

**1st OFFICIAL GYMNASTIC TRYOUTS FOR MEN AND WOMEN**

To represent

The United States at the XVth World's Gymnastic Championships  
Prague, Czechoslovakia, July 3 to 8, 1962

Held at

The National Gymnastic Clinic, Sarasota, Florida  
December 26 and 27, 1961

Conducted by

National AAU Gymnastic Committee

Sanctioned by

Florida Association of the Amateur Athletic Union

Competition consists of  
Compulsory and optional exercises in the international all around.

Schedule of events

Tuesday, Dec. 26, 1961 at  
Sarasota High School  
9 AM

Wednesday, Dec. 27, 1961 at  
Municipal Auditorium  
8 PM

All compulsory exercises for  
men and women  
1 PM

Optional exercises for men  
Side Horse - Parallel Bars  
Floor exercise - Horizontal Bar

Optional exercises for men  
Long Horse and Rings

Optional exercises for women  
Uneven Parallel Bars and  
Floor exercise

Optional exercises for women  
Side Horse Vault and Bal.  
Beam

AAU/FIG RULES TO GOVERN

NO POST ENTRIES WILL BE ACCEPTED

ALL ENTRIES close on Saturday, December 9, 1961 with Frank  
Cumiskey, President National Gymnastic Clinic.  
All entries should be sent to:

Mr. Frank Cumiskey  
RFD-1,  
Northvale, New Jersey

# Amateur Athletic Union

of the United States

## Gymnastics Guide

1962—1963

### Official Rules

MEN and WOMEN

COLORADO HIGH SCHOOL ACTIVITIES  
ASSOCIATION  
11351 MONVIEW BOULEVARD  
DENVER 8, COLORADO

Published by

Amateur Athletic Union of United States  
233 Broadway New York 7, N. Y.

COPYRIGHT 1962

## FIG - CODE OF POINTS - FOR WOMEN

ART. 1: All exercises, prescribed and voluntary, will be evaluated by 5 women judges, designated by the Executive Committee. The judges will give the marks independently of each other, then enter them and show them openly.

The five judges will consult together for the first and second exercises, in order to agree on a common starting point.

Of the five marks obtained by each contestant, the highest mark and the lowest mark will be eliminated, and the average of the three remaining marks calculated. The spread between the highest and lowest mark of these three marks considered cannot exceed 1/2 point if these two marks are above 8.50, nor exceed 1 point in all other cases. As soon as the spread exceeds these limits, the judges will consult together, and if no agreement is reached, the Board of Judges will decide.

## PRESCRIBED EXERCISES

ART. 2: The prescribed exercises on the ground, at the unsymmetrical bars and at the beam are evaluated at from 0 to 10 points, by tenths of a point. Only the execution is subject to evaluation.

Of the 10 points, there are allocated:

5 POINTS for rhythm and accuracy of all parts of the exercise.

5 POINTS for the general impression, that is, elegance and sureness of execution.

The prescribed JUMP OVER THE VAULTING-HORSE will be evaluated as follows:

5 POINTS for the technical value.

5 POINTS for the execution.

ART. 3: To make possible the most accurate judging practicable, the prescribed exercises will be divided into several parts. Each being given a mark whose value will be proportional to the difficulty of each of these parts.

The list of the principal errors will be established, with the corresponding penalties.

If that part of the exercise in which the error was made is given a large number of points, the penalty for the said error will be greater than in a part of exercise evaluated by a smaller number of points.

ART. 4: Except for the ground exercise, any athlete may repeat without loss of points, any exercise which she considers was badly done notifying the judges of this before they have given their marks.

The repetition of the exercise must be carried out after a suitable rest period, but before the team has left the equipment. THE SECOND EXECUTION ALONE WILL BE VALID.

In THE LEAP OVER THE VAULTING-HORSE, where two attempts are allowed, the BEST MARK OBTAINED WILL BE CONSIDERED.

ART. 5: All the prescribed exercises may be reversed, but only as a whole.

## VOLUNTARY EXERCISES

ART. 6: Except for the leap over the vaulting horse, the voluntary exercises cannot be repeated.

ART. 7: The voluntary exercises will be given point marks from 0 to 10 points by tenths of a point, distributed as follows:

5 POINTS, being 3 for the difficulty and 2 for the technical value of the exercise.

5 POINTS, being 2 for the execution and 3 for the general impression.

ART. 8: The voluntary exercises must differ from the prescribed exercises and between athletes. However, elements of prescribed exercises may be included in them, provided their sequence is entirely different.

