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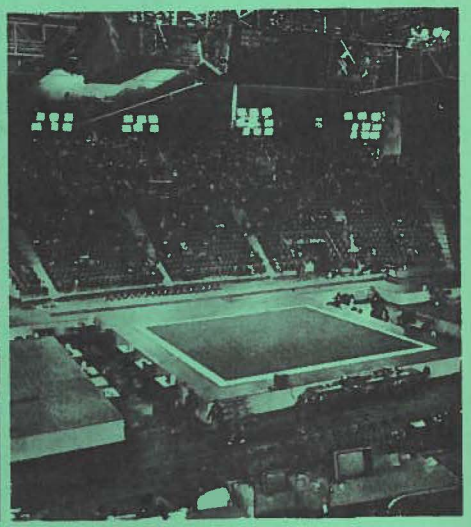

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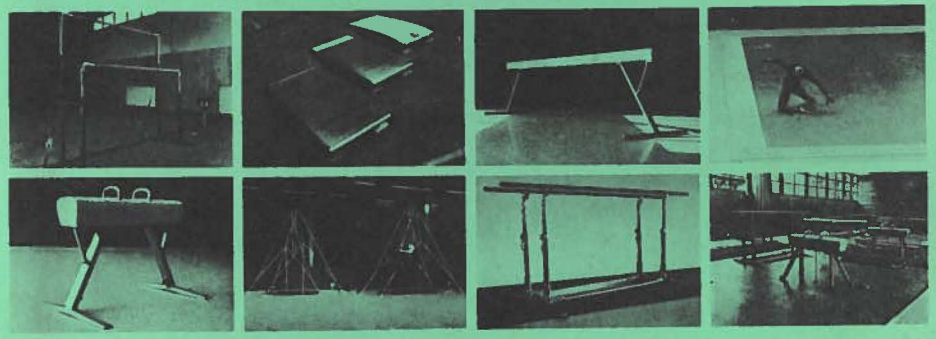

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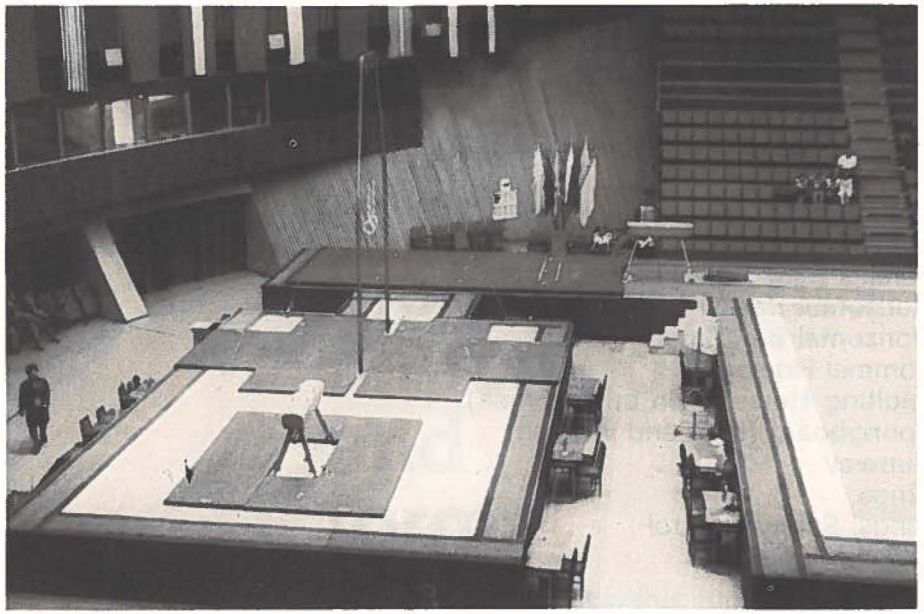

WORLD CHAMPIONSHIPS, Artistic Gymnastics	1970 Ljubljana
EUROPEAN CHAMPIONSHIPS	1971 Madrid
OLYMPIC GAMES	1972 Munich
EUROPEAN CHAMPIONSHIPS	1973 Grenoble
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Index

Translated for the FIG by Marlene Bene, US Gymnastics Federation.

International Gymnastics Federation
Technical Committees and

Committee for Modern Rhythmic Gymnastics

Measurements dimensions and forms

for Competition apparatus for men and women in Artistic Gymnastics as well as Modern Rhythmic Gymnastics

– Apparatus booklet –

Drawn up after the decisions of the Men's and Women's Technical Committees and the Committee for Modern Rhythmic Gymnastics and the recommendations of the Study Group TC 83/WG 1 of the International Standardization Organization (ISO) by Mr. Arthur Gander, President FIG, Chiasso, Switzerland.

1974 Edition

Introduction

Since the first photocopied edition of 1956 and the printed edition of 1960, with changes and corrections of 1965, much research for improvement and standardization of the international competition apparatus has been persued by the FIG Technical Personnel in collaboration with the construction experts and manufacturers of gymnastics apparatus and particular with the TC 83/WG 1 study group of the ISO (International Standardization Organization).
This present edition is the result of long studies, many trials and the experience developed during the past 7–9 years.
Some changes have been made in apparatus specifications, to conform to present conditions. This holds true mainly when it comes to Women's apparatus, but also for the Spring Board and Pommel Horse.
This edition also includes Hand Apparatus for Modern Competitive Gymnastics.
The reason that these rules and measurements have not been extended to all apparatus, is because tests are still being conducted, research is still being done at this time.
Example: The tests for Landing Mats have not been concluded and therefore the results have not been found.
The regulations found in this broschure are the result of a great wish to standardize competition apparatus for all FIG affiliated federations, to have equipment of standard type and function.
It is of great importance to establish specifications which will not have to be changed for some time to come, to eleviate the constant purchase of new equipment and the great costs involved.
The measurements, dimensions and forms contained in this broschure, are in effect as of January 1, 1975 and annul all previous regulations.

The regulations concern the competition apparatus for the following competitions:

a. Olympic Games and World Championships, and other competitions organized under the patronage of the FIG.
b. Competitions under the patronage of the IOC or FIG for continental or regional games.
c. International competitions amongst two or more countries.
d. It is suggested to use standardized apparatus for National Competitions also.

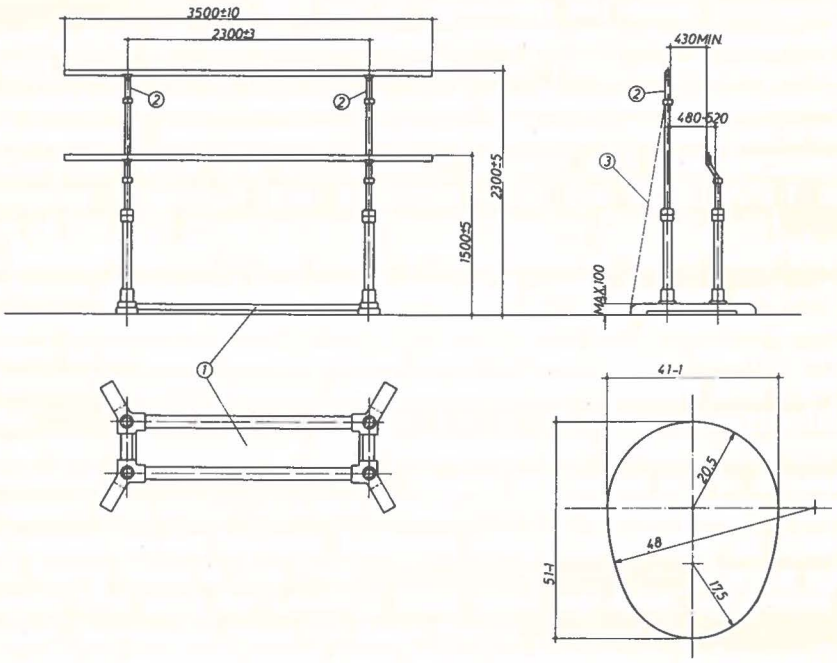
Standardization of International Competition Apparatus

e. Binding regulations for measurements and dimensions.
f. Measurements, dimensions and forms at manufacturer's choice.
g. Prescribed regulations for parts and materials used.
h. Parts and materials at manufacturer's choice.
i. **Directions under f:**
The end result of the equipment must be functional and characteristic of the calculated usage.
Directions under h:
Must be guaranteed that all materials used for the equipment must be suitable.

k. The vertical measurement must start from the floor to the upper edge of the parallel bars, pommels, horizontal bar or rings, etc.
l. There is no tolerance for errors in manufacturing, therefore drawings show exact measurements.
m. In the future, the FIG will not allow any new manufactured equipment to be under one control or one technician. It must be standardized for all countries.

Chiasso, October 1974

For the International Gymnastics Federation
Arthur Gander, President



This measurement from pivot point to pivot point (1) has great functional importance and must be strictly adhered to.

This height 1750 mm (2) must be capable of extension to an addtl. 50 mm.

The bar (hand rail) must not have any straight edges or corners where they meet the uprights (3).

The distance (4) has great functional importance and must be strictly adhered to.

To avoid accidents, these cross bars (5) must not expose any sharp edges.

