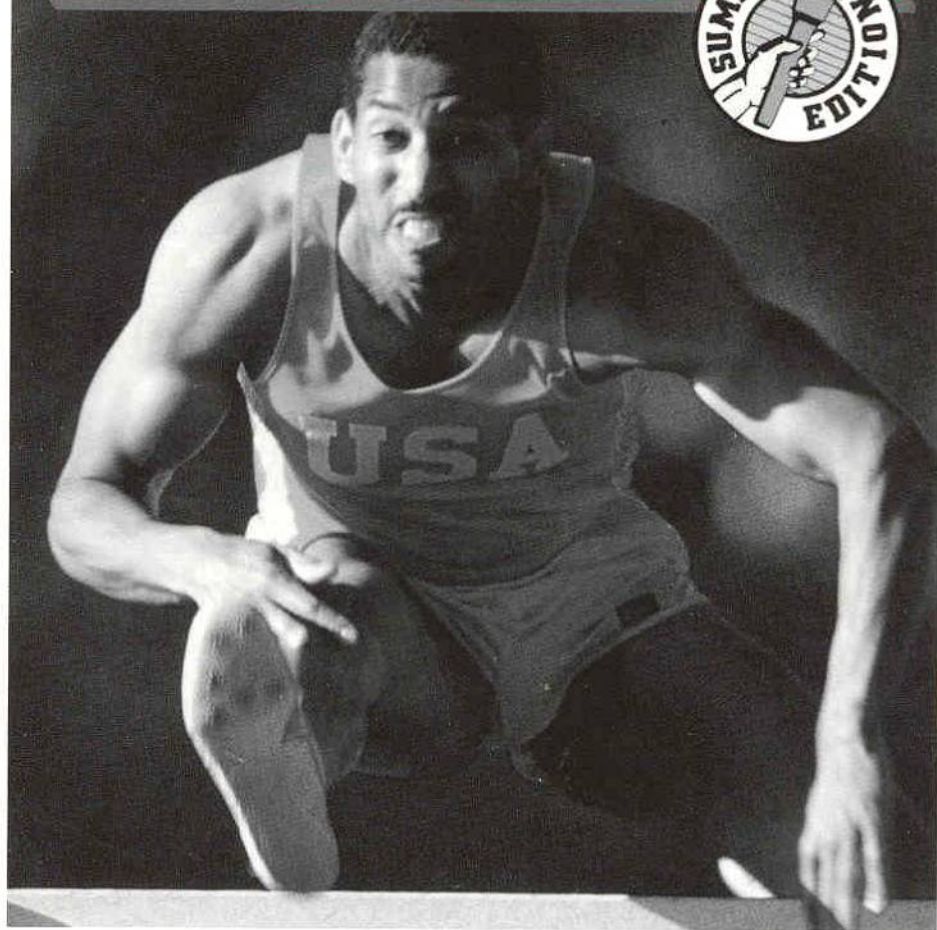


EPYX®

THE GAMES



Coaching Book
for Commodore 64®/128™

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Introduction

No words connected with sports stir more excitement and anticipation than "Let the Games Begin!" With this exhortation—delivered every four years in a different tongue at a different international site—the drama of a new Olympiad unfolds.

Yet the modern Olympics have been threatened by politics and controversy from the start. During the early decades of competition, countless editorials were written, worldwide, calling for an end to the Games...

At London in 1908 the Russians tried to prevent the Finns from displaying the Finnish flag; the English squabbled with the Irish over the same issue... During Prohibition, the French refused to come to Los Angeles until a special dispensation was arranged allowing them their wine... Jews understandably demanded a boycott of the 1936 Berlin Games... The 1940 Olympics, scheduled for Japan, were awarded to Helsinki when Japan invaded China—then canceled when Russia invaded Finland.

Still, the bright moments prevailed. The Melbourne Olympics of 1956 followed the suggestion of a 17-year-old Chinese boy and let the athletes march intermingled in the closing ceremonies—an eye-misting spectacle of human unity. And few who were at the sweltering Games in Rome in 1960 will forget the image of the Pope pastorally following the canoe races from a window of his summer palace.

Despite predictable adversities, most of the world's finest athletes continue to come, each committed to a dream. And mixed with their determination, always, is the unmistakable aura of fellowship—as if the world might after all find the answers it seeks in the ever-renewed, ever-fresh ideals of its young.

We hope The Games: Summer Edition captures for you a hint of the thrill that is Olympic competition. Good luck!

System Requirements

You will need the following components to play The Games: Summer Edition:

- Commodore 64 or 128 computer
- One floppy disk drive
- A compatible monitor or television
- One joystick (second joystick optional)

Loading the Program

1. Set up your system and plug your joystick into joystick port 2.

Note: You can use two joysticks for two-player competition in Velodrome Cycling. When playing that event, plug a second joystick, if you have one, into joystick port 1.

2. Turn on the system. (For Commodore 128, hold down the **C** key when you turn on the system to set it to C64 mode. Or type GO 64 at the prompt and press **Return**. When the prompt reappears, type YES.)
3. Insert The Games: Summer Edition Disk A (front) into the drive, label side up.
4. Type LOAD "*",8,1 and press **Return**. (Or, if you have an Epyx Fast Load cartridge, hold down the **C** key and press **Run/Stop**.)
5. The Games: Summer Edition loads. You see a series of colorful illustrations giving you the flavor of South Korea and the stadiums where the Games are held. Then you see the title screen, and finally, the Village Map.

Note: To bypass these opening scenes, press the joystick button. This takes you to the Village Map.

Pre-Game Screens

Nine choices appear on the Village Map. They are:



Diving



Uneven Parallel
Bars



Rings



Hammer Throw



Velodrome Cycling



Hurdles



Pole Vault



Other Options



Archery

You can now choose between competition play and practice play. (In practice play, your scores aren't saved and no medals are awarded.) For practice play, move the joystick handle to select one of the events, then press the joystick button. For competition play, highlight Other Options. Then press the joystick button.

Practice Play

1. For each event you want to practice, move the joystick handle to move the torch to the appropriate game event icon on the Village Map.
2. Press the joystick button to practice that event. After you've completed your practice round, you'll be asked whether you want to play the event again. Select Yes and press the joystick button to return to the same event. Select No and press the joystick button to return to the Village Map.

