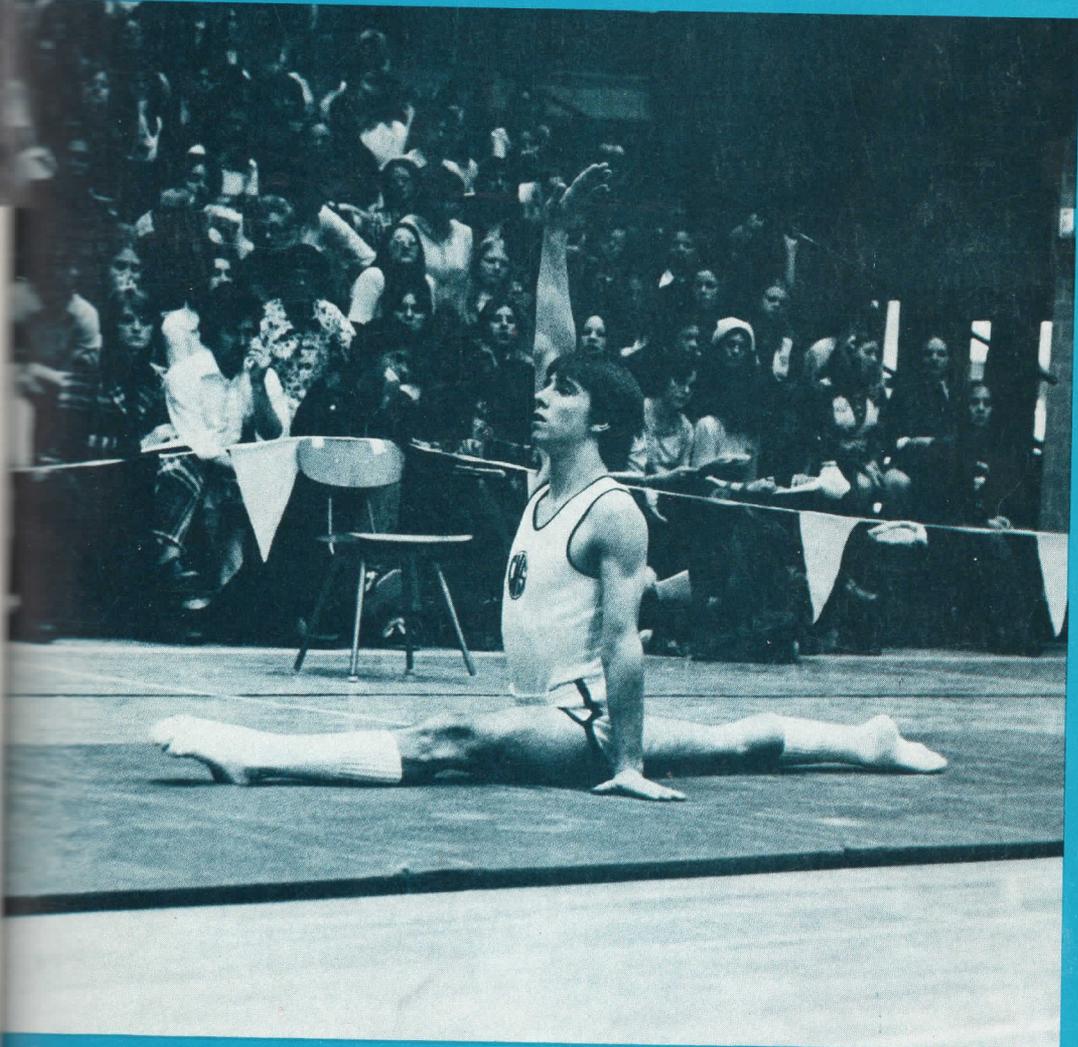


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NATIONAL FEDERATION EDITION

# 1977-78



## BOYS GYMNASTICS RULE BOOK

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NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

## 1977-78 MAJOR RULE CHANGES FOR BOYS GYMNASTICS

**Definition: Block Style**—That system of competition in which all members of one team participate in succession in each event.