Grooved rubber padding (6) or equivilant glide protection.

. The diagonal and length connection (cross bar) cannot be connected with a ground board (8), however there must be a means to avoid danger of hitting the cross bars during a swing or in case of a fall.

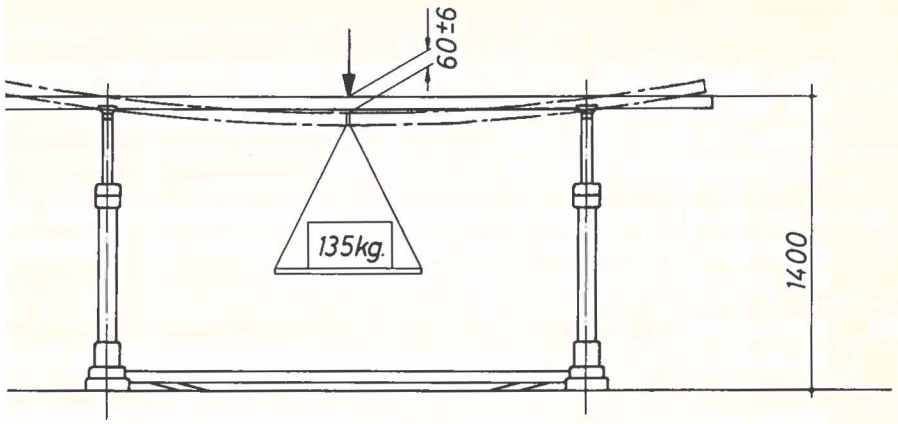
This device must consist of 2 small boards form the ground to the top of the cross bar (7) or of a construction directly connected to the cross bars.
Ground boards may not be moveable.

9. If the bars are not heavy enough to withstand the weight of the gymnasts, provisions must be made to attach the apparatus to the ground, indoors as well as outdoors.

10. **Materials:**

Bars:	Wood or manifold glued, reinforced to avoid total break.
Slide stability:	Rubber or an equivalant glide protection.
Remaining parts:	Steel or cast iron.
Addtl.:	Wood bars natural, no lacquer, other parts can have lacquer in any color.
Adjustm.:	A tolerance of 50 mm, easily adjustable, may not move during use.
Width adjustm.:	Must be between 480–520 mm, guaranteed.

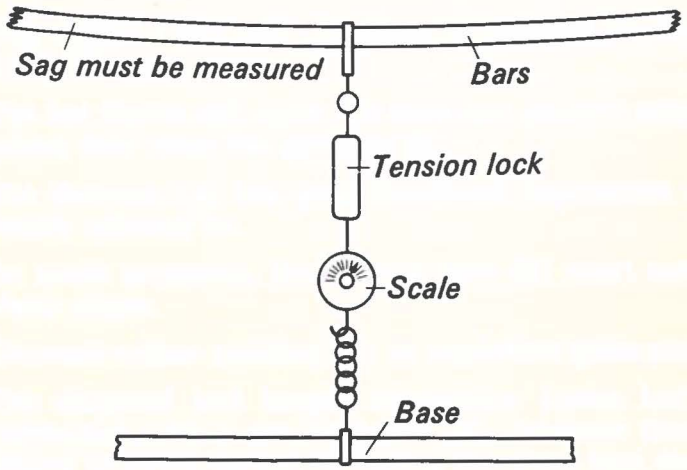
allel bars, safety control



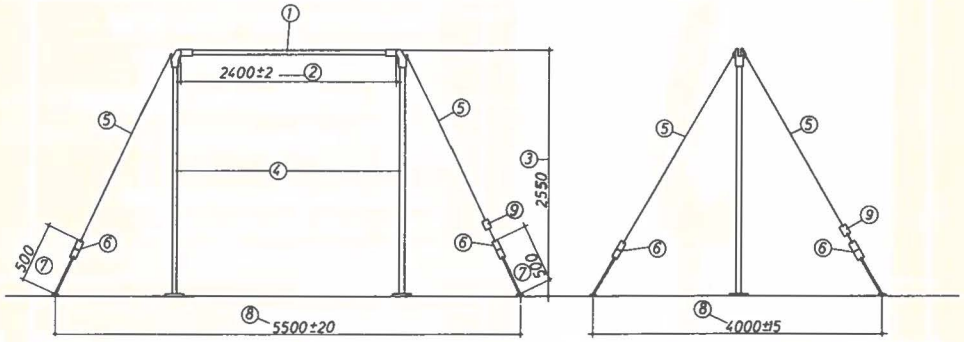
'ith the hand rails fixed at 1400 mm (upper ridge of bar) a test eight of 135 kg placed in the center of each rail, must produce sag of 60 mm with a tolerance of ±6 mm.

'hen the weight is removed, the bar must resume a straight osition and show no change from its original shape or defects the material.

efore each FIG or similar competition, this test must be made a member of the FIG Technical Committee or the Superior idge.
piece of test equipment must be made available.
ee sketch below.



Horizontal bar



Materials:

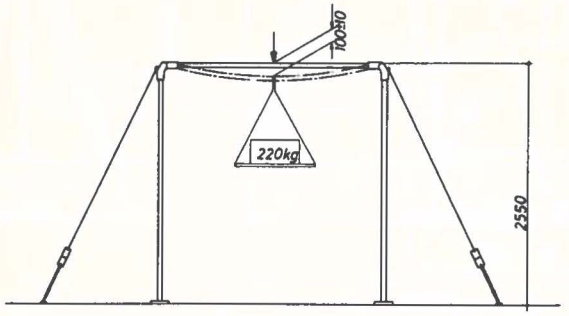
Bar:	(1) 28 mm in diameter ±0,1 mm Steel with minimum strength of 130–140 kg/mm² Length: (2) 2400 mm ±2 mm
Other parts:	Steel Horizontal bar, polished
Other parts:	Lacquered, any color
Anchor:	Zinc (7) maximum length 500 mm, including tension lock
Tension lock:	Zinc (6)
Tension tester:	Zinc (9)
Tension cables:	Steel cables of 6–7 mm in diameter (5)
Hooks:	Steel, for safety precaution

All measurements and tolerances must be exactly according to sketch, especially 1, 2, 3, 4, 8.
The height of the horizontal Bar is 2550 mm, with a tolerance of 50 mm.

The bar must be constructed in such a way, that it may swing noiseless in all direction.

The measurements (8) because of uniform use and elasticity are of great importance and must be strictly adhered to.

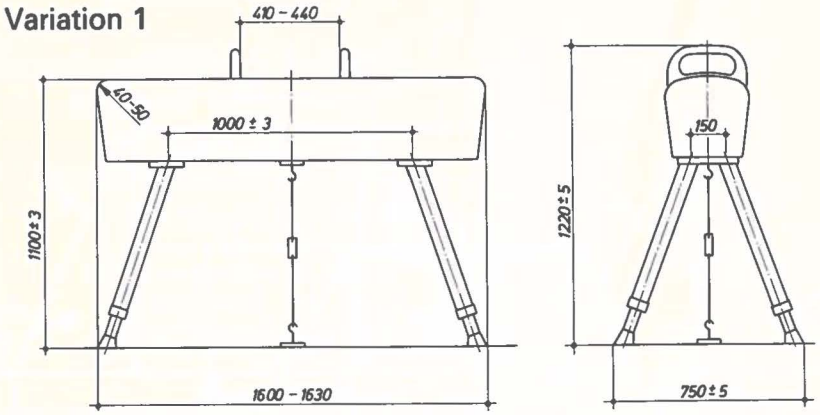
Horizontal bar, safety control



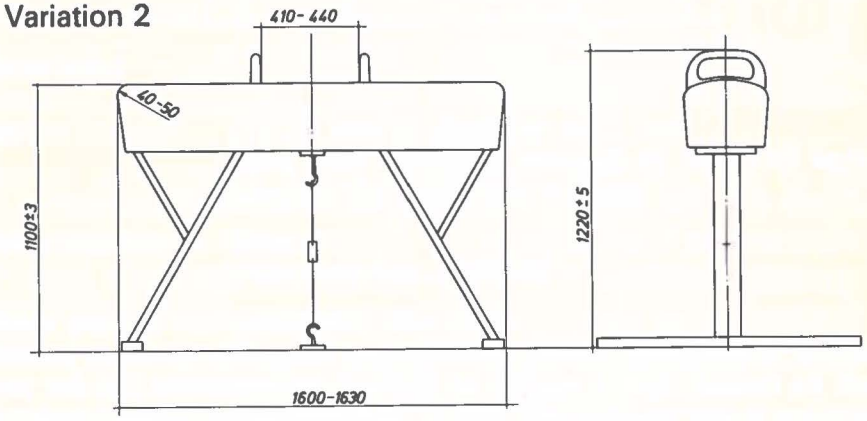
1. Bar at a height of 2550 mm (upper ridge) in tension position will be loaded with a weight of 220 kg, in the center the bar must produce a sag of 100 mm with a tolerance of ±10 mm.
2. A tension tester with a red ring, must be used as prescribed.
3. When the weight is removed, the bar must resume a straight line and the apparatus as such must not show any change from its original state.
4. Each of the four (4) tension connections between the posts, cables and anchors on the floor must be tested under a weight of 600 kg by the constructor and the organizer.
   After the weight is removed, there can be no deformation of the apparatus.
5. Prior to a FIG or similar competition, or any international competition, a member of the Technical Committee or the Superior Judge must test the apparatus as prescribed in 1 and 2 as well as 8.

