



**National  
Men's Artistic  
Mainstream Programme**

Programme Director Sonja Winde and Robert Liefeldt  
Layout and design by Bobby Budai

**Level 1 to 3**

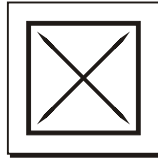
**MAG Programme**



# FLOOR EXERCISE


## Men's Artistic Gymnastics

- Structure Groups :**
1. Forward Tumbling
  2. Backward Tumbling
  3. Twisting / Circling
  4. Strength
  5. Balance
  6. Flexibility
  7. Artistic Presentation



<b>Difficulty Value</b>	= <b>2.00</b>
<b>Bonus Difficulty</b>	= <b>0.60</b> (3x0.20)
<b>Execution Value</b>	= <b>10.00</b>
<b>Total</b>	= <b>12.60</b>

## Level 1

Routine Description	Value	Comments
 <p><b>Direction A-D</b></p>		
1. From standing with arms upward, lower arms sideways to shoulder height. Walk two steps forward with pointed feet and straight legs <sup>7</sup> , step with back foot and close legs.	<b>0.20</b>	• Presentation must be smooth & precise
2. Swing arms forward, roll forward to crouch <sup>1</sup> .	<b>0.20</b>	• No pauses in the execution of 2 & 3
3. Immediate stretch jump to standing with arms upward.	<b>0.10</b>	• Smooth transition from fall to roll
4. Crouch, lower arms forward [ <b>from standing fall to seat with straight legs</b> ], 1/2 backward roll <sup>2</sup> to momentary shoulder stand with arms extended behind head.	<b>0.20</b>	• Presentation must be smooth and precise
5. Roll forward to long-sit whilst keeping arms upward.	<b>0.10</b>	• Show straight posture
6. Circle arms backward, push up to rear support and turn to front support <sup>3</sup> .	<b>0.10</b>	• Push head off floor before feet touch
7. Double-leg jump into tucked 'bunny-hop' to end in crouch.	<b>0.30</b>	• A part of both hands must touch floor
8. Raise arms forward, lower to headstand with tucked legs <sup>4</sup> (2s) [ <b>headstand with straight legs (2s)</b> ]. Return to crouch and raise arms forward.	<b>0.40</b>	
9. Lower arms to place hands on floor outside feet. Straighten legs whilst keeping hands touching floor <sup>6</sup> (2s) [ <b>straighten legs whilst keeping hands flat on floor (2s)</b> ].	<b>0.20</b>	
10. Raise torso to standing with arms upward. Lower arms sideways to shoulder height and rise to toe standing <sup>5</sup> (2s). Lower heels to standing with arms upward.	<b>0.20</b>	

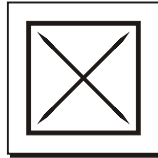
Specific Notes	Value	Comments



# FLOOR EXERCISE

## Men's Artistic Gymnastics

- Structure Groups :**
1. Forward Tumbling
  2. Backward Tumbling
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  5. Balance
  6. Flexibility
  7. Artistic Presentation



<b>Difficulty Value</b>	= 2.00
<b>Bonus Difficulty</b>	= 0.60 (3x0.20)
<b>Execution Value</b>	= 10.00
<b>Total</b>	= <u>12.60</u>

## Level 2

Routine Description	Value	Comments
<b>Direction A-D</b>		
1. Standing with arms upward, step forward, kick to handstand [ handstand (2s) ].	0.30	
2. Lower leg and step back to lunge with arms sideways upward.	0.10	• Momentary lunge
3. Close back leg to standing with arms upward, lower arms forwards to shoulder height.	0.10	
4. With straight legs roll forward <sup>1</sup> .	0.20	• No pauses in the
5. Immediate stretch jump with 1/2 turn to standing <sup>3</sup> , arms upward.	0.20	execution of 4 - 5
<b>Direction D-A</b>		
6. Raise left leg up into single leg L-tuck scale, arms sideways at shoulder height <sup>5</sup> (2s).	0.20	
7. Extend left leg and step forward into cartwheel left <sup>3</sup> .	0.40	• No pauses in the
8. Immediate side lunge with trailing arm upward and leading arm sideways at shoulder height. Close legs with 1/4 turn backward lifting leading arm upward.	0.10	execution of 7 & 8
9. Lower arms forward and fall to seat with straight legs into straddled backward roll [ straight arms in backward roll ].	0.20	• Smooth transition from fall to roll
10. Stand straddled raise arms forward / sideways with back held horizontal (2s).	0.10	
11. Lower arms and press with straddled legs to headstand, legs straight <sup>4</sup> (2s). Lower to crouch [ push through handstand then lower to crouch ], rise to standing with arms upward.	0.20	• Push head off floor before feet touch

