

1968 WOMEN'S OLYMPIC COMPULSORY FLOOR EXERCISE MUSIC, ROUTINES AND SCALE OF DEDUCTIONS FOR THE OLYMPIC GAMES IN MEXICO

♩ = 72

8..... 3 ♩ = 100

M.D. M.G.

② ③ ④ ⑤ ⑥ SURSQUAT ROUE ⑦ ⑧ COUR

PENTE ⑨ ⑩ VALSE SAUT ⑪ PLANCHE ⑫

Handwritten musical score for piano, numbered 13 to 37. The score is written on ten systems of grand staves (treble and bass clef). The tempo is marked as $\text{♩} = 66$ at the beginning and $\text{♩} = 44$ later. The key signature changes from one sharp (F#) to two sharps (F# and C#) and then to two flats (Bb and Eb). The score includes various musical notations such as slurs, ties, and dynamic markings like *pp* (pianissimo) and *f* (forte). Performance instructions in French are written above the staves: "APPUI BRAS-POINTES" (16), "CORPS À DROITE À GAUCHE" (20), "ROUE" (21), "TORSION" (22, 27), "extension" (26), "M.D." (24), "M.G." (24), "Flip Flop" (35), and "APPUI TENDU RENVERSÉ" (21). The score is divided into sections by bar lines and includes measures with rests and complex rhythmic patterns.

1968 WOMEN'S OLYMPIC COMPULSORY ROUTINES

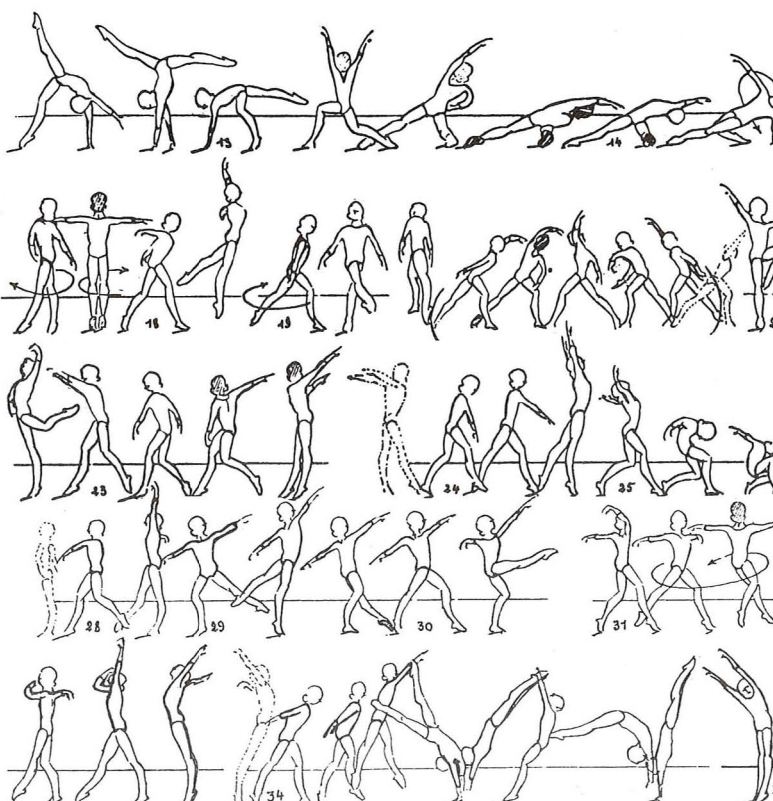
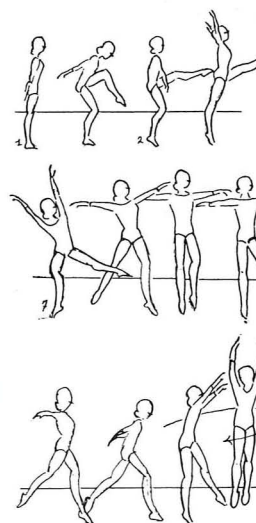
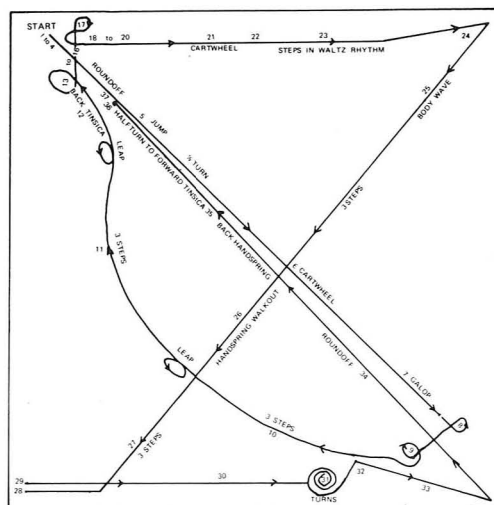
SCALE OF PENALTIES FOR THE COMPULSORY EXERCISES — OLYMPIC GAMES IN MEXICO

