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THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

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## Official NCAA Gymnastic Rules

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# Official NCAA Gymnastics Rules

## APPLICATION OF THESE RULES

All sections of these rules, unless otherwise specified, shall directly apply and govern collegiate dual meets, inter-conference meets, conference championship meets, and the National Collegiate Championship Meet.

## RULE 1—OFFICIAL PROGRAM

**National Collegiate Championships** SECTION 1. The National Collegiate Championships shall be conducted in two consecutive days. In the first day's preliminary meet, the meet will be divided into two sessions. The preliminary competition will determine the eight individual finalists in each event except the All-Around, the final All-Around standings, and the final team standings. In the individual events all ties for eighth place will also advance to the final day's competition. The second day's competition will determine the final individual places in each event. The second day's competition will consist of one session.

Only those men who have qualified in regional championships may attend the National Collegiate Championships. There will be no substitutions for qualifiers in the individual events even in the case of an injury. An All-Around competitor may not compete for place in an event in which he did not qualify in his region. Men from teams competing for the team championship are not eligible for places in the individual championship events unless they are also one of the regional qualifiers in the event.

**Four Regions** SECTION 2. *Article 1.* For purposes of qualifying men and teams for the National Collegiate Championship meet, the eight NCAA Districts are grouped into the following regions: East and South Region—composed of NCAA Districts one, two and three; Mid-East Region—composed of NCAA District four; Mid-West Region—composed of NCAA Districts five, six and seven; West Region—composed of NCAA District eight. (For further information concerning the NCAA Districts see the *NCAA Constitution and By-Laws.*)

*Article 2.* Each of the regions listed above shall qualify three teams which may advance to the National Collegiate Championships.

*Article 3.* Each of the four regions will also qualify eight men for the National Collegiate Championships in each of the individual events with the exception of the All-Around. In the All-Around event, four men will qualify from each region for the NCAA Individual championships. Ties in any of the above positions shall not be broken.

NOTE—A competitor, in order to qualify, must earn one of the top eight scores in each event, or one of the top four All-Around scores.

**Meet Rotation** SECTION 3. *Article 1.* Considerations in choosing a host institution for the National Collegiate Championship meet are:

- Capability of the host institution to handle the budget satisfactorily.
- The experience of the host institution's gymnastics coach.
- Rotation of the meet within the district if possible.
- The possibility of good spectator attendance.
- Stimulation of interest in an area where the sport needs such stimulation.
- A stated preference of schools within the area.

- g. The bidding school shall make certain that no other event of major importance is scheduled for the week-end of the National Championships.

**Article 2.** The rules committee should always keep the meet rotation specific and incorporate it each year in the rules. If there is no acceptable bid from the district specified, the next district in order of rotation will be given the first opportunity to make a bid. When the district of the first choice district fails to bid, they do not lose their regular rotation. If the third or fourth choice district takes the meet, the second choice district is nevertheless eligible in the regular order of rotation and the rewrite of the rules shall incorporate this change each year.

**Article 3.** Bids for the site of the National Collegiate Championship shall be required two years in advance of the meet. Also, the date of this championship shall be determined two years in advance.

**Article 4.** The National Collegiate Championship meet is to be held the first weekend in April (Thursday through Saturday), except in the event of a holiday.

**Article 5.** The host institution of the National Collegiate Championships shall submit a financial budget and receive approval by the chairman of the rules committee at the rules committee meeting one year in advance of the National Collegiate Championships.

**Article 6.** To be eligible to hold an NCAA Championship meet, the coach of the institution that is bidding must be present for this bid to be acted upon. It must be in writing and conform to the regulation governing the conduct of NCAA events in Section II.

**Article 7.** Rotation for 1967 to 1971:

- 1967—Mid-East - To be held at the University of Minnesota, March 31 and April 1.  
 1968—Mid-West (Bids accepted from Brigham Young U. and Air Force Acad.)  
 1969—West  
 1970—East  
 1971—Mid-East

#### Eligibility

**SECTION 4.** Each participant in the National Collegiate Gymnastics Championships must be eligible under the rules of (1) his own institution; (2) the intercollegiate athletic conference of which his institution is a member (if such affiliation is held), and (3) the NCAA. The eligibility rules of the NCAA are set forth in Article IV of the Associations' By-Laws.

### RULE 2—DUAL MEET COMPETITION

**Order of Competition** **SECTION 1.** The events in order of competition for a dual meet shall be as follows: Floor Exercise, Side Horse, Trampoline, High Bar, Long Horse, Parallel Bars and Rings. No warm-ups on meet apparatus shall be allowed after the start of the meet.

**SECTION 2.** Gymnasts from both teams shall be alternated in the events. The visiting team shall compete last in Floor Exercise, Trampoline, Long Horse, and Rings. The host team shall compete last in Side Horse, High Bar and Parallel Bars.

#### Team—Number of Entries

**SECTION 3.** In dual meets, each team shall be limited to a maximum of four entries per event. Before the meet begins one man must be designated as an All-Around contestant. If this designated All-Around man fails to compete in any olympic event for any reason the team is then limited to a maximum of three entries in that event. An additional man may be entered in an unlimited number of events. All other team members are limited to a maximum of three events.

#### Team Score

**SECTION 4.** The best three scores for each team in each event are added to determine the team's score for that event. The event scores are added to determine the final team score.

#### Changes in Lineup Judges and Officials

**SECTION 5.** In dual meet competition, changes in the lineup shall be allowed in any event provided the changes are made before the start of that individual event.

