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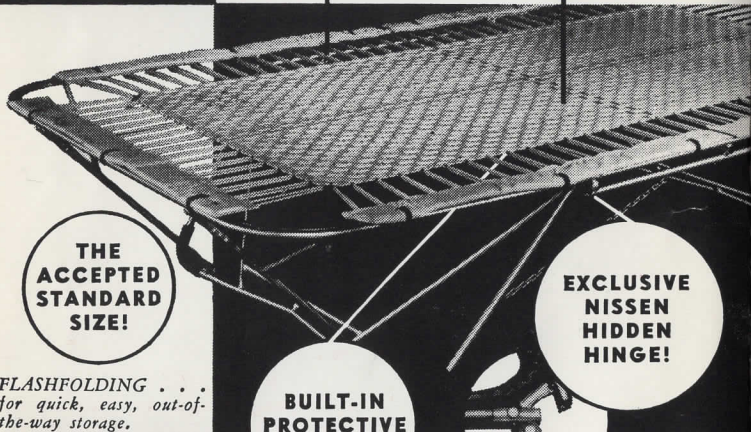


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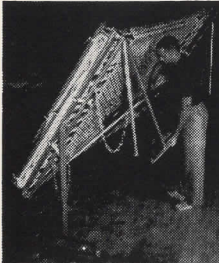
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Sanctioned by

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Tuesday, Dec. 26, 1961 at
Sarasota High School
9 AM

All compulsory exercises for
men and women
1 PM

Optional exercises for men
Long Horse and Rings

Optional exercises for women
Side Horse Vault and Bal.
Beam

Wednesday, Dec. 27, 1961 at
Municipal Auditorium
8 PM

Optional exercises for men
Side Horse - Parallel Bars
Floor exercise - Horizontal Bar

Optional exercises for women
Uneven Parallel Bars and
Floor exercise

AAU/FIG RULES TO GOVERN

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Gymnastics Guide

1962—1963

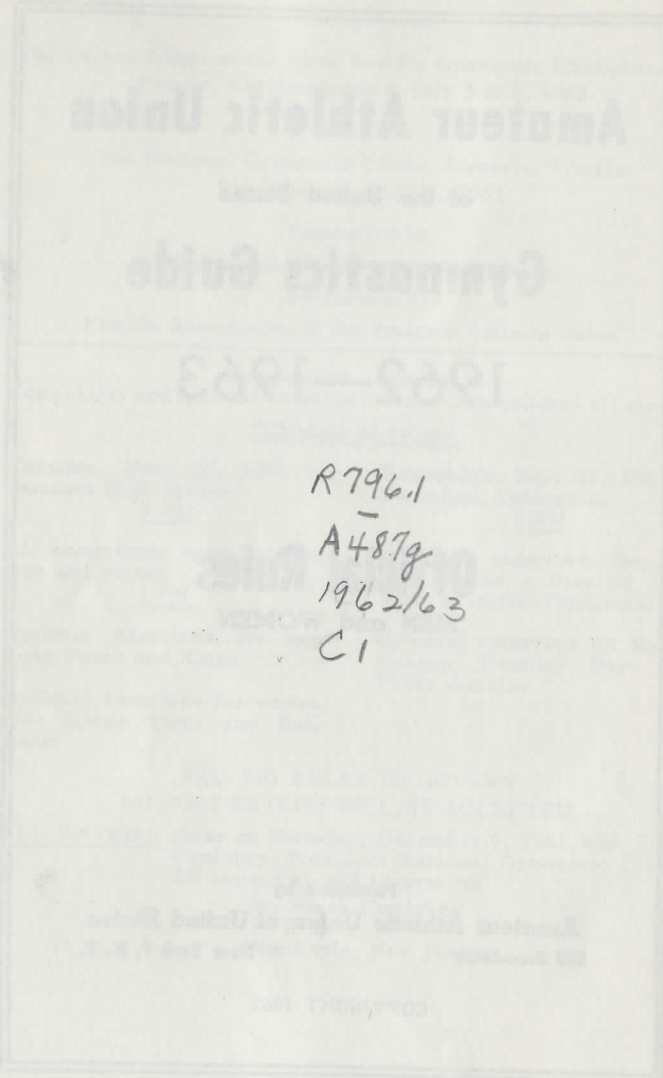
Official Rules

MEN and WOMEN

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THE GOAL IS JUST AHEAD

Men's and Women's Gymnastic performances, nationally and internationally, have never before attained the peak reached in the last year. Both in the National AAU meet at Dallas and in the trip to Czechoslovakia, the Soviet Union, and Poland our gymnasts displayed greater finesse, poise and accomplishment than ever before, including the 1960 Olympic Games.

The success of the U.S. gymnasts is directly attributable to the broadscale development program conducted by the N.A.A.U. Gymnastic Committee. Although everything is pointed to the development of ultimate skills, not a single level of competition has been overlooked.

Working together, many of the outstanding men and women connected with the sport in the United States have come up with a well-integrated program that embodies compulsory and optional exercises in artistic gymnastics for novices, juniors, and seniors. This is not a "crash program" to take care of only our present needs. The N.A.A.U. Gymnastic Committee in surveying the needs of our country in gymnastics, decided that for future success in this sport it would be imperative for the N.A.A.U. to build the sport from the ground up. And that is what is being done with the ambitious programs being conducted by many of the district associations throughout the nation. But the N.A.A.U. Committee wants even greater participation to stimulate competition among novices, juniors, and seniors 12 months a year.

Some of the finest stimuli for gymnastics in the United States came this Spring with visits of the Russian and Japanese teams after so many Americans had watched the Olympic gymnastic events on television.

Japan and Russia had finished 1-2 at Rome. We have more followers and more gymnasts than ever before.

In competition with the leading nations in the world, it is important to continue to encourage the "elder" gymnasts. It is evident that among the foreign nations the most proficient gymnasts are between 24 and 32 years old. We must continue to hold the interest of our experienced gymnasts by providing more championship and international competition where they can be in direct competition with the best gymnasts in the world.

With the impetus from the United States performance in the Olympic Games and the tour of the National A.A.U. team this summer the picture has never been brighter. But along with the "bright" aspects of the gymnastic picture we are faced with the stark realization that every one of the powerful nations in the sport is working just that much harder to keep ahead of the fast-improving American gymnasts.

There is something very rewarding about the progress that we have made since the inauguration of the N.A.A.U. broad-scale program. But the real test will come in the 1962 World Championships in Prague. That is the competition we must all point for. That is the competition that every gymnast must be striving for in every daily workout, every local competition, and every trial competition for the team.

The popularity of men's and women's gymnastics will continue to rise only so long as we acquit ourselves favorably in international competition. The program is HERE.

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1960 ALL AMERICA MEN'S GYMNASTIC TEAM

All-Around
Floor Exercises
Side Horse
Rings
Long Horse Vault
Parallel Bars
Horizontal Bar
Tumbling
Rebound
Swinging Rings
Rope Climb

Fred Orlofsky
Armando Vega
Garland O'Quinn
Fred Orlofsky
Larry Banner
Fred Orlofsky
Armando Vega
John Beckner
Harold Holmes
Larry Snyder
Thomas Darling
N. D. Hulme

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A number of excellent 16mm black and white (silent) gymnastic films are now available at A.A.U. headquarters on a rental basis. These films will be of inestimable help in training our boys and girls. They are as follows:

1960 Olympic Compulsory Exercises—Men and Women rental \$10.00
1958 World Championship Compulsory Exercises -
Men - 400 feet- \$5.00
Women - 300 feet- \$3.00
1955 European Gymnastic Championships \$15.00 (800 feet)
1956 Olympic Games Men's and Women's Gymnastic Compulsory Exercises (600 feet) Rental \$5.00
1952 Olympic Men's and Women's Gymnastic Championships (Approx. 1800 feet) Rental \$15.00
1954 World Gymnastic Championships at Rome (Approx. 3400 feet) Rental \$15.00
1954 National A. A. U. Mens' Gymnastic Championships at Los Angeles (Approx. 1500 feet) Rental \$5.00
1954 Russian-Swedish dual meet (Approx. 1200 feet) Rental \$10.00

Gymnastic organizations are urged to get in their requests for the above films immediately, listing first, second and third choices.

1960 ALL AMERICA WOMEN'S GYMNASTIC TEAM

All-Around
Side Horse Vault
Floor Exercises
Balance Beam
Uneven Parallel Bars
Tumbling

Gail Songerath
Betty Maycock
Muriel Grossfeld
Gail Songerath
Muriel Grossfeld
Avis Tieber
Unattached
Crenshaw Athletic Club

West Palm Beach Gymnastic Team
Kent State University High School
Unattached
West Palm Beach Gymnastic Team

1961 ALL AMERICA MEN'S GYMNASTIC TEAM

All-Around
Floor Exercises
Side Horse
Rings
Long Horse Vault
Parallel Bars
Tumbling
Rebound
Swinging Rings
Rope Climb

Armando Vega
Jamile Ashmore
Arthur Shurlock
Armando Vega
Armando Vega
Armando Vega
Harold Holmes
Tom Osterland
Thomas Darling
Robert Winter
Los Angeles Turners
Dallas Athletic Club
Olympic Club, San Francisco
Los Angeles Turners
Los Angeles Turners
Los Angeles Turners
Unattached
Unattached
Tarrytown Spike Shoe Club

1961 ALL AMERICA WOMEN'S GYMNASTIC TEAM

All-Around
Side Horse Vault
Floor Exercises
Balance Beam
Uneven Parallel Bars
Tumbling
Rebound
Tumbling

Doris Fuchs
Doris Fuchs
Muriel Grossfeld
Muriel Grossfeld
Doris Fuchs
Barbara Galleher
Barbara Galleher
Unattached
Unattached
Unattached
Unattached
Unattached
Dallas Athletic Club
Dallas Athletic Club

ARMANDO VEGA
Los Angeles, Calif.

1961 All America All-Around



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HORIZONTAL BAR	
1896 Herman Weingartner, Germany	
1904 Anton Heida and Ed. A. Hennig, U.S., tied	40
1924 L. Stukelj, Yugoslavia	19.73
1928 George Miez, Switzerland	57.50
1932 Dallas Bixler, United States	55
1936 Aleksanteri Saarvala, Finland	19.367
1948 J. Stalder, Switzerland	39.7
1952 Jack Gunthard, Switzerland	19.55
1956 Takashi Ono, Japan	19.60
1960 Takashi Ono, Japan	19.60

TEAM GYMNASTICS		Points
1896 Germany		
1904 United States		
1906 Norway		
1908 Sweden	438	
1920 Italy		
1924 Italy	839.058	
1928 Switzerland	1718-625	
1932 Italy	541.85	
1936 Germany	657.430	
1948 Finland	1358.3	
1952 U.S.S.R.	574.40	
1956 U.S.S.R.	568.25	
1960 Japan	575.20	

ROPE CLIMB		Time
1896 Andriakopulos, Greece		
1904 George Eysler, United States	7s. (25 ft.)	
1906 G. Aliprantis, Greece		
	11.2/5s. (32 ft. 9.3/5s in.)	
1932 Raymond H. Bass, U.S. (8 meters)	6.7s.	

TUMBLING	
1932 Rowland Wolfe, U.S.	56.7

CLUB SWINGING	
1904 E. A. Hennig, United States	13
1932 George Roth, United States	20

RECORDS	
ROPE CLIMBING	
American Record—	
Using hands alone—25 ft. up, 4.1	
Garvin S. Smith, Los Angeles City College at Los Angeles, Calif., April 19, 1947.	
American Record—	
Using hands alone—20 ft. up, 2.8	
Don Perry, Univ. of California, Los Angeles, April 20, 1954.	
R. Manning, Los Angeles, May 9, 1958.	
Olympic Record—	
Using hands alone—9 meters, 6.7	
Raymond H. Bass, U.S. Naval Academy at Los Angeles, Calif., 1932.	
Intercollegiate Record—	
20 ft. up 3.6s, Stanley Ellison, U.S. Naval Academy at Annapolis, Md., 1940	
Interscholastic Record—	
Using hands alone—25 ft. up, 5.4	
Jack Conners, George Washington High School, Los Angeles, Calif., April 12, 1945.	



GEORGE J. GULACK

Chairman, National AAU Gymnastic Committee and U.S. Olympic Men's Gymnastic Committee

When you ask George Gulack, the man leading the drive to improve our national gymnastic program, what our chances are to become an international power in gymnastics, he tells you, "We are a power; in the last Olympics we surpassed many of the traditionally strong gymnastic countries. Our scores would have earned place medals only a few years ago. We are "World Class," according to the European gymnastic press."

"However," he adds, "it is not the improvement, but the rate of improvement that counts. Some nations are advancing as fast as we are. That's why I put so much stress on proper preparation with all around events and compulsories. To compete on an equal basis we have to prepare on an equal basis."

The preparation Mr. Gulack directs as chairman of the committee of the Amateur Athletic Union of the United States and the U.S. Olympic Men's Gymnastic Committee is producing results. Two years after he and a handful of progressive experts started their drive to rehabilitate U.S. competitive gymnastics, our Olympic team was able to step out of its role as a perennial also-ran to become a respected equal.

To help accomplish this, Mr. Gulack, who was recently honored with membership in the Executive Committee of the Federation Internationale de Gymnastique (FIG), the sport's ruling body, analyzes FIG programs, disseminates information, encourages national and international competition by our gymnasts, helps bring the best foreign teams to the U.S., and, in general, serves wherever needed "to help our gymnasts achieve their tremendous potential."

His own gymnastic career began in Riga, Latvia, where as a boy he was an outstanding scholastic all-round performer. Later he competed for the New York Turn Club, City College of New York, Panzer College and the McBurney YMCA, where he was also coached. Mr. Gulack says his sound early training developed the style that prepared him for his later success as an Olympic gold medal winner for the U.S. in the 1928 Olympic Games.

Mr. Gulack continually stresses the importance of compulsory exercises, as do all informed students of the sport. Such work is considered the most vital part of the gymnastic program he is trying to establish in American high schools. "Our program has already taken hold in the New York area, where the all-around is stressed along with compulsory exercises, in keeping with FIG principles. The great interest in competitive artistic gymnastics by high school students is a good sign for the future of American gymnastics; he says "With high schools sending a growing number of properly trained gymnasts to the colleges for further development, we can look forward to real gymnastic strength, which lies only in quantity with quality."

