



Official Technical Publication of the United States Gymnastics Federation

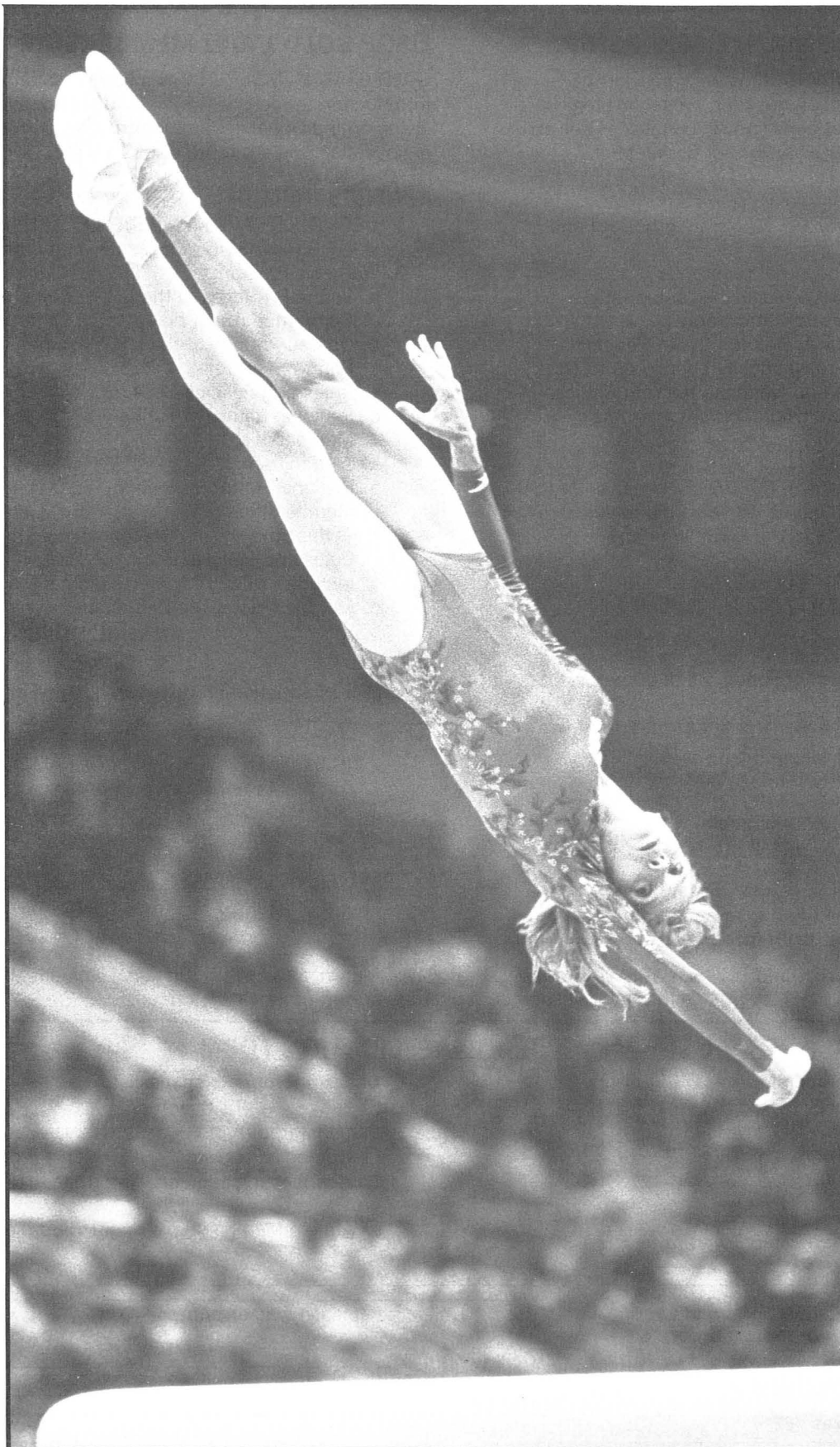


photo by Rich Kenney

Julianne McNamara, 1981 World Championships, Moscow

United States Gymnastics Federation

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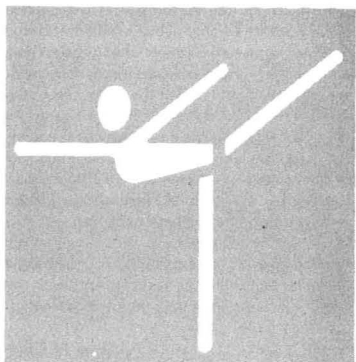
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Technical Article for Vaulting

Recorded and compiled by Junior National Team Training Staff.

These general points of emphasis have been compiled for our junior program coaches as a reference sheet and as a base of information for formulating drills for gymnasts. Without going into detail about all phases of vaulting and the many varieties of vaults, this reference sheet will concentrate on the approach and preflight phases which tend to be important and common to all vaults.

I The Run

- A. Speed is the single most important element of the run so it is important the gymnast leans forward during the run/approach to gain acceleration.
- B. During the final approach phase to the board, the body should be raised to prepare for board contact.
- C. Encourage the gymnast to use the full 25 meters of run. Research with sprinters has revealed that 22 meters is the shortest distance one can attain maximum velocity. Short runs should be looked at with question. Remember: the greater the speed the greater the potential for height and flight in vaulting.

II Entry to the Board

- A. Speed, again, is the single most important element during the entry. Any hurdle, other than a low one, will prove to lose speed during the approach.
- B. Arms should be placed behind the body to prepare for forward arm swing.

III Point of Contact with the Board

- A. The four most common mistakes at point of contact are:
 - 1 Excessive hip bend with shoulders forward
 - 2 Leaning backward, causing shoulder position too far back
 - 3 Excessive knee bend
 - 4 Landing flat footed on board

During the short duration of contact with the board the entire body starts leaning forward and simultaneously the arms start swinging forward.

IV Preflight-Two most important elements

- A. Speed of contact with the horse
 - 1 Arm swing forward
 - 2 Body lean
 - B. Speed of entire body rotation
Both arm swing and "heel drive" create this necessary speed.
- The above two points will also help to attain the fast and low preflight.



THE EFFECT OF A GYMNAST'S HEIGHT ON VAULTING PERFORMANCE

by Andrew Dainis, Ph.D.
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Department of Physical Education
University of Maryland
College Park, Maryland 20742

Gymnasts come in many shapes and sizes, with differing physical, physiological, and psychological attributes. Perhaps the most obvious physical characteristic is a person's height, a factor which may vary considerably among participants at the same level of competition. The trend towards smaller (and hence younger) gymnasts in women's gymnastics indicates that size is an important factor, one that should be evaluated and understood in terms of biomechanical and physiological principles. The biomechanical considerations presented here discuss performance differences based solely on height. It should be realized that such differences are generally associated with age, physical development, and experience; these being factors which should also be included in the evaluation and expectations of performance. The application presented here is to female gymnasts, but the principles hold equally well for men's gymnastics. It is hoped that this discussion will help the coach and gymnast understand potential differences between gymnasts, and the mechanics which underlie these differences.

A gymnast's height has probably the largest consequence in mounts onto, and dismounts from apparatus of fixed height. Because a vault consists only of a mount and a dismount, the effect of a gymnast's height can be expected to be quite large in this event. Let us consider two gymnasts, one tall, and the other short. Also let us assume that they are both capable of running at the same speed and jumping to the same height. If they each performed a handspring vault, would these vaults differ in terms of height and length of preflight and after-flight? If the answer is yes, then could the gymnasts do identical looking vaults, and what modifications would be required in their actions?

In order to discuss the effects of size on vaulting performance we first have to understand a basic principle which is concerned with the motion of the gymnast over the take-off board, and the horse. The motion of the body as a whole can be viewed as that of a single point central to the body, the body's center of gravity. We will abbreviate it by CG. During take-off, the CG of the body is moving over the take-off board with a speed approximately equal to the gymnast's run-up speed. When the feet come in contact with the board they become stationary while the CG continues forward, resulting in a rotation being initiated about the CG. Tall and short gymnasts having the same run-up speed will acquire differing amounts of rotation because of their differences in height. That this is the case can be seen in Figure 1. The CG of the body

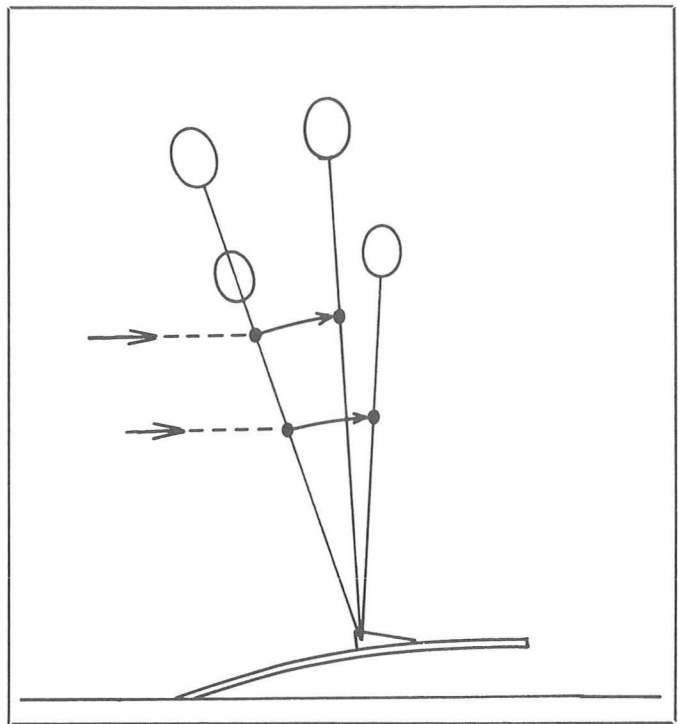


Figure 1. The same horizontal speed results in a higher rotational speed for the shorter gymnast.

moves the same distance in the same time for both gymnasts since they both are assumed to have the same horizontal speed. However, if the feet are held stationary during the time interval, the shorter gymnast will rotate through a larger angle than the tall gymnast. A larger angle in the same time implies that the small gymnast obtains a larger rotational speed about the CG during the take-off.