Pommel horse

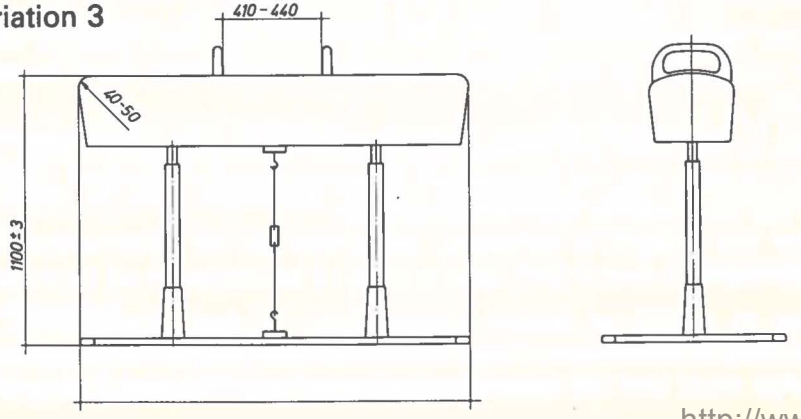
Variation 1



Variation 2

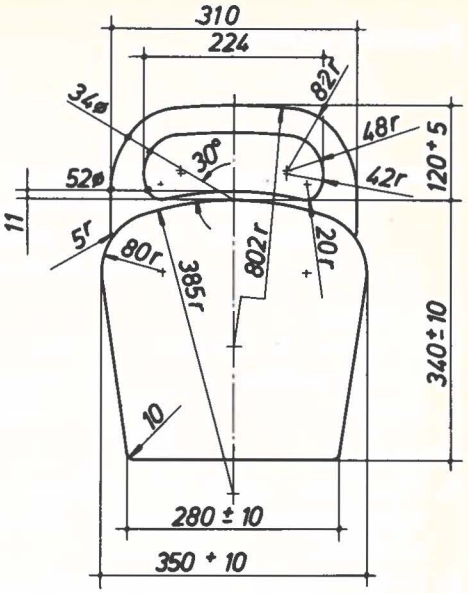


Variation 3

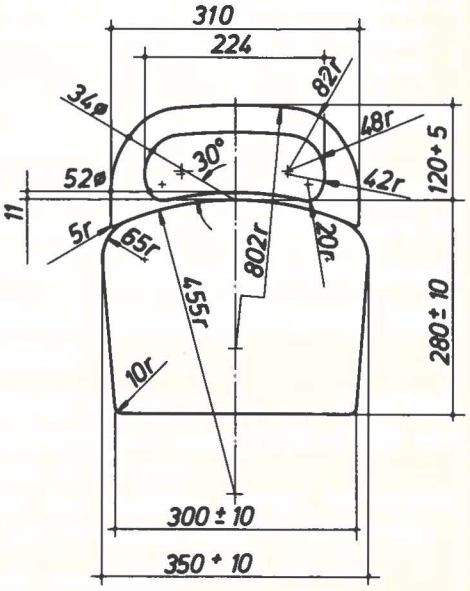


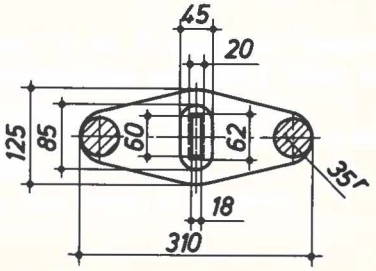
Pommel horse

Variation 1



Variation 2 and 3





Pommel horse

Shape: Variation 1: See Sketch
Variation 2: Addtl. development from 1
Variation 3: Addtl. possibility, see sketch
(the slightest vibration must be avoided)

Materials
a. Grip part of pommel: Wood
b. Under portion: At manufacturer's choice
c. Cover: Top quality cow hide leather

Optional
a. Pommels, made of artificial leather with equal traits as wood, withstanding, moisture absorbant, magnesia neutral, weather resistant.
b. Entire pommel made of artificial materials.
c. Upholstery of the horse made of artificial leather, firm, with equal quality as cow hide, moisture absorbant, non slick, tightly fit, wrinkle free.

Stuffing: Must be withstanding, firm, evenly distributed and wrinkle free.

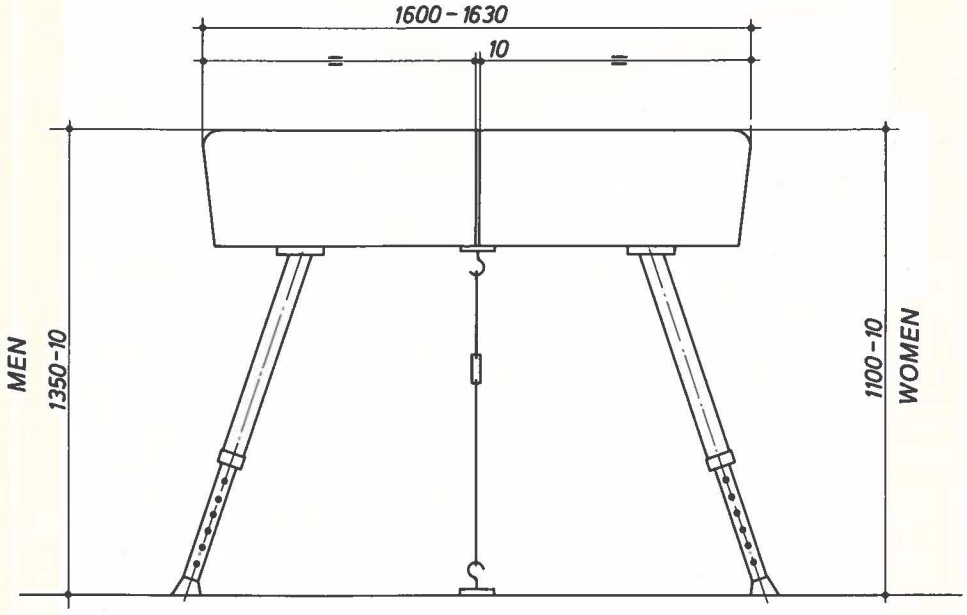
Measurement of pommels: According to sketch.

Distance of pommels: 410–440 mm, adjustable.

Used as vaulting horse: Adjustable height from 1100–1350 mm, at intervals of 50 mm.

Anchor: Special device to anchor to ground.

Vaulting horse



Style: Variations 1, 2, or 3 of the pommel horse.

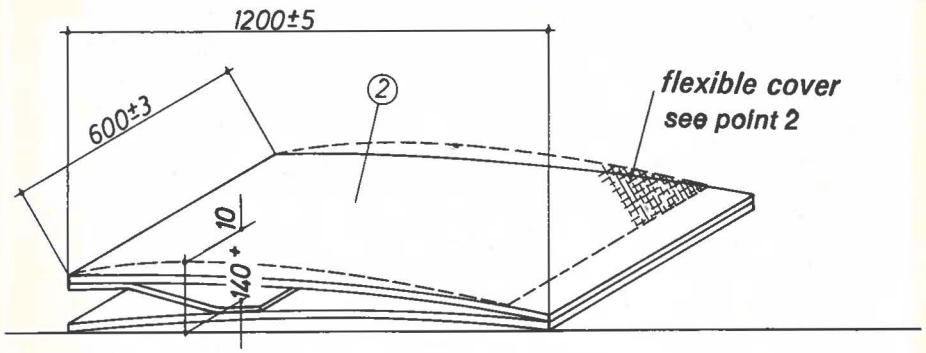
Material: As described.

Measurements: According to sketch.
Height adjustment: from 1100–1350 mm in intervals of 50 mm.
Grip zone for vaulting horse: in center, marked out by white lines 10 mm wide.

Anchors: Absolutely necessary.

Pommel Horse used for vaulting: In this case, it is a must to ensure a smooth surface after pommels have been removed (possibility of danger).
For minor competition or training, a cover may be used.
See sketch, last page of booklet.