A GYMNASTIC REVIEW

By

George J. Gulack

Chairman, National A. A. U. and U. S. Men's Olympic
Gymnastic Committee
1960

Men's and women's gymnastics enjoyed one of their most successful seasons during the 1960 Olympic year.

The constructive program in artistic gymnastics instituted by the National AAU Gymnastic Committee following the Olympic Games in Melbourne, reached an all-time high standard during the 1960 season. At the Olympic Games in Rome, in placing ahead of three former Olympic Championship Teams, Finland, Germany and Switzerland, our gymnasts also defeated Yugoslavia, Poland, Hungary, Bulgaria, France and many other leading national gymnastic teams. Our men's team coached by Thomas E. Maloney of the U.S. Military Academy, established a reputation never before attained by any of our gymnastic teams in international competition. Indeed, the European press referred to our showing as the greatest surprise in the 1960 Olympic Gymnastic competition. The committee and the many sincere workers who aided in the program can be proud of this outstanding accomplishment.

The Committee successfully conducted the combined Senior National AAU Gymnastic Championships for Men and Women, and Olympic Trials at West Point, New York from April 29th through May 1st, 1960. The meet was exceptionally well organized through the efforts of Thomas Maloney and Donald Wilderoer, Chairman of the Metropolitan Ass'n AAU Gymnastic Committee. It was also a financial success. All proceeds of this meet were turned over to the U.S. Olympic Committee.

One week later, on May 7th, the Junior National Championships for Women were held at Montclair State College, Upper Montclair, New Jersey. Here a fine field of all-around performers showed considerable promise for the future.

Mr. Rudolph Bachna, of Kent State University and the Slovak Sokol Union, directed the Junior National Championships for Men at the University's spacious gymnasium on June 4th, 1960. Our thanks to the Lake Erie Ass'n AAU and their gymnastic officials for a job well done.

Detailed reports and summaries of the Championship meets held during the year have been published in the "Amateur Athlete."

A team of Soviet gymnasts, after once being halted by visa difficulties, toured the U.S. early in 1961 and was well received by appreciative audiences. As this report is written a Japanese team is planning to compete in our national championships during a similar tour. This tour was approved at the Convention of the AAU in 1959.

The Chairman wishes to express his sincere appreciation and thanks to the committee members, coaches and the many supporters of gymnastics who so graciously aided in the development of artistic gymnastics. Without their cooperation and assistance, the high standard attained by our gymnasts at the Olympic Games in Rome could not have been possible. My sincere thanks also to the Staff of the National Office for the expert advice and assistance in the promotion of our program during 1960.

ORLOFSKY, SONTGERATH WIN

1960 AAU All Around Championships

By

George J. Gulack

Chairman, National A.A.U. and U.S. Olympic Men's Gymnastic Committees

Fred Orlofsky, a quiet, progressive collegian from North Bergen, New Jersey was the surprise of the 1960 National A.A.U. Gymnastic Championships as he made his debut with the All-Around title at the conclusion of the competition at the U.S. Military Academy, West Point, New York April 29, 30 and May 1, 1960.

Miss Sontgerath, a 16-year-old schoolgirl from West Palm Beach, Florida won the All-Around honor in the National A.A.U. Women's Championships held in conjunction with the men's meet.

Both the men's and women's championships served as the opening trials for the United States Olympic gymnastic squads.

The triumphs by Orlofsky, then a 23-year old sophomore at Southern Illinois University in Carbondale, Illinois, and young Miss Sontgerath, plus the number of youngsters who forged ahead of more experienced and seasoned gymnasts, indicates progress is being made in the sport in this country.

Orlofsky finished tenth in the All-Around competition in the 1959 championships.

He has been using the new international program of artistic gymnastics instituted in recent years by the A.A.U. Gymnastic Committee. Many observers credit this for his rapid improvement. En route to his All-Around award, Fred finished first on the still rings, tied for first on the parallel bars, tied for second on the horizontal bar, placed third on the side horse and sixth on the long horse.

The 1959 all-around champion, Jack Beckner of the Los Angeles Turners, placed fourth, behind Armando Vega of Penn State and Abie Grossfeld of Pond's Palaestrum.

Orlofsky is a product of the Metropolitan Association program, where he progressed through Novice, Junior and Senior competition ranking before he entered the University of Illinois. He transferred after a year there to Southern Illinois University. In the opinion of this observer, he is the best all-around gymnast the United States has ever had. He displayed the same moves and the same elegance as the best European competitors.

Event winners in the men's championships included Vega in the floor exercises; Larry Banner of the Los Angeles Turners in the long horse; Lieutenant Garland of the U.S. Army in the side horse; Beckner on the horizontal bar; and N. D. Hoising of the U.S. Naval Academy in the rope climb.

Tom Darling, competing unattached, won the swinging rings. Hal Holmes, also competing unattached, captured the tumbling and Larry Snyder of the University of Iowa was first in the rebound tumbling. In addition, Orlofsky and Vega tied for first on the parallel bars. The team prize went to Penn State University with 27 points, followed by the Los Angeles Turners, 25-1/3 and the U.S. Army, 19-5/6.

Miss Sontgerath, competing for the West Palm Beach Gym team, won the balance beam; finished fourth in the floor exercises, second on the side horse vaults and tied in the uneven parallel bars. Second in the All-Around was Muriel Grossfeld of Indianapolis, Indiana, who won the floor exercises and uneven parallel bars. Betty Maycock of Kent State University captured the side horse vaults. Avis Tieber was first in tumbling.

The championships were in charge of meet director Thomas E. Maloney of West Point; Don Wilderoer, chairman of the Metropolitan Association of the A.A.U., and the chairman of the National A.A.U. Gymnastic Committee.

Superior judges were Jerry F. Hardy, chairman of the Men's Technical Committee; Frank Cumiskey, president of the National Gymnastic Clinic, and Patrick Yeager, chairman of the Women's Technical Committee.

RESULTS, 1960 NATIONAL A.A.U. MEN'S AND WOMEN'S GYMNASTIC CHAMPIONSHIPS

at U.S. Military Academy, West Point, New York, April 29-May 1

Men

ALL-AROUND—1. Fred Orlofsky, Southern Illinois Salukis, 111.25; 2. Armando Vega, Penn State University, 111.10; 3. Abie Grossfeld, Pond's Palaestrum, 110.75; 4. Jack Beckner, Los Angeles Turners, 110.45; 5. Lt. Garland O'Quinn, U.S. Army, 109.85; 6. Lt. Karl Schwenzfeier, U.S. Air Force, 109.40.

FLOOR EXERCISES—1. Armando Vega, Penn State University, 19.10; 2. Jamile Ashmore, Dallas A.C., 19.05; 3. Donald Tonry, U.S. Army, 18.45; 4. Tie between Jack Beckner, Los Angeles Turners and Abie Grossfeld, Pond's Palaestrum, 18.40; 6. Gregor Weiss, Penn State University, 18.35.

LONG HORSE—1. Larry Banner, Los Angeles Turners, 19.05; 2. Lt. Karl Schwenzfeier, U.S. Air Force, 18.65; 3. Tie among Armando Vega, Penn State University; Abie Grossfeld, Pond's Palaestrum and Wilhelm Weiler, Canadian Army, 18.55; 6. Fred Orlofsky, Southern Illinois Salukis, 18.50.

SIDE HORSE—1. Lt. Garland O'Quinn, U.S. Army, 18.95; 2. Jonathan Culbertson, Lincoln Turners, 18.75; 3. Fred Orlofsky, Southern Illinois Salukis, 18.60; 4. Tie between Russell Mills, unattached and Joseph Kotys, Cleveland Swiss Turners, 18.50; 6. Arthur Shurlock, University of California, 18.40.

PARALLEL BARS—1. Tie between Armando Vega, Penn State University and Fred Orlofsky, Southern Illinois Salukis, 19.25; 3. Tie between Abie Grossfeld, Pond's Palaestrum and Jack Beckner, Los Angeles Turners, 18.95; 5. Robert Lynn, University of Southern California, 18.85; 6. Tie among Jeff Cardinali, Springfield College; Donald Tonry, U.S. Army and Larry Banner, Los Angeles Turners, 18.80.

HORIZONTAL BAR—1. Jack Beckner, Los Angeles Turners, 18.80; 2. Tie between Abie Grossfeld, Pond's Palaestrum and Fred Orlofsky, Southern Illinois Salukis, 18.65; 4. Arthur Shurlock, University of California, 18.60; 5. Stanley Tarshis, Michigan State University, 18.55; 6. Robert Lynn, University of Southern California, 18.50.

STILL RINGS—1. Fred Orlofsky, Southern Illinois Salukis, 19.35; 2. Armando Vega, Penn State University, 19.25; 3. Jamile Ashmore, Dallas A.C., 19.15; 4. Abie Grossfeld, Pond's Palaestrum, 19.05; 5. Larry Banner, Los Angeles Turners, 18.80; 6. Jonathan Culbertson, Lincoln Turners, 18.65.

ROPE CLIMB—1. N. D. Hulme, U.S. Naval Academy, 3.5 seconds; 2. David Hastings, U.S. Army, 3.6; 3. Richard Yule, U.S. Army, 4.1; 4. Jonathan Culbertson, Lincoln Turners, 4.2; 5. Gerald Thome, Cleveland Swiss Turners, 5.0; 6. Anthony Standish, unattached, 5.2.

SWINGING RINGS—1. Tom Darling, unattached, 9.40; 2. Allan Hoffman, unattached, 8.95; 3. Jonathan Aaronson, U.S. Army, 8.85; 4. Lee Grady, Colorado State College, 8.50; 5. Tom O'Connor, Colorado State College, 8.00; 6. Jay Larson, Colorado State College, 7.70.

TUMBLING—1. Hal Holmes, unattached, 9.60; 2. Rusty Mitchell, unattached, 9.30; 3. Johnny Hamilton, Maverick Boys Club, 8.50; 4. Phillip Voas, Buffalo Turners, 8.45; 5. Tie between James David, Husky Gym Club and Lou Datilio, Temple University, 8.20.

REBOUND TUMBLING—1. Larry Snyder, University of Iowa, 9.35; 2. Tom Osterland, unattached, 8.70; 3. William Buck, University of Iowa, 8.55; 4. Charles Stewart, unattached, 8.25; 5. Tom Gompf, unattached, 6.10; 6. Mark Erenburg, unattached, 7.70.

TEAM SCORE—1. Penn State University, 27; 2. Los Angeles Turners, 25-1/3; 3. U.S. Army, 19-5/6.

Women

ALL-AROUND—1. Gail Sontgerath, West Palm Beach Gym Team, 71.466; 2. Muriel Grossfeld, unattached, 70.533; 3. Betty Maycock, Kent State University HS, 70.200; 4. Carolyn Osborn, unattached, 69.166; 5. Sharon Phelps, Acrolympian Club, 68.268; 6. Teresa Montefusco, Flint Olympians, 68.067.

FLOOR EXERCISES—1. Muriel Grossfeld, unattached, 18.233; 2. Carolyn Osborn, unattached, 17.966; 3. Betty Maycock, Kent State University HS, 17.900; 4. Gail

Sontgerath, West Palm Beach Gym Team, 17.733; 5. Sharon Phelps, Acrolympian Club, 17.700; 6. Martha Nagy, University of Colorado, 17.634.

SIDE HORSE VAULTS—1. Betty Maycock, Kent State University HS, 18.267; 2. Gail Sontgerath, West Palm Beach Gym Club, 17.700; 3. Sharon Richardson, Pond's Palaestrum, 17.667; 4. Muriel Grossfeld, unattached, 17.000; 5. Teresa Montefusco, Flint Olympians, 16.900; 6. Sharon Phelps, Acrolympian Club, 16.834.

BALANCE BEAM—1. Gail Sontgerath, West Palm Beach Gym Team, 18.233;

2. Gail Klauer, Flint Olympians, 17.834; 3. Martha Nagy, University of Colorado, 17.700; 4. Carolyn Osborn, unattached 17.466; 5. Muriel Grossfeld, unattached, 17.200; 6. Teresa Montefusco, Flint Olympians, 17.133.

UNEVEN PARALLEL BARS—1. Muriel Grossfeld, unattached, 18.100; 2. Betty Maycock, Kent State University HS, 18.033; 3. Gail Sontgerath, West Palm Beach Gym Team, 17.800; 4. Sharon Richardson, Pond's Palaestrum, 17.600; 5. Doris Fuchs, unattached, 17.567; 6. Cassie Collawn, Naples Gym Society, 17.566.

TUMBLING—1. Avis Tieber, Crenshaw AC, 9.10; 2. Sharon Richardson, Pond's Palaestrum, 8.75; 3. Donna Schaezner, Flint Olympians, 8.40.

RESULTS, JUNIOR NATIONAL MEN'S GYMNASTIC CHAMPIONSHIP

at Kent, Ohio, June 4, 1960

ALL-AROUND—1. William Simms, So. Ill. Salukis, 54.70; 2. Hans Blickhan, Ft. Wayne Y.M.C.A., 52.70; 3. Jerry Thome, Cleveland Swiss Turners, 52.20; 4. Peter Dusek, Sokol Tyrs, 51.80; 5. Robert Stekel, N.Y. West Side Y.M.C.A., 49.85; 6. George Kertesy, Sokol Tyrs, 48.95; 6. James Barish, New York A.C., 48.95.

HORIZONTAL BAR—1. Robert Plucinsky, New York A.C., 9.05; 2. Hans Blickhan, Ft. Wayne Y.M.C.A., 8.65; 3. William Simms, So. Ill. Salukis, 8.60; 4. Peter Dusek, Sokol Tyrs, 8.35; 5. George Kertesy, Sokol Tyrs, 8.10; 6. James Barish, New York A.C., 7.85.

FLOOR EXERCISES—1. Jack Wiley, So. Ill. Salukis, 9.55; 2. William Simms, So. Ill. Salukis, 9.35; 3. Peter Dusek, Sokol Tyrs, 9.20; 4. Larry Lindauer, Lincoln Turners, 9.05; 5. Jerry Thome, Cleveland Swiss Turners, 9.00; 6. Hans Blickhan, Ft. Wayne Y.M.C.A., 8.90.

