

1st OFFICIAL GYMNASSTIC 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

All compulsory exercises for
men and women
1 PM

Optional exercises for men
Long Horse and Rings

Optional exercises for women
Side Horse Vault and Bal.
Beam

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

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

Optional exercises for women
Uneven Parallel Bars and
Floor exercise

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 MONTEVIEW BOULEVARD
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STANDARDIZATION OF GYMNASTIC APPARATUS

By

Jerry F. Hardy, Chairman, Technical Committee

The International Organization for Standardization (ISO) formed a Technical Committee for the standardization of Gymnastics and sports equipment known as ISO/TC 83. Thirty-one Countries have membership on this Technical Committee, plus the FIG which is represented by Arthur Gander of Switzerland, the Vice-President of the FIG Technical Committee.

The U.S. members on ISO/TC 83 are Dr. Ralph Piper of the University of Minnesota, representing the NCAA, George Nissen of the Nissen Trampoline Co., representing the manufacturers, and Jerry F. Hardy representing the AAT.

While it has not been possible for our representatives to attend the meetings of their committee inasmuch as all of these have been held abroad, we do receive their reports and bulletins, and much progress has been made in this work. As a result, the FIG has published a bulletin (in French) giving detailed illustrations, dimensions and specifications of the different gymnastics apparatus, which have been standardized by the ISO and approved by the FIG. The ISO has issued in its reports an English translation of all of the apparatus except the Uneven (Asymetric) Bars, Vaulting Horse and Reuther Board, and a platform for the Floor Exercises. Following are the translated versions of the ISO, and a free translation of the FIG specifications for the equipment not covered by ISO.

ISO

INTERNATIONAL ORGANIZATION FOR STANDARDIZATION

Technical Committee ISO/TC 83

Gymnastics and sports equipment

Draft ISO-Recommendation R.... for gymnastics equipment

ISO/TC 83/(Secr.-13) 21 E

February 1961

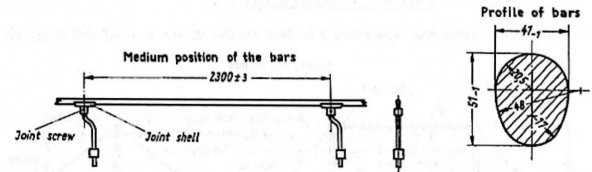
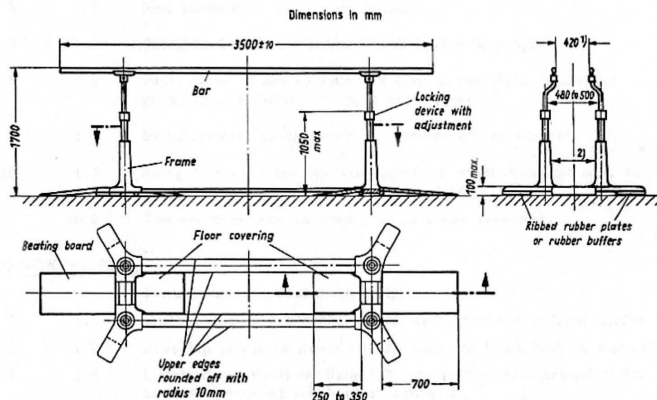
Secretariat

Deutscher Normenausschuss

Berlin W 15, Uhlandstr.175

Part A: Parallel bars

Shapes and dimensions not specified are left to the discretion of the manufacturer



Material for bars: Wood or wood with reinforcing lining, e.g. steel, to prevent breakage.

The height and side adjustment device of the bars has to be so constructed that its efficiency will not be diminished during use. The height of the bars to 1700 mm must be adjustable in steps of 50 mm.

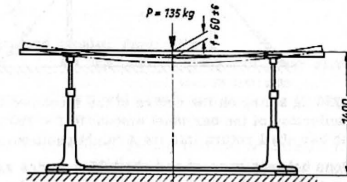
The joint screws have to be secured against automatic release. Screw heads and joint screws must not stand out in order to avoid injuries by sharp contacts.

