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Technical Regulations

Part I - General Rules

Edition 2022 - 2023

ABBREVIATIONS

| | |
|------|---|
| FIG | International Gymnastics Federation (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 |
| LOC | Local Organising Committee |
| IOC | International Olympic Committee |
| YOG | Youth Olympic Games |

Word referring to the singular number shall include the plural number and vice versa
Words referring to the masculine gender shall also include the female gender and vice versa
Words referring to persons shall include corporate bodies.

This edition of the Technical Regulations is in force from 1.1.2022 to 31.12.2023. The European Gymnastics Executive Committee, however, reserves the right to decide upon and publish updates thereof during that period in case important FIG decisions will be taken which have an impact on the competition format planning of European Gymnastics.

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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, European Gym for Life Challenge 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.

For the FIG disciplines this must be in accordance with the FIG Statutes or additional decisions by the FIG Executive Committee. Gymnasts and judges are allowed to participate in European Gymnastics events for the country which is indicated on their FIG license (gymnasts) resp. judges' brevet.

With regard to TeamGym requests for nationality changes are decided by the European Gymnastics Executive Committee. TeamGym nationality changes follow the procedure indicated in the FIG Statutes. In particular exceptional 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 must be signed **as soon as possible following the allocation of the event** ~~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 ~~Team~~ Gymnastics 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 in the same place.

2.1.2 European Artistic Gymnastics ~~Individual~~ Championships, Men and Women, Seniors

These European Championships are organised as a rule in the odd years, on 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.~~ late registrations will be accepted if the registration is duly submitted before the drawing of lots and if the NF pays a penalty fee according to article 3.2.5.

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 (for all disciplines, including TeamGym).

3.2.3 Participation fees

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

150.- EUR per gymnast and per discipline.

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

If a group has more than 6 gymnasts (as TG), the inscription fee is limited to 900.- 600.- EUR.

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~~

3.2.4 Passport – official national Identity Card for European Championships TeamGym

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

3.2.5 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.

No late registration can be accepted after the drawing of lots.

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

3.2.6 Sanctions – judges

If a federation does not enter a judge or comes with an insufficient number of judges, European Gymnastics will request payment of **EUR 2'000, - per missing judge.**

~~the amount indicated in the below list:~~

| Requested by European Gymnastics | NF comes with | Sanction |
|---|--|--|
| 2 judges 2 judges | 1 judge 0 judge | 2000 Euro 4000 Euro |
| 1 judge | 0 judge | 2000 Euro |

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.

If due to withdrawals after the definitive registration deadline there are less than 4 entries for a category/discipline, the category/discipline takes place, but no medals will be awarded. Certificates of participation will be presented.

If due to withdrawals after the definitive registration deadline there are less than 4 entries for a team competition, in which the teams consist of individual gymnasts who can still take part in individual competitions at that event, the team competition 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 FIG Technical Regulations will be applied. (Except TeamGym: see part II for illness/injury at the event after accreditation).

Art. 3.5 Work plan

European Gymnastics should issue the work plan to Federations and other persons concerned six weeks prior to the start of the competition.

~~The work plan must be in possession of the federations and other persons concerned six week 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: | min. 18 years NF must declare whether their 18-year-old gymnasts will compete as junior or senior prior to their first competition for the year concerned. |
| Women's Artistic Gymnastics: | min. 16 years |
| Rhythmic Gymnastics: | min. 16 years |
| Trampoline Gymnastics: | min. 17 years |
| Acrobatic Gymnastics: | min. 15 years |
| Aerobic Gymnastics: | min. 18 years |
| TeamGym: | min. 16 years |

Juniors

| | |
|------------------------------|--|
| Men's Artistic Gymnastics: | min. 14 15 – max. 18 years NF must declare whether their 18 -year-old gymnasts will compete as junior or senior prior to their first competition for the year concerned. |
| Women's Artistic Gymnastics: | min. 14 – max. 15 years |
| Rhythmic Gymnastics: | min. 13 – max. 15 years |
| Trampoline Gymnastics: | min. 13 – max. 16 years |
| Acrobatic Gymnastics: | min. 13 – max. 19 years |
| Aerobic Gymnastics: | min. 15 – max. 17 years |
| TeamGym: | min. 13 14 – max. 17 years |

