



NZ SECONDARY SCHOOLS

Tier 2 GYMNASTIC SPORTS CUP

2023

MEN'S ARTISTIC GYMNASTICS

Manual

This manual outlines the routine requirements for Men's Artistic Gymnastics at the NZ Secondary School Tier 2 - Gymnastic Sports Cup event.

This event is endorsed by School Sport NZ



COMPETITION DIVISIONS

The following table shows the divisions offered for Men's Artistic Gymnastics. This is a guideline - teachers and coaches are encouraged to place students in the division that best meets their current abilities.

MEN'S ARTISTIC GYMNASTICS (MAG)			
Division	Criteria	Category	Requirements
MAG Grade 1	For students and beginners learning gymnastics. No retired competitive gymnasts	Individual Apparatus Certificates – 1 st – 3 rd . Individual All-around medals – 1 st – 3 rd . (top 3 apparatus scores)	Apparatus: Vault, Floor, Rings, Parallel Bar, High Bar Choose 3 or 4 apparatus to perform
MAG Grade 2	Recommended for, Students in school-based gymnastics, Recreational club gymnasts, No retired competitive gymnasts	Individual Apparatus Certificates – 1 st – 3 rd . Individual All-around medals – 1 st – 3 rd . (top 3 apparatus scores)	Apparatus: Vault, Floor, Rings, Parallel Bar, High Bar Choose 3 or 4 apparatus to perform
MAG Grade 3	Recommended for, Advanced recreational club gymnasts, Retired MAG gymnasts Level 1 – 4, This division may also suit students from other gymnastics codes. No current MAG who has competed in the current year.	Individual Apparatus Certificates – 1 st – 3 rd . Individual All-around medals – 1 st – 3 rd . (top 3 apparatus scores)	Apparatus: Vault, Floor, Rings, Parallel Bar, High Bar Choose 3 or 4 apparatus to perform.
MAG Open Grade	Recommended for, Retired MAG Gymnasts Levels 4+, No current MAG who has competed in the current year.	Individual Apparatus Certificates – 1 st – 3 rd . Individual All-around medals – 1 st – 3 rd . (top 3 apparatus scores)	Apparatus: Vault, Floor, Rings, Parallel Bar, High Bar Choose 3 or 4 apparatus to perform.

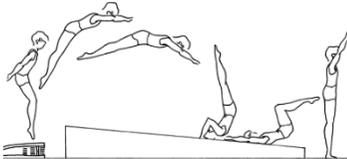
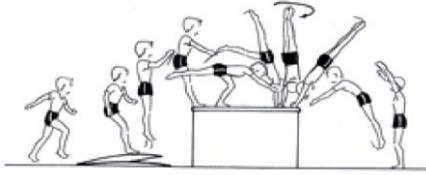
JUDGING

Routines are performance judged. No difficulty or bonuses apply.

MAG ROUTINE REQUIREMENTS

MAG GRADE 1

Choose a minimum of 3 and a maximum of four apparatus to perform.

MAG Grade 1 - VAULT		Perform two vaults. This may be two different vaults or the same vault performed twice.	
Dive Roll		Round-off	
Run to dive roll. Run jump off bead board, use of underarm swing to dive roll, show flight in air. Roll up to stand on crash mat.		Run to, straight jump to land on 60cm long box or equivalent stacked mats. Step to round-off ¼ turn dismount.	
			

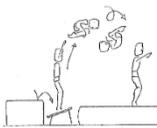
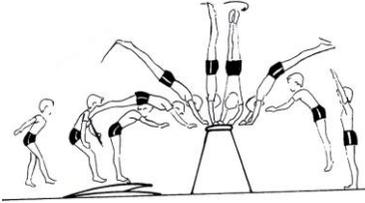
MAG Grade 1 - FLOOR		Skills can be performed in any order. Additional movements may be required to connect skills. 50 Seconds maximum.				
Skill 1: Stretch	Skill 2: Jump	Skill 3: Supports	Skill 4: Balance	Skill 5: Handstand	Skill 6: Acro 1	Skill 7: Acro 2
Choose one Reach for toes in straddle, sitting or standing. Reach for toes in pike, sitting or standing.	Jump half turn	Choose one Front support, 2 sec Rear Support, 2 sec One full press-up	Choose one Step forward to hold scale balance, 2 sec hold, step down. Sitting, lift legs to v-sit balancing with arms out to side, 2 sec hold.	Choose one Step into momentary handstand, step down. Tuck Handstand	Choose one Forward roll to optional exit Roll back to shoulder stand. Backward roll to squat.	Choose one Cartwheel to optional side or ¼ turn (step in) finish. Backward Roll, optional exit, for example to straddle