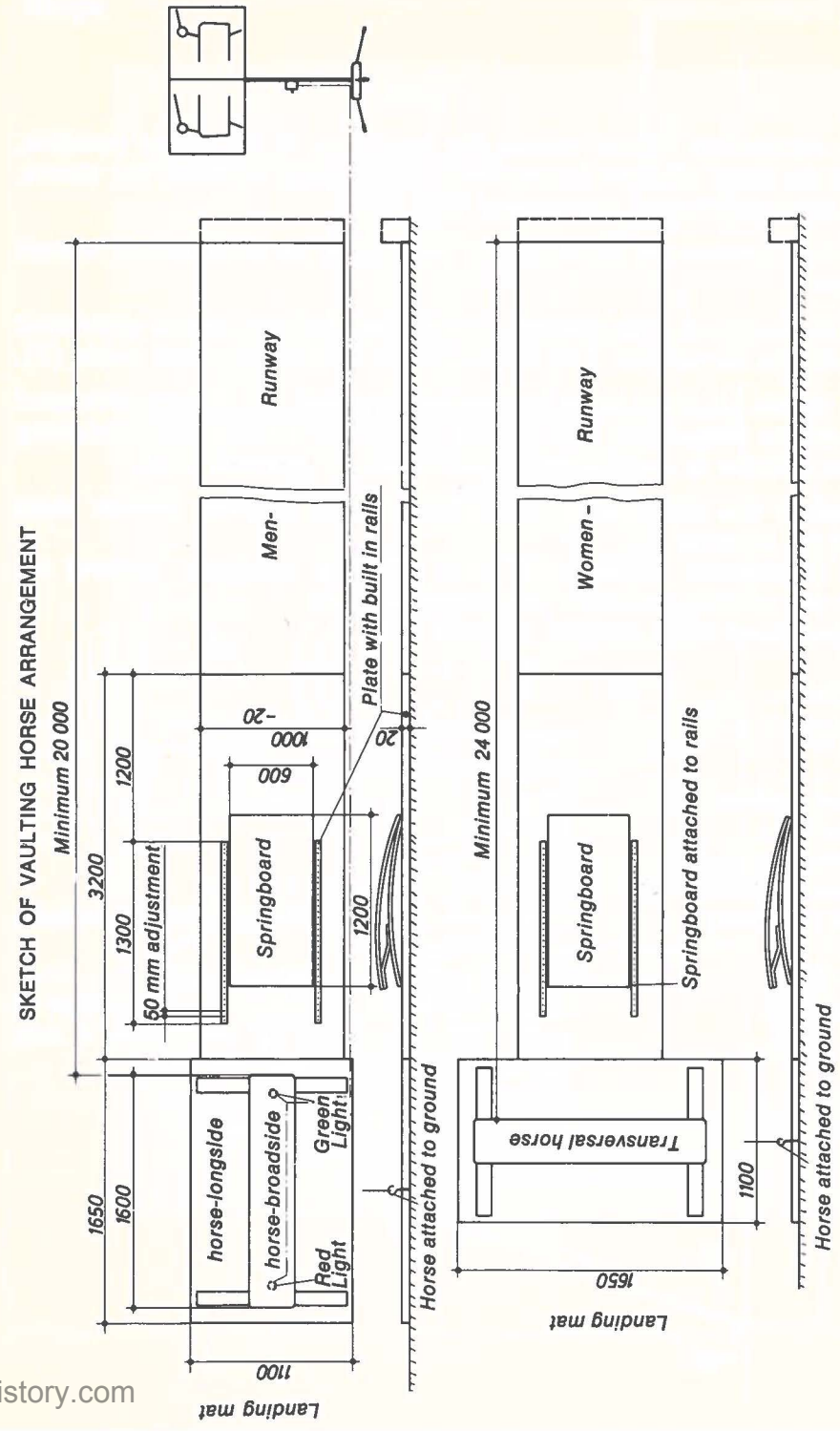
Double flex springboard
for men and women



1. The springboard must offer great flexibility (elasticity). This flexibility must be most effective on the highest point.
2. The upper surface of the board must be covered with a non-slip artificial layer and must be equipped with a 6 mm strong elastic material and collectively 10 mm strong.
3. The springboard must be attachable to the horse, and must be adjustable in intervals of 50 mm.
4. The use of the double flex springboard is authorized for use with various pieces of apparatus, according to rules in the Code of points.
5. The material used is wood. The shape of the board is the manufacturer's choice, bearing in mind however the requirements for testing the equipment.
6. The measurements given in the above sketch must be strictly adhered to.
7. Testing the flexibility (elasticity) of the apparatus:
   a. A weight of 600 kg placed 300 mm from the edge of the highest point on the upper surface must force the board downwards up to 85 mm, with a tolerance of ±5 mm or less.
   b. When the weight is removed, the board must resume its original shape.
8. The surface must be covered with a non-slip rippled rubber material or similar glide protection.

Vaulting runway

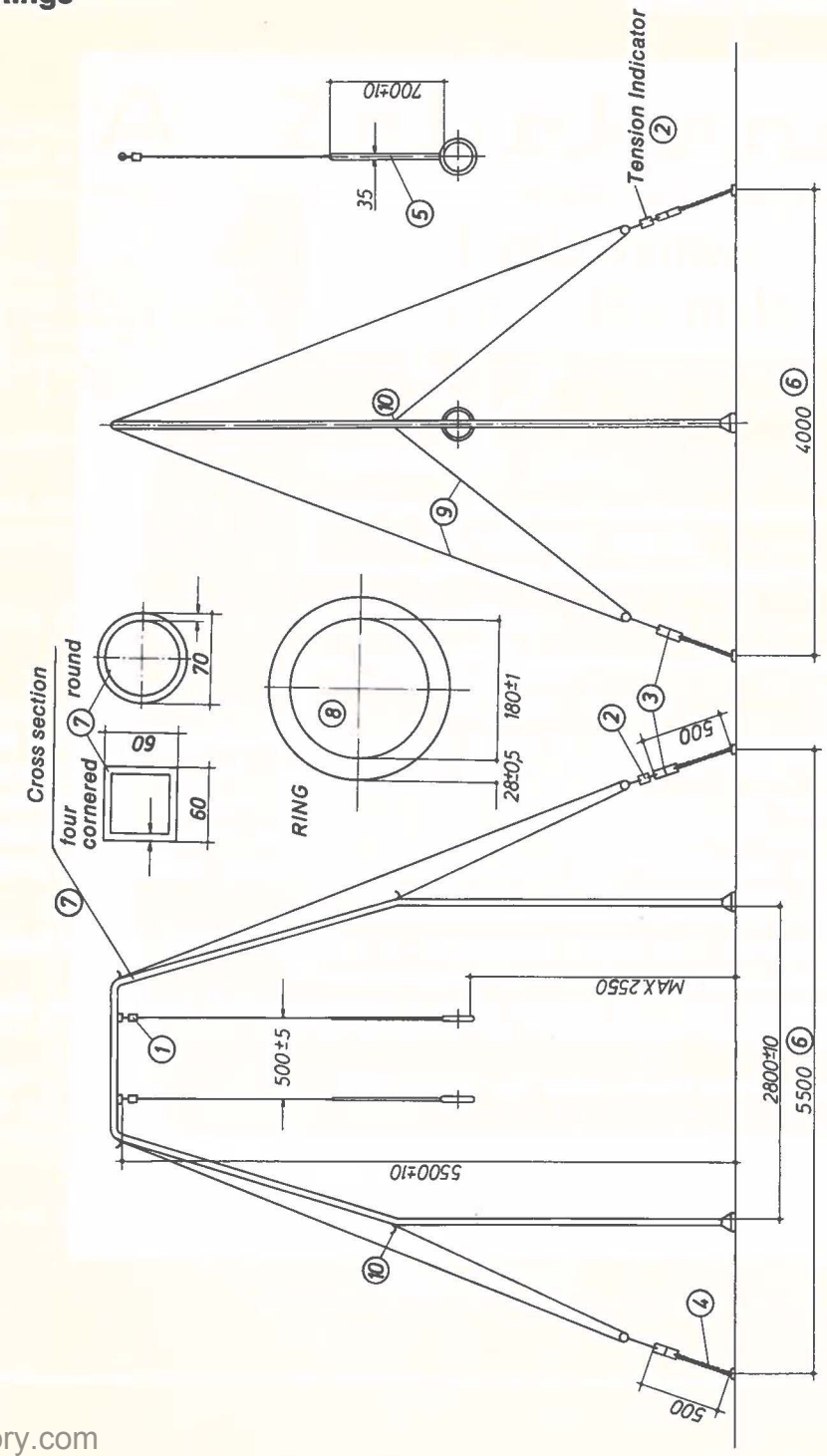
1. A runway is required for all International Competitions under the patronage of the FIG (see sketch):
   a. For men with a total length of 20000 mm, up to the beginning of the long side of the horse:
      Width 1000 mm.
   b. For women, with a total length of 24000 mm, up to the beginning of the broad side of the horse:
      Width 1000 mm.
2. A device must be present, to attach the springboard, which must be adjustable in 50 mm intervals.
   The attachement is connected to a plywood board which is covered with the same material as the adjoining runway.
   (As a height balance between the side and diagonal horse, a covered plywood plate of 1100×1650 mm is used.)
3. The material of the runway mats must have elasticity to aid the gymnast at the start of his run.
   Total height of the mat at maximum of 20 mm. The material may slightly sink when weighed down and give effective strength in the running rhythm.
4. A measuring tape must be available from the starting point of the horse, so the gymnast can orientate himself.
5. A scoreboard for vaults 1 a, connected to the green and red light must be available (similar as sketch).

