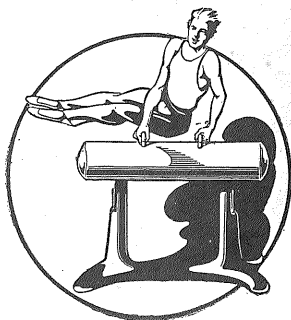


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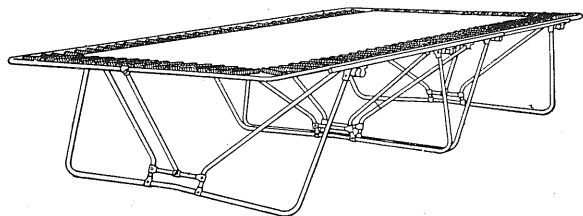
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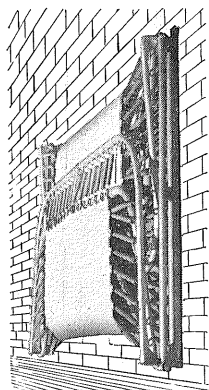
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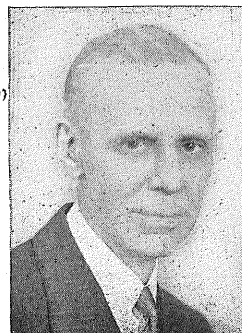
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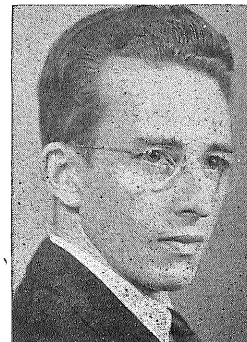
COVER: Frank and Irma Haubold, 1936 Olympians.

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 Chairman National
 A.A.U. Gymnastic Com-
 mittee and Handbook
 Editor



→
GENE WETTSTONE
 Gymnastic Coach,
 Pennsylvania State
 College, Associate
 Editor

GYMNASTICS EXPANDING

By HARTLEY D. PRICE, Varsity Gymnastic Coach, University of Illinois*

Introduction:

Gymnastics and Tumbling is an activity which emerged from World War II with perhaps a greater increase in prestige and stature than any other sport. It is fast gaining the recognition that it lacked from 1920-1942. The deflation of gymnastics during this period was due probably to four main reasons:

(1) The incorrect and perhaps uninspired teaching of gymnastics by strict, formal methods.

(2) The trend toward a recreational philosophy that stressed fun and neglected the importance of physical fitness.

(3) Prior to World War II, there was a widespread dearth of capable gymnastics teachers as a result of the recreational philosophy that neglected gymnastics and other sports of a strenuous nature.

(4) The belief that existed before the war that gymnastics was much too hazardous to include in the program.

The foregoing factors were remedied, removed, or modified during the war years. As it has been throughout history, physical fitness became a necessary accompaniment to the war effort, and gymnastics contributed a full share toward that end.

(1) Gymnastics in the military service was taught by outstanding men who used teaching methods that were psychologically sound. The acme of physical fitness was sought in each teacher.

(2) The majority of leaders in the physical education profession have become aware of the necessity of including strenuous activities in a sound recreational program. Gymnastics lends itself admirably to such a program. The self-discipline that is required in an activity like gymnastics is desirable; the learning of gymnastics stunts is appealing and challenging; and satisfying both to the beginner and to the polished performer. So diversified are gymnastics stunts that the youngest toddler may learn and enjoy performing simple tricks, while the oldest enthusiast may continue to maintain relatively normal physical fitness by means of enjoyable work-outs. Gymnastics may be adapted effectively to fit the needs of the very young, the growing youth, the mature, the middle-aged or the older individual, regardless of physical size. The activity does not depend necessarily upon elaborate or expensive equipment, as was proved by the fact that military personnel, in the farthest, most barren outposts of civilization improvised ways and means to carry on gymnastics activities.

(3) In-service training of military personnel to handle gymnastics has increased greatly the number of available capable teachers.



(4) In the Naval Aviation Physical Training program in which thousands of cadets participated, the safest sport was swimming, while next in order was gymnastics. The success of this phase of training can be attributed to adequate supervision which always takes into consideration the safety of the performer. The trend is toward the inclusion of gymnastics and tumbling in all well-rounded programs, both in high school and college. It is a widespread practice at present to offer a gymnastics course to professional students in schools of physical education.

COMPETITIVE GYMNASTICS

In all sections of the country, collegiate competition should start again as a post-war activity. Competition was abandoned during the war in the Western Conference, and in the Pacific Coast Conference because of lack of facilities and because coaches were in military service. Competition started again last season in the Pacific Conference. This year the Western Conference will reorganize gymnastics competition with Illinois, Iowa, Indiana and Minnesota included. In all probability, Michigan will have a team in the near future. The Eastern Inter-collegiate Conference did not relinquish its gymnastic competition during the war, since Army and Navy are included in that group.

Throughout the country, competent gymnastics men have been added to athletic staffs. Teams should be organized, among others, at Greeley State in Colorado, at Syracuse, Michigan, Maryland and Cortland Teacher's College, and at University of Florida.

Competitive gymnastics should gain renewed impetus when outstanding gymnasts once more become Olympic-minded for the forthcoming Olympic Games to be held in London in 1948.

In many high schools, much is to be desired in the competitive gymnastics program. Pennsylvania, however, with its state high school meet, has set an example which should be followed. It would be extremely helpful if gymnastics as a sport was recognized by the various collegiate conferences and by the National Federation of State High School Athletic Associations. The activity should be included in any well-rounded athletic program since it is one of the two sports that contribute to upper body strength, the other being wrestling. A valiant effort is made during a war emergency to correct physical weaknesses and deficiencies. The post-war period usually brings a partial cessation of such effort, but is it not sound to continue the development of upper body strength in peace-time for the good of the youth of the entire country? A medium most suitable to the accomplishment of this end is perhaps a well-balanced, well-directed, efficiently taught gymnastics program.

TRAMPOLINE AND ROPE CLIMBING

Two gymnastics activities that were well received in the Naval Aviation Physical Training program were trampoline and rope-climbing. Both of these activities show promise of being stressed in the post-war program, especially trampoline. Trampolining contributes greatly to conduction, agility and balance. It is appealing to the beginner and expert alike. Rope-climbing contributes greatly to upper body strength and is a very interesting event in intramural gymnastic meets.

AN ALL-YEAR SPORT

Gymnastics has always been regarded as a winter sport, a point-of-view that may change if outdoor gymnasiums are built. At the U. S. Navy Pre-Flight Schools at Iowa City, Iowa, and at St. Mary's, California, outdoor gymnastic programs were presented in the Fall, Spring and Summer, and the activity was carried on indoors during inclement weather or in the winter. Outdoor gymnasiums can be built progressively (i.e. additions made from time to time) at a comparatively low-cost. Their use should be advocated as much as possible. California, Florida and other areas where warm climates prevail are especially suitable for outdoor gymnasiums that may be used extensively except for short periods of inclement weather.

*During World War II, head of Gymnastics and Tumbling at U. S. Navy Pre-Flight Schools at Iowa City, Iowa and St. Mary's College, California.

GYMNASTICS IN THE INTRAMURAL PROGRAM

Gymnastics and tumbling should occupy a prominent position in intramural programs both in high schools and colleges. An intramural gymnastic meet is most popular if set up on a man against man basis. To conduct such a meet, five or six events should be chosen within the ability of all participants. The judge can then evaluate the performance of the representative of each team as he executes the stunt. Even though both contestants might not succeed in performing the stunt, it is comparatively easy to judge which of the two men performed the better. The events should proceed from the hang to the support successively. Rope-climbing might be used to advantage as the final event.

EXHIBITIONS OR SHOWS

Gymnastics will continue to be promoted to good advantage by means of exhibitions. Before the war, outstanding exhibition groups were the University of Illinois Gymkana Troupe, Springfield College Gym Team, Brooklyn Central Y.M.C.A. Team and Stroudsburg Teachers College. Excellent high-school level programs were offered at Cooperstown, New York; Pontiac, Illinois and Dallas, Texas. More programs of this type seem likely to develop. During the war, the University of Chicago organized a Gymnastics Club, which is open to alumni and friends of the University. Facilities are available to gymnasts, interest is stimulated, and expansion is almost sure to follow.

Gymnastics on the California beaches, especially at Santa Monica, is of a very high calibre and continues to grow in popularity.

PROMOTION OF GYMNASTICS

If gymnastics is to be promoted successfully, considerable attention should be given to two main factors:

- (1) Safety of the performer.
- (2) Adequate motivation devices.

SAFETY OF THE PERFORMER

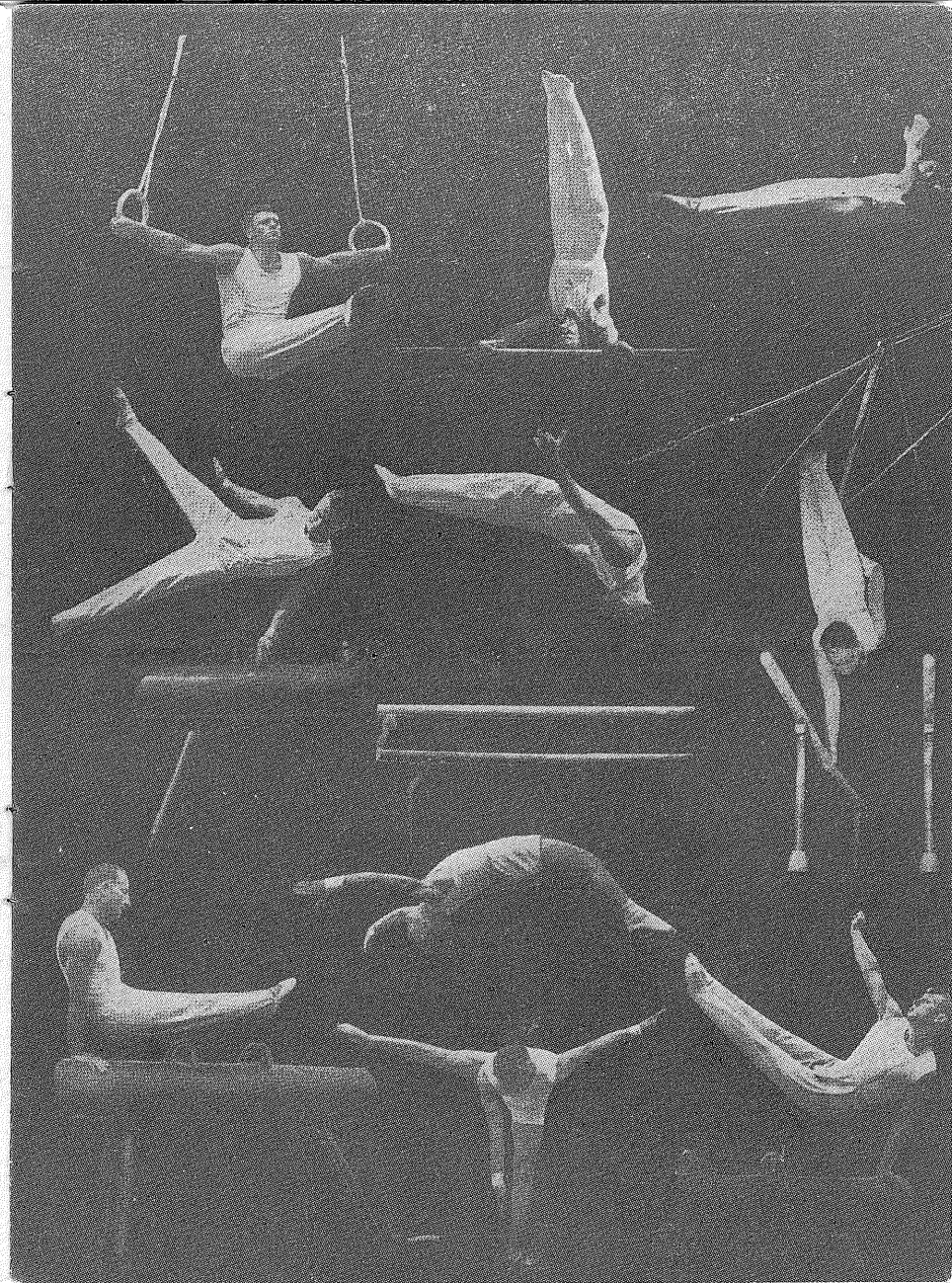
It is imperative that a safe environment be established for the conduct of the gymnastic program. Gymnastics is not necessarily a hazardous sport. If it is wisely supervised, a minimum of injuries will occur. The excellent safety record of gymnastics in Naval Aviation was due to capable supervision. The art of spotting was stressed and each cadet was taught to be aware of the need of assisting and guarding and of being responsible for his fellow cadet.

ADEQUATE MOTIVATION DEVICES

Some devices that may be used to advantage are the following:

1. Make stunt charts that represent goals and challenges to the performer. Such goals, under wise guidance, stimulate the individual to develop himself to full capacity.
2. Set standards of achievement.
3. Promote shows or exhibitions periodically.
4. Provide an opportunity for competition either on an intramural or a varsity basis.
5. Organize a gymnastic or tumbling club.
6. Display series of gymnastic pictures that help in learning new stunts.
7. Take pictures of the performers for display purposes.
8. Encourage gymnasts to —
 - (a) Spot each other.
 - (b) Help each other.
9. Obtain favorable publicity for the sport.
10. Dovetail gymnastics with the other activities of the program.

Gymnastics and tumbling must be included in a well-balanced program of physical education and athletics. Much of the responsibility for its inclusion depends upon capable instruction and supervision. All agencies should strive in every way to contribute toward this worthy end.



GYMNASTICS ON 1948 OLYMPIC PROGRAM

By ROY E. MOORE, Chairman Olympic Gymnastic Committee

Gymnastics, which has been included on the program at every Olympiad since the Olympic Games were revived at Athens in 1896, is again on the program for the London Olympics to be held at Wembley Stadium in the later part of July and early in August, 1948. The United States was first represented in the Olympic Gymnastic championships when the games were held at St. Louis in 1904. Then there was a lapse for sixteen years and we have sent teams abroad every four years since 1920.

As we go to press, complete details of events have not been received from London. However, Avery Brundage, President of the United States Olympic Association, who attended the meeting of the International Olympic Committee at London in September, has expressed the belief that the program will be the same as at previous games—a team competition of from six to eight all-around performers. In other words, all contestants will be required to work on all the apparatus events of Long Horse, Side Horse, Horizontal Bar, Parallel Bars, Rings and Free Calisthenics. When the games were held at Los Angeles in 1932 individual events were contested which gave the specialists an opportunity to win major honors. Incidentally, the program for the Olympic Games is set by the International Amateur Gymnastic Federation, the world's governing body for gymnastics, of which the Amateur Athletic Union is the American member.

So as to insure the United States being adequately represented in the Olympics, it is urged that training squads be organized in all gymnastic centers throughout the country with practice sessions held at regularly scheduled times. It is not too early to start these training sessions immediately. Until the compulsory exercises are received from London, all gymnasts are urged to commence training now along international standards of performance, particularly in regard to the optional work which undoubtedly will be required at London. It is hoped that specialty performers will give heed to this call and start training for the events that comprise the all-around competition. Meanwhile all gymnastic clubs and individuals should register with the Olympic Gymnastic Committee and when the Olympic compulsory exercises are received a copy will be mailed.

On September 23, 1946 at the New York Athletic Club, the 1948 Olympic Games Gymnastic Committee was organized. This committee consists of thirteen members and will arrange for the time, place and method of holding the tryouts to determine the membership of the team, and arrange all other details pertaining to our sport. This committee is made up as follows:

Roy E. Moore, 100 Warren Street, New York—Chairman
Eugene Wettstone, Penn State College, State College, Pa.—Secretary
Ozark Ass'n A.A.U.—Charles J. Gevecker
Metropolitan Ass'n—John H. Glatfelder
Northeastern Ohio Ass'n—Gus I. Kern
South Atlantic Ass'n—Dr. Adolph H. Picker
Jewish Welfare Board—George Gulack
American Sokol Union—Rudolf Hradecky

N.C.A.A.—Erwin F. Beyer
N.C.A.A.—Chas W. Graydon
N.C.A.A.—Col. H. D. McHugh
N.C.A.A.—Maximillian Younger
N.C.A.A.—Hartley Price

Gymnasts seeking further information are invited to communicate with any of the foregoing committee members.

At the organization meeting it was suggested that the 1948 National A.A.U. Gymnastic Championships should be combined with the Final Olympic Tryouts. The University of Chicago offered its facilities for the conduct of the final tryouts.

Information has been received that the Gymnastic program will include events for women, such as was contested at Berlin in 1936.

So Gymnasts, let's get busy at once so that Uncle Sam will be represented by the strongest team ever.

SO YOU'RE GOING TO RUN A GYM MEET

By CHARLIE POND, Ass't Athletic Director and Gymnastic Coach
of the Dallas Athletic Club

EDITOR'S NOTE: Charles P. Pond, Captain U.S.M.C.R., was a former Marine paratrooper and Ass't Combat Conditioning Officer, Marine Fleet Air West Coast, under Lt. Col. Richard E. Hanley. Colonel Hanley's program embodied all phases of gymnastics and tumbling for pilots in the marine corps and this training was given immediately before overseas duty. He was released from the Marine Corps in December at which time he immediately assumed his new duties at the Dallas Athletic Club, Dallas, Texas of Ass't Athletic Director and Gymnastic coach.

After assuming the gymnastic coaching duties at the club, I began to make a study of this area in regard to the field of gymnastics and gathered together people who were interested in gymnastics. Most of the gymnastic coaches were in the service and this sport was much neglected in this area for the past five years. My first objective was to stimulate a new and greater interest in gymnastics. I then planned my campaign. Naturally competition is what needed stimulus so followers of gymnastics would "get on the ball" and work hard for coming competition.

Competition in this part of the country is sadly lacking; for after a study was made it was discovered that only the Southern A.A.U. with headquarters in New Orleans, La. was actively engaged in scheduling gymnastic meets. This area had not had a meet since 1940.

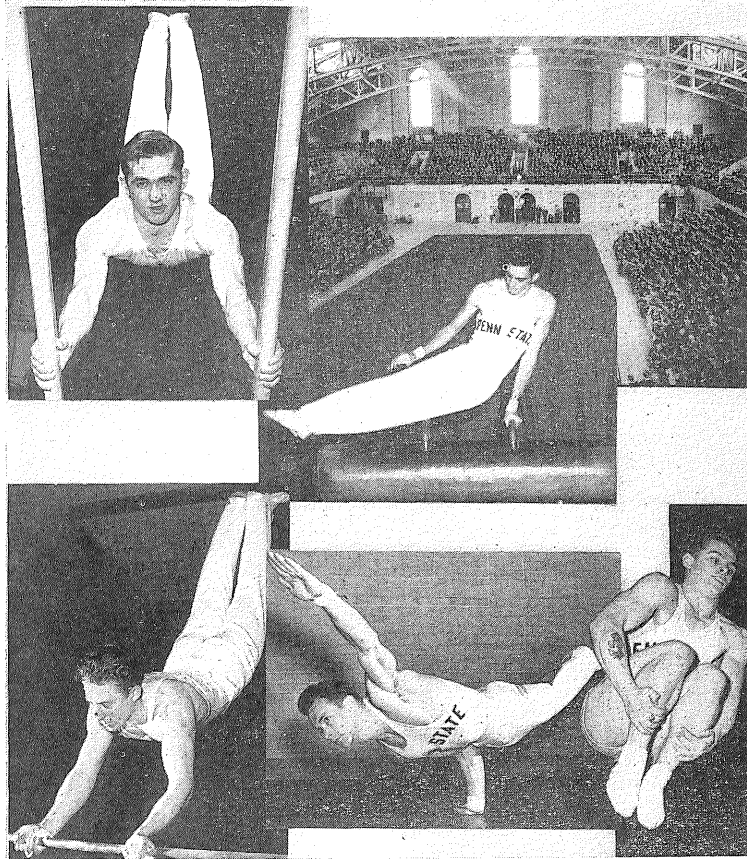
I began preparing my gymnasts for the Southern meet in New Orleans after a tentative okay had been given by Mr. L. diBenedetto, Secretary of the Southern A.A.U. Later we were sorely disappointed because we would be unable to compete as we were in a different district and the area rule disqualified us. That left me in the unenviable position of taking my gymnasts to the National A.A.U. meet without any experience in district competition.

I immediately set out to organize and conduct a meet in our Southwestern district. This was started in March, giving us about a month to organize and conduct the meet, provided it was to be held before the National meet in early May. After contacting several officials of the Southwestern district I was told that gymnastics was more or less dead in this area and a meet at this time was not advisable. I then contacted Mr. Lester R. Griffin, chairman of the gymnastic committee of the Southwestern A.A.U. and told him my ideas and the importance of having a meet in this district. He was in accord with my ideas and gave me the go ahead sign for organization of the meet. He appointed a committee of several members of the various organizations in this area including the Sokols, Y.M.C.A.'s, athletic clubs and other groups which would be interested. We, of this committee, decided to make this an open tournament in order to draw entries from other districts and thus broaden our scope of competition.

(Continued on Page 11)



JO ANN MATTHEWS
Southwestern A.A.U. Tumbling Sensation



PENN STATE COLLEGE vs. U. S. NAVAL ACADEMY
February 9, 1946, Recreation Hall, Penn State College

5,000 SEE COLLEGIATE GYM DUAL MEET

By JIM COOGAN, Sports Publicity, The Pennsylvania State College

Gene Wettstone, youthful Penn State coach, has proved conclusively that the gym sport can win and hold the attention of a college crowd. He also has demonstrated to my satisfaction that he knows how to make his sport highly interesting to the spectator.

The Nittany Lions, one of the nation's top teams since 1940 staged only one home meet in 1946—but won more friends for their sport in that lone effort than they had in six previous seasons.

First, and most important, the meet was run off in one hour. There were no long delays between the six events, the judging was prompt and competent,

and the crowd thrilled to the competitive skill of the two teams. The Lion opponent, incidentally, was the U. S. Naval Academy team (coached by Chet Phillips) — the best in the East over a 20-year period.

