors tie for any place a process of elimination decided by the referee of the meet will be used to determine the receiving of the place medals. However, if there is more than one winner of third place, each such winner shall receive a third place medal.

9 - TEAM CHAMPIONSHIP:

Awards for the Team Championship shall be made to the organization scoring the highest number of points for all of the events contested. There must be at least two contestants scoring points for a team. Points shall be scored as follows:

(1) - International Events (where both a compulsory and an optional exercise are required): 7 points for first; 5 for second; 4 for third; 3 for 4th; 2 for 5th and 1 point for 6th place.

(2) - Other than International Events (where only one optional exercise is required): 3-1/2 points for first; 2-1/2 points for second; 2 for third; 1-1/2 for fourth; 1 for fifth; and 1/2 point for sixth place.

In the event of a tie for any place, the points earned for Team Championships will be divided.

SECTION II - GENERAL RULES OF COMPETITION

1 - EVENTS:

The list of championship events shall be as follows:

A - International Events:

- (1) - Free Calisthenics
- (2) - Long Horse
- (3) - Side Horse
- (4) - Horizontal Bar
- (5) - Parallel Bars
- (6) - Still Rings
- (7) - All-Around (includes competition in the foregoing six international events). The winner of the all-around event shall be the competitor who obtains the highest aggregate number of points, next highest, second, and so on.

B - Other than International Events:

- (1) - Tumbling
- (2) - Rope Climbing
- (3) - Flying (Swinging) Rings
- (4) - Trampoline

The Committee reserves the right to cancel any event for which 5 or more duly entered competitors are not available for competition in that particular event.

2 - ~~β~~ - ELIMINATION OF COMPETITORS:

Altho it is desirable that all competitors complete the entire program, both the prescribed and optional exercises, in order to reduce the competition to workable squads, the members of the AAV Gymnastic Committee present may, by majority vote, qualify competitors in all events on the following basis:

The first 12 competitors in each event after the completion of the prescribed exercises, (plus the optional Long Horse Vault for the all-around event) will be eligible to complete the optional exercises, and all 12 competitors will be eligible to take a prize or place for points. In events where no prescribed exercises are required the first 12 competitors will be eligible for the finals and all will be eligible to take a prize or place for points. However, there will be no elimination or qualification of competitors in any event in which there are 15 or less competitors.

3 - CHANGES IN RULES:

Inasmuch as the rules for the conducting of gymnastic competitions as promulgated by the AAV of the U.S. should conform to the rules of the International Amateur Gymnastic Federation (FIG), any changes or additions to the FIG rules shall be promptly adopted by the AAV Gymnastic Committee immediately upon the approval of the Technical Committee concerned.

4 - ORDER OF COMPETITION:

The order of competition shall be as established by the Committee, preferably over a two day period, with most of the compulsory work performed on the first day, and most of the optional work on the second day.

The competitors shall perform in rotation in the order selected by the Committee. No competitor shall be required to perform first in more than one event.

In case of an accident to the apparatus, another trial shall be permitted the competitor. With this exception, and the voluntary repetition of a compulsory exercise (and the rolling pertaining to the two trials on the Long Horse event as specified) no second trial shall be allowed.

5 - OFFICIALS:

The officials of the meet, their duties and jurisdiction, shall be as follows:

(1) REFEREE: The general direction of the meet shall be assumed by the Referee, who shall be the Chairman of the National AAV Gymnastic Committee, and he may designate such persons as he deems necessary to assist him in his duties. He shall decide all matters not covered by the rules and shall determine the suitability of all apparatus used and shall rule on all protests. He may replace any judge who does not proceed correctly in his duties.

(2) JUDGES: The judges of the competition will be those approved by the Committee.

The judging in each event shall be conducted by 5 judges, one of whom will be appointed as the "Superior Judge" by the Referee.

The duties of the "Superior Judge" will be to see that the 4 judges in his event are in their proper places, alert, and attentive to the competition. He shall counsel the other judges as to any gross variations of the prescribed exercises, or inadequacies of any exercise, and may be consulted by the other judges as to any particular in connection with the competition. He shall conduct the consultation of the judges after the first two exercises, as specified herein. He shall score each exercise for his own benefit and reference during consultations.

The judges must place themselves apart from each other and so as to observe the general form of the competitor. Each judge, without consultation (except as specified herein) shall mark each performance on his score sheet on a one-tenth basis, i.e. 8.0, 9.3, etc., on a basis of 10.0 for a perfect exercise. Such markings shall be done by the judges immediately after the performance of each exercise.

The Superior Judge shall make note of each of the 4 acting judges' scores and the difference between the two middle marks must not exceed .5 of a point if either of the two middle marks is a minimum of 8.5, and must not exceed 1.0 in all other cases. If the difference exceeds these limits the Superior Judge shall call a consultation of all of the 4 acting judges and attempt to secure an agreement between the judges. If no agreement can be reached at such a consultation an appeal shall be made to the Referee for a decision in the matter, and the Referee's judgment will be based on the marking and remarks of the Superior Judge.

The Judge should not place overvaluation or undervaluation upon the physical build or personal body characteristics of the competitor.

In the event of an unfinished exercise due to a mishap, slip, or other reason where it is evident that the performance was not completed, the Judge shall be careful to give credit for all work done up to that point.

Upon the completion of his exercise by the first competitor on the prescribed exercise and also on the optional exercise in each event, the Superior Judge and the 4 acting Judges will con- sult on their marks in order to find a common level. The same shall take place upon the completion of his exercise by the second competitor. Thereafter the Judges work independently, without consultation, except on exceptional cases (accidents, etc.) or in the case of the two middle marks exceeding the limits prescribed.

In order to create as much as possible a common basis for judging, the FIG Code of Points and the Annexes thereto, are added to these rules, and the Judges shall be guided by it in their markings.

The verdict of the Judges is irrevocable and without appeal, except in case of material error.

A meeting of all of the Judges will be held prior to the com- petition for instructive purposes and to insure the smooth running of the competition. The Judges will be briefed as to their duties, responsibilities and jurisdiction, and be given an examination as to their qualifications.

(3) SCORERS: The Scorers shall be those approved by the Committee.

The Referee shall appoint a "Chief Scorer" whose responsibility shall be to supervise all of the scoring and expedite the work of the other Scorers.

The Scorers shall note on regularly ruled and official score sheets, as approved by the Committee, the mark of each of the 4 acting Judges (The marks of the Superior Judge shall not be re- corded) and then eliminate the highest and lowest marks, using the two middle marks for the evaluation of the exercise. The two mid- dle marks will be added and then averaged (divided by two) to ob- tain the score of the exercise. Example: Scores of 4 acting Judges - 9.3, 8.9, 8.6, 8.4 - The highest mark (9.3) and the lowest mark (8.4) are discarded. The two middle marks (8.9 and 8.6) are added (17.5) and then averaged (divided by two), making the score of the exercise 8.75. In the event that there are two or more identical highest marks, only one shall be discarded, and the same applies to the lowest scores.

The results and awarding of places will be based only on the official score sheets.

(4) ANNOUNCER: The Announcer shall be as approved by the Committee. The Announcer shall announce or otherwise publicize the results when they have been tabulated by the Chief Scorer on the official score sheets, and approved by the Referee.

(5) CLERKS: The Clerks will be as approved by the Committee.

The Referee shall appoint a "Chief Clerk" whose responsi- bility shall be to supervise all of the clerking details and expedite the work of the other Clerks.

The Clerks shall collect the scores from the Judges, check the contestants in each event, notify them of the order in which they are to perform and be of general assistance to the other officials.

(6) TIMERS: The Timers shall be approved by the Committee. They will serve for the Free Calisthenics, Rope Climbing, Tumb- ling and Trampoline events.

6 - ACCIDENTS:

All accidents must be communicated to the Referee of the meet and to the physician in attendance.

7 - ADMISSION TO THE FIELD OF COMPETITION:

Only competitors, judges, scorers, clerks, and those re- quired for maintenance of the apparatus will be admitted on the field of competition. Only those photographers and reporters authorized by the organization sponsoring the meet may be admitted, with the approval of the Referee of the competition.

8 - PROTESTS OF COMPETITORS:

All protests of competitors must be made in writing to the Referee at the beginning of the competition, or as soon as the cause is known.

9 - DISPOSITION OF SCORE SHEETS:

All of the score sheets pertaining to the entire competition shall be turned over to the Referee of the meet by the Chief Scorer as soon as the competition and the scoring thereof is completed, and after publication, the score sheets will be placed on file with the ADU.

SECTION III - TECHNICAL RULES PERTAINING TO INTERNATIONAL EVENTS

1 - NUMBER OF EXERCISES:

One prescribed exercise and one optional exercise will be required in Free Calisthenics, Long Horse, Slide Horse, Parallel Bars, Horizontal Bar and Still Rings.

2 - PRESCRIBED EXERCISES:

Prescribed exercises shall be those selected by the National AUV Gymnastic Committee and whenever possible will coincide with the prescribed exercises in use for current international competitions.

Prescribed exercises on the Parallel Bars and Horizontal Bar may be performed inversely either entirely or in parts.

3 - OPTIONAL EXERCISES:

Optional exercises must differ essentially from the prescribed exercises and must present a different combination, especially the start and finish. For specific requirements see "Code of Points" (Section IV).

4 - GUARDING OF COMPETITORS:

A contestant shall be allowed to have a guard stand for a dangerous dismount or hazardous part of his exercise and so long as the guard does not touch, aid, or assist the contestant in the performance of his exercise, it shall not detract from the value of the performance.

5 - DIMENSIONS OF CALISTHENIC GROUND AND APPARATUS:

The dimensions of the apparatus specified herein are those promulgated by the FIG. (Conversion from metric to linear measurements based on following: cm - .3937 inches; meter - 39.37 inches). However, the Committee may approve any variation therefrom provided it is notified of such variation at the time of the award of the meet to the sponsoring organization.

(1) FREE CALISTHENICS EVENT: The dimensions of the ground for Calisthenics: Minimum dimensions 12 x 12 meters (39 ft. 4 1/4 inches x 39 ft. 4 1/4 inches), clearly marked on the ground by white lines. It will be a wooden floor without grooves, or at least 14 x 14 meters (45 ft. 11.18 inches x 45 ft. 11.18 inches). The place limited to the gymnasts must be marked as above. If the competition is held outdoors, a lawn must be prepared and competitors have a choice of lawn or wooden floor. It is recommended that indoor floor area be covered with a carpet of soft felt 5 cm (3/16") thick and covered with canvas for protection.

(2) SLIDE HORSE: Length 1.80 meters (70.86 inches). Width 35 to 37 cm (13.78 inches to 14.56 inches). Width between pommels 40 to 45 cm (15.75 inches to 17.72 inches). Height to the top of the pommels 1.20 meters (47.24 inches). Height of the pommels from the back of the horse part of the pommels being horizontal for a length of about 5 or 6 cm (1.97 to 2.36 inches).

(3) PARALLEL BARS: Height 1.60 meters (62.99 inches). Very tall gymnasts may ask for 1.70 meters (66.93 inches). Length 3.50 meters (11 ft. 6 in.). Inside width may vary between 42 to 48 cm (16.53 inches to 18.09 inches). The form of the bars is oval.

(4) HORIZONTAL BAR: Polished steel bar, 28 mm (1.10 inches) in diameter, with variation of one mm more or less permitted. Height of bar 2.50 meters (98.42 inches). Very tall gymnasts may have the height at

(5) STILL RINGS: Height to point of suspension 5.50 meters (18 ft.). Wooden rings 2.40 meters (94.48 inches) off the ground (for very tall gymnasts the same applies as for the horizontal bar); interior diameter of rings 18 cm (7.08 inches); circumference of the hold 28 cm (1.10 inches). The cords may end in straps or mobile thongs at which the rings are fixed. Provision should be made to prevent the twisting of the cords.

(6) LONG HORSE:

(a) Dimensions of the Horse: The Horse shall be standard, of the same length and width as the Slide Horse, and without pommels. It shall be placed lengthwise. Height shall be 1.50 meters (51.18 inches) measured from the floor to the top of the horse at the saddle.

(b) Beat Board: Height 10 cm (3.93 inches) in front; length 100 cm (39.37 inches); width 60 cm (23.62 inches). The beat board must repose in its entire length on the floor and may be shifted to any distance from the horse as desired by the competitor.

NOTE: For determination of penalty zones and other requirements of this event see Annex No. 1 to the Code of Points (Section IV of these rules).

SECTION IV - "CODE OF POINTS" AND ANNEXES THEREIN PERTAINING TO INTERNATIONAL EVENTS

FOREWORD:

In our competitions of Gymnastics, the marking of exercises is done by rating, and it is unavoidable that the individuality of the judges leads to differences in the scoring, in spite of their competence and impartiality.

With a view of reducing these differences to a minimum, the FIG has promulgated this Code of Points, which marks a new step in the progress of improvement of the marking methods, internationally as well as on the national scale. It will give the judges a more solid basis in establishing their evaluations, and the gymnast will find valuable indications for his preparation for the competition.

The following is a literal translation of the Code of Points as edited by the FIG in October 1956, and the enumerated Articles conform thereto. In the main, the subject matter has merely been rearranged for better reference, from the form which was published in the 1957 AUV official rules. There are, however, a number of changes, and the major ones are marked with an asterisk (*) and should be particularly noted.

1 - This Rating Code is based on the rules and regulations of the Technical Committee of the FIG. It is designed to give detailed instructions for judging compulsory and optional exercises.

2 - Types of Exercises:

(a) - Horizontal Bar: Swinging and vaulting movements without holding or stopping should be used as valuable variations between giant swings.

(b) - Parallel Bars: Swinging and vaulting movements combined with exercises of strength and holding of positions. (At least one part of strength is required). The movements of swinging and vaulting must be predominant. There must be shown at least one part below and one part above the bars in which the grip is momentarily released, and not more than 3 held positions should be used.

(c) - Rings: Without swinging of the rings; combined movements of swing, strength and holds (positions). There must be at least 2 hands, of which one is to be executed with strength, and the other with swing and elasticity passing through or starting from a hanging position. A further requirement is at least one position held with strength (other than a handstand).

(*) (d) - Side Horse: Vaulting and turning movements in swing, forward and backward of positions. Leg circles and scissors, intermediate swings must be avoided. Work to both left and right sides; one part of the exercise, at least one double leg circle, must be executed in the opposite direction from the major part of the exercise. All 3 parts of the horse must be used and double leg circles must be predominant.

(e) - Long Horse: The rating of the difficulty of the different vaults is laid down in the Table of Difficulties. (See Annex No. 1).

(f) - Gallsthens: Movements combining the elements of balance, agility, strength, elasticity, jumps and leaps (tumbling), performed in rhythm and harmony. The gymnast is required to move in different directions, not using too many running steps. (The run must be taken in the right proportion to the difficulty of the jump or tumbling routine that follows.)

Part No. 2 - Compulsory Exercises

(Note: Articles 7, 8, 9 and 13 also apply to Optional Exercises, as specified in Article 21)

3 - A compulsory apparatus exercise may be repeated without penalty, if the gymnast declares his intention of doing so immediately (before the judges rate his first performance). The gymnast should be allowed a few minutes rest before he is called upon to repeat his exercise. Only his repeat performance will count.

On the Long Horse, both the compulsory and the optional vaults may be repeated, and in each case, the better of the two scores will count. The Gallsthenic exercise may not be repeated.

