

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

* * *

Official NCAA Gymnastics Rules Committee

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THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

THE OFFICIAL

National Collegiate Athletic Association

GYMNASTICS

AND TRAMPOLINE

RULES

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Official NCAA Gymnastics Rules

APPLICATION OF THESE RULES

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

RULE 1—OFFICIAL PROGRAM

National Championships SECTION 1. *Article 1.* Two national championship meets, the National Collegiate Championships (University Division) and the National College Division Championships, shall be conducted.

Article 2. Both championship meets shall be conducted in three consecutive days. In the first day's preliminary meet, the qualified men will complete the current international compulsory exercises in one session. On the second day, the meet shall be divided into two sessions. These sessions will determine the placing of the All-Around men, 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 placings of the three top teams and the second session determining the individual standings.

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

Qualifying Meets SECTION 2. *Article 1.* The championship meets of the following conferences shall serve as qualifying meets for the University Division championships: Eastern Intercollegiate Gymnastics League, Southern Intercollegiate Gymnastics League, Big Ten Conference, Big Eight Conference, Western Athletic Conference and Pacific-8 Conference.

A western and an eastern regional meet shall serve as qualifying meets for individuals and teams which are not members of one of the above conferences. Those in NCAA district 1 through 5 will enter the eastern regional and those in districts 6 through 8 will compete in the western regional.

Championship meets of other conferences may be recognized as qualifying meets after one year of official operation and after formal application has been reviewed and approved by the NCAA Gymnastics Rules and Meet Committee and the NCAA Executive Committee.

Article 2. The National College Division Championships shall be open to all teams and individuals from institutions with a College Division competitive designation.

Article 3. One team may advance to the University Division Championships from each of the six conference meets and two regional meets listed in Article 1 above.

Article 4. Three men in each of the individual events, including the All-Around, will qualify for the University Division Championships from each of

the six conference meets and the two regional meets listed in Article 1. In addition, three men in each event, including the All-Around, will qualify for the University Division Championships from the National College Division Championships. Ties in any of the above positions shall not be broken. In order to qualify, a competitor must earn one of the top three scores.

Meet Rotation SECTION 3. *Article 1.* For purposes of rotation of both the University and College Division meets, the eight NCAA districts are grouped into the following regions: East and South region—composed of Districts 1, 2 and 3; Midwest region—composed of District 4; Midwest region—composed of Districts 5, 6 and 7; West region—composed of District 8.

Article 2. The Rules Committee shall keep the meet rotation specific and incorporate it each year in the rules. If there is not an acceptable bid from the district specified, the next district in order of rotation shall be given the first opportunity to make a bid. If this district fails to bid, it does not lose its place in the rotation. If the third or fourth choice district takes the meet, the second choice district is nevertheless eligible in the regular order of rotation. The rules shall incorporate this change each year.

Article 3. Bids for the site of the National Collegiate Championships shall be required two years in advance of the meet. Also, the date of this championships shall be determined by the NCAA Championship Events Scheduling Formula.

Article 4. The National Collegiate Gymnastics Championships shall be held the first weekend in April (Thursday thru Saturday) except in the event of a holiday following on one of those dates. The National College Division Gymnastics Championships shall be held the last weekend in March.

Article 5. The host institution for both the National Collegiate and the National College Division Championships shall submit a financial budget and receive approval by the chairman of the Rules Committee and the NCAA Executive Committee at the Rules Committee meeting one year in advance of the meet.

Article 6. In order to be awarded an NCAA championship meet, the coach of the bidding institution must be present at the Rules Committee meeting for the bid to be acted upon. All bids must be in writing and must conform to NCAA Executive Regulation 2, Conduct of National Collegiate Championship events.

Article 7. Considerations in choosing a host institution for each of the championships meets are:

- Capability of the host institution to stay within the budget satisfactory;
- 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;
- Other events of major importance scheduled on or near the host institution's campus in conflict with the meet.

Article 8. Following is the rotation for both the University and College Division meets from 1970 through 1974:

The 1970 University Division Championships will be held at Temple University, April 2-4. The College Division Championships will be held at Mankato State College, March 26-28.