Even Navy's well-disciplined squad of 18 men was caught up by the spirit of the crowd. Time and again, the Middies joined the crowd in applauding a superlative effort, and the Lion gymnasts were equally quick to recognize an outstanding performance by their guests.

It was a party week-end at the State College, and the gym meet was booked for early evening. The crowd started to gather early and the house was practically full (5,000) when the gym meet reached its peak.

Wettstone overlooked nothing. A public address system explained the scoring system, introduced the individual entries, and announced the scoring immediately after the man had finished his routine. In addition, the pre-meet publicity had been well-planned with pictorial lay-outs distributed strategically about the campus.

It still remained, however, for the two teams to clinch the deal by putting on a great "show." Every man seemed inspired by the turnout, and the performances were definitely above average. In the rope climb alone, an event in which both teams are outstanding, it required four climb-offs to determine the second place winner.

There was plenty of color, too. Top performance of the night was turned in by Steve Greene, Penn State's infantile paralysis victim, who drew thunderous applause by his skill on the parallel bars. He also won the rope climb in 3.9 seconds, and bested some good Navy men on the side horse. Hal Frey, of the Lions, also won the crowd with his sensational routine on the tumbling mats, while Midshipman Pitt's breath-taking high flying ring routine was outstanding.

There's no question about it: the performance befitted the stage setting. But the stage setting was worth the extra effort.

SO YOU'RE GOING TO RUN A GYM MEET

(Continued from Page 9)

This committee made final rules of the meet and then the big work began. Using the National meet as a pattern I drafted out an entry blank and also a form letter explaining the gymnastic meet including events, divisions, and other facts entrants would probably want to know before coming to the meet. These forms and entry blanks were sent out to the various districts, clubs, Y.M.C.A.'s, colleges and universities, high schools, and all organizations which might have some gymnasts. This procedure paid off in full by the large number of entries and the excellence of performance of those participating in the meet.

We had several events with Junior and Senior divisions divided not by age but by ability. To my knowledge, we had a new event for A.A.U. competition in the trampoline and it was a most successful event as far as number of entrants and performance was concerned. We also included a womens tumbling event in both junior and senior divisions and had a marvelous amount of interest with seven in junior and five in senior tumbling of women. Our great little 15 year old girl tumbler from the Dallas Athletic Club missed the meet by having her arm broken in a car wreck only one week before the meet.

There were over seventy entries in the meet and of these only one that might have been capable of competing in a National A.A.U. meet. There is no doubt in my mind that if young Paul Chapman had not had the experience of competition afforded by the Southwestern A.A.U. meet, he would not have taken second place in the tumbling event of the National A.A.U. gymnastic meet held in New York, May 4, 1946.

We felt that some events should be deleted for the present because of the war and other factors. We had the following events for our meet: Rope climbing, parallel bars, horizontal bar, flying rings, side horse, tumbling, and the all-around event comprising parallel bars, horizontal bar and side horse. There were junior and senior divisions in all events.

Because of the exceptional interest shown by both gymnasts and the general public, I am sure that in years to come the Southwestern A.A.U. and gymnastics will no longer be considered a dead issue. Instead, we will be striving for more participation in all phases of gymnastics so that our section of the country will be better represented in National competition.

START BUILDING A TEAM FOR COMPETITIVE GYMNASTICS AND HEALTH

By **BEN PRICE**, formerly Gymnastic and Tumbling Coach at the Los Angeles Athletic Club from 1923 to 1935 inclusive. Assistant Coach of 1932 Olympic Team

The number of Physical Education Graduates with a knowledge of gymnastics and body building is now greater than ever before. The experience that these men received in the Army and Navy training programs was a most helpful supplement to their college course, particularly where the gymnastic part of the course was neglected for competitive games in which the carry over physical value is almost nil.

With this new knowledge, a gym team can be easily created. The coach will, of necessity, have to develop patience and perseverance. Commencing with the most elementary fundamental and striving for perfection, will lay the foundation upon which you can build. By observation this perfection will naturally be followed by succeeding groups.

Where there is no gym apparatus, as is found in so many small school gyms, the instructor can get used mattresses and start out with simple tumbling and pyramids. When the group is proficient, exhibitions at the school and local affairs should be given. This activity will bring before the proper authorities the possibilities of this type of beneficial exercise and make it easier for the coach to obtain an appropriation for good mats and some gymnastic apparatus. Gym work can be just as much fun as any game and it is not hard for the coach to make it interesting.

The first piece of apparatus should be the parallel bars because beginning exercises in this event are easier than on most others. The next request should be for rings and a climbing rope, not only for the physical value which can be derived but because these two items are about the lowest in cost. Next, then, should be the horizontal bar, then a side-horse with removable pommels so that it may also be used as a long-horse. If the apparatus is already available, they should be worked on in the above order as proficiency is developed.

Exhibitions should be given as often as possible to provide the participants with an incentive. There is nothing to compare with a chance for the boy to demonstrate his physical prowess. As time goes on, your team will improve in all of the events and the townspeople will recognize your efforts and the gym team will be providing the major portion of the school shows. Numerous good books are available for all gymnastic activities. Remember to start simply and do not try advanced work until the fundamentals are thoroughly mastered. Gymnastic activities are as natural and challenging to a boy as running and jumping. He needs only to be given the proper instruction and the opportunity to participate. Gymnastics is a sport where no specific size, weight or height is required. Every pupil can receive the advantages of this type of program.



It is not necessary to go into detail here regarding the benefits of a well developed upper body as against the natural development of the legs, except to say that, gymnastic activities develop a kinesthetic sense that will help the student to become more proficient in whatever other sport he may choose to compete. For example, in football his co-ordination will be about perfect and he will be able to withstand the bumps better and hit harder. It is also a great asset in pole vaulting and is conducive to added endurance in whatever event it is required. No physical training program is complete without including gymnastic activities.

Gymnastics is without equal in the realm of competitive sport for the expression of individuality. A gymnast is really never out of training because he is able to work-out in the gym the year 'round and will, if he is in competition or on the exhibition team. This is most beneficial from a health standpoint and the benefits of a good muscular foundation are never lost. Gymnastics provides a desirable and pleasant carry-over activity after the school years.

No physical education program, whether for the National Health or School, is complete without the building of strength, endurance and the teaching of neuromuscular skills. A good program provides this basic principle. In the development of a gymnastic program in your school, you will not only be creating a most interesting form of school activity and entertainment but you will have the added satisfaction of providing the means for the improved all-around physical development of the youth of the community.

1946 NATIONAL CHAMPIONSHIPS

(Reprinted from June Amateur Athlete)

On May 4 in the great, spacious, block-long gymnasium of the New York Athletic Club, Frank Cumiskey, 33-year-old postal worker successfully defended his U. S. all-around gymnastic crown. In rolling up a score of 300 points out of a possible 330, he won national A.A.U. championships on side horse and horizontal bar. Coupled with his team mates, Vince d'Autorio and Bill Taylor, both just released from service, he helped the Swiss Gymnastic Society of Union City, New Jersey, to recapture the team championship from Penn State, 49 points to 41. Thus this two-time Olympian has proven his right to be considered as a leading prospect for a berth on the 1948 Olympic team at London. Paul Fina of Chicago, d'Autorio, Raymond Reiff, Edward Scrobe and Ray Sorenson finished behind Cumiskey in the all-around and also are potential internationalists with two years to improve their technique.

Record Entry

This first peace-time gymnastic championship marked the return to competition of many veterans missing during the war years with the result that there were 117 entered in the men's events and 60 in the women's events, plus six teams in the women's team drill. These gymnasts represented 28 clubs and 11 district associations in the 16 championship events. The newly equipped N.Y.A.C. gymnasium made an ideal setting for the titular meet and perhaps afforded the best accommodations for both entrants and spectators of any tournament since the U. S. Naval Academy played host in 1939. For this we are indebted to Athletic Chairman John P. Leo and Athletic Director Paul Pilgrim and to their efficient staff of workers. We hope that the substantial profit resulting from the meet plus our congratulations may be some slight reward for their untiring efforts. An overflow crowd with many "first timers" closely followed the continuous two-ring performances during the afternoon and evening sessions.

Clara Schroth Retains Women's All-Around Title

In the women's division the 1945 All-Around Champion, Miss Clara Schroth of the Philadelphia Turners also repeated but not before she had a battle all the way from Helen Schifano of the Elizabeth, N. J., Turners. Miss Schroth was also winner on flying rings, balance beam, parallel bars and free calisthenics. Other Champions to retain their titles were two 16-year-olds Margaret Dutcher of Ridgewood, New Jersey, in clubs and Leonora Owens of Philadelphia in tumbling.

Routines That Won 1946 National Titles

The team drill for women with six teams entered demonstrated growing interest in this spectacular event. Panzer College of Physical Education and Hygiene of East Orange, New Jersey, gave a splendid performance to dethrone the 1945 championship team of the Elizabeth (N. J.) Y.M.H.A., which was runner-up with Philadelphia Turners in third place.

Pasinski Takes Tumbling Title

When Andrew Pasinski scored highest in the tumbling, it gave the Jersey City Department of Recreation its first national gymnastic title and rewarded Coach Frank Wells for his fine work with schoolboys under the physical fitness program authorized by the Board of Education of that city. This team has been very successful in novice and junior meets during the past season and may be expected to score heavily in future national meets.

Also noteworthy of mention was the smooth performance of 66-year-old Ed Hennig of Cleveland, 1904 Olympic Champion, who retained his title in Indian Club Swinging, a crown he has won ten times.

Coach Harry Nelson's Philadelphia Turners team of six gymnasts lead by Ray Reiff made a good showing in all events but lost an almost certain title in tumbling when their George Szyplula, four-time winner of this event was forced to withdraw because of an injury sustained in training. This same condition occurred in women's tumbling, when Charlie Pond, Dallas (Tex.) A. C. coach, withdrew Joann Mathews sensational 15-year-old Southwestern district association champion because of a broken arm sustained in automobile accident. But he was well recompensed for the long journey by the second place in men's tumbling which was taken by his charge, Paul Chapman.

The Chicago team efforts were rewarded by Paul Fina's first in calisthenics, second in the all-around, horizontal bar and parallel bars and Meta Neumann's second on women's rings and third on parallel bars and all-around. The Chicago Sokols won the third place team championship plaque. Champion Waldimir Baskovich's failure to place better than fourth on flying rings was a disappointment to many.

The clean sweep by the Swiss on side horse and by Penn State in rope climb is an example of how these contenders were matched in the team scoring. Coach Gene Wettstone's men deserve a lot of credit for their success in annexing titles on rings—William Bonsall, and rope climb—Stephen Greene,—against such strong competition.

The plan of conducting all compulsory exercises at the afternoon session, leaving the more interesting optional work for the evening performance worked out perfectly.

Gymnastic Committee Meeting Held

The attendance of 11 members of the National Gymnastic Committee at the customary joint meeting of the committee with officials constituted a record. A proposal was advanced to lengthen the time in Men's and Women's Tumbling from one and one-half to two minutes. However, tumblers may complete their routine in less time.

Awards were made for the composition of compulsory apparatus exercises for 1947 to the following five district associations, which have demonstrated the greatest activity in gymnastics during the current indoor season.

MEN	EVENTS	WOMEN
Southern Pacific	Parallel Bars	Metropolitan
Central	Long Horse
Metropolitan	Side Horse	Central
Northeastern Ohio	Rings (Swinging)	Middle Atlantic
Middle Atlantic	Horizontal
	Balance Beam	Northeastern Ohio

These exercises are to be increased in difficulty but not in length and are to be submitted before July 1.

Observations

The great improvement shown by Paul Fina in the all-around. . . . Some gymnasts unwisely expend too much energy in warm-ups. . . . Why do the Sokols specialize on long horse? . . . Possibly a limit should be established for entries in tumbling, 18 were too many this year. A time limit should also be set for women's balance beam. . . . A visible method of announcing individual scores is needed. . . . Fifty percent of the spectators bought programs and kept score.

FLYING RINGS

By WILLIAM BONSALE

Age 20; height five feet, eight inches; weight 138 pounds. Occupation, Sophomore Physical Education student at the Pennsylvania State College. Married. Ex-GI, received early training under Paul Keebler at Bartram High School, Philadelphia. Served two years overseas; made daring escape from German Prison Camp via Russia.

Routine that won national title:

- | FRONT END | BACK END |
|--|-------------------------------------|
| 1. Back giant to shoulderstand. | 2. Extend body pushaway. |
| 3. Double cut catch; slap legs down. | 4. Swing back to back kip. |
| 5. Back hip circle roll to front support. | 6. After roll forw slap legs down. |
| 7. Piked dislocate back to kip position. | 8. Layout back dislocate. |
| 9. Front kip to straight arm support. | 10. Swing legs to arched shld. std. |
| 11. Hold. | 12. Extended body pushaway. |
| 13. From a kip position swing legs down, tap mat and dismount with a front flyaway with half turn. | |

PARALLEL BARS

By EDWARD J. SCROBE

Age 23; occupation, bank clerk. 1942 Metropolitan Junior All-Around Champion, shortly thereafter inducted, serving three years with 10th Mountain Infantry Division. Received early training at 14, at Deutsch-Amerikanscher Turn Verein, of which still a member.

1. Jump to upper-arm-hang, raising legs to kip position.
2. Swing down and stemi half-turn in rear swing to handstand.
3. One arm handstand.
4. Return to handstand, back somersault to support-swing.
5. On swing forward, drop to cast below bars to upper-arm-hang.
6. Swing down and back to straddle catch, dip to shoulder-stand.
7. High back roll to catch.
8. Drop to basket-slide-kip, half-turn to upper-arm-hang.
9. Swing forward to kip position, swing down and back to stemi triple rear vault to side stand.

HORIZONTAL BAR

By FRANK CUMISKEY

Age 33. Occupation, railway mail clerk. Competed in 1932 Olympics at young age of 19 years; also on 1936 team. Winner of 21 National titles including the all-around championships in 1934, 1936, 1945 and 1946. Received early training at the Swiss Gymnastic Society of Union City, N. J., where he is still located.

1. From an upper grip hang, swing forward and backwards to full turn and regrip.
2. Swing forward, kip to straight arm support, swing up to hop change and reverse grip.
3. Three-quarter forward giant swing, stoop legs over bar and between hands.
4. Three-quarter forward seat circle to extended dislocate.
5. Backuprise to straight arm support (changing to upper grip) immediately stoop legs over bar and between hands.
6. Seat circle backwards.
7. Three-quarter inverted giant swing backwards and on upward swing one-half twist regrip.
8. Swing forward, kip, free hip circle, straddle legs and feet on bar.
9. Three-quarter backward circle, shoot to handstand.
10. Swing down and flyaway to side-stand rearways.

SIDE HORSE

By FRANK CUMISKEY

Entire exercise done in circles clockwise and without a stop. From a cross-stand in front of the horse L hand on neck R on pommel.

1. (Kehre) or turn into saddle.
2. (Tromlet) travel to croup.
3. Hop jump to saddle.
4. Front travel to neck.
5. Loop around neck.
6. Back turn to saddle.
7. "Moore" in saddle.
8. Back turn to croup.
9. "Moore" on croup.
10. Loop around croup to flank vault dismount to sidestand rearways.

TUMBLING

By ANDREW PASINSKI

Age 16; height five feet, four inches; weight 135 pounds. Received early training from the Jersey City Department of Recreation. Occupation, High School student in Jersey City, N. J.

1. Round off, Flip-flop, back somersault with a double twist, back roll, flip-flop, back somersault, front somersault.
2. Round-off, flip-flop, back somersault full twist, flip-flop, back somersault full twist.
3. Tinsica, front somersault walkout, roundoff, flip-flop, with half turn, front somersault, forward roll, front somersault.
4. Round-off, flip-flop, back somersault, flip-flop, back somersault, back somersault, back somersault with layout.

LONG HORSE JUMPING

By RUDOLF HRADECKY

Age 37; occupation, general manager; started in A.A.U. competition about 1924; won first national title in 1928 and again in 1936, 1944 and 1946. Received early training and is still a member of Bohemian Gymnastic Association Sokol. Optional Jump—Hecht from the neck.

INDIAN CLUB SWINGING

By EDWARD A. HENNIG

Age 67; occupation, Chief Engineer, and designer of drydock cranes; weight 150 pounds. Early training received at Cleveland Turnverein in 1888. 1904 Olympic Indian Club and Horizontal Bar champion. Has won the Indian Club title eight times. 1946 marks his 51st Anniversary as a club swinger and he got his inspiration from Gus Hill, New York professional who in 1890 performed on stage in Cleveland, Ohio.

Routine consisted of four groups of swings, namely, arms circling outward and inward; arms in parallel motion circling left and right; arms in windmill motion circling outward and inward; arms in windmill motion circling in parallel left and right.

These groups are built up of various wrist and forearm circles, executed in the vertical and horizontal planes front and back. The various groups are coordinated into a whole by use of twists, circles, forearm circles and snake movements.

The group starts with horizontal circles and snakes and finishes in windmill motion to snakes and arm slides.

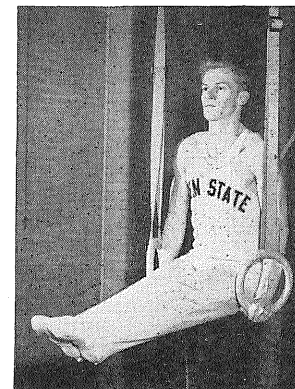
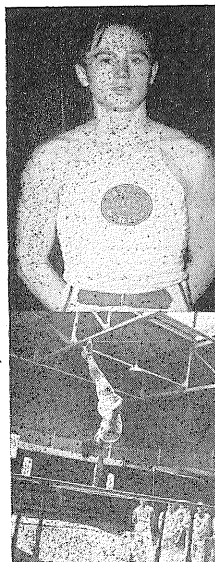
20 FOOT ROPE CLIMB

By STEPHEN GREENE

Age 23; weight 125 pounds; Penn State College Junior Electrical Engineering student; holder of the A.A.U. 20 foot record of 4.0 seconds established in 1944. Eastern Intercollegiate Side Horse Champion. Received early training at Germantown High School, Philadelphia.

Winning climb: timed at 4.2 seconds. Climber used eight strokes and reach. Strokes were short and fast with practically no shoulder rotation.

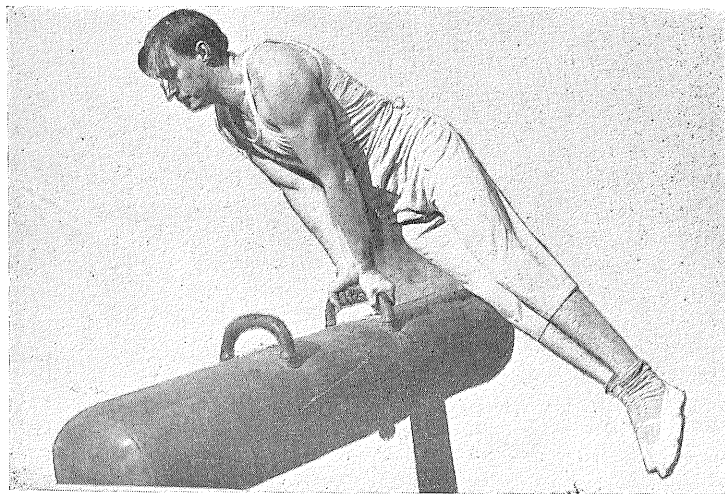
1946 NATIONAL GYMNASTIC CHAMPIONS



Upper Left—Andrew Pasinski, Jersey City Dept. of Recreation—Tumbling and Edward Scrobe, D. A. Turn Verein, Bronx—Parallel Bars; Lower Left—Rudolph Hradecky, Bohemian Gym. Ass'n Sokol, New York—Long Horse; Stephen Greene, Penn State College—Rope Climb; Ed Hennig, Cleveland East Side Turners—Indian Clubs; Bill Bonsall, Penn State College—Rings; Frank Cumiskey and family, Swiss Gymnastic Society of Union City—All-Around, Side Horse and Horizontal Bar champion.

NATIONAL A.A.U. GYMNASTIC CHAMPIONSHIPS—MEN
Held at the New York Athletic Club, May 4, 1946

		points
Calisthenics		
1	Paul E. Fina, Chicago Sokol	26.7
2	Frank Cumiskey, Swiss Gymnastic Society	26.6
3	Edward Scrobe, DA Turn Verein	26.5
Long Horse		
1	Rudolph Hradecky, Bohemian Gym. Assn. Sokol	56.0
2	Frank Kveton, Bohemian Gym. Assn. Sokol	55.8
3	Frank Cumiskey, Swiss Gymnastic Society	55.0
Side Horse		
1	Frank Cumiskey, Swiss Gymnastic Society	54.9
2	Vincent D'Autorio, Swiss Gymnastic Society	54.7
3	William Taylor, Swiss Gymnastic Society	54.6
Horizontal Bar		
1	Frank Cumiskey, Swiss Gymnastic Society	55.5
2	Paul E. Fina, Chicago Sokol	55.3
3	Edward Scrobe, DA Turn Verein	54.0
Parallel Bars		
1	Edward Scrobe, DA Turn Verein	56.0
2	Paul E. Fina, Chicago Sokol	55.8
3	Frank Cumiskey, Swiss Gymnastic Society	54.2
Flying Rings		
1	William Bonsall, Penn State College	56.8
2	Walter G. Schnoor, Brooklyn Central Y.M.C.A.	56.1
3	Raymond R. Reiff, Philadelphia Turners	55.6
Tumbling		
1	Andrew Pasinski, Jersey City Dept. of Recreation	26.5
2	Paul Chapman, Dallas A. C.	26.3
3	Harold Frey, Penn State College	25.0



Frank Cumiskey, of the Swiss Gymnastic Society of Union City, N. J., Four Time Winner of the All-Around Championship.

