



# College Sport Auckland Gymsports Championships

# 2024 MEN'S ARTISTIC GYMNASTICS MANUAL

Please refer to the Gymnastics NZ MAG Manual for specific requirements referred to in this manual.

[MAG National Programme Manual - GymnasticsNZ](#)

## COMPETITION DIVISIONS

| MEN'S ARTISTIC GYMNASTICS   |   |                    |   |
|-----------------------------|---|--------------------|---|
| Division                    | Eligibility   | Category           | Requirements  |
| <b>A Grade</b>              | Club gymnasts in senior levels with GymSports New Zealand – Level 7, 8, 9, U18 & Senior International | Individual<br>Team | Challenge 8 Optional requirements (Six apparatus)<br>No compulsory routines<br><br>*  |
| <b>B Grade – Open</b>       | Any current competitive gymnasts Level 6 and under.   | Individual<br>Team | Challenge 6 <b>Optional requirements</b> - 6 skills as per the Code of Points.<br><br>No compulsory routines  |
| <b>B Grade - Restricted</b> | Retired competitive gymnasts (Retired at least 12 months) and advanced students.                      | Individual<br>Team | Maximum of 4 from any Element Group Requirements (EGR), 3 EGR's to be met. (A dismount if they choose to perform one.) (Floor, Rings, Vault, Parallel Bars, High Bar). <b>No Pommels</b> . Please refer to the Code of Points for Element Groups. Please note: there is no compulsory vault. Please choose a vault from the MAG Manual or FIG Code of Points. Bonuses will be applied as per vault Level 7 requirements in the MAG Manual.<br><br>* |
| <b>C Grade</b>              | Novice gymnasts and students  | Individual<br>Team | Four routines – floor and vault compulsory, chose two others as set out in this manual.   |
| <b>D Grade</b>              | <b>Novice gymnasts and students</b>   | Individual<br>Team | Four routines – floor and vault compulsory, chose two others as set out in this manual.   |

\*Refer to the current Men's Artistic Gymnastics Programme Handbook for more information [MAG National Programme Manual – GymnasticsNZ](#)

## C GRADE

Four routines are to be performed;

- Floor and Vault are compulsory.
- Please choose 2 other routines to perform as outlined below
- All routines must be from the same level.

Options - in C Grade there are some options in the routines. Please choose the option the student is best able to perform. The judge will award the bonus depending on what options chosen.

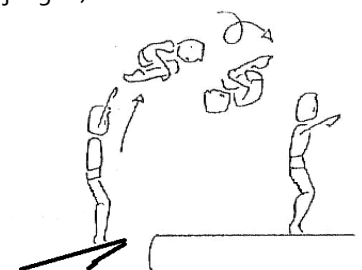
## FLOOR

| C Grade | Handstand Forward Roll   | Dive Roll or Salto                                   | Jump Full Turn | Backwards roll                           | Straddle jump to handstand   | Cartwheel                            | Round off or Round off back Salto        |
|---------|--|--|----------------|--|--|--------------------------------------|--|
|         | From standing step through lunge to handstand forward roll to finish standing. | Option 1: short run to dive roll showing flight (.5) | Jump full turn | Backward roll with straight arms to pike | From pike place hands on floor and jump feet out to straddle. Straddle jump to handstand, step out to join feet. | Cartwheel step turn at end of floor. | Option 1: Round off to rebound jump (.5) |
|         |  | Option 2: short run to front salto (1)               |                |  |  |                                      | Option 2: round off back salto (1)       |

## RINGS

| C Grade | L hold to inverted Hang  | Inverted Pike to Dorsal Hang  | Three swings to Tuck Salto dismount   |
|---------|--|---|---|
|         | From hang lift legs to L hold (2 seconds), with straight legs lift to inverted hang hold (2 seconds) | Lower to inverted pike, lower to dorsal hang, come up with straight legs to inverted hang | Lower to 3 swings to swing through tuck to salto dismount (back, front, back, front, back, front to tuck salto) |