A similar circumstance results while the gymnasts are in contact with the horse . . . the smaller gymnast attains more rotation. The effects of this principle may be good or bad depending upon which part of the vault, and the type of vault we consider. Let us examine the handspring vault which has acquired new importance since being introduced as the basis of all compulsory vaults for the next four years.

During take-off the above principle is helpful to the short gymnast. While in contact with the take-off board the gymnast must develop a certain amount of vertical speed necessary to raise the body above the horse, and a certain amount of body rotation required to change the body orientation from approximately upright vertical to about 45 degrees short of the handstand. For a more detailed discussion on the relevant variables in vaulting, and how they interact, the reader is referred to Technical Supplement No. 3 of the International Gymnast, July 1980. If the horizontal speed during the preflight is the same for both gymnasts, then the time in the air is determined by just the board-to-horse distance during which the specific amount of rotation must take place. Now a relatively short take-off distance is desirable because it requires less vertical speed from the take-off; however, a shorter take-off distance dictates greater rotation speed. Because of the above principle, a tall gymnast acquires less rotation in passing over the board, and hence must generally take-off further back from the horse. A long take-off distance without extra horizontal speed causes additional problems since the vertical speed must be increased and the gymnast is in danger of missing the horse, or being on the down part of the trajectory at horse contact. Hence, the short gymnast can work with the board closer to the horse, contact the horse earlier in the preflight trajectory, and have more rotation about the wrists at horse contact.

Before considering what happens on the horse, let us evaluate the requirements of good after-flight. In a handspring vault, a high and long after-flight with a stable landing is of prime importance. The after-flight distance is principally determined by only two factors; horizontal speed during after-flight (which remains constant), and the time spent in the air. The time in the air is very much the same for both gymnasts if the horse is the same height. This is because the CG of both gymnasts must fall through the same distance. The taller gymnast's CG starts higher but finishes up higher at landing because she is taller whereas the short gymnast starts lower and finishes lower. A stronger push by one gymnast while leaving the horse would result in a slightly higher upward speed at horse release, but it is found that even a strong push has little effect upon the total time spent in after-flight. Hence, horizontal speed is the principal factor determining the length of the after-flight. For this reason, if the short gymnast is to achieve the same after-flight distance as the tall gymnast, she must have the same speed over the horse as the tall gymnast. In turn, because of our principle, the shorter gymnast will acquire considerably more rotation during contact with the horse which will tend to be carried into the after-flight.

During the after-flight the gymnast must rotate from approximately the handstand position to the vertical standing position if the landing is to be without over or under-rotation. Both gymnasts have the same time for this rotation and therefore must both rotate at the same speed during this phase. This requirement presents a real problem to the shorter gymnast. She will have more rotation than necessary to land on the feet, and must somehow reduce it if she is not to over-rotate. The only mechanism available to reduce the speed of rotation is to push the shoulder forward (in the direction of the vault). This action reduces rotation and has the added benefit of increasing the horizontal speed because the gymnast is effectively pushing herself forward by pushing back on the horse. Of course, there is a limit to how much

push can be given in the short time interval that the gymnast is on the horse. It is this limitation which appears to determine the maximum after-flight distance a gymnast may achieve.

By use of the computer model described in Technical Supplement IG (July 1980), it is possible to calculate the differences in action required by tall and short gymnasts to attain the same after-flight distance. Conversely, if the two gymnasts exert the same forces in relation to their body weight, the differences in after-flight can be calculated. Figures 2 and 3 show some results of the computer model. In Figure 2, the horizontal scale shows landing distance from the contact point (in meters) and the vertical scale indicates the horizontal push as a percentage of body weight required to obtain the correct amount of rotation which ensures the correct landing angle of the body. A force below the 0% line implies that the gymnast has to

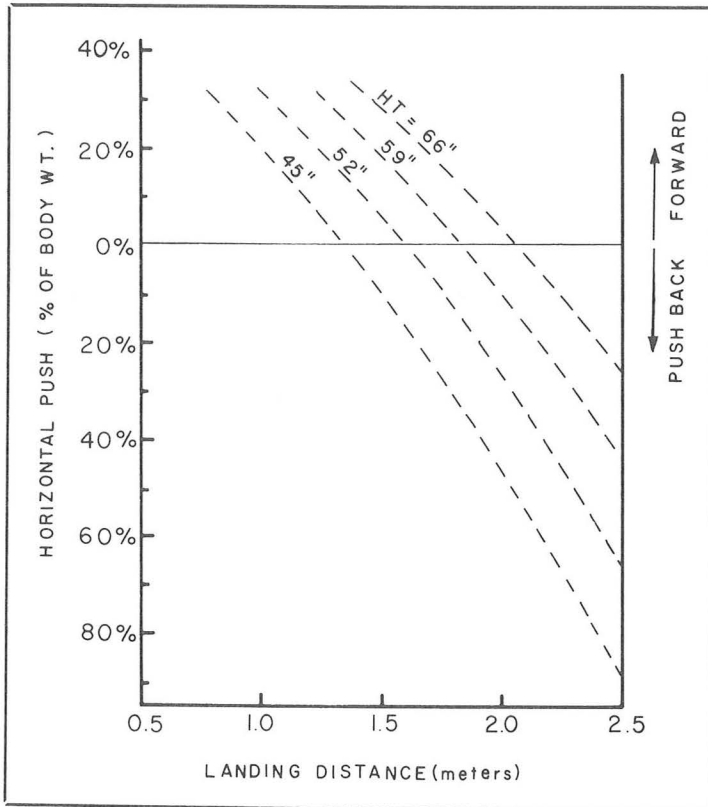


Figure 2. The amount of horizontal push required by different height gymnasts in order to achieve a given after-flight distance.

push the shoulders forward (in the direction of flight) in order to reduce body rotation about the CG. A force above the 0% line is the result of pushing the shoulders back, increases rotation, and causes an arched body during the repulsion from the horse. The four curves are for four different heights of gymnasts; 5'6", 4'11", 4'4", and 3'9". In order to land the same distance from the horse (2.5 meters say), each gymnast must have approximately the same horizontal speed over the horse, but the 4'4" gymnast rotates faster over the horse tending to give her too much rotation for the after-flight. To reduce this to the same speed of rotation as the taller gymnast, she must push the shoulders forward with force of 65% of her body weight versus only 25% of body weight required of the tall gymnast. Thus, a smaller gymnast must not only

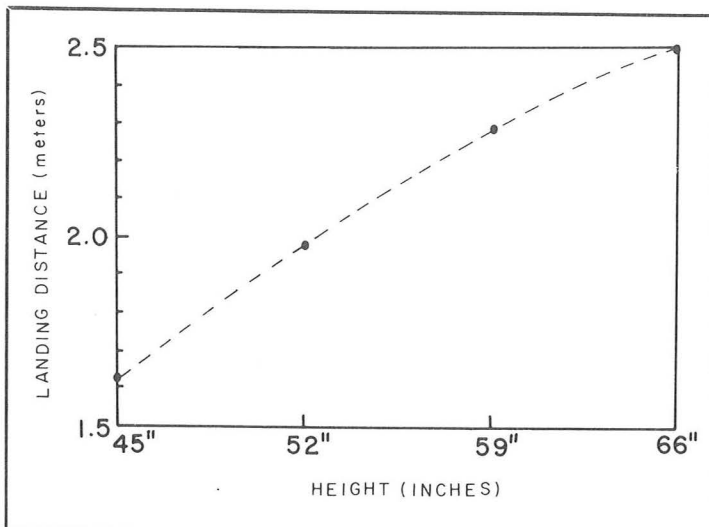


Figure 3. The landing distance in terms of a gymnast's height. A horizontal forward force of 25% of body weight is exerted in every case.

have the same speed of travel over the horse, she must have more than twice as much horizontal push as the taller gymnast in order to achieve the same after-flight distance without over rotation. Requiring the smaller gymnast to exert a horizontal force of 25% of her body weight would dictate a lower horizontal speed and would result in a stable landing at the distance of only 2.0 meters from the horse.

Figure 3 illustrates more clearly how landing distance depends upon height in the situation where the gymnasts have the same horizontal and vertical push in relation to body weight. Although the line is not perfectly straight, it does indicate a direct relationship between the gymnast's height and the distance of after-flight, i.e., the after-flight distance is proportional to the gymnast's height.

In vaults involving somersaults during the after-flight, this same principle aids the shorter gymnast in completing the rotation. For handspring fronts and Tsukaharas the gymnast needs all the rotation she can get during the after-flight, making the extra rotation obtained by the shorter gymnast an asset rather than a liability. For this same reason, the tall gymnast can be expected to find it harder to do the somersaulting vaults. Additionally, the short gymnast can reach the horse with greater vertical velocity because she can have the board closer to the horse. This greater vertical speed assists in rotation and passage over the horse.

From the above considerations it can be concluded that:

1. The shorter gymnast has a definite disadvantage in performing the handspring class of vaults if an absolute length of after-flight is required. Not only must the shorter gymnast have the same horizontal speed as the tall gymnast, but she must push forward off the horse with a force more than two times larger in relation to body weight. It is for this reason that short gymnasts should not, in general, be expected to achieve the same length of after-flight as the taller gymnast. This is contrary to the judging rules presently being used for the compulsory vaults. The biomechanics of the situation indicates that after-flight distance should be proportional to a gymnast's height, e.g. one and one-half body lengths.

2. The tall gymnast has a disadvantage in Tsukaharas and handspring front vaults because of the lesser rotation obtained when passing over the board and horse. This makes it more difficult for them to complete the necessary rotation during the after-flight.

RESPONSIBILITY AND GOALS

by Tom Gardner

Note: Some of the concepts used in this lecture were taken from a lecture given by Dr. Karl Mohr, an advisor to the University of California at Berkeley swimming team, N.C.A.A. Champions for 1979 & 1980

First of all, I would like to mention responsibility in the context of athletics and in particular, in gymnastics. The athlete must take responsibility to become a champion. He must take charge of his own gymnastic development. One cannot be a "victim", that is, a person who lets outside influences affect him. Victims always have some sort of excuse - something that they supposedly cannot control has affected them so that they cannot continue in their development. All actions must come from within the gymnast. He must make things happen, not let things happen to him.