ART. 9: All pushing and pulling (strength) exercises are considered undesirable, and exercises with impetus (swing) should be preferred to them. Their movements should be made continuously, without repetition, with original or inventive linking.

The entire exercise should have a technical value corresponding to the standard or level of the contest; this technique, as well as the difficulty, should be adapted to the structure of each athlete, so that the execution will be easy and elegant.

ART. 10: Individual voluntary exercises should contain 5 elements of difficulty, one element being of the most difficult kind. For each element omitted, the penalty will be 0.60 point. If no difficulty is included, a 3 point penalty will be considered.

ART. 11: A distinction should be made as follows:

1. Small errors - Penalty from 0.10 to 0.20.

2. Medium errors - Penalty 0.30 to 0.50.

3. Serious errors - Penalty 0.50 and above.

ART. 12: SMALL ERRORS: Head bowed,  
Toes not pointed.  
Arms slightly bent during supporting exercises.  
Small interruptions in rhythm.  
Stiff and jerky movements.  
Small steps or slight jump upon reaching the ground.

ART. 13: MEDIUM ERRORS: Arms and legs bent or widely spread.  
Arms bent in the reversed stretches supported positions.  
(handstand)  
Non-specified slight bending of the torso.  
Hands touching when reaching the ground.  
Stiff movement instead of a supple one.  
Coach speaking to athlete during exercise.  
Incorrect interpretation of the rules.

ART. 14: SERIOUS ERRORS: Coach's aid during exercise.  
Repeating a failed movement.  
Falling on the pelvis or knees upon reaching the ground.  
Falling during exercise.  
Additional unauthorized movements.  
Parts of exercises not executed.

If the exercise is not completed, only the part executed will be evaluated proportionally to its value, and according to the schedule of penalties established in the case of prescribed exercises. The mark for the general impression will be reduced accordingly.

ART. 15: LEAPS OVER THE VAULTING-HORSE: All the leaps must be done with hands placed on the vaulting-horse. Each athlete is entitled to two trials, both for the prescribed jump and the voluntary jump, the best attempt being valid.

For the voluntary jumps, the two attempts may differ.  
The difficulty of the jumps will be fixed according to the schedule established by the Executive Committee.

If the jump selected does not appear in the table, its terminology must be sent to the Chairman of the Technical Committee, with copy to the Secretary, one month before the contest.

An additional start (run) is authorized without penalty, provided the contestant has not touched the horse. If it is touched, the trial will be considered as having been made.

#### JUMP OVER THE HORSE

	POINTS
Touching horse with feet; penalty:	0.50 to 2
Insufficient take-off after call:	up to: 0.50
Take-off with bent body:	up to: 0.50
Tardy removal of hands:	up to: 0.50
Incorrect or unfinished jump over:	up to: 2.00
Failing to draw up body upon reaching ground:	up to: 2.00
To come down heavily:	up to: 1.50
Coach's aid:	zero for jump.

#### ARRIVING ON THE GROUND

	POINTS
Heavily and uncertainly:	up to: 0.50
With step or jump:	0.20
Hands touching ground:	0.50
Definite resting of hands on ground:	1.00
Falling on pelvis or knees:	1.50 to 2
Fall out of balance, part of body resting or supported by equipment:	1.00
Coach's aid:	1.50 to 2

Jumps interrupted by feet touching or by sitting on the horse will be given a zero. Whenever a prescribed jump with the horse is not executed as described or with substantial changes, it will be void.

**ART. 16: NON-SYMMETRICAL BARS:** Exercises of suspension and swing must dominate; support exercise being used only as temporary or passing positions. Balancing movements will be allowed, provided they are special at the bars.

On the whole, movements relating to ground and beam exercises (for instance, the splits and the bridge), should be avoided with this equipment. Only the jumps requiring hand grasping will be considered as real difficulties.

Any fall will be penalized by 1 point, provided the contestant remounts immediately and continues her exercise. If an interruption lasts more than 3 seconds, the exercise will be considered ended.

Aid by coach during exercise, penalized by:	1.50
Aid by coach upon reaching ground:	0.50

**ART. 17: BEAM:** The exercise on the beam must be lively, exert all parts of the body, contain sitting and lying positions, steps, runs, jumps and turns; it should also include some maintained positions although the latter must not dominate the other elements.

Execution should be continuous while avoiding monotony of the rhythm, and observing the maintained positions. Finally, the exercise should be executed fully, with sureness, suppleness and elegance.