Age Groups

| | |
|-----------------------|---------------|
| Acrobatic Gymnastics: | 11 - 16 years |
| Acrobatic Gymnastics: | 12 - 18 years |

For all disciplines: Gymnasts who have participated in a Senior World Championships, a Senior Continental Championships, a World Cup / World Challenge Cup, and Multi-Sport Games, may not participate afterwards in Junior competitions.

~~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 Local 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 FIG Technical Regulations and the FIG Codes of Points 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 member(s) of the Technical Committee (where possible). In exceptional cases the TC President has the right to change the composition of the Superior Jury if required. The specific tasks of each member are defined by the TC concerned.

~~The Superior Jury is composed of the Technical President and members of the Technical Committee.~~

Art. 5.3 Judges' panel

In principle, the Judges' panels are composed according to the valid FIG Technical Regulations and FIG Code of Points resp. European Gymnastics Codes of Points.

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 requested in advance and are 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 inquiries are separate distinct for each age group (i.e., the ECh MAG Seniors is separate distinct from the ECh MAG Juniors; the same applies for WAG, RG, etc.)

~~If the inquiry is refused,~~ Should the final score remain unchanged or be lowered, 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. 7.3 The lighting, the temperature and humidity levels as well as the sound levels in competition-, warm-up- and training halls at European Gymnastics events must be in accordance with the FIG Technical Regulations and the FIG regulations for “Medical organisation of the FIG competitions and events”. The organising member federation of a European Gymnastics event is responsible to comply with the local laws of music copyright.

Art. 8 Apparatus

European Gymnastics refers to the FIG Apparatus Norms, FIG Codes of Points as well as the FIG 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 Start Lists, Score Sheets, Ranking Lists and Lists of Finalists

Art. 12.1 Start Lists are to be provided and controlled by the contracted scoring company.

Art. 12.2 The intermediary results and rankings are only displayed in the halls and published on the Internet.

Art. 12.3 The complete documentation is distributed at the end of the championship.

Art. 12.4 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. 12.5 The TC President approves the list of the finalists **and of the reserve gymnasts.**

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 Organising Committee, 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.~~ (which is defined as starting the moment the first gymnast enters the field of play and ending the moment the last score **is made public** ~~is finalised and publicly displayed~~):

13.1.1 Judges on the field of play are absolutely prohibited from using cellular phones and any other kind of electronic communication devices.

13.1.2 Other delegation members (gymnasts, coaches, medical staff) are prohibited from using cellular phones and any other kind of electronic communication devices. However, gymnasts are allowed to listen to music (with earphones and on a sound level which is not observable for surrounding persons). It is also allowed to other delegation members to take photos (but no videos), without flash and not interrupting the running of the competition.

If **these rules are** ~~this rule is~~ violated, the persons concerned will receive a **verbal** ~~written~~ warning.

If this behaviour is repeated after the written warning is issued, those persons concerned 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 **attend** ~~assist at~~ the Orientation Meeting**

The Local 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 **Doping controls**

Doping is forbidden in all its forms. Concerning the Anti-Doping fight, the FIG has 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 FIG Technical Regulations 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 **September 11th – 12th, 2021.**

They come into operation on **January 1st, 2022.**

EUROPEAN GYMNASTICS
The President
Dr Farid GAYIBOV



European
Gymnastics

Technical Regulations

Part II

Specific Rules – Artistic Gymnastics



Edition 2022 - 2023



Art. 1 Competitions

In even years, the following competitions are organised for **WAG Seniors and Juniors:**
Qualifying Competition, Seniors **including All-Around Final**
Qualifying Competition, Juniors **including Team Final & All-Around Final**
Apparatus Finals, Seniors and Juniors
Team Final, Seniors

