

FOREWORD

It is a fundamental belief of the National Federation that organizations sponsoring broad programs of competition have an obligation of constructing rules which will insure the sport is conducted in accordance with the purpose of education. State Associations are responsible for administering the interscholastic gymnastics program for boys and keeping it educationally oriented.

The increased interest and the resulting great amount of competition which generally culminates in a state championship require rules which are written for the particular age and ability level, and which are adapted to the type of competition sponsored by schools.

As a result, a Boys' Gymnastics Rules Committee was organized by the National Federation for the purpose of developing a Code in the best interest of boys' gymnastics, and to provide a basic, challenging and interesting competition for those who compete in the programs sponsored by the State High School Athletic Associations. The Committee is comprised of experienced, dedicated and knowledgeable men who are experts and specialists in the area. These Rules Committee members are representative of State High School Associations which sponsor the sport on a competitive basis. Therefore, the National Federation rules for boys' gymnastics are written for the interscholastic level of competition by persons who are actually involved at the interscholastic level who are directly responsible to secondary schools. This is true of the rules for high school competition are written by high school personnel. The Code has been adopted as official by the National Federation of State High School Associations.

The Rules Committee's philosophy is expressed by the following statements drawn up and issued by the Committee itself:

1. The rules developed should be for high school participants.
2. The safety of the athlete should govern all rules and regulations adopted.
3. The rules developed should provide for the active participation of a large number of high school students.
4. The rules developed should provide for the edification and pleasure of the spectator.
5. The rules developed should be changed only after adequate consideration of the entire gymnastic community.
6. The implementation of any major rules changes should be made only after adequate notice to the gymnastic community.
7. Any and all rules changes should be made only when they are consistent with the philosophy of the rules committee.
8. Stability breeds confidence and acceptance.
9. The specialist gymnast is as much an integral part of the sport as is the all-around gymnast. To legislate against or discourage either would be detrimental to interscholastic gymnastics. Rules inconsistent with the philosophy of the committee.

CLIFFORD B. FAGAN, Editor
National Federation Publications

1975-76

National Federation Edition

BOYS GYMNASTICS RULES

Prepared by the High School Rules Committee of: John Hinds, Chairman; Lou Baretta (Section 6); Roger Becthol (Section 4); James Eby (Section 2); Les Sasvary (Section 7); Donald Holder (Section 3); Jerry Johnson (Section 5); Ed Tribby (Section 8); and Richard C. Schafer, National Federation liaison.

CLIFFORD B. FAGAN, Editor
National Federation Publications

Cover Picture Courtesy of:
Michigan High School Athletic Association

© 1976, By the National Federation of State High School Associations
Neither the whole nor any part of this publication may be copied or reproduced
or translated without first obtaining express written permission from the

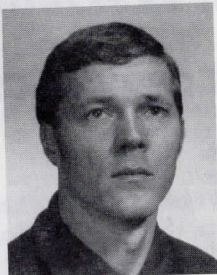
Published by the
**NATIONAL FEDERATION OF STATE HIGH SCHOOL
ASSOCIATIONS**
Federation Place, Box 98, Elgin, Illinois 60120

185

BOYS GYMNASTICS RULES COMMITTEE



JOHN HINDS
Chairman



DON WIEDER
Section 1-1977



JAMES EBY
Section 2-1977



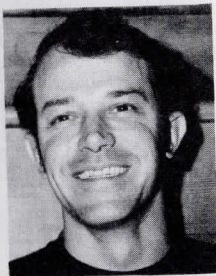
DONALD HOLDER
Section 3-1978



ROGER BECTHOL
Section 4-1978



JERRY JOHNSON
Section 5-1978



LOU BARETTA
Section 6-1977



LES SASVARY
Section 7-1979



ED TRIBBY
Section 8-1977

TABLE OF CONTENTS

Rule 1 Definitions	3
Rule 2 General Rules of Competition	5
Rule 3 Codes of Ethics (Judges, Coaches, Gymnasts)	12
Rule 4 Long Horse Vault	14
Rule 5 Floor Exercise	20
Rule 6 Pommel Horse	22
Rule 7 Horizontal Bar	25
Rule 8 Trampoline	27
Trampoline Difficulty Rating	29
Rule 9 Parallel Bars	30
Rule 10 Still Rings	32
Rule 11 Additional Competition	36
Comments on the Rules	36
National Federation Publications	44

* * * * *

Each rule change in this book is identified by a screened background.

Rule 1

Definitions

"A," "B" and "C" Parts—Gradations of difficulty levels for different gymnastics skills. At least four skills of "A" value (superior), five skills of "B" value (intermediate) and one skill of "C" value (inferior) must be present if a gymnast is to earn 10 points.

Apparatus—Gymnastic equipment.

Apparatus Specifications—Those limitations indicating size, width, thickness, height, stress and other pertinent information relative to apparatus.

Balk—Any forward motion towards the long horse which does not result in a vault.

Coach—Any individual designated by the school with the responsibility of directing its team.

Combination (Composition)—The types of skills performed and how they are combined. (Accounts for 1.6 points of the total 10 points.)

Cross—A strength position performed on the rings in which the gymnast's arms are perpendicular to his body.

Croup—The rear end of the horse as the vaulter approaches it, or the left end of the side horse as the gymnast faces it.

Crown—The highest point of the vaulting board.

Difficulty—A predetermined value of a particular gymnastic skill.

Dismount—The final skill of value used by a gymnast which completes a routine.

Event—The name of a particular piece of apparatus which is contested in a gymnastic meet.

Execution—The manner in which a gymnast performs his routine which considers both form and technique used. (Accounts for 5.0 points of the total 10.0 points.)

Exercise (Routine)—The complete set of skills or routine performed by a gymnast. (In order for a gymnast to receive 10 points for an exercise, it must be made up of at least 11 skills.)

Fault (break)—A point in an exercise in which a gymnast uses a technique which is not in accordance with the rules, or which is technically faulty or intentionally stops or alters his rhythm.

F.I.G. Code of Points—The 1968 F.I.G. Code of Points and its supplements, including the National Gymnastics Judges Association's 1974-75 Rules Interpretations, will be used, **except as modified by this rule book.**

Form—The body appearance and control a gymnast exhibits when performing.

Gymnast—An individual who participates in the sport of gymnastics.

Handstand—A static position of balance in which the arms are straight and support the body weight over them.

Head Judge—An official at a gymnastic meet who is responsible for scoring the competitors and for the proper interpretation of all gymnastic rules.

Hold—A static position held for 2 seconds.

In Bar Skill—Any skill which involves a break in the longitudinal axis of the body.

Intermediate Swing—A swing which does not end in a movement of value.

Judge—An official at a gymnastic meet who is responsible for scoring the gymnasts.

Landing Mat—Any mat 4" in thickness which is designed to provide a cushioning effect upon dismounting the apparatus.

Mat—A protective and resilient covering on the floor.

Mechanical aids—Any device which is not a piece of specified equipment or a part of the approved attire and assists the gymnast in performing his routine.

Mount—The first skill performed in a routine.

Neck—The far end of the horse as the vaulter approaches it, or the right end of the side horse as the gymnast faces it.

Open Scoring—A system of scoring in which each judge openly displays the score he has awarded the gymnast.

Originality—Refers to any skill or combination of skills not seen before.

Risk—Refers to skills or combinations of skills which may result in a fault.

Scorer—The person responsible for recording individual gymnast's scores and computing team scores.

Set—The same skill repeated more than once in succession.

Skill—A gymnastic movement.

Spotter—Any individual who is in position and responsible for protecting the gymnast should he encounter trouble during his exercise.

Stand—The position obtained by the gymnast before and after his routine in which he is in a balanced position upon his feet.

Suitable Material—That material which has been evaluated by the N.F.A.H.S.A. rules committee.

Team—A group of at least three individuals representing a school.

S

BY
SSO

Virtuosity—Refers to combinations of skills performed together with unusual talent for artistic execution.

Rule 2 General Rules of Competition

SECTION 1. JUDGES AND SCORING.

Art. 1 . . . The 1968 F.I.G. rules shall apply for all situations not here-within covered except rules which refer to compulsory parts or compulsory exercises.

Art. 2 . . . 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 head judge. They shall place themselves around the apparatus, at the four corners whenever possible.

Art. 3 . . . Scoring shall be done by the judges immediately after the performance of each exercise. The open method of scoring shall be used. All scores shall be flashed simultaneously.

Art. 4 . . . For all events, the judges shall award scores on a basis of 10.00 for a perfect routine. The exercise may earn 5.0 points (3.40 for difficulty and 1.6 for combination), and 5.0 points for correct form and technically correct execution. The 1976 F.I.G. system shall be followed with modifications.

Art. 5 . . . In dual meet competition there shall be a minimum of two judges and a maximum of four, one of whom shall be designated as head judge.

Art. 6 . . . When four judges are used per event, the scorer 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 evaluation of the performance. If the marks of the judges for 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 evaluation 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.

Art. 7 . . . The allowable range between the two scores that count shall be as follows:

- 0.2 with an average of 9.0 to 10.0
- 0.5 with an average of 6.5 to 8.95
- 1.0 in all other cases

(Average refers to the average score of the two scores that count.)

If the range of the scores is above the maximum, the head judge shall call a conference until agreement within the proper range is reached. This should be done as quickly as possible. Coaches shall not be permitted on the floor to talk or listen unless asked by the head judge.

Art. 8 . . . When two or three judges are used, their scores shall be within the allowable range and shall be averaged.

Art. 9 . . . Any change in the official score of a judge must be made before the next contestant's performance.

Art. 10 . . . When it is necessary for a physically handicapped competitor to use a mechanical aid on his person, which promotes safety, there shall be an automatic deduction of 2.00 points. Other contestants who use any device for the purpose of promoting form shall not be allowed to compete.

Art. 11 . . . A clerical error at the scoring table may be corrected in context with the official score of the judge, at any time during or after the meet.

SECTION 2. HEAD JUDGE.