Other Options Menu

Selecting Other Options gives you the following six choices:

- Change Names
- Opening Ceremonies
- Compete in All Events
- Compete in Some Events
- View World Records
- Return to Village

Change Names

This option gets you started in the Games competition. Select Change Names and press the joystick button. A screen invites you to type in the names of your contestants and to designate the flags of their countries. Follow these steps:

1. Type in the name of the first contestant. Press **Del** to erase any mistakes.
2. The screen shows you the flags of three countries at a time (a total of 18 countries), with the center flag highlighted. Move your joystick left or right to select your chosen country. Press the joystick button to hear the national anthem for that flag.
3. Press **Return** to enter the next contestant's name.

Note: You can have team play by selecting the same flag for more than one contestant.

4. Use the cursor keys to edit. When you finish entering your list of contestants, press the **F7** key to return to the Other Options screen.

See Opening Ceremonies

Highlight this option and press the joystick button to replay the opening sequence. Press the joystick button to return to the Village Map, or wait until all the credits appear and then automatically return to the Village Map.

Compete in All Events

If you choose Compete in All Events you automatically go through all eight events. Follow the instructions given in this manual for playing each event.

Compete in Some Events

If you select Compete in Some Events, you are shown the Village Map. For each event in which you want to compete, move the torch to the appropriate

event icon. Then press the joystick button to highlight each event that you wish to compete in. After you've selected your events, highlight the Other Options icon. You will then automatically be taken to each of the events you selected. Follow the instructions given in this manual for playing each event.

Note: During an event, press the **Restore** key whenever you want to stop play and return to the Village Map.

View the World Records

When you select this option, you see The Games: Summer Edition world record for all events.

Return to Village

Select this option to return to the Village Map.

Game Play Screens

When a message appears asking you to insert a different disk side, remove the disk in your drive and insert the disk corresponding to the side needed. (The front side of the disk is labeled; the back side is not.) Then press the joystick button to see the opening screen for the event in which you will compete or practice.

Once you've played a competitive event, a screen appears telling you what previous world record was set with this computer game as well as the current world record, if any. Press the joystick button to start the next event.

Ending Screens

After you've played all the competitive events chosen, a screen appears listing the medal-winning countries. A second screen automatically appears listing previous and current world records.

The Final Standings screen shows you the name of each contestant, followed by the number of gold, silver, and bronze medals won, as well as the total points scored (Gold = 5 pts., Silver = 3 pts., Bronze = 1 pt.). Then the award ceremonies will come on, featuring the leading medal-winning countries.

Note: If more than one player chooses the same country, the medals are combined in determining the medal-winning countries. This feature allows you to compete as teams.

Memorable Moments. . .

Imagine standing at one end of a football field and shooting arrows at a target on the opposite goal line. That's what Olympic archers must do in the traditional 90-meter event!

Archery joined the Olympic sports roster in 1900 at the Paris Games. That year, Belgian and French bows dominated, with Hubert van Innis of Belgium walking away with two gold medals and a silver draped on his quiver. In 1904, USA's Rev. Galen Spencer, at age 64, became the oldest-ever archery gold medalist.

Among the leading female competitors at the London Games in 1908 was Great Britain's Charlotte Dod, who captured the silver. One of the greatest sportswomen of her day, Dod was five-time women's singles champion at Wimbledon, represented England in hockey, and held the British women's golf crown.

After the 1908 Games in London, archery dropped for more than 60 years, not appearing again until the Munich Olympics of 1972. At Munich, John Williams, an 18-year-old army private from Pennsylvania, captured the "gold." Williams broke the single-round world record despite cleanly missing the target with his first arrow.

Early bows were of the simple design we associate with Robin Hood. Today they are extremely sophisticated—featuring bow sights, bowmarks, foresights, and stabilizers.



ARCHERY

In this event you control the pull of the bow, while compensating for the wind speed and direction indicated by the windsock. You'll shoot three arrows into a target 90 meters away. You will have 1 1/2 minutes for the event.

Joystick Controls

1. Press the joystick button to pull back on the bow. Reduce or increase the amount of pull on the bow by moving the joystick handle to the left or right.
2. Press the joystick button again once you've pulled back on the bow. This brings up a close-up window giving you the bow sight in relationship to the target.

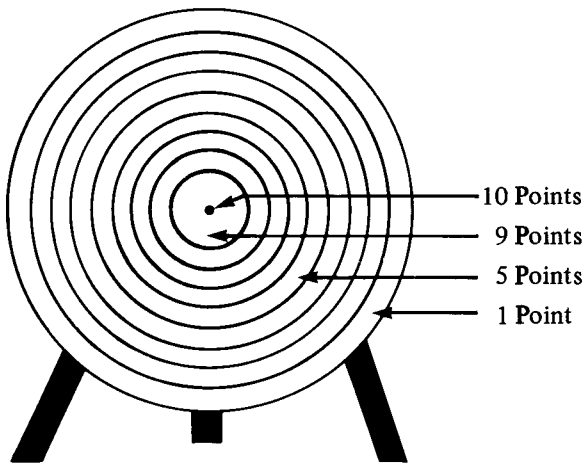
Note: Once you press the joystick button in step 2, you cannot readjust the pull on the bow.

3. Line up your arrow with the target by moving the joystick handle.
Compensate for the wind factor as indicated by the windsock.
4. When you're ready to release the arrow, press the joystick button.

Note: After you shoot an arrow, a close-up of the target appears, showing you where you shot your arrow. In the upper right window, you'll see the time that is left to shoot your remaining arrows and your score so far in this round.

Scoring

The illustration below describes the scoring. Arrows landing on the dividing line between two color zones earn the higher score. If you fail to shoot all your arrows within the 1 1/2 minutes allotted, you will only be scored for those arrows you did shoot.





Chalk Talk

All right, archers, you'll have just a minute and a half to shoot three arrows a distance of 90 meters. So, if you're dreaming "gold," you've got to be cool under pressure and make every arrow count.

There's a gusting wind out there so keep your eye on the windsock and adjust your sights to compensate. Better yet, wait for lulls in the wind (when the sock is hanging limp) before sighting-in and shooting.

Also watch your bow tension—the harder you pull, the higher your arrow's line of flight. Practice drawing the bow, sighting-in, and releasing until they all seem part of one movement. That's the way to gain skill and confidence.



Think Gold!

- Be aware of wind speed and direction at all times.
- Develop a fluid "one-movement" shooting style.
- Concentrate on the bull's-eye, not the clock.

Memorable Moments. . .