A beat board may be used for the mount on the parallel bars.

4 - A compulsory exercise includes 3 to 4 difficult parts, and its value, in proportion to a complete optional exercise, is 9.2 to 9.4 points.

5 - Only the execution is considered and rated in a compulsory exercise. The range is from 0 to 10.0 points, with fractions of one-tenth of a point.

In order to facilitate precise judgement, the compulsory exercise is analyzed and each part of it is given a value in points in proportion to the other parts of the exercise. (The point values must add up to 10.0 for the whole exercise.)

6 - A perfect exercise with a maximum rating is one that is well adapted to the nature of an aesthetic performance, with no faults in execution. The faults in execution and style are penalized by a deduction of points or fractions of points, according to the following directions:

7 - Defects in elegance in general: An exercise, although executed without fault, but presented in a rhythm too quick or too slow, or with an ill-proportioned display of force, counts less than a perfect exercise as described in Article 6.

Penalties - 1/10 to 3/10 points

8 - Breaks in the continuity of the exercise:

(a) Without leaving the apparatus: A stop, not prescribed, entails a deduction of points proportioned to the value of the part of the corresponding exercise, and even a higher penalty if the interruption facilitates the following part.

Penalties for slight hesitations: 2/10 points each
 " for more pronounced interruptions: 5/10
 " for more serious stops: Up to 8/10

(*) (b) Losing hold of the apparatus: Falling from an apparatus does not necessarily terminate the exercise. The gymnast may remount without delay and continue his exercise at the point where it was interrupted. He also has the right to quickly replenish the magnetism on his hands or replace his hand protectors if they are torn.

Penalty - 1.0 point

(c) Leaving the apparatus: An exercise is considered terminated if a gymnast who falls of an apparatus leaves it in that he walks away. In this case points are awarded only for the parts of the exercise which were performed.

9 - Added Movements or Parts: If a competitor adds one or several movements not prescribed, each movement will be penalized 3/10 to 5/10 points.

If the added movements facilitate the following parts, the penalty will be augmented by 1/10 to 5/10 points.

10 - Movements Not Performed: A movement or part not executed will bring first the loss of points allotted to this part in the analysis of the exercise (Article 5).

Furthermore it has to be considered whether this omission facilitates the following parts, in which case the penalty must be adjusted and may be augmented up to 1.0 point.

11 - Execution contrary to the text: If a supple, swinging movement is done with strength and force, or vice versa, the penalty is 1/4 to 3/4 of the points allotted to this part.

12 - Holding of Positions: The duration of a prescribed hold is 3 seconds. Penalty for positions held less than 3 seconds is 2/10 to 4/10 points (Article 13 (2) (d), or 1/3 to 2/3 of the points allotted to this part (Article 13 (2) (e)).

13 - Other faults in the execution of an exercise (precision, grace and deportment) will be penalized as follows:

(1) - Movements on the Side Horse and Parallel Bars:

A - Side Horse:

- (a) - Touching the horse (gliding) - 1/10 point
- (b) - More severe cases (interruption) - 2/10 to 5/10 points
- (c) - Still more severe cases (sitting) - 6/10 to 1.0 points
- (d) - Touching the floor or mat with one or both feet without leaving the grip on the apparatus and not causing a noticeable interruption - 5/10 to 7/10 points

B - Parallel Bars:

- (a) - Touching the bars (gliding) - 1/10 to 2/10 points
- (b) - Touching the floor, not losing grip, without causing noticeable interruption - 5/10 to 7/10 pts.
- (*) (c) - Walking in handstand - 1/10 to 5/10 points

(2) - Holding of Feet, Arms, Legs, etc.

- (a) - Bad holding of head and feet - 1/10 to 2/10 points
- (b) - Separating, bending of legs - 1/10 to 2/10 "
- (c) - Bending arms - 1/10 to 2/10 "
- (d) - Positions held less than 3 seconds - 2/10 to 4/10 "
- (*) (e) - In the case where the hold (position) constitutes a major difficulty of the exercise the penalty is: 1/3rd to 2/3rds of the points allotted to this part.

On the Rings:

- (f) - Bent arms in handstand or touching ropes - 1/10 to 3/10 points
- (g) - Bent arms and touching ropes - 3/10 to 5/10 "
- (*) (h) - Bent arms in horizontal support lever, "Cross", etc. - 1/10 to 5/10 "

In General:
 (*) (1) ~~Text~~ - Handstands, suspensions, levers held unstably or obliquely - 1/10 to 2/10 points

(3) Calisthenics:

- (a) - Too long a run for handspring, flip, etc. - 1/10 to 3/10
- (*) (b) - For crossing the line, limiting the space for the calisthenic event - Each Time: 1/10 to 2/10 points

(*) (4) Long Horse Vault:

- (a) - Momentary bad style in holding head, legs, feet, separating legs - 1/10 to 3/10 points
- (b) - Bad style during the entire vault - 4/10 to 1.0 points
- (c) - Touching the horse with feet, knees or seat - 1/10 to 1.0 points
- (d) - Bent arms in momentary handstands - 1/10 to 1.0 "
- (e) - Bent knees in "Sman" or "Hecht" - 1/10 to 1.0 "
- (f) - Too low a vault - 1/10 to 1.0 "
- (g) - Missing to stretch body before landing 1/10 to 5/10 "
- (h) - Vault badly controlled - 1/10 to 5/10 "

(5) Presentation, Landing

- (a) - Bad posture in starting or final position - 1/10 to 2/10 points
- (*) (b) - Small step or hops in the dismount - 1/10 to 2/10 "
- (c) - Several steps or hops - 2/10 to 3/10 "
- (*) (d) - Touching floor or mat with hands - 2/10 to 3/10 "
- (e) - Falling on back, knees or hands - 5/10 to 6/10 "

Part No. 3 - Optional Exercises

14 - An optional exercise cannot be repeated, except for the Long Horse Vault.

The choice of the Optional Vault is completely free, but it must not be identical with the Compulsory Vault.

A table of difficulties for Vaults is contained in Annex No. 1 of this Code.

A stiff board (beat board) is permissible for mounts on the Parallel Bars.

15 - Optional exercises are rated ~~not~~ from 0 to ~~xxxxxxx~~ 10.0 points with fractions of tenths of a point.

- 16 - The 10.0 points are awarded as follows:
 For Difficulty - 3.0 points
 For Combination - 2.0 points
 For Execution - 5.0 points

The difficulty and combination represent the value of the optional exercise.

17 - Combinations: An optional exercise must be composed of parts and movements typical and proper for the corresponding apparatus, according to Article 2.

The mount and dismount must be of special value.

The essential parts must be connected with elegance and without additional rings. Repetitions and parts too easy in relation to the standard of difficulty must be avoided. The exercise must differ clearly from the prescribed exercise; however, including one or the other part of the latter does not necessarily constitute a fault in the combination, if the connections before and after these parts are different.

(*) The optional calisthenic exercise must last at least for one minute and not longer than 1-1/2 minutes.

18 - Rating of the Combination:

- (a) - If the combination resembles too much the compulsory exercise, Penalty 1.0 point
- (*) (b) - Unnecessary swings, Penalty 3/10 points
- (*) (c) - Parts or combinations without value, breaks in swings, Penalties 1/10 to 3/10 pts
- (d) - Combinations and movements of the wrong type, according to Article 2. 2/10 to 5/10 pts
- (e) - If the duration of the Calisthenic exercise does not correspond with the time limit of one to 1-1/2 minutes, it will be penalized. However, the judges will refrain from too pedantic a reason, because the too short an exercise will also be subject to penalties for lack of difficult parts, and the too long exercise ~~XXXXXXXXXXXXXXXXXXXX~~ is usually due to faults in the execution. Penalties 1/10 to 3/10 pts
- (f) - Maximum of penalty for combination: 2.0 Points

19 - DIFFICULTY:

The optional exercise must be more difficult than the compulsory exercise.

At the apparatus (horizontal bar, parallel bars, rings, and side horse) each exercise must consist of at least 10 principal parts, of which 4 must be of considerable difficulty (B) parts as indicated in Annex No. 2) and one part must be of superior difficulty - original and hazardous ("C" part).

The Calisthenic optional exercise must contain 6 difficult (B) parts and one part must be of superior difficulty (C).

For the Long Horse Vaulting there is a Table of Difficulty in Annex No. 1 of this Code.

The judges have to consider whether these difficulties exist in the essential parts, respectively, in the combinations of the optional exercises.

Annex No. 2 of this Code lists a number of parts and combinations of a higher degree of difficulty (B) and well as of superior difficulty (C). They will serve the judges as a guide in rating the difficulty of optional exercises.

20 - RATING OF THE DIFFICULTY.

As to penalties regarding infractions in the difficulty of an exercise, it should be understood, according to Article 16, that a competitor may lose up to 3.0 points for complete lack of difficulty.

In computing difficulty, the maximum points that may be awarded for an exercise - execution and combination being perfect (2.0 for combination and 5.0 for execution - 7.0 total) - could be between 7.0 and 10.0 points.

Penalties for missing parts:

- (a) - For each essential part of mediocre difficulty ("A" part) 2/10 points
 - (b) - For each part of a higher degree of difficulty ("B" part) 3/10 points
 - (c) - For the part of superior difficulty ("C" part) 6/10 points
- If the "C" part is substituted by a "B" part There will be a loss of 3/10 points

Examples of Evaluating Difficulty:

In each instance it is assumed that the execution and combination are perfect for the full credit of 7.0 points, and the scores in the following examples include 7.0 for execution and combination.)

- A - Examples of complete (10 parts) exercises:
 - (1) If there are 4 "B" parts and the "C" part 10.0 points
 - (2) If there are only 3 "B" parts and the "C" part 9.7 "
 - (3) If there are 5 "B" parts and no "C" part 9.7 "
 - (4) If there are 10 "A" parts only (4 "B" parts and the "C" part missing) 9.7 "
- (5) If all 10 parts are not even of mediocre difficulty (not even "A" parts) 8.2 "

B - Examples of short exercises (8 parts only):

- (6) If the 4 "B" parts and the "C" part are included: loss of 2 x .2 = .4 points 9.6 points
- (7) If there are only 3 "B" parts and no "C" part 8.7 "
- (8) If there are only 8 "A" parts 7.8 "

C - Incomplete Exercises:

- If an exercise is interrupted by a break, etc., the judges might evaluate it as follows:
 - (Execution and combination assumed to be perfect) 7.5 points
 - 3/4 of an exercise 5.0 "
 - 1/2 of an exercise 5.0 "
 - etc.

21 - Rating of the Execution:

For evaluating the execution of an Optional Exercise, the same principles apply as for rating a Compulsory Exercise (see rules under Articles 7, 8, 9 and 13 of this Code). Special attention should be given to the perfect technique in the execution and to the ease of

The performance. The combination and difficulty of the exercise must correspond with the capability of the competitor. An exercise which is executed with great and visible effort or which is hardly mastered at all, must be severely penalized. In artistic gymnastics a gymnast must show that he is the master of his body and its movements, and that he can complete his exercise with grace, ease and sureness.

22 - Example of Rating and Optional Exercise in its entirety.

In Article 16 it is stated that the value of the Optional Exercise on the one hand (Difficulty 3.0 points, plus Combination 2.0 points - Total 5.0 points), and the Execution on the other hand (5.0 points), are two elements of equal importance. In rating an optional exercise as a whole, therefore, a judge may proceed as follows:

Maximum Points	-	10.0
Deduct for Lack of Difficulty	"	.6
" for fault in combination	"	.2
" for faults in execution	"	.2
Total Deduction	-----	1.7
Result	-----	8.3 Points

ANNEX NO. 1 TO THE "CODE OF POINTS"

LONG HORSE EVENT

A - General Rules:

(a) Zones of Support for the Hands on the Horse:

The length of the horse shall be divided into 7 Zones, as follows:

Starting from the Group end of the horse and running out toward the Neck:		1st Zone - 40 cm	(15-75°)		
Group:	{	2nd Zone - 15 cm	(5-90°)		
	{	3rd Zone - 15 cm	(5-90°)		
Saddles:		4th Zone - 40 cm	(15-75°)		
		5th Zone - 15 cm	(5-90°)		
Neck:		6th Zone - 15 cm	(5-90°)		
		7th Zone - 40 cm	(15-75°)		
Total		180 cm	70-85°		

(In the event that the length of the horse is shorter or longer than the standard 180 cm, the 7 zones at each end of the horse will be measured as indicated above, and the saddle zone will provide the variance)

The zones will be defined by white lines (preferably by paint or 1/4" wide white tape).

In order to obtain maximum credit for the vault, the competitor must place both hands clearly in Zone either of the two end (40 cm) zones. Should any part of a hand extend beyond the end zone a penalty of 1.0 per zone will be incurred. (The tips of the fingers at the group end of the horse, and the heel of the hand at the neck end of the horse shall constitute the determining factors as to the placing of the hands).

NOTE: In vaults where the arms are spread and the hands are placed apart on the horse, only the position of the forward hand will be taken into consideration. Examples:

- Vault (a) 6 - Handstand pivot cartwheel: Only the forward hand after the pivot will be considered. The hands may be placed in any zone for the handstand position without penalty.
- Vault (a) 10 - Giant cartwheel: Only the forward hand will be considered. The rear hand in the cartwheel position may be placed in any zone without penalty.

It is recommended that 2 clerks observe the exact placing of the competitor's hands on the horse and that they demonstrate, or notify the judges, as to which zone applies and whether any penalty had been incurred for the use of any but either of the two end (40 cm) zones.

(b) - The vault shall be scored from the moment the competitor either steps on the beatboard or touches the horse. (The run shall not be considered in the judging of the vault). The competitor shall be permitted a maximum of 2 passes without stepping on the beatboard or touching the horse before a trial is scored.

(c) - The horse shall be placed lengthwise facing the competitor. The beatboard shall be placed in front of the horse. The distance of the beatboard from the horse is optional with the competitor.

(d) - As an optional vault the gymnast may execute the same vault twice or 2 different vaults. The better of the 2 scores will count. (Each trial must be scored).

(e) - A vault which is not registered in the Table of Difficulty will be evaluated in accordance and in comparison with the difficulty of similar vaults in the Table.

(f) - In order to stimulate the execution of vaults superior to the ones registered in the table, with 10 points, small faults in the execution will be less severely punished.

