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**A.A.U. OFFICIAL
1969 - 1972
GYMNASTICS
GUIDE AND HANDBOOK**



Donald Wilderoter, National Chairman, Men
Vannie Edwards, National Chairman, Women
Jerry F. Hardy, Gymnastic Coordinator
Thomas E. Maloney, Gymnastic Administrator

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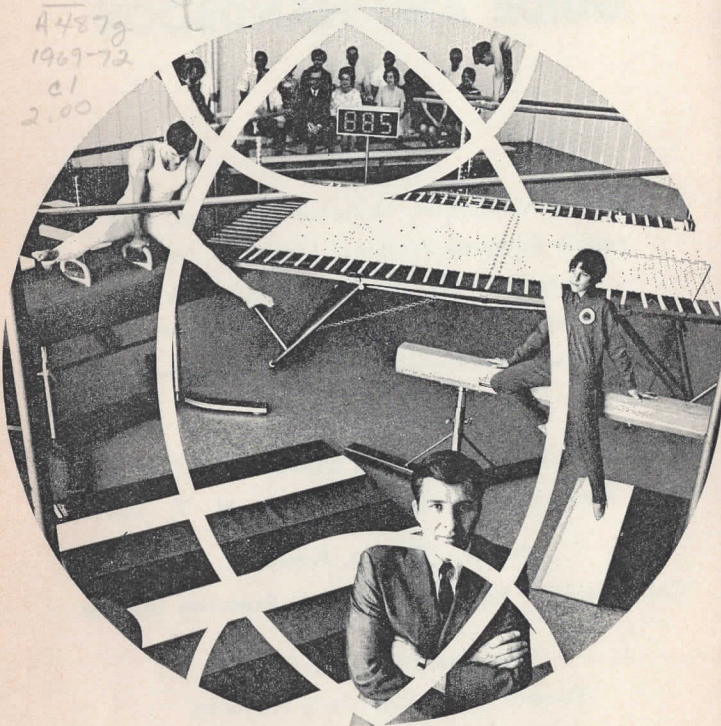
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Section II

INTERNATIONAL GYMNASTICS FEDERATION (FIG)

CODE OF POINTS

The Men's Section of the Technical Committee of the International Gymnastics Federation (FIG) have drawn up a Code of Points (1968 Edition) for the artistic gymnastic competitions at World Championships, Olympic Games, Continental and Inter-Continental Championships, and other types of international matches.

The Code of Points has the purpose of providing an objective and uniform body of rules for exercises in gymnastics at the international level, of promoting the knowledge and abilities of the judges as well as serving the gymnasts and trainers as helpful guidelines for pre-competition training and for the formation of exercises.

These regulations are based in part on the dispositions of the technical regulations of the FIG, on the resolutions of the FIG congresses in basic matters and above all on the decisions of the technical committee in special instances. They also take into consideration to a large extent the development of gymnastics.

The judges are to adhere to these regulations without any deviation whatsoever. In the case of such deviations, the judge may be relieved of his duties by the directors responsible for the competition. These regulations should also be used in evaluating national competitions.

The Section identifying the name of each part or movement of the individual exercise, as well as breaking down each movement or part into "A", "B", or "C" evaluations is of great value to all gymnasts, officials and coaches.

Copies of the Men's Code of Points may be ordered directly from the Amateur Athletic Union of the United States, 231 West 58th Street, New York, N. Y. 10019, for the sum of \$3.50 per copy, post-paid.

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Section III
INTERNATIONAL GYMNASTICS
FEDERATION (FIG)
TECHNICAL REGULATIONS

1964 EDITION

These regulations apply to all competitions under the jurisdiction of the FIG, and where applicable, also to those sponsored by the Amateur Athletic Union.

SECTION A

**FORMATION AND FUNCTIONS OF THE
TECHNICAL COMMISSION**

Article I

a) Constitution: In accordance with their statutes, the FIG formed a Technical Commission to which all affiliated members have the right of a masculine delegate if they practice men's gymnastics, and a feminine delegate, if they practice women's gymnastics.

b) Mission: The Technical Commission's mission is the study of all technical questions pertaining to gymnastics and to submit recommendations to the Comité Directeur (the Executive Committee of the FIG) for decision.

Article 2

a) Composition: The Technical Commission is composed of two sections: the Men's Technical Commission composed exclusively of men, and the Women's Technical Commission composed exclusively of women.

b) Executive Committees of the Technical Commission: Each of the two Technical Commissions shall be governed by an Executive Committee composed of seven (7) members as follows: a President, two Vice-Presidents, a Secretary, and three members.

The organizing federations of the World Championships and the gymnastic competitions at the Olympic Games have the privilege of a delegate to each of the two Executive Committees, if they are not otherwise represented. These delegates will be requested to attend meetings whenever questions concerning their organizations are on the agenda, and they will render assistance in these matters, with voting privileges. The length of their membership on the Executive Committees will be two (2) years commencing January 1st of the year preceding the events for which their

federations are responsible. Their expenses in connection with the FIG are the responsibility of their respective federations.

c) Relations with the Comité Directeur: The Presidents of the Men's and Women's Technical Commissions are automatically members of the Comité Directeur of the FIG, with voting privileges.

Article 3

a) Term of Office: The members of the two Executive Committees of the Technical Commission are nominated and elected for a term of four years under the same provisions as govern the election of the members of the Comité Directeur. They are eligible for re-election.

b) Individual Terms: The functions of the officers of the Executive Committees of the Technical Commissions are individual and may not be transferred to other individuals.

Article 4

a) Elections: The elections of the members of the Executive Committees are by secret ballot at regular meetings of each of the two Technical Commissions (men and women). The Presidents and Vice-Presidents are elected separately; the Secretaries will be named by their respective Executive Committees.

b) Sub-Committees and Assistants: The Executive Committees may appoint subcommittees and collaborators, if their work so requires.

Article 5

Meetings: The Technical Commission will meet in full session at the Congresses of the FIG. However, in cases of urgency, meetings may be called in the interregnum, with the approval of the Comité Directeur. The Executive Committees will meet as required.

Article 6

Separate and Combined Meetings: The Men's and Women's Technical Commissions will meet separately to deliberate and legislate on matters specifically concerning them.

Matters of common interest are treated in combined meetings of both the Men's and Women's Technical Commissions, at which the President of the Men's Technical Commission will preside and sign the report with his Secretary, together with the President, or a delegate, of the Women's Technical Commission.

Article 7

Decisions: Decisions are made by an absolute majority of the members present. In the event of a tie vote, the President has the deciding vote. These same principles apply at meetings of the Technical Commission.

Article 8

Costs: The expenses of the members of the Technical Commissions are the responsibility of their respective national federa-

tions. The members of the Executive Committees may be totally or partially reimbursed by the treasury of the FIG, or the organizers of the official events.

Article 9

Functions of the Executive Committees: The Executive Committees are charged with promulgating the rules and technical programs, the organization of the competitions and the composition of the compulsory exercises for all of the competitions under the jurisdiction of the FIG.

SECTION B

FUNDAMENTAL ARRANGEMENTS

Article 10

a) World Gymnastic Championships: Every four years alternating with the Olympic Games, the Men's and Women's World Gymnastic Championships will take place, the organization of which will be entrusted by the FIG to affiliated members.

b) International tournaments: Independent of World Championships, the FIG may organize tournaments, championships, and other international competitions, men and women, by team or individuals. The rules of these competitions will be worked out by the Executive Committee and verified by the Technical Commissions, with the approval of the FIG General Assembly.

c) Olympic Games: The program of the conduct of the gymnastic competition of the Olympic Games is under the jurisdiction of the FIG, and will be based on the principles and rules of the World Championships.

d) Gymnaestrada: The special provisions of this demonstration are defined in Section "D". Gymnaestrada.

e) Other Events: The competitions and other international demonstrations, organized by the affiliated members, in conformity with the statutes of the FIG, are subject to special rulings, with the following requirements:

1. Advance information by the organizers and the invited federations.

2. Administrative and technical reports, on official forms, by the organizing federation, by the Superior Judge Referee, and by the invited federations.

3. Payment of the financial obligations (fees) as fixed by the FIG Congress.

Article 11

a) Amateurism: Only amateur gymnasts, as defined by the statutes of the FIG are eligible to participate in competitions under the jurisdiction of the FIG.

SECTION C

WORLD CHAMPIONSHIPS

I

Common Rules for Men's and Women's Gymnastics

(1) General Arrangements

Article 12

Participation: Participation in the World Championships is open to all of the national federations affiliated with the FIG, provided they are in good financial standing (dues and other fees) with the FIG.

Article 13

The Organizing Federation is entirely responsible for the Organizing Committee, which it creates. It will be responsible for all of the publicity and organization, including:

- a) Printing and disseminating of brochures and printing matter.
- b) Preparing necessary illustrations and films.
- c) Furnishing medals and diplomas.
- d) Arrangements of the site of the competition and training facilities, and supplying sufficient prescribed equipment for both the competition and for the training areas.
- e) Necessary equipment for musical accompaniment (piano, tape recorder, record player).
- f) Proper public-address and communications equipment at the disposal of the Director of the competition and the Referee of the competition.
- g) Qualified personnel necessary for the efficient conduct of the competition, particularly timing, transmitting of scores, etc.
- h) Scoring, publication of results, progressive during the competition as well as the final results, the documents reserved for the press—all work that must be done efficiently and conscientiously, with promptness and exactitude.
- i) Generally all of the equipment for the competition must be fixed to a platform 1.00 to 1.20 meters high.

Two members of the Organizing Committee will be assigned as assistants to the President and the Jury to assist them and keep them informed.

As a general rule, the Organizing Committee must take all necessary measures in collaboration with the Executive Committee to effect total cooperation.

Article 14

The competition is organized under the control of the FIG and must be held in a suitable, enclosed hall or stadium.

Article 15

a) Registration (entry forms): The registration is done on official forms furnished to the affiliated federations in sufficient time by the secretariat of the FIG.

b) Intent of participation must reach the Secretary General of the FIG five (5) months before the competition; and the definite entry, including the number of gymnasts and judges by which the federation intends to be represented, at least two (2) months before the competition.

c) The final list of gymnasts and judges must be sent not later than three (3) weeks before the date of the competition. This list will be made in duplicate. One is sent to the FIG and the other to the manager of the team. It will mention first and last names, the date of birth of each gymnast, as well as an affirmed declaration that the gymnasts are of the nationality of the interested federations.

d) Final changes will be accepted by the President of the Jury not later than two (2) days before the first day of competition at 6:00 p.m.

e) Entry Fees: The committee director of the FIG will fix an entry fee, which will be sent at the same time as the final membership. This fee stays in the fund of the FIG. The payments are deposited in the hands of the general secretary of the FIG or to the person which the committee director designates.

Article 16

Age of Competitors: The gymnasts, men and women, must reach the age of 18 during the year of competition, be of the nationality of the federation which delegates them and be a member of a federated society.

As an exception, a competitor under 18 will be authorized to compete, but under the sole responsibility of the federation to which he or she belongs.

Article 17

Program of the Competitions: The program of the competition will consist of a group of gymnastic Teams in apparatus and floor exercise, and each gymnast will have to execute all of the competitive program. The competitor's first responsibility is to their team and the competition. They can only accept other charges when all their engagements set by the manager are accomplished.

Article 18

Prescribed Exercises: The text of the prescribed exercises must be sent to the federations by the order of the Executive Committees at the responsibility of the organizing committee not later than eighteen (18) months before the date of competition.

A brochure, worked out in accordance with the instructions of the Executive Commissions and containing the same exercises as well as all the prescribed arrangements relative to the competi-

tion, will be printed and sent to the federations by the organizing committee not later than six (6) months before the competition.

In the case of a question concerning the prescribed exercises, only the French text will be valid.

Article 19

Films: The films of the prescribed exercises must be filmed by the organizing committee, according to the instructions of the Executive Committees, and the organizer is authorized to sell them to the federations and persons who order them.

Article 20

Ceremonies: At the World Championships, as at the Olympic Games, the publishing of the results and the distribution of rewards will be the object of one or several solemn ceremonies which will take place in the presence of all the gymnasts, delegates of the nations, members of the jury, members of the Organizing Committee, and of the public.

The organizer is obligated to hoist at the site of the competition the national flags of the participating federations, and to raise at the announcement of the results, those national flags of the three (3) victors.

At the opening ceremony, the national anthem of the host nation will be played and at the distribution of the awards that of the proclaimed champion.

Article 21

Cases not foreseen: In all cases not foreseen in Chapter C of this ordinance, the "Bureau de Jury", acting as a trustee of the Technical Committee, will decide without appeal.

(2) The Jury

Article 22

Principle clauses:

a) At the competition organized by the FIG, the members of the jury must be chosen from the inscribed persons on the official list established by the Executive Committees in accordance with the special rule concerning the international jury.

b) Each nation has the right to one (1) or two (2) judges. The composition of the jury, as well as the nomination of its members by the federations, will be according to the laws of the Code of Points.

Article 23

Oath of the Jury: At the moment of accepting their assignment, the jury members pledge themselves solemnly according to the following form:

"I affirm on my honor that concerning my quality as a Judge, I will only allow myself to be guided by the spirit of loyalty and of sportive dignity, and I pledge myself to judge the work presented conscientiously without regard to person or nation."