Rope Climb		seconds
1	Stephen Green, Penn State College	4.2
2	Stanley Wirtschafter, Penn State College	4.6
3	Edwin Hobart	4.8
Indian Clubs		points
1	Edward Hennig, Cleveland East Side Turners	27.8
2	Vernon Gilmore, Ithaca Y.M.C.A.	25.3
3	George Hearn, Penn State College	24.9
All-Around		
1	Frank Cumiskey, Swiss Gymnastic Society	300.0
2	Paul E. Fina, Chicago Sokol	287.9
3	Vincent D'Autorio, Swiss Gymnastic Society	287.8
Team Championship		
1	Swiss Gymnastic Society	49
2	Penn State College	41
3	Chicago Sokol	21

ALLEGHENY MOUNTAIN ASS'N A.A.U. GYMNASTIC CHAMPIONSHIPS
Held at Downtown Y.M.C.A., April 13, 1946
SENIOR DIVISION

Calisthenics		points
1	Charles Penrod, Monongahela Turners	187
2	Donald Lilly, Connelley Vocational	165
Side Horse		
1	Charles Penrod, Monongahela Turners	190
2	Morris Kotovsky, Irene Kaufman Settlement	175
3	Donald Lilly, Connelley Vocational	91
Horizontal Bar		
1	Charles Penrod, Monongahela Turners	183
2	Robert Cook, Sewickley Y.M.C.A.	163
3	Donald Lilly, Connelley Vocational	145
Parallel Bars		
1	Charles Penrod, Monongahela Turners	176
2	Edward Massof, Irene Kaufman Settlement	175
3	Donald Lilly, Connelley Vocational	129
Flying Rings		
1	Robert Cook, Sewickley Y.M.C.A.	169
2	Charles Penrod, Monongahela Turners	130
Tumbling		
1	William Meade, Unattached	185
2	Norman Matthews, Unattached	178
3	John De Million, Monessen Turners	152
18 Ft. Rope Climb		seconds
1	Leo Minotti, Ellwood City	4.2
2	Frank Demma, Fifth Avenue High	6.3
3	Edward Massof, Irene Kaufman Settlement	8.0
Indian Club Swinging		points
1	George Kearn, Penn State	182
2	Walter Schuette, Sewickley Y.M.C.A.	171
3	William Rudoy, Irene Kaufman Settlement	153
All-Around		
1	Charles Penrod, Monongahela Turners	1,034
2	Donald Lilly, Connelley Vocational	685
3	Morris Kotovsky, Irene Kaufman Settlement	275
Team Competition		
1	Monongahela Turners	33
2	Irene Kaufman Settlement	12
3	Sewickley Y.M.C.A.	11
4	Connelley Vocational	10
5	Penn State	6
6	Ellwood City	6
7	Fifth Avenue	5
8	Monessen Turners	1

ALLEGHENY MOUNTAIN ASS'N A.A.U. GYMNASTIC CHAMPIONSHIPS
JUNIOR DIVISION

		points
Calisthenics		
1	John De Million, Monessen Turners	189
2	Edward Mehn, McKeesport Turners	160
3	Vincent Meduho, Fifth Avenue	150
4	William Cominos, Fifth Avenue	148
Long Horse		
1	John De Million, Monessen Turners	160
2	Frank Hacker, Ambridge Turners	153
3	Roland Stone, Ellwood City	95
Side Horse		
1	Edward Mehn, Mc Keesport Turners	186
2	Paul Altonian, Ambridge Turners	175
3	Frank Politano, Schenley High	173
4	Jacob Figurel, Ellwood City	170
4	Frank De Nome, Ellwood City	170
Horizontal Bar		
1	John De Million, Monessen Turners	183
2	James McFarland, Ambridge Turners	170
3	Paul Wiegel, Ellwood City	165
4	Frank Wallace, Ellwood City	164
5	Albert Poydock, Ellwood City	162
Parallel Bars		
1	Tom Slevin, Ellwood City	182
2	Frank Politano, Schenley High	165
3	James Mc Farland, Ambridge Turners	163
4	Ray Frangione, Ambridge Turners	162
4	Paul Altonian, Ambridge Turners	162
Flying Rings		
1	Robert Bean, Unattached	188
2	James Hazen, Ellwood City	160
3	Jesse Fehl, Ellwood City	155
4	Denhart, Harold, Ellwood City	153
5	Tom Slevin, Ellwood City	150
5	John De Million, Monessen Turners	150
Tumbling		
1	James Suppa, Ellwood City	184
2	Bill Carter, Unattached	180
3	Joseph Barbati, Ellwood City	173
4	Bill Bovard, Ellwood City	158
5	Loyal Wilson, Ellwood City	150
18 Ft. Rope Clim		seconds
1	Tom Slevin, Ellwood City	5.0
2	Frank De Nome, Ellwood City	5.6
3	Robert Bean, Unattached	5.7
4	Roland Stone, Ellwood City	6.0
5	Frank Wallace, Ellwood City	6.1
All-Around		points
1	John De Million, Monessen Turners	991
2	Edward Mehn, McKeesport Turners	503
3	Vincent Meduho, Fifth Avenue	432
4	William Cominos, Fifth Avenue	393
Team Competition		
1	Ellwood City	56.5
2	Monessen Turners	29.5
3	Ambridge Turners	19
4	McKeesport Turners	18
5	Unattached	16
6	Fifth Avenue	10
7	Schenley High	8

CENTRAL ASS'N A.A.U. GYMNASTIC CHAMPIONSHIPS
Held at the University of Chicago Bartlett Gymnasium, April 20, 1946

		points
All-Around		SENIOR MEN
1	Hubert Zapp, Unattached	56.75
2	Paul Fina, Sokol Chicago	56.50
3	Stanley Barcal, Sokol Chicago	55.00
Horizontal Bar		
1	Paul Fina, Sokol Chicago	14.50
2	Stanley Barcal, Sokol Chicago	14.00
3	Hubert Zapp, Unattached	12.50
Parallel Bars		
1	Paul Fina, Sokol Chicago	13.75
2	Hubert Zapp, Unattached	13.50
3	Glenn Pierre, University of Chicago	13.25
Rings		
1	Waldimir Baskovich, Sokol Chicago	14.75
2	Paul Fina, Sokol Chicago	13.75
3	Stanley Barcal, Sokol Chicago	13.00
Long Horse		
1	Hubert Zapp, Unattached	9.50
2	Paul Fina, Sokol Chicago	8.50
3	Joseph Royce, University of Chicago	8.00
Side Horse		
1	Louis Levit, University of Chicago	14.25
2	Glenn Pierre, University of Chicago	13.50
3	Hubert Zapp, Unattached	11.00
Tumbling		
1	Wm. Goldie, Hyde Park Y.	14.50
2	Glenn Pierre, University of Chicago	12.50
3	Bill Boyleston, University of Chicago	11.00
Team Championship		
1	Sokol Chicago	48
2	University of Chicago	20
All-Around		JUNIOR MEN
		points
1	Wm. Roetzheim, Turnverein-Eiche	107.25
2	Jerry Michalek, Sokol Chicago	92.75
3	Walter Seelos, Gompers Park	78.50
Horizontal Bar		
1	Wm. Roetzheim, Turnverein Eiche	23.75
2	Walter Seelos, Gompers Park	20.25
3	Charleton Bard, University of Chicago	20.00
Parallel Bars		
1	Wm. Roetzheim, Turnverein Eiche	22.75
2	Jerry Michalek, Sokol Chicago	21.50
3	Walter Seelos, Gompers Park	20.75
Rings		
1	Wm. Roetzheim, Turnverein Eiche	18.50
2	Charleton Bard, University of Chicago	17.50
3	Jerry Michalek, Sokol Chicago	17.00
Long Horse		
1	Wm. Roetzheim, Turnverein Eiche	18.75
2	Walter Seelos, Gompers Park	17.50
3	Jerry Michalek, Sokol Chicago	15.00
3	Charleton Bard, University of Chicago	15.00
Side Horse		
1	Wm. Roetzheim, Turnverein Eiche	23.50
2	Jerry Michalek, Sokol Chicago	20.25
3	Walter Seelos, Gompers Park	20.00
Tumbling		
1	Wm. Roetzheim, Eiche Turners	14.00
2	Chas. Thompson, Rozanas School	12.00
3	Gordon Thurow, University of Chicago	11.00
Team Championship		
1	Turnverein Eiche	42
2	Sokol Chicago	22
3	Gompers Park	21

All-Around		NOVICE MEN	points
1	Andrew Stayart, Unattached		96.50
2	John Sommers, Univ. of Chicago		95.00
3	Alfred Woll, Unattached		93.00
Horizontal Bar			
1	Andrew Stayart, Unattached		21.50
2	John Sommers, University of Chicago		20.25
3	Alfred Woll, Unattached		20.00
Parallel Bars			
1	Alvin Jurus, Unattached		22.25
2	Alfred Woll, Unattached		22.00
2	John Sommers, University of Chicago		22.00
Rings			
1	Ernest Hillard, University of Chicago		19.00
2	Milt Homolka, Sokol Havlicek		17.75
3	Roy Zitney, Sokol Havlicek		17.50
3	Joe Cihak, Sokol Chicago		17.50
Long Horse			
1	Gordon Thurow, University of Chicago		18.25
2	Mal Provus, University of Chicago		17.75
2	Andrew Stayart, Unattached		17.75
Side Horse			
1	Wm. Boylston, University of Chicago		22.75
2	Andrew Stayart, Unattached		21.25
3	John Sommers, University of Chicago		20.75
Tumbling			
1	Richard Gutting, Washburne Trade School		13.50
2	Leo Slovacsek, Sokol Tabor		10.00
Team Championship			
1	University of Chicago		51.50
2	Sokol Chicago		14
3	Sokol Havlicek		10.50

METROPOLITAN ASS'N A.A.U. GYMNASTIC CHAMPIONSHIPS—MEN

Held at the New York Athletic Club, May 4, 1946

Calisthenics		points
1	Frank Cumiskey, Swiss Gymnastic Society	26.6
2	Edward Scrobe, D.A. Turn Verein	26.5
3	Vincent D'Autorio, Swiss Gymnastic Society	25.9
Long Horse		
1	Rudolph Hradecky, Bohemian Gym. Assn. Sokol	56.0
2	Frank Kveton, Bohemian Gym. Assn. Sokol	55.8
3	Frank Cumiskey, Swiss Gymnastic Society	55.0
Side Horse		
1	Frank Cumiskey, Swiss Gymnastic Society	54.9
2	Vincent D'Autorio, Swiss Gymnastic Society	54.7
3	William Taylor, Swiss Gymnastic Society	54.6
Horizontal Bar		
1	Frank Cumiskey, Swiss Gymnastic Society	55.5
2	Edward Scrobe, D. A. Turn Verein	54.0
3	Vincent D'Autorio, Swiss Gymnastic Society	53.4
Parallel Bars		
1	Edward Scrobe, D. A. Turn Verein	56.0
2	Frank Cumiskey, Swiss Gymnastic Society	54.2
3	Vincent D'Autorio, Swiss Gymnastic Society	53.9
Flying Rings		
1	Walter G. Schnoor, Brooklyn Central Y.M.C.A.	56.1
2	Frank Cumiskey, Swiss Gymnastic Society	53.8
3	Norman Roth, McBurney Y.M.C.A.	51.3
Tumbling		
1	Andrew Pasinski, Jersey City Dept. of Recreation	26.5
2	Anthony Colasurdo, Jersey City Dept. of Recreation	21.0
3	Marino Romito, Jersey City Dept. of Recreation	20.6
Rope Climb		seconds
1	Frank Kveton, Jr., Bohemian Gym. Assn. Sokol	6
Indian Clubs		points
1	Sidney Santman, U. S. N., St. Albans	23.2
All-Around		
1	Frank Cumiskey, Swiss Gymnastic Society	300.0
2	Vincent D'Autorio, Swiss Gymnastic Society	287.8
3	Edward Scrobe, D. A. Turn Verein	268.1
Team Championship		
1	Swiss Gymnastic Society	49
2	Bohemian Gym. Assn. Sokol	14
3	D. A. Turn Verein	13

METROPOLITAN ASS'N A.A.U. GYMNASTIC CHAMPIONSHIPS

Held at Brooklyn Central Y.M.C.A., Saturday Evening, March 30, 1946, 7:00 P. M.

Calisthenics		JUNIOR	points
1	Frank J. Morris, Swiss Gymnastic Society of H. C.		24.9
2	Charles Keosseian, Jersey City Dept. of Recreation		24.0
2	Norman Roth, McBurney Y.M.C.A.		24.0
4	John Liston, McBurney Y.M.C.A.		23.3
Long Horse			
1	Howard Bothe, Workingmen's Gym. Assn.		54.9
2	Norman Roth, McBurney Y.M.C.A.		54.6
3	Andy Pasinski, Jersey City Dept. of Recreation		52.3
Side Horse			
1	Curtis R. Rylander, Flushing Y.M.C.A.		56.5
2	Chas. Keosseian, Jersey City Dept. of Recreation		50.7
3	Robert Craig, Swiss Turn Verein		48.1
Parallel Bars			
1	Pat Signorelli, Swiss Gymnastic Society of H. C.		54.1
2	Robert Craig, Swiss Turn Verein		53.0
3	Howard Bothe, Workingmen's Gym. Assn.		52.5
Horizontal Bars			
1	Frank J. Morris, Swiss Gymnastic Society of H. C.		54.0
2	Anthony M. Rossi, Brooklyn Central Y.M.C.A.		52.6
3	Norman Roth, Mc Burney Y.M.C.A.		46.9
Flying Rings			
1	Peter DeLuise, Jersey City Dept. of Recreation		52.5
2	Norman Roth, Mc Burney Y.M.C.A.		50.8
3	Joseph Sabatini, Swiss Gymnastic Society of H. C.		50.5
Rope Climb		seconds	
1	Frank Kveton, Jr., Bohemian Gym. Assn. Sokol	3.5	
2	Harold P. Kilgallen, Brooklyn Central Y.M.C.A.	3.7	
3	Peter De Luise, Jersey City Dept. of Recreation	3.85	
Tumbling		points	
1	Tony Colasurdo, Jersey City Dept. of Recreation	27.8	
2	James Sebbo, Jersey City Dept. of Recreation	26.3	
3	Marino Romito, Jersey City Dept. of Recreation	25.1	
3	Richard McMullin, Jersey City Dept. of Recreation	25.01	
All-Around			
1	Norman Roth, Mc Burney Y.M.C.A.		256.7
2	Frank J. Morris, Swiss Gymnastic Society of H. C.		254.3
3	Chas. Keosseian, Jersey City Dept. of Recreation		240.0
4	John Liston, Mc Burney Y.M.C.A.		216.0

MIDDLE ATLANTIC A.A.U. GYMNASTIC CHAMPIONSHIPS

Held at Germantown Y.M.C.A., March 27, 1946

Rings		
1	Ray Reiff, Philadelphia Turners	524
2	C. Hainsworth, Germantown Y.M.C.A.	492
3	Robert Stout, Philadelphia Turners	481
Horizontal Bar		
1	George Szypula, Philadelphia Turners	514
2	Robert Stout, Philadelphia Turners	507
3	Ray Reiff, Philadelphia Turners	492
High School Boy's All-Around		
1	Melvin Stout, Germantown Y.M.C.A.	907
2	H. Goldstein, Germantown Y.M.C.A.	805
3	John Miles, Germantown High School	786
Tumbling		
1	George Szypula, Philadelphia Turners	286
2	Bob McKinney, Philadelphia Turners	241
3	William Marcus, Philadelphia Turners	235
4	Hugh Goldstein, Germantown Y.M.C.A.	234
All-Around		
1	Ray Reiff, Philadelphia Turners	1,029
2	George Szypula, Philadelphia Turners	872
3	Bob McKinney, Philadelphia Turners	863
4	William Edelson, Germantown Y.M.C.A.	797

Side Horse	At Philadelphia Turners, April 5, 1946	
1	Carl Patterson, Philadelphia Turners	551
2	Sol. Small, Philadelphia Turners	524
3	Ray Reiff, Philadelphia Turners	510
4	Joe Berenato, Philadelphia Turners	461
5	Herman Junker, Philadelphia Turners	417
6	Joel Baba, Germantown Y.M.C.A.	405

Parallel Bars		
1	Sol Small, Philadelphia Turners	534
2	Louis Bordo, Philadelphia Turners	528
3	George Szyppala, Philadelphia Turners	515
4	Melvin Stout, Philadelphia Turners	473
5	Robert Stout, Philadelphia Turners	460

Junior Tumbling		
1	Robert Stout, Philadelphia Turners	272
2	William Marcus, Temple University	266
3	Hugh Goldstein, Germantown Y.M.C.A.	260
4	Howard Gross, Belmont Y.M.C.A.	248
5	Melvin Stout, Philadelphia Turners	237
6	William Boyle, Lower Merion High School	223
7	David Boney, Lower Merion High School	195

NORTHEASTERN OHIO ASS'N A.A.U. GYMNASIIC CHAMPIONSHIPS

Held at American Turners Gymnasium, April 20, 1946

Long Horse	MEN—NOVICE		points
1	Bob Berger, C.E.S.T.		28.1
2	Clarence Treckiak, Swiss		25.8
3	G. Carlgrent, C.E.S.T.		23.3

Side Horse		
1	Bob Berger, C.E.S.T.	28.9
2	M. Mueller, Rhodes	18.7

Horizontal Bar		
1	Wm. Gehm, Swiss	21.1
2	Bob Berger, C.E.S.T.	19.3
3	Milton Mueller, Rhodes	17.6

Parallel Bars		
1	Bob Berger, C.E.S.T.	27.8
2	Karl Burst, Swiss	26.6
3	Gust Carlgren, C.E.S.T.	24.8
4	Clarence Treckiak, Swiss	24.7

Rings		
1	Bob Berger, C.E.S.T.	24.8
2	Wm. Gehm, Swiss	22.3
3	Edw. Allen, Rhodes	21.0
4	Glenn Kiesel, Rhodes	20.8

Team Championship		
1	C.E.S.T.	41
2	Swiss	22
3	Rhodes	15

Long Horse	MEN—SENIOR		points
1	John Bitzer, C.E.S.T.		28.9
2	Joseph Kotys, Swiss		27.7
	Walter Bijak, Swiss		24.8

Side Horse		
1	Joseph Kotys, Swiss	28.4
2	Walter Bijak, Swiss	22.7

Horizontal Bar		
1	Walter Bijak, Swiss	26.4
2	Joseph Kotys, Swiss	25.5

Parallel Bars		
1	Joseph Kotys, Swiss	29.3
2	John Bitzer, C.E.S.T.	27.6
3	Walter Bijak, Swiss	24.3

Rings		
1	Walter Bijak, Swiss	28.7
2	John Bitzer, C.E.S.T.	27.7
3	Joseph Kotys, Swiss	26.8

Tumbling		
1	Don Musil, Cent. Y.M.C.A.	27.1
2	Joe Kotys, Swiss	26.8
3	Clarence Treckiak, Swiss	26.7
4	Chas. Moyer, W. Reserve	24.0

Team Championship		
1	Swiss	60
2	C.E.S.T.	17
3	Y.M.C.A.	7

PACIFIC ASS'N A.A.U. GYMNASIIC CHAMPIONSHIPS

Held at the Olympic Club, April 26, 1946

Long Horse		Parallel Bars	
1	Oscar Metz, Fremont High School	1	John B. Gardner, Olympic Club
2	George Bolla, Fremont High School	2	John Silva, Fremont High School
3	Tie between Charles Lucchesi, University of California, and Don Siemons, Fremont High School	3	Tom Ballew, Unattached

Side Horse	
1	John B. Gardner, Olympic Club
2	Harry B. Jozifek, Olympic Club
3	Earl Hobbs, Technical High School

Horizontal Bar	
1	John B. Gardner, Olympic Club
2	Tom Ballew, Unattached
3	Harry B. Jozifek, Olympic Club

Flying Rings	
1	Bennie Bloom, Univ. of California
2	Harry B. Jozifek, Olympic Club
3	Tom Ballew, Unattached

All-Around	
1	Harry B. Jozifek, Olympic Club
2	Tom Ballew, Unattached
3	John Silva, Fremont High School

Team Championship	points	
1	Olympic Club	32.0
2	University of California	19.5
3	Fremont High School	18.0

SOUTHERN ASS'N A.A.U. GYMNASIIC CHAMPIONSHIPS

Held at New Orleans A. C., April, 1946

SENIOR CHAMPIONSHIPS

Calisthenics	
1	Herb Landry, NOAC
2	Al Kopp, YMCA, and Ralph Dusse, tied for second
3	Monte Blackman, YMCA

Long Horse	
1	Herb Landry, NOAC
2	Monte Blackman, YMCA
3	Ralph Dusse, NOAC
4	Rudy Valentino, NOAC
5	Al Kopp, YMCA
6	Sam Fazzio, NOAC

Side Horse	
1	Ted Savich, NOAC
2	Ralph Dusse, NOAC
3	Rudy Valentino, NOAC
4	Sam Fazzio, NOAC
5	Herb Landry, NOAC
6	Barry Wilson, YMCA

Horizontal Bar	
1	Al Kopp, YMCA
2	Herb Landry, NOAC
3	Ted Savich, NOAC
4	Barry Wilson, YMCA
	Ralph Dusse, NOAC, tied for fourth
	Monte Blackman

Parallel Bars	
1	Herb Landry, NOAC
2	Al Kopp, YMCA
3	Ralph Dusse, NOAC
4	Jack Gray, NOAC
	Jimmy Knobloch, NOAC
	Warren Hauth, YMCA
	tied for fourth

Rings	
1	Herb Landry, NOAC
2	Jack Gray, NOAC
	R. Valentino, tied for second
3	Ralph Dusse, NOAC
4	Sam Fazzio, NOAC
5	Al Kopp, YMCA

Tumbling	
1	Lt. John Valentino, Keesler Field, Miss.
2	Al Kopp, YMCA
3	Les Henderson, YMCA
4	Monte Blackman, YMCA
5	John Hicks, YMCA

Rope Climbing	seconds	
1	E. Stahel, NOAC	9:2
2	Jack Gray, NOAC	11:4
3	Jim Knobloch, NOAC	13:0
4	Elliott Bein, Jr., YMCA	13:1

Indian Clubs	
1	Maurice Coutiric, NOAC, and Al deBen, NOAC, tied for first
2	Jim Harvey, YMCA, and E. T. Gruner, NOAC, tied for second

All-Around		
1	Herb Landry, NOAC	200
2	Ralph Dusse, NOAC	174
3	Al Kopp, YMCA	168
4	Monte Blackman, YMCA	150

