



**NUNAWADING GYMNASTICS AND SPORTS  
CLUB INC.**

**MENS ARTISTIC GYMNASTICS (MAG)  
SQUAD INFORMATION**

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## **Version Control**

Date of First Issue: December 2022

Date of Last Review: December 2023

Date of Next Review: December 2024

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# 1. What is Men's Artistic Gymnastics (MAG)

Tailor-made for males, MAG (Men's Artistic Gymnastics) provides a fun and safe outlet for thrill seekers of any age.

MAG gymnasts can:

- Develop strength, balance and body awareness
- Challenges the mind and body
- Grow in self-confidence and creative expression
- Enhance coordination, agility, mobility and flexibility
- Perform on six different apparatus (floor, vault, horizontal bars, rings, pommel horse, and parallel bars).

## 1.1 Class Training Hours Per Week

MAG Level	Number of Sessions	Training Hours
1	1	2 hours
2	2	2 x 2 hours
3	2	2 x 2 hours

## 2. Competitions

### 2.1 How do competitions work

Gymnasts in the MAG Program follow the Australian Levels Program (ALP).

The type of competition and the level at which the gymnast competes is determined by the Coach, in conjunction with the Pathways and Development Manager (PDM).

Age Division	Age to compete	
2 Under	6 years old	Under 7 at 1 <sup>st</sup> Jan
3 Under	7 years old	Under 8 at 1 <sup>st</sup> Jan
4 Under	8 years old	Under 9 at 1 Jan
5 Under	9 years old	Under 10 at 1 Jan
6 Open	10 years old and above	n/a
7 Under	10 & 11 years old	Under 12 at 1 Jan
8 Under	12 & 13 years old	Under 14 at 1 Jan
9 Under	14 & 15 years old	Under 16 at 1 Jan

### 2.2 Competition Season

As our MAG program is a competitive program, all gymnasts must attend at least 1 competition throughout the competition season. Please see the tables below that elaborates on the competitions per year for each level.

MAG Level	Average Competitions Per Year
MAG Level 1	2
MAG Level 2	2
MAG Level 3	3-4
MAG Level 4	3-4

#### Key Competition breakdown

MAG Level	Stick It Comp		Awesome Spooky Comp	Regional Champions hips	Victorian Champions hips	National Clubs Carnival
MAG Level 1	✓		✓	x	x	x
MAG Level 2	✓		✓	x	x	x
MAG Level 3	✓		x	x	x	x
MAG Level 4	✓		x	✓	✓	x

## 2.3 Competition Teams

Although gymnasts in MAG compete routines individually, they may also enter the competitions in teams. These teams can have a minimum of 3 gymnasts and a maximum of 5 gymnasts per team with the top 3 individual scores to count towards the team score. Here at NG&SC we aim to ensure team allocation is as even as possible in both numbers of gymnasts and average individual scores. However, it is important to note that it is impossible to know exactly what will occur at each competition.