Article 24

President of the "Bureau de Jury", Technical Direction:

a) The functions of the President of the Jury are assumed by the President of the Executive Technical Committee. They will admit and install the jury on a determined day, time and location and will make all necessary decisions for the proper conduct of the competition, of the judging, and the establishment of results.

b) The "Bureau de Jury" consists of members of the Executive Commission, which gives assistance to the Jury President and collaborates for the proper conduct of the competition. The duty of the superior judge, as defined in the Men's Section of the Code of Points, makes him primarily responsible to the members of the Executive Committee.

c) A technical director of the competition is named in agreement between the Executive Committee and the Organizing Committee. He functions under the direction of the Jury President, directs and surveys all the auxiliary personnel of the competition site, as well as the state of the equipment and all the installations of the competition.

Article 25

Jury of Appeal: Each of the Executive Committees will form a Jury of Appeal, which will function in cases of protest during or after the competition. It will be made up of the FIG President or a member of the Comité Directeur, the President of the Jury, two (2) other members of the Jury Board and the Technical Director or his replacement.

Article 26

Obligations: The members of the jury, the Bureau of the Jury, the Technical Director and the manager of the site must be exclusively responsible for the duties mentioned above. They may not direct a team or participate in the competition, no matter what they are, or accept another job.

Article 27

Judging and Scoring: The members of the jury must not in any case allow themselves to be influenced in giving their scores.

The organization committee will install a device which will permit the showing of the scores of each judge to the public and competitors following the final score. (**Editor's note:** This rule was subsequently changed and at present, only the average score is shown).

Concerning the male gymnast, all questions of judging, particularly the composition of the jury, the mission of the Superior Judge; the value of the exercises, are treated in the Men's Code of Points. The questions of women's gymnastics concerning judging are related in the Women's Code of Points.

Article 28

Deficient Judges: The President of the jury can, at any time in the course of the competition, intervene with the judges. They

can even, after hearing the Superior Judge and, in accordance with the Jury of Appeal, exclude and replace a judge who does not proceed in a satisfactory and correct way.

The Executive Committees have the power to verify the value of judges during the Judges Course and to remove from the competition those who reveal themselves incompetent.

Article 29

Irrevocable verdict: The verdict of the Jury and the Jury of Appeals is definite and irrevocable.

Article 30

Expenses: The FIG is not responsible for traveling or lodging expenses of the members of the Jury. However, the Organizing Committee may consider the possibility of assuming a part of these expenses.

Article 31

Team Competition: Each nation may enter a team of six (6) gymnasts, plus one or two alternates.

The nations which do not wish to enter full teams have the option of entering one (1) to three (3) individual gymnasts, competing for individual titles. At the competition, these gymnasts will form one or several teams, or they will be attached to a complete team. The order of competition for each event will be arranged for them, by a draw, but in a manner to avoid any loss of time during the competition.

Article 32

Each Executive Committee will designate a sub-committee in charge of establishing a definite schedule of competition—arrangement of the teams in groups, by draw, and also assigning the Judges to events by nations. This work is done two months before the competition.

Article 33

Competition by Teams: The competition by teams will be in two parts, the first of which will be the compulsory exercises. The order of events will follow that established by the over-all working plan. All of the events will be competed simultaneously and the order of events will be the same for all teams. At the end of the competition, there will be a general classification (placing) by teams, and an individual classification in the all-around standing.

Article 34

Individual Finals:

a) The individual finals will be contested between the best gymnasts in each event, for the championship of that event.

b) To be eligible for the finals, the gymnast must have completed all of the events and earned 80% of the total points in the all-around competition.

c) Competition in the finals at each event will be limited to the six (6) gymnasts who, in the competition for the all-around standing, will have obtained the best scores in the two (2) exercises (compulsory and optional) in the respective event. In cases of a tie score, the designation of the finalists will be on the basis of their total points earned in the all-around competition.

d) It is mandatory for the designated finalists to compete in the final competition under penalty of disqualification and rescinding of all awards, even those earned beforehand—except in the case of an accident, or other serious reasons, properly reported. However, in the Men's program, the gymnast who may be qualified for the finals in more than three (3) events may have the privilege of competing in only three (3) events of his own choice, provided that he notifies the President of the Jury which three (3) events he chooses to compete in as soon as the list of the finalists is published. He will be replaced in the finals by the gymnast classified as the seventh (7th).

e) In the finals each competitor will execute an optional exercise, which may be different from that of the all-around competition.

Article 35

Meetings: On the days preceding the competitions, the following meetings will take place:

a) A course for Judges, which will last at least two (2) days. The members of the Jury are required to participate under penalty of being relieved of their assignment; the coaches and other technicians who receive permission from the President of the Jury will be permitted to attend. The Organizing Federation and the participating federations are required to send their alternate gymnasts to demonstrate in the tests for judging of the exercises.

b) A general meeting of the Judges and Coaches will be held in connection with the judges courses during which they will be given final instructions relating to the competition.

c) An assembly of the Judges and of the competitive teams, in their designated areas, will be held thirty (30) minutes before the beginning of each day's competition.

Article 36

Direction and order:

a) All the teams, including those formed of unattached gymnasts are, during the duration of the competition, under the direction of a coach. The powers of the coach are limited to direct and present his team to the judges and to direct the movement. Before the execution of the exercises, the coach verifies if the equipment is in good condition. The names and order are indicated on a list of the gymnasts forming the team. It is used as a source of information between the judges and the team.

b) The women's teams can only be directed by women.

c) The teams arrive, move, and leave in good order, according to the instructions of the director of the competition.

d) All sicknesses, all accidents, etc. must be reported immediately by the coach and confirmed by the doctor. In order to permit an injured (undisposed) gymnast to re-enter, the team will be able to postpone its work for ten (10) minutes maximum. If after this length of time the incapacity persists, the team will continue the competition.

e) All gymnasts leaving the team without authorization of the Judges will not be allowed to re-enter.

Article 37

Access to the Site: Access to the site of the competition will be limited to the judges, the competitors and their coaches, the auxiliary personnel near the judges and the necessary men for maintenance of the equipment and the site.

The cameramen and official photographers authorized by the Organizing Committee as well as an official reporter of a nation, can have access if they are bearers of special cards and on the condition that they will not bother the normal running of the competition.

Special places are reserved for:

a) the Presidents of participating nations

b) the press in general

c) the judges who are not judging

d) the gymnasts not presently participating in the competition

As an exception, the FIG will be able to grant, in accordance with the Organizing Committee, a special authorization to one or several cameramen who will have asked for it in person.

Article 38

Repetition of Exercise: Gymnasts will be able to repeat without loss of points on the conditions in the Code of Points; in Men's Gymnastics, all the prescribed exercises except that of vaulting, for which the gymnast already has two (2) jumps, and that of the free exercise. In Women's Gymnastics, all the prescribed exercises except those of the free exercise and vaulting. (**Editor's Note:** Under the new rules, no repeats are permitted.)

The optional exercises cannot be repeated.

In case of defective apparatus, properly confirmed by the Superior Judge, the repeat of a prescribed exercise or an optional will be authorized without loss of points.

Article 39

Documentation: A duplicate of the scoring is delivered to each nation, if possible, immediately after the work on each event. The same nation will receive a copy of the final results at the end of the competition.

a) Partial results will be published during the competition, and the final classifications will be published immediately after the competition.

b) The duplicates of all these documents will be sent to the archives of the FIG.

(3) MEDALS AND AWARDS

Article 40

At the World Championships, there will be the following classifications:

a) Team Championships:

The class will be made by the addition of the five (5) best scores obtained on each event of the competition. The team classed first will be proclaimed World Champion and will receive for the federation and for each member of the team—including the coach—a gold medal. The second team will receive silver medals and the third team, bronze.

b) Individual All-Around Champion:

The classification will be made up of all the events together. The first will be proclaimed World Champion and will receive a gold medal. The second will receive a silver medal, and the third will receive a bronze medal.

c) Individual Event Champion:

The classification will be made for each event of the competition by adding the score obtained in the final to the average of those obtained in the two (2) exercises of the All-Around competition.

The first in each of the events will receive the title of World Champion and a gold medal; the second, a silver medal; and the third, a bronze medal.

Ties:

The case of a tie for a place in these classifications entitles each gymnast so tied to the same titles and to the same medals.

Diplomas:

Each medal will be accompanied by a diploma. A diploma will also be given to fourth, fifth, and sixth of these individual classifications, and a diploma of participation to all the gymnasts and judges.

Comment:

The same classifications will be anticipated for the Olympic Games on the condition that the regulations of the International Olympic Committee permits it for the allocation of medals and diplomas.

SPECIAL RULES FOR MEN'S GYMNASTICS

Article 41

Events: The competition will consist of twelve (12) events, to be a compulsory exercise and an optional exercise on each of the following events: Floor Exercise, Side Horse, Rings, Long Horse, Parallel Bars, and Horizontal Bar.

These events are followed in an indicated order. The same order of competition will be observed at the international meetings, location permitting.

Article 42

Coaches and Trainers:

On the Horizontal Bar and Rings, the coach or trainer can lift a gymnast at the beginning of the exercise. At these same events, as well as the Long Horse, Vaulting, and Parallel Bars, he can stay near the equipment to prevent an accident, but may neither speak to the gymnast nor give him aid in the execution of his exercise, under risk of loss of points for the gymnast in question. The relative penalties are inscribed in the Code of Points.

On the Floor Exercise or Side Horse, the coach is not authorized to stay on the platform or near the event.

Article 43

Dress:

The requirements relative to the uniform are prescribed in the Code of Points.

MODEL & DIMENSIONS OF THE EQUIPMENT

Article 44

The requirements concerning the model and dimensions of the equipment are the object of a special brochure edited by the FIG.

Editor's Note: Refer to Section VI of this Guide.)

SPECIAL REQUIREMENTS FOR JUNIOR GYMNASTS

Article 45

At the international meets between Junior gymnasts, the maximum age of a junior is fixed at twenty (20) years.

A gymnast who participated on the national team at the time of the World Championships or the Olympic Games will no longer be able to take part in international Junior competition, except in agreement between the participating nations.

II

Special Rules For Women's Gymnastics

(1) MISCELLANEOUS ARRANGEMENTS

Article 46

Events:

The team competition will include events executed individually to be a prescribed exercise and an optional exercise on the floor (free with music) as well as the following events: Uneven Parallel Bars, Balance Beam, Horse Vaulting, without pommels, sideways with a springboard.

Article 47

Coach:

Before the execution of the exercises, the coach verifies if the equipment is in good condition. At the vaulting horse, the beam and the uneven parallel bars, she will be permitted to stay near the equipment in order to prevent an accident, but may neither speak to the gymnast nor aid her, under penalties listed in the Women's Code of Points.

Article 48

Attire:

The attire must be uniform for all the gymnasts of a team. They must wear a common insignia. The attire cannot be changed or modified during the competition.

Under penalty of sanctions, the attire will be modest, correct, distinguished and be made of non-transparent material.

The gymnasts can work with shoes or barefoot.

(2) MODEL & DIMENSIONS OF THE EQUIPMENT

Article 49

The requirements concerning the model and dimensions of the events are the subject of a special brochure, edited by the FIG (**Editor's Note:** See Section VI of this Guide.)

(3) JUDGING AND SCORING

Article 50

For judging the individual events, the Jury will be composed of five (5) judges. The five (5) judges are able to consult on the first exercise, in order to find a point of common starting point.

For the rest, they will work independently from one another, will no longer consult each other, except for exceptions (accidents, etc.) The three (3) middle scores only will be taken into consideration for the result. The score will be established by dividing by three (3) the total of three (3) middle scores. (**Editor's Note:** This entire article has been replaced. New rules are: four (4) judges and the middle two (2) scores are averaged.)

Article 51

The exercises are scored from 0 to 10.0 points by tenths of points.

Article 52

The difference between the highest and the lowest of the three (3) scores taken into consideration cannot be greater than: 0.30 for scores from 9 to 10; 0.50 for scores from 8 to 8.90; 1 point in all other cases. For Finals: 0.20 points for scores from 9.50 to 10.0; 0.30 points for scores from 8.50 to 9.45; and 0.5 points for scores from 7.0 to 8.45; 1 point in all other cases. (**Editor's Note:** New Code of Points for Women lists the present rules on the spread.)

SECTION D

DEMONSTRATION OF GYMNASTICS — GYMNAESTRADA

Article 53

In order to appreciate the educational value of our physical education methods, gymnastic demonstrations, executed by groups — men or women — without limiting the number, may take place at the occasion of the World Championships, tournaments of the FIG, and at the Olympic Games, likewise in specially organized demonstrations for the purpose.

For this purpose, the FIG created in 1953 the Gymnaestrada. This demonstration will be organized periodically between the Olympic Games and the World Championships, and entrusted by the General Assembly to a nation or a federation. The Gymnaestrada will be the object of a special rule.

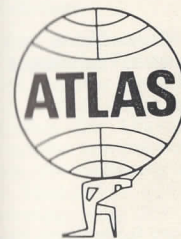
For these demonstrations, there will be no scoring or prize.

SECTION E

RULE CHANGES

Article 54

Changes in the present rules can be decided by the meeting of the Technical Delegates with a majority of two-thirds (2/3).



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ORGANIZATION STRUCTURE OF THE FEDERATION INTERNATIONALE DE GYMNASTIQUE (FIG)

GÉNÉRAL ASSEMBLY—Composed of a delegate from each member federation.

