

2024 Men's Artistic Gymnastics Whānau Guide

A guide to the national
competitive programme.



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Introduction

This handbook is to provide a guide to the national Men's Artistic competitive programme in New Zealand.

With origins in ancient Greece, artistic gymnastics combines speed, strength, power, and flexibility with tumbling and acrobatic skills, all performed with an emphasis on style. Superhuman strength is displayed as gravity is challenged and limits of physics are pushed in six separate events: floor, pommel horse, still rings, vault, parallel bars, and high or horizontal bar.

Gymnastics NZ

As an International Gymnastics Federation member, Gymnastics New Zealand is the national governing body for gymnastics in New Zealand. We look after the sport across all codes from grassroots, through to high-performance athletes.

Our codes include both men's and women's artistic gymnastics, rhythmic, aerobics, trampoline, and GNZ parkour, and work with technical committees to outline the New Zealand rules and regulations for each one of these codes.

Gymnastics NZ staff support clubs in the operational and technical delivery of the sport, through relationship managers, education, international tours, and head office.

Clubs are required to be a member of Gymnastics NZ to compete in the national competitive programmes.

Strategic Plan 2024-2030

This is the road map outlining what our priorities will be and why.

Our Vision – To be New Zealand's First Choice Sport.

This is a vision that we can measure and be inspired by. Gymnastics is a core foundational sport, whether we are your first sport, or your forever sport. And we believe that gymnastics sets you up for life.

Our Purpose – To Enable Positive Gymnastics Experiences for Everybody.

This purpose both guides and motivates us. Our athletes, volunteers, clubs, officials, and people are the reason we are here. We believe that everybody involved in our sport deserves a positive, enjoyable, fun, experience at every level of sport.

Our Values

These are the key behaviours we believe the organisation needs in order to achieve success for our sport, and should underpin everything that we do. They were designed by our team, based on community feedback and interactions.



Our Strategic Priorities

These are the key outcomes we are looking to achieve by 2030. These outcomes were set by the Board after careful consideration, and feedback from the community through our club hui.

- Growth in participation.
- Thriving club communities.
- Established performance pathways.

We believe these are the three areas of focus that will deliver on our vision to be New Zealand’s first choice sport.

[You can find the full strategic plan on our website.](#)

Gymnastics NZ Strategic Plan - Overview

Our Vision
To be New Zealand’s first choice sport.

Our Purpose
To enable POSITIVE gymnastics experiences for EVERYBODY.

Growth in Participation

Thriving Club Community

Effective Performance Pathways

Our Foundation Principles
Diversity, Athlete Voice, Participant Wellbeing, Environmental Sustainability, Our commitment to uphold the mana of Te Tiriti o Waitangi and the principles of Partnership, Protection and Participation

Our Values
Manaakitanga (care for others, bring alongside)
Manahau (joyful, positive energy)
Rangatiratanga (action, leadership)
Manawanui (steadfast, committed)

Safe Sport

Gymnastics NZ is committed to creating a positive culture within the sport of gymnastics that prioritises the safety and wellbeing of all involved, with particular emphasis on children and young people. This includes both the prevention of harm within gymnastics as well as recognising and responding to concerns, disclosures, and allegations both within and outside of the sport.

It is important that any concerns regarding child safety and wellbeing are raised as soon as possible. This could involve contacting your club safeguarding lead, or by completing a safe sport form on the Gymnastics NZ website. Identifying and addressing concerns early and at the appropriate level is an important part of creating a safe and positive culture within the sport of gymnastics.

Please refer to the [Gymnastics NZ website](#) for more information on how concerns and complaints are handled and for the Gymnastics NZ Complaints Policy, and Safeguarding and Child Protection Policy.

Gymnastics NZ Code of Behaviour

The [Gymnastics NZ Code of Behaviour](#) applies to anyone involved in the sport of gymnastics in New Zealand, whether they are an athlete or in a paid or unpaid/voluntary capacity with Gymnastics NZ or an affiliated club or organisation.

