

ARTICLE ONE

PURPOSE AND MOTIVE OF THE CODE OF POINTS

- The Code of Points was created with the aim of assuring an objective and uniform assessment of gymnastic exercises at the international level.
- Furthermore, it proposes to give valuable information to the gymnasts and coaches in their preparation for competitions.
- 2-The Judge must strictly follow the rules of this code of points, otherwise the directors of the competition will have the right to take away his appointment.
- 3-These guiding lines and descriptions are based on the technical regulations of the FIG, on decisions taken at the FIG meeting, on questions of general principle, and on decisions taken by the executive committee for questions of technical value.

ARTICLE TWO

THE JURY AND ITS ORGANIZATION

- 1-At FIG competitions and at the Olympic Games, the jury for each event is composed of five members, that is: one judge-referee, designated by the executive committee, and four (4) judges appearing on the list of international judges, and proposed by the affiliated federations taking part in the competition.
- To appear on the list of international judges, the judge must have been appointed by the FIG.
- 3-It is the duty of the executive committee to train a group of judges chosen from judges proposed by the federations interested, and those federations will be informed at least 1½ months before the competition in question.
- 4-The personal nomination of judges is left to each federation.
- 5-In principle, the jury is composed of one to two representatives of each nation participating in the competition.
- 6-In the case of competitions between two or several nations, individuals or by teams:
- a) The jury is composed as in article one, except that the judge-referee must come from a nation not taking part in the competition. An equal number of judges will be chosen from each participating nation. Some of the judges, or all the judges could possibly be recruited among the nations not participating in the competition (neutral judges).
- b) Countries which must supply international officials of the jury are to be designated by the adversaries, while personal nominations rest upon the executive committee of the FIG.



- c) Trip expenses and lodgings of the international officials of the jury, according to article 6 a) and b) are to be shared in equal parts between the federations of the teams competing.
- d) The judge-referee is asked to send a report to the executive committee regarding the organization of the competition and the competency of the judges.
- e) The organizing (host) federation is also requested to send a report to the FIG which shall comprise:
- 1) The scores of the judge-referee and each judge, the mean scores and the total obtained by each gymnast of every nation competing, using the official blanks supplied by the FIG.
 - 2) A financial report indicating the number of spectators, and the cost of entry fees, and here again using the official blanks supplied by the FIG.
- f) The national federations, therefore, have the duty of informing the FIG about competitions they organize, otherwise punitive sanctions can be taken against those not fulfilling these obligations.

ARTICLE THREE

JUDGING

- 1-The judge-referee has the duty of supervising his group of judges, of controlling the scores when there are extreme differences, and of gathering together the judges for consultations and for corrections when he notices a judgement which is against the rules, or when he notices that the spread between the two middle scores is too great. He keeps in touch with the competition officials and, through the secretary, he maintains contact with the computation table. Furthermore, and as much as this is materially possible, he is responsible for the smooth running of the judging. The judge-referee will score all exercises separately for his own benefit in order that his marking may be consulted in case no agreement is reached regarding the two middle scores awarded by the four active judges. It is the duty of the judge-referee to secure agreement between the judges and should it so happen that no agreement can be reached, he will appeal to the President of the Jury for a decision and his judgement will be based on the marking and the remarks of the judge-referee. The judge-referee also has the duty to intervene each time he finds that a judge is not performing his duties according to regulations, as well as when a judge lacks objectivity.
- 2-All the exercises are scored from 0 to 10 points, in tenths of a point. The score shall be arrived at by dividing the total of the two middle scores by two.
- 3-The difference between these two middle scores must not exceed:
- 2/10 if their average is 9.50 or more.
 - 3/10 if their average is between 8.50 and 9.45.
 - 5/10 if their average is between 7.00 and 8.45
 - 1 point in all other cases.

Whenever the differences exceed these limits the judges will consult together with the judge-referee.

When a situation of this kind occurs, it follows that the two extreme scores must also be incorrect, and the judge-referee shall point out these things to the four judges, so that thereafter the judging will go on normally.

4-Consultation of the jury at the beginning of the competition.

In order to obtain a common starting point, the four (4) judges and the judge-referee shall consult among themselves for the first and second exercises of the day. This will also apply when a new group of judges is sworn in.

Each judge and the judge-referee must show their scores, and if they are justifiable any further discussion will be avoided.

However, if the scores do not seem justifiable, a common opinion must be reached by discussion between the judge-referee and judges. The majority opinion will rule.

During the competition, even though the differences in the scores might not be contrary to regulations, the judge-referee has the right to request a consultation, if he thinks that the scores are slowly drifting away from normalcy.

In the case of a prolonged interruption of the competition, the meet officials decide if consultations will be necessary again. In finals, consultations will not take place.

- 5-Inasmuch as linguistic difficulties prevent a complete understanding between the judges when consulting, the organizers have the duty to supply interpreters. It would be preferable, however, that at any FIG competition judges be chosen whom, apart from their native language, also speak one of the FIG official languages.

ARTICLE FOUR

UNIFORMS

- 1-The team and individual gymnasts of a country must be uniformly dressed.
- 2-On Parallel Bars, High Bar, Rings, and Side Horse, all the gymnasts shall work in long pants with socks and shoes, or with socks only.
- 3-For floor exercise and horse vaulting, the gymnasts are authorized to work with long pants, socks and gymnastic shoes or with socks only, or in shorts without socks or shoes. This uniform can differ from one gymnast to another (for these two events only), providing the color of the uniform of the team or of the individual gymnast is the same.
- 4-In all cases a singlet shall be worn. (top shirt)

ARTICLE FIVE

TYPE OF EXERCISES TO BE EXECUTED IN THE SIX DIFFERENT EVENTS

1-Parallel Bars

Swinging, vaulting, strength movements and holding positions (static parts). The swinging and vaulting movements must predominate. The exercise must contain at least one strength movement and at least one B part performed below and one above the bars in which the hands release the bars momentarily. There cannot be more than 3 held positions, (as explained in article 6B 3e).

2-High Bar

Exclusively swinging movements without any stop, presenting a combination of giant swings with other variations or transitions of value. (Giant swings here also include eagle giants, german giants, inverted giants, etc.)

3-Side Horse

Exclusively swinging movements and without stops, single and double leg circles; scissors, forward and backward of which at least one must be executed twice. Double leg circles must be predominant and all three sections of the horse must be used. Since (and when) reverse double leg circles appear in the compulsory exercise it may be considered that they are not then required in the optional exercise.

4-Rings

Combined movements of swing, strength and holds (static parts), without swinging of the rings. The exercise must be composed of at least two handstands, one of which is executed with strength and the other one with swing starting from suspension or inverted hang or half-inverted hang (inverted hang in pike position). Furthermore, the exercise must contain at least one difficult holding position (strength) such as the free front lever support (horizontal lever support), the cross, the inverted cross, etc.

5-Floor Exercise

★ The exercise on the floor must form a harmonious and rhythmical whole alternating with elements of suppleness and strength, of balance and agility, moving in different directions, with kips, jumps and tumbling movements.

Excessive repetitions, figures and connecting parts that are too easy, and too many running steps are to be avoided.

The duration of the exercise is 70 seconds at the maximum and 50 seconds at the minimum and must be executed within the limits of the 12 x 12 meter area.

6-Long Horse Vaulting

The type, difficulty, execution and value of the vaults are discussed in article 8, page 11.

ARTICLE SIX

THE JUDGING OF THE EXECUTION FOR THE COMPULSORY AND OPTIONAL EXERCISES

A. SPECIAL REMARKS CONCERNING THE COMPULSORY EXERCISE.

- 1-On all four apparatus (P.Bars, H. Bar, S. Horse, Rings) any gymnast can repeat, without loss of points, a compulsory exercise which he feels he has not performed properly. The gymnast is obliged to inform the jury of his intention by raising his hand as soon as he dismounts from the apparatus and, thus, his exercise will not be judged. The repetition of his exercise must take place after a reasonable rest, but before his team has left the event. The repeated routines are performed in the same order as in the first attempt and only the second performance will count.
- 2-On Long Horse Vaulting, the gymnast can execute two vaults, the score of the best one being recorded.
- 3-The Floor Exercise cannot be repeated.
- 4-Besides the necessary A parts, the compulsory exercise contains 3-4 B parts and its value as compared to the optional exercise is 9.20 - 9.40 points. For the judge, and as far as the combination and difficulty are concerned, the value will nevertheless be 10 points. In order to facilitate the judging, each compulsory exercise will be broken down into parts with an indication of the proportional value of each of the parts.
- 5-The judge then will simply check if the exercise is performed as described in the text. If this is not the case, the deductions for an execution contrary to the texts will be as follows:
 - a) Movements not performed: the total value attributed to this part or those parts, will be deducted. Then, it has to be considered whether the omission facilitates the execution of the part that precedes or follows, in which case, it will be well to add another penalty, which could go as high as one point.
 - b) Movements added. If a competitor adds one or several movements not prescribed (intermediate swings or others) each movement will be penalized 3 - 5/10 of a point. Then, it has to be considered whether the added movements facilitate the execution of the part that precedes or follows, in which case it will be well to add a subsequent penalty of 1 - 5/10 of a point.
 - c) For all other faults, such as touching, sitting, falling, bad form, interruptions, intermediate swings, incorrect technique, etc., see article B, 2 and 3.

B. INCORRECT EXECUTION OF THE COMPULSORY AND OPTIONAL EXERCISES.

1-Deductions will be made as much for faults in execution as for faults of technical order. As execution faults one must think of bad position of the feet, legs, body, head, etc., while faults of technical order are: bad execution of movements and connecting parts such as: stutzkehre with the shoulders too far forward or with the body too arched

- : late regrasp of the bars on a somersault on Parallel Bars
- : kip, front uprise, back uprise etc., too low.
- : insufficient freedom in double leg circles on Side Horse.
- : scissors too low on the Side Horse.
- : handstands with the body not perpendicular to the floor or with the shoulders forward.
- : 1/2 turns in handstand in which the body is not vertical.
- : planches and levers (in suspension or support) too low or too high, etc.

2-General faults of execution.

- a) Bad position of the feet, legs, arms, head and body, and also straddling the legs where this is not included in the technique, deduction each time. 1 - 3/10
- b) Touching the extremity of the horse, the pommels, the bars, the uprights, the base of the apparatus, or the floor with the feet in swinging on P. Bars, the High Bar, or the uprights of the high bar, the cables of the Rings with the feet, the legs, the seat or any other part of the body in which this is not called for in the proper execution of a movement; deduction each time. 2 - 5/10
- c) The stops during the execution of an exercise: Depending on the seriousness of the fault and taking into account the difficulty of the movement or part leading to it, stops will be penalized, each time 3-7/10
- When the gymnast falls onto his seat (pronounced interruption) the deduction will be each time 5 - 7/10

3-For faults of technical order the deduction to be made each time will be as follows:

- a) walking in handstand (1/10 per step). 1 - 5/10
- b) two or several attempts to arrive at a hold (such as to get to a handstand position on the P. Bars) 2 - 5/10
- c) interruption of the movement of elevation when raising to a handstand. 1 - 3/10
- d) swinging movements executed with strength or strength movements executed with swing. 1 - 3/10
- e) The duration of holding positions is set as follows:

On Parallel Bars and Floor Exercise : 2 seconds
 On Rings : 3 seconds

The deductions for not complying to these rules will be as follows:

- On Parallel Bars and on Floor Exercise: only 1 second 2/10
- On Rings : only 2 seconds 2/10
- : only 1 second 4/10

Too long a duration of holding positions, especially if not in relation to their difficulty, can be considered as a fault of combination.

ON RINGS

- f) Bent arms in handstand or touching ropes. 2 - 3/10
- g) Bent arms and touching ropes. 3 - 5/10
- h) Bent arms in cross, inverted cross, and horizontal support lever 1 - 5/10
- i) too much*swing of the ropes 1 - 3/10
- k) falling from handstand (when not intended). 3 - 5/10

FLOOR EXERCISE

- l) Lack of balance, and precarious stands at the end and during the exercise, (as in #4 below). 1 - 5/10
- m) lack of harmony, rhythm and suppleness, each time up to. . . 2/10
- n) lack of harmony, rhythm and suppleness during the entire exercise, up to 10/10

SIDE HORSE

- o) lack of freedom in double leg circles. 1 - 3/10
- p) scissors without raising the hips high 1 - 3/10

IN GENERAL

- q) horizontal supports, horizontal suspensions or "L" support and straddle support too high or too low; scales on one leg too high or too low or not nice; handstands not perpendicular to the floor or with the shoulders forward; regrasping the bars late, after a somersault on the Parallel Bars, after a stutz or other similar movements; moving from one movement to another too rapidly, etc. 1 - 3/10

4-Presentation, Landing:

For an exercise which does not begin nor end with a perfect stand, the deductions are as follows:

- a) Small step or hop upon landing, bad posture before or after the exercise. 1 - 2/10
- b) several steps or hops upon landing or slightly touching the floor with the hands but without real support or very bad posture before or after the exercise. 2 - 3/10
- c) sitting or kneeling down, or falling on back or touching the floor with the hands with support 3 - 5/10
- d) undesirable behavior before or after the exercise 1 - 3/10

5-Interruption of the exercise by falling or touching the floor.

a) When an exercise is interrupted by a fall or other circumstances, or if the gymnast touches the floor with his feet on Side Horse, and on Parallel Bars, he can continue his exercise immediately or at the latest after 30 seconds, but he will be penalized. During these 30 seconds, the gymnast is free to do whatever he wants; if, however, the exercise is not continued after 30 seconds, it is considered terminated and the scoring will solely be based on the movements executed. The judge-referee will control the time and will advise the gymnast or his coach after 10, 20 and 30 seconds.

2-Examples of A, B and C parts are shown on page 25 and their definition discussed on page 28.

3-For the difficulty score, the deductions cannot exceed 3.40 points.

4-In the finals of the World Games, Olympic Games, European Championships and other competitions of this kind, the exercises must be composed of at least:

6 A parts -----4 B parts ----- 2 C parts.

5-Rating of Difficulty.

a) Deductions for A, B and C missing parts:

A part = 0.20 point

B part = 0.40 point

C part = 0.60 point

b) If a C part is replaced by a B part, the difficulty score will be decreased by 0.20 point.

c) If to get the maximum score only 1 C part is required (as in preliminaries), and the C part is replaced by a B part, the maximum score that can be obtained cannot exceed. 9.80 pts

d) If to get the maximum score 2 C parts are required (as in finals), and one of the C parts or both are replaced by B parts the maximum score that can be obtained is the following:

1 C part replaced by one B part =	9.80 pts.
2 C parts replaced by two B parts =	9.60 pts.

e) An extra C part can replace a missing B part. The same applies for B parts replacing A parts.

6-Exercises which are difficult to rate.