COMITE DIRECTEUR—Governing body of the FIG, composed of:

- a) President
- b) Three (3) Vice-Presidents
- c) Secretary General
- d) Treasurer
- e) President of the Executive Committee of the Men's Technical Committee
- f) President of the Executive Committee of the Women's Technical Committee
- g) Three (3) Members-at-Large

TECHNICAL COMMISSION

Men's—One delegate from each member federation practicing men's gymnastics.

Women's—One delegate from each member federation practicing women's gymnastics.

Note: The delegate to the Men's Technical Commission must be a male, and the delegate to the Women's Technical Commission must be a female.

EXECUTIVE COMMITTEE OF THE MEN'S TECHNICAL COMMISSION

- a) President
- b) Two (2) Vice-Presidents
- c) Secretary
- d) Three (3) Members-at-Large

EXECUTIVE COMMITTEE OF THE WOMEN'S TECHNICAL COMMISSION

- a) President
- b) Two (2) Vice-Presidents
- c) Secretary
- d) Three (3) Members-at-Large

Section IV

AMATEUR ATHLETIC UNION OF THE UNITED STATES

GYMNASTIC RULES

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

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

- 1 — Administrative Rules
- 2 — General Rules of Competition for Men
- 3 — Special Administrative Rules for Women
- 4 — Information Regarding Compulsory Exercises
- 5 — Junior Olympic Age Group Program
- 6 — Rules for Tumbling
- 7 — Rules for Trampoline

SUB-SECTION 1 — ADMINISTRATIVE RULES

Jurisdiction

The Amateur Athletic Union of the United States (AAU) is the governing body for the sport of gymnastics in the United States, holding membership in the International Gymnastic Federation (FIG), which body controls international gymnastic contests, including the Olympic Games and World Championships. All gymnastic competitions held in the United States are conducted under the following rules. In addition, the International Trampoline Federation (FIT) was recently formed and is the world governing body for that sport. The AAU is a member of FIT. There are special rules for trampoline competition.

National AAU Gymnastic Committees

The jurisdiction of the AAU is exercised through the National Committees for men's gymnastics, women's gymnastics, tumbling, trampoline, and the Junior Olympic Age Group Program. These Committees shall be organized in the best interests of the sport and shall consist of a chairman, vice-chairmen, and a secretary. A Gymnastic Coordinator shall be appointed to help these committees effect common policies for the promotion and development of the sport.

The general conduct of national meets shall be the responsibility of the meet directors under the jurisdiction of the respective

national chairmen, who shall be the referees of the meet, and their committees. The referees may designate such persons as they deem necessary to assist them in their duties.

Members of these committees are appointed by the President of the AAU and, in the main, consist of the chairmen of the Gymnastic Committees in each of the District Associations of the AAU. The chairmen of these committees have the privilege of recommending such other persons for membership who may be of assistance in the conduct of the sport, and who may be appointed as at-large members to the extent permitted by the rules of the AAU.

These committees, subject to the approval of the Board of Governors of the AAU, draw up the rules of competition, decide when and where the national championships are held, over which they have jurisdiction, as well as passing on the qualifications of gymnasts to compete and approving the officials to serve at these events. In general, these committees are entrusted with the development, promotion and general welfare of the sport of gymnastics.

Meetings of all committees are held at least twice a year—during the National Senior Championships and the Annual Convention of the AAU — and at such other times as called by the respective chairmen.

Technical Committees

The chairmen of the respective committees shall appoint a technical committee to handle all technical matters in connection with the program of their committee. The exact composition of each Technical Committee shall be left to the discretion of the Committee Chairman working in close liaison with the Gymnastic Coordinator.

These Technical Committees are to serve in an advisory capacity to the respective chairmen in general, but not necessarily 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 Committees.
- (5) The examination and qualification of officials (judges) for national competitions, national and international judges courses, clinics, etc.

The chairman may appoint "special members" for a specific mission to this committee. They shall have a voice in their particular matter, but no vote. The chairmen of the A.A.U. Gymnastic

Committees and Coordinator shall be members ex-officio of each Technical Committee. Meetings of the Technical Committees shall be held whenever called for by their respective chairmen.

Eligibility for Men

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 for senior championships and 14 years for junior championships. The Junior National All-Around Champion shall be eligible to compete in the ensuing Senior National Championship, regardless of age. The minimum age limits for male competitors in Junior and Senior Championships may be waived for gymnasts who have placed 1st, 2nd, or 3rd, in the National Junior Olympic Age Group Championships. Age limits shall not apply for non-championship competition.

All open 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 Chairmen of the Respective Committees at the address designated by him; will be accepted only on the official entry blank form, completely and properly executed, and received before the stipulated closing date together with the entry fee as provided therein.

Grades of Competition

(1) **Novice:** For the purpose of defining a Novice in Gymnastics, 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 first place in any of the events comprising the Junior Championship All-Around event is still eligible for the All-Around event, providing he has not won first place in a previous Junior or Senior Championship All-Around event. In such cases, 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. The winning of a Senior Championship in any event disqualifies a gymnast from competing in a Junior competition in that event.

b. **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 Championships All-Around event.

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

Competitive Attire

1. On the Side Horse, the Rings, Parallel Bars and Horizontal Bar, the contestant must compete in long pants with footwear (socks and gym shoes, or in socks only).

2. In the Floor Exercise, the Long Horse Vault, Tumbling and Trampoline, the gymnast can appear in long pants and footwear (socks and gym shoes, or only socks) or in short pants with or without footwear.

3. The wearing of a shirt is compulsory in all cases.

Entry Fee

Each competitor (including those entered in the All-Around event) must pay a separate entry fee for each event in which he desires to compete for individual honors. **Junior \$1.00, Senior \$2.00.**

Awards

Regulation Championship die medals shall be awarded to the 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 the place medals. However, if there is more than one winner of third place, each such winner shall receive a third place medal in the individual events.

All Around Team Championship (Olympic Events)

Awards for the Team* Championship shall be made to the team with the highest total judges score in the compulsory and optional exercises for the Olympic Events.**

*An Official team must consist of a minimum of three (3) individuals.

**Olympic Events—Women: a. Free Exercise b. Balance Beam c. Uneven Parallel Bars, d. Vaulting
Men: a. Floor Exercise; b. Long Horse Vaulting; c. Side Horse; d. Horizontal Bar; e. Parallel Bars; f. Still Rings

The score of each team shall be determined by the total of the three highest scores of the team competitors in the compulsory

exercises and the total of the three highest scores of the team competitors in the optional exercises in the Olympic events.

An athlete must compete in both optional and compulsory exercises for his score to count in team points.

The all-around event shall not be considered in the Team Championship.

Special Events Team Championship (Tumbling and other special events)

The team score shall be determined the same as the All-Around Team Championship score for the tumbling event and other special events, if contested.

For clarification, refer to the specific section on Tumbling and Trampoline.

SUB-SECTION 2

GENERAL RULES OF COMPETITION FOR MEN

Events

The list of championship events shall be as follows:

A. International Individual Events:

- (1) Floor Exercise
- (2) Side Horse
- (3) Still Rings
- (4) Long Horse Vault
- (5) Parallel Bars
- (6) Horizontal Bar

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 the optional exercise in the All-Around competition.

C. Other than Artistic Gymnastic Events:

- (1) Tumbling
- (2) Trampoline

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

Qualification of Competitors

All competitors will be given an opportunity of completing the entire program, both the compulsory and the optional exercises. However, only those gymnasts with the six highest scores (total of compulsory and optional exercises) will qualify for the finals to determine the individual championship in each event, as noted below.

International Events:

The six (6) gymnasts who score highest in each of the six (6) international individual events (compulsory and optional exercises combined) will qualify for the final in the individual event competition, except that if one or more competitors have the same score as the sixth lowest scoring gymnast so qualifying, then such gymnasts will also be qualified for the finals in that particular event. The successful qualifiers 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 two (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.

Changes in Rules

Inasmuch as the rules for the conducting of gymnastic competitions as promulgated by the Amateur Athletic Union of the U.S. should conform to the rules of the International Gymnastic Federation (FIG), any changes or additions to the FIG Rules shall be promptly adopted by the A.A.U. 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 and most of the optional work on the second day. The finals of the individual events competition will be performed 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 (1) event.

Neither the compulsory or the optional exercises may be repeated, except the Long Horse Vault where two attempts are permitted and the better score accepted. Repetitions may, however, be permitted if a gymnast is forced to interrupt or has to conclude his exercises due to no fault of his own, i.e., through extraordinary circumstances, such as a defect in the apparatus, or other unforeseen mishaps. In such instances, only the superior judge or the directors of the competition can decide.

Officials

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

(1) **Meet Director:** The general conduct of the National meets shall be the responsibility of the meet director under the jurisdiction of the respective National Chairmen.

(2) **Referees:** The referees shall be the National Chairmen of their respective activities and they may designate such persons as they deem necessary to assist them in their duties. They shall decide all matters not covered by the rules. They may replace any judge who does not proceed correctly in his duties.

(3) **Judges:** The judges of the competition will be those approved by the National Committees upon recommendation of the Technical Committees. The judging in each event shall be conducted by five judges, one of whom will act as a superior judge, in accordance with F.I.G. Code of Points.

(4) **Chairmen of Technical Committees:** Shall determine the suitability of all apparatus and equipment used and report on same to the National Committees prior to the competition.

(5) **Jury of Appeal:** The jury of appeals for each activity shall consist of the referee involved, the technical chairman and one other member appointed prior to the competition by the National Committee members present. They will rule on all protests which must be filed in writing with the referee before the completion of the competition in the event involved. All protests involving judging shall be determined in accordance with the F.I.G. Code of Points.

(6) **Scorers:** The scorers shall be those approved by the Committee. The referee shall appoint a "Chief Scorer" whose responsibility shall be to supervise 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 four (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—provided they fall within the range as required by the F.I.G. Code of Points—for the evaluation of the exercise. The two middle marks will be added and then averaged (divided by two (2)) to obtain the score of the exercise. **Example:** Scores of four (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 score of the exercise 8.75. In the event that there are two or more identical highest marks, only one shall be discarded, and the same applied to the lowest scores.

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

(7) **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.

(8) **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 general assistance to the other officials.

(9) **Timers:** The timers shall be approved by the Committee.

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.

Disposition of Score Sheets

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



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SUB-SECTION 3

SPECIAL ADMINISTRATIVE RULES FOR WOMEN

I. The policy of the National A.A.U. Women's Gymnastic Committee is that women's gymnastics shall be based on scientific principles and competition conducted in accordance with accepted International Procedure. It is recommended that all members of the Women's Committee shall have knowledge of gymnastics for women at the novice, junior and senior levels.

In accordance with this policy:

- A. Gymnastics for women should include elements of skill, grace and rhythm, rather than strength.
- B. The physique of women should determine the nature of the movements.
- C. Health shall be protected at all times.

II. The following will be the structure of the Women's Gymnastic Committee:

- A. Chairman
- B. Vice Chairman (assumes duties of chairman when absent)
- C. Sub-Committees

1. International Events

- a. Technical Committee
 - (1) Chairman
 - (2) Secretary
 - (3) Five (5) members

The chairman may appoint "special members" for a specific mission to this committee. They shall have a voice in their particular matter, but no vote.

b. Rules Committee

2. Modern Gymnastics

- Technical Committee
 - (a) Chairman
 - (b) Secretary
 - (c) Three (3) Members

3. Tumbling

III. A Technical Committee shall be appointed by the chairman of the Women's Gymnastic Committee and it shall consist of a chairman, secretary and five (5) members. The chairman may appoint "special members" for a specific mission to this committee. They shall have a voice, but no vote.

Responsibilities of Technical Committee:

The Technical Committee shall serve in an advisory capacity to the chairman of the Women's Gymnastic Committee and be responsible for all technical material which shall include, but not be confined to only, the following matters:

A. The committee is to conduct the briefing and qualification of judges and officials and to recommend their services to the National A.A.U. Gymnastic Committee. For a national competition, at least one day, prior to the competition, shall be devoted to a thorough briefing of the judges 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.

B. Elaboration of technical regulations and programs; planning of the competition compositions of prescribed exercises.

C. Terminology for gymnastics: general regulations of the different competitions.

D. All research and study in the interest of progress and the improvements of methods; in general, all technical questions which may be submitted or which they agree to study.

E. The editing and approving of any articles or literature to be published under the authority or with the sanction of the National A.A.U. Gymnastic Committee.

F. Meetings of the Women's Technical Committee shall be held whenever called for by its chairman.

G. Inasmuch as the rules for the conduct of gymnastic competitions as promulgated by the A.A.U. 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 National A.A.U. Gymnastic Committee immediately upon the approval of the Women's Technical Committee.

The Chairman of the Women's A.A.U. Committee and the National Coordinator shall be members ex-officio of the Women's Technical Committee.

IV. General Regulations for Competitions

A. No competitor shall be permitted to participate in an open gymnastic competition unless she is an amateur and registered in the district in which she resides. The minimum age limit for female competitors in Junior Championships shall be 13 years. The All-Around winner is eligible for the ensuing Senior Championships, regardless that the minimum age limit for senior competition is 15 years. Age limit shall not apply for non-championship competitions.

B. 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.

C. The Technical Committee reserves the right to cancel any individual event for which five or more entries have not been received on the date entries are listed to close.

D. Proper gym attire shall be worn at all times. Leotards exposing the hip are not permitted. The gymnast may work either in gymnastic shoes or barefoot.

