

# MUSCLE MAN CHALLENGE!! (NORTH)

Hosted by Eagle's Wings Athletics (EWA) - [www.EWAGYM.com](http://www.EWAGYM.com) - 214-415-7614

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](mailto: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 14th

**Location:** Eagle's Wings Athletics (Allen Location)

104 N. Greenville Ave

Allen, TX 75002

Office Phone: 972.727.9911 Greg's Phone: 214.415.7614

Fax: 972.727.9970

Office Email: [info@ewagym.com](mailto:info@ewagym.com) Greg's Email: [greg@schram.org](mailto:greg@schram.org)



**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 scores on each event in each division comprise team total  
Top 3 teams in each division receive team award  
Special Team Award for Grand Champion Team (top 6 scores from team regardless of age)  
Special Individual Award for highest scoring athlete of the day



**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:** **August 15th** (See Entry Form - last page)

**Send To:** Muscle Man Challenge (North)  
104 N. Greenville Ave  
Allen, TX 75002

**(Please email your entry as well to [greg@schram.org](mailto:greg@schram.org) !!)**



# 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 unless otherwise specified.

**Ages 6-7:** 30 seconds to do as many circles as you can on the mushroom (stopping and falling are ok). If the gymnast hasn't fallen at all by the 30 seconds, then naturally he may continue on until he does.

**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 or circles on pommel mushroom or high buck.

**Ages 12-13:** as many circles as you can do on the pommels without falling or back loops on pommel horse without pommels.

**Ages 14+:** as many circles as you can do on the low mushroom without falling or side circles (uphill or downhill) on pommel/leather.

**AND ANY BOY AT ANY AGE MAY DO SADDLE CIRCLES ON POMMEL HORSE WITHOUT POMMELS (HANDS IN MIDDLE).**

**FOR THIS WE WILL ADD 2 ADDITIONAL POINTS FOR EVERY 4 MADE (8 HAND PLACEMENTS ON THE LEATHER STAYING IN THE MIDDLE).**

## **#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 unless otherwise specified.

**Ages 6-7:** "L" Hang or Chin Hang.

**Ages 8-9:** "L" Hang or Support with rings turned out or Back Lever.

**Ages 10-11:** "L" Support with rings out, Back Lever, or Shoulder Stand (no cables) or Handstand (with feet on inside of cables).

**Ages 12+:** Handstand (no cables), Tuck Planche, or Straddle "L" (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 mat the gymnast will do as many mat jumps as he can do in one minute. He will receive one point for each jump.

## **#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, & 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 parallels/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 jumps.

## **#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.

## TEXAS MEET ENTRY FORM

<b>MEET NAME:</b> MUSCLE MAN CHALLENGE (NORTH) - HOSTED BY EAGLE'S WINGS ATHLETICS (EWA)			
<b>DATE:</b> SUNDAY, SEPTEMBER 14TH, 2014			
<b>CLUB NAME:</b>			<b>CLUB #:</b>
<b>CLUB ADDRESS:</b>		<b>CITY:</b>	<b>ZIP:</b>
<b>PHONE:</b>	<b>FAX:</b>	<b>E-MAIL:</b>	
<b>TEAM NAME:</b>			

<b>COACHES ATTENDING:</b>
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#:	First:	Last:	B-Date:	Age as of 9/1:	Age Group:	Shirt Size:
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<b>Meet Director's Use</b>			Gymnasts x	\$50	Entry Fee =	
Date Rec'd			NO TEAM FEES			
Check #						
Amount					<b>TOTAL</b>	
Short/Over						

I hereby acknowledge all rules and regulations handed down by USA Gymnastics and the State Director. I have read and understand all information pertaining to this meet. This entry form contains all the proper names and ages of the gymnasts. This form was prepared and filled out by: \_\_\_\_\_.