STILL RINGS—1. Jerry Thome, Cleveland Swiss Turners, 9.45; 2. Peter Dusek, Sokol Tyrs, 9.30; 3. Gerald George, New Orleans A.C., 9.20; 4. William Simms, So. Ill. Salukis, 8.90; 5. Robert Stekel, N.Y. West Side Y.M.C.A., 8.75; 6. Hans Blickhan, Ft. Wayne Y.M.C.A., 8.70.

PARALLEL BARS—1. William Simms, So. Ill. Salukis, 9.40; 2. Jerry Thome, Cleveland Swiss Turners, 9.20; 3. Arno Lascari, unattached, 9.15; 4. Hans Blickhan, Ft. Wayne Y.M.C.A., 8.80; 5. James Barish, New York A.C., 8.80; 6. Robert Stekel, N.Y. West Side Y.M.C.A., 8.60; 6. Peter Dusek, Sokol Tyrs, 8.60.

LONG HORSE—1. William Simms, So. Ill. Salukis, 9.25; 2. Jerry Thome, Cleveland Swiss Turners, 9.25; 3. Hans Blickhan, Ft. Wayne Y.M.C.A., 9.25; 4. William Simms, New York A.C., 9.20; 5. Robert Stekel, N.Y. West Side Y.M.C.A., 8.90; 6. Peter Dusek, Sokol Tyrs, and Dick Affeldt, Cleveland Swiss Turners, 8.75.

SIDE HORSE—1. William Simms, So. Ill. Salukis, 9.30; 2. George Kertesy, Sokol Tyrs, 8.90; 3. Hans Blickhan, Ft. Wayne Y.M.C.A., 8.40; 4. Jerry Thome, Cleveland Swiss Turners, 8.00; 5. Robert Stekel, N.Y. West Side Y.M.C.A., 7.90; 6. Thomas Standish, New York A.C., 7.85.

ROPE CLIMB—1. Gerald George, New Orleans A.C., 4.80; 2. Jerry Thome, Cleveland Swiss Turners, 5.45; 3. Larry Lindauer, Lincoln Turners, 7.00; 4. George Kertesy, Sokol Tyrs, 7.70.

TUMBLING—1. Jack Wiley, So. Ill. Salukis, 9.10; 2. Larry Lindauer, Lincoln Turners, 8.30; 3. Don Filip, unattached, 7.30.

FLYING RINGS—1. Larry Lindauer, Lincoln Turners, 8.65; 2. Jack Wiley, So. Ill. Salukis, 7.95; 3. Joseph Bachna, K.S.U. Gym Club, 7.40.

REBOUND TUMBLING—1. Larry Lindauer, Lincoln Turners, 8.45; 2. Jake Dailey, Lincoln Central Y.M.C.A., 7.70; 3. Jack Wiley, So. Ill. Salukis, 7.60; 4. Bruce Hain, Lincoln Central Y.M.C.A., 6.75; 5. Edward Ehler, Wheeling Y.M.C.A., 6.55.

TEAM—1. University of Southern Illinois Salukis, 23.66; 2. Cleveland Swiss Turners, 18.91; 3. Sokol Tyrs, Cleveland, 15.25; 4. Ft. Wayne Y.M.C.A., 10.66;

THE NATIONAL GYMNASTIC CLINIC
By Frank Cumiskey
President, National Gymnastics Clinic

The National Gymnastic Clinic will hold its 11th annual meeting in Sarasota, Florida from December 25th to December 31, 1961. Every year between 500 and 1000 gymnastics enthusiasts attend the National Gymnastic Clinic, which is dedicated to teaching of gymnastics at all grades with special emphasis at the high school level. It is our intent that we must concentrate our teaching at this level, the formative stage, to put our gymnasts on the right road to artistic gymnastics. We are fortunate in having many top-flight coaches, Olympians and National Champions on our teaching staff.

However, we also must not neglect our current champions. At the recent National A.A.U. Championships in Dallas, Texas, the National Gymnastic Clinic was awarded the first of three tryouts for the team that will represent the United States at the World Championships in Prague in July, 1962. The first tryouts will be held by the National Gymnastic Clinic in Sarasota, Florida during the Clinic (Dec. 26 and 27). The second tryouts will be held at the National 1962 A.A.U. Championships. The third tryout to be held prior to departure for Prague. It will be necessary for all men and women to compete in all three competitions in order to be considered for this team. It was suggested that each A.A.U. district having eligible men and women make every effort to send them to Sarasota. It is important that several competitions rather than a one shot tryout be held because our gymnasts improve under pressure of top-flight competition.

We are happy to cooperate with the A.A.U. in arranging these important competitions. The A.A.U. through its farsighted development programs has brought gymnastics along by leaps and bounds. I was fortunate to act as an official on the A.A.U. European tour from August 11 to September 7, 1961. The team witnessed the European Championships, and competed and exhibited in Czechoslovakia, the Soviet Union, and Poland. The American boys and girls did a fine job, both as citizens and as gymnasts of the U.S.A. We should all be proud of them. Mr. George Gulack did a wonderful job in arranging this tour and in guiding gymnastics to such a formidable level.

Two of our weaknesses made apparent by this tour are:

1. Breaks—We must teach our gymnasts every possible cover-up for every part of their exercises. Gymnasts fall into categories, some doggedly continue to do the whole exercise regardless of what happens, others get so flustered they are useless. We must teach them what to do in every eventuality to minimize the loss in points. This topic will be discussed at the Clinic.

2. Dismounts—An exercise that ends in a low dismount is penalized severely. A gymnast must work for high, strong dismounts, many gymnasts with good exercises with low, dead dismounts and receive a low score. These and many other important points will be discussed at the Clinic.

Another feature of the Clinic will be reports on current trends and techniques in World Gymnastics by Mr. and Mrs. George J. Gulack, who spent two months during the summer of 1961 gathering information in Europe.

AMATEUR ATHLETIC UNION OF THE UNITED STATES--GYMNASTIC RULES

The rules for the conducting of gymnastic competitions are promulgated by the Amateur Athletic Union of the United States and conform, where applicable, to the rules of the International Amateur Gymnastic Federation (FIG).

These rules cover the following Sections and their sub-numbered Articles:

- I - Administrative Rules
- II - General Rules of Competition
- III - Technical Rules pertaining to International Events
- IV - "Code of Points" and its annexes, pertaining to International Events
- V - Rules for other than International Events
- VI - Compulsory Exercises:
 - A - Senior Grade
 - B - Junior Grade
 - C - Novice Grade

SECTION I - ADMINISTRATIVE RULES

JURISDICTION:

The Amateur Athletic Union of the United States (AAU) is the governing body of the sport of gymnastics in the United States, holding membership in the International Amateur Gymnastic Federation (FIG), which body controls international gymnastic contests, including the Olympic Games. All national championships, all district championships and all open gymnastic competitions held in the United States are conducted under the following rules.

NATIONAL AAU GYMNASTIC COMMITTEE:

The jurisdiction of the AAU is exercised through the National AAU Gymnastic Committee, appointed by the President of the AAU. This committee shall consist of the following officers and members:

- (1) A Chairman
- (2) 3 Vice-Chairmen
- (3) A Secretary
- (4) Members of the Committee which, in the main, consist of the chairmen of the Gymnastic Committees in each of the District Associations of the AAU. The Chairman of the Committee shall have the privilege of recommending such other persons for membership on the Committee who may be of assistance in the administration or conduct of the sport of Gymnastics.

This Committee, subject to the approval of the Board of Governors of the AAU, draws up the rules of competition, decides when and where the national championships are held, and over which it has jurisdiction, passing on the qualification of contestants to compete therein, and approving of the officials to serve at the meet.

In general, this Committee is entrusted with the development, promotion and general welfare of the sport of Gymnastics.

Meetings of the Committee are to be held at least twice a year (during the holding of the national championships and at the time of the Annual Convention of the AAU), and at such other times as called for by the Chairman.

3- TECHNICAL COMMITTEES OF THE NATIONAL AAU GYMNASTIC COMMITTEE

There shall be two separate Technical Committees:

- 1 - A Women's Technical Committee, whose activities shall be confined to women's gymnastics.
- 2 - A Men's Technical Committee, whose activities shall be confined to men's gymnastics.

These committees are to serve in an advisory capacity to the Chairman of the AAU Gymnastic Committee in general, but not confined to the following matters:

- (1) Elaboration of technical regulations and programs; planning of the competitions; composition of prescribed exercises.
- (2) Terminology for gymnastics; general regulations of the different competitions.
- (3) All research and study in the interest of progress and the improvement of methods; in general, all technical questions which may be submitted or which they agree to study.

(4) The editing and approving of any articles or literature to be published under the authority or with the sanction of the AAU Gymnastic Committee.

The Technical Committees shall be appointed by the Chairman of the AAU Gymnastic Committee and shall consist of the following officers and members:

- (1) - A Chairman
- (2) - A Secretary
- (3) - 5 members

The Chairman of the AAU Gymnastic Committee shall be a member ex officio of both Technical Committees.

Meetings of the Technical Committees shall be held whenever called for by their respective chairman.

4 - ELIGIBILITY:

No competitor shall be permitted to participate in an open gymnastic competition, unless he is an amateur and registered in the district in which he resides. The minimum age limit for male competitors shall be 16 years. Age limit shall not apply for non-championship competition.

All gymnastic meets must be sanctioned by the Amateur Athletic Union. Any competitor who participates in an unsanctioned meet automatically disqualifies himself.

Entries close with the Chairman of the AAU Gymnastic Committee at the address designated by him, and will be accepted only on the official entry blank completely and properly executed, and received before the stipulated closing date together with the entry fee as provided herein.

GRADES OF COMPETITION:

(1) NOVICE: For the purpose of defining a Novice in Gymnastics, the winning of a first, second, or third place in one event (including the all-around event) shall not affect an athlete's standing as a Novice in any other event.

(2) JUNIOR:

(a) Junior Championship Meets: In Junior Championship Meets, the winning of a first place in one event (except the all-around event) shall not eliminate the gymnast from competing in any other event. He shall be classified as a Junior until he has won first place in each event, or until he has won first place in the Junior all-around event. A gymnast who has won a first place in any of the events comprising the Junior Championship All-Around event is still eligible for the all-around event (provided he has not won first place in a previous Junior Championship All-Around event). In such case the points made in the event in which he previously won first place shall be counted only toward his all-around score and shall be ignored in determining the place winners in the event in question, just as if he had not competed.

(a) Non-Championship Junior Meets: The winning of any place in a non-championship Junior grade event will not bar a gymnast from competing in the same event, or any other event, in any other non-championship Junior grade competition, or in a Junior grade championship event. He may compete in any Junior grade event until he has won first place in a championship competition in that particular event, or first place in the Junior Championship all-around event.

(3) SENIOR: A gymnast who has won a first place in a Senior Championship event shall be ineligible for competition in that particular event in Junior or Novice grade competitions.

The National AAU Senior Championships shall be open to all registered athletes in the world.

COSTUME:

A complete athletic costume must be worn by all gymnasts. Costume to consist of shirt, trunks or long trousers, and gymnastic shoes.

ENTRY FEE:

Each competitor (including those entered in the all-around event), must pay separate entry fee (Junior \$1.00; Seniors \$2.00) for each event in which he desires to compete for individual honors.

AWARDS:

Regulation championship die medals shall be awarded to first, second, and third place winners in individual events. In the all-around event, regulation medals shall be awarded to the first, second, third, fourth, fifth, and sixth place winners. When two or more competitors tie for any place a process of elimination decided by the referee of the meet will be used to determine the receiving of place medals. However, if there is more than one winner of third place, each winner shall receive a third place medal.

9 - TEAM CHAMPIONSHIP:

Awards for the Team Championship shall be made to the organization scoring the highest number of points for all of the events contested. There must be at least two contestants scoring points for a team. Points shall be scored as follows:

(1) - International Events (where both a compulsory and an optional exercise are required): 7 points for first; 5 for second; 4 for third; 3 for 4th; 2 for 5th and 1 point for 6th place.

(2) - Other than International Events (where only one optional exercise is required): 3-1/2 points for first; 2-1/2 points for second; 2 for third; 1-1/2 for fourth; 1 for fifth; and 1/2 point for sixth place.

In the event of a tie for any place, the points earned for Team Championships will be divided.

SECTION II - GENERAL RULES OF COMPETITION

1 - EVENTS:

The list of championship events shall be as follows:

A - International Individual Events:

- (1) - Floor Exercises (Free Calisthenics)
- (2) - Long Horse
- (3) - Side Horse
- (4) - Horizontal Bar
- (5) - Parallel Bars
- (6) - Still Rings

B - International All-Around Event (includes competition in the foregoing six international individual events.) The winner of the all-around event shall be the competitor who obtains the highest aggregate number of points for the compulsory exercise and one optional (the first) exercise in all of the 6 events.

C - Other than International Events:

- (1) - Tumbling
- (2) - Rope Climbing
- (3) - Flying (Swinging) Rings
- (4) - Rebound Tumbling

The Committee reserves the right to cancel any event for which 5 or more duly entered competitors are not available for competition in that particular event.

2 - QUALIFICATION OF COMPETITORS:

All competitors will be given an opportunity of completing the entire program both the prescribed and optional exercises. However, only 6 gymnasts in each event will be qualified for the final round in each individual event on the following basis:

A - International Events:

The 6 gymnasts who score highest in each of the 6 international individual events (compulsory and optional exercises combined) will qualify for the final in the individual event competition. The successful qual-

ifiers will be obliged to execute an additional optional exercise, which may be the same or different. The results of the individual events competition are obtained as follows: The scores of the compulsory and the first optional exercise are added and then divided by 2 obtaining an average mark; the average mark is added to the score obtained in the second optional exercise. The gymnast who obtains the highest score in an event will be declared the winner of that event.

B - Tumbling, Swinging Rings & Rebound Tumbling Events:

The 6 highest scoring competitors in the Tumbling, Swinging Rings and Rebound Tumbling events will qualify for the finals and will be required to perform an additional exercise or routine. The final standing will be determined by adding the preliminary score to the score obtained in the finals.