E. Judges and officials should be dressed uniformly. Dark skirt and white blouse is recommended.

V. Protests

All protests of competitors must be made in writing to the referee as soon as the cause is known. All protests should be handled by the Jury of Appeal, consisting of:

A. Referee

B. The Chairman of the Women's Gymnastic Committee

C. The Chairman of the Women's Technical Committee

D. The Superior Judge involved

VI. Qualifying of Competitors

Individual All-Around Competition will be decided by the highest score obtained by a gymnast in all eight (8) exercises combined.

Individual Event Competition: The six (6) gymnasts who score highest in each of the four (4) events (compulsory and optional combined) of the individual all-around competition will qualify for the finals in the individual event competition, except that if one or more competitors have the same score as the sixth lowest scoring gymnast so qualifying, then such gymnasts will also be qualified for the finals in that particular event. The successful qualifiers will be obliged to execute an additional optional exercise, which may be the same or different from that used in the individual all-around competition. 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 two (2), obtaining an average mark. The average mark is added to the score obtained in the second optional exercise. (On the side horse vault, the better of the two vaults in the "final" competition will be added to the average score of the compulsory and first optional vaults.) The gymnast who obtains the highest score in an event will be declared the winner of that event.

All competitors will be given an opportunity of completing the entire program, both the prescribed and optional exercises.

Tumbling: The six (6) highest scoring competitors in the tumbling event will qualify for the finals and will be required to perform an additional exercise or routine, except that if one or more competitors have the same score as the sixth lowest scoring gymnast so qualifying, then such gymnasts will also be qualified for the finals in that particular event. The final standing will be determined by adding the preliminary score to the score obtained in the finals.

VII. List of Approved Events

The list of approved events in which national and district junior and senior championships shall be held annually and for which prizes may be awarded are as follows:

- A. International (Olympic) Events:
 - 1. Floor Exercise
 - 2. Uneven Parallel Bars
 - 3. Balance Beam
 - 4. Side Horse Vault
- B. All-Around Event
Consists of the four events listed above.
- C. Tumbling

VIII. Junior Competition

- A. Eligibility
Refer to Junior Rules in the Administrative Rules and IV—A. in Special Administrative Rules for Women.
- B. Regional Championships and Qualification:
There shall be five (5) Regional Women's Junior Gymnastic Championships as follows:

Western Region: All District Associations West of the Eastern Boundary of Districts #31, #32, and #48 (as indicated on the map of the United States in the General Rule Book).

North Central Region: All District Associations east of the Eastern Boundary of Districts #31 and #32, north of the Northern Boundary of Districts #27 and #23, and west of the Western Boundary of Districts #11, #51 and #41.

South Central Region: All Districts east of the Eastern Boundary of Districts #42, #27 and #23, and west of the Western Boundary of District #15.

North Eastern Region: All Districts east of the Western Boundary of Districts #11 and #51 and north of the Southern Boundary of District #51 and #9.

South Eastern Region: All Districts south of the Northern Boundary of Districts #41 and #12 and east of the Western Boundary of District #15.

In order to qualify for the Women's National Junior Gymnastic Championships, a competitor must participate in one of the regional championships. In the event that a region does not hold a championship, competitors may petition the Women's Gymnastic Technical Committee for entry into the Women's National Junior Gymnastic Championships.

IX. Novice Rules

A. Eligibility

This is a skill level and does not consider age limitations. For the purposes of defining a Novice in Gymnastics, winning of a first, second, or third place in one event (including the All-Around event) shall not affect an athlete's standing in any other event. Winning a first, second, or third place in a Junior or Senior competition will disqualify the competitor in that event in Novice competition.

B. Competitive Rules

The program should consist of a compulsory and optional exercise. Judging shall be under existing FIG rules. Apparatus dimensions and forms shall also correspond to existing FIG rules.

X. Age Group

The A.A.U. Junior Olympic Program is the National Age Group Program. Under the rules of the A.A.U. Junior Olympic Program, there are two levels of competition.

A. Novice Level

1. The novice gymnast is one who displays beginning skills, has not competed in the A.A.U. Junior Olympic Developmental Level, and who has never placed first in the all-around event in her age division in the Novice Level.

2. A change of age division or level of competition is valid if there is a minimum of six entries in each of the events contested and three clubs or groups (including unattached entries) represented in the competition.

3. A novice who has placed first all-around in her age group may continue to compete in her age group for score only until August 30, or she may change into a new age group or level immediately. After August 30 she must then move up one age group or enter into a new level (the A.A.U. Junior Olympic Development Level) in order to continue competition in her age group. Once a competitor has changed age groups and/or levels, she may not return to a previous level or age group.

B. Developmental Level

1. The skills demonstrated should be indicative of the ability to handle with relative ease the compulsory exercises designated for her age group.

2. Competitions at this level shall be the all-around event in the compulsory and the optional exercises.

3. A Junior Olympic Developmental Level competitor is not eligible for competition at the Novice Level.

C. Apparatus Regulations and Specifications Rules of Competition and Compulsories:

Refer to the **Junior Olympic Girl's Gymnastic Guide** booklet on events and rules of competition.

XI. General

For any problems, rules or circumstances not covered in the **Special Administrative Rules for Women**, the **General Administrative Rules** will apply.

SUB-SECTION 4

INFORMATION REGARDING COMPULSORY EXERCISES

Compulsory exercises for the different levels of competition will be those promulgated by the respective Technical Committees, as follows:

- a. Junior Olympic Age Group Program
By the Junior Olympic Technical Committee
- b. Novice and Junior Grades
(Ability Level competitions as defined under **Section I, Administrative Rules—Eligibility**) By the National A.A.U. Technical Committee.
- c. Senior and International Level
Current World Championship or Olympic Games compulsory exercises as prescribed by the International Gymnastic Federation. (FIG)

All compulsory exercises may be obtained without charge by writing to the A.A.U. Gymnastic Administrator: **Mr. Thomas E. Maloney, 2626 Cardinal Place, Sarasota, Florida 33579**. Telephone: 813/958-4910.

SUB-SECTION 5



A.A.U. JUNIOR OLYMPICS PROGRAM

THE A.A.U. JUNIOR OLYMPIC GYMNASTIC AGE GROUP PROGRAM FOR BOYS & GIRLS

The Amateur Athletic Union Junior Olympic Gymnastic Program is under the sole jurisdiction of the Amateur Athletic Union of the United States, through its District Associations covering all fifty states. The national sponsor of the A.A.U. Junior Olympic Program is the Quaker Oats Company of Chicago, Ill.—one of the nation's leading food processors. The Quaker Oats Company has undertaken the national sponsorship of this program in recognition of the importance of improving the nation's physical fitness and as a conscientious supporter of the A.A.U.'s Olympic developmental effort at the "grass roots" level.

The A.A.U. Junior Olympic Age Group Program for boys is: Competition in four age divisions: 9 and Under; 10-12; 13-14; and 15-18. All competition will be conducted in the International Events **only**. All competition at the District Association, Regional and National levels will be conducted using the official A.A.U. Junior Olympic compulsory exercises. At the Regional and National levels, optional exercises are also required. The District Association, at the option of the local committee, may also require optional exercises.

GYMNASTIC EVENTS

9 and Under Age Group:

| | |
|----------------------|---------------------|
| Side Horse Vault | Parallel Bars (low) |
| Horizontal Bar (low) | Still Rings (low) |

All-Around competition consisting of the four events listed above.

10-12 Age Group; 13-14 Age Group; 15-18 Age Group:

| | |
|----------------|------------------|
| Floor Exercise | Long Horse Vault |
| Side Horse | Parallel Bars |
| Still Rings | Horizontal Bar |

All-Around competition consisting of the six events listed above.

PURPOSE OF THE A.A.U. JUNIOR OLYMPIC GYMNASTICS PROGRAM FOR GIRLS

The purpose of the A.A.U. Junior Olympic Gymnastics Program for Girls is:

(1) To provide a national age group program of learning and competitive experiences through the use of graded compulsory exercises for every girl at the beginner and intermediate skill levels in gymnastics. This program shall be called the **Novice Level**.

(2) To provide a program of advanced learning and competitive experiences through the use of compulsory and optional exercises that will serve as a preparatory school for the gymnast into the A.A.U. Junior Olympic National, the A.A.U. Junior National, and the A.A.U. Senior National Level Programs. This shall be called the **Developmental Level**.

GENERAL DESCRIPTION

(1) Novice Level

This program is designed for the girl who is at the beginner and intermediate levels of gymnastic skill development. The program shall be entirely compulsory in nature and shall utilize compulsory exercises for the various competitive experiences. Competitions at this level shall be limited to the local District Associations meets and to invitational meets between adjacent District Associations. There will be no regional or national championships at the Novice Level. The events contested at the Novice Level shall be the All-Around, which is comprised of Floor Exercise, Balance Beam, Uneven Parallel Bars, and Vaulting.

a. The regular Junior Olympic awards, through the National Sponsorship of the Quaker Oats Company will be provided for this competition. Ribbons and participation certificates for all preliminary meets; and medals, award and participation certificates for the District Association Novice Level Championships will be provided. Any additional awards will be provided by the Meet Director and/or the local sponsor.

b. The age divisions for the Novice Level shall be: 9 and under; 10-12; 13-14; and 15-18. The compulsory exercises utilized at this level shall be the DGWS compulsories as follows:

9 and Under; 10-12 Age Group:

DGWS Beginner Level Compulsory
(The Junior Olympic Level 10-12 Compulsories)

13-14 and 15-18 Age Group:

DGWS Low-Intermediate Level Compulsories
(The Junior Olympic Level 13-14 Compulsories)

These compulsory exercises are available through the Junior Olympic Administrator, A.A.U. House, 231 West 58th Street, New York, New York 10019, free of charge.

(2) Developmental Level:

These competitions shall be governed by the A.A.U.-F.I.G. codes with the exception of the apparatus specification adjustments for the 10-12 Age Groups. These competitions shall be a series of elimination meets and will be used to qualify gymnasts for the A.A.U. Junior Olympic Regional and National Championships. There shall be no team scoring for awards in Junior Olympic competitions. The age divisions and the routines to be utilized are as follows:

10-12 DGWS Beginner Level Compulsory and Optional Exercises (Same as Novice Level 9 and Under; 10-12 Compulsories)

13-14 DGWS Low-Intermediate Compulsory Exercises and Optional Exercises (Same as Novice Level 13-14; 15-18 Compulsories)

15-18 DGWS High-Intermediate Compulsory Exercises and Optional Exercises (Same as given within the Junior Olympic Compulsory Exercises)

These compulsory exercises are also available through the Junior Olympics Administrator, A.A.U. House, 231 West 58th Street, New York, New York 10019, at no charge.

Preliminary District Meets

Each District Association may conduct a series of preliminary meets—the number and method of elimination to be determined by the A.A.U. Junior Olympic District Association Chairman and the A.A.U. Women's Gymnastic Chairman of the District Association concerned, until a maximum of eighteen (18) all-around gymnasts in each age division are qualified for the District Association Championship.

1. All preliminary meets will utilize the compulsory exercises for the age divisions concerned. It is recommended that optional exercises also be conducted. However, this determination may be made by the meet director and the District Association Junior Olympic Gymnastic Chairman.

2. A maximum of eighteen (18) gymnasts in each age division of the All-Around event (floor exercise, balance beam, uneven parallel bars, vaulting) will qualify for the District Association Championships.

District Association A.A.U. Junior Olympic Gymnastic Championships

1. The District Association A.A.U. Junior Olympic Gymnastic Championships will utilize the compulsory exercises for the age divisions concerned. It is recommended that optional exercises also be conducted. However, this determination may be made by the meet director and the District Association Junior Olympic Gymnastic Chairman.

2. The top three (3) scores in each age division from the all-around events as determined by the scores of the compulsory and the optional exercises (if conducted) shall qualify for the Regional A.A.U. Junior Olympic Gymnastic Championships.

Regional A.A.U. Junior Olympic Gymnastic Championships

1. The Regional Championships will utilize the compulsory and the optional exercises for the 13-14 and 15-18 age groups as designated.

2. The all-around winners in the 13-14 and the 1st and 2nd place all-around winners in the 15-18 age groups as determined by the all-around events in the compulsory and optional exercises shall qualify for the National A.A.U. Junior Olympic Gymnastic Championships.

National A.A.U. Junior Olympic Gymnastic Championships

1. The first competition shall be conducted in the compulsory exercises in all events and the age groups as designated. The second competition shall be conducted in the optional exercises in all events and in the age divisions designated. The compulsory and optional scores shall be combined to determine the top six (6) all-around winners in the age divisions. If finals are conducted in the optional exercises, the score of the finals shall be combined with the compulsory and optional preliminary scores to determine the individual event winners.

2. Eligibility: A gymnast, by virtue of her accomplishments, becomes ineligible for A.A.U. Junior Olympic National Competition under the following circumstances:

- a. She is a previous A.A.U. Junior Olympic National Champion. **Exception:** If the all-around winner is 13 years of age, she may qualify for the 15-18 (senior) division Junior Olympic National Championships.
- b. She is listed among the top ten (10) all-around scorers in previous A.A.U. Junior National Competition, or is a medalist in any event contested at the A.A.U. Junior National Championships.