FLOOR EXERCISE

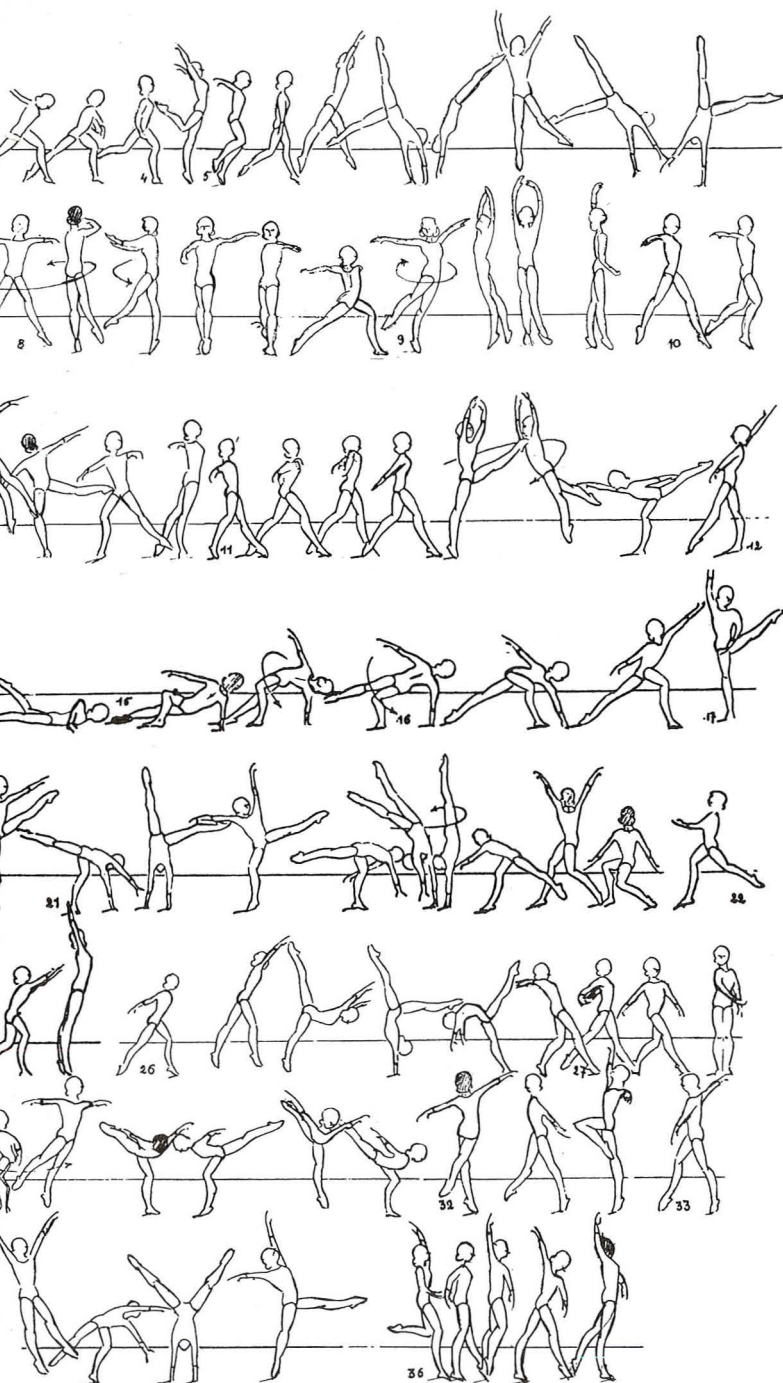
From R position in R corner:

1. Front attitude on R, supporting leg bent, body and head bent and arms to oblique backward.
2. Straighten on R toe L leg extended forward, arms raised forward to vertical.
3. Lunge forward on left, arms lowered backward up to curved low oblique position forward.
4. Raise on L toe to back attitude position, arms brought lateral and high.
5. 3 runs (R-L-R). From L — round off jump with $\frac{1}{2}$ turn 1, arms vertical.
6. L leg raised forward. Dive cartwheel from L foot.
7. One step from gallop from L foot (Think this means a sideward slide orchesse). Arms lowered to side and back up to lateral.
8. Turn 360° : Step L to L, leg bent, $\frac{1}{2}$ turn L on L toe, leg stretched — bring R toe beside L foot arms rounded in front of the body, continue $\frac{1}{2}$ turn L opening arms lateral on R toe (chene turn). Lunge forward L, R arm bent in front of body touching L shoulder, L arm lateral, head forward.
9. $1\frac{1}{4}$ turn R: pivot on L foot (270°) arms lateral, place R toe behind L heel and $\frac{1}{2}$ turn on toes raising arms curved over the head, lower L arm supple in front of body.
10. Describe semi-circle towards L: 3 runs (waltz rhythm L-R-L), body bent to L, arms lateral, head to L. Step R forward, leap executing a tour (feet together) landing L, simultaneous circle of arms from front to back, place body weight on R, arms lateral.
11. Continue semi-circle, 3 runs (waltz rhythm L-R-L). Step R forward, leap turning R, circling arms front to back, to land on bent L leg in front scale, R leg backward. R arm forward, L lateral (think this is a small tour jete to bent leg scale).
12. Step R backward and arab wheel R backward (backward tinsica).
13. Land L foot and lower to R knee, arms vertical, $\frac{1}{4}$ turn R on knee, L leg stretched. Bend trunk R lower R arm lateral to position curved and low in front of body, L arm curved over head, head right.
14. $\frac{1}{4}$ turn L on knee, bend trunk L placing L hand on floor, R arm lateral, head to L, put both hands on floor and lower to prone lying support, R leg bent, L straight (knees together).
15. While turning L (think this means continuing to turn in the same direction you were going) come to sitting position hands on floor behind body, R leg bent, L straight. $\frac{1}{4}$ turn, R arm stretched high, head R, L arm supporting weight along with feet.
16. $\frac{1}{4}$ turn L, place R forward, L hand on floor, R arm to oblique backward, straighten trunk to lunge L arm oblique high, R arm oblique low.
17. $9/8$ turn (405°): turn on R foot, rond de jambe L ($5/8$ turn), place L in front of R on toe, lowering L arm to lateral position and circling R arm supple in front of body to raise to lateral position, continue turn to R on both feet, arms lateral ($4/8$).
18. Step R forward and leap on this foot, L backward (arabesque leap) while lowering L arm and carrying it to oblique high position.
19. Place L foot on toe backward lowering arms, $\frac{1}{2}$ turn R placing point of R foot laterally on floor without stopping weight of body shifted alternately to R then L, legs supple with trunk movement. Swing arms while turning $\frac{1}{4}$ turn to R on R toe, L arm supple in front, R in back.
20. Straighten the trunk, weight of body to R foot, L leg raised forward, bent and kicked straight simultaneously lower the arms and raise them to vertical, L forward, R behind.
21. Cartwheel L, $\frac{1}{2}$ turn, bend body, place R hand on floor and reverse turn ($\frac{1}{2}$ to L) to handstand. Place R foot on floor, straighten the body legs stretched, arms vertical body twist R, lowering arms to oblique forward, legs bent, head R.
22. Straighten to arabesque on R toe, L arm oblique high, R bent across chest touching L shoulder.
23. $1/8$ turn on R toe, fall back 3 steps L-R-L (waltz rhythm) lowering arms supple to R and raise parallel backward to oblique high. Twist of body R, slightly bent, laterally to L (at finish of movement body straight and twisted).
24. Step R-L forward with $1/8$ turn toward L legs supple, lower arms and raid.
25. $1/8$ turn toward L legs supple, lower arms and raise forward to vertical, body weight on L foot, R heel raised.
26. Body wave backward to forward, bending legs, body weight on L, arms lowered supple lateral up to oblique backward position, extend trunk while joining R foot to L foot on toes, simultaneously circle arms, crossed in front of body up to oblique high.
27. 3 steps L-R-L handspring walkout.
28. Landing on R foot, 3 forward steps L-R-L, bring R foot to L on toes turning from one $1/8$ to L, R arm supple in front, L arm backward, head R.
29. Bending legs, step backward on L, R leg pointed forward, bring L arm forward to vertical, R arm lateral, head R.