Respect the rights, dignity and worth of every individual athlete as a human being.

Treat everyone equally regardless of sex, disability, ethnic origin or religion. Respect the talent, development stage and goals of each athlete to reach their desired potential.

Protect athletes from all forms of abuse.

Refrain from any form of verbal, physical, or emotional abuse towards athletes. Refrain from any form of sexual or racial harassment, whether verbal or physical. Do not harass, abuse, or discriminate against athletes based on their sex, marital status, sexual orientation, religious or ethical beliefs, race, colour, ethnic origins, employment status, disability, or distinguishing characteristics. Any physical contact with athletes should be appropriate to the situation and necessary for the athlete's skill development. Be alert to any forms of abuse directed towards athletes from other sources while in your care. You must raise any concerns you have regarding the treatment of any athlete by another coach, volunteer, parent etc. in accordance with this code or any other relevant policies and procedures e.g. Safeguarding and Child Protection Policy.

Provide a safe environment for training and competition.

Adopt appropriate risk management strategies to ensure the training and/or competition environment is safe. Ensure equipment and facilities meet safety standards. Ensure equipment, rules, training, and the environment are appropriate for the age, physical and emotional maturity, experience, and ability of athletes. Show concern and caution toward

sick and injured athletes. Allow further participation in training and competition only when appropriate. Encourage athletes to seek medical advice when required. Provide a modified training programme where appropriate. Maintain the same interest and support toward sick and injured athletes as you would the healthy athletes.

Make a commitment to providing a quality service for all athletes.

Seek continual improvement through ongoing education, and other personal and professional development opportunities. Provide athletes with planned and structured input appropriate to their needs and goals. Seek advice and assistance from professionals when additional expertise is required. Maintain appropriate records.

Maintain a high standard of integrity.

Operate within the rules of the sport and in the spirit of fair play, while encouraging athletes to do the same. Advocate a sporting environment free of drugs and other performance enhancing substances with the guidelines of the Drug Free Sport New Zealand and World Anti-Doping Code. Do not disclose any confidential information relating to athletes without their prior written consent.

Be a positive role model for the sport and athletes and act in a way that projects a positive image.

All athletes are deserving of equal attention and opportunities. Ensure the athlete's time spent with you is a positive experience. Be fair, considerate, and honest with athletes. Encourage and promote a healthy lifestyle – refrain from smoking and drinking alcohol around athletes.

Professional responsibilities.

Display high standards in your language, manner, punctuality, preparation, and presentation. Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of sport – this includes opponents, coaches, officials, administrators, media, parents, and spectators. Encourage athletes to demonstrate the same qualities. Be professional and accept responsibility for your actions. You should not only refrain from initiating a sexual relationship with an athlete but should also discourage any attempt by an athlete to initiate a sexual relationship with you, explaining the ethical basis of your refusal. Accurately represent personal qualifications, experience, competence, and affiliation.

Men's Artistic National Programme

The national programme is designed to:

- Provide a systematic development pathway for young gymnasts.
- Develop and promote participation at the basic level.
- Provide enjoyable opportunities for as many boys, youths and adults as possible to participate in gymnastics and to become competitive at a national level or, with a higher level of commitment, to become international class athletes.

The system contains two separate competition streams with a junior compulsory and senior open division. This provides a pathway for development based on an individual's physical ability. The objective is for all gymnasts to attempt to compete within their appropriate age group for as long as possible or to develop into an age group if they start gymnastics at a later age.

The introductory competition program is Level 1. It provides an entry level to allow a no pressure introduction to gymnastics at the lowest level. The aim at this level is to develop abilities based on the Fundamental-Movement Patterns introduced at the introductory gymnastics level to enable progression to the learning of the basic skills and ultimately routines.

Progression Between Levels

The skills set with in the program are the minimum requirements. Whilst the routine is the standard for both the coach and the gymnast in progression and the levels of competition, in no way should it restrain the coach from using their own initiative in the use of supplementary work for the gymnast.