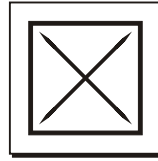
Specific Notes	Value	Comments



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## Men's Artistic Gymnastics

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  7. Artistic Presentation



Difficulty Value =	2.00
Bonus Difficulty =	0.60 (3x0.20)
Execution Value =	<u>10.00</u>
Total =	<u>12.60</u>

## Level 3

Routine Description	Value	Comments
<p><b>Direction A-D</b></p>		
1. Standing, swing arms forwards and jump to hurdle,		
2. Cartwheel-off <sup>2</sup> .	0.40	• No pauses in the
3. Stretch jump to momentary standing.	0.10	execution of 2 - 4
4. Lower arms forward and fall to seat with straight legs into backward roll with straight arms [ backward roll through handstand ], to crouch.	0.20	
<b>Direction D-A</b>		
5. Place hands, jump through tucked 'bunny-hop' to handstand [ handstand (2s) ].	0.30	
6. Roll forward <sup>1</sup> to stand.	0.10	• Straight arms in
7. Step left leg forward to front scale on left leg, arms forwards / sideways <sup>5</sup> (2s) [ shoulder and knee of left leg above hips ].	0.30	forward roll
8. Raise torso with shoulders extended, swing and step right leg forward to immediate cartwheel right <sup>7</sup> .	0.20	• No pauses in the
9. Step left leg forward with 1/2 turn, arms up.	0.10	execution of 8 - 11
10. Immediate cartwheel left <sup>3</sup> .	0.20	
11. 1/4 turn outward (left) to standing with arms upward and then lower arms against sides.	0.10	

Specific Notes	Value	Comments
• The Cartwheel-off is a cartwheel ending in a round-off position except legs lower one at a time.		







# RINGS EXERCISE

## Men's Artistic Gymnastics

- Structure Groups :**
1. Swings Forward
  2. Swings Backward
  3. Static Strength
  4. Handstand / Support
  5. Dismount



**Difficulty Value = 2.00**  
**Bonus Difficulty = 0.60 (3x0.20)**  
**Execution Value = 10.00**  
**Total = 12.60**

## Level 2

Routine Description	Value	Comments
<b>Adjustable rings lowered</b>		
1. From hanging lift legs to L-tucked hang position <sup>3</sup> (2s). [ lift to straight leg L-hang (2s) ].	0.40	• 90° hip angle
2. Pull with bent arms and lift with bent body and bent legs to stretched inverted hang <sup>1</sup> . [ perform pull to inverted hang with straight legs ].	0.40	• Neutral head position
3. Lower legs to piked inverted hang.	0.20	
4. Layout swing forward.	0.30	• No additional swings
5. Swing backwards to 45° below horizontal <sup>2</sup> [ swing > 45° ].	0.30	
6. Swing forwards <sup>1</sup> .	0.30	
7. Swing backwards <sup>2</sup> .	0.10	
8. Release to stretched dismount <sup>5</sup> .		• Keep torso upright on landing

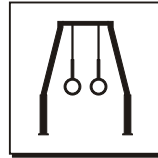
Specific Notes	Value	Comments
• Minimum height for all backward swings - knees at height of shoulders		
• Minimum height for all forward swings - hips at height of shoulders		



# RINGS EXERCISE

## Men's Artistic Gymnastics

- Structure Groups :**
1. Swings Forward
  2. Swings Backward
  3. Static Strength
  4. Handstand / Support
  5. Dismount



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<b>Total</b>	= <u>12.60</u>

## Level 3

Routine Description	Value	Comments
<b>Adjustable rings lowered</b>		
1. From hanging lift legs to L-tucked hang position <sup>3</sup> (2s). [ lift to straight leg L-hang (2s) ].	0.20	• 90° hip angle
2. Pull with bent arms and lift with bent body and straight legs to stretched inverted hang [ perform pull to inverted hang with straight arms ].	0.20	• Neutral head position
3. Lower legs to piked inverted hang.	0.20	
4. Lower rearwards with piked body to drag hang.	0.20	
5. Pull to piked inverted hang [ pullout with straight legs ].	0.20	• No additional swings
6. Layout swing forward.	0.10	
7. Swing backwards <sup>2</sup> .	0.20	
8. Swing forwards <sup>1</sup> .	0.20	
9. Swing backwards <sup>2</sup> .	0.20	
10. Swing forwards <sup>1</sup> .	0.20	
11. Swing backwards <sup>2</sup> .	0.20	
12. Release to stretched dismount <sup>5</sup> .	0.10	• Keep torso upright on landing

