

Jersey? We have pondered why a Japanese team was invited to the USA in 1965, they selected the team . . . even had a farewell party for that team, and accepted gifts from their friends wishing them bon voyage, only to have last minute notice that the trip was off. Imagine their embarrassment at having to return their gifts and imagine the red-face all of us shared as Americans . . . without even knowing it. We have asked why it is that the FIG released the official films of the Olympic Compulsories in July . . . yet the first time American coaches saw those films (including the 1968 Olympic manager) was at the Congress of Coaches in October. My message to you at this time is that even though the A.A.U. has carried this responsibility for years it has failed miserably to perform an adequate job and the important thing here is that gymnastics cannot and must not stand still even though they continue to do such a poor job for the sport. Gymnastics will progress, and here is how.

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The U.S.G.F. has invited a SCANDINAVIAN ALL-STAR team to tour the U.S.A. in January and the trip is now firm. Gymnastics stars from FINLAND, NORWAY, SWEDEN AND DENMARK will all be on the team and we have planned stops in Pennsylvania, Illinois, Colorado and California at this time.

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Mme. Berthe Villancher, President of the F.I.G. Women's Technical Committee will come to the United States in February to give two or more lectures and training sessions on FIG technical matters, the 1968 Olympic Routines and the new event, Modern Gymnastics. More on her various appearances will be coming to you from our Women's Committee.

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We have extended a tentative invitation to the women's team from Bulgaria, as it was performing in Copenhagen . . . including one World's Champion, to come to the U.S.A. in March and make two or three stops . . . and they have accepted our invitation.

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Basically, these four events are a beginning. There is much to be done, but this is a start towards yearly exchanges and yearly training courses for our officials in order that they might take their place among other nations in international events. For one thing . . . the future of American gymnastics looks a great deal brighter after our stay in Copenhagen . . . the next year will say quite a lot about whether the sport moves ahead in the U.S.A. and in the world. This is only the beginning . . . but it is a beginning.

F. L. Bare .

U.S.G.F. Women's Committee Report

By Judy Hall — Vice Chairman USGF Women's Committee

The second meeting of the U.S.G.F. Women's Committee was held in Kansas City, Mo., October 20 and 21. Topics under discussion were, national compulsory routines, judges training, teacher training clinics, educational materials, competitive opportunities, and technical knowledge.

It is the purpose of the women's committee to add vital information and material to the gymnastics scene. Also to make the material available to all persons interested in gymnastics.

In conjunction with the Division of Girls and Womens sports the Women's Committee of the U.S.G.F. has developed a skill level program which can be used throughout the country as an aid for coaches and teachers. The combined committees have developed national compulsory routines at the beginning, low intermediate, and high intermediate levels. These routines may be incorporated into the present structure of any gymnastics program. Outlines for judging clinics and teacher training clinics have been developed in order to standardize the program. (The National Compulsory Routines are available from: The United States Gymnastics Federation, P.O. Box 4699, Tucson, Arizona) 50c. Jackie Uphues and Mildred Prechal are to be congratulated on the fine work they did on the compulsories.

The Athletic Institute has a film of the compulsory exercises performed by top gymnasts which will be available around December 1, 1967. The film may be purchased in loops, 16mm and super 8 but as of right now the price is undetermined. A manual explaining teaching techniques will accompany the film.

The U.S.G.F. Women's Committee has divided the United States into eight regions. Each region has a representative who is responsible for getting people to organize judging clinics, teacher training clinics and competition for their area. Each region should have at least one meet between November and February. The U.S.G.F. National Championships will be held in Memphis, Tennessee April 26-28. The national compulsory routines will be used for this meet. The listing of regions and their respective representatives will be published at a later date.

Future projects include a judges directory for each region, a listing of people who are qualified and willing to handle clinics and also a directory of colleges offering gymnasts programs. Another area which will be explored is rhythmical gymnastics. Instructional

material and films will be provided on the use of balls, hoops, ropes, etc.