**Definition:** Defines FIG Code of Points.

**Definition:** Explains National Gymnastic Judges Association.

**2-1-10:** Clarifies when meet results become final.

**2-2-6:** Requires the competitor to receive a green flag prior to acknowledging the head judge.

**2-3-1:** Rearranges order of competition and permits optional warm-up after first 3 events.

**2-3-2:** Specifies dual meet competition will be conducted in block style.

**2-4-3e:** Clarifies the deductions taken for repeating a move a second time.

**2-4-7:** Provides a skill may not be counted with value more than once in an all A-routine.

**2-4-11:** Specifies difficulties which are not illustrated will be evaluated in comparison to similar skills.

**2-7-1:** Permits gymnasts who wear short pants to perform with or without footwear.

**3-2-8:** Prohibits coaches from approaching judges during meet regarding scores.

**4-3-1f:** Provides an exception to repetition rule for round-off with a deduction of 0.1 for fourth time.

**4-3-2h:** Clarifies deductions for hold moves.

**7-1-2:** Requires  $\frac{1}{2}$  inch line on the horse to separate the croup and the neck.

**7-1-5:** Specifies the height of vaulting board is measured from the floor.

**7-2-1:** Limits competitors to one vault.

**9-2-2:** Requires at least one coach to be present as a spotter, before a team may be judged in the horizontal bar.

**11-2-2:** Clarifies scoring procedure when compulsories and optional scores.

Drawings of A, B and C difficulty ratings for all events except Trampoline are included under each event rule.

Neither the whole  
obtaining express

1977-78

National Federation Edition

BOYS GYMNASTICS RULES



**BRICE B. DURBIN, Editor**  
**National Federation Publications**

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## FOREWORD

IT IS THE RESPONSIBILITY of any organization which sponsors an extensive program of competition to determine the rules and standards by which this competition is conducted. This will insure the activity is administered in accordance with the objectives of the program. State high school associations are responsible for conducting the interscholastic boys gymnastics program and for being certain the playing rules reflect the philosophy of secondary schools. They are based upon fundamental statements which make the rules administerable by thousands of judges. In addition, they provide challenging and interesting competition for those who participate at the secondary school level.

THE INCREASED INTEREST in and corresponding expansion of competition in interscholastic boys gymnastics requires rules which are written for high school students and adapted to their ability level. National Federation rules reflect concern for the maturity of participants and consider the endurance, skill and strength of these individuals. In addition, the rules are codified so the number of exceptions is minimal thus making it easier for less experienced judges to administer. Experimentation is conducted annually, in addition to other research conducted by the National Federation, to establish bases for rules revisions.

BOYS GYMNASTICS RULES COMMITTEE MEMBERS are appointed by the National Federation upon the recommendation of state high school associations. The boys gymnastics committee is comprised of dedicated, experienced and knowledgeable individuals who are experts and specialists in boys gymnastics. These men are representatives of state high school associations which sponsor boys gymnastics on a competitive basis. As a result, **National Federation rules are written for the high school level of competition by persons who are actually involved at the interscholastic level and who are directly responsible to secondary schools.**

THIS CODE HAS BEEN ADOPTED AS OFFICIAL by the National Federation of State High School Associations and is enthusiastically recommended for use in all schools and allied organizations. Its use will standardize interscholastic competitive boys gymnastics programs not only within each state but also nationwide.

BRICE B. DURBIN, Editor  
National Federation Publications

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**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 the different gymnastics skills. At least four skills of "A" value (skill value), five skills of "B" value (intermediate) and one skill of "C" value (superior) 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.

Block Style—That system of competition in which all members of one team participate in succession in each event.

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 10.0 points.)

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

Croup—The near 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 unintentionally stops or alters his rhythm.

F.I.G. Code of Points—Judging regulations adopted by the International Gymnastics Federation which apply to artistic gymnastic competitions at World Championships, Olympic Games and other international competition.

