Technical Regulations

Part I - General Rules

Edition 2020
ABBREVIATIONS

FIG  International Federation of Gymnastics  
     (Fédération Internationale de Gymnastique)

EC  Executive Committee of European Gymnastics

NF  National Federation

ECh  European Championship

MAG  Men’s Artistic Gymnastics

WAG  Women’s Artistic Gymnastics

RG  Rhythmic Gymnastics

TRA  Trampoline Gymnastics

ACRO  Acrobatic Gymnastics

AER  Aerobic Gymnastics

TG  TeamGym

GfA  Gymnastics for All

OC  Organising Committee

IOC  International Olympic Committee

YOG  Youth Olympic Games
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I. GENERAL REGULATIONS

These Technical Regulations include regulations for the following disciplines:

- Men’s Artistic Gymnastics
- Women’s Artistic Gymnastics
- Rhythmic Gymnastics
- Trampoline Gymnastics
- Acrobatic Gymnastics
- Aerobic Gymnastics
- TeamGym

For Gymnastics for All, separate regulations have been prepared for EUROGYM and the Golden Age Gym Festival.

These Regulations conform to the European Gymnastics and/or FIG Statutes. They are divided in sections and articles according to the different areas of technical organisation and control.

Art. 1 Right of the federations to participate

The European Championships are open to gymnasts of national member federations affiliated to European Gymnastics, provided that all their financial obligations towards European Gymnastics are fulfilled.

Gymnasts can participate in official European Gymnastics events if they:

- belong to a European Gymnastics Member Federation,
- have the nationality of the NF they represent,
- fulfil the requirements of the FIG Statutes
- have the correct age,
- have a valid insurance,
- have a valid FIG Licence (except for TeamGym),
- respect the dispositions of the EC decisions and of the Regulations.

Gymnasts and judges taking part in European Gymnastics competitions must have the nationality (citizenship) of the federation they represent.

With regard to TeamGym and in particular cases only, the European Gymnastics Executive Committee can decide if an exception may be granted.

In the case of a gymnast who is born in a country in which his parents are "bona fide" residents but have not received citizenship (official nationality), the federation of the country in which he was born may include him in its national team subject to the consent of the Executive Committee.

Where a gymnast or a judge has dual nationality he may choose which country he wishes to represent but, having represented that country, he cannot also represent the other country in question.
Art. 2 Allocation and dates of competition
Upon receipt of applications, the EC/European Gymnastics will select the most suitable candidate after a thorough study of the applications.
As far as possible, the contract between European Gymnastics and the hosting federation has to be signed at the latest 36 months before the event.

The dates of the event are set by the Executive Committee.

As far as possible, a period of at least 2 weeks should be respected between 2 events.

Art. 2.1 Artistic Gymnastics
2.1.1 European Artistic Gymnastic Team Championships, Men and Women, Seniors and Juniors
These European Championships are organised as a rule in the even years, at different dates and places. In case of necessity, they may be organised at the same place.

2.1.2 European Artistic Gymnastic Individual Championships, Men and Women, Seniors
These European Championships are organised as a rule in the odd years, at the same dates and the same place.

Art. 2.2 Rhythmic Gymnastics
These European Championships are organised as a rule every year; the competition programme includes competitions for seniors and juniors.

Art. 2.3 Trampoline Gymnastics
These European Championships are organised as a rule in the even years. The programme includes competitions for seniors and juniors.

Art. 2.4 Acrobatic Gymnastics
These European Championships are organised as a rule in the odd years. The programme includes competitions for seniors and juniors as well as the European Age Group Competition.

Art. 2.5 Aerobic Gymnastics
These European Championships are organised as a rule in the odd years. The programme includes competitions for seniors and juniors.

Art. 2.6 TeamGym
These European Championships are organised as a rule in the even years. The programme includes competitions for seniors and juniors.

Art. 3 Entry Procedure

Art. 3.1 For registration of entry the online registration system is to be used but if not possible, the official forms.
Art. 3.2 The dates of arrival at the European Gymnastics Head Office are decisive. The deadlines are as follows:

3.2.1 Definitive registration of the gymnasts
3 months before the start of the European Championship.

The federations have to send the nominative registration of the judges together with the definitive registration of the gymnasts.

After the deadline fixed for the definitive registration, no gymnast can be added to the number of gymnasts entered in the definitive registration.
No additional gymnast can be added on the nominative list or at the accreditation. (Except TeamGym, where the number of gymnasts in a team can change up to four weeks before the Championships).

3.2.2 Nominative registrations of the gymnasts and officials
4 weeks before the date of the European Championship.
The participation fee has to be paid to European Gymnastics at the same time.
The list must include:
- name and first name of the participants
- date of birth (year) of the gymnasts
- the number of the FIG Licence of the gymnasts (except for TeamGym)
- the category and the FIG ID Code of the judges (except for TeamGym)
The medical staff must have been approved by the FIG.

3.2.3 Participation fees
The amounts of the participation fees to be paid to European Gymnastics have been determined as follows:

150.- Euro per gymnast and per discipline.

If a group has up to 6 gymnasts (as RG, AER), the inscription fee of 150.- Euro per gymnast is maintained.

If a group has more than 6 gymnasts (as TG), the inscription fee is limited to 600.- Euro.

No participation fee has to be paid for reserve gymnasts.

In case of non-participation or partial participation, the participation fee will not be reimbursed.

3.2.4 FIG Licence
Gymnasts without a valid FIG licence will not be allowed to participate in the European Championship.
3.2.5 **Passport – official Identity Card for European Championships**

**TeamGym**

All gymnasts, juniors and seniors, participating in the European Championships in TeamGym have to present an official identity card (which clearly shows the nationality of the holder) or a passport at the accreditation.

3.2.6 **Sanctions – late entries**

Sanctions will be applied if the different deadlines for the registrations are not respected or if a federation does not participate in a European Gymnastics event without previous information.

<table>
<thead>
<tr>
<th>Situation</th>
<th>Sanction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Definitive entry received after the deadline</td>
<td>Euro 1'500.-</td>
</tr>
<tr>
<td>Nominative entry received after the deadline</td>
<td>Euro 1'000.-</td>
</tr>
<tr>
<td>Non-participation of a team, but participation of individuals</td>
<td>Euro 1'000.-</td>
</tr>
<tr>
<td>(information given at the competition venue)</td>
<td></td>
</tr>
<tr>
<td>Non-participation of individuals, no participation at all</td>
<td></td>
</tr>
<tr>
<td>(noticed at the venue)</td>
<td></td>
</tr>
</tbody>
</table>

3.2.7 **Sanctions - judges**

If a federation does not enter a judge or comes with an insufficient number of judges, European Gymnastics will request payment of the amount indicated in the below list:

<table>
<thead>
<tr>
<th>Requested by European Gymnastics</th>
<th>NF comes with</th>
<th>Sanction</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 judges</td>
<td>1 judge</td>
<td>2000 Euro</td>
</tr>
<tr>
<td>2 judges</td>
<td>0 judge</td>
<td>4000 Euro</td>
</tr>
<tr>
<td>1 judge</td>
<td>0 judge</td>
<td>2000 Euro</td>
</tr>
</tbody>
</table>

---

**Art. 3.3 Insufficient participation**

If less than 4 entries are being submitted from 3 or less Federations for a category/discipline at the deadline for definitive registrations the competition in this category/discipline will be cancelled.