The floor covering has to remain fixed and immovable after being laid.

1. Demand min for the inner adjustment of the bars

2. The frame should be so made as to ensure maximum free width between the uprights.

Inspection

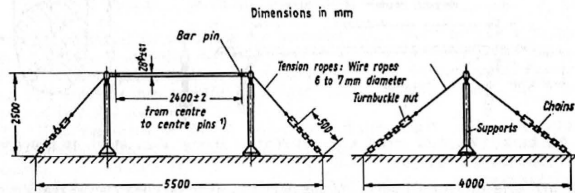


At a level of 1400 mm and a proof stress of $P = 135 \text{ kg}$ in the centre of each bar, the deflection must amount to $f = 60 \pm 6$. The bar must return into its straight position after removal of the load.

Dimensions in mm	Dimensions in inch	
	exact values	rounded values admissible
10	0,394	13/32
17	0,669	11/16
20,5	0,807	13/16
41 -1	1,614 -0,039	15/8 - 1/32
48	1,889	1 11/16
50	1,968	2
51 -1	2,008 -0,039	2 - 1/32
60 ±6	2,362 ± 0,236	2 3/8 ± 1/4
100 max	3,937 max	4 max
250 to 350	9,843 to 13,780	9 3/4 to 13 3/4
420	16,535	16 1/2
480 to 500	18,898 to 19,685	18 7/8 to 19 1/4
700 max	27,55	27 1/2
1050 max	41,336 max	41 3/4 max
1400	55,118	55 1/8
1700	66,929	67
2300 ±3	90,55 ± 0,118	90 1/2 ± 1/8
3500 ±10	137,795 ± 0,394	137 3/4 ± 3/8

Part B: Horizontal bar

Shapes and dimensions not specified are left to the discretion of the manufacturer.

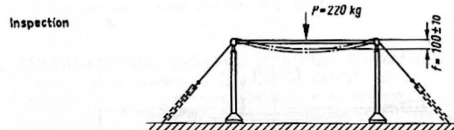


Material for bar: Steel of at least 140 kg/mm² tensile strength.
for wire rope: Steel

Bar planished

The bar pins must not project in order to avoid injuries by sharp contact.

1. According to the construction the dimension of 2400 mm from centre to centre of the connection pins for fixing the bar may coincide with the dimension from centre to centre supports.



At a proof stress $P = 220$ kg acting on the centre of the stretched horizontal bar in assembled position the deflection of the bar must amount to $f = 100 \pm 10$ mm, after the removal of the load the bar shall return into its straight position.

Each of the 4 connections between support and stretching device as well as the device for fixation to the floor shall be submitted to a test load of 600 kg. There shall be no lasting deformation after the removal of the load.

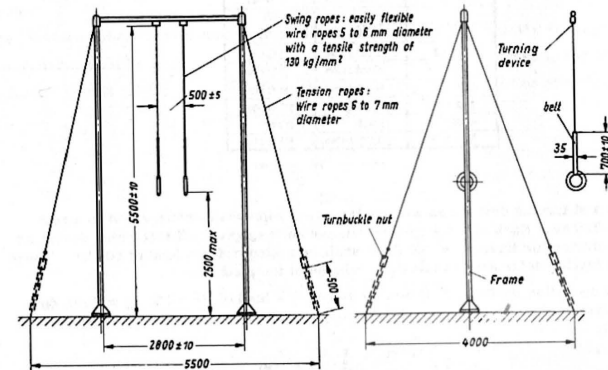
The following table is valid for the indication of dimensions in inch:

Dimensions in mm	Dimensions in inch	
	exact values	rounded values admissible
28 ± 0,1	1,102 ± 0,004	1 1/8 ± 3/64
100 ± 10	3,937 ± 0,394	4 ± 3/8
2400 ± 2	94,488 ± 0,078	94 1/2 ± 1/32
2500	98,425	98 1/2
4000	157,480	157 1/8
5500	216,535	216 1/2

Part C: Rings

Shapes and dimensions not specified are left to the discretion of the manufacturer.

