

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.

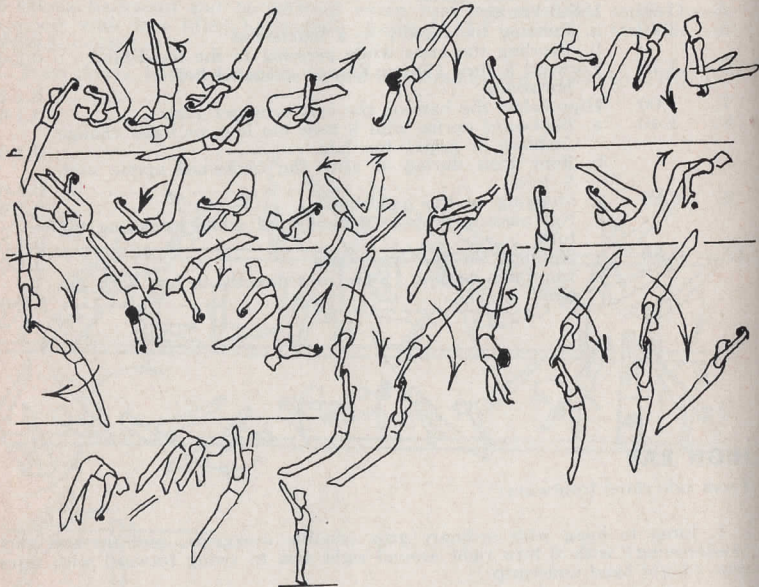


TABLE OF DEDUCTIONS

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



official  
gymnastics  
rules

1969



THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

**THE OFFICIAL**

**National Collegiate Athletic Association**

# **GYMNASTICS**

AND TRAMPOLINE

# **RULES**

# **1969**

**AUG 13 1970**

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# Official NCAA Gymnastic and Trampoline Rules

## APPLICATION OF THESE RULES

All sections of these rules, unless otherwise specified, shall directly apply and govern collegiate dual meets, inter-conference meets, conference championship meets, and both and University and College Divisions National Championship meets.

## RULE 1—OFFICIAL PROGRAM

**National Collegiate Championships** SECTION 1. *Article 1.* The National Collegiate Championships shall be divided into a Gymnastics Division and a Trampoline Division. Each division shall represent a separate championship and shall be scored independently.

*Article 2.* The National Collegiate Gymnastics Championships (University and College Division) shall be conducted in three consecutive days. In the first day's preliminary meet the qualified all-around men will complete the current international compulsory exercises in one session as part of their all-around total. On the second day the meet shall be divided into two sessions. The second day's preliminary sessions will determine the national all-around champion, the three team finalists and the six individual finalists in each event. The third day will consist of two sessions with the first session determining the national gymnastics team champion, and the second session determining the placings of the individual champions in each event.

*Article 3.* Only those men who have qualified in regional gymnastics championships may attend the National Collegiate Gymnastics Championships. There will be no substitutions for qualifiers in the individual events even in the case of an injury. An All-Around competitor may not compete for place in an event in which he did not qualify in his region. Men from teams competing for the gymnastics team championship are not eligible for places in the individual championship events unless they are also among the regional qualifiers in the event.

**Qualifying Meets** SECTION 2. *Article 1.* For purposes of qualifying men and teams not represented by a conference, two regional gymnastics meets shall be held. Independent teams from NCAA districts 1-5 shall constitute one regional qualifying meet, and districts 6-8 shall constitute the second regional meet for the University Division Gymnastics championships. In addition, the following conference gymnastics meets shall be qualifying meets for the University Division Gymnastics championships: The Eastern Intercollegiate Gymnastics League, The Southern Intercollegiate Gymnastics League, The Big 10 Conference, The Big 8 Conference, The Western Athletic Conference, and the Athletic Association of Western Universities.

*Article 2.* The College Division National Gymnastics Championships and the National Collegiate Trampoline Championships shall be open to all teams or individuals.

*Article 3.* The six conferences and two regionals as presented in Article 1 above shall qualify one team which may advance to the University Division Gymnastics Championships.



