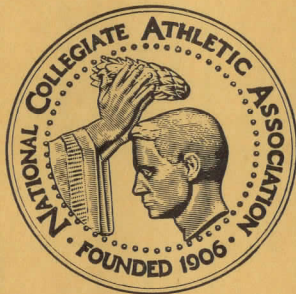


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THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

THE OFFICIAL

National Collegiate Athletic Association

**GYMNASTICS
RULES**

1968

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Official NCAA Gymnastics Rules Committee

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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, Rings, Trampoline, Long Horse, Parallel Bars and High Bar. 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, Rings, Long Horse and High Bar. The host team shall compete last on Side Horse, Trampoline 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 limited to a maximum of three entries in that event. A gymnastics team shall also be limited to a maximum of twelve men.

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.

Lineup Changes 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 corner 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—QUALIFYING CHAMPIONSHIP MEETS

Qualifying For National Championship SECTION 1. Each of the meets designated as qualifying meets in Rule 1, Section 2, Article 1 shall qualify three men in each event for the National Collegiate Championships. This includes the College Division Championships. The meets designated in Rule 1, Section 2, Article 1 (excluding the College Division) shall qualify one team 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.

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, Sections 1 and 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 conducted at one time, the events to be grouped as follows:

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

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. The team line-up must be presented before the competition begins. Any gymnast competing in the six all-around events must be considered an all-around competitor even though he is not the designated all-around contestant.

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 score excluding the All-Around shall be added to determine the final team score. The best four team scores shall advance to the final session. The team score earned on the second day shall determine the qualified team for the National Collegiate Championship.

Article 2. An individual's scores in the six Olympic events (compulsory and optional) 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 6. Scores earned in the preliminaries shall determine the event champions and the three qualifiers to the National Collegiate Championships.

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 the 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 UNIVERSITY DIVISION CHAMPIONSHIP MEET

Events

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

Preliminary Session

SECTION 2. *Article 1.* The teams and individuals qualified for the University Division Championships shall be grouped for the preliminary sessions as follows:

- Group I—Champion teams of the EIGL, SIGL, the Big 10, and individuals.
- Group II—Champion teams of the Big 8, WAC, Eastern Regional and individuals.
- Group III—Champion teams of the AAWU, Western Regional, College Division individuals and individuals from these areas.

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 a qualifying meet who are on a team will compete in the same group with the winning team from their qualifying meet.

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

Thursday (All-around men only in compulsory competition).

- 1:00—Floor Exercise and Side Horse
- 1:50—Rings and Long Horse
- 2:40—Parallel Bars and High Bar

Friday

	1:00		1:40		2:20
Group I—Floor Exercise		Side Horse		Rings	
Group II—Side Horse		Rings		Floor Exercise	
Group III—Rings		Floor Exercise		Side Horse	
		3:00—Trampoline			
	7:00		7:40		8:20
Group III—Long Horse		Parallel Bars		High Bar	
Group II—Parallel Bars		High Bar		Long Horse	
Group I—High Bar		Long Horse		Parallel Bars	

Article 4. The order of competition for the first event in the Thursday preliminary session shall be determined by draw. The twelve competitors listed last in the floor exercise shall compete first in the same order on the side horse, and vice-versa. For the remainder of the events there shall be an internal rotation of men to insure each man a fair position. This will be accomplished by rotating the men in groups of three.

Article 5. The order of competition for the Friday preliminary in 1968 will be (to correlate with articles 1-3 above and should be rotated each year):

	1:00		1:40		2:20
Group I—Floor Exercise		Side Horse		Rings	
Group II—Side Horse		Rings		Floor Exercise	
Group III—Rings		Floor Exercise		Side Horse	
Trampoline—3:00—Group I		Group II		Group III	

	7:00		7:40		8:20
Group III—Long Horse		Parallel Bars		High Bar	
Group II—Parallel Bars		High Bar		Long Horse	
Group I—High Bar		Long Horse		Parallel Bars	

In addition, there shall be an internal pattern of rotation consistent within the Groups. The first team to compete will be the first one listed in Section 2, Article 1 above, and so on. For example:

- First Session, Group I
- 1:00—Floor Exercise—EIGL, SIGL, Big 10, Individuals
- 1:40—Side Horse—Individuals, EIGL, SIGL, Big 10
- 2:20—Rings—Big 10, Individuals, EIGL, SIGL
- 3:00—Trampoline—SIGL, Big 10, Individuals, EIGL

- Second Session, Group I
- 7:00—High Bar—EIGL, SIGL, Big 10, Individuals
- 7:40—Long Horse—Individuals, EIGL, SIGL, Big 10
- 8:20—Parallel Bars—Big 10, Individuals, EIGL, SIGL

The other Groups will follow the same pattern. Individuals shall compete within their group in reverse order of their placing in the qualifying meets.

Team members will compete consecutively in the order submitted by the coach.

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

Finals

SECTION 3. The four teams earning the highest scores in the Friday preliminary shall advance to the finals. Two events shall be conducted at the same time, receiving their competitive order in the first event in reverse order of their placing, as follows:

	FX	SH	R	TR	LH	PB	HB
4th place	2	1	3	2	4	3	3
3rd place	1	4	2	1	3	2	2
2nd place	4	3	1	4	2	1	1
1st place	3	2	4	3	1	4	4

The time of the final session shall be left to the discretion of the host institution.

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 final 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 (compulsory and optional) shall be added together to determine the final All-Around score. The All-Around competitor does not have to complete all events to receive an All-Around score.

Article 3. Scores for any given performance will be determined as in Rule 6.

Awards

SECTION 6. The following awards will be made in the National Collegiate Championships: Medals for the first, second and third place teams; medals for each member of the first, second and third place teams; members who actually compete in the championships shall receive medals, and in any case the number shall not exceed twelve. A gold medal for the winner 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 meet director and the four major approved equipment companies (American, Gymmaster, Nissen and Porter) shall decide upon the equipment to be used in the National Collegiate Championships, subject to the approval of the rules committee. The rules committee should insure a fair representation of equipment.

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—COLLEGE DIVISION CHAMPIONSHIPS

SECTION 1. Rule 4, Sections 1 through 7, shall also apply to the College Division Championship where feasible.

SECTION 2. The individuals who earn the best three scores in each event including the all-around event shall be eligible to advance to the University Division Championship meet.

SECTION 3. The College Division Championships entries shall be open to all teams or individuals that would like to attend providing they are eligible under NCAA rules for College Division competition.

RULE 6—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:

- a. 0.2 if the average is 9.5 or more.
- b. 0.3 if the average is between 8.5 and 9.45.
- c. 0.5 if the average is between 7.0 and 8.45.
- d. 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 7.)

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.

- a. Combinations and movements of the wrong type, deductions each time 1-3/10.
- b. 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. 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
- f. 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:

- Six principle parts - A parts (worth of each A 0.2).
- Four parts of difficulty - B parts (worth of each B 0.4).
- One part of superior difficulty - C part (C part worth 0.6).
- 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 10 points. The following ratings will be used:

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

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:

- 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.
- 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.
- 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 must stop the exercise. The performer may continue within 30 seconds 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.

NOTE—Failure of palm-guards shall be considered not within the control of the gymnast. A second trial shall be allowed at the discretion of 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 sox).

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 attempting 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; regripping 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 7—SPECIFIC RULES OF COMPETITION FOR THE EVENTS

Floor Exercise SECTION 1. 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. 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.* The trampoline exercise shall be composed of one sequence. (See Rule 6, Section 4.) Somersaulting and twisting movements will characterize the movements of 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 Chart (Examples of A, B and C, Parts) see Rule 9.

Article 2. 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 3. For purposes of interpreting Rule 6, 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 4. 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.

High Bar SECTION 4. Swinging and vaulting movements without holding or stopping should be used as valuable variations between giant swings.

Parallel Bars SECTION 5. 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. 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 Long Horse should follow FIG vault ratings. The performer may take two jumps over the long horse, but if the second vault is elected the score on the second vault must count. The second vault if elected must be different from the first vault. To indicate the desire to take a second attempt, the gymnast must hold up his hand before the vault is scored. If the vault is repeated in the second attempt, the second attempt 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. 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 Support 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:
- Free flight
 - Height
 - 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 2. 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 3. 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.

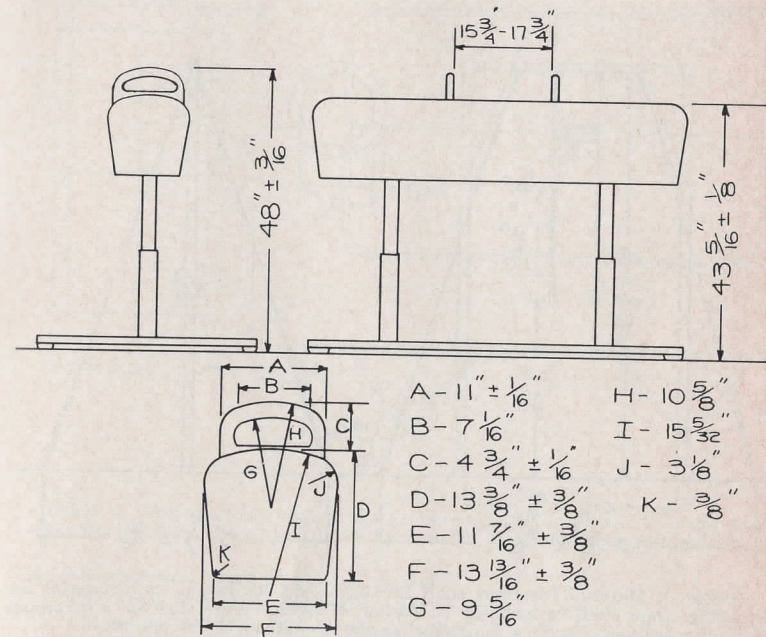
Article 4. Control, perfect style, and exactitude are the prime requisites. A poorly controlled landing will be penalized. The vault shall be judged from the moment the performer lands on the take-off board. The run shall not be considered in the judging of the vault.

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

RULE 8—APPARATUS AND EVENT SPECIFICATIONS

Floor Exercise *SECTION 1.* The floor exercise area shall be square, measuring $39'4\frac{1}{2}"$ by $39'4\frac{1}{2}"$. The area shall be covered with protective material and a 1" minimum thickness is suggested.

Side Horse *SECTION 2. Article 1.* The distance from the floor to the top of horse body shall be $43\frac{5}{16}" \pm \frac{1}{8}"$. The distance from the floor to the top of the pommels shall be $48" \pm \frac{3}{16}"$.



Article 2. The distance between the pommels shall be adjustable to any position from $15\frac{3}{4}"$ to $17\frac{3}{4}"$ without set intervals.

Article 3. The grip of the pommel shall be wood.

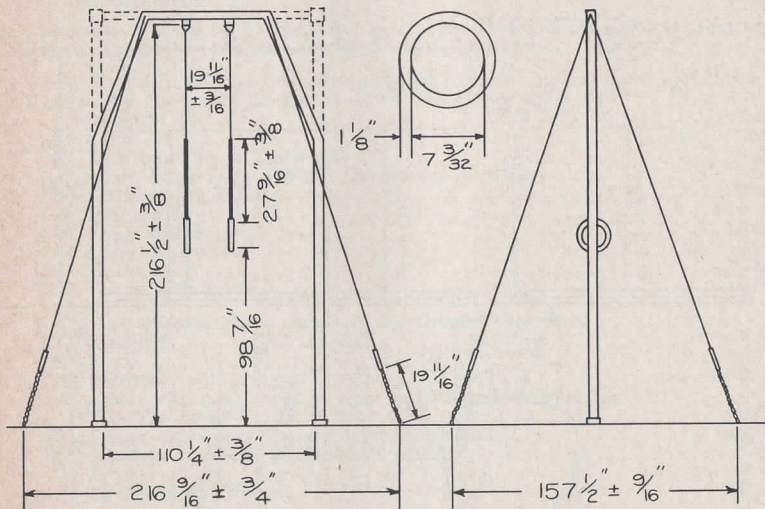
Article 4. The covering of the horse body shall be top quality leather with a padded material between the leather covering and the horse body.

Article 5. Floor contacts shall be non-marking rubber or similar material.

Rings

SECTION 3. *Article 1.* The rings shall be attached at a point $216\frac{1}{2}'' \pm \frac{3}{8}''$ above the floor. The distance from the floor to the lower inside edge of the wood ring shall be a maximum of $98\frac{7}{16}''$. The weight of each attached swivel shall not exceed $21\frac{1}{4}$ ounces.