When a gymnast presents an exercise which comprises many faults and breaks and the exercise does not permit any rating of the difficulty (because of too many breaks, etc.), the judge will not take account of the maximum of 3.40 points and will give the following scores:

For 3/4 of an exercise, maximum.	7.50 pts
For 1/2 of an exercise, maximum.	5.00 pts
For 1/4 of an exercise, maximum.	2.50 pts

7-The difficulty of an exercise must not be forced to the detriment of a perfect execution. The improper execution of a movement or position, the bad posture, the bad swings, the passing from one movement to another too rapidly, the lack of control etc., will all bring about deductions already discussed in the code. The exercise must correspond with the capability of the gymnast because in

artistic gymnastics a gymnast must show that he is master of his body and that he can complete his exercise with grace, ease and sureness.

C. COMBINATION

1-The exercise must be composed of parts and movements typical and proper for the corresponding apparatus, according to article 5, page 4.

2-Each exercise must end with an effective dismount. The dismount must correspond to the rest of the exercise in regard to its value.

- 3-The essential parts must be connected with elegance and without additional swings. Excessive repetitions and parts too easy in relation to the standard of difficulty must be avoided.
- 4-The composition of the optional exercise must differ clearly from the compulsory exercise. However, including one movement or connecting parts of the latter does not necessarily constitute a fault in the combination, if the connections before and after these parts are different.
- 5-An exercise which presents great risks, originality and difficult connecting parts (transitions) will be less severely judged for small execution faults than the exercise which is lacking in originality, virtuosity and risk.
- 6-The duration of the Floor Exercise is set to one minute, with a tolerance of ± 10 seconds.
- 7-The area for Floor Exercise is limited to a square of 12m. x 12m. (39 ft. 4.44 inches x 39 ft. 4.44 inches).

D. PENALIZING OF THE COMBINATION

- 1-Combinations and movements of the wrong type, deduction each time 1 - 3/10
- 2-For each intermediate swing. 3 - 5/10
- 3-If the exercise does not end with an effective dismount, corresponding to the difficulty of the rest of the exercise, deduction . . 1 - 3/10
- 4-For each part or connecting part without value or for excessive repetitions, deduction. 1 - 3/10
- 5-If the combination resembles too much the compulsory exercise, deduction. 1 - 5/10
- 6-Same dismount as in the compulsory exercise and with the same preceding part, deduction 2/10
- 7-Going over or under the time-limit for the Floor Exercise will be penalized as follows:
 - a) \pm 2 seconds. 1/10
 - b) \pm 5 seconds. 2/10
 - c) \pm 9 seconds. 3/10
 - d) more than 9 seconds 5/10
- 8-Stepping outside the Floor Exercise area will be penalized as follows:
 - a) touching the outside area with a part of the body, each time 1/10
 - b) touching the outside area with both feet or both hands, each time. 2/10
 - c) sitting, kneeling, or lying outside the area, each time . . 3/10
- 9-Maximum of penalty for combination 1.60

ARTICLE EIGHT

LONG HORSE VAULTING

A. GENERAL RULES

- 1-For both the compulsory vault and the optional vault the horse shall be placed lengthwise and the distance of the elastic board is at the discretion of the gymnast.
- 2-All vaults must be executed with a momentary support of one or two hands. The length of the run is left to the discretion of the gymnast. The running-track must be at least 18 m. long, not including the board.
- 3-The compulsory and optional vault can be executed twice and the best score obtained will count. For the optional vault, the gymnast has the option of presenting twice the same vault or two different vaults. Both vaults must be performed one after the other.
- 4-The scoring of the vault begins when the board or the horse are touched; it ends when the gymnast is in a normal standing position. The competitor is permitted a maximum of 2 passes without stepping on the board or touching the horse. In a case of this type and in all other cases, the gymnast will be allowed a third and last trial and that one alone will count.
- 5-In the finals of World Games, Olympic Games and European Championships, and in any international competitions of this kind, each finalist is requested to present two different vaults with two trials for each of the two vaults. The final score is obtained by adding the scores of the best two different vaults and dividing by two. Paragraph 4 is also applicable for each of the two vaults.

B. THE JUDGING OF COMPULSORY AND
OPTIONAL LONG HORSE VAULTING

The judging of Long Horse Vaulting is divided into 4 factors (parts) as follows:

- 1-Difficulty of the optional vault or interpretation of the compulsory vault.
- 2-Position of one or both hands (zone of support).
- 3-Flight before and after the support of the hands.
- 4-Technical execution and interpretation.

From Factors 1, 2, and 3 will result the basic score, from which will be deducted the execution faults.

C. DIFFICULTY AND PATTERN (FORM) OF THE VAULTS

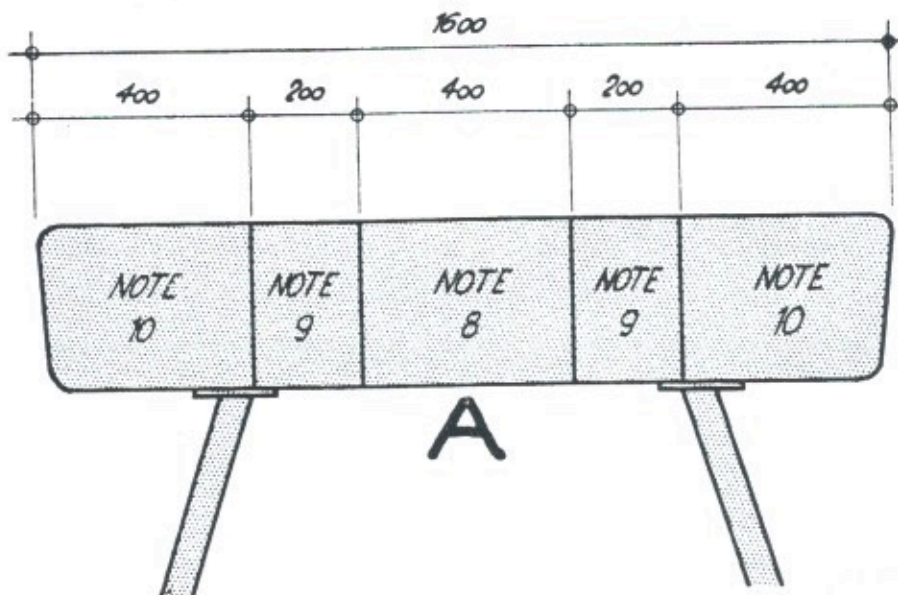
1-The drawing reproduced from page 15 to page 21 indicate the form (pattern) and the different phases of the 19 vaults. The execution must be based on these illustrations, the distance from the end of the horse to the feet of the gymnast on the mats included.

2-Vaults which are not included in the Table of Difficulty will be evaluated in accordance and in comparison with the difficulty of similar vaults in the Table. In order to stimulate the execution of vaults of greater difficulty, that is, superior to those 10 point vaults included in the Table, small faults in the execution will be less severely penalized. (also see Article 7 C 5).

D. POSITION OF THE HANDS AND ZONES OF SUPPORT

1-The length of the horse is divided into 5 zones, from one end to the other, and in the following order, according to the drawing which follows:

millimeters	400	-	200	-	400	-	200	-	400
inches	15-3/4	-	7-7/8	-	15-3/4	-	7-7/8	-	15-3/4

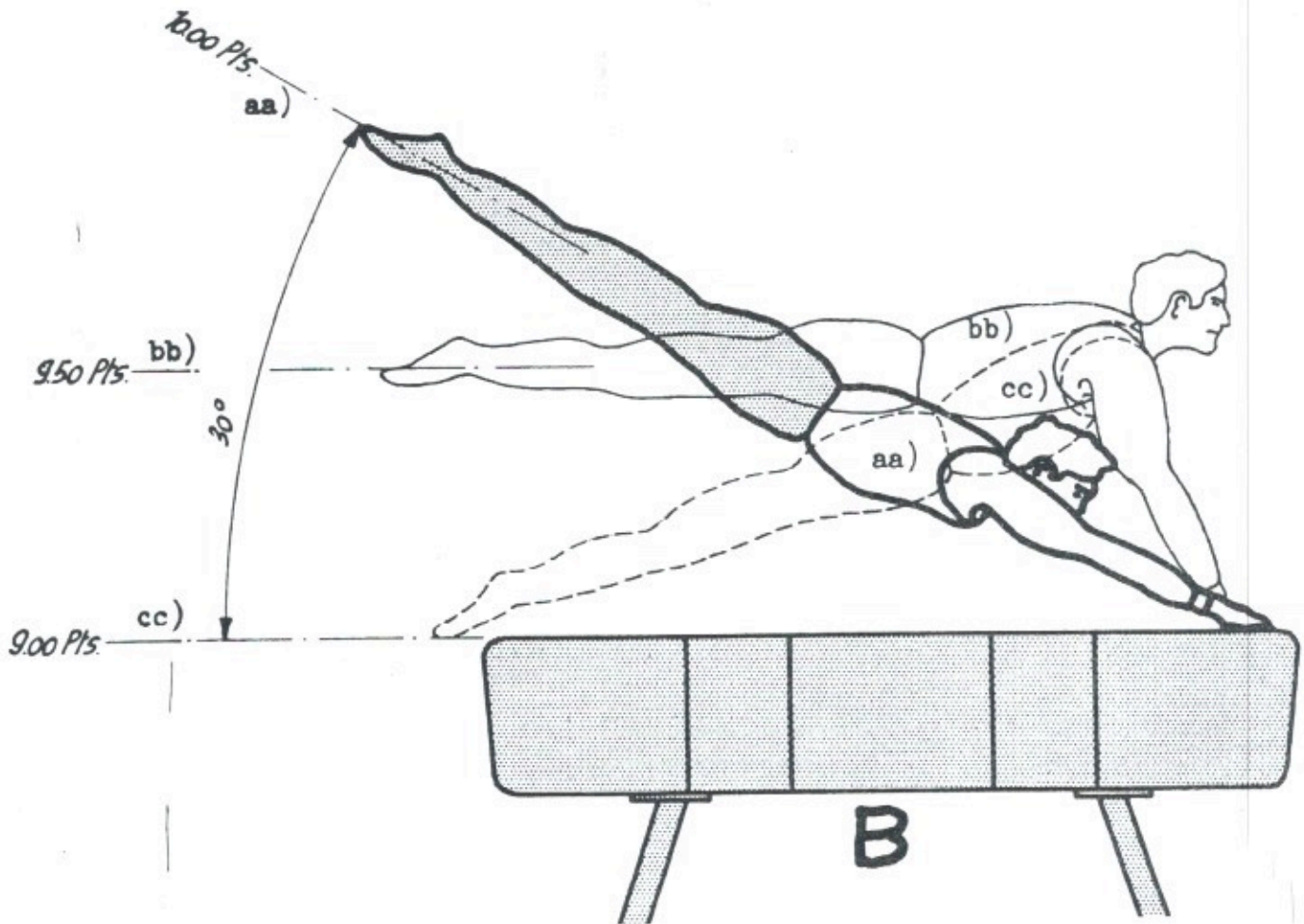


2-The zones will be defined by white lines 3/8" wide (10 mm.) marked on the top of the horse, so that the exterior side of the line delimits the zone.

3-To obtain the maximum credit for the vault, the hands or hand must be placed clearly in either of the two end zones. Should any part of the hand extend beyond the end zone a penalty of 1.0 point per zone will be incurred.

E. FLIGHT UP TO THE SUPPORT OF THE HANDS AND FLIGHT AFTER THE SUPPORT UP TO THE LANDING.

1-Regarding the flight after the take-off from the elastic board until the placing of the hands upon the neck of the horse, the evaluation is according to the notations indicated in drawing B, as follows:



- a) The maximum of 10. points will be given if the angle formed by the support of the hands through the stretched body (that is to say, the line from hands through the feet) with the top of the horse is at least 30 degrees.
- b) The maximum will not be more than 9.50 points for a horizontal support (see drawing bb)
- c) The maximum will not be more than 9. points if the feet are not higher than the top of the horse, and the score will decrease proportionately if the feet are still lower.
- d) Of course, intermediary scores such as 9.10, 9.20, 9.60 and 9.70 points, etc., are applicable.

2-As a general rule, the vaults must show their development during the second phase (free flight both high and long, according to the drawings from page 15 to page 21.

3-For vaults which involve support of the hands on the croup, the height and length of flight before and after the support of the hands must correspond to the phases shown in the drawings from page 15 to page 21.

F. PENALIZING OF THE EXECUTION

For practical reasons, this part comprises deductions for execution, deductions for the placing of the hands, deductions for the difficulty, and deductions for the flight in the first and second part of a vault as well.

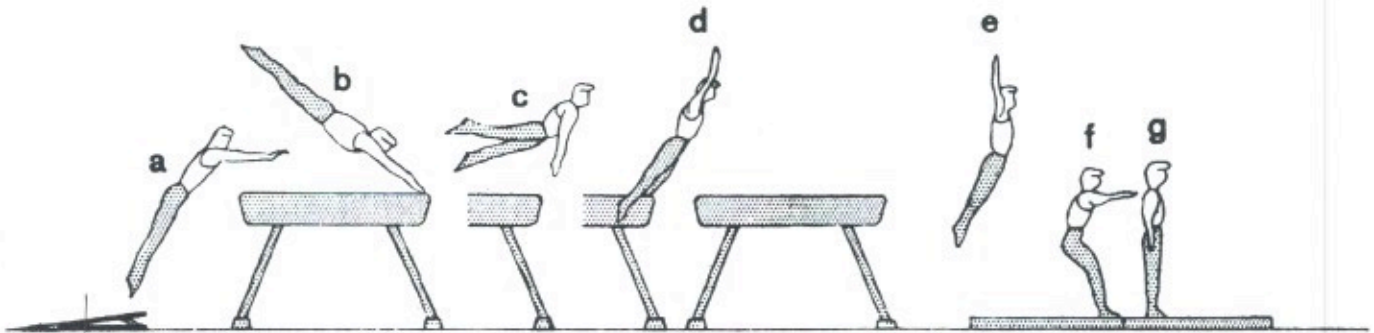
- 1-Flight and support of the hands below 30 degrees (see E 1 a) b) c)) 1 - 10/10
- 2-Flight too low and not long enough following the support. 1 - 5/10
- 3-When, after the vault and at the landing to stand, the gymnast is not at a distance which corresponds to the drawing 1 - 5/10
- 4-Too strong a flexion of the body forward before landing to stand 1 - 5/10
- 5-Bad direction of the vault 1 - 5/10
- 6-Placing the hand(s) in the 7-7/8-(200 mm.) zone on the neck or croup side, or partly touching these zones 10/10
- 7-Placing the hand(s) in the 15-3/4 zone (400 mm.) in the center of the horse, or partly touching this zone 20/10
- 8-Bad position of the feet, legs, body, head, unnecessary straddling of the legs, each time 1 - 3/10
- 9-If the faults just mentioned above are committed during the entire vault. 4 - 10/10
- 10-Touching the body of the horse with the feet, the legs, the knees or other part of the body. 2 - 5/10
For even more serious cases. 6 - 10/10
- 11-Arms bent during the execution of the handspring and Yamashita 1 - 10/10
- 12-Knees bent during the execution of the hecht 1 - 10/10
- 13-Standing at the end of the vault.
The landing after the vault is judged in the same manner as for the apparatus and Floor Exercise, that is:
 - a) Small step or hop 1 - 2/10
 - b) Several steps or hops, touching the floor with the hands without real support 2 - 3/10
 - c) Sitting, kneeling, falling on the back, or very bad posture 3 - 5/10
 - d) If undesirable behavior before and after the vault 1 - 3/10
- 14-Reducing the deductions for landing faults.
For vaults which are particularly difficult and present a great elevation and a great distance in the second part of the vault, the deduction for faults of bad landing will be reduced by 1 - 2/10 of a point.

