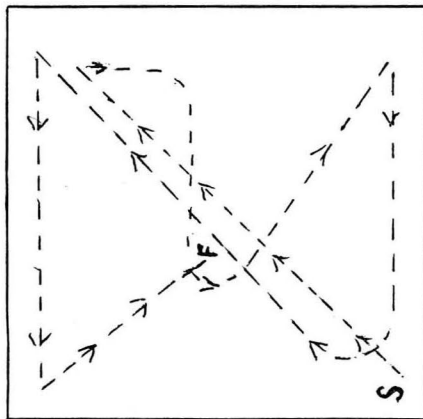


**PROVISIONAL TEXT OF COMPULSORY EXERCISES — 1964 OLYMPIC GAMES WOMEN'S GYMNASIIC EXERCISES**

**FLOOR EXERCISE**

1. From the oblique station at the right corner of the area, raise yourself on tip toes with supple movement in raising your arms forward to the vertical position.
2. One step forward on left foot, bring right foot to it while lowering the arms laterally — hop on feet — arms crossed below in front of the body, jump body arched legs reunited in swinging laterally the arms supplely overhead, head to the left, slight twist to the left, the palms of the hands to the outside.



3. Land on both feet, slight push to jump forward on right foot, bring point of left foot behind right heel, push on left foot in jumping on right foot with one half turn to right, simultaneously circling of right arm from front to back to the vertical position.
4. Jump backwards on left foot, bring the point of the right foot behind the left heel, push on right foot in jumping on left foot with 1/2 turn to the right simultaneously circling of right arm from front to back to the vertical position.
5. Four running steps, right left right left, while lowering laterally the arms, push on left foot, jump, right leg bent then extended to land on right bent leg, (stag leap) left arm horizontally in front, right arm lateral.
6. One step forward on left foot, arms rounded below in front of body, one half turn to the right on point of left foot, right leg bent, knee to the exterior, point of foot against left calf.
7. Lateral extension of the right leg, arms parallel and oblique below, towards the left, place right foot slight bending of the body to the left, simultaneously extending the right leg, straighten the body to the right while bringing together the left foot slight bending of the body to the left, arms following the movement of the body to terminate with right arm rounded off above the head, the left arm supple in front of the body.
8. While straightening the body, one quarter turn to the right, elevation of the arms above, four running steps, left right left right (moving curved to the right; left arm lateral, right arm rounded in front of the body). Reunite the left foot to the right foot while changing the position of the arms, right arm lateral, left arm rounded in front of the body.
9. Five running steps, left, right, left, right, left, (moving curved to the left) right arm lateral, left arm rounded in front of the body, open left arm laterally beginning with the third step.
10. Lower the arms, thrust right leg forward, right arm horizontal, left arm vertical, "Arab wheel" forward (tinsica or staggered front walkover), one half turn to the left, left leg bent, bring quickly the left leg forward while leaving the other foot in place, left arm at oblique below, right arm vertical with extension of the body forward.
11. While extending the left leg, straighten the body, one step backward with left foot, while lowering laterally the arms, and raising yourself on tip toe of left foot, bend right leg, the toe of the foot against the left knee, simultaneously raise the arms bent in front

- of the body in order to extend them with impetus, left arm vertical, right arm lateral, head to the right.
12. Bend the body forward, place the right foot behind, hands on the floor, roll back on head, with manual support forward. (back roll over head to knee scale on right knee)
  13. One half turn on right knee while placing left foot on floor, leg bent, right arm lateral, left arm supple in front of the body. Stand erect again on left foot, 7/8's of a turn (315°) to the left on tip of left foot, arms lateral right leg extended.
  14. Elevation of the right leg, lateral wheel to the right on left arm with impetus of right arm behind, two lateral steps, right, left crossed, one-quarter turn, three rapid steps forward (big steps) right, left, right, one step on left foot curved to the right while lowering the arms crossed in front of the body, one step on right foot, scale on right foot while raising your arms, right arm oblique backward, opening of the body to the left.
  15. Straighten the body while lowering the arms, one step on left foot and cat leap with circle of the arms from front to back as far as the horizontal forward, fall back on the left foot to leap forward on the right foot, left leg bent behind, hop on left foot behind, right leg bent forward, point of foot against left leg, fall back on right foot with left leg bent backward, simultaneously lowering the right arm to oblique backward, slight turn of the body to right.
  16. One step on left foot, cat leap with circle of the arms from front to back to horizontally in front, fall back on left foot to leap forward on right foot, left leg bent backward, hop backward on left foot, right leg bent forward, point of foot against left leg, fall back on right foot, left leg bent backward, simultaneously lower the left arm to oblique backward, slight turn of the body to the left.
  17. One step forward on left foot while thrusting right leg forward, one half turn to the left while swinging arms oblique right, two rapid steps backward, right, left, thrust right leg while raising arms in front reversing to back, return to right leg, place the left foot behind, twist the body to the left while returning the right foot beside the left foot on tip toes, left arm raising to the left all the way vertically, right arm supple in front of the body obliquely below, head to the right
  18. Little displacement of the left foot to the rear, (diagonal direction) extension on tip toe with elevation of the right leg forward, left arm obliquely forward, right arm obliquely upward, slight bending of the body forward, place right foot to the rear extension on top toe with elevation of left leg stretched backward, right arm vertical, left arm lateral, place left foot to the rear, extension on tip toe with elevation of right leg bent forward, left arm obliquely below, right arm obliquely above, slight bending of body forward.
  19. Place right foot to the rear, with extension of the body, arms above, without stopping, four rapid steps backward with inclination of the body forward return left foot to the right foot while lowering the arms to raise them again laterally all the way to the vertical on tip toes with 45° to the right.
  20. One step on left foot, momentary handstand while bending the arms, roll forward, straighten body with hop on right leg, left leg extended backward, right arm lateral, left arm horizontal, head to the left.
  21. One step with hop on left foot while lowering the arms, thrust right leg forward, arms lateral, wheel to the right (cartwheel), step displaced laterally while leaping, right, left, arms lateral without stopping, jump turning to the right (315°) with circle of the arms crossed in front of the body all the way to the vertical, one step backward on right foot while lowering the arms forward to the lateral position.
  22. Three steps with impetus, Hand-spring, (with step-out), return on left leg, two running steps, right, left, jump on right foot, leg bent with flexion of left leg in the rear, point of foot against right leg, arms rounded below in front of body, two short rapid steps backward, left right while raising left arm obliquely above, right obliquely backward on tip toes, head to the right, with slight twist of the body to the right.