In case the participation is not sufficient in one particular category/discipline, European Gymnastics is entitled to re-open the entries of this category/discipline for a period of 2 weeks without penalty. After this time, if the participation is still insufficient, the competition in this category/discipline is definitely cancelled.

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**Art. 3.4 Alterations of the nominative lists of the gymnasts**

Alterations of the above-mentioned nominative lists of the gymnasts are possible only in exceptional cases, and must be authorised by the President of the TC concerned. Alterations will not be accepted later than 24 hours prior to the start of the competition unless the work-plan states otherwise.
In case of illness/injury before arrival or at the place of the event, the dispositions of the TR/FIG will be applied. (Except TeamGym: see part II for illness/injury at the event after accreditation).

**Art. 3.5  Work plan**

The work plan must be in possession of the federations and other persons concerned six weeks at the latest before the competition.

**Art. 3.6  Accreditations**

The European Gymnastics accreditation directives (available on Intranet) have to be respected.

**Art. 4  Age, nationality and licence of the gymnasts, nationality of the judges**

For official European Gymnastics competitions, the participants must have the following age in the year of the event:

**Seniors**
- Men’s Artistic Gymnastics: 18 years
- Women’s Artistic Gymnastics: 16 years
- Rhythmic Gymnastics: 16 years
- Trampoline Gymnastics: 17 years
- Acrobatic Gymnastics: 15 years
- Aerobic Gymnastics: 18 years
- TeamGym: 16 years

**Juniors**
- Men’s Artistic Gymnastics: 14 - 18 years
- Women’s Artistic Gymnastics: 14 - 15 years
- Rhythmic Gymnastics: 13 - 15 years
- Trampoline Gymnastics: 13 - 16 years
- Acrobatic Gymnastics: 13 - 19 years
- Aerobic Gymnastics: 15 - 17 years
- TeamGym: 13 - 17 years

**Age Groups**
- Acrobatic Gymnastics: 11 - 16 years
- Acrobatic Gymnastics: 12 - 18 years

Gymnasts who have participated as a Senior in World Championships, Continental Championships, World Cup competitions, Multi-sport Games, may not participate afterwards in Junior competitions. For ACRO, the FIG rules have to be applied.

During the accreditation process before the competitions, the Organising Committee will check the nationality of the gymnasts and judges as well as the age and the FIG licence of the gymnasts.
Art. 5  The juries
The rights, duties and competences of the jury of appeal, the superior jury, of the competition management and the judges are indicated in the Technical Regulations and the Codes of Points FIG resp. Code of Points European Gymnastics (TeamGym).
Exceptional cases not foreseen in the Regulations are decided by the members of the TC concerned.

Art. 5.1  Jury of appeal
The jury of appeal is composed of two members of the Executive Committee (one of them acting as President), and a third competent person representing the Local Organising Committee.

Art. 5.2  Superior Jury
The Superior Jury is composed of the Technical President and members of the Technical Committee. The specific tasks of each member are defined by the TC concerned.

Art. 5.3  Judges' panel
In principle, the Judges' panels are composed according to the valid TR/FIG and Codes of Points FIG resp. European Gymnastics.

Art. 5.4  Judges' meetings
At official European Gymnastics competitions, judges' meetings are organised under the direction of the respective TC. All judges are required to participate in these meetings.
If they do not take part, they are not allowed to judge.

Art. 5.5  Presence of the judges
All entered judges must be available until the end of the competition of the respective European Championship.
Exceptions have to be managed by the respective TC President.

Art. 5.6  Function of judge
The function of judge may not be combined with any other function (as Head of delegation).

Art. 6  Inquiries of the score
European Gymnastics applies the relevant TR/FIG article.

Referring to European Championships organised for Juniors and Seniors, the complaints are distinct for each age group (i.e. the ECh MAG Seniors is distinct from the ECh MAG Juniors; the same applies for WAG, RG, etc.)
If the inquiry is refused, the amount will be invoiced by European Gymnastics (in Euro, not in USD), later on and must be paid within one month.
Art. 7  Technical tasks

Art. 7.1  The TC of the discipline concerned is responsible for the technical organisation and running of the European Championship.

Art. 7.2  The organisation, running and direction of the competition comply with the FIG Technical Regulations and Codes of Points, taking the special requirements of European Gymnastics competitions into consideration.

Art. 8  Apparatus
European Gymnastics refers to the FIG Apparatus Norms, Codes of Points as well as the Technical Regulations.
With regard to TeamGym, we refer to the European Gymnastics Directives for Equipment.
The certification of TeamGym apparatus must be officially approved by European Gymnastics.

Art. 9  Medals
For the finals, the gymnasts receive:

1st rank: a gold medal and a diploma
2nd rank: a silver medal and a diploma
3rd rank: a bronze medal and a diploma
4th to 8th rank: a diploma.

On the podium, awards will only be presented to the medal winners.

In team/group competitions, each gymnast in the team/group, including the reserve gymnasts and the coaches, receive the awards mentioned above.

Art. 10  Diplomas

Art. 10.1  The 8 best gymnasts/teams of each competition receive a diploma indicating their name and first name, the federation they belong to, the rank and, where required, the type of the medal.
The diplomas for the gymnasts ranked 1st to 8th will be given to the respective federations.

Art. 10.2  All competitors and officials receive a diploma indicating their name and first name, the name of the federation they belong to, and their function within the organisation.

Art. 11  Ceremonies
We refer to the European Gymnastics Directives for the organisation of Ceremonies.
The participation of the medal winners in the award ceremonies is compulsory. Gymnasts or teams that are absent for unjustified reasons will be disqualified.
Art. 12  Score Sheets, Ranking Lists and Lists of Finalists

Art. 12.1 The intermediary results and rankings are only displayed in the halls and published on the Internet.

Art. 12.2 The complete documentation is distributed at the end of the championship.

Art. 12.3 Immediately after each competition, the scoring office presents the following documents to the TC Presidents for approval by signature:

a) a complete list of the results, including the individual judges' scores for each apparatus;

b) a complete list of results for each apparatus, with all individual judges' scores.

Art. 12.4 The TC President approves the list of the finalists.

Art. 13  Obligations of the participating National Federations

The participating national federations shall pay for the travelling and accommodation expenses (including meals) of their delegations.

The organising NF, respectively the OC, is authorised to request a deposit (50% maximum) from all participating NF.
The remaining costs must be paid before the arrival. NF not having fulfilled their financial obligations within the deadlines are not authorised to compete.
The organising NF must inform the participating federations on the terms of payment.

Art. 13.1  Use of electronic communication devices

During the duration of official European Gymnastics competitions, the gymnasts, judges, coaches or medical staff of the delegations on the field of play are absolutely prohibited from using cellular phones and other electronic communication devices. The competition duration is defined as starting the moment the first gymnast enters the field of play and ending the moment the last score is displayed publicly.

If this rule is violated, the concerned persons will receive a written warning.
If this behaviour is repeated after the written warning is issued, the concerned person will be excluded for the rest of the competition.
The Superior Jury is responsible to decide these disciplinary measures.
Appeals against these decisions have to be submitted to the Jury of Appeal whose decision is final.

Art. 13.2  Obligation of the participating National Federations to assist at the Orientation Meeting

The Organising Committee and European Gymnastics provide very important information during the Orientation Meeting of European Gymnastics events.
It is mandatory for all Heads of Delegation of the federations or their representatives to attend. Unjustified failure to attend will result in a sanction against the federation of Euro 1000.-.