**SECTION 6.** In dual meets, there shall be four judges, one of which shall be designated as the superior judge. In case of an emergency, less than four judges may be used and their scores shall be averaged. Officials to be used in a dual meet must be agreed upon by the participating coaches.

#### Judges Duties

**SECTION 7.** The duties of each judge shall be to know thoroughly the rules and regulations for the apparatus, competition and scoring, and to score each exercise of each event separately without consultation unless ordered by the superior judge. They shall place themselves around the apparatus at the four corners whenever possible except for the Long Horse. On the Long Horse, the judges will place themselves in such a way that two of them can observe the vault frontways and particularly the trajectory. The other two will concentrate especially on the first phase of the vault.

### RULE 3—REGIONAL CHAMPIONSHIP MEETS

#### Qualifying For National Championship

**SECTION 1.** Each of the four regions as outlined in Rule 1, Section 2, Article 1, shall hold a regional championship meet. The best eight scores in each event, the four best scores in the All-Around event, and the three best team scores shall qualify in this regional competition to advance to the National Collegiate Championships.

#### Events

**SECTION 2.** The events to be contested in the regional championships include Floor Exercise, Side Horse, Trampoline, High Bar, Long Horse, Parallel Bars, Rings and All-Around. All-Around consists of all of the events except the Trampoline. Each competitor shall perform one routine or exercise in each event in which he is entered except for the Long Horse.

**SECTION 3.** The format of the regional preliminaries and finals should attempt to conform to the format of the National Collegiate Championships. (See Rule 4, Sec. 1 & 2.) The regional rules committee member shall be responsible for the regional meet. The draw will be determined by the coaches of the four regions. If there are sufficient competitors and teams, it is recommended that the NCAA championship format be used. If entries are small, the meet may be conducted with two groups of judges and the two events be conducted at one time. If two events are run simultaneously, the events would be grouped as follows:

<i>First Set</i>	<i>Second Set</i>	<i>Third Set</i>	<i>Fourth Set</i>
Floor Exercise and Side Horse	Trampoline and High Bar	Long Horse and Parallel Bars	Rings

**Team—Number of Entries** SECTION 4. Teams entered in regional competition shall be subject to the same limitations as previously given in Rule 2, Section 3, for their team score. However, additional men may be entered in the individual events to qualify for the NCAA Championships, but in no case will there be more than five men in each event and three men in the All-Around from one team. The team lineup must be presented before the competition begins.

**Team Score** SECTION 5. *Article 1.* The scores earned by the top three men from each team in each event shall be added together to determine the team score for that event. The event scores excluding the All-Around shall be added to determine the final team score.

*Article 2.* An individual's scores on the six olympic events shall be added to yield the individual's All-Around score. The gymnast does not have to complete all six events to receive an All-Around score.

*Article 3.* Scores for any given single performance will be determined as in Rule 5.

*Article 4.* The places won by the finalists in each event (except the All-Around) shall be determined by averaging the final score in the preliminaries and the final score in the finals, i.e., if a performer scores an 8.8 in the preliminaries and a 9.2 in the finals, his score will be 9.0 and he will place below a man who scores 9.0 in the preliminaries and a 9.1 in the finals.

**Judges—Duties** SECTION 6. *Article 1.* There shall be four judges for every event in championship meets, one of which will be designated as the superior judge. The duties of each judge shall be to thoroughly know the rules and regulations for apparatus, competition, scoring, and to score each exercise of each event separately and without consultation unless ordered by the referee. The FIG "Code of Points" will be used with few modifications. Local judging associations are encouraged to evaluate their judges through examinations and certification requirements.

*Article 2.* There shall be a referee who sees that the apparatus conforms to all specifications, to act as an authority in case of dispute, to report all irregularities to the governing body under whose auspices the contest is held, and to be responsible for enforcement of all rules and regulations. The referee shall be the rules committee member or members from that region.

*Article 3.* In regional championship meets, the games committee shall consist of the NCAA rules committee member of that region, and members of a local rules committee appointed by the NCAA rules committee member. The local rules committee shall make decisions regarding the selection and assignment of officials, apparatus to be used, meet set-up, entries and the draw.

## RULE 4—THE NATIONAL COLLEGIATE CHAMPIONSHIP MEET

**Events** SECTION 1. The events to be contested in the National Collegiate Championships include Floor Exercise, Side Horse, Trampoline, High Bar, Long Horse, Parallel Bars, Rings and All-Around. The All-Around event consists of all of the events except the Trampoline. Each com-

petitor shall perform one routine or exercise in each event in which he is entered except the Long Horse.

### Preliminary Session

SECTION 2. *Article 1.* The three regional teams from each region and the top eight individuals from each region shall be grouped for the preliminary session in the following way: Section A will include the Championship team from the East region, the runner-up team from the Mid-East region, the third place team from the Mid-West region, and the remaining individuals from the East region. Section B will include the winning team from the Mid-East region, the runner-up team from the Mid-West region, the third place team from the West region and the remaining individuals from the Mid-East region. Section C will include the winning team from the Mid-West region, the runner-up team from the West region, the third place team from the East region, and the remaining individuals from the Mid-West region. Section D will include the winner of the West region, the runner-up team from the East region, the third place team from the Mid-East region and the remaining individuals from the West region.

*Article 2.* These groups will compete together throughout the preliminary sessions moving from event to event. Each team will compete its members consecutively on each event, and the individuals from an area who are not on a team will compete with the winning team from that region.

