

# COMPULSORY EXERCISES FOR THE 1970 WORLD GYMNASTIC CHAMPIONSHIPS

NOTE: As we have not to this date received the Official FIG drawings and text for the 1970 World

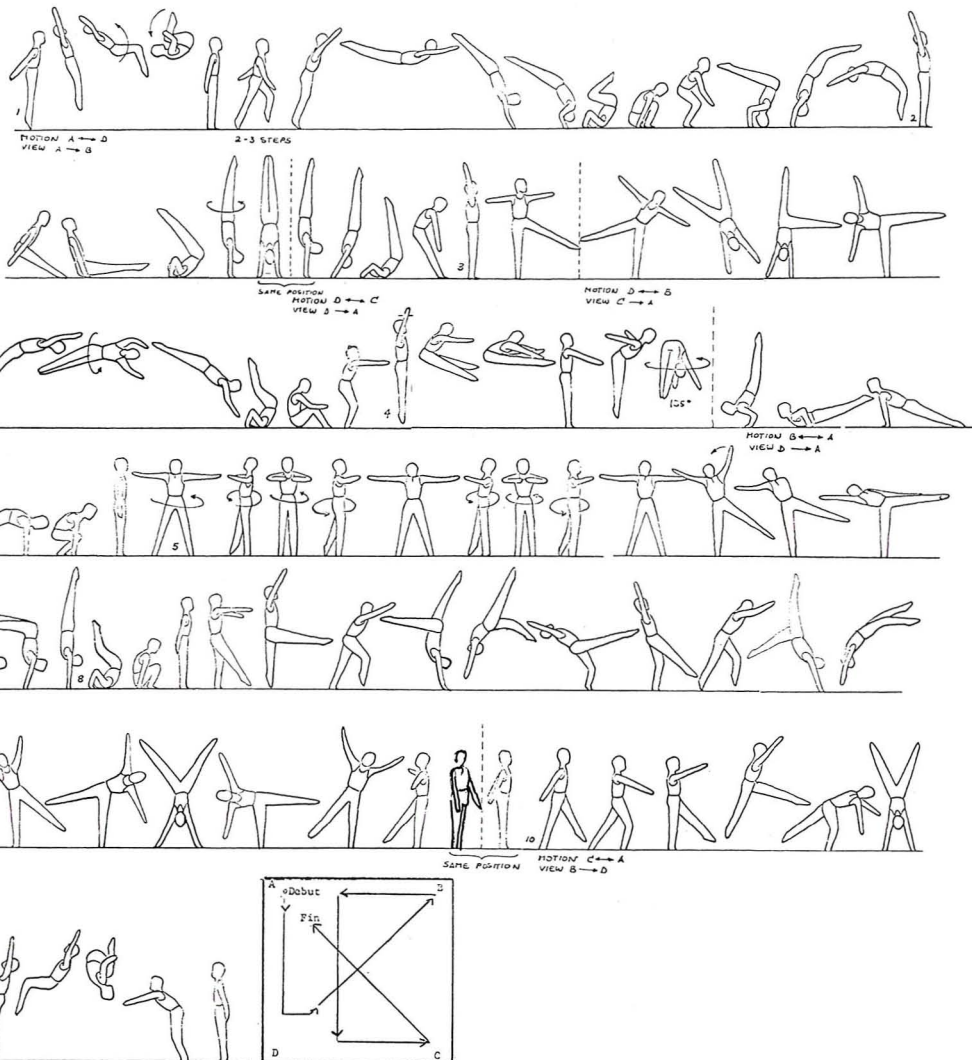
Championships to be held in Ljubljana, Yugoslavia we are publishing this semi-official text and drawings prepared by Barbara and Chris Weber of Ames, Iowa. . . . If there are any changes in the

Official FIG text we will make note of it in the MG when we receive them.

The numerical order of tricks corresponds to the illustrated figures.