In even years, the following competitions are organised for **MAG Seniors and Juniors:**
Qualifying Competition, Seniors **including All-Around Final**
Qualifying Competition, Juniors including Team Final
Apparatus Finals, Seniors and Juniors
All-Around Final Juniors
Team Final, Seniors

~~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 MAG and WAG Seniors:**
Qualifying Competition **including Team Final**
All-Around Final
Apparatus Finals

~~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 Senior Teams have the option to bring one further individual apparatus specialist gymnast.**

MAG respectively WAG

| | <i>Juniors</i> | <i>Seniors</i> | <i>Mixed</i> |
|---------------------------------------|----------------|----------------|--------------|
| WAG Gymnasts | 5 | 5 | 10 |
| MAG Gymnasts | 5 | 6 | 11 |
| Head of delegation | 1 | 1 | 1 |
| Team Manager 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 are entitled to ~~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.~~ with either a team composed of 3 to 5 gymnasts, or a maximum of 2 individual gymnasts.

**MAG Senior Teams have the option to bring one further individual apparatus specialist gymnast.

| | MAG | WAG | Mixed |
|---|------------|------------|--------------|
| Gymnasts | 6 | 5 | 11 |
| Head of delegation | 1 | 1 | 1 |
| Team Manager leader | 1 | 1 | 2 |
| Coaches | 3 | 3 | 6 |
| Doctors | 1 | 1 | 1 |
| Physiotherapist | 1 | 1 | 2 |
| Judges (for delegations with 1-2 gymnasts) | 1 | 1 | 2 |
| Judges (for delegations with 3-6 MAG and 3-5 WAG gymnasts). | 2 | 2 | 4 |

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)

~~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~~

3.1.1 MAG and WAG SENIORS - Qualifying Competition including All-Around Final, plus, qualification for Apparatus Finals and Team Final.

MAG JUNIORS - Qualifying Competition including Team Final, plus qualification for the All-Around Final and Apparatus Finals.

WAG JUNIORS – Qualifying Competition including All-Around and Team Final, plus qualification for the Apparatus Finals.

For MAG and WAG 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 together to make the total score for the Team on that apparatus.

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

MAG Federations who compete with a Senior Team may bring a 6th gymnast to participate as an individual apparatus specialist. This gymnast may compete on a



maximum of 3 apparatus. The apparatus on which the 6th gymnast competes must be declared by the Federation in the nominative entry and cannot subsequently be changed.

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.

For juniors, the draw will start with the final Subdivision and work its way back to Subdivision 1. As federations are drawn, they will be placed horizontally across the apparatus working in Olympic order. The draw will continue until all federations have been drawn.

For Seniors, the draw will start with the 6 (MAG) or 4 (WAG) highest ranked teams from the qualification competition at the European Championships from the previous year (or in exceptional circumstances from another competition to be decided by the EC following proposals from the MAG and WAG Technical Committees) drawn in the final subdivision and placed horizontally across the apparatus working in Olympic order.

The draw will continue with the remaining teams and individual gymnasts to complete the final Subdivision and then work its way back to Subdivision 1. As federations are drawn, they will be placed horizontally across the apparatus working in Olympic order. The draw will continue until all federations have been drawn.

~~As a general rule, the draw will start with the final Subdivision and work its way back to Subdivision 1. As federations are drawn, they will be placed horizontally across the apparatus working in Olympic order. The draw will continue until all federations have been drawn.~~

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

The best Junior Individual All-around gymnast is awarded the title "Junior European Champion in Artistic Gymnastics Women".

The best Senior Individual All-around gymnast is awarded the title "Senior European Champion in Artistic Gymnastics Men/Women".

3.1.2 **MAG 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".

3.1.3 **MAG & WAG 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. 3 gymnasts will compete on each apparatus with all 3 scores counting towards the total score for the Team on that apparatus.**
~~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 **qualify for the respective Apparatus Final.** ~~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 FIG Technical Regulations.