5142

B - Table of Difficulty of Long Horse Vaulters:

(a) - With support of hands on Neck of Horse:

1 - Straddle Vault	-	7.0 Points
2 - Squat Vault	-	7.50 "
3 - Sheep Vault (Body straight, knees bent only)	-	9.50 "
4 - Scissors (with 1/2 turn, land facing Horse)	-	9.50 "
5 - Stoop Vault (hips bent, knees straight)	-	9.50 "
6 - Handstand Pivot Cartwheel	-	9.50 "
7 - Stoop vault with 1/2 turn (in stretching of body, land facing Horse)	-	10.0 "
8 - Handspring (straight arms)	-	10.0 "
9 - Vault with straight body, straight and joined legs (Hecht)	-	10.0 "
10 - Giant cartwheel (1/4 turn during flight into handstand. Hands may be placed alternately or simultaneously on the Horse)	-	10.0 "

(b) - With support of hands on Croup of Horse:

11 - Straddle Vault	-	7.0 "
12 - Squat Vault	-	7.50 "
13 - Scissors Vault (1/2 turn, to stand facing Horse)	-	9.50 "
14 - Sheep Vault (See Vault No. 3)	-	10.0 "
15 - Stoop Vault, knees bent at start and stretched during flight over horse	-	9.50 "
16 - Stoop Vault, hips bent, knees straight throughout vault	-	10.0 "

ANNEX NO. 2 TO THE CODE OF POINTS

EXAMPLES OF PRINCIPAL PARTS OF A HIGHER DEGREE OF DIFFICULTY (B) AND OF SUPERIOR DIFFICULTY (C)

Note: The Technical Committee of the FIG did not think it feasible to list all of the known and possible exercises and combinations. That would lead to stereotyping and schematizing of gymnastics, which should be left open to develop originality. It also would make it impossible for the Judges to form an opinion of the performed exercise within a few seconds. Therefore only a few examples of parts of higher difficulty (B) and of superior difficulty (C) will be given in this Annex for each event. It is understood that other movements which may be of the general level of higher difficulty, or which may be original and hazardous and thereby merit a rating of superior difficulty, will be graded accordingly.

I - HORIZONTAL BAR.

A - Parts of a higher degree of difficulty (B):

- 1 - Mixed Grip. Back uprise with double rear vault into free rear support. (legs pass twice over bar with 1/2 turn left around left arm.)

2 - Mixed grip: Back uprise with straddle forward under hands, regrasp to free rear support.

3 - From a Giant swing forward: Squat through, one circle forward and dislocate to an Eagle swing with back-uprise and changing of grip to front support.

4 - Grasp optional: Kip to handstand

5 - Full turn at the end of backward swing: releasing grasp (Pirouette)

6 - From a Giant Swing place legs onto bar, one straddle circle (or squat or stoop circle) and shoot to handstand.

7 - From a Giant swing forward: Change one hand to the grip used in an Eagle Swing (turning hand full turn inward) one Giant circle forward with that grip and 1/2 turn on the hand with this (cubital) grip to Giant swing backward.

8 - From a Giant swing backward: Stoop through between arms (knees straight) to free rear support.

9 - From a stand on the bar: Somersault backward to stand on mat

10 - From a Giant swing backward: Somersault backward (Fly-a-way)

11 - From a Giant swing forward: Somersault forward (Fly-a-way)

12 - From a free hip circle: Dismount forward with straight body (Hecht)

B - Parts and combinations of Superior Difficulty (C):

13 - From a rear support: Cast over the bar backward into hang rearways and uprise rearways into rear support (German Giant)

14 - Eagle swing with changing of grip into handstand with under grip (Full Eagle swing)

15 - Backward swing with full turn (Pirouette) into free front support.

16 - From a Giant swing forward: Double rear vault with 1/2 turn into rear support (See example 1)

17 - Underswing forward (shoot, feet leading, forward under the bar), from a free support, with somersault forward (tuck position).

18 - From a Giant swing backward: Double somersault

19 - From a Giant swing forward: Somersault forward with twisting sideward.

II - PARALLEL BARS:

- A - Parts of a higher degree of difficulty (B):
- 1 - From an upper arm hang: Back uprise with straddle forward into support with legs raised forward (I position)
 - 2 - From support: Press handstand with straight arms and bent hips
 - 3 - From support: Press a handstand with straight body (Arms bent)
 - 4 - From upper arm hang: Backward roll to handstand
 - 5 - From a support: Swing forward with straight or bent arms with 1/2 turn into support (Stutzkehre)
 - 6 - Swing backward with straight or bent arms and with 1/2 turn into support (Stutzkehre backward)
 - 7 - From upper arm hang: Back uprise into handstand
 - 8 - From support: Swing backward with 1/2 turn left, placing right hand on left bar (undergriff) and left hand on right bar; legs describe a circle around arms, hips bent ("Moore's")
 - 9 - From a support: Somersault forward or backward into support or into upper arm hang
 - 10 - From support: Dismount with somersault forward or backward into cross stand sideways.
 - 11 - From a stand between the ends of the bars, facing outward: Grasp end of bars and turn backward, shooting upward, into support with straight or bent arms and swing forward with 1/2 turn (equals 2 B parts)
 - 12 - Front lever support (hold 3 seconds)
- B - Parts and combinations of Superior Difficulty (C):
- 13 - From a handstand: Backward somersault to a handstand
 - 14 - Swing forward thru support and 1/2 turn to a handstand (Stutzkehre to handstand)
 - 15 - Press to a handstand with straight arms and straight body
 - 16 - "Basket" (turn backward and shoot upward) into a handstand
 - 17 - Swing forward thru support and backward somersault with 1/2 turn into a stand sideways.
 - 18 - From a side handstand on one bar (the rear bar): Straddle forward over the front bar into stand rearways.
 - 19 - From a support: Drop backward into inverted hang with bent hips and immediately shoot upward into support with legs stretched forward in I position. (Underswing into support with half-lever)

20 - From a stand, vaulting outward and grasping ends of bars (see example 11) "Basket" into handstand (as a mount, see also Example 16 as a part).

21 - Handstand on one arm (hold 3 seconds)

22 - From handstand: Somersault backward to support and forward swing with 1/2 turn into support (Stutzkehre) - One part C and one part B.

23 - "Basket" into upper arm hang, backward roll into handstand, and somersault backward into support or into a stand sideways (1 part C and 2 parts B).

III - RINGS:

A - Parts of a higher degree of difficulty (B):

1 - From a hang: Swing forward and shoot upward into handstand

2 - From a hang: Kip or forward uprise into support, swing backward into handstand.

3 - From a handstand lower thru front lever support into hang with backward lever.

4 - "Cross hang" - 3 seconds

5 - Front lever hang - 3 seconds

6 - Press to handstand with straight arms and bent body (hips)

7 - Press to hand stand with straight body (arms bent)

8 - Free front lever support (3 Seconds)

9 - Bear kip (shoot upward from bent inverted hang) into handstand

10 - Full circle forward (body straight) into handstand (From support)

11 - Dismount from a hang with somersault with 1/2 turn left or right

B - Parts and combinations of Superior Difficulty (C):

12 - Press into handstand with straight arms and straight body

13 - Back uprise into handstand

14 - "Cross hang" with legs raised forward in I position

15 - From straight hang: Lift straight body forward and in turning backward rise into a handstand

16 - Full circle backward in support (hip circle) with straddle dismount and with a half or full twist.

17 - Handstand with arms stretched sideward (Inverted Cross).

18 - From a handstand. Lower backward into hang and swing forward upward into handstand (Giant swing backward).
19 - From handstand: Fall forward into hang and back upright into handstand (Giant swing forward).

IV - SIDE HORSE:

A - Parts of a higher degree of difficulty (B):

1 - Scissors forward to the right and 1/2 turn left.

2 - Circle both legs under left and right hand, swing legs over neck with 1/2 turn right and changing of grasp (Moore) into support on both pommels and swing both legs forward under left hand.

3 - Circle both legs under left and right hand, displacing right hand to left pommel into support on the neck, continue to one more circle with both legs, 1/2 turn (Moore) and dismount with 1/4 turn into a stand sideways (2 Parts B).

4 - Circle both legs under left hand and with 1/2 turn right around right arm into rear support over the croup, swing right leg under right hand and scissors backward to left, swing right leg under right hand and circle both legs under left hand with 1/2 turn right into rear support over both pommels, circle legs under right and left hands.

5 - Circle legs under left and right hand, full turn right on right arm (legs passing over the croup and over the left pommel) left hand re-grasps left pommel into rear support.

6 - Swing both legs under left hand and continue circling left leg under right hand and over neck (momentary support over front pommel with left arm in crotch of body) swing right leg backward with 1/2 turn right (momentary support of both hands with undergrip on front pommel) and swing both legs over rear pommel into rear support on both pommels, swing left leg under right hand and scissors left forward.

7 - At the extreme end of the horse (Neck or croup): Double leg circles twice, from a cross support frontways (cross support, cross stand, etc.): The axis from shoulder to shoulder runs across the length axis of the horse.

8 - From cross support frontways at the neck. Double leg circle clockwise (under left and right hand), swing left leg over front pommel with 1/4 turn right, left hand grasps front pommel and scissors forward to right, scissors forward to left with travelling left sideward to support on both pommels (2 parts B).

9 - Front support over croup (left hand on rear pommel): Swing left leg under left hand and over croup, scissors to right, forward, scissors to left with travelling left sideward into support over saddle (on both pommels) left leg forward, repeat forward scissors to right and left with travelling into support over neck (right hand on front pommel (2 parts B))

10 - Front support over croup (as 9): Double leg circle clockwise, placing right hand on rear pommel, swing both legs over saddle and place left hand on front pommel (travelling), repeat double leg circle with travelling left sideward into rear support over neck, left hand on neck (2 travelling circles) (2 parts B).

B - Parts and combinations of Superior Difficulty (C):

11 - Front support on both pommels: 1-1/2 double leg circle with travelling left sideward to rear support over neck, swing right leg under right hand and scissors left (backward) swing right leg under right hand and double leg circle with 1/4 turn right to momentary cross support on neck, double leg circle with 1/4 turn right (Moore) legs swing over front pommel and left hand grasps front pommel into support rearways over neck, double leg circle clockwise. (1 part C, plus 1 part B).

12 - Front support on pommels: Double leg circle clockwise with 1/2 turn right, right hand undergrip on front pommel, legs swinging over neck and over rear pommel and left hand grasps rear pommel (Moore) into rear support on both pommels, double leg circle with travelling left sideward into support over croup (rearways). Double leg circle clockwise with 1/2 turn right passing through momentary cross support (Moore) and dismount with side vault to left and 1/4 turn right into cross stand sideways, right hand on croup (2 parts B and 1 part C).

13 - On both pommels: Double leg circle clockwise, full turn right on right arm, legs passing over front pommel, croup and front pommel kick into support rearways on both pommels, swing left leg under right leg and right hand and scissors left forward with travelling left sideward to neck (right hand on front pommel, left hand on neck), scissors right forward, swing left leg under left hand and double leg circle clockwise with 1/2 turn right on right arm into rear support on both pommels (2 parts B and 1 part C).

14 - From a cross stand at the neck, both hands on neck: Double leg circle clockwise, Moore, swing legs over front pommel and with 1/4 turn right, left hand grasping front pommel into rear support over neck, 2 double leg circles clockwise with travelling twice to the left (over saddle) into rear support over croup (1 part B and 1 part C).

15 - Front stand on neck (right hand on front pommel): Jump with double rear vault mount (legs passing over neck and with 1/2 turn right on right arm - over rear pommel) into rear support on both pommels, double leg circle clockwise with travelling left to rear support over croup; double leg circle with 1/2 turn right on right arm ("Double Bear") into rear support on both pommels with reverse grip of left hand; 1/2 turn right on left arm (backward) legs passing over rear pommel and over neck, into a front support over neck (right hand on neck), 1-1/2 double leg circle clockwise with travelling left to rear support on both pommels. (2 parts B and 1 part C).

16 - From support over croup (left hand on rear pommel, right hand on croup) 3 double leg circles clockwise with travelling twice (over saddle) to front support over neck (right hand on rear pommel, left hand on neck), swing left leg under left hand and scissors forward to right with 1/2 turn left, swing right leg under right hand and double leg circle counter-clockwise into rear support over neck (3 parts B and 1 part C).

V - CALISTHENICS:

- A - Parts of a higher degree of difficulty (B):
- 1 - Handspring backward (filio-filae), somersault backward (or forward)
 - 2 - 3 or more handsprings forward or handsprings backward (continuously)
 - 3 - Forward somersault, running
 - 4 - Cartwheel left with 1/4 turn left (legs joined) and somersault backward, or handspring backward (round off and flip)
 - 5 - Press handstand with straight arms and bent hips
 - 6 - From a front lever: Press a handstand
 - 7 - From a kneestand: chest roll (forward) into handstand
 - 8 - From a handstand: Arch body and lower legs to "Bridge" and stretch into stano (back-bend, walk-over, etc.)
 - 9 - "Split" (lower body to floor, one leg straight forward and the other one straight backward)
 - 10 - Balance stand on one leg (body horizontal)
 - 11 - Jump forward into handstand (Dive)
 - 12 - Hands supported on floor: Continuous circling with 1 leg and handstand.
 - B - Parts ~~of~~ and combinations of Superior Difficulty (C):
 - 13 - Somersault forward or backward with twists (left or right turns)
 - 14 - Handspring - somersault - handspring (forward or backward)
 - 15 - Somersault - handspring - somersault (forward or backward)
 - 16 - Somersault forward from a stand
 - 17 - Front lever with straight arms (3 seconds)
 - 18 - Lift body and press a handstand from front lying position
 - 19 - From a support on floor with legs lifted straight forward (L position) or legs straddled behind arms: Press handstand with straight arms
 - 20 - Backward roll into handstand and squat (or stoop) through between arms into support with legs held straight forward (L position) or with one leg between arms to "Split".
 - 21 - Jump backward with full twist into handstand
 - 22 - Handstand on one arm (Hold 3 seconds)
 - 23 - 3 or more double leg circles (Support on floor)

SECTION V - RULES FOR OTHER TEAM INTERNATIONAL EVENTS

1 - TUMBLING:

- A - Mats:
- Either one mat or several secured together and covered with a cover mat shall constitute the entire unit. This unit shall measure at least 5 feet in width, 2 to 4 inches thick, and no less than 60 feet long. When space permits and when mats are available, additional tumbling mat length should be provided. The working surface shall be firm and non-slippery.

B - Rules of Competition:

In Tumbling, a competitor shall be allowed to leave the mats during his combination in order to perform certain routines on the floor if he prefers. In the event any part of a contestant, while performing a straight mat routine, touches the floor on either side of the mats, it shall be considered poor form and the judges will penalize the contestant, deducting points from form. A contestant should not be penalized for tumbling off the ends of the mat. A contestant shall be permitted to leave the mats at the ends for the purposes of getting a running start when needed. Tumbling shall be limited to four routines of not over two minutes duration. Overly long rests not commensurate with the difficulty of the contestant's routines will cause the judges to lower their point awards.

2 - FIXING (SWINGING) RINGS:

- A - Specifications of apparatus:
- The rings shall have an inside diameter of 7-1/2 to 8 inches and a grip diameter of 1-1/8 inches. The rings may be made of wood, metal, or metal covered with seamless rubber or leather, but shall weigh not less than 4 nor more than 6 pounds per ring. The rings shall hang from overhead fittings, 23 to 24 feet high, spaced 18 inches from center to center. These fittings shall be equipped with oil-impregnated bearings which require no lubrication. Suspension shall be accomplished with wire rope with adjustable straps. The straps shall be from 2 to 3 feet in length, shall not have more than one buckle, and shall be secured to the cable ends by means of a swivel-link which will prevent the twisting of the cables. The height from the top of the mat to the bottom of the rings shall measure 92 to 96 inches when stretched.

B - Rules of Competition:

The combination shall be performed with the rings in motion, maintaining an angle of at least 40 degrees on each side of vertical (making a total swing of 80 degrees). Failure to maintain this amount of swing will result in deduction of points. The combination shall end when competitor wholly or in part places his weight on the mat or floor.