Art. 14 Anti-doping controls
Doping is forbidden in all its forms. Concerning the anti-doping fight, the FIG have established rules specifically based on the Anti-Doping Code of the World Anti-Doping Agency. All questions concerning the anti-doping fight must take reference from these rules, in particular the procedures to be followed for the controls and sanctions to be taken.

Art. 15 Final dispositions

Art. 15.1 The dispositions of the Statutes of European Gymnastics and the Technical Regulations of the FIG will be applied in all situations which are not foreseen in these regulations. If extraordinary situations should occur, the necessary decisions will be made by the President of the TC concerned, in cooperation with the members of the EC and TC present at the competition.

Art. 15.2 The EC in cooperation with the relevant TC has the right to make necessary technical modifications in order to improve the organisation and practical running of the European Championship. In that case, all the member federations have to be informed immediately.

These regulations were approved by the European Gymnastics Executive Committee on August 30th – 31st, 2019.

They come into operation on January 1st, 2020.

EUROPEAN GYMNASTICS
The President
Dr Farid GAYIBOV
Technical Regulations

Part II

Specific Rules – Artistic Gymnastics

Edition 2020
Art. 1  Competitions
In even years, the following competitions are organised for seniors and juniors:

Qualifying competition, Juniors
Qualifying competition, Seniors
All-Around Final, Juniors
Apparatus Finals, Seniors and Juniors
Team Final, Seniors

In odd years, the following competitions are organised for seniors:

Qualifying competition
All-Around Final
Apparatus Finals

Art. 2  Composition of the delegations

Art. 2.1  Team European Championships (even years)
All federations are entitled to participate with either a team composed of 3 to 5 gymnasts, or a maximum of 2 individual gymnasts.

<table>
<thead>
<tr>
<th>MAG respectively WAG</th>
<th>Juniors</th>
<th>Seniors</th>
<th>Mixed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasts</td>
<td>5</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>Head of delegation</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Team leader</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Coaches</td>
<td>2</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Doctors</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Physiotherapist</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Judges</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

The costs for additional accreditations have to be assumed by the NF. The number of coaches cannot be higher than the number of gymnasts.

Art. 2.2  Individual European Championships (odd years)
All federations can participate with a maximum of 6 male and 4 female gymnasts, but only a maximum of 4 gymnasts can compete on the same apparatus.

<table>
<thead>
<tr>
<th>MAG</th>
<th>WAG</th>
<th>Mixed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasts</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>Head of delegation</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Team leader</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Coaches</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Doctors</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Physiotherapist</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Judges</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>(for delegations with 1-2 gymnasts)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Judges</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>
(for delegations with 3-6 MAG and 3-4 WAG gymnasts).

The costs for additional accreditations have to be assumed by the NF.
The number of coaches cannot be higher than the number of gymnasts.

Art. 3  Competition format

Art. 3.1  Team European Championships in MAG and WAG, Seniors and Juniors (even years)

3.1.1  SENIORS - Qualifying competition for Apparatus Finals and Team Final

JUNIORS - Qualifying competition the All-Around Final and the Apparatus Finals as well as Team ranking
A senior and junior team consists of 3 - 5 gymnasts, of which up to 4 compete on each apparatus. The 3 best scores on each apparatus are added and make the total result. The NF nominates the team for each apparatus.

It is possible to participate with individual gymnasts, if a NF does not have a sufficient number of gymnasts for a full team.

The competition consists of 6 apparatus for the men and 4 for the women. As a general rule, the events will be performed in the Olympic order.

The number of subdivisions depends on the number of participating gymnasts. As a general rule, every subdivision includes 12 (male) resp. 8 (female) teams/mixed groups.

The composition of subdivisions is decided by drawing of lots among the teams and individual gymnasts.

The best Junior Team is awarded the title "Junior European Artistic Gymnastic Team Champion Men/Women".

3.1.2  JUNIORS - All-Around Final
The 24 gymnasts with the highest ranking obtained in the qualifying competition will qualify for the All-Around final.
A maximum of two gymnasts per federation are allowed in the finals.

The starting order of the gymnasts will be communicated in the Work plan.

The winner of the All-Around Final juniors is awarded the title "Junior European Champion in Artistic Gymnastics Men/Women".
3.1.3 SENIORS - Team final
The 8 best teams from the Qualifying competition will participate in the Team Final. The teams consist of 3 to 5 gymnasts, of which up to 3 compete on each apparatus. The 3 best scores on each apparatus are added and make the total result. The NF nominates the team for each apparatus.

The starting order of the gymnasts will be communicated in the Work plan.

The winner of the Team Final for seniors is awarded the title "European Artistic Gymnastic Team Champion Men/Women".

3.1.4 SENIORS & JUNIORS - Apparatus Finals
The 8 highest ranked gymnasts on each apparatus from the qualifying competition will be qualified for the corresponding apparatus finals. A maximum of two gymnasts per federation will be allowed in the finals. The starting order of the gymnasts will be communicated in the Work plan.

The winner on each apparatus is awarded the title "European Champion on ... (the corresponding apparatus) Men/Women" or "Junior European Champion on ... (the corresponding apparatus) Men/Women".

3.1.5 Reserve gymnasts
Reserve gymnasts for all types of Finals will be in accordance with the TR/FIG.

3.1.6 Exercise requirements
The requirements must comply with the valid FIG Codes of Points as well as the FIG rules for Junior competitions. All affiliated federations must be informed of adjustments to the requirements 6 months before the date of the European Championships.

3.1.7 Special regulations
If necessary, special regulations will be published in the work plan.

3.1.8 Tie breaking rules
The FIG tie breaking rules in force are to be applied.

Art. 3.2 Individual European Championships in MAG and WAG, Seniors (odd years)

3.2.1 Qualifying competition for the All-Around Final and the Apparatus Finals
Each NF can enter 6 male and 4 female gymnasts; a maximum of 4 gymnasts per apparatus can participate.
The competition consists of 6 apparatus for the men and 4 for the women. As a general rule, the events will be performed in the Olympic order.

The number of subdivisions depends on the number of participating gymnasts. In principle, every subdivision includes 6 (male) or 4 (female) groups, each with 3 - 9 gymnasts. Particular cases are dealt with in the respective work plans.

The composition of the subdivisions is decided by drawing of lots among the gymnasts.

3.2.2 All-around final
The 24 gymnasts with the highest ranking obtained in the qualifying competition are qualified for the All-Around Final.
A maximum of two gymnasts per federation is allowed in the finals.
The starting order of the gymnasts will be communicated in the Work plan.

The winner of the All-Around Final is awarded with the title "European Artistic Gymnastic Champion Men/Women".

3.2.3 Apparatus finals
The 8 highest ranked gymnasts on each apparatus in the qualifying competition are qualified for the apparatus finals.
A maximum of two gymnasts per federation is allowed in the finals.
The starting order of the gymnasts will be communicated in the Work plan.

The winner on each apparatus is awarded with the title "European Champion on ... (the corresponding apparatus) Men/Women".

3.2.4 Reserve gymnasts
Reserve gymnasts for all types of Finals will be in accordance with the TR/Fig.

3.2.5 Exercise requirements
The requirements must comply with the valid Technical Regulations and Code of Points Fig, allowing for adjustments.
All affiliated federations must be informed of adjustments to the requirements 6 months before the date of the European Championships.

3.2.6 Special regulations
If necessary, special regulations will be published in the work-plan of the discipline concerned.