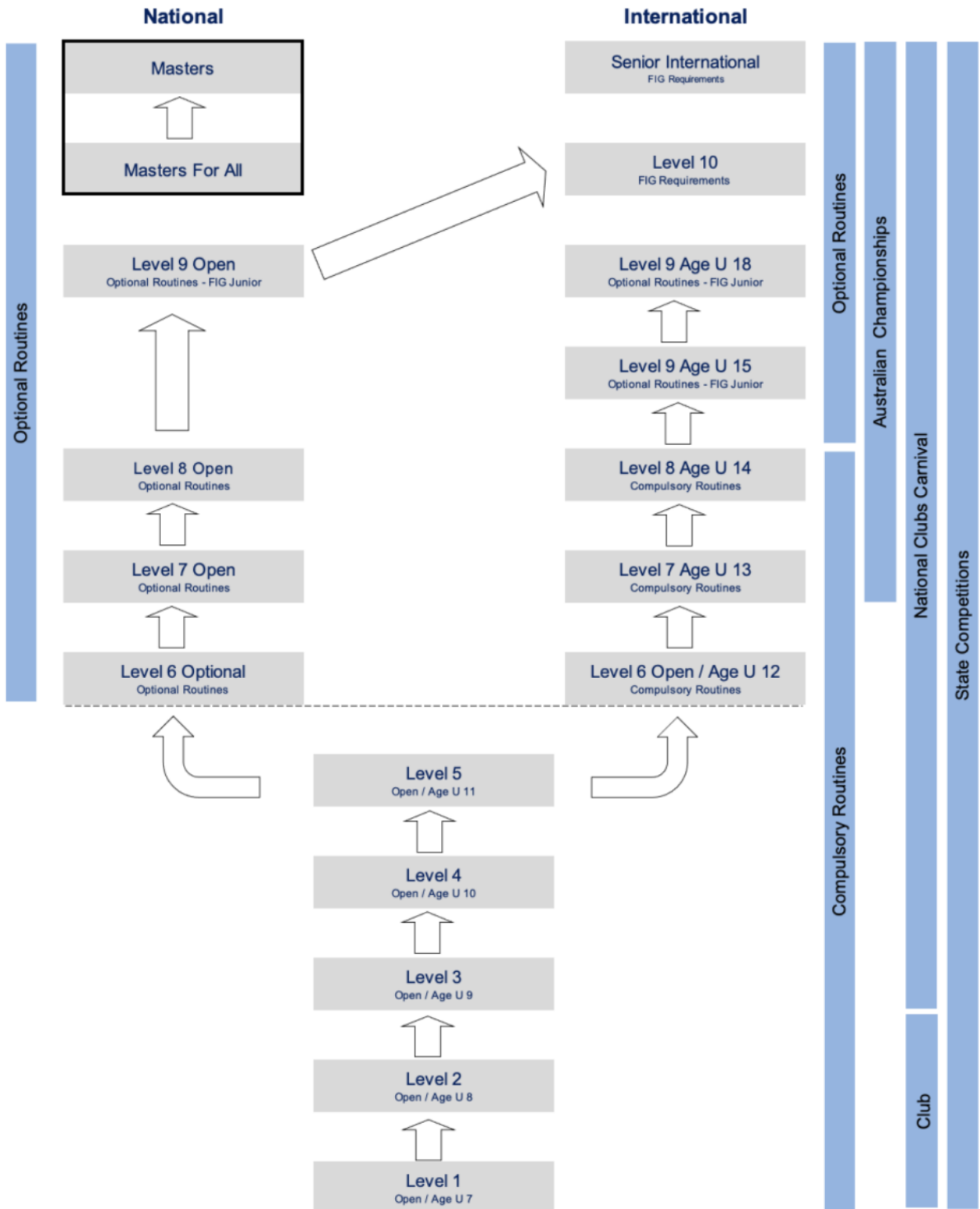
## 2.4 How does judging work

Depending on the competition, there will be 1 – 3 Judges at each apparatus. The head judge is always the highest-level judge on that apparatus.

The head judge awards the start score which is what the routine will be judged out of, known as the difficulty score (technical errors i.e; gymnast forgets a skill - which can happen due to nerves) will be deducted from the start score and only by the head panel judge.

All judges will judge the execution of the skills within the routine i.e; swing height, body composition, bent legs etc, known as the execution score. The execution score will be averaged across the panel for that apparatus. The execution score will then be deducted from the start score to give the final score.