If you are interested in assisting in any of the above mentioned projects or if you have any material or information you would like to share, write to Judy Marr, P.O. Box 518, Chico, California 95926.

U.S.G.F. FILMS PRESENT 1968 OLYMPIC COMPULSORIES

Men's routines as shown by the teams from the Soviet Union and Japan at the Little Olympics in Mexico City. Women's compulsory routines demonstrated by the Czechs, Russians and East Germans.

These films represent the finest and most up-to-date training films available and further show the routines for the XIX OLYMPIAD as they are being done by the current world's champions.

Order from the U.S.G.F., P.O. Box 4699, Tucson, Arizona 85717, USA. Specify men's or women's film.

Women's compulsories (300 ft.), 16 mm, B & W, no sound	\$35.00
Men's compulsories (250 ft.), 16 mm, B & W, no sound	\$30.00

INTERNATIONAL GYMNASTIC FEDERATION MEN'S TECHNICAL COMMITTEE

OLYMPIAD 1968 MEXICO CITY

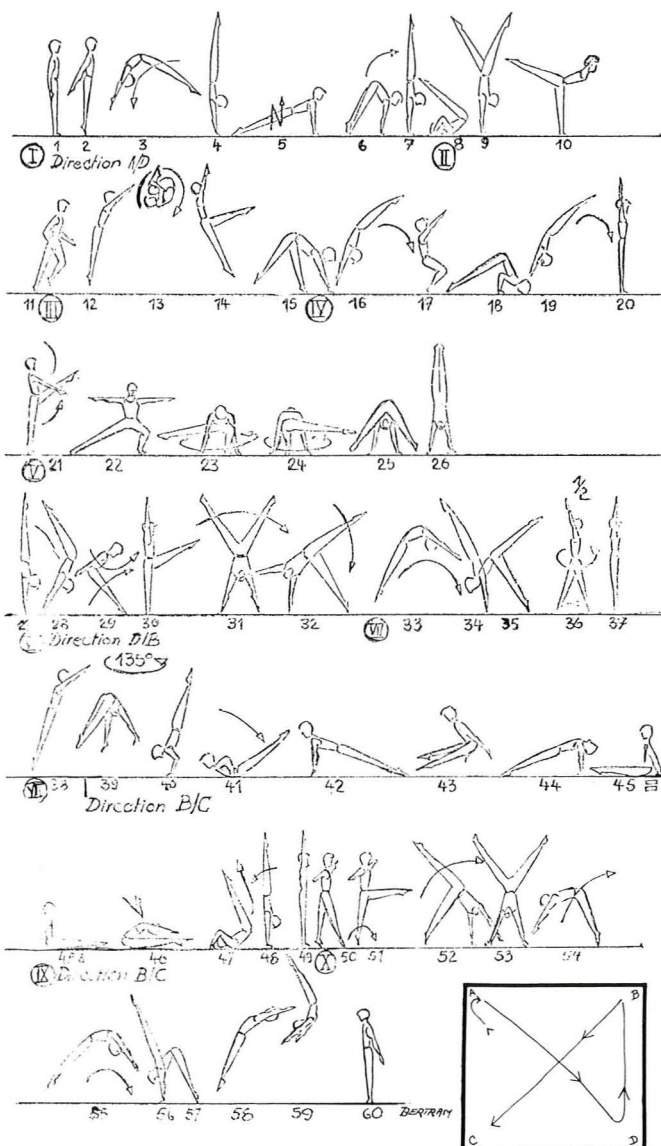
COMPULSORY EXERCISES FOR THE MEN'S EVENTS

FLOOR EXERCISE

The chart below serves as a guide for the gymnasts to follow. The gymnast may choose one of the four corners in the area as point A.