3.2.7 Tie breaking rules
The FIG tie breaking rules in force are to be applied.

Art. 4 Duration and timetable of the event
As a general rule, the
Team European Championships (even years) are organised in 5 days
- day 1 – Qualifying competition, Team ranking Juniors
- day 2 – Qualifying competition Seniors
- day 3 – All-Around Final Juniors
- day 4 – Team Final Seniors
- day 5 – Apparatus Finals Seniors et Juniors.

and the

Individual European Championships (odd years) also in 5 days
- day 1 – Qualifying competition
- day 2 – Qualifying competition
- day 3 – All-Around Final
- day 4 – Apparatus Finals, 1st part
- day 5 – Apparatus Finals, 2nd part
Technical Regulations

Part II

Specific Rules – Rhythmic Gymnastics

Edition 2020
Art. 1 Competitions

Art. 1.1 European Championships in even years
In the even years, the following competitions are organised for seniors and juniors:

Senior Individuals
- All Around Final

Senior Groups
- Qualifying competition with Team and All-Around Ranking
- Apparatus Finals

Junior Individuals
- Qualifying competition with Team Ranking
- Apparatus Finals

Art. 1.2 European Championships in odd years
In the odd years, the following competitions are organised for seniors and juniors:

Senior Individuals
- Qualifying competition with Team Ranking
- All Around Final
- Apparatus Finals

Senior Groups
- Qualifying competition with Team and All-Around Ranking
- Apparatus Finals

Junior Groups
- Qualifying competition with All Around Ranking
- Apparatus Finals
Art. 2 Composition of the Delegations

Art. 2.1 Even Years

<table>
<thead>
<tr>
<th></th>
<th>SENIOR Individuals</th>
<th>SENIOR Groups</th>
<th>JUNIOR Individuals</th>
<th>TOTAL Max.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasts</td>
<td>1-2</td>
<td>5-6 *</td>
<td>1-4</td>
<td>13</td>
</tr>
<tr>
<td>Reserve Gymnasts</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Head of Delegation</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Team Leader</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Coach</td>
<td>1-2</td>
<td>2</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Doctor</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Physiotherapist</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Judges **</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

* Each gymnast must compete at least once.
** NF must register at least 1 qualified judge.

Art. 2.2 Odd Years

<table>
<thead>
<tr>
<th></th>
<th>SENIOR Individuals</th>
<th>SENIOR Groups</th>
<th>JUNIOR Groups</th>
<th>TOTAL Max.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasts</td>
<td>1-3</td>
<td>5-6 *</td>
<td>5-6 *</td>
<td>15</td>
</tr>
<tr>
<td>Reserve Gymnasts</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Head of Delegation</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Team Leader</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Coach</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Doctor</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Physiotherapist</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Judges **</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

* Each gymnast must compete at least once.
** NF must register at least 1 qualified judge.
Art. 3  
**Competition format**

Art. 3.1  
**Even Years**

3.1.1  
**General Layout of the Programme**

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Junior Individuals &amp; Senior Groups Qualifications</strong></td>
<td><strong>Junior Individuals &amp; Senior Groups Qualifications</strong></td>
<td><strong>Senior Individuals All-Around</strong></td>
<td><strong>Junior Individuals &amp; Senior Groups Apparatus Finals</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Junior Individuals Qualifications (2 apparatus)</strong></td>
<td><strong>Junior Individuals Qualifications (2 apparatus)</strong></td>
<td><strong>1 per NF not qualified from previous ECh</strong></td>
<td><strong>Junior Individuals Apparatus Finals (4 apparatus)</strong></td>
<td></td>
</tr>
<tr>
<td>4 exercises</td>
<td>4 exercises</td>
<td>4 exercises</td>
<td>4 exercises</td>
<td></td>
</tr>
<tr>
<td><strong>Senior Groups Qualifications</strong></td>
<td><strong>Senior Groups Qualifications</strong></td>
<td><strong>NF of 24 best as per qualification from previous ECh</strong></td>
<td><strong>Senior Groups Apparatus finals</strong></td>
<td></td>
</tr>
<tr>
<td>1 exercise</td>
<td>1 exercise</td>
<td>4 exercises</td>
<td>2 exercises</td>
<td></td>
</tr>
<tr>
<td><strong>Award Ceremonies</strong></td>
<td><strong>Award Ceremonies</strong></td>
<td><strong>Award Ceremonies</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Junior Individuals and Senior Groups:  
  • Team | Senior Individuals:  
  • All-Around Final |  | Junior Individuals:  
  • Apparatus Finals  
  • Senior Groups  
  • Apparatus Finals |  |
| Senior Groups:  
  • All-Around |  |  |  |  |

3.1.2  
**Senior Individuals**

**All Around Final**

- The NF whose gymnasts qualified in the top 24 in the all-around of the previous European Championships will be invited with 1 or 2 gymnasts (according to the qualifying result in the previous year). This invitation is non-nominative.
- 1 gymnast from the host country if not yet qualified. The distribution of places will be as follows: 24+1 from the host country.
- Every other NF which did not qualify through the European Championships in the previous year has the right to send 1 gymnast.

3.1.3  
**Senior Groups**

**Qualifying competition with All-Around ranking and Team ranking**

- Group competition (5-6 gymnasts) with 2 different exercises, one executed with 1 apparatus, the other with 2 types of apparatus, according to the FIG program for the respective year.
- The winner of the All Around competition is awarded with the title "European All Around Champion".
- The All Around competition is also a qualifying competition for the
Apparatus finals.
- NF with only 1 Senior Group, but no Junior Individual gymnasts, cannot participate in the Team ranking.

**Apparatus Finals**
- Competition of the best 8 groups per apparatus of the qualifying competition.
- The gymnasts of the first ranked group in the group exercises will be awarded with the title "European Champion" at the respective apparatus.

### 3.1.4 Team ranking

**Senior Groups and Junior Individuals**
The winner of the Team Competition is designated as follows:
- Senior Groups: the result of the 2 exercises
- Junior Individuals: the result of the 8 exercises
- The above-mentioned results will be added; the best NF is awarded with the title “European Team Champion”.
- If a NF does not participate in the Team Competition (i.e. competes without a Senior Group): the gymnast/s can be ranked for the All-Around competition and qualify for the Apparatus Finals.
- If a NF does not participate in the Team Competition (i.e. competes without Junior Individuals): the Senior Group will be ranked for the All-Around competition and can qualify for the Apparatus Finals.

### 3.1.5 Junior Individuals

**Qualifying competition with Team ranking**
- Individual competition with 1 - 4 gymnasts per federation
- The gymnasts present 8 exercises with the 4 apparatus according to the FIG programme for the respective year.
- A gymnast may participate with 2 - 4 exercises
- If a NF participates with only 1 gymnast, she has to present an exercise with all 4 apparatus and can qualify with each apparatus for the Apparatus Finals.

**Apparatus Finals**
- Competition of the best 8 gymnasts per apparatus (4 apparatus) of the qualifying competition. Maximum 1 per NF
- The first ranked gymnast of each apparatus is awarded with the title “European Junior Champion”.