Team Score	
NOAC	114½
YMCA	33½
Keesler Field, Miss.	7

JUNIOR CHAMPIONSHIPS

Calisthenics

- 1 Sam Fazio, NOAC
- 2 Al Kopp, YMCA, and Ralph Dusse, NOAC, tied for second
- 3 Rudy Valentino, NOAC
- 4 Monte Blackman, YMCA

Long Horse

- 1 Sam Fazio, NOAC, and Rudy Valentino, NOAC, tied for first
- 2 Ralph Dusse, NOAC
- 3 Monte Blackman, YMCA, and Al Kopp, YMCA, tied for fourth

Side Horse

- 1 Ralph Dusse, NOAC
- 2 Al Kopp, YMCA
- 3 Barry Wilson, YMCA
- 4 Jack Gray and Sam Fazio, NOAC, tied for fourth
- 5 Monte Blackman, YMCA

Horizontal Bar

- 1 Al Kopp, YMCA
- 2 Monte Blackman, YMCA
- 3 Leo Holzenthal, YMCA
- 4 Ralph Dusse, NOAC
- 4 Barry Wilson, YMCA
- 6 Benny Babcock, YMCA

Parallel Bars

- 1 Jim Knobloch, NOAC
- 2 Al Kopp, YMCA
- 3 Warren Hauth, YMCA
- 4 Jack Gray, NOAC
- 4 Sam Fazio, NOAC
- 5 Ted Savich, NOAC
- 5 Ralph Dusse, NOAC

SOUTHERN PACIFIC ASS'N A.A.U. GYMNASTIC CHAMPIONSHIPS

Held at University of Southern California, February 9, 1946

FREE CALISTHENICS

1. Shifren, S.
2. Vidmar, D.
3. Mahan, W.
4. Grossblat, E.

LONG HORSE

1. Ferrier, G.
2. Burcham, E.
3. Collins, R.
4. Gagon, N.

SIDE HORSE

1. Heywood, J., Unattached
2. Cokas, N.
3. Hewitt, D.
4. Baughn, C., U.C.L.A.

HORIZONTAL BAR

1. Lewis, H., Unattached
2. Coons, O.
3. Garner, J.
4. Klingamon, J.

Rings

- 1 Rudy Valentino, NOAC
- 2 Ralph Dusse, NOAC
- 3 Al Kopp, YMCA
- 4 Sam Fazio, NOAC
- 5 Jim Knobloch, NOAC
- 6 Monte Blackman, YMCA

Tumbling

- 1 Al Kopp, YMCA
- 2 Les Henderson, YMCA
- 3 John Hicks, YMCA
- 4 Jerry Hicks, YMCA
- 5 Monte Blackman, YMCA

Rope Climbing

	seconds
1 Jack Gray, NOAC	10:2
2 Jim Knobloch, NOAC	11:6
3 Rudy Valentino, NOAC	13:3
4 Ralph Dusse, NOAC	13:5
4 Sam Fazio, NOAC	13:5
5 Benny Babcock, YMCA	15:0

Indian Clubs

- 1 Ed Alker, NOAC
- 2 Maurice Couturie, NOAC
- 3 Sam Fazio, NOAC

All-Around

1 Al Kopp, YMCA	214
2 Ralph Dusse, NOAC	202
3 Rudy Valentino, NOAC	194

Team Score

1 NOAC	94½
2 YMCA	69½

PARALLEL BARS

1. Lewis, H., Unattached
2. Phegley, R.
3. Garner, J.
4. Harmatz, J.

RINGS

1. Coons, O.
2. Meyer, E.
3. Schade, W., U.C.L.A.
4. Woodhouse, J.

TUMBLING

1. Garner, J.
2. Love, D.
3. Thatcher, L.
4. Eley, R.

ROPE CLIMB

	Points
1. Schade, W., U.C.L.A.	5.6
2. Huckins, E.	5.9
3. Sherwood, H.	5.9
4. Prell, D.	6.3

TEAM SCORES

Univ. of California at Los Angeles	13½
U. S. Naval Training Center	2

METROPOLITAN (LOS ANGELES) DIVISION

Held at Los Angeles City College, March 16, 1946

FREE CALISTHENICS

1. Shifren, S.
2. Takas, W.
3. Vidmar, R.
4. Ballantyne, J., U.S.C.

LONG HORSE

1. Ferrier, G.
2. Gagon, N.
3. Burcham, E.
4. Donals, H., L.A.A.C.

SIDE HORSE

1. Leech, L.
2. Ostrow, S., U.S.C.
3. Cokas, N.
4. Hewitt, D.

HORIZONTAL BAR

1. Humphrey, T.
2. Coons, O.
3. Donals, H., L.A.A.C.
4. Lewis, H.

PARALLEL BARS

1. Clark, J., U.S.C.
2. Lewis, H.
3. Pastel, L.
4. Phegley, R.

SENIOR DIVISION

Held at Los Angeles City College, April 13, 1946

FREE CALISTHENICS

1. Shifren, S., U.S.N.T.C.
2. Robinson, J., L.A.A.C.
3. Takas, W.
4. Roth, H., U.C.L.A.

LONG HORSE

1. Ferrier, G.
2. Carter, C., U.S.C.
3. Gagon, N.
4. Turco, G.

SIDE HORSE

1. Ostrow, S., U.S.C.
2. Hewitt, D.
3. Ziff, E., U.S.C.
4. Paul, L.

HORIZONTAL BAR

1. Lewis, H., L.A.A.C.
2. Roth, G., L.A.A.C.
3. Robinson, J., L.A.A.C.
4. Humphrey, T., L.A.A.C.

RINGS

1. Tracy, M., L.A.A.C.
2. Hyam, W., U.S.C.
3. Jones, T., L.A.A.C.
4. Beckner, R.

TUMBLING

1. Adler, W., L.A.A.C.
2. Dolan, C.
3. Love, D.
4. Thatcher, L.

ROPE

1. Schade, U.C.L.A.	5.4
2. Sherwood, H.	6.0
3. Lammerson, F.	6.4
4. Manning, R.	6.4

TEAM SCORES

Los Angeles Athletic Club	27
University of Southern California	20½
Univ. of California at Los Angeles	7½

PARALLEL BARS

1. Key, W.
2. Harmatz, J.
3. Phegley, R.
4. Herr, I.

RINGS

1. Didlake, J., L.A.A.C.
2. Hyam, W., U.S.C.
3. Jordan, K., U.S.N.T.C.
4. Jones, T., L.A.A.C.

TUMBLING

1. Evans, S., L.A.A.C.
2. Adler, W., L.A.A.C.
3. Coates, H.
4. Dolan, C.

ROPE

1. Sherwood, H.	5.3
2. Lammerson, F.	5.7
3. Manning, R.	5.8
4. Hutton, G.	6.6

TEAM SCORES

Los Angeles Athletic Club	56½
University of Southern California	21
U. S. Naval Training Center	14½
Univ. of California at Los Angeles	4½
University of California B.	2

SOUTHWESTERN ASS'N OPEN GYMNASTIC CHAMPIONSHIPS

Held at the Dallas Athletic Club, April 27, 1946

Side Horse		points
1	Frank Stransky, Sokol Club	27.00
2	J. Cress, San Antonio YMCA	24.00
3	Frank Chapal, San Antonio YMCA	20.00
Horizontal Bar		
1	J. Cress, San Antonio YMCA	27.00
2	F. Stransky, Sokol Club	24.00
3	J. Podrasky and J. Ehrenberger, Sokol Club	20.00
Parallel Bars		
1	J. Cress, San Antonio YMCA	24.50
2	F. Stransky, Sokol Club	22.75
3	R. C. Lea, Texas A. & M.	18.50
Flying Rings		
1	J. Cress, San Antonio YMCA	25.75
2	F. Stransky, Sokol Club	22.75
3	R. C. Lea, Texas A. & M.	19.00
Tumbling		
1	Paul Chapman, Dallas A. C.	25.25
2	J. P. Valentino, San Antonio YMCA	22.50
3	Robert Sullivan, Dallas YMCA	20.50
Rope Climb		seconds
1	Doyle Brown, San Antonio YMCA	7.5
2	J. Cress, San Antonio YMCA	8.6
3	Alfred Booth, San Antonio YMCA	8.8
Trampoline		points
1	Skippy Browning, Dallas A. C.	24.00
2	Eddie Tilley, Boys Club	20.50
3	Richard Skapple, Amarillo Boys Club	19.50
All-Around		
1	John Cress, San Antonio YMCA	
2	Frank Stransky, Sokol Club	
3	Frank Chapal, San Antonio YMCA	
Horizontal Bar	JUNIOR DIVISION	
1	Frank Chapal, San Antonio YMCA	23.25
2	Bob May, Dallas A. C.	23.00
3	H. P. Williams, Dallas YMCA	22.00
Parallel Bars		
1	Frank Chapal, San Antonio YMCA	16.75
2	M. Villejo, San Antonio YMCA	11.25
3	D. Smith, San Antonio YMCA	9.00
Tumbling		
1	Bob May, Dallas A. C.	23.50
2	Jess Gideon, Forth Worth Recreation Department	21.00
3	L. Chancellor, Forth Worth Recreation Department	20.00
Rings		
1	Bill Willis, Dallas A. C.	25.50
2	Al Booth, San Antonio YMCA	24.00
3	Frank Chapal, San Antonio YMCA	21.50

SWISS AMERICAN GYMNASTIC ASSOCIATION

Eastern District Championships, held at Union City, N. J., May 26, 1946

Apparatus "A" Men		points
1	Vince D'Autorio, Hudson County S.G.S.	93.90
2	Vincent Craig, Swiss T. V., New York	92.35
3	E. Baltensberger, Swiss T. V., Philadelphia	89.45
Apparatus "B" Men		
1	Sal Bucci, Hudson County S.G.S.	94.60
2	P. Signorelli, Hudson County S.G.S.	93.45
3	R. A. Hoffmann, Swiss T. V., Paterson	86.70

Apparatus "A" Ladies		
1	Wally Staib, Swiss T. V., Paterson	58.00
2	Pauline Wachter, Swiss T. V., Paterson	57.30
3	Julia Russell, Waterbury G.S.	50.70
Apparatus "B" Ladies		
1	Dorothy Hultzberger, Swiss T. V., Paterson	50.00
2	Connie Barbagallo, Swiss T. V., Paterson	49.00
3	Helen Waldner, Hudson County S.G.S.	48.50
Track and Field Ladies		
1	Wally Staib, Swiss T. V., Paterson	57.50
2	Pauline Wachter, Swiss T. V., Paterson	54.50
3	Ruth Curley, Hudson County S.G.S.	47.50

MID-WESTERN DISTRICT CHAMPIONSHIPS

Held at Milwaukee, Wis., June 23, 1946

Apparatus "A" Men		points
1	Joe Kotys, Swiss Turners, Cleveland	91.30
2	Le Roy Wuethrich, Monroe T. & S. C.	90.05
3	Fred. Roethlisberger, Milwaukee Swiss T. V.	88.80
Apparatus "B" Men		
1	Fred Goebeli, Monroe T. & S. C.	86.70
2	Glen Radder, Milwaukee Swiss T. V.	84.25
2	Walter Schuetz, Monroe T. & S. C.	84.25
3	Robert Beer, Swiss Turners, Cleveland	82.50
Swiss National Men		
1	Adolf Ruef, Monroe T. & S. C.	91.20
2	Lawrence Gissing, Monroe T. & S. C.	87.45
3	Ernst Ammann, Monroe T. & S. C.	78.50
Track and Field Men		
1	Bill Thewes, Swiss Turners, Cleveland	68.30
2	Marvin Wuethrich, Monroe T. & S. C.	64.20
3	Roger Wuethrich, Monroe T. & S. C.	61.25
Apparatus "A" Ladies		
1	Helen Krattiger, Monroe T. & S. C.	55.60
2	Louise Kalinoski, Lincoln T. V., Pittsburgh	53.75
3	Charlotte Klein, Lincoln T. V., Pittsburgh	53.30
Apparatus "B" Ladies		
1	Virginia Zuercher, Swiss Turners, Cleveland	55.10
2	Ellen Schwarz, Milwaukee Swiss T. V.	53.30
3	L. Neuenschwander, Monroe T. & S. C.	51.95

AMERICAN SOKOL ORGANIZATION (SOKOL CENTRAL DISTRICT) CHAMPIONSHIPS

Held at Chicago, Ill.

SENIOR DIVISION	HIGHER DIVISION JUNIOR BOYS
Individual Competition:	Team Competition:
1. Stanley Barcal, S. Chicago128.20	1. Sokol Havlicek Tyrs424.05
2. Paul Fina, S. Chicago127.51	2. Sokol Chicago408.72
3. Jerry Michalek, S. Chicago113.98	Individual Competition:
INTERMEDIATE DIVISION	1. Roy Zitny, Sokol Havlicek 86.80
Team Competition:	2. A. Moskiwicz, Sokol Chicago 85.85
1. Sokol Chicago400.06	3. Daniel Michalek, S. Havl. Tyrs 85.65
2. Sokol Havlicek Tyrs375.27	
3. Sokol Tabor366.87	LOWER DIVISION JUNIOR BOYS
LOWER DIVISION	Team Competition:
Individual Competition:	1. Sokol Chicago396.70
1. Edwin Bergman, S. Cechie 87.05	2. Sokol Slavsky375.45
2. Joseph Lizner, S. Cechie 85.70	Sokol Milwaukee 330.19
3. George Kocik, S. Tabor 85.65	
Individual Competition:	Individual Competition:
1. Richard Richter, S. Havl. Tyrs. 85.55	1. Dick Vesely, S. Berwyn 84.50
2. John Kostal, S. Tabor 84.05	2. George Zdenek, S. Chicago 84.45
3. Otto Hracek, S. Chicago 82.98	3. Jerry Matusik, S. Slavsky 84.05

PHILADELPHIA PUBLIC HIGH SCHOOL LEAGUE ANNUAL
GYMNASTIC CHAMPIONSHIPS

Horse		points
1	R. Miles, Germantown	90
1	J. Baba, Northeast	90
3	S. Leather, Northeast	89
Horizontal Bar		
1	J. M. Korik, Olney	92
2	M. Stout, Northeast	88
3	H. Goldstein, Olney	80
Parallel Bars		
1	C. Hainsworth, Olney	92
2	J. Baba, Northeast	90
2	M. Korik, Olney	90
Flying Rings		
1	J. Baba, Northeast	93
2	M. Stout, Northeast	90
3	C. Hainworth, Olney	89
Tumbling		
1	J. Baba, Northeast	96
2	W. Marcus, Olney	93
3	A. McSpadden, Bok	91
All-Around		
1	J. Baba, Northeast	448
2	M. Stout, Northeast	434
3	M. Korik, Olney	424

CENTRAL ASS'N A.A.U. HIGH SCHOOL MEET

Held at the University of Chicago, Bartlett Gymnasium, April 20, 1946

Individual All-Around		
1	Wm. Roetzheim, Lindblom	52.75
2	Ralph Pope, Lindblom	49.25
3	Ronald Amster, Senn	47.25
Horizontal Bar		
1	Wm. Roetzheim, Lindblom	14.50
2	Ralph Pope, Lindblom	14.25
3	Ronald Amster, Senn	14.00
Side Horse		
1	Wm. Roetzheim, Lindblom	14.25
2	Ronald Amster, Senn	13.25
3	George Lang, Lindblom	12.75
Long Horse		
1	Wm. Roetzheim, Lindblom	9.50
2	Robert Feldmeier, Lindblom	9.25
2	Fred Wachta, Senn	9.25
Parallel Bars		
1	Wm. Roetzheim, Lindblom	14.50
2	Don Weatherley, Senn	14.25
3	Ralph Pope, Lindblom	13.00
Team Championship		
1	Lindblom Tech	59.00
2	Nicholas Senn	36.00

GYM SKETCH OF FRANK J. KRIZ

By ROY E. MOORE

Frank J. Kriz of the Bohemian Gymnastic Association "Sokol," New York City, was one of the outstanding gymnasts developed in this country. Aside from winning the right to represent the United States in three Olympiads—at Antwerp in 1920, at Paris in 1924 and at Amsterdam in 1928—at all of which he was America's high scorer, he won the Olympic Championship on Long Horse at Paris.

Born March 26, 1894, he started competing in 1908 and he continued until about 1930. During this period he won seven United States championships, including the coveted All-Around title in 1922 and again in 1924. He also won countless Metropolitan Ass'n A. A. U. junior and senior titles.

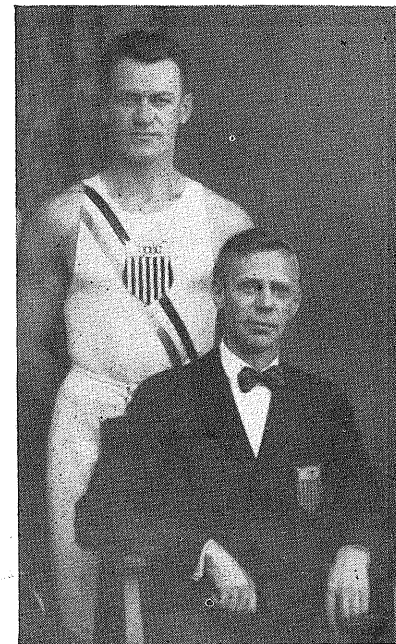
Frank was Sokol trained which meant that he was a gifted all-around performer. He received his gymnastic training at the T. J. Sokol in New York City where he was sent by his parents much against his will since gymnastics was not much to his liking. However, he persevered, or perhaps it might be more correct to say that his fond parents persevered with the result that at the age of fourteen he started competing in junior events which he won. There followed more important Sokol competitions in New York City, Schenectady and Omaha, all of which he won. Then he started his A.A.U. career which was to bring him much more important honors.

Possessing a magnificent competitive spirit, he always could be depended upon to come through when the going was the toughest. His presence on a team was a stimulus to the other members because of his spirited determination to win. He also possesses a rare sense of humor.

He joined the New York City Fire Department in January, 1919 and retired in May, 1944. He is now back at his old trade as a highly skilled furniture polisher. He has two daughters, both of whom received Sokol training, and he now has two big ambitions in life: 1—to give the United States another Olympic champion in the form of his grandson; 2—to represent the United States in an official capacity at the Olympic Games. We hope Frank realizes both ambitions which are highly laudable.

When the Olympic semicentennial dinner was held in New York City to mark the fiftieth anniversary of the re-establishment of the Olympic Games, Frank was seated at the dais with the other U. S. champions, and when introduced, he received a tremendous ovation which further attests to his great popularity.

Frank is now active in the Metropolitan Association as an official at all gym meets.



BACK UPRISE FULL TWIST CATCH TO HANG ON THE HORIZONTAL BAR

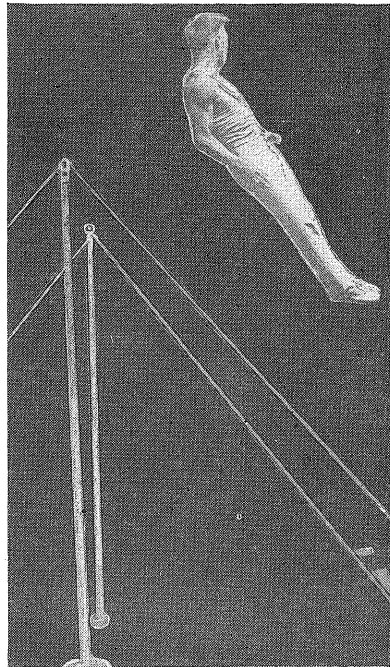
By FRANK CUMISKEY

From an extended hang upper grip take a high swing and release grip on backward swing and complete full twist catch to hang. Swing forward and continue exercise.

This move is not difficult to learn! 1. Take a low swing and on the backward swing as your shoulders start to rise and your head goes up push down on the bar and release your grip. 2. Go straight up and down landing on the mat. 3. Do not twist. Make certain you maintain a straight up and down balance throughout. Practice this a few times, gradually increasing the height of your swing. You should be going head and shoulders above the bar remaining at arms length from the bar and easily landing on your feet.

If you have learned this correctly you are now ready to try twisting. The twist starts as you release your grip, and as your body continues to rise look sharply around your right or left shoulder. Keep your body in the same plane that you did when you did not twist. After you start catching the bar start working on form. If you do not get it go back to the fundamental and learn it correctly.

1. Do not pull in toward the bar.
2. Do not let your legs swing out in back because if you miss the bar you won't land on your feet.
3. Do not twist too early but just as you are releasing your grip.
4. Always use a spot while learning.
1. You can use this move at the beginning. (I used it last year.)
2. From a support and then underswing and full twist. (Pitt used it.)
3. From a hang, mixed grip, left hand under grip, on forward swing squat legs between hands and shoot out backward, releasing right hand and making a half twist grasp right hand on bar, both hands are now upper grip, and the swing is backward; at the end of the swing, full twist catch. This makes a nice combination. Tom Maloney, coach of West Point, used it in competition.
4. Fall over forward, with the upper grip, breaking the swing slightly and as you swing back full twist catch. Out of a regular giant half twist catch in upper grip fall over and full twist catch. (Jack Holst used it that way when he won the Nationals in 1933.)