MAG Grade 1 - RINGS	Perform the following routine in order		
Tuck hold	Inverted Tuck	Inverted Pike	Dismount
Start hanging on rings. Lift legs up to a tuck hold position hold for 2 seconds	Lift to upside down to inverted tuck 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)

MAG Grade 1 - PARALLEL BAR	Perform the following routine in order		
Tuck hold	Straddle sit	Swings	Dismount
From a box, place hands on end of bars, jump to momentary straight support. Lift to show a Tuck Hold (2 seconds)	Lower legs to straight, lift straight legs through pike to place legs on bar in straddle sit.	Lift legs off the bar and lower to swing back, Swing forward, back – body above 45° height on back swings.	On last back swing, release bar and land on mat

MAG Grade 1 - HIGH BAR	Perform the following routine in order		
Tuck hold	Tension Swings	Tap Swings	Dismount
Lift to straight hang. Lift legs to tuck hang, hold for 2 seconds.	From L-Hang press legs backward to tight arch, dish, arch, dish	Perform two tap swings – backward, forward, backward, forward	On third swing backward release to stand.

MAG GRADE 2

MAG Grade 2 - VAULT		Perform two vaults. This may be two different vaults or the same vault performed twice.	
Tucked Salto	Dive Roll	Round-off	
Stand on box top, jump off mini tramp to tucked salto to land on crash mat to stand. (landing not judged)	Run jump off bead board to dive roll, show flight in air. Roll up to stand on crash mat (fat mat).	Spring to round-off over box top	
			

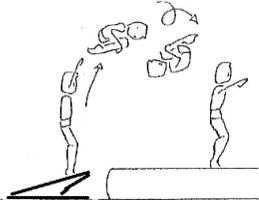
MAG Grade 2 - FLOOR		Skills can be performed in any order. Additional movements may be required to connect skills. 50 Seconds maximum.				
Skill 1: Stretch or strength	Skill 2: Jump	Skill 3: Supports	Skill 4: Balance	Skill 5: Handstand	Skill 6: Acro 1	Skill 7: Acro 2
Choose one Show two full press-ups. Pike stretch to toes, sitting or standing Splits Bridge	Choose one Jump full turn Tuck jump	Choose one Side support, hold 2 seconds Front support, roll over with straight body to rear support,	Show a balance of choice on one foot eg. scale balance	Choose one Show full handstand, 2 sec hold, step down. From standing step through lunge to handstand forward roll. From tuck place hands on floor and straddle jump to Handstand, step down to join feet.	Choose one Forward roll, jump half turn Take a few steps to jump into a dive roll. Backward roll, to front support Cartwheel, step half turn at end of floor.	Choose one Cartwheel, Cartwheel, optional finish. Round off, straight jump.

MAG Grade 2 - RINGS		Perform the following routine in order		
L hold	Inverted Hang	Inverted Pike	Inverted Hang	Dismount
Start hanging on rings. Lift legs up L hold position hold for 2 seconds.	Lift legs through tuck to inverted tuck then stretch to inverted hang hold (straight) (2 seconds).	Lower to inverted pike,	Lift with straight legs to inverted hang	Lower to 3 swings to dismount on the third back swing.

MAG Grade 2 - PARALLEL BAR		Perform the following routine in order		
L sit	Skill Choice	Swings	Dismount	
From a box, place hands on end of bars, jump to momentary straight support. Lift legs to L sit (2 Seconds)	Choose one From L hold lift legs to horizontal push forward Dip Arms - In straight body hold, dip arms (bent), and back up. Lift legs to initiate swing	Swing back Swing forward, back	Choose one On back swing, release bar (connected to last of three swings) to land on mat, body at bar height on dismount. Dismount on last swing over side of bar.	

