



**European  
Gymnastics**

Head Office  
Avenue de la Gare 12  
CH - 1003 Lausanne

Tél.: +41 - 21 - 613.10.20

[info@europeangymnastics.com](mailto:info@europeangymnastics.com)  
[www.europeangymnastics.com](http://www.europeangymnastics.com)

# Technical Regulations

## Part I - General Rules

**Edition 2024 – 2025**

## 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 1.1.2024 to 31.12.2025. 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 licence (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 exceptional cases only, the European Gymnastics Executive Committee can decide if an exception may be granted.

### **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.

The contract between European Gymnastics and the hosting federation must be signed as soon as possible following the allocation of 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 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 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.

After the deadline fixed for 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).

The federations have to send the **nominative registration of the judges already with the definitive registration** 3 months before the start of the European Championships.

### **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, AER), the inscription fee is limited to 900.- 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 Passport –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 national identity card (which clearly shows the nationality of the holder) 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. Exceptions can only be made for team competitions where NF can still be authorised to add gymnasts up to the maximum number allowed for a team.

<b>Situation</b>	<b>Sanction</b>
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.

### **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.

### **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.

### **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. 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. 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 or Multi-Sport Games, may not participate afterwards in Junior competitions.

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 (except TeamGym) 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.

**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 for each age group (i.e., the ECh MAG Seniors is separate from the ECh MAG Juniors; the same applies for WAG, RG, etc.)

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 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 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 TC President gives the approval to publish the result list and to run the award ceremony (if applicable). By the end of the event, the TC President signs the complete list of the results.

**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 (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:

**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 except for when listening 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 violated, the persons concerned will receive a verbal 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 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 3<sup>rd</sup>, 2022.

They come into operation on January 1<sup>st</sup>, 2024.

**EUROPEAN GYMNASTICS**

Dr Farid Gayibov

President



**European  
Gymnastics**

# **Technical Regulations**

## **Part II**

### **Specific Rules – Artistic Gymnastics**



**Edition 2024 - 2025**



## **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 odd years, the following competitions are organised for MAG and WAG Seniors:

Qualifying Competition including Team Final

All-Around Final

Apparatus Finals

## **Art. 2 Composition of the delegations**

### **Art. 2.1 European Championships (even years)**

All federations are entitled to participate with either a team composed of 3 to 5 gymnasts, or individual gymnasts.

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

	<b>Juniors</b>	<b>Seniors</b>	<b>Mixed</b>
<b>WAG Gymnasts</b>	5	5	10
<b>MAG Gymnasts</b>	5	6	11
<b>Head of Delegation</b>	1	1	1
<b>Team Manger</b>	1	1	2
<b>Coaches</b>	2	2	4
<b>Doctors</b>	1	1	1
<b>Physiotherapist</b>	1	1	2
<b>Judges</b>	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 European Championships (odd years)

All federations are entitled to participate with either a team composed of 3 to 5 gymnasts, or individual gymnasts.

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

	<b>MAG</b>	<b>WAG</b>	<b>Mixed</b>
<b>Gymnasts</b>	6	5	11
<b>Head of Delegation</b>	1	1	1
<b>Team Manager</b>	1	1	2
<b>Coaches</b>	3	3	6
<b>Doctors</b>	1	1	1
<b>Physiotherapist</b>	1	1	2
<b>Judges</b> (for delegations with 1-2 gymnasts)	1	1	2
<b>Judges</b> (for delegations with 3-6 MAG & 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 European Championships in MAG and WAG, Seniors and Juniors (even years)

**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.

MAG Federations who compete with a Senior Team may bring a 6<sup>th</sup> gymnast to participate as an individual apparatus specialist. This gymnast may compete on a maximum of 3 apparatus. The apparatus on which the 6<sup>th</sup> 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.

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. 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.

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.

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 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.

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 will be applied.

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

**3.2.1 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 6<sup>th</sup> gymnast to participate as an individual apparatus specialist. This gymnast may compete on a maximum of 3 apparatus. The apparatus on which the 6<sup>th</sup> 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.

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 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.

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 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.

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 concerned.