23. Lower the arms to the straight position.
- N.B. Paragraph 22 can be reversed for the jump of hands.
- Important advance notice to all competitors concerning music for optional floor exercises:**
- New FIG rules require music played on one instrument only to accompany optional floor exercises. All participants are urged to arrange their music accordingly. Orchestras will no longer be accepted in international competitions.

**BALANCE BEAM**

1. Oblique start — a few rapid steps, jump from left foot in order to place right foot on beam with manual support, right leg momentarily straight, left leg stretched forward, arms lateral, straighten yourself by placing left foot forward and without stopping execute 1/2 turn to the left on point of left foot, right leg stretched backward, circle right arm in front of the body from bottom to top all the way to a rounded position above the head.
2. One step on right foot, lower the right arm in front of the body, left arm backward stretched to the oblique — front scale obliquely right, and right arm obliquely below, left arm lowering parallel to the right arm, right arm a little higher than the left.
3. Straighten yourself on tip toes very close together, left in front, by raising the arms from bottom to top, then lower them laterally, the palms downward.
4. One step on right foot, bring left foot behind the right one, with impulsive thrust right leg extended forward, land on right foot, left leg bent behind right leg, knee to the outside, simultaneously circling of right arm laterally in front of the body, in figure eight, palm upward in returning the left arm rounded in front of the body during the jump.
5. One step on left foot, bring right foot behind the left one, with impulsive thrust left leg forward to land on left foot, the right leg bent behind the left leg, knee to the outside, arms lateral.
6. Hop to land on right foot, legs supple, left leg bent forward, right arm obliquely forward, left arm obliquely behind, slight bending and twisting of the body to the left.
7. Place left foot forward, pose ("Attitude") on tip toes, legs stretched, arms obliquely behind, Head raised.
8. One step forward with left foot on tip toe, 1/2 turn on this leg while thrusting right stretched leg backwards to return it forward, arms lateral, place right foot forward, bring left foot behind the right foot on tip toes, simultaneously circling the right arm in front of the body from top to bottom, to raise it again obliquely lateral, twist the body to the left, left arm obliquely below, head to the left.
9. While straightening the body, split forward left circle, right arm in front of the body from top to bottom, partial rotation of the body while shifting the weight of the body toward the right with circling of the left arm, right arm lateral, weight of the body on the right leg.
10. Restore the weight of the body on the left leg, one step on right foot while thrusting left stretched leg forward, arms horizontal, bend left leg, knee to the outside, simultaneous with 1/2 turn to the left on tip toe of right foot while lowering the arms to the left to raise them again forward obliquely above.
11. Three rapid steps backward, left right, left, body slightly inclined forward while lowering the arms in front in order to raise them again laterally while straightening the body, the right foot brought back toward the left foot.
12. Split Jump — (legs far apart) — the right leg forward while lowering and raising the arms laterally, land on supple legs, while straightening yourself, execute 1/2 turn to the left while returning the arms directly in front horizontally.
13. Elevation of the left stretched leg forward, roll backward with position of hands behind the head, return the left leg half bent, squat position on one leg, point of (left) foot on beam, right arm obliquely forward, left arm obliquely above, slight twisting of body to the left.
14. Straighten yourself on your left leg while thrusting right leg forward, arms horizontal, 1/4 turn to the right while thrusting right leg and right arm laterally.
15. Momentary Handstand Sideward, Dismount By Arching over to Stand Rearways.



**UNEVEN PARALLEL BARS**

1. From sitstand frontways, facing the third left part, (off center) of the high bar.
2. Jump to stretched hang on the low bar, ordinary grasp, kip to straight front support.
3. Hip circle forward without stopping, pass bent legs between the grasps (squat through) to straight rear support, turn backward to bent inverted hang and return shooting fore-upward to rear support, and change grip of both hands to the high bar.

4. Swing the legs toward the high bar, pass the straight right leg between the grasp and rise fore-upward to support with legs astride on the high bar.
5. Change the left grasp to palmar grip, execute 1/2 turn left in passing the left leg over the bar and in changing the right grip to straight front support.
6. Swing forward under the high bar to straight hang (underswing), 1/2 turn left around the left arm changing right grip (mixed grasp — L palmar, R ordinary).
7. Swing forward under the low bar