- I. Raise heels bringing arms backwards and jump backwards to handstand and lower to front leaning rest position with supple movement. (Back hand-spring, catch in handstand and lower to front support.) Bend trunk forward bringing legs closer to hands and rise slowly, body bent, legs apart and arms straight to handstand, joining legs. (HOLD)
- II. Bend arms and lower trunk forward to half-inverted position, (kip position) on the neck and kip to handstand, and lower to front scale on one leg, arms raised sideward. (HOLD)
- III. Lower leg and raise upper body to stand with feet together. Two or three running steps forward, hurdle and land with feet together and jump in turning forward, body and legs bent (salto forward), to land on one leg with the other leg held forward and,
- IV. Step forward into front handspring to squat position and head kip, (headspring) to stand with arms upward.
- V. Lower arms in front while raising left leg forward, 1/4 turn right and, raising arms sideward, fall (lunge) to left leg and bending knee, putting the hands on the floor, pass right leg under right hand, left hand and left foot, 1/2 turn to left on left foot and pass right leg under right hand and left, and rise to handstand while joining legs. (HOLD)
- VI. 1/8 turn to left in D-B direction, fall with straight arms to roll on back and rise, legs straight, to stand, raising arms upward, raise left leg forward with 1/4 turn right lowering arms sideward, and cartwheel left to land on right leg with 1/4 turn right while joining left leg to right and,
- VII. Jump turning backwards to handstand (flic-flac) to stand on right leg, put left foot behind raising the arms forward with 1/2 turn to the left while joining right leg to left leg and,
- VIII. Jump in place lowering arms while turning 135° to the left to front catch, bend arms and place chest on ground to roll backwards on the stomach, body bent backwards, to momentary front leaning rest position and, jump forward passing legs straight and apart laterally under hands to rear leaning rest position. (Straddle cut to rear support.)
- IX. Lower to sit position and bend trunk forward and turn backwards on back executing a back roll through momentary handstand to stand, arms upward.
- X. Step forward on right foot lowering arms sideward, hop forward on right foot, swing left leg and arms forward, step forward on left foot and with 1/4 turn to left, turn to the left side by a momentary handstand with a 1/4 turn to left to half bent stand and jump turning backward to handstand (flic-flac) to half-bent stand and jump turning over backwards (salto) with straight body and legs to stand. (Roundoff flic-flac layout somersault)

NOTE:
The Floor Exercise may be reversed totally or partially.



Part	Value	Typical Faults	Deductions
I-----	1.40	a) Lack of supple movement in front support----- b) Bent arms while pressing to handstand----- c) Lack of rhythm while moving to handstand-----	0.1 - 0.2 0.2 - 0.7 0.2 - 0.3
II-----	1.20	Lack of harmony and rhythm during entire part-----	0.1 - 0.3
III-----	1.00	If front somersault is below the level of the shoulders-----	0.1 - 0.3
IV-----	1.00	Parts 3 and 4 and connection between the two without harmony and accelerated rhythm-----	0.2 - 0.3
V-----	0.80	a) Lack of harmony and rhythm----- b) Arms bent while rising to handstand-----	0.1 - 0.3 0.1 - 0.3
VI-----	0.60	Lack of harmony-----	0.1 - 0.3
VII-----	0.80	If during flip flop, the chest is lower than shoulder height-----	0.1 - 0.3
VIII-----	0.90	a) If at the moment of catching in support with hands, the body is below a 45 degree angle----- b) Lack of harmony and rhythm in 6, 7 and 8-----	0.1 - 0.3 0.1 - 0.3
IX-----	0.50	If the body does not pass through a pronounced momentary handstand-----	0.1 - 0.3
X-----	1.80	a) Legs not joined during flip flop or backward somersault (each time)----- b) Chest below shoulder level during back somersault-----	0.1 - 0.3 0.1 - 0.3

SIDE HORSE

From side stand frontways with left hand on neck, right hand on left pommel.