### **3.2.7 Tie breaking rules**

The current FIG tie breaking rules of the FIG Technical Regulations 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, 1<sup>st</sup> part
- Day 4 – All-Around Final Juniors and Apparatus Finals Seniors, 2<sup>nd</sup> 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, 1<sup>st</sup> part
- Day 6 – Apparatus Finals, 2<sup>nd</sup> part

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



**European  
Gymnastics**

# **Technical Regulations**

## **Part II**

### **Specific Rules – Rhythmic Gymnastics**



**Edition 2024 - 2025**



## **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

#### 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.
<b>Gymnasts</b>	1-3	5-6 *	1-4	13
<b>Reserve Gymnasts</b>	1		1	2
<b>Head of Delegation</b>	1	1	1	1
<b>Team Manager</b>	1	1	1	2
<b>Coach</b>	1-2	2	2	6
<b>Doctor</b>	1	1	1	1
<b>Physiotherapist</b>	1	1	1	2
<b>Judges **</b>	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.
<b>Gymnasts</b>	1-3	5-6 *	5-6 *	15
<b>Reserve Gymnasts</b>	1			1
<b>Head of Delegation</b>	1	1	1	1
<b>Team Manager</b>	1	1	1	2
<b>Coach</b>	2	2	2	6
<b>Doctor</b>	1	1	1	1
<b>Physiotherapist</b>	1	1	1	2
<b>Judges **</b>	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
Official Trainings	<b>Junior competitions</b>	<b>Qualifications for WCh</b>	<b>Qualifications for WCh</b>	<b>Senior Individuals All Around Finals</b>	<b>Apparatus Finals Senior Individuals Senior Groups</b>
	Junior Individuals 4 apparatus	Senior individuals (2 apparatus)	Senior individuals (2 apparatus)	Senior Individuals (4 apparatus)	Finals Senior Individuals
	4 exercises	4 exercises	4 exercises	4 exercises	4 apparatus
		Apparatus Finals Junior individuals 4 apparatus		Senior Groups	Finals Senior Groups
				2 exercises	2 exercises
	Award ceremonies <hr/> Team Junior individuals	Award ceremonies <hr/> Junior individuals Apparatus Finals	Official Trainings Senior Groups	Award Ceremonies <hr/> Award Ceremony Senior Individuals All Around Final  Team Senior Individuals & Senior Groups  All-Around Senior Groups	Award ceremonies <hr/> Apparatus Finals Senior Individuals Senior Groups

**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”.

## Art. 3.2 Odd Years

### 3.2.1 General Layout of the Programme

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Junior Qualifications &amp; Finals</b>	<b>Senior Qualifications for WCh</b>	<b>Senior Qualifications for WCh</b>	<b>Senior All-Around Final</b>	<b>Senior Apparatus Finals</b>
	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
	Junior Groups Apparatus Finals (2 apparatus)	Senior Groups Qualifications	Senior Groups Qualifications		Senior Groups Apparatus Finals
	2 exercises	1 exercise	1 exercise		2 exercises
Official Trainings	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 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 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
<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	
1 <sup>st</sup> part of the competition		1 <sup>st</sup> 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 2024 - 2025**



## 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

GYMNASTS	Men		Women		TOTAL
	JUN	SEN	JUN	SEN	
Trampoline individual	4	4	4	4	16
Trampoline synchro	2 pairs	2 pairs	2 pairs	2 pairs	8 pairs
Reserve individual and synchro*	-	-	-	-	_**
Double mini-trampoline	4	4	4	4	16
Reserve double mini-trampoline*	1	1	1	1	4
Tumbling	4	4	4	4	16
Reserve tumbling*	1	1	1	1	4

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

FUNCTION	TRA		TUM		DMT		TOTAL
	JUN	SEN	JUN	SEN	JUN	SEN	
Head of delegation			1				1
Team manager juniors			1				1
Team manager seniors			1				1
Coaches*** (8 or less gymnasts)	4		4		4		12
Coaches*** (more than 8 gymnasts)	6		4		4		14
Judges****	1	1	1	1	1	1	6
Doctor			1				1
Physiotherapist	1		1		1		3



Additional accreditations have to be bought by the NF.

\* 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.

\*\*\* Not more than 1 coach per gymnast

\*\*\*\* 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, 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). 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 and Synchro competitions consist of Qualification (Q1 - two exercises), Semi-Final (Q2 - one exercise) and a Final (one exercise).

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

#### **Art. 3.1 Qualifications, Seniors and Juniors**

All participants must take part in the qualifications in order to achieve a place in the finals.

#### **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. 3.3 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 (3 gymnasts per team).

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

**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, 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.

**Art. 3.5 Exercise requirements**

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



#### **Art. 4 Duration and timetable of the event**

As a general rule, the European Championships are organised in 5 days. From Tuesday to Saturday or from Wednesday 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, DMT
Day 4	Qualifications (Q1), Sen ECh - Synchro Semi-Finals (Q2), Sen ECh - Synchro Finals, Sen ECh - Synchro Team Finals, Sen ECh - TUM, DMT
Day 5	Semi-Finals (Q2), Jun ECh and Sen ECh in all individual disciplines Finals Jun ECh and Sen ECh in all individual disciplines

#### **Art. 5 Championship titles**

The top ranked team, individual competitor or synchro pair from each competition shall receive the title of Junior or Senior Trampoline Gymnastics European Champion respectively (resp. TUM/DMT).