FLOOR EXERCISE



29. $\frac{1}{2}$ turn R on L toe, arabesque on R toe stepping forward, R arm oblique forward, L oblique backward.
30. Step L forward raising R leg forward above horizontal with $1/8$ turn R, slight bend of L leg, R arm lateral, L arm curved over head, head R.
31. Step R forward lowering L arm in front of body, step L forward, join R foot to L on toes, legs bent, execute $6/8$ turn L with circle of front arm back to forward under L shoulder, R arm lateral then: (1) $\frac{1}{2}$ turn L landing in arabesque on L leg, supporting leg slightly bent; (2) $\frac{1}{2}$ turn leap on L to land in arabesque on L leg, slightly bent; (3) $\frac{1}{2}$ turn leap on L to land in arabesque on L leg, leg slightly bent.
32. $\frac{1}{4}$ turn L on L, step forward on R toe, simultaneously raise L leg, point of foot against R knee, knee forward, lowering arms to raise R forward to oblique high, L lateral.
33. 3 backward steps L, R, L. Bring R. to L. on toes lower R arm backward to lateral, L forward to horizontal on 1st step. 2nd step, bend L arm forward in front of chest, R lateral. 3rd step, extend L arm vertical, R forward in front of chest (bent). While joining feet, extension of R arm to vertical.
34. 3 runs forward, R, L, R from L foot, round off L to flip flop (back-handspring).
35. $\frac{1}{2}$ turn L, 1 leg raised forward, arab wheel forward (tinsica) landing on R leg.
36. Step forward L, bring weight on R toe while joining L foot to R.



37. Step R forward, weight of body on this leg, simultaneously circle L arm passing in front of body to lower laterally in front of body, R arm raised forward in front of body and placed curved over head. Head to L.
Paragraphs: 26—27—34—35—36—37 can be reversed in their complete sequence.

FLOOR EXERCISE

- 1.—Lack of suppleness in the trunk movement.....0.10
- 2.—Bad coordination of the legs and arms.....0.10
 - Right heel on the floor.....0.10
- 3.—Lunge incorrect.....0.10
- 4.—Left heel on the floor.....0.10
 - Incorrect position of the backward leg during the releve (rise on the toe).....0.10
- 5.—Roundoff badly directed.....0.20
 - Insufficient amplitude (height).....0.10 - 0.30
- 6.—Straightening of body too slow from roundoff.....0.10 - 0.20
 - ½ turn incorrect, body broken.....0.10 - 0.20
 - Insufficient elevation of the forward leg.....0.10
 - Dive cartwheel: duration of suspension insufficient.....0.20 - 0.30
 - Simultaneous support of the hands.....0.20
 - Cartwheel badly directed.....0.20