Article 2. The rings may be attached permanently to an elevated location in a gymnasium or suspended on a ring frame. A ring frame shall be secured to the floor by 4 guy cables each having an adjustable turnbuckle. Each cable shall be a minimum of $\frac{1}{4}''$ in diameter and all cable hardware shall have a minimum tensile strength of 1323 lbs. Ring frame uprights shall be a minimum of $110\frac{1}{4}'' \pm \frac{3}{8}''$ apart. Floor contacts shall be non-marking rubber or similar material.



Article 3. Material for rings shall be unfinished hardwood and material for adjusting straps shall be webbing or leather. Hanging cables shall be a minimum of $\frac{1}{4}''$ diameter steel with a minimum tensile strength of 1323 pounds.

Article 4. A test weight of 297.6 lbs. applied in the center of the horizontal cross beam at the top (to which the rings are suspended) must produce a maximum sag of $3/16''$. This bar must return to the straight position when the weight is removed.

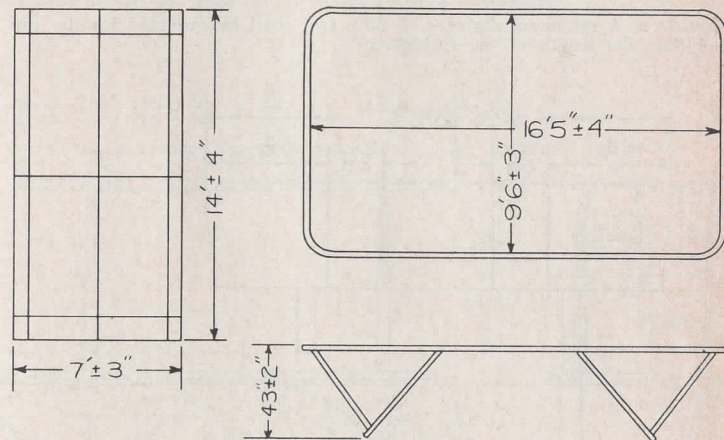
Article 5. The suspension cables and swivel hardware shall be tested under a weight of 661.38 lbs. without deformation or failure of the parts tested.

Article 6. The wood ring shall be subjected to a load of 551.15 lbs. applied to the ring over an area approximately equal to the width of a hand without showing permanent deformation.

Trampoline

SECTION 4. *Article 1.* Frame shall be constructed to provide maximum stability and safety during exercise. The construction is left to the manufacturer's design. Floor contacts shall be of non-skid and non-marking material.

Article 2. Bed shall be constructed of white nylon webbing. Webbing shall be 1" in width. Bed shall be stitched throughout with nylon thread using a lock stitch.



Article 3. Bed shall be marked for competition by inserting 1" wide nylon webs into the bed. These marking webs shall be of a color that contrasts white.

The following webs shall be colored markers:

- The center web down the length of the bed.
- The center web across the width of the bed.
- The 4th web in from either side of the bed down length of the bed.
- The 8th web in from either end of the bed across width of the bed.

Article 4. Protective frame pads shall be provided around and covering the top of the steel perimeter frame of the trampoline. Pads shall be securely attached to prevent accidental removal when in use.

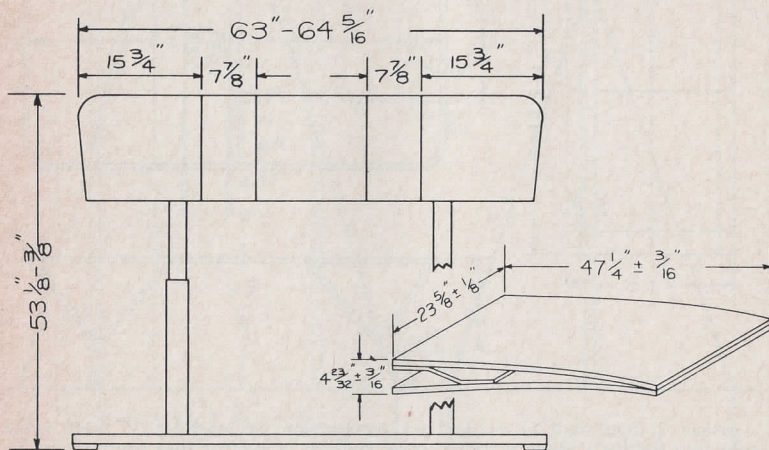
Article 5. Bed shall be suspended by 110-115 steel springs. Design is left to the manufacturers but must be of a quality to provide safe and even lift for the performer. The springs shall be strong enough so that the gymnast does not come into contact with the floor beneath the trampoline when performing at his maximum height.

Long Horse and Board

SECTION 5. Article 1. Distance from floor to top of the horse shall be $53\frac{3}{8}$ " minus $\frac{3}{8}$ ". Body shall be same size and shape as side horse but if side horse is used, pommel securing holes shall be covered or filled in. Floor contacts shall be non-marking rubber or similar material.

Article 2. Body shall be marked for competition with $\frac{3}{8}$ " wide lines. Measuring in from each end, the first lines are placed $15\frac{3}{4}$ " in (measuring to the outside edge of the line from the extreme end of the body). The next 2 lines are located $23\frac{3}{8}$ " in' from each extreme end of the horse, measuring to the outside edge of the line.

Article 3. A minimum distance of 65.6 feet shall be provided for the run up (including the length of the springboard).



Article 4. The entire top surface of the board shall be covered with a non-slip material.

Article 5. Floor contacts shall be non-marking rubber or similar material.

Article 6. There shall be a framework attached to the horse for fixing the springboard at 2" intervals from the horse.

Article 7. The board may be made of any material provided the unit will meet the verification test.

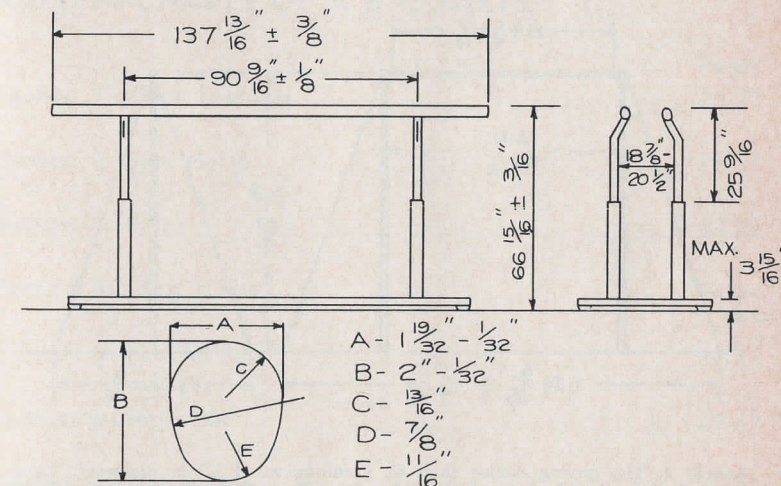
Article 8. A test weight of 661.38 lbs. applied across the width of the top, at a point $11\text{--}13\frac{1}{16}$ " back from the front edge of the top, shall produce a dip of $15\frac{1}{16}$ " \pm $\frac{3}{16}$ ". When the load is removed, the unit must resume its original shape.

Parallel Bars

SECTION 6. Article 1. The distance center to center between the cylinders down the length of the bars shall be $90\text{--}9\frac{1}{16}$ " \pm $\frac{1}{8}$ ". The width between the pistons shall be $18\frac{3}{8}$ " to $20\frac{1}{2}$ ".

Article 2. The height from the floor to the top of the bars shall be $66\text{--}15\frac{1}{16}$ " \pm $\frac{3}{16}$ ". Provisions to raise the bars to $68\frac{3}{8}$ " \pm $\frac{3}{16}$ " shall be made to allow normal use of bars by taller men.

Article 3. The distance from the top of the cylinders to the top of the bars shall not be less than $25\frac{3}{8}$ " when bar is set at $66\text{--}15\frac{1}{16}$ " \pm $\frac{3}{16}$ " above the floor. The wood bars shall be $137\text{--}13\frac{1}{16}$ " \pm $\frac{3}{8}$ " in length.



Article 4. Floor contacts shall be of non-marking rubber or similar material.

Article 5. Base of parallel bars shall be covered with protective mats where necessary to prevent injuries during use.

Article 6. Top bars shall be constructed of wood reinforced with stays to avoid breaking.

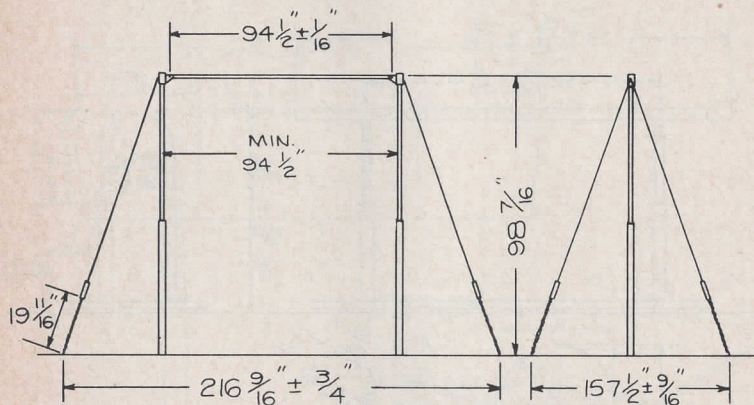
Article 7. With the top bars set at a height of 55" from the floor to the top of the bar, a test weight of 297.6 lbs. applied to the middle of each bar shall produce a dip of $2\frac{3}{8}$ " \pm $\frac{1}{4}$ ". When the test weight is removed, the bars must return to the straight position with no change in shape and with no defects in the wood.

High Bar

SECTION 7. *Article 1.* The cross bar shall be $1.102'' \pm .0039''$ in diameter and shall have a minimum tensile strength of 199,127 psi. The length of the bar from pivot point to pivot point shall be $94\frac{1}{2}'' \pm 1/16''$.

Article 2. The distance from the floor to the top of the bar shall be $98\frac{7}{16}''$ and provisions shall be made to increase this height to $100\frac{3}{8}''$.

Article 3. The distance between the uprights shall not be less than $94\frac{1}{2}''$ at any place.





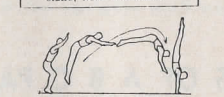
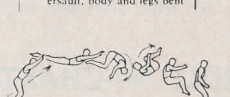




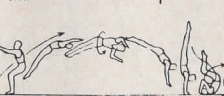




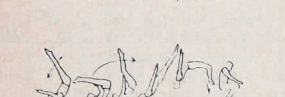
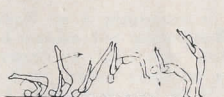






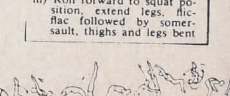


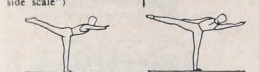


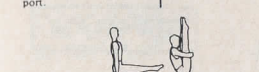
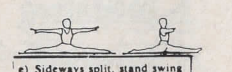
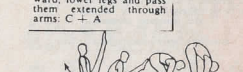

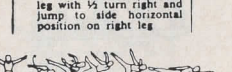


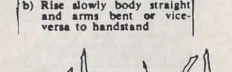
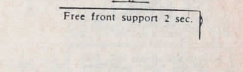
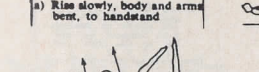
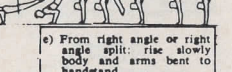
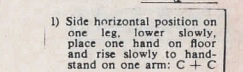
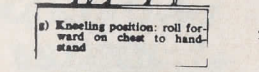





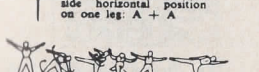

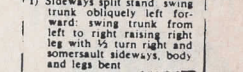



Article 4. The guying cables shall be a minimum of $\frac{1}{4}''$ in diameter. Turnbuckles shall be attached to all 4 cables for adjustment. All guying hardware shall have a minimum tensile strength of 1323 lbs. Adjusting chains shall not exceed $19\frac{11}{16}''$ in length. The floor plates shall be spaced at $216\frac{9}{16}'' \pm 3/4''$ across the width of the unit and shall be spaced at $157\frac{1}{2}'' \pm 9/16''$ down the length of the unit.




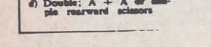
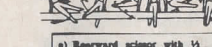
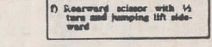

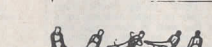



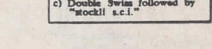
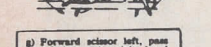
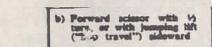
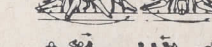
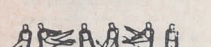

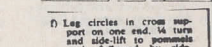
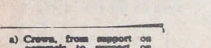
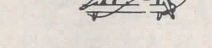
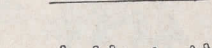

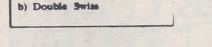

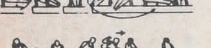

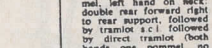
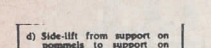
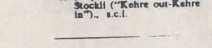


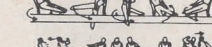

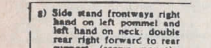
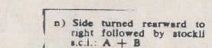
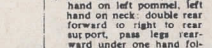









Article 5. With the bar set at a height of $98\frac{7}{16}''$ from the floor to the top of the bar, a test weight of 485 lbs. placed in the middle of the bar shall produce a dip of $3\frac{15}{16}'' \pm 3/8''$. After the weight is removed the bar shall return to its original straight position.