CHANGES IN RULES:

Inasmuch as the rules for the conducting of gymnastic competitions as promulgated by the AAU of the U.S. should conform to the rules of the International Amateur Gymnastic Federation (FIG), any changes or additions to the FIG rules shall be promptly adopted by the AAU Gymnastic Committee immediately upon the approval of the Technical Committee concerned.

ORDER OF COMPETITION:

The order of competition shall be as established by the Committee, preferably over a three day period, with most of the compulsory work performed on the first day; most of the optional work on the second day and the finals of the individual events competition on the third day.

The competitors shall perform in rotation in the order selected by the Committee. No competitor shall be required to perform first in more than one event.

In case of an accident to the apparatus, another trial shall be permitted the competitor. With this exception, and the voluntary repetition of a compulsory exercise (and the ruling pertaining to the two trials on the Long Horse event as provided) no second trial shall be allowed.

OFFICIALS:

The officials of the meet, their duties and jurisdiction, shall be as follows:

(1) REFEREE: The general direction of the meet shall be assumed by the Referee, who shall be the Chairman of the National AAU Gymnastic Committee, and he may designate such persons as he deems necessary to assist him in his duties. He shall decide all matters not covered by the rules and shall determine the suitability of all apparatus used and shall rule on all protests. He may reassign any judge who does not proceed correctly in his duties.

(2) JUDGES: The Judges of the competition will be those approved by the Committee.

The judging in each event shall be conducted by 5 Judges, one of whom will be appointed as the "Superior Judge" by the Referee.

Two additional judges will be used for the Long Horse event to observe the placing of the competitor's hands on the horse on each vault performed (compulsory vaults as well as optional vaults). These judges will each stand on opposite sides of the horse and notify the scoring judges as to which zone applies

and whether any penalty had been incurred for the use of any but either of the two end (40 cm) zones.

The duties of the "Superior Judge" will be to see that the 4 Judges in his event are in their proper places, alert, and attentive to the competition. He shall counsel the other Judges as to any gross variations of the prescribed exercises, or inadequacies of any exercise, and may be consulted by the other Judges as to any particular in connection with the competition. He shall conduct the consultation of the Judges after the first two exercises, as specified herein. He shall score each exercise for his own benefit and reference during consultations.

The Judges must place themselves apart from each other and so as to observe the general form of the competitor. Each Judge, without consultation (except as specified herein) shall mark each performance on his score sheet on a one-ten basis, i.e. 8.8, 9.3, etc., on a basis of 10.0 for a perfect exercise. Such markings shall be done by the Judges immediately after the performance of each exercise.

The Superior Judge shall make note of each of the 4 acting judges' scores and for scores with an average of 9.0 to 10.0, the difference of the two middle marks may not exceed .3 of a point; in average scores of 8.0 to 8.9, the margin should not be greater than .5 of a point; scores averaging 7.9 and lower may not exceed a margin of 1.0 point for the two middle marks. The average of the two middle marks will determine the category of margin. If the difference exceeds these limits the Superior Judge shall call a consultation of all of the 4 acting Judges and attempt to secure an agreement between the Judges. If no agreement can be reached at such a consultation an appeal shall be made to the Referee for a decision in the matter, and the Referee's judgment will be based on the markings and remarks of the Superior Judge.

The Judge should not place overvaluation or undervaluation upon the physical build or personal body characteristics of the competitor.

In the event of an unfinished exercise due to a mishap, slip, or other reason where it is evident that the performance was not completed, the Judge shall be careful to give credit for all work done up to that point.

Upon the completion of his exercise by the first competitor on the prescribed exercise and also on the optional exercise in each event, the Superior Judge and the 4 acting judges will consult on their marks in order to find a common level. The same shall take place upon the completion of his exercise by the second competitor. Thereafter the judges work independently, without consultation, except on exceptional cases (accidents, etc.) or in the case of the two middle marks exceeding the limits prescribed.

In order to create as much as possible a common basis for judging, the F.I.C. "Code of Points" and the Annexes thereto, are added to these rules, and the Judges shall be guided by it in their markings.

The verdict of the Judges is irrevocable and without appeal, except in case of material error.

A meeting of all of the Judges will be held prior to the competition for instructive purposes and to insure the smooth running of the competition. The Judges will be briefed as to their duties, responsibilities and jurisdiction, and be given an examination as to their qualifications.

(3) SCORERS: The Scorers shall be those approved by the Committee.

The Referee shall appoint a "Chief Scorer" whose responsibility shall be to

publicize all of the scoring and expedite the work of the other Scorers.

The Scorers shall note on regularly ruled and official score sheets, as approved by the Committee, the mark of each of the 4 acting judges (the marks of the Superior Judge shall not be recorded) and then eliminate the highest and lowest marks, using the two middle marks for the evaluation of the exercise. The two middle marks will be added and then averaged (divided by two) to obtain the average of the exercise. Example: Scores of 4 acting judges - 9.3, 8.9, 8.6, 8.4 - the highest mark (9.3) and the lowest mark (8.4) are discarded. The two middle marks (8.9 and 8.6) are added (17.5) and then averaged (divided by two), making the average score of the exercise 8.75. In the event that there are two or more identical marks, only one shall be discarded, and the same applies to the lowest mark.

The results and awarding of places will be based only on the official score sheets.

(3) ANNOUNCER: The Announcer shall be as approved by the Committee. The Announcer shall announce or otherwise publicize the results when they have been tabulated by the Chief Scorer on the official score sheets, and approved by the Referee.

(3) CLERKS: The Clerks will be as approved by the Committee.

The Referee shall appoint a "Chief Clerk" whose responsibility shall be to supervise all of the clerking details and expedite the work of the other Clerks.

The Clerks shall collect the scores from the Judges, check the contestants in each event, notify them of the order in which they are to perform and be of special assistance to the other officials.

(3) TIMERS: The Timers shall be approved by the Committee. They will be responsible for the Floor Exercises, Rope Climbing, Tumbling and Rebound Tumbling.

ACCIDENTS:

All accidents must be communicated to the Referee of the meet and to the Referee in attendance.

ADMISSION TO THE FIELD OF COMPETITION:

Only competitors, judges, scorers, clerks, and those required for maintenance of the apparatus will be admitted on the field of competition. Only those photographers and reporters authorized by the organization sponsoring the meet may be admitted, with the approval of the Referee of the competition.

PROTESTS OF COMPETITORS:

All protests of competitors must be made in writing to the Referee at the time of the competition, or as soon as the cause is known.

DISPOSITION OF SCORE SHEETS:

All of the score sheets pertaining to the entire competition shall be turned in to the Referee of the meet by the Chief Scorer as soon as the competition and scoring thereof is completed, and after publication, the score sheets will be placed on file with the AAU.

SECTION III - TECHNICAL RULES PERTAINING TO INTERNATIONAL EVENTS

1 - NUMBER OF EXERCISES:

One prescribed exercise and one optional exercise will be required in Floor Exercises, Long Horse, Side Horse, Parallel Bars, Horizontal Bar and Still Rings.

2 - PRESCRIBED EXERCISES:

Prescribed exercises shall be those selected by the National AAU Gymnastics Committee and whenever possible will coincide with the prescribed exercises in use for current international competitions.

Prescribed exercises on the Parallel Bars and Horizontal Bar may be performed inversely either entirely or in parts.

3 - OPTIONAL EXERCISES:

Optional exercises must differ essentially from the prescribed exercises and must present a different combination, especially the start and finish. For specific requirements see "Code of Points" (Section IV).

4 - GUARDING OF COMPETITOR:

A contestant shall be allowed to have a guard stand for a dangerous dismount or hazardous part of his exercise and so long as the guard does not touch, aid, or assist the contestant in the performance of his exercise, it shall not detract from the value of the performance.

5 - DIMENSIONS OF FLOOR EXERCISES GROUND AND APPARATUS:

The dimensions of the apparatus specified herein are those promulgated by the FIG. (Conversion from metric to linear measurements based on following: 1 cm = 0.3937 inches; meter - 39.37 inches). However, the Committee may approve any variation therefrom provided it is notified of such variation at the time of the award of the meet to the sponsoring organization.

(1) FLOOR EXERCISES EVENT: The dimensions of the ground for Calisthenics: Minimum dimensions 12 x 12 meters (39 ft. 4.44 inches x 39 ft. 4.44 inches), clearly marked on the ground by white lines. It will be a wooden floor without grooves, of at least 14 x 14 meters (45 ft. 11.18 inches x 45 ft. 11.18 inches). The place limited to the gymnasts must be marked as above. If the competition is held outdoors, a lawn must also be prepared and competitors have a choice of lawn or wooden floor. It is recommended that indoor floor area be covered with a carpet of soft felt 5 mm (3/16") thick and covered with canvas for protection.

(2) SIDE HORSE: Length 1.60 meters (63 inches). Width 35 to 37 cm (13.78 inches to 14.56 inches). Width between pommels 40 to 45 cm (15.75 inches to 17.72 inches). Height to the top of the pommels 1.20 meters (47.24 inches). Height of the pommels from the back of the horse 12 cm (4.71 inches). The pommels must be of polished wood; the upper part of the pommels being horizontal for a length of about 5 or 6 cm (1.97 to 2.36 inches).

(3) PARALLEL BARS: Height 1.60 meters (62.99 inches). Very tall gymnasts may ask for 1.70 meters (66.93 inches). Length 3.50 meters (11 ft. 6 in.). Inside width may vary between 42 to 48 cm (16.53 inches to 18.89 inches). The form of the bars is oval.

(4) HORIZONTAL BAR: Polished steel bar, 28 mm (1.10 inches) in diameter, with a variation of one mm more or less permitted. Height of bar 2.40 meters (7.87 inches). Very tall gymnasts may have the height at 2.50 meters (98.42 inches).

(5) STILL RINGS: Height to point of suspension 5.50 meters (18 ft.). Rings 2.40 meters (94.48 inches) off the ground (for very tall gymnasts the height applies as for the horizontal bar); interior diameter of rings 18 cm (7.08 inches); diameter of the hold 28 mm (1.10 inches). The cords may end in loops or mobile thongs at which the rings are fixed. Provision should be made to prevent the twisting of the cords.

(6) LONG HORSE:

(a) - Dimensions of the Horse: The Horse shall be standard, of the correct length and width as the Side Horse, and without pommels. It shall be placed in the upright position. Height shall be 1.35 meters (53.15 inches) measured from the floor to the top of the horse at the saddle.

(b) - Reuther type Elastic Board - Length 1.20 meters (47-1/4"); height 1.10 m (4-3/4"); width 60 cm (23-5/8").

NOTE: For determination of penalty zones and other requirements of this event see Annex No. II to the Code of Points (Section IV of these rules).

SECTION IV - "CODE OF POINTS" AND ANNEXES THERETO PERTAINING TO INTERNATIONAL EVENTS

FOREWORD:

In our competitions of gymnastics, the marking of exercises is done by rating and it is unavoidable that the individuality of the judges leads to differences in scoring, in spite of their competence and impartiality.

With a view of reducing these differences to a minimum, the FIG has promulgated this Code of Points, which marks a new step in the progress of improvement of the marking methods, internationally as well as on the national scale. It will give the judges a more solid basis in establishing their evaluations, and the contestants will find valuable indications for his preparation for the competition.

Rating No.

Part No. 1 - General

1 - This Rating Code is based on the rules and regulations of the Technical Committee of the FIG. It is designed to give detailed instructions for judging compulsory and optional exercises.

2 - Types of Exercises:

(a) - Horizontal Bar: Swinging and vaulting movements without holding. Stepping should be used as valuable variations between giant swings.

(b) - Parallel Bars: Swinging and vaulting movements combined with exercises of strength and holding of positions. (At least one part of strength is required). The movements of swinging and vaulting must be predominant. There must be shown at least one part below and one part above the bars in which the body is momentarily released, and not more than 3 held positions should be used.

(c) - Rings: Without swinging of the rings; combined movements of swing, strength and holds (positions). There must be at least 2 handstands, of which one is to be executed with strength, and the other one with swing and elasticity passing through or starting from a hanging position. A further requirement is at least one position held with strength (other than a handstand).

(d) - SIDE HORSE: Vaulting and turning movements in swingtime without stops or holding of positions. Leg circles and scissors, forward and backward (one of these at least twice in succession). Intermediate swings must be avoided. Work to both left and right sides; one part of the exercise, at least one double leg circle, must be executed in the opposite direction from the major part of the exercise. All 3 parts of the horse must be used and double leg circles must be predominant.

(e) - LONG HORSE: The rating of the difficulty of the different vaults is laid down in the Table of Difficulties. (See Annex No. 1).

(f) - FLOOR EXERCISES: Movements combining the elements of balance, agility, strength, elasticity, jumps and leaps (tumbling), presented in rhythm and harmony. The gymnast is required to move in different directions, not using too many running steps. (The run must be taken in the right proportion to the difficulty of the jump or tumbling routine that follows.)

Part No. 2 - Compulsory Exercises

(Note: Articles 7, 8, 9 and 13 also apply to Optional Exercises, as specified in Article 21)

3 - A compulsory apparatus exercise may be repeated without penalty, if the gymnast declares his intention of doing so immediately (before the judges rate his first performance). The gymnast should be allowed a few minutes rest before he is called upon to repeat his exercise. Only his repeat performance will count.

On the Long Horse, both the compulsory and the optional vaults may be repeated, and in each case, the better of the two scores will count.

The Floor exercise may not be repeated.

A beat board may be used for the mount on the parallel bars.

4 - A compulsory exercise includes 3 to 4 difficult parts, and its value, in proportion to a complete optional exercise, is 9.2 to 9.4 points.

5 - Only the execution is considered and rated in a compulsory exercise. The range is from 0 to 10.0 points, with fractions of one-tenth of a point.

In order to facilitate precise judgment, the compulsory exercise is analyzed and each part of it is given a value in points in proportion to the other parts of the exercise. (The point values must add up to 10.0 for the whole exercise.)

