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Technical Regulations

Part I - General Rules

Edition 2025

EBU

OPERATING EUROVISION AND EURORADIO

SMARTSCORING

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
TC	Technical Committee
TG	TeamGym
GfA	Gymnastics for All
LOC	Local Organising Committee
IOC	International Olympic Committee
YOG	Youth Olympic Games

Words 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 1.1.2025 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.

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, on different dates and maybe in the same / different places.

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, juniors and age groups.

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 a 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 registrations will be accepted after the Drawing of Lots (i.e. the gymnasts will not be allowed to compete), however, a NF who has registered a Team is authorized to add gymnasts to the number declared at the Definitive Registration, up to the maximum quota allowed.

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.

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. 17 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. 14 – 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:	min. 11 – max. 16 years
Acrobatic Gymnastics:	min. 12 - max. 18 years
Aerobic Gymnastics:	min. 12 - max. 14 years

Men's Artistic Gymnastics:	min. 13 – max 14 years
Women's Artistic Gymnastics	min. 13 – max 14 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 a 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.

Junior & Senior European Championships are two (2) separate competitions with two (2) separate FIG competition numbers. Therefore, the number of inquiries made by a Federation in the Junior competition does not carry over to the Senior Competition (and vice versa).

Following an inquiry if the final score remains unchanged or is lowered, the amount due will be invoiced by European Gymnastics (in Euro, not in USD) at a later date and same 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:

- 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

European Gymnastics Directives for the organisation of Ceremonies will be respected.

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 must give their approval to publish the results. The award ceremony (if applicable) cannot proceed until authorised by the TC President. At 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 mobile phones and any other kind of electronic communication devices.

13.1.2 Other delegation members (gymnasts, coaches, medical staff) are prohibited from using mobile phones and any other kind of electronic communication devices except for when listening to music (with earphones and at a sound level which is not observable for surrounding persons). Other delegation members are also allowed to take photos (but no videos), without flash and must not interrupt the running of the competition.

If these rules are violated, the persons concerned will receive a verbal warning followed by a written warning if repeated.

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 6th-7th, 2024.

They come into operation on January 1st, 2025.

EUROPEAN GYMNASTICS

Dr Farid Gayibov
President



**European
Gymnastics**

Technical Regulations

Part II

Specific Rules – Artistic Gymnastics



Edition 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
Mixed 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.

	Juniors	Seniors	Mixed
WAG Gymnasts	5	5	10
MAG Gymnasts	5	6	11
Head of Delegation	1	1	1
Team Manger	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 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.

	MAG	WAG	Mixed
Gymnasts	6	5	11
Head of Delegation	1	1	1
Team Manager	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 & 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 6th gymnast to participate as an individual apparatus specialist. This gymnast may compete on a maximum of 3 apparatus.

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 the drawing of lots amongst 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) plus the host NF, 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.

3.1.7 Special regulations

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

3.1.8 Tie breaking rules

The current tie breaking rules for Junior & Senior competitions will follow the principles of the FIG Technical Regulations.

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, Mixed Team 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 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) plus the host NF, 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 Mixed Team Final

Qualification for the MTF will come from the MAG and WAG Qualification Competition. A Mixed Team will comprise of one (**1**) Male & one (**1**) Female Gymnast from each Federation.

The Best 16 Mixed Teams will qualify for the Mixed Team Final.

- MAG will compete on Floor, P-Bars & H-Bar
- WAG will compete on Vault, Beam & Floor

The MAG gymnast with the highest total score across Floor, P-Bars & H-Bar **PLUS** the WAG gymnast with the highest total score across Vault, Beam & Floor from a Federation will form the Mixed Team for their Federation.

Qualification is by NAME and not by Federation (Gymnasts cannot be substituted unless they are injured).

The winner of the Mixed Team Final is awarded with the title "European Artistic Gymnastics Mixed Team Champion".

3.2.4 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".

3.2.5 Reserve gymnasts

Reserve gymnasts for all Finals will be in accordance with the FIG Technical Regulations.

3.2.6 Exercise requirements

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

3.2.7 Special regulations

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

3.2.8 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, 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 WAG
- Day 2 – Qualifying competition MAG
- Day 3 – Mixed Team Final
- Day 4 – All-Around Final WAG and All-Around Final MAG
- 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.