*Article 3.* Listed below are the rotation schedules for the two preliminary sessions: (There will be a ten-minute warm-up period between each event.)

<i>Friday</i>			
<b>1:00</b>	<b>1:40</b>	<b>2:20</b>	<b>3:00</b>
1. Floor Exercise	Side Horse	High Bar	Bye
2. Side Horse	High Bar	Bye	Floor Exercise
3. High Bar	Bye	Floor Exercise	Side Horse
4. Bye	Floor Exercise	Side Horse	High Bar
	<b>3:40—</b>	Trampoline	
<b>7:30</b>	<b>8:10</b>	<b>8:50</b>	<b>9:30</b>
4. Bye	Long Horse	Parallel Bars	Rings
3. Long Horse	Parallel Bars	Rings	Bye
2. Parallel Bars	Rings	Bye	Long Horse
1. Rings	Bye	Long Horse	Parallel Bars

*Article 4.* The section as described in article one above containing the host regions champion shall compete in rotation number one. The section containing the champion of the next region shall compete in rotation number two, the section containing the champion of the next region shall compete in rotation number three, and finally, the section containing the team champion of the farthest region shall compete in rotation number four. If for instance, the host region was the Mid-East they would compete in the number one rotation, the Mid-West number two, the West number three, and the East would compete in the number four rotation.

*Article 5.* In each section as described in article one above there shall be a consistent internal order of competition. The team from the host region along with the individuals from that region who are not part of a team shall compete first in the first event, they shall be followed by the runner-up team from the next region in the first event, and finally the regional third place team in the group shall compete in the first event. For the next event the order will be rotated, and so on until all of the teams have had to compete first. This procedure will be followed for both the afternoon and the evening session. This procedure shall include the Trampoline event.

*Article 6.* The published order of events shall be followed in all collegiate gymnastics competitions.

**Finals** SECTION 3. The eight finalists in each event (except the All-Around) as determined by the scores in the preliminary meet, will receive their competitive order in the finals in reverse order of their placings in the preliminary meet (the man with the highest score competes last). There will be no substitution even in the case of injury for the eight highest scores in each event. The finals shall be conducted one event at a time. No warm-ups on the meet apparatus will be allowed after the start of the meet.

SECTION 4. For purposes of determining the national team champion a team is subject to the same limitations as in a dual meet as previously described in Rule 2, Section 3. The team line-up must be presented before the competition.

**Team Scores** SECTION 5. *Article 1.* The scores earned by the top three men in each event in the preliminary meet will be added together to determine the team score for that event. The event scores excluding the All-Around event will be added to determine the final team score. The team with the highest total following the preliminary competition on the seven events shall be declared the National Collegiate Team Champion.

*Article 2.* Regional All-Around qualifiers will receive their final placings in the preliminary session. Scores earned by each individual on each of the six olympic events shall be added together to determine the final All-Around score. The All-Around competitor does not have to complete all six events to receive an All-Around score.

*Article 3.* Scores for any given performance will be determined as in Rule 5. The places won by the finalist in each event (except the All-Around) shall be determined by averaging the final score in the preliminaries and the final score in the finals, i.e., if a performer scores an 8.8 in the preliminaries and a 9.2 in the finals, his score will be 9.0 and he will place below a man who scores 9.0 in the preliminaries and 9.1 in the finals.

**Awards** SECTION 6. The following awards will be made in the National Collegiate Championships: Trophies for the first, second and third place teams. Medals for each member of the first, second and third place teams. Only those team members who actually compete in the championships shall receive medals, and in any case the number shall not exceed fifteen. A plaque for the winners of each event contested, eight silver medals for second place winners, and 32 bronze medals for third through sixth place winners. Duplicate awards will be made in case of ties.

**Judges and Officials** SECTION 7. *Article 1.* In the preliminary session there shall be four judges per event one of which shall be designated as the superior judge. There shall be twelve judges for the preliminary session, three from each region. Not more than two officials from any one area may be assigned to any one event during the preliminaries.

*Article 2.* During the finals there shall be four judges for each event plus another judge designated as the superior judge. The officials doing the main scoring in the finals (not the superior judge) shall come from each of the four areas. (One judge from each area for each event.)

*Article 3.* There will be fifteen dollars per diem for four days, fifty dollars fees, and travel expenses for NCAA meet judges.

*Article 4.* The selection and assignment to events of judges will be made by the NCAA rules committee. Rules committee members will be personally responsible for the selection of officials from their regions for this meet.

*Article 5.* The duties of each judge shall be to thoroughly know the rules and

regulations for apparatus, competition, and scoring, and to score each exercise of each event separately and without consultation unless ordered by the referee. The FIG "Code of Points" with few modifications shall be used.

*Article 6.* The referee shall be the chairman of the rules committee. His duties include acting as authority in case of dispute, seeing that the apparatus conforms to all specifications reporting all irregularities to the governing body under whose auspices the contest is held, and to be responsible for the enforcement of all rules and regulations.

*Article 7.* The rules committee shall make decisions regarding the selection and assignment of officials, meet set-up entries and the draw. The final authority for the selection of apparatus rests with the rules committee.

*Article 8.* For National Collegiate Championship meets, the games committee shall consist of the host coach as chairman, the director of athletics at the institution where the meet is being held, and the chairman of the NCAA Gymnastics Rules Committee.

*Article 9.* The secretary of the rules committee shall act as the official clearing house for all committee correspondence.