Its duration will be from 1 minute 30 seconds to 2 minutes. The two timers will start their watches at the moment when the contestant's feet leave the ground.

For both the prescribed exercise and for the voluntary exercise, if the contestant falls from the beam, she may resume the exercise at the point of the fall and continue to the finish, but with a penalty of 1 point per fall. In case of an interruption of more than 3 seconds, the exercise will be considered ended.

For the prescribed exercise, a new start will be permitted at the beginning of the exercise, provided the contestant has not touched the beam during her first attempt.

#### POINTS

Excess arm or leg movement to maintain balance:	up to: 0.30
Excess movement of torso:	up to: 1.00
Too short stopping time:	0.20 to 0.40
Too low or uncertain jumps:	up to: 0.30
Walking instead of running:	0.30
Falling off beam:	1.00
Loss of balance and grasping beam to save fall without touching ground:	1.00
Coach's aid during exercise:	1.50
Coach's aid when reaching ground:	0.50

**ART. 18: EXERCISE ON GROUND:** These should exert the entire body, include artistic movements and jumps which should be lively and include attractive poses, balancing, motions, and expression.

The 12 x 12 m. space available to the contestant should be used over its entire surface. The exercise should last from 1 minute to 1 minute 30 sec. The two timers will start their watches at the moment when the contestant begins the exercise by moving arms or legs.

The prescribed exercise and the voluntary exercise will be done with musical accompaniment which should be of a type corresponding to the exercise done.

No aid by coach is allowed during the test; during the exercise, coach must not even stand in the area reserved for them.

Coach in area for exercises:	Penalty of:	1.50
Contestant stepping outside exercise area during exercise:	(1 foot)	0.10
	(2 Feet)	0.20
Errors in rhythm or unsuitable music:	up to:	0.50

**ART. 20: SPRINGBOARD:** For the exercises with bars and beam, a hard springboard is permitted, which may be placed on a mat.

**ART. 21: EXCESSIVELY LENGTHY EXERCISES:** A signal will be given at the limit of the maximum time for both the ground exercise and the beam exercise. The second signal will be given after 5 seconds' time.

If the exercise is not ended after this second signal, penalty of 0.50.

**EXCESSIVELY SHORT EXERCISES:** will be penalized by 0.10 point for each second under the minimum time specified.

#### COURSES FOR JUDGES

Duration of courses: 2 days at least before the contests, but may be increased to up to 4 days, according to the opinion of the planary Technical Committee.

The participating Federations are required to send their substitute contestants to the judges' courses, to give the latter experience in judging and rating the exercises.

These courses are obligatory for the entire duration specified. **JUDGES UNABLE TO ATTEND THEM WILL NOT BE PERMITTED TO ACT IN THEIR DUTIES.**

Furthermore, judges' courses for about one week's duration may be organized at a place and date fixed by the Executive Committee, after the planary Committee's advice.

# F.I.G. CODE OF POINTS FOR WOMEN EVALUATION OF SIDE HORSE VAULTS

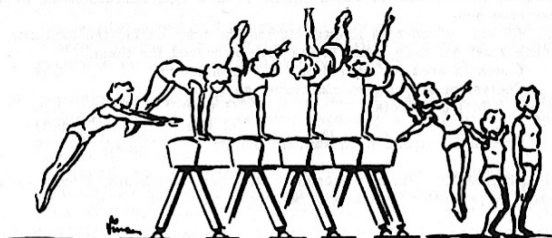
## 1. Thief or Window Vault

Rating  
7.0 pts.