**European
Gymnastics**

Technical Regulations

Part II

Specific Rules – Rhythmic Gymnastics



Edition 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.
Gymnasts	1-3	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
Official Trainings	Junior competitions	Qualifications for WCh	Qualifications for WCh	Senior Individuals All Around Finals	Apparatus Finals Senior Individuals Senior Groups
	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".
- NF with only 1 gymnast cannot participate in the Team ranking.



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
	Junior Groups Apparatus Finals (2 apparatus)	Senior Groups Qualifications	Senior Groups Qualifications		Senior Groups Apparatus Finals
Official Trainings	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 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
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	
1 st part of the competition		1 st 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 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 8 (if 12 teams or more) or top 5 (if less than 12 teams) 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 (or 8th) place going first, followed by the first gymnast representing the team on 4th (or 7th) 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
Day 2	Qualifications (Q1), Jun ECh - TUM, DMT Qualifications (Q1), Sen ECh - TRA
Day 3	Qualifications (Q1), Jun ECh - Synchro Qualifications (Q1), Sen ECh- Synchro Semi-Finals (Q2), Jun ECh - Synchro Semi-Finals (Q2), Sen ECh - Synchro
Day 4	Semi-Finals (Q2), Jun ECh in all individual disciplines Semi-Finals (Q2), Sen ECh in all individual disciplines Team Finals, Jun ECh - TUM, DMT, TRA Team Finals, Sen ECh - TUM, DMT, TRA
Day 5	Finals, Jun ECh - Synchro Finals, Sen ECh - Synchro Finals, Jun ECh in all individual disciplines Finals, 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 2025



Art. 1 Competitions

In the **odd years**, Acrobatic Gymnastics European Championships with qualifications and finals for seniors and juniors, and European Age Groups Competitions 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
Gymnasts		Max 2 units per category and Age Group	
Head of delegation		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	
Doctor		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
Chaperone (max. 1 chaperone per 10 gymnasts, maximum of 4 chaperones in total)		4	

* 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. 2.2 European Age group competition

		Age Groups	
		11 – 16	12 - 18
Gymnasts		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	
Chaperone (max. 1 chaperone per 10 gymnasts, maximum of 4 chaperones in total)		4	

* 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 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 2025



Art. 1 Competitions

In **odd years**, Aerobic Gymnastics European Championships with qualifications and finals for seniors and juniors and the age groups are organised in the following disciplines:

Seniors and Juniors and Age Groups

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

Art. 2 Maximum Composition of the delegations

Art.2.1 European Championships (Seniors and Juniors) and European Under 15 Championships

	Seniors	Juniors	Age Group
Individual Women (IW)	3	3	3
Individual Men (IM)	3	3	3
Mixed Pair (MP)	2 (4 gymnasts)	2 (4 gymnasts)	2 (4 gymnasts)
Trio (TR)	2 (6 gymnasts)	2 (6 gymnasts)	2 (6 gymnasts)
Group (GR)	1 (5 gymnasts)	1 (5 gymnasts)	1 (5 gymnasts)
Aerobic Dance (AD)	1 (8 gymnasts)	1 (8 gymnasts)	1 (8 gymnasts)

Maximum 3 units per category in Individual Men, Individual Women, maximum 2 units per category in Mixed Pair and Trio, and 1 unit in Group and Aerobic Dance.

2.1.1 European Championships (Seniors)

European Championships		Seniors
Head of delegation		1
Team Manager		1
Coaches	1 unit	1
	2 to 7 units	2
	8 and more units	3
Additional Coaches *	4 to 6 units	1
	7 units and more	2
Judges **		1 or 2
Doctor		1
Paramedical staff		1



2.1.2 European Championships (Juniors) and European Under 15 Championships

European Championships Juniors and Under 15		Juniors	Age Group
Head of delegation		1	
Team Manager		1	1
Coaches	1 unit	1	1
	2 to 7 units	2	2
	8 and more units	3	3
Additional Coaches *	4 to 6 units	1	1
	7 units and more	2	2
Judges **		1 or 2	
Doctor		1	
Paramedical staff		1	1

* Accreditation at the charge of the federation

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

An Individual Gymnast, a Mixed Pair, a Trio, a Group as well as an Aerobic Dance formation is considered as a unit.