**Article 4.** The six conferences, the two regionals, and the College Division Gymnastics Championship will qualify three men for the University Division Gymnastics Championships in each of the individual events including the All-Around. Ties in any of the above positions shall not be broken. A competitor, in order to qualify, must earn one of the top three scores.

**Meet Rotation** SECTION 3. **Article 1.** For purposes of meet rotation (both U and C) and rules committee representation the eight NCAA districts are grouped into the following regions: East and South Region—composed of districts one, two and three; Mid-East region—composed of NCAA district four; Mid-West region—composed of districts five, six and seven; West region—composed of district eight.

**Article 2.** Considerations in choosing a host institution for each of the National Collegiate Championship meets are:

- Capability of the host institution to handle the budget satisfactorily.
- The experience of the host institution's gymnastics coach.
- Rotation of the meet within the district if possible.
- The possibility of good spectator attendance.
- Stimulation of interest in an area where the sport needs such stimulation.
- A stated preference of schools within the area.
- The bidding school shall make certain that no other event of major importance is scheduled for the weekend of the National Championships.

**Article 3.** The rules committee should always keep the meet rotation specific and incorporate it each year in the rules. If there is no acceptable bid from the district specified, the next district in order of rotation will be given the first opportunity to make a bid. When the district of the first choice to second choice fails to bid, they do not lose their regular rotation. If the third or fourth choice district takes the meet, the second choice district is nevertheless eligible in the regular order of rotation and the rewrite of the rules shall incorporate this change each year.

**Article 4.** Bids for the site of the National Collegiate Championships shall be required two years in advance of the meet. Also, the date of this championship shall be determined two years in advance.

**Article 5.** The University Division National Collegiate Gymnastics Championship meet is to be held the first weekend in April (Thursday through Saturday), except in the event of a holiday.

**Article 6.** The host institution for any of the National Collegiate Championships shall submit a financial budget and receive approval by the chairman of the rules committee at the rules committee meeting one year in advance of the National Collegiate Championships.

**Article 7.** To be eligible to hold an NCAA Championship meet, the coach of the institution that is bidding must be present for this bid to be acted upon. It must be in writing and conform to the regulation governing the conduct of NCAA events in Section II.

**Article 8.** Rotation for Gymnastics Championships in the University and College Divisions for 1969 to 1973:

1969—West—University Division to be held at University of Washington on April 3, 4 and 5. College Division to be held at San Fernando Valley State College on March 27, 28 and 29.

1970—East      1971—Mid-East      1972—Mid-West      1973—West

**Eligibility** SECTION 4. Each participant in the National Collegiate Championships and the meets qualifying teams and individuals to the National Championships must be eligible under the rules of (1) his own institution, (2) the intercollegiate athletic conference of which his institution is a member, and (3) the NCAA. The eligibility rules of the NCAA can be found in the Association's By-Laws.

## RULE 2—DUAL MEET COMPETITION

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

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

**Team—Number of Entries** SECTION 2. In dual gymnastics meets, each team shall be limited to a maximum of four entries per event. Before the meet begins, two men must be designated as All-Around contestants. If either or both of these men fail to compete in any event, they may not be replaced.

**Team Score** SECTION 3. In dual gymnastics meets, 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 4. 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 5. In dual gymnastics 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 6. 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.

## RULE 3—QUALIFYING CHAMPIONSHIP GYMNASTICS 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, High Bar, Long Horse, Parallel Bars, Rings and All-Around. All-Around consists of all of the events. Each competitor shall perform one routine or exercise in each event in which he is entered except the Long Horse.

SECTION 3. The format of the regional preliminaries and finals should attempt to conform to the format of the National Collegiate Championships (see Rule 4, 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>
Floor Exercise	Rings	Parallel Bars
and	and	and
Side Horse	Long Horse	High Bar

**Team—Number of Entries** SECTION 4. Teams entered in regional gymnastics 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 designated as an 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 three 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 will determine the six finalists in each event. In the finals the preliminary and final scores shall be added and averaged to determine the event champions and the three qualifiers to the National Collegiate Gymnastics 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 irreg-

ularities 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.