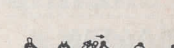
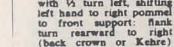


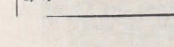
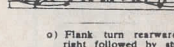
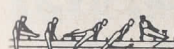
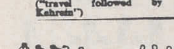

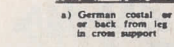



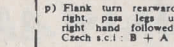
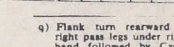
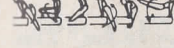


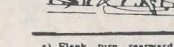


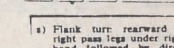
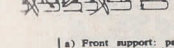

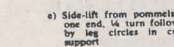

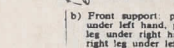

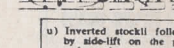


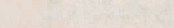
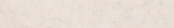
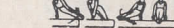



RULE 9—CHARTS OF A B C PARTS















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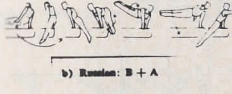







A	B	C
<p>a) Stationary jump, raising joined or split legs forward</p> 	<p>e) Jump forward to handstand followed by hand-spring feet joined</p> 	<p>l) Jump forward and roll forward to squat position, extend legs and jump rearward with 1/2 turn to handstand and roll forward</p> 
<p>i) Jump forward and roll forward to squat position, extend legs, flic-flac: A + A</p> 	<p>g) Jump forward to handstand, hold 2 seconds</p> 	<p>f) Jump forward with height followed by forward somersault, body and legs bent</p> 
<p>d) Jump forward to handstand and roll forward</p> 	<p>k) Jump forward and roll forward to squat position, extend legs and somersault rearward, thighs and legs bent</p> 	<p>Jump rearward, with 1/2 turn to handstand, hold 2 sec.</p> 
<p>a) Jump rearward with 1/2 turn and roll forward</p> 	<p>b) Jump rearward with 1/2 turn to momentary handstand and roll forward</p> 	<p>Neck kip using hands on thighs and with 1/2 turn to momentary free frontways support</p> 
<p>a) Head kip or neck kip to stand</p> 	<p>Jump rearward to shoulder stand kip to stand</p> 	<p>Jump rearward to shoulder stand kip with 1/2 turn to momentary frontways support</p> 
<p>d) Neck kip, using hands on thighs, to squat</p> 	<p>Neck kip using hands on thighs to stand</p> 	<p>Head or neck kip with 1/2 turn to momentary handstand</p> 
<p>a) Cartwheel or round-off or Arabian jump</p> 	<p>b) Head or neck kip with 1/2 turn to momentary free front support</p> 	<p>c) Side somersault extended or double side somersault, body bent</p> 
<p>d) Several flic-flacs</p> 	<p>b) Side somersault bent</p> 	<p>m) Roll forward to squat position, extend legs, flic-flac followed by somersault, thighs and legs bent</p> 

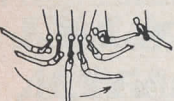
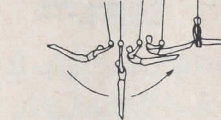
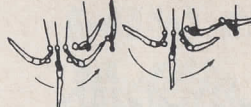
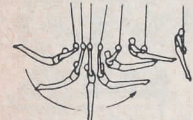
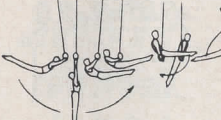
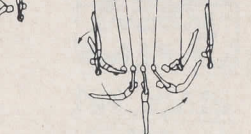
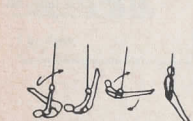

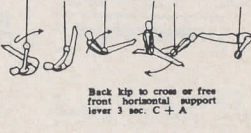
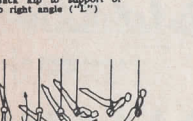
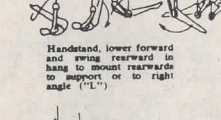
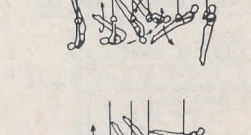
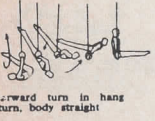
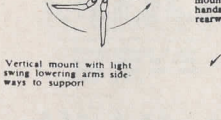
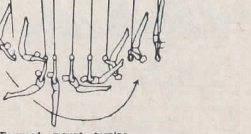

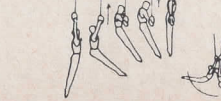

A	B	C
<p>Horizontal frontways position or side position on one leg ("Front scale side scale")</p> 	<p>Split right-angle</p> 	<p>Horizontal front position on one leg, flic-flac to horizontal front position on one leg: C + A</p> 
<p>Right angle or sitting right angle, legs touching forehead with hand support.</p> 	<p>Giant split sideward or crossward.</p> 	<p>Free rear support, legs raised obliquely and upward, lower legs and pass them extended through arms. C + A.</p> 
<p>Held handstand or handstand on forearms.</p> 	<p>e) Sideways split, stand swing trunk obliquely left forward, swing trunk from left to right raising right leg with 1/2 turn right and jump to side horizontal position on right leg.</p> 	<p>Handstand one arm hold at least 2 sec.</p> 
<p>Horizontal frontways support on one elbow.</p> 	<p>b) Rise slowly body straight and arms bent or vice-versa to handstand</p> 	<p>Free front support 2 sec.</p> 
<p>a) Rise slowly, body and arms bent, to handstand</p> 	<p>e) From right angle or right angle split: rise slowly body and arms bent to handstand</p> 	<p>l) Side horizontal position on one leg, lower slowly, place one hand on floor and rise slowly to handstand on one arm: C + C</p> 
<p>a) Kneeling position: roll forward on chest to handstand</p> 	<p>b) Prone position frontward: rise slowly to handstand with slight impetus at start</p> 	<p>Handstand: lower body slowly, spreading arms sideways to handstand, arms sidwards 2 sec.</p> 
<p>d) Sideways split stand swing trunk obliquely left forward, swing trunk from left to right, raising right leg with 1/2 turn right to side horizontal position on one leg. A + A</p> 	<p>f) Sideways split stand swing trunk obliquely left forward: swing trunk from left to right raising right leg with 1/2 turn right and somersault sidways, body and legs bent</p> 	<p>Handstand: lower body slowly, spreading arms sideways to handstand, arms sidwards 2 sec.</p> 
<p>d) Sideways split stand swing trunk obliquely left forward, swing trunk from left to right, raising right leg with 1/2 turn right to side horizontal position on one leg. A + A</p> 	<p>f) Sideways split stand swing trunk obliquely left forward: swing trunk from left to right raising right leg with 1/2 turn right and somersault sidways, body and legs bent</p> 	<p>Handstand: lower body slowly, spreading arms sideways to handstand, arms sidwards 2 sec.</p> 
<p>d) Sideways split stand swing trunk obliquely left forward, swing trunk from left to right, raising right leg with 1/2 turn right to side horizontal position on one leg. A + A</p> 	<p>f) From right angle or right angle split, rise slowly body bent and arms straight to handstand</p> 	<p>Handstand: lower body slowly, spreading arms sideways to handstand, arms sidwards 2 sec.</p> 

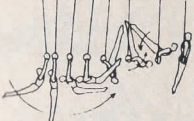


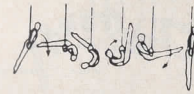
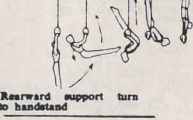

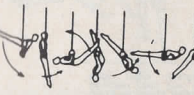
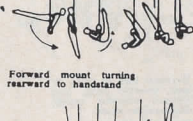


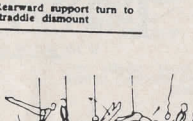
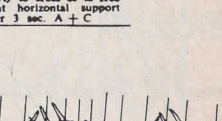
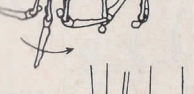
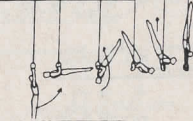
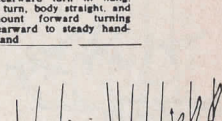



A	B	C
<p>a) Simple Swiss</p> 	<p>b) Forward scissor left, pass left leg under right hand, pass right leg under left hand and rearward scissor to right, pass right leg under left hand</p> 	<p>e) Forward scissor with 1/4 turn and jumping lift sideways</p> 
<p>d) Double: A + A or simple rearward scissors</p> 	<p>a) Rearward scissor with 1/4 turn or jumping lift sideways</p> 	<p>f) Rearward scissor with 1/4 turn and jumping lift sideways</p> 
<p>a) Double: A + A or simple forward scissors</p> 	<p>b) Forward scissor with 1/4 turn or with jumping lift ("travel") sideways</p> 	<p>c) Double Swiss followed by stockil s.c.i.</p> 
<p>b) Forward scissor left, pass left leg under right hand to front support</p> 	<p>d) Simple Swiss followed by Stockil ("Kehre out-Kehre in"), s.c.i.</p> 	<p>g) Leg circles in cross support on one end, 1/4 turn and side-lift to pommel s.c.i. followed by side-lift to the other end. s.c.i. C + B</p> 
<p>a) Crowns, from support on pommel to support on one end or vice versa</p> 	<p>b) Double Swiss</p> 	<p>h) Side stand frontways, right hand on left pommel, left hand on neck, double rear forward right to rear support, followed by direct tramlot (both hands one pommel, no support on neck or croup before the crown) s.c.i. C + B</p> 
<p>d) Side-lift from support on pommels to support on one end or vice versa</p> 	<p>e) Side turned rearward to right followed by stockil s.c.i.: A + B</p> 	<p>i) Side stand frontways, right hand on neck, double rear forward to right to rear support, pass legs rearward under one hand followed by stockil followed by inverted stockil (back stockil) s.c.i.: C + B</p> 
<p>b) Side stand frontways right hand on left pommel and left hand on neck, double rear right forward to rear support. (crown mount)</p> 	<p>c) Side stand frontways, right hand on left pommel, left hand on neck, double rear forward right to rear support, followed by direct tramlot (both hands one pommel, no support on neck or croup before the crown) s.c.i. C + B</p> 	<p>j) Front support, pass left leg under right hand and right leg under left hand to rear support</p> 
<p>a) Front support, pass legs under left hand, pass left leg under right hand and right leg under left hand. A + A</p> 	<p>f) Front support, pass legs under left hand, pass left leg under right hand and right leg under left hand. A + A</p> 	<p>k) Side-lift from pommels to one end, 1/4 turn followed by leg circles in cross support</p> 
<p>d) Side-lift from pommels to one end, 1/4 turn followed by leg circles in cross support</p> 	<p>g) Side-lift from pommels to one end, 1/4 turn followed by leg circles in cross support</p> 	<p>l) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 
<p>a) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 	<p>h) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 	<p>m) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 
<p>b) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 	<p>c) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 	<p>n) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 
<p>c) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 	<p>d) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 	<p>o) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 
<p>d) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 	<p>e) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 	<p>p) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 
<p>e) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 	<p>f) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 	<p>q) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 
<p>f) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 	<p>g) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 	<p>r) Flank turn rearward to right pass legs under right hand followed by Czech tramlot s.c.i.: C + B</p> 

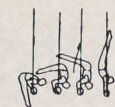
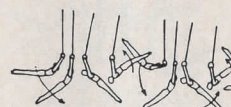
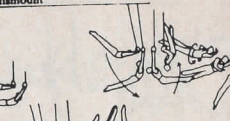
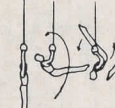
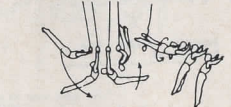
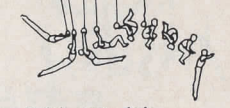
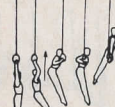

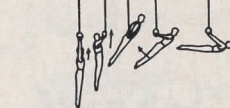
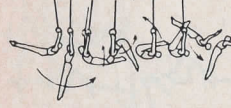

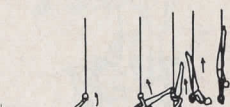
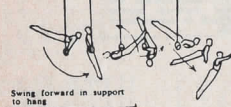