**Art. 3.2 Odd Years**

**3.2.1 General Layout of the Programme**

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Qualifications &amp; Finals</td>
<td>Senior Qualifications</td>
<td>Senior Qualifications</td>
<td>Senior All-Around Final</td>
<td>Seniors Apparatus Finals</td>
<td></td>
</tr>
<tr>
<td>Junior Groups Qualification and All-Around Ranking (2 apparatus)</td>
<td>Senior Individuals Qualifications (2 apparatus)</td>
<td>Senior Individuals Qualifications (2 apparatus)</td>
<td>Senior Individuals All-Around Final (4 apparatus)</td>
<td>Senior Individuals Apparatus Finals (4 apparatus)</td>
<td></td>
</tr>
<tr>
<td>2 exercises</td>
<td>4 exercises</td>
<td>4 exercises</td>
<td>4 exercises</td>
<td>4 exercises</td>
<td></td>
</tr>
<tr>
<td>Junior Groups Apparatus Finals (2 apparatus)</td>
<td>Senior Groups Qualifications</td>
<td>Senior Groups Qualifications</td>
<td>Senior Groups Apparatus Finals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 exercises</td>
<td>1 exercise</td>
<td>1 exercise</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Award Ceremonies</td>
<td>Award Ceremonies</td>
<td>Award Ceremonies</td>
<td>Award Ceremonies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior Groups:</td>
<td>Senior Individuals and Groups:</td>
<td>Senior Individuals:</td>
<td>Senior Individuals and Groups:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Apparatus Finals</td>
<td>• Team</td>
<td>• All-Around</td>
<td>• Apparatus Finals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• All-Around</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**3.2.2 Senior Individuals**

**Qualifying competition with Team ranking**

- 1-3 gymnasts per NF
- The gymnasts present maximum 8 routines with the apparatus according to the FIG programme for the respective year
- A gymnast may participate in 1 - 4 exercises
- If a NF participates with only 1 gymnast, she must present an exercise with all 4 apparatus
- NF with only 1 gymnast cannot participate in the Team ranking
- Qualification for the AA – the best 3 scores count (max. 2 gymnasts per NF).

**All-Around Final**

- The best 24 gymnasts from the qualifications
- 1 gymnast from the host country if not yet qualified. The distribution of places will be as follows: 24+1 from the host country
- The gymnasts must present 4 routines
- Maximum 2 gymnasts per NF
- The All-Around ranking result is obtained by the best 4 scores
- The winner of the All-Around competition is awarded with the title...
"European All-Around Champion".

**Apparatus Finals**
- Competition of the best 8 individual gymnasts per apparatus of the qualifying competition. Maximum 2 per NF
- The first ranked gymnast of each apparatus is awarded with the title “European Champion”.

**3.2.3 Senior Groups**
**Qualifying competition with Team and All-Around ranking**
- Group competition (5-6 gymnasts) with 2 different exercises, one executed with 1 apparatus, the other with 2 types of apparatus, according to the FIG program for the respective year.
- The winner of the All Around competition is awarded with the title "European All Around Champion”.
- The All Around competition is also a qualifying competition for the Apparatus finals
- NF with only 1 Senior Group cannot participate in the Team ranking

**Apparatus Finals**
- Competition of the best 8 groups per apparatus of the qualifying competition.
- The gymnasts of the first ranked group in the group exercises are awarded with the title "European Champion" at the respective apparatus.

**3.2.4 Team Ranking**
**Senior Groups and Senior Individuals**
The winner of the Team Competition is designated as follows:
- Senior Individual gymnasts: the result of all 8 routines
- Senior Groups: the result of the 2 exercises.
- The above-mentioned results will be added; the best NF is awarded with the title “European Team Champion”.
- If a NF does not participate in the Team Competition (i.e. competes without a Senior Group): the gymnast/s can be ranked for the All Around competition and qualify for the Apparatus Finals.
- If a NF does not participate in the Team Competition (i.e. competes without Senior Individuals): the Senior Group will be ranked for the All Around competition and can qualify for the Apparatus Finals.

**3.2.5 Junior Groups**
**Qualifying competition with All Around ranking**
- Group competition (5-6 gymnasts) with 2 exercises of 2 different apparatus according to the FIG programme for the respective year. The results of the 2 exercises will be added.
- The winner after the 2 exercises is awarded with the title “European Junior Champion”
- The best 8 groups are qualified for the Apparatus Final.
- NF may participate with only 1 exercise. The group will qualify for the Apparatus Finals.

**Apparatus Finals**
- Competition of the 8 best groups of the qualifying competition.
- The gymnasts of the first ranked group will be awarded with the title "European Champion" of the respective apparatus.

**Art. 3.3** Tie breaking rules
The FIG tie breaking rules in force are to be applied.

**Art. 3.4** Drawing of lots

**3.4.1** A drawing of lots will determine the starting order for the first part of the competition for each NF. For the second part of the competitions a rotation between the groups will be organised as follows:

**Procedure example - Individuals:**

<table>
<thead>
<tr>
<th>Drawing of lots</th>
<th>Rotation</th>
<th>Drawing of lots</th>
<th>Rotation</th>
<th>Drawing of lots</th>
<th>Rotation</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Sets</td>
<td></td>
<td>3 sets</td>
<td></td>
<td>4 Sets</td>
<td></td>
</tr>
<tr>
<td>1st part of competition</td>
<td>2nd part of competition</td>
<td>1st part of competition</td>
<td>2nd part of competition</td>
<td>1st part of competition</td>
<td>2nd part of competition</td>
</tr>
<tr>
<td>Set A</td>
<td>Set B</td>
<td>Set A</td>
<td>Set B</td>
<td>Set A</td>
<td>Set C</td>
</tr>
<tr>
<td>Set B</td>
<td>Set A</td>
<td>Set B</td>
<td>Set C</td>
<td>Set B</td>
<td>Set D</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Set C</td>
<td>Set A</td>
<td>Set C</td>
<td>Set A</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Set D</td>
<td>Set B</td>
</tr>
</tbody>
</table>

**Procedure example - Groups:**

<table>
<thead>
<tr>
<th>Drawing of lots</th>
<th>Rotation</th>
<th>Drawing of lots</th>
<th>Rotation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Even number of participants</td>
<td></td>
<td>Odd number of participants</td>
<td></td>
</tr>
<tr>
<td>1st part of the competition</td>
<td></td>
<td>1st part of the competition</td>
<td></td>
</tr>
<tr>
<td>1-10</td>
<td>11-20</td>
<td>1-11*</td>
<td>12-21</td>
</tr>
<tr>
<td>11-20</td>
<td>1-10</td>
<td>12-21</td>
<td>1-11</td>
</tr>
</tbody>
</table>
* Biggest number of groups will be placed in the first set.

3.4.2 A drawing of lots for the Apparatus Finals will determine the starting order for the Finalists for Individuals and Groups.

Art. 4 Musical Accompaniment
The FIG regulations and laws of music copyright are to be respected.

Art. 5 Duration and timetable of the event
As a general rule, the European Championships are organised in 5 days.

Modifications can be made by the TC in particular cases.
Art. 1  Competitions

In the **even years**, qualifications and finals for seniors and juniors are organised in the following disciplines:

- **Trampoline:**
  - Individual women
  - Individual men
  - Team women
  - Team men
  - Synchro women
  - Synchro men

- **Tumbling:**
  - Individual women
  - Individual men
  - Team women
  - Team men

- **Double Mini-Trampoline:**
  - Individual women
  - Individual men
  - Team women
  - Team men

Art. 2  Composition of the delegations

**SENIORS resp. JUNIORS**

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trampoline individual</td>
<td>4</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Trampoline synchro</td>
<td></td>
<td>2 pairs</td>
<td>2 pairs</td>
</tr>
<tr>
<td>Reserve individual</td>
<td>-</td>
<td>-</td>
<td>- **</td>
</tr>
<tr>
<td>Reserve synchro</td>
<td></td>
<td>-</td>
<td>- **</td>
</tr>
<tr>
<td>Double mini-trampoline</td>
<td>4</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Reserve double</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Tumbling</td>
<td></td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Reserve tumbling</td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

**Function**

<table>
<thead>
<tr>
<th></th>
<th>TRA</th>
<th>TUM</th>
<th>DMT</th>
<th>Mixed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head of delegation</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Team leader (only for full team*)</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Coaches (not more than 1 per gymnast)</td>
<td>2 / 2</td>
<td>2 / 2</td>
<td>2 / 2</td>
<td>12</td>
</tr>
<tr>
<td>Judges (more only on request of the TC-TRA)</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Doctor</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Physiotherapist</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>3</td>
</tr>
</tbody>
</table>

Additional accreditations have to be bought by the NF.