Art. 1 . . . The head judge has the duty of supervising his group of judges, of controlling the scores when they are out of range, of gathering the judges together for consultations and corrections when he notices a judgment which is contrary to the rules. He is responsible for the smooth running of the judging and the enforcement of all NFSHSA rules of competition. Should the apparatus or other equipment fail during a performance, it shall be the responsibility of the head judge to decide whether or not the gymnast shall be allowed a second trial. The head judge shall have control of the meet at the scheduled starting time and shall be responsible for all decisions throughout the meet.

Art. 2 . . . The head judge shall intervene each time he finds that a judge lacks objectivity, or that the judge is not performing his duties according to rule.

Art. 3 . . . Each exercise is scored from 0.00 to 10.00 in increments of a point by each judge.

Art. 4 . . . During the competition, even though the difference between the scores might not be contrary to regulations, the head judge has the right to have a consultation if he thinks the scores are drifting away from normalcy.

Art. 5 . . . Any judge has the right to request the head judge to confer for a consultation of judges if he notices anything which is contrary to the rules.

Art. 6 . . . The competitor shall acknowledge the head judge at the start of the exercise. Failure to do so shall result in a deduction of 0.3.

Art. 7 . . . The head judge shall sign the official scoresheet at the conclusion of the meet.

SECTION 3. ORDER OF COMPETITION AND DUAL MEET SCORING.

Art. 1 . . . The order of competition shall be: Long Horse, Floor Exercise, Pommel Horse, Horizontal Bar, Trampoline, Parallel Bars, Still Rings. No warm-ups on meet apparatus shall be permitted after the start of the meet.

Art. 2 . . . Individual gymnasts from both teams shall be alternated in the events. The visiting team shall compete last in the first event and will alternate thereafter.

Art. 3 . . . In dual meet competition, changes in the line-up will be permitted in any event, provided the changes are made before the start of that individual event.

Art. 4 . . . All-around competitors' scores shall be based upon competition in the six Olympic events: Long Horse, Floor Exercise, Pommel Horse, Horizontal Bar, Parallel Bars, Still Rings. However, if the all-around gymnast fails to compete in all six events, he will still receive an all-around score. The all-around score will be computed by dividing the total points awarded by the total number of all-around events (6).

Art. 5 . . . A team shall be limited to a maximum of four entries per event, one or more of which must be an all-around competitor designated prior to the start of the meet. The number of specialists in each event will be determined by the number of designated all-around performers from each team. For example, a team which designates one all-around performer may enter three specialists; a team with two designated all-arounds may enter two specialists, etc. A trampoline event may have four specialists.

Art. 6 . . . The top three scores for each team in each individual event are added to determine the team's score for that event. Total team score is determined by adding team scores for all events plus the total score of the highest all-around gymnast, divided by six.

Art. 7 . . . Unless equipment specified by the NFSHSA rules is provided, the host team will forfeit the event, in which equipment is irregular, to the visiting team 30-0. The final decision will be made by the head judge.

Art. 8 . . . If, in the opinion of the visiting coach, the equipment does not meet NFSHSA specifications, he must make it known to the official and host coach before the start of the meet. The final decision will be made by the head judge.

Art. 9 . . . When equipment failure occurs during warm-up or during the meet, the equipment will be replaced or repaired if possible. If replacement or repair is impossible, the head judge may rule to omit the event from the meet.

Art. 10 . . . The host team must provide 45 minutes of warm-up time on meet apparatus prior to the scheduled meet starting time.

SECTION 4. JUDGING COMBINATION AND DIFFICULTY.

Art. 1 . . . The parts of the exercise must be connected in an elegant and fluent manner without extra movements, intermediate swings, repetition of parts with the same succeeding or preceding connections, or parts which are too easy with regard to the rest of the exercise (parts without value).

Art. 2 . . . In evaluating the combination, one must consider the specific requirements of the event. This accounts for 1.6 of the total. If the construction of an exercise does not meet the stated requirements, a deduction of 0.3 will be made for each violation.

Art. 3 . . . Penalties related to combinations:

- a. Combinations and movements of the wrong type, deduction each time; 0.3
- b. If the exercise does not have a mount and dismount corresponding to the difficulty of the rest of the exercise; up to 0.3.
- c. If the exercise is not finished with a real dismount or if the dismount is only partly shown; 0.3 to 0.5.
- d. In the floor exercise, parallel bars, or rings, if more than two C parts are executed, the swing parts must be predominant. If the swing parts do not predominate; up to 0.2.
- e. If a part of an exercise is repeated more than once (a third time), even though the connection before and after may be different; up to 0.2.
- f. For every connection or every part without value (part does not correspond to the general difficulty level of the exercise); up to 0.2.
- g. If the C and B parts are not constructed to serve the aim of the exercise; up to 0.2.
- h. Any routine of fewer than eleven parts will result in a deduction of 0.2.
- i. For the combination score, the deduction may not exceed 1.6.

Art. 4 . . . To obtain the maximum score in all events except the vaulting, the routine must be composed of at least 11 principle parts.

- a. Four principle parts—A parts (worth of each A-0.2).
- b. Five parts of difficulty—B parts (worth of each B-0.4).
- c. One part of superior difficulty—C part (C part worth-0.6).
- d. For the difficulty score, the deductions may not exceed 3.40 points.
- e. A move done a second time with the same connecting parts; No value.

Art. 5 . . . If the C part is replaced by a B part, the difficulty score will be decreased by 0.2 points. The maximum score would be 9.80 points. An extra C part may replace a missing B part without penalty. The same applies when B parts replace A parts.

Art. 6 . . . If the exercise has only A parts, the maximum score for difficulty would be 1.00 points and the maximum for the exercise could be 7.60 points.

Art. 7 . . . Insufficient parts (skills) of value in a routine shall be judged relative to difficulty only. A routine of only six "A" parts may receive a score of 7.6 (minus 0.2 for combination for being short of 11 parts, if all other combination requirements are met). Any routine of five or fewer parts will result in a deduction of 2.5 in execution.

Art. 8 . . . 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 lacks originality, virtuosity, and risk. The judge may mitigate up to 0.3 at the end of the routine.

Art. 9 . . . Correct form or technically correct execution in an exercise must not be sacrificed for difficulty. The exercise must be adapted to the ability of the gymnast. Sureness and elegance are two chief characteristics in gymnastics and the gymnast shall maintain complete control of his body.

Art. 10 . . . The judges must bear in mind that difficulty may exist in essential parts and in combination.

Art. 11 . . . Difficulty Ratings. The guide for all classifications of moves and combination of moves relating to difficulty shall be the 1968 International Gymnastics Federation (F.I.G.) Code of Points and the official supplements.

SECTION 5. JUDGING EXECUTION.

Art. 1 . . . Incorrect execution. Deductions will be made as much for faults in execution as for faults of a technical nature. Incorrect position of feet, legs, body, etc. are types of execution faults and faults of a technical nature are poor execution of the movements and connecting movements.

Art. 2 . . . General faults of execution include:

- Poor position of the feet, legs, arms, head and body; toes not pointed; feet or legs apart; legs bent at the knees; heels tilted, etc., when they are not supposed to be. Deductions up to 0.3 point each time.
- 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 by deducting 0.1 to 0.3 point. When a gymnast falls or sits down on the apparatus (pronounced interruption), the deduction will be 0.2 to 0.5 point. In addition to the foregoing penalties, a deduction for poor form may be added.

c. Hasty transition from one exercise part to another, each time deduct up to 0.3 point.

Art. 3 . . . To receive a maximum rating, a routine must be presented with elegance, ease, precision and in style and rhythm well adapted to the nature of an aesthetical performance, with no faults in execution. A routine, executed without faults, but presented in a quick or slow rhythm, or with an ill-proportioned display of force, will count less than a perfect exercise described above. Deduct up to 0.3 except in floor exercise where up to 1.0 may be deducted.

Art. 4 . . . For each exercise, the presentation (beginning) and landing (ending) shall be a perfect stand. Deductions are made as follows:

- Small step or hop at landing; incorrect posture before or after exercise; up to 0.2.
- Several steps or hops at landing or slightly touching floor with the hands but without real support; poor posture before or after the exercise; up to 0.3.
- Sitting or kneeling down, falling on the back, touching the floor with one or both hands in support, or very poor posture before or after the exercise; up to 0.5.

Art. 5 . . . A gymnast falling from the apparatus does not necessarily terminate the exercise. After immediately notifying the judge of his intention, by raising his hand, he may remount within 30 seconds after his fall and continue his exercise from the point where it was interrupted.

The deductions are as follows:

- All falls off the apparatus (with or without loss of grip); deduct 0.5 per occurrence.
- The deductions for form will also be given.

Art. 6 . . . During the 30-seconds period, the gymnast is unrestricted. If the exercise is not continued within 30 seconds it is considered terminated and the scoring will be based solely on the movements completed.

Art. 7 . . . The gymnast shall be notified at 10, 20, and 30 seconds by the head judge.

Art. 8 . . . When the gymnast continues the exercise he may not repeat the last completed part, but must start with the part which follows. Movements needed in order to arrive at the proper starting position shall not be considered in the evaluation of the exercise unless the gymnast uses more than one intermediate swing to arrive at the support position.

SECTION 6. AIDING THE CONTESTANT.

Art. 1 . . . Coaching or talking to a contestant during his performance is prohibited and may be penalized by deducting 0.2 of a point for each occurrence.

Art. 2 . . . In order to prevent accidents, one or more spotters are permitted near the long horse, horizontal bar, trampoline, parallel bars, and rings, as long as they do not touch or help the gymnast in the execution of the exercise. If a gymnast is touched on any move, the exercise shall be penalized from 0.3 point (for a slight touch) to 0.5 point when the help would be equivalent to a stop or fall. If the gymnast is touched during any move and this lends impetus to subsequent moves, the gymnast will be penalized 0.3 to 0.5 point in addition to the value of that skill.

Art. 3 . . . A coach, as a spotter, must be present for all horizontal bar performances. Additional spotters are permitted.

Art. 4 . . . The presence of a spotter is not permitted during the floor exercise and pommel horse events. If a spotter is near during these events, there is a 0.3 point deduction.