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.

National Gymnastics Judges Association—That body in the United States which is responsible for the interpretation of international rules and certification of National and regional judges.

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.S.H.S.A. Rules Committee.

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

**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 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. 2 . . .** 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. 3 . . .** For all events, the judges shall award scores on the 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.

**Art. 4 . . .** 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. 5 . . .** 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. 6 . . .** 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. 7 . . .** When two judges are used, their scores shall be within the allowable range and shall be averaged.

**Art. 8 . . .** Any change in the official score of a judge must be made before the next contestant's performance.

**Art. 9** . . . When it is necessary for a physically handicapped competitor to use a mechanical aid on his person, which promotes form there shall be an automatic deduction of 2.0 points. Other gymnasts who use any device for the purpose of promoting form will not be allowed to compete.

**Art. 10** . . . A computational error at the scoring table may be corrected in context with the official score of the judge, at any time during or within 24 hours 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, and of gathering the judges together for consultation 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 assume 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 determines a judge lacks objectivity, or believes the judge is not performing his duties according to the rules.

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

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

**Art. 5** . . . Any judge has the right to request the head judge to call 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 after he has been recognized with a green flag. 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: Floor Exercise, Pommel Horse, Rings, Vaulting, Parallel Bars, Horizontal Bar, and Trampoline.

**NOTE:** With agreement of competing schools a warmup of 10 minutes may be permitted after three events.

**Art. 2** . . . Gymnasts will compete block style for all events. The order of team competition shall be alternated so the home team will compete last in the final event.

**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: Floor Exercise, Pommel Horse, Rings, Vaulting, Parallel Bars, and Horizontal Bars. 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; those with two designated all-arounds may enter two specialists, etc. The tampoline 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-ups 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 60 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 0.1 to 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; 0.1 to 0.3 for each.
- 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. A move performed the third time, regardless of the preceding and succeeding parts, is of no value and 0.2 is deducted. Any move meeting the event's specification is valued as seen. *No deduction.* A move performed a second time with a different preceding or succeeding part is valued as seen. *No deduction.* A move performed a second time, with the same preceding or succeeding parts, is not given any value but is not a move of no value and cannot meet any combination requirement.
- 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.

**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 from combination for being short 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. In an all A-routine, a skill may not be counted with value more than once.

**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 those contained in this book. Any not illustrated will be evaluated by the judges relative to similar skills.

## 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:

- a. Poor position of the feet, legs, arms, head and body; toes not pointed; feet or legs apart; legs bent at the knees, head tilted, etc., when they are not supposed to be. Deductions up to 0.3 point each time.
- b. Touching the apparatus; 0.1 to 0.3.
- c. Stops, or hesitations, 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 0.3 to 0.5 point. In addition to the foregoing penalties, a deduction for poor form may be added.
- d. 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:

- a. Small step or hop at landing; incorrect posture before or after exercise; up to 0.2.
- b. 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.
- c. 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:**

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

**Art. 6 . . .** During the 30-second 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 before the routine may be judged. 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, with or without footwear, 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 without warning 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 interference 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. 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 shall not accept any judging assignment for which he does not himself feel well qualified. Coaches shall insist on qualified judges and encourage educational clinics for judges.

**Art. 3 . . .** Each judge, on each assignment, shall be prompt (30 minutes) 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 shall confine his activities to the purpose to which he is assigned. He shall not coach, demonstrate, recruit or spot.

**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 shall 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 will 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 shall avoid asking judges to double as coaches.

**Art. 4 . . .** Coaches shall 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.

**Art. 8 . . .** Coaches shall not approach the judges at any time during the meet regarding scores. Deduction of 1.0 from the team score per occurrence, taken by the head judge at the time of infraction.

**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

## Floor Exercise

**SECTION 1. APPARATUS SPECIFICATIONS.**

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

**NOTE:** State or local governing bodies may adopt 60' × 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 0.2 per skill.

