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1966

U. S. G. F. RULES FOR MEN



UNITED STATES GYMNASTICS FEDERATION

Executive Offices
P. O. Box 4699
Tucson, Arizona

1966 - 1968

F O R E W O R D

The U.S. Gymnastics Federation is made up of five national organizations and two national coaches associations. Together, under the jurisdictional guidance of the USGF Council, these organizations have moved gymnastics into a new era of growth and development.

As the number of participants grows in our sport there is also created a great demand for additional materials. This Rules Book, represents the second edition of such a publication in three years. It has been enlarged and offers considerable information designed to aid in the conduct of gymnastics programs in America. The Men's Technical Committee has spent many hours developing the finer points of this publication and under its guidance gymnastics will continue to grow and improve in our United States of America.

It is a distinct pleasure to bring you this USGF RULES BOOK for 1966 to 1968.

M. R. Clausen
President, U.S. Gymnastics Federation

PRESENTED BY
THE MEN'S TECHNICAL COMMITTEE
OF THE UNITED STATES GYMNASTICS FEDERATION

CHAIRMAN, MR. GEORGE SZYPULA
MICHIGAN STATE UNIVERSITY
EAST LANSING, MICHIGAN

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EXECUTIVE OFFICES

P. O. Box 4699, Tucson, Ariz.
 The United States Gymnastics Federation is an organization of national organizations joined together to promote and develop the sport of gymnastics. Membership in the U.S.G.F. consists of the following national organizations:

The National Federation of State High School Athletic Associations . . . representing more than 20,000 high schools.

Mr. Clifford Fagan, Exec. Sect.
 7 South Dearborn
 Chicago 3, Illinois

The National Collegiate Athletic Association . . . representing more than 600 major Universities.

Mr. Walter Byers, Exec. Dir.
 1221 Baltimore-Midland Bldg.
 Kansas City, Missouri

The National Junior College Athletic Association . . . representing more than 300 Junior Colleges.

Dr. Gerald D. Allard, Pres.
 Long Island A&T Inst.
 Farmingdale, New York

The American Association for Health, Physical Education and Recreation . . . representing some 40,000 teachers.

Dr. Rachel Bryant
 (USGF Representative)
 1201 Sixteenth St. N.W.
 Washington, D.C.

The American Turners . . . representing more than 16,000 turners.

Dr. E. A. Eklund, Nat'l. Dir.
 1550 Clinton Avenue North
 Rochester, New York

The National Association of College Coaches with more than 300 active members

Mr. Jake Geier
 Univ. of Nebraska
 Lincoln, Nebraska

The National High School Gymnastics Coaches Association with more than 200 active members.

Mr. Vic Lesch, Pres.
 Willowbrook High School
 Villa Park, Illinois

510534

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GENERAL RULES

SANCTIONS

Sanctions may be requested from the U.S.G.F. Office and should be requested at least four weeks in advance. The request should include, name of meet, dates, host facility, host organization, meet director and age-levels of competition being conducted. Request must be signed by meet manager or meet director or their assigned representative.

AGE LIMITS

MEN:

To participate in the Elite Division in an official U.S.G.F. competition a boy must have reached the age of 16 years.

To participate in Class "A" Division a boy shall be 15 years or over.

To participate in Class "B" Division a boy shall be 12, 13, or 14 years of age.

To participate in Class "C" Division a boy shall be 11 years of age and under.

HIGH SCHOOL ATHLETES

Prior to the invitation to high school athletes to participate in local, state or regional gymnastics competition, the meet director is requested to make a preliminary inquiry to the appropriate State High School Activities Association(s) to determine eligibility standards and rules that are applicable.

In the United States today many State High School Associations have varying rules. It is, therefore, of the utmost importance that official approval be obtained from the appropriate Association prior to allowing high school athletes to participate. The U.S. Gymnastics Federation will not sanction gymnastics events, involving high school athletes, which

do not strictly adhere to appropriate rules governing high school athletes.

Should questions arise inquiries may be directed to the National Federation of State High School Athletic Associations, the State High School Activities Association or the U.S.G.F. Office.

COMPETITIONS

The United States Gymnastics Federation shall annually conduct the national open championships of the U.S.A. Two divisions for men and two divisions for women shall be offered. The higher division shall be the "Elite" division and the lower shall be the "Class A" division.

These national open competitions may be conducted at different sites and on different dates as directed by the Executive Committee of the U.S.G.F., or they may be held simultaneously.

* * *

Regional Open Championships shall be held annually as the official U.S.G.F. Regions are developed. These events shall offer competition in the Elite and Class A divisions and may also offer developmental competitions in the Class "B" and Class "C" divisions.

* * *

State Open Championships shall be held in every State on an annual basis as official U.S.G.F. Associations are developed. In some States, where two or more Associations are in existence, two such open competitions may be conducted.

AMATEUR STANDING

The United States Gymnastics Federation will accept a certification of amateur standing from any of its member organizations (i.e. if an athlete is an amateur by the rules that govern his or her high school

competitive program that athlete will be deemed an amateur by the U.S.G.F.).

Open, or post-graduate athletes may be certified as amateur if he or she has never accepted financial reward in any form (i.e. automobile, cash, gift) for participation in gymnastics or related activities as determined by the Executive Committee of the U.S.G.F.

Questions concerning amateur standing should be forwarded to the

U.S.G.F. Office. Any case that demands investigation shall be ruled upon by an appropriate U.S.G.F. Committee, the Executive Committee, or both.

In the case of allowing a sufficient amount of financial assistance in the form of "expenses" for U.S.G.F. athletes, the Executive Committee shall determine a standard allowance for such expenses and approve that amount prior to the time it is issued to the athletes for travel.

HERE ARE YOUR COLORS

1. WESTERN — RED
California
Nevada
Utah
Arizona
Hawaii
2. NORTHWESTERN — ORANGE
Alaska
Washington
Oregon
Idaho
Montana
Wyoming
3. SOUTHWESTERN — TAN
Colorado
New Mexico
Kansas
Texas
Arkansas
Louisiana
4. MIDWESTERN — BLACK
North Dakota
South Dakota
Nebraska
Minnesota
Iowa
Wisconsin
5. CENTRAL — GREEN
Missouri
Illinois
Michigan
Indiana
Kentucky
Ohio
6. NORTHWESTERN — BLUE (Dark)
Maine
Vermont
New Hampshire
Massachusetts
Rhode Island
Connecticut
New York
7. EASTERN — BLUE (Light)
Pennsylvania
New Jersey
West Virginia
Maryland
Delaware
Virginia
Washington (D.C.)
8. SOUTHWESTERN — GREEN (Light)
Tennessee
North Carolina
South Carolina
Mississippi
Alabama
Georgia
Florida

Regional colors are assigned with the future in mind. As USGF Regions develop and provide qualifying events for the national, it is desired that these teams participate wearing their regional colors.

TECHNICAL RULES

LEVELS OF COMPETITION

Elite — 16 and above

Class A — 15 and over

Class B — 12, 13, 14

Class C — 11 and under

Champion in Class "A" All-Around moves up to Elite Class.

Individual winner in Class "A" is no longer eligible to win medal or title in the event in which he has already won a title.

All 8 events will be contested in Elite, Class A and B. Class C will contest only floor exercise, horizontal bar, tumbling, side horse vault, and trampoline. This competition will be limited to compulsory exercises only.

DUTIES OF TECHNICAL COMMITTEE

1. General

a. Responsible for all technical aspects of rules book for men.

b. Responsible for rating, certifying and compiling a list of judges to judge U.S.G.F. competition.

c. Responsible for development, dissemination and interpretation of all compulsories.

d. Responsible for conduct of national meets and lend support and counsel when requested from regions and States.

2. Duties of Technical Committee at U.S.G.F. National Meet and for National and International Trials.

a. At least one Technical Committee member in attendance at every National Federation Championship prior to contest (at least one day).

b. All members of Technical Committee present plus the meet director will compose the Games Committee.

c. Games Committee will insure that following are taken care of:

(1) All apparatus meets specifications.

(2) Order of events is followed.

(3) Order of Competition

(a) The competitor shall perform in rotation in the order selected by the meet officials, and no gymnast shall be required to perform first in more than one event.

In case of large entries competitors will be divided into two or more groups.

If a performer is called on two apparatus at same time, he will perform on that event first which is listed first in the international order of events as listed for the finals.

Draw will be made by the games committee in order of events as they appear in the finals.

First competitor drawn will work last, and so on.

(4) Qualification for finals.

(a) Individual Events

The six gymnasts who obtain the highest score in the eight events (compulsory and optional scores combined) in the preliminaries will qualify for the individual event final competition. These six people will perform an additional optional exercise, which may be the same or different. The scores of the compulsory and the first optional exercise will be added and then divided by two to arrive at an average. This average will be added to the score earned in the second optional exercise. The gymnast who obtains the highest score in an individual event will be the winner of that event.

(b) The All Around Event—The winner of this event shall be the gymnast who earns the highest total number of points for the compulsory exercises and the first optional exercises in all of the olympic events.

(c) Special Events—The six competitors who obtain the highest score (compulsory and optional combined) in the Tumbling and Trampoline events will qualify for the finals. These six will perform an additional routine the same or different, and the final standing will be determined by adding the average of the compulsory and the first optional exercise to the score earned in the second optional exercise.

MEET PROCEDURE FOR NATIONAL MEET

1. Meet shall be conducted two consecutive days—Friday and Saturday.

2. Preliminaries start at 1:00 p.m. and 7:00 p.m. Two events will take place at one time.

3. Order of Preliminaries (two events at a time contested)

a. Floor exercise; b. Side Horse

c. Horizontal bar; d. Trampoline

e. Parallel bars; f. Long Horse

g. Tumbling; h. Rings

Finals (events contested one at a time—Olympic Order.)

a. Floor exercise

b. Side Horse

c. Rings

d. Long Horse Vault

e. Parallel Bars

f. Horizontal Bar

g. Trampoline

h. Tumbling

Saturday finals must be concluded in one session.

REQUIREMENTS

1. See F, 3, suggested order of events.

1. Games Committee shall have the authority to cancel any scheduled event in which there are less than seven entries.

2. Gymnast will wear proper attire consisting of a minimum uniform of socks, pants and shirt, except that a performer may participate in tram-

poline and tumbling without footwear.

In the event of a controversy regarding a score, the Coach or Manager of the gymnast in question shall approach the scoring table and request a discussion with the Technical Committee. The Coach or Manager shall not approach an individual judge without first seeking the approval and/or company of the Technical Committee.

The final authority in enforcing the applicable rules of the competition shall be the Technical Committee. In such cases as may be deemed to be involving principles of competition other than of a technical nature the question or protest shall be directed to the Executive Committee of the U.S. Gymnastics Federation, in writing, and submitted to the Executive Offices of the U.S.G.F.

Awards: The top three (3) places in each individual event contested in each division (Class A and Elite) shall receive appropriate awards bearing the event, the place achieved and the year thereon and these awards shall also carry the official seal of the United States Gymnastics Federation.

All-American Awards: The First (1st) place winner in each event shall be designated as an official ALL-AMERICAN as determined by the first place position attained in the Elite Division (only) in an official U.S.G.F. National Championship event. Appropriate certificates attesting to this rating shall be forwarded the contestants within a reasonable amount of time following the national competition.