3 - ROPE CLIMB:

- A - Specifications of Rope:
- The rope shall be 1-1/2 to 2 inches in diameter and 20 feet from the floor to tamourine with the rope fully stretched. The tamourine shall be 24 inches in diameter permanently fixed at right angles

to the rope and its under surface coated with lampblack before each contest. No other devices may be substituted for the tambourine. The rope shall not have knots, balls, or other assisting devices. The maximum height of the point of suspension of the climbing rope shall be 24 feet. At least 2 feet of the suspended rope shall rest on the floor.

B - Rules of Competition:

Two sprints shall be permitted and the procedure shall be as follows:

(1) - A nod from the head judge (who is not to be a timer) will indicate that all timers are ready and the climber free to start when he is ready. This judge shall rule on all fouls.

(2) - Contestant starts from a sitting position on the floor with both legs fully extended, the back of the knees touching the floor if possible, and both hands on the rope ready to climb. When this position has been taken, the head judge will say "SRT", after which, the contestant may start his climb at his own will. Any deliberate pushing off from the floor with the feet, or failure to wait until the word "SRT" is given or any false start after being "set" shall be termed an improper start by the head judge and the contestant shall be disqualified for that trial. The contestant must climb the rope using hands only to press or pull on the rope by contact.

(3) - The head timer shall examine the hands of each climber before he performs his climb. If there is any doubt as to whether or not the climber touches the tambourine, the head timer shall examine his hands after the climb. The presence or absence of lampblack will be accepted as the final decision. A double reach for the tambourine shall constitute a miss and no time shall be recorded for that climb. Time is taken from the moment the climber leaves the floor until he touches the tambourine.

Timing watches must be 10 second sweep and synchronized. Four timers shall time each climb. Although only three timers are considered in determining the final time, the fourth timer stands by and his time is considered only when one of the three official timers fails to record the climb.

The head judge shall determine the official time after examination of the three watches. The official time shall be the middle time unless the two timers agree. When a record is established it shall be the poorest time of the three watches that determines the final time. Rope shall be measured immediately following each record breaking climb.

4 - TRAMPOLINE:

A - Specifications of Trampoline:

Trampoline shall be a standard model with a minimum bed measurement of 12 feet x 5-1/2 feet. Frame pads required on all sides. Exercise cables and Web constructed beds recommended.

B - Rules of Competition:

Trampoline competition shall be composed of two sequences, with the first sequence followed by a compulsory 20 second rest period. Each sequence will consist of a reasonable number of preparatory bounces

and counting the beginning of the first stunt as the beginning of the series, the performer shall be allowed thereafter a maximum of ten contacts with the trampoline bed without rest. Any stunt or part thereof performed after the tenth landing shall be discounted by the judges and a slight deduction of points made for lack of planning or lack of control. A timer will time the 20 second rest period and notify the contestant to begin again. The timer or other official shall also count aloud the number of landings so that he can be heard by both judge and contestant. All exercises shall begin and terminate on the trampoline. It is required that spotters be present at ends and sides of the trampoline. If a performer in the course of his performance touches anything save the bed of the trampoline or is prevented by spotters from doing so, his performance terminates at that moment. Any official assigned to this event may make this decision.

NOTE: In the judging of the Tumbling, Flying Rings and Trampoline events, the principles and rules governing the competition in the International Events shall apply wherever pertinent.

THE AMATEUR ATHLETE

*Official Monthly Publication of the
Amateur Athletic Union of the United States*

Instructive, informative and interesting articles—
news of track and field, swimming, boxing,
wrestling, gymnastics, weight lifting, ice hockey,
handball, basketball, and other A. A. U. sports.

Subscription Price

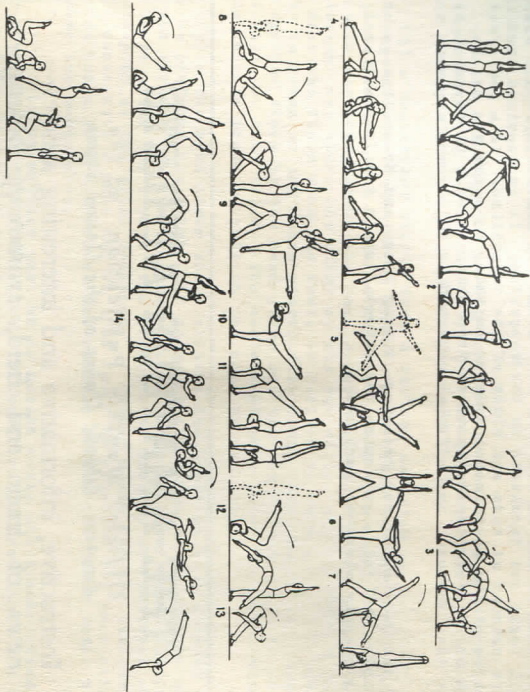
\$3.00 per year

Send Subscription to

AMATEUR ATHLETE

31 Exchange St., Lynn, Mass.

FREE CALISTHENIC EXERCISE.



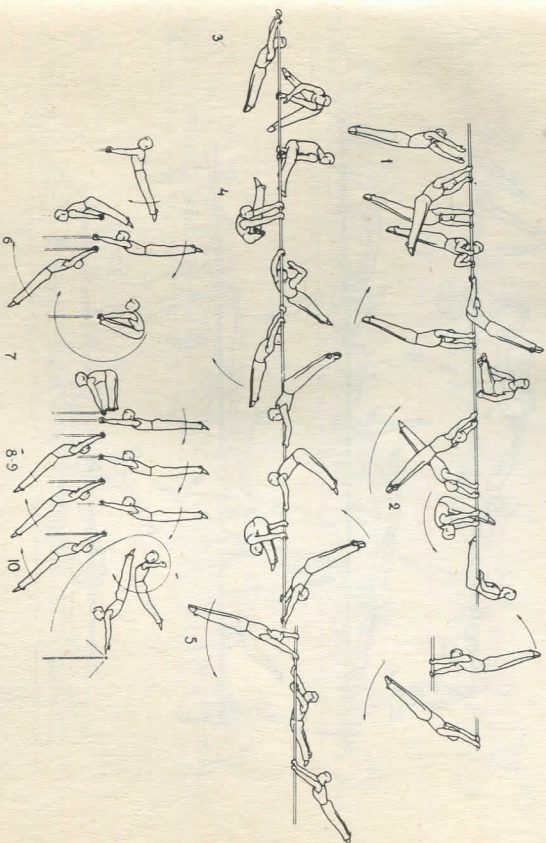
Calisthenics:

1. Lift arms fore- upward and rise to toe stand, step with right leg forward lowering arms sideways, swing arms and left leg forward, hop on right foot, place left foot forward and hand-spring forward to stand, arms stretched upward, palms forward.
2. Bend knees, lowering arms forward, one intermediate jump with arms backward, execute two (2) handsprings backward (flc-flac)
3. Into front leaning support with supple movement of the body.
4. Place right foot bending right leg between hands, one left leg circle clockwise with 1/2 turn on right leg, stretch right knee to stand, left leg stretched sideways, arms raised sideways.
5. Cartwheel left to straddle stand, arms upward.
6. Lower trunk left sideways to side-scale on left leg circling right arm to the left in front of body to a position with left arm upward and right arm on right side of body, palms inward—**HOLD**
7. Lower trunk to left sideways and raise to handstand, legs joined. **HOLD**
8. Lower onto neck and forward roll with straight legs to stand, raising arms fore-upward,

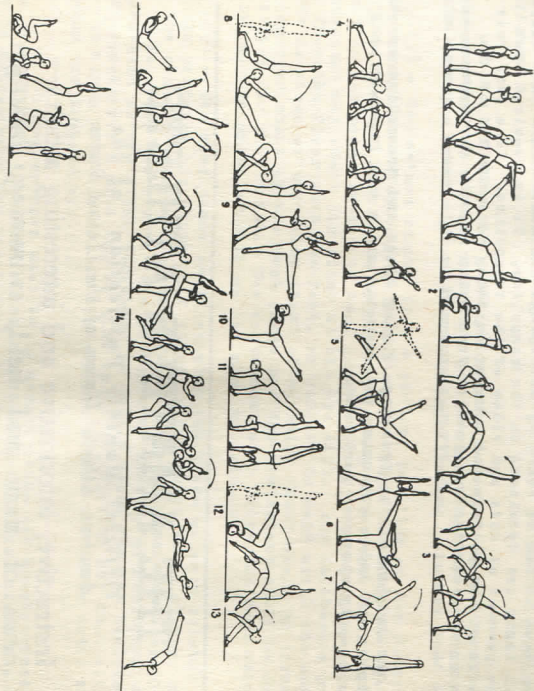
9. step, right foot forward, lower arms sideways, swing arms and left leg forward and with hop on right leg execute 1/2 turn right lowering the arms to
10. balance stand frontways (scale) on right leg, arms sideways, palms down - **HOLD**
11. Lower arms and trunk forward, raise to handstand - **HOLD**
12. Execute 1/4 turn right, place head on floor, handspring to stand, arms upward, palms forward.
13. Bend forward lowering arms, roll backward, extend body into momentary handstand, snap legs downward swinging arms fore-upward, with a hop raise one leg forward, and
14. 2 or 3 running steps lowering arms sideways, double take off to somersault forward (tuck) followed by an immediate arched body dive and roll forward, high stretch jump, body arched, arms obliquely upward to knee-bentstanding, arms sideways, palms upward, lower arms to normal stand.

The Calisthenics exercise may be executed vice versa in parts, with the exception of parts 4 to 11 which must be executed to the left or right in their entirety.

HORIZONTAL BAR



FREE CALISTHENIC EXERCISE.



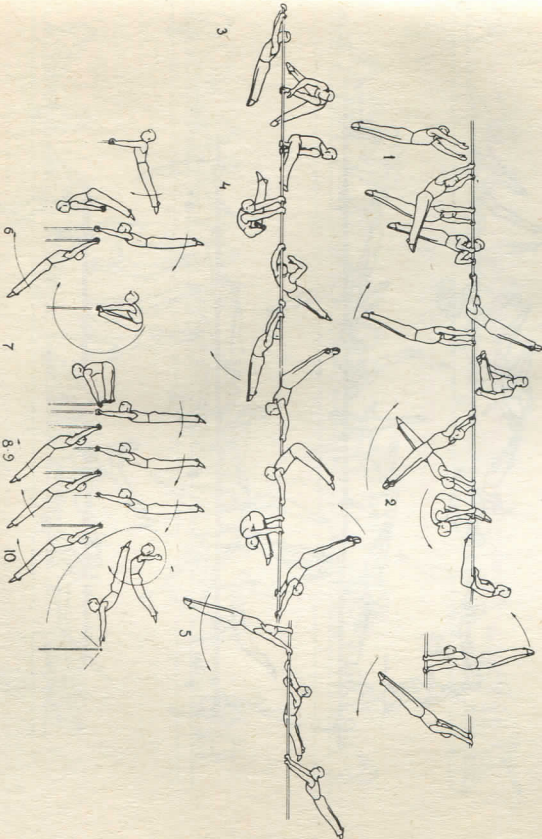
Calisthenics:

1. Lift arms fore-upward and rise to toe stand, step with right leg forward lowering arms sideways, swing arms and left leg forward, hop on right foot, place left foot forward and hand-spring forward to stand, arms stretched upward, palms forward.
2. Bend knees, lowering arms forward, one intermediate jump with arms backward, execute two (2) handsprings backward (hic-flac)
3. Into front leaning support with supple movement of the body.
4. Place right foot bending right leg between hands, one left leg circle clockwise with 1/2 turn on right leg, stretch right knee to stand, left leg stretched sideways, arms raised sideways.
5. Cartwheel left to straddle stand, arms upward.
6. Lower trunk left sideways to side-scale on left leg circling right arm to the left in front of body to a position with left arm upward and right arm on right side of body, palms inward—**HOLD**
7. Lower trunk to left sideways and raise to handstand, legs joined. **HOLD**
8. Lower onto neck and forward roll with straight legs to stand, raising arms fore-upward,

9. step, right foot forward, lower arms sideways, swing arms and left leg forward and with hop on right leg execute 1/2 turn right lowering the arms to
10. balance stand frontways (scale) on right leg, arms sideways, palms down - **HOLD**
11. Lower arms and trunk forward, raise to handstand - **HOLD**
12. Execute 1/4 turn right, place head on floor, headspring to stand, arms upward, palms forward.
13. Bend forward lowering arms, roll backward, extend body into momentary handstand, snap legs downward swinging arms fore-upward, with a hop raise one leg forward, and
14. 2 or 3 running steps lowering arms sideways, double take off to somersault forward (tuck) followed by an immediate arched body dive and roll forward, high stretch jump, body arched, arms obliquely upward to knee-bendstanding, arms sideways, palms upward, lower arms to normal stand.

The Calisthenics exercise may be executed vice versa in parts, with the exception of parts 4 to 11 which must be executed to the left or right in their entirety.

HORIZONTAL BAR

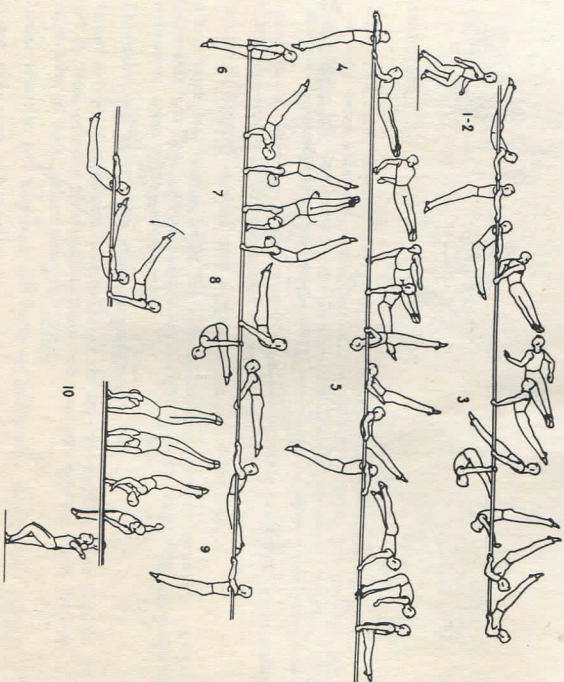


Horizontal Bar:

From sidestand frontways:

1. Jump to hang with mixed grip, right hand undergrip and with a slight swing forward and backward execute back uprise with 1/2 turn rear vault to hang.
2. Kip to handstand and change grip, left undergrip.
3. Swing forward (3/4 Giant swing) with 1/2 turn on left arm in support, swing right leg over bar and place right hand on bar, legs in straddle support outside hands.
4. Drop backward closing legs, underswing with 1/2 turn left, right hand releases in regular grip to forward swing in mixed grip, at the peak of forward swing, change right hand to undergrip passing the legs between hands to dislocation.
5. Back uprise (dislocated) changing to uppergrip, free hip circle backward directly to handstand.
6. Giant swing backward, place feet straddled upon bar.
7. Straddle stand sole circle backward, swing directly to handstand closing legs.
- 8&9. Two Giant swings backward
10. Turn backward and dismount with high backward flyaway to sidestand rearways.