## RULE 5—GENERAL RULES OF COMPETITION

### Awarding of Points

SECTION 1. For all events, the judges shall award scores on the basis of 10.0 for a perfect routine. The 10.0 points are awarded as follows: for difficulty 3.4 points, for combination 1.6 points, and for execution 5.0 points. The FIG system will be followed with modifications.

### Judges

SECTION 2. Four judges shall be used per event. The scorers shall note on score sheets the marks of each judge, and then eliminate the highest and lowest marks, using the average of the two intermediate marks for the valuation of the performance. If the marks of the judges on one routine are 9.6, 8.9, 8.7, 8.6, the highest mark (9.6) and the lowest mark (8.6) are discarded and the two intermediate marks of 8.9 and 8.7 are averaged, making the valuation of the routine 8.8. In the event that there are two or more identical high marks, only one will be discarded. The same applies to low marks. The judges' written and personal score sheet is the official score.

SECTION 3. The differences between the two middle scores must not exceed:

- 0.2 if the average is 9.5 or more.
- 0.3 if the average is between 8.5 and 9.45.
- 0.5 if the average is between 7.0 and 7.45.
- 1.0 in all other cases.

SECTION 4. *Article 1.* An exercise must be composed of parts and movements typical and proper for the corresponding apparatus. (See Rule 6.)

*Article 2.* Each exercise must end with an effective dismount. The value of the dismount must correspond with the rest of the exercise.

*Article 3.* The essential parts must be connected with elegance and without additional swings. Repetitions and parts too easy in relation to the standard of the difficulty must be avoided.

*Article 4. Penalizing of the Combination.*

- Combinations and movements of the wrong type, deductions each time 1-3/10.
- For each intermediate swing, 3-5/10.

- c. If the exercise does not end with an effective dismount corresponding to the difficulty of the rest of the exercise, 1-3/10.
- d. For each part or connecting part without value or for excessive repetition, 1-3/10.
- e. Going over or under the time limit for the Floor Exercise will be penalized as follows:
- (1)  $\pm 2$  seconds - 1/10
  - (2)  $\pm 5$  seconds - 2/10
  - (3)  $\pm 9$  seconds - 3/10
  - (4)  $\pm$  more than nine seconds - 5/10
- f. Stepping out of the Floor Exercise area will be penalized as follows:
- (1) touching the outside area with a part of the body, each time - 1/10
  - (2) touching the outside area with both feet or both hands - 2/10
  - (3) sitting, kneeling or lying outside the area, each time - 3/10
- g. Maximum penalty for combination - 1.6 points.

**Difficulty**

SECTION 5. *Article 1.* To obtain the maximum score, in all events except the Long Horse vaulting, the routine must be composed of at least:

- a. Six principle parts - A parts (worth of each A 0.2).
- b. Four parts of difficulty - B parts (worth of each B 0.4).
- c. One part of superior difficulty - C part (C part worth 0.6).
- d. For the difficulty score, the deductions cannot exceed 3.4 points.

*Article 2.* If a C part is replaced by a B part, the difficulty score will be decreased by 0.2 points. The maximum score would be 9.8 points. An extra C part can replace a missing B part. The same applies for B parts replacing A parts.

*Article 3.* When a gymnast presents an exercise which comprises many faults and breaks and the exercise does not permit any rating of the difficulty (because of too many breaks, etc.) the judges will not take into account the maximum of 3.4 points. The following ratings will be used:

- a. For  $\frac{3}{4}$  of an exercise, maximum - 7.5 points.
- b. For  $\frac{1}{2}$  of an exercise, maximum - 5.0 points.
- c. For  $\frac{1}{4}$  of an exercise, maximum - 2.5 points.

*Article 4.* The judges must bear in mind that difficulty may exist in essential parts and combinations.

*Article 5.* An exercise which presents great risks, originality and difficult connecting parts (transitions) will be less severely judged for small execution faults than the exercise which is lacking originality, virtuosity and risk.

*Article 6.* The combinations and difficulty of the exercise must correspond with the capability of the competitor. An exercise which is executed with great visible effort or which is insufficiently mastered, must be severely penalized. In artistic gymnastics, a gymnast must show that he is the master of his body and his movements, and that he can complete his exercise with grace, ease, and sureness.

SECTION 6. Each competitor shall perform one routine or exercise in each event in which he is entered except for the Long Horse event.

SECTION 7. *Article 1.* A contestant leaving hold of the apparatus, falling from the apparatus, does not necessarily terminate his exercise. The gymnast may remount without delay (up to 30 seconds) and continue his exercise from the point where it was interrupted, with the automatic deduction of 1.0 points. During the thirty-second period, the gymnast is free to do whatever he wants; if, however, the exercise is not continued after thirty seconds, it is considered

terminated and the scoring will be based solely on the movements executed. The gymnast should be informed after 10, 20 and 30 seconds.

*Article 2.* The deductions are as follows:

- a. Interruption of the exercise on Side Horse and Parallel Bars by touching the floor with the feet without letting go of the bars or pommels - 8/10.
- b. Interruption of the exercise by releasing the grips, then continuing the exercise immediately or up to a maximum of 30 seconds afterwards - 1.0 points.
- c. When in the Trampoline event, the contestant touches anything but the bed with any part of his body, or is touched by a spotter or any other person the judges will interrupt his exercise. He may continue after a 30-second rest with a 1.0 deduction. The gymnast is permitted preliminary bounces after this type of interruption without further deductions.

SECTION 8. *Article 1.* Coaching or talking to a contestant during his performance is prohibited, and may be penalized up to 0.3 of a point.