Old World sportsmanship marked the 100-kilometer cycling race at the first modern Olympics in Athens in 1896. The event, run on an outdoor cement oval, fielded but two entries—a Greek and a Frenchman named Leon Flemeng. When the Greek's cycle broke down, Flemeng graciously stopped and waited until it could be replaced. Flemeng went on to win easily, but not before taking a tumble himself.

During the 100-kilometer road race at the Berlin Games of 1936, Frenchman Guy Lapebie inexplicably slowed down at the finish line. A photograph later showed teammate Robert Charpentier pulling Lapebie back by his shirt.

The first time Olympic cycling was held indoors (Montreal 1976), Czech Cyclists got off to a bad start. All of their wheels and spare tires were inadvertently picked up by garbage collectors and fed into a trash compactor. On a borrowed bike, Czech Anton Tkac captured the gold in the 1000-meter sprint, streaking across the finish line at 42 miles per hour.

The turning point in woman's cycling came in 1984 at the Los Angeles Games. For the first time in Olympic history, a grinding road race was included, with rivals Connie Carpenter-Phinney, and Rebecca Twigg of the USA finishing first and second, respectively. The addition of the match sprint event at the 1988 Seoul Games at last brought women's cycling to the international spotlight.

In all, nine individual and team events comprise Olympic cycling competition; they range from sprints to road races, the longest (in 1912) covering some 200 miles.



VELODROME CYCLING

This velodrome cycling event is a 1,000-meter sprint, where two riders start on a 333 1/3 meter track. At the starting gun, the contestants go slowly through the first two laps, jockeying for trailing position. Then, at the ringing of the bell marking the beginning of the third lap, they break away and race through to the finish. The first contestant across the finish line wins.

You can choose between racing against a computer opponent or another individual. (You'll need a second joystick to play against another individual.)

Joystick Controls

Computer Opponent/Tournament Play

1. Your first screen asks you whether you want Tournament Play or Computer Opponent Play. Tournament Play requires two joysticks (the bottom screen = joystick 1/top = joystick 2). Computer Opponent Play requires only one joystick. (You're the competitor with the red jersey on the top screen.) For a one-player game select Computer Opponent. Then press the joystick button.
2. If you're in competition play, a screen gives you the name of the contestants and their countries. Press the joystick button.
3. This brings up a screen split in three sections that shows an aerial view of the track on the right, with dots showing the relative positions of the two cyclists.
4. To start, press the joystick button and wait for the sound of the starting gun. (If in Tournament Play, both players must press their joystick buttons.)
5. Move the joystick handle up and down to start racing. Your opponent will automatically start racing.
6. To increase your speed, move the handle up and down more vigorously.

Note: If you follow closely behind your opponent, you will hear a "shhh" sound, indicating that you are "drafting." Following an air stream means less pedalling for you!

7. Move to the left or right of the track by moving the joystick handle left or right.

Note: Underneath each cyclist's window is a bar indicating the cyclist's strength. This bar flashes when you win.

8. You'll be timed during the final lap as indicated by the bell. At the end of the race, the finishing times of both players are given.

Scoring

The cyclist who finishes first in a single heat wins that race. However, in the case of multiple player and computer opponent competitions, the time of the final lap is used as tie-breaker.



Chalk Talk

Whether you compete against other players or the computer cyclist, there are tactics you can use to come out a winner in this three-lap race. But first a caution about stamina. Only by pacing yourself will you have that spurt of reserve speed to call on when you need it most—in the stretch.

One way to conserve strength is by “drafting”—letting your opponent’s airstream pull you along until you’re ready to make your move. To “draft,” get behind your rival by turning up into the slope momentarily. This will slow you down. As your opponent scoots by, turn back down and follow closely in the drafting position.

Throughout the race, you can monitor your fatigue factor—along with your opponent’s—by watching the endurance bars under your racer. The larger the bar the more memory you have. If you begin to tire, move the joystick handle faster to maintain your speed. Watch (and listen) for the bell that signals the final lap. Judge your reserve, then sprint for the finish!



Think Gold!

- Be cagey. Learn to pace yourself.
- “Draft” on your opponent whenever possible.
- When playing against the computer opponent, wait for him to start. This will let you start “drafting” sooner.
- Stay to the inside of the track!

Memorable Moments. . .

Few sports generate more tension among competitors and spectators than Olympic diving. In less than a second a dive can go wrong, often taking all hopes for the "gold" with it.

At the Tokyo Games in 1964, U.S. Navy Lieutenant Frank Gorman outscored the field on nine of his ten dives. His one miss, a two-and-a-half somersault, came in the ninth round and cost him the championship.

USA's Greg Louganis swept the men's "gold" at Los Angeles in 1984, winning both the springboard and platform competitions. The feat was achieved only once before in Olympic history, by Peter Desjardins (USA) at the 1928 Games in Amsterdam. Standing just 5 feet 3 inches tall, Desjardins was fondly known to his fans as "The Little Bronze Statue from Florida."

Among women divers, USA's Pat McCormick holds the gold-medal record with four, having won the springboard and platform events at Helsinki (1952) and Melbourne (1956). Pat's performance in Australia stunned the world: barely five months earlier, she had become a mother!

Diving became an Olympic event for men in 1904 at the St. Louis Games, and for women in 1912 when the Olympics were held in Stockholm.



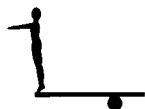
DIVING

This event begins with a diver on the board ready to start his dive. You'll make three dives, and each dive will be scored by five judges. The more difficult dives are worth more points if you make them properly. During practice play, your dives are evaluated. Note that a wheel is located under the diving board. The closer this wheel is to the diver, the more spring he can get on the board and the higher he can jump.

Joystick Controls

Moving the Diving Wheel

1. Press and hold down the joystick button while moving the joystick handle to the right to bring the wheel away from the pool.
2. Press and hold down the joystick button while moving the joystick handle to the left to bring the wheel closer to the pool.



Doing Forward Dives

1. Start a forward dive by moving the joystick handle to the left.
2. After several steps, the diver will begin his jump to spring off the board. Holding the joystick handle down just prior to the diver landing on the board will give you added height to the dive. The longer the joystick is held down, the higher will be the jump.
3. Select the joystick sequence you need for the dive you want, as given below.

Type of Dive

Joystick Control

Swan Dive

Move the joystick handle up, then down to enter the water.

Normal Forward Dive

Move the joystick handle to the left until the diver enters the dive. Then pull the joystick handle down to enter the water.

Type of Dive

Joystick Control

Forward Somersault

Move the joystick handle to the left and release just before the diver makes a complete somersault. Then pull the joystick handle down to enter the water.