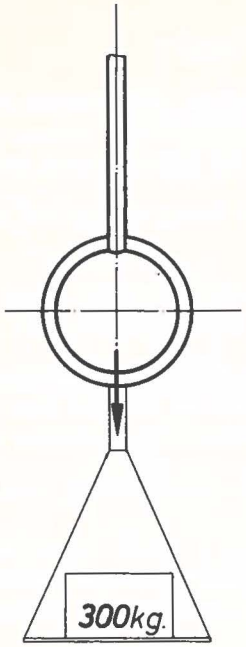


1. The mechanism which makes the revolving of the ropes possible, must be either directly under the hanging point or better yet above, and its weight must not exceed 600 g (1).
2. The ring framework at the upper point must be of a conical inward shape.
3. The tension locks (3) must be of light material but able to withstand the strains demanded. The tension locks must be on each cable (2).
4. The chains (4) must be of lightweight material, but able to withstand the strains demanded, and cannot be longer than 500 mm including tension locks to avoid vibration as much as possible (1 a).
5. Between the suspension (wires and rings) a sewn leather strap must be inserted (5).
   The suspension cables must have a height regulator, without set intervals of distance, near the revolving pivot.
   Cables must hang straight without load.

Materials:

Pipe (7):	Round, 70 mm in diameter, four edge 60×60 mm, steel
Tension cables (9):	Steel, 6–7 mm in diameter
Chains (4):	Steel, zinc
Tension Locks (3):	Zinc
Tension Indicator (2)	Steel, zinc, outlay of 275 kg
Ropes (cables):	Steel, 5–6 mm in diameter, plastic covered, pull 130 kg/mm²
Rings (8):	Natural layerwood, not lacquered
Straps (5):	Leather or equiv. material, sewn together at ends, 700 mm long, 35 mm wide, 4 mm thickness for plain strap
Addtl.:	Other parts, colored lacquer
Tension (6):	4000×5500 mm (see sketch)





1. The suspension device of ropes and straps including pivot must be tested under a weight of 300 kg. Each of the 4 connections, between the upright and the tension device and also the device by which the apparatus is fixed to the ground, must all be tested under a weight of 600 kg. After removal of the weight, no permanent deformation may occur.
2. The wooden ring must withstand a weight of 300 kg, without showing permanent deformation.
   The weight must be placed onto a surface, equal in seize to that of a hand.
3. Manufacturers must make the above test.

ıven bars

The apparatus is attached to four ground anchors. The distance between the anchors is the same as those of the Horizontal Bar, so the apparatus can be set up in any gymnasium if Horizontal Bar anchoring is available.

The apparatus must be constructed in such a manner, that once errected, the initial tension must generate a force of 275 kg (±5 kg) to the ground anchors. A tension indicator is placed on one of the cables, to enable the measuring of tension (see sketch, right below).

Both bars must be under the same tension, which means identical tension on each end of the bars.
When the lower bar is at a height of 1500 mm, and the upper bar at a height of 2300 mm, a test load of 135 kg must produce a sag of 65 mm (±6 mm).

The length of the bars, from pivot to pivot, must be 2400 mm with a tolerance of ±3 mm.
In profile (shape) the bars must be ovid.
Measurements: 42/48 mm with a tolerance of +1 mm on each measurement.

Materials: Wood with braces to prevent total breaking.

High and low columns must be on a mobile crosspiece. The construction must guarantee that the pivots of one bar are the same distance as those of the other.

The bars cannot have crosspieces running in the same direction as the hand-bars.

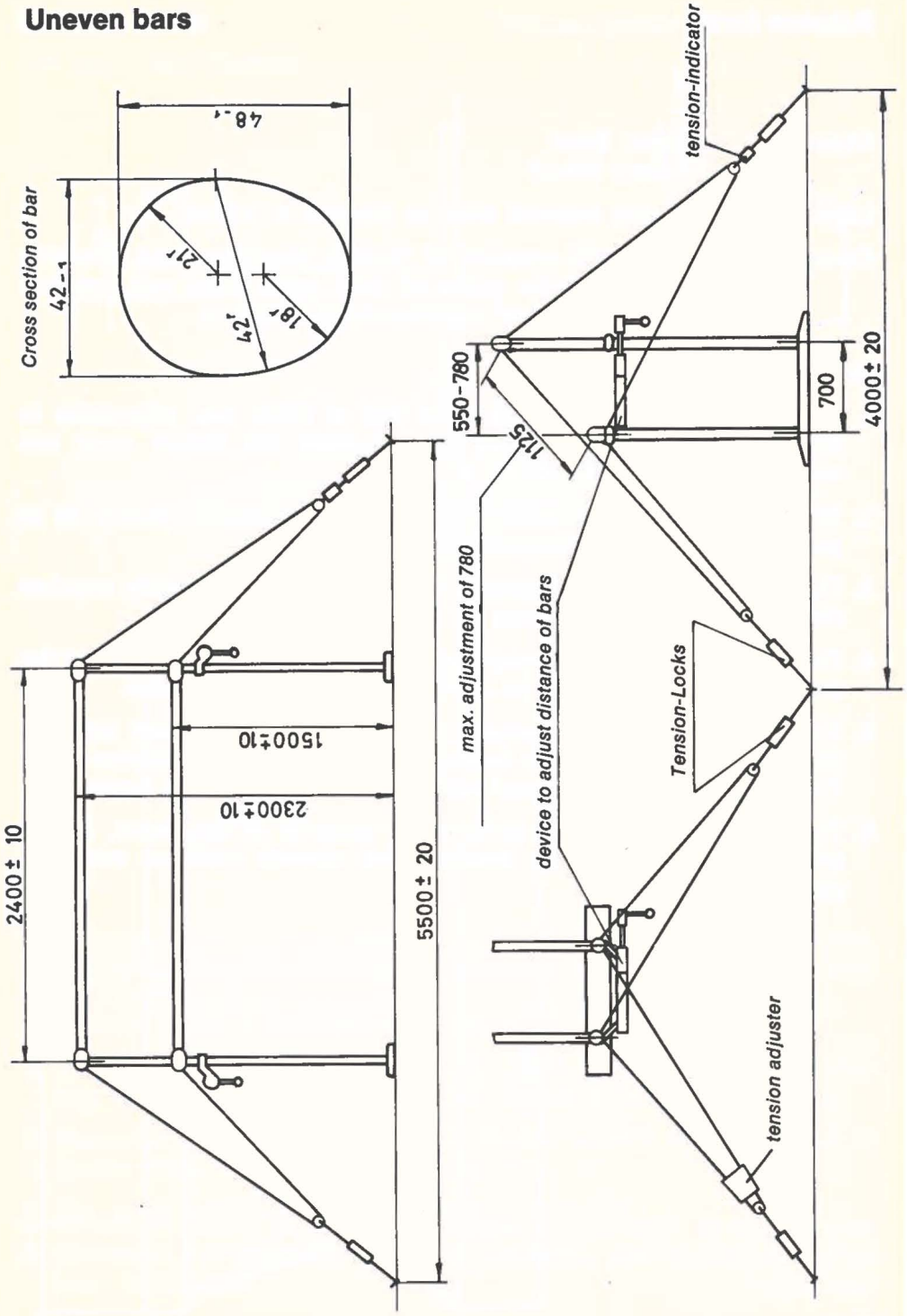
The uprights of the bars must be adjustable in height, i.e. 3×5 cm.

The bars must be easily adjustable laterally, the adjustment mechanism may in no way hinder the gymnast. It must be so constructed that both adjusting devices show a minimum distance of 2600 mm, tension cannot loosen during adjustment.

The uprights must be so constructed as to allow deviation in all directions.

All measurements must be strictly adhered to.

Uneven bars



Balance beam

Material: Base: Steel
Beam: Wood

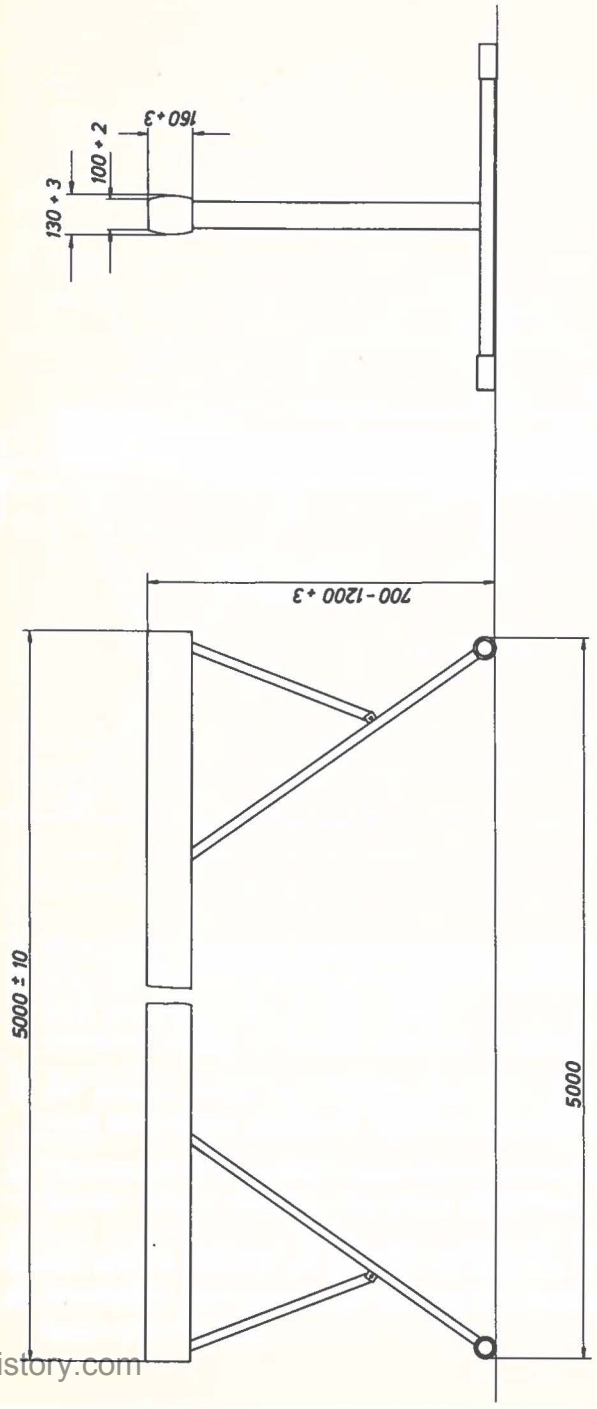
Layer: Elastic material such as plastics or rubber.