Coaches should ensure that the eligibility of a gymnast for progression from one level to the next is strictly controlled to the extent that a gymnast's ability is commensurate with the level to which he is credited. A gymnast should never be advantaged in competitive gymnastics by the failure of a club to observe the eligibility of such a gymnast for progression in the level of accreditation. Similarly, a gymnast should never be disadvantaged in competitive gymnastics by premature advancement in level accreditation.

Note: A gymnast can begin at any level which the coach feels they are ready for. The Men's Artistic Technical committee advise athletes start at Level 1 and spend **at least one year** at each level to master the skills required and be competitive as they move up level.

Progression through the Levels Programme

A gymnast qualifies at a particular level, that is, becomes eligible to progress to the next level by scoring a total of 60 made up of scores from each apparatus at competitions in one calendar year. The score does not need to be achieved at the same competition.

Note: This score requirement applies equally for progression within the introductory levels program (Levels 1-3) but need not be satisfied if transferring from any of those levels into level 4, or into level 7.

Progression to the next level following qualification is *not compulsory* unless a gymnast achieves the following minimum scores at the Gymnastics New Zealand Championships.

The scores are reviewed annually:

- Level 4 – 64.000
- Level 5 – 64.000
- Level 6 – 64.000

A gymnast may progress through several levels in a season but must compete and qualify at each level; progression is through one level at a time.

International Athletes

Gymnasts must be approved by the MAG Technical Committee to compete in the International Stream and will compete on full FIG requirements.

Levels of Competitions



Competition Composition

Below is the recommend level of competitive each level athlete should attend as well as the type of competition they are competing.

Levels	Competitions available to athletes	Type of Routines
1	Club and Regional Competitions	Compulsory New Zealand routines
2		
3		
4	Club and Regional Competitions and selected for New Zealand Championships	Routines created by coach
5		
6		
7		
8		
9		
U17		
U18		
Senior Open		

Apparatus Warm Up at Competition

Prior to each competition session gymnasts will be allowed to warm-up on the apparatus, which is determined by the organising committee. Each gymnast is allowed 30 seconds touch warm-up prior to competing on each apparatus. Competitors must be ready to commence on the signal of the Chair Judge.

Competition Floor Area

Only nominated Regional/Club competitors and coaches are permitted on to the competition floor at any time. All additional regional and club representatives must remain in the spectator area. One coach only per regional/club team.

Competition Timetabling

In the interests of the gymnasts and judges, each session for a Level shall be timetabled for a maximum of three hours duration; if entries exceed the number that can be completed within three hours, the competition organisers shall conduct either two rotations or two competitions for that level.

Note: Competition timetables are not able to be finalised until entries have closed.

Level Badges

Level Badges are available following qualification at each Level, a gymnast is eligible to purchase the corresponding badge through their club who can purchased them from Gymnastics New Zealand.

Ribbon Award Scheme

The Ribbon Award Scheme is an incentive performance, ribbons are awarded at each competition based on individual achievement. The Ribbon Award Scheme operates in Levels 1 – 6 inclusive.

Ribbons will not be awarded at the New Zealand Gymnastics Championships but scores at this competition may be used for the purpose of qualifying at a level provided gymnasts present their cards at the competition. Note: These scores are reviewed annually.

Ribbon Colour	Level 1 and 2	Level 1 and 2	Level 3 and 4	Level 5 and 6
Gold	11.000 plus	11.000 plus	11.300 plus	11.600 plus
Red	10.000 to 10.999	10.000 to 10.999	10.000 to 11.299	10.000 to 11.599
Blue	9.000 to 9.999	9.000 to 9.999	9.000 to 9.999	9.000 to 9.999
Green	Less than 9.000	Less than 9.000	Less than 9.000	Less than 9.000

Gymnasts and Coaches Attire

Gymnasts are to wear club or regional tracksuits and white socks or club and regional leotard, longs, and socks for march-on. All gymnasts from the one club/region should be dressed the same for march-on and off the competition floor and during competition.