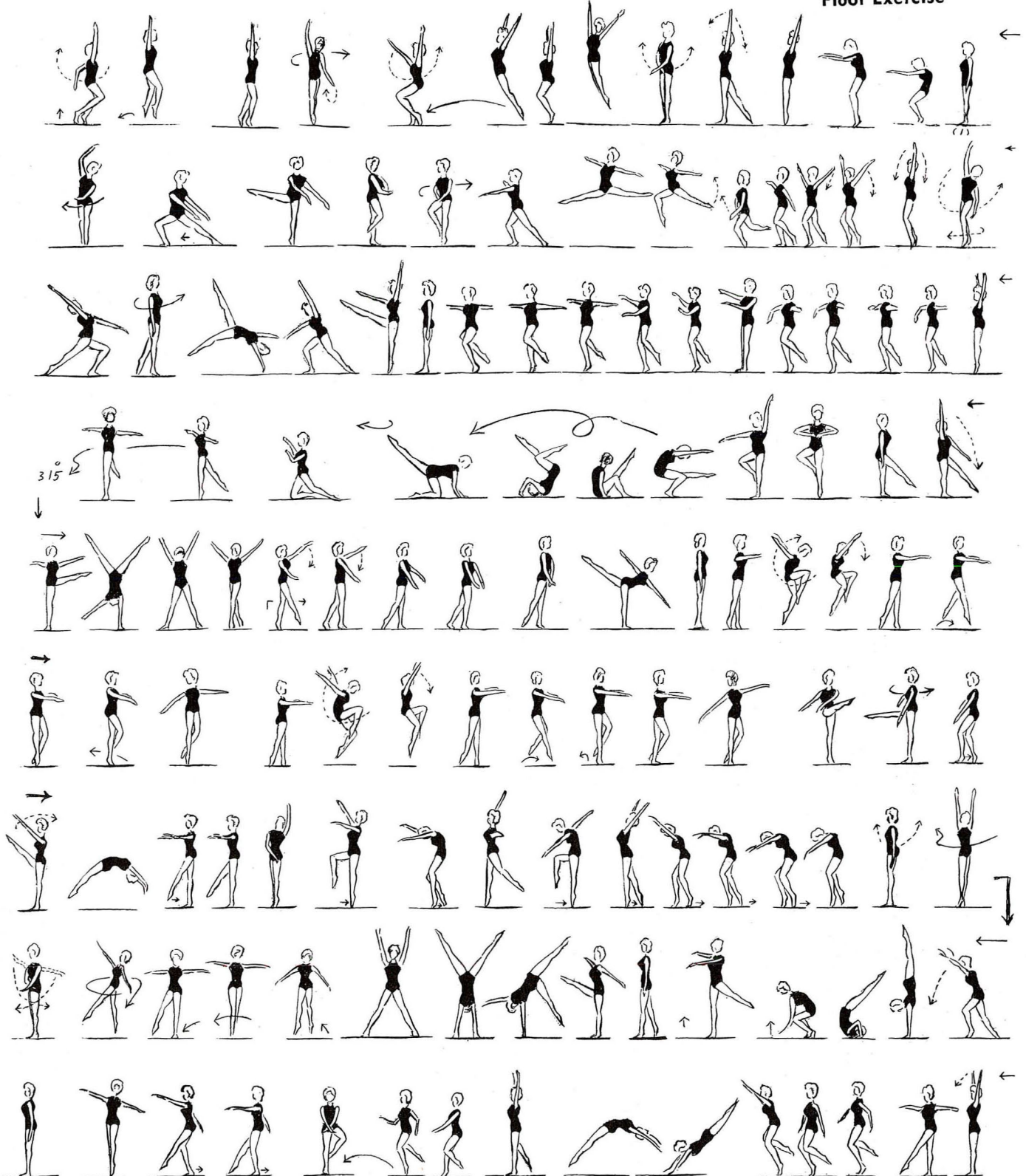
turn in support (hip circle) backward to straight front support, swing legs backward to squat stand between the grasp.  
 8. Without interruption, jump with impulse backward to rear support on the high bar, turn rearward to bent inverted hang, and dismount releasing grasp and executing straddle cut-off to sidestand frontways.