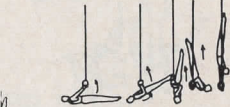
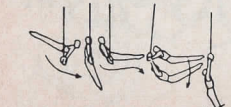
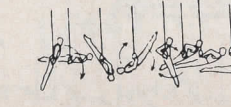
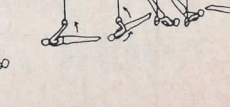
A	B	C
	<p>b) Double crowns s.c.i. (stockil) or crown on one end followed by German front s.c.i.</p> 	<p>c) Stockil followed by tramlot followed by side-lift. s.c.i. C + B</p> 
<p>m) Side stand frontways left hand on neck, right hand on left pommel, forearm grip (forearm turned inward) jump to support and supported on right arm, pass legs over croup with 1/4 turn left, shifting left hand to right pommel to front support, flank rearward to right (back crown or Kehre)</p> 	<p>a) Double Swiss, pass legs forward under one hand, followed by "tramlot" ("travel" followed by Kehre)</p> 	<p>o) Flank turn rearward to right followed by stockil s.c.i. followed by tramlot s.c.i.: C + B</p> 
<p>a) Split Czech</p> 	<p>e) Double Swiss, pass legs forward under one hand, followed by "tramlot" ("travel" followed by Kehre)</p> 	<p>o) Flank turn rearward to right followed by stockil s.c.i. followed by tramlot s.c.i.: C + B</p> 
<p>a) German costal or front or back from leg circles in cross support</p> 	<p>e) Double Swiss, pass legs forward under one hand, followed by "tramlot" ("travel" followed by Kehre)</p> 	<p>o) Flank turn rearward to right followed by stockil s.c.i. followed by tramlot s.c.i.: C + B</p> 
<p>a) German costal or front or back from leg circles in cross support</p> 	<p>e) Double Swiss, pass legs forward under one hand, followed by "tramlot" ("travel" followed by Kehre)</p> 	<p>o) Flank turn rearward to right followed by stockil s.c.i. followed by tramlot s.c.i.: C + B</p> 
<p>a) German costal or front or back from leg circles in cross support</p> 	<p>e) Double Swiss, pass legs forward under one hand, followed by "tramlot" ("travel" followed by Kehre)</p> 	<p>o) Flank turn rearward to right followed by stockil s.c.i. followed by tramlot s.c.i.: C + B</p> 
<p>a) German costal or front or back from leg circles in cross support</p> 	<p>e) Double Swiss, pass legs forward under one hand, followed by "tramlot" ("travel" followed by Kehre)</p> 	<p>o) Flank turn rearward to right followed by stockil s.c.i. followed by tramlot s.c.i.: C + B</p> 
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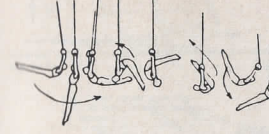

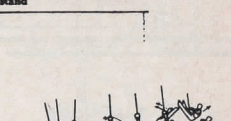
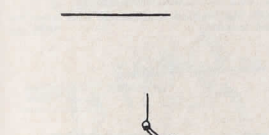
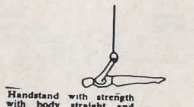
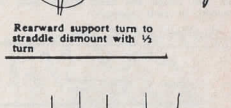
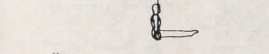
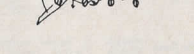
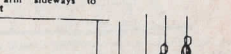
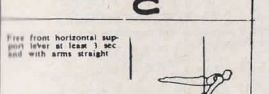
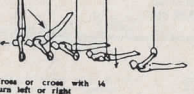
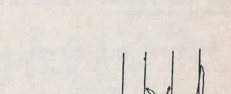
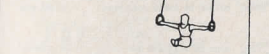

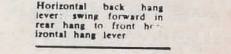



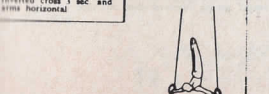
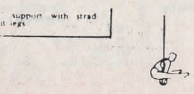
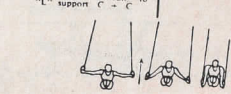
B	C
<p>b) Side stand frontways, right hand on left pommel; left hand on neck; double rear support followed by tramlot s.c.i. B + A</p> 	<p>h) Czech followed by tramlot s.c.i.: B + B</p> 
<p>k) Side stand frontways, right hand on left pommel, left hand on neck; double rear support, pass legs rearward, under right hand followed by stockil</p> 	<p>e) Double Czech s.c.i. pass legs rearward under one hand and stockil: C + B</p> 
<p>l) Inverted stockil</p> 	<p>g) Czech until back support, followed by stockil s.c.i.</p> 
<p>b) Czech</p> 	<p>l) Czech followed by direct tramlot s.c.i.</p> 
<p>d) Double Czech s.c.i.: B + B</p> 	<p>d) German followed by tramlot s.c.i.: B + B</p> 
<p>f) Czech, pass legs rearward under one hand followed by stockil: B + B</p> 	<p>i) German followed by passage of inside leg under outside hand and split Czech: B + A</p> 
	<p>g) German followed by inverted stockil s.c.i.</p> 

B	C
<p>h) German followed by Czech s.c.i.: B + B</p> 	<p>c) German followed by side lift on pommets followed by new side lift on other end s.c.i.: C + B</p> 
<p>k) Front German with 1/2 turn left or right to cross stand</p> 	<p>i) German followed by German s.c.i. with placing of hands on end followed by German s.c.i.: C + B</p> 
<p>b) Russian: B + A</p> 	<p>j) German followed by Czech s.c.i. followed by C, man s.c.i.: C + B</p> 
<p>e) German followed by direct tramlot s.c.i.</p> 	
<p>g) German followed by inverted stockil s.c.i.</p> 	

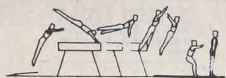
A	B	C
<p>Back mount to support or right angle ("L")</p> 	<p>Forward mount to right angle ("L")</p> 	<p>Back mount to handstand or to free front horizontal support level 3 sec: C + A</p> 
<p>Forward mount to support</p> 	<p>Forward mount to support and swing rearward to handstand</p> 	<p>Handstand, lower forward and swing rearward in hang to mount to handstand (giant turn forward)</p> 
<p>Kip to support</p> 	<p>Kip to right angle ("L" position)</p> 	<p>Kip to support, swing rearward to free front horizontal support level 3 sec: A + C</p> 
<p>Back kip to support or to right angle ("L")</p> 	<p>Kip to support and swing rearward to handstand</p> 	<p>Back kip to cross or free front horizontal support level 3 sec: C + A</p> 
<p>Rearward turn in hang 1 turn, body straight</p> 	<p>Handstand, lower forward and swing rearward in hang to mount rearward to support or to right angle ("L")</p> 	<p>Handstand, swing forward in hang and forward mount turning rearward to handstand (giant turn rearward)</p> 
<p>Vertical mount with light swing lowering arms sideways to support</p> 	<p>Forward mount turning rearward to cross or to free front horizontal support level 3 sec: A + C</p> 	<p>Forward mount turning rearward to cross or to free front horizontal support level 3 sec: A + C</p> 

A	B	C
<p>Forward mount turning rearward to support</p> 	<p>Back kip to handstand</p> 	<p>Forward support turn straight and slowly to handstand</p> 
<p>Forward support turn to support</p> 	<p>Forward mount with rearward turn without swing to handstand</p> 	<p>Forward support turn slowly to cross or to free level 3 sec: A + C</p> 
<p>Rearward support turn to support</p> 	<p>Rearward support turn to handstand</p> 	<p>Slow rearward support turn to handstand</p> 
<p>Rearward turn in hang body straight and legs inlead or straddled and jump to dismount</p> 	<p>Forward mount turning rearward to handstand</p> 	<p>Rearward support turn slowly to cross or to free front horizontal support level 3 sec: A + C</p> 
<p>Forward turn in hang body straight or bent</p> 	<p>Rearward support turn to straddle dismount</p> 	<p>Rearward turn in hang 1 turn, body straight, and mount forward turning rearward to steady handstand</p> 
<p>Forward mount with rearward turn without swing, slowly to handstand</p> 	<p>Forward mount with rearward turn slowly to cross C + A or to free front horizontal support level 3 sec: C + B</p> 	<p>Forward mount with rearward turn slowly to cross C + A or to free front horizontal support level 3 sec: C + B</p> 

A	B	C
<p>Handstand with strength with body and arms bent</p>	<p>Rearward turn in hang 2 turns, body straight</p>	<p>Rearward turn in hang body straight and legs joined or straddled with full turn and jump to dismount</p>
		
<p>Forward mount with rearward turn, without swing to support</p>	<p>Rearward turn in hang, body straight and legs joined or straddled with 1/4 turn and jump to dismount</p>	<p>Rearward turn in hang, body straight followed by rearward somersault, thighs and legs bent</p>
		
<p>Vertical mount with arms bent to support</p>	<p>Forward turn in hang to bent inverted hang, and forward straddle cut-off dismount to stand</p>	<p>Vertical mount, slowly lowering arms sideways to back horizontal support lever.</p>
		
<p>Swing rearward in hang and turn forward to bent inverted hang and dismount forward to stand</p>	<p>Horizontal front hang lever and turn rearward to mount slowly to handstand as to cross: C-1-A or to free front horizontal support lever: C-1-B</p>	<p>Horizontal front hang lever</p>
		
<p>Support turn rearward and dismount to stand</p>	<p>Forward support turn, bent and slowly to handstand</p>	<p>Horizontal back hang lever</p>
		
<p>Swing forward in support to hang</p>	<p>Forward support turn, 1/4 to back horizontal hang lever</p>	<p>Inverted cross 3 sec and arms horizontal</p>
		

A	B	C
<p>Dislocation forward or rearward</p>	<p>Horizontal front hang, lever at least 3 sec.</p>	<p>Forward turn in hang to bent inverted hang, and forward straddle cut-off dismount with 1/4 turn to stand</p>
		
<p>Horizontal back hang lever</p>	<p>Handstand with strength with body straight and arms bent or vice-versa</p>	<p>Rearward support turn to straddle dismount with 1/4 turn</p>
		
<p>Right angle "L" Support</p>	<p>Handstand</p>	<p>Vertical mount slowly lowering arm sideways to support</p>
		
<p>Free front horizontal support lever at least 1 sec and with arms straight</p>	<p>Handstand lower body, passing through the free front horizontal support (momentary) to the back horizontal hang lever</p>	<p>Handstand with strength, with body and arms straight</p>
		
<p>Cross, legs raised horizontally forward</p>	<p>Cross or cross with 1/4 turn left or right</p>	<p>Horizontal back hang lever: swing forward in rear hang in front horizontal hang lever</p>
		
<p>From cross, legs raised horizontally forward, vertical mount slowly to support</p>	<p>Swing rearward in hang to back horizontal hang lever</p>	<p>Horizontal back hang lever</p>
		
<p>Inverted cross 3 sec and arms horizontal</p>	<p>"L" support with straddled legs</p>	<p>Cross legs raised horizontally forward — mount slowly and vertically to "L" support C-1-C</p>
		

Jump, body stretched above horizontal, straddling legs sideward, to stand rearways: **7.50 pts.**



Jump, body stretched, legs stretched and straddled sideways to stand rearways: **7.50 pts.**



Jump, legs joined and bent, stretch body and legs before descending to stand rearways: **8.00 pts.**



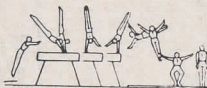
Jump, body stretched above horizontal, and pass legs, bent and joined, between arms, straighten body before descending, to stand rearways: **8.00 pts.**



Jump, legs bent at start then stretched forward during the flight, straighten the body before the descent to stand rearways: **9.00 pts.**



Jump to cross handstand, supported on right arm 1/4 turn right, placing left hand on neck, and turn sideward, in free flight to left side stand or contrariwise: **9.00 pts.**



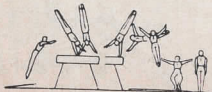
Jump, crossing the legs with 1/2 turn to stand frontways, legs joined: **9.00 pts.**



Jump, body stretched above the horizontal, then bend the body in order to pass the stretched and joined legs above the neck, extend the body before descending, to stand rearways: **9.50 pts.**



Jump with 1/4 turn left or right during flight to sideways handstand, hands being placed successively or simultaneously, front hand on neck, and turn sideward in free flight to stand sideways: **9.80 pts.**



Jump, body stretched above the horizontal, and cross the legs with 1/4 turn, to a stand: **9.80 pts.**



Jump, body stretched, legs stretched and joined to stand rearways ("Swan" jump): **10.00 pts.**



Jump, body bent, legs stretched, straighten the body before the descent to stand rearways: **10.00 pts.**



Jump to momentary inverted support, body bent, legs stretched, and turn forward in free flight, and stretch the body before descending, to stand rearways (Yamashita): **10.00 pts.**



Jump to momentary handstand and turn forward in free flight to stand rearways (Handspring): **10.00 pts.**



