



F. P. SFORZA

... about to 'pike' during vault

Gymnasts To Employ New Vault Procedure

By JOE GRATA

(Today's story is the third in a series of five articles covering the fundamentals of gymnastics competition on a number of gym apparatus. Tomorrow: the horizontal bar.)

If you'd ask an average gymnastics fan what it takes for a gymnast to vault over the long horse, he might tell you "the legs of a kangaroo, the grace of an angel, the timing of a Swiss watch, ROTC flight training and guts."

And he'd probably be right.

Because long horse vaults are executed so quickly, many spectators don't know precisely what to look for. In most cases they must wait until the judges have flashed their scores to completely comprehend a gymnast's vault.

THIS SEASON, however, a new procedure is being employed which should make things a little less confusing for fans.

Formerly each gymnast was required to do a compulsory and an optional vault. First, all entrants in the long horse event would perform their compulsory jump. Then they'd execute an optional vault.

Now a gymnast is required to execute two different optional vaults, both of his own choice. The two vaults will be done consecutively and both will be averaged to determine a final score.

Prior to making his jump, a performer is required to report to the head judge the vault he'll attempt to execute. The name of the vault and the degree of difficulty will be announced over the public address system.

While watching a gymnast vault the long horse, a fan should be aware of four major things which are done almost simultaneously: (1) the position of the hands on the horse, (2) the flight before and after the front support, (3) execution and holding of the body and (4) the difficulty of the vault.

THE COWHIDE surface of the long horse is divided into zones. The two most important are the far zone (neck) and near zone. Both are 16 inches long. If he should over or under-vault a zone, the gymnast is penalized 10 points for every zone he over or under-vaulted.

Judges determine whether or not a performer violates the legal zone by the "mark" a gymnast leaves on the cowhide covering of the long horses. Before making a jump, the gymnast "chalks up" his hands with a magnesia compound.

According to Penn State gymnastics coach Gene Wettstone, the final landing is the most important part of the vault. An ideal landing is one executed with



PETE SAPONARO

... completing handspring

grace, ease and elegance but without any steps.

Landing after a long horse vault, or landing after finishing a routine on any apparatus, is penalized by the following criteria: bad posture (1-2 points), small step or hop in dismount (1-2), several steps or hops (2-3), touching floor or mat with hands (2-3), and falling on back, knees or hands (5-6).

"A BOY CAN also attempt a vault that's not listed in the rules book," Wettstone points out. "The vault then is evaluated by the judges for difficulty in comparison with the ones that are listed in the rules."

After seeing a vault, it's usually interesting for the average gymnastics fan to compare his personal evaluation of a vault with the scores recorded by the officials

Chargers Send Rosdahl To Bills in 4-Man Deal

The American Football League's Buffalo Bills have acquired rights to Penn State guard Harrison Rosdahl in a four-player deal with San Diego.

Rosdahl, a junior guard with one year of eligibility remaining, was sent by the Chargers to Buffalo with San Diego offensive guard Richard Hudson and tackle Frank Lasky of Florida. In return, the Chargers received rights to veteran quarterback Tobin Rote, who played in the Canadian League last season.

Lionclads Defeat Slippery Rock In Season Opener

The Penn State varsity harriers opened their 1963 indoor season Saturday by defeating Slippery Rock State College, 62-46, at Slippery Rock.

"I am very pleased with what I saw on Saturday," commented Lion coach John Lucas yesterday. "The hurdling, vaulting, and high jumping are ahead of my expectations. The middle and long distance runners have fine potential."

"Their major weakness now is adjusting to the balcony (Rec Hall balcony) boards. Right now they are suffering from sore legs. However, they will be ready for the Feb. 2 meet against Ohio State."

The only thing that is bothering the Lion mentor is this weakness among the sprinters.

Despite this the Lions have potential scorers in every event, and according to Lucas, a coach couldn't ask for much more. To substantiate his point Lucas points to the fact that the Lions managed to cop eight first places out of the 13 events.

Pacing the harriers were Bob Manniello, Tom Bedick, Howie Deardorff and Zenon Kwozko who combined their skills in winning the mile relay in 3:33.

Adding blue ribbons in the track events were Bob Grantham, 10.8 in the 80-yard high hurdles, and Kwozko, who ran the 440 in 52.8.

The quartet of Dick Lampman, Lionel Bassett, Bedick and Deardorff took first place in the distance medley with a time of 10:47.

First places were won in the field events by Tom Urbanik, who threw the shot 49-5; Fraser Casey, who high jumped 6-4, and Ci Risoldi, whose 13' jump was good enough to win the pole vault. —By Ed Carpenter.

Attempted Basketball Bribe Charged

LOS ANGELES (AP)—A complaint charging attempted bribery was issued yesterday against a man accused of offering a University of Washington basketball player \$1,000 "to miss a few buckets."

said the bribe was offered Friday night outside the Sports Arena, just before the Washington-Southern California game.

Investigators said David M. Donahue, 29, a truck driver approached Larry Sharp, 21, of Washington, and offered him \$500, then raised it to \$1,000.

The district attorney's office

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Positions as Resident Counselors in Residence Halls for Men for the Fall Term, 1963

Opportunities:

Positions are available to students of the University of junior (sixth term) or higher and graduate students. The positions offer a challenge to mature young men who enjoy guiding and influencing undergraduate men in their personal development.

Duties:

Foremost among the varied duties of the Resident Counselor are:

- advising and referring students
- supervising the resident group
- stimulating group activities
- fostering student group government

Qualifications:

Applicants must be single and 21 years of age by September 1963. Demonstrated competence in working with people, sound scholarship (2.3 All-U), and a sincere desire to work with college-age students rank as desirable qualifications. Primarily, however, the University is seeking men who possess personal qualities and characteristics which make possible satisfactory relationships with students.

Remuneration:

Resident Counselors receive room and board in return for their services for the first year. After one year's service (three terms), the Resident Counselor receives room, board, and one-half of the University fees each term. Graduate students receive room, board, and tuition. Non-resident fees are remitted for Resident Counselors selected from outside of Pennsylvania.

Application:

Apply in 109 Old Main. Application deadline is March 1, 1963.

Pirates Sign 5-Year Spring Training Pact

PITTSBURGH (AP)—The Pittsburgh Pirates announced yesterday they have signed a five-year contract to conduct spring training at Fort Myers, Fla.

A Pirate spokesman said the contract starts this season and runs through the 1967 season. The spokesman said a release clause has been included for the last two years of the pact, in case the Pirates want to withdraw from the city after 1965.

MAUL THE MOUNTIES