**SECTION 2. EVENT REQUIREMENTS.**

**Art. 1 . . .** The exercise shall 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
- h. A swinging "C" requirement

**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; up to 0.2.
  3. Sitting, kneeling, or lying outside the area, each time; 0.1 to 0.3.
  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 limits 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; 0.1-0.3.
- c. Combinations and movements of the wrong type, deduction each time; 0.3.
- d. If the exercise does not have a mount and dismount corresponding to the difficulty of the rest of the exercise; 0.1 to 0.3 for each.

# Rule 10

## 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; 0.1 to 0.3. 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 shall 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. If the construction of the exercise does not meet stated requirements; 0.1 to 0.3.
- b. For each break in form; up 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 body position 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 0.3 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 next page.

## TRAMPOLINE (EXAMPLES OF A, B, AND C SKILLS)

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

Any combination of 2 "B" Skills may be evaluated as B + B or C

# 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.

**Art. 2 . . .** When both compulsories and optionals are used, an individual's event score is the average of the individual's compulsory and optional scores.

## COMMENTS ON THE RULES

### I. GENERAL

- Equipment:** It is important that schools purchasing new equipment pay particular attention to the equipment specifications per event as described in this book.
- Low Caliber Routines:** Routines that are composed of several moves of no value are considered low caliber routines. Moves of no value may be easy steps, a simple lunge held two seconds, a knee circle on the horizontal bar, a simple leg over on the pommel horse, or an inverted hang on the rings. If in a routine of low caliber, several moves of no value are performed together without a stop there is no deduction and they may earn "A" valuation.
- Move Without Value:** FX—A forward roll, PH—a single leg circle, R—an inverted hang, PB—a layaway, HB—a swing down from a kip. The above are examples of moves of no value. If these moves add to rhythm and harmony of the routine the deduction may be less severe particularly in an all "A" routine.

### II. GENERAL RULES OF COMPETITION

- Executions—Short Routine:** Any routine of five or fewer "A" 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

Please note that in an all "A" routine consisting of 6 parts—a skill may not be counted with value more than once.

### III. EVENT COMMENTS

- Floor Exercise:** All four quadrants of the FX area should be utilized. A move such as a press and held handstand may fulfill more than one requirement on the floor—balance, hold, and strength. A hurdle may meet the leap and jump requirements. Lack of balance or precarious stands at the end and during the exercise can result in a deduction of up to 0.5 each time.
- Pommel Horse:** Double leg circles must predominate, however, 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.

3. **Rings:** The strength requirement on rings need not be a hold move. Dislocate shoot shoulder stand is considered an "A" value skill on the rings. Note on hold positions:
  - L Cross—2 sec ..... C
  - L Cross—1 sec ..... C minus 0.2
  - Regular Cross—2 sec ..... B
  - Regular Cross—1 sec ..... B minus 0.2

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 must be reasonable. Swing of the rings results in a deduction of 0.1 to 0.3 from execution for each skill performed with swing. Should a coach stop a gymnast from swinging, a 0.3 to 0.5 deduction shall result.
4. **Parallel Bars:** A stutz of 30° elevation is recognized as a "B" skill. A front or back off is also recognized as a "B" skill. A front ½ or back ½ is recognized as a "C" skill.
5. **Horizontal Bar:** Movements such as free-hip flange to handstand, toe on toe off, Stalder's, and high starts must be at a nominal handstand (20°) to receive credit. El grip giants, german giants, invert giants, and look in giants may meet the cubital or dorsal suspension requirement if both hands are in the proper grip and rotate at least 180°. Giant seat circles do not meet the dorsal grip combination requirement. A fly away, seat bar high is recognized as a "B" skill. If a stem—up or high start is executed to a handstand and the gymnast goes over backwards he is still given credit.

