



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. He will receive **one point for each circle**.

Ages 6-7: 30 seconds to do as many circles as you can on the mushroom

Ages 8-9: as many circles on the mushroom you can do without falling

Ages 10-11: as many loops on the horse without pommels as you can do without falling

Ages 12-13: as many circles as you can do on the pommels without falling

Ages 14+: as many circles as you can do on the floor mushroom without falling

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+: Hand Stand or Tuck Planche (1 Point/Sec), Straddle Planche (2 Point/Sec), Iron Cross (3 Point/Sec), Legs Together Planche or Inverted Cross (4 Points/Sec), Maltese (5 Points/Sec), Victorian (6 Points/Sec)

Box Jumps

On a six 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

The gymnast will do as many pull overs as he can in **two minutes** on a men's high bar. He will receive **three points for each pull over 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 pommelles. 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.