This concept then also relates to motivation, in that the coach should not be the prime motivator for your gymnastics. The coach's role should be to help you to become more motivated, but you are ultimately responsible for your own motivation. No matter how a coach tries - no matter what amount of technical knowledge he might have, ultimately it is the gymnast that has the responsibility to motivate himself to improve.

Mr. Donald M. Ronan, a guidance and sports counselor in New York, has written in Introduction to Mental Training for the Competitive Athlete, "Coaches still believe that "I'll try" is the best answer they can get from an athlete. Actually, it's an excuse, the gimmick of a fence-straddler. If he happens to get the job done, he gets the credit. If he doesn't, nobody will hold him responsible. Since he has nothing to lose, that's just the way he'll perform."

"Never give a job to anyone who says he'll try. Give it to someone who says he'll do it. You can't imagine success when you're merely out there to try. You can imagine success when you believe it is possible." Therefore, the athlete must be responsible for doing, not just trying.

The next question is: How do I do it? Part of an effective method of getting down and "doing" gymnastics is to set goals for yourself.

What then are goals? They are specific things that you do not have now, that you want, so you strive toward them. An example of one would be: you now have a 45 degree stutz and you want a stutz to handstand (the goal), so you work toward that.

Why are goals good to use? The main reason is that a goal gives you a specific, clear-cut concept to work toward. This then makes the concept easier to strive for. If your purpose is not clear, the direction of your training often becomes cloudy and consequently your training becomes less efficient and improvement comes more slowly.

How does one achieve goals? The important factor, and probably the most difficult decision in setting goals is that they must be realistic but still not be limiting. The ultimate goal in gymnastics should be to achieve perfection. This is a goal that one can never reach and one that has no limit.

The next step is to set concrete, preferably written, specific goals. If they are not clear cut the goals can become less clear and you can become easily frustrated. These goals can be long-range, middle-range, or short-range. The longer range goals should be "nearly limitless, whereas the short-range goals must be more specific and realistic.

Types of Goals

Short range:

Immediate goals are often helpful, especially on pommel horse. Immediate goals occur during each turn on the apparatus. An example would be a certain sequence on pommel horse before you finish that turn.

Daily goals deal with a specific accomplishment on each event during that day. It involves the purpose of your training on an event that day. An example might be to complete one compulsory routine and two optionals on each event that day.

Weekly goals involve things that take longer than a few days to achieve. For example, perfect form on a certain skill during the course of the week.

Mid-range:

Monthly goals take longer to achieve but are very important for realizing progress. Often progress is so slow that one feels that one is not improving at all. However, with monthly goals one can see more clearly how much has been accomplished. An example of a monthly goal would be to progress from a sequence of skills to a full routine.

Quarterly goals involve the different approaches to training at different parts of the season. These are often competitive goals, that is, a certain important meet at the end of the season. So the goal would be to do well in this meet (perhaps a certain score) and approach training for those months with that goal in mind. An off-season type of quarterly goal would be to be able to do certain skills over the course of a summer.

Long-range:

Yearly goals again help one to assess his accomplishments and look always toward a higher level of skills. A yearly goal would be perhaps a certain skill to be used in next years optional routine.

A few final points about goals:

When one sets goals, it is always best to write them down, and this is especially true for mid- and long-range goals. This helps keep the goals very clear and helps you to remember what they are. It is also very valuable in evaluating and re-evaluating what you have and have not accomplished.

When you set a goal, it should be a minimum goal, that is, "this or better." Kurt Thomas set a goal of third in the all-around in the 1979 World Championships and he was second.

Keep reminding yourself that the approach to goals is not only to accomplish the goal but how it is to be accomplished. Do not say to yourself that you will do a stutz to handstand, then muscle stutz to a handstand. This would be like singing a song to get to the end of the song. It is how the song is sung, and also how gymnastics is done that is important. Do not be satisfied with imperfection.

Most importantly, after your goals have been set, do it! All of the setting and writing down of goals will not do a bit of good unless you aggressively go about accomplishing your goals. You must be committed to putting all of your effort into accomplishing your goals.

All in all, to do great gymnastics you need to decide what you need to accomplish and then be responsible to yourself to doing just that. The coach certainly helps along the way, but you are the one who is responsible to eventually doing it or not.



**WOMEN'S INTERNATIONAL PROGRAM COMMITTEE
FORT WORTH, TEXAS
SEPTEMBER 26, 1981**

Present:

Sue Ammerman (Chairman), Linda Chencinski, Jackie Fie, Jim Gault, Roe Kreutzer, Delene Darst, Donna Strauss (rep. Bill Strauss)

Guests:

Scott Crouse, Don Peters

1. Discussion was held to determine who would be selecting what International trips we attend and what gymnasts will compete, from the National Team. It was felt that the entire subcommittee should not make that decision. The WIPC voted to have for Junior competitions the following people make the selection of what gymnasts compete in what competitions: Donna Strauss, Gary Buckman, Delene Darst. For Senior competitions: Don Peters, Roe Krautzer, Jackie Fie. This was based upon the fact that the coaches had been selected from their peers and in actual team competitions they must decide who competes with input from the technical people (judges).
2. Scott Crouse was requested to give a copy of all invitations when received to Jackie Fie, Donna Strauss, and Don Peters. Future delegations will read the previous years report from that trip for preparation.
3. The minutes of the Subcommittee of the WIPC will be sent to all members of the WIPC immediately following each of their meetings.

4. The FRC by acclamation commended and thanked Sue Ammerman for her most conscientious leadership in her role as Chairman of the FRC for the past 4 years.
5. It was decided that the WIPC would elect their chairman annually at the Congress.
6. The title for the Subcommittee of the WIPC will be Olympic Games Preparation.
7. To comply with the regulations of the USGF Board of Directors, when one of the 7 members is not a voting delegate of the USGF Board of Directors, then a voting delegate from the board would be added to the WIPC.

MEMBERS OF THE WOMEN'S INTERNATIONAL PROGRAM COMMITTEE

Linda Chencinski, Roe Kreutzer, Delene Darst, Jackie Fie, Danny Warbutton, Jim Gault*, Bill Strauss*

*Both terms are up as of Championships of USA. Gault's position is a two year term, Strauss' position is a one year term.

Scott Crouse office no Vote

Subcommittee - Olympic Games Preparation

Don Peters, Donna Strauss, Bill Sands, Jackie Fie or Delene Darst, Dick Mulvihill

Chairman Scott Crouse - no vote

Gymnast selection from National Team

Juniors-	Seniors-
Delene Darst	Don Peters
Donna Strauss	Roe Kreutzer
Gary Buckman	Jackie Fie

**1981-82 ELITE REGULATIONS
OCTOBER 1, 1981**

- I. Qualification Procedures
 - A. See Rules and Policies, p. 28 III-A. 1 and 2.
 - B. Qualifying score Regional (Zone) to National
 1. Senior 70.4
 - a. Any gymnast who will be 15 in 1982
 2. Junior 68.8
 - a. Any gymnast who is 14 or under in 1982.
 - C. Numbers qualifying from first and second national to Championships of USA

	1st Nat.	2nd Nat.
1. Seniors	16	16
2. Juniors	16	16
 - D. Top 21 from Championships of USA will be National Team both Junior and Senior.
 - E. All those Senior gymnasts scoring 70.4 or all Junior gymnasts scoring 68.8 or better at the Championships of the USA and/or the World Championship Trials (Junior Team Trials) do not have to compete in the 1982 Regional/Zone meets.
 1. A junior (1981), who will be 15 in 1982 (Senior), scores a 70.4 in the Junior Team trials, may by-pass the Regional (zone) and automatically be eligible for the 1st National elite.
 2. All gymnasts must qualify into Chmps. of USA by participation in one of the Nat. Elite Qualification Meets. (Some Nat. Team gymnasts may petition to bypass Nat. Qual. Meet if Nat. Team have required meets very close to the Nat. Qual. Meets).

II. Meet Format.

A. Regional (Zone)-Juniors and Seniors compete in separate sessions (c/o) if at all possible. If not possible then they must compete in separate squads.

1. USGF medals be given to the top 6 AA for each age-division.
2. Entry fee over \$35 must have approval of Regional Board.
3. If the Regional (Zone) elite meet is in jeopardy of being held for financial reasons only, a 2 judge panel will be allowed. The Regional Elite Board will make the decision. USGF Criteria for judges selection must be followed.

B. National Elite

1. Compulsory competition 1st day with Juniors competing in the afternoon, Seniors in the evening.
2. Optional competition 2nd day with Juniors competing in the afternoon, Seniors in the evening.
3. Finals competition 3rd day with top 6 Juniors and top 6 Seniors in each event competing separately in the evening (2 events at a time- Junior on one and Senior on the other). Ties will be carried.
4. Entry fee.

C. Championships of USA-same format as National Elite.

D. General Regulations for Regional, National, Championships, and Trials.

1. No forerunner will be used in Elite competition.
2. There should be no more than 20 minutes between the end of warm-up and the start of the competition.
3. In pre-meet warm-up each gymnast should receive 2 minutes for each event. (Pre-meet warm-up must be timed and gymnast warm-up in competing squads.
4. The 30 second touch per gymnast during the competition will still be in effect. Should be timed 35 secs. for UB which includes bar setting.
5. Recommend 2 sets of bars and 2 or more beams for precompetition warm-up.
6. Recommend all Meet Directors check speed of tape recorders prior to competition.
7. Competitive Draw.
 - a. Competitors from one team be placed in the same squad so long as they do not constitute 50% or more of the total squad. (Must be less than 50%.
 - b. A random draw for the first day of competition be done (first by team, second by gymnast within the squad).
 - c. Each rotation drop (# in the squad divided by 4).
 - d. 2nd day squad move over one event (Olympic order) and reverse the order of rotation. This means last girl in the squad goes up first the 2nd day.