Art. 5 . . . In trampoline, there must be four to six spotters present.

Art. 6 . . . Equipment does not have to be anchored to the floor. There will be no deduction if apparatus is held by the coach or team member while the gymnast is performing.

SECTION 7. UNIFORM AND OTHER EQUIPMENT.

Art. 1 . . . Complete and like uniforms must be worn by all competitors. Minimum uniform consists of a shirt, long pants, and footwear (socks or shoes and socks). Short pants are acceptable for trampoline, floor exercise and long horse events. For each gymnast who fails to comply, a 0.3 point penalty will be assessed for undesirable behavior.

Art. 2 . . . The official equipment for all competition, except for vaulting board, shall be provided by the host school. The host school shall provide a traditional vaulting board but schools may bring and use their own boards provided they meet specifications. All vaulting boards must be made available to all contestants. Any equipment not meeting specified standards should be protested to the head judge prior to the start of the meet.

Art. 3 . . . Spotting devices are not to be used or to be present at any time during the meet.

Art. 4 . . . Only competitors and officials are permitted in the competition area. Coaches and/or gymnasts may be present to spot performers. The meet director shall keep the floor clear so that the contestants will be the center of attention at all times.

Art. 5 . . . In the event of equipment failure 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.

Art. 6 . . . A landing mat must be available for dismounts on the horizontal bar, parallel bars, rings, and vaulting. The maximum total thickness of all mats shall not exceed 10 inches. No individual mat may exceed 4 inches. For use of mats in excess of these specifications, deduct 0.3 per occurrence.

Art. 7 . . . Mats should provide a level top surface without noticeable raised portions where they lie over and around the apparatus. The mats should completely surround and/or cover the working area of the apparatus.

Rule 3**Code of Ethics and Rules for Coaches, Judges, and Gymnasts****SECTION 1. JUDGES.**

Art. 1 . . . It is important 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 completely unbiased. Without attempting to cover all possible circumstances, the following code of ethics for judges is set down as a guide.

Art. 2 . . . It is the duty of each judge to prepare himself thoroughly and to constantly update his preparation. He should not accept any judging assignment for which he does not himself feel well qualified. Coaches should insist on qualified judges and encourage educational clinics for judges.

Art. 3 . . . Each judge, on each assignment, should be prompt and should dress in compliance with the local judges' association requirements and shall conduct himself with the dignity appropriate to his status.

Art. 4 . . . Each judge should confine his activities to the purpose to which he is assigned. This does not include either coaching, demonstration, recruiting or spotting.

Art. 5 . . . No judge shall display partisanship. Examples of acts to be avoided are:

- 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. Accepting overnight lodging invitations from the host coach unless the opposing coach is included.
- d. Traveling with one of the competing teams to or from the meet.
- e. Accepting social invitations before or after the meet from host coach unless the opposing coach is also included.
- f. Giving any appearance, of any particular friendship with any coach or competitor.

Art. 6 . . . Judges must be certified by local, state and/or national judges' associations.

SECTION 2. COACHES.

Art. 1 . . . Coaches should avoid:

- a. Appointing judges. Judging assignments should be made by an official's association, conference headquarters, or other outside agency.
- b. Discussing with judges before the meet the rules and their interpretation unless the 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.

Art. 2 . . . To facilitate good judge-coach relationships, a meeting may be held before the meet to discuss technical matters and to point out unusual moves which may be missed, such as a quad twister on tramp or working easily out of triple-twisters.

Art. 3 . . . Coaches should avoid asking judges to double as coaches.

Art. 4 . . . Coaches should avoid any act which might be interpreted as partisanship.

Art. 5 . . . Coaches shall conduct themselves with the dignity the sport deserves and will be responsible for the actions of their gymnasts. Unsportsmanlike behavior by the coach shall result in a deduction of 0.3 to 1.0 per occurrence. This penalty shall be deducted from the team score by the head judge at the time of infraction.

Art. 6 . . . It is the duty of both officials and coaches to be certain every gymnastic competition is conducted with full regard for the competitors and the edification and pleasure of the spectators.

Art. 7 . . . During competition, questions concerning meet procedures, not covered by rule, may be presented to the head judge

SECTION 3. GYMNASTS.

Art. 1 . . . All gymnasts will conduct themselves in a manner which will bring the highest credit to their respective schools.

Art. 2 . . . Contestants shall not approach the judge at any time to discuss scores.

Art. 3 . . . Any expression of displeasure or unsportsmanlike conduct by the competing gymnast will be looked upon as bad taste. Deduct 0.3 to 1.0 point from the individual's score.

Art. 4 . . . There will be a 0.3 deduction from the individual's score for unnecessary delay of the meet. The gymnast will be chalked and ready to go.

Art. 5 . . . Participants will be absolutely quiet while the other contestants are performing. They will display the same control as their coaches and show no overt signs of displeasure with scores. Deduct 0.3 to 1.0 point from the team score.

Rule 4

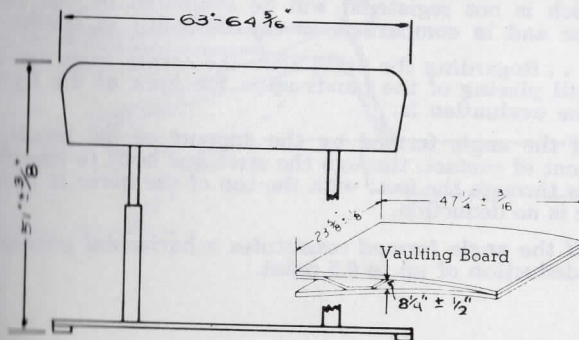
Vaulting

SECTION 1. APPARATUS SPECIFICATIONS.

Art. 1 . . . The distance from floor to the top of the horse shall be $51" \pm \frac{3}{8}"$. The body of the long horse shall be of the same size and shape as pommel horse. If the pommel horse is used, pommel securing holes shall be covered or filled in. Floor contacts shall be of a non-marking rubber or similar material.

Art. 2 . . . The body of the horse shall be unmarked. No penalty zone will be used.

Art. 3 . . . A minimum distance of 60 feet shall be provided for the run-up (including the length of the vaulting board). The use of rubber or other suitable material for the run-up, is recommended.



Art. 4 . . . The entire top surface of the vaulting board shall be covered with a non-slip material. A vaulting board pad, $\frac{1}{2}$ " minimum thickness shall be used and secured to the board.

Art. 5 . . . The vaulting board may be of any material provided the crown is no more than $8\frac{1}{4}" \pm 1/2"$.

Art. 6 . . . The horse shall be placed lengthwise. The distance from the horse to the vaulting board is left to the discretion of the gymnast.

Art. 7 . . . Lines shall be placed on the floor to mark the position of the long horse and to indicate the $4/4$ and $5/4$ vaulting distances.

SECTION 2. EVENT REQUIREMENTS.

Art. 1 . . . The gymnast may perform either one or two vaults. If he chooses to do a second vault, he must signal the head judge by raising his hand. The first vault will not be scored and the second vault must count. The second vault must be different. If it is not, a 0.5 deduction is made in addition to all other deductions.

Art. 2 . . . The vault begins with the run-up but it does not count in the scoring. However, as soon as the gymnast has taken his first step, the vault is regarded as having begun. The length of the run is not limited.

Art. 3 . . . All vaults must be executed with a momentary support of one or two hands. If the performer does not attempt the vault due to interference during his run, he shall be given a retrial without deduction.

Art. 4 . . . No balks shall be allowed. Should a gymnast balk on the first vault, he may raise his hand and request a second vault and it must count for score.

SECTION 3. PHASES.

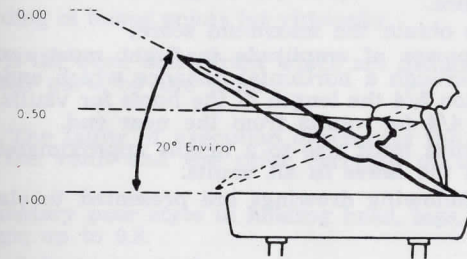
Art. 1 . . . The different phases of the 52 vaults and their executions must conform to the phases according to the 1976 F.I.G. A vault which is not registered will be evaluated by the judges in accordance and in comparison to the difficulty of similar vaults.

Art. 2 . . . Regarding the flight after the spring from the vaulting board until placing of the hands upon the neck of the horse (pre-flight), the evaluation is:

a. If the angle formed by the support of the hands, at the moment of contact, through the stretched body (a line from the hands through the feet) with the top of the horse is 20 degrees, there is no deduction.

b. If the angle formed constitutes a horizontal position, there is a deduction of up to 0.5 point.

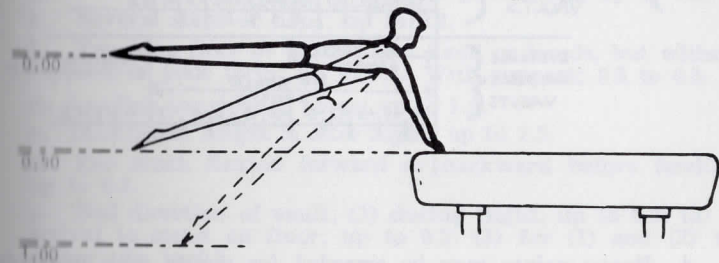
- c. If the feet are no higher than the top of the horse, there is a deduction of up to 1.00 point.
- d. If the feet are lower than the top of the horse, there is a proportionate increase in deductions.



- e. The technical execution and general performance of the vault must be such that impetus and flight are brought about in the second half of the vault.

Art. 3 . . . Regarding the flight after the spring from the vaulting board until placing of the hands upon the croup of the horse (pre-flight), the evaluation is:

- a. If the angle formed at the moment of release constitutes a horizontal position, there is no deduction.
- b. If the feet are no higher than the top of the horse, there is a deduction of up to 0.5 point.



SECTION 5. VAULTING DIFFICULTY GROUPS.

Art. 1 . . . 7.0—Straddle or squat from either end.

Art. 2 . . . 8.0—Simple hollander, squat to extend legs from croup, squat with 1/2 turn from neck.