Front Pike

Move the joystick handle to the left at the same time you press the joystick button. Then pull the joystick handle down to enter the water.

Forward Twist

Move the joystick handle up at the same time that you press the joystick button, but release just after the diver completes a half twist. Then pull the joystick handle down to enter the water.

Normal Reverse

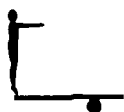
Move the joystick handle to the right, then pull the handle down as the diver enters the dive. Then pull the joystick handle down to enter the water.

Reverse Somersault

Move the joystick handle to the right and release just before the diver makes a complete somersault. Then pull the joystick handle down to enter the water.

Reverse Pike

Move the joystick handle to the right at the same time that you press the joystick button. Then pull the joystick handle down to enter the water.



Doing Backward Dives

1. Tap the joystick handle to the right. The diver will walk to the end of the board.
2. When the diver nears the end of the board, pull the joystick down and hold to stop the dive.

3. Release the joystick handle and go into a joystick sequence for the dive you want, as given below.

Type of Dive	Joystick Control
Back Layout	Move the joystick handle up, then pull down to enter the water.
Outside Dive	Move the joystick handle to the left. Release it just before the diver starts a somersault. Then pull the joystick handle down to enter the water.
Inside Dive	Move the joystick handle to the right. Release it just before the diver starts a somersault. Then pull the joystick handle down to enter the water.
Back Somersault	Quickly move the joystick handle to the left and release just before the diver completes one revolution. Then quickly pull the handle down to enter the water.
Inward Back Pike	Move the joystick handle to the right while pressing the joystick button. Then pull the joystick handle down to enter the water.
Outside Back Pike	Move the joystick handle down and quickly move it to the left while pressing the joystick button. Then pull the joystick handle down to enter the water.
Back Twist	Press the joystick button at the same time that you move the joystick handle up. Then pull the joystick handle down to enter the water.
Inward Somersault	Move the joystick handle to the right and release before the diver completes one revolution. Then pull the joystick handle down to enter the water.

Different Variations of a Dive

You may want to try different ways of making the same dive. You'll need to practice your timing on releasing the joystick movements. The table below shows some of the kinds of dives that are possible:

Forward Dives:

Forward Dive	Twist
Reverse Dive	Forward Somersault
Outside Dive	Forward Quadruple Twist
Inside Dive	Forward Pike
Swan	Reverse Pike

Backward Dives:

Forward Dive	Twist
Reverse Dive	Outside Somersault
Outside Dive	Inside Somersault
Inside Dive	Outside Pike
Layout	Inside Pike

Different Dive Combinations

Try combining dives by quickly activating a second dive after you've started the first. For example, you can combine a back twist that changes into a back somersault by moving the joystick handle down, and then quickly moving it up at the same time that you press the joystick button. Then, as the diver goes into his twist, quickly move the joystick handle to the left. It will take practice for you to get the coordination and timing to work well together.

Scoring

Five judges evaluate your dives. Each assigns a number from 0.0 to 10.0 to your dive, with 10 being the highest possible score. The ratings take into consideration such things as:

- quality of dive execution
- the number of combinations in a single dive
- the height of the dive
- the quality of the diver's entry into the water



Chalk Talk

In the springboard competition, you'll work from a board 9 feet 10 inches above the water and perform three dives. These you select from a menu of 16 dives.

The judges score each of your efforts based on the difficulty of the dive and smoothness of your execution. The trick is to put together dive combinations that show your master of this event. That is, devise the hardest dives that you sense you can do well—and practice, practice, practice.

Concentrate on timing. It takes less than a second for a dive to go wrong. A single mistake in judgement can often knock you out of contention—even when you seem comfortably ahead on points. And remember, perfect your entry! Most judges tend to award the highest score to the smallest splash.



Think Gold!

- Practice specific dive combinations; make them your specialty.
- Consistently go for height.
- Finish each dive with a short entry into the water.
- Enter the water with minimum splash.

Memorable Moments. . .

The hammer throw is thought to be an outgrowth of the medieval English/Scottish sport of sledge-hammer throwing. Though dominated in recent decades by the Soviets, Olympic hammer-throw medals once went—almost exclusively—to American athletes.

In 1920 at Antwerp, USA's Irish-born Patrick Ryan took the "gold" with a toss of 173 feet 5 inches—nearly 15 feet beyond the throw of silver medalist Carl Lind of Sweden. Ryan's lifetime best throw of 189 feet 6 inches in 1913 would stand as the world record for a quarter century and the USA record for 40 years—until 1953.

During the months prior to the Melbourne Game of 1956, Russia's Mikhail Krivonosov and USA's Harold Connolly battled each other long-distance between Boston and Minsk—each topping the other's best throw. Three weeks before the Games, Connolly (whose left arm was withered at birth) broke the Russian's record by four feet.

Arriving at Melbourne, Connolly surprised his rival and fans by donning ballet shoes for better footing—and secured the "gold" with a record-breaking toss of 207 feet 3 inches. Connolly is equally famous for his Olympic Village courtship of Czech discus champion Olga Fikotova, whom he later married and brought to America.

To date, the Olympic Games have not included a women's hammer-throw event.



HAMMER THROW

In this event a contestant swings a "hammer," a heavy solid ball attached to a steel chain over a meter in length. Standing in a circle a little more than two meters in diameter, he first warms up, rocking the hammer to get the rhythm of the swing. Then he goes into his wind-up, spinning the hammer about his head. Finally, he makes about four or five body turns, moving toward the edge of the circle before releasing the hammer. The distance the hammer travels is the contestant's score, and the best of three throws represents his top score for the event.

Joystick Controls

To play this event, do the following:

1. Press the joystick button to enter the spin phase any time during the warm-up sequence.
2. Increase the hammer travel during the spin phase by moving the joystick handle in a circular counterclockwise direction.
3. Press the joystick button again to enter the revolve stage, where the contestant rotates his body as he revolves the hammer above his shoulders.
4. When you feel that the contestant has reached his top spin speed, press the joystick button to release the hammer.

Scoring

Scoring is based on the total distance traveled by the hammer. You get three attempts at a throw, and the longest distance you obtain in those tries will be the one recorded.

You fault a throw if you do any of the following:

- If you press the joystick button too late for the release, the hammer will make a hole in the fence.

- If you press the joystick button too soon, the hammer will appear to be coming out toward you instead of down the field.
- If you don't press the joystick button before the contestant steps out of the circle, you'll be literally lifted out into the air, showing (humorously) that you've committed a foul throw.
- If the contestant is spinning too slowly during the revolve stage, he will wrap the hammer around himself.