For complete A.A.U. Junior Olympic Gymnastic rules and regulations, which cover apparatus specifications, compulsory exercises, competitive rules and judging, write to **Junior Olympics Administrator, A.A.U. House, 231 West 58th Street, New York, New York 10019** and request the Junior Olympic Booklet for either Boy's or Girl's Gymnastics.

SUB-SECTION 6

RULES FOR TUMBLING

I. Equipment

It shall be required that no more and no less than sixty (60) feet of suitable thickness mats, measuring at least five (5) feet in width, be used for all regional, national and international championships.

Uniforms

All competitors will be required to wear a uniform consisting of shirt, trunks or long trousers for men and leotards for women. Shoes will be optional.

II. Organization of Competition

A. The tumbling competition will consist of three required and six optional passes, executed in the following order:

1. First Preliminaries
 - a. Required Front Pass
 - b. Required Back Pass
 - c. Required Twisting Pass
2. Second Preliminaries
 - a. Optional Twisting Pass
 - b. Optional Back Pass
 - c. Optional Front Pass
3. Finals
 - a. Any Optional Pass
 - b. Any Optional Pass
 - c. Any Optional Pass

B. To determine the direction of a pass, at least one more than $\frac{1}{2}$ of the skills done must be in the direction given to the pass. This applies only to optional passes.

C. The optional twisting pass must contain at least two (2) twisting skills, excluding round-offs.

D. Optional passes will consist of no more than eight (8) skills.

E. A time limit of one and $\frac{1}{2}$ minutes will be utilized during the First and Second Preliminaries, and during the Final competition.

F. The officials shall be approved by the National A.A.U. Committee and shall consist of the following:

1. Referee (or superior judge)
2. One Assistant to the Referee
3. Four Judges
4. One timer

The Referee shall vote only when a disagreement is unsolved concerning regulations for the organization of competition, and he shall make no decisions except in such cases.

G. The judges shall be placed at least five (5) meters from the mats and to one side.

H. The order of competition shall be determined by draw for the First and Second Preliminaries. The six (6) competitors having the highest scores after combining the First and Second Preliminary scores will advance to the finals. The order of competition for the Finals shall be determined by Olympic Draw. (Of the six (6) finalists, the three competitors with the three (3) highest scores will compete in the last three places in reverse order, while the competitors having the lowest will draw for the first three (3) places.)

III. Scoring

- A. The judges marks shall be awarded on a decimal system, ranging from 0.0 to 10.0.
 B. The required passes will be scored by the judges on a 10.0 maximum basis.
 C. The judges will score the optional passes on the following points of view: Total of 6.0 points.

1. Form
2. Execution (Total of 6.0 points)
3. Control

Optional passes will be scored on the basis of 10.0 being maximum. The difficulty ratings will be determined by the referee and assistant, and added to the average judges score.

Note: It is suggested that the judges score each pass separately, then divide by the number of passes to determine a competitor's score. In the preliminary and final competition, the judge would divide by three (3). This would eliminate trying to remember different passes and then to score a competitor after he has completed two or three passes. **Example:**

| | |
|------------|-----|
| Pass No. 1 | 4.7 |
| Pass No. 2 | 5.4 |
| Pass No. 3 | 5.0 |

15.1 divided by 3 = 5.0

D. The referee shall assign a difficulty rate to each optional pass on the following basis: **Not to Exceed 4.0 Points.**

1. Parts of low value1
 - a. Back Rolls
 - b. Forward Rolls
 - c. Dive Rolls
 - d. Round-Off

2. Stunts, not associated with rolling, utilizing both the hands and feet2
 - a. Cartwheels (one or two hands)
 - b. Handsprings (forward and backward)
 - c. Tinsicas
3. Somersaults4
 - a. Forward
 - b. Backward
 - c. Sideward
4. Somersault involving more than one rotation of the body:
 For each 1/2 rotation in excess of one rotation..... .4
5. Twisting
 For each 1/2 twist up to three halves..... .1
 Twisting in excess of three halves will be rated: for each 1/2 in excess of three halves..... .2

Examples:

- a. 1/2 Twisting Back Somersault..... .5
- b. Full 1/1 Twisting Back Somersault..... .6
- c. 1 1/2 Twisting Back Somersault..... .7
- d. Double Twisting Back Somersault..... .9
- e. 2 1/2 Twisting Back Somersault..... 1.1

Note: Twisting involved with stunts of low value will be of no value.

E. The assistant to the referee makes a note of the scores flashed by the judges, crosses out the high and low score and averages the two middle scores. The referee then adds the difficulty ratings to the score.

1. If the two middle scores are more than .3 apart, a discussion by the judges will follow. The referee in such cases may only offer suggestions. He is not to offer a possible score.

IV. Deductions

A. General Deductions:

1. Lack of form — each time1 — .5
2. Lack of height when indicated1 — .5
3. Breaks in rhythm of a pass1 — .5
4. Failure to come to a controlled stand at the end of a pass1 — .5

B. Major Deductions

1. Tumbling off to one side of the mat5 — 1.0
2. Terminating a pass with a stunt of low value .. .5 — 1.0
- 3.* Tumbling off the end of the 60' mat5 — 1.0
4. Failure to execute required type of pass,
required or optional 1.0
5. Addition or deletion of stunts in a required
pass 1.0
6. If a spotter touches a competitor, the competi-
tor loses the point value of the stunt during
which he was touched.

*Not applicable when less than 60' mat is supplied.

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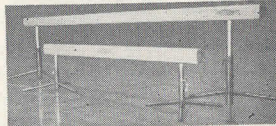
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SUB-SECTION 7 — TRAMPOLINE RULES

PART I

Equipment

It is required that the large frame (17'x 10') type trampoline with (7' x 14') 1" or less nylon web bed and steel spring suspension system be used in all regional, national, and international championships.

PART II

Competition

1. Trampoline competition consists of one compulsory and one voluntary routine in the preliminaries. The marks given for the compulsory routine and the voluntary routine shall be added together. The six (6) competitors with the highest total score shall advance to the finals. In the finals, the competitor must do voluntary routine and it may differ from the one previously done in the preliminaries without penalty.

2. The definition of the starting order of the competitors will be made by a draw. This order applies only for the compulsory routine. The rank position is to determine the starting order of the voluntary routine. The one with the lowest score starts first. There must be a break between the compulsory and voluntary routines.

3. The compulsory routine shall consist of ten (10) movements or skills as is given in the publication. A voluntary routine shall consist of ten to twelve movements or skills and include a minimum of: one (1) superior or "C" skill; four (4) difficult or "B" skills; with the rest being intermediate or lower skills of "A" classification. In addition, the routine must contain a minimum of at least two (2) superior or "C" combinations and two (2) difficult or "B" combinations. The routine shall contain both front and back rotating skills with at least two (2) front rotating skills. The starting, center, and ending skills or combinations of skills shall be of special value.

4. A compulsory routine may be repeated if the competitor indicates his desire to repeat before the scores of the judges are shown. The voluntary routine may not be repeated.

5. All skills in the voluntary routine may be repeated.

6. All routines shall be performed unaided, and only the official spotters (4) shall be allowed around the trampoline. Tumbling mats must be placed on the floor around the trampoline.

7. The officials shall consist of:

- One (1) Referee (or superior Judge)
- One (1) Assistant to the referee
- Four (4) Judges
- One (1) Counter
- One (1) Recorder

8. The officials shall be approved by the National A.A.U. Committee.

9. The referee shall vote only when a disagreement is solved concerning regulations for the organization of the competition and shall make no decisions except in such cases. In the event a competitor enters a meet and in the opinion of the trampoline judges he is not capable of performing safely, the judges shall recommend to the coach of the competitor that he is not allowed to compete in the meet and that his routine be changed to allow him to compete safely.

10. The judges shall be placed at least five (5) meters from the apparatus and to the side, so that all judges see the competition from the same angle, and in elevated positions, if possible.

11. The marks awarded shall be made on a decimal system, ranging from 0.0 to 10.0.

12. The number of points gained by a competitor shall be the total of the marks given for his performances in the preliminaries and finals. The competitor with the highest total score shall be the winner and each position thereafter shall be determined in the same manner.

13. The judges assess the performance independently of each other and upon the referee's signal, the marks awarded are simultaneously displayed.

14. The judges' marks shall not exceed ten (10) points.

15. The referee with the aid of his assistant observes whether or not the voluntary routine contains the required parts as described in Item 3, to determine the maximum value of the routine. The same shall apply in the case of the required routine as outlined in Part III of the rules.

16. The judges shall do some trial scoring in advance of the competition.

17. The counter counts aloud each contact with the bed after the first skill or movement of the routine. He counts thus: "1 - 2 - 3 - V10 - 11 - 12 - Out."

18. The recorder makes a note of the marks awarded. Crosses out the highest and lowest marks and averages the middle two marks.

19. The judges make their decision from the following points of view:

1. Form
2. Execution
3. Control
4. Difficulty

20. Competitors with the same marks are given the same placing.

21. If the difference between the two (2) middle marks is more than 0.3 points, a special discussion by the officials to rectify the marks shall follow. If the judges fail to come to an agreement, the referee shall decide the mark to be awarded and this award shall not be less than the average of the middle two (2) scores.

22. The judges will make the following deductions:

I. For each part of the routine

- | | |
|---|------------------|
| (1) Lack of Form — each count deduct | 0.1 — 0.5 points |
| (2) Lack of Difficulty | |
| a. For lack of "C" skill or "C" combination (each count) | 0.6 |
| b. For lack of "B" skill or "B" combination (each count) | 0.3 |
| c. For lack of front skills—each count | 0.3 |
| d. If a "B" skill is substituted for a "C" skill (each count) | 0.3 |
| e. If a "B" combination is substituted for a "C" combination (each count) | 0.3 |
| f. Substitution of "A" skill or "A" combination for "C" skill or "C" combination (each count) | 0.6 |
| g. Substitution of "A" skill or "A" combination for "B" skill or "B" combination (each count) | 0.3 |
| h. Women shall be allowed to substitute "C" combination for "C" skill to satisfy "C" skill requirement with no loss. | |
| i. Any skills performed beyond the twelfth skill will be considered poor execution and penalized 0.1 to 0.3 points per skill. The deduction shall be in addition to the prescribed penalty of 0.1 to 1.0 points for the routine as a whole. | |
| j. Skills and combinations of higher difficulty may be used in preference to those of lower difficulty with no penalty. | |

II. For the routine as a whole

- | | |
|---|------------------|
| (1) Lack of execution (height, arrangement, and rhythm) | 0.1 — 1.0 points |
| (2) Lack of control (confidence) | 0.1 — 0.5 points |

23. If a competitor falls off the trampoline, touches the frame, or be supported by the spotter, he shall be scored on the basis of the number of bounces completed. **Example:** Eight (8) bounces completed, then 8.0 would be the top possible score and so on,

as determined by the referee. If due to extenuating circumstances, the foregoing should occur during the preliminary jumps prior to the start of the routine and not on an attempt to do the first or following skills of the routine, the competitor may start again with no penalty.

24. The exercise ends with foot landing after the tenth, eleventh, or twelfth movement or skill. When the counter calls out "10", "11", or "12", the performer can do one more jump in a stretched position. As soon as he hears "out", he must stand upright before leaving the bed. Otherwise a deduction by the judged can be made for lack of control.

25. Performance Regulations:

- (a) The routine must begin a reasonably safe distance from either end and sides of the trampoline.
- (b) The competitor shall start on the signal given by the referee.
- (c) The competitor takes as many preliminary jumps as he desires before commencing the first movement or skill of his routine.
- (d) Routines containing additional difficulty should be given extra consideration.

26. Difficulty rating of trampoline skills by group classification:

- "C" — Superior
- "B" — Difficult
- "A" — Intermediate and below

I. By somersaults without twist

- 1. 2½ or more somersaults (front or back) "C"
- 2. 1¾ or 2¼ somersaults (front or back) "B"
- 3. All others (front or back) "A"

II. By somersaults with twists

- 1. 2½ or more somersaults with ½ twist (front or back) "C"
- 2. 1¾ to 2¼ somersaults with ½ twist (Front or back) "B"
- 3. 1¾ or more somersaults with 1 or more twists (front or back, except No. 4) "C"
- 4. 1¾ somersault with 1 twist (front only) "B"
- 5. ¾ to 1½ somersault with 2½ or more twists (front or back) "C"
- 6. ¾ to 1½ somersault with 1½ to 2 twists (front or back) "B"
- 7. ½ somersault with 2½ or more twists (front or back) "C"

- 8. ½ somersault with 1½ to 2 twists (front or back) "B"
- 9. ¼ somersault with 3 or more twists (front or back) "C"
- 10. ¼ somersault with 2 — 2½ twists (front or back) "B"
- 11. 0 somersault or jump with 3 or more twists (front or back) "C"
- 12. 0 somersault or jump with 2 — 2½ twists (front or back) "B"
- 13. All others with twists (front or back) "A"

III. Combinations

- C and C = C B and B = C
- C and B = C B and A = B
- C and A = B A and A = A

Difficulty credit will be given for each skill that makes up each combination. Individual skills are related to combinations by immediate preceding and immediate following skills.

27. A costume or uniform must be worn by all male competitors and must consist of a shirt and trunks, or long trousers. The shoes are optional. Women shall wear leotards. The shoes are optional.

28. The team score shall be based on the same scoring system as provided for in the FIG events.

PART III

Procedure for Judging the Compulsory Routine

1. The compulsory routine shall be scored on form, execution, and control ranging in score from 0 to 10.0 points with deductions as prescribed in the general rules, but amended to apply to a 10 bounce routine where needed.