TRAMPOLINE RULES

The trampoline exercise shall be composed of one sequence of at least 11 principal parts. 1 part C, 5 parts B, 5 parts A as minimum. A part may be a bounce or combination.

Somersaulting and twisting movements will characterize the movements on the trampoline. Somersaulting shall be executed in both directions and twists shall be executed with forward and backward somersaults. A further requirement shall be that some part of the body other than the feet shall make contact with the bed. The last landing in the series must be on the feet in a stationary position, in balance with feet on the bed of the trampoline. There will be no counting of bounces either for the officials or for the competitor. When the performer is actually touched, the judges will deduct one point.

All exercises shall begin and end on the trampoline. It is required that spotters be at the end and sides of the apparatus. It is now required that the area surrounding the trampoline be covered with a minimum of five feet wide mats.

If the performer touches anything save the bed, he may regain his height before resuming his routine without further penalty. The first stunt will be considered the resuming of the routine.

In interpreting the rules for trampoline competition it should be understood that the rules committee would like for the trampoline event to be consistent with other events.

TUMBLING RULES

1. The gymnast must complete the compulsory exercises within two minutes including rests between each trip.
2. Optional exercises will consist of four trips to be completed within a two minute time limit.
3. One of the passes will consist of at least five parts forward or side-ward. No more than two parts of "A" difficulty.
4. There must be alternate work, twisting work, and bounding work.

COMPULSORY ROUTINES

FLOOR EXERCISE

ELITE DIVISION — Current International Compulsory routines.

CLASS A DIVISION — 15 and above.

A. 2 or 3 running steps to forward handspring, step out and roundoff, 2 back handsprings, turn to "Swedish" fall; turn to straddle stand. (2 pt.)

Press straight arms and straight legs to handstand. (1 pt.)

B. Piked forward roll out to stand. (.5 pt.)

2 to 4 running steps to forward somersault, headspring to front scale with arms sideward (hold), kick to handstand. (2 pt.)

C. Three-eighths reverse pirouette forward roll to squat stand. (.5 pt.)

1 to 3 running steps, roundoff backward somersault, backward extension roll through handstand, turn, step to side scale hold). (2 pt.)

D. Half turn to stand with leg raised, 2 to 4 running steps, roundoff backward handspring, backward somersault. (Reverse in entirety only). (2 pt.) (Total—10 pts.)

CLASS B DIVISION — 12 through 14.

A. Run and cartwheel. (.5 pt.)
Roundoff. (.5 pt.)

Backward roll to handstand, step down with $\frac{1}{2}$ turn on left foot. (1 pt.)

Place right foot forward and raise leg rearward, lower body forward, raising arms sideward to horizontal scale. Hold. (1 pt.)

Forward roll to a squat stand, bent arm, squat press to handstand. (1 pt.)

Bring right leg down with three-eighths turn left.

B. Cartwheel left, lower trunk to horizontal side scale on left leg with arms vertical (left arm downward, right arm upward). Hold. (1 pt.)

Lower right leg with $\frac{1}{4}$ turn of trunk to "Swedish" fall (hands and chest on floor, right leg raised), straighten arms and lower leg to front lying support. (.5 pt.)

Flex hips and pass bent legs between arms to rear lying support. (.5 pt.)

Turn over right or left arm to a front lying support. (.5 pt.)

Draw one leg to a squat position and pass the straight leg under hands and leg twice to a tstand with hips sharply flexed. (.5 pt.)

Backward roll, land on one foot, $\frac{3}{4}$ turn. (.5 pt.)

Forward roll crossing feet. Raise up with $\frac{1}{2}$ turn to stand—and run and roundoff, backward handspring to stand. (2.5 pt.) (Total—10 pts.)

CLASS C DIVISION — 11 and under.

A. Roundoff. (.5 pt.)

Backward roll to momentary handstand, step down on right foot with $\frac{1}{4}$ turn left. (1 pt.)

B. Cartwheel to straddle stand with arms sideward. (1 pt.)

With $\frac{1}{4}$ turn, kick to momentary handstand and forward roll to sitting position. (1 pt.)

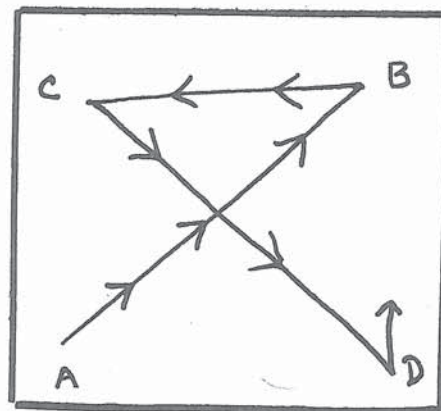
Flex trunk forward and hold (arms extended to toes). (.5 pt.)

Return to sitting position, place hands on floor and do $\frac{1}{2}$ turn over right or left hand to front lying support. (.5 pt.)

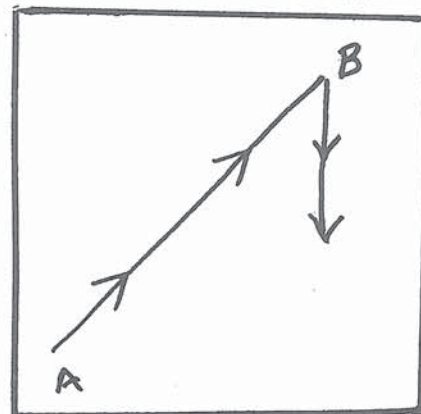
C. Flex hips and squat legs between hands to immediate backward roll to stand. (1 pt.)

Run forward to forward hand-spring. (2 pt.)

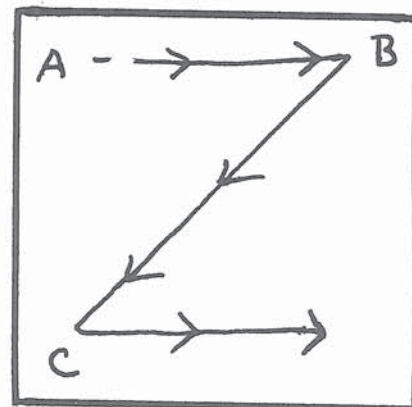
Forward roll, headspring to stand. (2.5 pt.) (Total—10 pts.)



CLASS "A" DIAGRAM



CLASS "B" DIAGRAM



CLASS "C" DIAGRAM

SIDE HORSE

ELITE DIVISION — Current International Compulsory routines.

CLASS A DIVISION — 15 and above.

From a side stand frontways at the croup, place left hand on the right pommel and right hand on the croup. Jump to a double rear vaulting movement around left arm to a side support rearways (crown to counter-clockwise circles). Two double leg circles to a side support rearways. Circle both legs backward under left hand, grasp right pommel with left hand, pass both legs over croup to a side support rearways and grasp croup with right hand (side lift from saddle to croup). One half double leg circle counter-clockwise to double rear vaulting movement around left arm to side support rearways (crown). Single leg out, left backward under left hand to aback scissors over right pommel. Single leg cut left backward and right forward to two consecutive forward scissors over left and right pommels. Single leg cut left forward under left hand through side support rearways to one and a half clockwise double leg circles to a side support frontways. Single leg cut left under left hand and right under right hand through a side support rearways to a double leg circle clockwise through side support rearways to a loop around right pommel (Moore, one half turn around right pommel) and flank vault to a side stand rearways. (Entire exercise may be reversed.)

"Crown" to two counter-clockwise double leg circles. (2 pt.)

Side lift half double leg circle to "crown". (2.5 pt.)

One backward scissors and two forward scissors. (1.5 pt.)

One and one-half clockwise double leg circles. (1.5 pt.)

Counter-clockwise double leg circle to Moore and immediate flank vault dismount. (2.5 pt.) (Total—10 pts.)

CLASS B DIVISION — 12 through 14.

From a side stand frontways at the croup place left hand on the right pommel and right hand on the croup. Jump to a double rear vaulting movement around left arm to a side support rearways (Crown). Single leg cut left backward and right backward to side support frontways. Single leg cut left forward to forward scissors to the right and forward scissors to the left. Circle right leg around right arm and right pommel to a wolf support. Straddle support—balance support—split support) Crown dismount over neck to a cross stand left sideways—RD (sideward).

Note: The entire exercise is to be done without stops or hesitation up to the Wolf support. The exercise may be reversed in its entirety.

"Crown" to rear support. (2.5 pt.)

Three single leg cuts. (1.5 pt.)

Two forward scissors. (2.5 pt.)

Single leg circle to "Wolf support" (balance support). (1 pt.)

Crown vault dismount. (2.5 pt.) (Total—10 pts.)

HORIZONTAL BAR

ELITE DIVISION — Current International Compulsory routines.

CLASS A DIVISION — 15 and above (High Bar)

From hang with double overgrip, slight swing fore and back. High swing forward to back uprise. (1 pt.)

Free hip circle backwards (body does not touch bar) to support. (.8 pt.)

Underswing with immediate 1/2 turn to the right around right arm and regrasp left hand in overgrip. (1.2 pt.)

Swing forward, pass straight legs between hands and shoot to flank cut-away over hand with undergrip (right hand), regrasping in double overgrip. (1.5 pt.)

Swing forward and kip to handstand. (1.4 pt.)

One and three-quarters giant swings backward. (1 pt.)

Come into bar to hip roll backwards. (.6 pt.)

Drop kip to forward hip circle, straddle vault dismount to stand rearways. (2.5 pt.)

Exercise may be wholly or partially reversed. (Total—10 pts.)

CLASS B DIVISION—Boys 12 through 14 (Low Horizontal Bar, 6 feet high)

Swing to kip to support. (3 pt.) port. (3 pt.)

Swing legs back and forward to backward hip circle. (2 pt.)

Drop to kip position (jackknife hang) and immediately hook one leg outside of hands over bar and knee swing up to support position. (3 pt.)

Swing hook leg backward over bar to high underswing under bar to arch and release hands to stand position. (2 pt.) (Total—10 pts.)

CLASS C DIVISION—Boys 11 and under (Low Horizontal Bar, 6 feet high)

From stride stand, hip circle backward to support, arched. (3 pt.)

Swing legs back enough to execute hip circle (pause). (3 pt.)

From support position swing either leg forward over bar and immediately circle backward (leg remaining to side) (pause). (3 pt.)

Swing leg back and dismount to stand backward with one-quarter turn either way to cross stand left or right sideward. (1 pt.) (Total—10 pts.)

PARALLEL BARS

ELITE DIVISION — Current International Compulsory routines.

CLASS A DIVISION—15 and above.

Basket to upper arm support, front uprise, handstand. (3 pt.)

Pirouette. (1.5 pt.)

Cast. (1 pt.)

Backward uprise, straddle cut to "L". (2 pt.)

(Bent arm, bent hips, press to handstand). (1 pt.)

1/4 turn, straddle off. (1.5 pt.) (Total—10 pts.)

CLASS B DIVISION — 12 through 14.

Stand at end of bar facing inward: Jump to upper arm position,

Forward uprise. (2 pt.)

Swing backward to shoulder roll. (1 pt.)

Backward uprise. (1.5 pt.)