**HORSE VAULT**

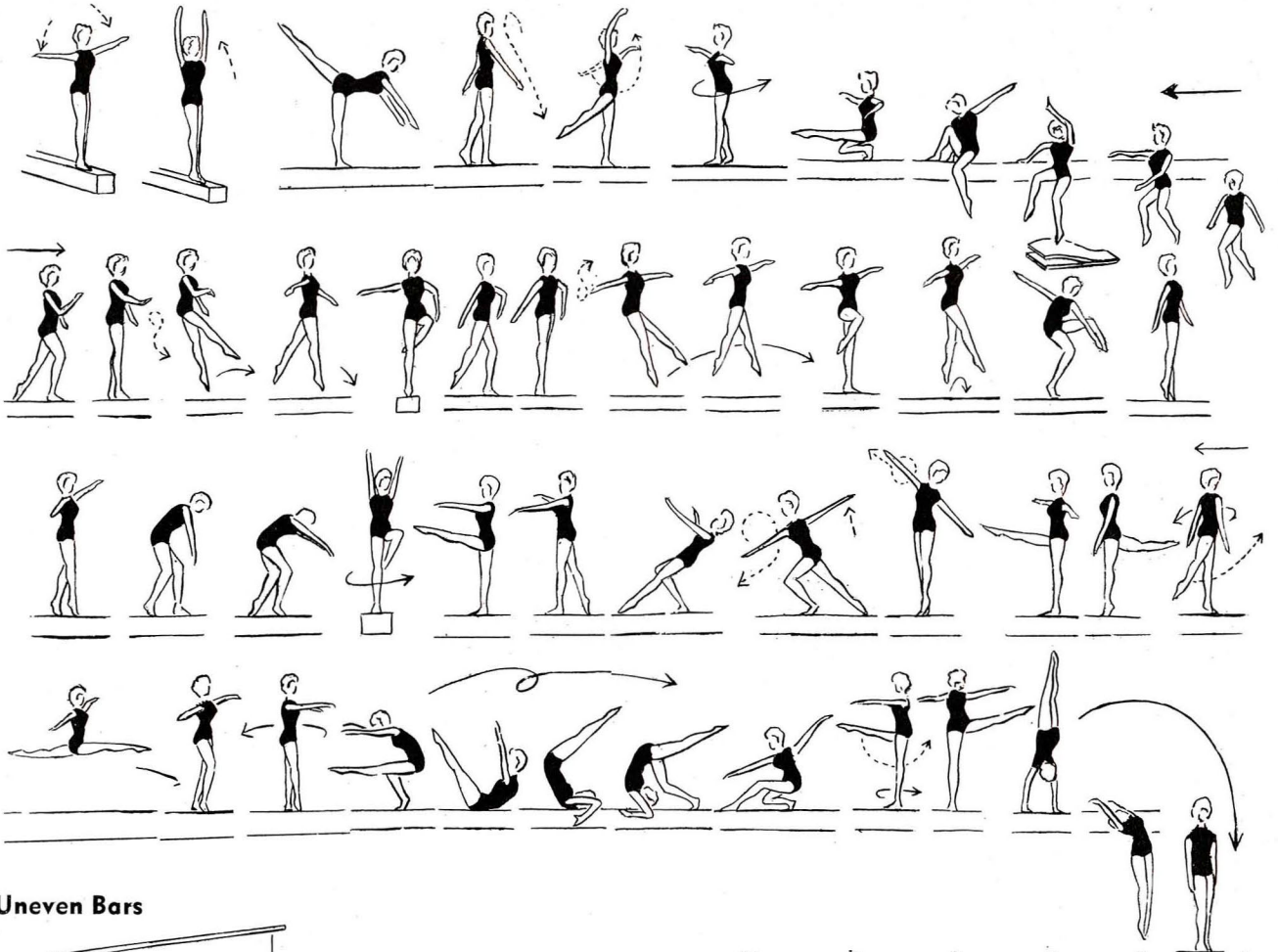
Vault No. 10 — Code of Points  
**HANDSPRING** — Body and Arms  
 Straight to Stand Rearways.

**1964 OLYMPIC COMPULSORY STICK FIGURES FOR WOMEN**

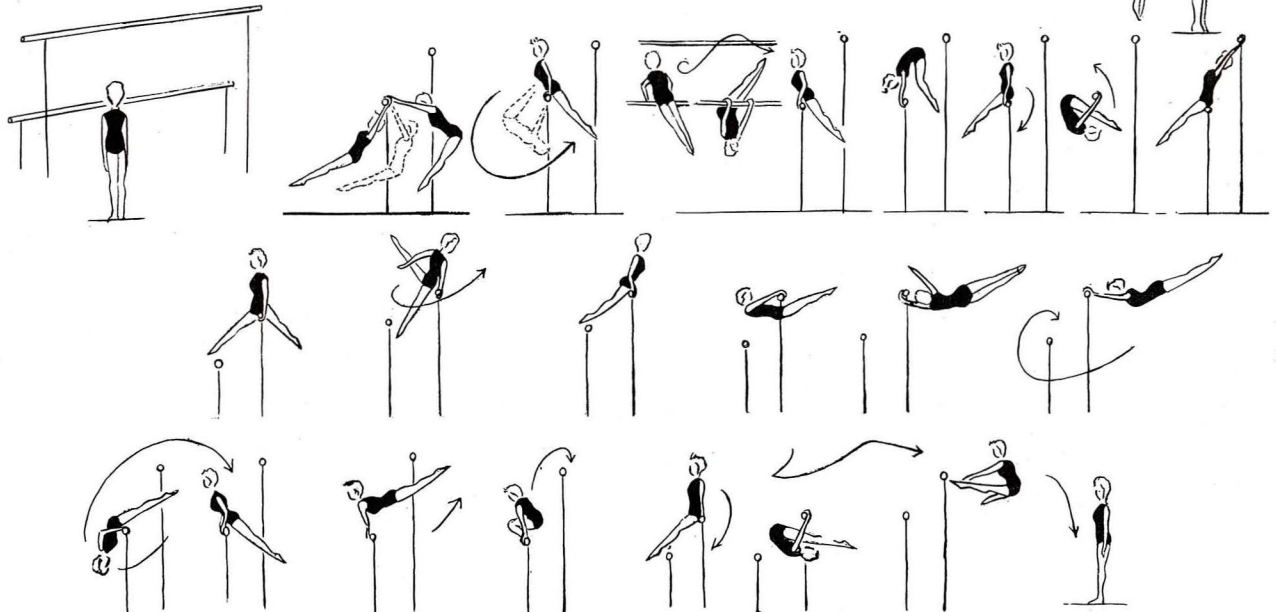
**Floor Exercise**



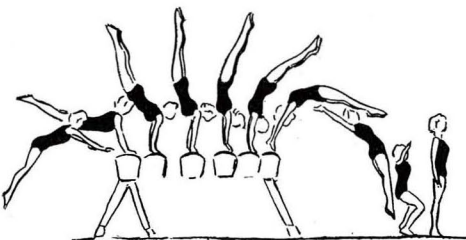
# Balance Beam



# Uneven Bars



# Vault



**UNITED STATES GYMNASTICS FEDERATION**  
**Compulsory Exercises for Women**

**GIRLS ELITE**

**TRAMPOLINE**  
 1. Front with 1 1/2 twist (Rudolph); 2. Back tucked; 3. 3/4 back layout; 4. Cody tucked; 5. Barany; 6. Back with full twist; 7. Barany; 8. Back piked; 9. Swan dive (layout); 10. Barany bailout (bailout with 1/2 twist).