G. THE ORGANIZATION OF THE JURY FOR LONG HORSE VAULTING

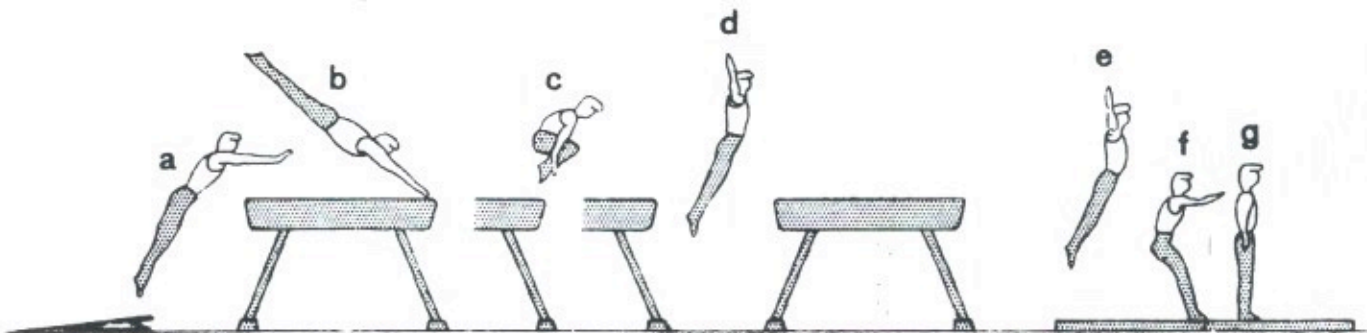
- 1-The 4 judges will place themselves in such a way that 2 of them can observe the vault front ways and particularly the trajectory. The other two judges will especially concentrate on the first phase of the vault.
- 2-The two judges assigned to check the position of the hands will place themselves one on either side of the horse.
- 3-The judge-referee places himself in diagonal with the front end of the horse so as to be able to observe the vault in its entirety and without his vision being obstructed.

H. FORM AND TECHNICAL EXECUTION OF THE VAULTS

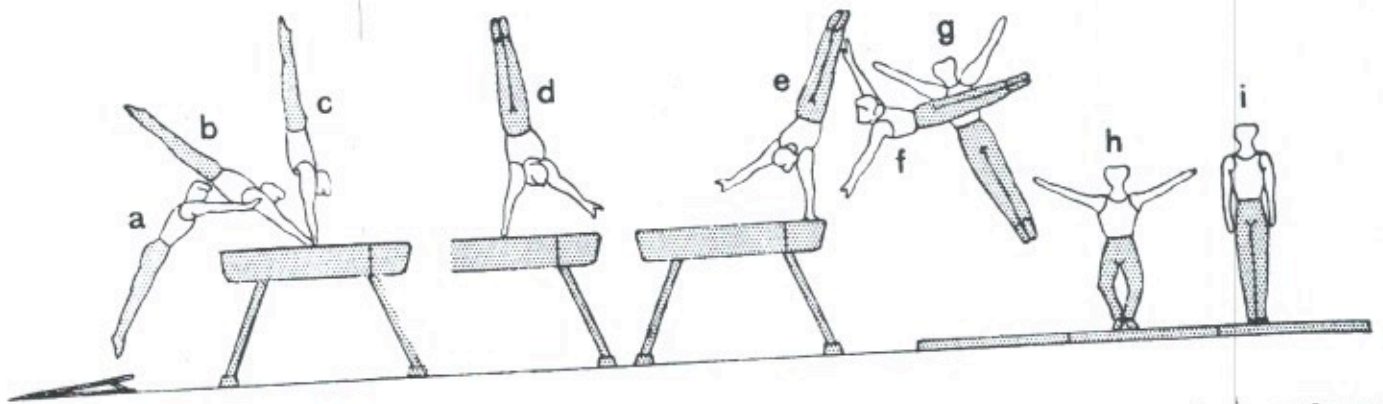
I. Vaults in which the hands are placed on the neck of the horse.



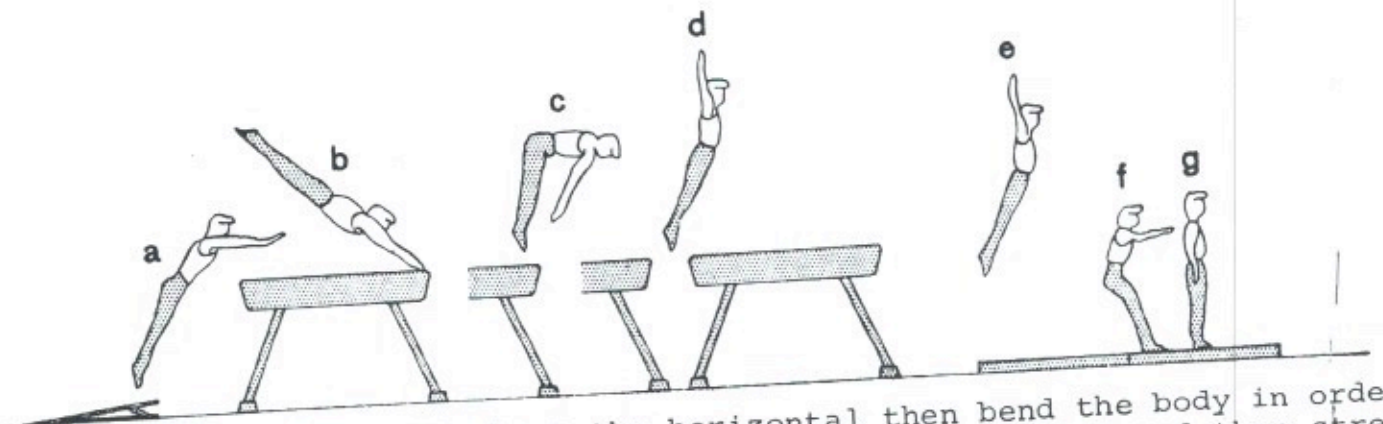
- 1-Vault, body stretched above the horizontal, straddling legs laterally to stand rearways. (Straddle): 7.50 pts



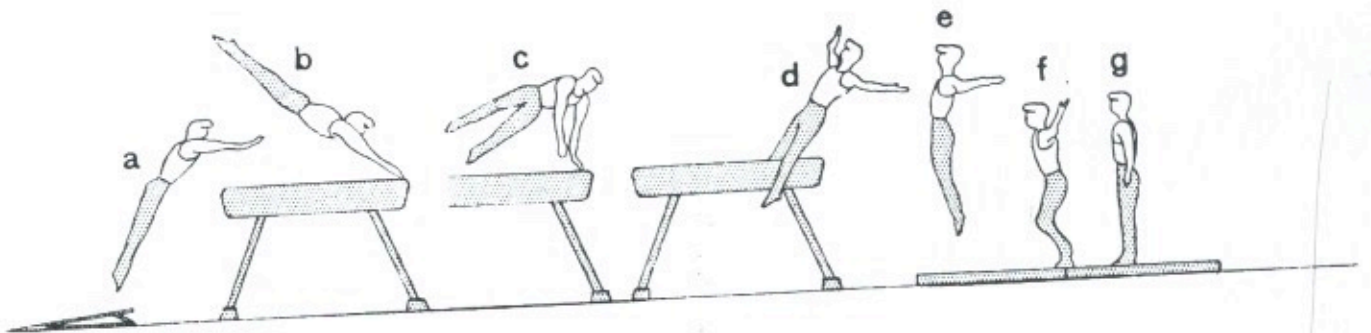
- 2-Vault, body stretched above the horizontal, passing the legs, together but bent, between the hands and then stretching the body before landing to stand rearways. (Squat vault): 8.00 pts



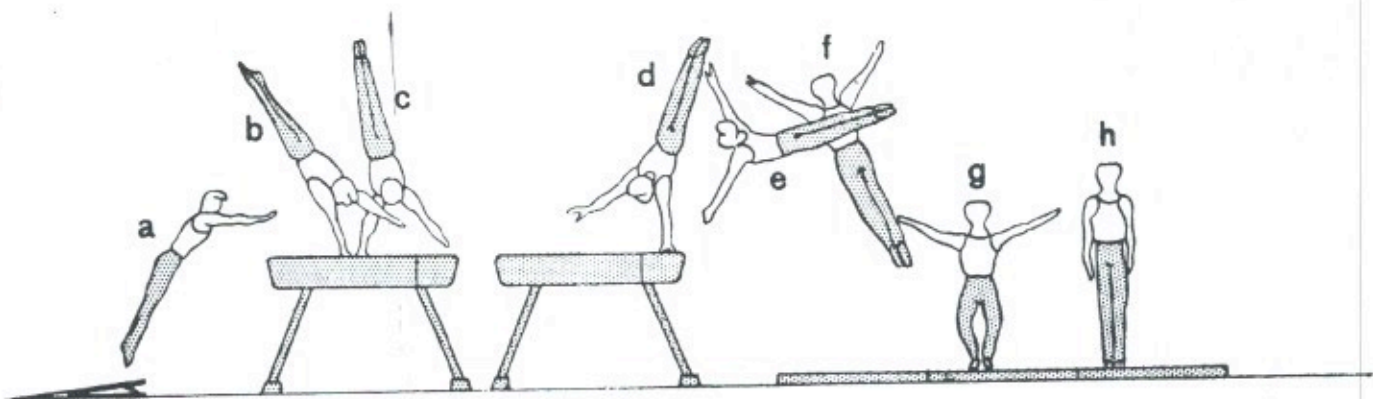
3-Vault to handstand, 1/4 turn to right, placing left hand on the neck and turning laterally in free flight, to stand left sideways. (The vault can be executed inversely). (Handstand Pivot Cartwheel Vault): 9.00 pt



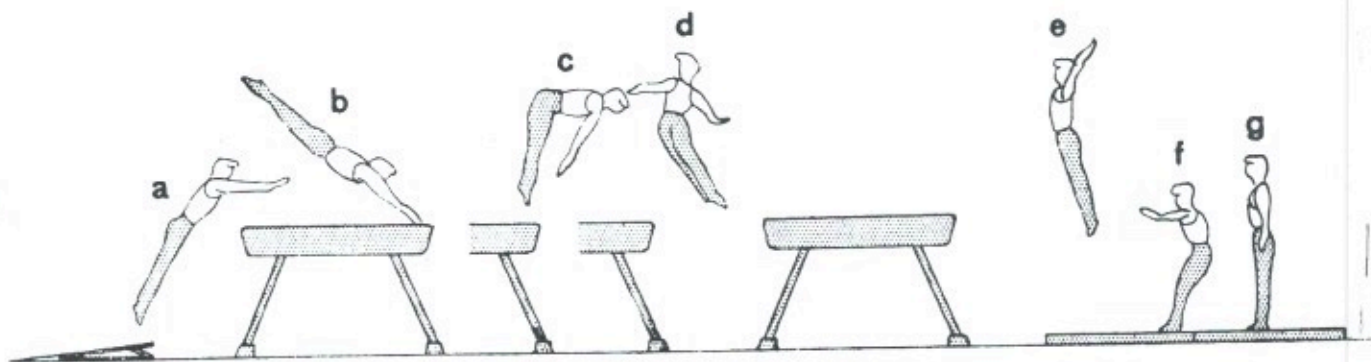
4-Vault, body stretched above the horizontal then bend the body in order to pass over the neck with the legs straight and joined and then stretch the body before landing, to stand rearways. (Stoop vault): 9.50 pts



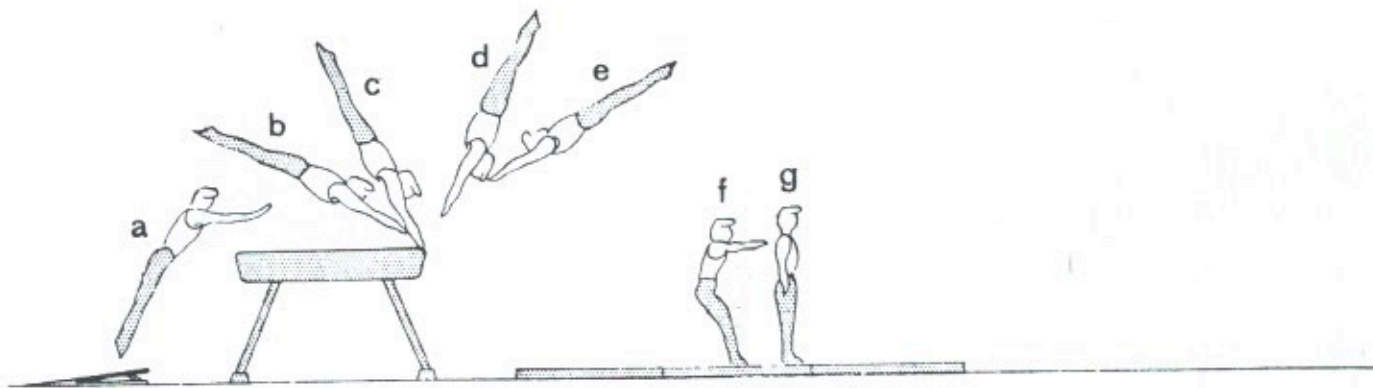
5-Vault, body stretched above the horizontal, crossing the legs with 1/2 turn, to stand facing the horse. (Scissors Vault with 1/2 turn): 9.80 pts



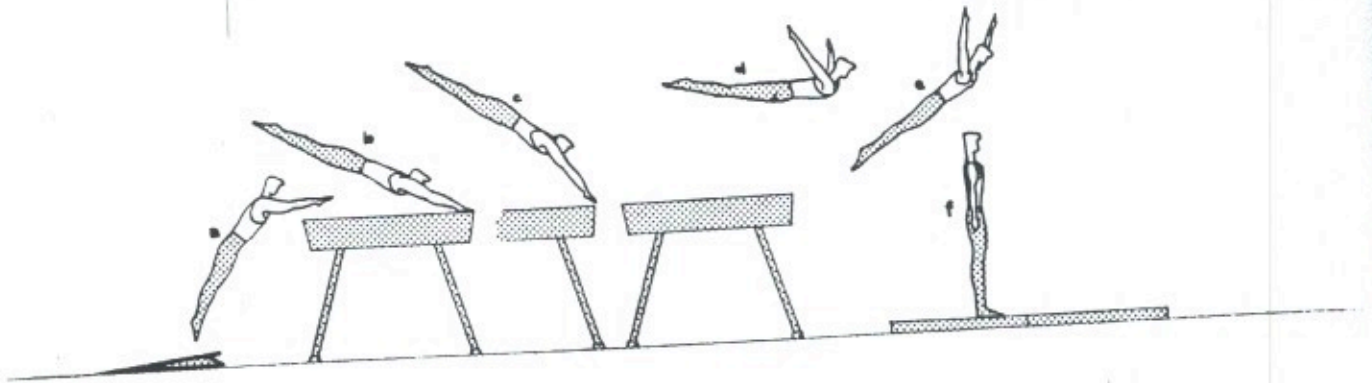
6-Vault, with 1/4 turn to left or right during the flight, to a side handstand, the hands being placed on the horse successively or simultaneously, the forward hand on the neck, and turn laterally in a free flight, to side stand. (Giant cartwheel): 9.80 pts.