- 2. In addition, the following deductions shall be made.
For parts of routine missing, added, or changed:
Loss of value assigned to that part.

PART IV

Novice and Junior Division Guidelines for Competition

The following guidelines are designed to help administer and judge novice trampoline competition. Junior division competition shall be governed by the present standard set up for championship competition or senior grade level competition as published in this book. The present published rules will determine the general requirements for competition.

I. Compulsory Exercises:

A. Compulsory routine for novice competition shall not exceed eight (8) bounces.

The judge's score for a compulsory routine shall be based on form, execution and control. The range in score shall be from 0 to 10.0 points.

II. Competition:

A. Novice Division:

1. A voluntary routine shall consist of eight (8) to ten (10) movements or skills and contain both front and back rotating skills.

2. The judges' scores for the voluntary routine shall range from 0 to 10.0 points and should be based on form, execution, control and difficulty with each part worth 25 percent.

3. Difficulty standard of the novice division shall be based on the average level of performance in that particular geographic location. This difficulty standard not to exceed 25 percent of the total score based on 10.0.

4. The judges will make the following deductions:

For the routine as a whole:

- (1) lack of form — deduct not more than 25 percent.
- (2) lack of execution (height, arrangement, etc.) deduct not more than 25 percent.
- (3) lack of control — deduct not more than 25 percent.
- (4) lack of difficulty — deduct not more than 25 percent.

Note: Disregard the difficulty ratings of the A, B, and C parts as defined in the General Rules.

B. Junior Division:

Junior Division competition rules shall be the same as Senior competition. The required routine may be different than the Senior required routine.

C. Breakdown of levels of competition:

Novice A.A.U. Level—Same rules and same required routines

Junior A.A.U. Level } Same rules but **different required routines.**
Senior A.A.U. Level }

Section V

AMATEUR ATHLETIC UNION OF THE UNITED STATES GYMNASTIC NEWS

The **Amateur Athletic Union Gymnastic News** is published quarterly and contains articles of interest on all phases of gymnastics. This publication will provide you with up-to-date information on all National and International Gymnastic Events, guest articles by leading U. S. and international gymnastic experts, interpretations of technical rules, judging methods, reports and results of national and international matches, and diagrams and photos of present and new gymnastic movements.

Any changes in the A.A.U. Official Gymnastic Guide rules and regulations will be printed in this quarterly booklet.

For subscription to the **Amateur Athletic Union Gymnastic News**, write to

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SECTION VI.
**APPARATUS — SPECIFICATIONS
OF
MEN'S AND WOMEN'S COMPETITION
APPARATUS**

Preface and Introduction (As Published by the F.I.G.)

Since the publication in 1956 of the first edition in cyclostyled brochure form, and the 1960 printed edition, research into the improvement and standardisation of competition apparatus has been pursued by men and women experts of F. I. G. in collaboration with construction experts, manufacturers of gymnastic apparatus and in particular with T. C. 83/W G 1 study group of I. S. O. (International Standardisation Organisation).

This present brochure is the latest result of long study, trials and especially of experiments carried out on competition apparatus in the past four years.

No changes have been made in the dimensions and form of the apparatus since the 1960 edition, but we have been able to complete the brochure with the standardisation of the landing-mats, with the tolerances for various measurements, and with partial directions concerning the conditions and requirements for testing the apparatus.

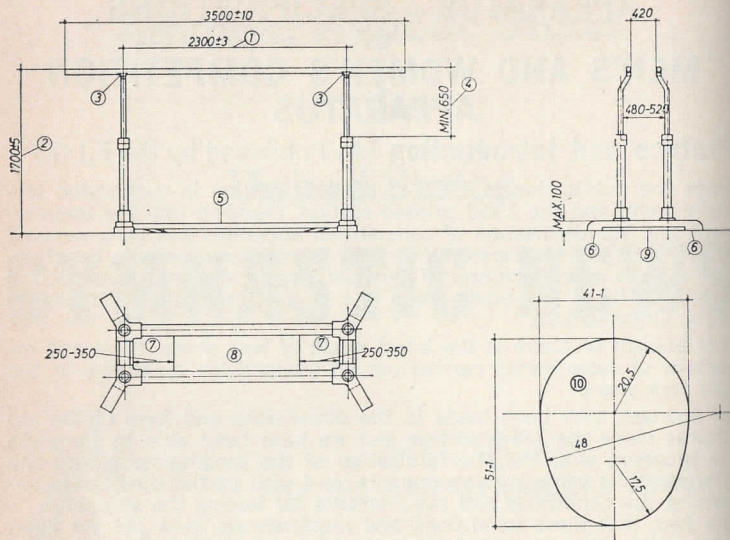
The fact that these conditions and requirements have not yet been extended to all apparatus is because trial and studies are still being carried out by certain members of the TC 83/WG 1 ISO study group. The results of these trials will be sent to the federations and other interested bodies by our technical commission as soon as we receive them.

As for the men's and women's groundwork, after having had the opportunity at the Olympic games in Tokio and the European Championships at Anvers to try out a flexible floor 12 x 12 metres and 45 mm high with very satisfactory results, the men's and women's executive commissions at their meetings in July in Vienna decided to make the use of this floor obligatory in F. I. G. competitions and similar competitions as from the 1966 World Championships at Dortmund.

The regulations contained in this brochure are the result of the wish to standardise competition apparatus for all federated members of F. I. G. to have Olympic apparatus of standard type; and to further collaboration between the managers of gymnastic federations and the manufacturers of apparatus. However, it is important to give notice well in advance of the prescribed dates in order to avoid charges and modifications of apparatus and frequent purchases of new apparatus for federations and societies.

The measurements, dimensions and form of the apparatus shown in this brochure come into force immediately and remain obligatory until such time as the technical authorities of F.I.G. decide otherwise; and they also annul all previous regulations.

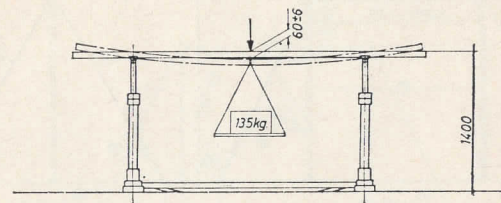
Parallel Bars



1. This measurement (1) from pivot to pivot has great functional importance and must be strictly adhered to.
2. This height (2) must be capable of extension, in exceptional circumstances, to 1750 mm.
3. The hand-rail must not present any straight edges or any corners where they are fixed into the uprights (3).
4. This distance (4) has great functional importance and must be strictly adhered to.
5. To avoid accidents, these cross-bars (5) must not expose any sharp edges.
6. Grooved rubber padding or rubber shock absorbers (6).
- 7, 8. The cross-bars must not be joined by a bottom board. However, there must be a means of avoiding completely the danger of hitting the cross-bars during a swing or in case of a fall. This must consist of small boards from the floor to the top of the cross-bar (7) or of a construction directly connected to the cross-bars.
9. If the bars are not heavy enough to bear the movements of the gymnast without moving, they must be provided with a device (9) by which they can be fixed down, indoors or on a sports ground.
10. Material for hand-bars: wood reinforced with stays to avoid breaking.
NB. The measurement figures and tolerances given in the above drawings must be strictly adhered to.

Parallel Bars

Testing the apparatus



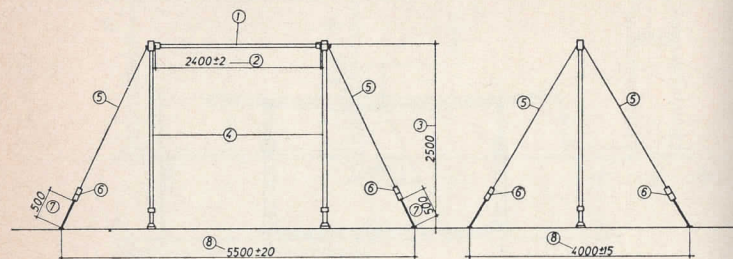
1. With the hand-rail fixed at a height of 1400 mm (upper ridge of bar) a test weight of 135 kg. placed in the middle of each hand-rail must produce a sag of 60 mm with a tolerance of ± 6 mm.
2. When the weight is removed, the hand-rail must resume a straight line and show no change from its original shape or any defects in the material.
3. Before any F.I.G. competition or similar competition and before any international meeting, this test must be carried out by a representative of the appropriate technical commission or by the presiding judge at the meeting.

Parallel Bars—Measurements & dimensions in inches.

Width—16.5" minimum, no maximum.

Height—67" or 69" not in between.

Fixed Bar (Horizontal Bar)



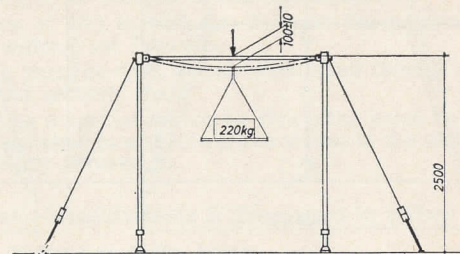
1. The diameter of the bar (1) is 28 mm with a tolerance of plus or minus 0.1 mm.
Material: Drawn steel bar with minimum tensile strength of 140 kg/mm².
2. The length of the bar from pivot to pivot where the bar rests (2) is 2400 mm with a tolerance of plus or minus 2 mm. The pivots must not protrude so as to avoid any possibility of injury if they are hit.
3. The height (3) must be capable of extension, in exceptional circumstances to 2550 mm.
4. This distance (4) is left to the manufacturer but must not be less than 2400 mm in any place.
5. **Tension Cables:** Steel cables of diameter 6-7 mm (5).
6. The tighteners must be of light-weight manufacture but capable of taking the strain. The manufacturer is authorised to place tighteners on one side only of the bar, and, to be precise, only on the two cables in front of or behind the bar.
7. The chains (7) of light-weight manufacture, but nonetheless capable of taking the load, must not in any event exceed 500 mm in length so as to avoid as far as possible vibration in the cables.
8. The measurements (8) are of great functional importance in the uniform use of the apparatus and must be strictly adhered to.
NB. The tolerances given in the above sketches must be strictly adhered to.

Horizontal (Fixed) Bar—Measurements & dimensions in inches.

Width—94.5"

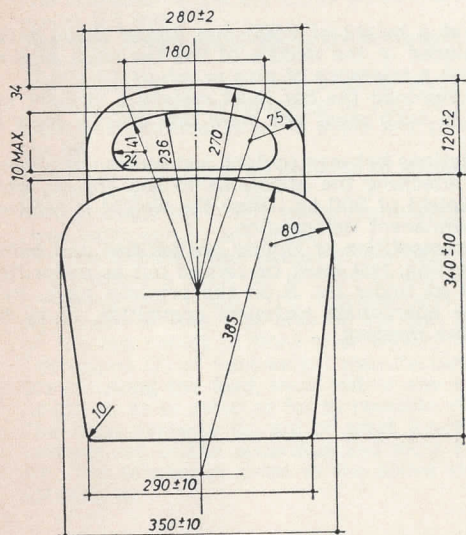
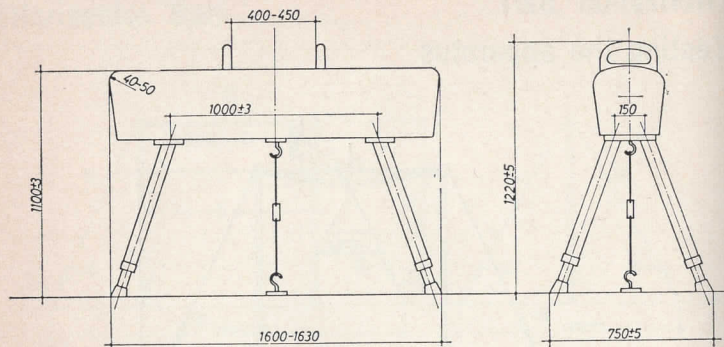
Height—98.5" or 100" but not in between.

Fixed Bar (Horizontal Bar) Testing the apparatus



1. With the bar fixed at a height of 2500 mm (upper ridge) a test weight of 220 kg placed in the middle of the bar must produce a dip of 100 mm with a tolerance of plus or minus 10 mm.
2. When the weight is removed the bar must resume a straight line and the apparatus as such must not show any change from its original state.
3. Each of the 4 connections between upright and tension appliance, and also the grips attaching the apparatus to the ground, must be tested under a weight of 600 kg. When the weight is removed there must be no permanent deformation.
4. Before any F. I. G. competition or similar competition and before any international meeting, test must be carried out as under Nos. 1 and 2 above, and as under No. 8 on the previous page, by a representative of the appropriate technical committee, or by the presiding judge of the meeting.

Pommeled Horse



1. Forms and dimensions not given are left to the manufacturer.
2. The form taken by the inside face of the horse is also left to the manufacturer.