Specific Notes	Value	Comments
• Minimum height for all backward swings - knees at height of shoulders		
• Minimum height for all forward swings - hips at height of shoulders		



# VAULT EXERCISE

## Men's Artistic Gymnastics



Difficulty Value = 2.00  
 Bonus Difficulty = 0.00  
 Execution Value = 10.00  
 Total = 12.00

### Level 1

Routine Description	Value	Comments
<b>Vault: Horse crossways</b>		
1. From running (not more than 25m).		
2. Double-leg take off from springboard.		
3. Swing arms forward and dive horizontal with stretched body, place hands, shoulder-width apart on horse and tuck legs into <b>squat support</b> .		• Arms straight • Don't stop in squat
4. Swing arms upward, immediate <b>stretch jump</b> .	<b>2.00</b>	support
5. Land, bending knees on impact, feet slightly apart, rise to standing, arms upward, heels together.		• Keep torso upright

Age Groups	Horse Height
• 6 years & under	0.90m
• 7 years old	0.90m
• 8 years old	1.00m
• 9 years & over	1.00m

Specific Notes	Value	Comments
• A nil Vault will entitle the gymnast to a second attempt. It must be performed within 30s.	<b>2.00</b>	• Second attempt will
• Gymnasts may use two springboards, without penalty, to perform their vault.		be marked from
• The two-springboard rule is not applicable to the oldest age group.		10.00



# VAULT EXERCISE

## Men's Artistic Gymnastics



Difficulty Value = 2.00  
 Bonus Difficulty = 0.00  
 Execution Value = 10.00  
 Total = 12.00

## Level 2

Routine Description	Value	Comments
<b>Vault: Horse crossways</b>		
1. From running (not more than 25m).		
2. Double-leg take off from springboard.		
3. Swing arms forward and dive horizontal with stretched body, place hands, shoulder-width apart on horse and tuck legs into <b>squat support</b> .		• Arms straight • Don't stop in squat
4. Swing arms upward, immediate <b>tuck jump</b> .	2.00	support
5. Extend legs and land, bending knees on impact, feet slightly apart, rise to standing, arms upward, heels together.		• Keep torso upright

Age Groups	Horse Height
• 7 years & under	1.10m
• 9 years & under	1.10m
• 11 years & under	1.20m
• 12 years & over	1.20m

Specific Notes	Value	Comments
• A nil Vault will entitle the gymnast to a second attempt. It must be performed within 30s.	2.00	• Second attempt will
• Gymnasts may use two springboards, without penalty, to perform their vault.		be marked from
• The two-springboard rule is not applicable to the oldest age group.		10.00



# VAULT EXERCISE

## Men's Artistic Gymnastics



Difficulty Value = 2.00  
 Bonus Difficulty = 0.00  
 Execution Value = 10.00  
 Total = 12.00

### Level 3

Routine Description	Value	Comments
<b>Vault: Horse crossways</b>		
1. From running (not more than 25m).		
2. Double-leg take off from springboard.		
3. Swing arms forward and dive horizontal with stretched body, place hands on horse.		• Arms straight
4. Block against horse and drive chest upward, arms forward.		• Shoulders behind
5. <b>Squat legs through</b> , arms upward.	<b>2.00</b>	wrists
6. Extend legs and land, bending knees on impact, feet slightly apart, rise to standing, arms upward, heels together.		• Keep torso upright

Age Groups	Horse Height
• 8 years & under	1.10m
• 10 years & under	1.10m
• 12 years & under	1.20m
• 13 years & over	1.20m

Specific Notes	Value	Comments
• A nil Vault will entitle the gymnast to a second attempt. It must be performed within 30s.	<b>2.00</b>	• Second attempt will
• Gymnasts may use two springboards, without penalty, to perform their vault.		be marked from
• The two-springboard rule is not applicable to the oldest age group.		10.00



# PARALLEL BARS EXERCISE

## Men's Artistic Gymnastics

- Structure Groups :
1. Support Swings
  2. Upper Arm Swings
  3. Long Swings
  4. Strength & Holds
  5. Dismount