Coaches are to wear club / region tracksuits or uniform. Penalties for non-compliance are as per the FIG code of points.

Gymnastics NZ Regulations – All Codes

- Gymnasts may choose to wear gymnastics shorts or leggings over their leotard.
- Hair can be worn in any style, provided it is securely fastened.
- Bandages, strapping and braces – where available these should be skin-coloured or beige, white or black.
- No deductions will be given for underwear showing during a routine.

Men's Artistic Gymnastics Competition Attire Regulations

International representative athletes

Please note that FIG competition attire regulations may differ and will apply to all gymnasts when competing at selection events for, and when representing New Zealand at FIG competitions. These regulations can be found in the [MAG Code of Points](#). Athletes competing overseas at non-FIG competitions should check the rules of the event before travelling.

Athletes at domestic competitions

The following regulations apply to all competitive gymnasts at domestic competitions in New Zealand.

- Gymnasts have the option of wearing short pants with or without socks or long gymnastics pants with socks on floor exercise and vault.

- Level 6+ gymnasts must wear long gymnastics pants and socks on pommel horse, rings, parallel bars, and horizontal bar. Long gymnastics pants, socks and/or slippers that are black or the darker shades of blue, brown, or green are not permitted.
- The wearing of a gymnastics unitard on all apparatus is compulsory.
- Gymnasts have the option of wearing of gymnastic footwear and / or socks. It is recommended that juniors wear socks (white or club colours – no dark colours) on all swinging apparatus.
- The competition attire must be identical for members from the same team in the qualification and team final competitions. If this is not possible due to supply issues etc, the MAG TC should be notified prior to the competition.
- Gymnasts must refrain from wearing compression sleeves during competition. Handguards, body bandages, and wrist wraps are permitted; they must be securely fastened and in good repair.

New Zealand Gymnastics Championships

- For the New Zealand Gymnastics Championship, gymnasts may march on in a leotard or tracksuit. If wearing a tracksuit, track pants or leggings are permitted (provincial colours or black).
- For prize-givings, athletes must wear their track suit including track pants or leggings (provincial colours or black).
- For Day 2 of the championships, gymnasts may wear a unitard of their own choice, but it must be in their Provincial colours.
- Gymnasts who have represented New Zealand in the previous 12 months may wear their New Zealand team unitard.

Deductions

- Violation of these rules may result in a penalty of 0.3 points applied by the control judge, which will be deducted from the total score of any of routine in which the violation occurs.
- Before a deduction is applied, judges will speak with the athlete and give them the opportunity to resolve the violation.
- Team competition: non-identical singlets (for gymnasts from the same team) may incur a penalty of 1.00 in qualification and team final taken 1 x in competition phase.

New Zealand Gymnastics Championships Eligibility

Athlete Eligibility

All gymnasts must compete in the Level for which they are currently qualified.

Gymnasts must be turning 9 years of age in the year of competition to be eligible for selection to a provincial team.

Level 4- 6: There is **no** national qualification standard for eligibility to enter, however provinces set additional selection criteria. Athletes can be selected as individuals or individuals and part of the team competition. If the number of entries exceeds the maximum

number of gymnasts who can be accommodated in the one-day competition, a policy will be put in place which will protect the entitlement of each named region to enter one (1) team of three or four gymnasts in each level and make application for additional entries of individuals and/or teams over and above this entitlement.

Note: Provinces may apply to enter additional individuals and/or teams.

Level 7 – Senior Opens: There is a national qualification score set as 63.000 for eligibility to enter in the senior levels.

Equipment Information

The international and regional competition the gymnast rotates from one event to the next event in Olympic order. The order is floor, pommel horse (or mushroom), rings, vault, parallel bars, horizontal bar.