*Article 2.* Points are to be deducted from the score where spotting involves actual assistance to the performer to avoid possible injury during a dismount. If a contestant is touched in such a way as to prevent him from falling on any move prior to the dismount, the exercise shall be penalized up to 1.0. Spotting devices are not to be used or to be present at any time of the meet. On the High Bar and Rings, the gymnast can receive help to jump onto the apparatus.

SECTION 9. It is suggested that a physician or trainer be available for emergencies at all meets.

SECTION 10. Only competitors and officials are permitted on the field of competition. Coaches may be present to spot performers on dismounts or other hazardous moves. The meet director will have the right to keep floors clear as possible of people so that the contestants will be the center of attention at all times.

SECTION 11. In the event of accidents to apparatus or other interferences not within the control of the performer, the head judge shall allow the contestant a second trial at a time selected by the head judge.

SECTION 12. Complete uniforms must be worn by all competitors. Minimum uniform shall be shirt, short or long pants, and footwear (shoes and/or socks).

SECTION 13. *Article 1.* The Superior Judge has the duty of supervising his group of judges, of controlling the scores when they are out of range and of gathering together the judges for consultations and corrections when he notices a judgement that is contrary to the rules. He is responsible for the smooth running of the judging and the enforcement of all NCAA rules of competition. Should the apparatus or other equipment fail during a performance it shall be the responsibility of the head or superior judge to decide whether or not the gymnast shall be allowed a second trial.

*Article 2.* The Superior Judge shall intervene each time he finds that a judge lacks objectivity, as well as not performing his duties according to regulations.

*Article 3.* Each exercise is scored from 0 to 10 points, in tenths of a point, by each of the four judges. The final score is determined by eliminating the highest and lowest and averaging the two middle scores of the four judges. In an emergency situation, if there are less than four judges present, the final score is the average of all the judges scores. If there is only one judge, his score is final.

**Article 4.** The Superior Judge should not call a consultation among the judges in NCAA competition (dual, regional and NCAA Championships) for the first competitor in each event unless the scores are not justifiable. This is an exception to FIG rules.

**Article 5.** During the competition, even though the differences in the scores might not be contrary to regulations, the Superior Judge has the right to have a consultation if he thinks that the scores are drifting away from normalcy.

**Article 6.** Any judge has the right to request the Superior Judge to call for a consultation of judges if he notices anything that is contrary to the rules.

**Code of Ethics** SECTION 14. It is imperative to the dignity and growth of the sport of gymnastics that judges be well educated in the details of gymnastics and the current rules, thoroughly prepared for each assignment, and as completely unbiased as possible. Without attempting to cover all possible circumstances, the following code of ethics for judges and coaches is set down as a guide.

**Article 1.** It is the duty of each judge to prepare himself thoroughly and constantly update his preparation. He should not accept any judging assignment for which he does not feel himself well qualified. Coaches should insist on qualified judges and encourage educational clinics for judges.

**Article 2.** Each judge on each assignment should be prompt and should dress with an conduct himself with the dignity appropriate to his status. Coaches can help to set and maintain such standards.

**Article 3.** Each judge should confine his activities to the purpose for which he is assigned. This does not include either coaching, demonstrating, or recruiting. Coaches should not ask judges to double as coaches.

**Article 4.** Every judge should avoid even the appearance of partisanship. Coaches should avoid even the appearance of courting partisanship. For example, judges should avoid:

- a. Judging a meet involving an institution by which he is employed.
- a. Judging any meet when he feels prejudiced for or against any competing team.
- c. Traveling with one of the competing teams to or from the meet.
- d. Accepting overnight lodging invitations with competitors or coaches before or after a meet.
- e. Accepting before or after meet social invitations from host coach unless opposing coach is also included.
- f. Giving any appearance, especially at the meet, of any particular friendship with any coach or competitor.

**Article 5.** Coaches should avoid:

- a. Appointing judges. Judging assignments should be made by an officials' association, conference headquarters, or other outside agency. The coach should not tolerate the use of poorly prepared or partisan judges.
- b. Discussing with judges before the meet the rules and their interpretation unless opposing coach is also included.
- c. Proffering gifts, favors, or privileges to judges which can be interpreted as attempts to influence their judgments in favor of his team.

**Article 6.** The host coach should make every effort to accommodate tall gymnasts within the limits of safety.

It is the duty of officials and coaches alike to see that every gymnastic competition be conducted with full regard for (1) the safety and justice to all competitors and (2) the edification and pleasure of the spectators.

### Judging Execution

SECTION 15. **Article 1. Incorrect Execution.** Deductions will be made as much for faults in execution as for faults of a technical nature. As *execution faults* one must think of poor position of the feet, legs, body, etc., while *faults of technical nature* are poor execution of movement and connecting movements.

- a. Shoulders too far forward or too much arch when doing stits.
- b. Grasping late in a back somersault.
- c. Shoulders too far forward when the body comes to a support position.
- d. Mounts made too low.
- e. Lack in amplitude in double leg circles.
- f. Scissors executed too low.
- g. Handstands that are not perpendicular or with the shoulders too far forward.
- h. Turns in a handstand in which the body is not in a perpendicular position.
- i. Hangs and Horizontal supports too low or too high, etc.