*Article 4.* In the Eastern and Western Regional qualifying gymnastics meets a rules committee member must be present. If his team is not involved in the competition, his expenses for travel and per diem shall be considered as part of the meet expenses.

## RULE 4—THE UNIVERSITY DIVISION CHAMPIONSHIP GYMNASTICS MEET

**Events** SECTION 1. The events to be contested in the National Collegiate Championships include Floor Exercise, Side Horse, Rings, Long Horse, Parallel Bars, High Bar and All-Around. The All-Around event consists of all of the events. Each competitor shall perform one routine or exercise in each event in which he is entered except the All-Around and Long Horse.

**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, Side Horse, Rings  
1:50—Long Horse, Parallel Bars, 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	
	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	Rings
Group II—Side Horse	Rings	Floor Exercise	Floor Exercise
Group III—Rings	Floor Exercise	Side Horse	Side Horse
	7:00	7:40	8:20
Group III—Long Horse	Parallel Bars	High Bar	High Bar
Group II—Parallel Bars	High Bar	Long Horse	Long Horse
Group I—High Bar	Long Horse	Parallel Bars	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

**Second Session, Group I**

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

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. Article 1.** The three 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	LH	PB	HB
3rd place .....	1	2	3	1	2	2
2nd place .....	3	1	2	3	1	1
1st place .....	2	3	1	2	3	3

The time of the final session shall be left to the discretion of the host institution, but the team championship session should be conducted before the individual finals.

**Article 2.** The six finalists in each event (except the all-around) as determined by the scores in the second preliminary sessions, will receive their competitive order in the finals in reverse order of their placings in the preliminaries (the man with the highest score competes last). There will be no substitution even in case of injury for the six highest scores in each event. The individual finals shall be conducted one event at a time. No warm-ups on the meet apparatus will be allowed after the start of the meet.

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

**Team Scores**

**SECTION 5. Article 1.** The scores earned by the top three men in each event in the preliminary meet will be added together to determine the team score for that event. The event scores, excluding the All-Around event, will be added to determine the final team score. The team with the highest total following the final team competition on the six events shall be declared the National Collegiate Gymnastics 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 7. The places earned by the finalists in each event except the all-around shall be determined by averaging the final score in the preliminaries and the final score in the finals.

**Awards**

**SECTION 6.** The following awards will be made in the National Collegiate Gymnastics Championships (University and College Division): Medals for each member of the first, second and third place teams. (Only members who actually compete in the championships shall receive medals.) In any case the number shall not exceed fourteen. A gold medal for the winner of each event contested, silver medals for second place winners, and 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 five 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 major approved equipment companies (American, Gymmaster, Nissen, Olympic Mat Co. and Porter) shall decide upon the equipment to be used in the National Collegiate Gymnastics University and College Division 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. 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.

**SECTION 4. Article 1.** Coaching or talking to a contest 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 5.** It is suggested that a physician or trainer be available for emergencies at all meets.

**SECTION 6.** 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 of people so that the contestants will be the center of attention at all times.

**SECTION 7.** 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 8.** Complete uniforms must be worn by all competitors. Minimum uniform shall be shirt, short or long pants, and footwear (shoes and/or sox).

**SECTION 9. 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, 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.

**Article 7.** The closed method of scoring shall be used in collegiate competition.



**Code of Ethics** SECTION 10. 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:

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

**Article 5.** Coaches should avoid:

- 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.
- Discussing with judges before the meet the rules and their interpretation unless opposing coach is also included.
- Proffering gifts, favors, or privileges to judges which can be interpreted as attempts to influence their judgments in favor of his team.

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

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

## RULE 7—SPECIFIC RULES OF COMPETITION FOR THE GYMNASTICS EVENTS

SECTION 1. The movements performed in each gymnastics event must correspond with those described in the "Code of Points For Men" (1968 edition) published by the International Gymnastics Federation. (These may be purchased from the U. S. Gymnastics Federation after Sept. 15, 1968.)