Swing forward and backward to handstand. (2.5 pt.)

Lower body to straight arm support, swing forward and backward, single leg cut forward with either right or left leg. (1.5 pt.)

Swing backward, dismounting either over right or left bar with a front vault and half turn outward to cross stand. (1.5 pt.) (Total—10 pts.)

LONG HORSE VAULTING

ELITE DIVISION — Current International Compulsory routines.

CLASS A DIVISION — 15 and above.

Long Horse Vaulting (best of 2 jumps) Piked Vault from neck.

CLASS B DIVISION — 12 through 14.

Long Horse Vaulting (3'8" height) (Best of 2 vaults) Straddle vault from neck (body straight on flight toward horse).

CLASS C DIVISION — 11 and under.

Side Horse Vaulting (3'6" height) (Best of 2 vaults) (Body straight on flight toward horse) Squat Vault.

STILL RINGS

ELITE DIVISION — Current International Compulsory routines.

CLASS A DIVISION — 15 and above.

Slow backward roll to "L". (1.5 pt.)

Press bent arms, bent hip to handstand. (1 pt.)

Turn backward slowly to back lever (hold) (1.5 pt.)

2 dislocates shoot to handstand. (3 pt.)

Lower down to a straight inverted hang, swing down to inlocate. (.5 pt.)

Backward uprise, turn backward to straddle dismount. (2.5 pt.) (Total—10 pts.)

CLASS B DIVISION — 12 through 14

Straight body hang—lift legs forward and drop-beat backward and swing forward with straight arms and straight body to inverted hang. (1 pt.)

Bend hips to bent inverted hang and turn backward stretching body and dislocate to a straight body inverted hang. (1.5 pt.)

Bend hips and turn backward into a stretched hang rearways. (.8 pt.)

Lift legs into back lever position. (Hold). (2.5 pt.)

Lower legs and return to hang rearways. (.7 pt.)

Rotate forward and swing downward and inlocate to a straight body inverted hang. (1.5 pt.)

Bend hips and snap forward to a straight leg double leg cut off to stand. (2 pt.) (Total—10 pts.)

TRAMPOLINE

ELITE DIVISION

Three-quarters back somersault, piked . . . touching ankles momentarily to a stomach landing. (.7 pt.)

Cody somersault (tuck position). (.8 pt.)

Double back somersault (tuck). (2 pt.)

Barani (pike position). (.5 pt.)

Back somersault (layout position). (.5 pt.)

Double twisting back somersault. (2 pt.)

Front 1½ twisting somersault (Rudolph). (2 pt.)

Back somersault (tuck). (.3 pt.)

Front swan dive to back drop landing. (.6 pt.)

Half-twist of body into an immedi-

ate back somersault (piked) to stand. (.6 pt.) (Total—10 pts.)

CLASS A DIVISION — 15 and above.

Back somersault . . . layout position, to front drop landing. (1 pt.)

Cody somersault (tuck position). (2 pt.)

Back somersault (tuck position). (.5 pt.)

Barani (pike position). (1 pt.)

Back somersault (tuck position). (.5 pt.)

Full twisting back somersault. (2 pt.)

Barani (pike position). (1 pt.)

Back somersault (tuck position). (.5 pt.)

Front swan dive (layout) to back drop landing. (1 pt.)

1¼ front somersault (tuck) to stand. (.5 pt.) (Total—10 pts.)

CLASS B DIVISION — 12 through 14.

¾ back somersault to front drop (layout). (1.5 pt.)

Tuck pullover to back drop. (.5 pt.)

Pike pullover to feet. (.8 pt.)

Back somersault (tuck). (1 pt.)

Barani (pike). (1.2 pt.)

Back somersault (layout). (1.2 pt.)

Back somersault (tuck). (1 pt.)

¾ front somersault to back drop (pike). (1 pt.)

Front somersault from back drop to back drop (pike). (1 pt.)

Full twist from back drop to feet. (.8 pt.) (Total—10 pts.)

CLASS C DIVISION — 11 and under.

½ twist to front drop. (.6 pt.)

½ twist to feet. (.5 pt.)

Back somersault (tuck). (1.5 pt.)

Barani (pike). (1.5 pt.)

Back somersault (tuck). (1.5 pt.)

Bounce with full twist. (.6 pt.)

Back somersault (tuck). (1.5 pt.)

¾ front somersault (tuck). (1 pt.)

Cradle. (.8 pt.)

½ twist to stand. (.5 pt.) (Total—10 pts.)

(See page 28 for Trampoline Chart)

TUMBLING

ELITE DIVISION

Roundoff, backward handspring, ½ twisting somersault, roundoff backward handspring, full twisting backward somersault. (2.5 pt.)

Forward somersault, tinsica (or handspring), forward somersault, tinsica (or handspring), forward somersault. (2.5 pt.)

Roundoff backward handspring, full twisting backward somersault, backward handspring, backward somersault, backward handspring, backward somersault. (2.5 pt.)

Front somersault walkout, roundoff, backward handspring, backward handspring, backward somersault to immediate forward somersault. (2.5 pt.) (Total—10 pts.)

CLASS A DIVISION — 15 and above.

Roundoff, backward handspring, backward handspring, backward somersault with ½ twist. (3 pt.)

Handspring, forward somersault, roll, forward somersault. (2.5 pt.)

Roundoff, backward handspring, backward somersault, backward handspring, backward somersault. (2.5 pt.)

Roundoff, backward handspring, backward somersault in layout position. (2 pt.) (Total—10 pts.)

CLASS B DIVISION — 12 through 14.

Front somersault, forward roll, front somersault. (2.5 pt.)

Roundoff, backward handspring, ½ turn step out, roundoff, backward handspring, tuck backward somersault. (3.5 pt.)

Front handspring or Tinsica, step out, roundoff, backward handspring, backward handspring, backward somersault. (4 pt.) (Total—10 pts.)

CLASS C DIVISION — 11 and under.

Front handspring piked diving, forward roll, handspring. (2.5 pt.)

Front somersault, forward roll, neckspring. (3.5 pt.)

Cartwheel, step out, roundoff, back

extension roll, snapdown, backward handspring. (4 pt.) (Total—10 pts.)

The following special information is reproduced from the FIG Rules for reference.

Special Information for Men's Gymnastics

a) MODELS AND DIMENSIONS OF APPARATUS

Information concerning models and dimensions of apparatus are the subject of a special booklet edited by the F.I.G. The following directions summarize the essential portions.

HORIZONTAL BAR

Bar is polished steel 28 mm. in diameter. Height from the floor to the upper ridge of the bar 2,50 m. Usable length of the bar (separation from pivot to pivot): 2,40 m.

The stretching device is attached to the floor at lateral distances of 1,50 m. and transversal distances of 2,00 m. from the feet of the posts.

PARALLEL BARS

Bars in wood, oval form, point downward, vertical diameter 51 mm., horizontal diameter 41 mm.

Height of bars 1,70 m. from the floor to the upper ridge. Length of bars: 3,50 m. Inside separation from 42 to 48 cm. is permitted.

Separation in length between posts 2,30 m. from pivot to pivot. Height of cross-ties (base) in wood or in iron, at maximum 10 cm. The apparatus will not have a bottom between the cross-ties (base).

If the apparatus is not heavy enough to guarantee its stability throughout the exercise it must be provided with a device permitting its fixture to the ground.

HORSE

Length 1,60 m. Width 35 cm. A special device will permit its attachment to the ground.

SIDE HORSE

Height from the ground to the horse's back 1,10 m. Heights of the pommels from the horse's back 12 cm. Inner separation between pommels 40-50 cm. Length of the pommels 28 cm. Diameter of pommels (cross-section) 34 mm. Pommels are in polished wood and their upper parts are horizontal, lightly curved 2 mm. on a length of at least 60 mm.

LONG HORSE

Height of horse's back above the floor 1,35 m.

RINGS

Inner separation between supporting legs (tubes) 2,80 m. Height from point of suspension of ropes 5,50 m. Height from the floor to rings, diameter of hold included, 2,50 m., height regulated by means of a device. Inner diameter of rings 18 cm. The rings must be in fitted wood, have a polished surface, and have a diameter of the hold (cross-section) of 28 mm.

Suspension is effected by means of ropes of hemp with a diameter of 12-13 mm. or metallic cables with a diameter of 5-6 mm.

Separation of ropes is about 50 cm. The connection between the ropes and rings must be made by means of leather straps or straps sewn at the two extremities (having no end), of 700 mm. length, 35 mm. width and 4 mm. thickness. A special device, placed between the point of suspension and the ropes not weighing more than 600 gr. will prevent twisting of the ropes.

FLOOR AREA

Even and resilient floor area of 14x14 m., covered by a cloth of at least 12x12 m. in felt or other similar material of a thickness of 5-10 mm. The layer of felt will be made so as to prevent all sliding on the floor. The area reserved to the gymnasts must be very distinctly marked.

SPRINGBOARD

Length 120 cm., height at the front 12 cm. width 60 cm. In the frame of these dimensions there can be the greatest elasticity possible.

For the horse vault, the springboard must be able to be attached at distances of 5 to 5 cm. by means of a device (frame) connected to the horse.

b) WORKING DRESS

Teams of the same nation must present themselves in uniform costume. On the parallel bars, horizontal bar, rings and side-horse, all gymnasts will work in long pants with shoes and socks or socks.

On the floor and for the horse vault, the gymnasts are authorized to do their exercises in long pants with shoes and socks or socks, or in shorts with neither shoes nor socks. This costume may differ from one gymnast to another with the condition that the color of the costume be uniform. Wearing of trunks (athletic undergarments) is compulsory in all cases.

c) JUDGMENT AND EVALUATION

At each exercise, the jury will be composed of *four actual judges and one referee judge*. The four actual judges and the referee judge will consult each other for the first and second exercises in order to decide upon a common point of departure.

Afterwards, they will work independently and will no longer consult each other, except in special cases, (accident, etc.).

The judge must not be influenced by anybody in conferring his marks.

The organizing Committee will install a device permitting the four actual judges to simultaneously show the public and competitors, the points which each has given. Only the two middle marks will count for the result.

The referee judges are named by the Executive Commission, among or outside of its members.

In principal, all nations are allowed only one referee judge, except in the case that the number of referee judges presented will not suffice.

The referee judge will judge all exercises for his own calculations so that his evaluation may be consulted to re-establish the order in case of a difference greater than permitted in the rules, between the middle marks of the four actual judges. It is obligatory for the referee judge to re-establish agreement, and if agreement cannot be arrived at, he will appeal to the president of the jury who will resolve the question by relying upon the mark and observations formulated by the referee judge.

The referee judge may eventually intervene by appealing to the president of the jury each time he finds that one or more judges deviate too greatly from the normal mean, as well as in cases of persistent defiance of a judge. In case of material error, he

must immediately intervene himself. His decision will be based upon the opinion of the majority of the five judges.

Exercises are graded from 0 to 10 points by tenths of a point.

The mark conferred, will be established by dividing by two, the total of the two mean marks.

The difference between the two middle marks may not be greater than:

2/10 if their average is 9.50 and over

3/10 if their average is between 8.50 and 9.45

5/10 if their average is between 7.00 and 8.45

1 Point in other cases.

When the difference exceeds these limits, the judges will come to agreement by consultation, with the referee judge according to the preceding information.