Jump to a momentary handstand and turn forward in free flight to stand rearways (Handspring): **10.00 pts.**



Jump, body stretched above the horizontal, legs joined and stretched, and "swan" spring to stand rearways: **10.00 pts.**


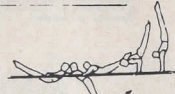

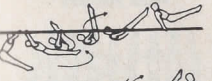

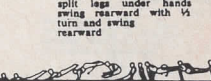


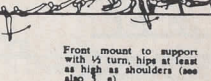
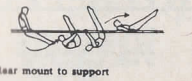

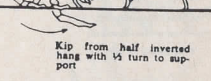
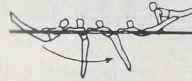

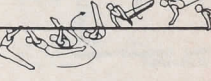

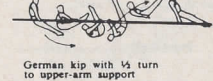
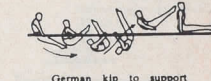

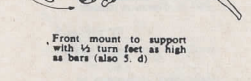
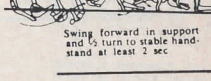
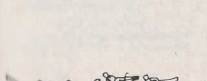




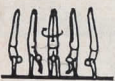
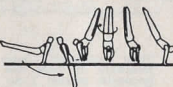



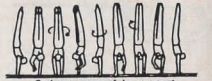








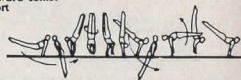



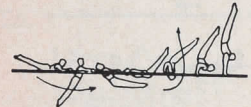


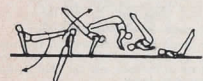
Jump, body stretched, legs stretched and joined with 1/4 turn to left or right to stand frontways ("Swan" jump with 1/4 turn): **10.00 pts.**

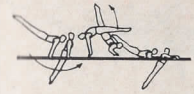
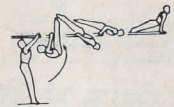

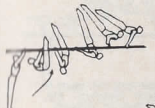
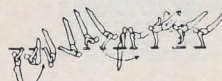

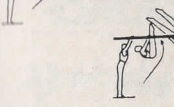
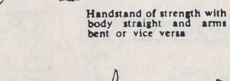
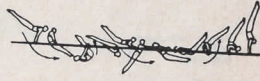
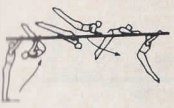
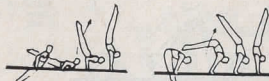





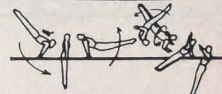







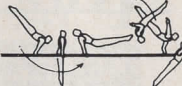


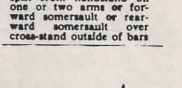
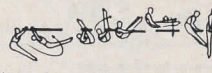
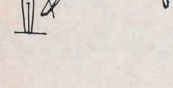



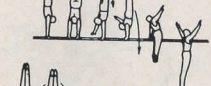

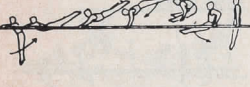





Jump, body stretched above the horizontal, legs joined and stretched and "swan" spring forward with 1/4 turn to stand frontways: **10.00 pts.**

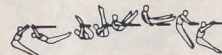


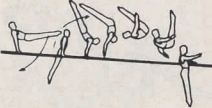



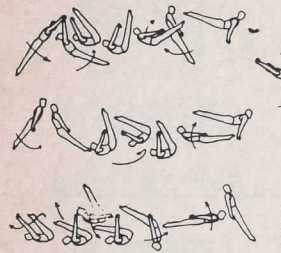
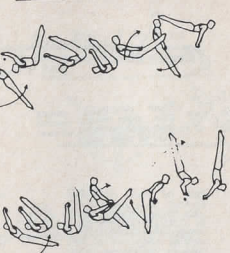
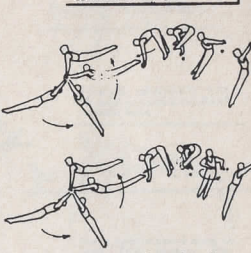
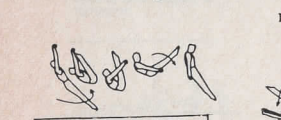

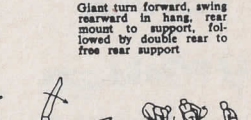
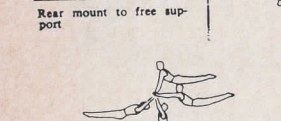
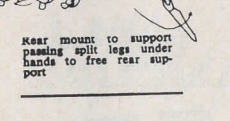

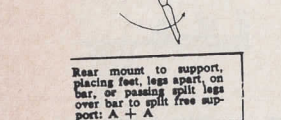

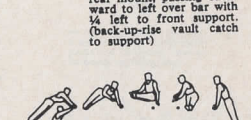
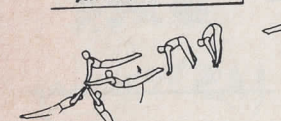
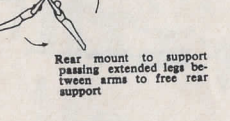
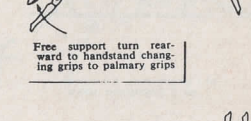

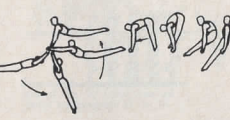

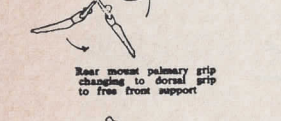
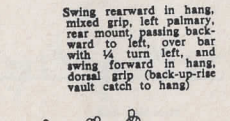
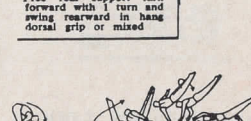



A	B	C
<p>Front mount to support</p> 	<p>Rear mount to handstand</p> 	<p>Rearmount to handstand followed by pirouette rearward</p> 
<p>Kip from upper-arm support or half inverted hang to support</p> 	<p>Front side-stand jump frontways to front free horizontal support 2 sec. B → A</p> 	<p>Rear mount to support swing forward, passing split legs under hands swing rearward with 1/4 turn and swing rearward</p> 
<p>German kip to upper-arm support</p> 	<p>Kip from half inverted hang with 1/4 turn to upper-arm support</p> 	<p>Front mount to support with 1/4 turn, hips at least as high as shoulders (see also 3. e)</p> 
<p>Rear mount to support</p> 	<p>Rear mount to support swing forward passing split legs under hands at right angle</p> 	<p>Kip from half inverted hang with 1/4 turn to support</p> 
<p>Swing forward in support and 1/2 turn body at least horizontal or to upper-arm support</p> 	<p>German kip to support and swing rearward</p> 	<p>German kip at right angle</p> 
<p>Swing rearward in upper-arm support with 1/2 turn to swing rearward in upper-arm support</p> 	<p>German kip with 1/4 turn to upper-arm support</p> 	<p>German kip to support swing rearward, swing forward, splitting legs at right angle</p> 
<p>Front mount to support with 1/4 turn feet as high as bars (also 5. d)</p> 	<p>Swing forward in support and 1/2 turn to stable handstand at least 2 sec</p> 	<p>Swing forward in support and 1/2 turn to stable handstand at least 2 sec</p> 
<p>Swing rearward in upper-arm support with 1/2 turn to swing rearward in upper-arm support</p> 	<p>Swing of strength with body straight and arms bent from frontways horizontal support on one elbow in primary grip</p> 	<p>Double back Czech</p> 

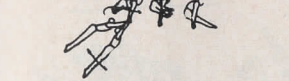




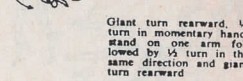
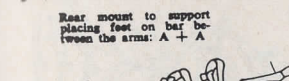

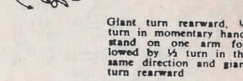


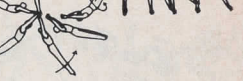
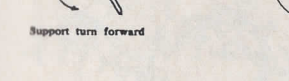

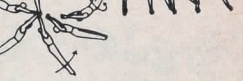

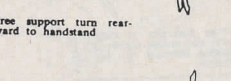
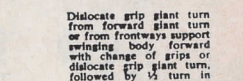
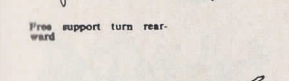

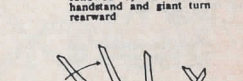

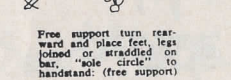

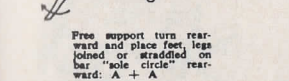





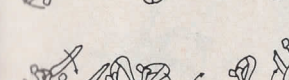

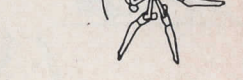

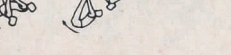




A	B	C
<p>Forward piroettes to handstand: A + A</p> 	<p>Swing rearward in support and jumping 1/2 turn releasing and resuming grips simultaneously and swing forward in support</p> 	<p>Swing rearward in support with 1/2 turn swing rearward in support and 1/2 turn to swing rearward</p> 
<p>Handstand of strength with body and arms bent</p> 	<p>Swing rearward in upper arm support and mount to support with 1/2 turn or from a swing rearward in support, 1/2 turn to support</p> 	<p>Double rearward piroettes without interruption</p> 
<p>Handstand of strength, body straight and arms bent from horizontal frontways support on one elbow: A + A</p> 	<p>Swing forward in support and 1/2 turn: body at least in oblique line of 30° upward</p> 	<p>Swing rearward in support and jumping 1/2 turn releasing and resuming grips, swing forward followed by 1/2 turn, line of body obliquely upward at least 10°</p> 
<p>Handstand 2 sec.</p> 	<p>Swing rearward in support and jumping 1/2 turn releasing and resuming grips, swing forward followed by rearward somersault to support</p> 	<p>Swing rearward in support and jumping 1/2 turn releasing and resuming grips to stable handstand 2 sec.</p> 
<p>Front horizontal support on one elbow</p> 	<p>Front Csech</p> 	<p>Handstand of strength with body and arms straight</p> 
<p>Right angle</p> 	<p>Front free horizontal support in crossways support</p> 	<p>Handstand of strength, body bent arms straight from cross support over one bar</p> 
<p>Back roll to momentary handstand</p> 	<p>Outer back cross-stand of bars: forward mount turning rearward to momentary handstand</p> 	<p>Handstand on one arm 2 sec.</p> 
<p>Forward somersault to upper-arm support</p> 		

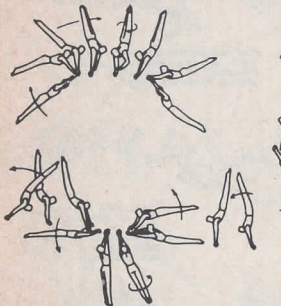
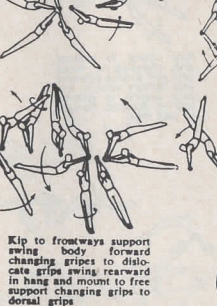


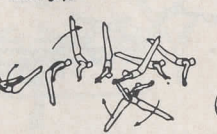



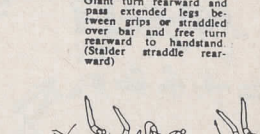

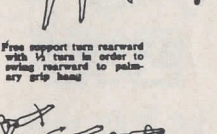

A	B	C
<p>Rearward somersault to upper-arm support</p> 	<p>Outer back cross-stand of bars: forward mount turning rearward to support</p> 	<p>Front free horizontal support in sideways support on one bar</p> 
<p>Crossways stand somersault under bars to support or to hang or to upper-arm support</p> 	<p>Outer back cross-stand of bars: forward mount turning rearward to support, swing forward with 1/2 turn, line of body 30° upward A + B</p> 	<p>Crossways back support, legs and body raised forward upward 2 sec.</p> 
<p>Front crossways stand, at end: jump legs split in support or at right angle</p> 	<p>Handstand of strength with body straight and arms bent or vice versa</p> 	<p>Somersault under bars, swing forward in brachial support and back roll to momentary handstand</p> 
<p>Front crossways stand, at end: jump legs split in support or at right angle</p> 	<p>Swing forward in support descend rearward, and somersault under bars to hang or upper arm support or support</p> 	<p>Outer back cross-stand of bars: mount forward turning rearward to momentary handstand, swing forward with 1/2 turn, line of body 30° upward</p> 
<p>Front side-stand, jump frontways to cross-support</p> 	<p>Rearward somersault to support with resuming of grips just as body is obliquely upward 30°</p> 	<p>Crossways stand somersault under to stable handstand 2 sec.</p> 
<p>Front side-stand, jump frontways to cross-support</p> 	<p>Rearward somersault with 1/2 turn to crossways stand outside of bars</p> 	<p>Rearward somersault followed by 1/2 turn line of body in an oblique position 30° upward</p> 