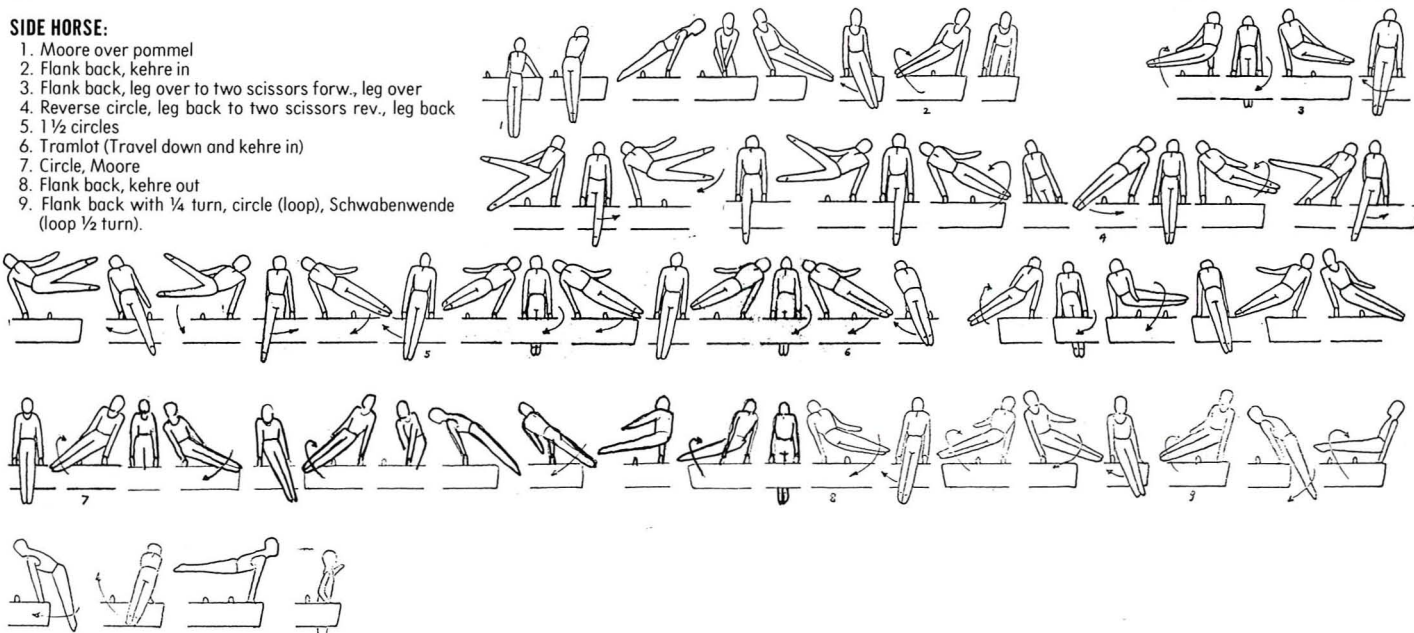
## FLOOR EXERCISE:

1. Salto backw., arched dive roll, head kip
2. Roll backw. to handst., 1/4 turn, roll over
3. 1/8 turn, cartwheel, flic flac, backdive w. 1/2 turn, roll over
4. Straddle jump, Jap. jump, straddle cut to back leaning support, 1/2 turn to front leaning support, stand
5. 1/4 turn to 1/1 turn, 1/1 turn into side scale (Hold)
6. 1/4 turn to straddle stand, body wave
7. Slowly press to handstand with straight arms and bent body (Hold)
8. Forw. roll, handspring on one leg, handspring to stand
9. Tour jete, cartwheel with turn to stand
10. Roundoff, flic flac, back salto tucked



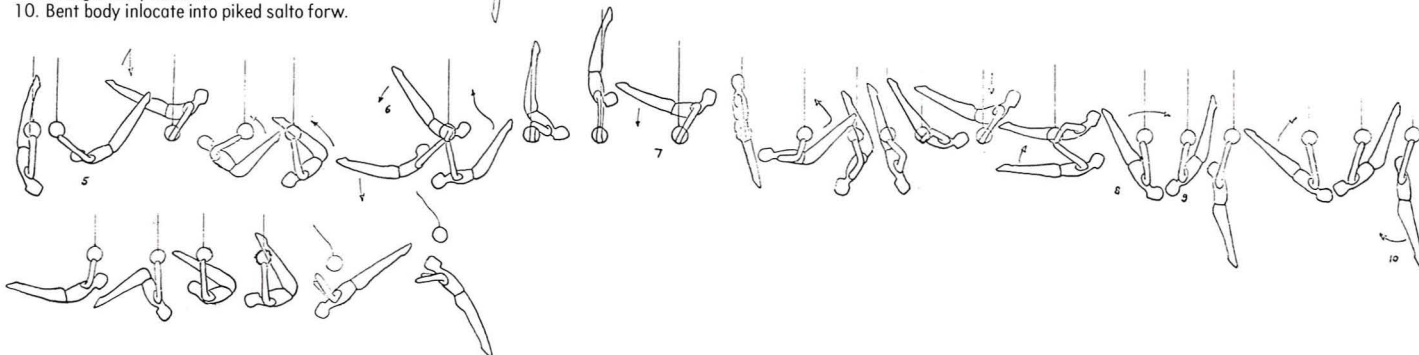
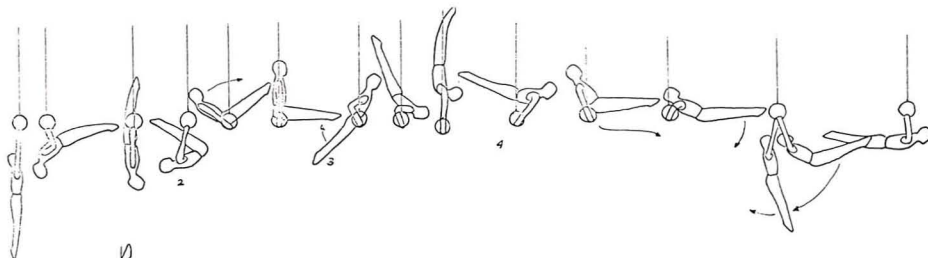
## SIDE HORSE:

1. Moore over pommel
2. Flank back, kehre in
3. Flank back, leg over to two scissors forw., leg over
4. Reverse circle, leg back to two scissors rev., leg back
5. 1 1/2 circles
6. Tramlot (Travel down and kehre in)
7. Circle, Moore
8. Flank back, kehre out
9. Flank back with 1/4 turn, circle (loop), Schwabenwende (loop 1/2 turn).



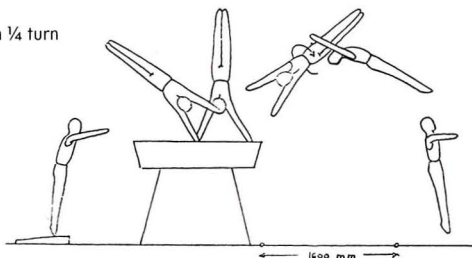
## RINGS:

1. Raise to straight inverted hand
2. Kip to "L" (Hold)
3. Slowly press to handstand with bent arms, straight body (Hold)
4. Swing forw. lower to hang, straight body inlocate
5. Backuprise, drop to bent inverted hang
6. Dislocate, shoot to handstand (Hold)
7. Swing forw. to hipcircle backw., lower to back lever (Hold)
8. Raise up to straight inverted hang
9. Straight body inlocate
10. Bent body inlocate into piked salto forw.



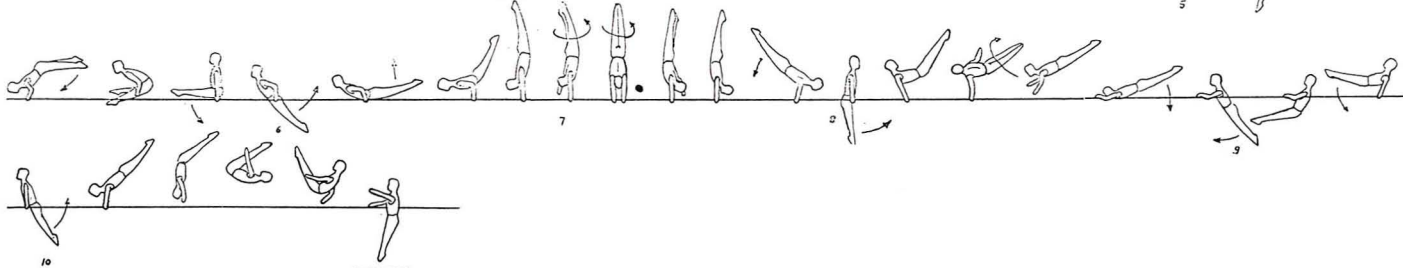
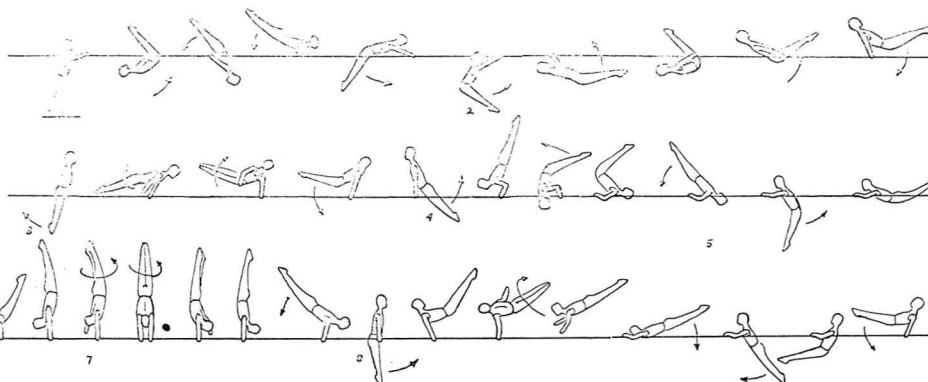
## LONG HORSE

