



# Muscle Man Challenge Events

## Pommel Circles

The gymnast will perform as many circles as he can do on a particular part of the pommel horse or mushroom. The gymnast age will determine where the circles must be done. Point value per circle will be determined by age and where the circles are performed. **If the gymnast turns more than 90 degrees from his starting position he will be finished.**

**Ages 6-7:** 30 seconds to do as many circles as you can on the mushroom or may continue past 30 seconds if he doesn't fall at all.

**Ages 8-9:** Circles on Mushroom (.5 point per circle), Loops on Pommel Horse without Pommels (1 point per loop)

**Ages 10-12:** Circles on Mushroom (.25 point per circle), Loops on Pommel Horse without Pommels (.5 point per loop), Flaired Loops on Pommel Horse without Pommels (1 point per flaired loop), Circles on Floor Mushroom (2 points per circle)

**Ages 13+:** Circles on Mushroom (.25 point per circle), Loops on Pommel Horse without Pommels (.5 point per loop), Circles on Pommels (1 point per circle), Circles on Floor Mushroom (2 points per circle)

## Ring Strength

The gymnast will hold a strength part on the rings for as long as he can. The gymnast's age will determine what strength part must be done. He will receive **one point for every second he holds.**

**Ages 6-7:** "L" Hang or Chin Hang

**Ages 8-9:** "L" Hang or Support with rings turned out

**Ages 10-11:** "L" Support with rings turned out or Back Lever

**Ages 12+:** "L" Support with rings turned out (.5 Point/ Second), Hand Stand or Tuck Planche (1 Point/Sec), Straddle Planche (2 Point/Sec), Iron Cross (4 Point/Sec), Legs Together Planche or Inverted Cross (6 Points/Sec), Maltese (8 Points/Sec), Victorian (10 Points/Sec)

## Box Jumps

On a four inch panel mat, the gymnast will do as many jumps onto the mat as he can do in one minute. He will receive **one point for each jump** he does.

## Rope Climb

On a rope hung from ceiling, the gymnast will climb up and down as many times as he can in one minute. Once time is started he must remain on the rope until the minute is up or he cannot climb any more. Each rope he climbs **without use of feet scores 20 points, with the use of feet 10 points.**

## Pull Overs/Chin Ups

The gymnast will do as many pull overs or chin ups as he can in **two minutes** on a men's high bar. He will receive **four points for each pull over/ one point for each chin up** he does. He must do a forward roll down from support after each pull over, and there will be a box behind him so he cannot swing.

## Handstand Hold

The gymnast will hold a handstand for as long as he can without falling. He may do this on the floor without walking or on a set of pommel horses. He will receive **two points for each second** he holds the handstand.

## Vertical Leap

The gymnast will first stand on a spring board and reach up as high as he can. A vertical leap testing device will be used to measure how high he can reach. He will then run down the vault runway, hit the spring board, jump and reach as high as he can on the vertical leap testing device. Subtracting his initial reach from his jumping reach will give us his vertical leap. He will receive **one point for every half inch** he jumps.

## Leg Lifts

On a bar against the wall, the gymnast will do as many leg lifts as he can with moderately straight legs. He will receive **two points for every leg lift** he does. **He may not stop for longer than 3 Seconds between Leg Lifts or his turn will be over.**