6 - A perfect exercise with a maximum rating is one that is presented with elegance, ease, precision, and in a style and rhythm well adapted to the nature of an aesthetical performance, with no faults in execution. The faults in execution and style are penalized by a deduction of points or fractions of points, according to the following directions:

7 - Defects in elegance in general: An exercise, altho executed without fault but presented in a rhythm too quick or too slow, or with an ill-proportioned display

of lines, counts less than a perfect exercise as described in Article 6.
Penalties - 1/10 to 3/10 points

8 - Breaks in the continuity of the exercise:

(a) Without leaving the apparatus: A stop, not prescribed, entails a deduction of points proportioned to the value of the part of the corresponding exercise, and even a higher penalty if the interruption facilitates the following part.
Penalties for slight hesitations: 2/10 points each

" for more pronounced interruptions: 5/10 "
" for more serious stops: Up to 8/10 "

(b) Losing hold of the apparatus: Falling from an apparatus does not necessarily terminate the exercise. The gymnast may remount without delay and continue his exercise at the point where it was interrupted. He also has the right to quickly replenish the magnesia on his hands or replace his hand protectors if they are torn.

Penalty - 1.0 point

(c) Leaving the apparatus: An exercise is considered terminated if a gymnast who falls off an apparatus leaves it in that he walks away. In this case points are awarded only for the parts of the exercise which were performed.

9 - Added Movements or Parts: If a competitor adds one or several movements not prescribed, each movement will be penalized 3/10 to 5/10 points.

If the added movements facilitate the following parts, the penalty will be augmented by 1/10 to 5/10 points.

10 - Movements Not Performed: A movement or part not executed will bring about the loss of points allotted to this part in the analysis of the exercise (Article 11).

Furthermore it has to be considered whether this omission facilitates the following part, in which case the penalty must be adjusted and may be augmented up to 1.0 point.

11 - Execution contrary to the text: If a supple, swinging movement is done with strength and force, or vice versa, the penalty is 1/4 to 3/4 of the points allotted to this part.

12 - HOLDING OF POSITIONS: The duration of a prescribed hold is 3 seconds. Penalty for positions held less than 3 seconds is:

(a) - 2/10 to 4/10 points

(b) - 1/3 to 2/3 of the points allotted to this part in the case where the hold (position) constitutes a major difficulty of the exercise.

13 - Faults of Execution: The faults of execution encompass the sureness and precision of the exercise and the proper carrying of the body and limbs, and they are penalized as follows:

(1) - Movements on the Side Horse and Parallel Bars, touching, etc.: The movements on the Side Horse should be continuous and executed with straight legs:

(a) - Touching the horse, gliding, of feet or legs - 1/10 point

(b) - More severe cases (interruption) - 2/10 to 5/10 points

(c) - Still more severe cases (sitting) - 6/10 to 8/10 points

- (d) - Touching the floor or mat with one or both feet without leaving the grip on the apparatus and not causing a noticeable interruption - 5/10 to 7/10 points

On the Parallel Bars the deductions are on the same order:

- (e) - Touching the bars (gliding) - 1/10 to 2/10 points
 (f) - Touching the floor, not losing grip, without causing noticeable interruption - 5/10 to 7/10 points
 (g) - Walking in handstand - 1/10 to 5/10 points

(2) - Holding of Feet, Arms, Legs, etc.

- (a) - Bad holding of head and feet - 1/10 to 2/10 points
 (b) - Separating, bending of legs - 1/10 to 2/10 points
 (c) - Bending of Arms - 1/10 to 2/10 points

On the Rings:

- (d) - Bent arms in handstand or touching ropes - 1/10 to 3/10 points
 (e) - Bent arms and touching ropes - 3/10 to 5/10 points
 (f) - Bent arms in horizontal support lever "Cross" etc. - 1/10 to 5/10 points
 (g) - In general, handstands, suspensions, levers, held unstably or obliquely - 1/10 to 2/10 points

Floor Exercises:

- (a) - Too long a run for handspring, flip, etc. - 1/10 to 3/10 points
 (b) - For crossing the line limiting the space for the calisthenic event - Each Time - 1/10 to 2/10 points

(3) - Faults in the Execution of the Long Horse Vaults:

- (a) - Momentary bad style in holding head, legs, feet, separating legs - 1/10 to 3/10 points
 (b) - Bad style during the entire vault - 4/10 to 1.0 points
 (c) - Touching the horse with feet, knees or seat - 1/10 to 1.0 points
 (d) - Bent arms in momentary handstands - 1/10 to 1.0 points
 (e) - Bent knees in "Hecht" vault - 1/10 to 1.0 points
 (f) - Position of body too low over horse - 1/10 to 1.0 points
 (g) - Failure to stretch the body before landing - 1/10 to 5/10 points
 (h) - Vault badly controlled - 1/10 to 5/10 points

(4) - Presentation, Landing:

All exercises should start and finish with a good bearing of the body and with elegance and confidence:

- (a) - Bad posture in starting or final position - 1/10 to 2/10 points
 (b) - Small step or hop in the dismount - 1/10 to 2/10 points
 (c) - Several steps or hops - 2/10 to 3/10 points
 (d) - Touching floor or mat with hands - 2/10 to 3/10 points
 (e) - Falling on back, knees or hands - 5/10 to 6/10 points

NOTE: - For bold and risky dismounts, Penalty (e) may be reduced 2/10 points.

Part No. 3 - Optional Exercises

14 - An optional exercise cannot be repeated, except for the Long Horse Vault.

The choice of the Optional Vault is completely free, but it must not be identical with the Compulsory Vault.

A table of difficulties for Vaults is contained in Annex No. II of this Code.

A beat board is permissible for mounts on the Parallel Bars.

15 - Optional exercises are rated from 0 to 10.0 points with fractions of a point.

16 - The 10.0 points are awarded as follows:

- For Difficulty - 3.0 points
 For Combination - 2.0 points
 For Execution - 5.0 points

The difficulty and combination represent the value of the optional exercise.

17 - Combinations: An optional exercise must be composed of parts and movements typical and proper for the corresponding apparatus, according to Article 2.

The mount and dismount must be of special value.

The essential parts must be connected with elegance and without additional stops. Repetitions and parts too easy in relation to the standard of difficulty must be avoided. The exercise must differ clearly from the prescribed exercise; however, including one or the other part of the latter does not necessarily constitute a fault in the combination, if the connections before and after these parts are correct.

The optional calisthenic exercise must last at least for one minute and not longer than 1-1/2 minutes.

18 - Rating of the Combination:

- (a) - If the combination resembles too much the compulsory exercise, Penalty - 1.0 point
 (b) - Unnecessary swings, Penalty - 3/10 points
 (c) - Parts or combinations without value, breaks in swinging, Penalties 1/10 to 3/10 points
 (d) - Combinations and movements of the wrong type, according to Article 2. 2/10 to 5/10 points
 (e) - If the duration of the Calisthenic exercise does not correspond with the time limit of one to 1-1/2 minutes, it will be penalized. However, the judges will refrain from too pendant a reasoning, because the too short an exercise will also be subject to penalties for lack of difficult parts, and the too long an exercise is usually due to faults in the execution. Penalties 1/10 to 3/10 points
 (f) - Maximum of penalty for combination: 2.0 points

19 - DIFFICULTY:

The optional exercise must be more difficult than the compulsory exercise.

At the 4 apparatus (horizontal bar, parallel bars, rings, and side horse) each exercise must consist of at least 10 principal parts, of which 4 must be of considerable difficulty ("B" parts as indicated in Annex No. I) and one part must be of superior difficulty - original and hazardous ("C" part).

The "optional floor" exercise must contain 6 difficult (B) parts and one part must be of superior difficulty (C).

For the Long Horse Vaults there is a Table of Difficulty in Annex No. II of this Code.

The judges must bear in mind that difficulty may exist in essential parts and in combinations.

Annex No. I of this Code lists a number of parts and combinations of a higher degree of difficulty (B) and well as of superior difficulty (C). They will serve the judges as a guide in rating the difficulty of optional exercises.

20 - RATING OF THE DIFFICULTY:

As to penalties regarding infractions in the difficulty of an exercise, it should be understood, according to Article 16, that a competitor may lose up to 3.0 points for complete lack of difficulty.

In computing difficulty, the maximum points that may be awarded for an exercise - execution and combination being perfect (2.0 for combination and 5.0 for execution - 7.0 total) - could be between 7.0 and 10.0 points.

Penalties for missing parts:

- | | | |
|---|---|-------------|
| (a) - For each essential part of mediocre difficulty ("A" Part) | - | 2/10 points |
| (b) - For each part of a higher degree of difficulty ("B" Part) | - | 3/10 points |
| (c) - For the part of superior difficulty ("C" Part) | - | 6/10 points |
| If the "C" part is replaced by a "B" Part | | |
| There will be a loss of | | 3/10 points |

Examples of Evaluating Difficulty:

(In each instance it is assumed that the execution and combination are perfect for the full credit of 7.0 points, and the scores in the following examples include 7.0 for execution and combination.)

- | | | |
|---|---|-------------|
| A - Examples of complete (10 parts) exercises: | | |
| (1) If there are 4 "B" parts and the "C" part | - | 10.0 points |
| (2) If there are only 3 "B" parts and the "C" part | - | 9.7 points |
| (3) If there are 5 "B" parts and no "C" part | - | 9.7 points |
| (4) If there are 10 "A" parts only (4 "B" parts and the "C" part missing) | | |
| Penalty: 4 x .3, plus .6 - 1.8 penalty | - | 8.2 points |
| (5) If all 10 parts are not even of mediocre difficulty (not even "A" parts) | - | 7.0 points |
| B - Examples of short exercises (8 parts only): | | |
| (6) If the 4 "B" parts and the "C" parts are included: loss of 2 x .2 - .4 points | - | 9.6 points |

- | | | |
|---|---|------------|
| (7) If there are only 3 "B" parts and no "C" part | - | 8.7 points |
| (8) If there are only 8 "A" parts | - | 7.8 points |

E - Incomplete Exercises:

If an exercise is interrupted by a break, etc., the judges might evaluate it as follows:

- | | | |
|---|---|------------|
| (Execution and combination assumed to be perfect) | | |
| 3/4 of an exercise | - | 7.5 points |
| 1/2 of an exercise | - | 5.0 points |
| etc. | | |

F - Rating of the Execution:

For evaluating the execution of an Optional Exercise, the same principles as for rating a Compulsory Exercise (see rules under Articles 6, 7, 8, and 9 of this Code). Special attention should be given to the perfect technique in the execution and to the ease of the performance. The combination and difficulty of an exercise must correspond with the capability or the competitor. An exercise which is executed with great and visible effort, or which is hardly mastered at all, must be severely penalized. In artistic gymnastics a gymnast must show that he is the master of his body and its movements, and that he can complete his exercises with grace, ease and sureness.

G - Example of Rating and Optional Exercise in its entirety.

In Article 16 it is stated that the value of the Optional Exercise on the one hand (Difficulty 3.0 points, plus Combination 2.0 points - Total 5.0 points), and execution on the other hand (5.0 points), are two elements of equal importance. Rating an optional exercise as a whole, therefore, a judge may proceed as follows:

	Maximum Points	-	10.0
Deduction for lack of Difficulty	-	.6	
Deduction for fault in combination	-	.2	
Deduction for faults in execution	-	.9	
	Total Deduction		<u>1.7</u>
	Result		8.3 Points

"ANNEX I TO THE 'CODE OF POINTS'"

EXAMPLES OF PRINCIPAL PARTS OF A HIGHER DEGREE OF DIFFICULTY (B) AND OF SUPERIOR DIFFICULTY (C)

The Technical Committee of the FIG did not think it feasible to list all of the possible exercises and combinations. That would lead to stereotyping and a leveling of gymnastics, which should be left open to develop originality. It also makes it impossible for the judges to form an opinion of the performed exercise in a few seconds. Therefore only a few examples of parts of higher difficulty (B) and superior difficulty (C) will be given in this Annex for each event. It is understood that other movements which may be of the general level of higher difficulty, or which may be original and hazardous and thereby warrant a rating of superior difficulty, will be graded accordingly.

A - HORIZONTAL BAR:

- Parts of a higher degree of difficulty (B):

- 1 - Mixed grip: Back uprise with double rear vault into free rear support. (Legs pass twice over bar with 1/2 turn left around left arm.)
- 2 - Mixed grip: Back uprise with straddle forward under hands, regrab to free rear support.
- 3 - From a giant swing forward: Squat through, one circle forward and dislocate to an Eagle swing with back-uprise and changing of grip to front support.
- 4 - Grasp optional: Kip to handstand.
- 5 - Full turn at the end of backward swing, releasing grasp (Pirouette)
- 6 - From a Giant Swing place legs onto bar, one straddle circle (or squat or stoop circle) and shoot to handstand.
- 7 - From a Giant swing forward: Change one hand to the grip used in an Eagle Swing (turning hand full turn inward) one Giant circle forward with that grip and 1/2 turn on the hand with this (cubital) grip to Giant swing backward.
- 8 - From a Giant swing backward: Stoop through between arms (knees straight) to free rear support.
- 9 - From a stand on the bar: Somersault backward to stand on mat
- 10 - From a giant swing backward: Somersault backward (Fly-a-way)
- 11 - From a giant swing forward: Somersault forward (Fly-a-way)
- 12 - From a free hip circle: Dismount forward with straight body (Hecht)

- Parts and combinations of Superior Difficulty (C):

- 13 - From a rear support: Cast over the bar backward into hang rearways and uprise rearways into rear support (German Giant)
- 14 - Eagle swing with changing of grip into handstand with under grip (Full Eagle swing)
- 15 - Backward swing with full turn (pirouette) into free front support.
- 16 - From a giant swing forward: Double rear vault with 1/2 turn into rear support (See example 1)
- 17 - Underswing forward (shoot, feet leading, forward under the bar), from free support, with somersault forward (tuck position).
- 18 - From a giant swing backward: Double somersault
- 19 - From a giant swing forward: Somersault forward with twisting sideways

B - PARALLEL BARS:

- Parts of a higher degree of difficulty (B):

- 1 - From an upper arm hang: Back uprise with straddle forward into support with legs raised forward (L position)
- 2 - From support: Press handstand with straight arms and bent hips
- 3 - From support: Press a handstand with straight body (Arms bent)
- 4 - From upper arm hang: Backward roll to handstand
- 5 - From a support: Swing forward with straight or bent arms with 1/2 into support (Stutzkehre)
- 6 - Swing backward with straight or bent arms and with 1/2 turn into support (Stutzkehre backward)
- 7 - From upper arm hang: Back uprise into handstand
- 8 - From support: Swing backward with 1/2 turn left, placing right hand on bar (undergrip) and left hand on right bar; legs describe a circle around arms, bent ("Moore")
- 9 - From a support: Somersault backward into support or into upper arm hang or somersault forward into upper arm hang.
- 10 - From support: Dismount with somersault forward or backward into stand sideways.
- 11 - From a stand between the ends of the bars, facing outward: Grasp ends and turn backward, shooting upward, into support with straight or bent arms and swing forward with 1/2 turn (equals 2 B parts)
- 12 - Front lever support (hold 3 seconds)

- Parts and combinations of Superior Difficulty (C):

- 13 - From a handstand: Backward somersault to a handstand
- 14 - Swing forward thru support and 1/2 turn to a handstand (Stutzkehre to handstand)
- 15 - Press to a handstand with straight arms and straight body
- 16 - "Basket" (turn backward and shoot upward) into a handstand
- 17 - Swing forward thru support and backward somersault with 1/2 turn into stand sideways.
- 18 - From a side handstand on one bar (the rear bar): Straddle forward from the front bar into stand rearways.
- 19 - From a support: Drop backward into inverted hang with bent hips and shoot upward into support with legs stretched forward in L position. Moving into support with half-lever)
- 20 - From a stand, facing outward and grasping ends of bars (see example "Basket" into handstand (as a mount, see also Example 16 as a part).