1. Cartwheel with 1/4 turn



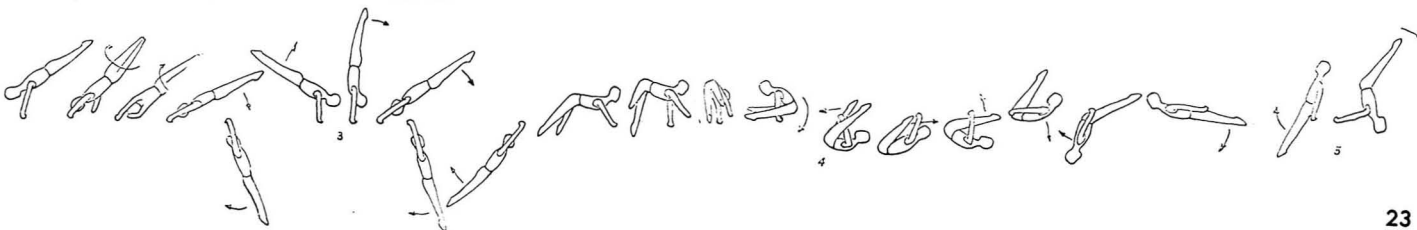
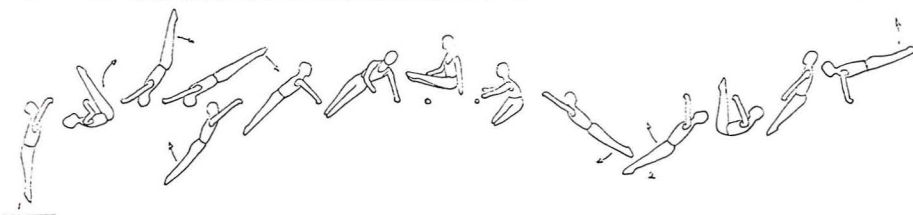
## PARALLEL BARS:

1. Basket to forw. swing in hang
2. Glidekip
3. Back Stutzkehre
4. Shoulderstand forward roll
5. Backuprise straddle cut catch to "L" (Hold)
6. Slowly press to handstand with bent arms, straight body (Hold)
7. 1/2 Handstand pivot forward
8. Forw. Stutzkehre to upper arm hang
9. Frontuprise
10. Salto forward.

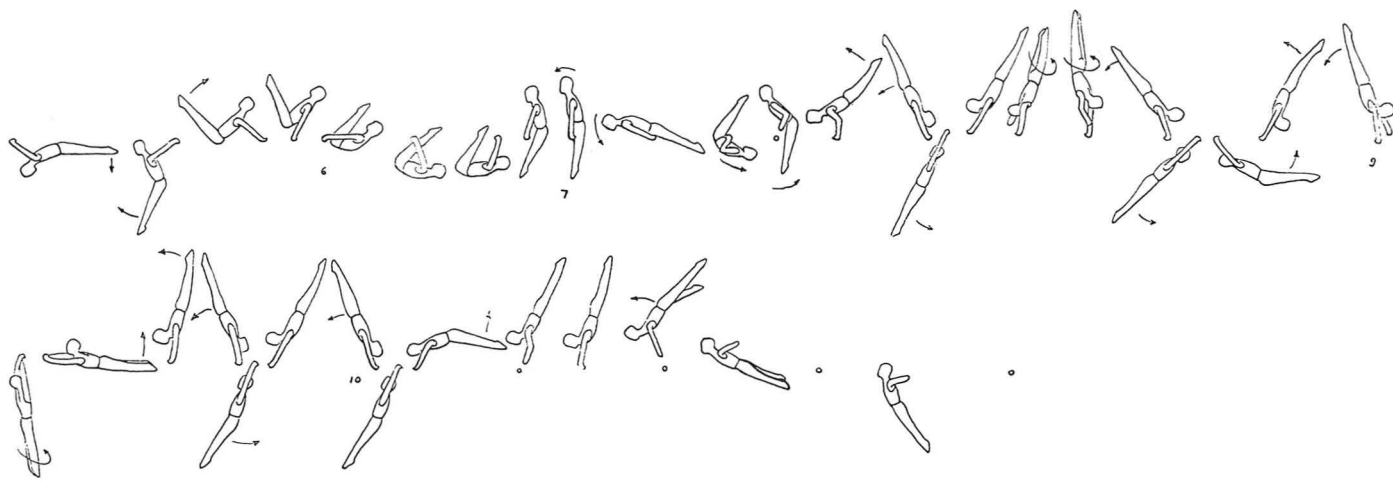


## HIGH BAR:

1. Vault over bar
2. Kip, 1/2 turn reach under swing backw. to
3. Handstand, swing forw. and uprise with 1/2 turn into straddle "L" position
4. Drop back, stoop through, kip
5. German giant
6. Slowly press to handstand with bent arms, straight
7. Hipcircle gripchange to handstand
8. Giant swing forw. and 1/2 turn to giant swing backw.
9. Crosschange giant to handstand, giant swing forw.
10. Swing forw. to backuprise, hop-change straddle off.