MAG Grade 2 - HIGH BAR		Perform the following routine in order		
L Hold	Assisted Circle-up	Cast	Two connected tap swings	Dismount
From hang, lift legs to horizontal to hold (2 Seconds).	From L Hold, assisted Circle up to front support on bar.	Cast to minimum 45°, push backwards into swings	Swing forward, back Swing forward, back	At back of third long swing release bar to land.

MAG GRADE 3

MAG Grade 3 - VAULT		Perform two vaults. This may be two different vaults or the same vault performed twice.	
Front Salto	Front Salto – Forward stretched		
Run to jump off beat board to tuck front salto (landing not judged)		Run, hurdle onto beat board, salto forward stretched to land on soft landing mat (minimum of 30cm landing mat)	

MAG Grade 3 - FLOOR		Skills can be performed in any order. Additional movements may be required to connect skills. 50 Seconds maximum.				
Skill 1: Stretch or strength	Skill 2: Jump	Skill 3: Supports	Skill 4: Balance	Skill 5: Handstand	Skill 6: Acro 1	Skill 7: Acro 2
Choose one Show two full press-ups. Pike stretch to toes, sitting or standing Splits Bridge	Choose one Jump full turn Tuck jump	Choose one Side support, hold 2 seconds Front support, roll over with straight body to rear support,	Show a balance of choice on one foot eg. scale balance	Choose one Backward Roll to pike From straddle place hands on floor and straddle jump to Handstand forward roll	Choose one Forward roll, jump half turn Take a few steps to jump into a dive roll. Cartwheel, step half turn at end of floor.	Choose one Cartwheel, Cartwheel, optional finish. Round off, rebound, to land. Round off, flic flac, rebound.

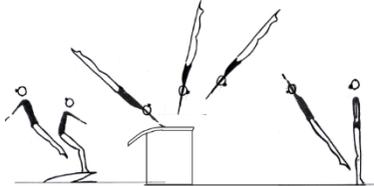
MAG Grade 3 - RINGS		Create routine with the following options and perform routine in the following order		
Start Options	Holds	Inverted Hangs	Swings	Dismount
Choose one From hang momentary chin up, lower to hang Assisted lift to front support (2sec)	Choose one L hold L sit	Perform both: Inverted pike (2 sec) Dorsal Hang (2 sec)	From inverted, cast to three long hang swings	Choose one Dismount on third back swing, swing to reach minimum 45° from lower vertical. Tuck Salto Dismount

MAG Grade 3 - PARALLEL BAR	Perform routine in the following order		
Basket Swing	Skill Choice	Swings	Dismount
Place hands in middle of rail, jump to basket swing back to stand. Jump to momentary straight support.	Choose one L-Sit (2 sec), lift legs to V (above horizontal), push forward Upper arm dip – lower to upper arm support and push back up to support	Swing forward, back Swing forward, back Body above bar height	Choose one On back swing, release bar (connected to last of three swings) to land on mat, body above bar height on dismount. Dismount on last swing over side of bar.

MAG Grade 3 - HIGH BAR		Perform routine in the following order		
Mount	Cast	Back Hip Circle to underswing	Two tap swings	Mixed grip to dismount
Choose one Chin up circle over to front support. OR From hang, lift legs to bar, press legs backward to two tension swings (tight arch, dish, tight arch dish) immediately pull over the front support positions.	Cast to horizontal,	From cast, immediate back hip circle immediately followed by underswing.	From underswing, perform two tap swings. Swing forward, back Swing forward, back	From second tap swing, swing forward, ½ turn to mixed grip and dismount to feet.

MAG Open Grade

Gymnastics NZ Men's Artistic Gymnastics (MAG) requirements can be found in the current Gymnastics NZ MAG Manual.

MAG Open Grade - VAULT	Perform two vaults. Height 125cm or 135cm. This may be two different vaults or the same vault performed twice.	
Handspring or Round-off Run hurdle to spring board, handspring or round off vault over table to land 30cm landing mat. 		
MAG Open Grade - FLOOR	Minimum requirements of GNZ MAG level 4, maximum MAG Level 5	
MAG Open Grade - RINGS	Minimum requirements of GNZ MAG level 4, maximum MAG Level 5	
MAG Open Grade - PARALEL BARS	Minimum requirements of GNZ MAG level 4, Maximum MAG Level 5	
MAG Open Grade - HIGH BAR	Minimum requirements of GNZ MAG level 4, Maximum MAG Level 5	