

MUSCLE MAN CHALLENGE!! (NORTH)

Hosted by Eagle's Wings Athletics (EWA) - www.EWAGYM.com - 972-727-9911

The Muscle Man Challenge is a unique competition to test the strength of your athletes. The format includes specific strength elements on each piece of apparatus. A list of the strength events/elements, along with an explanation of each is on the next page. If you have any questions or suggestions, then please email Greg Schram at greg@schram.org. Athletes of all ages and levels will enjoy this high energy and super fun day of competition! We really hope you plan to attend!

Date: Sunday, September 18th

Location: Eagle's Wings Athletics (Allen Location)
104 N. Greenville Ave
Allen, TX 75002
Office Phone: 972.727.9911
Fax: 972.727.9970
info@ewagym.com



Schedule: Session 1 (ages 6-7 and 8-9)
Session 2 (ages 10-11, 12-13, and 14+)
Times TBD after entries are received.

Age-Groups: Individual: 6-7, 8-9, 10-11, 12-13, 14+ (no levels)
Junior Division Team (ages 6-9)
Senior Division Team (ages 10-14+)



Awards: All-Around Medals for every athlete
Top 4 all-around scores in each division comprise team total
Top 4 teams in each division receive team award
Special Team Award for Grand Champion Team (top 6 scores from team regardless of age)

Attire/Pics: The boys may wear regular T-shirt/shorts, tank tops, or tunic/shorts/pants. Flash photography is permitted at anytime during this event since it is not a USAG sanctioned event, and since it is a strength competition.

Cost: \$50 per athlete (includes meet shirt)
No Team Fees
Make Checks Payable to: Eagle's Wings Athletics

Deadline: September 4th (See Entry Form - separate file)

Send To: Muscle Man Challenge (North)
104 N. Greenville Ave
Allen, TX 75002
(Email your entry as well please!!)

See next page for the strength events/elements/descriptions:



Muscle Man Challenge Events:



#1: Pommel Horse / Mushroom - Circles:

The gymnast will perform as many circles as he can do on a particular part of the pommel horse or mushroom. The gymnast's age will determine where the circles must be done. He will receive one point for each circle done.

Ages 6-7: 30 seconds to do as many circles as you can on the mushroom (stopping and falling are ok)

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

Ages 10-11: as many loops on the pommel horse without pommels 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 low mushroom without falling

#2: Rings Strength:

The gymnast will hold a strength 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+: Handstand or Tuck Planche (1 point/sec); Straddle Planche (2 points/sec); Iron Cross (3 points/sec); Legs Together Planche or Inverted Cross (4 points/sec); Maltese Cross (5 points/sec); Victorian (6 points/sec)

#3: Mat Jumps:

On a 6 inch panel the gymnast will do as many mat jumps onto the mat as he can do in one minute. He will receive one point for each jump he does.

#4: Rope Climbs:

On a rope hung from the ceiling the gymnast will climb up and down (no sliding down or dropping 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. Hands only climbs earn 20 points each and hands & feet climbs earn 10 points each.

#5: Pullovers:

The gymnast will do as many pullovers as he can in two minutes on a men's high bar. He will receive three points for each pullover he does. He must do a forward roll down from support after each pullover, and there will be a spotting block behind him so he cannot swing.

#6: 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 parallets/ground p-bars. (Note: 6-7 year olds may do this in a hula hoop with walking, but they must stay in the hoop). He will receive two points for each second he holds the handstand.

#7: 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 (or something similar) to measure how high he can reach. He will then run down the rod floor, punch off the spring board, and reach as high as he can on the vertical leap testing device. Subtracting his initial reach from his jumping reach will give up his vertical leap. He will receive one point for every half inch he jump.

#8: Leg Lifts (Toe-to-Bars):

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.