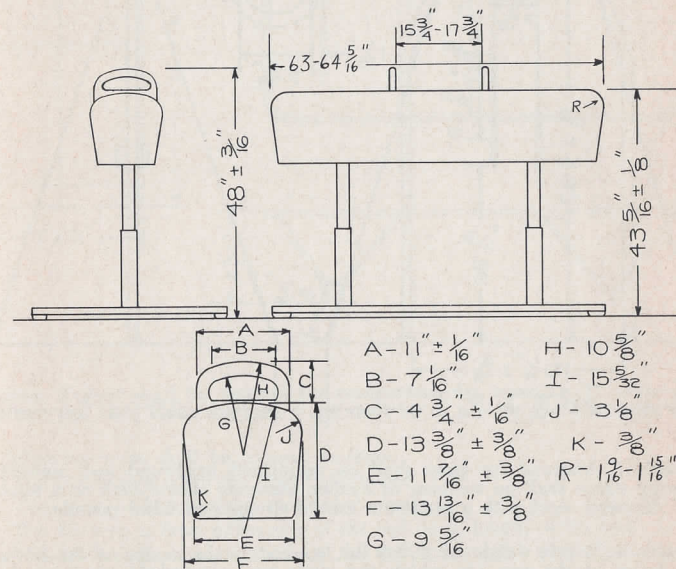
### Long Horse Vaulting

SECTION 2. The gymnast must perform two different vaults over the Long Horse. His final score shall be the average of the two scores earned. All other particulars of vaulting must correspond to the rules of the FIG.

## 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  $48" \pm 3/16"$ .



**Article 2.** The distance between the pommels shall be adjustable to any position from  $15\frac{1}{4}"$  to  $17\frac{1}{4}"$  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.

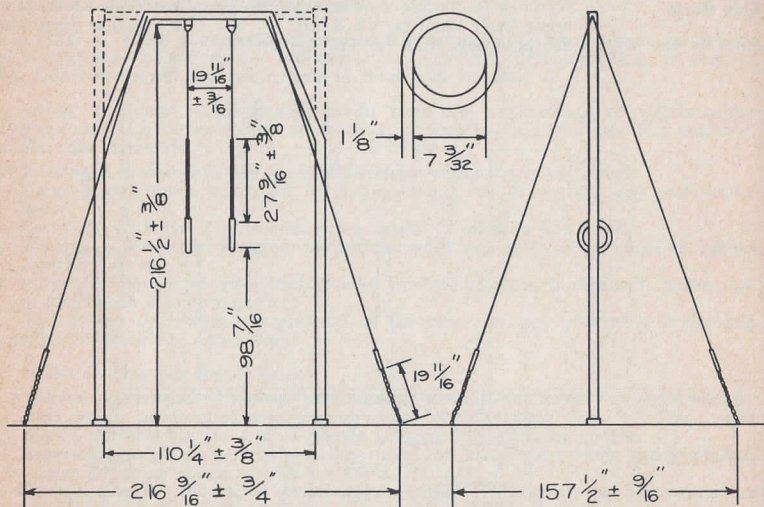
**Article 5.** Floor contacts shall be non-marking rubber or similar material.



**Rings**

**SECTION 3. Article 1.** The rings shall be attached at a point  $216\frac{1}{2}'' \pm \frac{3}{16}''$  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  $110\frac{1}{4}'' \pm \frac{3}{16}''$  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.

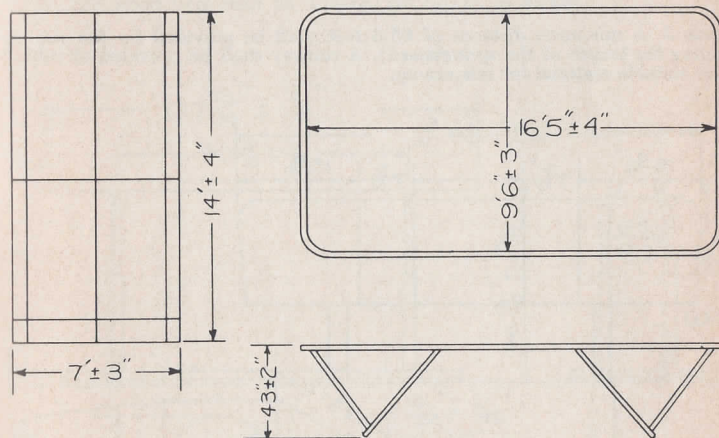
**Article 5.** The suspension cables and swivel hardware shall be tested under a weight of 661.38 lbs. without deformation or failure of the parts tested.