III. Equipment Specifications.

A. Mats - See Rules and Policies p. 8 III.

1. May have two (2) 4' landing mats over 1-1/4' basic mat for beam, unevens, and vault. These are not restricted to the landing area for dismounts.
2. For dismounts at the ends of the beam a 12 foot (Length) is required.
3. For dismounts from the unevens a 12 foot (length) is required. Width should be minimum of 6 ft. wide, 8 ft. wide is recommended.
4. Landing mats for dismounts must be available.
5. Two (2) 6 ft. or 1 eight ft. wide mat must be under the beam.

B. Boards.

1. Boards may be carpeted, but no padding may be used.
2. All USA manufactured vaulting boards have been approved for USGF competition.
3. The board may be placed on only one (1) 4' mat over 1-1/4' basic mat for mounting the beam or unevens.
4. A gymnast may stand on two (2) 4' landing mats over 1-1/4' basic mat for mounting beam or unevens. In this situation she would not be using a board.
5. The FIG specifications for the vaulting board in terms of height of the board are 16 cm \pm 2 cm. It is strongly recommended that Elite gymnasts do not use boards which are higher than these specs.

6. Regional (Zone) Meet Directors must arrange to have boards that accommodate all weights of gymnasts at all events where a board is used. Coaches may not bring their own boards unless requested to do so by the Meet Director, then all in the meet will use it.

C. Apparatus Measurements.

1. Vaulting Horse.
 - a. FIG specifications: 120 cm. (47-1/4").
 - b. Runway should be a minimum of 78'.
 - c. A runway pad should be taped down.
 - d. Measurement of Horse Height - The height of the vaulting horse is determined by measuring the distance from the surface on which the board will be placed to the top of the horse. Therefore, if the vault runway is on a raised platform, the measurement should be taken from the runway surface to the top of the horse rather than from the floor on which the horse stands.
2. Uneven Bars.
 - a. FIG specifications:
High Bar 230 cm. (90-9/16")
Low Bar 150 cm. (59-1/16")
Between Bars up to 90 cm.
 - b. Recommend a mount runway of 12 feet minimum and 25 feet maximum.
 - c. Fiberglass rails with wood coverings are required for all USGF sanctioned meets.
 - d. A gymnast taller than 1.67 meter (5'5") may raise LB and HB one notch each: LB 1.55m \pm 10mm measured from floor HB 2.35 \pm 10mm. (If one bar is moved the other bar must also be moved.)
 - e. For the Junior Age division (14 and under) the uneven bars may be adjusted to facilitate the exercise (see Rules and Policies Page 7, #4). Senior age division (15 and over) must work FIG specifications.
3. Balance Beam.
 - a. FIG specifications: 120 cm. (47-1/4").
 - b. Seniors and Juniors must compete FIG specifications.
 - c. Recommend a mount runway of 12' minimum and 25' maximum.
 - d. Padded beams are required at all sanctioned competitions.
4. Floor Exercise.
 - a. FIG specifications 12 meters by 12 meters.
 - b. A reflex (spring) floor is required for all Regional (Zone) level meets and above.
 - c. In elite competitions below Regional (Zone) a 4" landing mat may be used without penalty if a nonspring floor is used. The deduction for illegal use of a 4" landing mat in floor exercise is 0.5.

IV. Specific Event Rules.

A. Competition III difficulty requirements will be used at all levels of Elite competition for uneven bars, balance beam and floor exercise with the following exception:

1. All routines must have 10 elements with a 0.2 deduction applicable, for anything less than 10, no matter how many less.

B. Vaulting - See attached proposal.

1. For individual event finals Competition III rules as in FIG Code.

C. For Elite competition the USGF will adhere to FIG rules (utilizing our USA concept for evaluating new OV/RV in the USA prior to submission for FIG evaluation).

V. The Elite Regulations will be maintained from the USGF Congress 1981 to the USGF Congress 1982.



Changes in 1980-84 Compulsory Deductions

General Faults and Penalties for Uneven Bars, Balance Beam, and Floor Exercise

Comment: Add the following "All execution errors leading to a fall. May not deduct more than the value of the element for execution." "No single element within the routine may be reversed without penalty unless it has been so indicated."

- I. Incompletion and/or changes in Prescribed Text (5,0)**
1. Changing, reversing, or omitting a small part 0.1
 2. Changing, reversing, or omitting a series of connections 0.3
 - add 3. Changing or reversing a major element 0.3
 4. Substitution of a major element 0.6
 5. Failure to complete major element up to 0.6
 6. Deliberate omission of major element 0.5 + 0.6 (.5 + value of element)
 7. Incorrect position, etc. (There is no change in any of this wording from original text.)

Add to bottom of page General Faults and Penalties for Balance Beam

Clarifications

1. Overtime deduction for compulsory beam is 0.2 plus the value of the missing element(s) with no deduction for "No dismount."
2. All dismounts on beam may be performed to either side without penalty.
3. Running or walking into mounts 0.3
4. Double bouncing the board (same as fall) 0.5

Class III Beam

1. Page 9 #16 under Penalties add - "Failure to show stag position" 0.2
2. Page 12 and 13 #31 under Penalties omit #2. Change #3 deduction to "up to 0.5" from "up to 0.3."
3. Page 13 Time Limit - change 1'10" to 1'15".

Class II Beam

- #1 Page 15 #7 under penalties
1. Omit "s" from the word swings and add "not" before continuous.
 2. Page 18 #16 under Penalties add "Insufficient split of legs" up to 0.2.

Class I Beam

1. Page 26 #13 under penalties add
 - a. the word (stag) in parenthesis after the word "position" and change the deduction to up to 0.2 from 0.1.
 - b. also add "Insufficient split of legs" up to 0.2.
2. Page 28 #21 under penalties add "Late lift of free leg" up to 0.3.

Class III Floor Exercise

1. Page 50 #23 under Penalties - delete #1

Class II - Floor Exercise

1. Page 57 #13 under Penalties add
 3. Insufficient split of legs up to 0.2 (General Penalties IV-3)
2. Page 62 #32 under Penalties - change (0.6) to (1.2).

Class I - Floor Exercise

- Page 73 #30 under Penalties - change (0.6) to (1.2).

Floor Exercise

- P. 52 Class III
- P. 63 Class II
- P. 75 Class I

These elements will draw a 0.6 or 1.2 deduction if substituted. Omission is failure to attempt element: $0.6 + 0.5 = 1.1$. Omission of one element in a three element series is 0.3 deduction. Omission of two elements is a 0.6 deduction. More than two elements missing is considered an omission of whole series $0.6 + 0.5 = 1.1$.

In a four element series, omission of three elements is 0.9, omission of four elements is $1.2 + 0.5 = 1.1$.

Class III Uneven Bars

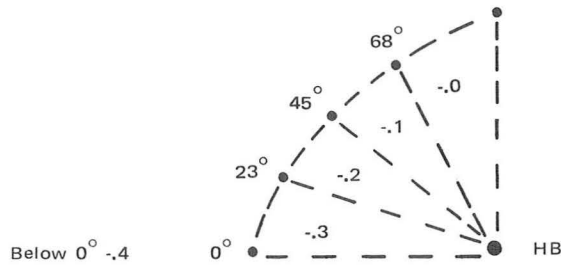
Page 84 #5 add under text in open space - "Clarification" - height of upright diagram

-.0 ● — — — — — ● H.B.

● L.B.

Class II Uneven Bars

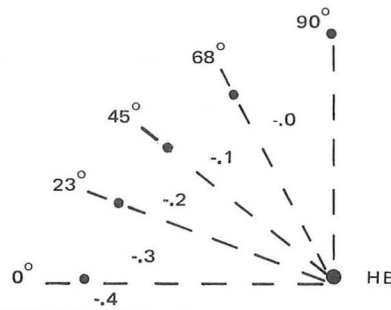
- Page 86 #4 under Penalties omit 2. (See Class IB-1)
Under Text add in open space "Clarification" - height of uprise diagram



- Page 87 #7 - add under Penalties in open space "Clarification - Change of hand position after the eagle is optional."

Class I Uneven Bars

- Page 90 #8 under Penalties - Omit -
- (See IB#1)
under Text - add in open space "Clarification" - height of uprise diagram.



Class III - Horse Vaulting

Page 96 add at bottom of page "The meter markings are to be made with 2" white tape in the center of the mat (tied to the horse). Any part of the foot landing on the mat will qualify for the lesser deduction.

less than 1 meter	-0.5
between 1-1½ meters	0.4
between 1½-2 meters	0.3-0.2
between 2-2½ meters	0.1
2½ or more meters	No deduction

Note - These deductions will be the same for Class II and I.

Class II Horse Vaulting

Page 97

6. Change to read - Turn less than ¼(90°)
Add - 6a - Turn between ¼(90°) and 3/8(135°) 1.0-2.0
8. - Delete "or less" and "(not fully 180°)"
5. - Add #5 "Body, hips, and legs not in vertical alignment up to 0.3
6. Add #6 - Alternate hand repulsion up to 0.3
7. Change to read "Turn less than ¼(90°) Vault Void
Add 7a. "Turn between ¼(90°) and 3/8(135°) 1.0-2.0
Add 7b. "Turn more than ½(180°) up to 0.3
Add 9. Turn more than ¾(270°) Vault Void

Class I Horse Vaulting

5. Position of body on top of Horse
 - Turned ½(90°) or more Vault Void
 - Turned up to ¼(45°) up to 0.2
 - Turned ¼(45°) to ½(90°) 0.3-0.5
 - Body, hips, and legs not in vertical alignment up to 0.3
 6. Alternate repulsion of hands up to 0.3
 3. Add
 - Pike of 22.5° to 45° 0.1-0.2
 - Pike more than 45° up to 0.3
- Change 8. under Penalties to read "up to 1.0" from "up to 0.5"
Add 10. Turn more than 1/1(360°) up to 0.3
Add 11. Turn more than 1¼(450°) Vault Void

REQUIREMENTS OF THE EXERCISE - OPTIONALS

GENERAL FORMULA

-USGF Women's Technical Committee
-Adapted from FIG Code of Points
-Compiled by: Cheryl Grace, National Director, Judges Training

1981-82 Requirements of the exercise-Optionals

FIG and USGF unless otherwise indicated.

