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# 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

## CONTENTS

<b>I.</b>	<b>GENERAL REGULATIONS .....</b>	<b>5</b>
Art. 1	Right of the federations to participate .....	5
Art. 2	Allocation and dates of competition.....	6
Art. 3	Entry Procedure .....	6
Art. 4	Age, nationality and licence of the gymnasts, nationality of the judges.....	9
Art. 5	The juries.....	10
Art. 6	Inquiries of the score .....	10
Art. 7	Technical tasks .....	11
Art. 8	Apparatus.....	11
Art. 9	Medals.....	11
Art. 10	Diplomas.....	11
Art. 11	Ceremonies .....	11
Art. 12	Score Sheets, Ranking Lists and Lists of Finalists .....	12
Art. 13	Obligations of the participating National Federations .....	12
Art. 14	Anti-doping controls.....	13
Art. 15	Final dispositions.....	13
	<b>Specific Rules – Artistic Gymnastics .....</b>	<b>14</b>
Art. 1	Competitions .....	15
Art. 2	Composition of the delegations .....	15
Art. 3	Competition format .....	16
Art. 4	Duration and timetable of the event .....	18
	<b>Specific Rules – Rhythmic Gymnastics.....</b>	<b>20</b>
Art. 1	Competitions .....	21
Art. 2	Composition of the Delegations .....	22
Art. 3	Competition format .....	23
Art. 4	Musical Accompaniment.....	28
Art. 5	Duration and timetable of the event .....	28
	<b>Specific Rules – Trampoline Gymnastics.....</b>	<b>29</b>
Art. 1	Competitions .....	30
Art. 2	Composition of the delegations .....	30
Art. 3	Competition format .....	31
Art. 4	Duration and timetable of the event .....	32
Art. 5	Championship titles.....	32
	<b>Specific Rules – Acrobatic Gymnastics.....</b>	<b>33</b>
Art. 1	Competitions .....	34
Art. 2	Composition of the delegations .....	34
Art. 3	Competition format at European Championships (juniors and seniors).....	35
Art. 4	Competition format at European Age Group Competition .....	37
Art. 5	Musical Accompaniment.....	38
Art. 6	Measurement of Gymnasts.....	38
Art. 7	Duration and timetable of the event .....	38
Art. 8	Special Regulations .....	38

<b>Specific Rules – Aerobic Gymnastics .....</b>	<b>39</b>
Art. 1 Competitions .....	40
Art. 2 Maximum Composition of the delegations .....	40
Art. 3 Competition format .....	40
Art. 4 Musical Accompaniment.....	41
Art. 5 Duration and timetable of the event .....	41
Art. 6 Championship titles.....	41
<b>Specific Rules – TeamGym .....</b>	<b>42</b>
Art. 1 Competitions .....	43
Art. 2 Composition of the delegations .....	43
Art. 3 Competition format .....	43
Art. 4 Tiebreak rules.....	44
Art. 5 Judges.....	45
Art. 6 Starting order .....	45
Art. 7 Musical accompaniment .....	45
Art. 8 Duration of the event.....	45
Art. 9 Championship titles.....	45

## 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.

Situation	Sanction
Definitive entry received after the deadline	Euro 1'500.-
Nominative entry received after the deadline	Euro 1'000.-
Non-participation of a team, but participation of individuals (information given at the competition venue)	Euro 1'000.-
Non-participation of individuals, no participation at all (noticed at the venue)	Euro 1'000.-

### 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:

Requested by European Gymnastics	NF comes with	Sanction
<b>2 judges</b>	<b>1 judge</b>	<b>2000 Euro</b>
<b>2 judges</b>	<b>0 judge</b>	<b>4000 Euro</b>
<b>1 judge</b>	<b>0 judge</b>	<b>2000 Euro</b>

### 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.

### 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:

- 1<sup>st</sup> rank: a gold medal and a diploma
- 2<sup>nd</sup> rank: a silver medal and a diploma
- 3<sup>rd</sup> rank: a bronze medal and a diploma
- 4<sup>th</sup> to 8<sup>th</sup> 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 1<sup>st</sup> to 8<sup>th</sup> 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 30<sup>th</sup> – 31<sup>st</sup>, 2019.

They come into operation on January 1<sup>st</sup>, 2020.

EUROPEAN GYMNASTICS  
The President  
Dr Farid GAYIBOV



European  
Gymnastics

# 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.

#### *MAG respectively WAG*

	<i>Juniors</i>	<i>Seniors</i>	<i>Mixed</i>
Gymnasts	5	5	10
Head of delegation	1	1	1
Team leader	1	1	2
Coaches	2	2	4
Doctors	1	1	1
Physiotherapist	1	1	2
Judges	1	1	2

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.

	<i>MAG</i>	<i>WAG</i>	<i>Mixed</i>
Gymnasts	6	4	10
Head of delegation	1	1	1
Team leader	1	1	2
Coaches	3	3	6
Doctors	1	1	1
Physiotherapist	1	1	2
Judges	1	1	2
(for delegations with 1-2 gymnasts)			
Judges	2	2	4



(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, 1<sup>st</sup> part
- day 5 – Apparatus Finals, 2<sup>nd</sup> part



**European  
Gymnastics**

# **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

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

\* Each gymnast must compete at least once.

\*\* NF must register at least 1 qualified judge.