As an alternative to one or six groups, depending on the number of judges and gymnast, the competition may be conducted with two or three groups rotating around the first two or three apparatus, before rotation commences on the second group of apparatus. **Note:** Failure to remount the apparatus within 60 seconds after a fall shall automatically terminate the exercise.

Floor Exercise

The exercise should include movements that demonstrate flexibility, strength, and balance. Each exercise must combine movements such as somersaults, twists, and leaps. The whole of the floor area should be used, and the routines should have a touch of style and execution.

Pommel Horse

The Pommel Horse is a very difficult apparatus to master. The gymnast performs double leg circles, scissors and undercut movements as well as travelling and using all parts of the Horse. The exercise should consist of swinging movements without interruptions. The mushroom is used to aid development of young gymnasts.

Rings

Rings routines should contain a variety of swinging and strength movements including holds and handstands for the higher levels. The rings are often noted for spectacular and intricate dismounts.

Vault

Vaulting is noted for the spectacular somersaulting and twisting movements after the gymnast has left the horse. The vault should demonstrate clean movements with height and distance finishing in a controlled landing.

Parallel Bars

The Parallel Bars consists of swinging and flight elements. The gymnasts must travel along the bars, work above and below the bars, releasing and re-grasping the bars after performing gymnastic elements.

Horizontal Bar

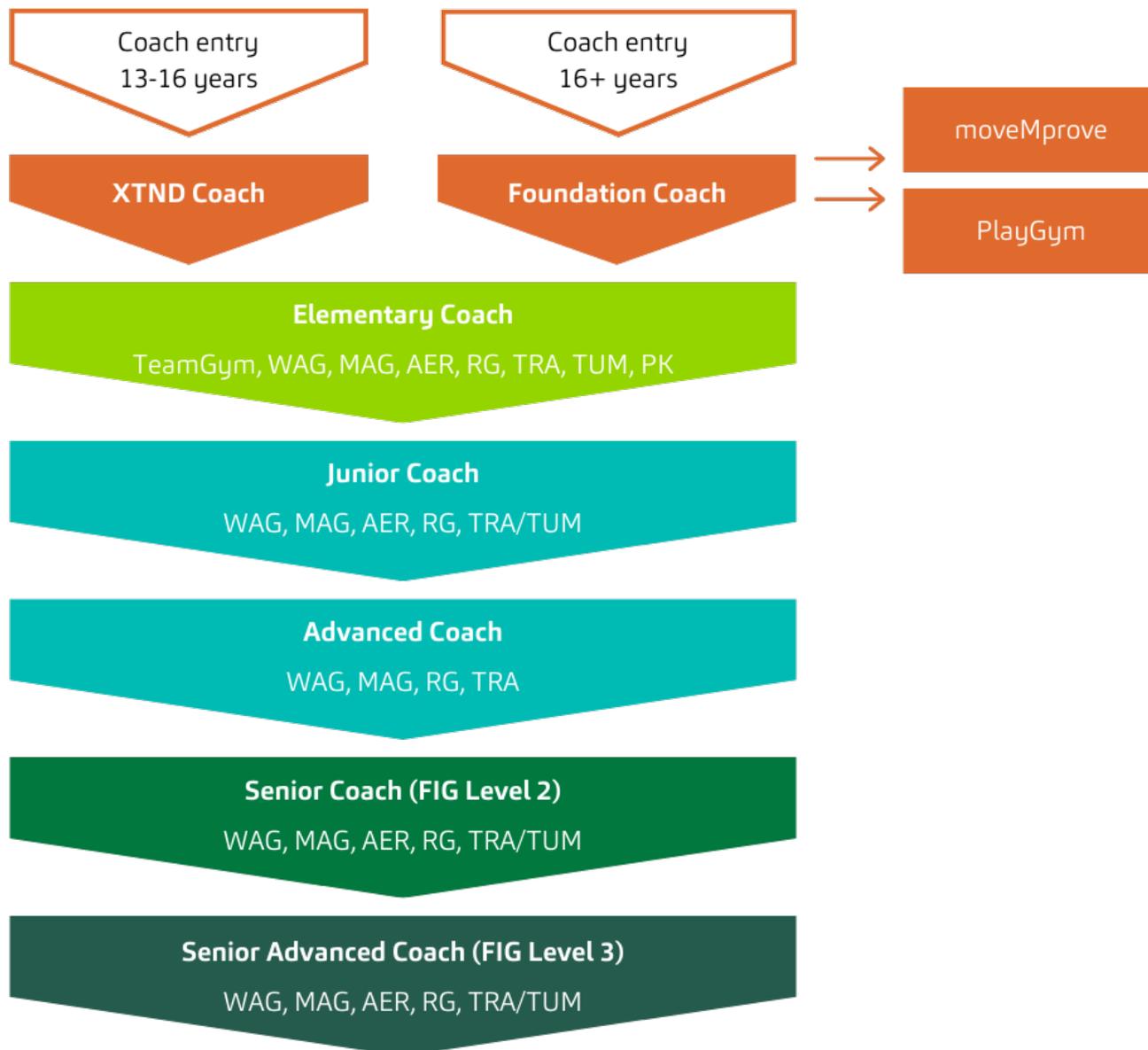
The gymnast must perform clean swinging movements without any stops and not touch the bar with this body. The gymnast is required to demonstrate changes of grip and swinging elements both forward and backwards plus skills that release and re-grasp the bar. Dismounts are an important part of the total routine and are usually spectacular.