PARALLEL BARS

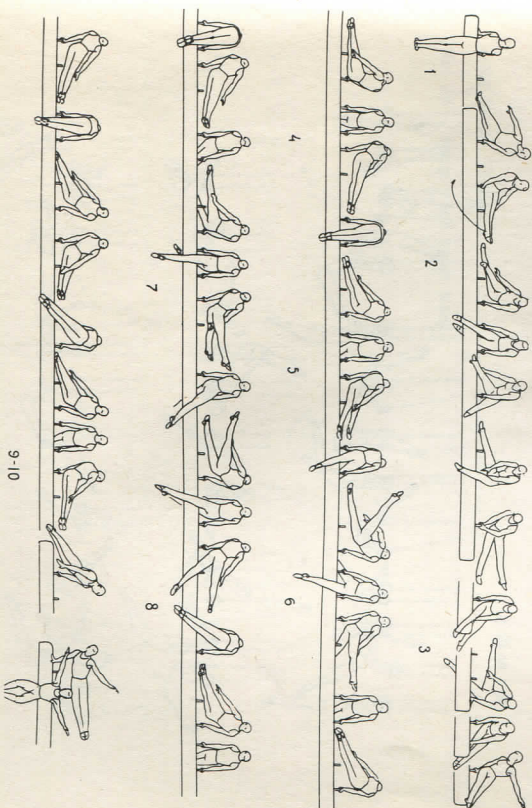


Parallel Bars:

From outer cross stand facing end of bars:

- 1&2. Two running steps and with double leg take off jump to upper arm hang, forward uprise with 1/2 turn to straight arm front support.
 3. Swing forward and lower backward to bent inverted hang, execute underswing ("Cast") to upper arm hang.
 4. Back uprise with 1/2 turn to straight arm support, backward swing to upper arm stand (shoulder stand).
 5. Roll forward and execute back uprise with straddle cut to straight arm support, legs in L position - HOLD.
 6. Lower legs, slowly raise straight body, arms bent, to handstand - HOLD.
 7. 1/2 turn forward in handstand (forward Pirouette).
 8. Lower through support to bent inverted hang, execute basket to upper arm support.
 9. Forward uprise, swing to handstand and
 10. 1/4 turn on right arm placing left hand on bar, followed by 1/4 turn right on left arm, cartwheel dismount to outer cross stand, lower arms sideways.
- Note: Execution to left or right of all parts is permissible.

SIDE HORSE



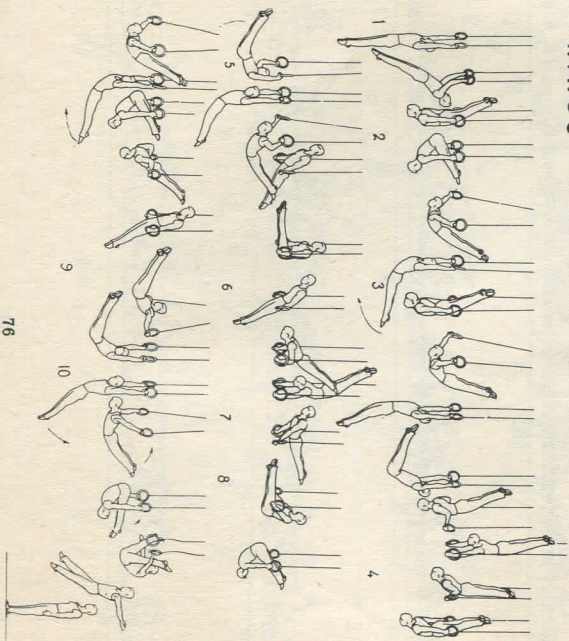
Side Horse:

From side stand frontways facing the neck, right hand on left pommel, left hand on neck:

1. Jump to support with 1/2 turn on right arm, pass legs over neck and right pommel to rear support placing left hand on right pommel,
2. swing left leg under right hand and over croup, swing right leg under right hand and place right hand on right pommel, scissor backward to left placing left hand on croup (travelling back-scissors),
3. swing right leg under right hand with 1/2 turn right on right arm swinging both legs to right over croup and left pommel, left hand on left pommel to rear support,
4. swing legs under right and left hand (circle clockwise),
5. swing left leg under right hand (undercut), forward scissor to left,
6. swing right leg under right hand, both legs under left hand and right hand (one double leg circle counterclockwise),
7. swing left leg under left hand, scissor to the right and to the left (2 back-scissors),
8. swing right leg under right hand and execute 2 and 1/2 double leg circles clockwise,
9. 1/2 turn right pivoting on left arm, swing legs over right pommel and neck, place right hand on neck,
10. with support on right arm swing legs arching body to dismount with flank vault to side stand rearways.

Note: Throughout the entire exercise the left pommel is close to the neck. There are no stops in the exercise. It can be reversed only in its entirety.

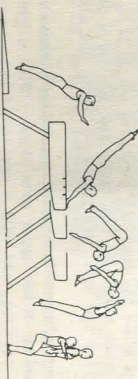
RINGS



Rings:

1. Jump to straight arm hang, lift straight body, arms slightly bent, to straight inverted hang,
2. bend hips, extend body backward, dislocation to straight inverted hang,
3. turn backward, dislocation to shoot-up handstand - HOLD,
4. lower body vertically to straight inverted hang,
5. swing fore-downward, execute backward uprise to straight arm support, legs stretched forward in L position - HOLD,
6. lower legs, raise straight body, arms bent, into handstand - HOLD,
7. lower body to horizontal support lever (arms straight) - HOLD,
8. turn backward to inverted hang, bend and stretch body to dislocation, come to bent inverted hang, execute back kip to support,
9. swing fore-downward, body arched, to hang,
10. swing backward to inlocation and dismount from bent inverted hang with forward straddle cut-off to stand.

LONG HORSE VAULT



Long Horse Vault:

No. A5 - Sloop Vault from Neck.

ANALYSIS OF PRESCRIBED EXERCISES
1958 NATIONAL A. A. U. MEN'S GYMNASTIC CHAMPIONSHIPS

PARALLEL BARS:

1 and 2. The beginning is the most difficult part of the exercise and will require a great deal of practice for fluency. Without a GOOD front uprise it is almost impossible to do an immediate layout with half turn to a straight arm support. In landing on the upper arms it is important that the hands be placed away from the shoulders so that the arms are about three-quarters extended in the hang position. There should be no pulling on the front uprise. Just lead with the legs and push down with the hands. The one half turn must be made as the body is moving upward and has not reached the height of the rise.

3 and 4. The cast should be started by passing thru the L position and falling backward with a well rounded swing. Utilize the swing and hold on long and land in the upper arm position with the feet and legs high. There is no need to land in a balled position with a slight hesitation before the next part, make it a continuous movement. The back uprise one half turn should be done so that the hands grasp the bars while the legs are stretched out in front. The common mistake is to get too much height on this move and you get a drop to the hands and by the time you grasp the bars, the backward swing has already been started.

5. The backward swing to upper arm stand should be a smooth flowing action with no stopping or holding of the upper arm stand. Pike slightly as you pass through the upper-arm position, and with a controlled swing execute the back uprise with a straddle cut to straight arm support, legs in L position. The common error here is to get too much height on the straddle catch which causes rocking in the L position and makes it difficult to hold. As you assume the L position, keep your head up and chest high. HOLD.

6. On the straight body bent arm press to handstand, do not swing moving from the L position. When lowering legs from L and raising body to handstand, make sure the tempo is slow and even; do not start fast and then slow down. You must not allow your arms to bend too much. Remember, it is easy to bend them in a support, but it is more difficult to straighten the arms from the inverted position. HOLD.

7. The pirouette forward is flowing and not held upon completion.

8. In executing the basket, land in the upper arm position, with legs higher than the head, and with an arched back. Care should be taken to pass thru the L position at the start of the basket. The body is then in the correct position to shoot to a good basket.

9 and 10. The front uprise following the basket should be exaggerated with the legs leading high and the arms straight. A full handstand must be reached from the uprise with an immediate and flowing turn into your cartwheel dismount. The back must be kept arched with the head up and the landing should be directly opposite to the hand which holds the bar. The most common error is to go off to the side slightly forward or backward, or close to the holding hand. A controlled landing with a GOOD stand is most important as it is the last impression a judge receives of the gymnast. The cartwheel should be executed with a wide arc, arms fully extended and elbow locked.

Use the beat-board for your take-off on your mount if you are short.

Work hard and strive for perfection on your front uprise. This is the key movement in this routine as it comes at the beginning and end of the exercise. Try to always do at least one half of the exercise, Parts 1 through 6, and then 7 through 10.

Work for fluency as well as form, keep it moving and flowing.

There is no substitute for good condition in gymnastics. Watch your weight, get in shape, and try to do the required exercises with FLOURISH.

CALISTHENICS:

1. The beginning must be a graceful flowing movement. On the handspring make sure to keep the head up and arms straight. Push vigorously from the shoulders just before the shoulders reach the vertical position. Alight with heels closed, arms and head trailing.

2. The movement from the front handspring into the two back handsprings must be continuous. Care should be taken to keep the legs straight when overhead on the handspring and bent only on the landing. Backward handsprings should be of the high, floating type, back well arched and the knees straight, with the speed properly controlled to facilitate the following sequence.

3. It is very important to lift the handsprings - particularly the second one - in order to facilitate a controlled front leaning support. As body lands in front leaning support lower hips and arch body and push off both feet towards handstand. At height of lift bend leg between hands.

4. On one leg circle keep leg straight and parallel to floor - do not get buttocks too high.

5. On the cartwheel maintain wide, fixed straddle position with legs straight, and the head up. Keep cartwheel moving in a vertical plane.

6. On the side scale the foot and head are above a normal level position. Make sure chest is facing forward and not towards floor (shoulders vertical).

7. In moving to handstand from scale, do not drop uppermost leg, but move directly from scale, keeping leg up.

8. In lowering to neck for forward roll arms MUST be kept straight as well as legs. It is a good idea to practice this move several times on a mat before attempting it on a hard surface.

9. On step forward with one half turn, when making turn keep chest high and stay over pivot leg. Execute half turn with foot high and lower into controlled scale. These movements should be made without pause. (This is a tricky move and will require great deal of practice for good execution).

10. On scale, leg should be higher than head, with an arched back. Chest should face floor, body straight and not twisted to right or left.

11. In moving to Handstand from scale make the action smooth and flowing - do NOT press handstand, but RAISE into it.

12. On headspring push vigorously with a good arched back. Alight with heels closed, arms and head trailing.

13. On the backroll extending body to handstand, make sure to place hands before shooting to handstand. On snap down push with shoulders and hands. Despite stick figure illustration, do not bend the knees on the snap down.

14. Front somersault should be high holding a tight tuck long enough so that body momentum is forward upon landing. The landing should be with body as erect as

possible. The trunk and arms continue to move forward and upward lifting for dive. Keep chest high forcing hips and legs overhead into an arched position. Hands proceed descent of body for a controlled forward roll. The spring upward should be high with a good arch, landing in an erect position with a moderate knee bend, heels together throughout.

There has always been a slight tendency upon the part of many of our gymnasts to be careless about the execution of a calisthenic routine. We know that good form is most important, but execution of the exercise, i.e., making it flow, with no apparent sign of effort, with freeness of movement, is perhaps much more important and is part of the definite style that many of the top gymnasts of the world have. Don't be careless about your execution. Work series of parts, together, rather than one part at a time. Effortless performance only comes after good condition has been reached. So, get in shape!

HORIZONTAL BAR:

1. High, arched back uprise before actual rear vault. Underswing preparatory to uprise high and extended on forward swing. At height of back uprise, arms push downward on bar, legs raised vigorously to half-lever (1) position with an immediate half turn of body to regrasp. Regrasp made before the descent of body to swing so that swing can be controlled for following sequence.

2. Kip to support with straight arms and follow through into straight arm swing into handstand. (This movement identical to swing into straight arm parallel bars). Change left hand to under grip as shoulders move backward on into handstand position, legs continuing forward and overhead for giant swing forward. Maintain giant swing position until body weight is displaced from hands (this occurs very shortly after body leaves handstand position) and quickly shift right hand under bar and preceding swing) securing high over grip. Body does not change position remaining in extended giant swing position.

3. Carry swing to high, arched back uprise. With a rise of the hips and as right leg begins straddle vault movement, move right hand ahead of entire action and secure grasp in double over grip. Continue and complete straddle movement with control and placing legs in high, free straddle support. Arms remain straight throughout execution and hips are lifted sufficiently at beginning of vault as to insure clearance of bar.

4. Piking deeply in the straddle position when falling backward will serve to increase momentum needed to elevate hips on forward end of swing. Legs are disengaged at this point of forward swing, with body extending forward and upward. The half-turn to regrasp with mixed grip is executed quickly so that regrasp is secure and set before swing forward is begun. Swing is continued forward and upward as for giant swing backward. Upon lift of body as for giant swing backward, change right hand to undergrip (during this change of grip, the body should still be rising upward and forward allowing ample time for securing circle demands that the stoop through.) Perfect execution of seat-the seat circle. A sharp, quick pike at the height of the swing forward of after the grip change will aid in this technique. Swing forward in seat circle, increasing force of swing by piking closer to trunk and forcing weight to shoulders and with hips leading. As body (in pike position) swings over bar, hips should be almost overhead in inverted position with arms pushing forward and straight. Dislocate with straight arms and with grips not too wide. (A wider dislocate will tend to decrease swing due to the corresponding decreases in body extension). With the dislocation at the shoulders, extend body fully from hips and stretch to the end of the swing for maximum momentum.

5. Dislocated back uprise, fast grip changes, and carry swing to 3/4 handstand or near handstand. This position gives maximum control for a precise and unhurried free hip circle to handstand. Lower body through to support making entry into hip circle by throwing weight back vigorously to shoulders, head moving back and hips bending slightly as body moves under bar. Simultaneously snap wrists, (change grip), snap head backward and extend hips into handstand.

6. For straddle down to stand on bar, execute giant swing backward, substituting for stretching action a deep straddled pike, straight knees. Wrists and head however, must precede straddle down movement for controlled placement of straddle stand. Place the toes on the bar for smooth disengagement. Arms straight throughout movement. Straddle down is continuous and without pause.

7. Without pause in swing from straddle down, continue circling backward with legs and arms straight, force shoulders back, with hips leading entire movement. (Increases momentum needed for swing into handstand). At the point of movement upward (3/4 circle), lift hips upward, do not kick feet from bar, and follow through with shoulders, bringing shoulders around under hips and into handstand position. This action is similar to a straight arm, straddle leg press, hips moving upward and over, shoulders meanwhile moving backward and under. 8 and 9. Giant swings backward fully extended, body stretching to end or perimeter of swing. Arms straight throughout and head in normal, fixed position.

10. Flyaway dismount lifted from bar rather than spun from bar to facilitate more control and better landing. Lift is obtained by checking rotation of hips and legs. Lift is similar to that in a 3/4 somersault on trampoline or a half gainer on the diving board. Practice flyaways and concentrate on keeping legs in air as long as possible. Tendency is to snap legs in immediately for landing. Concentrate on checking rotation of somersault.

SIDE HORSE (Exercise done clockwise):

1. Do not take an extra side hop when mounting; this is unnecessary. On the turn into the saddle a good "V" position is desirable.

2. A good lean to the right and controlled balance is required in order to do a high back scissor. Exaggerate all leg work.

3. The tendency on this part is to bend the back (left) leg; keep it straight.

4 and 5. This is the most difficult part of the exercise to do well. Practice this so as to be able to do a clean undercut and a high scissor. A quick regrasp with the right hand and a lean to the right is important. Good abdominal muscles are important.

6. The opposite circle needs practice to do a good one; do not be satisfied with a mediocre one. Too many opposites are done with a pike and poor form. Stretch out.