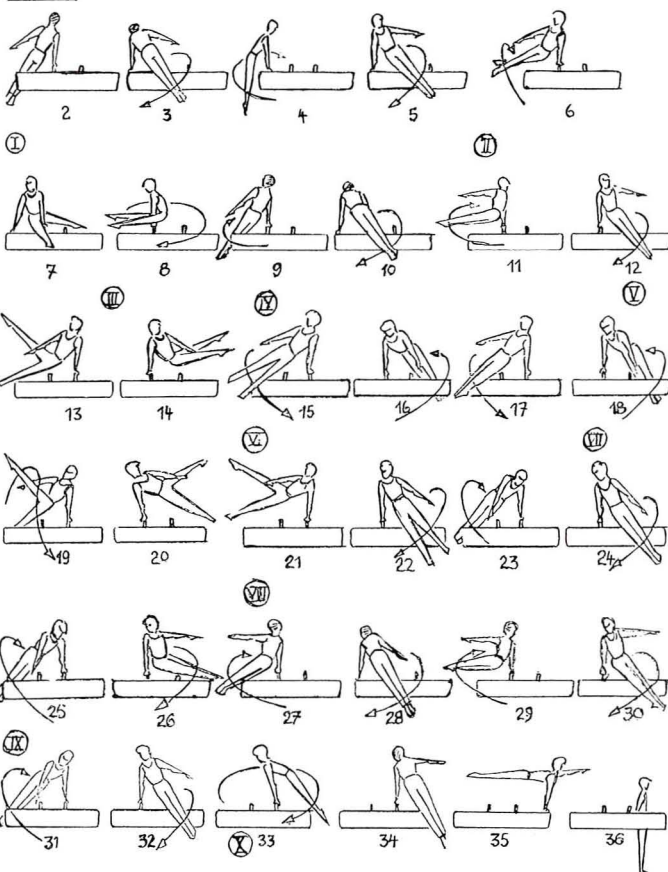
- I. Pass legs under left hand, 1/4 turn right and place right hand on neck, pass legs over left pommel and 1/4 turn right to rear support, left hand on left pommel, right hand on neck. (Loop around end.)

- II. Pass left leg under right hand, and over right pommel and around left pommel to support with legs apart, pass right leg over neck with 1/4 turn right, placing right hand on left pommel with reverse grip and,
- III. Pass right leg over right pommel with 1/4 turn right and with support on right arm, pass legs over neck placing left hand on neck to rear support on neck. (Single leg Czech.)
- IV. Pass legs under right hand and with support on right arm, pass legs over neck and right pommel with 1/2 turn right placing left hand on right pommel to rear support on both pommels. (Flank swing right under right hand, Kehre in to rear support.)
- V. Pass right leg under right hand and back scissor to left and pass left leg forward under right hand and,
- VI. Pass both legs under left hand, right hand and left hand to front support on both pommels, (Reverse circles.)
- VII. Pass right leg forward under right hand and front scissor to left and front scissor to right.
- VIII. Pass left leg forward under left hand and pass both legs under right hand, left hand, right hand, and,
- IX. With support on right arm, pass legs over right pommel and neck with 1/2 turn right placing left hand on neck, pass legs under right hand, and with support on right arm pass legs over neck and right pommel with 1/2 turn to right moving left hand to right pommel to rear support on both pommels. (Stocklie right.) (Kehre-out, Kehre-in, around right arm), pass legs under right hand and left hand and,
- X. With support on left arm, pass legs over left pommel and croup with 1/2 turn right placing right hand on croup, and with support on right arm pass legs over right pommel with 1/4 turn right to dismount to stand on right side. (Back or Inverted stocklie, 1/4 turn to side stand right.)



NOTE:

The Side Horse exercise may be reversed only in its entirety.