**TUMBLING**  
 1. Round-off, back handspring, back flip, back handspring, back flip.  
 2. Tinsica, Tinga, tinsica, front, run front handspring (arched).  
 3. Round-off, back handspring, back flip 1/2 twist walkout, round-off back handspring, layout back flip.

**Trampoline**  
**GIRLS CLASS "A"**  
 BACK layout, 2-BARANY, 3-BACK tucked, 4-Jump and STAG, 5-BARANY, 6-BACK piked, 7-Jump and SPLITS, 8-IRANY, 9-BACK tucked, 10-FRONT tucked.

**TUMBLING**  
 1. Round off, three (3) back handsprings.  
 2. Front dive roll, head spring (bent hips), head spring (arched body)—run, tinsica, handspring.  
 3. Round off back handspring, back handspring, back flip.



## ABSOLUTELY FANTASTIC!

The AAU Notice No. 74, dated January 1963 begins with what would appear to be a normal, rationally expressed series of facts concerning the holding of the 1963 National AAU Championship. What happened to the writer when he reached item No. 5, is unknown, but none-the-less item 5 represents the most fantastic announcement ever printed . . . and I quote . . .

5. **IMPORTANT:** We wish to emphasize that the AAU eligibility rules will be strictly enforced. Athletes who wish to remain eligible for participation in AAU meets, clinics, etc. and to represent the United States in international competition, must be registered in their local district AAU Associations; compete *only* in those open meets, clinics and exhibitions which are sanctioned by the AAU; and obtain a travel permit from their home district associations for competition or participation in any clinic or exhibition outside their home district association.

**ANY VIOLATION OR INFRACTION OF THESE RULES WILL DISQUALIFY AN ATHLETE FOR FURTHER AMATEUR COMPETITION BOTH NATIONALLY AND INTERNATIONALLY** (including competing in the Pan American and Olympic Games).

**HOWEVER . . .** all of you should be aware of the fact that: **The International Amateur Athletic Federation DOES NOT**

dictate the meets in which any amateur athlete may compete internally within his own country. The recently-publicized resolution by the I.A.A.F. Congress in Belgrade, Yugoslavia, September 17, 1962, presents nothing new. It represents an affirmation of a widely-known international rule; i.e. that athletes from foreign nations may not compete in this country and **AMERICAN ATHLETES MAY NOT COMPETE ABROAD** without the approval of the IAAF member, in this case the AAU. **IT IS PERFECTLY CLEAR THAT NO INTERNATIONAL BODY IS GOING TO USURP OR INFRINGE UPON THE RIGHT OF AN AMERICAN ATHLETE TO COMPETE IN AMATEUR MEETS OF HIS OWN CHOICE IN THIS COUNTRY.**

Every one of the nearly 400 young gymnasts attending the **WESTERN GYMNASTICS CLINIC** is now ineligible. Every youngster who attended any clinic, meet or exhibition and participated . . . without having a travel permit issued before-hand is now I take it, **FOREVER**, ineligible. In other words . . . the AAU has proclaimed that each of these children, regardless of their aims in attending a clinic, sponsored by an Educational Institution, is **NO LONGER AN AMATEUR**. I personally would like to see one of these officials look at the six, seven and eight year olds who participated in the Western Clinic . . . and explain to these youngsters why it is that they are no longer amateurs. This will no doubt do a great deal to foster and develop the sport of gymnastics in the United States.

### PROVISIONAL TEXT OF COMPULSORY EXERCISES FOR THE 1964 OLYMPIC GAMES MEN'S GYMNASTIC COMPETITION.

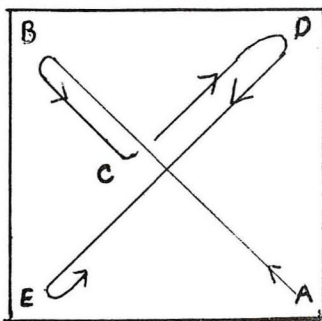
#### FLOOR EXERCISES

1. Rise on toes and swing arms forward, step forward with right foot, arms lowering sideward and hop on right foot, step forward with left foot and execute round-off left or right, and jump back with  $\frac{1}{2}$  turn right or left and dive with straight body to forward roll to stand.
2. Jump in place with  $\frac{1}{2}$  turn right or left, swinging arms fore upward, and execute back handspring to stand (Flic-Flac) (at point "B" facing "A").
3. Jump in place and swing arms forward to land on right foot in horizontal scale, arms sideward—**HOLD**.
4. Bend trunk and placing hands on floor raise (lift) to handstand—**HOLD**.
5. Lower to neck and kip to stand with slightly bent legs and then head kip to stand, arms upward.
6. Lower arms bending trunk and drop backwards executing back roll through handstand to front leaning rest position, with back arched (Supple Movement).
7. Bend knee and place right leg between hands and circle left leg under left hand, under right leg and under right hand and  $\frac{3}{4}$  circle with both legs and  $\frac{1}{4}$  turn right to back leaning rest position. With supple movement execute  $\frac{1}{2}$  turn left over left arm to front leaning rest position (At point "C" facing towards "D").
8. Bend arms and lowering abdomen to floor, roll up to a handstand—**HOLD**.
9. Bend arms and roll forward with straight legs to stand. Raise arms fore upward, and step forward with right leg lower arms sideward, upward, and swing left leg forward with  $\frac{1}{4}$  turn right and raising of arms fore upward, and lower arms sideward.
10. Turn to left and execute cartwheel to stand on left foot and lower into side scale, arms circling inward, left arm extended with palm up, right arm along body—**HOLD**.
11. Lower body to left and cartwheel to left to stand on left foot,  $\frac{1}{4}$  turn right raising arms sideward, upward, and join right leg to left leg (Facing toward "E").
12. Lower arms rearward, 2 or 3 steps, dive forward with arched body, roll forward to squat stand arms forward, straighten legs, jump forward to a handstand, snap down and back handspring, back somersault with bent body and bent legs, to stand. (Movement of arms on part 12 is optional).