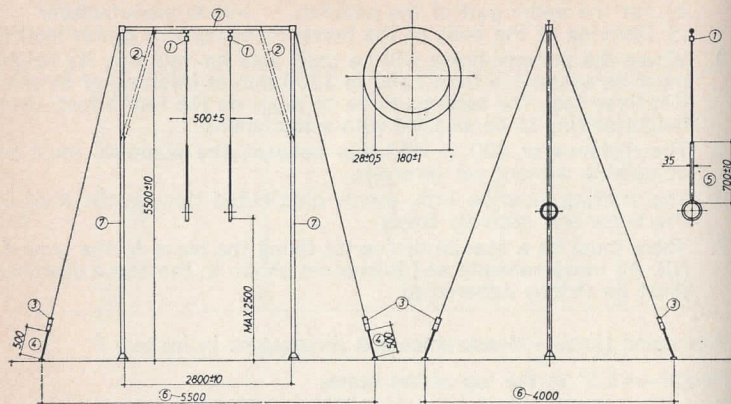
3. **Material:**
 - a) For the grip of the pommel: wood
 - b) For the under part of the pommel: left to manufacturer
 - c) Covering of the body of the horse: top quality oxhide leather
4. Where the pommel-horse will be used also for vaulting, its height must be adjustable from 1100 to 1350 mm at intervals of 50 mm. (On three feet, the settings to be on pegs, on the fourth foot, each height setting to be secured with a tightener.)
5. The distance of 400 to 450 mm between the pommels must be adjustable without set intervals.
6. The stuffing must be firm, evenly distributed through the body of the horse and securely fixed.
7. There must be a special device for fixing the horse to the ground. NB. All measurements and tolerances shown in the above sketches must be strictly adhered to.

Pommeled Horse—Measurements & dimensions in inches.

Height—43.5" to the top of the horse.

Pommels—Width adjustable from 15¾" to 17¾"

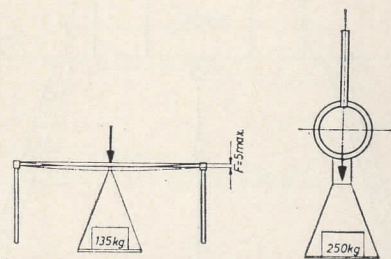
Rings



1. The revolving pivot (1) which prevents the ropes from snarling up, must be placed as high as possible and its weight must not exceed 600 gr.
2. The framework may also be of the Reuther system, conical downwards.
3. The tighteners (3) must be of lightweight material but able to take the strain. The manufacturer is authorised to place the tighteners on one side only of the framework and, to be precise, only on the two cables in front of or behind the framework.
4. The chains (4) must be of light-weight material but able to stand up to the strains demanded. They must not in any case be greater than 500 mm in length to avoid vibration in the wires as far as possible.
5. Between the suspension (wires and the ring) there must be a leather strap, sewn at both ends and with the following specifications: 700 mm long, 35 mm wide, thickness of single strap, 4 mm. A substitute for the leather of similar material may be used.
The suspension wires: flexible metal cables 5 to 6 mm in diameter and with a tensile strength of 130 kgf/mm². Each suspension cable must have a height-regulator, without set intervals of distance, near the revolving pivot. The suspension cables must hang straight without load.
6. These measurements (6) are of great functional importance in the uniform use of the apparatus and must be strictly adhered to. The steel cables, 6 to 7 mm in diameter.
7. Iron-pipe cross beam uprights with a distance of 2800 mm between the uprights with a tolerance of plus or minus 10 mm.
8. **Material for rings:** unpolished hardwood.
9. Forms and measurements not given are left to the manufacturer. NB. The tolerances shown in the sketches must be strictly adhered to.

Rings

Testing the apparatus



1. A test weight of 135 kg. placed in the middle of the horizontal cross-beam at the top must produce a maximum sag of 5 mm. The cross-bar must resume its straight line when the weight is removed.
2. The suspension device, the revolving point and the suspension cable must be tested under a weight of 300 kg. Each of the 4 connections between the upright and the tension device and also the device by which the apparatus is fixed to the ground, must all be tested under a weight of 600 kg. When the weight is removed, there must be no permanent deformation.
3. The ring must be capable of bearing a load of 250 kg when in position ready for use, without showing permanent deformation. The load must be placed on a surface with contact approximately equal to that of a hand.

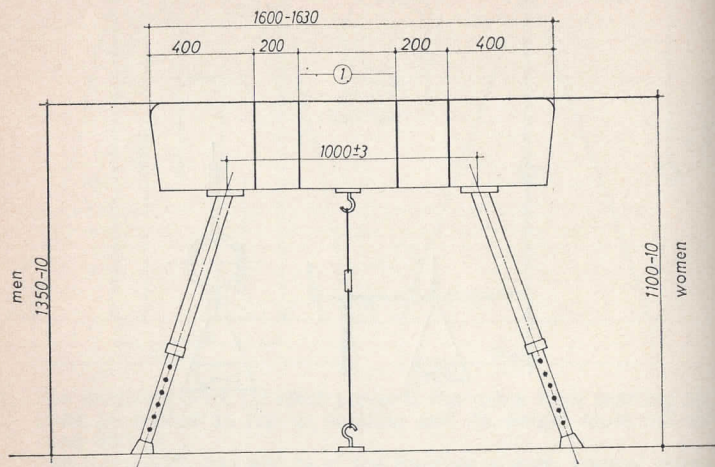
Rings—Measurements & dimensions in inches.

Width between cables—19¾"

Height of Rings from floor—98.5"

Height from floor to swivel—18' ft.

Vaulting Horse (men and women)



(In the sketch the height on the left is for men and on the right for women)

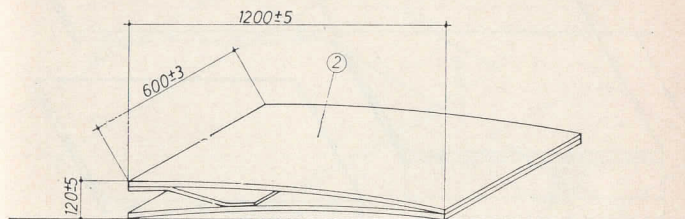
- The height of the horse must be adjustable from 1100 to 1350 mm at 50 mm intervals. (On three feet, the settings to be on pegs; on the fourth foot, each height setting to be secured by means of a tightener.)
- For men, the body of the horse is divided into sections (where the hands are placed) marked out by white lines 10 mm wide, as follows: First section, at both ends of the horse, measuring 400 mm; this distance to be taken from the vertical made by the end of the horse, up to the first white line. Second section, at back and front of horse; measuring from the vertical made by the end of the horse up to the second white line, this distance to be 600 mm = 400 + 200. Third section: The remainder of the distance.
- There must be a special device for fixing the apparatus to the ground.
- Organisers of F. I. G. competitions and similar competitions and international meetings are authorised to use the pommel horse as a substitute for a horse. In this case, there must be some means of ensuring a smooth surface where the pommels fit into the horse.
- A minimum distance of 20 metres must be provided for the run-up including the length of the spring board.

Vaulting Horse—Measurements & dimensions in inches.

Height—Men—53.2" Women—43.3"

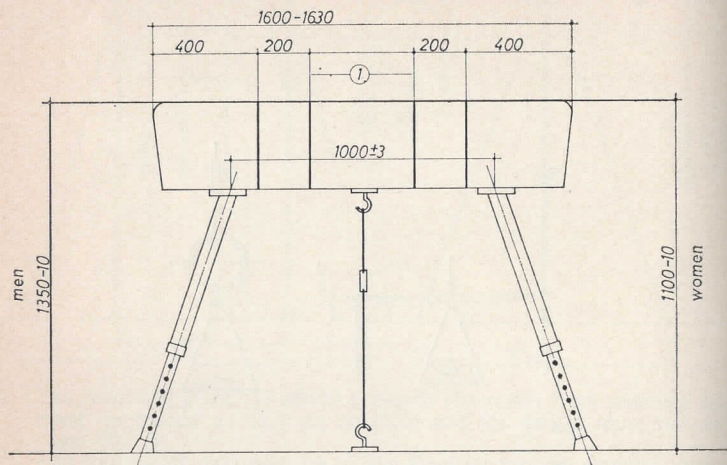
Zones—Men—Neck & croup zone—15¾" Foul zones 7.9"

Springboard (men's and women's)



- The springboard will offer greatest flexibility, especially at its maximum point, when kept within the limits of the dimensions in the above sketch (see Reuther system).
- The upper surface, from which the gymnast takes his spring, must be covered with a thin layer of non-slip material (rubber or otherwise).
- The bottom board which rests on the floor must be covered with a layer of rubber strips or rubber shock-absorbers.
- There must be a framework attached to the horse for fixing the springboard at 50 mm intervals from the horse.
- The springboard is authorised for use with various pieces of apparatus according to the conditions laid down in the code of pointage (men and women).
- The materials used in the construction and the form of the apparatus are left to the manufacturer, bearing in mind the requirements for testing the apparatus.
- The measurements and tolerances given in the above sketch must be strictly adhered to.
- Testing the apparatus** (Static flexibility test)
 - A weight of 300 kg placed 300 mm from the edge on the upper surface of the board must force this board downwards 97 mm with a tolerance of plus or minus 5 mm.
 - When the load is removed, the springboard must resume its original shape.

Vaulting Horse (men and women)



(In the sketch the height on the left is for men and on the right for women)

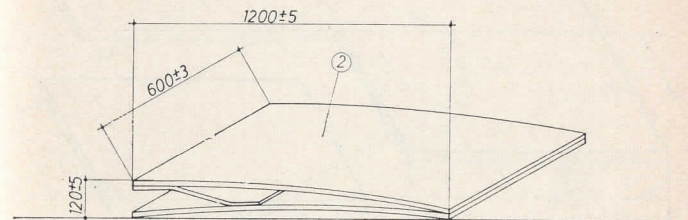
1. The height of the horse must be adjustable from 1100 to 1350 mm at 50 mm intervals. (On three feet, the settings to be on pegs; on the fourth foot, each height setting to be secured by means of a tightener.)
2. For men, the body of the horse is divided into sections (where the hands are placed) marked out by white lines 10 mm wide, as follows: First section, at both ends of the horse, measuring 400 mm; this distance to be taken from the vertical made by the end of the horse, up to the first white line.
Second section, at back and front of horse; measuring from the vertical made by the end of the horse up to the second white line, this distance to be 600 mm = 400 + 200.
Third section: The remainder of the distance.
3. There must be a special device for fixing the apparatus to the ground.
4. Organisers of F. I. G. competitions and similar competitions and international meetings are authorised to use the pommel horse as a substitute for a horse. In this case, there must be some means of ensuring a smooth surface where the pommels fit into the horse.
5. A minimum distance of 20 metres must be provided for the run-up including the length of the spring board.

Vaulting Horse—Measurements & dimensions in inches.

Height—Men—53.2" Women—43.3"

Zones—Men—Neck & croup zone—15¾" Foul zones 7.9"

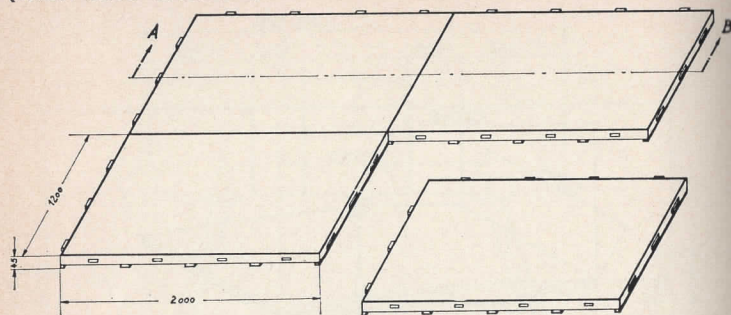
Springboard (men's and women's)



1. The springboard will offer greatest flexibility, especially at its maximum point, when kept within the limits of the dimensions in the above sketch (see Reuther system).
2. The upper surface, from which the gymnast takes his spring, must be covered with a thin layer of non-slip material (rubber or otherwise).
3. The bottom board which rests on the floor must be covered with a layer of rubber strips or rubber shock-absorbers.
4. There must be a framework attached to the horse for fixing the springboard at 50 mm intervals from the horse.
5. The springboard is authorised for use with various pieces of apparatus according to the conditions laid down in the code of pointage (men and women).
6. The materials used in the construction and the form of the apparatus are left to the manufacturer, bearing in mind the requirements for testing the apparatus.
7. The measurements and tolerances given in the above sketch must be strictly adhered to.
8. **Testing the apparatus** (Static flexibility test)
 - a) A weight of 300 kg placed 300 mm from the edge on the upper surface of the board must force this board downwards 97 mm with a tolerance of plus or minus 5 mm.
 - b) When the load is removed, the springboard must resume its original shape.

Ground-work (Floor Exercise Pad)

(men and women)

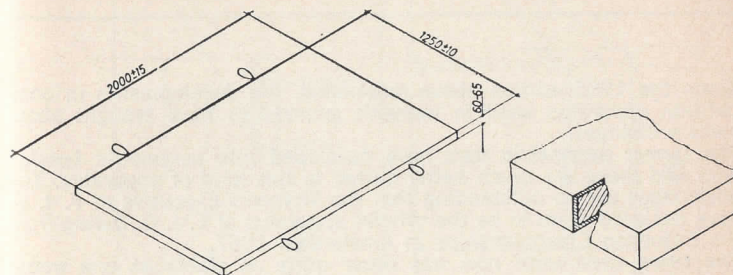


Organisers of F. I. G. competitions or similar competitions must provide a flexible board (floor) with the following measurements and specifications.