Stick figures and interpretations are prepared by Barbara and Chris Weber, Ames, Iowa, from the official release of the 1970 World Championship compulsories for men. Signed and dated by Arthur Gander, President of the F.I.G./T.C. February 21, 1969.

The F.I.G. indicated that an official version of stick figures, taxation of values and movies will become available by summer 1969 with regard to the Pre-World Championship held in Ljubljana, Yugoslavia, on September 24-27, 1969.

Just \$15.00 for 150 ft. Super-8 Color film of 1970 World Games Compulsories. Available from Sundby Publications, P.O. Box 777, Santa Monica, California 90406

# JUDGING by JERRY

By JERRY WRIGHT

## Concerning the 1968 Code of Points:

1. A surprising contradiction in the code of points concerns the Basic Score. The superior judge, to the FIG, is something of a dictator, but the basic score takes away some of this dictatorial power. Whenever a judges conference is necessary, the superior judges score is added to the average of the two middle scores, and this is divided by two to arrive at a basic score. Changes are made with

the latter figure in mind.

2. The new code speaks of good posture when one is assisted onto the apparatus. There can be a deduction of .1-.3 if the gymnast does not have proper leg and foot form when being lifted. It is not known by this writer just what the exact reason is for this rule except that presumably the routine begins when the performer leaves the ground.

## Judges in General:

1. Protests: Should a coach wish to protest any aspect of a dual meet he should bring his feelings to the attention of the superior (head) judge (head judge is supposed to be appointed prior to the beginning of the meet by the host coach). I would suggest that either the judges association or the judges themselves select the head judge. A protest could include any aspect of the meet: judges scores, equipment, safety, etc.

Championship Meets: In championship meets a coach may protest to the superior

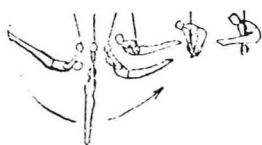
judge about judges scores and then protest to the rules committee (all championship meets should have a rules committee). All other protests should be brought first to the attention of the rules committee.

2. Falling from the Apparatus: I would suggest that a gymnast should be remounted by the end of his 30 seconds, but that it would be permissible if he were merely ready to remount at the end of the time. The coach is encouraged to talk to his gymnast after a fall to insure the gymnast is all right. However, if a gymnast does not make a clear effort to be ready to remount after 30 seconds, his routine may be terminated.

Listed below is the fourth in a series of articles concerning the A-B-C parts of the 1968 Code of Points. This series is offered simply to emphasize the major changes in the code. The word **new** simply means that the A-B-or-C part is listed for the first time or was not listed in the 1964 code. Other notes should be self-explanatory.

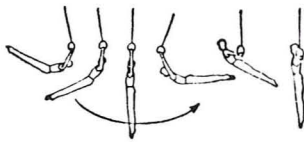
## "A"

I-7 was B



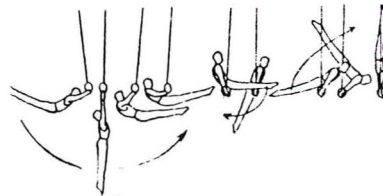
## "B"

I-8 was C

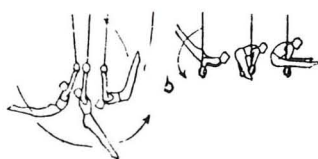


## "C"

II-3 Listed here as C but on page 115 #5 as B



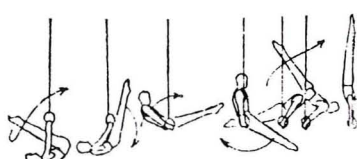
V-7 was B — Com



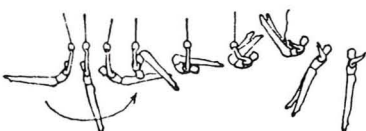
VII-8 Was C (should be B+A?)



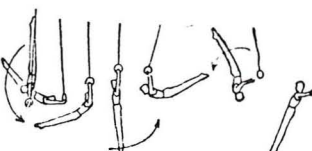
III-3 Was B



VIII-4 was B



VIII-2 New



III-6 New