7. Again, exaggerate leg work. Scissors must be high and pleasing to watch. 8-9-10. Stay close to your left arm while pivoting, as soon as your legs pass the neck, put your right hand on neck and shift your weight to the right and be ready to lift a high finish. Remember, the finish is important - it is the last impression - lift your legs and body, chest high, arch your back - GET THAT STAND!

STILL RINGS:

1. Grasp rings in the center at the lowest point with a normal, low grip. This will enable you to complete 1, 2, and 3 effectively and with precision. Keep your head erect and in line with your body as you lift to straight inverted hang; upon completion, snap your head back for emphasis.

2 and 3. Two dislocations backward: the first from a bent inverted hang, the second from a straight inverted hang; should be executed without stops; however, with precision and fluency to carry you to the shoot-up handstand. When shooting to handstand, strive for a shoot directly into a handstand - bending the arms as little as possible - and with no hesitation immediately push and lock elbow joints to steady HOLD handstand. This requires lots of practice and must be shown in one continuous fluent swing. Practice 1, 2 and 3 consecutively (after you have mastered each move separately) as one set, the climax being the steady and firm handstand.

4. Lower vertically downward with a controlled even tempo. Do not hesitate nor drop suddenly when passing from inverted support to inverted hang. Make sure to keep the same arch and position of head from handstand to inverted hang.

5. The backward uprise should be executed with full extension of the trunk, the downward push to support occurs at the extreme end of the backward swing, the rise should be with straight arms and high, with the legs leading above the horizontal. Stretch legs forward to L position at a 90 degree angle, head erect, back straight and vertical - HOLD.

6. When lowering legs from "L" and raising body to handstand, make sure the tempo is slow and even; do not start fast and then slow down. You must not allow your arms to bend too much. Remember, it is easy to bend them in a support, but it is more difficult to straighten the arms from the inverted position. HOLD.

7. The horizontal support lever with straight arms is the most difficult part of the exercise. For proper execution, the following is suggested: From the handstand position, lean forward and stretch fore-upward the upper part of body in keeping elbow joints firmly locked. As the legs begin to lower, counteract your balance by forcing your upper part of body further fore-upward, head and neck stretched forward; the legs should not be lowered voluntarily. The descent of the legs will be controlled by the fore-upward stretch of the body, thus keeping you in perfect horizontal balance, head and toes in same horizontal line. HOLD.

8. Bent inverted hang, dislocation to back kip: execute each part to its highest potential.

9. The swing from support to hang should be free and flexible to connect with the inlocation to follow.

10. You should be ready for the dismount without hesitation at the end of the arch inlocation by bending the hips; with a forward straight leg, wide straddle cut-off, lift your body in order to gain a high vertical descent to a firm stand.

NOTE: Wherever a "HOLD" is indicated in any exercise, be sure to hold the position so indicated for at least 3 seconds. Calisthenic scales and Holds requiring strength may even be held for 4 or 5 seconds for greater emphasis and impressiveness.

LONG HORSE VAULT:

Vault No. A-5 (Sloop Vault from Neck)

Height of Horse 1.30 cm (51.18")

Take a confident, fast, but controlled run, pacing it so as to execute the double take-off from the part of the beat-board that will give you the maximum lift.

The take-off should be upward, with a lift of the arms, chest and shoulders (do not "dive" forward into the horse - the momentum of the run should carry you forward).

The flight should be with an arched body, knees straight, with the legs following thru and swung higher than the horizontal, placing hands on neck of the horse, with straight arms, in a 3/4 handstand position or better, maintaining momentum throughout the flight.

Push off vigorously with the hands, bending hips sharply (keeping the knees straight) and thrust upward vigorously with the arms, shoulders and chest, and straighten body to a vertical arched position before landing into stand rearways.

The stand should be firm, with closed heels.

NOTE - Observe the zones on the horse. There will be a penalty of one full point per zone.

THESE ARE THE REQUIREMENTS FOR A PERFECT SCORE - 10.0 POINTS

- 1 - Exercise mechanically correct.
- 2 - Perfect form.
- 3 - Execution of each individual part to its highest potential.
- 4 - Proper timing, rhythm and continuity.
- 5 - Emphasis and vigorous execution where required.
- 6 - Elegant delivery.
- 7 - Fluency
- 8 - Balance
- 9 - Height as required.
- 10 - Proper arch as required.
- 11 - Excellent posture.
- 12 - Confidence, flair, and sureness.
- 13 - Firm stand on dismounts.
- 14 - Impressiveness throughout.
- 15 - A well-groomed and neat appearance.

B - PRESCRIBED 1958 JUNIOR GRADE EXERCISES

CALISTHENICS - MEN

- 1 - Lift arms fore-upward and rise to toe stand, step with right leg forward lowering arms sideways, swing arms and left leg forward, hop on right foot, place left foot forward and handspring forward to stand, arms stretched upward, palms forward.
- 2 - Bend knees, lowering arms forward, one intermediate jump with arms backward, execute handspring backward (hic-flac)
- 3 - 1/4 turn right on ball of right foot, raise left leg, arms sideward and cartwheel left to straddle stand, arms upward
- 4 - Lower trunk left sideways to side-scale on left leg circling right arm to the left in front of body to a position with left arm upward and right arm on right side of body, palms inward - HOLD
- 5 - Lower trunk to left sideways and raise to handstand (momentary) legs joined
- 6 - Lower onto neck and forward roll with bent legs to stand, raising arms fore-upward
- 7 - Step, right foot forward, lower arms sideways, swing arms and left leg forward and with hop on right leg execute 1/2 turn right lowering the arms to
- 8 - Balance stand frontways (scale) on right leg, arms sideways, palms down - HOLD
- 9 - Lower arms and trunk forward, kick to handstand - HOLD
- 10 - Execute 1/4 turn right, place head on floor, handspring to stand, arms upward, palms forward
- 11 - Bend forward lowering arms, roll backward, extend body into momentary handstand, snap legs downward swinging arms fore-upward, with a hop raise one leg forward, and
- 12 - 2 or 3 running steps lowering arms sideways, double take off to an immediate arched body dive and roll forward, high stretch jump, body arched, arms obliquely upward to knee-bendstanding, arms sideways, palms upward, with 1 full circle, lower arms to normal stand.

SIDE HORSE - MEN

From side stand, facing the group, left hand on rear pommel, right hand on croup:

- 1 - Double rear vault (i. e. both legs passing over croup, and with 1/2 turn left on left arm, over the front pommel) into rear support over saddle, both hands on pommels

- 2 - Swing left leg under left hand, right leg under right hand and left leg forward under left hand
- 3 - Two scissors forward to the right and left
- 4 - Swing right leg forward over neck and left leg backward over rear pommel, placing left hand on front pommel, and execute scissors backwards, placing right hand on neck (travelling scissors)
- 5 - Swing left leg under left hand to join right leg, and double rear vault ("1" above) pivot on left arm, with 1/2 turn left place right hand on rear pommel to rear support
- 6 - Swing left leg under left hand to scissors backward to the right
- 7 - Swing left leg under left hand and both legs under right and left hands (double leg circle anti-clockwise)
- 8 - With 1/4 turn left swing right leg over rear pommel, displacing right hand onto front pommel and with further 1/4 turn place left hand on rear pommel, swing right leg under right hand into rear support (leg circle right with 1/2 turn)
- 9 - Continue with one double leg circle under left and right hand: swing left leg backward under left hand and right leg backward under right hand to front support
- 10 - 1-1/2 double leg circles clockwise and dismount with triple rear vault over neck to cross stand.

The exercise may be executed to reverse sides only in its entirety.

NOTE: On movement "g" - Delay the leg movement, body twist precedes the leg circle.

LONG HORSE VAULT - MEN

SQUAT FROM NECK

PARALLEL BARS - MEN

- 1 - From a cross stand frontways - 1/4 way in, grasp bar and glide kip to straight arm support.
- 2 - Backward swing in support to shoulder stand
- 3 - Roll forward to backward swing in upper arm hang and back uprise straddle forward to bent arm support
- 4 - Swing to handstand - HOLD
- 5 - Swing down and forward with straight arms with 1/2 turn left or right to support
- 6 - Lower backward to bent inverted hang and execute cast to upper arm hang
- 7 - Backward uprise, cut both legs under right hand to "L" position in straight arm support. HOLD
- 8 - Press with straight body and bent arms to Handstand. HOLD
- 9 - 1/4 turn left or right to handstand on one bar
- 10 - Dismount with straddle vault to sidestand rearways.

HORIZONTAL BAR - MEN

- 1 - Jump to overgrip hang - swing legs under bar, between arms and execute back Kip.
- 2 - Fall backward, disengage legs under bar and shoot forward with 1/2 turn around the left arm to mix grip hang.
- 3 - On the forward swing change left hand to a regular grip as the legs are thrust under bar in either squat or stoop position
- 4 - At the backward uprise swing-flank both legs to the right releasing right hand and then regrasping again to a straight hang under bar.
- 5 - On the forward swing kip to front support.
- 6 - Execute free hip circle backward to momentary handstand
- 7 - Two backward giant swings
- 8 - Cross left over right hand and execute a cross change to forward giants with under grip
- 9 - 1-1/2 forward giant swings
- 10 - Dismount with a flank vault over bar to side stand rearways.

STILL RINGS - MEN

- 1 - From a stand, jump to hang
- 2 - Pendulum swing to shoot up to support, extend legs to "L" position - HOLD
- 3 - Press straight body and bent arms to handstand - HOLD
- 4 - Swing downward through support and turn backward with bent body to back lever - HOLD
- 5 - Release through a dislocate swinging forward and execute front uprise to support;
- 6 - Cast backward and downward to hang
- 7 - Swing forward and dislocate backward
- 8 - to bent inverted hang
- 9 - Swing legs forward and inlocate
- 10 - Dismount with forward straddle cut-off to stand.

CALISTHENICS

- 1 - Lift arms fore-upward and rise to toe stand, step with right leg forward lowering arms sideways, swing arms and left leg forward, hop on right foot, place left foot forward and handsprng forward to stand, arms stretched upward, palms forward. 1/4 turn right on ball of right foot, raise left leg, arms sideward.
- 2 - Cartwheel left to straddle stand, arms upward
- 3 - Lower trunk left sideways to side-scale on left leg circling right arm to the left in front of body to a position with left arm upward and right arm on right side of body, palms inward - HOLD
- 4 - Lower trunk to left sideways and raise to handstand (momentary), legs joined
- 5 - Lower onto neck and forward roll with bent legs to stand, raising arms fore-upward
- 6 - Step, right foot forward, lower arms sideways, swing arms and left leg forward and with hop on right leg execute 1/2 turn right lowering the arms to
- 7 - Balance stand frontways (scale) on right leg, arms sideways, palms down - HOLD
- 8 - Lower arms and trunk forward, kick to handstand - HOLD
- 9 - Place head on floor, headsprng to stand, arms upward, palms forward
- 10 - High stretch jump, body arched, arms obliquely upward to knee-bendstand-ing, arms sideways, palms upward, with 1 full circle, lower arms to normal stand.

SIDE HORSE

- 1 - From a sidestand frontways facing saddle: left hand on left pommel and right hand on right pommel, jump to 1/2 double leg circle over right pommel to rear support.
- 2 - Swing left leg over left pommel, right leg over right pommel to front support.
- 3 - Swing left leg over left pommel and right leg forward over croup to straddle support over right pommel.
- 4 - Swing left leg back over left pommel.
- 5 - Execute back scissors over right pommel to cross riding support in saddle.
- 6 - Swing left leg back over left pommel. Swing right leg forward over right pommel.

- 7 - Execute front scissors to left.

- 8 - Swing right leg over right pommel to rear support.

- 9 - One double leg circle counterclockwise.

- 10 - Rear vault dismount over neck to cross stand with right hand on neck.

LONG HORSE VAULT

Straddle vault with support of hands on neck.

PARALLEL BARS

- 1 - From cross stand frontways 1/4 way in, grasp bars and glide kip to straight arm support with high backward swing.

- 2 - On forward swing, raise legs to L support - HOLD.

- 3 - Press to shoulder stand with straight body and bent arms.

- 4 - Roll forward to backward swing in upper arm hang.

- 5 - Back uprise to straight arm support.

- 6 - Intermediate swing to Handstand - HOLD.

- 7 - Swing downward and forward through bent arm support.

- 8 - Execute 1/2 turn left or right to upper arm support.

- 9 - Swing forward raising legs to kip position and kip to high backward swing

- 10 - Swing forward and execute flank vault with additional 1/4 turn outward to cross stand, momentarily releasing and regrasping the bar.

HORIZONTAL BAR

Jump to overgrip hang.

- 1 - Swing and execute back uprise to free support.

- 2 - Drop backward and swing forward with 1/2 turn around left or right arm to mixed grip hang.

- 3 - Change undergrip to overgrip and kip to free support.

- 4 - Free hip circle backward.

- 5 - Drop backward and execute drop kip.

- 6 - Hip roll forward.

- 7 - Swing to momentary handstand.

- 8 - 3/4 Giant swing backward to momentary support.
- 9 - Drop backward to underswing.
- 10 - Intermediate swing, on forward swing kip to support and immediately execute straddle dismount over bar, arms obliquely upward, to side stand rearways.

RINGS

- 1 - From straight arm hang, pendulum swing raising legs to bent inverted hang.
- 2 - Dislocate backward to straight inverted hang.
- 3 - Lower backward to horizontal hang lever - HOLD.
- 4 - Drop body downward to hang disengaging shoulders.
- 5 - On forward swing of legs front uprise to I support - HOLD.
- 6 - Press bent body with bent arms to shoulder stand.
- 7 - Lower vertically downward to straight inverted hang.
- 8 - Bend hips to bent inverted hang.
- 9 - Inlocate forward.
- 10 - Dismount with straddle cut-off forward to stand.

WILL YOU COMPLETE IN ROME?

By

Pat Yeager, Chairman
 Nat'l AAU Women's Technical Gym. Committee
 and U. S. Olympic Committee;

The Games of the XVII Olympiad are almost upon us. With only a little over two years of work, the United States must develop a strong women's gymnastic team to compete in Rome. The development of a team of this calibre will not be a project of a few months, but will involve an all out concentrated effort by all coaches and gymnasts in the United States for the next two years.

How can we help solve this problem? The first answer lies with the various coaches throughout the country. We must all redouble our efforts to be on the lookout for good material and then place forth every effort to develop this material. We must abandon the policy of training only those girls in our own locality and be ready to step forth and encourage other girls from other areas who may not be so fortunate to have expert coaching advice readily available. We must forget the petty jealousies and all pull together to strengthen our women's gymnastic program by a sharing of ideas and constructive criticism, and most important of all, we must provide more "get togethers" by gymnasts and coaches to better solve the problems before us.

Working together, we possess the combined knowledge to prepare the American women's team to match anything throughout the world -- working singly, all that we can hope for is to place girls on our Olympic team, the majority of whom will never break into the top echelons in international competition. We urge all coaches to develop more clinics, even though they may involve only a small geographical area of the United States. We urge all coaches to attend every clinic possible and to see that prospective candidates are encouraged and helped to attend. Our immediate goal is to have every aspiring candidate compete in the National Championships this year. Get started now and help make a record turnout.

Now what about the women gymnasts throughout the country? Upon your shoulders will rest, in a large measure, the future of our competition in international meets. With this in mind the following suggestions are offered.