- 7.—Heavy landing.....0.10
 - Sideward slide without suppleness.....0.10
- 8.—Direction incorrect during the turn.....0.10
 - Execution without continuity.....0.10
 - Left heel on the floor.....0.10
 - Lunge incorrect.....0.10
- 9.—Pivot not executed on half-toe (point of foot).....0.10
 - Lack of coordination of the pivots and movements of the arms.....0.10
- 10.—Bad orientation.....0.10
 - Running steps executed without suppleness with flexion of the body insufficient.....0.20
 - Jump: Lack of elevation.....0.20
 - Heavy landing.....0.20
 - Bad coordination of the arms.....0.10
- 11.—Bad orientation.....0.10
 - Running steps without suppleness with flexion of the body insufficient.....0.20
 - Jump: Lack of elevation.....0.20
 - Heavy landing.....0.10
 - Bad coordination of the arms.....0.10
 - Momentary scale below the horizontal.....0.20
- 12.—Backwalkover in the place of backward tinsica.....0.50
 - Back tinsica broken (relaxed).....0.20
 - Stop in the reversed support (middle of the back tinsica).....0.20
- 13.—Lack of coordination.....0.20
- 14.—Execution without suppleness and without continuity.....0.20
- 15.—Heels on the floor.....0.10
 - Extension of the body insufficient.....0.10
- 16.—Straightening of the trunk slow.....0.10
- 17.—Heel on the floor.....0.10
 - Rond de jambe (circle of the leg) insufficient.....0.10
 - Bad coordination of the arms during the turn.....0.10
- 18.—Jump without amplitude (height).....0.10
- 19.—½ turn uncertain.....0.10
 - Bad coordination of the movement of the trunk, legs and arms.....0.20
 - Lack of suppleness during the execution.....0.20
- 20.—Elevation of the forward leg insufficient.....0.10
- 21.—Cartwheel: simultaneous support of the hands.....0.20
 - Bad direction.....0.20
 - ½ pirouette: incorrect.....0.20 - 0.30
 - Body does not pass through support position in handstand.....0.30
 - Arrive heavy on the floor.....0.10
- 22.—Heel on floor.....0.10
 - Incorrect position of the left leg in the backward position.....0.10
 - Straightening uncertain.....0.10
- 23.—Bad coordination of the arms and legs.....0.10
 - Bad orientation.....0.10
 - Insufficient twist of the body.....0.10
- 24.—Bad coordination of the arms and legs.....0.10
 - Bad orientation.....0.10
- 25.—Body wave incomplete.....0.20
 - Bad orientation.....0.20
- 26.—Takeoff insufficient.....0.30
 - Bad orientation of the arms and body.....0.20
 - Omission of delaying the movements of the arms.....0.30
 - Slow thrust (push off) of the arms.....0.20
- 27.—Heavy landing.....0.10
 - Bad orientation.....0.10
 - Rapid steps without lightness.....0.10
 - Heel on floor.....0.10
 - Twist of the body not executed.....0.10
- 28.—Execution without suppleness.....0.10
 - Incorrect position of the arms.....0.10
- 29.—Heel on the floor during the pivot.....0.10
 - Incorrect position of the arms.....0.10
- 30.—Incorrect position of the body during the elevation of the leg forward.....0.10
 - Insufficient elevation of the leg.....0.10
- 31.—Direction uncertain during the turns.....0.20
 - During the turns: elevation of the leg backward
 - Fixation of the leg backward insufficient.....0.20
- 32.—Incorrect position of the body during the ¼ turn.....0.10
 - Heel on the floor.....0.10
 - Incorrect position of the arms.....0.10
- 33.—Execution of the steps backward without suppleness.....0.10
 - Bad coordination of the movements of the arms.....0.10
- 34.—Roundoff badly directed.....0.20
 - Stop before flip flop.....0.20
 - Flip flop incorrect.....0.50
 - Bending of the arms.....0.20
- 35.—½ turn incorrect: body broken (relaxed).....0.20
 - Elevation insufficient of the leg forward.....0.10
 - Front walkover in place of a tinsica.....0.50
 - Tinsica.....0.10
 - Tinsica without amplitude (height).....0.20
- 36.—Stop between the step forward and the step backward.....0.10
 - Bad coordination of the arm movements.....0.10

BALANCE BEAM

R side to beam towards end of beam.

1. Run, place R hand on beam from L foot — mount at the middle of beam to R leg (up to stand), L leg stretched forward. Small bend of R leg, bending L leg touching R knee. R arm forward low oblique, L back low oblique. Swing L leg back to front scale on bent R leg. L arm forward, R backward bringing R arm supple forward to parallel with L arm extending R leg (position stopped).

2. Straighten body to arabesque on R leg arms vertical — immediately thrust R leg forward lowering arms laterally to squat position (L behind R). Cross arms in front of body — R in front of L.

3. Quick extension on L toe kicking R leg up to side, L arm side-ward high, R supple low in front of body. Step R forward, arms supple low in front of body. Step L on toe with $\frac{1}{2}$ turn, R leg bent heel touching L leg low, simultaneously raise R arm laterally over head, L arm low in front of body.

4. Kick R leg forward, up on L toe, momentary lunge circling arms forward to back to English handstand (marked) forward roll to straddle sit, arms supported in front of legs and continue to whip legs backward to squat on R leg, L leg raised backward. Lowering L leg, straighten body, arms horizontal extending R leg, swinging L leg through forward to step while opening arms laterally.

5. Step R forward, $\frac{1}{2}$ turn to L on R toe lowering arms. Step L backward raising arms forward and down to lateral, $\frac{1}{2}$ circle (rotation) of trunk to L and backward, R arm rounded over head, L horizontal. Head follows trunk movement.