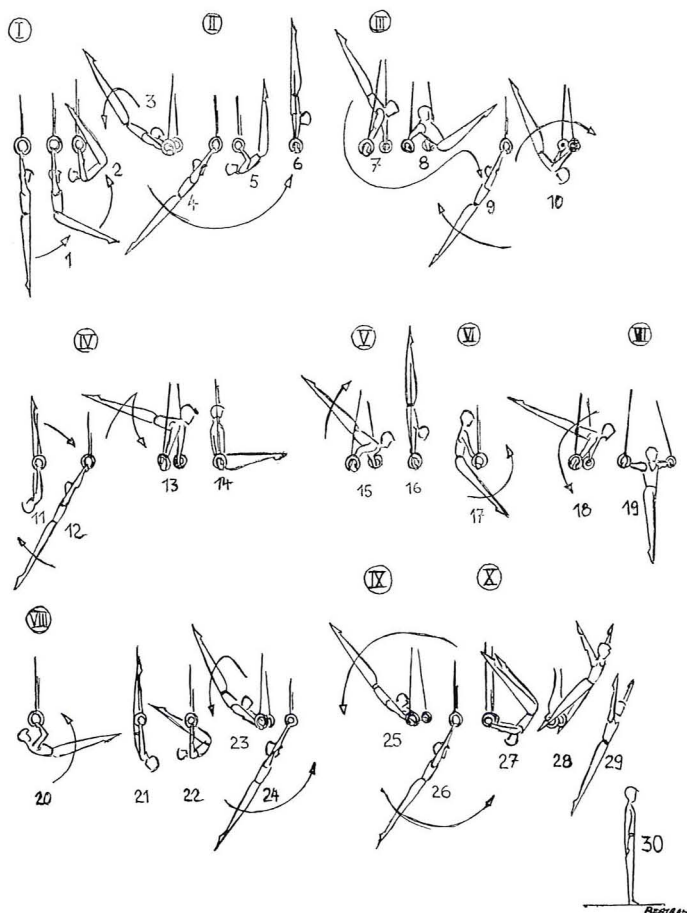
Part	Value	Typical Faults	Deductions
I-----	1.00	Usual faults.	
II-----	1.20	Lack of rhythm between Part I & Part II-----	0.1 - 0.2
III-----	1.40	Touching end of horse too soon-----	0.3 - 0.5
IV-----	0.80	Touch back with hand-----	0.3 - 0.5
V-----	0.70	a) Hips too low during scissors----- b) Touching end of horse while cutting left leg under right hand-----	0.1 - 0.3 0.2 - 0.3
VI-----	0.50	Usual faults	
VII-----	0.60	Hips too low during scissors-----	0.1 - 0.3
VIII-----	0.50	Usual faults	

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IX-----1.30	Touch back on Kehre (each time)-----0.3 - 0.5
X-----2.00	a) Touch back on back stockli-----0.3 - 0.5
	b) Passage over horse too low-----0.1 - 0.3
	c) Passage over horse too slow-----0.1 - 0.2

RINGS

- I. From hang, rise slowly with body bent forward to half inverted hang and turn backward and dislocate to swing forward and,
- II. Turn backward to handstand. (Streuli)
- III. Swing forward in support and lower body to swing backward in hang and turn forward with dislocation, body straight. (Inlocate with straight body.)
- IV. Swing backward to back uprise with straight arms to support and raise legs forward to horizontal "L" position. HOLD
- V. Lower legs and slowly press, straight body with bent arms to handstand. HOLD
- VI. Lower to support and backward roll to support and lower stretching arms sideward to,
- VII. Cross. HOLD
- VIII. Lower and turn backward with slightly bent arms and (straight) body to straight inverted hang, bend body and dislocate to,
- IX. Turn backward and dislocate to, (giant dislocate)
- X. Turn backward while straddling legs to straddle dismount.