Art. 3 . . . 9.0—From Neck: straddle with 1/2 turn
stoop
cartwheel
handspring
yamashita
hecht

From Croup: stoop
straddle with 1/2 turn

Art. 4 . . . 9.4—From Neck: stoop with 1/2 turn
cartwheel with 3/4 turn
tucked tsukahara
handspring 1/2 turn
yamashita 1/2 turn
hecht 1/2 turn

From Croup: handspring
handspring 1/2 turn
yamashita
yamashita 1/2 turn
hecht
hecht 1/2 turn

Art. 5 . . . 9.8—From Neck: piked tsukahara
cartwheel side with 3/4 twist
handspring 1/1 twist
1/1 twist on, handspring off
1-1/2 front tucked salto
handspring 1/2 twist to back salto
yamashita 1/1 twist
1-1/2 piked front salto
hecht 1/1 twist
hecht front salto

From Croup: hecht 1/1 twist
hecht to front salto
handspring 1/1 twist
1-1/2 front tucked salto
handspring 1/2 twist to back salto
yamashita 1/1 twist
1-1/2 piked front salto

Art. 6 . . . 9.4—New vaults of high difficulty. The judge will have to determine risk and originality as well as virtuosity.

Art. 7 . . . There is no longer any differentiation between a piked handspring and a yamashita.

Rule 5

Floor Exercise

SECTION 1. APPARATUS SPECIFICATIONS.

Art. 1 . . . The floor exercise area shall be a square padded area measuring 39'4½" x 39'4½" but not to exceed 40' x 40' with a minimum thickness of ½ inch.

NOTE: State or local governing bodies may adopt 60' x 5' or 6' strip floor exercise area. Rules governing conventional floor exercise shall govern strip floor exercise except that during his exercise, the gymnast must maintain his center of gravity over the mat. Penalty for the center of gravity being off the mat is 0.3 per skill.

SECTION 2. EVENT REQUIREMENTS.

Art. 1 . . . The exercise should form a harmonious and rhythmical whole and must meet the following requirements. If they are not met, the appropriate deductions will be made for each violation. The event requirements are:

- a. Skill(s) of balance
- b. Skill(s) of hold
- c. Skill(s) of strength
- d. Leaps or jumps
- e. Kips or handsprings
- f. Tumbling movements
- g. Exercise must cover the available floor space

Art. 2 . . . There is no time limit requirement.

SECTION 3. DEDUCTIONS.**Art. 1 . . . Combination.**

a. The floor exercise is to start and finish within the prescribed area. 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; 0.1.
2. Touching the outside area with support, each time; 0.1.
3. Sitting, kneeling, or lying outside the area, each time; 0.1.
4. For each additional part performed outside the area, each time; 0.1.
5. No deduction if a part of the body is outside the limit but not touching the floor.

b. If the construction of an exercise does not meet the requirements as stated, a deduction will be made for each violation; 0.3.

c. Combinations and movements of the wrong type, deduction each time; up to 0.3.

d. If the exercise does not have a mount and dismount corresponding to the difficulty of the rest of the exercise, up to 0.3.

e. If the exercise is not finished with a real dismount or the dismount is only partly shown; 0.3 to 0.5.

f. If a part of an exercise is repeated more than once (third time), even though the connections before and after may be different; up to 0.2.

g. For every connection or every part without value (part does not correspond to the general difficulty level of the exercise); up to 0.2.

h. If the C and B parts are not constructed to serve the aim of the exercise; up to 0.2.

i. The C part, or one of the C parts must belong to the swinging parts; 0.2.

Art. 2 . . . Execution and technical deductions.

a. Shoulders too far forward when body comes to support position; up to 0.3.

b. Handstands which are not perpendicular or with the shoulders too far forward; up to 0.3.

c. Turns in a handstand in which the body is not in a perpendicular position; up to 0.3.

d. Walking in a handstand (0.1 per step); 0.1 to 0.5 (each time).

e. Two or more attempts to arrive at a hold part, to a strength part, or to any other upward movement; 0.2 to 0.5.

f. Interruption of the movement of elevation when raising to a handstand; up to 0.3.

g. Strength parts executed with swing or swing parts executed with strength; up to 0.3.

h. The duration of hold moves shall be 2 seconds.

(1) If the hold is less than 2 seconds; no value.

(2) Holding longer than the time stipulated (4 seconds); up to 0.2.

i. Lack of balance or precarious stands at the end and during the exercise; up to 0.5.

j. Lack of harmony, rhythm, and suppleness (flexibility), each time; up to 0.2.

k. Lack of harmony, rhythm and suppleness during entire exercise; up to 1.0.

l. A run not commensurate with the movement (more than 3 steps in addition to the hurdle); up to 0.3.

m. Gymnastically objectionable movements, each time; up to 0.3.

n. General deductions as in 2-5-2.

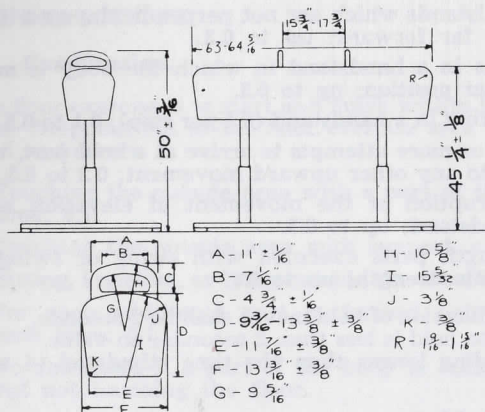
SECTION 4. FLOOR EXERCISE A, B, C's

Art. 1 . . . Refer to 1968 F.I.G. Code of Points for charts illustrating exercises of graded difficulty.

Rule 6**Pommel Horse****SECTION 1. APPARATUS SPECIFICATIONS.**

Art. 1 . . . The distance from the floor to the top of horse body shall be $45 \frac{1}{4}'' \pm \frac{1}{8}''$. The distance from the floor to the top of the pommels shall be $50'' \pm 3/16''$.

Art. 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.



Art. 3 . . . The grip of the pommels shall be wood or similar, suitable material.

Art. 4 . . . The covering of the horse body shall be top quality leather or other similar, suitable materials with a padded material between the covering and the horse body.

Art. 5 . . . Floor contacts shall be of a non-marking rubber or similar material.

SECTION 2. EVENT REQUIREMENTS.

Art. 1 . . . The exercise should consist of swing movements without stops and meet the following requirements. If they are not met the appropriate deductions will be made for each violation. The event requirements are:

- Leg circles of one and both legs
- Forward scissors
- Reverse scissors
- Two successive scissors
- Use of all three parts of the horse
- Double leg movements must predominate

SECTION 3. DEDUCTIONS.

Art. 1 . . . Combination:

- For each intermediate swing; 0.3.
- If the construction of an exercise does not meet the requirements as stated, a deduction will be made for each violation; 0.3.

- If one part of the horse is not used; 0.3.
 - The exercise is done only in the saddle; 0.6.
 - If the distribution of the exercise on all three parts of the horse tends to be one-sided; 0.2.
- c. If the exercise does not have double scissors in succession but does have one forward and one reverse scissors; 0.3.
- If there is a forward or reverse scissors missing but the double scissors is performed; 0.3.
 - If there is only one scissors, either forward or reverse; 0.5.
 - If there is no scissors; 0.6.
- d. Combinations and movements of the wrong type, deduction each time; 0.3.
- e. If the exercise does not have a mount and dismount corresponding to the difficulty of the rest of the exercise; up to 0.3.
- f. If the exercise is not finished with a real dismount or if the dismount is only partly shown; 0.3 to 0.5.
- g. If a part of an exercise is repeated more than once (a third time), even though the connections before and after may be different; up to 0.2.
- h. For every connection or every part without value (part does not correspond to the general difficulty level of the exercise); up to 0.2.
- i. If the C and B parts are not constructed to serve the aim of the exercise; up to 0.2.
- j. For each double leg circle beyond 2 (3, 4, 5), there shall be a deduction of up to 0.2 per circle. There shall also be up to 0.2 deduction for each set of double leg circles beyond 2 on each part of the horse.
- Art. 2 . . .** Execution and technical deductions:
- Mounts made too low; up to 0.3.
 - Lack of amplitude in double leg circles; up to 0.5 per routine.
 - Scissors without raising the hips high (without disengaging); up to 0.2 each time.
 - Touching the extremity of the horse or the pommels when it is not called for in the proper execution of the movement; 0.1 to 0.3.
 - Interruption of the exercise by touching the floor with the feet without letting go of the pommels; 0.5.
 - General deductions.

SECTION 4. SIDE HORSE A, B, C's.

Art. 1 . . . Refer to 1968 F.I.G. Code of Points for charts illustrating exercises of graded difficulty.

Rule 7

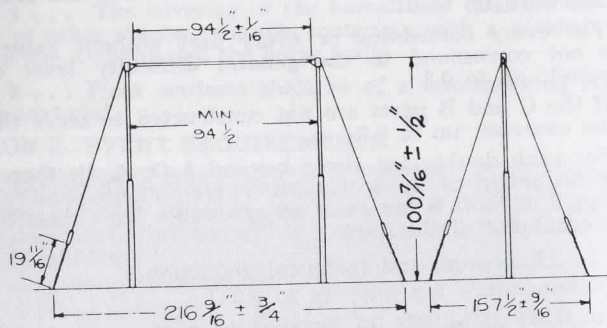
Horizontal Bar

SECTION 1. APPARATUS SPECIFICATIONS.

Art. 1 . . . The crossbar 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 $94 \frac{1}{2}'' \pm \frac{1}{16}''$.

Art. 2 . . . The distance from the floor to the top of the bar shall be $100 \frac{7}{16}'' \pm \frac{1}{2}''$ and provisions shall be made to increase this height to $104'' \pm \frac{3}{8}''$ to accommodate the tall gymnast.

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



Art. 4 . . . For all competition, 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. When used, floor plates shall be spaced at $9 \frac{9}{16}'' \pm \frac{3}{4}''$ 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. The cables must be attached to the top of the uprights $\pm 2''$ from the point where the bar is suspended. Metal tubing is an acceptable alternate for guying.