## ADDITIONAL JUDGING COMMENTS

### DIFFICULTY

To assess difficulty properly we must compare what was performed to a specification. If the specification is met (technically correct), we can give the correct value. The word these days is **Evaluation** not Devaluation. Moves are evaluated. For example, a back salto to a handstand on the parallel bars held one second may be evaluated as a well performed B part with no deduction. However, if this is the only "potential" C part and a swinging C is also required, then it is fair to the gymnast to evaluate this move as a C and deduct .2 for not holding it. That way the swinging C requirement is also met.

The Key is, you must first determine the maximum score possible and then **Freeze the Difficulty**. Once the above mentioned salto is given C value, it cannot simultaneously become a B + A with a .2 deduction (for a handstand not held) or B with no deductions. Once the Difficulty is determined, then the Combination deductions can be made—and, of course, Execution deductions.

You must split C moves into their constituent parts for a maximum score. You must also combine A and B parts to give the requisite C moves. This is particularly important in Still Rings and Parallel Bars (you may refer to these sections in this book for more specific delineations).

Note that if a move is repeated (done the second time) with the same preceding and succeeding parts or if a move is repeated twice (done the third time) regardless of the preceding and succeeding parts, **IT LOSES ITS VALUE**. It does not, however, become a move of no value. It is in a sense a Non Entity. If it is performed poorly, however, Execution deductions can be made.

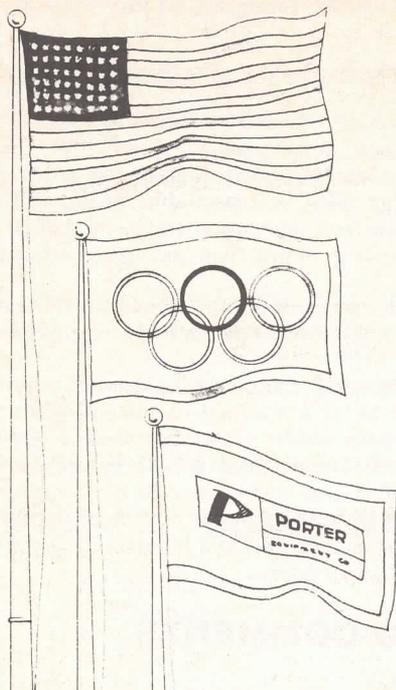
Moves of no value may be linked to form A moves. See the examples in the Floor Exercise section. As a guide the following Table of Move Values may be helpful.

**TABLE OF MOVE VALUES**

Intermediate Swing	Move of No Value	Non Entity	A Move	B Move	C Move
-.3	-.2 (up to)	0	+.2	+.4	+.6
free swing	lay away	3rd stutz to support	stutz horizontal	stutz 30°	stutz to handstand (2 secs.)

An example of a stutz on the parallel bars is shown in this table. Note virtuosity is possible between the A-B-C moves. Many moves may be categorized this way so that the gymnast is given the maximum value that he deserves.

For non listed moves comparison and experience are the only, if not best tools, available. You all have these.



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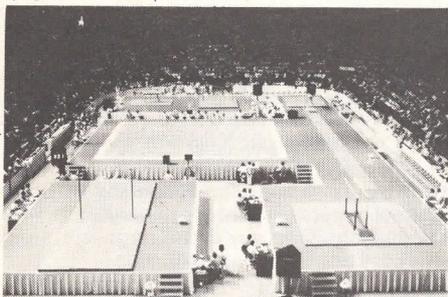
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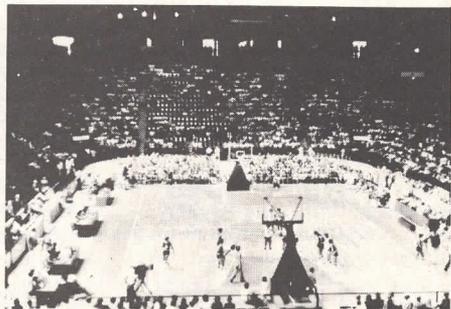
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**COMBINATION****EXAMPLE 1  
FLOOR EXERCISE**

Round off flip-flop full (stop) mount. Round off flip-flop full dismount. The second full receives no value, the dismount is not commensurate -.3, but no repetition deduction.