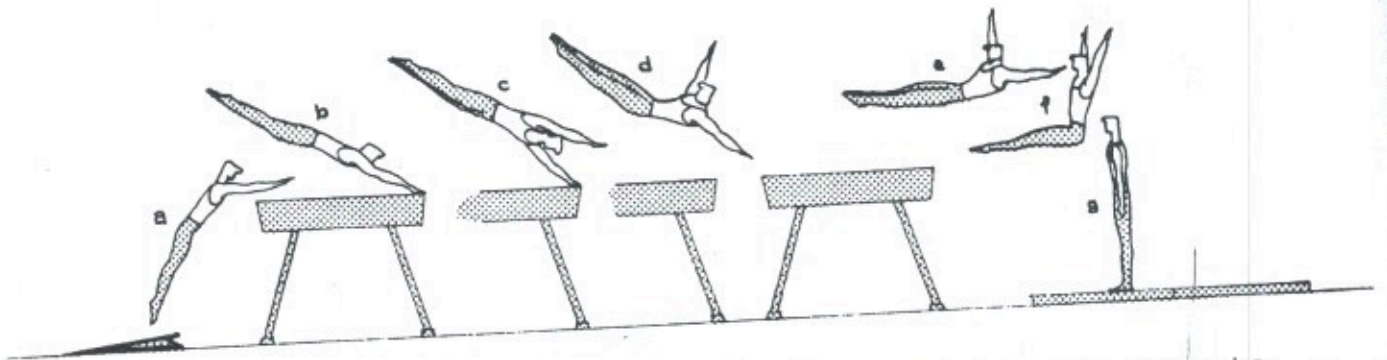
7-Same as #4 except that as the legs pass over the neck you execute a 1/2 turn left or right and then stretch the body, landing to stand facing the horse. (Stoop Vault with 1/2 turn): 10.00 pts.



8-Vault, to a momentary handstand support and turn over with a free flight to stand rearways. (Handspring): 10.00 pts.

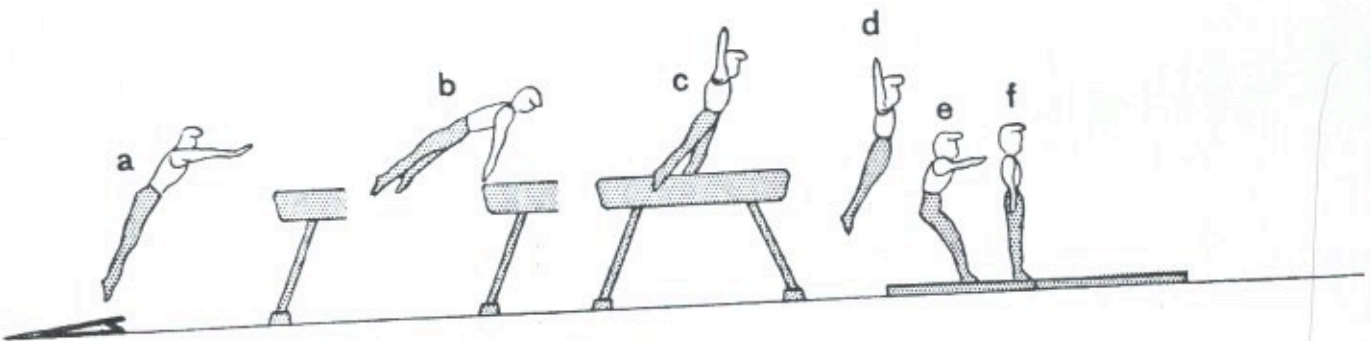


9-Vault, body stretched above the horizontal, legs together and straight, continue the flight over the horse with the body laid out, and land to a stand rearways. (Hecht): 10.00 pts.

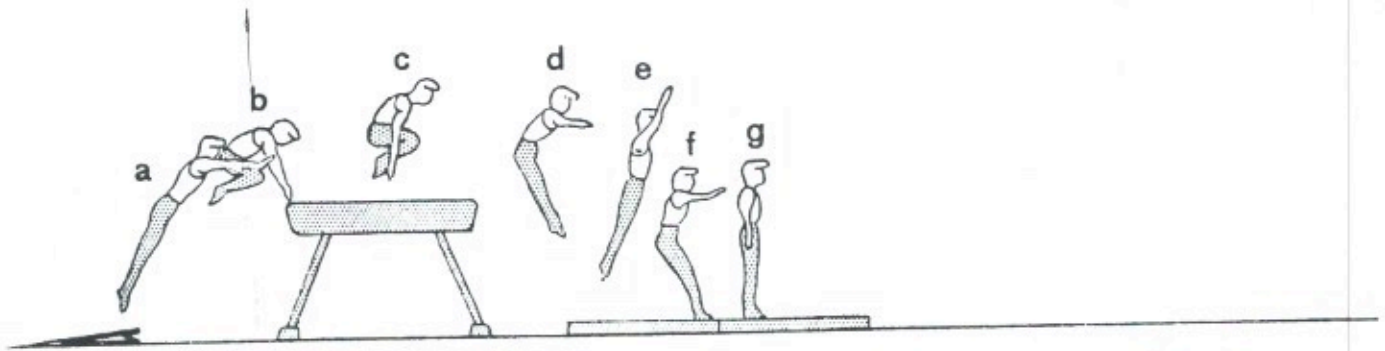


10-Same as #9, except that during the flight over the neck execute 1/2 turn to stand frontways. (Hecht with 1/2 turn): 10.00 pts.

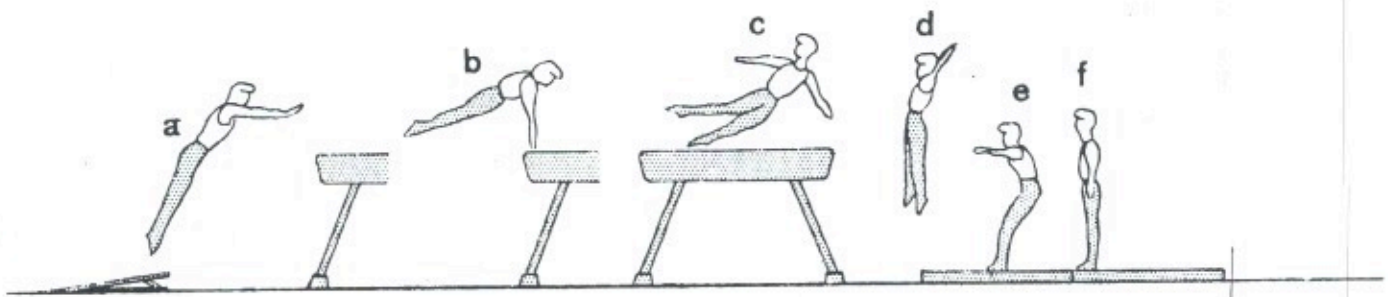
II. Vaults in which the hands are placed on the croup.



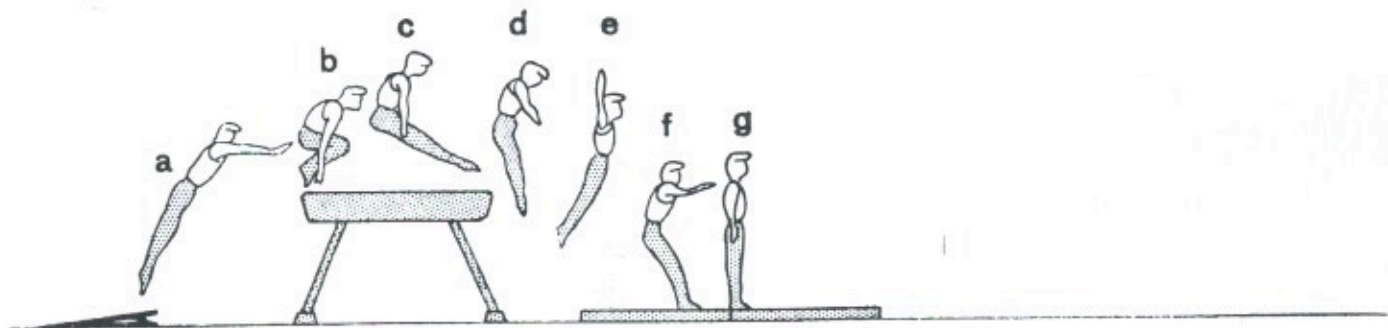
11-Vault, body stretched, legs straight and straddled laterally to stand rearways. (Straddle): 7.50 pts.



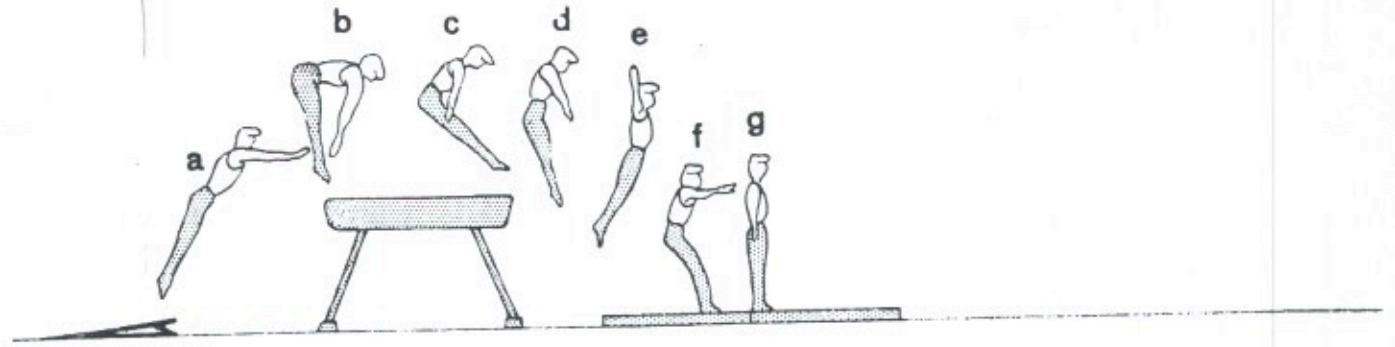
12-Vault, legs together and bent, stretch the body and the legs before landing, to stand rearways. (Squat): 8.00 pts.



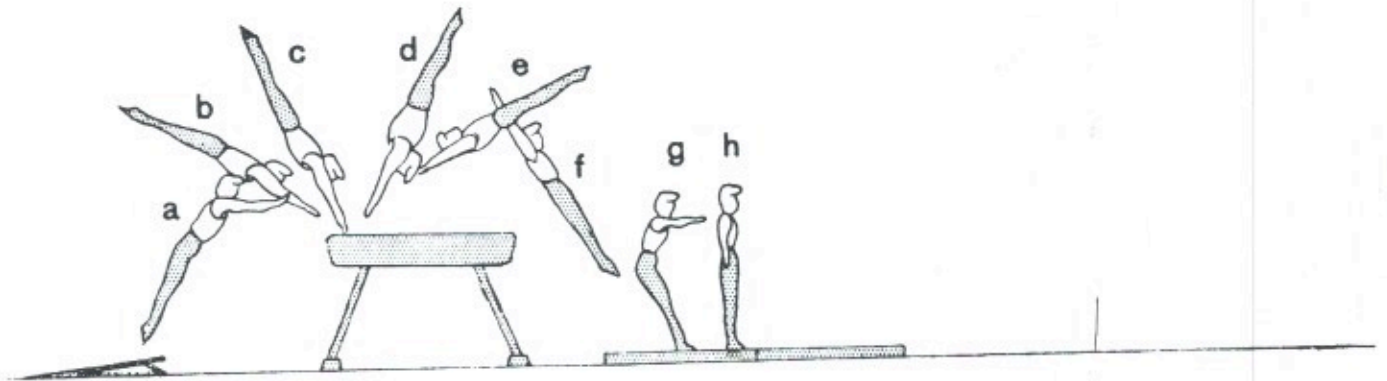
13-Vault, crossing the legs with 1/2 turn, to stand frontways legs together. (Scissors with 1/2 turn): 9.00 pts.



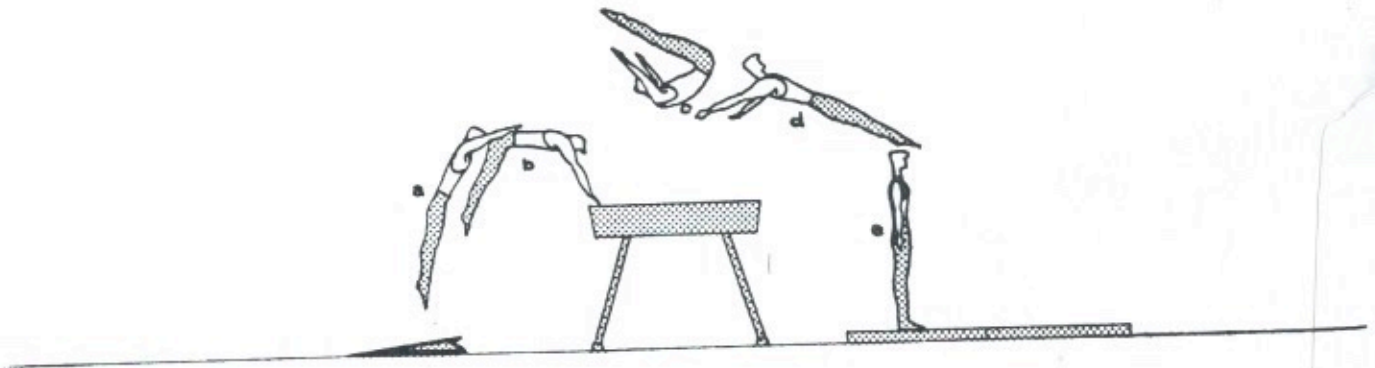
14-Vault, legs bent at the start then stretched forward during the flight, straighten the body before landing to a stand rearways. (Stoop vault, legs bent at start then straight during flight): 9.00 pts.