**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.

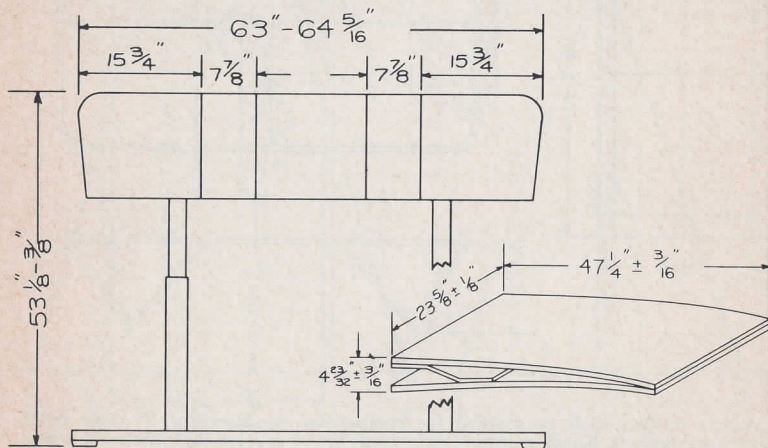


**Long Horse and Board**

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). A runway shall be provided of rubber or other suitable material for this run-up.



*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.

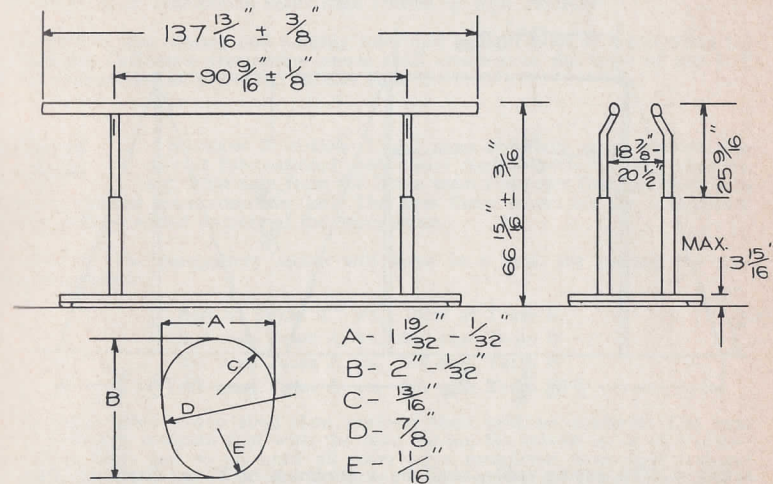
*Article 8.* A test weight of 661.38 lbs. applied across the width of the top, at a point  $11\text{--}13\frac{1}{16}$ " back from the front edge of the top, shall produce a dip of  $15\frac{1}{16}$ "  $\pm$   $\frac{3}{16}$ ". When the load is removed, the unit must resume its original shape.

**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" 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" 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  $55\frac{3}{8}$ " 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.