1. Learn and live self discipline. We not only refer to your conduct, but to discipline of the mind. If you are a potential candidate for the Olympic Team and have that set as your goal, then you must be prepared to make many sacrifices during the next two years. Perfection comes only through hard work and long hours of practice and often you will have to make the decision as to whether your practice sessions or some other activity is more important.
2. Condition your body to the highest degree of physical fitness. For the tremendous amount of preparation that will be necessary in such a short time, you must be prepared to get the maximum amount of efficiently out of each practice session.
3. You must work for perfection in every movement of both your compulsory and optional work. Just getting by or doing a move well is not enough-- you must strive for perfection to the minutest detail.
4. When you have obtained perfection in single movements, add several movements together and then strive for perfection of these sequences and so on until the combination is perfect.
5. Urge teammates to make constructive criticism and point out flaws in form. Many of these errors you are possibly repeating and many of which you are totally unaware. No coach can be everywhere at once and that cooperation between teammates is valuable to you.
6. Be overly conscious of your form in every movement you do. Remember--

ber that difficulty without form is valueless. Difficulty is important, but only if it is executed with grace and beauty.

7. Do not hesitate to write to members of your Olympic Committee for advice or help. They will go all the way to assist you with your problems.

8. A last bit of advice. -- Start training now as if the final tryouts were to be held next month. Continue that training every month and when the time does arrive and the team is to be selected, you will be fully prepared. Re-

member--YOU may represent your country and you must represent it to the highest degree of your ability. TRAIN DILIGENTLY AND INTELLIGENTLY.

U.S. A. MEN'S GYMNASTIC CHAMPIONSHIPS

SAN FERNANDO, CAL.

MAY 9 - 10, 1958

WRITE FOR ENTRY BLANKS

U.S. A. WOMEN'S GYMNASTIC CHAMPIONSHIPS

INDIANAPOLIS, IND.

MAY 3, 1958

1957 European Championships for Women:

1. Larisa Lathina	USSR	38.465
2. Leuslean Teodorescu	Rumania	37.798
3. Sonia Iovan	"	37.599
4. Olga Tass	Hungary	37.432
5. Tamara Manina	USSR	37.399
6. Anna Marekova	Czechoslovakia	37.198
7. Eva Bosakova	"	37.166
8. Danuta Stachow	Poland	36.699

COMPULSORY EXERCISES FOR 1958 WORLD GYMNASTIC CHAMPIONSHIPS
AT MOSCOW THAT WILL APPLY FOR 1958 SENIOR NATIONAL A.A.U.
GYMNASTIC CHAMPIONSHIPS FOR WOMEN AT INDIANAPOLIS, IND.
(Subject to possible revision by FIG)

F.I.G. WORLD CHAMPIONSHIP, MOSCOW 1958

Compulsory Exercises for Women

CALLISTHENICS:

Starting in one of the corners, facing the square: Rise onto toes, lifting arms sidew., head turned left, swing arms upw. and.....

1. "Pas chasseur" forw. l.r.l. Lowering arms forw., backw. hop on left swinging r. leg straight forw., swing arms forw. upw., place r. foot on toes with armcircle forw., backw., and with a slight stretching of the body and twist to r. parallel arm circles on r. side.

2. "Pas chasseur" r. l. r. etc... as under l- but vice versa.

3. 3 steps forw. l. r. l. swinging arms forw. downw. and obliquely backw., step r. forw. on toes, lift l. leg straight backw., left arm (relaxed) forw. upw., r. arm sidew., slightly stretch body with step l. forw.

4. Lift r. arm upw., 3 steps forw., r. l. r., swinging arms forw. downw. and backw., step l. forw. hop on left and lift r. leg straight backw., r. arm forw. upw., l. sidew., slight stretch of body, with step r. forw. 1/2 turn left, lifting l. arm upw. (weight on r. leg).

5. 3 running steps, l. r. l., bending forw. and swinging arms down and backw., 1 1/4 (45°) turn left with 5 little steps on the spot, stretching the body and raising the arms parallel from r. to l. upw. (Spiral).

6. Step l. forw., swing r. leg forw. with 1/2 turn l. swinging arms forw. - downw. and sidew. (*r. leg straight backw.), step r. backw., l. leg pointed forw., r. leg slightly bent, bending backw. with arms circling forw., backw. and forw., and shifting of weight over l. leg, slight bending and stretching of l. leg, bringing arms (relaxed) sidew., palms upw.

7. Step r. forw. and bend knee, placing hands on floor, swing l. leg backw. upw., followed by r. leg, into handstand (legs separate) change position of legs and lower onto l. knee, r. leg backw. stretched, sit on l. heel and lower body into front

lying with arms upw., stretched; raise body and arms, and with 1/2 turn r., sit on floor, stretching legs obliquely upw., and lower arms backw. to support behind body. Bend r. knee and put foot on floor, lower l. leg straight to place l. foot, and shifting weight over l. leg, rise into stand, arms forw., swing trunk relaxed downw. backw., arms downw. and sidew.

8. Little hop on l., raise r. knee to stretch leg. forw., arm circle downw. upw., crossing in frt., h running steps r.l.r.l., gradually lowering arms to sidew., palms down, step r. forw., with 1/2 turn r., h running steps backw., l.r.l.r.; with the 3rd and 4th step 5/8 of a turn r., simultaneously, one arm-circle downw., crossing in frt., upw., sidew.

9. Put l. foot forw., swing r. leg straight from frt. to rear with 1/2 turn r., swing arms downw. and horizontally forw., swing left arm down and horizontally backw. twisting body to the l., step r. forw. to a balance stand (scale) frtway, simultaneously, lowering arms and raise l. arm upw., r. sidew. with slight bending and stretching of r. leg, erect body, lower arms and raise them forw. up., step l. forw. with slight body twist l., swinging r. leg straight forw.,

10. Cartwheel to the r. on left arm (r. arm free), stand with arms sidew. stretched and continue (1/2) cartwheel to hand-stand; roll forw. to rise into stand with body slightly relaxed lifting arms sidew. with 1/8 turn to r.

11. With 3 running steps (l.r.l., arms sidew.) describe a semi-circle to the left, jump with a high step (stride jump), legs straight, onto r., step left backw. with 1/1 turn (crossing r. leg in frt. of l. and pivot on pointed legs) lift arms relaxed upw. and, immediately, 3 running steps r.l.r. lowering arms sidew. and stride jump l., step r. forw. arms sidew.

12. 3 steps l. sidew.; l.r. (crossing in frt.) l., and jump swinging r. leg from l. to r., simultaneously, slight turn of trunk to r. with armcircle r. describing a figure 8 from l. to r. in front of body, ending in sidew. stretched position, land on r. leg and, immediately, cross l. leg to r. and close r. foot to l. on toes. 3 steps l. sidew. l., r. (crossing) l. and jump, swing r. leg from l. to r., slight turning of trunk to l., l. arm describing figure 8 from r. to l. in front of body, land on r. and, immediately, cross l. over r., and close r. foot to l. on toes.

13. (Literally) Step l. sidew., 1/1 turn l. swinging r. leg straight forw., raise arms upw., "Arab Wheel" forw., landing on l. foot r. arm obliquely upward, l. arm obliquely backw., step r. with 1/8 turn r., l. leg straight backw., lower arms and raise r.

sidew., l. forw., step l. backw. lower arms and raise r. obliquely upward, l. obliquely backw., swinging r. leg bent forw.

14. Step r. back and lift l. leg slightly bent backw., lower arms and raise l. upw., r. sidew., stretch l. leg backw. with a turn l., step l. forw., raising r. arm upw., continue 1/1 turn on l. leg, swinging, r. leg forw., arms relaxed upw.

15. 3 running steps, r.l.r., swinging arms down and backw., "cat jump" (i.e.: alternate knee raising in the air, l.r.) with arm-circle from front to rear, 2 running steps l.r., with arm raising forw.; "cat jump" with armcircle from rear to frt., to forw. stretched position, Step left forw., lower arms, step r. arms sidew., step l. forw. and pivot 5/8 of a turn to l., swinging r. leg forw. (bending the knee at end of turn), arms sidew., stretch r. leg,

16. With some running steps handspring forw. into straight stand, arms sidew. stretched, lower arms to sides.
The "pas chassé" (also appearing in the Beam Exercise) is a Ballet term, in english: chased step. It is presumably, a step similar to the steps used by a tight rope walker.

UNEVEN PARALLEL BARS:

From a hang with upper grip at the high bar, facing the lower:

1. Swing legs forw., backw. and, straddling lower bar, turn backw. to a pull-over into support. Swing legs forw. backw. and cast backw. into hang, swing forw. and, displacing hands to lower bar, hipcircle backw. to support.
(1-2-3-4-5)

2. Squat r. leg through, between arms, and, with undergrip, circle forw., displace hands onto higher bar; r. leg is stretched over, l. leg under lower bar,
(6-7)

3. Raise left leg sidew. over lower bar up to high bar, lift r. leg and place l. foot on low bar and rise into front support on high bar.
(8-9)

4. Lift r. arm straight up, grasp lower bar with r. hand into momentary handstd., separate straight legs (r. back., l. forw.) (hold two sec.).

5. Place r. foot on lower bar, erect body with 1/1 turn r. to stand on lower bar with rear support on higher bar.

5. Jump into straddle seat on high bar, (with grip between legs) drop into inverted hang, disengage and join legs, bounce straight legs off lower bar to a pull-over into support on high bar.

7. Drop backw, bending hips and dismount with underswing (i.e. "Cast" or "Shoot") over lower bar with 3/4 turn left into cross stand sideways.

SIDE HORSE VAULT:

Jump into handstand with straight arms, 1/4 turn, displacing one hand, and cartwheel off.
(See No. 11 of the Table of Vaults.)

BALANCE BEAM:

From a stand facing the right 1/3 of the beam:

1. 3 steps and double take-off to squat left leg on beam, foot between hands, and stretch r. leg sidw. (parallel to beam).
2. and with 1/4 turn, pivoting on left foot, bring r. leg straight forw., left arm forw., r. arm backw. stretched, head turned r.
3. Bend r. knee and place toes on beam; rising to a stand, arms swinging downw. and upw. (with trunk turning); left arm obliquely backw., r. arm obliquely forw. upw. (look at r. hand) left foot on toes, body erect).
4. Lower r. arm sidw., 3 running steps (l.r.l.), arms relaxed swing r. leg straight forw., and both arms forw. upw. (stretch body) and
5. 1/2 turn l. on left foot, place r. foot on beam, lowering both arms.
6. Bent left knee, raising both arms forw., Palms down, continue to raise r. arm upw. (suckle) and
7. leaning backw., r. leg slightly bent, lower r. arm backw., body straight, (weight over r. leg.)
8. Stretch body and lift left knee forw., raising arms from down obliquely upw., palms inw.
9. Lower arms sidw. and step r. forw.

10. 3 running steps, (l.r.l.) arms relaxed, and jump with a high step onto r. leg to a balance stand (scale) frontways. Arms obliquely upw. --- (hold 3 sec.).

11. straighten up an lift left knee forw. circling arms dissymmetrically from front to back, slight extension of the chest backw. at the end of the arm movement, left arm is vertical, palm forw., r. arm horizontal, palm down. (literally translated).

12. Stretch l. leg forw. and swing leg and arms downw. with 1/2 turn l. pivoting on r. foot, raise arms sidw. and circle them backw. - forw. with "pas chassé" (l.r.l.) to stand with the weight on left leg, arms horizontally forw.

13. Swing r. arm sidw. 1/2 turn r. on r. leg, left foot on toes behind r. leg, arms sidw. palms down.

14. 3 running steps (l.r.l.) arms sidw., jump with change of leg position to r. leg forw., lowering arms; jump with 1/2 turn (no side in french text) given, raising arms sidw., stand on bent legs and

15. Grasp the beam and roll forw. over neck,

16. Balance sitting with legs obliquely upw. stretched, arms sidw. (hold 3 sec.)-----

17. Saddle legs and swing them backw. (higher than horizontally) and with support on beam squat onto beam, (l. foot behind r.),

18. Raise chest and arms forw. and

19. With 1/2 turn r. carry arms sidw., stretching legs gradually to a toe stand. (Turn gradually, twisting body slightly.)

20. Little hop on l. foot swinging r. leg forw., dropping arms and raise them r. forw., l. backw. horizontally; hop on left swinging r. leg backw. twist body to left (head leading), lower arms, place r. leg on beam to stand, bend body backw. with twist to the r., with raising of arms, l. arm obliquely forw., r. obl. backw., head turned to the r.

21. Stretch body, and starting with "Little hop" repeat 20--- vice versa....

22. Stretch body, lift arms upw., palms forw.; step r. forw. and dismount with handspring, limber off to side of beam, arms sidward.

23. Lower arms to normal standing.

Championnat du monde 1958
Exercice au sol

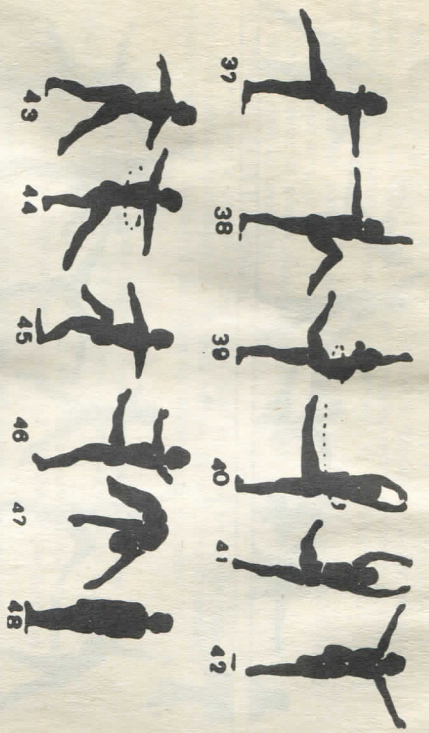
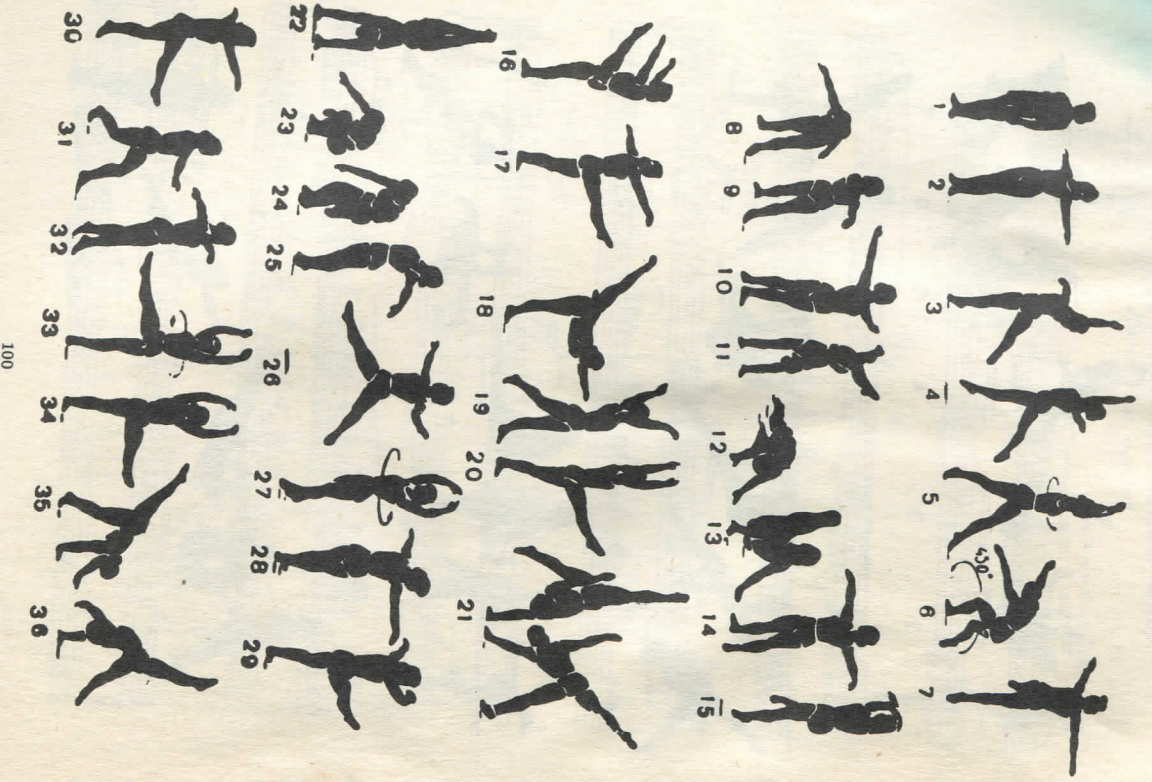
Musik von Hans Dakoupil

The musical score consists of five systems of staves, labeled I through V. Each system contains two staves: a treble clef staff for the right hand and a bass clef staff for the left hand. The music is written in 2/4 time and includes various rhythmic patterns, rests, and dynamic markings. The score is a solo exercise for a single performer.

