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ISO

INTERNATIONAL ORGANIZATION FOR STANDARDIZATION

ISO RECOMMENDATION

R 378

GYMNASTIC EQUIPMENT

PARALLEL BARS

1st EDITION
December 1964

For each individual country the only valid standard is the national standard of that country.

Printed in Switzerland

Also issued in French and Russian. Copies to be obtained through the national standards organizations.

BRIEF HISTORY

The ISO Recommendation R 378, *Gymnastic Equipment. Parallel Bars*, was drawn up by Technical Committee ISO/TC 83, *Gymnastics and Sports Equipment*, the Secretariat of which is held by the Deutscher Normenausschuss (DNA).

Work on this question by the Technical Committee began in 1956 and led, in 1961, to the adoption of a Draft ISO Recommendation.

In December 1961, this Draft ISO Recommendation (No. 486) was circulated to all the ISO Member Bodies for enquiry. It was approved, subject to a few modifications of an editorial nature, by the following Member Bodies:

Austria	India	Spain
Bulgaria	Japan	Switzerland
Denmark	Netherlands	Turkey
France	New Zealand	United Kingdom
Germany	Pakistan	U.S.S.R.
Greece	Poland	

No Member Body opposed the approval of the Draft.

The Draft ISO Recommendation was then submitted by correspondence to the ISO Council, which decided, in December 1964, to accept it as an ISO RECOMMENDATION.

ISO Recommendation R 378 December 1964

GYMNASTIC EQUIPMENT

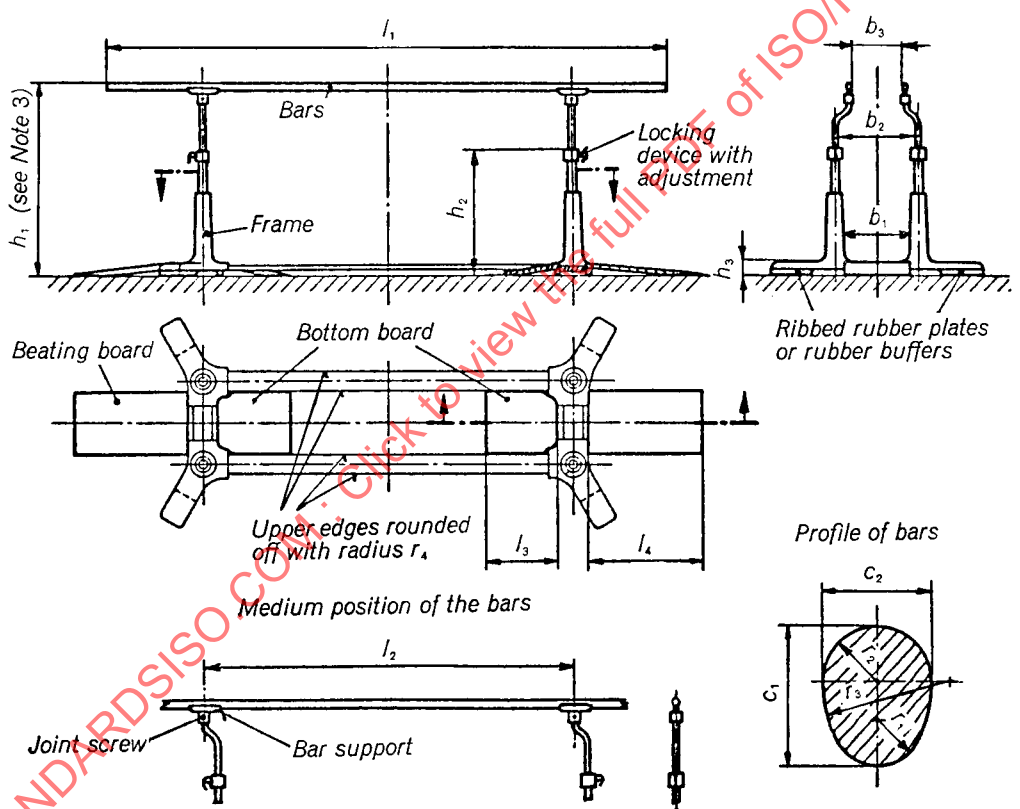
PARALLEL BARS

FOREWORD

This ISO Recommendation has been elaborated in co-operation with the International Gymnastic Federation (IGF). It concerns gymnastic equipment the use of which is recommended for international competitions.

1. SHAPES AND DIMENSIONS

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



NOTES

1. Material for bars: wood or wood with reinforcing core, e.g. steel, to prevent breakage.
2. The height and side adjustment device of the bars should be constructed so that its efficiency will not be diminished during use.
3. The height of the bars should be adjustable up to the value of h_1 (see Table), in steps of 50 mm = 1.968 in (exact corresponding value) or $1\,{}^{15}/_{16}$ in (permissible rounded value).
4. It should not be possible for the joint screws to work loose. Screw heads and joint screws should not stand out, in order to avoid all possibility of injuries by contact with them.
5. The bottom board should remain immovable after having been placed in position.