### Art. 2.2 Odd Years

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

\* 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

Wednesday	Thursday	Friday	Saturday	Sunday
	Junior Individuals & Senior Groups Qualifications	Junior Individuals & Senior Groups Qualifications	Senior Individuals All-Around	Junior Individuals & Senior Groups Apparatus Finals
	Junior Individuals Qualifications (2 apparatus)	Junior Individuals Qualifications (2 apparatus)	1 per NF not qualified from previous ECh Seniors Individuals (4 apparatus)	Junior Individuals Apparatus Finals (4 apparatus)
	4 exercises	4 exercises	4 exercises	4 exercises
Official Training	Senior Groups Qualifications	Senior Groups Qualifications	NF of 24 best as per qualification from previous ECh Seniors Individuals (4 apparatus)	Senior Groups Apparatus finals
	1 exercise	1 exercise	4 exercises	2 exercises
		Award Ceremonies ----- Junior Individuals and Senior Groups: • Team  Senior Groups: • All-Around	Award Ceremonies ----- Senior Individuals: • All-Around Final	Award Ceremonies ----- Junior Individuals: • Apparatus Finals  Senior Groups • Apparatus Finals

##### 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

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Junior Qualifications & Finals	Senior Qualifications	Senior Qualifications	Senior All-Around Final	Seniors Apparatus Finals
	Junior Groups Qualification and All-Around Ranking (2 apparatus)	Senior Individuals Qualifications (2 apparatus)	Senior Individuals Qualifications (2 apparatus)	Senior Individuals All-Around Final (4 apparatus)	Senior Individuals Apparatus Finals (4 apparatus)
	2 exercises	4 exercises	4 exercises	4 exercises	4 exercises
Official Training	Junior Groups Apparatus Finals (2 apparatus)	Senior Groups Qualifications	Senior Groups Qualifications		Senior Groups Apparatus Finals
	2 exercises	1 exercise	1 exercise		2 exercises
	Award Ceremonies ----- Junior Groups: • Apparatus Finals • All-Around		Award Ceremonies ----- Senior Individuals and Groups: • Team  Senior Groups: • All-Around	Award Ceremonies ----- Senior Individuals: • All-Around Final	Award Ceremonies ----- Senior Individuals and Groups: • Apparatus Finals

### 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:

Drawing of lots	Rotation	Drawing of lots	Rotation	Drawing of lots	Rotation
<b>2 Sets</b>		<b>3 sets</b>		<b>4 Sets</b>	
1 <sup>st</sup> part of competition	2 <sup>nd</sup> part of competition	1 <sup>st</sup> part of competition	2 <sup>nd</sup> part of competition	1 <sup>st</sup> part of competition	2 <sup>nd</sup> part of competition
Set A	Set B	Set A	Set B	Set A	Set C
Set B	Set A	Set B	Set C	Set B	Set D
		Set C	Set A	Set C	Set A
				Set D	Set B

Procedure example - Groups:

Drawing of lots	Rotation	Drawing of lots	Rotation
Even number of participants		Odd number of participants	
1st part of the competition		1st part of the competition	
1-10	11-20	1-11*	12-21
11-20	1-10	12-21	1-11



\* 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.

# Technical Regulations

## Part II

### Specific Rules – Trampoline Gymnastics



**Edition 2020**



## 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

	Men	Women	Total	
Trampoline individual	4	4	8	
Trampoline synchro	2 pairs	2 pairs	4 pairs	
Reserve individual and synchro	-	-	- **	
Double mini-trampoline	4	4	8	
Reserve double mini-trampoline	1	1	2	
Tumbling	4	4	8	
Reserve tumbling	1	1	2	
<b>Function</b>	<b>TRA</b>	<b>TUM</b>	<b>DMT</b>	<b>Mixed</b>
Head of delegation	1	1	1	1
Team leader (only for full team*)	1	1	1	3
Coaches (not more than 1 per gymnast)	2 / 2	2 / 2	2 / 2	12
Judges (more only on request of the TC-TRA)	1	1	1	3
Doctor	1	1	1	1
Physiotherapist	1	1	1	3

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.





European  
Gymnastics

# Technical Regulations

## Part II

### Specific Rules – Acrobatic Gymnastics



**Edition 2020**





## 2.2 European Age group competition

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

\* 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 1 <sup>st</sup> exercise
Day 10	Qualifications & Individual Finals Seniors 1 <sup>st</sup> exercise
Day 11	Qualifications Juniors and Seniors 2 <sup>nd</sup> exercise
Day 12	All-Around Final - Juniors and Seniors
Day 13	Individual Finals Juniors and Seniors 2 <sup>nd</sup> 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.



European  
Gymnastics

# 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

	Seniors	Juniors
Individual Women (IW)	2	2
Individual Men (IM)	2	2
Mixed Pair (MP)	2 (4 gymnasts)	2 (4 gymnasts)
Trio (TR)	2 (6 gymnasts)	2 (6 gymnasts)
Group (GR)	1 (5 gymnasts)	1 (5 gymnasts)
Aerobic Dance (AD)	1 (8 gymnasts)	1 (6 gymnasts)
Aerobic Step (AS)	1 (8 gymnasts)	-

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

	Seniors	Juniors	Total
Head of delegation	1	1	1
Team leader	1	1	2
Coach	2	2	4
Judge *	2	2	4
Doctor	1	1	1
Physiotherapist	1	1	2

\* 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.



European  
Gymnastics

# 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:

	SENIORS	JUNIORS
Gymnasts:		
- Women's Team	12	12
- Mixed Team	12	12
- Men's Team	12	12
Coaches	3 per team	
Physiotherapist	1 per team	
Head of delegation	1 for the combined junior/senior Championships	
Team leader	2 for senior teams and 2 for junior teams	
Doctor	1 for the combined junior/senior Championships	
Judges	3 for the combined junior/senior Championships	

### 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 2<sup>nd</sup> 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.