UNITED STATES GYMNASTICS FEDERATION



U.S.G.F. RULES AND CODE OF POINTS FOR ELITE DIVISION

JUDGING

The referee or Head Judge must intervene when a judge performs his work in contradiction to the rules, or if he is not objective. All exercises are graded on a 0 to 10 point basis, by tenths of points. The score given will be arrived at by dividing the sum of the two middle marks by two. The difference between the two middle scores will not surpass 2/10 if their average is 9.5 and over 3/10 if their average is between 8.5 and 9.45 5/10 if their average is between 7.0 and 8.45 1 point in all other cases.

As soon as the difference surpasses these limits, the Judges will come to agreement, in conference with the referee or head judge. When a difference surpassing these limits occurs, it stands as a matter of course that the two high and low scores must also be false, and the referee will point out this state of affairs to the 4 judges, so that the penalizing may thereafter proceed correctly.

In order to establish a policy, the 4 judges and referee will meet in consultation for the 1st and 2nd exercise of a contest held on the same day. The same applies if there is a re-organization of the Jury.

Each judge and the referee, will reveal their scores, and if the latter are on a justifiable scale, all arguments on the subject, or discussion of it, will be avoided. On the other hand, if the scores do not conform to the rules, unity of points of view must be arrived at in discussion, and the majority of scores, as well as the referee's score will prevail. Even during the competition, and even if there is NO variance of scores contrary to the rules, the referee has the right to order a conference, if he feels that the judging is conducive to a rupture of harmony.

TYPE OF EXERCISES TO BE PERFORMED IN OPTIONAL AND COMPULSORY EXERCISES.

PARALLEL BARS: Swing, flight, strength and holds (static parts). The swing and flight phases should predominate. The exercise must contain at least one part involving strength and one B component executed over and under the hand grips by simultaneous release of grips. There can be no more than 3 stops.

HORIZONTAL BAR: Exclusively swinging movements with no stops, offering a combination of giant turns (twists) with other variations, or high value connecting movements.

SIDE HORSE: Exclusively swinging movements with no stops, passes of one and both legs, scissors forward and rearward, one of which, at least, must be double. Circles of both legs must predominate in the exercise, and the three parts of the horse must be used. For the REQUIRED exercise, circles of both legs in the opposite direction MAY be considered. (i.e., opposite double leg circles are not required in the optional exercise.)

RINGS: Combined movements of swinging, strength and holds, (Static Parts) without swaying of the rings. The exercise must include at least two handstands of which one must be through strength, and the other in a swing from a hanging position, or an inverted, handgrip, or a half-inverted hang. In addition, it must include at least one hold of GREATER DIFFICULTY, such as the free front horizontal support, the cross, the inverted cross, or others.

FLOOR EXERCISE

The floor exercise MUST form a harmonious and rhythmic whole, through alternating elements involving suppleness and strength, holding and balance, with shifts in different directions, kips, jumps, and handstands. Abusive repetitions are to be avoided, as are transitions and poses that are too simple, and superfluous push-off steps.

The duration of the floor exercise is **70 SECONDS MAXIMUM**, and **50 SECONDS MINIMUM**, and the limits of the 12 x 12 meter area cannot be gone beyond.

LONG HORSE

The type difficulty, execution, as well as the value of the jumps are covered further on in article.

JUDGING OF REQUIRED AND OPTIONAL EXERCISES

A-Special remarks concerning the required exercise.

1. On the Four apparatus (1), the gymnast has the option of repeating the required exercises, without deduction of points and insofar as he may hope to obtain better results, the gymnast must warn the jury of his intention to repeat his exercise by raising his hand as soon as he touches the floor, and, in that case, his exercise will not be judged. The repetition must take place after an appropriate period of rest, but before his group has left the apparatus, however. Usually, repetitions are executed in the preceding order of appearance, and only the second performance will determine the suitable score.

2. On the Long Horse Vault, the gymnast can execute two jumps, the better one counting.

3. The floor exercise cannot be repeated.

4. Beside the necessary "A" parts, the required exercise contains 3-4 "B" parts, and its value in comparison with the optional exercises is from 9.2 to 9.4 points. For the judge, and on the question of combination and difficulty, the value will be 10 points, nevertheless. The Judge will therefore watch only that the exercise be performed in accordance with the printed texts and instructions. If such is not the case, deductions for a performance not conforming to the text will be the following:

a. For Movements not executed, the TOTAL VALUE assigned to this movement according to part d., then, it must be seen whether or not this act does not facilitate the execution of the following or preceding movement, and then there will be cause to add an additional penalty which can be as high as 1 POINT;

b. Added Movements: If a contestant adds one or several unforeseen movements, there will be on each occasion a penalty of .3 to .5. Then it must be seen if the added movements do not facilitate the execution of the following or preceding part. In that case, the penalty can be increased by .1 to .5.

c. For all other faults, such as unrelated kips, touches, sitting down, falls, interrupting the exercise, bad dress, imperfect execution from the technical viewpoint, etc. see deductions for imperfect execution, under "B".

a. To facilitate Judging, each required exercise is divided into several parts having a value in proportion to the parts and connecting movements involved.

R. Imperfect Execution of Required and Optional Exercises.

1. Deductions will be made for faulty execution as well as for imperfections of technical nature. Under **Faulty Execution** are classified bad position of feet, legs, body, head, etc., whereas, **Faults of Technical Nature** are: Poor execution of movements and connecting movements, such as a forward half-twist with shoulders too far forward or the body too arched, grips delayed in rearward basket, or shoulders too far forward when the body comes to support position on the parallel bars, mounts made too low, lack of amplitude in circles of the legs, or scissors made too low on the side horse, handstand without the body being perpendicular to the floor, or with shoulders forward, waltzes in handstand in which the body is not in perpendicular position, hangs and horizontal supports too low or too high, etc.

2. **General Faults in Execution.** Poor position of feet, legs, arms, head and body, in addition to split-leg positions where technique is not observed, deduction on each occasion—.1 to .3.

Touching the end of the horse, the pommels, the hand-grips, the bar supports, the beams on the floor in front of or inside the bars with the feet in swinging, the horizontal bar or the supports of the horizontal, or ring ropes with the feet, legs, seat, or another part of the body of touching (contact) is not required by the nature of the exercise: Deduction on each occasion—.2 to .5.

Faults during execution, according to the seriousness of the case, and in consideration of the difficulty of the series giving rise to them, will be penalized on each occasion by—.3 to .7.

When the gymnast sits in noticeable manner, the deduction will be on each occasion—.5 to .7.

3. For Faults of Technical Execution, the applicable deduction will be the following, on each occasion: a. Walking in handstand .1 per step—.1 to .5. b. Two or several attempts to take position for hold—.2 to .5. c. Interruption of press to handstand—.1 to .3. d. Swinging parts executed in strength or parts of strength executed with swinging (impetus)—.1 to .3. e.

THE DURATION OF HELD PARTS IS THE FOLLOWING: On Parallel Bars and Floor Ex.—2 sec. and NOT MORE THAN 4 sec. On Still Rings—3 sec. and NOT MORE THAN 5 sec. DEDUCTIONS WILL BE MADE AS FOLLOWS: On Parallel Bars and Floor Ex.—Only 1 sec. or more than 4—.2. On Still Rings—Only 2 sec. or more than 5—.2. Only 1 sec. or more than 6—.4.

On Still Rings—Handstand with arms bent or touching ropes with arms—.2 to .3. Handstand with arms bent and touching ropes with arms—.3 to .5. Cross, inverted cross and free from horizontal support with arms bent—.1 to .5.

.5. Too much swaying of ropes—.1 to .3. Forward Fall with tumble from handstand, insofar as a fault is patently involved (falling from handstand)—.3 to .5.

Floor Exercise—Faults of balance or stand at end, and during exercise in accordance with part 4 below:—.1 to .5. Lack of harmony, rhythm, and suppleness on each occasion—.2. Lack of harmony, rhythm, and suppleness during ENTIRE exercise—.1.0.

Side Horse—Lack of amplitude in leg circles—.1 to .3. Scissors without disengaging hips—.1 to .3.

General—Horizontal supports, horizontal hangs, or rt, angle and split rt. angle, too high or too low, horizontal stands on one leg distorted, passes too rapid, (fleeing from one movement to the next), handstands not perpendicular to floor, or with shoulders forward, etc.—.1 to .3.

4. **STAND BEFORE AND AFTER EXERCISE**, Initial and Final presentation. For an exercise not beginning or ending in a perfect stand, the deductions are as follows:

Small Step or jump upon hitting the floor, poor position before or after exercise—.1 to .2. Several steps or jumps upon hitting floor, or slight hand contact with floor, without leaning, or poor position before or after exercise—.2 to .3.

Sitting or kneeling or fall of ANY kind, very poor position before or after the exercise—.3 to .5.

Leaving the area without VALID reason and BEHAVIOR CONTRARY TO GYMNASTIC REGULATIONS....1 to .3.

5. **INTERRUPTION OF THE EXERCISE THROUGH FALLING OR TOUCHING FLOOR.** When an exercise is interrupted by a fall, or other circumstances, or if the gymnast touches the floor with his feet on the Side Horse and Parallel Bars, the gymnast can proceed with his exercise IMMEDIATELY, or at latest 30 seconds later, but he will have to accept a deduction of points. During those 30 seconds the gymnast enjoys freedom of action. If, however, the exercise is not resumed after 30 seconds have elapsed,

it is held to be ended, and the scoring will be based only on parts executed. The referee or head judge will gauge time, and will inform the gymnast or his captain of the elapsing of 10, 20, and 30 seconds.

DEDUCTIONS ARE THE FOLLOWING: Interruption of Side Horse and Parallel Bar exercises by contact of feet with floor, without releasing grips—.8.

Interruption of exercise by releasing grips, then immediate continuation of exercise or after at most 30 seconds time at the spot where it was interrupted—.1.0.

Clothing damaged, or defective tapes, as well as wounds, or hand guards torn, cannot influence the ordnance concerning interruption.

6. **ASSISTANCE TO THE GYMNAST:** a. To prevent accidents, a second is permitted to stand near the apparatus at the Horizontal Bar, Parallel Bars, Rings and Horse Vault, without touching the gymnast. If, however, the second touches the gymnast the deduction is—.3. b. Helping the gymnast in the execution of an exercise will invoke a deduction of—.5 to 1.0. c. On the Side Horse and Floor exercise, the presence of a second is not permitted. d. On the Horizontal bar and Rings, a gymnast may be assisted in jumping into place on the apparatus. e. **IN NO CASE** will the captain or any other person speak to the gymnast while executing his exercise during the competition.

OPTIONAL EXERCISES

A. **GENERAL REMARKS**—Two important scoring factors supplement execution and precision: **Difficulty** and **Combination**. These two factors represent the value of the exercise. Optional exercises cannot be repeated, except for the Long Horse vault in which two tries are permitted.

Optional exercises on all 4 apparatus and on the floor exercise are scored from 0 to 10 points by deductions of tenths and whole points. The score of 10 points is composed in the following manner: VALUE OF THE EXERCISE—DIFFICULTY—3.4, COMBINATION—1.6—Total 5.0. EXECUTION—5.0. 10.0 Total.

