



NEW ZEALAND SECONDARY SCHOOLS GYMSPORTS CHAMPIONSHIPS

2018 MEN'S ARTISTIC GYMNASTICS MANUAL

Please also refer to the NZ Secondary Schools Gymsports Championships General Manual and the Men's Artistic Gymnastics Handbook on the GymSports NZ website for more information.

[MAG National Programme Manual - GymnasticsNZ](#)



*“Growing Great New Zealanders through
Gymnastics”*

COMPETITION DIVISIONS

MEN'S ARTISTIC GYMNASTICS			
Division	Eligibility	Category	Requirements
A Grade	Club gymnasts in senior levels with GymSports New Zealand – Level 7, 8, 9, U18 & Senior International	Individual Team	Challenge 8 Optional requirements (Six apparatus) No compulsory routines *
B Grade – Open	Any current competitive gymnasts Level 6 and under.	Individual Team	Challenge 6 Optional requirements - 6 skills as per the Code of Points. No compulsory routines
B Grade - Restricted	Retired competitive gymnasts (Retired at least 12 months) and advanced students.	Individual 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). No Pommels . 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. *
C Grade	Novice gymnasts and students	Individual Team	Four routines – floor and vault compulsory, chose two others as set out in this manual.
D Grade	Novice gymnasts and students	Individual 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.

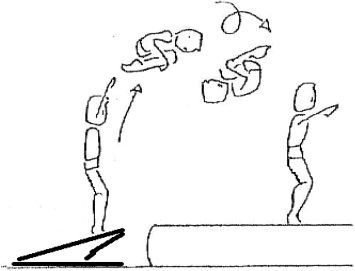
FLOOR

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.

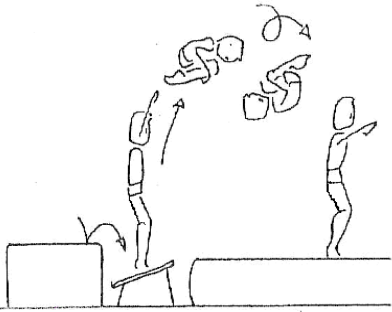
FLOOR

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 3rd long swing release bar and dismount.</p>