Dimensions in mm



Material for swing rope and tension rope: Steel

for belt: Leather or other materials having equivalent properties

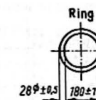
A leather belt 700 mm long, 35 mm wide and 4 mm thick for the simple belt with sewed ends shall be provided between swing rope and ring.

Each swing rope shall be fitted with stageless vertical adjustment near the turning device.

The swing ropes shall be movably supported in the direction of movement at their points of suspension.

A turning device (weighing not more than 600 g) shall be provided between the suspension equipment and the swing ropes in order to permit turning of the ropes about their longitudinal axis.

The swing ropes must not kink when not loaded.



Material: Hardwood
Execution: raw

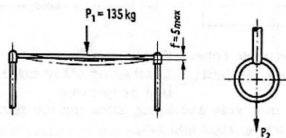
The following table is valid for the indication of dimensions in inch

Dimensions in mm	Dimensions in inch	
	exact values	rounded values admissible
4	0,157	5/32
5 max	0,197 max	3/16 max
5 to 6	0,197 to 0,236	3/16 to 1/4
6 to 7	0,236 to 0,276	1/4 to 5/16
28 ± 0,5	1,107 ± 0,0196	1 1/16 ± 1/32
35	1,377	1 1/8
180 ± 1	7,086 ± 0,039	7 ± 1/32
500 ± 5	19,685 ± 0,196	19 1/8 ± 1/8
700 ± 10	27,559 ± 0,394	27 1/2 ± 1/2
2500 max	98,425 max	98 1/2 max
2800 ± 10	110,235 ± 0,394	110 1/2 ± 1/2
4000	157,480	157 1/2
5500 ± 10	216,535 ± 0,394	216 1/2 ± 1/2

Inspection

Suspension and turning devices as well as the swing rope shall be subjected to a test load of $P = 300$ kg. Each of the 4 connections between support and stretching device as well as the device for fixation on the floor shall be tested under a load of 600 kg. There shall be no lasting deformations after the release of the loads.

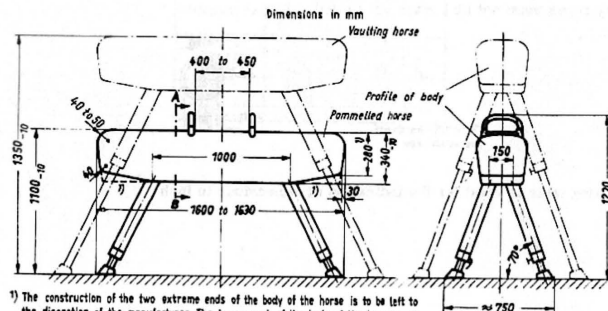
The ring in operation position shall be able to carry a load of $P_2 = 250$ kg without developing a lasting deformation. The load shall be applied on a surface of the width of a human hand.



At a proof stress $P_1 = 135$ kg acting on the centre of the cross piece the deflection of this must not be greater than $f = 5$ mm.

Part D: Vaulting horse and pommel horse

Shapes and dimensions not specified are left to the discretion of the manufacturer.



1) The construction of the two extreme ends of the body of the horse is to be left to the discretion of the manufacturer. The lower part of the body of the horse may be straight or sloped outwards and upwards.

Material: for the grip of the pommel: wood
for the under-part of the pommel: left to the discretion of the manufacturer

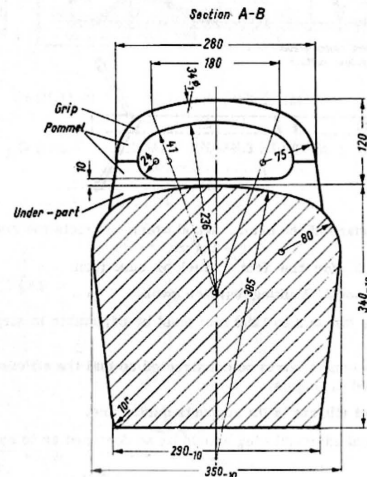
for lining: first quality of cowhide

The height of the horse from 1100 mm to 1350 mm must be adjustable in steps of 50 mm (at three legs by means of notches, at one leg by clamping device for all vertical positions).