On the Parallel Bars, the use of only one elastic Reuther board is authorized. It is permitted to place it on the horizontal steel supports or the mats, the height of which does not exceed the upper limit of those supports.

B. DIFFICULTY

To obtain the maximum score on the 4 apparatus and on the Floor exercise the exercise must be composed of at LEAST: 6 Principle parts—Parts "A". 4 Difficult parts—Part B. 1 Part of great difficulty C.

AT THE WORLD CHAMPIONSHIPS, OLYMPIC GAMES, EUROPEAN CHAMPIONSHIPS AND OTHER SUCH MANIFESTATIONS, THE EXERCISES MUST CONTAIN AT LEAST 6 Parts—"A". 4 Parts—B. 2 Parts—C.

5. **Scoring of Difficulty**
Deduction for missing parts "A", "B", "C":

Part "A"—.2. Part "B"—.4. Part "C"—.6. If a part "C" is replaced by a part "B" the difficult score will be reduced by .2 points.

If the maximum score requires one part "C" and the part "C" is replaced by a part "B", the maximum score that may be granted cannot surpass 9.8 points.

If the maximum score requires two parts "C" (Finals), and one of them or both are replaced by parts "B", the maximum score that may be granted is as follows: 1 part C replaced by a part B—9.8 points. 2 parts C replaced by 2 parts B—9.6 points.

An added part "C" may replace a missing part B. This clause is equally valid for parts B offered in preference to parts A.

6. EXERCISE WHOSE SCORING IS DIFFICULT TO DETERMINE

When a gymnast presents an exercise involving numerous failings, and not permitting scoring as a difficulty, the following scores will be given without regard to the maximum of 3.4 points.

For an exercise executed in $\frac{3}{4}$, maximum of 7.5 points. For an exercise executed in $\frac{1}{2}$, maximum of 5.0 points. For an exercise executed in $\frac{1}{4}$, maximum of 2.5 points.

7. The difficulty of an exercise must not be pushed to the detriment of perfect technical execution and presentation. Parts of an exercise or position that are incorrect, bad compartment, poor swings, passes with too much rapidity from one part to another, lack of mastery in execution, entail necessary deductions. **The exercise must correspond to the capacities of the gymnast, for in artistic gymnastics, the gymnast must be able to master his body with ease and assurance.** (Editors Emphasis)

C. Combination

The exercise must correspond to the type suited to the apparatus.

Each exercise must end in an effective dismount which corresponds to the whole of what is contained in the exercise.

The essential parts must be joined in a smart and sustained manner. Intermediate and excess kips, abusive repetitions and parts which are too easy and worthless, in relation to the difficulty and character of the exercise as a whole, are to be avoided.

The composition of the optional exercise must be noticeably different from that of the required exercise. Nevertheless, the fact that it may contain parts and connecting parts already contained in the required exercise does not necessarily constitute a fault to be penalized, as such, if the transitions which precede and follow it are different.

Series of value, presenting **great risks or marked originality**, will be judged **MORE FAVORABLY**, in the matter of small faults in execution, than those lacking originality, risk and virtuosity.

THE DURATION OF THE FLOOR EXERCISE IS SET AT ONE MINUTE, with a margin of 10 seconds more or less.

The floor for the floor exercise is limited to a 12 x 12 meter square.

PENALIZING OF THE COMBINATION

If the composition of the exercise does not correspond to the requirements the deduction will be, each time—.1 to .3.

For each interpolated kip, the deduction will be—.3 to .5.

If the exercise does not end in an effective dismount, corresponding to the difficulty of the exercise as a whole—.1 to .3.

For each part or transition without value, or abusive repetitions—.1 to .3.

If the combination of the optional exercises resembles the required exercise too closely—.1 to .5.

If the optional exercise ends with the dismount of the required exercise with the same preliminary transition—.2.

Exercises offering transitions of value, great risks, or a marked originality will be more favorably judged, in the matter of small faults in execution, than those performed without originality, risk & virtuosity.

EXCEEDING THE TIME LIMIT OF THE FLOOR EX. WILL BE PENALIZED AS FOLLOWS:

Up to 2 seconds, over or under—.1. Up to 5 seconds, over or under—.2. Up to 9 seconds, over or under—.3. More than 9 seconds—.5. Stepping out of the floor area set for the floor exercises will be penalized as follows:

Touching the floor with one part of the body, each time—.1. Touching the floor with two feet or two hands, each time—.2. Sitting, kneeling or lying down each time—.3.

The maximum deduction for the combination is 2.6 points.

THE LONG HORSE VAULT

A. All vaults must be executed with support from one or both hands. The running take-off is as the gymnast desires. The take-off approach must be at least 18 meters long.

The vault is considered to be **begun** at the moment the springboard or horse are touched, it ends when the gymnast is well balanced in a normal stance. It is thus permitted to avoid or go around the springboard or horse without touching it, but twice at the most. In such a case, the gymnast, will be entitled to a third and final vault.

The required and optional vaults may be executed twice, and the best score obtained will count. In the optional vault, the gymnast has the option of presenting the same vault twice, or two different vaults. The two vaults must immediately follow, one upon the other.

AT FINALS OF WORLD CHAMPIONSHIPS, OLYMPIC GAMES, AND EUROPEAN CHAMPIONSHIPS, as well as in INTERNATIONAL EXHIBITIONS of this type, EACH FINALIST IS REQUIRED TO PRESENT TWO DIFFERENT VAULTS, with two tries for each vault of which the better one will determine the score. **THE FINAL SCORE IS OBTAINED BY ADDING THE SCORES OF THE BEST TWO VAULTS AND DIVIDING BY TWO.**

B. JUDGING OF THE REQUIRED AND OPTIONAL LONG HORSE VAULTS.

Judging of the horse vault is divided into 4 factors, as follows: 1. Difficulty of the optional vault, or interpretation of the required vault. 2. Placing of one or both hands. (Placing area.) 3. Take-off and flight in the second phase of the vault. 4. Execution and technical interpretation.

C. Difficulty of Vaults, and Form.

The sketches which are printed (we do not have) show the form and different phases of the 18 vaults, and execution must adhere to these: indications, including the distance from the end of the horse to the gymnast's feet in normal stance.

Difficulty of Vaults not provided for in the scale of difficulties will be scored in the spirit of the line of conduct outlined by the scale. To stimulate execution of vaults involving greater difficulty, superior to the difficulty of the vaults listed in the 10 point scale, small faults in execution will be less severely penalized.

D. Placing of hands and support Zones.

The length of the horse is broken up into 5 zones, which follow each other, from end to end, 400 millimeters, 200 mm, 200mm, 400mm. The markings setting off the zones must be 10mm, (1cm.) wide, and be clearly drawn in **WHITE** on the back of the horse in such a way that the **OUTSIDE EDGE OF THE STRIPE SETS OFF THE ZONE.**

TO OBTAIN MAXIMUM POINTS, placing of hands or hand must be made clearly within the outer zone of neck or croup. As soon as a zone is encroached upon by one or both hands there is a loss of **ONE POINT PER ZONE.**

TAKE OFF UP TO PLACING OF HANDS AND FLIGHT TO STAND

The maximum of 10 points will be given, if the angle formed at the hand support by the stretched body (meaning the line from hands to feet) with the horse's back points upward at least 30 degrees.

The maximum will be no more than 9.5 points, for a support that is merely horizontal.

The maximum will be no more than 9.0 points, if the feet are only as high as the horse's back, and it will go down proportionally, if the feet are still lower. Obviously, scores ranging in between, 9.1, 9.2, 9.6, 9.7, etc., may be applied.

As a general rule, vaults must be developed especially in their second phases. (Free Flight in Height and Length according to the sketches).

For vaults with placing of hands on croup, the take-off and flight in height and length must correspond to the phases in the sketches.

PENALIZATION OF EXECUTION FROM THE VIEWPOINT OF TECHNIQUE AND COMPARTMENT

For practical reasons, this section will include deductions for execution as well as for position of hands, relating to difficulty, take-off and flight in the second part of the vault.

1. Take-off and hand support at lower than 30 degrees—.1 to 1.0. 2. Flight not high and long enough after placing hands—.1 to .5. 3. When the gymnast is not at a distance from the end of the horse corresponding to the sketch after the vault and in coming to stand—.1 to .5. 4. Too pronounced bending of body forward before coming to stand—.1 to .5. 5. Parts of vaults poorly oriented, (if legs are not brought downward in the DIRECTION of vault, or if they are lowered alongside the horse—.1 to .5. 6. Placing hand or hands in the 200 mm zone on the neck or croup side or encroaching upon those zones—.1 to .7. 7. Placing hand or hands in the 400mm zone at center of horse, or encroaching upon that zone—.2 to .8. 8. Poor posture of feet, legs, body, head, useless split of legs each time—.1 to .3. 9. If the faults mentioned in (8) are committed during the entire vault—.4 to 1.0. 10. Touching Horse's body with feet, legs, knees or other parts of the body—.2 to .5. For more serious cases—.6 to 1.0. 11. Arms bent upon execution of handstand—.1 to 1.0. 12. Knees bent upon execution of pike vault—.1 to 1.0.

POSITION AFTER VAULT

Position after the vault is judged in the same way as on the apparatus and in the floor exercise, namely, Small step or small jump—.1 to .2. Several Steps or jumps, touching the floor with hands without leaning—.2 to .3. Sitting, kneeling, fall, or very poor posture—.3 to .5. Leaving the area without valid cause, behavior not corresponding to gymnastic regulations—.1 to .3.

FLEXIBILITY OF DEDUCTIONS FOR FAULTY POSITION

In particularly difficult vaults, involving very **GREAT HEIGHT** and **GREAT DISTANCE** in their second phase, deduction for faults of poor stance should be made flexible by .1 to .2 points.

ORGANIZATION OF JURY FOR LONG HORSE VAULTS

1. The 4 judges will take position so that two can observe the vault head-on, and in its second phase, particularly in the trajectory. The two others will concentrate particularly on its first phase.

2. The two judges of hand positions will take place on either side of the horse in such a manner that they may observe those positions.

3. The chief judge takes a position diagonally in front of the horse so that he may observe the vault in its entirety without disturbance.

4. In order to expedite judging, the contestant, as he is called, must announce the type of vault which he will execute to the jury.

ADDITION TO THE NEW SCORING CODE OF THE INTERNATIONAL FEDERATION

The presentation of difficulty sections, A, B, AND C in three columns corresponding to their origins is the reason why repetitions of parts or connecting movements under headings of different origins are to be found within the category of movements related to the same apparatus. In order to avoid misunderstandings when we are confronted with identical parts or connecting movements, we call attention to the pertinent numbers.

The tables also include certain parts or connecting movements which must be performed in very definite fashion, technically, in order to be counted as part B or C. In addition, we find parts or connecting movements which, extending beyond part C, also have the value of part B or A, and others which, beyond part B, have the additional strength of an A or B. Wherever this is the case, the description will mention pertinent indications.

At the end of parts A, B, C on each apparatus, appear examples of connected or multiple exercises, showing the number of values, A, B, C. This procedure should help technicians to approach the subject, and that will facilitate definition of other examples while enabling comparisons.