In 1971, the meets will be in the Midwest; 1972, in the Midwest; in 1973, in the West; and in 1974 in the East.

Eligibility SECTION 4. Each participant in the National Collegiate (University Division) and National College Division Champion-

ships and in the qualifying meets, must be eligible under the rules of (1) his own institution, (2) the intercollegiate athletic conference of which his institution is a member, if such affiliation is held, and (3) the NCAA. The eligibility rules of the Association are set forth in NCAA Bylaw 4.

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 after the event has started if the substitution is first reported to the scoring table.

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 NCAA rules and regulations for the apparatus, competition and scoring, and to score each exercise of each event separately without consultation unless ordered by the superior judge. They shall place themselves around the apparatus at the four corners whenever possible.

RULE 3—QUALIFYING CHAMPIONSHIP GYMNASTICS MEETS

Qualifying For National Championship SECTION 2. The events to be contested in the league and 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 league and 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 a compulsory and optional routine or exercise in each event in which he is entered except the Long Horse which requires two optional vaults.

SECTION 3. The format for the preliminaries and finals of the qualifying meets should attempt to conform to the format of the National Collegiate Championships (see Rule 4, Sections 1 and 2). The regional rules committee members shall be responsible for the regional meets. 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, Sections 2 and 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 scores, excluding the All-Around score, shall be added to determine the final team score. The best three teams 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 placements and the three qualifiers to the National Collegiate Gymnastics Championships.

Article 4. In order to qualify for an individual NCAA award a competitor must perform a compulsory and an optional routine for the qualifying meet and the NCAA Championship Meet. The average score of both the compulsory and optional will be averaged with the final score to determine the placements.

Judges' Duties SECTION 6. *Article 1.* There shall be four judges for every event in championship meets, one of whom will be designated as the superior judge. The duties of each judge shall be to thoroughly know the NCAA rules and regulations for apparatus, competition, and scoring, and to score each exercise of each event separately and without consultation unless ordered by the superior judge. 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 the Eastern and Western 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 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 a compulsory and optional routine in each event in which he is entered except Long Horse. This event requires a compulsory and two optionals.

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 Big 8, WAC, Eastern Regional and individuals from these areas.

Group II—Champion teams of the Pacific-8 Conference, Western Regional, College Division individuals and individuals from these areas.

Group III—Champion teams of the EIGL, SIGL, the Big 10, 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 not on a team will compete in the same group with the winning team from their qualifying meet.

Thursday, 1:00—Compulsory Competition

Group I —Floor Exercise, Side Horse, Rings, High Bar, Long Horse, Parallel Bars

Group II —Side Horse, Rings, Floor Exercise, Parallel Bars, High Bar, Long Horse

Group III—Rings, Floor Exercise, Side Horse, Long Horse, Parallel Bars, High Bar

Friday, 1:00—Optional Competition

Group I—Side Exercise	Side Horse	Rings
Group II—Side Horse	Rings	Floor Exercise
Group III—Rings	Floor Exercise	Side Horse

7:00

Group III—Long Horse	Parallel Bars	High Bar
Group II—Parallel Bars	High Bar	Long Horse
Group I—High Bar	Long Horse	Parallel Bars

NOTE—A two minute warm-up will be provided for each team just prior to being judged on each event (Compulsories and optionals both.)

Article 3. The order of competition (Groups I, II and III) will be rotated each year.

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—Big 8, WAC, Eastern Regional, Individuals
1:40—Side Horse—Individuals, Big 8, WAC, Eastern Regional
2:20—Rings—Eastern Regional, Individuals, Big 8, WAC

Second Session, Group I

7:00—High Bar—WAC, Eastern Regional, Individuals, Big 8
7:40—Parallel Bars—Big 8, WAC, Eastern Regional, Individuals
8:20—Long Horse—Individuals, Big 8, WAC, Eastern Regional

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 4. 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	2	1	3	2	1	1
2nd place	1	3	2	1	3	3
1st place	3	2	1	3	2	2

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 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, Sections 2 and 3. The team line-up must be presented before the competition. However, substitutions can be made after an event starts if the change is first reported to the scoring table.