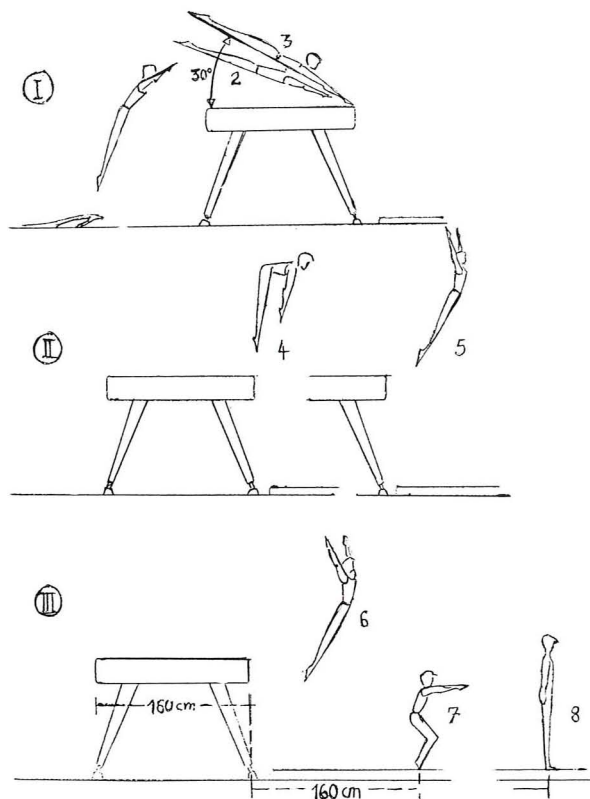
Part	Value	Typical Faults	Deductions
I-----	0.50	Dislocate too low-----	0.1 - 0.3
II-----	1.00	a) If shoot to handstand not executed with flair (amplitude)-----	0.1 - 0.3
		b) Taking too long going to handstand-----	0.1 - 0.3
III-----	0.70	a) Dropping shoulders before end of front cast----	0.1 - 0.3
		b) Not completing inlocate before second part-----	0.1 - 0.2
		c) Bending body on inlocate-----	0.3 - 0.5
IV-----	0.50	a) Back uprise too low and not free going to support-----	0.1 - 0.3
		b) Legs not horizontal in "L" support or unstable-----	0.1 - 0.3
V-----	1.50	Lack of rhythm and harmony in pressing to handstand-----	0.1 - 0.5
VI-----	0.80	Lack of rhythm in back kip to support-----	0.1 - 0.3
VII-----	2.00	Lowering to the cross too fast-----	0.1 - 0.3

VIII-----	0.80	a) Body or arms bent too much-----	0.1 - 0.2
		b) Dislocate too low-----	0.1 - 0.3
IX-----	1.00	a) Dislocate too low-----	0.1 - 0.3
		b) Dislocate done with bent body-----	0.1 - 0.3
X-----	1.20	a) Release too early (hips too low)-----	0.2 - 0.5
		b) Lack of extension of body at the end (or before landing)	

LONG HORSE

Vault No-4 as listed in the Code of Points, Edition 1964. STOOP VAULTI from neck.

- I. Approach with a good run to take off both feet on board, vault, body stretched during momentary support on the neck,
- II. Bend body in order to pass the straight and joined legs over the neck and then stretch the body before,
- III. Landing to stand rearways.



Part	Value	Typical Faults	Deductions
I-----	4.00	a) Body position not 30° above the horizontal-----	0.1 - 0.5
		b) Not getting feet (legs) horizontal to horse-----	0.6 - 1.0
		c) Body bent at moment of flight-----	0.1 - 0.5
		d) Flight not straight over horse (deviation from axis)-----	0.1 - 0.5
II			
III-----	6.00	a) Flight of body not rising during second part of vault-----	0.2 - 0.5
		b) Body not extended or body too bent or arched-----	0.2 - 0.5
		c) Body extended too late-----	0.2 - 0.5
		d) Deviation from axis of horse during second part of vault-----	0.2 - 0.5
		e) Landing too close to horse-----	0.1 - 0.5