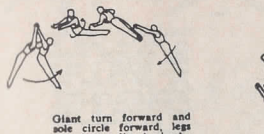



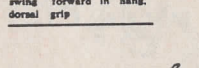


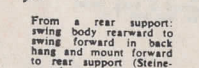
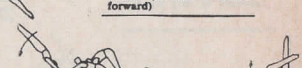
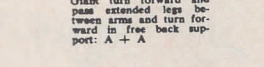


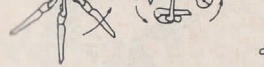
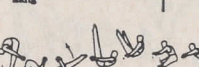
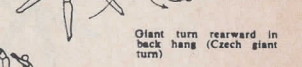
A	B	C
<p>Crossways support at end; swing rearward splitting legs to hang</p> 	<p>Crossways handstand on one bar 2 sec.</p> 	<p>Forward somersault to support</p> 
<p>Swing forward in support, splitting legs to support or at right angle: A + A</p> 	<p>Rearward somersault to crossways stand outside of bars.</p> 	<p>Forward somersault, with 1/2 turn to crossways stand outside bars</p> 
<p>Front side-stand: rear vault to cross support, or right-angle</p> 	<p>Sideward turn or high frontal turn, or forward pirouette followed by sideward flip (Hollander) or split from handstand on one or two arms or forward somersault or rearward somersault over cross-stand outside of bars</p> 	<p>From half-inverted hang at end, face interior, kip, splitting legs to support.</p> 
	 <p>Swing forward, descend rearward, and somersault under to stable handstand 2 sec.</p>	 <p>Swing forward, descend rearward and somersault under to support, swing forward, splitting legs</p>
<p>Rear mount to support swing forward, passing split legs under hands: A + A*</p> 	 <p>Rearward somersault, followed by 1/2 turn line of body horizontal: B + A</p>	<p>Rearward somersault to stable handstand 2 sec.</p> 
 <p>Split right-angle</p>	 <p>Front side-stand, mixed grip right palm: double rear vault right to cross support, followed by front czech</p>	
		










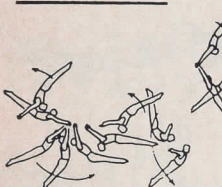
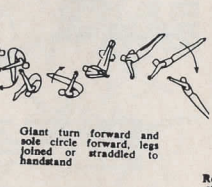
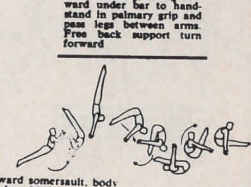
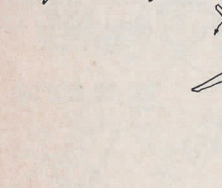
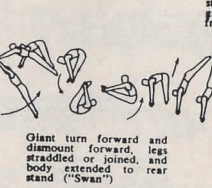
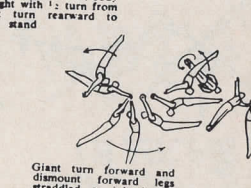


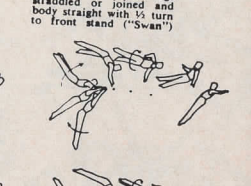



B
<p>From hang half-inverted at end, face interior, kip, splitting legs to hang</p> 
<p>Front side-stand, mixed grip, right palmar double rear vault to right to support or right angle</p> 
 <p>Forward somersault to crossways stand outside bars</p>
 <p>Rearward pirouette to handstand</p>


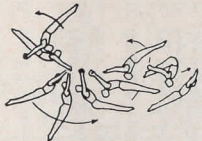
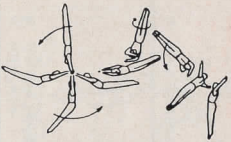


A	B	C
<p>Front kip from hang or support or back kip forward and rearward</p> 	<p>Front kip changing grips simultaneously before arriving at half-inverted hang or after kip (jump while changing)</p> 	<p>Rear mount to support and pass split legs under hands and over bar and swing rearward in hang or with 1/4 turn and swing forward in hang</p> 
 <p>Finnish mount</p>	 <p>Giant turn forward, swing rearward in hang, rear mount to support, followed by double rear to free rear support</p>	 <p>Rear mount to support passing split legs under hands to free rear support</p>
 <p>Rear mount to free support</p>	 <p>Swing rearward in hang, mixed grip, left palmary, rear mount, passing backward to left over bar with 1/4 left to front support. (back-up-rise vault catch to support)</p>	 <p>Rear mount to support, placing feet, legs apart, on bar, or passing split legs over bar to split free support: A + A</p>
 <p>Rear mount to support passing extended legs between arms to free rear support</p>	 <p>Free support turn rearward to handstand changing grips to palmary grips</p>	 <p>Rear mount to support, placing feet, legs apart, on bar, or passing split legs over bar to split free support: A + A</p>
 <p>Rear mount to support passing extended legs between arms to free rear support</p>	 <p>Swing rearward in hang, mixed grip, left palmary, rear mount, passing backward to left, over bar with 1/4 turn left, and swing forward in hang, dorsal grip (back-up-rise vault catch to hang)</p>	 <p>Free rear support turn forward with 1/4 turn and swing rearward in hang dorsal grip or mixed</p>
 <p>Rear mount palmary grip changing to dorsal grip to free front support</p>	 <p>Rear mount to support, placing feet, legs apart, on bar, or passing split legs over bar to split free support: A + A</p>	 <p>Rear mount to support, placing feet, legs apart, on bar, or passing split legs over bar to split free support: A + A</p>
 <p>Rear mount to support, placing feet, legs apart, on bar, or passing split legs over bar to split free support: A + A</p>	 <p>Rear mount to support, placing feet, legs apart, on bar, or passing split legs over bar to split free support: A + A</p>	 <p>Rear mount to support, placing feet, legs apart, on bar, or passing split legs over bar to split free support: A + A</p>
 <p>Rear mount to support, placing feet, legs apart, on bar, or passing split legs over bar to split free support: A + A</p>	 <p>Rear mount to support, placing feet, legs apart, on bar, or passing split legs over bar to split free support: A + A</p>	 <p>Rear mount to support, placing feet, legs apart, on bar, or passing split legs over bar to split free support: A + A</p>

A	B	C
<p>Rear mount to support passing legs under left hand to free rear support: A + A</p> 	<p>Swing rearward in hang, mixed grip, right palmary: rear mount to support, followed by double rear to free rear support</p> 	<p>Free support turn rearward with 1/4 turn to handstand in palmary grip</p> 
<p>Swing rearward in hang mixed grip, right palmary: rear mount to support followed by split crown to free support: A + A</p> 	<p>Rear mount in palmary grip, changing to dorsal grip and passing extended legs between arms to free back support, or splitting legs to dismount forward to rear stand</p> 	<p>Free rear support turn forward, splitting legs and reloading and resuming grips to frontways support</p> 
<p>Rear mount to support placing feet on bar between the arms: A + A</p> 	<p>Free support turn rearward to handstand</p> 	<p>Giant turn rearward, 1/2 turn in momentary handstand on one arm, followed by 1/2 turn in the same direction and giant turn rearward</p> 
<p>Support turn forward</p> 	<p>Free support turn rearward to handstand</p> 	<p>Dislocate grip giant turn from forward giant turn or from frontways support swinging body forward with change of grips or dislocate grip giant turn, followed by 1/2 turn in handstand and giant turn rearward</p> 
<p>Free support turn rearward</p> 	<p>Free support turn rearward and place feet, legs joined, or straddled on bar, "sole circle" to handstand: (free support)</p> 	<p>Giant turn forward in back hang: Russian giant turn</p> 
<p>Free support turn rearward</p> 	<p>Free support turn rearward and place feet, legs joined, or straddled on bar, "sole circle" rearward: A + A</p> 	<p>Giant turn forward in back hang: Russian giant turn</p> 
<p>Free support turn rearward</p> 	<p>Free support turn rearward and place feet, legs joined, or straddled on bar, "sole circle" rearward: A + A</p> 	<p>Giant turn forward in back hang: Russian giant turn</p> 
<p>Free support turn rearward</p> 	<p>Free support turn rearward and place feet, legs joined, or straddled on bar, "sole circle" rearward: A + A</p> 	<p>Giant turn forward in back hang: Russian giant turn</p> 
<p>Free support turn rearward</p> 	<p>Free support turn rearward and place feet, legs joined, or straddled on bar, "sole circle" rearward: A + A</p> 	<p>Giant turn forward in back hang: Russian giant turn</p> 
<p>Free support turn rearward</p> 	<p>Free support turn rearward and place feet, legs joined, or straddled on bar, "sole circle" rearward: A + A</p> 	<p>Giant turn forward in back hang: Russian giant turn</p> 
<p>Free support turn rearward</p> 	<p>Free support turn rearward and place feet, legs joined, or straddled on bar, "sole circle" rearward: A + A</p> 	<p>Giant turn forward in back hang: Russian giant turn</p> 
<p>Free support turn rearward</p> 	<p>Free support turn rearward and place feet, legs joined, or straddled on bar, "sole circle" rearward: A + A</p> 	<p>Giant turn forward in back hang: Russian giant turn</p> 
<p>Free support turn rearward</p> 	<p>Free support turn rearward and place feet, legs joined, or straddled on bar, "sole circle" rearward: A + A</p> 	<p>Giant turn forward in back hang: Russian giant turn</p> 

A	B	C
<p>Giant turn forward or rearward or giant turn forward and 1/4 turn to giant turn rearward or swing forward in cross grip with 1/4 turn to giant turn forward or giant turn forward 1/4 turn placing one hand under the other, swing forward in cross grip with 1/4 turn to giant turn forward</p> 	<p>Giant turn rearward, 1/4 turn and giant turn forward</p> 	<p>Giant turn forward, pass extended legs between arms and turn forward in free back support with 1/4 turn and swing rearward in hang, mixed or palmary grip: A + C (also 4, c)</p> 
<p>Rear support turn forward or rearward</p> 	<p>Kip to frontways support swing body forward changing grips to dislocate grips swing rearward in hang and mount to free support changing grips to dorsal grips</p> 	<p>Free support turn rearward pass extended legs between arms or split over bar and turn rearward to handstand (Stalder split rearward)</p> 
<p>Giant turn rearward and sole circle rearward, legs joined or split</p> 	<p>Swing rearward in back hang and mount rearward turning forward to rear support</p> 	<p>Giant turn rearward and pass extended legs between grips or straddled over bar and free turn rearward to handstand (Stalder straddle rearward)</p> 
<p>Free support turn rearward with 1/4 turn in order to swing rearward to palmary grip hang</p> 	<p>Giant turn rearward and sole circle rearward, legs joined or split to handstand</p> 	<p>Dislocate grip giant turn</p> 

A	B	C
<p>Swing forward in back hang with 1/4 turn to swing forward in hang</p> 	<p>Giant turn forward, 1/4 turn crossing one hand over the other, swing forward in crossed grip, 1/4 turn to giant turn forward</p> 	<p>From frontways support swing body forward with change of grips or dislocate grip giant turn, followed by 1/4 turn in handstand and giant turn rearward</p> 
<p>Giant turn forward and sole circle forward, legs joined or split: A + A</p> 	<p>Free rear support turn forward within 1/4 turn to swing forward in hang, dorsal grip</p> 	<p>Giant turn forward and pass extended legs between arms or straddled over bar and free support turn forward to handstand (Stalder straddle forward)</p> 
<p>Giant turn forward and pass extended legs between grips and turn forward in free back support: A + A</p> 	<p>From a rear support: swing body rearward to swing forward in back hang and mount forward to rear support (Steinmann)</p> 	<p>Giant turn rearward in back hang (Czech giant turn)</p> 
<p>Giant turn forward and diamond forward, legs split or joined to rear stand</p> 	<p>Free rear support turn forward splitting legs and releasing and resuming grips swing forward in hang</p> 	<p>Front support place feet on bar, legs joined or split and swing forward under bar with 1/4 turn to swing forward, mixed grip, pass extended legs between arms and mount forward to free support</p> 
<p>Giant turn forward and diamond forward, legs split or joined to rear stand</p> 	<p>Front support place feet on bar, legs joined or split and swing forward under bar with 1/4 turn to swing forward, mixed grip, pass extended legs between arms and mount forward to free support</p> 	<p>Pirossette directly from giant turn forward in palmary grip</p> 