6. Straighten body lifting R leg to squat position (touching L knee) then place it behind L foot on toe, simultaneously open arms to lateral position, lower and raise to horizontal.

7. $\frac{1}{4}$ turn R on R leg, L foot extended, pointed on beam L arm lateral, simultaneously lower R arm in front of body circling down and up to lateral. Bend body L continuing arm over head and parallel to L arm to oblique low position. Bring L foot (point of foot on beam) next to R.

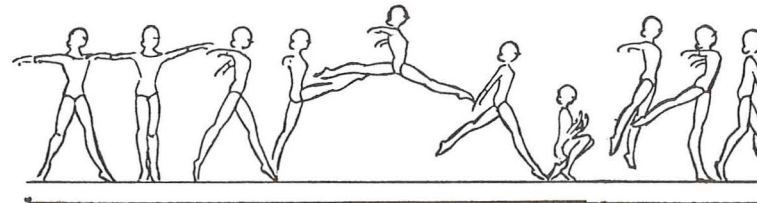
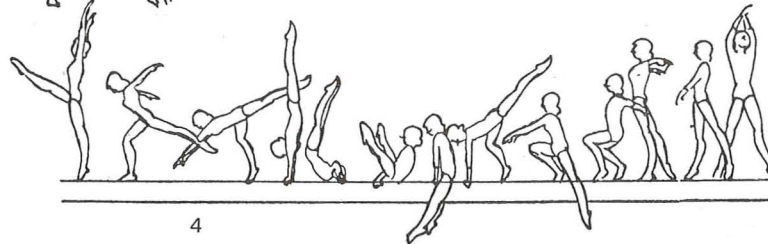
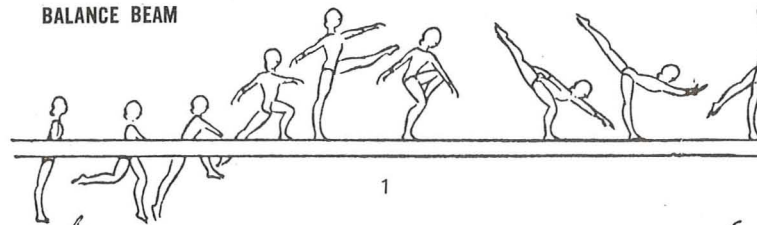
8. Arms lateral extending body, step lateral L, bring R foot to L on toes make $\frac{1}{4}$ turn L. Step forward L, split leap R landing R — Bring L behind R in squat, arms crossed forward (L in front).

9. Without stopping jump up to arabesque leap landing on L foot, R leg extended backward. Step backward R, arms horizontal (palms facing forward, twist of body and cartwheel lateral with $\frac{1}{4}$ turn.

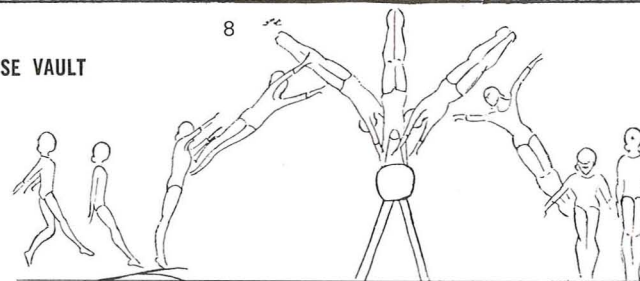
10. Shoot to dorsal position R. (Dorsal position means to land with the back to the apparatus).

Cartwheel can be reversed by executing one step instead of two.

BALANCE BEAM



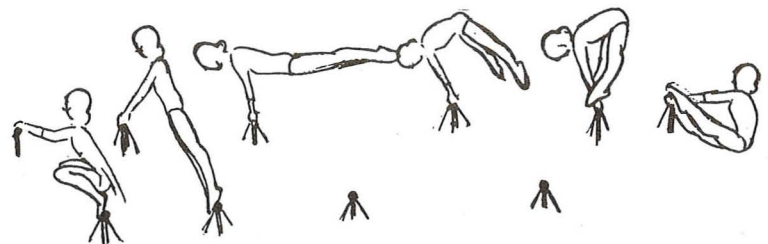
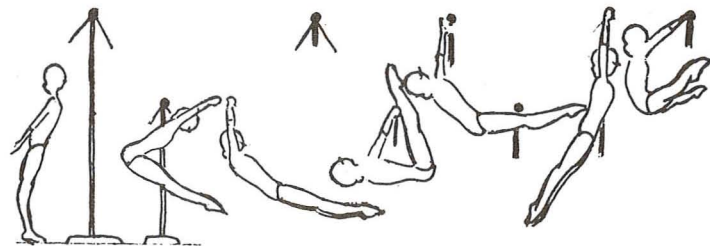
SIDE HORSE VAULT