**EXAMPLE 2  
PARALLEL BARS**

Three stutz kehre movements are performed (1) layaway (2) to handstand (3) to support. All valued as B's, i.e., no deductions for repetition.

**EXAMPLE 3  
POMMEL HORSE**

If three saddle circles are performed in a row the third receives a .2 deduction and receives no value. Note: if sets of 2 circles are performed these are still valued as 1A, but the third set of 2 receives a .2 deduction and is given no value (non entity) under difficulty.

**EXECUTION**

Most judges can handle execution deductions quite well but the following points are well to review.

1. Up to deductions mean that less than .1 may be deducted.
2. It is possible and often the case that execution deductions exceed the value of the part. Rule 2, Section 5, Article 2 indicated that up to .3 can be deducted for poor positions of head, feet, hands, arms, legs, body, etc. **for each part performed.** Common sense, however, dictates that .3 would be too high a deduction for a poor toe point or hand position per part performed.

A major change in deductions has to do with the 2 second time requirement for hold moves.

All time commitments must be met as part of a move's specification. If not, deductions are to be made as specified, i.e., if a move is held 1 second and all positional requirements are met, deduct

.2. If held less than 1 second, the move is **not valued** or deducted for not honoring the time requirement. Note, however, that moves of this non entity, i.e., 0 value category are not to be deducted as moves of no value. Note further that if B or C valued moves are held 1 second a judge must determine how to give the gymnast the highest value. For example, if the move is needed to fill a B requirement then give the move the B value, and the combination requirement is satisfied. However, deduct .2 under execution.

If, however, the B or C valuation is not needed, i.e., covered by other moves, do not deduct.

**EXAMPLE 1  
PARALLEL BARS**

5 A's + 5 B's + stutz to handstand held 1 second. Give C value which meets the swing C requirement, but deduct .2 rather than calling it a B and deducting .2 from difficulty and .2 from combination.