The distance between the pommels from 400 to 450 mm must be adjustable stagelessly.

The padding must be firm and evenly resistant and be securely attached to the horse.

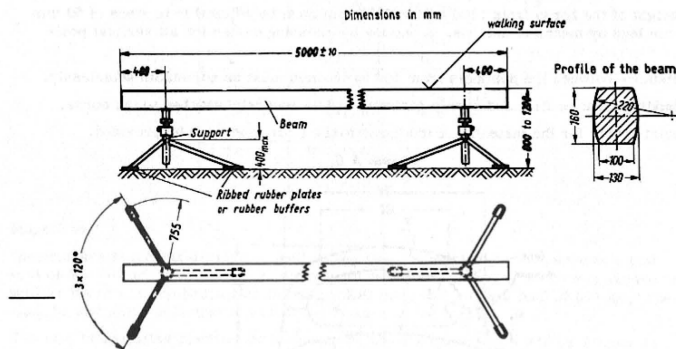
A special device for the fastening of the horse to the floor must also be provided.



Dimensions in mm	Dimensions in inch		Dimensions in mm	Dimensions in inch	
	exact values	rounded values admissible		exact values	rounded values admissible
2	0,078	3/64	220	8,664	8 5/8
10	0,394	1/8	280	11,024	11
30	1,181	1 1/8	290-10	11,417-0,394	11 1/8-3/8
34-1	1,338-0,039	1 1/8-1/16	340-10	13,385-0,394	13 1/8-3/8
40	1,574	1 1/2	350-10	13,779-0,394	13 3/8-3/8
50	1,968	2	400 to 450	15,75 to 17,71	15 3/4 to 17 3/4
54	2,126	2 1/8	750	29,527	29 1/2
60 min	2,362 min	2 3/8 min	1000	39,37	39 3/8
80	3,150	3 1/8	1100-10	43,307-0,394	43 3/8-3/8
105	4,133	4 1/8	1220	48,031	48
120	4,724	4 3/4	1350-10	53,150-0,394	53 1/8-3/8
150	5,905	6	1600 to 1630	62,992 to 64,173	63 to 64 1/8
180	7,087	7 1/16	—	—	—

Part E: Balancing beam

Shapes and dimensions not specified are left to the discretion of the manufacturer.



Material for the walking surface of the beam: Wood which restricts the risk of splintering to
for the feet: Steel or cast iron

Beam finish: Natural lacquer. Walking surface even.

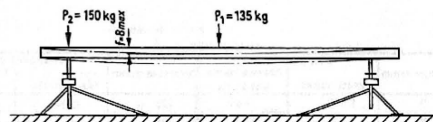
The height of the beam from 800 mm to 1200 mm must be adjustable in steps of not more than 50 mm.

The adjusting device for the height has to be constructed so that the efficiency of the fixture will not be diminished during use.

The balancing beam must not vibrate in its supports during use.

The conception of the feet and adjustable leg should be so designed as to ensure stability on uneven ground.

Inspection



At a level of 1200 mm and a proof stress $P_1 = 135$ kg in the centre of the beam the deflection must not be greater than $f = 8$ mm

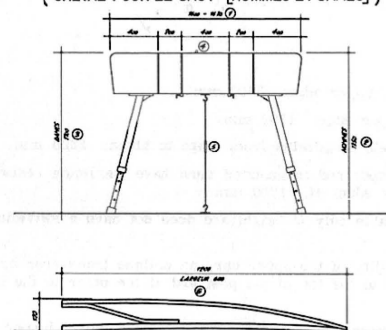
At a level of 1200 mm and a proof stress $P_2 = 150$ kg acting in the axis of an upright the compression of the upright must not be greater than $z = 2$ mm.