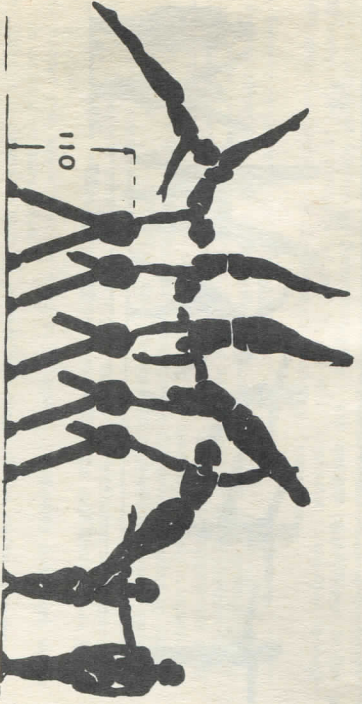
UNEVEN PARALLEL BARS

This page displays 24 numbered diagrams (1-24) illustrating various gymnastic positions on uneven parallel bars. The diagrams are arranged in three columns. Each diagram shows a silhouette of a gymnast in a specific pose, such as a handstand, a swing, or a dismount, with the corresponding bar height indicated by a horizontal line. The numbers 1 through 24 are placed to the left of each diagram.

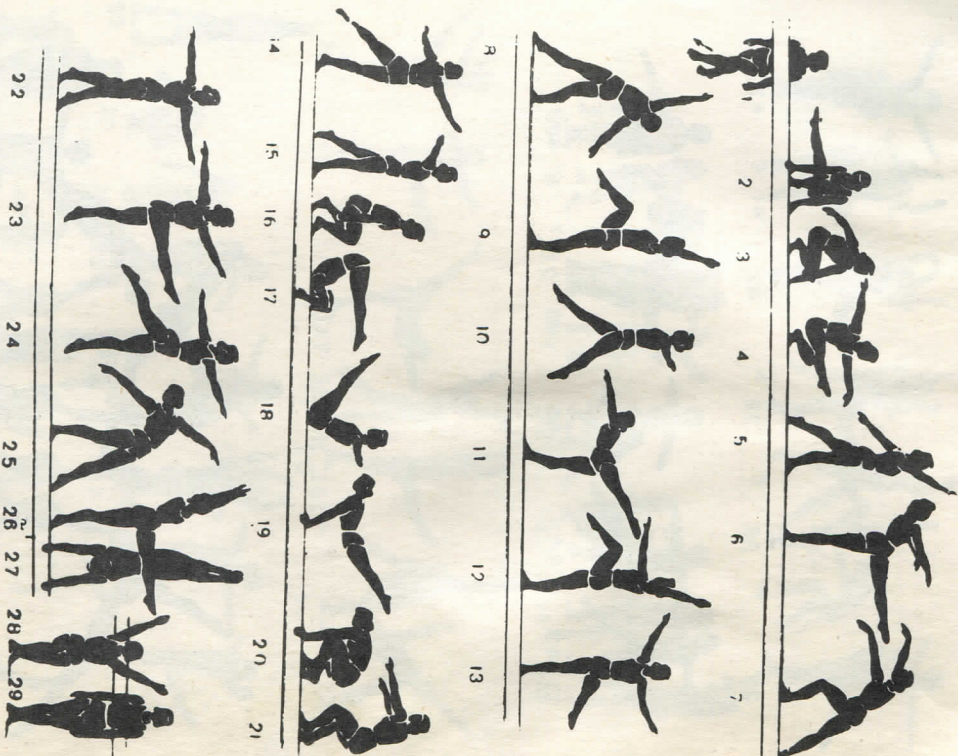
CALISTHENICS



SIDE HORSE VAULT



BALANCE BEAM



NATIONAL A. A. U. WOMEN'S GYMNASTIC RULES

1. The policy of the National A. A. U. Gymnastic Committee is that women's gymnastics shall be based on scientific principles and competition conducted in accordance with accepted international procedure. In accordance with this policy:

1. Gymnastics for women should include elements of skill, grace and rhythm rather than strength.
2. The physique of women should determine the nature of the movements.
3. Health shall be protected.
4. Women's Technical Committee:

The Women's Technical Committee shall be appointed by the Chairman of the AAU Gymnastic Committee. It shall confine its activities to women's gymnastics and shall consist of the following officers and members:

- (1) - A Chairman
 - (2) - A Secretary
 - (3) - 5 members of the National AAU Gymnastic Committee
- The Chairman of the AAU Gymnastic Committee shall be a member ex officio of this committee.

This committee is to serve in an advisory capacity to the Chairman of the AAU Gymnastic Committee in general, but not confined to the following matters:

- (1) Elaboration of technical regulations and programs; planning of the competitions; composition of prescribed exercises.
 - (2) Terminology for gymnastics; general regulations of the different competitions.
 - (3) All research and study in the interest of progress and the improvement of methods; in general, all technical questions which may be submitted or which they agree to study.
 - (4) The editing and approving of any articles or literature to be published under the authority or with the sanction of the AAU Gymnastic Committee.
- Meetings of the Women's Technical Committee shall be held whenever called for by its chairman.
5. Inasmuch as the rules for the conducting of gymnastic competitions as promulgated by the AAU of the U. S. should conform to the rules of the International Amateur Gymnastic Federation (FIG), any changes or additions to the FIG rules shall be promptly adopted by the AAU Gymnastic Committee immediately upon the approval of the Women's Technical Committee.

II. General Regulations for Competitions:

1. No competitor shall be permitted to participate in an open gymnastic competition unless she is an amateur and registered in the district in which she resides. The minimum age limit for female competitors shall be 15 years. Age limit shall not apply for nonchampionship competitions.
2. The competitors shall perform in rotation in the order selected by the Committee. No competitor shall be required to perform first in more than one event.
3. The Committee reserves the right to cancel any individual event for which five or more entries have not been received on the date entries are listed to close.
4. Proper gym attire shall be worn at all times. Gymnasts may work either in standards or barefooted.
5. Although it is desirable that all competitors complete the entire program, both the prescribed and optional exercises, in order to reduce the competition to workable squads, the members of the AAU Gymnastic Committee present may, by majority vote, qualify competitors in all events on the following basis:

The first 12 competitors in each event after the completion of the prescribed exercises (plus the optional Side Horse Vault for the all-around event) will be eligible to complete the optional exercises, and all 12 competitors will be eligible to take a prize or place for points. In events where no prescribed exercises are required the first 12 competitors will be eligible for the finals and all will be eligible to take a prize or place for points. However, there will be no elimination or qualification of competitors in any event in which there are 15 or less competitors.

III. The list of approved events in which national and district championships shall be held annually, and for which prizes may be awarded follows:

- A - INDIVIDUAL EVENTS
 - 1. Calisthenics
 - 2. Parallel Bars - Uneven
 - 3. Balance Beam
 - 4. Side Horse Vault
 - 5. Tumbling
- B - ALL AROUND EVENT: Consisting of 1, 2, 3 and 4.

Measurements and Dimensions of Apparatus

BEAM. Length - 5 metres. Width - 10 cm. Height - 120 cm. Thickness - 16 cm.

BARS AT DIFFERENT HEIGHTS. Height of the top bar - 2.30 metres. Height of the bottom bar - 1.50 metres. The inside measurement to be 42-46 cm. Bars to be oval in shape.

SIDE HORSE. Without pommels, with beat board, Reuther type. Length of the horse = 1.80 metres. Width - 35-37 cms. Height from ground - 1.10 metres. Height of beat board - 10 cm. Distance of the beat board is free in all cases. The use of the beat board of 10 cm. will be authorized for the voluntary exercises on bars at different heights as well as for the voluntary and compulsory exercises on the beam.

FLOOR. For the individual and combined free standing exercises the floor will measure 12 x 12 metres, distinctly marked on the ground by white lines. In case of an elevated floor, the same is to measure at least 14 x 14 metres, the space at the disposal of the gymnast always remaining at 12 x 12 metres.

Types of Exercises to be Performed

The compulsory exercises may be executed in exactly the same manner as described or may be reversed wholly but not in part.

The voluntary individual exercises must include four or five extremely difficult movements. All exercises using strength or force are considered as undesirable, preference being given to exercises with movement. The voluntary exercises must differ from the compulsory ones. All movements included in the compulsory exercises, even though they are reversed, are considered to be the same and consequently will not be marked.

FLOOR EXERCISES. (free hand with music) These exercises must make use of the entire body and contain artistic movements and jumps, executed in a lively manner, with balance and movement, be full of expression, elegance, individuality and originality. The space of 12 x 12 metres will be used in its entirety. The duration of the exercise will be 1 to 1-1/2 minutes.

BEAM. The performance must not be carried out at too slow and monotonous a rhythm, but must be full of life and make use of the entire body. The exercise must include sitting and lying positions, steps, running, jumping, turns, some head positions, without in any way allowing these latter to predominate over the other movements. The duration of the beam exercise will be from 1-1/2 to 2 minutes.

BARS AT DIFFERENT HEIGHTS. The hanging and swinging exercises to predominate. The support exercises are to be used only as momentary positions.

Balance movements are authorized on condition that they are connected with the bars. In general, all movements belonging to free standing and beam exercises are to be avoided on this apparatus. Only the swinging movements requiring a manual hold will be considered as being of real difficulty.

HORSE VAULTING. Touching or assisting gymnasts are forbidden and will be penalized by a reduction in points corresponding to the assistance proffered. In order to avoid penalties, all the jumps must finish in a standing position.

With the exception of the floor exercises, any gymnast may repeat, without loss of points, a compulsory exercise which she thinks she has missed or carried out badly. She must immediately announce her intention to the jury before the judges have completed their marking. The repeat of the exercise must be executed after a convenient rest time. Only the repetition will be taken into account. On the jumping apparatus, a gymnast is entitled to two performances both for the compulsory and for the voluntary exercises. The better performance will count.

If in the beam competition, a gymnast falls from the apparatus, she can repeat the exercise from the moment of the fall to the end, with a penalty of 1 point per fall. This applies to both, compulsory and optional exercises.

Judging and Marking

A. INDIVIDUAL EXERCISES.

The compulsory exercises will be awarded from 0 to 10 points and in tenths of a point. The exercises being the same for all competitors, only the execution will be valued. They will be judged according to the precision, style and sureness of execution. An exercise perfectly executed and completed will be marked with a maximum of 10 points.

7 points for execution of all phases and all combinations of the exercise. 3 points for the general impression.

In order to facilitate and to combine different points of view on marking, the compulsory exercise will be divided into parts and each part will be marked to a proportional value. Later, a list of faults with their relative importance will be established.

Voluntary exercises will be marked from 0 to 10 points, allotted as follows:

5 points for the difficulty and the technical value of the exercise. 5 points for the execution and the general impression.

On the Side Horse, the compulsory vaults will be marked from 0 to 10 points and in tenths of a point. The perfect execution is marked with:

7 points for the vault itself. 3 points for the landing.

The voluntary vaults are marked in tenths of a point from 0 to 10. The difficulty of the vault will be fixed according to the scale of vault established by the Executive Committee of the F. I. G.

The two executions may differ.

All vaults must be executed with the hands placed on the horse.

7. TUMBLING (Special Event)

One optional routine of not more than 2 minutes duration (including rests between lengths tumbled) with a maximum of 4 trips on the mats. Strictly tumbling routines are to be performed. Conventional or dance movements are not considered to be tumbling routines.

8. ALL-AROUND EVENT

To consist of the total points scored in the following events: Calisthenics (compulsory and optional exercises), the compulsory and optional exercises on the uneven Parallel Bars, and Balance Beam, and the compulsory and optional vault on the Side Horse Vault (better marks on each vault.)

V. General

1. The method of judging and scoring (except where otherwise specifically noted) and any matters not specifically covered in this section will be governed by applicable rules and regulations currently prevailing for the men's gymnastic competition.
2. All officials, judges, scores, etc. will be only those selected from a list approved by the National A.A.U. Gymnastic Committee.
3. The order of events shall be at the discretion of the National Gymnastic Committee.
4. The National A.A.U. Gymnastic Committee shall rule on any points not specifically covered in these rules and regulations and shall decide the suitability of apparatus and equipment used in championship competitions.

TABLE OF VAULTS AND EVALUATION

Rating			
7.0 pts.		1. Thief or Window Vault	
7.0		2. Flank Vault	
7.0		3. Bent hips ascent, stoop vault	
8.0		4. Bent hips - straddle vault with 1/2 turn	
8.0		5. Straight body squat vault	
8.5		6. Flank/front vault 1/4 turn outward	
10.0		7. Straight body ascent, straddle vault	
10.0		8. Straight body ascent, stoop vault	
10.0		9. Straight body ascent, handstand 1/4 turn off	
10.0		10. Straight body ascent, straight arms hand-spring	
10.0		13. Straight body ascent, handstand straddle vault	
10.0		14. Straight body ascent, Handstand stoop vault	
10.0		15. Swan vault (legs closed)	
10.0		16. Straight body ascent, straight hip straddle vault (Swan-legs straddled)	
10.0		17. Straight body, Giant Cartwheel	
10.0		11. Straight body ascent, handstand 1/4 turn pivot cartwheel	
10.0		12. Straight body ascent, Handstand squat vault	

Experience

Experience can't be pictured or drawn. Yet it is recognized, sought after, desired and envied.

For Experience is knowledge, skill and practical wisdom gained by personal study, feeling or work.

Experience is also the proud by-product of Pan Am's 30 years of pioneer flying—first on the Atlantic, first on the Pacific, first in Latin America and first 'round the world.

PAN AMERICAN
WORLD'S MOST EXPERIENCED AIRLINE