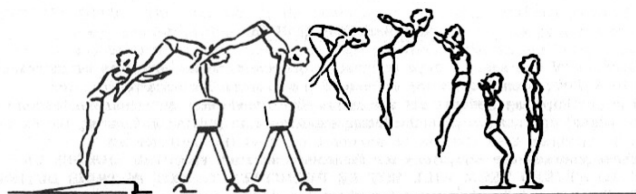
## 2. Flank Vault

7.0

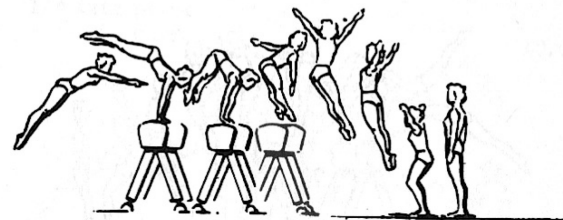


## 3. Bent hips ascent, stoop vault

7.0



## 4. Bent hips – straddle vault with 1/2 turn 8.0



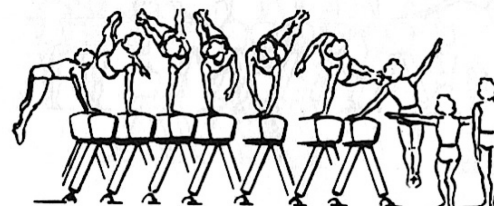
## 5. Straight body ascent, squat vault

8.5



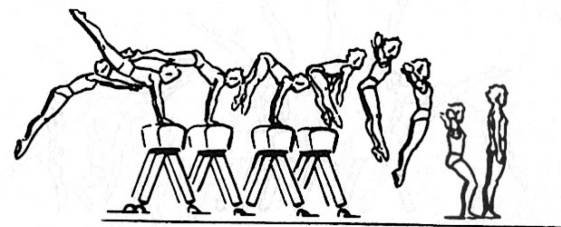
## 6. Flank/front vault 1/4 turn outward

8.5



## 7. Straight body ascent, straddle vault

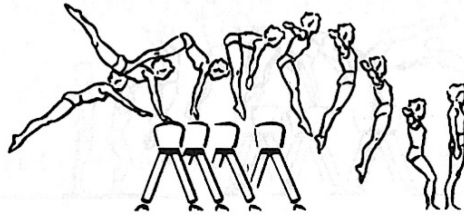
10.0





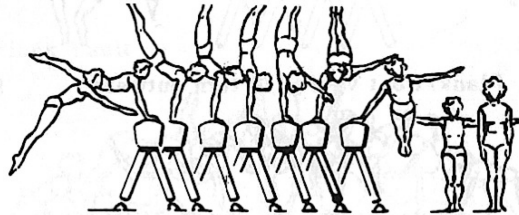
8. Straight body ascent, stoop vault

10.0



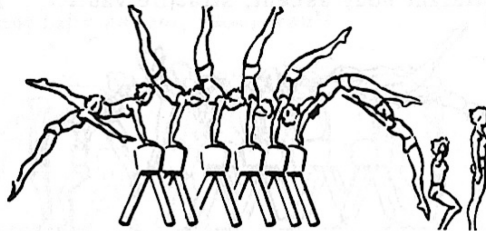
9. Straight body ascent handstand  
1/4 turn off

10.0



10. Straight body ascent, straight arms  
handspring

10.0



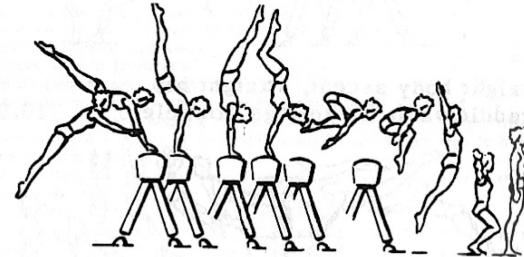
11. Straight body ascent, handstand  
1/4 turn pivot  
cartwheel)

10.0



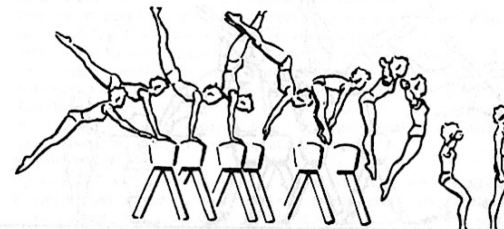
12. Straight body ascent, Handstand squat  
vault

10.0



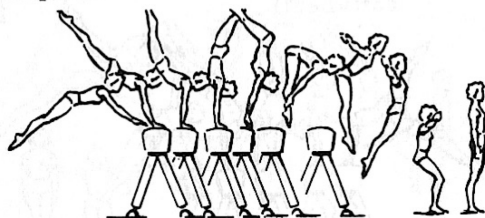
13. Straight body ascent, handstand straddle  
vault

10.0



14. Straight body ascent, Handstand  
stoop vault

10.0



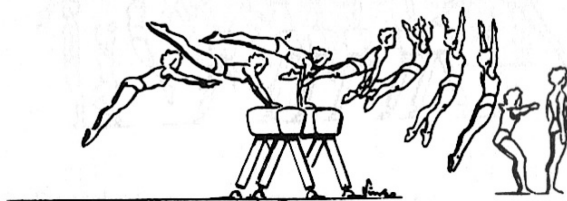
15. Swan vault (legs closed)

10.0



16. Straight body ascent, straight hip  
straddle vault (Swan-legs straddled)

10.0



17. Straight body, Giant Cartwheel

10.0