**EXAMPLE 2  
STILL RINGS**

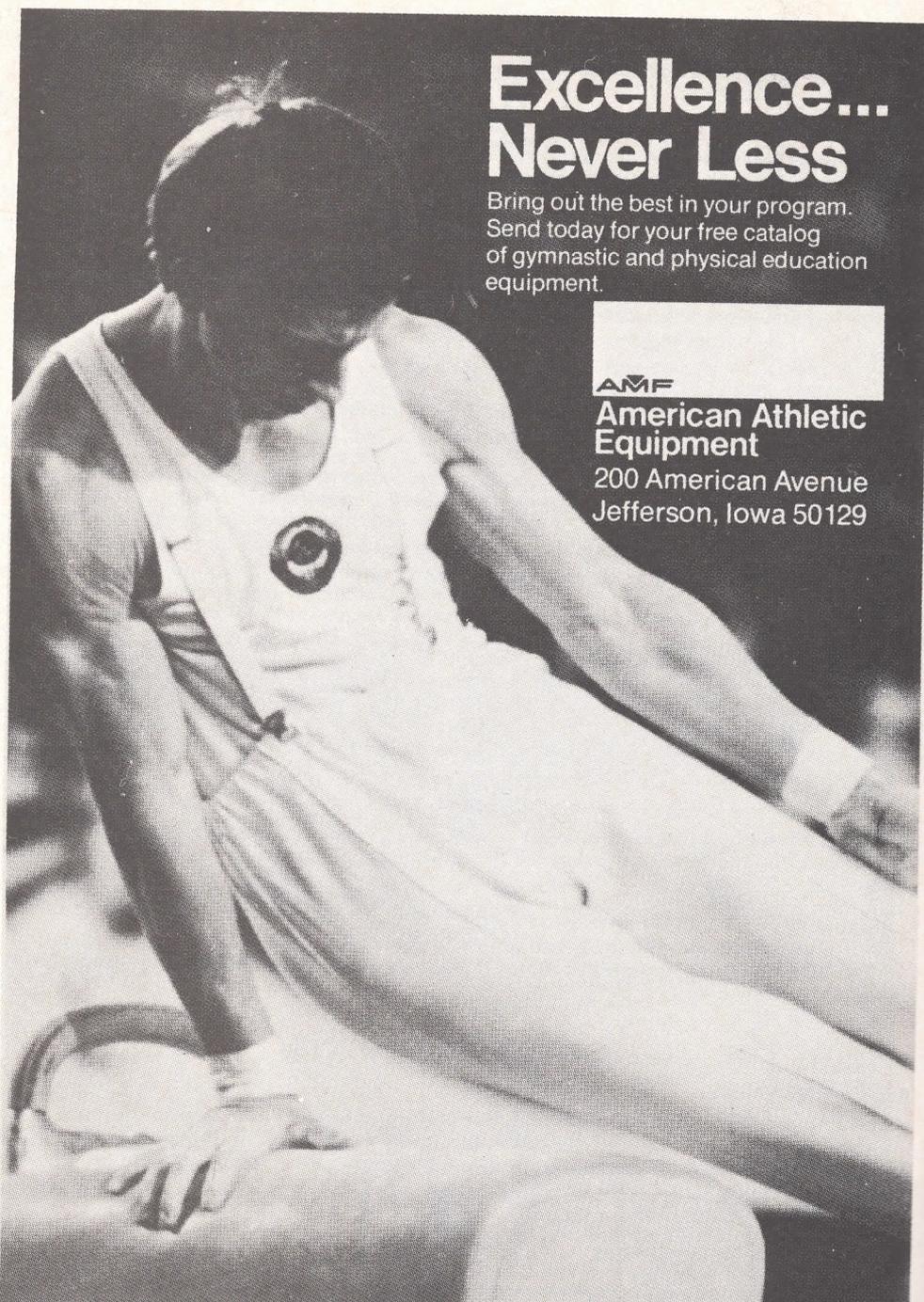
5 A's + 7 B's + 2 C's + L-cross held 1 second. Note, one of the C's is a maltese cross held 2 seconds. Do not deduct anything.

**COMBINATION POINTS****Moves of No Value**

The following are moves of no value if they are performed **isolated** from other moves so as to not have the possibility for even A valuation. For example, a simple lunge to front leaning rest, if held for 2 seconds, would be a move of no value, however, if linked with other no value or value moves, may be raised to A, B, or even C values.

- Simple stand—2 seconds
- Front leaning rest—2 seconds
- Back leaning rest—2 seconds
- Lunge (pose)—2 seconds
- Knee stand—2 seconds
- Straddle stand (unless wide)—2 seconds
- Head stand—2 seconds

- Forward roll low-tucked
- Backward roll (no extension)



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**Hold Moves**

All hold moves must be in a correct position or they may lose their value. For example, a planche, held at 45° or higher (from horizontal) is more nearly a handstand and could not be given C value. Nor would it be given B value. The only possibility would be an A (handstand) with deductions for a poor position.

If a move is not held the required 2 seconds, but is held one second, then a deduction of .2 is possible with full value given to that move. For example, a hollow back press to a handstand held one second and with correct technique and form could be given 1B, -.2, and **meets** the strength requirement. If, however, another strength move is held in this same exercise, e.g., planche—2 seconds, and if the B value of the partially completed hollow back press is not needed for the difficulty segment, then no deduction need be made. The move would be evaluated as 1A.

FOR LACK OF	DEDUCT
Commensurate mount	.3
Commensurate dismount	.3
Balance	.2
Hold (2 seconds)	.2
Strength	.3
Leap	.2
Kip	.2
Handspring	.3
Salto	.3
Working full area	.3

Also more than 3 steps plus a hurdle, deduct:

A Move	.3
B Move	.2
C Move	.1
C + C Move	4 steps plus hurdle—no deduction. Over 4 steps plus a hurdle—.1



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**BOYS GYMNASTICS RULES**



**BRICE B. DURBIN, Publisher**  
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