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R 380 withdrawn 1980

GYMNASTIC EQUIPMENT

RINGS

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BRIEF HISTORY

The ISO Recommendation R 380, *Gymnastic Equipment. Rings*, 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. 488) 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 380 December 1964

GYMNASTIC EQUIPMENT

RINGS

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.

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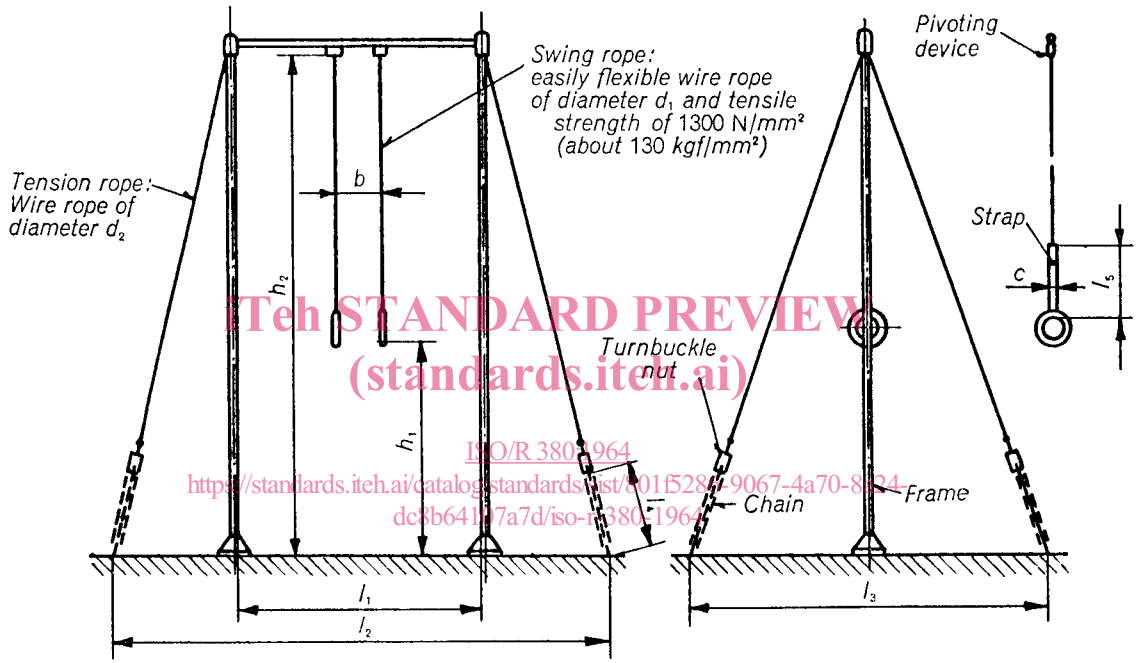
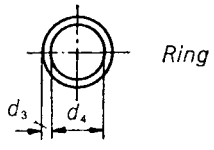
1. SHAPES AND DIMENSIONS

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



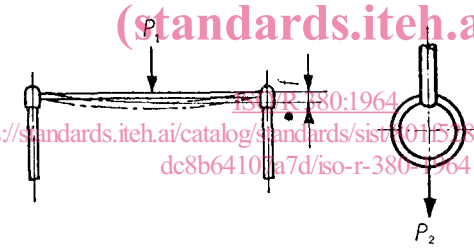
NOTES

1. Material for swing rope and tension rope: steel;
   strap: leather or other materials having equivalent properties.
2. Between swing rope and ring, a leather belt with sewed ends should be provided, having the following dimensions: length l_5, width c and thickness of simple belt = 4 mm = 0.157 in (exact corresponding value) or $^5/_{32}$ in (permissible rounded value).
3. Each swing rope should be fitted with a continuous vertical adjustment adjacent to the pivoting device.
4. The swing ropes should be supported so that they may be easily turned at their points of suspension in the direction of movement required. A pivoting device (weighing not more than 600 g) should be provided between the suspension device and the swing ropes in order to permit turning of the ropes about their longitudinal axis.
5. The swing ropes should not kink when not loaded.
6. Material for ring: hardwood.
   Finishing of ring: left natural.



Symbols	Dimensions in millimetres	Corresponding dimensions in inches	
		Exact values	Permissible rounded values
b	500 ± 5	19.685 ± 0.196	$19\ ^{5}/_{8} \pm\ ^{1}/_{8}$
c	35	1.377	$1\ ^{3}/_{8}$
d_1	5 to 6	0.197 to 0.236	$^{3}/_{16}$ to $^{15}/_{64}$
d_2	6 to 7	0.236 to 0.276	$^{15}/_{64}$ to $^{9}/_{32}$
d_3	28 ± 0.5	1.102 ± 0.0196	—
d_4	180 ± 1	7.086 ± 0.039	$7\ ^{3}/_{32} \pm\ ^{1}/_{32}$
h_1	2500 max.	98.425 max.	$98\ ^{1}/_{2}$ max.
h_2	5500 ± 10	216.535 ± 0.394	$216\ ^{1}/_{2} \pm\ ^{3}/_{8}$
l_1	2800 ± 10	110.236 ± 0.394	$110\ ^{1}/_{4} \pm\ ^{3}/_{8}$
l_2	5500	216.535	$216\ ^{1}/_{2}$
l_3	4000	157.480	$157\ ^{1}/_{2}$
l_4	500 max.	19.685 max.	$19\ ^{5}/_{8}$ max.
l_5	700 ± 10	27.559 ± 0.394	$27\ ^{1}/_{2} \pm\ ^{3}/_{8}$

2. INSPECTION TEST



2.1 Suspension and pivoting devices, as well as the swing rope, should be subjected to a test load of $P = 3000$ N (about 300 kgf). Each of the four connections between support and tensioning device, as well as the device for attachment to the floor, should be tested under a load of 6000 N (about 600 kgf). There should be no lasting deformation after the release of the loads.

2.2 The ring in operation should be able to carry a load of $P_2 = 2500$ N (about 250 kgf) without developing a lasting deformation. The load should be applied on a surface of approximately the width of a human hand.

2.3 At a proof stress $P_1 = 1350$ N (about 135 kg) acting on the centre of the cross piece,

the deflection of the cross piece should be not greater than

$f = 5$ mm

$= 0.197$ in (exact corresponding value).

After removal of the load, the bar should return to its straight position.

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