Art. 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 be returned to its original straight position.

SECTION 2. EVENT REQUIREMENTS.

Art. 1 . . . The exercise should consist of swing parts without interruption and meet the following requirements. If they are not met the appropriate deductions will be made for each violation. The event requirements are:

- Giant(s) forward
- Giant(s) backward
- Variations such as in-bar work
- Change in direction on the bar
- Movement performed with dorsal suspension or cubital grip
- A movement in which both hands simultaneously release and regasp the bar.

Art. 2 . . . At least one coach must be present, as a spotter, for all levels of competition.

SECTION 3. DEDUCTIONS.

Art. 1 . . . Combination:

- For each intermediate swing; 0.3.
- If the construction of an exercise does not meet the requirements as stated, a deduction will be made for each violation; 0.3.
- Combinations and movements of the wrong type, deduction each time; up to 0.3.
- If the exercise does not have a mount and dismount corresponding to the difficulty of the rest of the exercise; up to 0.3.
- If the exercise is not finished with a real dismount or if the dismount is only partly shown; 0.3 to 0.5.
- If a part of an exercise is repeated more than once (a third time), even though the connections before and after may be different; up to 0.2.
- For every connection or every part without value (part which does not correspond to the general difficulty level of the exercise); up to 0.2.
- If the C and B parts are not constructed to serve the aim of the exercise; up to 0.2.
- For all strength or hold parts, deduction each time; 0.3.

Art. 2 . . . Execution and technical deductions:

- a. Touching the bar, floor or the uprights with the feet, legs, or seat when it is not called for in the proper execution of the movement; 0.1 to 0.3.
- b. The gymnast may receive help to jump onto the horizontal bar, but he must maintain the correct posture from the moment his feet leave the floor. Incorrect, poor, or very poor posture when being elevated by an assistant (from the moment the feet leave the floor); up to 0.3.
- c. General deductions as in 2-5-2.

SECTION 4. HORIZONTAL BAR A, B, C's.

Art. 1 . . . Refer to 1968 F.I.G. Code of Points for charts illustrating exercises of graded difficulty.

Rule 8

Trampoline

SECTION 1. APPARATUS SPECIFICATIONS.

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

Art. 2 . . . The area around the trampoline must be covered with a minimum of 5' wide mats, 1 inch in thickness.

Art. 3 . . . A minimum of 4 spotters must be used, and a maximum of 6 spotters may be used.

SECTION 2. EVENT REQUIREMENTS.

Art. 1 . . . The construction of the exercise must meet the following requirements. If they are not met, the appropriate deductions must be made for each violation. The event requirements are:

- a. Front somersaults
- b. Back somersaults
- c. Twists with forward somersaults
- d. Twists with backward somersaults

SECTION 3. DEDUCTIONS.

Art. 1 . . . Special attention should be given to the perfect technique in the execution and to the ease of the performance. The combination and difficulty of the exercise must correspond with the capability of the competitor. An exercise which is executed with great and visible effort, or which is hardly mastered at all, must be severely penalized.

Art. 2 . . . During performance:

- a. For each minor break in form; up to 0.2.
- b. For each major break in form (feet wide apart and flat, legs bent, etc.); 0.2 to 0.3.
- c. For each straight bounce when a stunt is missed; 0.3 deducted from combination.
- d. Traveling or showing lack of control of position of body in relation to the trampoline. Any deviation from the center shall be penalized each time; up to 0.5.
- e. The bounce preceding the beginning of the exercise should be commensurate with the first move and if not deduct; up to 0.2.
- f. Following a fall or stop, a gymnast, after signalling the head judge, may use preliminary bounces to resume his routine.

Art. 3 . . . All exercises should start and finish with a good bearing of the body and with elegance and confidence. Deductions for poor presentations or landings will be made as follows:

- a. Bad posture in starting or final position; up to 0.2.
- b. Bad step or hop in the dismount; up to 0.2.
- c. Several steps or hops; 0.2 to 0.3.
- d. Touching bed with hands; 0.2 to 0.3.
- e. Falling on the bed to back, knees, or hands 0.2 to 0.5.
- f. Falling off the bed and touching the springs, frame, spotters or floor; deduct 0.5.
- g. The last landing must be in a stationary position, with the feet on the bed; up to 0.5.
- h. There will be no audible counting of bounces for either competitor or judges.

SECTION 4. DIFFICULTY RATING.

Art. 1 . . . A description of skills and an explanation of difficulty ratings are included in the chart on page 30.

TRAMPOLINE (EXAMPLES OF A, B, AND C PARTS)

Event or Name	— A —	— B —	— C —
Front Somersaults	a. Front Somersault	a. Double Front Somersault	a. Two and three-quarter front to back drop
	b. Three-quarter front to back drop (crash dive)	b. One and three-quarter Pike Front Somersault	b. Triple front
	c. Front one and three-quarter to back drop		
Back Somersaults	a. Back somersault	a. Double Back	a. Triple Back
	b. Three-quarter back to stomach	b. One and three-quarter back to Stomach	b. Two and three-quarter Back to Stomach
Twisting Back Somersault	a. One - Half Twisting Back Somersault	a. Double Twisting Back Somersault	a. Triple Twisting Back Somersault
	b. Full Twisting Back Somersault	b. Back one and one-quarter Somersault with a one and one-half Twist	b. Back Full Twisting one and three-quarter Somersault
Twisting Forward Somersault	a. Barani	a. One and one-half Twisting Front	a. Two and one-half Twisting Front
	b. One-half Twisting Ball Out	b. Front in and Barani out	b. One and one-half Twisting Ball Out
	c. Full Twisting Ball Out	c. Full Twisting Ball Out	c. Any Double Front Somersault with a full twist or more
Code (Front)	a. Front Code	a. Full Twisting Front Code	a. Double Front Code b. Double Twisting Front Code c. Double Code with a Twist
Code (Back)	a. Back Code	a. Double Back Code b. Back Code with Full Twist	a. Double Back Code with Twist b. Triple Back Code c. Double Twisting Code
Combinations Examples	a. 2 Consecutive Back Somersaults (A plus A)	a. One and three-quarter Back to Stomach to a Backward Code (B plus A)	a. One and three-quarter Back to Stomach. Double Back Code (B plus C)
	b. Three-quarter Back to Back Code (A plus A)	b. Three-quarter Back with full to Stomach to a Full Twisting Code (A plus B)	b. Double Back Code with Barani Out Fliffs (B plus C)

Rule 9

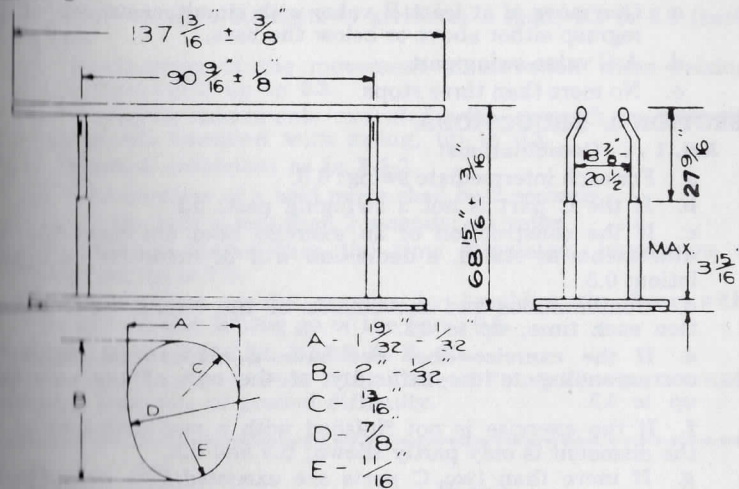
Parallel Bars

SECTION 1. APPARATUS SPECIFICATIONS

Art. 1 . . . The distance center to center between the cylinders down the length of the bars shall be $90 \frac{9}{16}'' \pm 1/8''$. The width between the pistons shall be $18 \frac{7}{8}''$ to $20 \frac{1}{2}''$.

Art. 2 . . . The height from the floor to the top of the bars shall be $68 \frac{15}{16}'' \pm 3/16''$ and provision shall be made to raise the bars to allow normal use of the bars by taller men.

Art. 3 . . . The distance from the top of the cylinders to the top of the bars shall be not less than $27 \frac{5}{8}''$ when bar is set at $68 \frac{15}{16}'' \pm 3/16''$ above the floor. The bars shall be $137 \frac{13}{16}'' \pm 3/8''$ in length.



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

Art. 5 . . . The base of the parallel bars shall be covered with protective mats where necessary to prevent injuries during use.

Art. 6 . . . The top bars shall be constructed of multi-laminated wood or similar suitable material.

Art. 7 . . . With the top bars set at a height of 55 $\frac{1}{8}$ " 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 bar must return to the straight position with no change in shape and with no defects in the bar.

Art. 8 . . . A vaulting board may be used for the mount on the parallel bars and may be placed on top of the mats provided the mats do not exceed the height of the base of the bars by more than 2".

SECTION 2. EVENT REQUIREMENTS.

Art. 1 . . . The construction of the exercise must meet the following requirements. If they are not met, the appropriate deductions will be made for each violation. The event requirements are:

- a. Hold part(s)
- b. Swing and flight must predominate
- c. One move of at least B value with simultaneous release and regrasp either above or below the bars.
- d. A C value swing part
- e. No more than three stops

SECTION 3. DEDUCTIONS.

Art. 1 . . . Combinations:

- a. For each intermediate swing; 0.3.
- b. If the C part is not a swinging part; 0.2.
- c. If the construction of an exercise does not meet the requirements as stated, a deduction will be made for each violation; 0.3.
- d. Combinations and movements of the wrong type, deduction each time; up to 0.3.
- e. If the exercise does not have a mount and dismount corresponding to the difficulty of the rest of the exercise; up to 0.3.
- f. If the exercise is not finished with a real dismount or if the dismount is only partly shown; 0.3 and 0.5.
- g. If more than two C parts are executed, the swing parts must be predominant. If swing parts do not predominate; 0.3.
- h. If a part of an exercise is repeated more than once (a third time), even though the connections before and after may be different; up to 0.2.
- i. For every connection or every part without value, i.e., the part which does not correspond to the general difficulty level of the exercise; up to 0.2.
- j. If the C and B parts are not constructed to serve the aim of the exercise; up to 0.2.