Olympic Gymnastic Champions

1896-1936

GYMNASTICS—MEN

LONG HORSE		Points	CLUB SWINGING	
1896	Karl Schumann, Germany		1904	E. A. Hennig, United States...13.
1904	Anton Heida and George Eysler, U.S. tied.....	36	1932	George Roth, United States...26.9
1924	Frank Kriz, United States	9.98	ALL-AROUND INDIVIDUAL	
1932	Savino Guglielmetti, Italy..	54.1	1900	Sandras, France
1936	Karl A. M. Schwarzmann, Germany	19.20	1904	Anton Heida, U.S.....161
			1906	(First Class) — Lavielle, France; Second Class — Anastassagious, (Greece)
SIDE HORSE			1906 *	(First Class) — Wilhelm Weber, Germany; Second Class—Lavielle, France
1896	Zutter, Switzerland		1908	Alberto Braglia, Italy.....317
1904	Anton Heida, United States	42	1912	Alberto Braglia, Italy.....135
1924	J. Wilhelm, Switzerland....	21.23	1920	G. Zampose, Italy.....88.35
1928	H. Hanggi, Switzerland.....	59.25	1924	L. Stukelj, Yugoslavia.....110.34
1932	Stephen Pelle, Hungary....	57.2	1928	Georges Mieze, Switzerland..247.50
1936	Konrad Frey, Germany.....	19.333	1932	Romeo Neri, Italy.....140.625
			1936	Karl A. M. Schwarzmann, Germany
SIDE HORSE VAULT				113.100
1924	A. Senguin, France.....	10	* Six Events.	
LONG HORSE (High, with Spring Board)			TEAM GYMNASICS	
1928	E. Mack, Switzerland.....	28.75		Points
HORIZONTAL BAR			1896	Germany
1896	Herman Weingartner, Germany		1904	United States
1904	Anton Heida and Ed. A. Hennig, U.S., tied.....	40	1906	Norway
1924	L. Stukelj, Yugoslavia	19.75	1908	Sweden
1928	George Mieze, Switzerland	57.50	1920	Italy
1932	Dallas Bixler, United States	55	1924	Italy
1936	Aleksanteri Saarvala, Finland	19.367	1928	Switzerland
			1932	Italy
			1936	Germany
PARALLEL BARS				839.053
1896	Alfred Falto, Germany....	44	1928	Switzerland
1904	George Eysler, United States	44	1932	Italy
1924	A. Guttinger, Switzerland	21.63	1936	Germany
1928	L. Vacha, Czechoslovakia..	56.50		657.430
1932	Romeo Neri, Italy.....	56.9	Team Competition with Movements According to Swedish System	
1936	Konrad Frey, Germany.....	19.067	1912	Sweden
FLYING-RINGS				937.46
1896	Mitropoulos, Greece		Team Competition According to Special Conditions	
1904	Herman T. Glass, U.S.....	45	1912	Italy
1924	F. Martino, Italy.....	21.553		53.15
1928	L. Stukelj, Yugoslavia.....	57.75	Team Competition with Free Choice of Movements and Apparatus	
1932	George Gulack, U.S.....	56.9	1912	Norway
1936	Alois Hudec, Czechoslovakia	19.433		22.85
ROPE CLIMB			RECORDS	
1896	Andriakopoulos, Greece		ROPE CLIMBING	
1904	George Eysler, United States.....7s. (25 ft.)		American Record—	
1906	G. Aliprantis, Greece, 11.2/5s. (32 ft. 9.3/5s in.)		Using hands alone—25 ft. up, 58.	
1924	B. Supcik, Czechoslovakia...7.1/5s.		Stanley E. Ellison, U.S. Naval Academy, Annapolis, Md., May 13, 1939.	
1932	Raymond H. Bass, U.S. (8 meters)	6.7s.	Olympic Record—	
			Using hands alone—8 meters, 6.7s.	
			Raymond H. Bass, U.S. Naval Academy at Los Angeles, Cal., 1932	
TUMBLING			Interscholastic Record—	
1932	Rowland Wolfe, U.S.....	56.7 pts.	Using hands alone—25 ft. up, 5.4s.	
			Jack Connors, George Washington High School, Los Angeles, Calif. April 12, 1945.	

National A.A.U. Gymnastic Champions

ALL-AROUND

1897 E. Linderman, Camden, T.V.
 1898 O. Steffen, New York T.V.
 1899 O. Steffen, New York T.V.
 1900 O. Steffen, New York T.V.
 1901 John Bissinger, New York T.V.
 1902 E. C. Brendlin, C.T.V.
 1903 John Bissinger, New York T.V.
 1904 Anton Heida, Philadelphia T.V.
 1905 Not held
 1906 Not held
 1907 F. Steffens, National A.C., Brooklyn, N. Y.
 1908 Fred Steffens, National A.C. Brooklyn, N. Y.
 1909 Frank Jirasek, Bohemian Gym. Sokol
 1910 Frank Jirasek, Gymnastic Ass'n. Tyrs, Cedar Rapids, Iowa
 1911 P. Krimmel, New York T.V.
 1912 P. Krimmel, New York T.V.
 1913 F. Kanis, Newark T.V.
 1914 F. Kanis, Newark T.V.
 1915 F. Kanis, Newark T.V.
 1916 P. Hol, Norwegian T. and A.C.
 1917 B. Jorgensen, Norwegian T. and A.C.
 1918 J. Oszy, West Side YMCA
 1919 Peter Hol, Norwegian A.C.
 1920 Joseph Oszy, New York A.C.
 1921 Curtis Rottman, New York T.V.
 1922 Frank Kriz, Bohemian Gym. Ass'n Sokol
 1923 Curtis Rottman, New York T.V.
 1924 Frank Kriz, Bohemian Gym. Ass'n Sokol
 1925 Alfred Jochim, Swiss T.V.
 1926 Alfred Jochim, Swiss T.V.
 1927 Alfred Jochim, Swiss T.V.
 1928 Alfred Jochim, Swiss T.V.
 1929 Alfred Jochim, Swiss T.V.
 1930 Alfred Jochim, Swiss T.V.
 1931 Frank Haubold, Swiss T.V.
 1932 Frank Haubold, Swiss T.V.
 1933 Alfred Jochim, Swiss T.V.
 1934 Frank Cumiskey, Swiss T.V.
 1935 Frederick H. Meyer, New York T.V.
 1936 Frank Cumiskey, Swiss T.V.
 1937 George Wheeler, First U.P. Com. House, Pittsburgh
 1938 George Wheeler, First U.P. Com. House, Pittsburgh
 1939 George Wheeler, First U.P. Com. House, Pittsburgh
 1940 George Wheeler, First U.P. Com. House, Pittsburgh
 1941 George Wheeler, First U.P. Com. House, Pittsburgh
 1942 Arthur E. Pitt, Swiss Gymnastic Society
 1943 Arthur E. Pitt, Swiss Gym. Soc.
 1944 Arthur E. Pitt, Swiss Gym. Soc.
 1945 Arthur E. Pitt, Swiss Gym. Soc.
 1946 Paul E. Fina, Chicago Sokol

1944 Arthur E. Pitt, Swiss Gym Soc.
 1945 Frank Cumiskey, Swiss Gym Soc.
 1946 Frank Cumiskey, Swiss Gym Soc.

FREE CALISTHENICS

1921 Curtis Rottman, New York T.V.
 1922 B. Jorgensen, Norwegian Turn Society
 1923 Alfred Jochim, Swiss T.V.
 1924 Frank Kriz, Bohemian Gym. Ass'n Sokol
 1925 E. Preiss, A.G.U. College, Ind.
 1926 Paul Krempel, Los Angeles A.C.
 1927 Paul Krempel, Los Angeles A.C.
 1928 Alfred Jochim, Swiss T.V.
 1929 Alfred Jochim, Swiss T.V.
 1930 Alfred Jochim, Swiss T.V.
 1931 Alfred Jochim, Swiss T.V.
 1932 Alfred Jochim, Swiss T.V.
 1933 Alfred Jochim, Swiss T.V.
 1934 Alfred Jochim, Swiss T.V.
 1935 Frank Cumiskey, Swiss T.V.
 1936 Fred H. Meyer, New York T.V.
 1937 George Wheeler, First U.P. Com. House, Pittsburgh
 1938 George Wheeler, First U.P. Com. House, Pittsburgh
 1939 George Wheeler, First U.P. Com. House, Pittsburgh
 1940 George Wheeler, First U.P. Com. House, Pittsburgh
 1941 George Wheeler, First U.P. Com. House, Pittsburgh
 1942 Arthur E. Pitt, Swiss Gymnastic Society
 1943 Arthur E. Pitt, Swiss Gym. Soc.
 1944 Arthur E. Pitt, Swiss Gym. Soc.
 1945 Arthur E. Pitt, Swiss Gym. Soc.
 1946 Paul E. Fina, Chicago Sokol

SIDE HORSE

1897 T. Hartel, New York T.V.
 1898 O. Steffen, New York T.V.
 1899 J. F. Bissinger, New York T.V.
 1900 J. F. Bissinger, New York T.V.
 1901 J. F. Bissinger, New York T.V.
 1902 Joseph Buner, New York T.V.
 1903 J. F. Bissinger, New York T.V.
 1904 Anton Heida, Philadelphia T.V.
 1905 Not held
 1906 Not held
 1907 Roy E. Moore, New York T.V.
 1908 Roy E. Moore, New York T.V.
 1909 Roy E. Moore, New York T.V.
 1910 A. Klar, Bohemian Gymnastic Ass'n.
 1911 T. Simmons, West Side YMCA
 1912 Roy E. Moore, Unattached
 1913 Roy E. Moore, Unattached
 1914 F. Kanis, Newark T.V.

1915 F. Kanis, Newark, T.V.
 1916 J. Oszy, West Side YMCA
 1917 C. Zenker, New York T.V.
 1918 J. Oszy, West Side YMCA
 1919 Paul W. Krempel, Los Angeles School of Physical Training
 1920 Chas. M. Cremer, New York A.C.
 1921 Curtis Rottman, New York T.V.
 1922 Joseph Richter, D.A. Sokol Gym
 1923 Chas. M. Cremer, New York A.C.
 1924 Joseph B. Richter, D.A. Sokol
 1925 Chas. M. Cremer, New York A.C.
 1926 Alfred Jochim, Swiss T.V.
 1927 Alfred Jochim, Swiss T.V.
 1928 Alfred Jochim, Swiss T.V.
 1929 Frank Haubold, Swiss T.V.
 1930 Frank Haubold, Swiss T.V.
 1931 Frank Haubold, Swiss T.V.
 1932 Frank Cumiskey, Swiss T.V.
 1933 Alfred Jochim, Swiss T.V.
 1934 William Taylor, Swiss T.V.
 1935 William Taylor, Swiss T.V.
 1936 Frank Cumiskey, Swiss T.V.
 1937 Frank Cumiskey, Swiss T.V.
 1938 George Wheeler, First U.P. Com. House, Pittsburgh
 1939 George Wheeler, First U.P. Com. House, Pittsburgh
 1940 George Wheeler, First U.P. Com. House, Pittsburgh
 1941 William L. Taylor, Swiss T.V.
 1942 Frank Cumiskey, Swiss Gymnastic Society
 1943 Arthur E. Pitt, Swiss Gym. Soc.
 1944 Alex Julian, U.S. Naval Academy
 1945 Frank Cumiskey, Swiss Gym Soc.
 1946 Frank Cumiskey, Swiss Gym Soc.

LONG HORSE

1897 E. Linderman, New York T.V.
 1898 J. Bissinger, New York T.V.
 1899 O. Steffen, New York T.V.
 1900 J. Bissinger, New York T.V.
 1901 J. Bissinger, New York T.V.
 1902 Anton Jahoda, B.G.A.
 1903 J. Bissinger, New York T.V.
 1904 Tie between Anton Heida, Phila. T.V. and George Eysler, Concordia T.V.
 1905 Not held
 1906 Not held
 1907 L. Spann, Newark T.V.
 1908 Joseph Gregor, Bohemian Gym. Ass'n.
 1909 William Heisler, Bohemian Gym. Sokol
 1910 William Heisler, Bohemian Gym. Sokol
 1911 Joseph Gregor, Bohemian Gym. Ass'n.
 1912 P. Krimmel, New York T.V.
 1913 P. Krimmel, New York T.V.
 1914 F. Kanis, Newark T.V.
 1915 P. Hol, Norwegian Turn and A.C.
 1916 P. Hol, Norwegian Turn and A.C.
 1917 B. Winsjansen, Norwegian T. and

A.C.
 1918 F. J. Kriz, Bohemian Gym. Ass'n.
 1919 Paul Krempel, Los Angeles School of Physical Training
 1920 V. Winsjansen, Norwegian T. and A.C.
 1921 Curtis Rottman, New York T.V.
 1922 F. J. Kriz, Bohemian Gym. Ass'n.
 1923 Curtis Rottman, New York T.V.
 1924 Max Wandrer, Philadelphia Turngemeinde
 1925 Fred Berg, Norwegian T.S.
 1926 Adolph Zink, New York T.V.
 1927 Fred Berg, Norwegian T.V.
 1928 R. Hradecky, Bohemian Gym.
 1929 Adolph Zink, New York T.V.
 1930 Alfred Jochim, Swiss T.V.
 1931 Alfred Jochim, Swiss T.V.
 1932 Alfred Jochim, Swiss T.V.
 1933 Alfred Jochim, Swiss T.V.
 1934 Alfred Jochim, Swiss T.V.
 1935 Frederick H. Meyer, New York T.V.
 1936 Rudolf Hradecky, Bohemian Gym. Ass'n. Sokol
 1937 George Wheeler, First U.P. Com. House, Pittsburgh
 1938 George Wheeler, First U.P. Com. House, Pittsburgh
 1939 George Wheeler, First U.P. Com. House, Pittsburgh
 1940 George Wheeler, First U.P. Com. House, Pittsburgh
 1941 George Wheeler, First U.P. Com. House, Pittsburgh
 1942 Arthur E. Pitt, Swiss Gymnastic Society
 1943 Lt. Newt. Loken, U.S.N. Pre-Flight School, Iowa City
 1944 Rudolf Hradecky, Bohemian Gym. Assn. Sokol
 1945 Frank Cumiskey, Swiss Gym Soc.
 1946 Rudolf Hradecky, Bohemian Gym. Ass'n. Sokol

FLYING RINGS

1885 R. Stoll, A.A.C.
 1886 R. Stoll, A.A.C.
 1887 R. Stoll, A.A.C.
 1888 R. Stoll, A.A.C.
 1889 R. Stoll, S.I.A.C.
 1890 R. Stoll, New York A.C.
 1891 R. Stoll, New York A.C.
 1892 R. Stoll, New York A.C.
 1893 R. Stoll, New York A.C.
 1894 R. Stoll, New York A.C.
 1895 Not held
 1896 Not held
 1897 C. Berndt, Anchor A.C.
 1898 C. Berndt, Anchor A.C.
 1899 C. Berndt, Anchor A.C.
 1900 C. Berndt, Anchor A.C.
 1901 P. M. Kempf, Newark YMCA
 1902 E. F. Kumath, Anchor A.C.
 1903 Paul M. Kemp, Univ. of Penna.
 1904 Herman T. Glass, YMCA Richmond, Va.

1905 Not held
 1906 Not held
 1907 E. F. Kunath, Anchor A.C.
 1908 J. D. Gleason, West Side YMCA
 1909 J. D. Gleason, West Side YMCA
 1910 J. D. Gleason, West Side YMCA
 1911 J. D. Gleason, West Side YMCA
 1912 J. D. Gleason, West Side YMCA
 1913 J. D. Gleason, West Side YMCA
 1914 J. D. Gleason, New York A.C.
 1915 J. D. Gleason, Los Angeles T.V.
 1916 O. A. Poll, National T.V.
 1917 O. A. Poll, National T.V.
 1918 O. A. Poll, National T.V.
 1919 J. D. Gleason, Los Angeles A.C.
 1920 J. D. Gleason, Los Angeles A.C.
 1921 John Kristufek, Sokol Gym.
 Chicago
 1922 J. D. Gleason, New York A.C.
 1923 Aug. Pfeiffer, National Turners
 1924 E. Kremla, Bronx Union YMCA
 1925 Paul W. Krempel, Los Angeles A.C.
 1926 Paul W. Krempel, Los Angeles A.C.
 1927 Paul W. Krempel, Los Angeles A.C.
 1928 George J. Gulack, New York T.V.
 1929 Alfred Jochim, Swiss T.V.
 1930 Paul W. Krempel, Los Angeles A.C.
 1931 Arthur Gilmore, 23rd St. YMCA, N. Y.
 1932 W. Denton, U.S. Naval Academy
 1933 Arthur Gilmore, 23rd St. YMCA, N. Y.
 1934 Arthur Gilmore, 23rd St. YMCA, N. Y.
 1935 George J. Gulack, 23rd St. YMCA, N. Y.
 1936 Joe Goldenburg, D.A.T.U., N. Y.
 1937 Arthur Gilmore, 23rd St. YMCA, N. Y.
 1938 Arthur Pitt, Swiss Turn-Verein
 1939 Joseph Goldenburg, Normal College A.G.U.
 1940 Joseph Goldenburg, Unattached, Ind.
 1941 Joseph Goldenburg, Unattached, Bloomington, Ind.
 1942 Louis R. Fina, Unattached, Cleveland, Ohio
 1943 Wm. Buffa, West Side YMCA, N.Y.
 1944 Frank Cumiskey, Swiss Gym. Society
 1945 Waldimir Baskovich, Chicago Sokol.
 1946 William Bonsall, Penn State

PARALLEL BARS

1885 A. H. Beck, N.R.C.
 1886 H. S. Pettit, B.Y.M.C.A.
 1887 O. Fuchs, V.B.C.
 1888 B. Klein, New York T.V.
 1889 G. Ahl, Newark T.V.

1890 G. Ahl, Newark T.V.
 1891 B. Klein, N.J.A.C.
 1892 C. Bayer, N.Y.T.V. and P.A.C.
 1893 G. Ahl, Newark T.V.
 1894 E. Buehler, Newark T.V.
 1895 Not held
 1896 Not held
 1897 O. Steffen, New York T.V.
 1898 O. Steffen, New York T.V.
 1899 O. Steffen, New York T.V.
 1900 O. Steffen, New York T.V.
 1901 E. C. Brendlin, G. T. V.
 1902 J. Buner, New York T.V.
 1903 E. C. Brendlin, Central T.V.
 1904 George Eysler, Concordia T.V.
 1905 Not held
 1906 Not held
 1907 A. Schnall, New York Univ.
 1908 George Ketcham, Newark YMCA
 1909 Frank Jirasek, Bohemian Gym. Sokol
 1910 Frank Jirasek, Gym. Ass'n. Tyrns, Cedar Rapids, Iowa
 1911 W. Dittman, West Side YMCA
 1912 W. Dittman, West Side YMCA
 1913 P. Krimmel, New York T.V.
 1914 F. Kanis, Newark, T.V.
 1915 F. Kanis, Newark T.V.
 1916 P. Hol, Norwegian T. and A.C.
 1917 B. Jorgensen, Norwegian T. and A.C.
 1918 B. Jorgensen, Norwegian T. and A.C.
 1919 P. Hol, Norwegian A.C.
 1920 J. Oszy, New York A.C.
 1921 Curtis Rottman, New York T.V.
 1922 F. J. Kriz, Bohemian Gym.
 1923 Walter Meyer, New York T.V.
 1924 Walter Meyer, New York T.V.
 1925 Walter Meyer, New York T.V.
 1926 Alfred Jochim, Swiss T.V.
 1927 Michael Schuler, Union Hill T.V.
 1928 Alfred Jochim, Swiss T.V.
 1929 Alfred Jochim, Swiss T.V.
 1930 Tie between Paul Krempel, Los Angeles A.C. and Herman Witzig, Swiss T.V.
 1931 Alfred Jochim, Swiss T.V.
 1932 Frank Haubold, Swiss T.V.
 1933 Alfred Jochim, Swiss T.V.
 1934 Alfred Jochim, Swiss T.V.
 1935 Frederick H. Meyer, New York T.V.
 1936 Arthur Pitt, Swiss T.V.
 1937 George Wheeler, First U.P. Com. House, Pittsburgh
 1938 George Wheeler, First U.P. Com. House, Pittsburgh
 1939 George Wheeler, First U.P. Com. House, Pittsburgh
 1940 George Wheeler, First U.P. Com. House, Pittsburgh
 1941 George Wheeler, First U.P. Com. House, Pittsburgh
 1942 Arthur E. Pitt, Swiss T. V.; Harold Zimmerman, Penn State College

1943 Solomon P. Small, Penn State College
 1944 Frank Cumiskey, Swiss Gym. Soc.
 1945 Frank Cumiskey, Swiss Gym Soc.
 1946 Edward Scrobe, D.A. T. V.

HORIZONTAL BAR

1885 R. Molineux, B.C.T.V.
 1886 F. J. Hosp, Newark T.V.
 1887 F. J. Hosp, Newark T.V.
 1888 R. Molineux, A.B.C.
 1889 R. Molineux, New York A.C.
 1890 G. Ahl, N.T.V.
 1891 C. Bayer, C.T.V.
 1892 C. Bayer, New York T.V. and P.A.C.
 1893 H. Zettler, P.A.C.
 1894 C. Bayer, New York T.V.
 1895 Not held
 1896 Not held
 1897 C. Berndt, Anchor A.C.
 1898 C. Berndt, Anchor A.C.
 1899 C. Berndt, Anchor A.C.
 1900 C. Berndt, Anchor A.C.
 1901 John Bissingier, New York T.V.
 1902 E. C. Brendlin, Central T.V.
 1903 Anton Jahoda, Bohemian Gym. Sokol
 1904 Tie between Anton Heida, Phila. T.V. and E. A. Hennig, Cleveland T.V.
 1905 Not held
 1906 Not held
 1907 A. Schnall, New York Univ.
 1908 Fred Steffens, National A.C.
 1909 Not held
 1910 P. M. Krimmel, New York T.V.
 1911 E. A. Hennig, Germania T.V. Cleveland
 1912 P. Krimmel, New York T.V.
 1913 F. Kanis, Newark T.V.
 1914 F. Kanis, Newark T.V.
 1915 F. Kanis, Newark T.V.
 1916 B. Jorgensen, Norwegian T. and A.C.
 1917 F. Hell, Socialer T.V. Chicago
 1918 C. Rottman, Phila. Turngemeinde
 1919 Peter Hol, Norwegian A.C.
 1920 Curtis Rottman, New York T.V.
 1921 Curtis Rottman, New York T.V.
 1922 Curtis Rottman, New York T.V.
 1923 Curtis Rottman, New York T.V.
 1924 Frank Kriz, Bohemian Gym. Ass'n. Sokol
 1925 Curtis Rottman, New York T.V.
 1926 Alfred Jochim, Swiss T.V.
 1927 Harold G. Newhart, U.S. Naval Academy
 1928 Alfred Jochim, Swiss T.V.
 1929 Alfred Jochim, Swiss T.V.
 1930 Alfred Jochim, Swiss T.V.
 1931 Gustav Schmelcher, Phila Turn-gemeinde
 1932 Michael Schuler, Union Hill T.V.
 1933 Jack Holst, Unattached, Los Angeles

1934 Frank Cumiskey, Swiss T.V.
 1935 Frank Cumiskey, Swiss T.V.
 1936 Frank Cumiskey, Swiss T.V.
 1937 Chester Phillips, Temple Univ.
 1938 George Wheeler, First U.P. Com. House, Pittsburgh
 1939 C. M. Phillips, Phila. Turn-gemeinde
 1940 Arthur Pitt, Swiss T.V.
 1941 George Wheeler, First U.P. Com. House, Pittsburgh
 1942 Arthur E. Pitt, Swiss Gymnastic Society
 1943 Arthur E. Pitt, Swiss Gym. Soc.
 1944 Frank Cumiskey, Swiss Gym. Soc.
 1945 Frank Cumiskey, Swiss Gym Soc.
 1946 Frank Cumiskey, Swiss Gym Soc.