- 21 - Handstand on one arm (hold 3 seconds)
- 22 - From handstand: Somersault backward to support and forward swing with 1/2 turn into support (Sutzkehre) - One part C and one part B
- 23 - "Basket" into upper arm hang, backward roll into handstand, and somersault backward into support or into a stand sideways (1 part C and 2 parts B).
- 24 - Front somersault to Catch support.
- C - RINGS:
- Parts of a higher degree of difficulty (B):
 - 1 - From a hang: Swing forward and shoot upward into handstand
 - 2 - From a hang: Kip or forward uprise into support, swing backward into handstand.
 - 3 - From a handstand lower thru front lever support into hang with backward lever.
 - 4 - "Cross hang" - 3 seconds
 - 5 - Front lever hang - 3 seconds
 - 6 - Press to handstand with straight arms and bent body (hips)
 - 7 - Press to hand stand with straight body (arms bent)
 - 8 - Free front lever support (3 Seconds) - with bent arms
 - 9 - Rear kip (shoot upward from bent inverted hang) into handstand
 - 10 - Full circle forward (body straight) into handstand (From support)
 - 11 - Dismount from a hang with somersault with 1/2 turn left or right
 - Parts and combinations of Superior Difficulty (C):
 - 12 - Press into handstand with straight arms and straight body
 - 13 - Back uprise into handstand
 - 14 - "Cross hang" with legs raised forward in L position
 - 15 - From straight hang: lift straight body forward and in turning backward rise into a handstand
 - 16 - Full circle backward in support (hip circle) with straddle dismount and with a half or full twist.
 - 17 - Handstand with arms stretched sideward (Inverted Cross).
 - 18 - From a handstand: Lower backward into hang and swing forward upward into handstand (Giant swing backward)
 - 19 - From handstand: Fall forward into hang and back uprise into handstand (Giant swing forward).

90 - Free Front Lever support with Straight Arms (3 seconds)

B - SIDE HORSE:

- Parts of a higher degree of difficulty (B):

1 - Scissors forward to the right and 1/2 turn left.

2 - Circle both legs under left and right hand, swing legs over neck with 1/2 turn right and changing of grasp (Moore) into support on both pommels and bring both legs forward under left hand.

3 - Circle both legs under left and right hand, displacing right hand to left pommel into support on the neck, continue to one more circle with both legs, 1/2 turn (Moore) and dismount with 1/4 turn into a stand sideways (2 Parts B).

4 - Circle both legs under left hand and with 1/2 turn right around right hand into rear support over the croup, swing right leg under right hand and scissors backward to left, swing right leg under right hand and circle both legs under left hand with 1/2 turn right into rear support over both pommels, circle legs under right and left hands.

5 - Circle legs under left and right hand, full turn right on right arm (legs passing over the croup and over the left pommel) left hand regrips left pommel into rear support.

6 - Swing both legs under left hand and continue circling left leg under right hand and over neck (momentary support over front pommel with left arm in crotch) swing right leg backward with 1/2 turn right (momentary support of both legs with undergrip on front pommel) and left leg under right hand and scissors into forward.

7 - At the extreme end of the horse (Neck or croup): Double leg circles (from a cross support frontways (cross support, cross stand, etc.): The axis from shoulder to shoulder runs across the length axis of the horse.

8 - From cross support frontways at the neck: Double leg circle clockwise (left and right hand), swing left leg over front pommel with 1/4 turn right, left hand grasps front pommel and scissors forward to right, scissors forward to right with travelling left sideward to support on both pommels (2 parts B).

9 - Front support over croup (left hand on rear pommel): Swing left leg over left hand and forward. Scissors to right, forward, scissors to left with travelling left sideward into support over saddle (on both pommels) left leg forward, repeat forward scissors to right and left with travelling into support over right hand on front pommel (2 parts B).

10 - Front support over croup (as 9); Double leg circle clockwise, placing left hand on rear pommel, swing both legs over saddle and place left hand on front pommel (travelling), repeat double leg circle with travelling left sideward into rear support over neck, left hand on neck (2 travelling circles) (2 parts B).

- Parts and combinations of Superior Difficulty (C):

11 - Front support on both pommels: 1-1/2 double leg circle with travelling sideward to rear support over neck, swing right leg under right hand and scissors left (backward) swing right leg under right hand and double leg circle with 1/4 turn right to momentary cross support on neck, double leg circle with 1/2 turn right (Moore) legs swing over front pommel and left hand grasps front

pommel into support rearways over neck, double leg circle clockwise. (1 part C, plus 1 part B).

12 - Front support on pommels: Double leg circle clockwise with 1/2 turn right, right hand undergrip on front pommel, legs swinging over neck and over rear pommel and left hand grasps rear pommel (Moore) into rear support on both pommels, double leg circle with travelling left sideward into support over croup (rearways). Double leg circle clockwise with 1/2 turn right passing through momentary cross support (Moore) and dismount with side vault to left and 1/4 turn right into cross stand sideways, right hand on croup (2 parts B and 1 part C)

13 - On both pommels: Double leg circle clockwise, full turn right on right arm, legs passing over front pommel, croup and front pommel into support rearways on both pommels, swing left leg under right leg and right hand and scissors left forward with travelling left sideward to neck (right hand on front pommel, left hand on neck), scissors right forward, swing left leg under left hand and double leg circle clockwise with 1/2 turn right on right arm into rear support on both pommels (2 parts B and 1 part C).

14 - From a cross stand at the neck, both hands on neck: Double leg circle clockwise, Moore, swing legs over front pommel and with 1/4 turn right, left hand grasping front pommel into rear support over neck, 2 double leg circles clockwise with travelling twice to the left (over saddle) into rear support over croup (1 part B and 1 part C).

15 - Front stand on neck (right hand on front pommel): Jump with "double rear vault mount" (legs passing over neck and with 1/2 turn right on right arm over rear pommel) into rear support on both pommels, double leg circle clockwise with travelling left to rear support over croup; double leg circle with 1/3 turn right on right arm ("Double Rear") into rear support on both pommels with reverse grip of left hand; 1/2 turn right on left arm (backward) legs passing over rear pommel and over neck, into a front support over neck (right hand on neck). 1-1/2 double leg circle clockwise with travelling left to rear support on both pommels. (2 parts B and 1 part C).

16 - From support over croup (left hand on rear pommel, right hand on croup) 3 double leg circles clockwise with travelling twice (over saddle) to front support over neck (right hand on rear pommel, left hand on neck), swing left leg under left hand and scissors forward to right with 1/2 turn left, swing right leg under right hand and double leg circle counter-clockwise into rear support over neck (3 parts B and 1 part C).

E - FLOOR EXERCISES:

- Parts of a higher degree of difficulty (B):

- 1 - Handspring backward (flic-flac), somersault backward (or forward)
- 2 - 3 or more handsprings forward or handsprings backward (continuously)
- 3 - Forward somersault, running
- 4 - Cartwheel left with 1/4 turn left (legs joined) and somersault backward or handspring backward (round off and flip)
- 5 - Press handstand with straight arms and bent hips
- 6 - From a front lever: Press a handstand

7 - From a kneestand: chest roll (forward) into handstand

8 - From a handstand: Arch body and lower legs to "Bridge" and stretch stand (back-bend, walk-over, etc.)

9 - "Split" (lower body to floor, one leg straight forward and the other one straight backward)

10 - Balance stand on one leg (body horizontal)

11 - Jump forward into handstand (Dive)

12 - Hands supported on floor: Continuous circling with 1 leg and handstand.

Parts and combinations of Superior Difficulty (C):

13 - Somersault forward or backward with twists (left or right turns)

14 - Handspring - somersault - handspring (forward or backward)

15 - Somersault - handspring - somersault (forward or backward)

16 - Somersault forward from a stand

17 - Front lever with straight arms (3 seconds)

18 - Lift body and press a handstand from front lying position

19 - From a support on floor with legs lifted straight forward (L position) or straddled behind arms: Press handstand with straight arms.

20 - Backward roll into handstand and squat (or stoop) through between arms support with legs held straight forward (L position) or with one leg between in "split".

21 - Jump backward with full twist into handstand

22 - Handstand on one arm (Hold 3 seconds)

23 - 3 or more double leg circles (Support on floor)

ANNEX II TO THE "CODE OF POINTS"

LONG HORSE VAULTING EVENT

A - GENERAL RULES:

1 - For both the compulsory vault and the optional vault the horse shall be placed lengthwise and the distance of the Elastic Board is at the discretion of the gymnast.

2 - All vaults must be executed with a momentary support of one or two hands. The length of the run is optional with the gymnast.

3 - The vault shall be scored from the moment the competitor either steps on the Elastic Board or touches the horse. (The run shall not be considered in the judging of the vault). The competitor shall be permitted a maximum of 2 passes without stepping on the Elastic Board or touching the horse before a trial is scored.

4 - As an optional vault the gymnast may execute the same vault twice or 1 different vaults. The better of the 2 scores will count. (Each trial must be scored).

5 - The judging of a Long Horse Vault is divided into four parts as follows:

- (a) Difficulty of the vault (see Table of Difficulty and illustrations of the vaults).
- (b) Position of the hands on the horse (grips). (See Illustration A).
- (c) Flight before and after the front support (See Illustration B and illustrations of the vaults).
- (d) Execution and holding of the body (See Article 13 of the Code of Points).

Parts (a), (b) and (c) result in the formulating of a basic mark, from which are deducted the faults of execution according to (d).

(a) - Difficulty and pattern of the vaults:

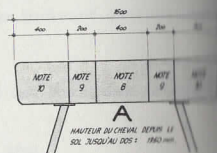
The illustrations of the vaults indicate the different phases of the 16 vaults and the execution must conform to these phases.

The illustrations indicate the number that has been assigned to each vault and its value.

A vault which is not registered in the Table of Difficulty will be evaluated in accordance and in comparison with the difficulty of similar vaults in the Table.

In order to stimulate the execution of vaults superior to the ones registered in the table, with 10 points, small faults in the execution will be less severely punished.

(b) - Position of the Hands and Zones of Support:



Translation:

Total length of Horse - 1600 mm (63")

Grip Zones:	400	200	400	200	400
Millimeters:	400	200	400	200	400
Inches	15-3/4	7-7/8	15-3/4	7-7/8	15-3/4
Value	10	9	8	9	10

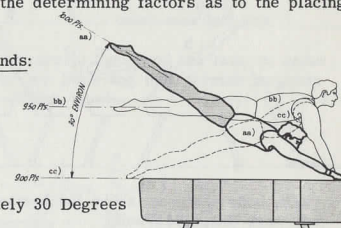
Height of Horse from the floor to the top of Horse - 1,350 mm (53.15")

The length of the horse is divided into 5 zones, from one end to the other, as shown in Illustration A, and of the measurements indicated.

The zones will be defined by white lines 3/8" wide marked on the top of the horse.

In order to obtain maximum credit for the vault, the competitor must place his hands clearly in either of the two end (400 mm) zones. Should any part of his hands extend beyond the end zone a penalty of 1.0 point per zone will be incurred. The tips of the fingers at the croup end of the horse, and the heel of the hand at the neck end of the horse shall constitute the determining factors as to the placing of the hands.

(c) - Flight before the support of the hands:



Note: 30° ENVIRON = Approximately 30 Degrees

Regarding the flight after the spring from the Elastic Board until the placing of the hands upon the neck of the horse, the evaluation is according to the notations shown on Illustration B, as follows:

(aa) - The maximum of 10.0 points will be assigned if the angle formed by the support of the hands through the stretched body (that is to say a line from the hands through the feet) with the top of the horse is not less than 30 degrees.

(bb) - The maximum will not be more than 9.50 points for a horizontal sup-

(cc) - The maximum will not be more than 9.0 points if the feet are no higher than the top of the horse, and decreases proportionately if the feet are still lower. For horses, the intermediary marks such as 9.10, 9.20 points, etc. will be used as applicable.

The exception to the provisions of items (aa), (bb), and (cc) applies to Vault #1 (Hecht), because the most desirable angle of the support of the hands is determined by the vigor of the take-off; but the flight of the body must be above the horizontal.

As a general rule, the different vaults show most development during the flight phase (free flight, height, and distance).