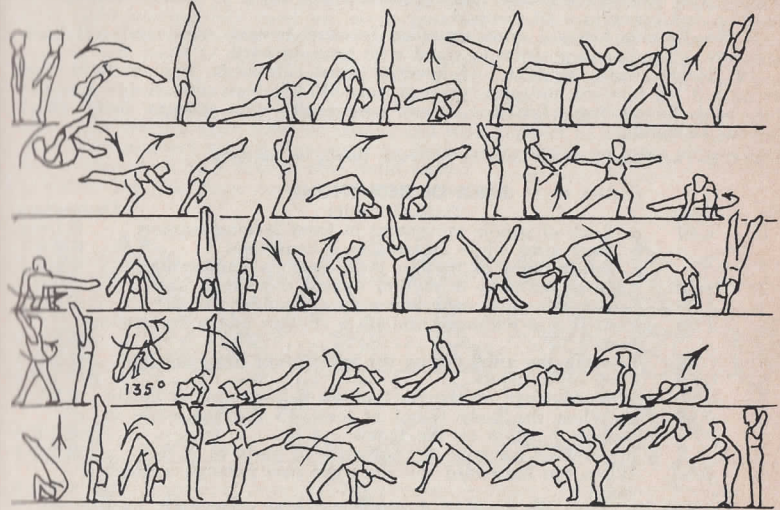
A	B	C
<p>Front support, place feet on bar, legs joined or split and swing forward under bar with 1/2 turn to swing forward in mixed grip</p> 	<p>Pirouette from rearward swing in mixed or dorsal grip to swing forward in hang</p> 	<p>Pirouette from rearward swing in mixed or dorsal grip to support</p> 
<p>Free support turn rearward in front support and split legs to dismount forward to rear stand</p> 	<p>From slight swing rearward in hang, giant swing forward under bar to handstand in dorsal grip or mixed grip or palmary grip</p> 	<p>Front support, place feet on bar legs joined or split, and swing forward under bar with 1/2 turn to swing forward in mixed grip, pass extended legs between arms and mount forward to free back support, followed by dislocate grip mount to free support</p> 
<p>Rearward somersault body straight from giant turn rearward to rear stand</p> 	<p>Giant turn forward and pass extended legs between arms and turn forward in free back support with 1/2 turn to swing rearward in hang, dorsal grips. (see also 4 b)</p> 	<p>From slight swing rearward in hang, swing forward under bar to handstand in palmary grip and pass legs between arms. Free back support turn forward</p> 
<p>Giant turn forward and sole circle forward, legs joined or straddled to handstand</p> 	<p>Rearward somersault, body straight with 1/2 turn from giant turn rearward to front stand</p> 	<p>Giant turn forward and dismount forward, legs straddled or joined, and body extended to rear stand ("Swan")</p> 
<p>Giant turn forward and dismount forward, legs straddled or joined, and body extended to rear stand ("Swan")</p> 	<p>Giant turn forward and dismount forward, legs straddled or joined and body straight with 1/2 turn to front stand ("Swan")</p> 	<p>Giant turn forward and dismount forward, legs straddled or joined, and body extended to rear stand ("Swan")</p> 
<p>Giant turn forward and dismount forward, legs straddled or joined, and body extended to rear stand ("Swan")</p> 	<p>Giant turn forward and dismount forward, legs straddled or joined, and body extended to rear stand ("Swan")</p> 	<p>Giant turn forward and dismount forward, legs straddled or joined, and body extended to rear stand ("Swan")</p> 
<p>Giant turn forward and dismount forward, legs straddled or joined, and body extended to rear stand ("Swan")</p> 	<p>Giant turn forward and dismount forward, legs straddled or joined, and body extended to rear stand ("Swan")</p> 	<p>Giant turn forward and dismount forward, legs straddled or joined, and body extended to rear stand ("Swan")</p> 

B	C
<p>Rearward somersault bending and straightening body from giant turn rearward to back stand</p> 	<p>Forward somersault, body straight with 1/2 turn from giant turn forward to front stand</p> 
<p>Forward somersault, body straight, with 1/2 turn from giant turn forward to rear stand</p> 	<p>Double somersault rearward from giant turn rearward to rear stand</p> 

Required Exercises For The 1968 National Collegiate Championships

[Illustrations by Pat Arnold, University of Arizona]

FLOOR EXERCISE



1. Raise heels bringing arms backwards and jump backwards to handstand and lower to front leaning rest position with supple movement. (Back hand-spring, catch in handstand and lower to front support.) Bend trunk forward bringing legs closer to hands and rise slowly, body bent, legs apart and arms straight to handstand, join legs. (HOLD).

2. Bend arms and lower trunk forward to half inverted position (kip position) on the neck and kip to handstand, and lower to front scale on one leg, arms raised sideward. (HOLD).

3. Lower leg and raise upper body to stand with feet together. Two or three running steps forward, hurdle and land with feet together and jump in turning forward body and legs bent (salto forward) to land on one leg with the other leg held forward, and,

4. Step forward into front handspring to squat position and head kip (head-spring) to stand with arms upward.

5. Lower arms forward while raising left leg forward with $\frac{1}{4}$ turn to right, and lunge to left raising arms sideward. Place hands on floor, left leg between arms. Pass right leg under right hand and under left hand and left foot and continuing with the second leg circle while making $\frac{1}{2}$ turn left on left foot and pass right leg under right hand, left hand and left foot to handstand while joining legs. (HOLD).

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

Origin or Name	A Parts		B Parts		C Parts	
Front Somersaults	a. front somersault	a. swinging out of double front	a. triple front			
	b. front $\frac{1}{4}$ somersault to back drop	b. front $2\frac{1}{4}$ somersault to back drop				
	c. double front as a dismount	c. double front cody				
	d. front cody					
Back Somersaults	a. back somersault	a. $1\frac{1}{4}$ back to double cody (B+B)	a. triple back			
	b. double back somersault	b. $2\frac{1}{4}$ back to double pullover (A+B)	b. $2\frac{1}{4}$ back to stomach drop			
	c. $1\frac{1}{4}$ back to stomach drop		c. triple cody			
	d. back cody					
	e. double pullover					
Twisting Forward Somersaults	a. Barani	a. full twisting $1\frac{1}{4}$ front somersault	a. Rudolph fifties			
	b. Rudolph	b. Barani in fifties	b. Rudolph followed or preceded by something other than full twist barani or back somersault			
	c. Barani out fifties	c. Rudolph	c. trifles			
		d. $1\frac{1}{4}$ front, Rudolph half out (B+B)	d. $2\frac{1}{4}$ front, Rudolph half out			
Twisting Back Somersaults	a. full twist	a. full twisting $1\frac{1}{4}$ back	a. full in full out fifties			
	b. double twist	b. $\frac{1}{2}$ in $\frac{1}{2}$ out fifties	b. triple twisting cody			
		c. full in fifties	c. triple twist followed or preceded by something other than back somersault, barani or full twist			
		d. full out fifties				
		e. triple twist				
		f. double twisting cody				
Combination Example	a. back to barani or vice-versa (A+A)	a. any combination of the following: barani out fifties, double back, Rudolph or double twist (A+B) (12 possible combinations)	a. $\frac{1}{2}$ in $\frac{1}{2}$ out to barani out fifties (C+A)			
	b. $1\frac{1}{4}$ back to single cody (A+A)	b. barani out, double back, Rudolph (A+B+B)	b. $\frac{1}{2}$ in $\frac{1}{2}$ out to triple twist (C+C)			
		c. full twisting $1\frac{1}{4}$ back to double cody (B+B)				

6. Move right hand forward making $\frac{1}{4}$ turn left and roll forward with straight arms and straight legs to stand, raising arms upward. Raise left leg forward with $\frac{1}{4}$ turn right lowering arms sideward, and cartwheel left to land on right leg with $\frac{1}{4}$ turn right while joining left leg to right, and.

7. Jump turning backwards (flic-flac) to handstand lowering right leg to a stand with $\frac{1}{2}$ turn left to stand joining right leg to left leg.

8. Jump upward with $\frac{3}{4}$ (135 degree) turn forward (body piked) to handstand position immediately lowering chest to floor and roll off chest to front leaning rest position. Straddle legs forward under hands to a rear leaning rest position and lower to a sit position.

9. Bend trunk forward arms stretched forward towards toes, and roll backwards to a handstand position to stand with arms upward.

10. Step forward on right foot lowering arms sidwards, hop on right foot, swing left leg forward and arms upward, take-off left foot and execute a round-off, back handspring (flic-flac), back somersault with straight body (back layout) to stand.

NOTE—The Floor Exercise may be reversed, totally or partially.

TABLE OF DEDUCTIONS

No.	Value	Typical Faults	Deductions
1.	1.40	a. Lack of supple movement in front leaning support . . .	0.1-0.2
		b. Bent arms while pressing to a handstand	0.2-0.7
		c. Interruption of rhythm pressing to a handstand	0.2-0.3
2.	1.20	Lack of harmony & rhythm during the whole part	0.1-0.3
3.	1.00	Somersault performed lower than shoulder height	0.1-0.3
4.	1.00	Parts 3 & 4 without harmony & rhythm in the connecting parts	0.2-0.3
5.	0.80	Bending the arms during the press or in the handstand . .	0.1-0.3
6.	0.60	Lack of harmony	0.1-0.3
7.	0.80	When the hips on the flic-flac are below shoulder height .	0.1-0.3
8.	0.90	a. When the body is not at least 45 degrees while in support position on the hands	0.1-0.3
		b. Lack of harmony & continuity of parts 6, 7, 8	0.1-0.3
9.	0.50	When the backward roll does not pass through a handstand	0.1-0.3
10.	1.80	a. Legs not together during flic-flac or somersault, each time	0.1-0.3
		b. When the somersault is lower than shoulder height . .	0.1-0.3

SIDE HORSE

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

1. Pass legs under left hand, $\frac{1}{4}$ turn right and place right hand on neck, pass legs over left pommel and $\frac{1}{4}$ turn right to rear support, left hand on left pommel, right hand on neck. (Loop around end.)

2. Pass left leg under right hand, and over right pommel and around left pommel to support with legs apart, pass right leg over neck with $\frac{1}{4}$ turn right, placing right hand on left pommel with reverse grip and.

3. Pass right leg over right pommel with $\frac{1}{4}$ turn right and with support on right arm, pass legs over neck placing left hand on neck to rear support on neck. (Single leg Czech.)

4. Pass legs under right hand with support on right arm, pass legs over neck and right pommel with $\frac{1}{2}$ turn right placing left hand on right pommel to rear support on both pommels. (Flank swing right under right hand, Kehre in to rear support.)

5. Pass right leg under right hand and back scissor to left and pass left leg forward under right hand, and.

6. Pass both legs under left hand, right hand and left hand to front support on both pommels (reverse circles.)

7. Pass right leg forward under right hand and front scissor to left and front scissor to right.

8. Pass left leg forward under left hand and pass both legs under right hand, left hand, right hand (1 and $\frac{1}{2}$ double leg circles to front support), and.

9. With support on right arm, pass legs over right pommel and neck with $\frac{1}{2}$ turn right placing left hand on neck, pass legs under right hand, and with support on right arm pass legs over neck and right pommel with $\frac{1}{2}$ turn to right moving left hand to right pommel to rear support on both pommels. (Stocklie right.) (Kehre-out, Kehre-in, around right arm) pass legs under right hand and left hand (1 double leg circles to rear support), and.

10. With support on left arm, pass legs over left pommel and croup with $\frac{1}{2}$ turn right placing right hand on croup, and with support on right arm pass legs over right pommel with $\frac{1}{4}$ turn right to dismount to stand on right side. (Back or inverted stocklie, $\frac{1}{4}$ turn to side stand right.)

NOTE—The Side Horse exercise may be reversed only in its entirety.

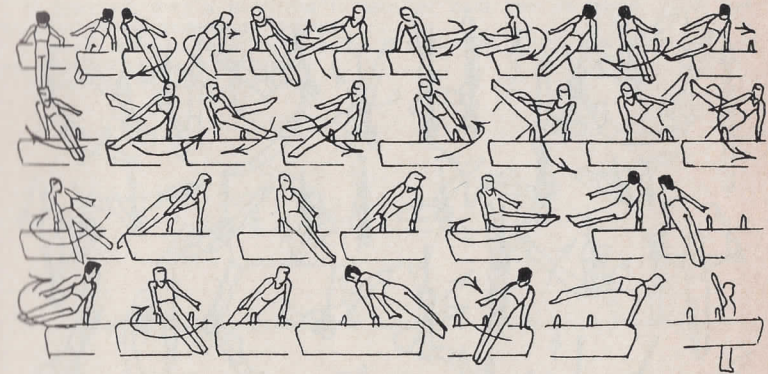


TABLE OF DEDUCTIONS

No.	Value	Typical Faults	Deductions
1.	1.00	Usual faults	0.1-0.2
2.	1.20	Irregular rhythm between parts 1 & 2	0.1-0.2
3.	1.40	Touching the horse and before completion of the single leg Czech	0.3-0.5
4.	0.80	Reaching back for support on the Crown, (double rear) .	0.3-0.5
5.	0.70	a. Hips too low on the scissor	0.1-0.3
		b. Touching the body of the horse on leg cut	0.2-0.3
6.	0.50	Usual faults	
7.	0.60	Hips too low on the scissors	0.1-0.3
8.	0.50	Usual faults	
9.	1.30	Reaching back for hand support on Stockli, each time . .	0.3-0.5
10.	2.00	a. Reaching back for support on the inverted Stockli . .	0.3-0.5
		b. Body too low when passing over the horse on the dismount	0.1-0.3
		c. Turning too late on the dismount, lack of harmony . .	0.1-0.2

RINGS

1. From hang, rise slowly with body bent forward to half inverted hang, dislocate to swing forward and,
2. Turn backward to momentary handstand (Streuli). (NOT A HOLD.)
3. Swing forward in support and lower body to swing backward in hang and turn forward and inlocate with straight body.
4. Swing backward to back uprise with straight arms to support and raise legs forward to horizontal "L" position. (HOLD.)
5. Lower legs and slowly press, straight body with bent arms to handstand. (HOLD.)
6. Lower to support and backward roll to support and lower stretching arms sideward to,
7. Cross. (HOLD.)
8. Lower and turn backward with slightly bent arms and straight body to straight inverted hang, bend body and dislocate to,
9. Turn backward and dislocate (8 and 9 are two dislocates) to,
10. Turn backward while straddling legs to high straddle dismount.