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.~~

The FIG WAG Code of Points is to be respected for the musical accompaniment of WAG floor exercises.

3.1.7 **Special regulations**

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

3.1.8 **Tie breaking rules**

The **current** FIG tie breaking rules **of the Technical Regulations** ~~in force are to be~~ **will 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**

Qualifying Competition including Team Final, plus qualification for the All-



Around Final and the Apparatus Finals.

For MAG and WAG a Senior Team consists of 3 - 5 gymnasts, of which up to 4 compete on each apparatus. The 3 best scores on each apparatus are added together to make the total score for the Team on that apparatus

MAG Federations who compete with a Senior Team may bring a 6th gymnast to participate as an individual apparatus specialist. This gymnast may compete on a maximum of 3 apparatus. The apparatus on which the 6th gymnast competes must be declared by the Federation in the nominative entry and cannot subsequently be changed.

~~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.~~

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

The draw will start with the 6 (MAG) or 4 (WAG) highest ranked teams from the qualification competition at the European Championship from the previous year (or in exceptional circumstances from another competition to be decided by the EC following proposals from the MAG and WAG Technical Committees) drawn in the final subdivision and placed horizontally across the apparatus working in Olympic order.

The draw will continue with the remaining teams and individual gymnasts to complete the final Subdivision and then work its way back to Subdivision 1. As federations are drawn, they will be placed horizontally across the apparatus working in Olympic order. The draw will continue until all federations have been drawn.

~~The composition of subdivisions is decided by the drawing of lots among the teams and individual gymnasts. As a general rule, the draw will start with the final Subdivision and work its way back to Subdivision 1. As federations are drawn, they will be placed horizontally across the apparatus working in Olympic order. The draw will continue until all federations have been drawn.~~

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

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 **will qualify for the respective Apparatus Final** ~~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 FIG Technical Regulations.

3.2.5 Exercise requirements

The requirements must comply with the valid FIG Technical Regulations and Code of Points, allowing for adjustments.

~~All affiliated NF must be informed of adjustments to the requirements 6 months before the date of the European Championships.~~

The FIG WAG Code of Points is to be respected for the musical accompaniment of WAG floor exercises

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 current FIG tie breaking rules **of the FIG Technical Regulations** ~~in force are to~~ will be applied.

Art. 3.3 Ranking List

Where there is no separate All-Around Final, the All-Around Champion will be decided from the results of the Qualifying Competition. The All-Around result list will be extracted from the Qualifying Competition result list taking note of a maximum of 2 gymnasts per federation.

Where there is no separate Team Final, the Team Final Champions will be decided from the results of the Qualifying Competition.

Art. 4 Provisional Duration and timetable of the events *(to be confirmed with the respective event Directives)*

As a general rule, the

European Championships for WAG (even years) are organised over 4 days

Day 1 – Qualifying Competition Seniors

Day 2 – Qualifying Competition Juniors

Day 3 – Apparatus Finals Seniors

Day 4 – Apparatus Finals Juniors and Team Final Seniors



The starting order can be reversed JUN / SEN. The final starting order will be communicated in the work Plan.

European Championships for MAG (even years) are organised over 5 days.

Day 1 – Qualifying Competition Seniors

Day 2 – Qualifying Competition Juniors

Day 3 – Apparatus Finals Seniors, 1st part

Day 4 – All-Around Final Juniors and Apparatus Finals Seniors, 2nd part

Day 5 – Apparatus Finals Juniors and Team Final Seniors

European Championships for MAG and WAG (odd years) are organised over 6 days.

Day 1 – Qualifying competition MAG

Day 2 – Qualifying competition WAG

Day 3 – All-Around Final MAG

Day 4 – All-Around Final WAG

Day 5 – Apparatus Finals, 1st part

Day 6 – Apparatus Finals, 2nd part

The starting order can be reversed WAG / MAG. The final starting order will be communicated in the work Plan.