By way of general orientation, we must specify that Postures in Parallel Bar and Floor exercises must be carried out in a position of stability lasting at least 2 seconds, and on the rings for at least 3 seconds.

REPETITION OF PARTS B OR C IN THE SAME EXERCISE

As a general rule, a part or connecting movement recognized as A, B, or C, difficulty will count only once within the scope of an exercise. It may count two, or several times, providing that the part or connecting movement which precedes, or follows, are of a different nature. However, if a same part is repeated too often, the combination and originality will suffer in consequence, and deductions will have to be made on that account.

We have tried to present as many examples as possible, but must point out that in regard to parts figuring in all the tables, the examples are not restrictive, but are of schematic character.

THE A, B, C's OF GYMNASTICS
A PROPOSAL FOR THE NEW CODE OF DIFFI-
CULTY for U.S.G.F. (Based on the FIG
 present rule)

SIDE HORSE

- Principles**
1. Successive double rear vaults B
 2. Travel—double rear vaults B
 3. Moore at the side—travel without intermediate circle B
 4. Moore on the pommeled part B
 5. Stockli (into dismount, also) B
- Generally**
1. 2 B's with or without intermediate moves 2B's
 2. 2 B's without an intermediate move may be 1C (permissible to have two incomplete B's)
 3. 1B connected with a reasonably difficult combination to another B 1C+1B
 4. Travel—double rear vault—travel—double rear vault 1C+2B
 5. Shaginan (Stocklout—stocklin) 1C+1B
 6. Russian Moore 2B
 7. Double rear vault (out)—double rear vault (in)—travel (out)—double rear vault (in) 1C
 8. Unless the combinations (pre- or after-) are different, a B or a C, repeated in a routine is a B or a C. This could be an object of a deduction.
 9. All the fundamental moves are recognized as A moves or A combinations. These are not only applied to the tricks at the saddle position but also to the tricks at sides and to the changes of grips.
 10. An A move that is performed perfectly shall be counted as a B move. (Example—consecutive scissors with perfect form and skill.)
 11. An unusual combination of an A move at the saddle will become a B move or a B combination when performed with a travel.
 12. There is no C move in side horse event. But C combinations only.

Front scissors and back scissors

1. Consecutive scissors A
2. Scissors with 1/2 turn B
3. Scissors with travel B
4. Scissors with 1/2 turn and travel C

Swiss Moves (pirouette)

1. Single Swiss A
2. Single Swiss to rear support B
3. Double leg Swiss (Hop Pirouette) C
4. Left rear scissors—left leg right 1/2 to rear support A
5. Left rear scissors—left leg right 1/2 to double circle B
6. Left rear scissors—left leg right 1/2 to rear support—right leg left 1/2—front scissors C

Double rear vault, travel, and combinations of these

1. Double rear vault out A
2. Double rear vault in A
3. Double in and double out B
4. Travel out and double in B
5. Travel out with immediate double in (hand not touching the croup) B
6. Double out, double in and travel C
7. (From side), double in and immediate travel out C
8. Travel out with immediate double in and immediate travel out C
9. Stand facing side—left hand on the pommel with pronation (under grip)—pivot around the left hand—front support A
10. Stockli in B
11. Double out—double in—stockli—travel in C
12. Double in A
13. Double in—travel out B
14. Double in—travel out—double in with travel C

15. Double in—immediate Moore B
16. Double in—immediate Moore—immediate travel out C
17. Double in—travel out—double in B
18. Double in—travel out—double in—travel out—double in C
19. Double out A
20. Double out—Moore dismount B
21. Double out—Moore (Side)—travel in B
22. Travel out A
23. Travel out—Moore (side) dismount B
24. Travel out—Moore (side)—travel in C

FLOOR EXERCISE

- Jumping**
1. Straddle jump A
 2. Pike jump (face touches the leg) B
 3. Jump to handstand—forward roll A
 4. Jump to handstand (hold) B
 5. Jump to handstand—forward roll with stretched legs B
 6. Lay out dive roll A
 7. Lay out dive handspring B
 8. Lay out front sommersault C
 9. Lay out dive roll with straight knees—backward handspring B
 10. Lay out dive roll with straight knees—backward dive 1/2 twist to handstand (instance)—forward roll C
 11. Back handspring A
 12. Backward dive—hand stand (instance)—forward roll B
 13. Backward dive to handstand (hold) C

Springs

1. Neck spring A
2. Head spring A
3. Neck spring 1/2 twist B
4. Head spring 1/2 twist B
5. Neck spring 1/2 twist to handstand C
6. Head spring 1/2 twist to handstand C
7. Neck or head spring without hands (hands placed on the thigh) B
8. Backward handspring to neckspring position B
 - a.neckspring B
 - b.neckspring 1/2 twist C

Backroll shoot to handstand

1. Back roll shoot to handstand A
2. Back roll shoot to straddle half lever B
3. Back roll shoot to stoop thru B
4. Back roll shoot to stoop thru to half lever C
5. Back roll shoot to straddle down to half lever (hold) C
6. Back roll shoot to chest roll down to kneel up B

Foot Circle

1. Single foot circle A
2. Double circle (at least 2 times) B
3. Single foot circle to press to hand stand B
4. Double circle with 1/2 turn (2 times) C

Scales

1. Front or side scales A
2. Rear scale B
3. Scale on a knee B
4. Front scale—backward handspring—front scale C
5. L position A
6. V Sit A
7. Straddle half lever (3 sec.) B
8. L position with finger tips C
9. Handstand A
10. Forearm stand A
11. Handstand with entirely straight body (2 sec.) B
12. One hand C
13. Upper lever (bent arms) A
14. Single arm lever (1/2 turn) B
15. Upper lever (body definite horizontal, 2 sec.) C
16. Straddle seat position B
17. Split seat position B

Front handspring and somersault

1. Front handspring A
2. Front handspring (feet apart) A
3. Front sommy B
4. Front sommy (feet apart) B
5. Lay out front sommy C
6. Lay out front sommy (feet apart) C
7. Tuck front sommy 1/2 twist C
8. Front handspring—Jack knife front sommy C
9. Front sommy—handspring (feet not apart at the take-off) C
10. Two front sommies (one of which should be Jack knife) C
11. One and one-half front sommy to forward roll C

Back handspring and combinations

1. Backward handspring A
2. Series of back handsprings A
3. Single hand back spring A
4. Back sommy B
5. Back sommy lay out B
6. Back handspring—back sommy B
7. Back sommy—back handspring B
8. Series of back handspring with single hand (hand alternate) B
9. Two back sommies (one of which should be lay out) C
10. Back sommy to front scale C
11. Back sommy to split C
12. Sommy with 1/2 or more twist C

Cartwheel and development of cartwheels

1. Cartwheel A
2. Round-off A
3. Side sommy (tuck) B
4. Side sommy lay out C
5. Side sommies (tuck), two of C
6. Butterfly B
7. Butterfly to scale A
8. Butterfly to side sommy C

Strength moves

1. Bent bent press handstand (bent arms, bent hips, knees straight) A
2. Bend stiff press handstand B
3. Stiff stiff press handstand C
4. L support (or straddle half lever) to bent press handstand B
5. To bent press handstand B
6. To bent stiff press handstand C
7. Straddle half lever) to bent stiff press handstand C
8. Forearm stand A
9. Forearm stand—handstand B
10. Kneeling—roll down—handstand A
11. Front support—roll down—handstand A
12. Lying on the stomach—press to handstand (without rolling) C

Bridge (walk over)

1. Lying on the back—bridge A
2. Handstand—walkover to stand straight B
3. Stand—back walkover to handstand C

Other combinations

1. Front sommy 1/2 twist—back handspring 1C+1B
2. Back sommy 1/2 twist—front sommy 1C+1B
3. Side scale—press to one arm handstand (Aihara) 2C

STILL RINGS

Uprise

1. Back uprise—L A
2. Back uprise—straddle half lever—L B
3. Handstand—swing forward down—back uprise—L -L B
4. Back uprise—handstand C
5. Back uprise—upper lever (stiff, stiff) C
6. Front giant C
7. Front uprise—L A
8. Front uprise to support A
9. Front uprise—back swing to handstand B

Kip

1. Kip to support A
2. Kip to L A
3. Kip to swing to handstand B
4. Kip—swing to upper lever (3 Sec.) C

Shoot

1. Shoot with swing forward A
2. Swing forward up to support A
3. Swing forward up to L A
4. Swing forward up to straddle half lever B
5. Swing forward up to upper lever B
6. Backward giant C

Back kip

1. Back kip to support A
2. Back kip to L A
3. Back kip to handstand B
4. Back kip to straddle half lever B
5. Back kip to upper lever (3 sec.) C

Forward Roll

1. Forward roll A
2. Forward roll—press to handstand (pike) B
3. Forward roll with stretched body 1 1/2 to back lever C
4. Forward roll to handstand (stiff body) B
5. Forward roll to upper lever (3 sec.) C

Backward Roll from support

1. Backward roll to support A
2. Backward roll to L A
3. Backward roll to handstand B
4. Backward roll to upper lever B
5. Backward roll to straddle half lever B
6. Backward roll to press to handstand C
7. Backward roll to press to upper lever C
8. Backward roll to straddle off B
9. Backward roll to straddle off with 1/2 twist C

Backward roll at Hang

1. Dislocation A
2. Swing to dislocation (no pike—swing forward—two backward rolls) B
3. Swing to dislocation (no pike)—shoot to handstand C
4. Dislocation to dismount (Fly away, straddle off) A
5. Dislocation to dismount 1/2 turn B
6. Dislocation to dismount full turn C

Forward roll at hang

1. Inlocation A
2. Inlocation—straddle off A
3. Inlocation—straddle off with 1/2 turn B
4. Inlocation—straddle off with full turn C

Handstand (press)

1. Bent, bent handstand (bent arms, bent hips) A
2. Bend, stiff B
3. Stiff, bent handstand B
4. Stiff, stiff handstand C
5. Forward roll with stretched body—to press handstand (stiff, stiff) C

Muscle up

1. Muscle up A
2. Muscle up to support (arms always side) B
3. L cross to pull up to support B
4. Muscle up to support (arms always side, no whipping) C
5. Muscle up to back lever C

Front lever

1. Front lever (3 sec.) B
2. Backward roll—front lever B
3. Backward roll A
4. Front lever—pull up (with backward roll)—press to handstand C
5. Front lever press to upper lever C

Back lever

1. Back lever A
2. Inlocate—back lever (3 sec.) B
3. Upper lever—lower down—back lever B
4. Back lever—dislocate—front lever (takemoto) C

Upper lever

1. Upper lever (stiff, stiff, 3 sec.) C

Cross

1. Cross B
2. Side cross (Olympic Cross) B
3. L cross C
4. Inverted cross C

Dismount

1. Straddle off A
2. Fly away A
3. Straddle off 1/2 twist B
4. Fly away 1/2 twist B

- Others**
- L A
 - Handstand A
 - Front swing at support—lower down A
 - Front swing swing back—inlocate A
 - Front swing—straddle off front A
 - Straddle half lever B
 - Hang—pull up to inverted hang (all the way straight body) B
 - Front lever—handstand 1C
 - L Cross—forward roll—back lever 1C+1B