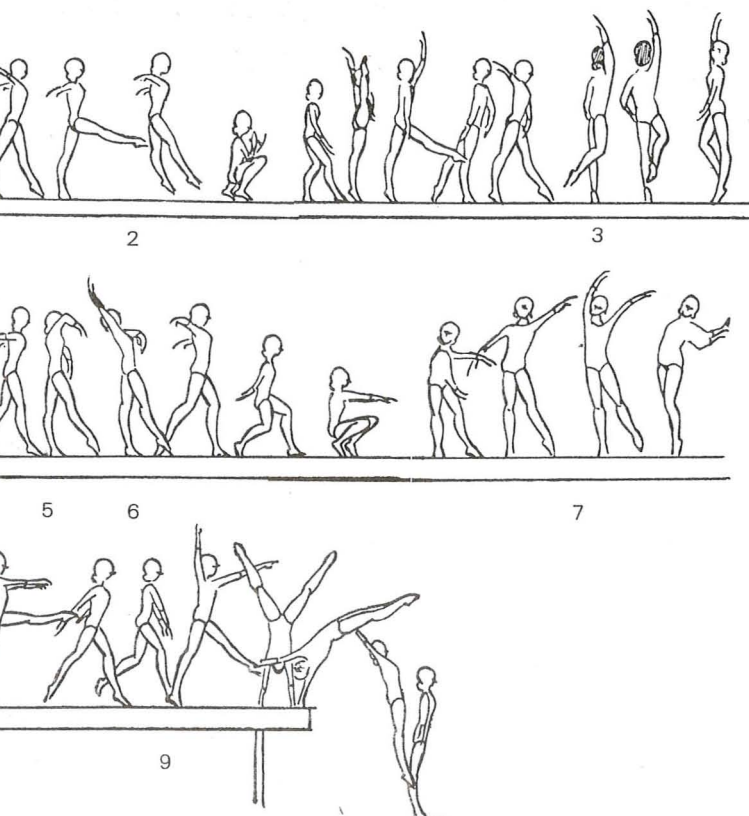


BALANCE BEAM

1.—Heavy mount	0.30
—Left leg below the horizontal	0.20
—Omission of flexion (bending) of the trunk	0.10
—Extension of the right leg too early	0.10
—Scale not precise, left leg insufficiently raised	0.40
—General lack of continuity	0.30
2.—Jump too low	0.20
—Trust from right leg too low	0.10
—Squat position with placement of the heel	0.10
—Stop in squat position	0.20
3.—Extension of the legs too slow	0.30
—Insufficient elevation of the right leg	0.20
—Left heel on the beam	0.30
— $\frac{1}{2}$ turn on the heel	0.20
—Movements on the arms stiff (rigid)	0.20
4.—Left heel on the beam during the thrust of the leg	0.30
—Omission of the handstand	1 point
—Handstand not marked	0.30-0.40
—Arrive heavy on the back during the roll	0.30
—Roll without continuity	0.20
—Stop in the lying down position (on back)	0.30
—Elevation insufficient of the left leg backward	0.20
5.—Steps and turns without continuity	0.40-0.50
—Pivot on the heel	0.20
—Omission of flexing the trunk to the left and backward	0.30
—Bad coordination of the movements of the arms	0.30
6-7.—Lack of continuity of the squat position to the turn	0.20
—Incorrect movements of the arms	0.20
—Omission of flexion (bending) of the trunk	0.20
8.—Lateral step on the heel	0.20
—Stop exaggerated before the $\frac{1}{4}$ turn	0.20
—Jump delayed	0.20
—Split leap without amplitude (height)	0.30
—Lack of elegance in the execution	0.30
9.—Jump delayed	0.20
—Jump too low	0.20
—Backward and forward step without continuity	0.20
—Incorrect movements of the arms and without suppleness	0.30
—Incorrect distance of the cartwheel	0.30
—Trust from the arms delayed	0.30
—Tinsica in place of a cartwheel	0.60

UNEVEN PARALLEL BARS





SIDE HORSE VAULT

(Vault #17 in the Code of Points—1964 edition)

Cartwheel—Jump to the reversed support with a $\frac{1}{4}$ turn during the flight to the right or left (reversed support stretched lateral). Land with the side to the horse.