Art. 2 . . . Execution and Technical Deductions:

- a. Shoulders too far forward or too much arch when doing Stutz; up to 0.3.
- b. Grasping late in back somersaults; up to 0.3.
- c. Shoulders too far forward when body comes to support position; up to 0.3.
- d. Handstands which are not perpendicular or with the shoulders too far forward; up to 0.3.
- e. Turns in a handstand in which the body is not in a perpendicular position; up to 0.3.
- f. Horizontal supports too low or too high, etc.; up to 0.3.
- g. Touching the bars, uprights, base, or floor with the feet or any other part of the body when not called for in the proper execution of the movement; 0.1 to 0.3.
- h. Walking in a handstand (0.1 per step); up to 0.5 (each time).
- i. Two or more attempts to arrive at a hold; 0.2 to 0.5 (each time).
- j. Interruption of the movement of elevation when raising to a handstand; up to 0.3.
- k. Swinging movements executed with strength or strength movements executed with swing; up to 0.3.
- l. General deduction as in 2-5-2.
- m. The duration of a hold move shall be 2 seconds.
 - (1) If the hold is less than 2 seconds; no value.
 - (2) Holding longer than the time stipulated, (maximum 4 seconds); up to 0.2.
- n. Interruption of the exercise by touching the floor with the feet without letting go of the bars; 0.5.

SECTION 4. PARALLEL BARS A, B, C's.

Art. 1 . . . Refer to the 1968 F.I.G. Code of Points for charts which illustrate exercises of graded difficulty.

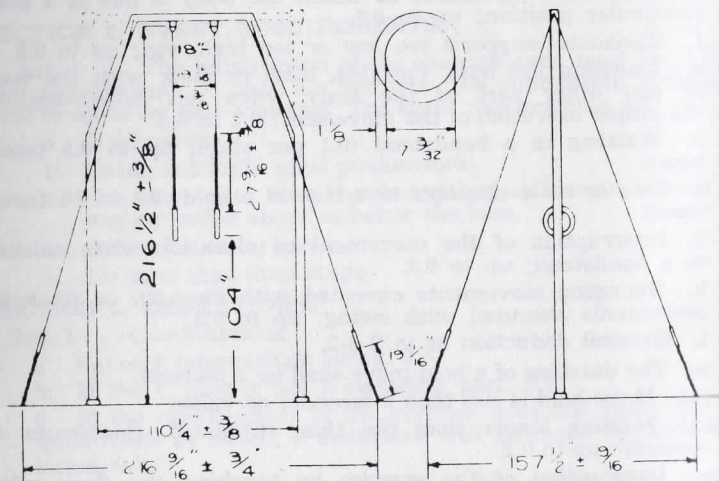
Rule 10

Rings

SECTION 1. APPARATUS SPECIFICATIONS.

Art. 1 . . . The rings shall be attached at a point 216 $\frac{1}{2}$ " \pm $\frac{3}{8}$ " above the floor. The weight of each attached swivel shall not exceed 31 $\frac{1}{4}$ ounces. The distance from the floor to the lower outside edge of the ring shall be 104".

Art. 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 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 of a non-marking rubber or similar material. Metal tubing is an acceptable alternative for guying.



Art. 3 . . . The rings shall be spaced $18-19\frac{11}{16}" \pm \frac{3}{16}"$ apart.

Art. 4 . . . The rings shall be made of unfinished hardwood or other similar, suitable material and the adjusting straps shall be webbing. Hanging cables shall be of a minimum of $\frac{1}{4}"$ diameter steel with a minimum tensile strength of 1323 pounds.

Art. 5 . . . A test weight of 297.6 lbs. applied in the center of the horizontal cross beam at the top (from 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.

Art. 6 . . . The suspension cables and swivel hardware shall be tested under a weight of 661.38 lbs. without deformation or failure of the parts tested.

Art. 7 . . . The ring shall be subjected to a load of 551.15 pounds applied to the ring over an area approximately equal to the width of a hand without showing permanent deformation.

SECTION 2. EVENT REQUIREMENTS.

Art. 1 . . . The exercise should involve movements of swing and hold parts and must meet the following requirements. If they are not met, the appropriate deductions will be made for each violation. The event requirements are:

- Strength part(s) commensurate with the difficulty of the routine
- One handstand executed with swing
- One handstand executed with strength
- Swing must be predominant.

SECTION 3. DEDUCTIONS.

Art. 1 . . . Combinations:

- For each intermediate swing; 0.3.
- If the construction of an exercise does not meet the requirements as stated, a deduction will be made for each violation as follows:
 - If the additional strength part does not correspond to the general difficulty of the exercise; up to 0.3.
 - If the meaningful **distribution** of swinging parts, strength and hold parts does not correspond to the requirement; up to 0.2.
 - If there is no handstand executed with strength or swing, or if the handstand does not correspond to the general difficulty of the exercise; up to 0.3.
- Combinations and movements of the wrong type (deduction each time); up to 0.3.
- If the exercise does not have a mount and dismount corresponding to the difficulty of the rest of the exercise; up to 0.3.
 - If the exercise is not finished with a real dismount or if the dismount is only partly shown; 0.3 to 0.5.
- If more than two C parts are executed, the swing parts must be predominant. If swing parts do not predominate; 0.2.
- If a part of an exercise is repeated more than once (a third time), even though the connections before and after may be different; up to 0.2.
- For every connection or every part without value (part which does not correspond to the general difficulty level of the exercise); up to 0.2.
- If the C and B parts are not constructed to serve the aim of the exercise; up to 0.2.

Art. 2 . . . Execution and technical deductions:

- a. Shoulders too far forward when body comes to support position; up to 0.3.
- b. Handstands which are not perpendicular or with the shoulders too far forward; up to 0.3.
- c. Hangs or horizontal supports too low or too high, etc; up to 0.3.
- d. Touching the cables with the feet, legs, or seat; up to 0.3.
- e. Two or more attempts to arrive at hold; 0.2 to 0.3 (each time).
- f. Interruption of the movement of elevation when raising to a handstand; up to 0.3.
- g. Swinging movements executed with strength or strength movements executed with swing; up to 0.3.
- h. The duration of hold moves shall be 2 seconds.
 - (1) If less than 2 seconds; no value.
 - (2) Holding longer than time stipulated (4 seconds); up to 0.3.
- i. Bent arms in handstand or touching straps or cables; up to 0.3.
- j. Bent arms and touching straps or cables; 0.3 to 0.5.
- k. Bent arms in cross, inverted cross, or horizontal support lever or arms not completely horizontal; up to 0.3.
 - l. Swinging of the rings; up to 0.3 per movement.
- m. Falling from a handstand (when not intended); up to 0.3.
- n. The gymnast may receive help to jump onto the rings, but he must maintain the correct posture from the moment his feet leave the floor. Incorrect, poor, or very poor posture when being elevated by an assistant (from the moment the feet leave the floor); up to 0.3.
- o. On the rings, a small preliminary swing is not permitted; up to 0.3.
- p. General deductions.

SECTION 4. RINGS A, B, C's.

Art. 1 . . . Refer to the 1968 F.I.G. Code of Points for charts which illustrate exercises of graded difficulty.

Rule 11**Additional Competition****SECTION 1. DEVELOPMENTAL COMPETITION.**

Art. 1 . . . It is recommended that state associations develop competition **below the varsity level** through the use of this rules book, with modifications, for the purpose of developing basic gymnastics skills. The use of the beginning level compulsory routines published by the United States Gymnastics Federation is strongly recommended for lower level competition.

SECTION 2. CHAMPIONSHIP COMPETITION.

Art. 1 . . . It is recommended that each state conduct State Championship Competition for both teams and individuals. The format shall be determined by State High School Athletic or Activities Associations and the judging shall follow National Federation Rules.

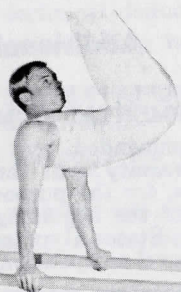
COMMENTS ON THE RULES**I. General**

1. **Equipment:** Schools purchasing new equipment should pay particular attention to current equipment specifications.
2. **Low Caliber Routines:** Moves of no value are evaluated as follows: unrated, easy steps and transitions if held are considered moves of no value. For example, a simple lunge if held one or two seconds is a move of no value. However, if several moves of no value are performed together without a stop, there is no deduction for these and they may earn "A" valuation.
3. **Move without Value:** Kip to swing down in regular grip on the high bar is a move without value not an extra swing. A layaway for the parallel bars is a move without value not an extra swing. However, if it adds to the rhythm and harmony of the routine the deduction may be less severe, particularly in an all "A" routine.

II. Rule 2: General Rules of Competition

1. **Spotting:** In cases where the word "must" is used with regard to spotting, as in the horizontal bar and trampoline events, the head judge may not permit a gymnast to perform unless all conditions of the rules are met. If the gymnast does perform, he will not be scored and no second trial will be permitted.

With
Gym Master...



...IT'S
UP
TO
YOU!

The only limit
to the ultimate
in performance

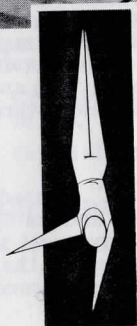
...is your
own skill!

And, just as you
constantly try to exceed
your best performance... we
at Gym Master also strive to continue
to produce the most perfected line of
gymnastic apparatus — anywhere!

Write for our new, fully illustrated catalog.