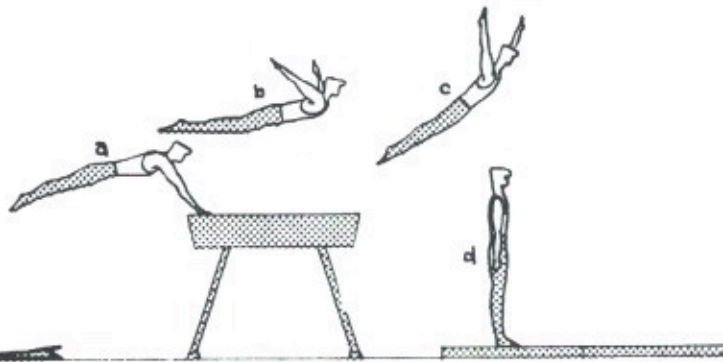
15-Vault, bent body, legs straight, stretch the body before landing, to stand rearways. (Stoop): 10.00 pts.



16-Vault to a momentary handstand support and turn over with a free flight body laid out, to stand rearways. (Handspring from the croup): 10.00 pts.



17-Vault, place the hands on the croup momentarily, somersault, extend body before landing, to stand rearways. (Yamashita): 10.00 pts.



18-Hecht from the croup (same description as #9):

10.00 pts.



19-Hecht with 1/2 turn from the croup (same description as #10): 10.00 pts.

NOTE: Regarding vaults Nos. 3 (handstand pivot cartwheel) and 6 (giant cartwheel), only the forward hand is to be considered in evaluating the placing of the hand.

TABLES OF A - B - C PARTS

Introduction: The explanations which follow will serve to a better understanding of the Difficulty Tables.

1. With the aim of gaining space and reducing to a strict minimum the number of pages in this booklet, we have used the abbreviations shown below.

bw.	= backward
fw.	= forward
frt.	= front
frtws.	= frontways
lat.	= lateral, laterally
L	= left
pos.	= position
R.	= right
sec.	= second(s)
susp.	= suspension (hang)
t.	= turn(s) or twist, e.g. 1/4 t., 1/2 t., etc.
w.i.c.	= without intermediate leg circle(s)

2. By the same token, and to facilitate the reading we have also used the technical (conventional) terms appearing in the Precis de Terminologie gymnastique of the F.I.G., 1959 ed., p.24-32.
3. The schematic presentation of the A, B, and C parts in three columns corresponding to their origins is the reason why repetitions of parts or connecting movements under headings of different origins are to be found within the category of movements related to the same apparatus. To avoid some misunderstanding, whenever parts or connecting parts are duplicated we have given the numbers referring to the section where these parts were first mentioned.
4. The tables also contain certain movements which must be executed in a specific way (technically speaking) to count as a B or C part, that is to say, to be given their full value. You will notice that under certain items some parts or combinations become accumulative. Whenever this is the case we have indicated it. For example, in Floor Exercise # 10 k: side scale, put one hand on the floor and raise slowly to a one arm handstand, counts as 2 c's; therefore, you will find written C + C.
5. At the end of each table and for each event examples of connecting parts or combination of movements are shown with the precise indication of the number of A, B & C values it contains. By doing this, we thought the judge and the technician would greatly benefit from it. We also believed that it would facilitate the evaluation of parts omitted in the Tables and enable one to make comparisons.
6. We call your attention to the fact that static positions (holds) on Parallel Bars and Floor Exercise must be executed with stability and for at least 2 seconds; on rings, for 3 seconds.
7. Exercises and movements of strength must be executed slowly and without any swing.

3. REPETITION OF B OR C PARTS IN THE SAME EXERCISE

As a general rule, a part or connecting part known as a B or C part will count only once during the execution of a complete exercise. It shall count two or more times if the part or connecting parts that precede or follow are different. If, however, a certain part is repeated too often, the combination or originality of the exercise will suffer, and deductions will be made (deductions for combination).

9. We have tried to present as many examples of A, B and C parts as possible, but these examples are only to serve as a guide and are by no means restrictive.

SELECTION OF CONVENTIONAL TERMS

ALLEMAND - On Side Horse

- a) From back support on the neck, right hand on left pommel, left hand on the neck: pass legs over left pommel and 1/4 turn to right placing right hand on neck in support crossways on right arm continue swinging legs over left pommel with additional 1/4 turn right to rear support displacing left hand on left pommel.
- b) Allemand dismount: Same movement, but instead of arriving at rear support, one comes to stand sideways, frontways or rearways.
- c) Allemand mount: From sidestand frontways with left hand on neck, right hand on left pommel, jump and swing legs under left hand to back support, and continue the movement as described in (a).

CHAGUINIAN: On Side Horse

From back support on neck: side Allemand to the right followed by an additional side (costal) Allemand over left pommel followed by a front Allemand to the right, to jump to stand right crossways.

MUNCHNERSTEMME: (German uprise) High Bar.

Swing forward, high and above bar, 1/2 turn right around right arm, displacing left hand in over grip, swing forward and uprise with 1/2 turn left around right arm displacing left hand in over grip to free front support or inversely.

DURCHSCHUBSTEMME: (Finish uprise) on High Bar.

Swing forward with mixed grip, swing backward passing legs straight between arms with 1/2 turn left around right arm, placing left hand in over grip, swing backward and back uprise to free front support. (This movement can be reversed).

FACIAL ELEVE TOURNE: on Parallel Bars.

From support: Swing backward to momentary handstand and in support on right arm 1/2 turn right, do dismount frontways to cross stand right.

FLANC TOURNE EN ARRIERE: On Side Horse

From sidestand frontways with left hand on neck, right hand on left pommel in reverse grip: Jump to support with 1/2 turn left, passing both legs over right pommel, left hand to right pommel to front support. (Side Horse mount for 1964 Olympic Games compulsory exercise).

HOLLANDER: On Parallel Bars.

Swing to momentary handstand 1/4 turn on right arm placing left hand on bar followed by 1/4 turn right on left arm, cartwheel dismount to cross stand left. (1958 World Games dismount).

SINGLE SWISS: On Side Horse

From front support on pommels: pass left leg over left pommel with 1/2 turn right displacing left hand to right pommel and right hand to left pommel, pass left leg under left hand to back support.

DOUBLE SWISS: On Side Horse

From front support on pommels: pass legs under left and right hand and 1/2 turn right displacing hands simultaneously (left hand on right pommel and right hand on left pommel) and passing legs over left pommel to front support.

RUSSIAN: On Side Horse

From front support on pommels: in support on left arm, pass legs over right pommel and the neck with 1/2 turn right placing right hand in under grip on left pommel and left hand on right pommel and, in support on left arm, pass legs over the croup with 1/2 turn right and placing right hand in under grip on right pommel and left hand on left pommel.

SALTO: Somersault.

GERMAN GIANT (Steinemann): On High Bar.

From rear support in over grip: project body backward over the bar into hang rearways and uprise rearways into rear support. (It is now considered a B part; to be a C, the body must describe a FULL circle in dorsal suspension (hang rearways): Double German.

STOCKLI: On Side Horse.

Double Rear in and double rear out w.i.c., and vice versa.

REVERSE STOCKLI:

a) From front support on both pommels: pass legs under left hand and in support on left arm, 1/2 turn right pivoting on left arm, swing legs over right pommel and neck, placing right hand on neck to front support.

b) Reverse Stockli dismount: continuing a), with support on right arm swing legs over both pommels arching body to dismount with flank vault to side stand rearways.

TRAMLOT: On Side Horse

Side travel from the saddle to one extremity of the horse, followed by a double in w.i.c.

DIRECT TRAMLOT:

Side travel from saddle to support with both hands on one pommel followed by immediate double in.

ANALYSIS OF THE A, B AND C PARTS AND THE WAY TO DEFINE THEM.

According to article 7, B, 1, in order to obtain the maximum of points allocated for difficulty, the optional exercises must contain a set number of A, B and C parts.

A certain number of examples are given in the Tables beginning on page 31. These examples will serve as references and guide to the judges, in the hope that thereafter they will be able to ascertain other A, B and C parts not given in these Tables. This, of course, will require the judge to determine whether other parts or connecting parts which do not appear in the Tables can be given the value of A, B, or C. The Tables, analyses and definitions which follow will undoubtedly permit the judge to fulfill his duty properly.

The Tables are set up in the following manner:

- First Column: origin or name of the parts.
- Second Column: A parts, - the simplest forms of difficulty.
- Third Column: B parts, - parts of medium difficulty (average)
- Fourth Column: C parts, - parts of the highest difficulty, or necessary connecting parts or transitions for the obtainment of a C part.

We hope that these tables, by themselves, will afford the possibility of a definition of the A, B and C parts and by the fact that the judge can make comparisons of the different values that a same part can take. Here are a few examples which characterize this possibility of comparison:

Event	A Parts	B Parts	C Parts
Floor Exercise	Flic-Flac	Bw. Somersault	Bw. Somersault with 1/2 turn
	Fw. handspring	Fw. Somersault	Fw. somersault with 1/2 turn
Parallel bars	Press to handstand with bent body, bent arms	Press to handstand with straight arms, bent body.	Press to handstand with straight arms and straight body.
	Bw. somersault to upper arm hang.	Bw. somersault to support	Bw. somersault to handstand (hold).

Event	A Parts	B Parts	C Parts
Rings	Back horizontal lever	Front horizontal lever	Free front horizontal support.
	Back hip circle to support	back hip circle to handstand	Giant swing backward.

These examples demonstrate in a typical way the progression from an A part to a C part.

Indubitably, the possibility of definition just demonstrated is, above all, a comparison within the frame of a same part, and not a delimitation of A, B & C in one direction or the other.

Such a definition is possible utilizing the A, B & C columns and in considering the most difficult part as the upper limit and the easiest part as the lower limit in a group of A, B and C parts of an event. Then, we try to classify the parts or combination not included in the columns A, B and C.

Few examples on High Bar will give us these possibilities of a delimitation:

A PARTS, 1 a): Kips from support or from hang or 2 a): back uprise to free front support, represent more or less the easiest forms of A parts, while part 6 a): eagle swing uprise to free front support, is considered as the ultimate in difficulty in the group of A values.

FOR B PARTS, the combination 5. b): Back giant 1/2 turn front giant, may be considered the easiest B part, while 8.b): German giant (Steinemann) represents more or less the most difficult B part.

AS THE EASIEST PART OF THE GROUP OF C VALUES, WE MAY CONSIDER 5. c): Back giant 1/2 turn in momentary one-arm handstand support followed by an additional 1/2 turn in the same direction and back giant; while 7. c): More than one inverted giant, or 8. c): Germany giant (more than one), may be considered as the most difficult C values.

All the parts and combinations (as far as difficulty is concerned) which fit the demarcations stated above, may be classified in the corresponding A, B and C columns.

In order to make the possibility of a definition more explicit, we have constructed a schematic table with 10 parts of each group of A, B and C values for each event (not including Long Horse). To each of these values we have assigned an approximate numerical value and thereby demonstrating to the judge and technician the manner in which it is possible to classify a certain value (part) within the delimitations mentioned above. These approximate numerical values assigned to the different parts represent for the judge and technician a supplementary possibility of estimating the worth of a part and will help him to ameliorate the definition.

We can gather from this schematic Table and from the A, B and C Tables, that there are basic movements and combinations for which the difficulty may vary sensibly. In certain cases the difference might appear too small. Yet, it was our duty to establish upper and lower limits so as to make possible the definition of some of the values of the three groups.

More than that, there are parts and combinations which, while having the same degree of difficulty, are diametrically opposite in regard to their origin, or their technical execution. HERE IS AN EXAMPLE ON THE RINGS: Dislocation, swing forward and upward into handstand, AND slow back roll (back hip circle) to handstand.

These two C parts exemplify a total difference insofar as mechanics and techniques are concerned. For the first movement, the gymnast must show an ability to swing freely, combined with muscular tone to hold the body in the correct position (handstand), therefore, skill, courage to face the risk in such a movement, and a sense of direction. As to the second movement, it requires, above all, strength utilized rationally and also good body control.

These facts demonstrate clearly the difficulty involved in attributing a degree of value more or less exact to certain parts or combination, due to the short duration of a movement and the many factors which one must consider when judging an exercise and in order to arrive at the truest value.

The mastery of such a definition is not only a mathematical question. The judge must possess the mental ability to follow the exercise and appreciate the savoir-faire, the courage, the strength, the skill, the control, the coordination, the sense of direction and the perseverance of the gymnast, and to be able at the same time to classify the difficulty in its proper place. As already mentioned at the beginning of this expose, this ability calls for the knowledge and experience acquired as an ex-gymnast and a good technician and the continuous observation of the evolution of gymnastics at the national and international level. This knowledge can be improved by the careful study of the code of points and by a frequent participation in national clinics and international courses for judges. A thorough knowledge of the mechanical principles underlying the A, B and C parts will also help the judge to determine the degree of difficulty of an exercise.

THE A PARTS

The A parts are generally the basic movements of a part of an exercise, such as kip, hip circle, giant swing, scissors, handspring, etc., therefore, the easiest movements. However, inasmuch as an element is really too easy, these parts can be composed of two or more elements, such as for example on Side Horse: a passage or a single leg circle not attaining the minimum value of an A part. To arrive at this minimum value, it is necessary to present a combination of single leg cuts or circles.

In comparison with the above mentioned examples, and for certain basic movements, the A part can considerably increase its value in terms of difficulty. EXAMPLE: Eagle swing to support as the easiest form of the origin - "Eagle Giant", which in turn results in a B part if it is not preceded or followed by another combination. The same applies to the stutzkehr or backward somersault over the bars to upper arm hang, to the flic-flac, to the handspring, or to the kip or front uprise on the rings etc.

THE B PARTS

The B part as an average difficulty, may also be composed of one part and proportionately more difficult than the A part. Example: Free front horizontal support (front planche) on Parallel Bars; eagle giant on High Bar; straddle L support on Parallel Bars and in Floor Exercise; moore on Side Horse or front horizontal lever on Rings.

A B part may, however, be made as a result of combining two A parts, for example: From hang: swing forward and turn backward into handstand on Rings; back uprise cut catch on Parallel Bars; tramlot on Side Horse which is composed of a side travel and a double rear in; back uprise, double rear in on High Bar; or flic-flac back somersault in Floor Exercise. As a rule then, the difficulty which arises from the combination of the two parts is the determining factor in the making up of a B part from the A parts.