—Preflight insufficient	1 point-1.5
— $\frac{1}{4}$ turn with body bent (broken)	0.50
— $\frac{1}{4}$ turn incomplete	0.30
—Placement of the hands simultaneously	0.40
—Omission of passing through the vertical	1 point
—Flexion of the arms in the reversed support	0.50
—Stop in the reversed support	0.50
—Push off insufficient	0.50
—Simultaneous push off of the hands	0.50
—Lack of continuity	0.30-0.50
—Afterflight insufficient	1 point
—Vault badly directed	0.30-0.50
—Support of a part of the body against the horse at the landing	1 point
—Landing heavy and uncertain	0.20
—Landing unbalanced	0.30
—Touch the hands on the floor	0.50
—Distinct support of the hands	1 point
—Fall to the knees	1.5
—Fall on the pelvis	2.0
—Aid from the coach on the landing	2.0
—Aid from the coach during the vault	Vault null (0)
—Coach between the beat board and the horse	1 point

UNEVEN PARALLEL BARS

1. From the lateral position with face to the high bar, jump forward gripping the low bar with the hands and kip with displacement of the hands up to the high bar, pass the legs straddled over the low bar to a hang and support passage on the low bar.

2. Kip to a front support to the high bar, immediately continue the passage of the bent legs and joined between the hand support to rear support.

3. Turn from rear support backward, to fall backward again to a hang reversed (upside down), impetus (shoot), return passing the legs straddled to a hang while releasing the support impetus forward and . . .

4. Turn from front support backward on low bar, place both feet, legs bent with half turn ($\frac{1}{2}$) to squat position on the low bar with hand grip alternately right then left on the high bar, straighten the body — legs stretched and thrust the legs backward in order to . . .

5. Establish oneself on the high bar to a straddled position (feet-hands) legs stretched, lower oneself backward, thrust forward while bringing the legs together with half turn ($\frac{1}{2}$) and change the hands to hang while gripping dorsally, thrust forward.

6. And turn from support on low bar with a $\frac{1}{4}$ turn to the position transversal lateral right or left, hand support on the low bar.

Possibility of reversing paragraph 4.

UNEVEN PARALLEL BARS

1.—Insufficient straightening of the body while in suspension under the low bar (insufficient extension on kip)	0.10-0.20
—Insufficient thrust in preparing the kip with displacement of the hand support on the high bar	0.10-0.20
—Straddling the legs over the low bar with the arms bent	0.20
—Stop in the support on the low bar	0.20
2.—Lack of continuity (kip, and squat through)	0.30-0.40
—Passage of stretched legs	0.40
—Passage of the legs with a supplementary thrust	0.50
—Insufficient thrust before the passage of the legs:	
Thrust forward, the heels above, even with the high bar	0.20
Backward thrust insufficient	0.20
Legs bent too early	0.20
3.—Insufficient straightening at the end of the back seat circle	0.20
—Amplitude insufficient when falling backward to reversed hang	0.20
—Position too low of the body in preparation for the straddle cut on the high bar to a hang	0.20
4.—Insufficient thrust of the legs before the squat position	0.10
—Supplementary rebound in squat position before establishing oneself on the high bar	0.30
—Lack of extension	0.30
—Insufficient thrust of the stretched legs backward	0.30
5.—Amplitude insufficient on thrust forward (straddle sole circle) with a $\frac{1}{2}$ turn	0.30
6.—Manual support alternative on low bar	0.20
—Insufficient height on the dismount	0.10-0.20
—Lack of extension	0.10-0.20
—Land on the floor without manual support on the low bar	0.20

FLOOR EXERCISE—BEAM—UNEVEN—PARALLEL BARS

(Compulsory exercises)

All elements of lower difficulty not executed results in a penalty of 0.60
All elements of upper difficulty not executed results in a penalty of 1 point.