# Technical Regulations

## Part II

### Specific Rules – Acrobatic Gymnastics



**Edition 2024 - 2025**



**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)**

		<b>Seniors</b>	<b>Juniors 13 – 19</b>
<b>Gymnasts</b>		Max 2 units per category and Age Group	
<b>Head of delegation</b>		1	1
<b>Team Manager</b>	3 – 5 units	1	1
	6 to 10 units	2	2
<b>Coaches</b>	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
<b>Additional Coaches *</b>	4 to 6 units	1	1
	7 units and more	2	2
<b>Judges ***</b>	1 to 5 units (Juniors + Seniors)	1 or 2	
	6 units and more (Juniors + Seniors)	2***	
<b>Doctor</b>		1	1
<b>Paramedical staff</b>		1	1
<b>Additional Medical doctor or paramedic. staff *</b>	4 to 7 units	1	1
	8 units and more	2	2
<b>Guest or VIP Guest *</b>	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.

\*\*\* If a judge is invited by European Gymnastics and his/her federation is entering 6 units or more, 1 or 2 judges will be accepted.



## Art. 2.2 European Age group competition

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

## 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

**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**

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

#### **3.5.3 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.

#### **3.5.4 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.



**Art. 3.6 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** The FIG regulations for 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)**

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

**Art. 4.4 Tie breaking rules**

The FIG tie breaking rules for Age Groups (11-16 and 12-18) 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 <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 2024 - 2025**



## 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 (8 athletes: Men, Women or mixed)

### Seniors

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

## Art. 2 Maximum Composition of the delegations

	Seniors	Juniors
<b>Individual Women (IW)</b>	2	2
<b>Individual Men (IM)</b>	2	2
<b>Mixed Pair (MP)</b>	2 (4 gymnasts)	2 (4 gymnasts)
<b>Trio (TR)</b>	2 (6 gymnasts)	2 (6 gymnasts)
<b>Group (GR)</b>	1 (5 gymnasts)	1 (5 gymnasts)
<b>Aerobic Dance (AD)</b>	1 (8 gymnasts)	1 (8 gymnasts)
<b>Aerobic Step (AS)</b>	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	1	1	2
Coach *	1-3	1-3	2-6
Judge **	2	2	4
Doctor	1	1	1
Physiotherapist	1	1	2

\* Depending on the number of participating units. An Individual Gymnast, A Mixed Pair, a Trio, a Group, an Aerobic Dance formation as well as an Aerobic Step formation is considered as a unit.

1 unit	1 coach
2 to 7 units	2 coaches
8 and more units	3 coaches

\*\* 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.

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.

The starting order for the Qualifications for the categories of Individual men and Individual women, mixed pair and trio will be determined by two draws:

- Draw no 1 for federations with 2 units: IM1, IW1, MP1, TR1

- Draw no 2 for federations with 2 units: IM2, IW2, MP2, TR2 together with the federations with 1 gymnast or 1 unit per category

The starting order of the Qualifications for the categories Group, Aerobic Step and Aerobic Dance will be determined by one single draw.

#### **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 (1) participant in the qualification round in the following categories:

**Aerobic Gymnastics:** 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 five (5) best places (rankings).

- **the four (4) best places (ranking) from Aerobic Gymnastics:** Individual Men or Individual Women, Mixed Pair, Trio, Group,
- **the best place** (ranking) from Aerobic Dance or Aerobic Step

The five (5) places of each Team are converted into points according to the ranking from the Qualifications, e.g.: 1<sup>st</sup> place = 1 point, 2<sup>nd</sup> place = 2 points.

The Federation with the lowest number of points will be declared European Team Champion.

Medals will also be given to the best Individual Men and Individual Women, Aerobic Dance and Aerobic Step of the medal winning teams.

#### **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 2024 - 2025**



## **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.

### **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.



#### **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:

	<b>SENIORS</b>	<b>JUNIORS</b>
<b>Gymnasts:</b>		
<b>Women's Team</b>	12	12
<b>Mixed Team</b>	12	12
<b>Men's Team</b>	12	12

<b>Coaches</b>	3 per team
<b>Physiotherapist</b>	1 per team
<b>Head of delegation</b>	1 for the combined junior/senior Championships
<b>Team Manager</b>	2 for senior teams and 2 for junior teams
<b>Doctor</b>	1 for the combined junior/senior Championships
<b>Judges</b>	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. 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. 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.  
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 2<sup>nd</sup> 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.