VALUE PARTS	3.0 pt.		
Competition IB	Competition II	Competition III	
6 "A" 0.20 = 1.20 pt.	4 "A" 0.20 = 0.80 pt.	2 "A" 0.20 = 0.40 pt.	
3 "B" 0.40 = 1.20 pt.	4 "B" 1.60 = 1.60 pt.	2 "B" 0.40 = 0.80 pt.	
1 "C" 0.60 = 0.60 pt.	1 "C" 0.60 = 0.60 pt.	3 "C" 0.60 = 1.80 pt.	
10 Value Parts = 3.00 pt.	9 Value Parts = 3.00 pt.	7 Value Parts = 3.00 pt.	
BONUS POINTS	.50 pt.		
-Originality	maximum 0.20 pt.		
-Risk "CR":	maximum 0.20 pt.		
-Additional "C" or more than one CR:	maximum 0.10 pt.		
	= 0.50 pt.		
COMBINATION	2.5 pt.		
-Progressive distribution of elements and dismount not corresponding to the value of the exercise:	0.50 pt.		
-Composition of the exercise from various elements and connections:	1.00 pt.		
-Space and direction:	0.60 pt.		
-Tempo and rhythm:	0.40 pt.		
	= 2.50 pt.		
EXECUTION AND VIRTUOSITY	4.0 pt.		
-Virtuosity:	0.20 pt.		
-Technique/amplitude/posture:	3.80 pt.		
	= 4.00 pt.		
TOTAL 10.00			
1981-82 Adapted from Jackie Fie's General Lecture	Cheryl Grace FIG Optional Lecture		

CALCULATIONS OF DIFFICULTIES

When you are evaluating the elements to see if the gymnast receives full difficulty (value parts-3.0), you always compute the elements (difficulties) according to the advantage of the gymnast. The gymnast should receive full difficulty credit as much as possible.

EXAMPLE A: Competition I (6-A's, 3-B's, 1-C = 10 elements)

Gymnast performed:	Evaluation:
A = 6	A = ok
B = 2	B = no B's missing because 1 C will count for the missing B
C = 1	C = ok, but no extra C because one C was used for the missing B
CR = 1	"R" Credit from the CR is given in bonus: +.2
= 10	

Maximum value of routine: 9.5
9.5 + .2 bonus risk = 9.7 Value of routine

Example of computing the routine not to the advantage of the gymnast:

A = ok
B = missing one B, deduct .4
C = ok
CR bonus for risk (.2), plus .1 bonus for extra C

9.5
- .4 missing B

9.1
+ .2 bonus risk
+ .1 bonus extra C

9.4 maximum for routine

First example of routine, the gymnast received 9.7 maximum. In the second example, the gymnast would have received 9.4 maximum.

EXAMPLE B: Competition II (4-A's, 4-B's, 1 C = 9 elements)

Gymnast performed:	Evaluation:
A = 4	A = ok
B = 2	B = one B missing (-.4), because one C can count for one of the two missing B's
C = 2	C = ok, but no extra C, as one of the C's was used for a missing B

Maximum value of routine: 9.1 (one missing B: -.4)
9.1 + 0-risk + 0 extra C: 9.1

Example of computing the routine not to the advantage of the gymnast:

A = ok	
B = two B's missing, (-.8)	
C = ok, plus .1 bonus for extra C	
9.5	8.7
- .8 (two missing B's)	+ .1 bonus extra C
8.7	8.8 Maximum score for routine

First example of routine, the gymnast received 9.1 maximum score. In the second example, the gymnast would have received 8.8 maximum score.

NEW: DECISIONS AND CLARIFICATIONS FROM USGF AND FIG

-USGF Women's Technical Committee	1981-82
-Compiled by: Cheryl Grace, National Director, Judges Training	FIG and USGF unless otherwise indicated

Changes will be noted by XX
Clarifications will be noted by **

OPTIONALS: CLARIFICATIONS AND CHANGES

Vault:

- | | | |
|----|--|---|
| XX | 1. Vault groups: (WTC Minutes 6-0-81) | |
| | 10 groups as follows: | New Values: |
| | Group | |
| | I - no change (1.1 to 1.21) | |
| | II - no change (2.1 to 2.2) | No. 3.4 = 9.9 |
| | III - 3.1, 3.2, 3.3 | No. 4.3 = 9.7 |
| | IV - 3.4, 3.5, 3.6 | No. 5.1 = 9.6 |
| | V - 3.7, 3.8 | No. 5.2 = 9.7 |
| | VI - Old group IV | No. 5.3 = 9.9 |
| | VII - Old group V | |
| | VIII - Old group VI | New vaults: |
| | IX - Old group VII | |
| | X - Old group VIII | No. 3.7: ½-½ front salto 10.0 |
| | | No. 3.8: ½-½ front salto with ½ twist: 10.0 |
| XX | 2. Vault finals: When the same vault is performed twice, the 2nd vault is 0 and score is the average of the 1st vault, divided by 2. | |
| | When 2 different vaults from the same group are performed, the 2nd vault receives a 1.0 penalty before averaging the 2 vault scores. | |
| | (WTC Minutes 6-20-81) | |

- ** 3. Specific deductions for the layout tsukahara vault: (9.7) (WTC minutes 3-13-81).
 Layout tsukahara with open position and slight pike in any phase of the vault should receive a deduction each time the pike occurs.
- up to 22.5° angle of pike: .1 to .2
 - close to 45° angle of pike: .3
 - over 45° pike: wrong vault
deduct .5 for wrong vault and judge from a pike tsukahara

UNEVEN BARS: (WTC minutes 6-20-81 except where indicated)

- XX 1. FIG Code, page 51, paragraph 5, value raising: Add: C + B = C + C in the exercise and as a dismount.
 Example of value raising in the exercise:
 A B C C B B B A C C B (C's have criteria for value raising)
 A B C CR C B C A C CR C = exercise after value raising.
- ** 2. Concerning the allowable number of elements on 1 bar without a penalty:
- the short kip cast to handstand, long kip cast to handstand, and front hip circle cast to handstand will be considered as 1 "B" element, not 2.
 - For counting 10 elements necessary for the exercise, the kip and front hip circle cast to handstand may be counted as 2 elements, if needed to equal 10.

- XX 3. FIG Code:
 Page 86: 3.14 is a "C" element to hang or pike hang (standard element).
 Page 87: 3.21 Illustration is incorrect: The 3rd illustration should be omitted. "Front lying hand-cast to handstand with 1/1 turn (360) after handstand (return to front lying hang)".
 Page 98: 5.9 1/1 turn (360) after handstand = C and RV
 5.10 1/2 turn (180) in handstand = C and RV
 1/1 turn (360) in handstand = CR and OV.

- XX 4. FIG Code:
 9.23 to 9.30 are executed out of movements from the HB only, for listed value parts credit A, B, C, CR and OV, RV credit.
 9.33, 9.34, 9.36 may be executed from the HB or LB for CR credit and OV or RV bonus.

- ** 5. When more than 2 "B" elements are directly connected, then the value of the 3rd "B" and all further "B" elements directly connected raise one level higher to "C". Example: B + B + B + B = B + B + C + C.

- XX 6. Four C's in a row without directional change, or grip change, or bar change will receive .2 bonus for risk. C + C + C + C = (C + C + C + C)R.

- XX 7. New specifications uneven bars (elite):
 A gymnast taller than 1.67 meters (5'5") may raise LB and HB one notch each:
 LB 1.55m plus or minus 10mm from floor
 HB 2.35m plus or minus 10mm (if one bar is moved, the other bar must also be moved).

- XX 8. On bars, mounts that are preceded by other elements on the floor are allowed. However, only the movements done after the feet leave the board will be evaluated.

- ** 9. An illegal dismount on Uneven bars: receives no credit for difficulty and deduct .2 for no "B" dismount, and .2 for uncharacteristic movement. (WTC minutes: 3-18-81. Also this is a USGF interpretation, not FIG.)

BALANCE BEAM (WTC minutes 6-20-81)

- XX 1. In A + B series on the beam, the B skill, either gymnastic or acrobatic, must have flight in order to value raise the B to a C. Correct FIG code to read: Page 135, 6.1 Add: "with flight phase and "gymnastics" as follows: "when acrobatic or gymnastic A elements are directly connected to B acrobat with flight or B gymnastic elements with flight, the value of the B raises to C.

- ** 2. When 3 B skills on the beam are directly connected, all 3 must have flight in order to award the .2 for risk.
- ** 3. FIG Code: 5.2 without a gymnastic leap or jump...1. Refers to a leap or jump with great amplitude as stated in 4. Special requirements.
- ** 4. Value Raising-dismounts: B + C = B + CR
 -refers to B acrobatic element with flight phase
 -refers to B gymnastic element with flight phase.
- ** 5. Flic Flac: 7.31 in Code.

Flic flac from stand (on both feet) to stand on both feet or on 1 foot are two elements. Therefore, two different exits give 2 different flic flac possibilities.
 and
 Gainer flic flac: 7.36 in Code.
 It is therefore possible to perform 6 flic flacs with hand support, (each of the above 2 times) for 6 B value parts. However, this type of composition could have a deduction for monotony in presentation, for unbalanced exercise: up to .2.
 An element (i.e.) B or C performed a second time with another connection before or after will be counted as a value part. It will not be considered as a value part a third time, but it will serve to value raise the next element.

Examples: (all flic flacs from 2 feet to 1 foot, followed by the other foot, in one exercise).

Walkover backward + flic flac = A + B = A + C
 flic flac = layout salto backward = B + C = B + CR
 flic flac + flic flac + 1/1 twisting salto backward = 0 + 0 + B +
 = 0 + 0 + C
 (dismount)

The only time a flic flac or any other skill can be counted a third time and only on beam is during a series of minimum of B, where the same skill is performed three times: Example: flic flac (B) + flic flac (B) + flic flac (B) = (B + B + C)R.

- ** 6. Different entrances and exits from acrobatic skills make the value part a different element.
 Exit example:
 a) roundoff to 1 foot or roundoff to 2 feet (as stated in Code).
 b) layout salto backward to one foot or to 2 feet, etc.