To sum up, the evaluation of a vault over the horse shall be arrived at according to the following example:

(Using Vault #4 - Stoop Vault from the Neck as an example):

Maximum points obtainable: 10.0

Deductions:

- Difficulty according to Table of Difficulty 9.7 - .3
- Position of hands (grip): 2nd Zone: 9.0 - 1.0
- Flight at the angle of the support of the hands (position (bb)): - .5
- Defects in Execution - .6

Total Deductions 2.4

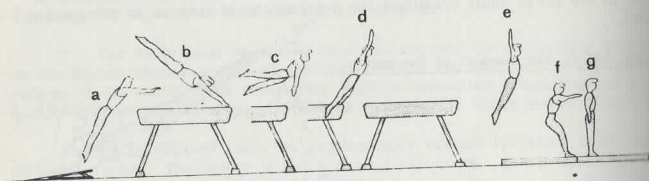
Final Mark 7.6

B - TABLE OF DIFFICULTY:

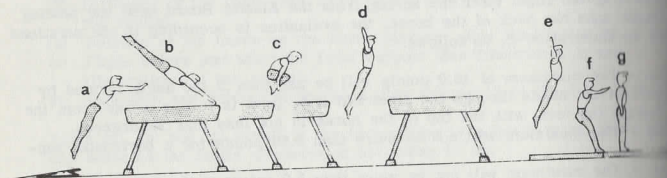
The maximum difficulty assigned to each of the vaults listed in the following is indicated in the circle at the right of each illustration and at the end of the text describing each vault.

The number assigned to each vault is to be found in the circle at the left of each illustration and at the beginning of the text describing the vault.

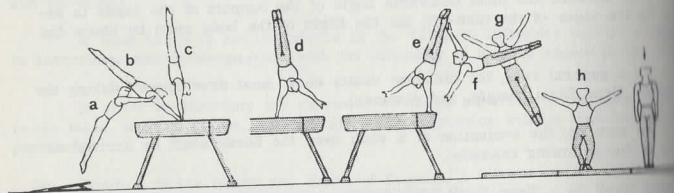
I - VAULTS WITH PLACING OF THE HANDS ON THE NECK:



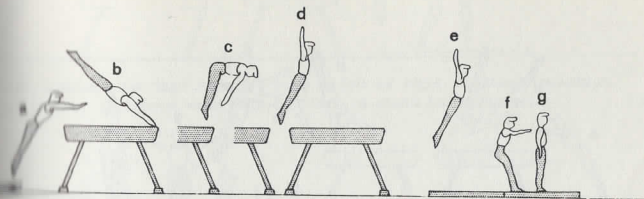
1 - Vault, body stretched above the horizontal, legs straddled laterally, to stand rearways (Straddle Vault)



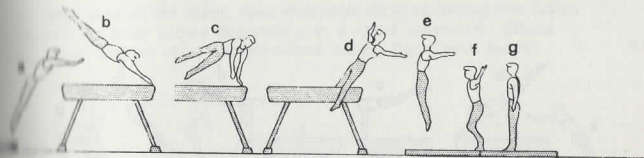
2 - Vault, passing the bent and joined legs between the hands and then stretching the body before the landing, to stand rearways (Squat Vault)



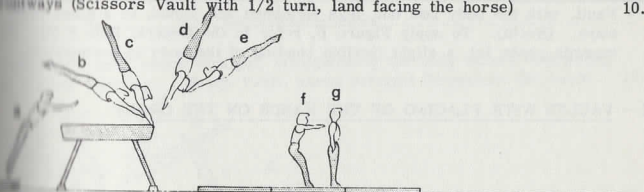
3 - Vault to handstand, 1/4 turn to right in placing left hand on the neck and turning laterally, in free flight, to stand left sideways. (The vault may be executed inversely.) (Handstand Pivot Cartwheel Vault).



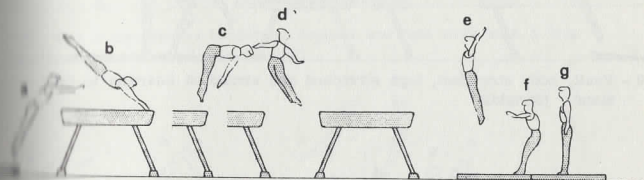
Vault, body stretched during momentary support, then bend the body in order to pass the straight and joined legs over the Neck and then stretch the body before the landing, to stand rearways. (Stoop Vault). 9.7



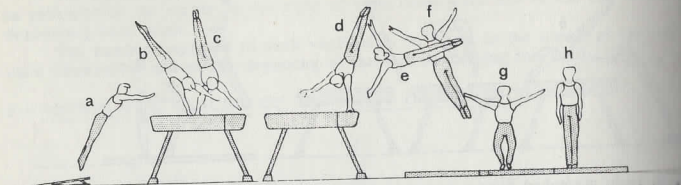
Vault, body stretched and very high, crossing the legs with 1/2 turn to stand frontways (Scissors Vault with 1/2 turn, land facing the horse) 10.0



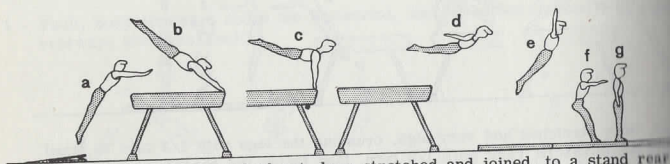
Vault, with a momentary handstand support and turn over with a free flight to stand rearways (Handspring) 10.0



Vault as Vault No. 4, but executing 1/2 turn while stretching the body to stand frontways (Stoop Vault with 1/2 Turn in stretching the body, landing facing horse) 10.0

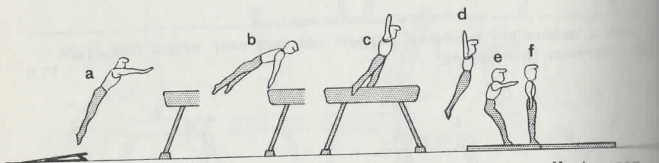


8 - Vault with 1/4 turn to left or right during the flight, to a side handstand, the hands being placed on the horse successively or simultaneously, the forward hand on the neck, and turn laterally in a free flight to a side stand in front of the neck (Giant Cartwheel)

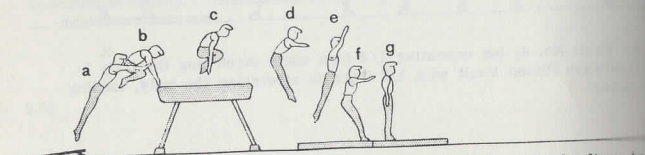


9 - Vault, with the body laid out, legs stretched and joined, to a stand rear ways. (Hecht). To apply Figure B, refer to the General Rule 5 (c). As regards phase (c), a slight flexible bending of the body is permissible.

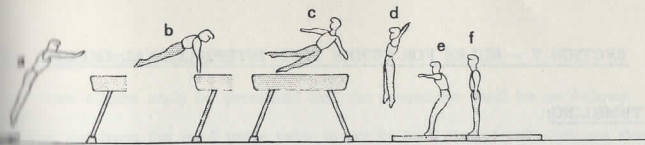
II - VAULTS WITH PLACING OF THE HANDS ON THE CROUP



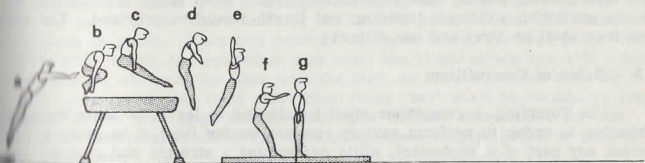
10 - Vault, body stretched, legs stretched and straddled laterally to rear stand. (Straddle)



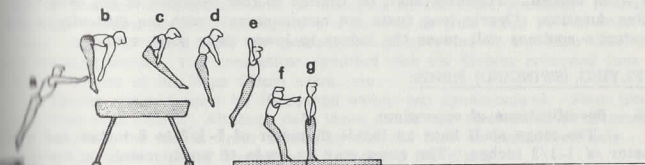
11 - Vault, legs joined and bent, stretching the body before the landing, to a stand rear ways (Squat)



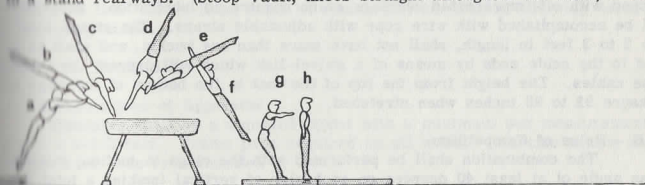
12 - Vault, crossing the legs with 1/2 turn to left or right, to stand frontways, legs joined. (Scissors vault with 1/2 turn to stand facing horse). 9.5



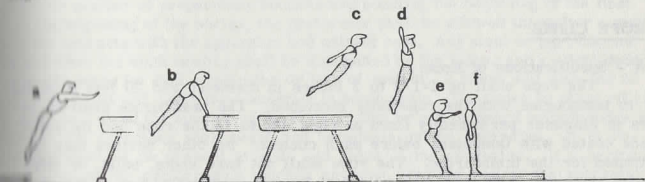
13 - Vault, legs bent at the start, then stretched forward during the flight, straighten the body before descending to a stand rear ways. (Stoop vault, knees bent at start and stretched during flight over horse) 9.5



14 - Vault, body bent, knees straight, straightening the body before descending to a stand rear ways. (Stoop Vault, knees straight throughout the vault) 10.0



15 - Vault, with a momentary handstand support and turn over with a free flight to stand rear ways (Handspring) 10.0



16 - Vault, body stretched out, legs stretched and joined, to stand rear ways (Hecht) 10.0

Regarding Vaults Nos. 3 and 8, only the forward hand is to be considered in evaluating the grip.

SECTION V - RULES FOR OTHER THAN INTERNATIONAL EVENTS

1 - TUMBLING:

A - Mats:

Either one mat or several secured together and covered with a cover shall constitute the entire unit. This unit shall measure at least 5 feet in width, 2 to 4 inches thick, and no less than 60 feet long. When space permits and when mats are available, additional tumbling mat length should be provided. The working surface shall be firm and non-slippery.

B - Rules of Competition:

In Tumbling, a competitor shall be allowed to leave the mats during his combination in order to perform certain routines on the floor if he prefers. In the event any part of a contestant, while performing a straight mat routine, touches the floor on either side of the mats, it shall be considered poor form and the judges will penalize the contestant, deducting points from form. A contestant should not be penalized for tumbling off the ends of the mat. A contestant shall be permitted to leave the mats at the ends for the purposes of getting a running start when needed. Tumbling shall be limited to four routines of not over two minutes duration. Overly long rests not commensurate with the difficulty of the contestant's routines will cause the judges to lower their point awards.

2 - FLYING (SWINGING) RINGS:

A - Specifications of apparatus:

The rings shall have an inside diameter of 7-1/2 to 8 inches and a outside diameter of 1-1/2 inches. The rings may be made of wood, metal, or metal covered with seamless rubber or leather, but shall weigh not less than 4 nor more than 6 pounds per ring. The rings shall hang from overhead fittings, 24 feet high, spaced 18 inches from center to center. These fittings shall be equipped with oil-impregnated bearings which require no lubrication. Suspension shall be accomplished with wire rope with adjustable straps. The straps shall be from 2 to 3 feet in length, shall not have more than one buckle, and shall be secured to the cable ends by means of a swivel-link which will prevent the twisting of the cables. The height from the top of the mat to the bottom of the rings shall measure 92 to 96 inches when stretched.

B - Rules of Competition:

The combination shall be performed with the rings in motion, maintaining an angle of at least 40 degrees on each side of vertical (making a total swing of 80 degrees). Failure to maintain this amount of swing will result in deduction of points. The combination shall end when competitor wholly or in part places weight on the mat or floor.

3 - ROPE CLIMB:

A - Specifications of Rope:

The rope shall be 1-1/2 to 2 inches in diameter and 20 feet from the floor to tambourine with the rope fully stretched. The tambourine shall be 34 inches in diameter permanently fixed at right angles to the rope and its under surface coated with lamblack before each contest. No other devices may be substituted for the tambourine. The rope shall not have knots, balls, or other assisting devices. The maximum height of the point of suspension of the climbing rope shall be 24 feet. At least 2 feet of the suspended rope shall rest on the floor.

B - Rules of Competition:

Two climbs shall be permitted and the procedure shall be as follows:

(1) - A nod from the head judge (who is not to be a timer) will indicate that timers are ready and the climber free to start when he is ready. This judge will rule on all fouls.

(2) - Contestant starts from a sitting position on the floor with both legs fully extended, the backs of the knees touching the floor if possible, and both hands on the rope ready to climb. When this position has been taken, the head judge will say "SET", after which, the contestant may start his climb at his own will. Any deliberate pushing off from the floor with the feet, or failure to wait until the "SET" is given or any false start after being "set" shall be termed an improper start by the head judge and the contestant shall be disqualified for that climb. The contestant must climb the rope using hands only to press or pull on the rope by contact.

(3) - The head timer shall examine the hands of each climber before he performs his climb. If there is any doubt as to whether or not the climber touches the tambourine, the head timer shall examine his hands after the climb. The presence or absence of lamblack will be accepted as the final decision. A double miss for the tambourine shall constitute a miss and no time shall be recorded for that climb. Time is taken from the moment the climber leaves the floor until he reaches the tambourine. The competitor credited with the fastest recorded time shall be the winner of the Rope Climb event, etc.

Timing watches must be 10 second sweep and synchronized. Four timers shall time each climb. Although only three times are considered in determining the final time, the fourth timer stands by and his time is considered only in case of the three official timers fails to record the climb.

The head judge shall determine the official time after examination of the timing watches. The official time shall be the middle time unless two timers agree. If a record is established it shall be the poorest time of the three watches that times the final time. Rope shall be measured immediately following each climbing and breaking climb.

REBOUND TUMBLING

A - Specifications of Apparatus

The apparatus shall be a standard model with a minimum bed measurement of 14 feet x 5-1/2 feet. Frame pads required on all sides. Exercise cables and constructed beds recommended.

B - Rules of Competition:

Competition shall be composed of two sequences, with the first sequence followed by a compulsory 20 second rest period. Each sequence will consist of a reasonable number of preparatory bounces and counting the beginning of the first bounce as the beginning of the series, the performer shall be allowed thereafter a maximum of ten contacts with the apparatus bed without rest. Any stunt or part thereof performed after the tenth landing shall be discounted by the judges and a slight deduction of points made for lack of planning or lack of control. A timer will time the 20 second rest period and notify the contestant to begin again. The timer or other official shall also count aloud the number of landings so that he can be heard by both judge and contestant. All exercises shall begin and terminate on the apparatus. It is recommended that spotters be present at ends and sides of the apparatus. If a performer during the course of his performance touches anything save the bed of the apparatus or is assisted by spotters from doing so, his performance terminates at that moment. Any official assigned to this event may make this decision.

In the judging of the Tumbling, Flying Rings and Rebound Tumbling events, the rules and rules governing the competition in the International Events shall apply where pertinent.