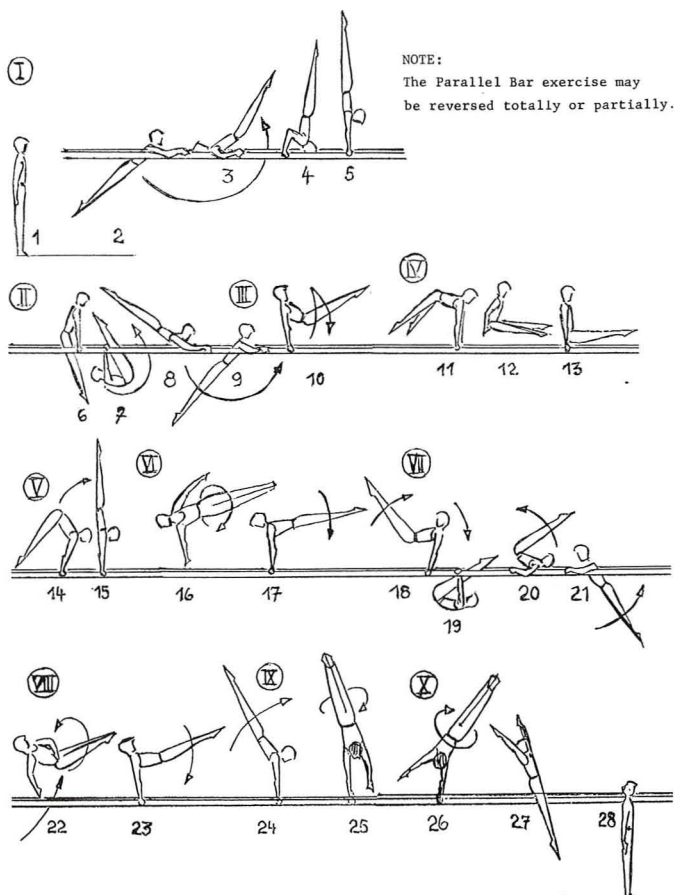
PARALLEL BARS

- I. From a few running steps forward, jump to upper arms and swing forward and turn backwards releasing and regrasping holds and passing through a handstand. (Streuli through a handstand.)
- II. Swing forward and lower backward to half inverted hang and turn backwards releasing and regrasping, (early salto below the bars) to,
- III. Upper arm support and swing forward to front uprise to support and,
- IV. Swing backward, swing forward, and pass legs straddled under hands to support with legs together lifted horizontally forward. "L" position. (Straddle cut-catch to L.) (HOLD)
- V. Press slowly, body bent and arms and legs straight to a handstand. (HOLD)
- VI. Swing forward with 1/2 turn releasing and regrasping hands to support, (Stutze-Kehre) swing forward and,
- VII. Lower backward to half inverted hang and cast to upper arms and swing backward to,

VIII. Backward uprise with 1/2 turn while releasing and regrasping holds to support and swing,

IX. To handstand with 1/4 turn right on right arm and with support on left arm, 1/4 turn right,

X. On the left arm to a side stand left. (Hollander dismount.)



Part	Value	Typical Faults	Deductions
I-----	1.40	If streuli does not go th a pronounced handstand-----	0.1 - 0.3
II-----	0.90	a) Legs and hips advanced during salto (early peachbasket)----- b) If hips are below bars after salto (peachbasket)-----	0.1 - 0.3 0.1 - 0.3
III-----	0.30	Body bent too much before arriving at support (bent too much on front uprise)-----	0.1 - 0.3
IV-----	1.00	Usual faults	
V-----	1.40	a) Pressing too fast to handstand----- b) Arms bent during press to handstand or after arriving in handstand position-----	0.2 - 0.5 0.2 - 0.7
VI-----	1.20	Body below horizontal-----	0.1 - 0.3
VII-----	1.00	Hips below bars after cast to upper arm support-----	0.1 - 0.3
VIII-----	1.40	a) Body not extended during back uprise half twist----- b) Arms bent after back uprise half twist-----	0.1 - 0.3 0.1 - 0.3
IX-----	0.60	a) Stopping in handstand position----- b) In turning the body does not maintain a vertical position-----	0.1 - 0.3 0.1 - 0.3
X-----	0.80	a) Stopping in handstand----- b) If after completion of the dismount, the body is not in line with the hand which left the bar last-----	0.1 - 0.3 0.1 - 0.5

HORIZONTAL BAR

From side stand frontways:

- I. Jump to hang with ordinary grip, (double overgrip), pull up and shoot, (underswing) with 1/2 turn right around right arm to swing forward with mixed grip. (Right hand undergrip.)
- II. Swing backward passing straight legs between arms, straighten body, with 1/2 turn left around right arm to swing backwards with ordinary grip and,
- III. Back uprise to support legs straddled and raised forward outside of hands. (Back uprise to Straddle "L" support).