- ** 7. FIG Code
 Page 144, 1.30 lower diagram of free walkover to rear support belongs to 1.31 (B)
 Page 180, 7.36 Illustration should show hands touching beam, not gainer layout step out.

- XX 8. Mounts on the beam that are preceded by other element are allowed. However, only the movements done after the feet leave the board will be evaluated. The time begins when the gymnasts feet leave the board.

FLOOR EXERCISE (WTC minutes 6-20-81)

- XX 1. FIG Code: Page 198: 4 Special Requirements.
 Correct: "2 different acrobatic series each with a different salto" = .2.
 Also correct it under the deductions on page 199.

- XX 2. FIG Code: Page 198 and 199:
 Correct: Special requirement.
 Absence of a series with 2 saltos or double salto (omit high points).

- ** 3. Note: If there are 3 acrobatic series, two must be different. (Only 2 are required.)

- XX 4. FIG Code: Page 200 6.3 Correct to read:
 "when 1 or more gymnastics B elements are directly connected to one or more acrobatic B elements (with or without hand support), the value of the last B raises to C. This must be a gymnastic to acrobatic connection. It cannot be an acrobatic to gymnastic connection.

Examples:
 -split leap with leg change = B
 -gainer flic flac on one arm = B to C
 -straddle jump with legs forward = B
 -jump with 1/2 turn (180) to handstand = B to C
 -1/2 turn (540) on one leg = B
 -jump with 1/2 turn (180) to handstand = B to C

- XX 5. FIG Code: Pages 229-232 Group 7 saltos:
7.1, 7.2, 7.3, 7.4, 7.5, 7.6, 7.7 Add: "and also from 1 leg."
- XX 6. Double saltos: When the last series double salto is exactly the same as any other series double salto (no change in body position or connection), there is no value part credit a second time (there are not 2 CR's). However, there is .1 for RV.
- XX 7. A different double salto in the second series receives a CR value part and .1 RV (Not FIG).
Example:
-roundoff, flic flac, double salto tucked
-roundoff, flic flac, flic flac, double salto tucked.
- XX 8. A different double salto in the 3rd pass receives a CR value part and .1 RV (USGF and FIG).
- ** 9. Value raising: Only C + C = C + CR Direct connection of B + C saltos do not value raise. Only 3 directly connected saltos from minimum "B" value raise:
Example: B + B + C = (B + C + C)R.
- XX 10. The whip back #6.17 in the Code of Points will be considered as a salto but will be devalued to an A. (Not FIG...as it is still a B internationally).
- XX 11. Any series that contains a salto (A or B value) and a natural CR salto will receive .1 bonus RV.

GENERAL

1. .2 Originality.

In addition to the current possibilities for earning .2 bonus for originality (.2 OV and .1 RV) via performance of a specific list of skills, we will expand the OV-RV category to reward the performance of creative, unique high level skills and combinations that are similar to elements already listed as having OV and RV value.

Guidelines for awarding OV and RV based on this concept:

- Single elements of C or CR value will be considered for RV (.1) or OV (.2).
 - Combinations of elements, with a minimum A + B or B + B will be considered for RV (.1).
 - Combinations of elements, with a minimum of B + C or C + C will be considered for RV (.1) or OV (.2).
2. Elites will follow FIG Rules entirely, with the exception of using the concept of originality as established by the USGF WTC.

ADDITIONS TO FIG CODE OF POINTS

OV/RV/RISK/ELEMENT DECISIONS USGF ONLY

10-3-80 Coaches Congress
WTC Meeting
OFFICIAL

Compiled by:
Cheryl Grace,
National Judges
Training Director

Note: Some of the elements listed below may be awarded the same in FIG, but these are USGF decisions for USGF competitions.

VAULT:

- Hand spring front, 1-1/2 salto in layout position: 10.0
- Full on, 1/2 off: C 9.7
- 1/2 on, double full off: C 10.0
- Cartwheel on, 1-1/4 twist off: B 9.4
- Full on, 1-1/2 off C 10.00

UNEVEN BARS:

- Wrap hecht on LB to a stoop stand on LB: C RV
with 1/2 turn: C OV
- Reverse grip giant swing on LB to somi catch on HB: C RV
with recatching some on LB: C OV
- Dismount: Sole circle, full twist, front somi out: CR OV
- Wrap, full twist, catch HB in eagle grip: C RV
- 1/2 giant on LB to pull over on HB: B (with flight)
- 1/2 giant, full twist to pull over on HB: C (with flight-RV)
- Dismount: front sole circle, gainer dismount: A
- Toe on, reverse hecht: CR OV
- Toe on, full turn in HS phase: CR OV

BALANCE BEAM:

- Jump, double turn on beam: CR OV
- Side aerial, with switch of legs in air: C RV
- Mounter, front handspring walk out: B
- Front handspring, front tuck: B + C = B + CR
- Mount: front salto, 1/2 turn to land on beam: CR OV
- Mount: front end of beam, free front aerial: C RV
- Mount: from side of beam, full twisting front aerial to rear support: C OV
- Flic flac, width of beam (sideways): CR OV
- Back tuck, width of beam (sideways): CR OV
- Back tuck, swing down CR OV
- Thomas Flair: C OV
- Back walkover to handstand, drop to forearm stand: A
- Full twisting pirouette, lower to plange C OV (refer to Code of Points)
- Full twisting pirouette, ending in a one arm handstand: C OV
- Valdez, holding ankle throughout: B
- Cradle kip to immediate back extension: B + B
- Flic flac from kneeling position: B
- Aerial cartwheel ending in kneeling position: C
- Mount: Hecht cartwheel performed with one arm: CR OV
- Standing front: C
- Scissors leap series: Value raising rules apply here
- Mount: forward roll mount, handstand forward roll: A + B = A + C
- Cast to straight body handstand: B (as sideways as mount or in routine)
- Gainer front aerial: C
- Swing through front aerial: C

FLOOR EXERCISE:

- Full turn to balance element (can mean to a balance on one foot): A
- Butterfly with full twist: C OV

-USGF Women's Technical Committee
-Adapted from FIG Code of Points

1981-82
Requirements of the
exercise-optionals

-Compiled by: Cheryl Grace, National
Director, Judges Training

FIG and USGF unless
otherwise indicated.

VAULT

I. VAULT GROUPS (WTC Minutes 6-20-81)

10 groups as follows:

Group

- | | | |
|------|---------------------------|---------------|
| I | - no change (1.1 to 1.21) | No. 3.4 = 9.9 |
| II | - no change (2.1 to 2.2) | No. 4.3 = 9.7 |
| III | - 3.1, 3.2, 3.3 | No. 5.1 = 9.6 |
| IV | - 3.4, 3.5, 3.6 | No. 5.2 = 9.7 |
| V | - 3.7, 3.8 | No. 5.3 = 9.9 |
| VI | - Old group IV | |
| VII | - Old group V | |
| VIII | - Old group VI | |
| IX | - Old group VII | |
| X | - Old group VIII | |

New Values:

New Vaults:
No. 3.7: 1/2-1/2
front salto 10.0
No. 3.8: 1/2-1/2
with 1/2 twist
10.0

II. SPECIFIC APPARATUS DEDUCTIONS:

1. First Flight Phase:

- 1. Body position fault (trunk, legs): up to .2
- 2. Strong tuck or pike of the legs - not according to the character of the vault .3
- 3. Prescribed longitudinal axes turn of the performed vault is not fully completed up to .3
- 4. Too open of a tuck or pike position up to .3
- 5. Flight of first phase does not correspond with the character of the vault (height and length trajectory) up to .5

2. Support Phase:

- 1. Body position fault (trunk, legs) up to .2
- 2. Too long a support up to .3
- 3. Arms remain bent in the support phase up to .5

3. Second flight phase:

- 1. Body position failure (trunk, legs) up to .2
- 2. Turn is not completed according to the flashed vault and stretch of the body before landing up to .3
- 3. Insufficient
 - height up to .5
 - length up to .5

4. Landing:

- 1. Deviation from a straight direction up to .3
- 2. Bad landing (see table of general faults)
- 3. Insufficient dynamics during the vault up to .2

Neutral deductions:

- 1. Aid during the vault Invalid
- 2. Aid during the landing .5
- 3. Vault does not correspond to the flashed number .5
- 4. Vault Finals (Competition III):
 - a. When the same vault is performed twice, the 2nd vault is 0 and score is the average of the 1st vault, divided by 2.
 - b. When 2 different vaults from the same group are performed, the 2nd vault receives a 1.0 penalty before averaging the two vault scores.
 - c. When only one vault is performed, the score is the average of the performed vault, divided by 2.
 - d. When a "B" vault is performed: .5 each
 - e. When an "A" vault is performed: 1.0 each

UNEVEN BARS

-USGF Women's Technical Committee 1981-82
 -Adapted from FIG Code of Points Requirements of the
 and materials from Jackie Fie Exercise-Optionals
 -Compiled by: Cheryl Grace, FIG and USGF unless
 National Director, Judges Training otherwise indicated.

VALUE PARTS 3.0

Competition IB	Competition II	Competition III
6 "A" 0.20 = 1.20 pt.	4 "A" 0.20 = 0.80 pt.	2 "A" 0.20 = 0.40 pt.
3 "B" 0.40 = 1.20 pt.	4 "B" 0.40 = 1.60 pt.	2 "B" 0.40 = 0.80 pt.
1 "C" 0.60 = 0.60 pt.	1 "C" 0.60 = 0.60 pt.	3 "C" 0.60 = 1.80 pt.
10 Value Parts = 3.00 pt.	9 Value Parts = 3.00 pt.	7 Value Parts = 3.00 pt.