**VAULT**

| C Grade | Tucked Salto   |
|---------|--|
|         | <p>Run to jump off beat board to tuck front salto or layout front salto (landing judged)</p>  |

**PARALLEL BARS**

| C Grade | Two Long Hang Swings   | Assisted mount or Kip  | L Hold                                 | Three Swings to dismount   |
|---------|--|--|--|--|
|         | Jump from beat board to grab in the middle of bars, 2 long hang swings | <p>Option one: dismount at back of swing, assisted mount to hang between bars (.5)</p> <p>Option two: kip to under arm straddle up (1)</p> | Lift legs to L sit hold for 2 seconds. | 3 swings with legs higher than bars to dismount over side of bars to land. (back, front, back, front, back, front, back to dismount) |

**HIGH BAR**

| C Grade | Circle over or Kip   | Cast back hip circle to underswing   | Three long swings to mix grip dismount                                    |
|---------|--|--|---|
|         | <p>Option one: chin up circle over to front support (.5)</p> <p>Option two: Kip to front support (1). From long hang swing to kip or box top to glide/swing kip.</p> | Cast to horizontal, immediately followed by a back hip circle immediately followed by underswing | 3 long hang swings to ½ turn to mix grip swing to dismount on back swing. |

## D GRADE

Four routines are to be completed.

- Floor and Vault are compulsory.
- Please choose 2 other routines to perform.
- All routines must be from the same level.

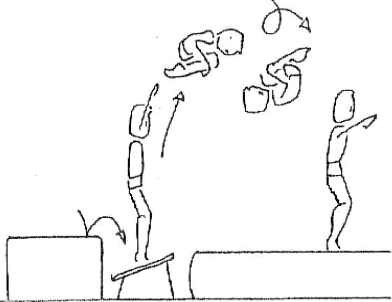
## FLOOR

| D Grade | Handstand                                 | Dive Roll                                   | Scale Balance   | Backward Roll              | Press Ups  | Rear Support, shoulder stand  | Cartwheel.                               |
|---------|---|---|---|----------------------------|--|---|--|
|         | Step into momentary handstand. Step down. | Small run into dive roll. Roll up to stand. | Step forward to hold scale balance (2 seconds) swing to half turn | Backward roll to straddle. | Place hands down, jump feet out to front support, and perform 3 press ups. | Roll over to rear support, lower to L sit lean forward to show stretch. Sit up, roll back to momentary shoulder stand roll up | Cartwheel to side finish. Step together. |

## RINGS

| D Grade | Tuck Hold   | Inverted Hang, Inverted Pike  | Dismount   |
|---------|---|---|--|
|         | Start hanging on rings. Lift legs up to a tuck hold position hold for 2 seconds | Lift to upside down inverted hang hold for 2 seconds lower to inverted pike | From pike lower down to initiate 2 swings to dismount (back, front, back, front, back to dismount) |

**VAULT** - please choose one of the two vaults to perform

| D Grade | Tucked Salto   | Dive Roll   |
|---------|--|---|
|         | <p>Stand on box top, jump off mini tramp to tucked salto to land on crash mat to stand. (landing not judged)</p>  | <p>Run jump off bead board to dive roll, show flight in air. Roll up to stand on crash mat (fat mat).</p> |

**PARALLEL BARS**

| D Grade | L Hold  | Three Swings  | Dismount                         |
|---------|---|---|----------------------------------|
|         | <p>Start up on end of bars. Lift to show a momentary L Hold</p> | <p>Lower legs to initiate 3 swings – feet to reach bar height on back swings.</p> | <p>Swing back to land on mat</p> |

**HIGH BAR**

| D Grade | Circle-up, Two Casts  | Three long Swings                                | Dismount  |
|---------|---|--|---|
|         | <p>Assisted circle-up, cast, followed by second cast (Casts are to minimum height of 45 degrees).</p> | <p>Cast push back to 3 connected long swings</p> | <p>At back of 3<sup>rd</sup> long swing release bar and dismount.</p> |