THE GYMNAS TIC EQUIPMENT SPECIALISTS

Gym Master Co.
3200 So. Zuni Street • Englewood, Colorado 80118



2. **Head Judge:** The purpose of this rule is to place the head judge in complete control of the meet. He is responsible for starting the meet at the scheduled time and keeping it running smoothly.
3. **Combination:** Routines must consist of eleven skills to receive maximum score. Requirements for difficulty provide there shall be one C, five B's and four A's equalling ten parts resulting in one move short. An additional part of value must be added or a 0.2 deduction will be taken for a short routine.
4. **Combination—Insufficient Parts:** A routine of five or more "A" skills may receive only 1.0 for difficulty. Once a skill higher than "A" value has been introduced into an A routine, only four "A" parts may receive credit.
5. **Execution—Short Routine:** Any routine of five or fewer parts will result in a deduction of 2.5. Possible scoring follows:

Difficulty.....	5 A's × 0.2 = 1.0
Combination.....	1.6 - 0.2 = 1.4
Execution.....	5.0 - 2.5 = 2.5
Maximum score.....	4.9
6. **Repetitious Skills:** A move done a second time with the same connecting parts (both preceding and succeeding) loses all value. For example, a performer in floor exercise mounts with a round-off, flip-flop tuck-back, backward roll and repeats a round-off, flip-flop tuck-back, backward roll during the course of his routine. The second tuck-back loses its value. Both preceding and succeeding connecting parts are the same.

III. Rule 4: Vaulting

1. **Vault Values:** New vaults are assigned a 9.4 value with the judge responsible for assigning ROV.
2. **Specifications:** Distance lines are required to be placed on the floor to indicate proper positioning of the horse and to aid the judge in making proper evaluations of post-flight distance.

IV. Floor Exercise:

1. **Combination requirements:** A move such as a press and held handstand may fulfill more than one requirement on the floor-balance, hold and strength. A hurdle can meet the leap and jump requirements. The work should be done in all four quadrants of the mat.

Excellence... Never Less

Bring out the best in your program. Send today for your free catalog of gymnastic and physical education equipment.

AMF

**American Athletic
Equipment**

200 American Avenue
Jefferson, Iowa 50129



V. Pommel Horse

1. **Deductions:** There is a deduction for each double leg circle beyond two in succession. There is also another 0.2 deduction for doing more than two sets of two double leg circles on any part of the horse.
2. **Repetitious moves:** During a pommel horse routine the gymnast performs a half-circle Czechkehre, half-circle, Czechkehre to side lift. The second Czechkehre receives credit because the preceding move was different.

VI. Horizontal Bar

1. Giants done in cubital grip or dorsal hand must be with both hands in the proper grip and rotate at least 180°. Examples of skills which fulfill the requirements are (a) dislocate eagle uprise; and (b) German uprise. Giant seat circles do not meet the dorsal grip combination requirements.
2. All movements such as a free-hip flange to handstand, sole circle to handstand, Stalder, high starts and straddles off must be at a nominal handstand (20°) to receive credit.
3. Front and Back giant requirements may be met with any longitudinal movement around the bar. Any movement around the near axis of the bar is considered in-bar work.

VII. Rule 8: Trampoline

Lack of control on the trampoline in which the performer deviates from the normal center of the bed has a deduction of up to 0.5 points for each infraction. A travel of the full length of the bed would constitute a full 0.5 deduction. Up to 5.0 points may be deducted if an exercise is poorly executed as indicated by the lack of control, loss of height and great visible effort by the gymnast.

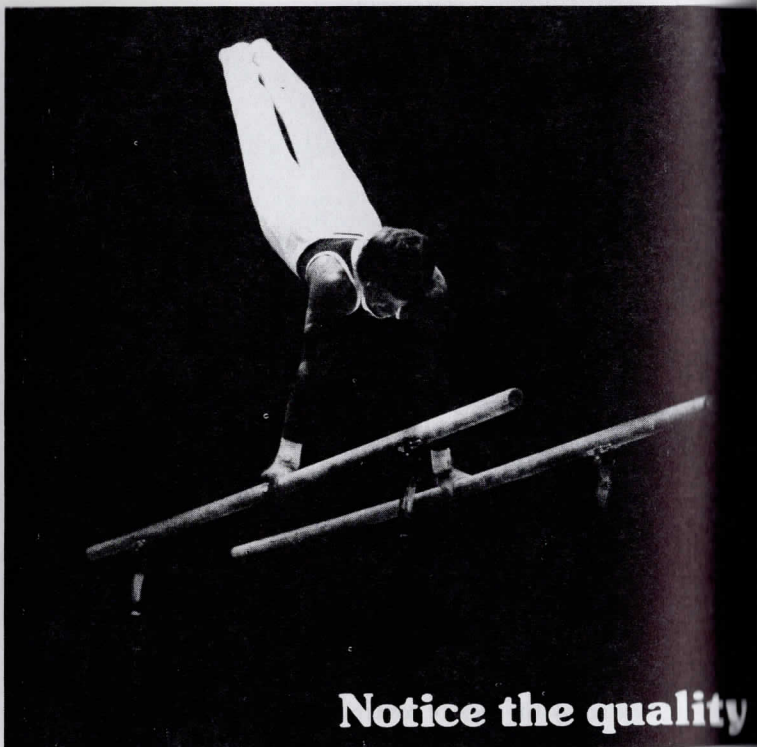
VIII. Rule 9: Parallel Bars

A Stutz of 30° elevation is recognized as a "B" skill.

IX. Rule 10: Still Rings

1. The required strength in the rings combination requirement need not be a hold move.
2. If the cross position on the rings is not held the required period of time, credit cannot be given. For holds of less than the required length of time, these are no execution deductions. For example:

L cross-2 seconds.	C
L cross-1 second.	No value
Ordinary cross-2 seconds.	B
Ordinary cross-1 second.	No value



Notice the quality

then notice the name



Official
Supplier
to the 1976
Olympic
Games



NISSEN

There's a reason why more schools buy Nissen gymnastic apparatus than all other brands combined — quality! You can buy less than the best, but not from us!

NISSEN, 930 27th Avenue SW, Cedar Rapids, Iowa 52406 USA Phone 319/365-7961

In a cross if the arms are too high or too low (not horizontal) or the arms are bent no value is awarded but the judge should be reasonable.

3. Swinging of the rings resulting from loss of control is a deduction of up to 0.3 from execution of each skill performed.

Gymnastic Apparatus Specifications

WOMEN'S EXERCISE

Mat Size 39'4½" x 39'4½"

HORIZONTAL BAR

Height 100 7/16" ± ½"

Width 94½" ± 1/16"

PARALLEL BAR

Height 68-15/16" ± 3/16"

Width 18-7/8"-20½"

Distance between suspension 18"-19-11/16" ± 3/16"

WOMEN'S HORSE

Height 45¼" ± ⅛"

Width 15¾"-17¾"

RINGS

Height to suspension 216 ½" ± ⅜"

Height to inside ring 104"

Distance between suspension 18"-19-11/16" ± 3/16"

VAULTING HORSE

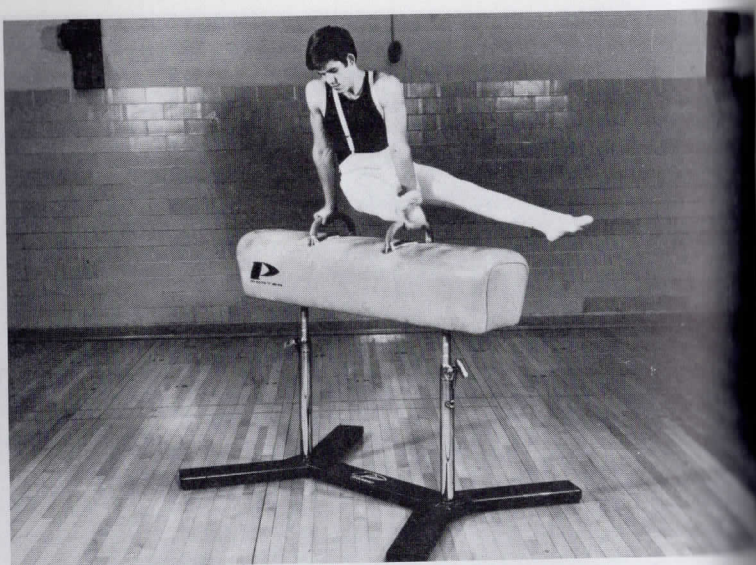
Height 51" ± ⅜"

VAULTING BOARD

Height at Crown 8¾" ± ½"

Length 48" ± ¾"

Width 24¾" ± ¼"

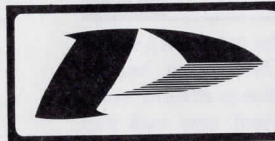


WHEN PERFORMANCE COUNTS, YOU CAN COUNT ON PORTER

More and more coaches and buyers of gymnastic equipment are specifying Porter for their school. They know that Porter has kept pace with the growing needs of today's gymnasts and have engineered apparatus that gives performance.

Porter was selected to be the exclusive

supplier of basketball backstops for the 1976 Olympic games because of the same engineering capability. Now you can get the official gymnastic mats for the 1976 Olympic games from Porter as well, which is Sarneigo. Sarneigo mats are sold and serviced by Porter throughout the United States.



PORTER
EQUIPMENT CO.

9555 IRVING PARK RD., SCHILLER PARK, ILL. 60176
(312) 671-0110
5052 F. STREET, CHINO, CALIFORNIA 91710
(714) 628-8955

**Send for
our free
catalog!**

by Ken Allen
Gymnastics Coach
University of Wisconsin-Oshkosh

NOTE: During the 1975 NCAA Division I Gymnastics Championships at Terra Haute, Indiana, I was asked to address the National High School Gymnastics Coaches Association on the topic of ethics for coaches and judges. The following is a paraphrased treatment of my brief presentation.

Recently, I proposed a "Judges Code of Ethics" for acceptance by the National Gymnastics Judges Association. Hopefully, the executive committee will react to this tomorrow morning (Saturday, April 5) and will accept it with some possible modifications. The most depressing aspect about composing such a code is that I was guided by recollections of behavior which was morally contrary to that which I felt would be proper for our sport. It was equally depressing to realize that it was deemed appropriate by our judges organization to make rules for the behavior of grown men. It is unfortunate that this sort of thing becomes a necessity but I guess there are many variables which affect us and we occasionally must be led back on the right track.