Chalk Talk

The “hammer” is actually a metal ball attached to a grip by a spring-steel wire. It weighs 16 pounds and takes strength and pinpoint timing to throw well. Go through the spin-revolve-release sequence a few times to get the feel of it.

During your spin, you collect speed by rotating the joystick handle slightly faster than the hammer.

Time your release carefully. Try to throw the hammer straight down the field, not right or left. A straight throw could add up to three meters to your distance.



Think Gold!

- Watch your footwork; avoid “on-the-line” fouls.
- Practice and mentally mark your ideal release position.

Memorable Moments. . .

When the 400-meter hurdles became an Olympic event at the Paris Games in 1900, the "hurdles" were actually 30-foot-long telephone poles stretched across the track. To spice things up, a water jump was added just before the finish.

At the St. Louis Olympics of 1904, George Poage of the USA finished third in the event, becoming the first black runner to win an Olympic medal.

One of the most drama-packed 400's took place at the Mexico City Games in 1968. Facing off were world record holder Geoffry Vanderstock of the USA, his teammate Ronald Whitney, Great Britain's lightning runner David Hemery, and Italy's showy Roberto Frinolli. The Italian stripped down to his black bikini athletic supporter, unaware the race was being shown live on USA television. Hemery blistered the track to win by an astonishing eight yards and post a new world record. Frinolli finished a colorful eighth.

Perhaps the greatest of all hurdlers is USA's Edwin Moses, who won 107 consecutive 400-meter events. These included gold-medal performances at the 1976 and 1984 Olympics. The 33-year-old superstar's first loss (in ten years) came on June 4th, 1988 in Madrid when fellow American Danny Harris beat him by a yard.

Women first ran the 400-meter event at the 1984 Games in Los Angeles, where American record holder Judi Brown brought home the "silver."



HURDLES

This event requires the contestant to run 400 meters and clear ten 42-inch high barriers. Each runner runs in his own lane throughout the race. Although you are running against a computer competitor, what counts is not whether you or your computer competitor crossed the finish line first, but what your time is relative to the times of other contestants in the race.

Joystick Controls

1. A screen appears showing two runners walking toward their running lanes. Press and hold the joystick button to get the runners in a "get set" position.
2. Wait until the official's gun sounds before releasing the joystick button. This starts you racing.
3. To increase your speed, move the joystick handle left and right faster, in time with the runner's feet.
4. When you approach the hurdle, press the joystick button to jump.

Note: If your runner is out of step you will stumble or fall over the hurdle and be disqualified. If you hold the joystick button, you'll get a longer jump, but you'll tire more easily.

5. After you finish jumping over all ten hurdles, you dash through the finish line.

Medal-Winning Moves

After completing your first hurdle in competition play, follow these steps:

1. Your runners slow down to a walk after crossing the finish line. Press the joystick button to see the time for this race.

Note: The time for your computer competitor is not shown.

2. Another screen comes on automatically to tell you the name and country of the next player. Press the joystick button for the second race in competition

play. If there are no more contestants for this event, you will automatically bring up the screen for the next event you have chosen.

Scoring

The contestant with the lowest time is the winner. During a race, you may knock down an unlimited number of hurdles without disqualification although your time will be increased. However, you are disqualified if you trip and fall over a hurdle.



Chalk Talk

Hurdles is among the most challenging events, demanding a three-talent blend of speed, spring, and timing.

Getting off “on the right foot” is all-important. This means quickly establishing a rhythm between hurdles that best fits your stride.

You can get a jump on the field by watching the starter: the instant you see his gun fire, take off. Then establish your speed and rhythm so you’ll be at full stride by the first hurdle.

You will conserve strength by keeping your jumps short. The reserve energy will come in handy—after the tenth hurdle—when you sprint for the finish!



Think Gold!

- Work on the stride-jump rhythm that you find most efficient.
- Get out of the blocks fast by watching the starter.
- Keep your jumps short to conserve energy.

Memorable Moments. . .

For 78 years—from the first modern Games at Athens in 1896 to the Munich Olympiad of 1972—the pole vault saw an uninterrupted parade of American athletes.

Winner of the 2 gold medals at London in 1908 was Alfred Gilbert, who cleared the bar at 12 feet 2 inches. A talented magician, Gilbert worked his way through Yale giving magic shows. He later invented the Erector Set, one of the world's best-loved toys.

Japanese teammates Shuhei Nishida and Suel Oe refused to vault-off a second-place tie at the Berlin Games in 1936. Instead, they had the silver and bronze medals cut in half lengthwise and soldered back together so that each had a half-silver, half-bronze memento.

Possibly the most disruptive Olympic pole vault occurred in Moscow at the boycotted Games of 1980. When Poland's Wladyslaw Kozakiewicz was whistled and jeered at by the Soviet crowd, the 3,000 Poles in attendance responded in kind at Soviet vaulter Konstantin Volkov. Another Soviet was ejected for giving teammates illegal signals about wind direction.

Unruffled by it all, Wladyslaw soared to a world-record height of 18 feet 11 1/2 inches. Whereupon he saluted the crowd and Red Army guards with an obscene gesture, and climbed into the stands to join the Poles in a rousing chorus of Poland Is Not Beaten.



POLE VAULT

Pole vaulting is an event where a contestant uses a flexible pole to help him vault over a crossbar supported on two uprights. The crossbar is raised after each round and competitors remain in the contest until they fail to vault over the crossbar at a particular height after three consecutive tries. A competitor races with the pole for about 45 meters toward the uprights and attempts to place the pole in the box at the end of the runway. His momentum vaults him over the top as he lifts his feet over the uprights and turns his body to clear the bar.

Joystick Controls

Follow these steps:

1. Your opening screen will show a pole vault mat. Press the joystick button to begin. The height you are attempting in your vault appears in the upper left-hand corner of your screen. Move the joystick handle up or down to move the bar to the proper height, and press the joystick button.
2. If you're in practice play, raise or lower the bar height to any level you want. If you're in competition play, don't place the bar position lower than the height of the last successful jump. You'll have three attempts to make the height you've selected and cannot select a lower height during those three attempts.
3. Press the joystick button again to race toward the uprights.
4. Move the joystick handle left and right, in time with the contestant's feet in order to increase his speed.
5. After the pole touches the box (but as late as possible), move the joystick handle up.
6. Lift and twist his upper body over the bar by moving the joystick handle to the right at the top of his flight. He will fall to the mat, either clearing the bar, or knocking it off, depending on how successfully you executed these steps.
7. Press the joystick button for the next attempt.