(The floor exercise may only be reversed in its entirety)

#### LONG HORSE VAULT

Vault No. 4 as listed in Annex II to the "Code of Points":  
Stoop vault from neck: Vault, body stretched during momentary support, then bend the body in order to pass the straight and joined legs over the Neck and then stretch the body before the landing, to stand rearways.



#### STILL RINGS

1. From hang, slowly raise straight body with slightly bent arms to straight inverted hang.
2. Bend hips and dislocate to swing forward and front uprise to straight arm support.
3. Raise legs to "L"—**HOLD**.
4. Slowly press straight body with slightly bent arms to handstand—**HOLD**.
5. Lower body to support and cast out with outstretched arms to hang.
6. Swing backward and relocate to bent inverted hang, and high back uprise to support and free circle backward to handstand—**HOLD**.
7. Lower slowly to support and stretch arms sideward to Cross—**HOLD**.
8. Lower backward with slightly bent arms with straight or slightly bent body to straight inverted hang. Bend hips and dislocate.
9. Swing forward and flyaway dismount with  $\frac{1}{2}$  turn right or left to stand.

#### PARALLEL BARS

1. With outer cross stand rearways at end of bars, grasp end of bars and back shoot-up to handstand.
2. Swing forward with  $\frac{1}{2}$  turn right or left (Stuetz-Kehre).
3. Cast to upper arm hang.
4. Swing backward and shoulder roll forward.
5. Back uprise, free straddle over bars to "L"—**HOLD**.
6. Slowly press straight arms, bent body, with legs straddled to handstand. Join legs and **HOLD**.
7. Lower to support and basket to catch.
8. and glide kip with  $\frac{1}{2}$  turn right or left to upper arm hang.
9. Front uprise to support.
10. Swing backward to handstand with  $\frac{1}{4}$  turn to momentary handstand on one bar, straddle dismount to side stand rearways.

(The parallel bars exercise may be reversed wholly or in any of its parts)

#### HORIZONTAL BAR

1. Jump to hang with mixed grip, left hand under, pull up bending arms and shoot (underswing) with  $\frac{1}{2}$  turn right around left arm to double over grip.
2. One back giant swing to handstand.
3. Lower to support and free hip circle to handstand.

4. One back giant swing, reaching to under grip with right hand and  $\frac{1}{2}$  turn to rearward swing with mixed grip, left hand under grip.

5. Back uprise and rear vault catch to double over grip.

6. Swing forward and pass straight legs between hands and back kip to free rear support. German giant swing to free rear support.

7. Lower backward to bent inverted hang legs stretched, and disengaging legs  $\frac{1}{2}$  turn right around right arm to double under grip, and swing forward and kip to handstand.

8. One giant swing forward and  $\frac{1}{2}$  turn to double over grip (Pirouette).

9. Two back giant swings.

10. Flyaway dismount with arched body to stand.

(The horizontal bar exercise may be reversed only in its entirety)

#### SIDE HORSE

1. From sidestand with left hand on neck, right hand on left pommel in reverse grip, jump to support with  $\frac{1}{2}$  turn left, passing both legs over right pommel. Left hand to right pommel. One counter clockwise circle to front support.

2. Swing both legs under right hand with  $\frac{1}{2}$  turn left to rear support on croup, right hand on croup, left hand on right pommel.

3. Pass legs over right pommel and  $\frac{1}{4}$  turn to left placing left hand on croup. Continue swinging legs over right pommel with additional  $\frac{1}{4}$  turn to rear support. Right hand on right pommel, left hand on croup.

4. Pass right leg under left hand and over the left pommel with  $\frac{1}{4}$  turn left in passing the left leg over the croup and displacing the left hand on to the right pommel to cross support, (legs straddled); with double undergrip.

5.  $\frac{1}{4}$  turn to left, and place right hand on croup and pass left leg over left pommel, pass joined legs over the croup and the left pommel with  $\frac{1}{2}$  turn to left, placing right hand on left pommel. (Now in rear support in saddle).

6. Pass both legs under left hand, pass right leg under right hand and front scissors to left, front scissors to right, pass left leg under left hand and pass both legs under right hand, under left hand, under right hand, under left hand. (Two double leg circles clockwise). (Now in rear support in saddle).

7. Pass right leg under right hand and back scissor to left, back scissor to right, pass left leg under left hand to front support in saddle.

8. 1- $\frac{1}{2}$  Double leg circles counter clockwise to rear support.