Competition Equipment Heights

For all National Competitions – nearest height will be accepted, **Note:** Sting mats on Vault, Rings and High Bar are **compulsory**. All measurements are from the top of the mat.

	Pommel	Rings	Vault	Parallel Bars	High Bar
Level 1		Min setting		Min setting	Min setting
Level 2	Floor Mushroom 40cm	200 cm		Min setting	160 -200 cm
Level 3	Floor Mushroom 40cm	200 cm		Min setting	160 -200 cm
Level 4	90 cm	225 cm		180 cm	160 -200 cm
Level 5	90 cm	225 cm	110 or 125cm	180 cm	220 -250 cm
Level 6	90 cm	225 cm	125 or 135cm	180 cm	220 -250 cm
Level 7	90 cm	270 cm	125 or 135cm	180 cm	270 cm
Level 8	105 cm	270 cm	125 or 135cm	180 cm	270 cm
Level 9	105 cm	270 cm	135 cm	180 cm	270 cm
Under 17	105 cm	270 cm	125 or 135cm	180 cm	270 cm
Open/U18	All apparatus as per FIG Code of Points				
Mats	100 mm	200 mm + 100mm Sting mat	200 mm + 100mm Sting mat	200 mm	200 mm + 100mm Sting mat

Gymnastics NZ Coach Qualification Pathway



Gymnastics NZ aims to meet the professional development needs of gymnastics coaches and judges by providing theoretical and practical programmes. Courses are offered throughout the country with some being online. Above is the diagram of this pathway; alongside these courses there are other opportunities to engage in workshops, coach developer opportunities, guest speakers and a bi-annual coach connect conferences. All registrations for these courses are through the member clubs.

Coaching Requirements

Coach Qualifications for Endorsed Events

Coaches should have a qualification consistent with the level of the gymnasts they are coaching. Those who are not qualified at the appropriate level will be required to apply for dispensation. Dispensations are only reviewed if coaches have not had the opportunity to complete the relevant qualification. Where dispensations are granted, a plan will be put in place for the coach to be able to meet the requirements in the future.