~~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~~



**European
Gymnastics**

Technical Regulations

Part II

Specific Rules – Rhythmic Gymnastics



Edition 2022 - 2023



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

- Qualifying competition with Team* Ranking
- All Around Final
- Apparatus Finals
- ~~All Around Final~~

Senior Groups

- Qualifying competition with Team* and All-Around Ranking
- Apparatus Finals

Junior Individuals

- Qualifying competition with Team** Ranking
- Apparatus Finals

* Team ranking between the Senior Individuals and Senior Groups

** Team ranking between the Junior Individuals

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

*Team ranking between the Senior Individuals and Senior Groups



Art. 2 Composition of the Delegations

Art. 2.1 Even Years

| | SENIOR Individuals | SENIOR Groups | JUNIOR Individuals | TOTAL Max. |
|--------------------|-----------------------|------------------|-----------------------|---------------|
| Gymnasts | 1-3 2 | 5-6 * | 1-4 | 13 |
| Reserve Gymnasts | 1 | | 1 | 2 |
| Head of Delegation | 1 | 1 | 1 | 1 |
| Team Manager | 1 | 1 | 1 | 2 |
| Coach | 1-2 | 2 | 2 | 6 |
| Doctor | 1 | 1 | 1 | 1 |
| Physiotherapist | 1 | 1 | 1 | 2 |
| Judges ** | 1 | 1 | 1 | 2 |

* 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. |
|--------------------|-----------------------|------------------|------------------|---------------|
| Gymnasts | 1-3 | 5-6 * | 5-6 * | 15 |
| Reserve Gymnasts | 1 | | | 1 |
| Head of Delegation | 1 | 1 | 1 | 1 |
| Team Manager | 1 | 1 | 1 | 2 |
| Coach | 2 | 2 | 2 | 6 |
| Doctor | 1 | 1 | 1 | 1 |
| Physiotherapist | 1 | 1 | 1 | 2 |
| Judges ** | 1 | 1 | 1 | 2 |

* 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

| Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|--|--|--|--|---|
| | Junior competitions | Qualifications for WCh | Qualifications for WCh | Senior Individuals All Around Finals | Apparatus Finals Senior Individuals Senior Groups |
| | Junior Individuals 4 apparatus 4 exercises | Senior individuals (2 apparatus) 4 exercises | Senior individuals (2 apparatus) 4 exercises | Senior Individuals (4 apparatus) 4 exercises | Finals Senior Individuals 4 apparatus |
| | | Apparatus Finals Junior individuals 4 apparatus | | Senior Groups | Finals Senior Groups |
| | | | | 2 exercises | 2 exercises |
| Official Trainings | | | | Award Ceremonies | |
| | Award ceremonies Team Junior individuals | Award ceremonies Junior individuals Apparatus Finals | Official Trainings Senior Groups | Award Ceremony Senior Individuals All Around Final Team Senior Individuals & Senior Groups All-Around Senior Groups | Award ceremonies Apparatus Finals Senior Individuals Senior Groups |

| 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 |
| Official Training | 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 |



| | | | | |
|--|------------------------------|---|---|---|
| | 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 ===== | Award Ceremonies ===== | Award Ceremonies ===== |
| | | Junior Individuals and Senior Groups: • Team | Senior Individuals: • All Around Final | Junior Individuals: • Apparatus Finals |
| | | Senior Groups: • All Around | | Senior Groups: • Apparatus Finals |

3.1.2 Senior Individuals

Qualifying competition with Team ranking

- 1-3 gymnasts per NF
- The gymnasts present maximum 8 exercises 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 exercises
- 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".



3.1.3 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 programme 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 only with 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.

3.1.4 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.

3.1.5 Junior Individuals

Qualifying competition with Team ranking

- Individual competition with 1 - 4 gymnasts per federation
- The gymnasts present 4 exercises with the 4 apparatus according to the FIG programme for the respective year.
- A gymnast may participate with 1 - 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.
- Team ranking: The result of all 4 scores
- The first ranked Junior Team will be awarded with the title "European Junior Team Champion".