Difficulty Value = 2.00  
 Bonus Difficulty = 0.60 (3x0.20)  
 Execution Value = 10.00  
 Total = 12.60

## Level 1

Routine Description	Value	Comments
1. Jump with straight arms to support [ jump to L-tucked support (2s) <sup>4</sup> , straighten legs ].	0.30	• Bonus: additional element, 90° hip angle
2. With stretched body and straight arms walk six steps forward in support.	0.30	• Value is 0.05 x 6
3. Raise legs and straddle across bars to end with legs straight.	0.10	• No stops in the execution of 2 - 4
4. Bend legs and swing upwards off bars to rear support with legs straight and closed.	0.10	
5. Swing backward to horizontal <sup>1</sup> .	0.20	
6. Swing forward to 15° below horizontal.	0.20	
7. Swing backward to horizontal [ swing > horizontal ].	0.20	
8. Swing forward to 15° below horizontal.	0.20	
9. Swing backward to horizontal [ swing > horizontal ].	0.20	
10. Front dismount <sup>5</sup> .	0.20	• Do not hold bar on landing, keep torso upright

Specific Notes	Value	Comments
• Bars may be set at a height suitable to the gymnast, not exceeding FIG regulations.		
• Gymnasts may use two springboards, without penalty, to begin their routine.		



# PARALLEL BARS EXERCISE

## Men's Artistic Gymnastics

- Structure Groups :
1. Support Swings
  2. Upper Arm Swings
  3. Long Swings
  4. Strength & Holds
  5. Dismount



Difficulty Value = 2.00  
 Bonus Difficulty = 0.60 (3x0.20)  
 Execution Value = 10.00  
 Total = 12.60

## Level 2

Routine Description	Value	Comments
1. Jump with straight arms to L-tucked support <sup>4</sup> (2s) [ jump to L-support (2s) ].	0.20	• 90° hip angle • Bonus: modified element
2. Extended hips and legs forwards.		
3. Swing backward to horizontal <sup>1</sup> [ swing > horizontal ].	0.20	
4. Swing forward to horizontal.	0.20	
5. Swing backward to horizontal.	0.20	
6. Swing forward to horizontal.	0.20	
7. Straddle with straight legs across bars.		• No stops in the execution of 7 - 9
8. Replace hands forward, ahead of legs.		
9. Pull forward on bars with straight arms, swing backward with straight legs and close to end 15° below horizontal in front support.	0.10	
10. Swing forward to horizontal.	0.20	
11. Swing backward to horizontal.	0.20	
12. Swing forward to horizontal.	0.20	
13. Swing backward to horizontal [ swing ≥ 15° above horizontal ].	0.20	
14. Front dismount <sup>5</sup> .	0.10	• Do not hold the bar on landing, keep torso upright

Specific Notes	Value	Comments
• Bars may be set at a height suitable to the gymnast, not exceeding FIG regulations.		
• Gymnasts may use two springboards, without penalty, to begin their routine.		



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Difficulty Value = 2.00  
 Bonus Difficulty = 0.60 (3x0.20)  
 Execution Value = 10.00  
 Total = 12.60

## Level 3

Routine Description	Value	Comments
1. Jump to front support with straight arms.		
2. Swing forward to horizontal <sup>1</sup> .	0.20	
3. Swing backward to horizontal [ swing $\geq 30^\circ$ above horizontal ].	0.20	
4. Swing forward to horizontal.	0.20	
5. Straddle with straight legs across bars.		• No stops in the
6. Replace hands forward, ahead of legs.		execution of 5 - 7
7. Pull forward on bars with straight arms, swing backward with straight legs and close to end $15^\circ$ below horizontal in front support..	0.10	
8. Swing forward to L-support <sup>4</sup> (2s).	0.20	
9. Raise legs, and extend hips and legs forwards.		
10. Swing backward to horizontal.	0.20	
11. Swing forward to horizontal.	0.20	
12. Swing backward to horizontal [ swing $\geq 30^\circ$ above horizontal ].	0.20	
13. Swing forward to horizontal.	0.20	
14. Swing backward to horizontal [ swing $\geq 30^\circ$ above horizontal ].	0.20	
15. Front dismount <sup>5</sup> .	0.10	• Do not hold the bar on landing, keep torso upright

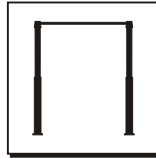
Specific Notes	Value	Comments
• Bars may be set at a height suitable to the gymnast, not exceeding FIG regulations.		
• Gymnasts may use two springboards, without penalty, to begin their routine.		