Would you would spend a little time thinking about how you usually behave in your professional capacity and, in particular, under the pressure of competition. And now, think of what the effect of your behavior is on those around you.

Almost all of us who coach are teachers by profession and many of us who judge are also teachers. One thing which is certain is that *all* of the gymnasts we are in contact with are students—and these students learn. They learn not only by what we say but by the behavior we demonstrate. What will the attitude be of the student who observes his coach constantly complaining about scores and arguing with the judges during a competition? Could we not expect the gymnast to believe that this is the right way to do things? What sort of an impression is left upon the gymnast who sees the judge show up for a meet in blue jeans, without rules books and judging supplies, spends more time looking at this flasher than watching routines and sticks around after the meet only long enough to pick up his check?

Am I suggesting that all of us should be involved in the sport of gymnastics for the complete development of young men. This must include their technical, academic, physical, social, emotional and moral development to name just some forms and not to place any emphasis on the order. If we want their standards to be high (and gymnastics all about the pursuit of excellence?) then certainly our standards should be high when it comes to carrying out the various aspects of behavior necessary to our professional duties. With this in mind it should not be very difficult to develop your own personal code of ethics which would be appropriate for the various aspects of your professional responsibilities. In my estimation this should be a much more meaningful than rules which have been made by someone else.

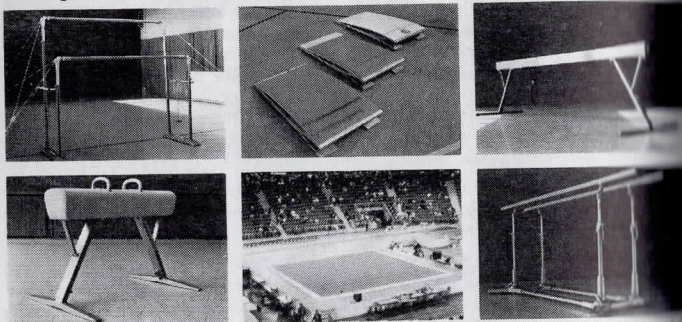
Gymnastics is a very large part of my life but it will always be a means and never an end in itself. It is the medium through which I can affect young men and their development is the guideline for my own ethical behavior. Winning is everything—I see everything I see one of my graduates handling situations in their professional capacities in ways which will positively affect their students—I know I have won.

This presentation was followed by discussion of the proposed "Judges Code of Ethics" which was, in fact, adopted by the National Gymnastics Judges Association and incorporated into the constitution of the organization.

Fournisseur officiel des Jeux Olympiques de 1976 Official Supplier to the 1976 Olympic Games

for the following equipment: Double elastic swing floor. Double Springboard Model Munich. Run up tracks for vaulting men and women. Upholstered spacers for competition. Chalk Stand. Balance beam.

pour les équipement mentionnée: Plancher souple. Tremplin Model Munich. Chemin de course pour le saut. Dispositif d'accrochage rembourrée. Chariot de magnésie. Poutre d'équilibre.



Crowned with success and widely used throughout the world
Couronné de succès et ayant fait ses preuves dans le monde entier

SPIETH Original Reuther gymnasium apparatus SPIETH engins de gymnastique Original-Reuther

SPIETH Original Reuther gymnasium apparatus is among the best-known in Modern Artistic Gymnastics. Millions of spectators and gymnasts of all standards from numerous countries are well acquainted with our apparatus which were proven at the Olympic Games and comply with the stringent regulations of the FIG.

Les engins de gymnastique SPIETH-Original Reuther font partie des engins les mieux connus en ce qui concerne la gymnastique artistique moderne. Des millions de spectateurs et d'actifs de tous les degrés de performances de nombreux pays connaissent nos engins ayant fait preuve aux Jeux Olympiques qui répondent aux prescriptions sévères de la FIG.

SPIETH-HOLZTECHNIK

Sportgeräte International
73 ESSLINGEN/Allemagne RF
Tel. 07 11/31 10 44
Telex 07256515



SPIETH-FRANCE S.A.R.L.

Rue des Grands Champs Paris 20ème No. 24 à 28 Tél. 343.89.70-808.78.36

JUDGES CODE OF ETHICS

ALL JUDGES SHOULD:

1. Update judging knowledge and experience on a planned regular basis. This means study, practice judging on films, attending courses and as much live judging as possible.
2. Fulfill all assignments which you have accepted. Only dire circumstances should prohibit a judge from fulfilling an assignment and notification should be given at the earliest possible moment.
3. Prepare for every judging assignment.
4. Always come to an assignment at least thirty minutes prior to the start of competition.
5. Come appropriately dressed (blue blazer and gray slacks, shirt and tie) for all levels of competition. This includes all meetings.
6. Bring all items necessary to judge with, e.g., paper, pencils, rules books, etc.
7. Treat all competitions the same regardless of skill level (there is nothing more insulting to a coach than to assume his gymnasts are not serious about performance just because they do not possess a high level of skill).
8. Be alert at all times. The last performer is just as important as the first.
9. Be quick, cooperative and efficient in resolving differences during conferences.
10. Give no appearance of lounging or relaxing at any time while on the floor of competition.
11. Show respect for all gymnasts and coaches. There is nothing to be gained by insulting any individual.
12. Be confined to judging responsibilities. This does not include coaching, spotting, demonstrating or recruiting.
13. Avoid judging a meet in which positive or negative bias towards any competing team is realized.
14. Avoid all social goings on before, during or after any competition if all coaches are not invited to such gatherings.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS
Boys Gymnastics
High School Dual Meet Competition Score Sheet

Date _____

Host School Team members	Visiting School				Ave.	Team Score	Team members					Ave.	Team Score
	1	2	3	4				1	2	3	4		
1						vault	2					vault	
3						4					4		
5						6					6		
7						8					8		
9						10					10		
2						floor	1					floor	
4						3					3		
6						5					5		
8						7					7		
10						9					9		
1						pommel	2					pommel	
3						4					4		
5						6					6		
7						8					8		
9						10					10		
2						horiz	1					horiz	
4						3					3		
6						5					5		
8						7					7		
10						9					9		
1						tramp	2					tramp	
3						4					4		
5						6					6		
7						8					8		
9						10					10		
2						parall	1					parall	
4						3					3		
6						5					5		
8						7					7		
10						9					9		
1						rings	2					rings	
3						4					4		
5						6					6		
7						8					8		
9						10					10		

Coach _____ Total Score _____
plus _____
A.A. average _____
Team Score _____

Coach _____ Total Score _____
plus _____
A.A. average _____
Team Score _____

ALL-AROUND				
Vaulting				
Floor Exercise				
Pommel Horse				
Horizontal Bar				
Parallel Bars				
Still Rings				
TOTAL				
AVERAGE				

Judges 1. _____ 2. _____ 3. _____ 4. _____

Head Judge's Signature _____

NATIONAL FEDERATION
OF STATE HIGH SCHOOL ASSOCIATIONS
Federation Place (P.O. Box 98) Elgin, Illinois 60120
ORDER BLANK

Quantity		unit price	Total Cost
1975 Football Rules (National Alliance Edition; includes 6-man and 8-man Rules Changes)		\$.85	\$ _____
1975 Football Case Book (Official Interpretations)		1.20	\$ _____
1975-1976 Football Handbook (includes Flag Football)		.85	\$ _____
1974-1975 Football Officials Manual		.85	\$ _____
1975 Football Rules—Simplified and Illustrated		1.90	\$ _____
COMBINATION FB—1 copy of each football book (5)		5.40	\$ _____
BASKETBALL			
1975-76 Basketball Rules (National Federation Edition)		.85	\$ _____
1975-76 Basketball Case Book (Official Interpretations)		1.20	\$ _____
1974-75—1975-76 Basketball Handbook		.85	\$ _____
1975-76—1976-77 Basketball Officials Manual		.85	\$ _____
1975-76 Basketball Rules—Simplified & Illustrated		1.40	\$ _____
COMBINATION BK—1 copy of each basketball book (5)		4.90	\$ _____
BASEBALL			
1975 Baseball Rules (National Alliance Edition)		.85	\$ _____
1975 Baseball Case Book (Official Interpretations)		1.20	\$ _____
1975-76 Baseball Umpires Manual		.85	\$ _____
COMBINATION BL—1 copy of each baseball book (3)		2.75	\$ _____
MISCELLANEOUS			
1975-76 Boys Gymnastics Rules		.85	\$ _____
1975 Soccer Rules		.85	\$ _____
1975-76 Swimming Rules (Boys and Girls)		1.10	\$ _____
1975-76 Swimming & Diving Case Book		1.10	\$ _____
1975 Track and Field Rules and Records		1.10	\$ _____
Second Track Officials Manual		1.00	\$ _____
1975-76 Volleyball Rules (Boys and Girls)		.85	\$ _____
1975-76 Wrestling Rules		1.10	\$ _____
1975-76 Wrestling Officials Manual		.85	\$ _____
So Now You're An Official		.55	\$ _____
National Federation Handbook		.90	\$ _____
GIRLS RULES			
1975-76 Girls Basketball Rules		.85	\$ _____
1975-76 Girls Gymnastics Rules		1.10	\$ _____
1974-75—1975-76 Girls Gymnastics Manual		2.00	\$ _____
1975 Girls Track and Field Rules and records		1.10	\$ _____
<p>RUSH MAILING? All books are shipped via 3rd Class Mail (which can take 2 to four weeks in transit). If you wish either 1st Class (about 1 week) or Air Mail (couple of days) just add proper amount to your remittance:</p> <p style="text-align: center;">UNIFORM RUSH MAILING CHARGES</p> <p>1st CLASS—50¢ per book AIR MAIL—75¢ per book</p> <p>Cost of 21-30 books, rush mailing cost is 40¢ per book First Class or Air Mail; Cost of 31 or more books, cost is 30¢ per book.</p>			
Total for RUSH MAILING (Number) _____		BOOK(S) @ _____	\$ _____
CASH MUST ACCOMPANY ALL ORDERS—enclosed find check for			\$ _____
<p>Street _____ City _____ State _____ Zip _____</p> <p>Outside US—add 10%</p>			