**Article 2. General Faults of Execution.**

- a. *Poor Position* of the feet, legs, arms, head and body, toes not pointed, feet or legs apart, legs bent at the knees, head tilted, etc., when they are not supposed to be—deduction each time—1-3/10.
- b. *Touching* the extremity of the horse, the pommels, the bars, the uprights, the base of the apparatus, or the floor with the feet in swinging on parallel bars, the horizontal bar or the uprights of the horizontal bar, the cables of the rings with the feet, the legs, the seat and any other part of the body in which this is not called for in the proper execution of a movement. Deduction each time 2-5/10.
- c. *The Stops During the Execution of an Exercise.* Depending on the seriousness of the fault and taking into account the difficulty of the part leading to it, stops will be penalized, each time 3-7/10.
  - (1) When a gymnast falls onto his seat (pronounced interruption) the deduction will be each time 5-7/10.
- d. Trampoline movements are to be executed in the center of the bed. Excessive traveling forward, backward or to either side is poor execution. Deduction each time 1-3/10.

**Article 3.** For faults of a technical nature the deduction to be made each time will be as follows:

- a. Walking in a handstand (1/10 per step) 1-5/10.
- b. Two or more attempts to arrive at a hold (such as to get to a handstand position on the parallel bars) 2-5/10.
- c. Interruption of the movement of elevation when raising to a handstand 1-3/10.
- d. Swinging movements executed with strength or strength movements executed with swing 1-3/10.
- e. *Holds*
  - (1) The duration of holding positions is set as follows:
    - (a) On parallel bars and floor exercise - 2 seconds.
    - (b) On rings - 3 seconds.
  - (2) The deductions for not complying to these rules will be as follows:
    - (a) On parallel bars and floor exercise: only 1 second - 2/10.
    - (b) On rings: only 2 seconds - 2/10.
    - (c) On rings: only 1 second - 4/10.

**NOTE**—Too long a duration of holding positions, especially if not in relation to their difficulty, can be considered as a fault of combination.

### f. On Rings

- (1) Bent arms in handstands or touching straps or cables - 2-3/10.

- (2) Bent arms and touching strap or cable - 3-5/10.
- (3) Bent arms in cross, inverted cross or horizontal support lever - 1-5/10.
- (4) Too much swinging of the rings - 1-3/10.
- (5) Falling from a handstand (when not intended) - 3-5/10.

**g. Floor Exercise**

- (1) Lack of balance, and precarious stands at the end and during the exercise - 1-5/10.
- (2) Lack of harmony, rhythm and suppleness, each time up to - 2/10.
- (3) Lack of harmony, rhythm and suppleness during the entire exercise, up to - 10/10.

**h. Side Horse**

- (1) Lack of freedom (amplitude) in double leg circles - 1-3/10.
- (2) Scissors without raising the hips high (without disengaging) - 1-3/10.

*NOTE—In general horizontal supports, horizontal suspensions or “L” support and straddle support too high or too low; scales on one leg too high, too low or in poor body alignment; handstands not perpendicular to the floor or with the shoulders forward; regrasping the bars late after a somersault on the parallel bars, after a “stits” or other similar movements; moving from one part to another too rapidly, etc.—1-3/10.*

**Article 4. Presentation Landing**

- a. For an exercise which does not begin nor end with a perfect stand, the deductions are as follows:
  - (1) Small step or hop upon landing, poor posture before or after the exercise - 1-2/10.
  - (2) Several steps or hops upon landing or slightly touching the floor with the hands but without real support or very poor posture before or after the exercise - 2-3/10.
  - (3) Sitting or kneeling down, or falling on back or touching the floor with the hands with support - 3-5/10.
  - (4) Undesirable behavior before or after the exercise - 1-3/10.

## RULE 6—SPECIFIC RULES OF COMPETITION FOR THE EVENTS

**Floor Exercise** SECTION 1. *Article 1. Specifications.* The area within which the Floor Exercise event is performed is 39.44 feet by 39.44 feet. In all collegiate competition a covering shall be provided by the host team for the Floor Exercise area. The area and covering provided shall be the competition area.

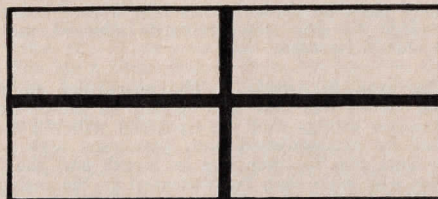
*Article 2.* Movements, combining the elements of balance, agility, strength, elasticity, and tumbling, presented in rhythm and harmony. The gymnast is required to move in different directions, not using too many running steps. (The run must be taken in the right proportion to the difficulty of the tumbling routine that follows.) Spotters are not allowed in this event. The Floor Exercise is to start and finish within the prescribed area.

**Side Horse** SECTION 2. *Article 1.* The body shall be padded and covered with leather or similar material and, in its long axis, shall be straight and level and measure 60 to 62 inches. The width of the body shall measure approximately 14 to 15 inches and the general contour of the top shall be rounded with a nearly flat middle section of approximately 4 inches. Pommels shall be spaced from the center of the body so there is  $1\frac{1}{2}$  to 18 inches between the centers of the pommels. The over-all height from the top of the mat to the top of the pommels shall be 48 inches.

*Article 2.* Exclusively swinging movements in swing time without stops or holding of positions, leg circles, scissors forward and backwards (one of these at least twice in succession). All three parts of the horse and both right and left sides must be used, and double leg circles must be predominant. Reverse double leg circles are not required. Spotters are not allowed in this event.