PARALLEL BARS

- Uprise**
- Back uprise A
 - Swing uprise handstand B
 - Swing uprise handstand reverse pirouette C
 - Swing uprise straddle cut A
 - Swing uprise straddle to L B
 - Swing uprise straddle cut to back stutz C
 - Front uprise A
 - Front uprise stutz (feet higher than the bar) to support B
 - Front uprise stutz (body higher than level) to support C

- Kip**
- Upper arm kip A
 - Glide kip support A
 - Glide kip L A
 - Glide kip with 1/2 turn to upper arm hang B
 - Cast to hang A
 - Cast to support B
 - Cast to hang with 1/2 turn B
 - Cast to support L C

- Backward roll**
- Backward shoulder roll to handstand (streili) A
 - Same as above and hold B
 - Peach basket—upper arm hang—shoot to handstand (hold) C

- Stutz**
- Stutz (body level) A
 - Stutz (body 45° angle) B
 - Stutz (body 45° angle) to upper arm hang B
 - Stutz to handstand (hold) or to pirouette C
 - Uprise stutz (feet above bar) B
 - Uprise stutz (body above level) C
 - Back stutz to upper arm hang A
 - Back stutz to support B
 - Back stutz—back stutz (hang or support) C
 - Back stutz—Moore C

- Peach Basket**
- Peach basket—hang A
 - Peach basket upper arm hang A
 - Peach basket support A
 - Support—peach basket—hang B
 - Support—peach basket—upper arm hang B
 - Support—peach basket—support B
 - Peach basket to handstand (hold) C
 - Peach basket to straddle cut forward C

- Moore**
- Moore B
 - Moore—double rear vault B
 - Double Moore C
 - Russian Moore C

- Back Catch (back sommersault)**
- Back scmy to arm hang A
 - Back catch to support B
 - Back catch to handstand (hold) C
 - Back sommy off B
 - Back sommy off 1/2 turn C
 - Stutz (body above 45°)—back sommy C
 - Back catch—stutz (body above level) B
 - Back catch—stutz (body above 45°) C

- Front Sommy**
- Front off B
 - Front off 1/2 twist C
 - Front sommy to upper arm hang B
 - Front sommy to support C

- Pirouette**
- Half pirouette (on to one bar)—handstand A
 - Pirouette B
 - Pirouette—reverse pirouette C
 - Hop pirouette B
 - Hop pirouette—stutz C
 - Hop pirouette—back catch C
 - Hop pirouette—handstand (hold) C

- Press handstand**
- Bent bent (bent arms, bent hips) A
 - Stiff bent B
 - Bent stiff B
 - Stiff stiff C
 - Handstand (all kinds of) on one bar C

- Upper lever**
- Upper lever A
 - One arm lever B
 - Upper arm lever (arm stretched) 2 sec. C

- Mount**
- (at the end standing on the floor facing inside) straddle cut mount -L A
 - (at the end facing inside) jump to support—cut backward—glide kip B
 - Double in (side) A
 - Double in (side) to handstand B
 - Double in (side) to upper lever (stiff stiff) 2 sec. C
 - Double rear vault in A
 - Double rear vault in—Moore B
 - (at the end facing out) pull over to support L A
 - (at the end facing out) peach basket—stutz (45°) B
 - (at the end facing out) peach basket—handstand (hold) C
 - (facing side) pull over A
 - (facing side) pull over to glide kip B
 - (facing side) pull over to glide kip to handstand C

- Dismount**
- Double rear vault off A
 - Side off A
 - Pirouette off (all kinds) B
 - Straddle off (one or two arms) B
 - Stoop off (one or two arms) B
 - Straddle off to the front bar (double bar cut) C
 - Stoop off to the front bar (double bar cut) C
 - Sommy off (front or back) B
 - Sommy off 1/2 twist C

- Other combinations**
- Peach basket—shoot to handstand (streili) B
 - Shoot to handstand—peach basket B
 - Shoot to handstand—stutz B
 - Peach basket—shoot to handstand—back catch C
 - Peach basket—shoot to handstand—stutz C

HIGH BAR

- Kip**
- Kip A
 - Back kip A
 - Kip with over grip cast with changing grip—under grip handstand R
 - Kip to dislocated giant C
 - Kip with over grip Change grip—cast with half turn support or swing B
 - Kip with over grip cast with half turn—handstand (under-grip) C
 - Kip to straddle support A
 - Kip to straddle (sole on the bar) A
 - Kip to stoop in A
 - Kip to stoop (sole on the bar) A
 - Kip to straddle cut—rear support B
 - Kip to straddle cut—front seat circle C
 - Back kip A
 - Back kip to cast back—half german giant B
 - Back kip German giant C
 - Back uprise to straddle (support on foot) A
 - Back uprise to straddle cut—rear support B
 - Back uprise to straddle cut dislocate hang—1/2 turn kip C

- Uprise**
- Uprise with mixed grip—straddle rear vault A
 - Uprise without stop—straddle rear vault B
 - Front Giant—double rear vault C
 - Uprise—flank vault—rear support A
 - Rear vault to catch B
 - Full turn pirouette (support) C
 - (with mixed grip) stoop in 1/2 twist—cast—uprise B

- Forward Hip circle**
- Forward roll to handstand A
 - Forward roll with changing grip to handstand B
 - Forward roll to cast with half turn—hang or support B
 - Forward roll to cast with changing grip into dislocation giant C
 - Forward roll to cast with reverse half turn to undergrip handstand C

- Backward Roll**
- Backward free hip circle A
 - Backward free hip circle to handstand B
 - Backward free hip circle with half turn into front giant C
 - Backward free hip circle to straddle sole circle (or stoop sole circle) A
 - Backward free hip circle to straddle or stoop B
 - Backward free hip circle to side vault dismount A
 - Support—underswing—sommy off. B
 - Support—underswing—sommy off 1/2 turn C

- Giant swings**
- Forward giant—pirouette—back giant A
 - Forward giant—pirouette into cross giant—front giant B
 - Cross giant to full turn—cross giant—forward giant (pivot arm should be changed) C
 - Dislocation giant—half turn—back giant B
 - Forward giant—hop to dislocation giant C
 - Back giant—pirouette—forward giant B
 - Back giant—pirouette—forward giant B
 - Back giant—hop to change—forward giant B
 - Back giant—hop to change—stoop thru C

- Combination of Giant and others**
- Back giant—sole circle A
 - Back giant—sole circle—handstand B
 - Back giant—free sheet circle—back giant C
 - Front giant—free sheet circle—front giant C

- Front giant—stoop through—shoot to dislocate—uprise with change of grip B
- Front giant—stoop through—(or straddle)—sheet circle—front giant C
- Front giant—stoop through—shoot with 1/2 turn—ordinary giant B
- Front giant full turn to mixed grip C

- German**
- Pike inverted hang—swing back Pike half turn to catch with ordinary grasp A
 - Pike front swing uprise to stoop position B
 - German C

- Dislocation giant**
- Dislocation swing uprise A
 - Dislocation giant B
 - Undergrip hang—cast, hop, regrasp to dislocation—dislocation giant C
 - Forward giant hop, regrasp to dislocation C
 - Dislocation giant—half turn to handstand C

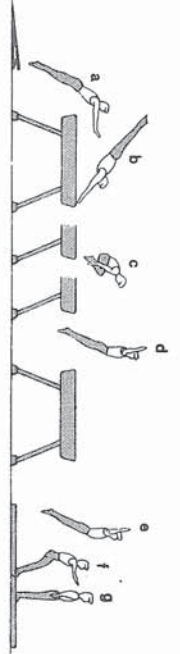
- Full turn**
- Full turn to catch B
 - Full turn to support C
 - Front giant—full turn C

- Cast**
- Cast with half turn—(straddle or not) A
 - Cast 1/2 turn—stoop thru—free seat circle front B
 - Cast 1/2 turn—change grip—stoop thru—dislocated giant or eagle C
 - Cast to handstand B

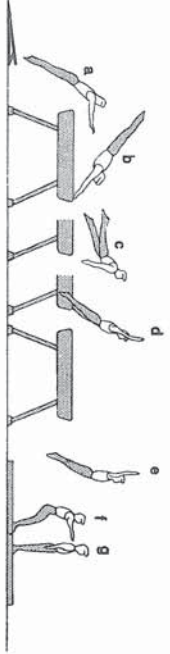
- Dismount**
- Straddle (pushing the bar) A
 - Hecht (pushing the bar) A
 - Straddle or hecht with pulling the bar B
 - Straddle or hecht with pulling the bar with 1/2 twist C
 - Flyaway (front, back) A
 - Flyaway with 1/2 turn B
 - Flyaway with full turn C
 - Pike flyaway A
 - Pike—stretch flyaway (jack-knife—Takemoto) B
 - Double flyaway C
 - Handspring off (Vega) A
 - Standing on the sole—somersault A
 - Standing on the sole—somersault 1/2 turn B
 - Standing on the sole—somersault 1 full turn C
 - Sole circle (stoop)—immediate somersault B
 - Sole circle stoop—immediate 1/2 turn C
 - Cast forward—front somersault C
 - Free hip circle backward—side vault dismount A
 - Free hip circle—flyaway B
 - Free hip circle—flyaway 1/2 turn C

Oth 1. 2. 3. 4. 5. 6. 7. 8. 9.
 Up 1. 2. 3. 4. 5. 6. 7. 8. 9.
 Kip 1. 2. 3. 4. 5. 6. 7. 8. 9.
 Ba 1. 2. 3.
 Stu 1. 2. 3. 4. 5. 6. 7. 8. 9.
 Pe 1. 2. 3. 4. 5. 6. 7. 8.
 Mi 1. 2. 3. 4.
 Bc 1. 2. 3. 4. 5. 6.
 Fr 1. 2. 3. 4.

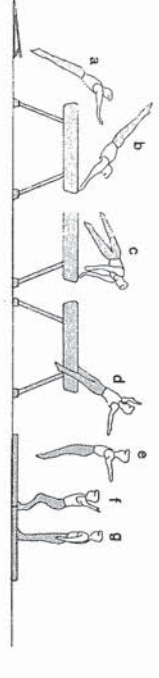
2-Vault, body stretched above the horizontal, passing the legs, together but bent, between the hands and then stretching the body before landing to stand rearways. (Squat vault): 8.00 pts



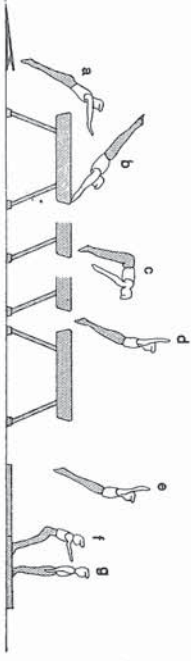
1-Vault, body stretched above the horizontal, straddling legs laterally to stand rearways. (Straddle): 7.50 pts



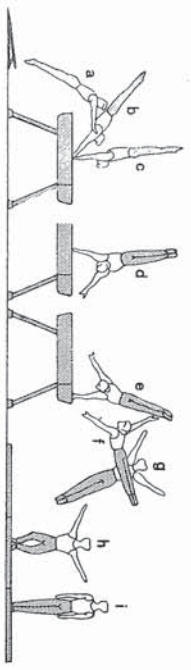
5-Vault, body stretched above the horizontal, crossing the legs with 1/2 turn, to stand facing the horse. (Scissors Vault with 1/2 turn): 9.80 pts.