# MEN'S ARTISTIC GYMNASTICS NATIONAL PROGRAM



## 2.5 MAG Uniform Requirements

Click on the items below to order via our [Club Shop](#)

MAG Level	<a href="#">Polo Shirt</a>	<a href="#">Singlet</a>	<a href="#">Black Shorts</a>	<a href="#">Leotard Level 3+</a>	<a href="#">White Longs</a>	Tracksuit Pants	Tracksuit Jacket	<a href="#">Bag – Multiple Options</a>
MAG Level 1	✓	✓	✓	✗	✗	✓	Optional	Optional
MAG Level 2	✓	✓	✓	✗	✗	✓	Optional	Optional
MAG Level 3	✓	✗	✓	✓	✓	✓	✓	Optional
MAG Level 4	✓	✗	✓	✓	✓	✓	✓	Optional

## 2.6 Competition Checklist

Gymnasts should use the following checklist to pack their bag / prepare for competitions:

- Competition leotard (Level 3+)
- White longs (Level 3+)
- Competition singlet (Level 1 &2)
- Black shorts (Level 1 &2)
- Club polo shirt to wear whilst doing all apparatus warm up
- Club tracksuit (jacket is optional for Levels 1-2)
- If wearing plain white socks – bring a spare pair as per competition requirement
- Apparatus aides – grips, loops, strapping tape
- Drink bottle of water
- Small light and healthy snack – rice crackers, dried fruit etc. (minimise lollies)
- Club bag for holding drink bottle, snack, spare socks, uniform and apparatus aides
- Label all items as they are easily mixed up with other athletes
- Hair to be neat and tidy and not covering face
- No nail polish, no jewellery.



## 2.7 Warm-up at Competitions

The following warm-up is convention for the majority of the competitions:

**General warm-up:** 20 – 30 minutes

**Vault:** 2 vaults

**Parallel Bars:** Between 30 seconds and 1 minute per gymnast, this is usually a Canadian warm-up\*

**Pommels:** Between 30 seconds and 1 minute per gymnast, this is usually a Canadian warm-up\*

**Floor:** 3 to 5 minute group warm-up depending on the size of the groups

**Rings:** Between 30 seconds and 1 minute per gymnast, this is usually a Canadian warm-up\*

**Horizontal Bar:** Between 30 seconds and 1 minute per gymnast, this is usually a Canadian warm-up\*

\* Canadian warmups are run in the following manner:

- The first 2 gymnasts in the order warm up
- Then the 1st gymnast competes
- The 3rd gymnast warms up
- Then 2nd gymnast competes and so on until everyone has competed.

\*\*Time allocated for warmups, can vary between competitions

## 3. Levels Progression Process

Each gymnast is continually assessed throughout the year on the progression and refinement of their skills. This is done with in-house competitions, external competitions and within class time depending on the level. Below is MAG specific levelling information, for general information on this process please refer to the [Squad Handbook](#) .

### 3.1 Level Passing Requirements

Depending on the gymnast's level, there are specific requirements a gymnast must complete prior to them moving up to the next level. Please see the table below that outlines these requirements for each level.

MAG Level	LAT Passing Score	In-Class Assessment
MAG Level 1&2	N/A	Required
MAG Level 3-5	42.0 AA Score with no Apparatus score below 5.5	Required

### Class Assessments

All gymnasts will go through in-class assessments during term 4 to determine whether or not the gymnast has progressed enough throughout the year to compete in the next level the following year. Throughout this process coaches will be in constant communication with parents/ guardians. Final calls will be made regarding levelling 3 weeks prior to the end of term 4 classes.

## Levels Awards Test LAT Requirements

For MAG gymnasts in level 3 or above to pass their level they must obtain a passing score in at least one LAT event throughout the competition season. Once this score has been achieved, the NG&SC will apply for a level pass badge through Gymnastics Victoria.

### 4. Holiday Training

At NG&SC holiday training is never mandatory for competitive gymnasts, however, we do highly recommend that gymnasts attend as many holiday trainings as they can to ensure they are prepared for upcoming competitions.

#### Breakdown of suggested holiday training per level

	<b>Dec/Jan</b>	<b>March/April</b>	<b>June/July</b>	<b>Sep/Oct</b>
Level 1	x	x	x	x
Level 2	x	x	x	x
Level 3	x	1 training per week	1 training per week	1 training per week
Level 4	x	1 training per week	1 training per week	1 training per week