**Trampoline**

SECTION 3. *Article 1.* At NCAA meets, a trampoline frame 17 by 10 feet, bed 7 by 14 feet, made of one inch nylon webbing (sewn under tension—no glue) shall be made available. The suspension material for the trampoline bed shall be springs only. It is suggested that the springs be changed annually. Construction complying with accepted commercial standard make, frame pads on all sides are required. The bed is to be marked with a two inch line of color contrasting with the color of the bed. These lines are to be centered and drawn from end to end and from side to side thus:



*Article 2.* The trampoline exercise shall be composed of one sequence. (See Rule 5, Section 4.) Somersaulting and twisting movements will characterize the movements on the trampoline. Somersaulting shall be executed in both directions and twists shall be executed with forward and backward somersaults. A further requirement shall be that some part of the body other than the feet shall make contact with the bed. The last landing in the series must be on the feet in a stationary position, in balance with feet on the bed of the trampoline. There will be no counting of bounces either for the officials or for the competitor. For Trampoline (Examples of A, B and C, Parts) Chart see back inside cover.

*Article 3.* All exercises shall begin and end on the trampoline. It is required that spotters be at the end and sides of the apparatus. It is required that the area surrounding the trampoline be covered with a minimum of five feet wide mats.

*Article 4.* For purposes of interpreting Rule 5, Section 7 as it applies to trampoline leaving hold or falling off the apparatus is interpreted to mean touching anything (including a spotter) save the bed. The performer may regain his height before resuming his routine without further penalty. The first stunt will be considered the resuming of the routine.

*Article 5.* In interpreting the rules for trampoline competition it should be understood that the rules committee would like the trampoline event to be consistent with other events.

*Article 6.* Trampoline (Examples of A, B, and C Parts)—see back inside cover for chart.

**High Bar**

SECTION 4. *Article 1.* The bar shall be made of solid steel with a high tensile-fatigue rating and shall measure  $1\frac{1}{2}$  inches in diameter. It shall be no less than 8 feet nor more than 8 feet 4 inches in length and a no lead bend of more than 2 inches shall not be permitted. Its end



may be either rigid or hinged but the rigging method employed must effect the greatest safety margin possible. The top of the bar at the center shall not be less than 96 nor more than 99 inches from the top of the mat.

*Article 2. Swinging and vaulting movements without holding or stopping should be used as valuable variations between giant swings.*

**Parallel Bars** SECTION 5. *Article 1.* The bars shall be straight and of oval shape and shall measure at least 11 feet 6 inches in length. Supporting points shall be placed 24 inches from each end. The width between the bars shall be no less than 16 nor more than 22 inches. The height from the top of the mat to the top of the bars shall be 64 to 68 inches.

*Article 2.* Swinging and vaulting movements combined with exercise of strength and holding of positions should be used on the parallel bars. At least one part of strength is required. The movements of swinging and vaulting must be predominate. There must be shown either one B part below or one B part above the bars in which the grip is momentarily released, and not more than three held positions should be used.

**Rings** SECTION 6. *Article 1.* The suspension point for the rings shall be 18 feet high and spaced 18 inches apart from center to center. The suspension fittings shall be equipped with oil impregnated bearings. Suspension shall be accomplished with wire rope with adjustable straps. The straps shall be from two to three feet in length and shall not have more than one buckle. The wire rope shall be connected to the fastening with swivel link to prevent twisting of the cables. The rings shall be made of wood, weight 11 ounces (plus or minus one ounce) each and shall measure 94 inches from the bottom the rings to the top of the mat.

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

**Long Horse** SECTION 7. *Article 1.* The body shall be the same size, shape and construction as the side horse. Three eighths inch wide white lines for defining grip zones shall be printed completely around the horse body for defining grip zones shall be printed completely around the horse body at right angles to the long axis as follows: from each extreme end, one line at 15 $\frac{1}{2}$  inches and one at 23 $\frac{3}{4}$  inches. It shall measure 53 inches from the floor to the top of the horse at the saddle. The beat board, adjustable for distance from the rear end of the horse, shall be 23.62 inches wide, 39.37 inches long, and shall rise in its height 4.71 inches, and that board will have a slight degree of flexibility like that of the Reuther System. The runway must be at least 18 meters long, not including the board. The fiber glass board may be used in dual competition during the 1966-67 season. This board may not be used in regional or national championships.

*Article 2.* The ratings of the difficulty of the different vaults are listed in Rule 6, Section 7, Article 4.

*Article 3.* The Long Horse should follow FIG vault ratings. Two different vaults are to be taken in succession and both vaults shall be scored. The best score of the two vaults shall be the performer's score. The second vault must be different from the first vault. If the first vault is repeated, the second vault will not be scored. The judging of a Long Horse vault is divided into four parts:

a. The difficulty of the vault.

- b. The position of the hands (grip).
- c. Flight before and after the front support (preflight and postflight).
- d. Execution and holding of the body.

Part one is the basic mark from which are deducted the faults of the other three parts by the judges.

a. *Difficulty of the Vault.* The different phases of the 16 vaults and the execution must conform to the phases according to the FIG. A vault which is not registered in Article 4 below will be evaluated by the judges in accordance and in comparison with the difficulty of similar vaults. If the unlisted vault is superior in difficulty to the ones registered in the table with 10 points, small faults in the execution will be less severely punished.

b. *Position of the Hands and Zones of Support.* The length of the horse is divided into five zones, defined by white lines marked on the top of the horse. In order to obtain maximum credit for the vault (receiving no deductions for the grip) the competitor must place both hands clearly in either of the two end zones. Should any part of the hand extend beyond the end zone a penalty deduction of 1.0 per zone will be incurred. The performer will be responsible for leaving a chalk deposit from his hand on the horse to clearly indicate where his hands have been placed. In the "handstand pivot cartwheel" and giant cartwheel vaults," only the forward hand is to be considered in evaluating the grip.