The following table is valid for the indication of dimensions in inch:

Dimensions in mm	Dimensions in inch exact values	Dimensions in inch rounded values admissible
2 max	0,078 max	9/64 max
8 max	0,315 max	5/16 max
50	1,968	2
100	3,937	4
130	5,118	5
160	6,299	6 1/4
220	8,661	8 5/8
400	15,748	15 3/4
755	29,724	29 3/4
800 bis 1200	31,496 to 47,244	31 1/2 to 47 1/4
5000 ± 10	196,85 ± 0,394	196 7/8 ± 3/8

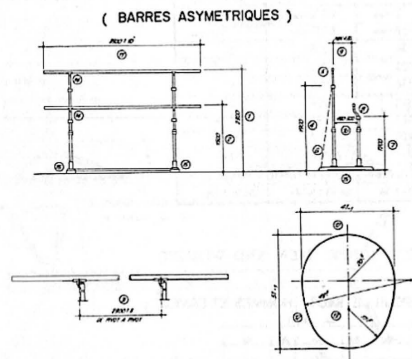
VAULTING HORSE (MEN AND WOMEN)

(CHEVAL POUR LE SAUT [HOMMES ET DAMES])



1. Length of the body of the horse: 1600-1630 mm.
2. Height from floor for men: 1350 mm.
3. Height from floor for women: 1100 mm.
4. Grip zones for men: 400 mm in front and back, then 200 mm in front and back and 400 mm in middle. Grip zones are marked by a white line 10 mm wide.
5. The horse should be fixed to the floor.
6. The beat board should have the following measurements: length 1200 mm, height 120 mm, width 600 mm. Within these measurements it can have great elasticity. It is important that this elasticity is provided evenly at the highest point (see Reuther system). For women, the beat board should be covered with a layer of rubber. The beat board should be placed at increments of 50 mm by means of a frame connected to the horse.

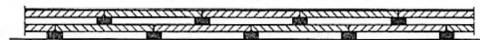
UNEVEN (ASYMETRIC) BARS



1. Height of the upper bar, upper edge: 2300 mm.
 2. Height of lower bar, upper edge: 1500 mm.
 3. Distance between the posts lengthwise from hinge to hinge: 2300 mm.
 4. The post in which the upper rod is inserted must have maximum resistance and have a height (upper edge) of: 1900 mm.
 5. The upper bar is adjustable only in height and does not have a swiveling elbow for lateral adjustments.
 6. To ensure absolute stability of the upper bar, an oblique transverse bracket will be fixed at one end to the top of the post and at the other to the base of the apparatus.
 7. The post in which the lower rod is inserted must have a height (upper edge) of: 1200 mm.
 8. The lower bar must be adjustable in height and have a swiveling elbow allowing lateral movement.
 9. Distance between the two bars: 430-480 mm.
 10. Lower distance between the posts: 480-500 mm.
 11. Length of bars: 3500 mm.
 12. Diameter of bars 41 x 35 mm.
 13. Bars should be egg-shaped (see drawing).
 14. The bars will not have any flat surface or edge where they are attached to the posts.
 15. The base of the apparatus must offer a maximum of stability; it may be desired to assure this by a system permitting fastening indoors or on a field.
- N.B. The dimensions and tolerances of the drawings should be strictly followed.

FLOOR EXERCISES (MEN AND WOMEN)

(EXERCICE AU SOL [HOMME ET DAMES])



1. For the floor exercises we recommend a double elastic floor (see drawing) covered with a soft material.
2. While awaiting further experiments, a felt mat 12,000 x 12,000 mm and 5-10 mm thick should be made available. If desired, the mat should be covered with a canvas. The felt mat should have a rubber layer on the floor side to eliminate slipping.
3. For the floor exercises, a platform of at least 14,000 x 14,000 mm should be prepared, on which the 12,000 x 12,000 mm competitive area should be distinctly marked.