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 (compulsories and optional) and the 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 NCAA and FIG 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.

SECTION 4. Nine judges will be selected from the host region and one judge from each of the remaining three regions for the National College Division Championship meet.

RULE 6—GENERAL RULES OF COMPETITION

SECTION 1. *Article 1.* The FIG system will be followed with the following modifications:

Article 2. In dual meets and for the preliminary session in Regional and National Championship meets only four judges shall be used per event. In dual meets (emergency) where there are less than four judges present the final score is the average of all the judges scores. If there is only one judge for dual meets his score is final.

Article 3. The judges written and personal score sheet is the official score.

Article 4. It is suggested that a physician or trainer be available for emergencies at all meets.

Article 5. Only competitors and officials are permitted on the field of competition. A coach may be present to spot a performer. The meet directors will have the right to keep the floor clear of people so that the contestants will be the center of attention at all times.

Article 6. 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 superior judge.

Article 7. The superior judge has the duty of enforcing all NCAA rules of competition.

Article 8. 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 NCAA rules.

Article 9. The floor exercise routine will not be timed.

Article 10. For dual meets and for preliminaries and finals in regional qualify-

ing meets, and the national championships, the gymnast in vaulting must perform two vaults of different families or different categories over the long horse. His score shall be the average of the two marks earned. The chart explains the families of vaults and their categories. If a performer does two vaults which fall in the same box, a .5 deduction is made for the second vault (in addition to all other deductions). For example, since a straddle from the neck and one from the croup are in the same family and category, the second vault gets a .5 deduction. If the same vault is done twice, .5 is still the correct deduction. A zero is given only if the performer repeats the compulsory vault for one of his optionals.

FAMILIES	CATEGORIES		
	Croup or Neck	Twist $\frac{1}{2}$ or full	Extra Sommie
STRADDLES			
STOOPS OR SQUATS			
CARTWHEELS			
SWANS			
FORWARD HANDSPRINGS Arched or Piked			
YAMASHITAS			
BACKWARD SOMMIES			

Article 11. In executing the Yamashita vault no deduction in preflight will be made if, on contact with hands, the feet are at least level with the height of the horse. Anything below will bring appropriate deductions (0.10 to 1.00 pts.). The body may be piked, but the vault in order to be a Yamashita must not go through a handstand position but instead is initiated with a pike and flight with a pike over horse with extension out on post flight prior to landing.

Article 12. In all non-conference gymnastics competition NCAA rules will apply.

Article 13. In order to qualify for an individual NCAA award a competitor must perform a compulsory and an optional routine for the qualifying meet and the NCAA Championship meet. The average score of both the compulsory and optional will be averaged with the final score to determine the champion.

Article 14. In all qualifying meets and the NCAA Championship a two (2) minute warm-up will be provided for each team just prior to being judged on each event.

Article 15. The open method of scoring will be used in dual meets, qualifying meets and NCAA Championships.

Article 16. A maximum of 6" of landing mats will be tolerated. No individual mat may be more than 4" in thickness. Landing area must provide a firm top surface.

Article 17. The height of the side horse pommels are to be measured from the top of the landing mat.

Article 18. Substitutions can be made after an event is started provided that the substitution is first reported to the scoring table.

Code of Ethics

SECTION 2. Article 1. 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 2. 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 3. Each judge on each assignment should be prompt and should dress and conduct himself with the dignity appropriate to his status. Coaches can help to set and maintain such standards. Judges shall wear a coat and tie while officiating.

Article 4. 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 5. 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.
- b. 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 6. Coaches should avoid:

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

Article 7. 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 of and justice to all competitors and (2) the edification and pleasure of the spectators.