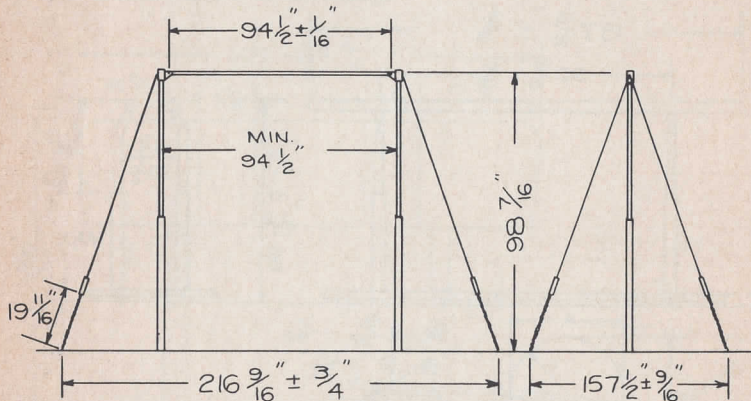


**High Bar**

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  $\frac{3}{8}''$  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  $216\frac{9}{16}'' \pm \frac{3}{4}''$  across the width of the unit and shall be spaced at  $157\frac{1}{2}'' \pm \frac{9}{16}''$  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  $3\frac{15}{16}'' \pm \frac{3}{8}''$ . After the weight is removed the bar shall return to its original straight position.

**RULE 9—NATIONAL COLLEGIATE TRAMPOLINE CHAMPIONSHIPS**

SECTION 1. The National Collegiate Trampoline Championships shall be conducted in three sessions on one day. In the first session all competitors shall complete the current International Trampoline Federation (FIT) compulsory routine. In the second session all competitors will determine the finalists for the third and final session and the National Collegiate Trampoline team championship. The third session or the finals will determine the individual place winners.

SECTION 2. The National Collegiate Trampoline Championships shall be open to all eligible teams and individuals.

SECTION 3. A Trampoline team shall consist of four members.

SECTION 4. The scoring and judging rules and general rules of competition for all National Collegiate trampoline meets shall conform to the rules of the FIT with modifications as presented in this Rule 9.

**Conduct of Dual Meets**

SECTION 5. *Article 1.* All team members must perform the current international compulsory routine with the men alternating. First man from the home team competes first, and last man from the visiting team competes last. The best three scores on the compulsory routine will be added as part of the team score.

*Article 2.* The compulsory scores will serve as a basis for pairing the performers as below:

- |                |     |                |
|----------------|-----|----------------|
| Best of Team A | vs. | Best of Team B |
| 2nd man Team A | vs. | 2nd man Team B |
| 3rd man Team A | vs. | 3rd man Team B |
| 4th man Team A | vs. | 4th man Team B |

The pairs listed above shall then perform their optional routines. The men listed as fourth compete first with the man having the lowest score of the two competing first, and so on until all pairs have completed their first optional routines. The best three optional scores on each team shall be added together as part of the team score. This score shall be combined with the compulsory team score to determine the winning team.

*Article 3.* The winners of each pair shall advance in a single elimination tournament, and the losers will go into a consolation bracket. The two brackets would continue to determine the best trampolinist in the dual meet. Winner of the top bracket would be the best performer, and the man he defeats for the championship would be the runner-up. Likewise, the winner and runner-up in the consolation bracket would be third and fourth place men in the meet.

**National Collegiate Trampoline Championships**

SECTION 6. *Article 1. a. First Session.* All team members or individuals shall complete the current international compulsory routine in teams or groups. Order of competition for teams and groups determined by draw.

*b. Second Session.* The teams and groups shall compete in reverse order of the compulsory competition using their optional routines.



c. *Third Session.* On the basis of the combined compulsory and optional scores the best 15 shall be admitted to the finals. The places in the finals shall be determined by adding all three scores together—compulsory, first optional and final optional.

*Article 2. Awards.* Appropriate medals shall be given to first through sixth place individual winners and to the members of the best three teams.

SECTION 7. The 1968-69 FIT Compulsory Routine:

- (1) 1½ Forward Somersault in Pike Position
- (2) Barani Ball-Out to Feet
- (3) Layout Backward Somersault
- (4) Backward Somersault with One Twist
- (5) Piked ¾ Backward Somersault to Stomach
- (6) Tucked Cody to Feet
- (7) Forward Somersault with 1½ Twist
- (8) Piked Backward Somersault
- (9) Barani
- (10) Tucked Double Backward Somersault.

\* \* \*

**Official NCAA Gymnastics Rules Committee**

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