Scoring

You're entitled to three attempts at clearing the crossbar without knocking it off the uprights. In order to win in competition, you must achieve the greatest height. It is counted as a fault if the contestant knocks off the crossbar, fails to leap over the uprights with the crossbar, or breaks the pole.



Chalk Talk

Top speed in your approach will give you the vertical thrust to reach new heights in the pole vault. So use the full runway to gather momentum.

As you draw even with the sign on your left marked “No. 580,” your pole will begin to lower and prepare you for takeoff. When the pole engages and begins to bend, time your push upward for maximum lift. If you wait too long to begin your thrust, the pole will snap, costing you one of your three vaults.

As you fly over the bar, push the joystick right to clear the bar. Time this for maximum height or you will fall onto the bar. Concentrate and you’ll be challenging the record in no time!



Think Gold!

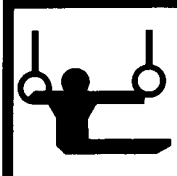
- Practice your lateral-speed-to-vertical-lift timing.
- If you think you can make the lower heights, “pass” on them. (Even at low heights there’s always the chance of a “miss.”)
- Practice your flop over the bar for maximum height.

Memorable Moments. . .

Traditionally the domain of Middle European countries, the men's rings event in recent Olympics has witnessed the powerful emergence of Japanese and Soviet talent. Starting with the Helsinki Games in 1952, the gold medal has gone either to a Soviet or Japanese—the most recent being Koji Gushiken at the Los Angeles Games in 1984.

Rings is a grueling event, demanding great poise, coordination, and strength. It is comprised of compulsory and optional exercises. Each routine must alternate between “swing,” “strength,” and “hold” movements, while keeping the rings as still as possible. Performance is assessed on the basis of difficulty, the graceful linking of routine parts, and correctness of execution.

Gymnasts are among the greatest collectors of Olympic “hardware” because their sport has so many medal-rewarded events. Over three Olympics (1972-1980) Nikolai Andrianov of the USSR amassed a total of 15 medals, the most ever by a male athlete. Of these, seven were gold, including one for a picture-perfect win in the rings at the 1976 Montreal Games.



RINGS

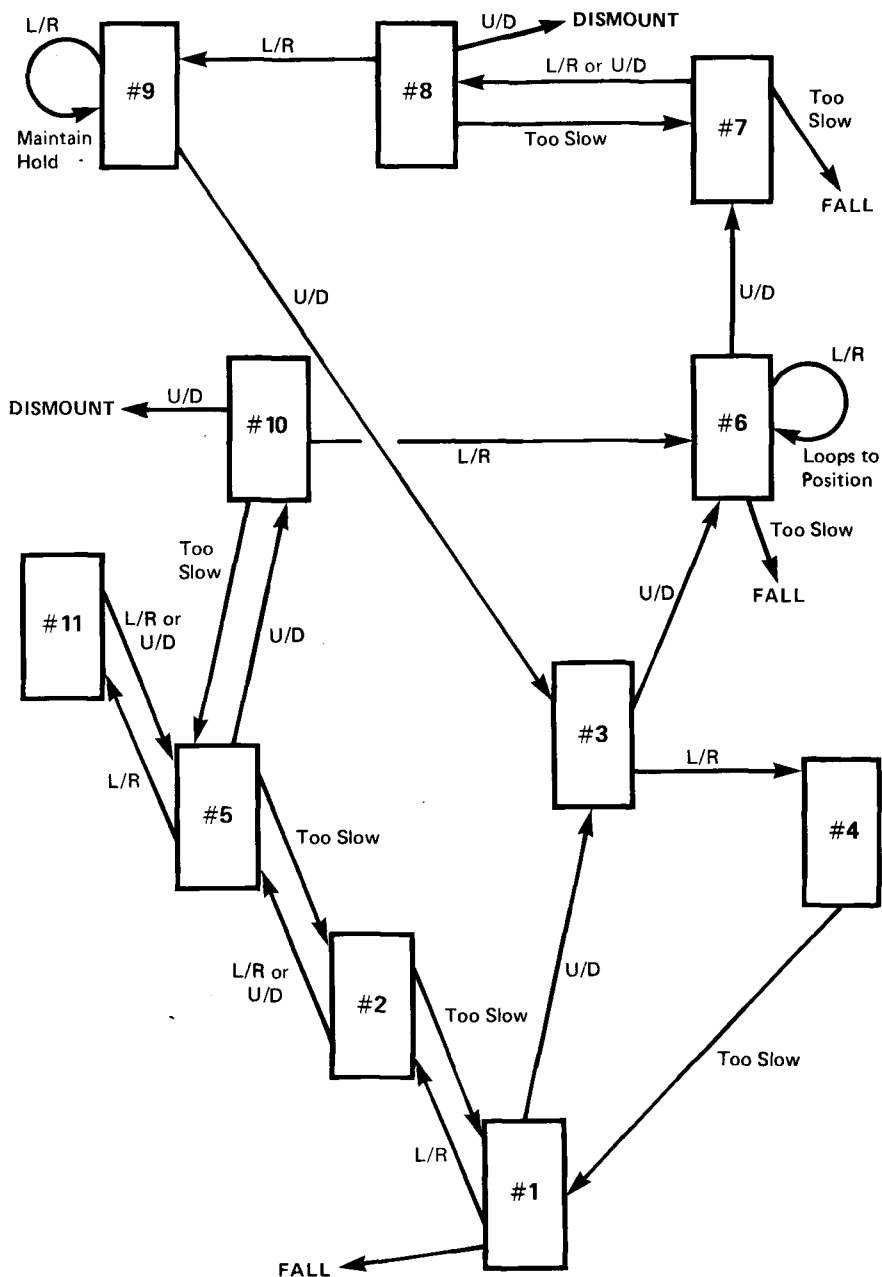
In this event you perform a series of movements as you hold two exercise rings. To score well, you must exhibit both precision and strength, with movements that alternate between swings and holds. You must not allow the rings to swing back and forth on the frame while performing the exercise.