RULE 7—SPECIFIC RULES OF COMPETITION FOR THE GYMNASTICS EVENTS

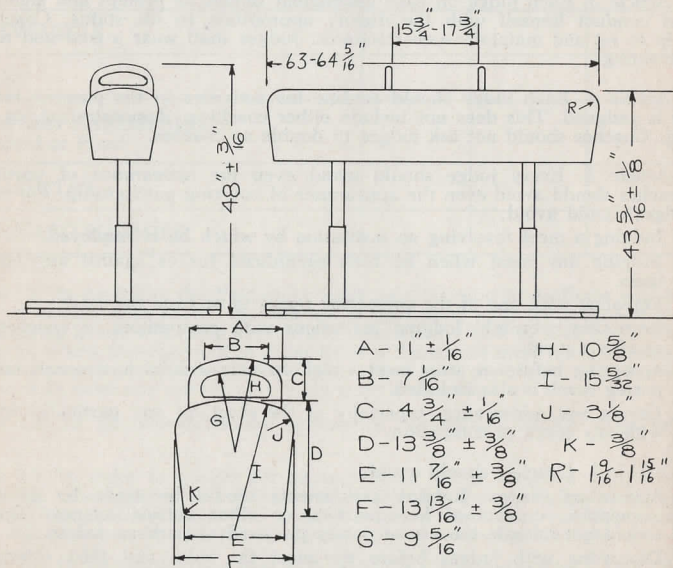
SECTION 1. The movements performed in each gymnastics event must correspond with those described in the "Code of Points For Men" (1968 edition) published by the International Gymnastics Federation. (These may be purchased from the U. S. Gymnastics Federation after Sept. 15, 1968.)

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.

NOTE—No timing is required.

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

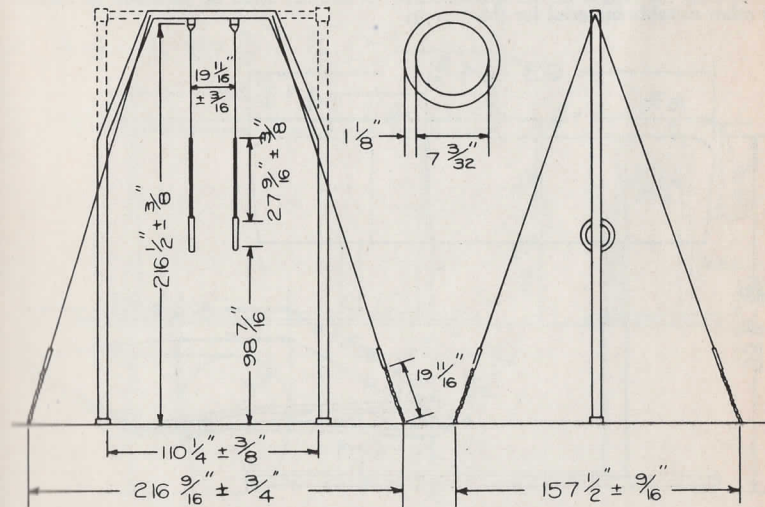
Article 4. The covering of the horse body shall be top quality leather with a padded material between the leather covering and the horse body.

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 $\frac{1}{2}"$ 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 $\frac{1}{2}"$ 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 $\frac{3}{16}"$. 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.

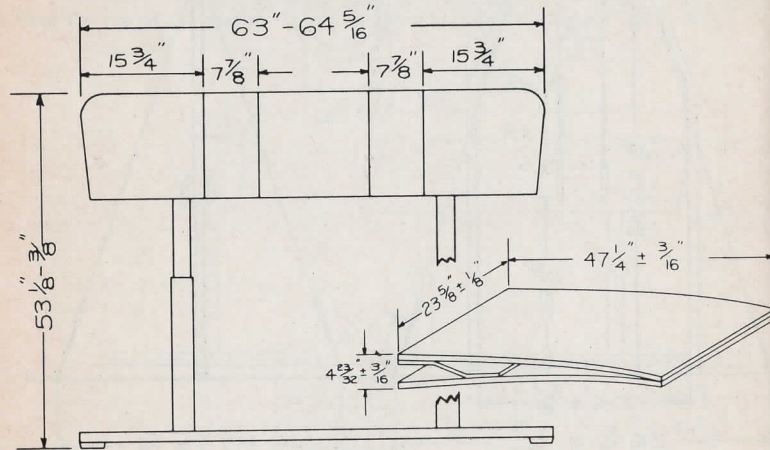
Article 6. The wood ring shall be subjected to a load of 551.15 lbs. applied to the ring over an area approximately equal to the width of a hand without showing permanent deformation.