Each team participating in the team competition is composed of 3 to 4 athletes.
*A full team in TRA/TUM/DMT consists of minimum 3 male and 3 female gymnasts.
** Reserves for Trampoline Synchro must come from Trampoline Individual and vice versa.

Art. 3 Competition format
The competition programme in the disciplines TRA individual and TRA Synchro, DMT and TUM consists of a qualifying competition and a final.

TRA individual competitions consist of qualifying rounds (Round 1 - two routines and Round 2 - one routine), a final (one routine) and a team final (one routine).

TRA Synchro competitions consist of two routines in the qualifying round and one routine in the finals.

DMT and TUM competitions consist of two routines in the qualifying round, two routines in the finals and one routine in the team finals.

Art. 3.1 Qualifications, Seniors and Juniors
All participants must take part in the qualifications in order to achieve a place in the finals.
If there are less than 12 entries in a category, only 6 will proceed to the final.

Art. 3.2 Round 2 of the Qualifications, TRA Individual Seniors and Juniors
The gymnasts with the 24 best scores from Round 1 will go forward to Round 2.
Only 3 gymnasts per member federation may compete in Round 2.
The gymnasts start Round 2 with a score of zero.

Art. 3.3 Finals, Seniors and Juniors
The finals determine the European Champions.

Participation:
A maximum of 8 gymnasts per discipline and age category, men and women (maximum 2 per NF)
A maximum of 8 synchro pairs per age category, men and women (maximum 1 per NF)
The top 5 teams in TRA individual, DMT and TUM per age category, men and women (4 gymnasts per team).

3.3.1 Finals withdrawals - Synchro
Only one synchro pair per NF can qualify for the final (first in the ranking after the qualifying round).
However, if a gymnast of one of the qualified synchro pairs is injured before the final and can therefore not participate, the NF has the possibility to replace this synchro pair by another pair under the condition that this pair would have been qualified for the finals except for the participation limit of 1 synchro pair per NF.
If this is not the case, the place of the synchro pair which had to withdraw from the finals will be replaced by the first reserve.
Art. 3.4 **Starting order**
In the qualifications, the starting orders will be determined by draw according to the TR/FIG and published in the work plan.
The starting order for Qualification Round 2 of TRA individual competitions will be in reverse order of merit, the gymnast with the lowest score in Round 1 going first.
In the finals, the starting order will be in reverse order of merit from the qualification rounds, i.e. lowest first.

Within the team, the order will follow the nominative entries.

Art. 3.5 **Routine requirements**
The requirements comply with the valid FIG Code of Points and/or the European Gymnastics Competition invitation.

Art. 3.6 **Tie breaking rules**
The FIG tie breaking rules in force are to be applied.

Art. 3.7 **Reserves**
Reserve gymnasts can only compete if a gymnast is injured; this has to be confirmed by the official doctor.

Art. 4 **Duration and timetable of the event**
As a general rule, the European Championships are organised in 4 days. From Wednesday to Saturday or from Thursday to Sunday.

Day 1 Qualifications Round 1, Jun ECh - TRA  
Qualifications, Sen ECh - TUM, DMT  
Team Finals, Junior ECh - TRA

Day 2 Qualifications, Jun ECh - TUM, DMT  
Qualifications Round 1, Sen ECh - TRA  
Team Finals, Sen ECh - TUM, DTM  
Team Finals, Sen ECh - TRA

Day 3 Qualifications, Jun ECh - Synchro  
Qualifications, Sen ECh - Synchro  
Team Finals, Jun ECh – TUM, DTM  
Qualification Round 2, Jun ECh and Sen ECh – TRA

Day 4 Finals Jun ECh and Sen ECh in all disciplines

Art. 5 **Championship titles**
The top ranked team or individual competitors from each competition shall receive the title of Junior respectively Senior Trampoline (resp. TUM/DMT) Gymnastics European Champion.
Art. 1  Competitions
In the odd years, the qualifications and finals for seniors, juniors and the age groups are organised in the following disciplines:

- Women’s Pair
- Men’s Pair
- Mixed Pair
- Women’s Group
- Men’s Group.

The programme is composed of a balance exercise, a dynamic exercise and a combined exercise.

Art. 2  Composition of the delegations
Art 2.1  European Championships (Juniors and seniors)

<table>
<thead>
<tr>
<th></th>
<th>Seniors</th>
<th>Juniors 13 - 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head of delegation</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Team Manager</td>
<td>3 to 5</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>6 to 10</td>
<td>2</td>
</tr>
<tr>
<td>Coaches</td>
<td>1 unit</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>2 units</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>3 to 4</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>5 to 6</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>7 to 8</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>9 units and more</td>
<td>6</td>
</tr>
<tr>
<td>Additional Coaches *</td>
<td>4 to 6 units</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>7 units and more</td>
<td>2</td>
</tr>
<tr>
<td>Judges **</td>
<td>1 or 2</td>
<td>1 or 2</td>
</tr>
<tr>
<td>Doctor</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Paramedical staff</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Additional Medical doctor or paramedic. staff *</td>
<td>4 to 7 units</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>8 units and more</td>
<td>2</td>
</tr>
<tr>
<td>Guest or VIP Guest *</td>
<td>1 to 4 units</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>5 units and more</td>
<td>2</td>
</tr>
</tbody>
</table>

* Accreditation at the charge of the federation
** in accordance with the TR/FIG excluding any Chair or Difficulty Judge drawn by the ACRO Technical Committee. The judges for juniors and seniors can be the same.
2.2 European Age group competition

<table>
<thead>
<tr>
<th>Age Groups</th>
<th>11 - 16</th>
<th>12 - 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Max 2 units per category and Age Group)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head of delegation</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Team Manager</td>
<td>4 to 5 units</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>6 units and more</td>
<td>2</td>
</tr>
<tr>
<td>Coaches</td>
<td>1 unit</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>2 units</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>3 to 4 units</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>5 to 6 units</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>7 to 8 units</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>9 units and more</td>
<td>6</td>
</tr>
<tr>
<td>Additional Coaches *</td>
<td>4 to 6 units</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>7 units and more</td>
<td>2</td>
</tr>
<tr>
<td>Judges **</td>
<td>1 or 2</td>
<td></td>
</tr>
<tr>
<td>Doctor</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Paramedical staff</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Additional Medical doctor or paramedic. staff *</td>
<td>4 to 7 units</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>8 units and more</td>
<td>2</td>
</tr>
<tr>
<td>Guest or VIP Guest *</td>
<td>1 to 4 units</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>5 units and more</td>
<td>2</td>
</tr>
</tbody>
</table>

* Accreditation at the charge of the federation
** in accordance with the TR/FIG excluding any Chair or Difficulty Judge drawn by the ACRO Technical Committee. The judges for 11-16 and 12-18 can be the same.