TUMBLING

1885 Not held
 1886 W. Haas, P.A.C.
 1887 Not held
 1888 Not held
 1889 Not held
 1890 Not held
 1891 Not held
 1892 Not held
 1893 P. Steier, Pastime A.C.
 1894 W. Haas, Pastime A.C.
 1895 Not held
 1896 Not held
 1897 W. Haas, Pastime A.C.
 1898 W. Haas, Pastime A.C.
 1899 George Steier, Pastime A.C.
 1900 George Steier, K.A.C.
 1901 Frank Hamilton, German YMCA
 1902 Paul E. Steier, K.A.C.
 1903 Paul E. Steier, St. George's A.C.
 1904 Not held
 1905 Not held
 1906 Not held
 1907 A. Schnall, New York Univ.
 1908 A. Schnall, West Side YMCA
 1909 Henry Jacknal, National T.V.
 1910 Henry Jacknal, National T.V.
 1911 M. J. Bedford, National T.V.
 1912 M. J. Bedford, National T.V.
 1913 M. J. Bedford, National T.V.
 1914 M. J. Bedford, National T.V.
 1915 Joseph F. Dunn, New York A.C.
 1916 Arthur W. Nugent, National T.V.
 1917 Arthur W. Nugent, National T.V.
 1918 Arthur W. Nugent, National T.V.
 1919 Arthur W. Nugent, National T.V.
 1920 Arthur W. Nugent, National T.V.
 1921 Arthur W. Nugent, National T.V.
 1922 Joseph F. Dunn, New York A.C.
 1924 Joseph F. Dunn, New York A.C.
 1925 Joseph F. Dunn, New York A.C.
 1926 David H. Sharpe, Los Angeles A.C.
 1927 David H. Sharpe, Los Angeles A.C.
 1928 E. V. Klinker, Los Angeles A.C.
 William Hermann, Philadelphia, Pa.

1929 William Hermann, Overbrook
H.S., Phila., Pa.
1930 Leo Vandendaele, Los Angeles
A.C.
1931 William J. Hermann, Penn A.C.
Philadelphia
1932 Rowland Wolfe, Dallas A.C. Texas
1933 Edwin Gross, Unattached, Al-
hambra, Cal.
1934 Kenneth Carter, Germania T.V.
Vorwaerts, Cleveland
1935 Charles J. Keeney, Univ. of Cali-
fornia
1936 Frank Wells, Unattached, N. J.
1937 Frank Wells, Panzer College, N.J.
1938 Joe Gialombardo, Univ. of Illinois
1939 Joe Gialombardo, Univ. of Illinois
1940 George Szyppula, Temple Univ.
1941 George Szyppula, Temple Univ.
1942 George Szyppula, Temple Univ.
1943 George Szyppula, Temple Univ.
1944 Harold Frey, Penn State College
1945 Irvin E. Bedard, Chicago Boys'
Club.
1946 Andrew Pasinski, Jersey City
Dept. of Recreation

ROPE CLIMB

1888 R. Stoll, Am. A.C.
1889 F. A. Lang, P.A.C.
1890 J. Hoffman, New York T.V.
1891 B. Sanford, N.J.A.C.
1892 B. Sanford, N.J.A.C.
1893 B. Sanford, N.J.A.C.
1894 B. Sanford, N.J.A.C.
1895 Not held
1896 Not held
1897 B. Sanford, N.J.A.C.
1898 B. Sanford, N.J.A.C.
1899 E. Kunath, Anchor A.C.
1900 E. Kunath, Underwood A.C.
1901 E. Kunath, Anchor A.C.
1902 E. Kunath, Anchor A.C.
1903 E. Kunath, Anchor A.C.
1904 George Eysler, Concordia T.V.
1905 Not held
1906 Not held
1907 Edward Kunath, Anchor A.C.
1908 Joseph T. Smith, Cambridgeport
Gymnastic Ass'n.
1909 Edward Kunath, Anchor A.C.
1910 T. Anastas, Washington Heights
YMCA
1911 G. F. Septhou, St. George A.C.
1912 T. Anastas, Pittsburgh A.A.
1913 E. Lindenbaum, YMHA, N. Y.
1914 E. Lindenbaum, YMHA, N. Y.
1915 R. Illig, Olympic Club,
San Francisco
1916 F. Siebert, Grace Club
1917 F. Siebert, Grace Club
1918 L. Weissman, YMHA, N. Y.
1919 K. Fintzelberg, Concordia T.V.,
San Diego, Cal.
1920 L. Weissman, YMHA, N. Y.

1921 George Taylor, Greensburg
YMCA, Pa.
1922 L. Weissman, YMHA, N. Y.
1923 L. Weissman, YMHA, N. Y.
1924 J. T. Andreasen, Norwegian T.S.
1925 Manfred Kraemer, Univ. of Pa.
1926 Manfred Kraemer, Newark A.C.,
N. J.
1927 Manfred Kraemer, Newark A.C.,
N. J.
1928 John R. Waterman, United States
Navy
1929 Manfred Kraemer, Newark A.C.
1930 Leonard Stern, Los Angeles A.C.
1931 Gustav Baack, Philadelphia Turn-
gemeinde
1932 Randall Bryden, Los Angeles A.C.
1933 Randall Bryden, Los Angeles A.C.
1934 Herman Dock, Dartmouth College
1935 Roman Pieo, Bristol H.S., Pa.
1936 Harrison Houston, Princeton Univ.
1937 Roman Pieo, Bristol H.S., Pa.
1938 Stanley Ellison, U.S. Naval Acad-
emy
1939 Stanley Ellison, U.S. Naval Acad-
emy
1940 Roman N. Pieo, Penn State Col-
lege
1941 Roman N. Pieo, Penn State
College.
1942 Charles Senft, Penn State College
1943 Charles Lebow, Penn State Col-
lege
1944 Stephen Greene, Penn State Col.
1945 Stephen Greene, Penn State Col.
1946 Stephen Greene, Penn State Col.

INDIAN CLUBS

1885 J. D. Harris, P.A.C.
1886 J. D. Harris, C.C.
1887 J. D. Harris, S.H.
1888 F. Schroeder, N.J.A.C.
1889 Not held
1890 Not held
1891 C. E. Smith, M.A.C.
1892 J. H. Dougherty, YMCLU,
Orange, N. J.
1893 J. D. Harris, P.A.C.
1894 J. D. Harris, P.A.C.
1895 T. Mert, N.T.U.
1896 Not held
1897 Not held
1898 J. D. Harris, Pastime A.C.
1899 F. Metz, Jr. Newark YMCA
1900 F. Metz, Jr. Newark YMCA
1901 F. Metz, Jr. Newark YMCA
1902 F. Metz, Jr. Newark YMCA
1903 F. Metz, National T.V.
1904 E. A. Hennig, T.V. Vorwaerts,
Cleveland
1905 Not held
1906 Not held
1907 R. C. Wilson, Unattached
1908 George A. Lynn, Unattached
1909 Joseph D. Harris, Pastime A.C.
1910 Joseph D. Harris, Pastime A.C.

1911 Tie between E. A. Hennig, Ger-
mania T.V. Vorwaerts, Cleve-
land, and Joseph Savage,
YMCA, N. Y.
1912 Ray W. Dutcher, New York A.C.
1913 Ray W. Dutcher, New York A.C.
1914 Ray W. Dutcher, New York A.C.
1915 J. L. McCloud, New York A.C.
1916 J. L. McCloud, New York A.C.
1917 Ray W. Dutcher, New York A.C.
1918 Ray W. Dutcher, New York A.C.
1919 J. L. McCloud, New York A.C.
1920 Ray W. Dutcher, New York A.C.
1921 J. L. McCloud, New York A.C.
1922 Ray W. Dutcher, New York A.C.
1923 Ray W. Dutcher, New York A.C.
1924 Ray W. Dutcher, New York A.C.
1925 Ray W. Dutcher, New York A.C.
1926 Ray W. Dutcher, New York A.C.
1927 Ray W. Dutcher, New York A.C.
1928 Ray W. Dutcher, New York A.C.
1929 Robert Job, Hudson Co., T.V.
1930 Robert Job, Hudson Co., T.V.
1931 James Nicoll, Unattached, N. J.

1932 Phil Ehrenberg, Los Angeles A.C.
1933 Edward Hennig, Germania T.V.
Vorwaerts, Cleveland
1934 James Nicoll, Unattached, N. J.
1935 Mose J. Firestone, Univ. of Cal.
1936 Edward A. Hennig, Germania T.V.
1937 Edward A. Hennig, Germania T.V.
1938 Victor Krygowski, National
Turners, Newark, N. J.
1939 E. A. Hennig, Germania T.V.
1940 E. A. Hennig, Germania T.V.
1941 Vernon S. Gilmore, Ohio State
Univ.
1942 Edward Hennig, Cleveland East
Side Turners
1943 Vernon S. Gilmore, Cincinnati
YMCA
1944 William Wintersteen, Penn State
College
1945 Edward Hennig, Cleveland East
Side Turners.
1946 Edward Hennig, Cleveland East
Side Turners.

NATIONAL A.A.U. GYMNASIIC TEAM CHAMPIONS

1914 Newark (N.J.) Turn Verein
1915 Newark (N.J.) Turn Verein
1916 Norwegian Turn & Athletic Club
1917 Norwegian Turn & Athletic Club
1918 National Turners, Newark, N. J.
1919 Los Angeles School of Physical
Training
1920 New York Athletic Club
1921 New York Turn Verein
1922 New York Athletic Club
1923 New York Turn Verein
1924 New York Turn Verein
1925 Los Angeles Athletic Club
1926 Swiss Turn Verein of Hudson
County, N. J.
1927 New York Turn Verein
1928 Swiss Turn Verein of Hudson
County, N. J.
1929 Swiss Turn Verein of Hudson
County, N. J.
1930 Swiss Turn Verein of Hudson
County, N. J.
1931 Swiss Turn Verein of Hudson
County, N. J.
1932 Swiss Turn Verein of Hudson
County, N. J.

1933 Swiss Turn Verein of Hudson
County, N. J.
1934 Swiss Turn Verein of Hudson
County, N. J.
1935 Swiss Turn Verein of Hudson
County, N. J.
1936 Swiss Turn Verein of Hudson
County, N. J.
1937 Swiss Turn Verein of Hudson
County, N. J.
1938 Swiss Turn Verein of Hudson
County, N. J.
1939 Swiss Turn Verein of Hudson
County, N. J.
1940 University of Illinois
1941 Tie between Univ. of Illinois and
Bohemian Gym. Assn. Sokol
N. Y.
1942 Swiss Gymnastic Society, Union
City, N. J.
1943 The Pennsylvania State College
1944 Swiss Gymnastic Soc., Union
City, N. J.
1945 Penn State College, Pa.
1946 Swiss Gymnastic Society, Union
City, N. J.

A.A.U. Gymnastic Rules

I. JURISDICTION

The Amateur Athletic Union of the U. S. is the governing body for the sport of gymnastics in the United States, holding membership in the International Amateur Gymnastic Federation, which body controls international gymnastic contests, including the Olympic Games. This jurisdiction is exercised through the National Gymnastic Committee, which in the main consists of the chairmen of the gymnastic committees in each of the more than forty district associations. The National Gymnastic Committee, subject to the approval of the Board of Governors, draws up the rules of competition; decides when and where the national championships shall be held, and over which it has jurisdiction, passing on the qualification of contestants to compete therein and approving of the officials to serve thereat. In general, the National Gymnastic Committee, which meets at least twice a year, is entrusted with the development, promotion, and general welfare of the sport.

All national championships, all district championships, and all open gymnastic competitions held in the United States are conducted under the following rules. These rules are made to conform as closely as possible to the international rules under which Olympic Games competitions are conducted.

II. 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.

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

Novice

1. For the purpose of defining a novice in Gymnastics, the winning of a prize on one apparatus shall not affect an athlete's standing as a novice on any other apparatus.

Junior

2. In Junior meets the winning of one apparatus shall not eliminate the gymnast from winning on another apparatus. He shall be classified as a Junior until he has won on each apparatus or until he has placed first in the Junior all-around competition.

EXPLANATORY NOTE:

- (a) A gymnast who has won a first place in a senior championship shall be ineligible for competition in that particular event in the junior meet.
- (b) A gymnast who has won a previous junior championship is thereafter barred from competition in that particular event in any succeeding junior championship; he may, however, compete in other events in which he has not placed first.
- (c) A gymnast who has won a first place in the Junior All-Around Competition is thereafter barred from further competition in Junior events.
- (d) A gymnast who has won a first place in any of the events comprising the Junior All-Around is eligible for the All-Around. 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.

Senior

3. The National A.A.U. Senior Championships shall be open to all registered amateur athletes in the world.

III. EVENTS

The list of championship events and the order in which they shall be conducted follows:

A. Free Calisthenics

1. Long Horse
2. Side Horse
3. Horizontal Bar
4. Parallel Bars
5. Flying Rings

B. All-Around

The order of special events shall be:

6. Indian Club Swinging
7. Rope Climb
8. Tumbling

IV. ALL-AROUND CHAMPIONSHIP

The All-Around championship includes competition in Free Calisthenics, on Long Horse, Side Horse, Horizontal Bar, Parallel Bars and Flying Rings. The winner of the All-Around Championship shall be the competitor who obtains the highest aggregate number of points; next highest, second, and so on.

V. THE COMPETITION

The competitions shall be conducted by a Referee and a Jury, which in Championship competitions shall be composed of five judges, whose decisions shall be final and without appeal.

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.

The first competitor on each apparatus who first performs, or "sets" the prescribed exercise shall have the option of repeating the prescribed exercise after all the rest of the competitors on that apparatus have performed the prescribed exercise, and in such case, only the second mark shall be credited to his score. Preference in selection of a competitor to "set" the exercise, shall be given to the all-around contestants. In case of an accident to the apparatus, a second trial shall be permitted the competitor. With these two exceptions no second trials shall be allowed.

In all events whenever compulsory exercises are prescribed, the contestant's optional exercises shall be different from the compulsory exercises. The compulsory exercise shall always be performed first.

Each competitor's combination on the Side Horse, Flying Rings, Parallel Bars and Horizontal Bar shall be judged from the time he begins his combination until he again wholly or in part places his weight upon the mat, except that on Flying Rings (swinging exercise) the contestant shall be allowed to touch the mat once if necessary for his finish. Any accidental brushing or scraping of the toes or heels on the mat or apparatus base shall not terminate the exercise but shall be considered as bad form and shall be so marked by the Judges.

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.

The winner of a competition in each event shall be the one having obtained the highest aggregate number of points; next highest second, up to sixth place.

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.

VI. COSTUME

Complete gymnastic costume must be worn by all competitors. Costume to consist of gym shirt, pants, knee or full tights, or full tights, and gym shoes or slippers. In tumbling and rope climbing events, tights or shirt and trunks or shorts may be worn.

VII. DUTIES OF OFFICIALS

Referee

The Referee shall assume general direction of the meet and decide all matters not covered by the rules. The Referee shall determine the suitability of all apparatus used.

Judges

The Judges must place themselves apart from each other, and so far as practicable, on opposite sides of the competitors, in order to observe the general form of the competitors. Each judge, without consultation shall mark each performance on a slip of paper on a one-tenth basis, i.e., 8.8, 9.6, etc., on a basis of 10.0 points for a perfect exercise. Such marking shall be done by the Judges immediately after the performance of each exercise. These slips shall be collected by a clerk at the conclusion of each exercise and brought by him to the scorers.

The Judges should carefully analyze a performance by comparing same with previous ones and the grade for the first competitor should be of such a degree as to allow for such comparison. 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 due credit for all work done up to that point.

Difficulty of exercise and composition of combination shall be graded at 5.0 points maximum, and execution and general form of competitor at 5.0 points maximum, making a total of 10.0 points. Approach and retreat should be considered as a part of the exercise. In meets other than championships, it shall be permissible to use only three judges on each apparatus, all of whose marks shall be used on the same basis of a maximum possible score of 30.0 for each exercise.

OPTIONAL EXERCISES

Explanatory note: In rating all optional exercises, the judge should give consideration to:

- (A) { **difficulty**—Originality, risk, strength, grip changes, balances, and mastery requiring intensive practice.
combination—Variety, changes from one position to another without unnecessary intermediate swings, turns or swings both left and right, and shifting of position.
- (B) **execution and form**—The exercise should be performed in a smooth, rhythmic manner without unnecessary pauses, knees straight, legs together, toes pointed, head erect, and arms straight, as the exercise may require. There shall be no excess motion or effort displayed.

COMPULSORY EXERCISES

The following Olympic table will be helpful:

- 0 points for nonexecution
- 2 points for unsatisfactory execution
- 4 points for mediocre execution
- 6 points for satisfactory execution
- 8 points for good execution
- 10 points for perfect execution

Scorers

The scorers shall note on regularly ruled and official score sheets the marks of each judge, and then shall eliminate the highest and the lowest marks, using the three intermediate marks for the valuation of the exercise, i.e., if the marks of the five judges on one exercise are 9.6, 8.9, 8.7, 8.6, 7.4, the highest mark (9.6) and the lowest mark (7.4) shall be discarded, and the three intermediate marks of 8.9, 8.7, 8.6, shall be used, making the valuation of the exercise 26.2. In the event that there are two or more identical highest marks, only one shall be discarded,

and the same applied to the lowest marks. On this basis, the maximum possible score for each exercise shall be 30.0 points. A scorer and the necessary number of assistants shall be provided, one of whom shall be designated to keep the spectators informed by posting each competitor's score.

Announcer

The announcer shall announce the final results as soon as they have been tabulated by the Chief Scorer.

Clerks

The clerks, in addition to collecting the scores from the judges, shall also check the contestants in each event, notifying them of the order in which they are to perform. To avoid delay he shall have two gymnasts next in line ready to perform.

Starter

The starter shall serve in the Rope Climb event. He will judge the fairness of the start.

Timers

There shall be three timers who shall serve for the Rope Climb, Tumbling, Indian Clubs, and Free Calisthenic events.

VIII. AWARDS

Regulation championships die medals shall be awarded to first, second, and third place winners. When two or more competitors tie for any place, the medals for the place tied and the medal or medals for the place or places next in order, up to the number of competitors tying, shall be split into equal parts and joined together as new medals, and each competitor so tying shall be awarded one thereof. If there is more than one winner of third place, each such winner shall receive a third place medal.

Awards shall be made to the three organizations placing for the Team Championship. Points shall be scored 7 points for first, 5 for second, 4 for third, 3 for fourth, 2 for fifth and 1 for sixth place. There must be at least two contestants scoring points for a team. In the event of a tie for any place, the points earned for team trophy shall be divided.

IX. 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.

X. MISCELLANEOUS

One compulsory exercise for one apparatus shall be composed by each of the five districts which have, according to the records, shown the greatest amount of interest in gymnastics during the past year. Each year each chosen district will make up an exercise on a different apparatus in rotation.

Horizontal Bar

One compulsory and one optional exercise shall be required. The bar shall be a steel bar $1\frac{1}{8}$ inches in diameter, width 7 feet, height 7 feet 9 inches, clear from top of bar to top of mat.

Parallel Bars

One compulsory and one optional exercise shall be required. The bars shall be one standard set, adjustable height and width, not more than 5 feet 4 inches nor less than 5 feet 1 inch high. Distance between hand rails, 18 inches. Length of hand rails, 10 feet, oval shape.

Side Horse

One compulsory and one optional exercise shall be required. The horse shall be standard, straight body, without raised neck. Height shall be 42 inches from top of mat to top of body at saddle. Pommels shall be open pattern and not less than 4 inches above the body of horse, with a distance of not more than 18 inches nor less than 16 inches between hand pommels, which shall be of polished wood or leather covered.

Long Horse

One compulsory and one optional vault shall be required, of which the compulsory vault shall alternate annually between jumps made by placing the hands on the croup, and jumps made by placing the hands on the neck. The optional exercise shall accordingly alternate each year by jumps made on the opposite end of the horse, or in the saddle. The horse shall be standard, with or without raised neck, and without pommels. Height shall be not less than 48 inches to the top of the horse in the saddle. A standard beat board, not more than 4 inches high which can be shifted to any distance from the horse to suit the competitor's desire shall be provided. The competitor must actually touch the horse with his hands for a momentary support or push-off during his vault. Two attempts without vaulting or touching the horse shall constitute one trial. Points will be awarded on the following factors:

1—Point of support for the hands on the horse: Each competitor, before each vault, shall apply a sufficient quantity of white chalk on the palms of both hands, from the extreme tips of the fingers to the extreme edges of the heels of the hand, to produce a clearly visible mark of the support of both hands on the horse, which mark shall be the basis of determining penalties, as follows: At 10 inches from the outer extremities or ends of the horse, lines will be drawn (preferably by paint or $\frac{1}{4}$ inch wide white tape) which limit the point of application to neck and croup. From these boundary lines, beginning from the neck and from the croup toward the saddle, two parallel lines, each 8 ins. apart will be drawn. The use of any portion of these penalty zones shall lessen the rating by $\frac{1}{2}$ point for each zone. Therefore, for the highest rating, application in the 10 inch area is required. (Note: The tips of the fingers at the croup end of the horse, and the heel of the hand at the neck end of the horse shall constitute the determining factor as to the placing of the hands. If the chalk impression indicates any portion of the fingers, or of the heel of the hand, as the case may be, protruding beyond the 10 inch area, the full penalty shall apply as noted above. If a clear impression is not made on the horse of the extremities of the hands in question, the judges shall be guided by whatever markings are visible, taking into consideration, however, that it is the responsibility of the competitor to chalk his hands.