Gymnast Level	2024
Level 1-3	Elementary ¹
Level 4-6	Junior
Level 7-8, U17	Advanced ²
Level 9, U18, Open	Senior ²

Notes: ¹ *The qualification may still be in progress. A second coach for a group at Foundation/XND may be permitted.*

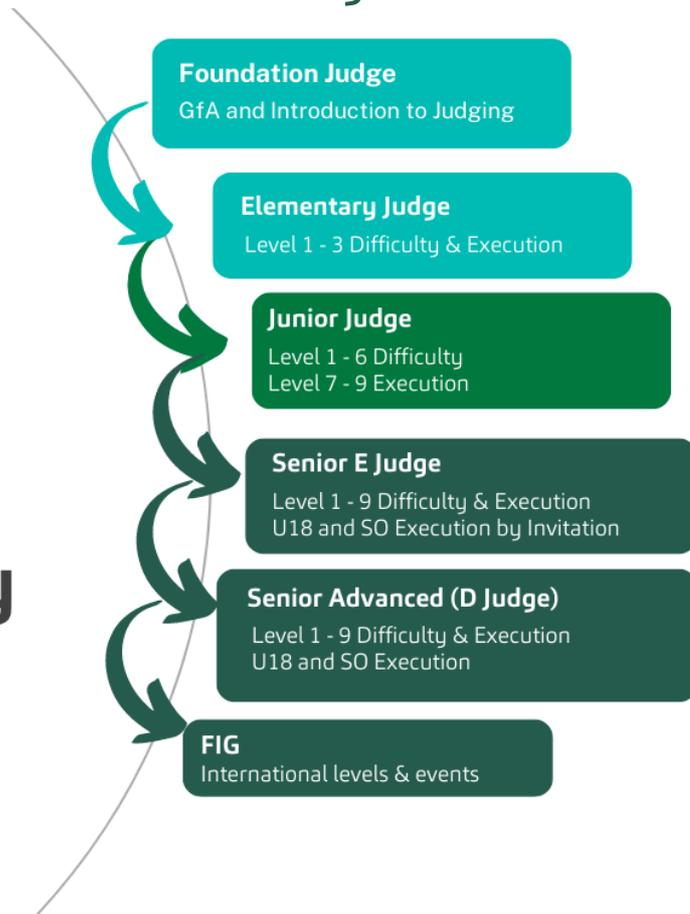
² *The qualification may still be in progress.*

Coach Qualifications for the NZ Gymnastics Championships

Gymnast Level	2024
Level 4- 6	MAG Junior Coach
Level 7	MAG Advanced Coach
Level 8-senior open	MAG Senior Coach

Gymnastics NZ Judge Education Pathway

Men's Artistic Judging Pathway



Foundation Judge Qualification

Online introduction to judging to be completed prior to attending the Elementary judge's course.

Elementary Judge Qualification – Judge Levels 1-3

Judges must complete a full season of judging level 1-3 routines and have their judging logbook signed off by the MAG Judging Advisor. Once the log book has been signed off the judge can sit the Junior Judge Course.

Junior Judge Qualification – Judge Level 1-6 all, Level 7-9 E

Judges must complete minimum of 2 years' experience at Junior level and be competent in judging all and be able to act as Head judge of a panel and control judge of level 1-3 competitions.

Senior Judge Qualification – Judge Level 1-9 all, U18 and Senior Advanced E by invitation

Judges who have proven their competency at Junior Judge level with a minimum of 2 years' experience will be eligible to attend the Senior National Course. Attendance at the National course is by invite only and all applications are approved by the MAG Judging advisor.

The Senior course is split into 2 parts. Senior (E) and Senior Advanced (D). For those judges wanting to only achieve level Senior E they become eligible to judge up to Level 9 E jury (or Senior Open based on experience). They can head judge panels up to level 6 as well as control judge for Junior events.

Senior Advanced (D) requires judges to have an extensive knowledge of the code of points as they will act as both Execution and Difficulty judges. Upon gaining the Senior D qualification they can act as Head judge on panels up to level 9 and control judge at all Senior Competitions. They can also judge E jury at Under 18 and Senior Open level in New Zealand Domestic events. Senior qualifications are based on final assessment-percentage or judges can opt to only sit the Execution exam.