- List of competitors, with first names, affiliation and events in which entered.
- Provide a score sheet for keeping scores.
- Provide for listing of final results in each event.
- Include brief informative articles describing the requirements of the competition, how it is judged and scored, etc. (See article "How are Gymnasts Judged and Scored?")
- Include statement that the meet is sanctioned by your local AAU Association.

Jerry F. Hardy

HOW ARE GYMNASTS JUDGED AND SCORED?

The following is a condensed version of the current rules governing modern international artistic gymnastics. This should answer many questions and further understanding and enjoyment of the sport.

BY JERRY F. HARDY, Chairman
Technical Committee of the
National AAU Gymnastic Committee

Gymnastics as a competitive sport is very similar to diving and figure skating in that the effectiveness of the competitor is assessed solely by the judgement of officials who have a knowledge of the technical rules governing the competition.

In international competition, these rules are promulgated by the Federation of International Gymnastics (FIG). These rules have been adopted by the Amateur Athletic Union for conducting its competitions and for selecting gymnastic teams to represent the United States at the Olympic Games, World Championships, etc.

The men's competition in the international program of competitive gymnastics consists of seven events: the Horizontal Bar, Parallel Bars, Side Horse, Long Horse, Stationary Rings, Calisthenics or Floor Exercises and the All-Around event consisting of the combined scores in the first six mentioned events (international rules require that a gymnast perform in all events, as in the Decathlon event in track and field competition).

The women's competition consists of the Balance Beam, Uneven Parallel Bars, Side Horse, Floor Exercise done to music, and the all-around event.

In general, the men's and women's program is similar in its requirements and the methods of judging and scoring are also comparable, differing only in minor details.

In the apparatus and in Floor Exercises, each competitor performs two exercises, one of which is a compulsory or prescribed exercise which all competitors must perform. This prescribed exercise is composed by the FIG. In the United States, the AAU, as the only authority recognized by the FIG in this country, is responsible for publishing the text, illustrations, and all information pertaining to the exercises. The compulsory exercises for the 1962 National AAU Championships are the same as will be required for the 1962 World's Championships to be held by the FIG in Prague, Czechoslovakia.

The performance of the compulsory exercise is judged solely on its execution, that is, the form of the gymnast, the fluency of the performance, correctness of the execution and beauty of combining the component parts of the exercise.

In addition, an optional exercise, composed by the gymnast and differing essentially from the prescribed exercise, must also be performed. The element of difficulty of the component movements of the exercise enters into the evaluation of the optional exercise. Besides difficulty, other elements of the optional exercise are originality of composition, beauty of combining of the various movements, and fluency and perfection of its execution.

SCORING OF MEN'S COMPETITION

In the men's competition, four judges, supervised by a "Superior Judge" evaluate and score each exercise on a one-tenth basis, i.e., 8.8, 9.3, etc., with 10.0 for a perfect score. For the prescribed exercise the entire 10.0 points are allotted to the execution of the exercise inasmuch as all competitors perform the same exercise. In the evaluation of the optional exercise, 3.0 points are allotted to the difficulty of the exercise, 2.0 points for the element of combination of the various movements, and 5.0 points for the execution of the exercise as a whole.

All four judges evaluate and score each exercise independently (except for the all-around event) and the two competitors in both the compulsory and optional exercises in each event, and the judges confer with the Superior Judge in order to find a common score. The score of each Judge is made public by a flash card showing his mark.

All four judges' marks are flashed simultaneously at a signal from the Superior Judge. Then, the scorers delete the highest and lowest marks of the four judges and the 2 middle marks are averaged for the score of the exercise. For example, if the 4 judges' marks are 9.6, 9.2, 9.1, 8.7 - the 9.6 and 8.7 are deleted and the 9.2 and 9.1 are averaged, giving the average score of 9.15.

SCORING OF WOMEN'S COMPETITION

The women follow a slightly different procedure in judging and scoring in that five women judges are used, plus a Superior Judge (although if necessary, four judges may be used, the same as for the men). The highest mark and the lowest mark is eliminated and the average of the 3 remaining marks is posted.

The rules require that the spread between the highest and lowest of the three middle marks which compose the average score (two middle marks in the men's competition) cannot exceed .3 of a point when the average score is 9.0 or higher, .5 of a point in average scores of 8.0 to 8.95, and in scores averaging below 8.0 the margin may be 1.0. Should the spread of the average marks exceed these limitations, the judges will consult; the Superior Judge is responsible for making the necessary adjustment.

HOW THE WINNERS ARE DECIDED

The winner of the Men's All-Around event is the competitor who obtains the highest aggregate number of points for the compulsory and the first optional exercise in all of the six international events (four in the case of women). The maximum possible score for the men is 120.00 - 10.00 each for the optional and compulsory exercises in all six events (total of 12 exercises). For the women the maximum is 80.00 on the same basis.

All competitors have the opportunity of completing the entire program, both the prescribed and optional exercises. However, only six gymnasts in each event qualify for the final round in each individual event on the following basis:

The six gymnasts who score highest in each of the six international individual events (compulsory and optional exercises combined) qualify for the final in the individual-events competition. The successful qualifiers execute an additional optional exercise, which may be the same or different. The results of the individual-events competition are obtained as follows: The scores of the compulsory and first optional exercise are added and then divided by 2, obtaining an average score. The average mark is added to the score obtained in the second optional exercise. The gymnast who obtains the highest score in an event is declared the winner of that event.

The FIG delegates the task of prescribing its rules and regulations to two Technical Committees, one for the men's and one for the women's program. In order to give the judges a more solid basis in establishing their evaluations, the Technical Committees have promulgated a "Code of Points" - one for men and one for women. With a view of reducing differences in opinion, these codes state the type of exercises that shall be performed, list the penalties for incorrect or inadequate performances, give examples of the evaluation of different degrees of difficulty of movements for each event, and prescribe the technical rules of competition.

For example, a competitor may repeat any compulsory exercise (except the Floor Exercise) without penalty; the optional exercises may not be repeated. If the apparatus does not necessarily terminate the exercise. The gymnast may remount and continue the exercise at the point where it was interrupted, with a penalty of 1.0 points.

The AAU follows the precepts of the FIG in that Men's and Women's Technical Committees are appointed to serve in an advisory capacity. Both the men's and women's Code of Points have been adopted in their entirety as a part of our rules, and our competitions are conducted in accordance with these regulations. One of the responsibilities of the Technical Committees is to conduct the

and qualification of judges and officials and to recommend their services to the National AAU Gymnastic Committee. For an important competition, the better part of a day may be devoted to a thorough briefing of the judges, both men and women, with particular emphasis on the compulsory exercises, the Code of Points and the practical application of these theories to actual exercises. At the conclusion of the briefing all judges are tested on their qualifications and the findings reported to the National AAU Gymnastic Committee.

NON-INTERNATIONAL EVENTS

A word about the non-international events: Tumbling, Flying Rings, Rebound Tumbling and the Rope Climb for men; Tumbling and Rebound Tumbling for women. Usually, the same procedures are followed for these events (with the exception of the Rope Climb) as for the international events, except that no compulsory exercises are required. These events are not on the international program and therefore are not under the jurisdiction of the FIG. The Rope Climb event is a 20-foot climb against time, two trials permitted, the better one to score.

The six highest-scoring competitors in the Tumbling, Swinging Rings and Rebound Tumbling events qualify for the finals, where they perform an additional exercise. The final standing is determined by adding the preliminary score to the score obtained in the finals.

It is to the credit of all judges and officials connected with AAU meets that they do their service without any remuneration whatever, but they pay their own expenses and meals and traveling expenses.

THE 1961 NATIONAL YMCA GYMNASTICS CHAMPIONSHIPS

By
William Buffa
Chairman, National YMCA Gymnastic Committee

On Saturday, April 15, 1961, the Brooklyn Central YMCA played a very capable host to the 1961 National YMCA Gymnastics Championships. The competition was excellently organized in every detail and conducted in a highly efficient manner under the able supervision of René Kern, Physical Director, and the competent direction of his volunteer assistants Harry Kilgallen and Bob Ferretti. The numerous clerks, scorers, announcers, score-tabulators and all working according to the latest scoring procedures attest to the thoroughness with which this competition was planned. There is no doubt that this event stands as one of the best National Gymnastics Championships yet held.

Many thanks are due, as in several prior Championships, to the unselfish and highly capable assistance of Mr. George Gulack, National AAU Gymnastics Chairman; Mr. Jerry Hardy, Chairman of the National AAU Technical Committee for Gymnastics; the Metropolitan AAU Gymnastic Committee Members, and to other some of whom traveled hundreds of miles, who assisted as judges, timers, and other supervisory capacities.

The competition was very good. The competitive caliber of the gymnasts showed some improvement over that of prior years. There were seventeen winners in the Championship, represented by sixty-five competitors (not counting "acrobats" who participated in one hundred and eighty-nine event-entries. Jay Werner, of Germantown "Y," Philadelphia, was the star of the Championships, winning eight gold medals to become the 1961 National YMCA All-Around Champion. No other competitor has ever won this many firsts in a National YMCA Gymnastic Championship—a far cry from 1956 when Werner won only one event. While Werner dominated the competition, Isabelle of Springfield, Mass., Tony Napier of Jersey City, John Barish of Brooklyn, Sid Oglesby of Jersey City and many other all-around competitors turned in very fine performances worthy of a National Championship. Many exciting moments were provided by these fine performers, such as Werner's beautifully executed double-backward fly-away from the Horizontal Bar and the national straddle over the Horizontal Bar out of forward giant swing executed at great height by Smith of Germantown (a very tall boy). Complete results appear below.

The 1961 Championship is reassurance that YMCA Gymnastics is still growing in numbers and quality. Here are some brief statistics:

Championship	1954	1955	1956	1957	1959	1960	1961
No. of YMCAs represented	6	15	11	13	14	8	17
No. of competitors	21	37	33	57	62	48	68
No. of event-entries	94	135	134	201	252	168	189

These figures show a very positive growth through 1959, a set-back in 1960, and a strong partial recovery in 1961. Following the 1960 Championships I strongly decried, what I felt was, an apathetic attitude toward the Championships, and the work of our National YMCA Gymnastic Committee, by YMCAs in general. The work of our National YMCA Gymnastic Committee, by YMCAs in general, will grow to the benefit of the entire National Gymnastics, and other sports, will grow to the benefit of the entire National family only to the extent that each individual YMCA and its members take an interest in and support it. The fact that the 1961 Championships showed a great improvement over that of the preceding year, and that more YMCAs and more entrants were represented than in any preceding championship, is some indication that this principle is being recognized and, in particular, acted upon. Now let's keep it this way and build on our efforts.

No bids for the 1962 Championships, scheduled for April 7, 1962, have been received, and I am now seeking an acceptable host for that Championship. All announcements will be notified just as soon as the Championship is awarded.

RESULTS, 12TH ANNUAL NATIONAL YMCA GYMNASTICS CHAMPIONSHIPS

Event	Score	Competitor	Score
All-Around			
Werner, Germantown	69.50	J. Werner, Germantown	111.40
Napier, Jersey City	39.75	E. Isabelle, Springfield	100.45
Barish, Bklyn Cntrl	30.50	Barish, Bklyn Cntrl	100.30
Oglesby, Jersey City	15.00	A. Napier, Jersey City	99.05
Oglesby, Jersey City	13.00	S. Oglesby, Jersey City	94.85
Werner, Ohio	9.00	R. Mattatall, Providence, R.I.	91.85
Side Horse			
Werner, Germantown	18.45	J. Werner, Germantown	18.40
Napier, Jersey City	17.95	J. Francois, Bklyn Cntrl	18.20
Isabelle, Springfield	17.25	H. Junker, Washington Cntrl	18.00
Oglesby, Dayton, Ohio	16.95	G. Blair, Bklyn Cntrl	17.85
Oglesby, Jersey City	16.75	B. Smith, Germantown	17.30
Barish, Bklyn Cntrl	16.30	M. Cohn, Germantown	17.15
Barbach, Bklyn Cntrl	16.30		
Still Rings			
Werner, Germantown	18.75	J. Werner, Germantown	18.50
Barish, Bklyn Cntrl	18.20	A. Napier, Jersey City	17.40
Napier, Jersey City	17.65	R. Pamulo, McBurney Y, NYC	17.05
Arimborgo, West Side NY	17.30	M. Arimborgo, West Side NYC	17.00
Oglesby, West Side NYC	17.00	L. McGovern, Bklyn Cntrl	16.80
Oglesby, Jersey City	16.90	E. Isabelle, Springfield Mass	16.65
Horizontal Bar			
Werner, Germantown	18.75	J. Werner, Germantown	18.55
Napier, Jersey City	18.50	B. Smith, Germantown	18.25
Baracker, Germantown	18.05	J. Barish, Bklyn Cntrl	17.20
Isabelle, Springfield	17.85	J. Cox, West Side NYC	17.10
Napier, Columbus Ohio	17.80	M. Arimborgo, West Side NYC	16.70
Barish, Bklyn Cntrl	17.40	G. Blair, Bklyn Cntrl	16.25
Rebound Tumbling			
Francis, Bklyn Cntrl	4.1 Sec.	J. Daily, Dayton Ohio	9.10
Napier, Jersey City	5.1 Sec.	T. Garrettson, Buffalo	8.75
Werner, Jersey City	5.2 Sec.	T. Proulx, Sprngfld	8.50
Oglesby, Jersey City	5.2 Sec.	T. Lewis, Dayton	8.20
Howard, Marlboro NY	5.3 Sec.	L. Riccitello, Schenectady	7.15
Worth, Bklyn Cntrl	5.4 Sec.	B. Gresko, Bklyn Cntrl	7.00
Tumbling			
Werner, Germantown	9.20	L. Datillio, Germantown	8.65
Howard, Yarkley	7.90	A. Napier, Jersey City	8.60
Napier, Jersey City	7.50	T. Garrettson, Buffalo	7.80
Kessel, Jersey City	7.35	J. Wood, Germantown	7.40
Oglesby, Jersey City	7.20	T. Lewis, Dayton	7.25
Napier, Jersey City	6.30	J. Nappi, Columbus	7.00
		L. Kessel, Jersey City	7.00