4-Vault, body stretched above the horizontal then bend the body in order to pass over the neck with the legs straight and joined and then stretch the body before landing, to stand rearways. (Stoop vault): 9.50 pts.



3-Vault to handstand, 1/4 turn to right, placing left hand on the neck and turning laterally in free flight, to stand left sideways. (The vault can be executed inversely). (Handstand Pivot Cartwheel vault): 9.00 pts.



G. THE ORGANIZATION OF THE JURY FOR LONG HORSE VAULTING

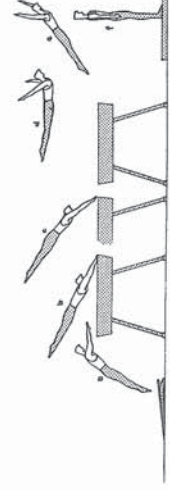
1-The 4 judges will place themselves in such a way that 2 of them can observe the vault front ways and particularly the trajectory. The other two judges will especially concentrate on the first phase of the vault.

2-The two judges assigned to check the position of the hands will place themselves one on either side of the horse.

3-The judge-referee places himself in diagonal with the front end of the horse so as to be able to observe the vault in its entirety and without his vision being obstructed.

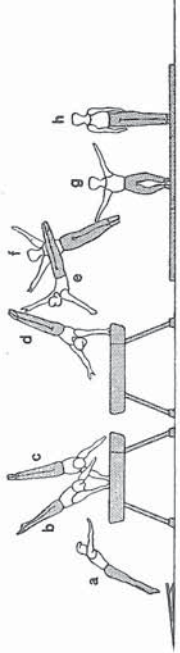
H. FORM AND TECHNICAL EXECUTION OF THE VAULTS

I. Vaults in which the hands are placed on the neck of the horse.



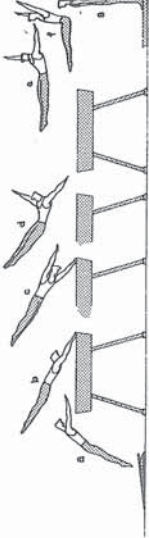
9-Vault, body stretched above the horizontal, legs together and straight, continue the flight over the horse with the body laid out, and land to a stand rearways. (Hecht): 10.00 pts.

6-Vault, with 1/4 turn to left or right during the flight, to a side handstand, the hands being placed on the horse successively or simultaneously, the forward hand on the neck, and turn laterally in a free flight, to side stand. (Giant cartwheel): 9.80 pts.

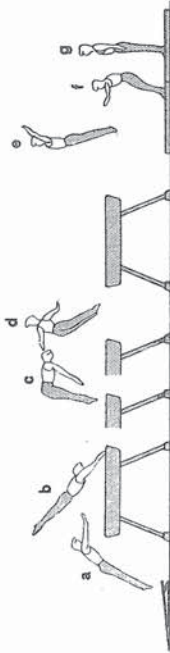


10-Same as #9, except that during the flight over the neck execute 1/2 turn to stand frontways. (Hecht with 1/2 turn): 10.00 pts.

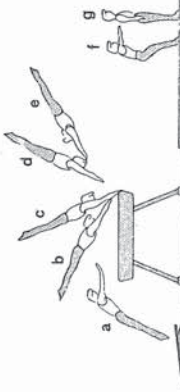
II. Vaults in which the hands are placed on the croup.



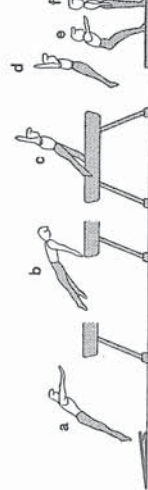
7-Same as #4 except that as the legs pass over the neck you execute a 1/2 turn left or right and then stretch the body, landing to stand facing the horse. (Stoop Vault with 1/2 turn): 10.00 pts.



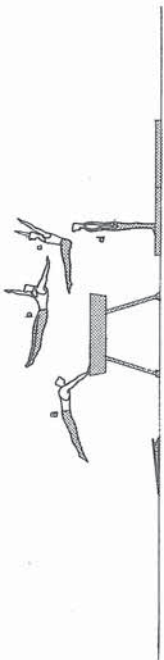
8-Vault to a momentary handstand support and turn over with a free flight to stand rearways. (Handspring): 10.00 pts.



11-Vault, body stretched, legs straight and straddled laterally to stand rearways. (Straddle): 7.50 pts.



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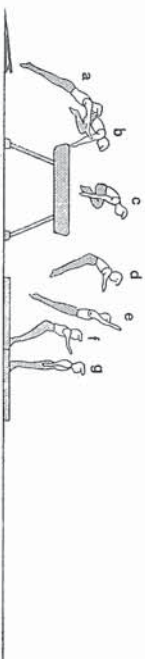
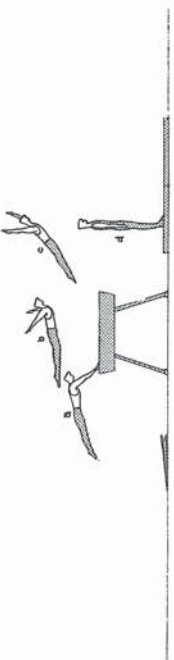
19-Hecht with 1/2 turn from the croup (same description as #10): 10.00 pts.

NOTE: Regarding vaults Nos. 3 (handstand pivot cartwheel) and 6 (giant cartwheel), only the forward hand is to be considered in evaluating the placing of the hand.

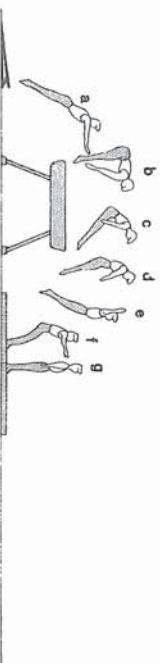
University Library
Jacksonville State Univ.

10.00 pts.

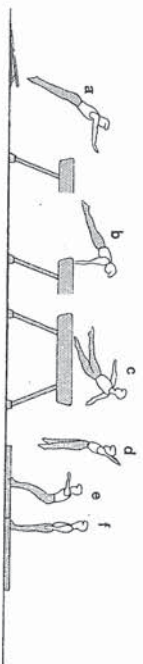
18-Hecht from the croup (same description as #9):



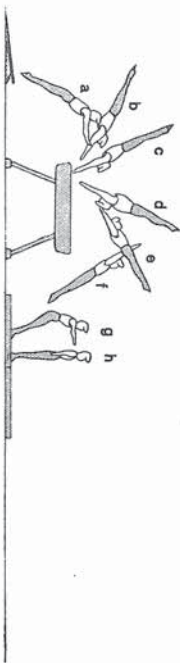
12-Vault, legs together and bent, stretch the body and the legs before landing, to stand rearways. (Squat): 8.00 pts.



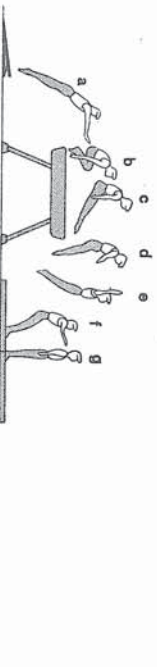
15-Vault, bent body, legs straight, stretch the body before landing, to stand rearways. (Stoop): 10.00 pts.



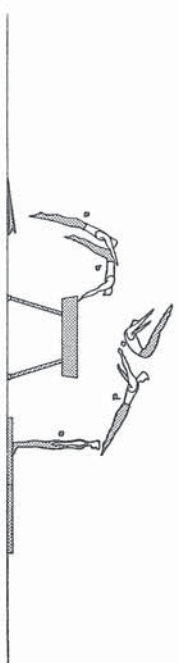
13-Vault, crossing the legs with 1/2 turn, to stand frontways legs together. (Scissors with 1/2 turn): 9.00 pts.



16-Vault to a momentary handstand support and turn over with a free flight body laid out, to stand rearways. (Handspring from the croup): 10.00 pts.



14-Vault, legs bent at the start then stretched forward during the flight, straighten the body before landing to a stand rearways. (Stoop vault, legs bent at start then straight during flight): 9.00 pts.



17-Vault, place the hands on the croup momentarily, somersault, extend body before landing, to stand rearways. (Imashlta): 10.00 pts.



5-9 aapd

Grade 9
Michigan
11068

IONS

Division

D
MOYNE DURHAM
RRY FONTANA
RRY LINDAUER

RCISE
E NAPPI
VAN DIMIT
NNIS SULLIVAN

E
NNIS MILLS
NNIS ALBERS
KE WALTER

AL BAR
MOYNE DURHAM
RRY FONTANA
NNIS SULLIVAN

BARS
E NAPPI
CK NICHOLAS
CK PAULSEN

SE VAULT
NNIS MILLS
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RY WULLSCHLAGER

S
E NAPPI
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E
ON SAUNDERS
M SELBY
CLARKE

FF STEIN
RICHARDS
ot contested)

ORIGIN C...

(EXAMPLES OF A, B, AND C, PARTS)

—B—

—C—

FRONT SOMERSAULTS	a. Front Somersault	a. Double Front Somersault	a. Two and three-quarter front to
	b. Three-quarter front to back drop (crash dive)	b. One and three-quarter Pike Front Somersault	b. the back drop
BACK SOMERSAULTS	a. Back Somersault	a. Double Back	a. Triple Back
	b. Three-quarter back to stomach	b. One and three-quarter Back to Stomach	b. Two and three-quarter Back to Stomach.
TWISTING BACK SOMERSAULT	a. One-half Twisting Back Somersault	a. Double Twisting Back Somersault	a. Triple Twisting Back Somersault
	b. Full Twisting Back Somersault	b. Back one and one-quarter Somersault with a one and one-half Twist	b. Back Full Twisting one and three-quarter Somersault
TWISTING FORWARD SOMERSAULT	a. Barani	a. One and one-half Twisting Front	a. Two and one-half Twisting Front
	b. One-half Twisting Ball Out	b. Barani in and Barani out	b. One and one-half Twisting Ball Out
CODY (FRONT)	a. Front Cody	a. Full Twisting Front Cody	a. Double Front Cody
	a. Back Cody	b. Back Cody with Full Twist	b. Double Twisting Front Cody
COMBINATIONS EXAMPLES	a. 2 Consecutive Back Somersaults (A plus A)	a. One and three-quarter Back to Stomach to a Backward Cody (A plus B)	a. One and three-quarter Back to Stomach, Double Back Cody (A plus C)
	b. Three-quarter Back to a Back Cody (A plus A)	b. Three-quarter Back with full to Stomach to a Full Twisting Cody (A plus B)	b. Double Back Cody with Barani Out

4 to 10 does not equal 3 to 5	$\frac{4}{10} < \frac{3}{5}$, or $\frac{2}{5} < \frac{3}{5}$	4. Write a sentence that compares the original fractions.
	$\frac{2}{5} > \frac{3}{5}$	3. Write a sentence that compares the like fractions.
	$\frac{2}{5} = \frac{2}{5}$	2. Write the fractions as like fractions.