



Men's Artistic Gymnastics

Objective: To demonstrate your gymnastics abilities.

Equipment:

- Indoor floor space
- Non-slip mat
- Please dress in appropriate attire (*i.e. shorts, vest/t-shirt, leotard*)

Process: Athletes must 'perform' the routine for their chosen level as per their entry form. Athletes can practice the routine as many times as they wish. A family member/guardian must record one 'performance' of the routine for submission.

Athletes are strongly advised to warm-up before their routine; see the brief warm-up video provided on [SOI Virtual Competitions](#).

Routines:

Men's Artistic Gymnastics Level 1 (traditionally Level B & C athletes)

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| <ol style="list-style-type: none">1. Salute2. 3 walking steps forward3. Straight jump to landing shape (<i>held for 3 seconds</i>)4. Squat down, place hands on floor and perform a small bunny hop5. From squat position, sit down and hold tuck position (<i>held for 3 seconds</i>)6. Lie back flat and perform 1 log roll (<i>gymnast rolls from back to tummy</i>)7. Push up to front support position8. Jump feet in, and stand up9. Salute |
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Men's Artistic Gymnastics Level 2 (traditionally Level 1 & 2 athletes)

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| <ol style="list-style-type: none">1. Salute2. Straight jump to landing shape (<i>held for 3 seconds</i>)3. Tuck jump to landing shape (<i>held for 3 seconds</i>)4. Squat down, place hands on floor and perform a bunny hop (<i>gymnast should try to perform a momentary pause in tucked handstand</i>)5. From squat position, sit down and show tuck position6. Rock backwards in tuck position, rock forwards to stand up7. 1 footed balance (<i>held for 2 seconds</i>)8. Salute |
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Men's Artistic Gymnastics Level 3 (traditionally Level 3 & 4 athletes)

1. Salute
2. Straight jump, immediate tuck jump to landing shape (*held for 3 seconds*)
3. Forward roll to pike sit (*held for 3 seconds*)
Push to piked half lever (held for 2 seconds) (bonus 0.5)
4. From pike sit, roll backwards to shoulder stand (*held for 2 seconds*)
5. Roll forwards to immediate ½ turn jump to landing shape
6. Arabesque (*held for 3 seconds*)
7. Salute

****Piked half lever can be performed for bonus marks. Inclusion in routine is not compulsory****

Recording: Videos should be recorded from the side where possible but if not then they must be from an angle where all moves can be seen clearly and should only include the athlete.

Submission:

- Please ensure you save all video's with the athletes ID number and level (**i.e. 1432544mens2**).
- One video per athlete should be submitted via WeTransfer to emma.mcmenamin@specialolympics.ie