International Judging Qualification (F.I.G Brevet) – Judge all levels.

Judges at Senior Advanced (D) level must complete an entire FIG 4-year cycle at Senior Advanced (D) level and prove their competency as Difficulty and Execution judges, experience as Head judges and control judges at Regional and National Level. At this time the judge may be eligible to attend the FIG Continental Judges Course at the invitation of the MAG Technical Committee (held every four years after the Olympics).

Judging

Judging Panels

Judging panels at the competition must be approved by Gymnastics New Zealand and the Men’s Technical Committee (TC). This requirement is to ensure fairness and equality of judging at all events where there is a competitive component.

Levels	Judging Panel Requirements
Levels 0-3	Must include at least 1 judge qualified as an Elementary Judge or higher
Levels 4-6	Panels of 2 judges: each qualified as Junior Judges or higher
Levels 7-9	Panels of 3 judges: one qualified Senior Advanced (D) Judge or higher; two with minimum qualifications of Junior Judge
Under 17	Panels same as L7-9. Gymnastics NZ Championships a minimum of one Internationally qualified Judge
Under 18	Panels of 3 judges: at least one Internationally qualified judge and two Senior Judges
Senior Open	Panels of 3+ judges: at least one Internationally qualified judge and two Senior Judges.

When trials are held for Under 18 or Senior Open, panels of 3 Judges: at least two must be Internationally qualified judge.

Execution Judge (E)

The E judges or execution judges are responsible for taking marks off the gymnast based on any errors such as bent legs, legs apart, falls onto or off the apparatus. There are small, 0.1, medium 0.3 and large errors 0.5 as well as 1.0 mark off for a fall. The E judges add up all their deductions and take it off the total of 10.000. This gives the E or execution score.

Difficulty Judge (D)

The D Judge or difficulty judge is responsible for determining how difficult the routine is by assigning different values (A = easiest to I = hardest) to each skill performed. Each skill is awarded a numerical value which is added together with the value of 4 special requirement skills to give a final D score.

The D score, plus the E score gives the final score.

Judging Conflict of Interest

- The parents or guardians or any person who has a direct family relationship to any gymnast shall not officiate as judges on a panel where their child or ward is amongst the gymnasts competing. This veto extends to partners in a relationship with a parent of a competing gymnast.
- The parents or guardians or any person who has a direct family relationship to any gymnast competing shall not be used as secretary/recorder on a panel where their child or ward is amongst the gymnasts competing.
- Exemption to the rules pertaining to judges may be sought from the Men's Artistic Gymnastics Technical Committee.
- Exemption to the rules pertaining to recorders may be sought from the control judge of the competition.

MAG 360 Programme

MAG 360 is a men's artistic gymnastics training pathway where selected athletes gather for training, testing, monitoring, support, encouragement and to push each other forward in the sport of Men's Artistic Gymnastics. MAG 360 was created in 2014 with 1 squad of 6 athletes and has continued to grow to now 6 squads with over 30 athletes.

What is 360?

- **A target** – 360 is a team score that would enable team and individual success on the world stage.
- **A pathway** – 360 is a high-performance development pathway from Junior to Senior level athletes.
- **A team** – everyone involved in 360 is pulling in the same direction.

Core Values of MAG 360

- **We are in it together** – teammates and supporters strengthen our ability to succeed.
- **We celebrate** – it's a long road so we enjoy the ride.
- **We are ambitious** – success on the world stage is earned. We know the path to success will require both bravery and sacrifice.

Selection

Selection to 360 starts at National Championships where a restricted number of athletes (+ special invites) are invited to selection events in the north and south island. At these events a functional movement sequence, key strength indicators, skills testing and coach discretion are used to select a limited number of athletes into either a 360 or Challenger squad.

Please note there is a cost to be part of MAG 360 either through attending clinics or flights and accommodation to attend the clinics.