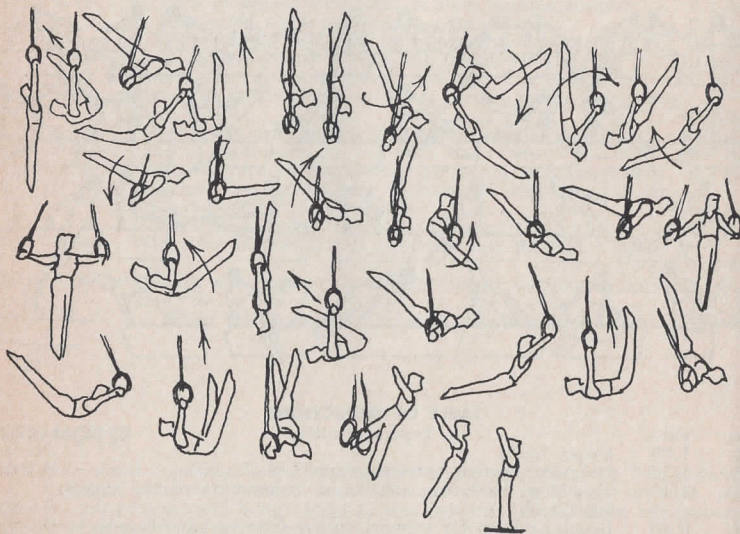


TABLE OF DEDUCTIONS

No.	Value	Typical Faults	Deductions
1.	0.50	Dislocate too low	0.1-0.3
2.	1.00	a. Streuli does not move directly to a defined handstand. b. Holding handstand too long	0.1-0.3 0.1-0.3
3.	0.70	a. Shoulders below the rings before forward swing in support is completed	0.1-0.3

4.	0.50	b. Inlocate executed with strength in the 2nd phase	0.1-0.3
		c. Bending the body during the inlocate	0.3-0.5
		a. Lack of fluent backward swing or body too low when attaining support position	0.1-0.3
5.	1.50	b. Legs not horizontal in the "L" support or moving	0.1-0.3
		Irregular rhythm pressing to handstand	0.1-0.5
6.	0.80	Irregular rhythm while executing back roll to support	0.1-0.3
7.	2.00	Lowering too rapidly to a "Cross"	0.1-0.3
8.	0.80	a. Too great a bend of the arms and body	0.1-0.2
		b. Dislocate too low	0.1-0.3
9.	1.00	a. Dislocate too low	0.1-0.3
		b. Bending body while executing dislocate	0.1-0.3
10.	1.20	a. Hips too low and releasing grip too early	0.2-0.5
		b. Failure to stretch the body on the dismount	0.2-0.3

LONG HORSE

Vault No. 4 as listed in Code of Points, Edition 1964. STOOP VAULT from neck.

1. Approach with a good run to take off both feet on board, vault body stretched during momentary support,
2. Bend body in order to pass the straight and joined legs over the neck and then stretch the body before,
3. Landing to stand rearways.

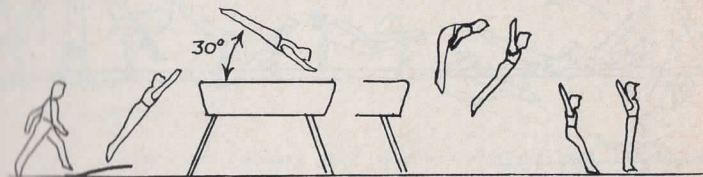
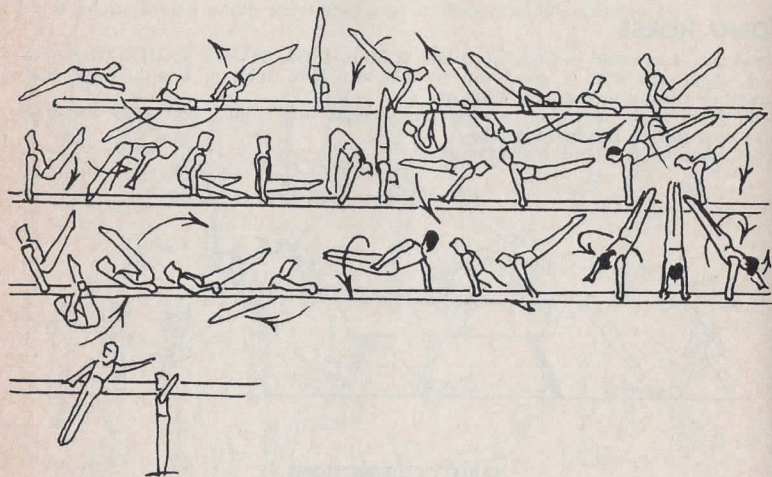


TABLE OF DEDUCTIONS

No.	Value	Typical Faults	Deductions
1.	4.00	a. When position of the body (Pre-flight) on hand contact is not 30 degrees	0.1-0.5
		b. When position of the body (Pre-flight on hand contact is horizontal and lower	0.6-1.0
		c. Body bent on hand contact with horse	0.1-0.5
		d. Body moving to the side and not in proper line of direction	0.1-0.5
2.	6.00	a. Lack of lift after contact with the hands	0.2-0.5
		b. Lack of definite stretched opening of the body or too great a stretched opening of the body. (Over arching)	0.2-0.5
		c. Opening too late	0.2-0.5
		d. Body moving to the side and not in proper line of direction for a proper after-flight	0.2-0.5
		e. Landing too close to the horse	0.1-0.5

PARALLEL BARS

1. From running steps forward, jump to upperarms and swing forward and turn backwards releasing and regrasping holds and passing through a handstand position. (Streuli through a handstand.)
2. Swing forward and lower backward to half inverted hand and turn backwards releasing and regrasping (salto below the bars) to,
3. Upper arms and swing forward to front uprise to support and,
4. Swing backward and on forward swing pass legs straddled under hands to support with legs lifted horizontally forward, "L" position. (Straddle cut-catch to L.) (HOLD.)
5. Press slowly, body bent and arms and legs straight to a handstand. (HOLD)



6. Swing forward with $\frac{1}{2}$ turn above horizontal releasing and regrasping hands to support (Stutze-Kehre), swing forward and,
7. Lower backward to half inverted hand and cast to upper arms and swing backward to,
8. Backward uprise with $\frac{1}{2}$ turn above horizontal while releasing and regrasping holds to straight arm support and swing,
9. To handstand position with $\frac{1}{4}$ turn right on right arm and with support on left arm, $\frac{1}{4}$ turn right,
10. On the left arm to a side stand left. (Hollander dismount.)

NOTE—The Parallel Bar exercise may be reversed totally or partially.

TABLE OF DEDUCTIONS

No.	Value	Typical Faults	Deductions
1.	1.40	Not passing through a handstand on the backward roll to a handstand. (Streuli)	0.1-0.3
2.	0.90	a. Salto beneath the bars with the legs and hips in the "L" position	0.1-0.3
		b. Hips beneath the levels of the bars when regrasping.	0.1-0.3
3.	0.30	Hips too sharply bent in the support position following the front uprise	0.1-0.3
4.	1.00	Usual Faults	
5.	1.40	a. Pressing too rapidly to a handstand	0.2-0.5
		b. Bending the arms while pressing to the handstand	0.2-0.7
6.	1.20	Forward $\frac{1}{2}$ turn (Stutze-Kehre) executed below horizontal	0.1-0.3
7.	1.00	Hips below the bars on the cast to upper arms	0.1-0.3
8.	1.40	a. Backward uprise with $\frac{1}{2}$ turn too low, or hand change (release of grips) too late	0.1-0.3
		b. Bent arms during or after the backward uprise with $\frac{1}{2}$ turn	0.1-0.3
9.	0.60	a. Stopping in the handstand	0.1-0.3
		b. Not passing through a handstand while executing the turn	0.1-0.3
10.	0.80	a. Stopping in the handstand	0.1-0.3
		b. Improper landing (Stand not directly in line with the hand grip)	0.1-0.5

HIGH BAR

From side stand frontways:

1. Jump to hang with ordinary grip (double overgrip), pull up and shoot (underswing) with $\frac{1}{2}$ turn right around right arm to swing forward with mixed grip. (Right hand undergrip.)
2. Swing backward passing straight legs between arms with $\frac{1}{2}$ turn left around right arm to swing backwards with ordinary grip (Finnish mount) and,
3. Back uprise to free support legs straddled and raised forward outside of the hands. (Back uprise to Straddle "L" support.)
4. Swing forward and downward, under the bar, bring legs together and pass legs to swing forward with ordinary grip and,
5. Kip and change grips simultaneously to under grip (reverse grips) and cast to handstand and,
6. Giant swing forward and $\frac{1}{2}$ turn right around right arm (forward pirouette) and lower to free support and,
7. Free backward hip circle to handstand and,

8. Two giant swings backward and 1/2 turn right around right arm and,
9. Two and one half forward giant swings and,
10. High straddle dismount to stand rearways.

NOTE—The Horizontal Bar exercise may be reversed totally or partially.

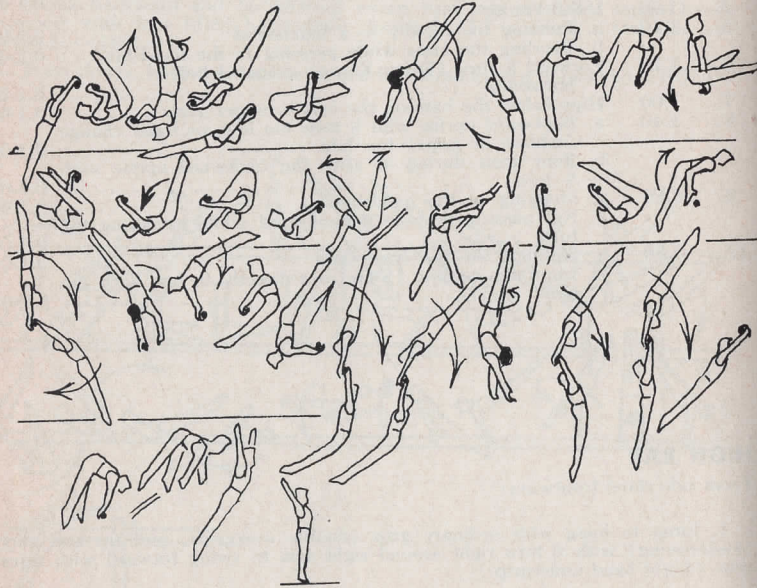


TABLE OF DEDUCTIONS

No.	Value	Typical Faults	Deductions
1.	0.20	Body not horizontal on the underswing with 1/2 turn	0.1-0.2
2.	0.70	Swinging to the side on the rear swing	0.1-0.3
3.	1.50	Usual faults	
4.	1.60	Usual faults	
5.	0.80	Grip change in support position with the hips leading	0.2-0.3
6.	1.00	Irregular rhythm while executing the forward pirouette	0.1-0.3
7.	1.60	a. Faulty rhythm between parts 6 and 7	0.1-0.2
		b. Backward hip circle not moving directly to handstand	0.1-0.3
8.	1.00	a. Body moving to the side when executing the 1/2 turn	0.1-0.3
		b. After the 1/2 turn, body not vertical in the handstand	0.1-0.3
9.	0.40	Usual faults	
10.	1.20	a. Body not rising on the straddle dismount	0.1-0.2
		b. Body not stretched or stretching too late on the dismount	0.1-0.3

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