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".

~~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 for WCh | Senior Qualifications For WCh | Senior All-Around Final | Senior 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 | | Award Ceremonies | Award Ceremonies | Award Ceremonies |
| | Junior Groups: • Apparatus Finals • All-Around | | Senior Individuals and Groups: • Team Senior Groups: • All-Around | Senior Individuals: • All-Around Final | 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 of the World Championships 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 |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 2 Sets | | 3 sets | | 4 Sets | |
| 1 st part of competition | 2 nd part of competition | 1 st part of competition | 2 nd part of competition | 1 st part of competition | 2 nd 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.

3.4.3 The TC has the right for modifications in case of withdrawals after the drawing of lots.



Art. 4 Musical Accompaniment

The FIG Regulations as well as 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.



**European
Gymnastics**

Technical Regulations

Part II

Specific Rules – Trampoline Gymnastics



Edition 2022 - 2023



Art. 1 Competitions

In the **even years**, **Trampoline Gymnastics European Championships** with 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 | 4 / 4 | 8 / 8 |
| Trampoline synchro | 2 / 2 pairs | 2 / 2 pairs | 4 / 2 pairs |
| Reserve individual and synchro* | - | - | - ** |
| Double mini-trampoline | 4 / 4 | 4 / 4 | 8 / 8 |
| Reserve double mini-trampoline | 1 / 1 | 1 / 1 | 2 / 2 |
| Tumbling | 4 / 4 | 4 / 4 | 8 / 8 |
| Reserve tumbling | 1 / 1 | 1 / 1 | 2 / 2 |

Each team participating in the team competition is composed of 3 to 4 individual gymnasts.

| Function | TRA | TUM | DMT | Mixed |
|---|--------------|--------------|--------------|--------------|
| Head of delegation | 1 | 1 | 1 | 1 |
| Team Manager leader (only for full team*) | 1 | 1 | 1 | 3 |
| Coaches (not more than 1 per gymnast) | 2/24 | 2/24 | 2/24 | 12 |
| Judges (seniors / juniors)**** | 1/1 | 1/1 | 1/1 | 3/3 |
| Judges (more only on request of the TC-TR/ | 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.~~

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



** Reserves for Trampoline Synchro must come from Trampoline Individual and vice versa.

*** A full team in TRA/TUM/DMT consists of minimum 3 male and 3 female gymnasts.

**** Participating in junior and senior events of one discipline (TRA, TUM or DMT) with more than 5 registered gymnasts, the NF is obliged to bring two judges per discipline. Participating in junior and senior events of one discipline (TRA, TUM or DMT) with 5 registered gymnasts or less, the NF can bring either one or two judges per discipline.

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.

Qualifications in TRA, DMT and TUM are divided in two rounds - Qualification (Q1) and Semi-Final (Q2). ~~The individual~~ Q1 acts as Team Qualification also for Team Finals.

Individual finals in DMT and TUM are divided into two rounds - F1 and F2.

TRA Individual competitions consist of Qualification (Q1 - two exercises), ~~and~~ Semi-Final (Q2 - one exercise) and a Final (one exercise) ~~and a team final (one exercise).~~

~~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 Qualification (Q1 - two exercises) and Semi-Final (Q2 - one exercise) and a Final (one exercise).

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

TRA, DMT and TUM Team competitions consist of Qualification (Q1 – two exercises) and a Final (one exercise).

~~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 (>> moved to 3.3.1)~~

Art. 3.2 Semi-Finals (Q2), TRA, DMT and TUM, Seniors and Juniors

All gymnasts / pairs qualified from Qualification (Q1) must take part in the Semi-Final (Q2), if held, in order to achieve a place in the Finals.

Participation: The number of gymnasts who will go forward from Qualification (Q1) to Semi-Finals (Q2) depends on the number of entries in the nominative registrations:

- 1-31 entries No Semi-Final (Q2)
- 32-47 entries Semi-Final (Q2) with 16 gymnasts
- 48 and + entries Semi-Final (Q2) with 24 gymnasts.