2—The optional vaults are classified according to difficulty as shown on the following table. The points given below are the maximum number of points that may be determined with perfect execution.

A. With Hands on Neck:

1. Straddle	7.0 Points
2. Squat	7.5 "
3. Sheep	8.0 "

4. Straddle with $\frac{1}{4}$ turn.....	8.5 "
5. Straddle backwards (scissors) (arms sideward).....	9.0 "
6. Stoop (Buecke)	9.5 "
7. Handspring	10.0 "
8. Hecht (straight body and legs).....	10.0 "

B. With Hands on Saddle:

1. Rear Vault	7.0 "
2. Handspring with $\frac{1}{4}$ pivoted turn.....	9.0 "
3. Giant Cartwheel	10.0 "

C. With Hands on Croup:

1. Straddle	8.5 "
2. Squat	8.5 "
3. Straddle with $\frac{1}{2}$ turn.....	9.0 "
4. Straddle backwards (scissors) (arms sideward).....	9.5 "
5. Sheep	10.0 "
6. Stoop (Buecke)	10.0 "
7. Scissors with $1/1$ turn to stand rearways beyond the horse	10.0 "

All vaults with hands on Neck may be performed with a "Double Tap," that is, by first touching off with the hands at the croup end of the horse, and then at the neck end of the horse, for which the rating of difficulty will be one full point less than the rating designed above for jumps with Hands on Neck.

Before the competition on this apparatus starts, the competitors shall notify the clerk and scorers of the event, which optional vault they will perform. The judges shall base their marks on form only for a maximum of ten points (the same as for the other apparatus) but the scorers shall deduct from the judges' marks the difference between the valuation of the vault performed and the maximum of 10.0 points, i.e. if the competitor is performing the stoop vault from the neck, for which the rate of difficulty is 9.5, the scorers shall deduct .5 of a point from each judge's mark, therefore if the mark of one judge for the vault be 9.4 the scorers shall deduct .5 of a point, making the net mark of this judge for this vault 8.9. This method of valuation shall apply only to the "Optional" vaults, and the regular 10.0 basis, without any deduction or consideration for difficulty, shall apply to the "Prescribed Vaults."

3—Perfection of style and control: Exactitude, control and perfect style are the prime requisites. A well controlled landing will receive special merit. Quality of performance will be subject to rating from the first step of the run-up onwards. Hence, for example, points will be lost for a change of step during the run-up.

Flying Rings

One still and one brisk swinging exercise shall be required to be performed in that order, of which the compulsory exercise shall alternate annually between still and brisk swinging. The distance from floor to point of suspension shall be not less than 18 feet nor more than 22 feet. The rings shall be suspended from canvas webbing straps $1\frac{1}{4}$ inches wide from at least 3 feet above the point where the webbing passes through the rings and be free from all buckles, links or metal fittings below said point of 3 feet above rings. Leather covered steel rings or wooden rings must be used. Rings shall be 8 inches inside diameter. For the still exercise the height of rings shall be 7 feet 8 inches clearance from mat to lowest part of rings. For the swinging exercise the height of rings shall be at not more than two agreed lesser heights. A contestant may receive assistance if unable to reach rings for the still exercise.

Rope Climbing

Three trials, best time to count. The rope shall be not less than $1\frac{1}{2}$ inches nor more than $1\frac{3}{4}$ inches in diameter of 3 or 4-strand manila rope, free from any knots, balls or assisting devices, and shall pass through a metal disc or tambourine not less than 16 inches in diameter and covered with lamp black. The contestant in each trial shall show clean hands before the start, and at the finish show evidence of striking the tambourine. The distance from floor to disc

or tambourine shall be exactly 20 feet. The start shall be by pistol shot and the time taken when the competitor strikes disc or tambourine. Each competitor must sit flat on the floor (buttocks, calves and heels touching floor), must then place hands on rope at convenient height to starting, and no part of body is permitted to touch floor after pistol shot is given. Before and after any record climb the distance must be measured from base of disc or tambourine to floor with steel tape and aid of level for currency.

Tumbling

One optional routine shall be required. The judging is to be based on the amount of tumbling performed, consistent with its difficulty. The number of lengths tumbled or the length of time of tumbling is not to be considered with the exception that the entire routine is not to consume more than 1½ minutes. In the event any part of the contestant while performing a routine touches the floor on either side of the mat it shall be considered poor form and graded accordingly. A competitor shall be permitted without penalty to leave the mat at the ends for the purpose of getting a running start or for the continuance of his combinations. An exercise shall be considered as concluded when the competitor obviously assumes the position of attention on his retreat. The mat shall be 50 feet in length, not less than 5 feet in width and not less than 2 inches nor more than 4 inches in thickness. The mat shall be in as few sections as possible, uniform in width and thickness, and where not in one piece the sections shall be securely fastened together.

Indian Club Swinging

Each competitor shall be allowed one trial of four minutes. Clubs weighing one pound each shall be used. The dropping of a club shall end an exercise and a contestant performing at least three minutes shall lose proportionately on a basis of 2½ points per minute.

Free Calisthenics

One optional exercise shall be required (for all-around men only). No entry fee is required and no prizes shall be awarded. The exercise shall be performed without hand apparatus of not more than 2 nor less than 1½ minutes duration. A clear floor space of 20x20 feet shall be provided.

We appreciate the Cooperation of the concerns which have favored us with their advertising and hope you will patronize them.

Compulsory Apparatus Exercises for Seniors

NOTE: Numbers appearing herein refer to illustrated chart on last page.

HORIZONTAL BAR—FOR SENIORS

Submitted by Middle Atlantic Association

From sidestand frontways jump to hang with mixed grip (left hand under and right hand over): High underswing to back swing uprise to momentary front support and immediately circle right leg over bar to half turn left and straddle balance support; drop backward, disengage legs from straddle position and drop kip to front support and swing legs back to momentary handstand; two backward giant swings and at the end of second giant swing, cross right hand over left and execute half turn to handstand with under grip; two giant swings forward and at the end of the second giant, one sole circle forward with legs between hands and immediately throw legs upward, returning to momentary handstand; three-quarter forward giant swing to a high front vault to crosstand sideways.

FLYING RINGS—SENIOR

Submitted by Northeastern Ohio Association

Obtain swing: (1) on forward swing one and one-half rolls backward in pike position to bent inverted hang; (2) on backward swing, dislocate backward to bent inverted hang; (3) on forward swing, inlocate to bent inverted hang; (4) on backward swing, back kip to straight arm support; (5) on forward swing raise body to handstand (bending hips and arms); (6) held handstand while swinging backward and forward; at end of forward swing lower straight body between ropes to straight inverted hang; (7) on backward swing, momentarily-bend hips and front kip to support; (8) on forward swing, roll forward (bending hips) to bent inverted hang; (9) on backward swing dislocate to extended hang; (10) on forward swing, tap and dismount with back flyaway to stand rearways.

SIDE HORSE—FOR SENIORS

Submitted by Metropolitan Association

From sidestand frontways at caddle, left hand on left pommel, right hand on right pommel: (1) mount with half turn over neck and saddle to support rearways in saddle, shifting R hand to L pommel; (2) one half circle right (clockwise) to support frontways ("Moore" in—no hop); (3) swing left leg under left hand; (4) scissors toward right; (5) scissors toward left; (6) swing right leg under right hand to support rearways; (7) two double circles left counterclockwise to support rearways; (8) swing left leg back under left hand; (9) back scissors toward right; (10) back scissors toward left; (11) swing right leg back under right hand to support frontways; (12) two double circles right (clockwise) to support frontways; (13) shift right hand to right pommel, left hand to croup; (14) one double circle clockwise over croup to support frontways; (15) rear vault swing clockwise over saddle to momentary L support rearways; (16) dismount with quarter turn right to crosstand at saddle, left hand retaining grasp of left pommel.—Assume normal position.

NOTE: Facing the horse at the start, the neck is at the left, the saddle in center and the croup at the right. Regardless of what position the gymnast finds himself in during the exercise, the left and right pommels, neck and croup, remain as designated at the start. The exercise may be done in its entirety to either right or left side and should be continuous, without pause.

PARALLEL BARS—FOR SENIORS

Submitted by Southern Pacific Association

From outer sidestand (near left end), upper grip: Mount with rear vault executing quarter turn left to momentary L cross support between bars;—swing backward and free straddle forward over bars momentarily releasing grasp; swing to handstand-hold; two quarter turns forward (pirouette) in handstand on right or left bar, to handstand-hold; lower legs and drop backward to bent inverted hang and execute sommersault under bars (basket) to upper arm hang; swing forward to kip position and with high extension of body, swing backward and back uprise with half turn (left or right) to upper arm hang; one complete shoulder roll forward; swing body fore-downward to back uprise and passing

closed legs forward under left hand; swing backward and dismount with double rear vault left over both bars to center crosstand (right hand regrasping bar on landing).—Assume normal position.

LONG HORSE—FOR SENIORS

Submitted by Central Association

HECHT from Neck—(Straight body and legs).

SAMPLE MASTER SCORE SHEET FOR USE IN GYMNASTIC MEETS.

Nature of Meet.....
 Where Held.....
 Date

Judges No. 1.....
 No. 2.....
 No. 3.....
 No. 4.....
 No. 5.....

(Parallel Bars)

Event.....

Competitor	Affiliation	Comp. Opt.	Judges					Total	Grand Total	Place
			No. 1	No. 2	No. 3	No. 4	No. 5			
Joe Doe	Unattached		8.9	8.8 9.4	8.7 8.1	9.2	8.1	26.2		
.....
.....
.....
.....
.....
.....
.....

Five judges should be used, the highest and lowest scores are discarded and the three other scores are then added

THE AMATEUR ATHLETE

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

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National A.A.U. Gymnastic Champions

WOMEN

- ALL AROUND**
- 1931 Roberta C. Ranck, Phila. Turn-gemeinde
 - 1932 Not held
 - 1933 Consetta Caruccio, Germania T.V., Baltimore
 - 1934 Consetta Caruccio, Germania T.V., Baltimore
 - 1935 Thera Steppich, Unattached, L. I., N. Y.
 - 1936 Jennie Caputo, National Turners, N. J.
 - 1937 Pearl Perkins, Phila. Turn-gemeinde
 - 1938 Helm McKee, Phila. Turners
 - 1939 Margaret Weissmann, New York T.V.
 - 1941 Pearl Perkins Nightingale, Phila. Turners
 - 1943 Pearl Perkins Nightingale, Phila. Turners
 - 1944 Helm McKee, Phila. Loyal Order of Moose
 - 1945 Clara Schroth, Phila. Turners
 - 1946 Clara Schroth, Phila. Turners
- CALISTHENICS**
- 1931 Dorothy M. Rossenbach, Buffalo T.V.
 - 1932 Not held
 - 1933 Consetta Caruccio, Germania T.V., Baltimore
 - 1934 Thera Steppich, New York T.V.
 - 1935 Tie between Consetta Carruccio, Germania T.V., Baltimore, and Adelaide Meyer, Unattached, N. Y.
 - 1936 Jennie Caputo, National Turners, Newark
 - 1937 Consetta Caruccio, Unattached, Baltimore
 - 1938 Margaret Weissmann, New York T.V.
 - 1939 Andrea J. Barbustiak, Swiss Lincoln T.V.
 - 1944 Clara Schroth, Phila. Turners
 - 1945 Clara Schroth, Phila. Turners
 - 1946 Clara Schroth, Phila. Turners
- SIDE HORSE**
- 1931 Roberta C. Ranck, Phila. Turn-gemeinde
 - 1932 Not held
 - 1933 Roberta C. Ranck, Phila. Turn-gemeinde
 - 1934 Mary Conlin, Phila. Turn-gemeinde
 - 1935 Mary Conlin, Phila. Turn-gemeinde
 - 1936 Mary Colin, Phila. Turn-gemeinde
 - 1937 Jennie Caputo, National Turners, Newark
 - 1938 Consetta Carruccio, Germania Turners, Baltimore
- 1939 Andrea J. Barbustiak, Swiss Lincoln T.V.**
- 1941 Pearl Perkins Nightingale, Phila. Turners**
- 1943 Pearl Perkins Nightingale, Phila. Turners**
- 1944 Helm McKee, Phila. Loyal Order of Moose**
- 1945 Marian Twining, Loyal Order of Moose.**
- 1946 Clara Schroth, Phila. Turners**
- FLYING RINGS**
- 1933 Thera Steppich, New York T.V.
 - 1934 Thera Steppich, New York T.V.
 - 1935 Thera Steppich, New York T.V.
 - 1936 Consetta Caruccio, Germania T.V., Baltimore
 - 1937 Mary Conlin, Phila. Turn-gemeinde
 - 1938 Margaret Weissmann, New York T.V.
- 1939 Andrea J. Barbustiak, Swiss Lincoln T.V.**
- 1941 Margaret Weissman, N. Y. Turn Verein**
- 1943 Pearl Perkins Nightingale, Phila. Turners**
- 1944 Helm McKee, Phila. Loyal Order of Moose**
- 1945 Helm McKee, Loyal Order of Moose.**
- 1946 Clara Schroth, Phila. Turners**
- PARALLEL BARS**
- 1931 Roberta C. Ranck, Phila. Turn-gemeinde
 - 1932 Not held
 - 1933 Thera Steppich, New York T.V.
 - 1934 Consetta Caruccio, Germania T.V., Baltimore
 - 1935 Thera Steppich, New York T.V.
 - 1936 Jennie Caputo, National Turners, N. J.
 - 1937 Pearl Perkins, Phila. Turn-gemeinde
 - 1938 Andrea Barbustiak, Monongahela Turners, Pa.
 - 1939 Helen Schifano, National Turners
 - 1941 Pearl Perkins Nightingale, Phila. Turners
 - 1943 Pearl Perkins Nightingale, Phila. Turners
 - 1944 Helm McKee, Phila. Loyal Order of Moose
 - 1945 Marian Twining, Loyal Order of Moose.
 - 1946 Clara Schroth, Phila. Turners
- TUMBLING**
- 1938 Helen Matkowsky, Hermann's Physical Training Inst., Phila.
 - 1939 Vera Tipowitz, Hermann's Physical Training Inst., Phila.
 - 1940 Vera Tipowitz, Hermann's Physical Training Inst., Phila.

- | | |
|---|---|
| 1941 Vera Tipowitz, Hermann's Physical Training Institute, Phila. | 1943 Elsie Carlile, Phila. Turners |
| 1942 Vera Tipowitz, Hermann's Physical Training Institute, Phila. | 1944 Elsie Carlile, Phila. Turners |
| 1943 Bernice Nebelong, Hermann's Phy. Tr. Inst., Phila. | 1945 Margaret Dutcher, Ridgewood H. S. |
| 1944 Bernice Nebelong, Hermann's Phy. Tr. Inst., Phila. | 1946 Margaret Dutcher, Ridgewood H. S. |
| 1945 Leonora Owens, Herrmann's Phy. Tr. Inst., Phila. | |
| 1946 Leonora Owens, Hermann's Phy. Tr. Inst., Phila. | |
| TEAM DRILL | |
| 1941 Panzer College of Physical Education | 1943 Brooklyn, N.Y. Central Gym Team |
| 1944 Panzer College of Physical Education and Hygiene | 1944 Panzer College of Physical Education and Hygiene |
| 1945 Elizabeth Y.W.H.A. | |
| 1946 Panzer College of Physical Education and Hygiene | |
| TEAM CHAMPIONSHIP | |
| 1941 Philadelphia Turners | 1943 Philadelphia Turners |
| 1944 Philadelphia Loyal Order of Moose | 1944 Philadelphia Loyal Order of Moose |
| 1945 Philadelphia Loyal Order of Moose | |
| 1946 Philadelphia Turners | |
- OLYMPIC GAMES**
1936 Team Championship—Germany
- BALANCE BEAM**
- | | |
|------------------------------------|--|
| 1941 Clara Schroth, Phila. Turners | 1941 Philadelphia Turners |
| 1943 Clara Schroth, Phila. Turners | 1943 Philadelphia Turners |
| 1944 Clara Schroth, Phila. Turners | 1944 Philadelphia Loyal Order of Moose |
| 1945 Clara Schroth, Phila. Turners | 1945 Philadelphia Loyal Order of Moose |
| 1946 Clara Schroth, Phila. Turners | 1946 Philadelphia Turners |
- INDIAN CLUBS**
- | | |
|--|--|
| 1941 Roberta Ranck Bonniwell, Loyal Order of Moose | |
|--|--|

Women's Gymnastics

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:

- Gymnastics for women should include elements of skill, grace and rhythm, rather than strength.
- The physique of women should determine the nature of the movements.
- Health shall be protected.
- The list of approved events in which national and district championships shall be held annually, and for which prizes may be awarded follows:

INDIVIDUAL EVENTS

- | | |
|-------------------------|---|
| 1. Parallel Bars (even) | 1 compulsory exercise
1 optional exercise |
| 2. Balance Beam | 1 compulsory exercise
1 optional exercise |
| 3. Flying Rings | 1 compulsory exercise
1 optional exercise |
| 4. Side Horse Vault | 1 compulsory exercise
1 optional exercise |
| 5. Indian Clubs | 1 optional exercise, rhythmic composition of two minutes' duration, moving within an area 12 ft. x 12 ft. |

ALL-AROUND

- All-Around consists of the following events to be contested in order named:

Free Calisthenics	Balance Beam
Side Horse Vault	Flying Rings
Parallel Bars (even)	

TEAM EVENT

- Composition of rhythmical swinging exercises, with or without hand apparatus,* for teams of six to eight gymnasts. Sequence and duration are optional. Selection and composition of exercises are optional. Execution with music or song and costume is optional. The exercise should last from four to five minutes. (See also section on scoring team exercises on succeeding page.)

GENERAL REGULATIONS FOR COMPETITION

- 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.
- The first competitor who demonstrates the exercise shall have the option of repeating the exercise after all the rest of the competitors on that apparatus have performed the prescribed exercises. In such a case, only the second mark shall be credited to her score.
- 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.
- 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.
- Women gymnasts shall wear uniforms consisting of a blouse or top (with or without sleeves) that will tuck into the trunks with a crotch strap attached to the back and fastening in the front thereby holding the blouse down in place. The trunks shall have elastic in the hem line, the legs of which will reach within two inches of the crotch. Gym shoes or pumps must be worn.
- For any points not specifically covered in this section the official rules will govern.

RATING OF DIFFICULTY FOR HORSE JUMPS (Side Horse with Pommels)

Height from floor 95 cm. Jumping board allowed

	Points	Points
1. Squat Vault	3.4	8. Handspring with ¼ turn.....10.0
2. Straddle Vault	5.0	9. Stoop Vault
3. Flank Vault	5.4	10. Window Vault
4. Front Vault	6.0	(Run, jump from one foot overhorse — without touching hands—legs closed and straight forward.)
5. Straddle Vault with ½ turn.....	8.0	
6. Handspring with bent arms.....	8.0	
7. Handspring with straight arms.....	10.0	

PARALLEL BARS (EVEN). The bars shall be one standard set, adjustable height and width, not more than 5 feet 4 inches nor less than 5 feet 1 inch high. Distance between hand rails, 18 inches. Length of hand rails, 10 feet, oval shape.

BALANCE BEAM. 5 meters (16 feet 4 7/8 inches) long; 1.20 meters (3 feet 11 1/4 inches) high; 8 cm. (3 1/8 inches) wide.

FLYING RINGS. Rings at the height of the raised hands. Interior diameter of rings—18 cm. (7 inches); thickness of rings—23 mm. (1 1/8 inches). Rings of polished wood or leather covered.

INDIAN CLUBS. Each club to weigh not less than 9 ounces.

SIDE HORSE (with pommels)—Height to top of horse 95 cm. (3 ft. 1 3/8 inches) to 110 cm. (3 ft. 7 3/8 inches)

JUMPING BOARD—Maximum height 10 cm. (4 inches).

SCORING OF OPTIONAL FREE-STANDING TEAM EXERCISES WITH OR WITHOUT HAND APPARATUS

- Each team exercise may score a maximum of 70 points distributed as follows:
 - Difficulty of execution is credited with 20 points.
 - Beauty of composition and body building value is credited with 20 points.
 - Exactness of execution and the general effect is credited with 30 points.
- Costume for team exercises shall be optional, but no credit is allowed for the costume in judging. Lighting effects are not permitted.

* Such as wands, balls, dumbbells, hoops, rings.

Compulsory Apparatus Exercises for Women

SIDE HORSE VAULT—FOR WOMEN
Submitted by Central Association
Front Vault.