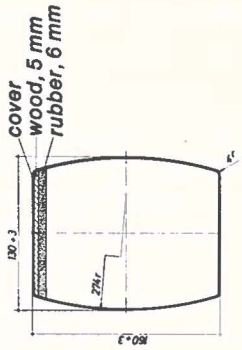
Cover: A suitable material of highest breaking point, insuring a dependable glide of feet, good step and balance safety sufficient absorbance of moisture.

Rules to be adhered to:

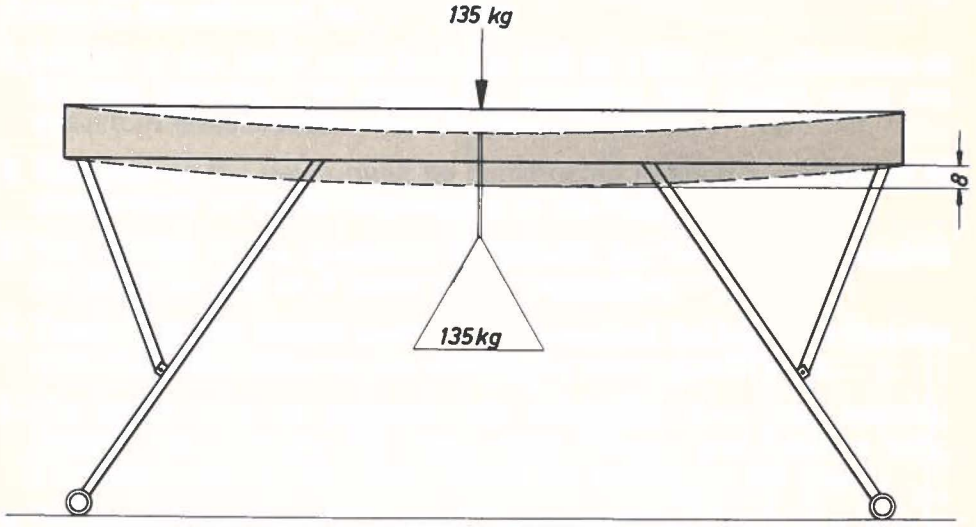
1. Height of the beam must be from 700 to 1200 mm, adjustable in 50 mm intervals. The device for adjusting the height must not reduce in effectiveness when in use.
2. The base of the beam must be constructed in such a manner as to compensate for slight irregularities in the floor.
3. The stability of the apparatus, lengthwise and transversally requires the beam to rest on 4 struts (2 on each side).
4. These struts are placed under the two ends of the beam so that the area under the beam can be completely covered with mats.
5. The beam must be covered with an elastic layer (see sketch). Despite the elasticity the beam must be step and balance safe. The cover must be tear-proof and tightly fastened to the beam.
6. The ends must have the same cover material as the beam, seams and glue areas must be flawless and cannot interfere with the gymnast.

Balance beam



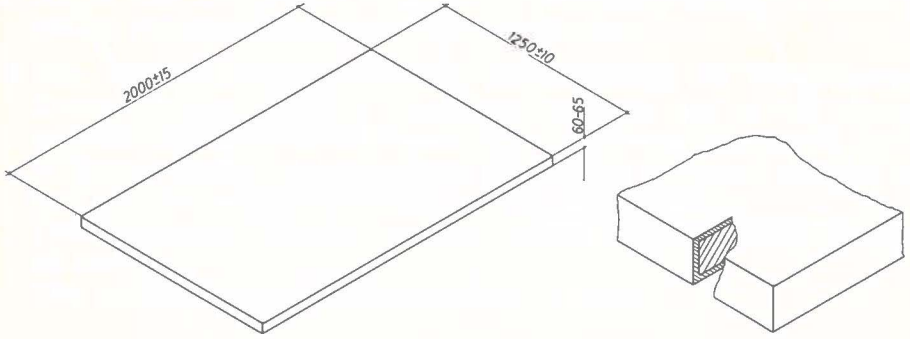


Balance beam safety control



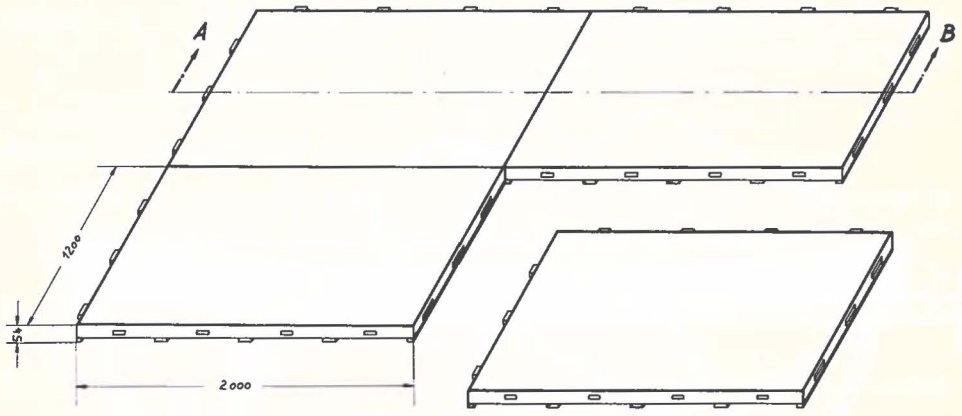
At a height of 1200 mm, a weight of 135 kg ist placed in the center of the beam, the sag produced, may not exceed 8 mm. (Refer to 1, see sketch.)

Landing mats
for men and women



1. Providing that the measurements in the above sketch are adhered to, it is left to the manufacturers to construct a mat with an inner core and cover, or all of one piece.
   Material used: a manufacturer's choice.
2. All edges must be rectangular and have uniform height, so they may be placed together without leaving gaps, to avoid accidents.
3. Transporting handles must be attached in such a manner as not to hinder when placing the mats together.
4. The outer surface of the mat must be non-slip.
5. The tests by the study group TC 83/WG 1 of the ISO have not been concluded.

Double flex floor
for men and women



Organizors of FIG Competitions, or similar competitions, must provide the Double Flex Floor with the following measurements and characteristics:

1. Floor: 12000×12000×54 mm, consisting of 60 individual sections of 2000×1200×54 mm, joined together by lugs and corresponding slots.
2. These sections are constructed of plywood plates with rubber base. These layers must be joined in such a manner that each individual section has the same flexibility at any point of the upper surface.
3. The surface of each section must be covered with a soft layer of rubber, or any other material with the same traits.
   For safety reasons, the soft layer may not exceed a thickness of 10 mm. The soft layer must be covered with a carpet like material of good quality. The soft layer as well as the carpet must be attached to the underconstruction. This method will prevent having to stretch a rug over the entire surface and also enable the sections to be made up into smaller sections of 2000×12000 mm or 1200×12000 mm.

Double flex floor
for men and women

4. The double flex floor, made up of 60 individual sections, is held together with a wire rope tension with a minimum border of 500 mm wide. This border runs wedge shaped from outwards as far as floor height of 54 mm. To distinguish the actual floor area the gymnast uses, the border must be of a distinct different color.
5. If this floor is intended to be on an elevated podium, the area it is placed in must measure 14000×14000 mm.
6. The use of this floor is also recommended for **International Competitions**, if that is impossible however, due to lack of space or other reasons, the organizor must provide a felt carpet or one of similar quality, to deaden the falls of the gymnast, without prejudicing the stability and balance of a held position.
   This alternative solution must be as similar to the double flex floor as possible.
   The actual floor area must be clearly marked.

Specifications for FIG approved modern rhythmic gymnastics apparatus

1. ROPE
2. BALL
3. RIBBON / CANE
4. CLUB
5. HOOP

Gymnastics rope

Material: Hemp

Length: Normal 2800 mm, i.e. optional
According to height of gymnast.
The ropes have a uniform diameter of 10 mm, may however be reinforced in the center and may be thinner at the ends.
The ends of the rope may be the width of a hand, with or without knots or may be wrapped with a thin layer of plastic cannot have a wooden grip.