VALUE RAISING FORMULAS:

Increase in value parts due to combinations:

1. B + B = B + C
2. B + B + B = B + B + C
3. B + B + B + B = B + B + C + C (new...1981-82)
4. C + B = C + C (in the exercise, and as a dismount: New...1981-82)
 Example of #4 value raising:
 A B C C B B B A C C B (C's have criteria for value raising)
 A B C CR C B C A C CR C (Contains two examples where both elements raise based upon 2 principles:

C + C = C + CR

C + B = C + C

5. C + C = C + CR (2 C's necessary for a CR)

Conditions: Directional change, grip change, bar change

6. C + C + C = C + C + CR

Conditions: Directional change, grip change, bar change

7. C + C + C + C = (C + C + C + C)R

Without directional change, grip change or bar change...New: 1981-82

8. C + CR = (C + CR)R

9. CR + C = CR + CR

10. CR + CR = (CR + CR)R, but actually CR + CR cannot receive anymore.

BONUS POINTS .5

1. There are specific elements listed for OV and RV credit. Total amount of originality category: .2, OV elements are worth .2, RV elements are worth .1.

New: In addition to the current possibilities for earning .2 Bonus points for originality (.1 RV and .2 OV) via performance of specific list of skills, the USA will expand the OV-RV category to reward the performance of creative, unique, high level skills and combinations that are similar to elements already listed as having OV-RV value. (Not FIG).

Guidelines for awarding OV and RV based on this concept:

- a. Single elements of C or CR value will be considered for RV (.1) or OV (.2).
 - b. Combinations of elements, with a minimum A + B or B + B will be considered for RV (.1).
 - c. Combination of elements, with a minimum of B + C or C + C will be considered for RV (.1) or OV (.2).
2. Risk: .2 Individual risk elements are listed in the FIG Code of Points and are noted on the right hand column under C elements as "R". Risk can also be achieved by value raising.
3. The remaining .1 is for an additional C or 2 or more CR's.

COMBINATIONS (Composition) 2.5 total

- A. Progressive distribution of elements and dismount not corresponding to the value of the exercise: .5
1. Progressive distribution of elements (exercise without high points) up to .2
 2. Dismount not at least "B" level: .2
- B. Composition of the exercise from various elements and connections: 1.0
1. Repetition of basic elements or connections: up to .2
 2. Exercise without 10 elements: .2
 3. Unpermissible number of elements (5) on one bar: each .2
 4. Exercise (B and C elements) not composed from at least three different element groups: up to .2 (element groups are: upward swings or circular swings, kips, elements from swing to handstand, elements with turns around the LA axis, elements with turns around the BA axis, counter-grip change and flight elements, or hecht elements)
 5. Uncharacteristic elements: each .2
 6. No mount or dismount: .3
 7. Repetition of compulsory mount or dismount or compulsory element in the same sequence: .3
- C. Space and Direction: .6
1. Close bar execution predominately: up to .2
 2. Predominance of execution in one direction: up to .2
 3. Insufficient bar changes (inside and outside the bars and under the LB and over the HB...at least 2): up to .2
- D. Tempo and Rhythm: .4
- Monotony in rhythm: up to .2

EXECUTION AND VIRTUOSITY: 4.0 total

1. Virtuosity: .2
2. Technique/amplitude/posture: 3.8
 - a. Deductions that are applicable to bars:
 - Additional short support on apparatus, with hands, feet, or body (gymnast touches additional body parts on apparatus to regain balance or swing): .3
 - Extra Cast: .3
 - Touch on apparatus or floor during exercise (gymnast brushed feet on floor mat during glide or swing, touches feet on bar during stoop, squat through, or straddle over):
 - lightly .1
 - moderately up to .3
 - b. General faults of execution as listed in Code of Points.

BALANCE BEAM

-USGF Women's Technical Committee
-Adapted from FIG Code of Points and materials from Jackie Fie
-Compiled by: Cheryl Grace, National Director, Judges Training

1981-82
Requirements of the exercise-Optionals
FIG and USGF unless otherwise indicated.

VALUE PARTS 3.0

Competition IB	Competition II	Competition III
6 "A" 0.20 = 1.20 pt.	4 "A" 0.20 = 0.80 pt.	2 "A" 0.20 = 0.40 pt.
3 "B" 0.40 = 1.20 pt.	4 "B" 0.40 = 1.60 pt.	2 "B" 0.40 = 0.80 pt.
1 "C" 0.60 = 0.60 pt.	1 "C" 0.60 = 0.60 pt.	3 "C" 0.60 = 1.80 pt.
10 Value	9 Value	7 Value
Parts = 3.00 pt.	Parts = 3.00 pt.	Parts = 3.00 pt.

VALUE RAISING FORMULAS:

Increase in value parts due to combinations:

(note: The increase in value occurs only in the last element of the series. Elements must be directly connected).

1. $A + B = A + C$ (the "B" element must have flight, either gymnastics or acrobatic to raise to "C")
2. $B + B = B + C$
3. $B + C = B + CR$
4. $C + B = C + C$
5. $C + C = C + CR$
6. $B + B + B = (B + B + C)R$ Refers to series of 3 or more elements performed on the beam. All three elements must have flight in order to receive .2 bonus for risk)
7. $C + CR = (C + CR)R$
8. $CR + C = CR + CR$
9. $CR + CR = (CR + CR)R$, but actually CR + CR cannot receive anymore
10. In order to value raise a dismount, the element proceeding the dismount must be a minimum of a B with flight (gymnastics or acrobatic)

BONUS POINTS .5

1. Originality: .2 There are specific elements listed for OV and RV credit. OV elements are worth .2, RV elements are worth .1

New: In addition to the current possibilities for earning .2 bonus points for originality (.1 RV and .2 OV) via performance of specific list of skills, the USA will expand the OV-RV category to reward the performance of creative, unique, high level skills and combinations that are similar to elements already listed as having OV-RV value. (Not FIG).

Guidelines for awarding OV and RV based on this concept:

- a. Single elements of C or CR value will be considered for RV (.1) or OV (.2)
 - b. Combinations of elements, with a minimum A + B or B + B will be considered for RV (.1)
 - c. Combination of elements, with a minimum of B + C or C + C will be considered for RV (.1) or OV (.2)
2. Risk: .2 Individual risk elements are listed in the FIG Code of Points and are noted on the right hand column under C elements as "R". Risk can also be achieved by value raising.
 3. The remaining .1 is for an additional C or 2 or more CR's.

COMBINATIONS (Composition) 2.5 total

- A. Progressive distribution of elements and dismount not corresponding to the value of the exercise: .5
 1. Dismount not at least a "B": .2
 2. Lacks progressive distribution of the elements: up to .2
 3. More than 2 beam passes in succession without difficulties of a minimum "B" level: each .1
 4. Lack of a minimum of an "A" in each pass: each .1 (Not FIG).
- B. Composition of the exercise from various elements and connections: 1.0

The four special requirements of the exercise:

 1. Exercise without an acrobatic series (at least 1 element with flight phase): .2
 2. Absence of one 360° turn on one foot: .1 (may be more than 360°)
 3. Absence of one leap or jump with great amplitude: .1
 4. All acrobatic elements executed in one direction: .2

In addition:

 5. One sided choice (over use) of certain gymnastics elements and connections (meaning obvious excess of movements from the same category): up to .2
 6. Domination of acrobatics: up to .2
 7. Too few direct connections of gymnastics and acrobatic elements: up to .2

8. Connections not corresponding to difficulty level of the exercise (easy connections): up to .2
9. Compulsory mount, dismount, or element in same sequence: .3
10. Exercise without mount or dismount: .3

C. Space and Direction: .6

1. Insufficient change of level of movements both near and far from the beam (lack of variation in height of elements and/or low position too often): up to .2
2. Insufficient use of entire beam length and area - failure to exhibit variety of movements/elements at ends and center of beam: .1
3. General insufficient directional changes: up to .2

D. Tempo and Rhythm: .4

1. Uniform tempo during a long passage of the exercise: each .1
2. Uniform tempo during the entire exercise (monotony): up to .4
3. Specific holds - more than 3: each .1
4. Stops before elements (unrelated or untypical): each .1
5. Continuity errors between elements: each .1

EXECUTION AND VIRTUOSITY: 4.0 total

1. Virtuosity: .2
2. Technique/amplitude/posture: 3.8
 - a. Specific deductions for beam:

Support of leg against the side surface of the beam: .2
 - b. General faults of execution and amplitude as listed in Code of Points.

FLOOR EXERCISE

-USGF Women's Technical Committee
-Adapted from FIG Code of Points and materials from Jackie Fie
-Compiled by: Cheryl Grace, National Director, Judges Training

1981-82
Requirements of the exercise-Optionals
FIG and USGF unless otherwise indicated.

VALUE PARTS 3.0

Competition IB	Competition II	Competition III
6 "A" 0.20 = 1.20 pt.	4 "A" 0.20 = 0.80 pt.	2 "A" 0.20 = 0.40 pt.
3 "B" 0.40 = 1.20 pt.	4 "B" 0.40 = 1.60 pt.	2 "B" 0.40 = 0.80 pt.
1 "C" 0.60 = 0.60 pt.	1 "C" 0.60 = 0.60 pt.	3 "C" 0.60 = 1.80 pt.
10 Value	9 Value	7 Value
Parts = 3.00 pt.	Parts = 3.00 pt.	Parts = 3.00 pt.

VALUE RAISING FORMULAS:

Acrobatic flight elements without hand support in same series:

1. $A + A = A + B$
 2. $A + B = A + C$
 3. $B + A = B + B$
 4. $B + B = B + C$
 5. $C + A = C + B$
 6. $C + B = C + C$
 7. $C + C = C + CR$ (2 C's necessary for a CR)
 8. $C + CR = (C + CR)R$
 9. $CR + C = CR + CR$
 10. $CR + CR = (CR + CR)R$, but actually CR + CR cannot receive anymore.
- Two gymnastics elements directly connected with a minimum of:
11. $B + B = B + C$ (can be $C + B = C + C$, or $C + C = C + CR$)
- One gymnastics element plus one acrobatic element directly connected with a minimum of: (new 1981-82) You cannot reverse this.
12. $B + B = B + C$ (can also be $C + B = C + C$, or $C + C = C + CR$)
 13. In a series of 3 or more saltos, in which 2 are directly connected, the 2nd and 3rd salto raise one level. (C will not raise to CR unless preceded by C). (In FIG: none of the 3 saltos in a series need to be directly connected.)