The B parts are equally composed of a certain number of parts of which the difficulty surpasses the average in the fact that in their final form they automatically become C parts; for example: German giant on High Bar, back somersault straight body on the floor, reverse stockli on Side Horse or the cross on the Rings.

THE C PARTS

The C part, as a superior difficulty, may also be composed of movements which are more difficult than B parts, for example: free front horizontal support on Rings: double German on High Bar, which is an increase in difficulty from the simple German giant; free front horizontal support (front planche) on one bar on Parallel Bars; or one-arm handstand on the Floor.

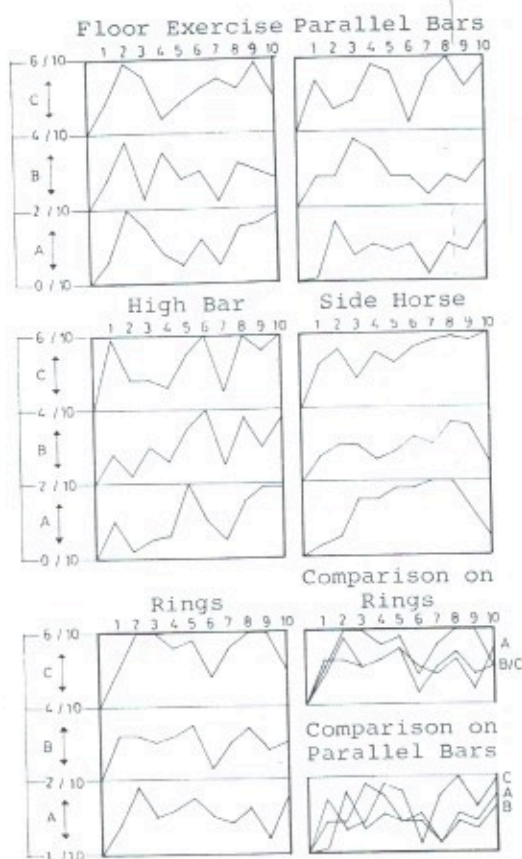
In general, the C parts are composed of several A parts or of A + B parts or B + B parts. The difficulty tables, A, B and C give enough information so as to indicate the number of A and B parts necessary to make a C part. So, we shall limit ourselves to giving few explanations concerning the definition of C parts on Side Horse. Henceforth, only two B parts in

Succession without intermediate circle will be considered as a C part, inasmuch as the difficulty of one part or the combination surpasses the average. Example: From back support: Moore followed by a stockli or Moore followed by a direct tramlot, or direct tramlot followed by a Moore, or Moore followed by a reverse stockli with intermediate circle, etc.

In order to obtain the qualification of a C part, we choose B values not exceeding the standards that have been shown, two direct changes without intermediate circles must be included. However, and according to the difficulty of the C part defined in this manner, a B value will automatically be added.

The combination of two or three parts is only valid as a C part if the beginning of the second part (or eventually of the third part) leads to an opposite direction from the preceding part and if the parts are linked without intermediate leg circle. Example: Tramlot followed by a stockli, followed again by a stockli, without intermediate leg circles, is not valid; while a stockli followed by a side travel without intermediate leg circles, fulfills the requirements stated above.

Schematic Presentation of the Value of Some A, B, & C Parts



Numerical Value of A, B, & C Parts of the Schematic Table

Floor Exercise			Parallel Bar			High Bar			Side Horse			Rings		
I	II	III	I	II	III	I	II	III	I	II	III	I	II	III
1.	1. d)	= 6/100	1.	1. a)	= 1/100	1.	2. a)	= 10/100	1.	1. a)	= 3/100	1.	1. a)	= 8/100
	e)	= 28/100		b)	= 28/100		r)	= 28/100		b)	= 27/100		b)	= 32/100
	f)	= 48/100		c)	= 54/100		s)	= 58/100		c)	= 52/100		c)	= 50/100
2.	1. i)	= 20/100	2.	1. d)	= 16/100	2.	3. a)	= 2/100	2.	1. d)	= 5/100	2.	4. a)	= 18/100
	k)	= 38/100		e)	= 28/100		b)	= 22/100		e)	= 30/100		b)	= 32/100
	l)	= 59/100		f)	= 46/100		f)	= 49/100		f)	= 56/100		c)	= 60/100
3.	3. d)	= 15/100	3.	4. a)	= 7/100	3.	3. d)	= 5/100	3.	2. a)	= 10/100	3.	5. a)	= 10/100
	e)	= 23/100		b)	= 38/100		e)	= 30/100		b)	= 30/100		b)	= 30/100
	f)	= 56/100		c)	= 48/100		f)	= 48/100		c)	= 48/100		c)	= 60/100
4.	4. a)	= 8/100	4.	5. a)	= 10/100	4.	4. a)	= 6/100	4.	3. a)	= 15/100	4.	6. a)	= 12/100
	b)	= 35/100		b)	= 35/100		b)	= 26/100		b)	= 26/100		b)	= 32/100
	c)	= 44/100		c)	= 58/100		c)	= 46/100		c)	= 55/100		c)	= 56/100
5.	5. a)	= 5/100	5.	10. a)	= 8/100	5.	6. a)	= 20/100	5.	3. d)	= 15/100	5.	7. a)	= 15/100
	b)	= 28/100		b)	= 28/100		b)	= 35/100		e)	= 28/100		b)	= 35/100
	c)	= 48/100		c)	= 56/100		c)	= 55/100		f)	= 52/100		c)	= 58/100
6.	6. g)	= 12/100	6.	10. d)	= 10/100	6.	8. a)	= 10/100	6.	3. g)	= 18/100	6.	8. a)	= 10/100
	h)	= 30/100		e)	= 28/100		b)	= 40/100		h)	= 32/100		b)	= 23/100
	i)	= 52/100		f)	= 42/100		c)	= 60/100		i)	= 56/100		c)	= 48/100
7.	6. k)	= 5/100	7.	11. d)	= 2/100	7.	11. a)	= 5/100	7.	3. g)	= 18/100	7.	8. d)	= 8/100
	l)	= 23/100		e)	= 23/100		b)	= 25/100		k)	= 30/100		e)	= 30/100
	m)	= 55/100		f)	= 55/100		c)	= 45/100		l)	= 58/100		f)	= 48/100
8.	7. a)	= 15/100	8.	14. a)	= 10/100	8.	12. a)	= 15/100	8.	3. m)	= 20/100	8.	11. a)	= 12/100
	b)	= 32/100		b)	= 28/100		b)	= 38/100		p)	= 36/100		b)	= 34/100
	c)	= 52/100		c)	= 60/100		c)	= 60/100		q)	= 59/100		c)	= 60/100
9.	10. a)	= 16/100	9.	14. d)	= 6/100	9.	12. d)	= 19/100	9.	4. a)	= 20/100	9.	12. a)	= 4/100
	b)	= 30/100		e)	= 26/100		e)	= 30/100		b)	= 35/100		b)	= 28/100
	c)	= 59/100		g)	= 52/100		f)	= 56/100		c)	= 58/100		c)	= 60/100
10.	10. g)	= 18/100	10.	15. a)	= 15/100	10.	12. h)	= 19/100	10.	5. a)	= 5/100	10.	14. a)	= 15/100
	h)	= 28/100		b)	= 32/100		i)	= 38/100		b)	= 26/100		b)	= 30/100
	i)	= 50/100		c)	= 58/100		k)	= 60/100		c)	= 60/100		c)	= 50/100

Legend: I = Numbers refer to 1 to 10 of the schematic table
 II = Numbers & letters refer to numbers and letters of A, B, & C Table
 III = Approximate numerical value of A, B & C parts in 1/100 of a point, from 0-20/100 for A parts, from 21-40/100 for B parts and from 41-60/100 for C parts.

FLOOR EXERCISE

ORIGIN OR NAME	A PARTS	B PARTS	C PARTS
Jumps	<p>a) Jump raising the legs fw. together or straddled.</p> <p>d) Jump fw. to momentary handstand and roll fw.</p> <p>i) Jump fw. & roll fw. to squat stand, extend the legs and flic-flac: A + A</p>	<p>b)</p> <p>e) Jump fw. to handstand followed by a handspring legs together.</p> <p>g) Jump fw. to handstand 2 seconds.</p> <p>j) Jump fw. & roll fw. to squat stand, extend the legs & back somersault (tuck).</p>	<p>c)</p> <p>f) Jump fw. with elevation followed by a front somersault (tuck).</p> <p>h)</p> <p>k) Jump fw. & roll fw. to squat stand, extend the legs & jump bw. with 1/2 turn to handstand & roll fw.</p>
2. Jumps (backward)	<p>a) Jump bw. with 1/2 turn & roll fw.</p>	<p>b) Jump bw. with 1/2 turn to momentary handstand & roll fw.</p> <p>d) Jump bw. to half inverted position on the shoulders, & kip to stand.</p>	<p>c) Jump bw. with 1/2 turn to handstand, 2 sec.</p> <p>e) Jump bw. to half inverted position on the shoulders & kip 1/2 turn to momentary front planche.</p>
3. Kips	<p>a) Headspring or neckspring to stand.</p> <p>d) Neckspring with the help of the hands on the thighs to squat stand.</p>	<p>b) Headspring or neckspring with 1/2 turn to momentary free front planche.</p> <p>e) Same as d) but to standing position.</p> <p>g) Jump bw. to half inverted position on the shoulders & kip to stand (see also 2.d)</p>	<p>c) Headspring or neckspring with 1/2 turn to momentary handstand.</p> <p>f) Same as d) but with 1/2 turn to momentary front planche.</p> <p>h) Jump bw. to half inverted position on the shoulders & kip with 1/2 turn to momentary free front planche. (see also 2.e).</p>
4. Turn bw. or Roll bw.	<p>a) Roll bw. to momentary handstand.</p>	<p>b) Roll bw. to momentary handstand, lower legs, pass one leg straight between the arms, to split; or pass the legs straight between the arms & roll bw. to handstand.: B + A.</p>	<p>c) Roll bw. to momentary handstand, lower legs, & pass straight legs between the arms to L support or outside the arms to free straddle support (hold).</p>
5. Leg circles	<p>a) From front leaning rest support: single leg circle with 1/2 turn to front leaning rest, or other position.</p>	<p>b) Double leg circles, at least 2.</p>	<p>c) Double leg circles with 1/2 turn & continue the circles.</p>

FLOOR EXERCISE CONTINUED

ORIGIN OR NAME	A PARTS	B PARTS	C PARTS
6. Positions & static stands. (Strength, holds & scales).	a) Front horizontal scale or side scale. d) "L" support or V-seat legs raised upward touching the forehead, with no support of the hand. g) Handstand or elbow stand. j) One arm lever. (Elbow Lever)	b) Back horizontal scale on one leg. e) Straddle support h) Elbow stand raise to handstand. k) One arm lever and 1/2 turn keeping body horizontal. m) Front "split", or side split.	c) Horizontal scale on one leg, flic-flac to horizontal scale: C+A f) "L" support with legs raised obliquely, lower legs & pass straight legs between arms.: C+A i) One arm handstand, at least 2 seconds. l) Free front lever, 2 sec. (planche, straight arms).
7. Handsprings & front somersaults.	a) Front handspring to standing position. d) Front handspring to one leg. g) j) m)	b) Front somersault (tuck) e) Front somersault, body & legs bent, to one leg. h) k) n)	c) Front somersault, body straight or front somersault, body & legs bent with 1/2 turn. f) i) Front handspring, front somersault, body & legs bent. l) Front somersault, tuck, followed by a second front somersault, (two somersaults in succession). o) Front somersault (tuck) followed by a front handspring legs together.
8. Flic-flacs & bw. somersaults.	a) Flic-flac. d) Several flic-flacs A + A + ... g) Flic-flac on one arm. j) Roll fw. to squat stand, extend legs & flic-flac: (See also 1. i) A + A	b) Bw. somersault, tuck or straight body. e) Flic-flac, followed by a back somersault, tuck or vice versa. h) Flic-flac on one arm, flic-flac on the other arm. k) Roll fw. to squat stand, extend legs & bw. somersault tuck: (see also 1.k).	c) Bw. somersault, tuck or straight body, with 1/2 turn. f) Bw. somersault tuck followed by a lay out bw. somersault or vice versa. i) Flic-flac on one arm followed by a flic-flac with support on the other arm followed by a back somersault tuck. l) Roll fw. to squat stand, extend the legs & flic-flac followed by bw. somersault tuck. m) Bw. somersault lay out to splits or to front horizontal scale on one leg.

FLOOR EXERCISE CONTINUED

ORIGIN OR NAME	A PARTS	B PARTS	C PARTS
Lateral rolls (cart- wheels).	a) Round off or cartwheel or round off without hands. d) Butterfly, side scale: A + A	b) Side somersault tuck. e) Butterfly, jump to side scale.	c) Side somersault lay out or double side somersault tuck. f) Butterfly, side somer- sault (tuck position).
10. Strength movements.	a) Raise body slowly to handstand with body & arms bent. d) g) From kneeling position roll fw. on chest to handstand.	b) Raise body slowly to handstand, body straight arms bent or vice versa. e) From "L" support or straddle support: raise slowly to handstand, body & arms bent. h) Front lying position: raise slowly to hand- stand with a slight swing at the start.	c) Raise body slowly to handstand, body & arms straight. f) From "L" support or straddle support: raise slowly to handstand body bent & arms straight. i) Front lying position: raise slowly to handstand body straight, arms bent. j) From handstand: lower body slowly by extending arms laterally to hand- stand arms extended laterally. 2 sec. (Japanese handstand). k) Side scale, lower slowly, put one hand on the floor & raise slowly to one arm handstand: C + C

EXAMPLES OF CONNECTING PARTS AND COMBINATIONS.

a) Roll forward to squat stand, extend the legs & flic-flac to front leaning support with a supple movement, pass the straight legs between the arms to "L" support - pass straight legs between the arms, and raise slowly to handstand, body and ARMS BENT. - :
A + B + B.

b) Roll forward to squat stand, extend legs, and jump backward to half inverted hang on the shoulders, kip to standing position arms upward, fall backwards keeping legs straight and putting the hands on the floor (back bend) raise backward to momentary handstand, lower legs to straddle support - raise slowly to handstand, body bent and arms straight. - : A + B + A + B + C.

c) From front leaning rest position and with supple movement, jump to squat position with right leg between hands and left leg extended to rear, circle left leg under left hand, right hand, and right leg with 1/2 turn right, followed by a double leg circle to back leaning rest position with supple movement, execute 1/2 turn right to front leaning rest position and with supple movement again, straddle cut forward under the hands to L. support - Hold: A + C + A + B.

d) Round off without hands, back dive straight body with 1/2 turn and roll forward to squat position, extend legs, and straddle jump touching feet, bring legs together before landing and jump to handstand - hold: A + A + A + B.

e) Back somersault (tuck) with 1/2 twist and handspring to stand
C + A.