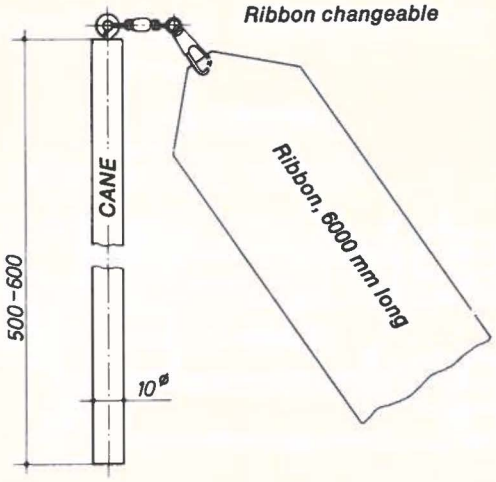
Gymnastics ball

Material: Rubber or soft plastic, anti-static
180–200 mm in diameter

Weight: 400 g, minimum

Color: Optional, excluding gold, silver and bronze

Gymnastic-Ribbon



Gymnastics Ribbons

a. Ribbon:

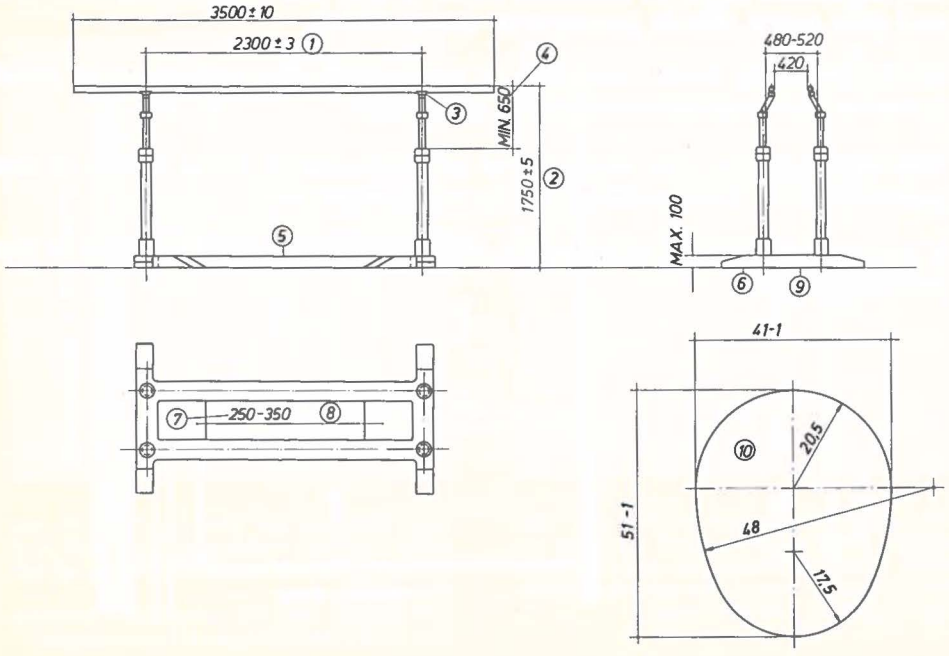
Material: Satin or similar
Color: Optional
Weight: 35 g minimum, without cane
Width: 40–60 mm
Length: 7000 mm

The end at which the ribbon is attached, is folded and the length of 1000 mm doubled. The ribbon has a total length of 6000 mm.

b. Cane: Wood or bamboo
Diameter of cane 10 mm maximum
If cane is made of bamboo, the end may be wider due to the overlap in the material.
Cylinder-shaped
Length of cane: 500–600 mm
The end of the cane may be wrapped with a plastic band, used as a grip .
Length of fastening device: 70 mm maximum
The band is attached to the cane by means of a cord or a moveable ring or pivot device.

Safety equipment for Gymnastics

Bars for practice purposes



Safety equipment with ropes and safety belts for the purpose of learning difficult movements on the horizontal bar

By means of drawings and photographs to be found on the following two pages, we would like to familiarize our federations and coaches with the safety equipment for the horizontal bar for use in gymnasiums.

The safety device enables the gymnast to practice difficult dismounts from the horizontal bar. This is not standardized equipment, so if it has found a place in this book, it is only to familiarize our coaches.

This equipment enables the gymnast to avoid accidents by the means of using a safety belt, fixed around his waist and attached on each side to two mobile ropes which pass over revolving rollers with mobile arms, enabling the coach to follow every move of the gymnast.

This safety belt can also be made in two parts, that is:
Tightly strapped belt connected to another belt through ball bearings, connected with the above mentioned rope (American System).
This system allows the gymnast to do turns and swings of all kinds.

The sketch on page 33 indicates some length and height measurement and also some details concerning construction.

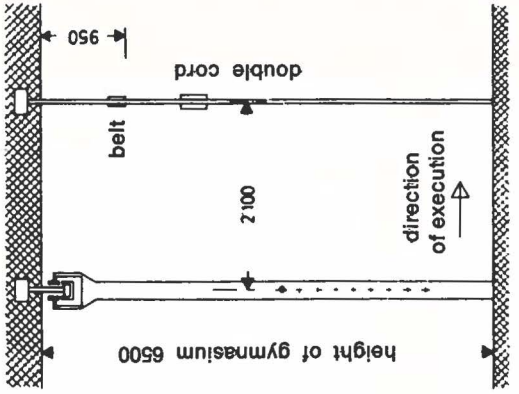
As far as using addtl. materials is concerned, the manufacturer must consider the requirements of the apparatus.

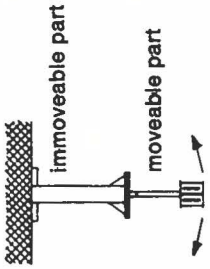
The equipment in our sketch and photographs is to be found at the gymnasium of Wankdorffeld in Berne, Switzerland.

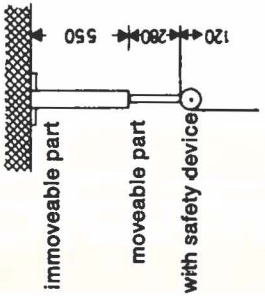
It was constructed by an expert in that town to the specifications of the best gymnasts.

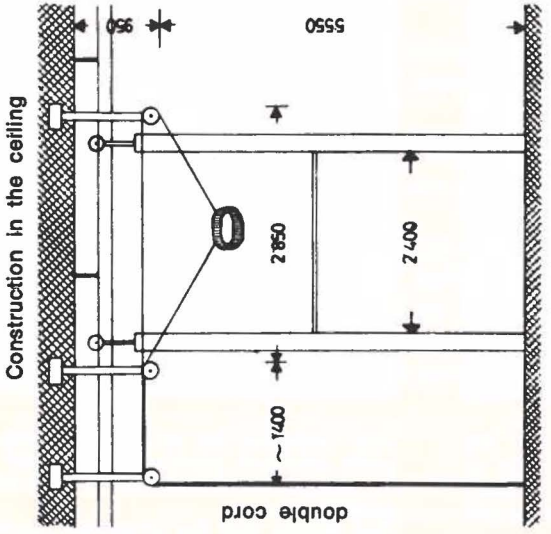
Safety equipment with ropes and safety belt

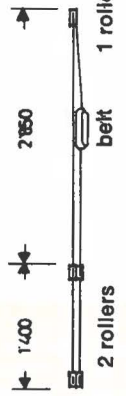
to learn difficult and risky link movements





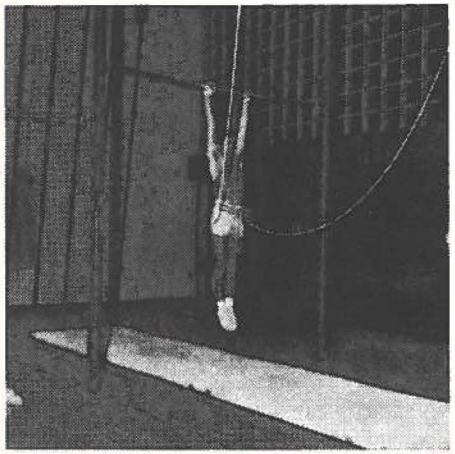






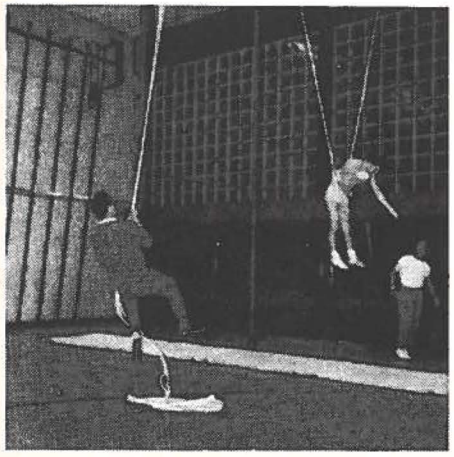
Safety equipment with ropes and safety belt to learn difficult and risky movements on the horizontal bar

The equipment is in use during the execution of a backward somersault, from a forward hanging swing.