Only 3 gymnasts / 2 pairs per member federation may compete in the Semi-Final (Q2).

The gymnasts / pairs start the Semi-Final (Q2) with a score of zero.

~~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 **individual** 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 3** gymnasts per team).

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

~~**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 Qualification (Q1), Semi-Final (Q2) and in the Final, the starting orders will be determined by draw according to the FIG TR/Code of Points valid at the time of the event. The starting order for F2 will follow the same order as F1.

In the Team Final, the starting order will be in reverse rank order of merit from the Qualification rounds, i.e. lowest first, with the first gymnast from the team on 5th place going first, followed by the first gymnast representing the team on 4th place, etc.

~~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.~~

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

Art. 3.5 **Routine Exercise** requirements

The requirements comply with the valid FIG Code of Points and/or the European Gymnastics Competition ~~invitation~~ **directives.**

Art. 3.6 Tie breaking rules

The FIG tie breaking rules **of the World Championships** in force are to be applied.

Art. 3.7 Reserves

Reserves for the Semi-Finals (Q2) and Finals will be in accordance with the TR/FIG.

~~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 **5** 4 days. From **Tuesday** ~~Wednesday~~ to Saturday or from **Wednesday** ~~Thursday~~ to Sunday.

Day 1 Qualifications (Q1), Jun ECh - TRA
Qualifications (Q1), Sen ECh - TUM, DMT
Team Finals, Junior ECh - TRA

Day 2 Qualifications (Q1), Jun ECh - TUM, DMT
Qualifications (Q1), Sen ECh - TRA
Team Finals, Sen ECh - TRA

Day 3 Qualifications (Q1), Jun ECh - Synchro
Semi-Finals (Q2), Jun ECh - Synchro
Finals, Jun ECh - Synchro
Team Finals, Jun ECh - TUM, DTM

Day 4 Qualifications (Q1), Sen ECh - Synchro
Semi-Finals (Q2), Sen ECh - Synchro
Finals, Sen ECh - Synchro
Team Finals, Sen ECh - TUM, DTM

Day 5 Semi-Finals (Q2), Jun ECh and Sen ECh in all individual disciplines
Finals Jun ECh and Sen ECh in all individual disciplines

~~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 **or synchro pairs** competitors from each competition shall receive the title of Junior respectively Senior Trampoline (resp. TUM/DMT) Gymnastics European Champion.



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Technical Regulations

Part II

Specific Rules – Acrobatic Gymnastics



Edition 2022 - 2023



Art. 1 Competitions

In the **odd years**, Acrobatic Gymnastics European Championships with 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)

| | | Seniors | Juniors 13 - 19 |
|--|---|--|--------------------|
| | | Max 2 units per category and Age Group | |
| Head of delegation | | 1 | 1 |
| Team Manager | 3 – 5 units | 1 | 1 |
| | 6 to 10 units | 2 | 2 |
| Coaches | 1 unit | 1 | 1 |
| | 2 units | 2 | 2 |
| | 3 to 4 units | 3 | 3 |
| | 5 to 6 units | 4 | 4 |
| | 7 to 8 units | 5 | 5 |
| | 9 units and more | 6 | 6 |
| Additional Coaches * | 4 to 6 units | 1 | 1 |
| | 7 units and more | 2 | 2 |
| Judges** | | 1 or 2 | 1 or 2 |
| Judges ** | 1 to 5 units (Juniors + Seniors) | | 1 or 2 |
| | 6 units and more (Juniors + Seniors) | | 2 |
| Doctor | | 1 | 1 |
| Paramedical staff | | 1 | 1 |
| Additional Medical doctor or paramedic. staff * | 4 to 7 units | 1 | 1 |
| | 8 units and more | 2 | 2 |
| Guest or VIP Guest * | 1 to 4 units | 1 | 1 |
| | 5 units and more | 2 | 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 juniors and seniors can be the same.~~