Joystick Controls

Move the joystick handle at different rates of speed to simulate the strength and control you need for this game. The amount of exertion you give the joystick handle will depend on how difficult a particular ring movement is. For instance, you need faster action on the joystick handle for the iron cross movement, since it requires much more strength than a straight hang. Follow these steps to play this event:

1. The opening screen shows your contestant hanging from the rings. At this point you have two move possibilities:
 - If you quickly move the joystick handle left and right, the contestant will go into a front lever position.
 - If you quickly move the joystick handle up and down, the contestant enters a straight arm hang position.
2. Choose your next series of moves from the tree diagram in this section. There are a large number of moves you can make, each with its own level of difficulty. There are also 11 different hold positions you can have.
3. Each time you go to a new hold position on the rings, keep that position for two seconds before moving on to a new position. To do this, repeatedly move the joystick handle either left and right or up and down, depending on the direction of your last joystick handle move to get to that new position.

Diagram of Possible Event Sequences for Rings



<u>Move</u>	<u>Hold</u>
1	Hang
2	Front Lever
3	Straight Arm Hang
4	Iron Cross
5	Pike
6	Left Hold
7	Shoulder Stand
8	Hand Stand
9	Planche
10	Inverted Hang
11	Rear Hang

Medal-Winning Hold Positions

To avoid costly penalties in maintaining hold positions on rings, please note the following points:

- If you fail to move the joystick handle at the minimum level necessary to maintain a hold position, the contestant will fall.
- If your joystick movement is above the minimum necessary to prevent a fall, but below the optimum necessary to maintain a hold, the contestant will exhibit muscle tremors and shake.
- There are three lights at the top of the screen. If you maintain your hold position for two seconds, the left light comes on if you scored an "A" level of difficulty, the center light if you scored a "B," and the right light if you scored a "C." There is also an accompanying low, medium, or high tone sound. When the light and sound come on, go to another move to avoid being penalized for maintaining the hold too long.

Scoring

Each move has a difficulty level as shown in the following diagram. The event is scored on six areas as shown below:

Execution	4.4 points maximum
Difficulty	3.4 points maximum
Combination Moves	1.6 points maximum
Originality	0.2 points maximum
Virtuosity	0.2 points maximum
Risk	0.2 points maximum

Note: If you score less than a 1.0 in difficulty, your execution score will be penalized.

Execution is based on how well each move is done. Each time you exhibit a muscle tremor or hold a position too long or too short, you lose points on execution. A fall automatically results in a zero score for execution.

To get a score for virtuosity (i.e., doing better than expected), you must have a perfect execution score.

Each move has its own rating for difficulty, and is either "A" (easy), "B"

(medium), or "C" (hard). To achieve the maximum score possible for difficulty, you must have two "A" moves, three "B" moves, and three "C" moves. The following moves provide an example of the difficulty scores that are possible.

Move	Difficulty
Handstand to planche	A
Planche to straight arm hang	A
Hang to front lever	B
Straight arm hang to iron cross	B
Lever to rear hang	C
Hang to iron cross	C

If you substitute a move of greater difficulty for one of lesser difficulty, you would earn a higher execution score. For instance, if you have one "A" move, two "B" moves, and five "C" moves, you would still earn 3.4 points for difficulty but you'd earn a higher execution score.

Combination and originality scores are dependent on one another. A high combination score will also result in a high originality score. The reverse is not true, however, since excessive duplication of moves hurts the combination score but not the originality score.

Your score for originality is based on the number of different sequences done, but not on how often they are duplicated.

You will earn 0.1 point for risk for holding a left hold or a shoulder stand for two seconds.



Chalk Talk

Your routine on the rings includes swing, strength, and hold sequences. Assuming good execution, the more complex your moves, the higher the judges will score your efforts.

Also essential for a medal-winning performance is your ability to hold each position a full two seconds before proceeding to the next move. (A tone tells you when two seconds have elapsed.) Remain steady at all times—muscle tremors will cost your points.

Whichever dismount you choose, make certain it is solid. Dismounting is your final move and, as such, remains in the judges' minds as they begin computing your score.



Think Gold!

- Add to your score by performing more than just the required moves.
- Keep the joystick handle moving to avoid muscle tremors.
- Practice your dismount until it is second-nature.
- Do enough moves between holds to light the 'C' level of difficulty. Too many moves is a wasted effort and too few will cost you difficulty points.

Memorable Moments. . .

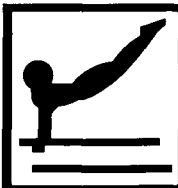
Charismatic performers like the USSR's Olga Korbut (the Munchkin of Munich 1972), Romania's Nadia Comaneci, and USA's Mary Lou Retton have made women's gymnastics super-popular with fans and media.

In fact, it was 14-year-old Comaneci who wrote Olympic history at the 1976 Montreal Games by posting the first perfect scores ("10s") ever awarded. These came for flawless performances on the uneven bars and the balance beam.

Uneven, or asymmetrical, bars is exclusively a woman's event. It consists of one compulsory exercise (which varies by meet) and one optional routine. Included in both are such demanding movements as upward and circular swings, swings to handstand, saltos, and pirouettes. Points are deducted for faults in technique and for elements left out.

Events such as the uneven bars sometimes arouse more nationalistic pride than professionalism among the judges (selected from participating countries). At the Rome Games in 1960, Japan's Keiko Ikeda delivered far and away the most masterful final routine, yet could place no better than fifth. The crowd lustily booed the judges for ten minutes.

The first Olympic competition in the uneven bars was held at Helsinki in 1952. The event has been a regular at the Games ever since, with the "gold" going to such Eastern Bloc greats as Polina Astakhova (USSR); Vera Caslavskya (Czechoslovakia); and Karin Janz (German Democratic Republic).



UNEVEN PARALLEL BARS

For a good performance, an athlete keeps her swing flowing rhythmically throughout her routines. She is judged on her swinging movements, her passage from bar to bar, and how she handles any particularly difficult movements in her sequence. There are seven hold or connection points, with thirteen possible sequences, plus two dismounts and two falls.

Joystick Controls

For this event, you will have four options before starting. You can go into competition play, practice play, demonstration play, or slow play. The last three plays can only be done from the practice play option. A description of the demonstration and slow motion play follows.

Demonstration Play

In demonstration play, you see a demonstration of the uneven parallel bars exercise that results in a perfect "10" from the judges. Get into this play by following these steps:

1. While in practice play, press the **Run/Stop** key. Then press the joystick button. The gymnast will automatically go through her routines.

Note: Just before her feet touch the floor on her dismount, press the joystick button to assure a perfect 10 score.