NOTE:

1. Dynamic parts must be executed with the appropriate rhythm and harmony.
2. Static positions must be held during two seconds and in a pronounced fashion.
3. Strength exercises are to be executed slowly and clearly with strength.
4. All somersaults, backward or forward, must be executed freely and with height. During the execution of somersaults, the pelvis must be at least at the height of the shoulders.

PARALLEL BARS

NAME OR ORIGIN	A PARTS	B PARTS	C PARTS
1. Back up rise	a) Back uprise to support. d) Back uprise to support, straddle cut and catch: A + A	b) Back uprise to handstand. e) Back uprise to support, straddle cut catch to L. hold.	c) Back uprise to handstand followed by a reverse pirouette. f) Back uprise to support, straddle cut catch, swing legs bw. with 1/2 turn (back stutz) & swing bw. again.
2. Front uprise	a) Front uprise to support.	b) Front uprise to support with 1/2 turn, feet at the height of the bars. (Stutzkehre) (Same as 5 d)	c) Same as (b) but the hips must be at the height of the shoulders after the completion of the stutzkehre.
3. Kips	a) Kip from upper arm hang or 1/2 inverted hang to support.	b) Drop to 1/2 inverted hang and kip with 1/2 turn to upper arm hang.	c) Drop to 1/2 inverted arm hang kip with 1/2 turn to support.
4. Cast	a) Cast to upper arm hang.	b) Cast to support and swing bw. d) Cast with 1/2 turn to upper arm hang.	c) Cast to L. support. e) Cast to support, swing bw., & straddle cut and catch to L.
5. Stutz kehre (fw.)	a) Swing fw. in support with 1/2 turn, body at least horizontal OR to upper arm hang.	b) Stutzkehre (body at least at a 30° angle). d) Front uprise, stutz, feet at the height of the bars. (Same as 2b)	c) Stutzkehre to handstand (2 sec.). e) (Same as 2 c).
6. Stutz kehre (bw.)	a) Back uprise back stutz to upper arm hang.	b) From upper arm hang, back stutz, or from support swing bw. back stutz to support.	c) Swing bw., back stutz to support followed by a second back stutz.
7. Moore (Tcheque)	a)	b) Ordinary Moore (Front)	c) Moore, double rear in to support or to L. (Double dorsal Tcheque)
8. Rotations along the longitudinal axis in handstand. (Pirouette)	a) Pirouette in handstand: A + A	b) Reverse Pirouette	c) Pirouette followed by a reverse pirouette without putting the second hand on the bar after the first pirouette. d) Two reverse Pirouettes in succession.

PARALLEL BARS CONTINUED

NAME OR ORIGIN	A PARTS	B PARTS	C PARTS
9. Hop ouette	a)	b) Hop Pirouette (hands must be released simultaneously).	c) Hop pirouette, followed by a stutz at least 30° high. d) Hop pirouette to handstand, hold 2 seconds. e) Hop pirouette, back somersault to support.
10. Press handstands	a) Raise to handstand with strength, body & arms bent. d) Press to handstand, body straight, arms bent, from a one-arm lever: A + A. (elbow lever)	b) Press to handstand with body straight and arms bent, or vice versa. e) Press to handstand, body straight & arms bent, from one-arm lever, under grip.	c) Press to handstand body & arms straight. f) Press to handstand body bent, arms straight, from straddle L support on one bar.
11. Static positions, holds & planches.	a) Handstand 2 seconds. d) L support. g) One-arm lever (elbow lever).	b) Handstand on one bar. e) Straddle L support. h) Front planche (free front. horiz. support) arms straight.	c) One-arm handstand 2 sec. f) Dorsal transversal support, legs & body raised fw., high. 2 sec. i) Front planche on one bar (free front. horiz. support, in lateral support on one bar).
12. Backward Roll	a) Backward roll to momentary handstand (streuli).	b) Streuli to handstand 2 seconds.	c) Peach basket to upper arm hang and streuli to momentary handstand.
"Basket" Mount from cross stand rearways at end of bars.	a) From a stand, facing outward & grasping ends of bars: basket to support (turn bw. into support).	b) Same initial position as (a), turn bw. into momentary handstand ("Basket" to momentary handstand). d) Same starting position as (a) Basket to support followed by a stutz at least 30° high. A + B	c) Same starting position as (a) & (b), basket to handstand, hold. e) Same starting position as (a), basket to momentary handstand, followed by a stutz at least 30° high.
14. Baskets (somersaults below the bars)	a) From stand: basket to support or to hang or to hang or to upper arm hang.	b) From support: basket to hang, or to upper arm hang or to support.	c) From stand: basket to handstand, 2 seconds. d) From support, basket to handstand, 2 seconds e) From support, basket to support, immediate straddle cut & catch.

PARALLEL BARS CONTINUED

NAME OR ORIGIN	A PARTS	B PARTS	C PARTS
15. Backward somersaults above the bars.	a) Backward somersault to upper arm hang.	b) Backward somersault to support, regrasping the bars when the body is pointing upward at a 30° angle. d) Bw. somersault dismount to stand. f) Bw. somersault followed by a stutz, body horizontal: B + A	c) Backward somersault to handstand, 2 seconds. e) Bw. somersault dismount with 1/2 twist to stand. g) Bw. somersault followed by a stutz, body pointing upward at a 30° angle.
16. Front (fw) somersaults above the bars	a) Front somersault to upper arm hang.	b) Front somersault dismount to stand.	c) Front somersault dismount, with 1/2 twist. d) Front somersault to support.
17. Parts or connecting parts involving straddle cuts.	a) Straddle cut mount to support or to L. d) From support at end of bars; bw. straddle cut to hang. g) From support, swing fw. straddling legs to support or to L. A + A	b) (Same as 1 e) e) From half inverted hang at the end of the bars; kip & bw. straddle cut to hang.	c) (Same as 1. F) f) From half inverted hang at the end of the bars facing in: kip & bw. straddle cut to support.
18. Mounts	a) From side stand: jump to support. d) From side stand: dorsal jump to support or to L.	b) From side stand frontways: jump into free front horiz. support, 2 seconds: B + A e) From side stand, mixed grip, R. under grip: Double rear mount to the R. to support or to L.	c) f) From side stand, mixed grip, R. under grip: Double rear mount to the R. to support followed by a moore.
19. Dismounts	a) Double rear vault fw. or bw., or to cross stand. d) From support swing bw. to momentary handstand, place L. hand on R. bar & jump fw. to cross stand left, or inversely. (Facial élève).	b) From support, swing bw. and in support on right arm pass legs over L. & R. bar with 1/4 turn R. to side stand rearways or inversely. (Costal Tourne). e) From support, swing bw. to momentary handstand & in support on R. arm 1/2 turn R., to dismount fw. to cross stand R. (Facial élève tourne) f) Swing to momentary handstand 1/4 turn on R. arm placing L. hand on bar, followed by a 1/4 turn R. on L. arm Cartwheel dismount to outer cross stand L. or inversely. (Hollander) g) Straddle off dismount. h) Front & backward somersault dismounts.	c) See 15 e. & 16 c.

20. EXAMPLES OF CONNECTING PARTS & COMBINATIONS.

a) Back uprise, straddle cut catch, swing backward & immediate backward stutzkehre swing backward; swing forward straddle cut catch to L:
C + A + A.

b) From stand in between bars: peach basket to upper arm hang, streuli to momentary handstand, swing forward & backward somersault to support, swing forward, execute stutzkehre, with body pointing upward at a 30° angle.: C + C.

c) From support drop below the bars, cast with 1/2 turn, swing forward in upper arm hang front uprise stutzkehre (feet at the height of the bars), swing forward, drop below bars again, peach basket to support: B + B + B. The combination between the first and second part is such that it constitutes a C part and therefore we shall have: C + B, automatically eliminating the value of the first part.

HIGH BAR

NAME OR ORIGIN	A PARTS	B PARTS	C PARTS
1. Kips & connecting parts.	a) Ordinary kip from support or from hang or back kip.	b) Kip changing grip under the bar or changing grip over the bar (hop change)	c)
2. Back uprisers with connecting parts.	<p>a) Back uprise to free front support.</p> <p>d) Münchnerstemme: A + A (see terminology)</p> <p>g) Back uprise & bring straddled legs on bar OR pass straddled legs over the bar to free-straddle support: A + A</p> <p>k) Back uprise, put feet on bar between hands: A + A</p> <p>n) With mixed grip: back uprise with 1/2 turn R. around R. arm swing left leg over bar to straddle in free support over the bar: A + A</p> <p>q) Back uprise, pass legs under L. hand to free rear support A + A.</p> <p>t) Reverse grip: swing bw. to free support changing grip to over grip.</p>	<p>b) Durchschubstemme (See terminology)</p> <p>e)</p> <p>h) Back uprise, straddle cut catch to free rear support.</p> <p>l) Back uprise, pass legs straight between hands to free rear support.</p> <p>o) Back uprise double rear in to free rear support.</p> <p>r) Rear vault to hang.</p> <p>u) Reverse grip: swing bw. to free support, changing grip to over grip, pass legs straight between hands to free rear support OR straddling legs to jump over to bar to stand rearways.</p>	<p>c)</p> <p>f)</p> <p>i) Back uprise, straddle cut over the bar, re-grasp bar bw. (undislocated hang) OR back uprise straddle cut over the bar 1/2 turn swing fw. to hang.</p> <p>m)</p> <p>p) Giant swing fw., double rear in to free rear support.</p> <p>s) Rear vault to support.</p>
3. Hip circle fw. & bw. in front support	<p>a) Fw. hip circle.</p> <p>d) Free hip circle bw.</p> <p>g) Free hip circle bw. to sole circle, legs together or apart: A + A</p> <p>k)</p>	<p>b) Fw. hip circle without hands.</p> <p>e) Free hip circle bw. to handstand.</p> <p>h) Free hip circle bw. put feet on bar between or outside hands, sole circle bw. to handstand.</p> <p>l) Free hip circle bw. with 1/2 turn to swing bw. to hang, reverse grip.</p>	<p>c)</p> <p>f) Free hip circle to handstand, jump change to reverse grip.</p> <p>i) Free hip circle bw. stoop through, with straight legs, or straddle legs over bar & turn bw. to handstand. (Free hip circle back Stalder).</p> <p>m) Free hip circle bw. with 1/2 turn in handstand, reverse grip.</p>

HIGH BAR CONTINUED

NAME OR ORIGIN	A PARTS	B PARTS	C PARTS
at circles bw. & forward	a) Seat circle fw. or bw. d)	b) Seat circle fw. with 1/2 turn to hang; with over grip e) Seat circle fw., straddle cut catch to hang.	c) Seat circle fw. full turn, to hang, swing bw.; with over grip or mixed grip. (Takamoto) f) Seat circle fw. straddle cut catch to front support.
5. Simple giant swings & changes.	a) Giant swing fw. OR bw. OR giant swing fw. & 1/2 turn, giant swing bw. OR giant swing bw. cross hand over with 1/2 turn, giant swing fw. OR fw. giant 1/2 turn cross hand underneath the other with 1/2 turn to fw. giant.	b) Back giant 1/2 turn & fw. giant. d) Fw. giant 1/2 turn crossing hand over the other, swing forward hands crossed, 1/2 turn to fw. giant.	c) Back giant 1/2 turn in momentary one-arm handstand support, followed by 1/2 turn in the same direction & back giant. e) Back giant, cross one hand over the other & swing fw. execute 1/2 turn at the momentary one-arm handstand position followed by a second 1/2 turn in the same direction and back giant.
6. Eagle uprises & eagle giants	a) From hang: swing bw. with eagle (cubital) grip into free front support changing hands to over grip (dislocation swing uprise).	b) Eagle giant (Dislocation giant) d) Kip, project body fw. hop into eagle grip, swing bw. in suspension, to free front support, change to over grip.	c) Eagle giant from fw. giant, OR eagle giant followed by 1/2 turn in handstand & back giant, OR fw. giant hop into eagle giant.
7. Inverted giant.	a)	b) Swing bw. in inverted hang to rear support.	c) Inverted giant. (One complete turn around the bar.)
8. German giant.	a) Pike inverted hang swing fw. 1/2 turn, catch with over grip.	b) From rear support project the body bw. to swing fw. in pike inverted hang to rear support (Germany Giant)	c) Complete giant fw. in pike inverted hang. (Double German)

HIGH BAR CONTINUED

NAME OR ORIGIN	A PARTS	B PARTS	C PARTS
9. Giant swings combined with free seat circles, legs together or apart.	<p>a) Back giant & sole circle, legs together or straddled. A + A</p> <p>d) Fw. giant, & sole circle legs together or straddled: A + A</p> <p>g) Fw. giant, stoop through (legs straight) & seat circle fw. A + A</p>	<p>b) Back giant & sole circle, legs together or straddled, to handstand.</p> <p>e) Fw. giant, sole circle legs together or apart into handstand.</p> <p>h) Fw. giant, stoop through, seat circle fw. shoot out execute 1/2 turn to hang in over grip (Same as 4b)</p>	<p>c) Back giant, pass legs straight between hands, free seat circle bw. & disengage into handstand or same with legs straddled (Back stalder).</p> <p>f) Front stalder or same with legs together.</p> <p>i) Fw. giant, stoop through, seat circle, shoot out, & takamoto. A + C (See 4 c)</p>
10. Pirouettes	a)	b) Full turn at the end of backward swing, releasing grasp. (Pirouette to hang).	<p>c) Pirouette to support.</p> <p>d) Pirouette done directly from giant swing fw.</p>
11. Swinging fw. well over the height of bar: with combinations	<p>a) Swing fw. higher than bar with 1/2 turn then swing fw. again.</p> <p>d) Front support, put legs on bar together or apart & swing fw. higher than bar, 1/2 turn to swing fw. again with mixed grip.</p>	<p>b) From a slight swing bw. power swing fw. to handstand with over grip OR mixed grip OR reverse grip.</p> <p>e) Same as 11 d. but as you swing fw. after the 1/2 turn, stoop through (legs straight), turn fw. to free rear support.</p>	<p>c) Reverse grip, power swing fw. to handstand, immediate stoop through, free seat circle fw.</p> <p>f) Same as 11 e. but from free rear support, shoot out dislocate, swing bw. to front support.</p>
12. Dismounts	<p>a) Fw. giant, stoop off or straddle off to stand rearways.</p> <p>d) Back giant, laid out fly-away to stand rearways.</p> <p>h) Fw. giant reverse fly-away pike or straight body.</p> <p>l) Free hip circle bw. straddle off.</p>	<p>b) Fw. giant, straddled hecht or straight body hecht, to stand rearways.</p> <p>e) Back giant, fly-away pike then open body before landing (Jack knife type).</p> <p>i) Fw. giant, reverse fly-away with 1/2 twist.</p> <p>m) Free hip circle bw. & hecht off.</p>	<p>c) Fw. giant, hecht (straddled or legs together) with 1/2 turn to stand frontways.</p> <p>f) Back giant, fly-away with 1/2 twist.</p> <p>g) Back giant, double fly-away.</p> <p>k) Fw. giant, reverse fly-away <u>full twist</u>.</p> <p>n) Same as (12 m) but with 1/2 twist, to stand frontways.</p> <p>o) From free front support, shoot, feet leading fw. under the bar, release bar & execute fw. somersault (tuck position).</p>