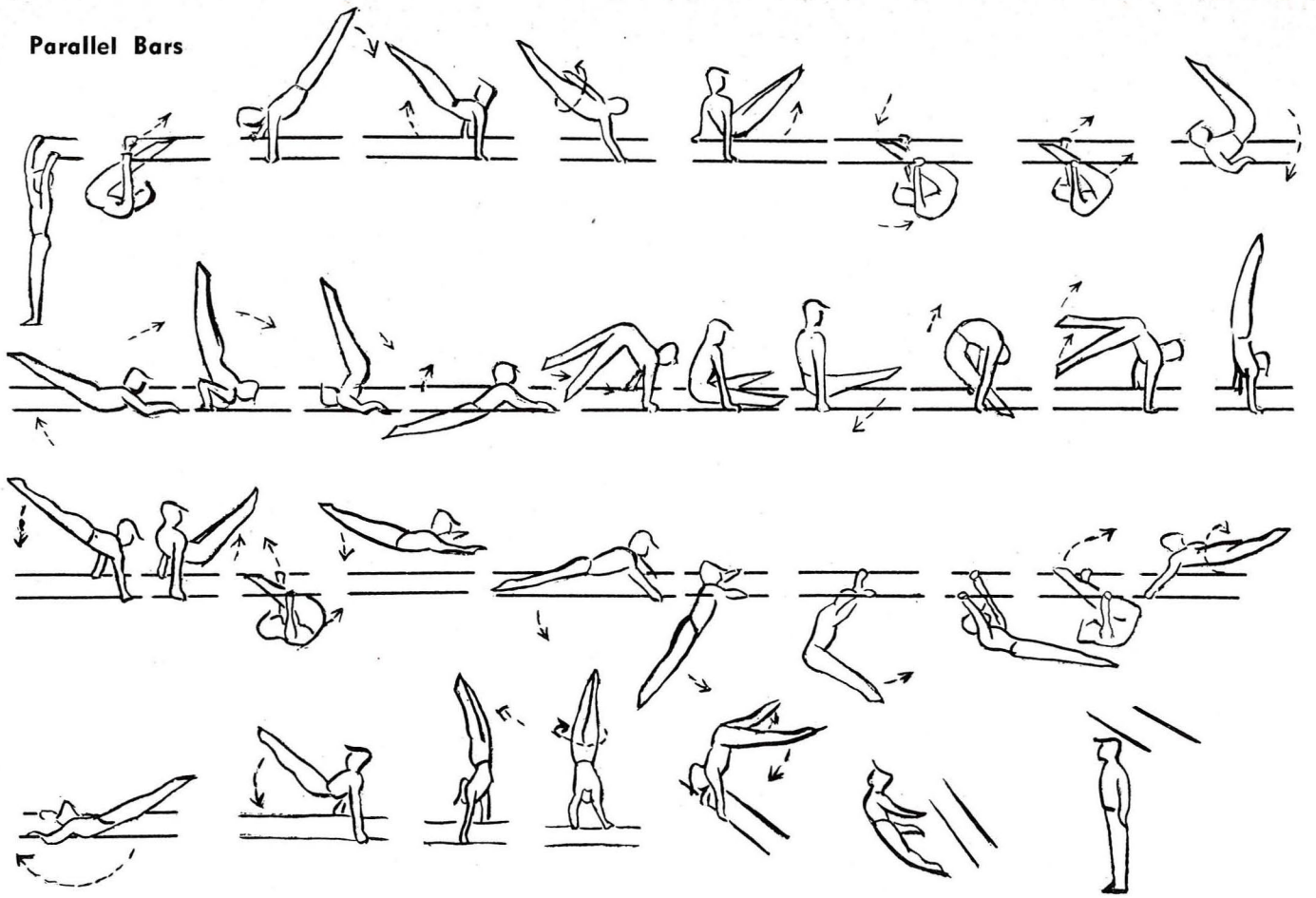
9. Pass both legs under right pommel and place left hand on left pommel (Tromlet), and with support on left arm, pass both legs over the neck and place right hand on the neck. (Now in rear support on the neck).

10. Pass legs under left pommel and with  $\frac{1}{4}$  turn left, place left hand on the neck, pass legs over the left pommel (rear support), to rearward dismount with  $\frac{1}{2}$  turn to right to left side stand.

(The side horse exercise may be reversed only in its entirety).