1. 12 000 × 12 000 × 45 mm consisting of 60 sections 2000 × 1200 × 45 mm joined together by means of lugs and corresponding slots.
2. The sections to be made of laminated wood with an intermediate cross beam and bottom rails. Each layer must be joined in such a way that the flexibility is uniform at any point on the surface.
3. The surface of each section must be covered with a layer of rubber glued on and over this there must be stuck a layer of firm strong cloth. (This is in order to avoid having to cover the whole 12 × 12 m with one cover, and also to enable the sections to be made up into a smaller area – 10 sections of 1200 × 2000 or 6 sections of 2000 × 1200 mm.)
4. This floor area, made of 60 sections, must be fitted in a framework of lengths of wood, 100 mm wide and 45 mm high, its upper surface oblique measuring from 45 mm to 0 mm at the bottom and outside.
5. This flexible flooring must be placed within an area measuring 14 000 × 14 000 mm.
6. This flexible flooring is also recommended for international meetings. If, because of the situation or other reasons, this is not possible, the organiser must provide a felt carpet or carpet of similar material, thick enough to deaden falls without prejudicing the stability of held positions. This carpet must be able to take a cover if necessary. The felt layer must be made in such a way as to prevent any slipping on the ground. The area allowed for the gymnast (12 000 × 12 000 mm) must be clearly marked out.

Landing Mats

(men and women)



1. Provided that the measurements and tolerances shown in the above sketch are respected, it is left to the manufacturer to make the landing mat either with an inner core and cover, or all of a piece. The choice of material is also left to the manufacturer, provided it stands up to the test conditions.
2. All the edges must be rectangular so that they can be placed touching one another with uniform height and without leaving any gaps which would lead to accidents.
3. If the mats are provided with handles they must be fixed so that they do not interfere with the placings described in point 2.
4. The outer surfaces of the mats must be made in such a way as to avoid any slipping.
5. We are waiting for the results of tests being carried out by the study group TC 83/WG 1 of I. S. O. to obtain the conditions to be laid down for testing.

Complement to the F.I.G. brochure

Measurements, dimensions and forms of men's and women's competition apparatus

Since the 1965 edition above mentioned, the developments in competition apparatus used in women's gymnastics have brought about certain changes.

The former assymmetric bars have developed into assymmetric tension bars and these are much better suited to this kind of apparatus. The advantages are so outstanding that the Women's Executive of F. I. G. have declared them to be the official apparatus of F. I. G. dating from the European Championships in Amsterdam 1967.

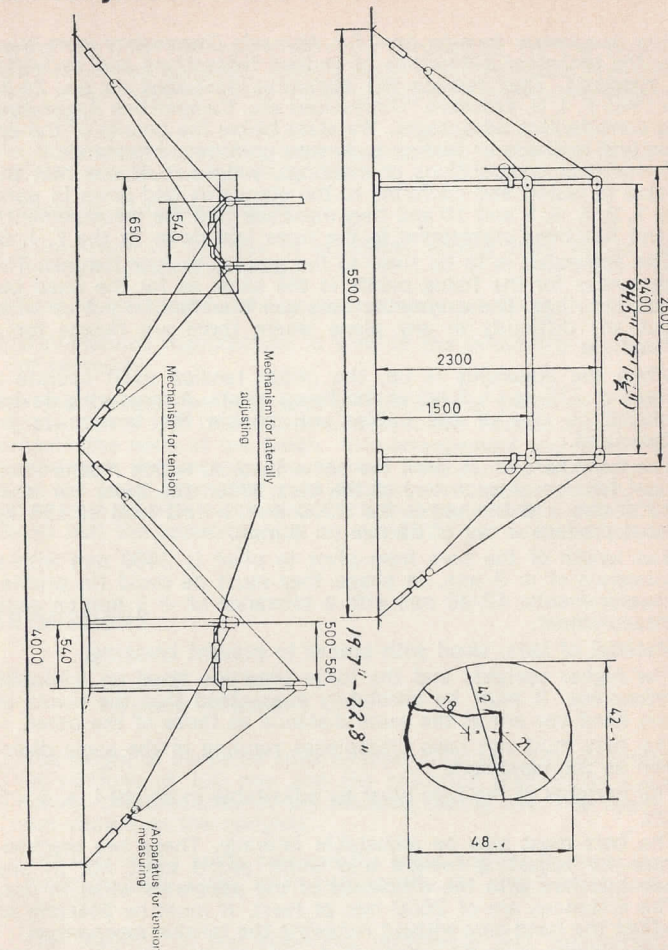
The beam used until now was never quite as stable as one would have liked, because of the impossibility of finding a method of fixing it to the ground without interfering with its function. The manufacturer Richard Reuther has now found a solution to this problem by ensuring absolute stability without fixing to the ground, a stability guaranteed even during the most difficult exercises. Furthermore, this new apparatus considerably reduces the risk of accidents and also facilitates transport since the apparatus need not be taken to pieces.

At the World Championships in Dortmund in 1966 we used in the vault for the first time a run-up track consisting of sections of the supple flooring used in groundwork. The results were positive. The women's executive decided that this procedure would be followed in future. However, the recommendation applies only to F. I. G. competition organizers.

The men's executive however has decided against this innovation, and the run-up track will be covered only with a simple rubber mat as in the past. On the other hand, the men's Commission has decided that in the vault it will be obligatory to use the control apparatus for handpositioning, as this apparatus proved successful at the 1966 World Championships at Dortmund. At the same time, control judges will also be obligatory in the future.

Chiasso, the 20th of January 1967
A. Gander, President

New Assymmetric Bars



Measurements & dimensions in inches.
Width—94.5" or 7'10 1/2"
Height of High Bar—90.5"
Height of Low Bar—59"
Lateral spread of floor plate—18' ft.
Depth of spread of floor plates—13'2".
Width Adjustment—19.7"-22.8"

New Assymmetric Bars

The new assymmetric tension bars for Women's Gymnastics were tried out by the technical authorities of various federations and by world-class gymnasts. They replace the apparatus described on pp. 24-28 of the 1965 F. I. G. brochure "Dimensions etc. Competition Apparatus" having considerable advantages. We state below the details of the apparatus and methods of testing to ensure uniform performance.

At international competitions or meetings, judges must see that the apparatus is tested and conforms to the standards laid down in paragraphs 1, 2, 3, 4, 9 and 10 and they must see that the measurements, form and functions correspond to the rules laid down by the F. I. G.

1. The apparatus is to be fixed to the ground by four fixtures. The distances for the fixing points is the same as for the fixed bar and the rings. The assymmetric bars can therefore be put up without any difficulty in any place where there are fixings for a fixed bar.
2. When the apparatus is up, the initial tension must operate a force of 275 kg (± 5 kg) at the fixing points. A measuring device placed on one of the cables will enable the tension to be measured.
3. The hand-bars must show the same tension, which means identical tension at each end of the bars. When the lower bar is at 1500 mm and the upper bar 2300 mm, a test load of 135 kg must produce a sag of 65 mm (± 6 mm).
4. The length of the bars from pivot to pivot is 2400 mm with a tolerance of ± 3 mm. In shape they must be ovoid (in profile) Measurements: 42/48 mm with a tolerance of $+ 1$ mm on each measurement.
5. Material of bars: wood with braces to prevent breaking.
6. The higher uprights and the lower ones are fixed on a mobile crosspiece. It must be absolutely guaranteed that the pivots of one hand bar are at the same distance as those of the other.
7. The bars must not have crosspieces running in the same direction as the hand-bars.
8. The uprights of the bars must be adjustable in height i. e. 3 x 5 cm.
9. The bars must also be adjustable laterally. These two mechanisms for adjusting (height and width apart) must not in any way interfere with the efficiency of the apparatus when in use. The distances are of 2600 mm at least. It must be possible to adjust the hand-bars without removing the tension mechanism.
10. The uprights must be constructed so as to allow deviation in all directions from the points of support of the hand bars.
11. The measurements must correspond to those in the sketch.

Balance Beam

During the last few years, women's gymnastics on the beam have made enormous progress. Today's world class gymnasts present exercises which experts would have considered impossible only a few years ago.

The development makes greater demands on the beam itself, especially as regards the following:

- a) Stability of the apparatus
- b) Elimination of the risk of accidents arising from the increasing difficulty of the exercises.
- c) Ease of **transport** for the apparatus when set up and ready for use.
- d) Well-planned manufacture in view of the possibility of new kinds of exercises.

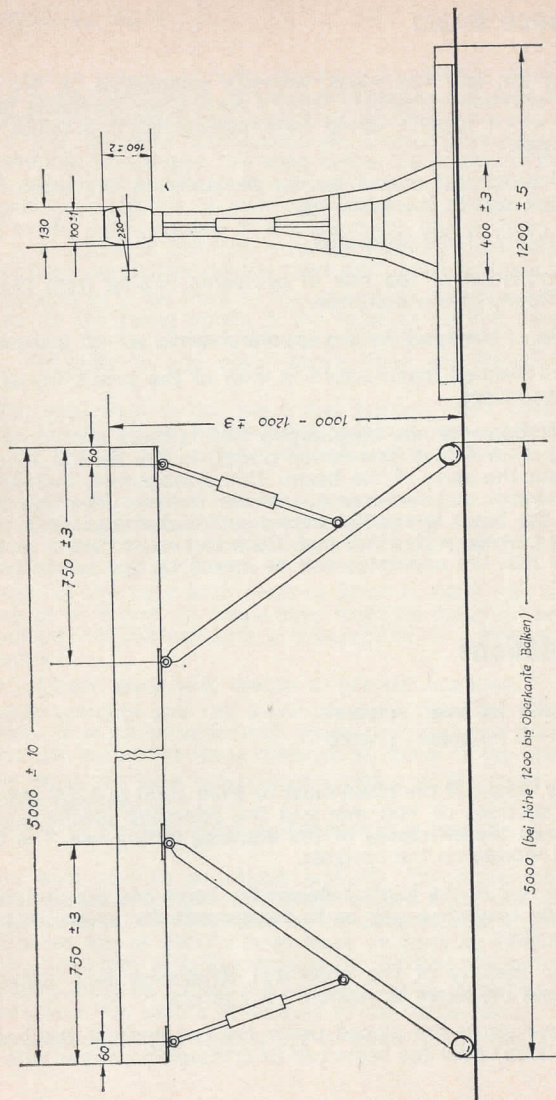
The creation of a new base largely fulfills these conditions. The beam is placed on 4 feet (foundation plates) in the neutral zone—i. e. underneath the ends of the beam. This arrangement increases stability to maximum and requires no special fixtures. The free area underneath the beam is another considerable advantage as it can be completely covered with a fall mat. Each foot must have a swipe mechanism so that the apparatus can be moved by one person when set up.

Regulations

Materials: for base : steel
for beam : wood

1. The height of the beam must be from 1000 to 1200 mm adjustable in sections of 100 mm and the adjusting mechanism must not lessen the efficiency of the **blocking** during use. The beam must not vibrate on the uprights.
2. The feet or the joints between the beam and the uprights must be made in such a way as to compensate for slight irregularities in the floor.
3. The stability of the apparatus lengthwise and transversally requires the beam to rest on 2 x 2 struts.
4. These struts are placed under the two ends of the beam so that the area under the beam can be completely covered with a fall-mat.

Measurements & dimensions in inches.
Height to top of Beam—47.2"



Run-up Track made of sections of the supple flooring

In the vault, women gymnasts sometimes use this kind of run-up. In that case it must consist of 10 pieces of the supple flooring of 2000 x 1200 x 45 mm. The horse is **not** placed on the track and must have an effective height of 1100 mm measuring from the supple track. The spring-board is to be placed on the run-up track.

For organizers this kind of run-up track is not obligatory. A decision on this may be taken between these organizers and the Women's Executive Committee or between the participants at an international meeting.

Control apparatus for hand-positioning in vaulting

Masculine section:

At F. I. G. meetings, this apparatus is obligatory, and it is recommended at all international meetings. The apparatus is a very sensitive register. When the gymnast touches the limits of the zones, the apparatus immediately shows on a luminous dial the deduction of 1 or 2 points. Nevertheless, the use of this apparatus does not exclude the presence of the two "touch" judges.

To purchase or hire, please contact

Richard Reuther,
Philip Stempelstrasse 3,
67, Ludwigshafen /RH-Opfan
German Federal Republic.

who is the inventor and, at the moment, sole manufacturer.

Safety Apparatus for Teaching Difficult Parts, Connecting Movements and Dismounts

By means of a drawing below, we should like to bring to the attention of federations and trainers a form of safety equipment for the fixed bar for use of gymnasiums. It permits difficult and risky parts of exercises and connecting movements to be learned and perfected—especially dismounts.

Therefore, this is no part of standardized apparatus, but we would like to show our federations and their trainers a type of safety equipment which they might find useful.

The equipment helps the gymnast to avoid accidents by means of a safety belt fixed around his waist and attached on each side to two mobile hemp ropes which, as shown on the drawing, pass over revolving rollers with mobile arms. This equipment enables the trainer to follow the movements of the gymnast, ensuring absolute safety in any situation caused by poor technical execution of a movement during the period of instruction.

The safety belt can also be made in two parts; that is, of a fixed exterior (outside) part, attached to the two ropes and an interior (inside) part joined to the first part by ball-bearings fixed to the waist of the gymnast. This allows him to rotate around his own axis when doing dismounts with rotations.

The drawing gives the distances, lateral, transversal, and vertical and also a few details for the construction of the apparatus. As far as the measurements and the quality of the material used is concerned, manufacturers will take into account the requirements of firmness, resistance and strength.

Apparatus with cords and safety belt

For practicing difficult and dangerous exercises and linking movements