HIGH BAR CONTINUED

NAME OR ORIGIN	A PARTS	B PARTS	C PARTS
13. Other parts & combinations	<p>a) Swing fw. stoop through, legs straight, straddle cut catch & swing fw. A + A</p> <p>d) Back giant, 1/2 turn R. around R. arm, place L. hand under R. hand in over grip, swing bw. with mixed grip & raise to front support. A + A</p>	<p>b) Swing fw. stoop through, straddle cut & catch with 1/2 turn swing bw. with mixed grip.</p> <p>e) Back giant, 1/2 turn R. around R. arm, place L. hand under R. hand in over grip, swing bw. with mixed grip & raise to front support, execute rear vault, & swing fw. in over grip.</p>	<p>c) Swing fw. stoop through, straddle cut & catch to support.</p> <p>f) Back giant, 1/2 turn R. around R. arm place L. hand under R. hand in over grip, swing bw. with mixed grip & raise to front support & execute rear vault to front support.</p>
14. EXAMPLES	<p>a) Back giant, 1/2 turn R. around R. arm, reach under R. hand with L. hand in over grip, swing bw. with mixed grip and execute rear vault, swing fw. in over grip, pass legs (straight) between hands, straddle cut catch, swing forward change grips simultaneously into reverse grip, kip to support: B + A + B.</p> <p>b) Back giant, and in support on R. arm, 1/2 turn R. in momentary handstand on R. arm, followed by a 1/2 turn R. and back giant, pass straddled legs over the bar and straddle legs circle bw. to handstand: C + C</p> <p>c) Power swing forward with reverse grip, stoop through, turn fw. into free rear support, project body fw. execute full turn around right arm, and swing bw., with over grip, followed by a pirouette to hang, swing fw. with over grip: C + C (Stoop through, Takamoto, full pirouette).</p>		

SIDE HORSE

ORIGIN OR NAME	A PARTS	B PARTS	C PARTS
1. Front scissiors & back scissiors	<p>a) Two front scissiors: A + A, or single (one) scissiors fw.: A</p> <p>d) Two back scissiors: A + A, OR single back scissiors.</p> <p>g) Front scissiors to the Left, pass L. leg under R. hand to front support.</p>	<p>b) Front scissiors with 1/2 turn, OR front scissiors with side travel.</p> <p>e) Back scissiors with 1/2 turn or back scissiors with side travel (jump).</p> <p>h) Front scissiors to the Left, pass L. leg under R. hand, pass R. leg under L. hand & back scissiors to the Right, pass R. leg under L. hand.</p>	<p>c) Front scissiors with 1/2 turn AND side travel.</p> <p>f) Back scissiors with 1/2 turn AND side travel.</p>
2. Single & double swiss.	a) Single swiss	<p>b) Double swiss.</p> <p>d) Single swiss followed by stöckli w.i.c.</p>	<p>c) Double swiss followed by a stöckli w.i.c.</p> <p>e) Double swiss, pass legs fw. under one hand followed by a tramlot.</p>
3. Double rear out or in & lateral travel combined.	<p>a) Double in OR double out.</p> <p>d) Side travel from middle to end of horse or vice versa.</p> <p>g) From side stand frontways, R. hand on left pommel & L. hand on the neck: double (rear) in to the right to back support.</p> <p>m) From side stand frontways with L. hand on neck, R. hand on L. pommel in reverse grip: jump to support & in support or R. arm, pass legs over croup with 1/2 turn left placing L. hand on R. pommel, to front support. (Flanc tourné en arrière). (Mount for 1964 Olympic Games compulsory).</p>	<p>b) Double out double in w.i.c. (Stöckli).</p> <p>e) From middle of horse: side travel, 1/4 turn followed by loop circles. (circles from a cross support frontways).</p> <p>h) Same starting position as (3.g): Double in side travel w.i.c.: B + A</p> <p>k) Same starting position as (3.g): Double in, pass both legs bw. under one hand, followed by a stöckli.</p> <p>n) Flanc tourné en arrière (3.m) followed by a stöckli w.i.c.: A + B</p> <p>p) Flanc tourné en arrière followed by a Moore (Tcheque) w.i.c.: A + B</p>	<p>c) Stöckli followed by tramlot followed by side travel w.i.c.: C + B.</p> <p>f) Loop circles 1/4 turn & side travel to the saddle w.i.c. followed by another side travel to the other end of the horse w.i.c.: C + B</p> <p>i) Same starting position as (3.g): Double in, side travel w.i.c., direct tramlot w.i.c.: C + B</p> <p>l) Same starting position as (3.g): Double in, followed by stöckli, followed by a reverse stöckli w.i.c.: C + B</p> <p>o) Flanc tourné en arrière (3.m) followed by a stöckli w.i.c. followed by a tramlot w.i.c.: C + B.</p> <p>q) Flanc tourné en arrière, moore, & then tramlot w.i.c.: C + B</p>

SIDE HORSE CONTINUED

RIGHT OR NAME	A PARTS	B PARTS	C PARTS
		r) Flanc tourné en arrière followed by a direct tramlot: A + B t) Reverse stockli.	s) Flanc tourné en arrière, direct tramlot, & then tramlot w.i.c.: C + B u) Reverse stöckli. side travel to the saddle (reverse stöckli uphill travel).
.Moore's	a) Single leg moore.	b) Moore d) Double moore w.i.c.: B + B (two moores). f) Moore, pass legs bw. under one hand followed by a stöckli: B + B h) Moore, tramlot w.i.c. B + B j) Tramlot & moore w.i.c. B + B	c) Double moore, side travel w.i.c.: C + B e) Double moore w.i.c. pass legs bw. under one hand & stöckli: C + B g) Moore to rear support, immediate stöckli w.i.c. i) Moore, direct tramlot w.i.c. k) Direct tramlot followed by a moore w.i.c.
.Russian	a)	b) Russian: B + A	c) Russian followed by a stöckli w.i.c.: C + B OR followed by a tramlot w.i.c.: C + B
.Allemand Front back upset on eck.: with support on . arm 1/4 urn R. lacing . Hand on he neck & ith support f R. arm wing legs ver L. pom- el with 1/4 urn & dis- lace L. and on L. ommel to ack support n neck).	a) Allemand from loop circles.	b) Side, front or back allemand from back support on end of horse to back support on the other side of same end of horse. d) Allemand followed by a tramlot w.i.c.: B+B f) Allemand, pass one leg under the other leg & under hand on neck & single leg moore: B+A h) Allemand, moore w.i.c. B + B j) Front allemand with 1/2 turn left or right to cross stand.	e) Allemand followed by direct tramlot w.i.c. g) Allemand followed by a reverse stöckli w.i.c. i) Allemand, moore w.i.c. allemand w.i.c.: C+B k) Allemand followed by an allemand w.i.c. placing hands on end of horse followed by another allemand w.i.c.: C + B
.Other A arts	a) Front support: pass L. leg under R. hand & R leg under L hand to back support. b) Front support: pass legs under L. hand, pass L. leg under R. hand & R. leg under L. hand: A + A		

SIDE HORSE CONTINUED

8. EXAMPLES OF CONNECTING PARTS AND COMBINATIONS.

a) From front support on pommels: stöckli to the right followed by a tramlot w.i.c. followed by a side travel to the left w.i.c., pass left leg under right hand and left hand followed by a "allemand" dismount to stand right crossways: C + A + B.

b) Moore followed by reverse stöckli w.i.c. pass left leg under right hand and over left pommel, placing right hand on right pommel, in under grip, and passing right leg over croup to cross-straddle support on right pommel, followed by a single leg moore to back support on the end of horse followed by a "allemand" dismount to side stand rearways: C + A + A + B.

c) Double moore right, pass legs under right, left and right hand, pass left leg under left hand and cross legs under right hand, pass right leg under left hand and left leg under right hand, cross legs under left hand and right hand, pass right leg under left hand followed by a tramlot left w.i.c. followed by a reverse stöckli dismount to sidestand rearways: B + B + A + A + A + A + B + C

d) From sidestand frontways, left hand on neck, right hand on left pommel; double in to the right, followed by a reverse stöckli to back support on the croup, pass left leg under right hand and over left pommel, pass right leg over the croup placing right hand on right pommel and crossing legs over left pommel, placing left hand on left pommel, pass left leg under right hand and right leg under left hand and crossing legs under right hand and left hand: A + B + A + A + A + A

e) From front support on pommels: pass right leg under right hand and cross legs over left pommel with 1/2 turn right, displacing hands, pass left leg under left hand, pass legs under right and left hand and "moore" followed by a side travel to the left, to back support on neck w.i.c. followed by a "allemand" w.i.c. followed by side travel (uphill travel) to the saddle w.i.c.: B + A + C + C

RINGS

ORIGIN OR NAME	A PARTS	B PARTS	C PARTS
Back rise	a) Back uprise to support or to L.	b) Back uprise to straddle L. d) Handstand, fall fw. to hang, swing bw. back uprise to support or to L.	c) Back uprise to handstand or to free front lever support (straight arms) 3 sec: C + A e) Handstand, fall fw. to hang and back uprise to handstand (Giant swing fw.).
2. Front uprise	a) Front uprise to support	b) Front uprise to L. c) Front uprise to support, swing bw. to handstand.	
3. Kips	a) Kip to support	b) Kip to L. d) Kip to support, swing bw. to handstand.	c) Kip to support swing to free front lever support (straight arms) 3 sec.: A + C e)
4. Back Kip	a) Back kip to support or to L.	b) Back kip to straddle L d) Back kip to handstand.	c) Back kip to cross, OR to free front lever support (straight arms) 3 sec: C + A
5. From hang: (Turning backward in port)	a) From hang: turn bw. in support.	b) Swing fw. & shoot upward into handstand. d) Turn bw. to straddle L. support.	c) Handstand, lower bw. into hang & swing fw. upward into handstand. (Giant swing bw.) e) Turn bw. into cross OR to free front lever support. 3 sec: A + C
6. Forward Roll.	a) Forward roll to support	b) (Bent body) Pike fw. roll, raise slowly to handstand. d) 1-1/2 fw. roll to back lever.	c) Fw. roll with straight body, raise slowly to handstand. e) Slow fw. roll to cross or to free front lever support. 3 sec: A + C
7. Back hip circle from support.	a) From support: back hip circle to support.	b) From support: back hip circle to handstand. d) From support: back hip circle to straddle L support. f) From support: back hip circle, straddle off dismount.	c) From support: SLOW back hip circle to handstand. e) Slow back hip circle to cross or to free front lever support. 3 sec: A+C g) From support: back hip circle, straddle off dismount with 1/2 twist.

RINGS CONTINUED

ORIGIN OR NAME	A PARTS	B PARTS	C PARTS
8. Inlocation	a) Inlocation (straight) body. d) Inlocation, straddle off dismount or legs together.	b) Two inlocations. e) Inlocation, straddle off dismount with 1/2 twist or dismount legs together with 1/2 twist.	c) Inlocation & shoot upward into handstand. (8a & 5 b combined). f) Inlocation, full twist dismount, legs together or apart. g) Inlocation, followed by bw. somersault tuck position.
9. Dislocation	a) Dislocation.	b) Dislocation, straddle off.	c) Dislocation, straddle off with 1/2 twist.
10. Press handstands	a) Press to handstand bent arms bent body.	b) Press to handstand, straight body, bent arms.	c) Press to handstand, straight body, straight arms.
11. Turning backward to support slowly, without swing.	a) Turn bw. to support without swing.	b) Turn bw. to handstand without swing. d) Turn bw. to straddle L. without swing.	c) Turn bw. to handstand without swing & very slowly. e) Turn bw. into cross (slowly): C + A, OR into free front lever support. 3 sec: C + B
12. Rising vertically to support.	a) Rise vertically to support with bent arms.	b) Rise vertically to support with a slight swing & by lowering the arms laterally.	c) Rise vertically & slowly to support, lowering the arms laterally. d) From L-cross: rise vertically & slowly to support. e) Rise vertically & slowly into a back lever, (lowering arms laterally to back lever).
13. Front levers.	a)	b) Front lever, 3 sec. at least.	c) Front lever & slowly turn bw. into handstand OR into cross: C + A OR to free front lever support: C + B
14. Back levers.	a)	b) Back lever, 3 sec. at least d) Handstand: lower body passing through the free front lever support position to back lever.	c) Back lever: undislocated swing fw. to front lever.
15. Free front lever support.	a)	b) (Same as 14 d).	c) Free front lever support, 3 sec. at least & with straight arms.

INGS CONTINUED

ORIGIN OR NAME	A PARTS	B PARTS	C PARTS
i. ss	a)	b) Cross OR cross with 1/4 turn left or right (Olympic cross).	c) L-Cross d) Inverted cross 3 sec. & arms horizontal. e) L-cross, rise slowly to L-support: C + C
7. Dis-mounts.	a) (See 8d) e) Inlocation to 1/2 inverted hang, jump to stand. h) Back hip circle & jump to stand.	b) (See 8.e). f) (See 9.b). i) (See 7.f).	c) (See 8.f). d) (see 8.g). g) (See 9.c). j) (See 7.g).
8. Other parts	a) L-support c) Handstand. d) Dislocation OR Inlocation. e) Swing fw. in support, cast to hang.	b) Straddle L support	

9. EXAMPLES OF CONNECTING PARTS & COMBINATIONS.

a) FROM HANG: Lift straight body, arms slightly bent, to straight inverted hang, bend hips, extend body backward with dislocation, swing forward, execute a straight body dislocation (high), swing forward and upward into handstand: A + A + C.

b) FROM HANG: swing forward, turn backward into straddle - L - support - press (slowly) to handstand arms straight, body bent with legs together - swing forward, back hip circle straddle off to stand: B + B + B.

c) Inlocation, kip to L support - press to handstand, straight body, bent arms, - lower body downward to hang, dislocation to straddle off dismount. A + B + B + A + B.

d) CROSS - turn slowly backward, with straight body and bent arms to handstand - lower body, passing through the free front lever support position, to back lever - swing forward in undislocated position, dislocate at the end of swing & snap into front lever -: B + C + B + C.

NOTE: On the ring, we require that the parts (movements) involving swing, strength and static position be presented more or less in equal proportion. Swinging movements must be executed with dynamism, therefore without strength. Strength movements must be executed slowly, without any swing, while static positions (holds) must be held correctly during 3 seconds and must be technically executed as prescribed.