**Parallel Bars**



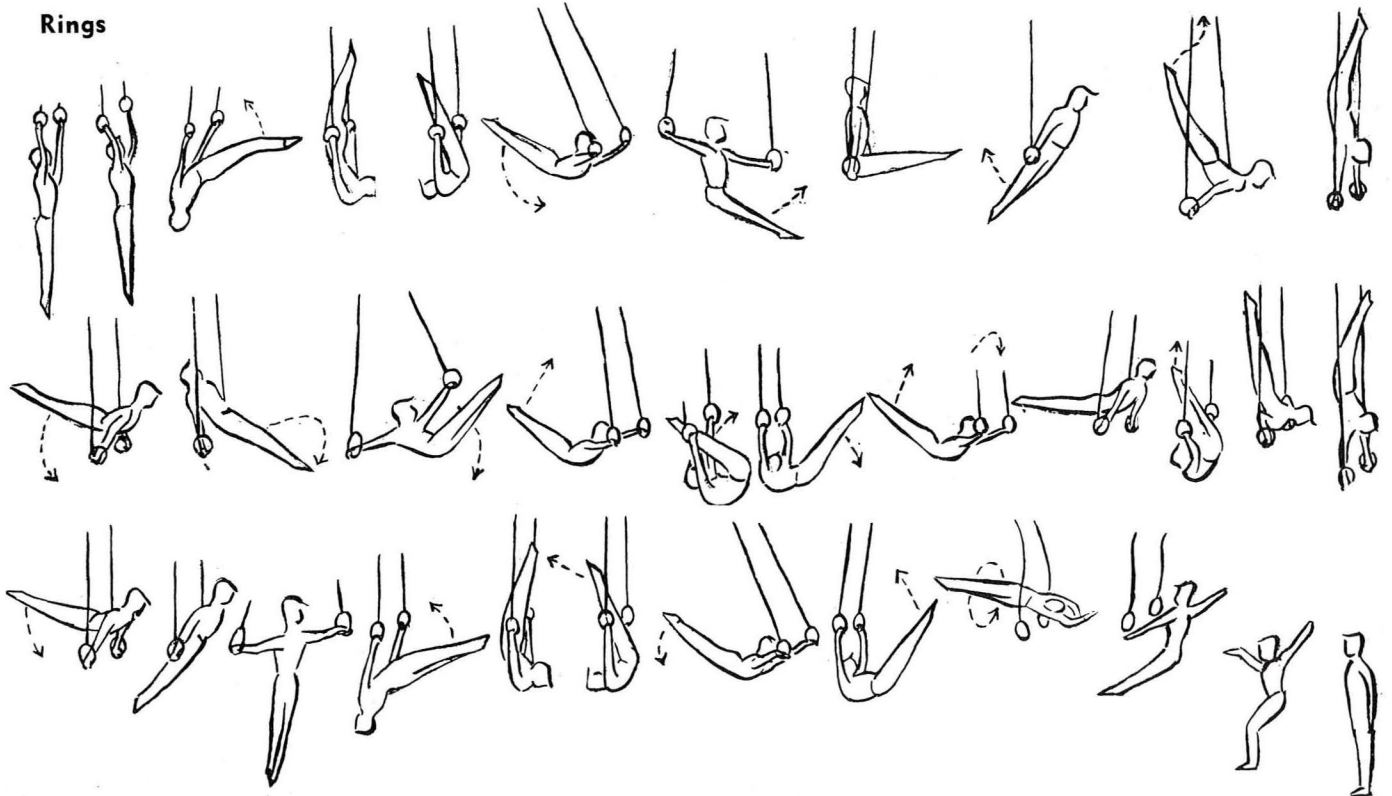
**Horizontal Bar**



Side Horse



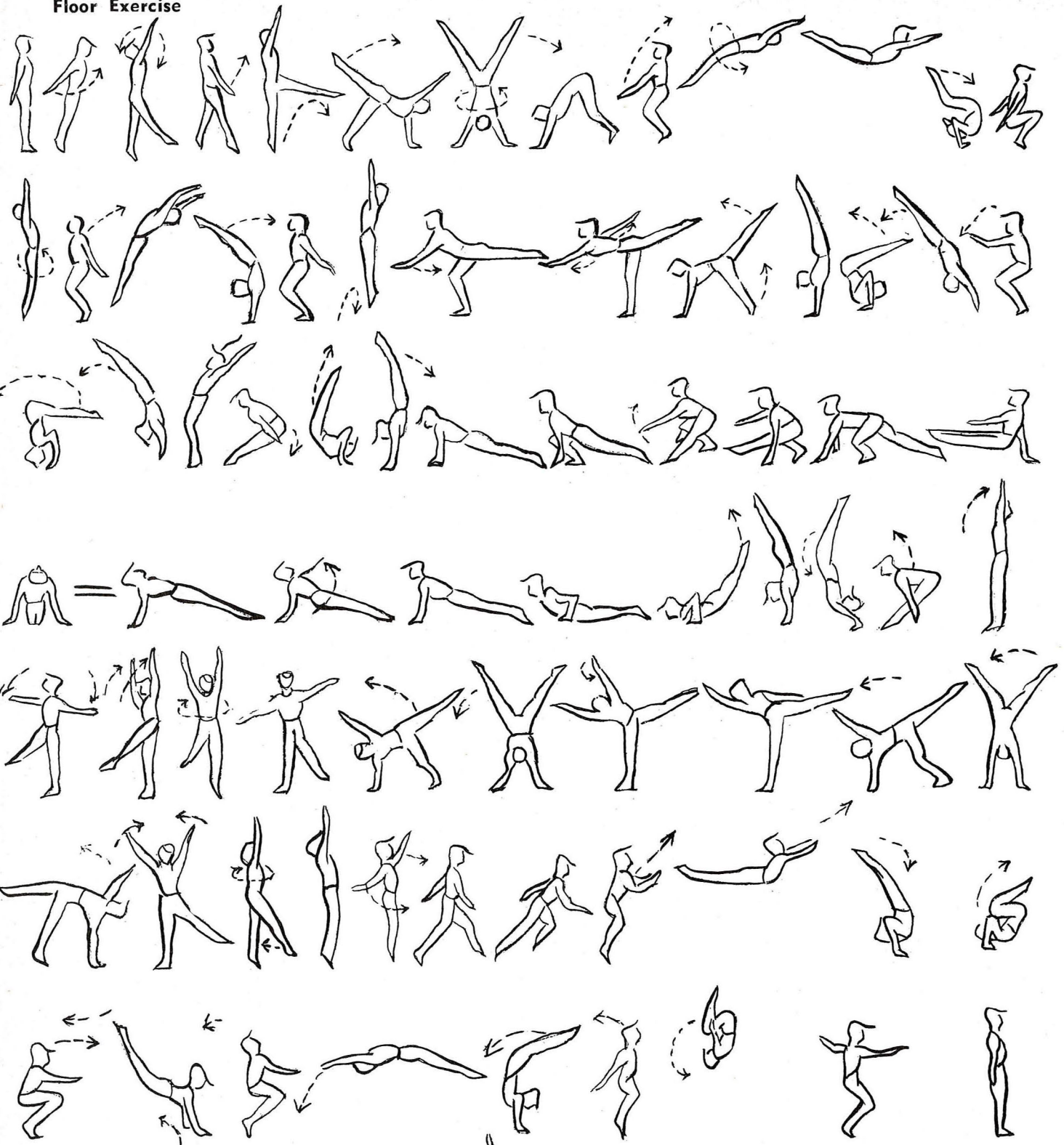
Rings





# 1964 OLYMPIC COMPULSORY STICK FIGURES FOR MEN

## Floor Exercise



## Long Horse Vault