Long Horse and Board

SECTION 4. *Article 1.* Distance from floor to top of the horse shall be $53\frac{3}{8}'' \pm \frac{3}{16}''$. 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.

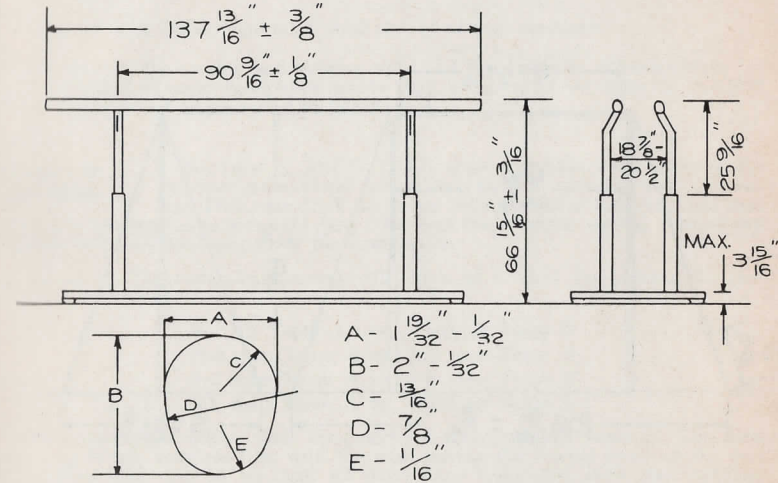
Article 8. A test weight of 661.38 lbs. applied across the width of the top, at a point $11\text{--}13\frac{1}{16}''$ back from the front edge of the top, shall produce a dip of $15\frac{1}{16}'' \pm 3\frac{1}{16}''$. When the load is removed, the unit must resume its original shape.

Parallel Bars

SECTION 5. *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 $66\text{--}15\frac{1}{16}'' \pm 3\frac{1}{16}''$. Provisions to raise the bars to $68\frac{3}{8}'' \pm 3\frac{1}{16}''$ 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 $66\text{--}15\frac{1}{16}'' \pm 3\frac{1}{16}''$ 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.

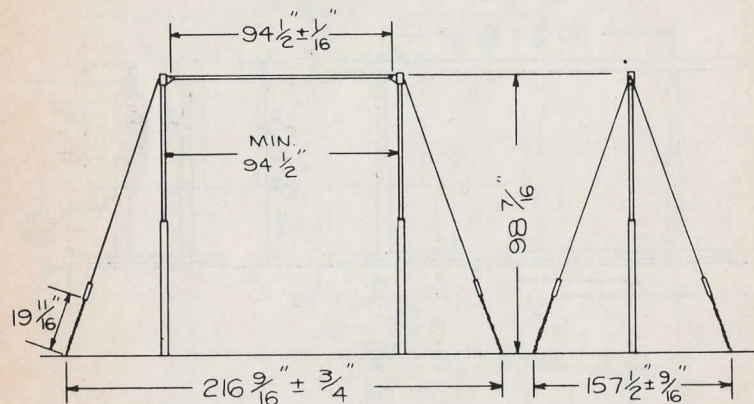
Article 7. With the top bars set at a height of $55\frac{1}{2}''$ from the floor to the top of the bar, a test weight of 297.6 lbs. applied to the middle of each bar shall produce a dip of $2\frac{3}{8}'' \pm \frac{1}{4}''$. When the test weight is removed, the bars must return to the straight position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

High Bar

SECTION 6. *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 98-7/16" and provisions shall be made to increase this height to 100%".

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 19-11/16" in length. The floor plates shall be spaced at 216-9/16" \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. The cables must be attached to the top of the uprights \pm 2" from the point where the bar is suspended.

Article 5. With the bar set at a height of 98-7/16" 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 3-15/16" \pm 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 perform an optional routine. The combined scores of the compulsory and optional routines 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 1969-70 FIT Compulsory Routine:

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

Official NCAA Gymnastics Rules Committee

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