PARALLEL BARS—FOR WOMEN
Submitted by Metropolitan Association

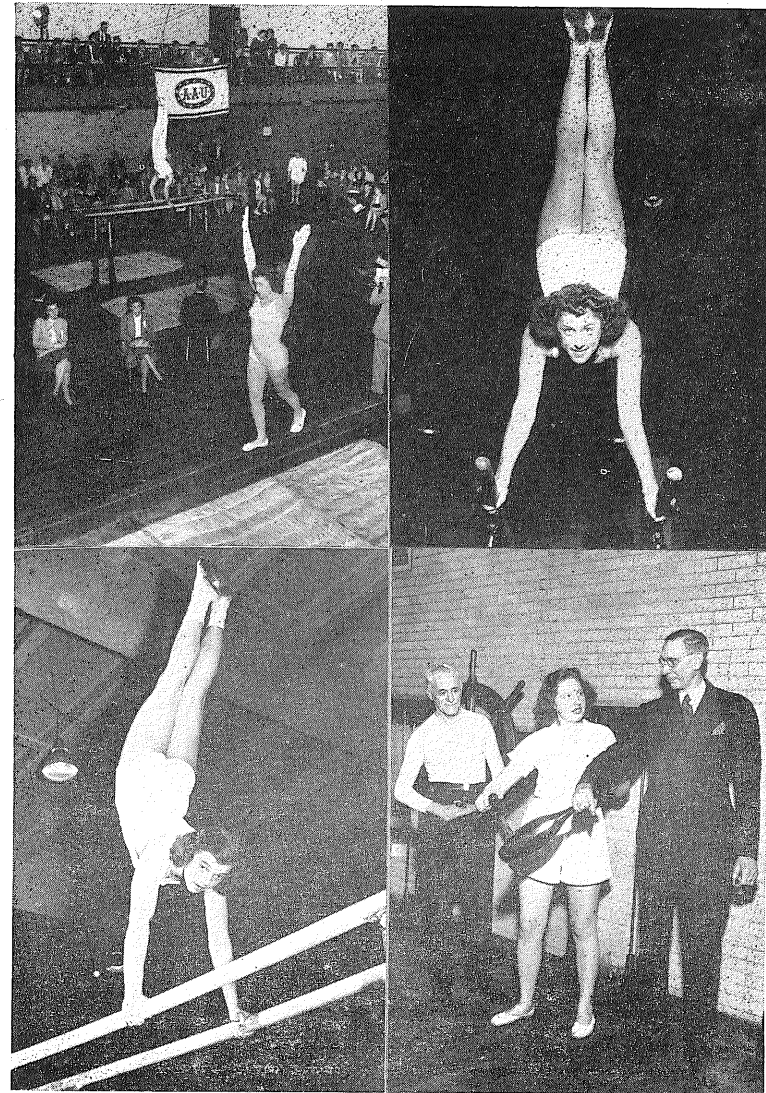
(1) From cross stand frontways, run and jump to upper arm hang; (2) immediately swing legs forward, upward and execute one complete shoulder roll backward to kip position; (3) kip to upper armstand—hold; (4) straighten arms and swing forward in cross support to straddle seat in front of hands; (5) extend arms forward on bars to front lying position and thigh roll forward between the bars and up to a straddle seat in front of hands; (6) close legs and swing backward; (7 and 8) on forward swing of legs, lower body backward to upper arm kip position; extend legs upward, arch body, momentarily releasing both hands and regrasping in upper arm stand (shoulderstand)—hold; (9) straighten arms and swing forward in cross support; (10) swing backward and dismount with front vault over right bar (momentarily shifting left hand to right bar) and half-turn right inward to an outer cross stand (retaining grasp of right bar on landing)—("Wende-Kehre").

FLYING RINGS—FOR WOMEN
Submitted by Middle Atlantic Association

From a stand, grasp rings: Obtain desired swing and at the end of backward swing pull up to a bent arm hang and immediately swing legs forward to a bent inverted balance hang; at the end of forward swing, inlocate into a bent inverted balance hang; at the end of backward swing cut the left leg over left arm and regrasp ring into a bent inverted balance hang; on the forward swing, extend legs to a straight body inverted hang; at the end of backward swing straight body dislocate into an inverted balance hang, lowering the legs and hips backward downward to inlocate hang and dismount at the end of forward swing.

BALANCE BEAM—FOR WOMEN
Submitted by Northeastern Ohio Association

From a sidestand frontways at end of beam: (1) Jump and mount placing left foot between hands and right leg extended straight downward—slight pause; (2) rise to stand on left leg with quarter-turn left (shift weight to right leg), arms swing foreupward to sideward on rise and turn; (3) lower trunk forward to horizontal balance—stand on right leg, left arm upward, right arm backward; (4) straighten trunk, place left toes rear of right foot and half-turn left on both feet, shifting weight to left foot on completion of turn. (Arms move downward past thighs to right arm upward, left arm backward); (5) lower to horizontal balancestand on left leg (right arm upward, left arm backward); (6) bend left leg half deep grasping beam with both hands; (7) straighten trunk, arms sideward, right leg backward; (8) step right forward, lower to horizontal balancestand, arms sideward; (9) bend right leg half deep grasping beam with both hands; (10) rise to stand, arms sideward—slight pause—step left forward with relaxed arm swings downward to forward, step right forward reversing arm swings. Step left and right forward again with same arm swings finishing with arms sideward (tense); (11) half-turn left on both feet (arms remain sideward); (12) raise left knee (bent leg) forward, arms upward, straighten left leg sideward arms sideward, circle left leg forward and step left forward; (13) repeat the four steps forward of Move 10 beginning right (same arm swings); (14) turn right about as in Move 11 (arms sideward—weight on left leg); (15) raise right knee forward arms upward, straighten right leg sideward arms sideward, circle right leg to forward; (16) move arms to upward position, take several small steps forward and cart-wheel dismount left or right to sidestand left or right sideways at end of beam. (Hands rest on beam, feet follow to floor away from beam to closed stand, knees bent, arms sideward, straighten legs and lower arms to side of body.



Top—META NEUMANN, Lincoln Turners, Chicago, on Balance Beam and Parallel Bars. Lower—MARION TWINING, Philadelphia Turners, on Parallel Bars. MARGARET DUTCHER, Ridgewood (N. J.) High School, Club's champion, picks up a few pointers from her dad, who won U. S. title thirteen times, and from national champion ED HENNIG, ten-time winner of the event.

NATIONAL A.A.U. GYMNASTIC CHAMPIONSHIPS—WOMEN

Held at the New York Athletic Club, May 4, 1946

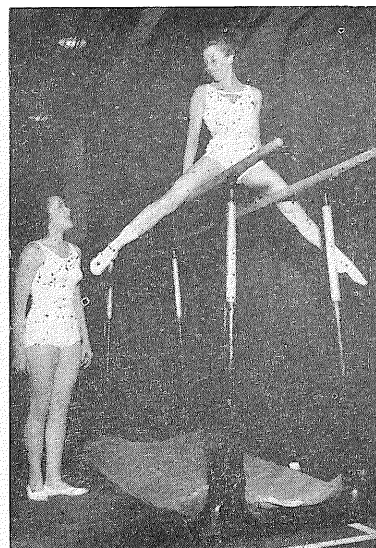
		points
Calisthenics		
1	Clara Schroth, Philadelphia Turners	29.0
2	Helen Schifano, Elizabeth Turners	28.6
3	Helm McKee, Philadelphia Turners	28.3
Side Horse Vault		
1	Helen Schifano, Elizabeth Turners	52.5
2	Clara Schroth, Philadelphia Turners	52.3
3	Marian Twining, Philadelphia Turners	50.6
Balance Beam		
1	Clara Schroth, Philadelphia Turners	57.3
2	Helen Schifano, Elizabeth Turners	56.4
3	Anna Hoog, New York Turn Verein	54.5
Flying Rings		
1	Clara Schroth, Philadelphia Turners	55.3
2	Meta Neumann, Lincoln Turners	54.8
3	Helm McKee, Philadelphia Turners	54.8
4	Helen Schifano, Elizabeth Turners	53.8
Parallel Bars		
1	Clara Schroth, Philadelphia Turners	56.2
2	Helen Schifano, Elizabeth Turners	55.7
3	Meta Neumann, Lincoln Turners	55.6
Indian Clubs		
1	Margaret Dutcher, Ridgewood High School	27.4
2	Roberta R. Bonniwell, Philadelphia Turners	26.6
3	Kay Geary, Philadelphia Turners	24.4
Tumbling		
1	Leonora Owens, Herrmann's Physical Training Inst.	28.2
2	Marie Armstrong	25.3
3	Veronica Windish	22.7
Team Drill		
1	Panzer College of Physical Education & Hygiene	
2	Elizabeth Y.W.H.A.	
3	Philadelphia Turners	
All-Around		
1	Clara Schroth, Philadelphia Turners	250.1
2	Helen Schifano, Elizabeth Turners	247.0
3	Meta Neumann, Lincoln Turners	239.8

ALLEGHENY MOUNTAIN ASS'N A.A.U. GYMNASTIC CHAMPIONSHIPS

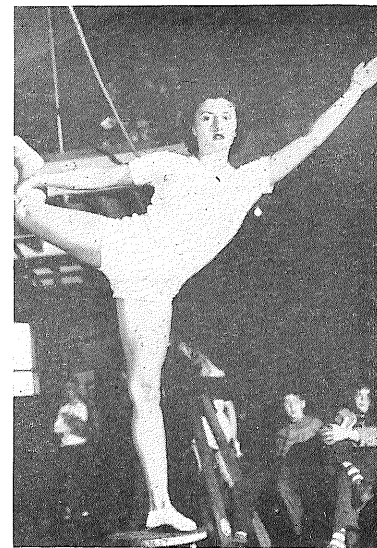
Held at Downtown Y.M.C.A., Pittsburgh, Pa., April 13, 1946

SENIOR WOMEN

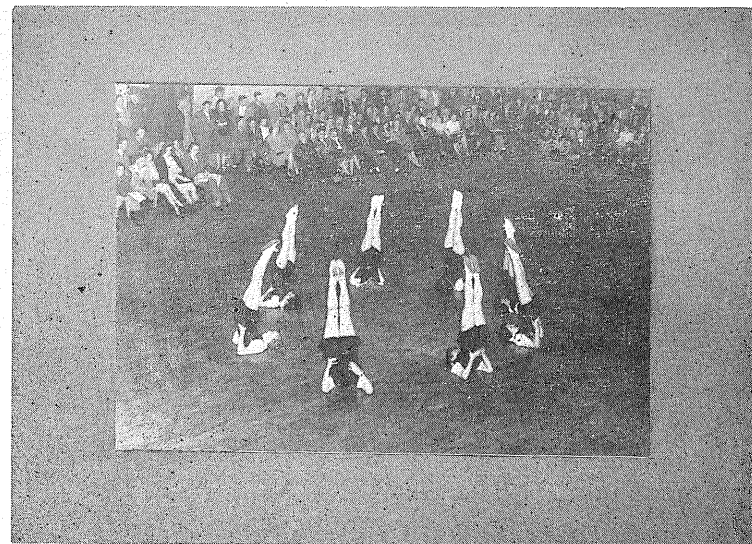
		points
Free Calisthenics		
1	Gayle Schupay, Monaca Turners	277
2	Helen Coma, McKeesport Turners	198
Side Horse		
1	Gayle Schupay, Monaca Turners	246
2	Helen Coma, McKeesport Turners	235
Side Buck		
1	Gayle Schupay, Monaca Turners	243
2	Helen Coma, McKeesport Turners	193
Parallel Bars		
1	Gayle Schupay, Monaca Turners	250
2	Helen Coma, McKeesport Turners	220
All-Around		
1	Gayle Schupay, Monaca Turners	1,016
2	Helen Coma, McKeesport Turners	846
Team Competition		
1	Monaca Turners	25
2	McKeesport Turners	15



CLARA SCHROTH
Philadelphia Turners. Winner of Four Titles,
including All-Around.



ANNA HOOG
New York Turn Verein, Metropolitan Title
Holder and Third Place Winner on Balance
Team.



Panzer College of Physical Education and Hygiene Team Drill Champions

ALLEGHENY MOUNTAIN ASS'N A.A.U. GYMNASTIC CHAMPIONSHIPS

Held at Downtown Y.M.C.A., Pittsburgh, Pa., April 13, 1945

JUNIOR WOMEN

		points
Free Calisthenics		
1	Margaret Marconi, Monongahela Turners	255
2	Elaine Ralish, Monaca Turners	252
3	Marcia Kohn, Monongahela Turners	244
4	Jean Howe, Monongahela Turners	242
Side Horse		
1	Lois Hess, Ambridge Turners	247
2	Margaret Marconi, Monongahela Turners	246
3	Marcia Kohn, Monongahela Turners	227
4	Wilma Fletcher, Charleroi Turners	224
Side Buck		
1	Margaret Marconi, Monongahela Turners	269
2	Wilma Fletcher, Charleroi Turners	247
3	Jean Howe, Monongahela Turners	226
4	Marcia Kohn, Monongahela Turners	219
Parallel Bars		
1	Margaret Marconi, Monongahela Turners	245
2	Elaine Ralish, Monaca Turners	238
3	Jean Howe, Monongahela Turners	230
4	Lois Hess, Ambridge Turners	227
All Around		
1	Margaret Marconi, Monongahela Turners	1,015
2	Jean Howe, Monongahela Turners	918
3	Wilma Fletcher, Charleroi Turners	904
4	Marcia Kohn, Monongahela Turners	880
Team Competition		
1	Monongahela Turners	57
2	Monaca Turners	14
3	Charleroi Turners	11
4	Ambridge Turners	10
5	McKeesport Turners	2

CENTRAL ASS'N A.A.U. GYMNASTIC CHAMPIONSHIPS

Held at the University of Chicago Bartlett Gymnasium, April 20, 1946

SENIOR WOMEN

		points
All-Around		
1	Meta Neumann, Lincoln Turners	61.25
2	Erna Wachtel, Lincoln Turners	52.50
Parallel Bars		
1	Meta Neumann, Lincoln Turners	19.00
2	Erna Wachtel, Lincoln Turners	15.25
Rings		
1	Meta Neumann, Lincoln Turners	24.50
2	Erna Wachtel, Lincoln Turners	19.25
Side Horse		
1	Erna Wachtel, Lincoln Turners	18.00
2	Meta Neumann, Lincoln Turners	17.75
Tumbling		
1	Bernice Stunar, Rozanas School	13.50
2	Dawn Pfeiffer, University of Chicago	12.00
3	Lou Lambert, University of Chicago	11.50
Team Championship		
1	Lincoln Turners	48.00

JUNIOR WOMEN

		points
All-Around		
1	Wilma Landry, Lincoln Turners	64.00
2	Ruth Goecke, Lincoln Turners	55.50
3	Julia Boyd, University of Chicago	55.25
Parallel Bars		
1	Claire Brusenbach, Chicago Turners	24.50
2	Wilma Landry, Lincoln Turners	24.25
3	Ann Ramsey, Lincoln Turners	22.25
Rings		
1	Wilma Landry, Lincoln Turners	23.25
2	Ruth Goecke, Lincoln Turners	22.75
3	Loretta Janda, Sokol Tabor	21.00
Side Horse		
1	Grace Reuter, University of Chicago	17.25
2	Julia Boyd, University of Chicago	17.25
3	Holly Taylor, University of Chicago	16.75
3	Persis Burns, University of Chicago	16.75
Tumbling		
1	Dolly Burnett, Rozanas School	12.50
2	Jeannette De Jonge, Rozanas School	11.50
3	Vera Safranek, Sokol Tabor	10.75
Team Championship		
1	Lincoln Turners	42 5/6
2	University of Chicago	19 5/6
3	Chicago Turners	10 1/3

METROPOLITAN ASS'N A.A.U. GYMNASTIC CHAMPIONSHIPS

Held at D. A. Turn Verein, Inc., 412 E. 158th St., Bronx, N. Y., March 9, 1946

JUNIOR

		points
Side Horse		
1	Hermina Rudolph, N. Y. Turn Verein	54.0
2	Irene Zeuner, N. Y. Turn Verein	52.2
3	Edith Kalb, N. Y. Turn Verein	52.1
Parallel Bars		
1	Marion Kestler, D. A. Turn Verein	53.9
2	Edith Kalb, D. A. Turn Verein	52.5
3	Dorothy Eichele, N. Y. Turn Verein	48.8
Flying Rings		
1	Irene Zeuner, N. Y. Turn Verein	52.5
2	Dorothy Eichele, N. Y. Turn Verein	48.5
3	Alice Zimmer, N. Y. Turn Verein	48.3
Balance Beam		
1	Dorothy Eichele, N. Y. Turn Verein	55.8
2	Irene Zeuner, N. Y. Turn Verein	53.6
3	Alice Zimmer, N. Y. Turn Verein	53.2
All-Around		
1	Irene Zeuner, N. Y. Turn Verein	231.1
2	Dorothy Eichele, N. Y. Turn Verein	230.6

NORTHEASTERN OHIO ASS'N A.A.U. CHAMPIONSHIPS

Held at American Turners, Cleveland, Ohio, April 20, 1946

WOMEN—NOVICE

HORSE	
1. Splete, Jane, C.E.S.T.	56.1
2. McGinty, K., Swiss	55.7
3. Horvath, Delores, Swiss	55.2
4A. Lienhard, Gertrude, Swiss	54.1
4B. Zuercher, V., Swiss	54.1

BARS

1. Splete, Jane, C.E.S.T.	55.3
2. Macyoukas, A., C.E.S.T.	54.8
3. Zuercher, Va., Swiss	52.9

BEAM

1. Macyoukas, Al., C.E.S.T.	53.7
2. Horvath, D., Swiss	53.6
3. McGinty, K., Swiss	53.4
4. Zuercher, Va., Swiss	48.7

RINGS

1. Macyoukas, A., C.E.S.T.	56.8
2. Splete, Jane, C.E.S.T.	54.4

Team Points—Novice

C.E.S.T.	49
Swiss	32

WOMEN—SENIOR

HORSE	
1. Pagel, Ethel, C.E.S.T.	55.5
2. Gilchrist, Ruth, C.E.S.T.	54.2
3. Wagner, Jean, C.E.S.T.	52.9

BARS

1. Pagel, Ethel, C.E.S.T.	56.5
2. Gilchrist, Ruth, C.E.S.T.	56.0
3. Wagner, Jean, C.E.S.T.	53.1

BEAM

1. Wagner, Jean, C.E.S.T.	56.8
2. Gilchrist, Ruth, C.E.S.T.	55.1
3. Pagel, Ethel, C.E.S.T.	43.9

RINGS

1. Pagel, Ethel, C.E.S.T.	57.9
2. Gilchrist, Ruth, C.E.S.T.	57.5
3. Wagner, Jean, C.E.S.T.	54.9

Team Points—Open

C.E.S.T.	75
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SOUTHERN ASS'N CHAMPIONSHIPS

Held at the New Orleans A. C., April, 1946

GIRLS EVENTS

DRILL—Won by Jefferson High School, Metairie.

TUMBLING—Won by Patsy Klein, DeVilro School of Dancing.

SOUTHWESTERN ASS'N OPEN GYMNASTIC CHAMPIONSHIPS

Held at the Dallas Athletic Club, April 27, 1946

SENIOR TUMBLING

1. Grace Buckley, Ft. Worth Rec. Dept.	23.25
2. Elsa Baker, Dallas, A. C.	17.00
3. Joanne Slocum, Dallas, A. C.	16.75

JUNIOR TUMBLING

1. Beverly Newby, Dallas, A. C.	17.25
2. Jacqueline Johannes, Dallas, A. C.	16.50
3. Barbara J. Galleher, Dallas, A. C.	15.50

MIDDLE ATLANTIC A.A.U. GYMNASTIC CHAMPIONSHIPS

Held at Germantown Y.M.C.A., March 27, 1946

SENIOR WOMEN

Parallel Bars	points
1. Marion Twining, Philadelphia Turners	562
2. Clara Schroth, Philadelphia Turners	555
3. Helm McKee, Philadelphia Turners	530

Held at Philadelphia Turners, April 25, 1946

All-Around	points
1. Clara Schroth, Philadelphia Turners	1,691
1. Marion Twining, Philadelphia Turners	1,691
3. Helm McKee, Philadelphia Turners	1,686
4. Kay Geary, Philadelphia Turners	1,607

AMERICAN SOKOL ORGANIZATION (SOKOL CENTRAL DISTRICT) CHAMPIONSHIPS

Held at Chicago, Ill.

SENIOR DIVISION

Individual Competition:

1. Jarmila Krizenecky, S. Chicago	59.00
2. Helen Spicak, S. Chicago	58.75
3. Mildred Vesely, S. Chicago	58.25

INTERMEDIATE DIVISION

Team Competition:

1. Sokol Chicago	310.00
2. Sokol Tabor	295.75

Individual Competition:

1. Sylvia Skorepa, S. Havl. Tyrs	59.25
2. Frieda Pardubsky, S. Chicago	59.00
3. Milada Benisek, S. Chicago	58.75

LOWER DIVISION

Team Competition:

1. S. Havlicek Tyrs I.	314.00
2. S. Havlicek Tyrs II.	304.25
3. S. Stickney	302.50

Individual Competition:

1. Frances Marsalek, S. Havl. Tyrs	59.7
2. Loraine Likas, Havl. Tyrs	59.25
3. Emily Krajcovic, S. Havl. Tyrs	58.75
Blanche Adamec, S. Havl. Tyrs	
Eleanor Navratil, S. Town of Lake	

HIGHER DIVISION JUNIOR GIRLS

Team Competition:

1. Sokol Tabor	303.75
2. Sokol Havlicek Tyrs	303.25
3. Sokol Town of Lake	295.50

Individual Competition:

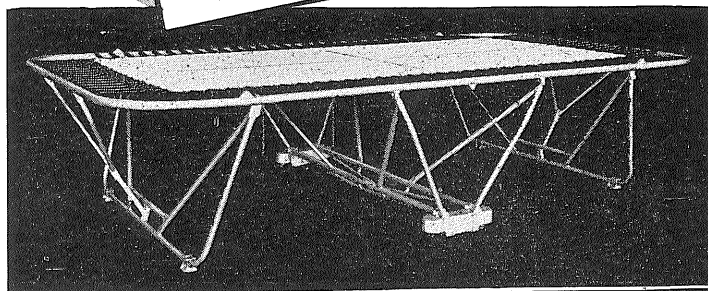
1. Vera Matejovec, S. Havl. Tyrs	58.50
2. Geraldine Garnecky, S. Chicago	58.50
2. Loretta Janda, S. Tabor	58.25
3. Jarmila Zemanek, S. Tabor	58.00

ACKNOWLEDGMENT

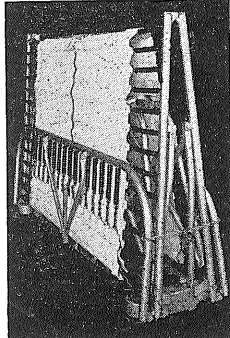
We are indebted once again to Bill Taylor of the Swiss Gymnastic Society of Union City, National A.A.U. Side Horse Champion for the years 1934, 1935 and 1941 for his splendid cooperation in illustrating the 1946 compulsory exercises for both men and women.

Likewise, thanks are due George Gulack, 1932 Olympic Rings Champion, Frank Haubold, three time Olympian and Henry Schroeder of the New York Turn Verein for their help in checking the compulsory exercises.

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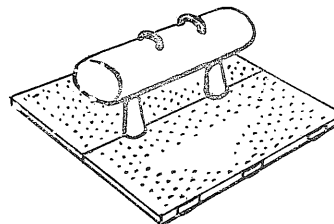


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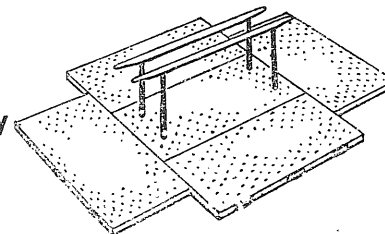


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