BONUS POINTS .5

1. Originality: .2. There are specific elements listed for OV and RV credit. OV elements are worth .2, RV elements are worth .1.
- New: In addition to the current possibilities for earning .2 bonus points for originality via performance of specific list of skills, the USA will expand the OV-RV category to reward the performance of creative, unique, high level skills and combinations that are similar to elements already listed as having OV-RV value. (NOT FIG.)

Guidelines for awarding OV and RV based on this concept:

- a. Single elements of C or CR value will be considered for RV (.1) or OV (.2)
- b. Combinations of elements, with a minimum A + B or B + B will be considered for RV (.1)
- c. Combination of elements, with a minimum of B + C or C + C will be considered for RV (.1) or OV (.2)

In addition:

- a. When a natural A, B, or C salto appears in the same series as a natural CR salto, .1 RV is given for the combination. They do not have to be directly connected. (FIG and USGF)
 - b. Double saltos: When the last series double salto is exactly the same as any other series double salto (no change in body position or connection), there is no value part credit a second time (there are not 2 CR's). However, there is .1 for RV (FIG and USGF)
 - c. A different double salto in the second series receives a CR value part and .1 RV (Not FIG)
 - d. A different double salto in the 3rd series receives a CR value part and .1 RV (FIG and USGF)
2. Risk: .2 Individual risk elements are listed in the FIG Code of Points and are noted on the right hand column under C elements as "R". Risk can also be achieved by value raising.

In addition:

A direct connection of 3 saltos, minimum of two B saltos to one C salto (B + B + C) will result in .2 bonus for risk.

(B + C + C)R

3. The remaining .1 is for an additional C or 2 or more CR's.

COMBINATIONS (Composition) 2.5 total

- A. Progressive distribution of elements and dismount not corresponding to the value of the exercise: .5

1. Lack of a natural B element in the last series: .2
2. When the last series has a value raised B: .1 (Not FIG)
3. Absence of gymnastics peaks (1 natural B): .1
4. Absence of acrobatic peaks (1 natural B): .1
5. Absence of acrobatic peaks (1 natural C): .1 (Not FIG)
6. Lacks progressive distribution of the elements: up to .2

- B. Composition of the exercise from various elements and connections: 1.0
The two special requirements of the exercise:

1. Absence of two different acrobatic series, each with a different salto: .2
2. Absence of a series with 2 saltos or a double salto: .2

In addition:

3. One sided choice of acrobatic elements and connections: up to .2
4. One sided choice of gymnastics elements and connections: up to .2
5. Repetition of exact same series: .1 (except double salto)
6. Elements and/or connections unrelated to gymnastics: .1 each
7. Exaggerations of "theatrical" character, elements and connections unrelated to gymnastics: each .1
8. Value parts from only 1 structure group (out of 3): .2

(B and C elements from the following structure groups:

- a. Acrobatic elements with and without flight phase (fwd., bkwd., swd.)
- b. Acrobatic strength elements
- c. Gymnastics elements such as turns, tilts, leaps, jumps, hops, steps, and running combinations, balance elements in stand, sitting and lying positions, arm swings and body waves).

- C. Space and Direction: .6

1. Insufficient use of FX area: up to .2
2. Predominance of straight directions: up to .2
3. Insufficient change of elements close to and far from floor (level change): up to .2
4. Monotony in direction (forward, backward, sideward)
-only 1 direction in acrobatic elements: .2
-body position in relation to movement or direction of travel: up to .2
5. Lack of one passage covering great distance (gymnastic or acrobatic/gymnastic combined): up to .2

- D. Tempo and Rhythm: .4

1. Music and movement not in harmony in a part: .1
2. Music and movement not in harmony throughout: .5
3. Always dynamic or slow:
up to .2 monotony of music
up to .2 monotony of elements

EXECUTION AND VIRTUOSITY: 4.0 total

1. Virtuosity: .2
2. Technique/amplitude/posture: 3.8
 - a. General faults of execution and amplitude as listed in Code of Points

NEUTRAL DEDUCTIONS: (taken by head judge)

1. Stepping outside of the floor area: .1 each time
2. Lack of musical accompaniment: .5

GUIDELINES FOR CONTRIBUTING TO THE USGF TECHNICAL JOURNAL

Purpose of the Publication:

The USGF Technical Journal is an educational publication which originates at the United States Gymnastics Federation (USGF). It is an official publication. The USGF Technical Journal is designed as an instrument of transferring the most current educational information in all aspects of education and coaching which would be applicable to the multi-faceted sport of gymnastics - Athletic Training, Growth and Motor Development, Behavioral and Sports Psychology, Muscle Physiology, Nutrition, Biomechanics, Sports Medicine, etc. - as well as pertinent technical information - Committee Meeting minutes and reports, survey evaluation, changes in rules and policies of competition, etc., to aid our professional members in the quest to keep up with changes effecting our constantly growing sport. Presently, the USGF Technical Journal is a benefit for the Professional Membership; its circulation is limited to the coaches, judges, medical personnel, and educators/decision-makers involved in the sport.

Preparation of Articles for Submission:

Please follow a uniform format of preparing articles for submission in order to provide the most efficient channel through the evaluation and review process. The following should be included in submissions:

1. An original type copy, double spaced on 8½ x 11 inch paper.
2. An abstract, on a separate page, a short summary of procedure and explanation of study or article content (not more than 150 words).
3. A short biographical paragraph on a separate page of the author or authors accompanied by a small photo (2½ x 3½") of the author.
4. References on a separate sheet double spaced in consecutive order, using Index Medicine style (author's name - last name first, name of book, city, publisher, year, page numbers) journal references, should follow same format (author, name of article, Journal name, volume, pages, year).
5. Duplicates of pictures and diagrams or figures (black and white preferred) with sharp detail. Also include explanations (captions) of pictures and diagrams on a separate sheet.
Photograph release - a letter of release from any identifiable subject in photos that are included in the article unless the face or eyes are obscured. Letter should be signed by subject, parent or guardian.
6. Title page consisting of an informative title, author's name and complete institutional or professional address.

* Guest editorials should be submitted following the same format for submission as listed, with the possible exclusion of numbers 2 and 4 of the above.

Submission of Articles for Publication:

Written articles will be accepted for review and possible publication in the following procedure. First the articles are sent to:

Managing Editor, Department of Publications
USGF
P.O. Box 7686
Fort Worth, TX 76111

Upon receipt of the article, to the USGF office, the research coordinator will review and forward copies to the appropriate USGF Sports Advisory Committee members for review. On receiving their review, copies of the article will go to the Managing Editor and Executive Director for final approval for publication.

If it is necessary for the article to be edited or revised in order to improve the effectiveness of communication to a wide variety-level of readers, the author will receive the edited article prior to publishing for their approval.

All correspondence will be addressed to the Author submitting the article, unless otherwise requested.

* If the article or parts of have been submitted and/or published by another publication, a complete name and address of the Editor and Publication should accompany the article upon submission to the USGF in order to follow proper procedures of publishing and to receive approval to reproduce the article in the USGF publication.

Request for Reprints of Articles

These requests should be made directly to the author.

USGF GYMNASTICS MAGAZINE

The USGF GYMNASTICS magazine services the entire gymnastics community through USGF Professional, Gold Card or Athlete membership, or through magazine subscriptions - USGF GYMNASTICS, P.O. Box 7686, Fort Worth, Texas 76111. USGF GYMNASTICS is designed to provide the athlete and all enthusiasts of the sport of gymnastics with the most current picture of national and international events, results and trends which effect them directly. Contributing articles and guest opinions are encouraged to help progressively define and guide the sport of gymnastics.



The winning team with the perfect score on benefits.

Join the winning team. Over 125,000 gymnasts and over 700 clubs are members. We offer even more in 1981-82 than before.

Everyone scores perfect with these benefits:

USGF Club Membership. By enrolling 100% of the club staff and students as USGF General Members, your club would automatically receive a million dollars of Comprehensive General Liability. The intent of this program is to insure that the club and parent or guardian will not be burdened by medical costs not covered by other programs, and that the club and its personnel are adequately covered for their liability exposure. Individual General Members receive \$50,000 excess medical coverage. Some of the club benefits include:

1. O,L,&T (Owners, Landlords and Tenants Liability).
2. Hired and Nonowned Auto Liability.
3. Incidental Medical Malpractice.
4. Trampoline Coverage.
5. Personal Injury Liability.
6. Independent Contractors Liability.
7. Premises Medical Payments.
8. Extended Bodily Injury Liability.

USGF Professional Membership. This membership is designed for the serious gymnastics coach, teacher, judge or program director. It offers professional growth benefits as well as information on the USGF System of Competition. Some of the benefits include:

1. USGF Technical Journal (bi-monthly).
2. USGF GYMNASTICS Magazine (bi-monthly).
3. \$50,000 Excess Medical Coverage.
4. Twenty-four Hour Accidental Death Benefits.
5. Free Admission to Nationally Sponsored USGF

6. College Credit Extension Courses from the University of Utah.
7. Voting Privileges in the USGF Women's Committee (must be 18 years old to vote).

USGF Gold Card Membership. Some of the benefits of this membership include: USGF GYMNASTICS Magazine (bi-monthly) and Voting Privileges in the USGF Women's Committee (must be 18 years old to vote).

USGF Athlete Membership. Athletes will not want to be without these benefits:

1. \$50,000 Excess Medical Coverage for USGF Sanctioned Competitions and Events (This does not cover the gymnasts during his/her daily training or travel to and from a USGF sanctioned event).
2. \$10,000 Accidental Death and Dismemberment.
3. Athlete Registration Number Required for all USGF Sanctioned Competitive Events.

USGF General Membership. Some of the benefits include: \$50,000 Excess Medical Coverage and \$10,000 Accidental Death and Dismemberment.

For more information on any of these memberships, call or write:

Cheryl Grace
National Director
U.S.G.F. Membership Program
Bayly, Martin & Fay/San Antonio
P.O. Box 17800
San Antonio, Texas 78217
1-800-531-7224
1-800-531-7205
1-800-292-5721 (Texas only)

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