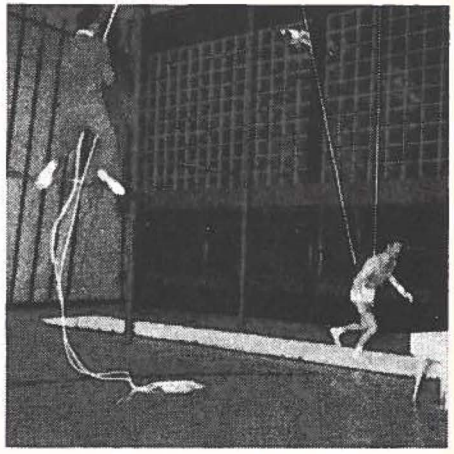


This gymnast attached to two ropes, is getting ready to execute a backward somersault after a forward swing

Here, held by a trainer, standing on the left side of the H—Bar, the gymnast is already performing the somersault

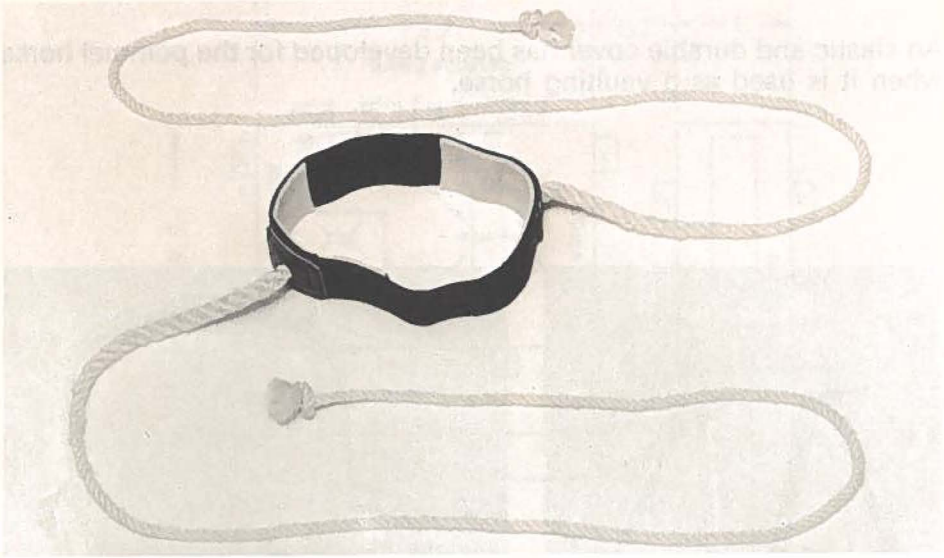


This photo shows the position of the gymnast after rotation about the axis of length body, executed too late. Without help of trainer (ropes) the gymnast would have landed on pelvis or back



After reaching the ground, following the badly executed movement, there still is a forward pull, and the trainer is lifted off the ground.
This proves, that the protection continues right to the final phase of the movement

Simple somersault belt



For difficult gymnastics movements, with a number of gymnasts practicing, the simple somersault belt is available. It comes in 5 different seizes.

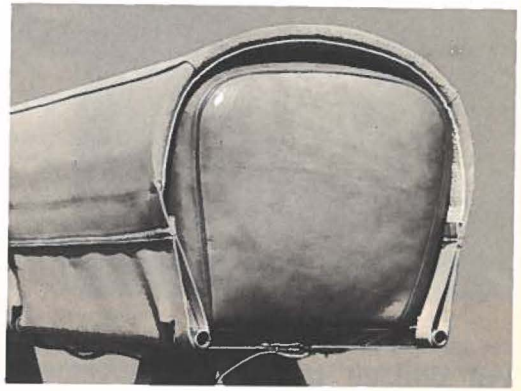
A sure grip is guaranteed, i.e. the coach cannot loose hold of the equipment.
It is also impossible for the practicing gymnast to slip out of the belt.
When using the simple belt, the coach or helper needs to be in command of two grips only:

1. one hand inside the safety belt;
2. one hand holding onto the ropes attached to the safety belt.

The safety belt serves a multitude of gymnastic aids especially in training young gymnasts. This safety belt offers the possibility of intensified training in the following areas.
Floor-exercise, on the bench-, the forerunner of the balance beam and on certain movements on the parallel bars or on the high bars.

Covered vaulting horse

An elastic and durable cover has been developed for the pommel horse, when it is used as a vaulting horse.



The new padded cover ensures a smooth surface after pommels have been removed.
The cover must be made of artificial leather, bearing these excellent traits.

Tear-proof

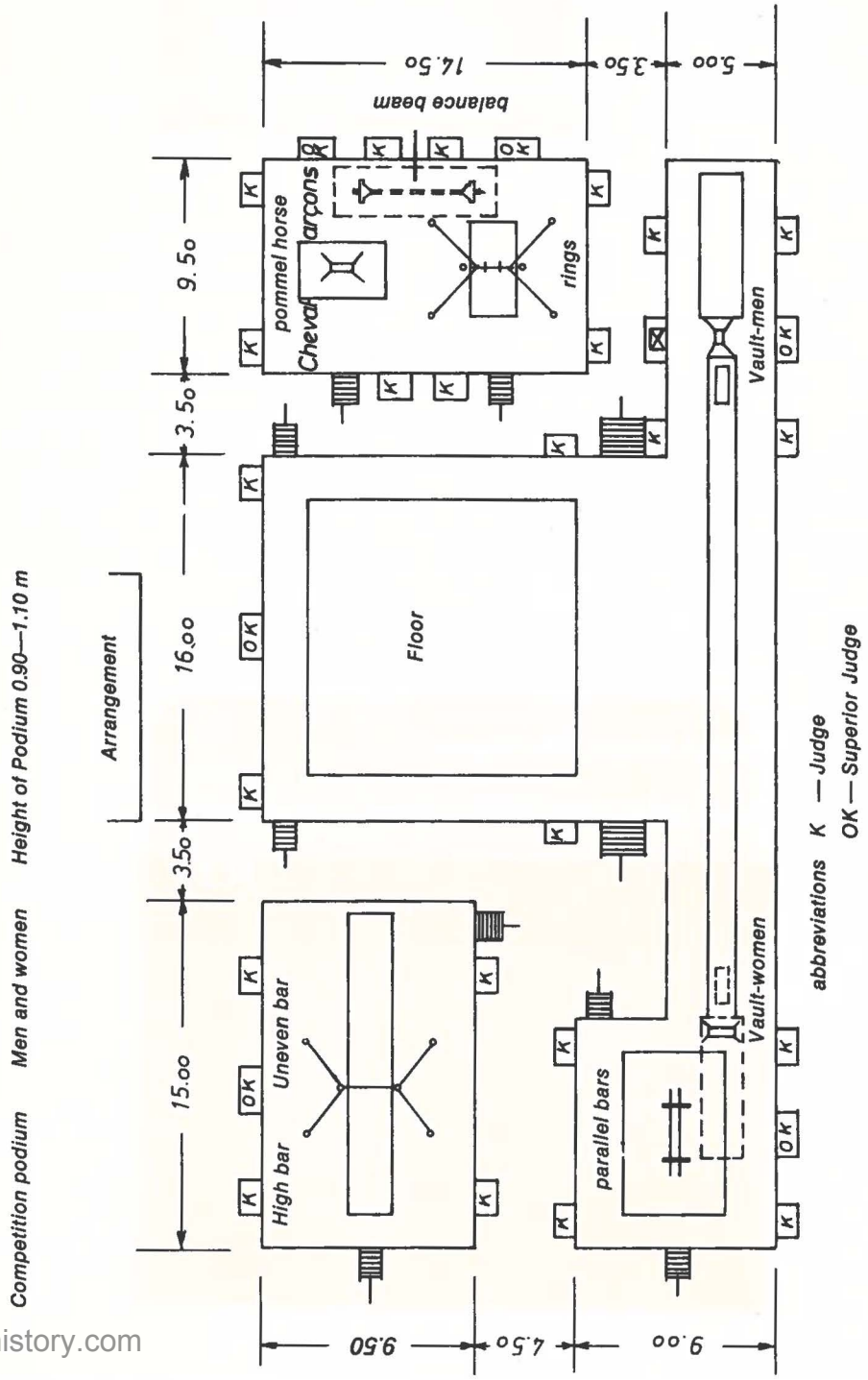
Moisture-absorbent

Durable

A real substitute for cow-hide' gymnastically favored over leather.

Padding approx. 20 mm thick, tightly attached to cover, does not slide on body of horse the entire cover will be fastened with a leather strap and two steel pipes onto the lower part of the body of horse.

Competition podium men and women



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1 **SPIETH-Double Flex Floor 12 x 12 m, Original REUTHER**
internationally known through Olympic Games, World-Championships, Television and Press — Unsurpassable, excellent construction, highly flexible — Cushions falls

2 **SPIETH-Double Flex — Original REUTHER Springboard**
now, even with more elasticity, padded and unpadded — excellent work

3 **SPIE**
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