IV. Turn backward and pass legs under the bar while joining them, swing back, bring legs together and pass legs between arms to straddle out while releasing and regrasping hands, joining the legs to swing forward with ordinary grip, and in half inverted hang.

V. Kip and change grip to under grip, (reverse grip) and cast to handstand and,

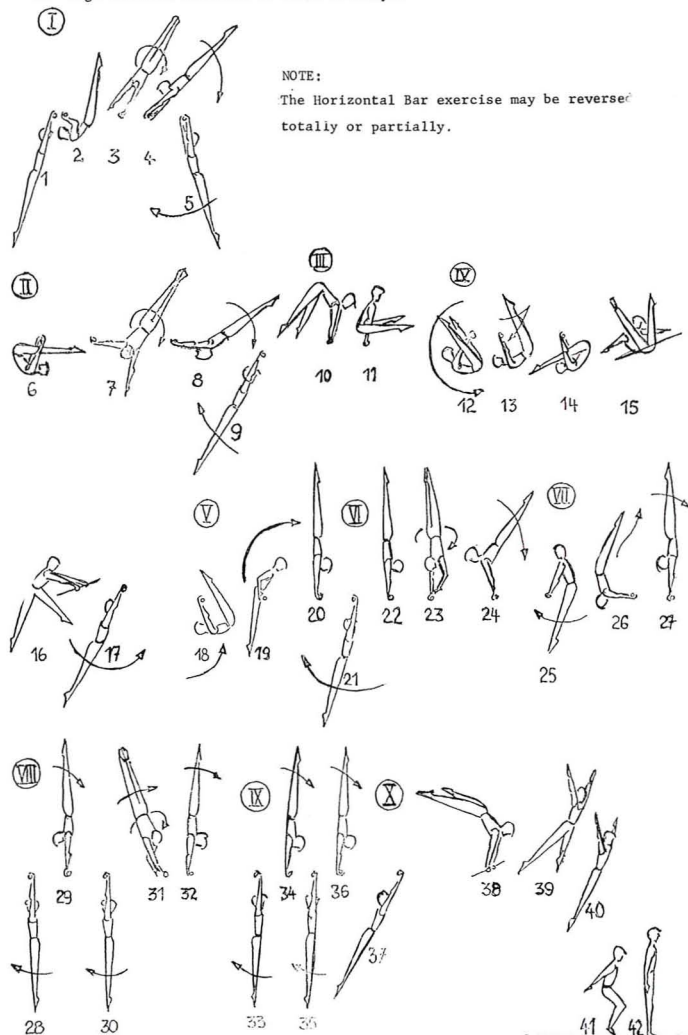
VI. Giant swing forward to handstand and 1/2 turn right around right arm, (forward pirouette), and lower to free support and,

VII. Free backward hip circle to handstand and,

VIII. Two giant swings backward and 1/2 turn right around right arm to handstand with under grip and,

IX. Two forward giant swings and,

X. High straddle dismount to stand rearways.



Part	Value	Typical Faults	Deductions
I-----	0.20	If body after half turn is below the horizontal-----	0.1 - 0.2
II-----	0.70	Back swing to uprise to one side-----	0.1 - 0.3
III-----	1.50	Usual faults	
IV-----	1.60	U Usual faults	
V-----	0.80	Changing grip while using hips for support (leaning on bar)-----	0.2 - 0.3
VI-----	1.00	Irregular rhythm in half turn (pirouette)-----	0.1 - 0.3
VII-----	1.60	a) Lack of rhythm between 6 and 7----- b) After free hip, body does not pass through pronounced handstand position-----	0.1 - 0.2 0.1 - 0.3
VIII	1.00	a) If body is not straight after half turn (blind change) in handstand position----- b) If the body is not square upon arrival at handstand position-----	0.1 - 0.3 0.1 - 0.3
IX-----	0.40	Usual faults	
X-----	1.20	a) If in flight the body does not rise----- b) Late or incomplete extension of the body after leaving bar-----	0.1 - 0.2 0.1 - 0.3