



# **MEN'S GYMNASTICS PROGRAM**



# MEN—FOUR EVENT COMPETITION FORMAT LEVEL 1-3

## COMPETITION GUIDELINES

<p><b>MISSION</b></p> <ul style="list-style-type: none"> <li>• To introduce Men’s Gymnastics using equipment already available to existing women’s program with additional purchase of a *Mushroom</li> <li>• Allowing more boys participation in the Men’s NGA program, providing a team environment for better retention</li> <li>• <i>Special Pricing on Mushroom for NGA Member Clubs</i></li> </ul>	<p><b>COMPETITION FORMAT</b></p> <ul style="list-style-type: none"> <li>• Participants will compete in up to 4 events</li> <li>• Floor Exercise             <ul style="list-style-type: none"> <li>• Routine performed in straight line to allow for possible tumbling strip at competitions</li> </ul> </li> <li>• Mushroom</li> <li>• Vault</li> <li>• Horizontal Bar             <ul style="list-style-type: none"> <li>• Performed on one Uneven Bar high or low</li> </ul> </li> <li>• Boys can be inserted into any session of a women’s gymnastics competition either in a separate squad of only boys or mixed in within any other squad</li> <li>• Boys can compete as an event specialist or in all 4 events</li> </ul>
<p><b>EQUIPMENT</b></p> <ul style="list-style-type: none"> <li>• Uneven Bar (high or low)</li> <li>• Spring Floor</li> <li>• Mushroom</li> <li>• Compulsory Vaulting mat system             <ul style="list-style-type: none"> <li>• Aro-board &amp; springboard</li> </ul> </li> </ul>	<p><b>ATTIRE</b></p> <ul style="list-style-type: none"> <li>• Athletic shorts and Team T-shirt or jersey top</li> <li>• Required to wear socks on Single Bar and Mushroom</li> </ul>
<p><b>WARM UP TIME – MODIFIED CAPITAL CUP</b></p> <ul style="list-style-type: none"> <li>• General Open Stretch = 15-30m</li> <li>• Event Warm up = 30s Level 1, Level 2</li> <li>• Event Warm up = 45s Level 3</li> <li>• Meet directors will need to be mindful of Warm up times when determining which session the boys are to be assigned</li> </ul>	<p><b>AWARDS</b></p> <ul style="list-style-type: none"> <li>• Boys to be divided into age groups no more than 5 years apart for awards</li> <li>• Awards will be provided in the (4) events plus All Around and Team following the standard NGA guidelines</li> </ul>
<p><b>SCORING</b></p> <ul style="list-style-type: none"> <li>• As per NGA Men’s Technical Handbook</li> </ul>	<p><b>JUDGES</b></p> <ul style="list-style-type: none"> <li>• Certified members of (NGJA) or (NAWGJ) are used to officiate at 4 X4 event Xtreme Team NGA gymnastics competition</li> <li>• A judge must be member of NGA with NCSI background check, Abuse and Prevention Course and take the Men’s Level 1-3 NGA online Judges exam</li> </ul>

# MEN—LEVEL REQUIREMENTS

**SKILL LEVEL 1N**

5 years & up

**FLOOR EXERCISE—Performed in straight line tumbling pattern**

1. Minimum (2) Element Groups
2. May count (8) NGA Super Skills
3. May use FIG 'A' value skills

**MUSHROOM**

1. Perform ¼ Circle return to start position then
2. Perform ¾ Circle
  - Evaluate hip roll (Counter to Circle), lean & extension
  - Finish in/thru fully extended side support

**VAULT—Stacked mats 16”+**

1. Stretch Jump-under arm reach followed by Under arm reach kick handstand to flat back onto mat stack

**HIGH BAR**

1. Minimum (2) Element Groups
2. May count (8) NGA Super Skills
3. May use FIG 'A' value skills

**SKILL LEVEL 2N**

6 years & up

**FLOOR EXERCISE—Performed in straight line tumbling pattern**

1. Minimum (3) Element Groups
2. May count (8) NGA Super Skills
3. May use FIG 'A' value skills

**MUSHROOM**

1. Perform 1 ½ Circle finish thru rear support
  - Evaluate hip roll (Counter to Circle), lean & extension
  - Finish in/thru fully extended rear support

**VAULT—Resi/Stacked mats 10' X 5'X 32”**

1. Under arm reach Handspring to flat back

**HIGH BAR**

1. Minimum (3) Element Groups
2. May count (8) NGA Super Skills
3. May use FIG 'A' value skills

**SKILL LEVEL 3N**

7 years & up

**FLOOR EXERCISE—Performed in straight line tumbling pattern**

1. Minimum (4) Element Groups
2. May count (8) NGA Super Skills
3. May use FIG 'A' value skills

**MUSHROOM**

1. Preform 3 ½ Circle finish thru rear support
  - Evaluate hip roll (Counter to Circle), lean & extension
  - Finish in/thru fully extended rear support

**VAULT—Resi/Stacked mats 10' X 5'X 32”**

1. Under arm reach Handspring over ½ Resi to stand onto landing mat

**HIGH BAR**

1. Minimum (4) Element Groups
2. May count (8) NGA Super Skills
3. May use FIG 'A' value skills

**COMPETITION GUIDELINES**

1. Start Value 10.0
2. Routine is composed of 6 skills minimum 8 skills maximum
3. NGA Super Skills fulfill Element Group
4. Missing element group Element Group -.5
5. One skill cannot fulfill more than one Element Group
6. Mushroom Bonus 1.0 if performed on the floor mushroom.
7. Aro-Board allowed on Vault
8. A Vault may be repeated if athlete receives a 0 Vault with a -1.0 deduction

**STICK BONUS**

+1 on all apparatus, all Levels, except Mushroom (See VT for some exceptions)

**ERRORS AND DEDUCTIONS**

- Small Error -0.10 | Medium Error -0.30 | Large Error -0.50 | Fall -0.50
1. Skill performed out of skill difficulty range -0.5
  2. Missing Element Group (Levels 1N-3N) -0.5
  3. Repeat skills (∅ repetition deduction - ∅ Value Part)
  4. All other error deductions per FIG Jr. COP

**SHORT ROUTINE**

PER JR FIG • No 'short routine' deduction taken if min. six (6) FIG or Super Skills are performed