2.3 Number of participation
Gymnasts may only compete in one event (pairs / groups) and one age category.

Art. 3 Competition format at European Championships (juniors and seniors)

Art. 3.1 Federations may enter a maximum of 2 pairs and groups in each category.

Art. 3.2 Qualifying Competition for the All-Around Final and the Individual Final

3.2.1 This event can be entered by all pairs or groups intending to receive a ranking for the All-Around Final and to qualify for the Individual Balance and/or Individual Dynamic

3.2.2 Competitors may enter for Balance and/or Dynamic individual competitions.

3.2.3 The starting order will be determined by draw by the European Gymnastics Technical Committee ACRO.
3.2.4 The top 8 proceed to the Individual Final (not more than one pair or group from each federation and in each category). If there are less than 12 units participating in a category, only 6 will proceed to the final.

Art. 3.3 All-Around Final, Combined Exercise
3.3.1 This event can be entered by all pairs or groups providing they have taken part in the Qualifying Competition.

3.3.2 The starting order will be determined by draw by the European Gymnastics Technical Committee ACRO.

3.3.3 Not more than 1 pair or group from each federation, in each category, is allowed to proceed to the All-Around final.

3.3.4 The total scores from the Qualifying Competition and the All-Around Final will be used to rank the competitors. The competitors with highest total scores from the Qualifying Competition and the All-Around Final will be declared the winners and All-Around European Champions.

Art. 3.4 Individual Final, Balance and Dynamic
The competition starts from a mark of zero. The pairs / groups with the highest score in each category are declared European Champions.

The starting order will be determined by draw by the European Gymnastics Technical Committee ACRO.

Art. 3.5 Tie breaking rules
In the event of a tie, it will be broken based on the following criteria in this order:

3.5.1 Qualifying Competition for the All-Around Final
In case of a tiebreak between two pairs/groups of the same federation,
1) the highest sum of the E-scores of the balance and dynamic exercises will be decisive.
2) the highest sum of the E-scores and the A score of the balance and dynamic exercises will be decisive.
If this procedure fails to separate the competitors for the combined exercise, entry to the All-Around final will be decided by draw.

3.5.2 Qualifying Competition for Individual Finals
In case of a tie in points at any place in Qualification, the tie will be broken as follow:
- the highest Execution score for the exercise
- the highest Execution and Artistic scores together for the exercise
- the highest Difficulty Score of the performed exercise
- if the tie remains both pairs/groups qualify for the final, unless they are from the same country (see rule 3.5.3).

3.5.3 In the event of tie between two pair/groups from the same federation. If procedure 3.5.2 fails to separate the competitors for the Individual Final, entry to the Final will be decided by a draw.

3.5.4 All-Around Final
In case of a tie in points at any place in All-Around Finals, the ranking will be determined by the following criteria:
1) the highest sum of the E-scores of the balance, dynamic and combined exercises will be decisive.
2) the highest sum of the E-score of the combined exercise will be decisive.
3) the highest sum of the E-score and the A score of the combined exercise will be decisive.
If there is still a tie, the tie will not be broken.

3.5.5 Individual Finals
In case of a tie in points at any place in Individual Finals, the ranking will be determined by the following criteria:
1) the highest sum of the E-score of the exercise prevails
2) the highest sum of the E-score and the A score of the exercise prevails
If there is still a tie, the tie will not be broken.

3.5.6 Championship titles
The winners of the All-Around competition and Individual competition in each category shall receive the title European Champion (Senior or Junior).

Art. 4 Competition format at European Age Group Competition

Art. 4.1 Federations may enter a maximum of 2 pairs and groups in each category.

Art. 4.2 Qualifying Competition for the Finals
4.2.1 Valid FIG regulations for World Age Groups (11-16 and 12-18) will apply for the age groups 11-16 and 12-18.

4.2.2 Only one pair/group (with the highest score), from each federation may proceed to the final.

Art. 4.3 Age Group Finals (11-16 and 12-18)
Valid FIG regulations for World Age Groups (11-16 and 12-18) will apply.

Art. 4.4 Tie break rules
Valid FIG regulations for World Age Groups (11-16 and 12-18) will apply.
Art. 4.5 Competition titles
The winners of the finals in each category shall receive the title of European Age Group winners.

Art. 5 Musical Accompaniment
The FIG regulations and laws of music copyright are to be respected.

Art. 6 Measurement of Gymnasts
In accordance with FIG Rules and Regulations.

Art. 7 Duration and timetable of the event
The events will normally be at the same venue over thirteen days (changes may be made when an increase in competitors or changes to the TR/FIG make it necessary).

Day 1 Arrival of the Age Group teams
Day 2 Trainings
Day 3 Qualifications - Age groups
Day 4 Qualifications - Age groups
Day 5 Qualifications & Finals - Age groups
Day 6 Qualifications & Finals - Age groups
Day 7 Arrival of the Seniors and Juniors
Day 8 Trainings
Day 9 Qualifications & Individual Finals Juniors 1st exercise
Day 10 Qualifications & Individual Finals Seniors 1st exercise
Day 11 Qualifications Juniors and Seniors 2nd exercise
Day 12 All-Around Final - Juniors and Seniors
Day 13 Individual Finals Juniors and Seniors 2nd exercise
Day 14 Teams depart

The exact timetable of the training and the competition is fixed in the work-plan prepared by the TC-ACRO. For organisational purposes, the programme may vary or need to be changed.

Art. 8 Special Regulations
If necessary, special regulations will be published in the work-plan.
Technical Regulations

Part II

Specific Rules – Aerobic Gymnastics

Edition 2020
Art. 1 Competitions
In odd years, the qualifications and finals for seniors and juniors are organised in the following disciplines:

Seniors and Juniors
- Individual Men
- Individual Women
- Mixed Pair
- Trio (Men, Women or mixed)
- Group (5 athletes: Men, Women or mixed)
- Aerobic Dance Seniors (8 athletes: Men, Women or mixed)
- Aerobic Dance Juniors (6 athletes: Men, Women or mixed)

Seniors
- Group Step (8 athletes: Men, Women or mixed)

Art. 2 Maximum Composition of the delegations

<table>
<thead>
<tr>
<th></th>
<th>Seniors</th>
<th>Juniors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Women (IW)</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Individual Men (IM)</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Mixed Pair (MP)</td>
<td>2 (4 gymnasts)</td>
<td>2 (4 gymnasts)</td>
</tr>
<tr>
<td>Trio (TR)</td>
<td>2 (6 gymnasts)</td>
<td>2 (6 gymnasts)</td>
</tr>
<tr>
<td>Group (GR)</td>
<td>1 (5 gymnasts)</td>
<td>1 (5 gymnasts)</td>
</tr>
<tr>
<td>Aerobic Dance (AD)</td>
<td>1 (8 gymnasts)</td>
<td>1 (6 gymnasts)</td>
</tr>
<tr>
<td>Aerobic Step (AS)</td>
<td>1 (8 gymnasts)</td>
<td>-</td>
</tr>
</tbody>
</table>

Maximum 2 per category in IM, IW, Mixed Pair and Trio, and 1 in Group, Aerobic Dance and Aerobic Step.