# HORIZONTAL BAR EXERCISE

## Men's Artistic Gymnastics

- Structure Groups :
1. Long Swings
  2. Release & Regrasp
  3. Inbar Elements
  4. Turns
  5. Dismount



Difficulty Value = 2.00  
 Bonus Difficulty = 0.60 (3x0.20)  
 Execution Value = 10.00  
 Total = 12.60

## Level 1

Routine Description	Value	Comments
<b>Low bar</b>		
1. Standing straight, hold the bar with bent arms and both hands in over-grasp, pull over the bar with tucked body <sup>3</sup> [ pull over with piked body ].	0.40	• No stops in the execution of 1 - 10
2. Front support.	0.10	• No additional swings
3. Swing right leg sideways over the bar.	0.30	• Don't sit on bar
4. Scissors support.	0.10	• Don't sit on bar
5. Change left hand to under-grasp <sup>2</sup> .		• Don't sit on bar
6. 1/2 turn to left <sup>4</sup> .	0.30	• Don't sit on bar
7. Swing left leg backward over bar.	0.30	• Don't let legs swing under bar
8. Front support.	0.10	
9. Slow roll forward [ forward roll with stretched body ].	0.30	
10. Lower feet to standing <sup>5</sup> [ pull chin above bar before lowering to standing ].	0.10	

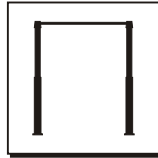
Specific Notes	Value	Comments
• Horizontal Bar set low ie between 1.10m & 1.30m.		• Springboard / block may be used



# HORIZONTAL BAR EXERCISE

## Men's Artistic Gymnastics

- Structure Groups :
1. Long Swings
  2. Release & Regrasp
  3. Inbar Elements
  4. Turns
  5. Dismount



Difficulty Value = 2.00  
 Bonus Difficulty = 0.60 (3x0.20)  
 Execution Value = 10.00  
 Total = 12.60

## Level 2

Routine Description	Value	Comments
<b>Low bar</b>		
1. Standing straight, hold the bar with bent arms and both hands in over-grasp, pull over the bar with piked body.	0.20	• No stops in the execution of 1 - 13
2. Front support.		• No additional swings
3. Swing right leg sideways over the bar.	0.20	
4. Scissors support.		• Don't sit on the bar
5. Change left hand to under-grasp <sup>2</sup> .		• Don't sit on the bar
6. 1/2 turn to the left <sup>4</sup> .	0.20	• Keep arms straight
7. Swing left leg backward over bar.	0.20	• Don't sit on the bar
8. Front support.		
9. Cast to horizontal [ cast > horizontal ].	0.30	
10. Return to front support.		
11. Cast to horizontal <sup>1</sup> [ cast > horizontal ].	0.30	
12. Backward hip circle through front support <sup>3</sup> .	0.40	• Keep arms straight
13. Underswing bar height dismount <sup>5</sup> [ underswing > bar height ].	0.20	• Keep hips at bar during underswing • Keep torso upright on landing

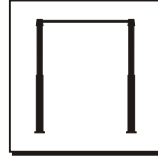
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 Execution Value = 10.00  
 Total = 12.60

## Level 3

Routine Description	Value	Comments
<b>Low bar</b>		
1. Standing straight, hold the bar with bent arms and both hands in over-grasp, pull over the bar with piked body.	0.20	• No stops in the execution of 1 - 14
2. Front support.		• No additional swings
3. Cast to horizontal and tuck right leg through arms [ cast > horizontal ].	0.20	
4. Scissors support.		
5. Sit on bar and change both hands to under-grasp <sup>2</sup> .		• Change hands simultaneously
6. Lift to scissors support.		
7. Mill circle forward <sup>3</sup> .	0.40	
8. Scissors support.		• Don't sit on the bar
9. 1/2 turn to the left <sup>4</sup> .	0.20	• Don't sit on the bar
10. Swing left leg backward over bar.	0.20	• Don't let legs swing under bar
11. Front support.		
12. Cast to horizontal <sup>1</sup> [ cast ≥ 30° above horizontal ].	0.30	
13. Backward hip circle through support.	0.30	
14. Underswing bar height dismount <sup>5</sup> [ underswing > bar height ].	0.20	• Keep hips at bar during underswing • Keep torso upright on landing

Specific Notes	Value	Comments
• Horizontal Bar set low ie between 1.10m & 1.30m.		• Springboard / block may be used