- c. *Flight before the Spuurot of the Hands (Pre-flight).*
  - (1) Regarding the flight after the spring from the elastic board until placing of the hands upon the neck of the horse, the evaluation is:
    - (a) If angle formed by the support of the hands through the stretched body (a line from the hands through the feet) with the top of the horse is not less than 30 degrees there is no deduction.
    - (b) If the angle formed constitutes a horizontal support there is a deduction of up to .5 points.
    - (c) If the feet are no higher than the top of the horse there is a deduction of up to 1.0.
    - (d) If the feet are lower than the top of the horse there is a proportionate increase in the deductions.
    - (e) One exception to the provisions of items (a), (b), (c) and (d) applies to the Hecht Vault, because the most desirable angle of support for the hands is determined by the vigor of the take-off. However, the flight must still be above the horizontal.
  - (2) Regarding the flight after touching the horse. As a general rule, the different vaults must show during this second phase development of:
    - (a) Free flight
    - (b) Height
    - (c) Distance

d. *Execution.* The faults of execution encompass the sureness and precision of the vault and the prior carrying of the body and limbs.

*Article 4.* The maximum difficulty assigned to each vault is listed as follows:

- a. *Vaults with Placing of the Hands on the Neck (Far End)*

(1) Straddle .....	7.5
(2) Squat .....	8.0
(3) Handstand Pivot Cartwheel .....	9.0
(4) Stoop (with knees straight throughout the vault) .....	9.5
(5) Scissors with $\frac{1}{2}$ turn .....	9.8
(6) Handspring .....	10.0
(7) Stoop with $\frac{1}{2}$ turn .....	10.0
(8) Giant Cartwheel .....	9.8
(9) Hecht .....	10.0
(10) Hecht with $\frac{1}{2}$ turn .....	10.0

- b. *Vaults with Placing of the Hands on the Croup (Near End)*
- |   |      |
|---|------|
| (1) Straddle .....  | 7.5  |
| (2) Squat .....   | 8.0  |
| (3) Scissors (with $\frac{1}{2}$ turn) .....  | 9.0  |
| (4) Stoop with knees bent at start and stretched during flight over the horse ..... | 9.0  |
| (5) Stoop with knees straight throughout vault .....                                | 10.0 |
| (6) Handspring (body stretched or piked) .....                                      | 10.0 |
| (7) Hecht .....   | 10.0 |
| (8) Hecht with $\frac{1}{2}$ turn .....   | 10.0 |

*Article 5.* The performer must actually touch the horse with the hands for a momentary support or push-off during his vault. He is allowed one pass at the horse without penalty should he decide not to attempt the vault due to improper stride or for other reasons. A second such pass shall count as a trial and shall be scored.

Should the performer touch the horse on his first pass, it shall count as a trial. If the performer does not attempt the vault due to someone interfering with his run, it shall not count against him at all.

*Article 6.* Control, perfect style, and exactitude are the prime requisites. A poorly controlled landing will be penalized. The vault shall be judged from the moment the performer lands on the take-off board. The run shall not be considered in the judging of the vault.

*Article 7.* Before competition in this event begins, the judges shall be notified of each competitor's vault prior to the vault. However, the judges must evaluate the performer on the basis of the vault that he actually executes.

*Article 8.* In the final session of the National Collegiate Championships, the competitor must perform two different vaults. Both vaults will count and the averages of the vaults will be the score.

#### Experimental Apparatus

*Section 8.* If experimental materials are used in apparatus, duplicate approved apparatus meeting specifications must be made available.

## TRAMPOLINE (Examples of A, B, and C, Parts)

Origin or Name	A	B	C
<b>Front Somersaults</b>	a. Front Somersault b. $\frac{3}{4}$ Front to back drop (crash dive) c. Front $1\frac{1}{4}$ front to back drop	a. Double Front Somersault b. $1\frac{1}{4}$ Pike Front Somersault	a. $2\frac{1}{4}$ Front to the back drop b. Triple Front
<b>Back Somersaults</b>	a. Back Somersault b. $\frac{3}{4}$ Back to stomach	a. Double Back b. $1\frac{1}{4}$ Back to stomach	a. Triple Back b. $2\frac{3}{4}$ Back to stomach
<b>Twisting Back Somersault</b>	a. $\frac{1}{2}$ Twisting Back Somersault b. Full Twisting Back Somersault	a. Double Twisting Back Somersault b. Back $1\frac{1}{4}$ Twisting $1\frac{1}{2}$ Twisting	a. Triple Twisting Back Somersault b. Back Full Twisting $1\frac{1}{4}$ Somersault
<b>Cody (Front)</b>	a. Front Cody	a. Full Twisting Front Cody	a. Double Front Cody b. Double Twisting Front Cody c. Double Cody with a Twist
<b>Cody (Back)</b>	a. Back Cody	a. Double Back Cody b. Back Cody with a Full Twist	a. Double Back Cody with a Twist b. Triple Back Cody
<b>Combinations Examples</b>	a. Two Consecutive Back Somersaults (A + A) b. $\frac{3}{4}$ Back to Back Cody (A + A)	a. $1\frac{1}{4}$ Back to stomach to a Backward Cody (A + B) b. $\frac{3}{4}$ Back with full to stomach to a Full Twisting Cody (A + B)	a. $1\frac{1}{4}$ Back to stomach Double Back Cody (A + C) b. Double Back Cody with a Barani Out Fluffs (B + C)