2. When she is done, press the joystick button to clear the screen for your next exercise.

Slow Motion Play

You can evaluate each move more carefully while in slow motion play. Get into this play by following these steps:

1. While in practice play, press the **C** key. Then press the joystick button. The gymnast will automatically go through her routines in slow motion.

Move No.	Level of Difficulty*	Move
1	A	Straddle Mount Over LB Hand Support
2	D	Extended Body Mount To Handstand LB
3	B	Long Hang Kip Up To Support On HB
4	B	Hip Circle Half Turn Grip Change
5	B	Cast To Handstand Legs Together
6	A	Hip Circle Forward On HB
7	B	Lying Hang Pirouette Straddle To HB
8	D	Cast Uprise Half Turn Grip Change
9	B	Salto Backward Half Twist Dismount
10	B	Long Hang Kip Up To Support On HB
11	C	Swing Stoop Back Kip To Handstand
12	D	Glide Kip Full Turn To Grip Change
13	C	Radochlaroll Full Turn To Hang On HB
14	D	Hip Circle Hecht Turn Dismount
15	C	Underswing Half Turn To Handstand
16	C	Hip Circle Half Turn Flight To HB
17	D	Salto Roll Forward To Hang On HB
18	(Penalty)	Long Swing On High Bar
19	(Penalty)	Double Bounce Bottom Fall
20	(Penalty)	Long Swing on High Bar
21	(Penalty)	Inward Front Support On High Bar
22	(Penalty)	Outward Front Support On High Bar
23	(Penalty)	Reverse Splat Fall Off Low Bar

*where A = 1 point

B = 2 points

C = 3 points

D = 4 points

2. Go through your routine, moving your joystick handle as you would in a game that was not in slow motion play.
3. When you are done with your routine, press the joystick button to clear the screen for your next exercise.

The Initial Move For This Event--The Mount

Your first move is either the straddle mount or the extended body mount. To get into a mount, follow these steps:

1. Press the joystick button to start your approach to the mount.
2. Move the joystick handle up or down. With the Up position, you go into a straddle mount, while with the Down position you go into an extended body mount to a lower bar handstand. You are scored on execution of the moves as well as on one of four levels of difficulty for each move (ranging from "A" for least difficult to "D" for most difficult).

Next Move Options After Your Mount

Use the accompanying tree diagram to determine which sequence of moves you want to make. The following instructions pertain to the preceeding diagram:

1. For each move (except for the mount) move the joystick handle up, down, or to the center position.

Note: You can prevent the Hip Circle Hecht Turn Dismount by holding the joystick button down as you execute the move.

2. The center position will usually produce a hold position or a swing movement.
3. During the dismount, press the joystick button just before her feet touch the floor. (If you fail to do this, your contestant will be penalized for a stumble.)

Note: You have two minutes to complete the exercises on the uneven bars. If your contestant is still performing when time runs out, she falls to the floor. Time is quickly running out when the female observer on the bottom foreground of your screen looks at her watch. At this point, plan your contestant's dismount.

Scoring

At the end of each exercise, you will see a scoreboard that rates the difficulty and composition of the exercise, mentions the specific areas for which you lost points, and gives you a grand total score.

Each judge will score you from 0 to 10 points, based on:

- the average difficulty of the moves
- composition (there must be at least one but not more than three moves from each group)
- technical requirements for the moves (for instance, did the contestant change smoothly between bars or change the direction faced in moving from bar to bar?).

You work with the two bars in continuous action as you move from high to low bar, and vice-versa. You are not allowed any stops and no more than four maneuvers in a row on one bar. You must also make a minimum of ten moves. Except for swings, bar holds, or falls, judges will rate each movement in terms of level of difficulty. The table on the following page summarizes the levels of difficulty for each move. This point evaluation table gives you a perspective on points made and lost.

Basis for Scoring

Performance	Points Earned/Lost
Difficulty of the move*	Range from 0 to +3.5
Composition#	Range from 0 to +6.5
Technical Requirements (Score Deduction)	
Fall	-1.0
Uncharacteristic moves†	Range from -0.2 to -9.9
Exercise too short**	-0.2
Few direction changes (from left to right & vice-versa)**	-0.2
Too few bar changes (from high to low & vice-versa)***	-0.1
Too many moves on high bar	Range from -0.2 to -9.9
Mount value too low	-0.2
No dismount	-0.2
Stumble on dismount	-0.1

*Overall points earned on difficulty results from average of scores of individual moves, with the following values for each level of difficulty per move: A (1 pt.), B (2 pts.), C (3 pts.), and D (4 pts.). However, you can increase the level of difficulty each time one of your movements is connected with the succeeding movement, with no holds, swings, or pauses in-between. An "A"-rated move becomes "B" and a "B" becomes "C." A "C" becomes a "D," and a "D"-rated move stays the same. If you average a difficulty of over 3.5, your difficulty score is limited to 3.5.

**Fewer than ten

***Fewer than eight

#For each type of move executed at least once (but not more than three times), 0.5 point is added to the Composition score.

†When an uncharacteristic move, such as a hold or swing occurs, a disappointing sound is made and 0.2 points are deducted.



Chalk Talk

Listen up. Judges will quickly spot any weaknesses in your routine—a jerky sequence of moves, an exercise that’s too long or too short, a stumble at dismount.

The best way to guard against point deducting mistakes and hesitations is do what Olympic athletes do—plan your routine ahead of time and practice it until you’ve got it down cold. This way you give yourself every chance to be the best you can be.

Watch your initial mount. An upward mount is good, a downward mount is bad. Be sure to complete four moves on one bar before changing to the other. Strive for an uninterrupted fluidity of movement by always knowing your next move and how to get into it. A touch on the joystick button just before landing will give you a perfect dismount.

The girl beside you on the mat is your friend: when time’s running out, she looks at her watch and walks away. If you foul up, you get some consolation: she cries.



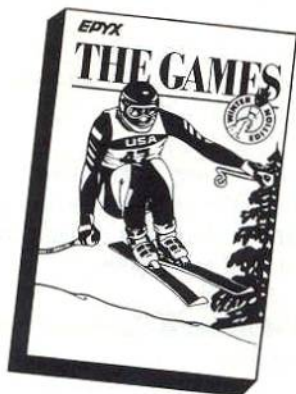
Think Gold!

- Know your routine by heart before mounting.
- Practice in slow motion to develop your routine.
- Watch the tiny scoreboard in the background. It becomes blacker as your composition score gets better.
- Time when you press the joystick button for solid dismounts.
- Dismount when your routine is finished (continuing won’t help your score and could hurt it).
- A “10” is possible.

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