Art. 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 | 4 to 5 units | | 1 |
| | 6 units and more | | 2 |
| Coaches | 1 unit | | 1 |
| | 2 units | | 2 |
| | 3 to 4 units | | 3 |
| | 5 to 6 units | | 4 |
| | 7 to 8 units | | 5 |
| | 9 units and more | | 6 |
| Additional Coaches * | 4 to 6 units | | 1 |
| | 7 units and more | | 2 |
| Judges ** | | | 1 or 2 |
| Doctor | | | 1 |
| Paramedical staff | | | 1 |
| Additional Medical doctor or paramedic. staff * | 4 to 7 units | | 1 |
| | 8 units and more | | 2 |
| Guest or VIP Guest * | 1 to 4 units | | 1 |
| | 5 units and more | | 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.~~

Art. 2.3 Number of participants

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 **Balance and Dynamic Finals 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 **Balance and Dynamic Finals** (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 Balance and Dynamic Finals ~~Individual Finals~~

The FIG tie breaking rules of the World Championships in force are to be applied.

~~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.~~

3.5.34 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.

3.5.45 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.

3.5.56- 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~~ The FIG regulations for ~~World~~ Age Groups (11-16 and 12-18) ~~will apply for the age groups 11-16 and 12-18.~~ **in force are to be applied.**

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~~The FIG regulations for ~~World~~ Age Groups (11-16 and 12-18) ~~will apply.~~ **in force are to be applied.**

Art. 4.4 Tie breaking rules

~~Valid~~ The FIG **tie breaking rules** ~~regulations~~ for ~~World~~ Age Groups (11-16 and 12-18) ~~will apply.~~ **in force are to be applied.**

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 as well as 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 FIG Technical Regulations 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 st exercise |
| Day 10 | Qualifications & Individual Finals Seniors 1 st exercise |
| Day 11 | Qualifications Juniors and Seniors 2 nd exercise |
| Day 12 | All-Around Final - Juniors and Seniors |
| Day 13 | Individual Finals Juniors and Seniors 2 nd 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 2022 - 2023



Art. 1 Competitions

In **odd years**, Aerobic Gymnastics European Championships with 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 Manager 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 **of the World Championships** in force are to be applied.

Art. 4 Musical Accompaniment

All exercises must be performed entirely to music.

The FIG Regulations as well as 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, **Aerobic** Step and **Aerobic** 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 2022 - 2023



Order of articles changed. Previous 1-3-8-2-5-6-7-9-4 is now 1 – 8.

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 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 **gymnasts competing in each apparatus/round**)
- 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 Local Organising Committee (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. 2.1 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. 2.2 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. 3 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. 4 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, including any reserves, 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 Manager 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. 5 Judges

All judges must be holders of the nationality of their NF and be in possession 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.

To increase the interest in the finals, the top teams from the qualifications (half the number of teams in the final) will be allocated the last performances in the starting list. The draw is done in two steps, first for the starting order of the last teams qualified for the final, followed by the draw for the first teams qualified for the final. Further details are to be found in the TeamGym Competition Manual.

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 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.

Art. 9 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. 9.1 The Team getting 2 apparatus wins when compared with the other team, gets the highest ranking. This is not the sum of the 2 highest Final Apparatus Scores, but winning 2 of the apparatus over the other team.

~~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. 9.2 The Team with the highest final score in any of the apparatus gets the highest ranking.
In case of further equality:

Art. 9.3 The Team with the second highest final score in any of the apparatus gets the highest ranking.
In case of further equality:

Art. 9.4 The Team with the highest E score in any of the apparatus gets the highest ranking.
In case of further equality:

Art. 9.5 The Team with the 2nd highest E score in any of the apparatus gets the highest ranking.
In case of further equality:

Art. 9.6 The Team with the highest total E score in all three apparatus gets the highest ranking.
In case of further equality:

Art. 9.7 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.