<table>
<thead>
<tr>
<th></th>
<th>Seniors</th>
<th>Juniors</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head of delegation</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Team leader</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Coach</td>
<td>2</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Judge *</td>
<td>2</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Doctor</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Physiotherapist</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

* A delegation has to enter a minimum of 1 judge and a maximum of 2 judges in the age category in which they participate

Art. 3 Competition format
Art. 3.1 Qualification and team ranking, Seniors and Juniors
The Federations can enter, in the Senior and the Junior category, a maximum of 2 IW, IM, MP, TR and 1 GR, AD, AS (AS only for Seniors).
A competitor may compete in maximum 3 Aerobic categories and in only one age category.

In order to participate in the team competition, a federation must participate with at least one unit in the qualifications in the following categories: Individual Men and/or Individual Women, Mixed Pair, Trio and Group, AD or AS.

If there are less than 12 entries in a category, only 6 will proceed to the final.

**Art. 3.2 Finals for Seniors and Juniors**
A maximum of 8 IM, IW, MP, TR (max. 2 per NF) or Groups, AD and AS (1 per NF) may participate in the final.

**Art. 3.3 Starting order**
All starting orders will be determined by draw made by the TC-AER/ European Gymnastics.

**Art. 3.4 Exercise requirements**
The gymnasts present one routine in each competition.
The requirements must comply with the valid FIG Technical Regulations and Code of Points.

**Art. 3.5 Team ranking**
To participate in the team ranking, federations must be represented with at least one participant in the qualification round: Individual Men and/or Individual Women, Mixed Pair, Trio, Group, Aerobic Dance or Aerobic Step.
The team ranking list will be established by adding the 5 best places (rankings).
The Federation with the lowest total of ranking places will be declared European Team Champion.

**Art. 3.6 Tie breaking rules**
The FIG tie breaking rules in force are to be applied.

**Art. 4 Musical Accompaniment**
All exercises must be performed entirely to music.
The FIG regulations and laws of music copyright are to be respected.

**Art. 5 Duration and timetable of the event**
As a general rule, the European Championships are organised in 4 days.

**Art. 6 Championship titles**
The top ranked competitors of the categories Individual Men, Individual Women, Mixed Pairs, Trios, Groups, Step and Dance as well as in the Team competition shall receive the title Aerobic Gymnastics European Champion.
Technical Regulations

Part II

Specific Rules – TeamGym

Edition 2020
Art. 1  Competitions
In the even years, the qualifications and finals for seniors and juniors are organised in the three TeamGym apparatus:

- Floor
- Tumble
- Trampet

The participation in all three apparatus is compulsory.

Art. 2  Composition of the delegations
Each federation may bring maximum 1 team in each section in both the senior and junior competition.
A team may consist of 8 - 12 accredited gymnasts, 3 coaches and 1 physiotherapist.
Gymnasts may only compete in one team at the combined Junior/Senior Championships.

The maximum size of the official delegation for each federation is as follows:

<table>
<thead>
<tr>
<th></th>
<th>SENIORS</th>
<th>JUNIORS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasts:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Women’s Team</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>- Mixed Team</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>- Men’s Team</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Coaches</td>
<td>3 per team</td>
<td></td>
</tr>
<tr>
<td>Physiotherapist</td>
<td>1 per team</td>
<td></td>
</tr>
<tr>
<td>Head of delegation</td>
<td>1 for the combined junior/senior Championships</td>
<td></td>
</tr>
<tr>
<td>Team leader</td>
<td>2 for senior teams and 2 for junior teams</td>
<td></td>
</tr>
<tr>
<td>Doctor</td>
<td>1 for the combined junior/senior Championships</td>
<td></td>
</tr>
<tr>
<td>Judges</td>
<td>3 for the combined junior/senior Championships</td>
<td></td>
</tr>
</tbody>
</table>

Art. 3  Competition format
The European Championships in TeamGym consist of the following three sections, in both senior and junior competitions:

- Women’s Teams
- Mixed Teams (50% male and 50% female)
- Men’s Teams.

The number of accredited gymnasts per team is 8 - 12.
The actual gymnasts proposed to perform during the competition must be declared to the organisers (team declaration) at least ten minutes before the scheduled start of the team’s first apparatus in the competition. This may be a minimum of 8 and a maximum of 10 gymnasts plus additional reserves within the accredited maximum of 12.
All declared gymnasts must perform the floor. If a gymnast is injured during the competition prior to the floor, the following disposition will be applied:
After the team declaration, reserves may only be used in case of injury or illness confirmed by the official doctor of the European Championships. The affected gymnast can then be replaced with an accredited reserve. Gymnasts that are replaced may not participate further in the Championships.

A new team declaration is required for the finals.

Gymnasts performing triple saltos must present a written dispensation. This is a formal letter from the National Federation stating that they give a specific gymnast (and their specific coaches) the permission to perform triple saltos at the European Championships.

Art. 3.1 Qualifications, Seniors and Juniors
The Federations can participate with a maximum of 1 women’s team, 1 mixed team and 1 men’s team in the senior and junior competitions (in total maximum 6 teams).

Art. 3.2 Finals, Seniors and Juniors
The 8 Teams with the highest ranking from the Qualification are qualified for the Finals.
Teams in the final start from zero score.

If there are less than 12 teams in a section, only 6 will proceed to the Final.

Art. 4 Tiebreak rules
In case of equality of the total score in the Qualifications or Finals, the following principles apply.
In case of 3 or more teams with the same total score, the teams are compared two at a time before being ranked.

Art. 4.1 The Team with the highest final scores in 2 apparatus (the team that wins 2 apparatus) gets the highest ranking.
In case of further equality:

Art. 4.2 The Team with the highest final score in any of the apparatus gets the highest ranking.
In case of further equality:

Art. 4.3 The Team with the second highest final score in any of the apparatus gets the highest ranking.
In case of further equality:

Art. 4.4 The Team with the highest E score in any of the apparatus gets the highest ranking.
In case of further equality:

Art. 4.5 The Team with the 2nd highest E score in any of the apparatus gets the highest ranking.
In case of further equality:

Art. 4.6 The Team with the highest total E score in all three apparatus gets the highest ranking.
In case of further equality:

Art. 4.7  In case the above procedure fails to resolve the tie:
  a) Qualification to the final will be settled by a draw.
  b) In the final, the tie will not be broken, and the Teams will keep their
      achieved ranking and receive medals as appropriate.

Art. 5  Judges
All judges must be holders of the European Gymnastics TeamGym brevet for the corresponding
cycle. Each participating NF is obliged to nominate at least one judge who is guaranteed a position on a
judging panel. The maximum number of judges per NF is three.

Art. 6  Starting order
The starting order of the teams is decided by an official drawing of lots in the presence of
representatives of the TC and published in the work plan. The Federations may witness the draw.

Art. 7  Musical accompaniment
All routines must be performed entirely to optional music. The music must be instrumental with
no lyrics and provided in electronic format (as per Work Plan). The FIG regulations and laws of music copyright are to be respected.

Art. 8  Duration of the event
As a general rule, the European Championships for seniors and juniors are organised in 5 days at
the same venue, in the same week.

  Day 1 - Training for juniors
  Day 2 - Training for seniors, Qualification juniors, Opening ceremony
  Day 3 - Qualification seniors
  Day 4 - Final juniors
  Day 5 - Final seniors, Closing ceremony

In case of a large number of teams, the Championships might be modified and extended with an
extra day.

Art. 9  Championship titles
The team’s total score is the sum of the final scores of all three apparatus. The winning team for
each of the sections shall receive the title European TeamGym Champion.