Art. 3 Competition format

Art. 3.1 Qualification and team ranking, European Championships (Seniors and Juniors) and European Under 15 Championships

The Federations can enter, in the Senior and the Junior category, a maximum of 3 IW, IM, a maximum of 2 MP and TR and 1 GR and AD.

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 European Championships Seniors and Juniors and European Under 15 Championships

A maximum of 8 IM, IW, MP, TR (max. 2 per NF) or Groups, AD (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 all categories will be determined by draws:

3 Draws for IM, IW:

- Draw no 1 for federations with 3 gymnasts: IM1, IW1
- Draw no 2 for federations with 3 gymnasts: IM2, IW2 together with the federations with 2 gymnasts IM, IW per category
- Draw no 3 for federations with 3 gymnasts: IM3, IW3 together with the federations with 1 gymnast per category



2 Draws for MP and TR:

- Draw no 1 for federations with 2 units: MP1, TR1
- Draw no 2 for federations with 2 units: MP2, TR2 together with the federations with 1 unit per category

1 Draw for Group and AD:

- One single draw only

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

3.5.1 Team ranking European Championships (Seniors and Juniors)

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**

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

The five (5) places of each Team are converted into points according to the ranking from the Qualifications, e.g.: 1st place = 1 point, 2nd 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 and Aerobic Dance of the medal winning teams.

3.5.2 Team ranking European Under 15 Championships

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**

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

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

The Federation with the lowest number of points will be declared European Under 15 Team Champion. Medals will also be given to the best Individual Men and Individual Women and Aerobic Dance 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

General layout program for the European Championships (Seniors and Juniors) and European Under 15 Championships.

Option 1

1st Day	Friday	Arrival of the delegations U15 and ECh Juniors
2nd Day	Saturday	<i>Official Podium Training U15 and ECh juniors</i>
3rd Day	Sunday	Qualifications U15 and ECh Juniors
4th Day	Monday	Qualifications U15 and ECh Juniors Team Ranking ECh Juniors / Award Ceremony Team Ranking U15 / Award Ceremony
5th Day	Tuesday	Finals U15 / ECh Juniors
6th Day	Wednesday	Departure of the delegations U15 / ECh Juniors Arrival of the delegations ECh Seniors
7th Day	Thursday	<i>Official Podium Training ECh Seniors</i>
8th Day	Friday	<i>Official Podium Training ECh Seniors</i> Qualifications ECh Seniors
9th Day	Saturday	Qualifications ECh Seniors Team Ranking ECh Seniors / Award Ceremony
10th Day	Sunday	Finals ECh Seniors
11th Day	Monday	Departure of the delegations

Option 2

1st Day	Saturday	Arrival of the delegation U15 and ECh Juniors
2nd Day	Sunday	<i>Official Podium Training U15 and ECh juniors</i>
3rd Day	Monday	Qualifications U15 and ECh Juniors
4th Day	Tuesday	Qualifications U15 and ECh Juniors Team Ranking ECh Juniors / Award Ceremony Team Ranking U15 / Award Ceremony
5th Day	Wednesday	Finals U15 / ECh Juniors Arrival of the delegation ECh Seniors
6th Day	Thursday	Departure of the delegations U15 / ECh Juniors <i>Official Podium Training ECh Seniors</i>
7th Day	Friday	<i>Official Podium Training ECh Seniors</i> Qualifications ECh Seniors
8th Day	Saturday	Qualifications ECh Seniors Team Ranking ECh Seniors / Award Ceremony
9th Day	Sunday	Finals ECh Seniors
10th Day	Monday	Departure of the delegation

The exact timetable of the training and the competition is fixed in the work plan prepared by the TC-AER.



Art. 6 Championship titles

Art. 6.1 Competition titles of European Championships (Seniors and Juniors)

The top ranked competitors of the categories Individual Men, Individual Women, Mixed Pairs, Trios, Groups and Aerobic Dance as well as in the Team competition shall receive the title Aerobic Gymnastics European Champion.

Art. 6.2 Competition titles of European Under 15 Championships

The top ranked competitors of the categories Individual Men, Individual Women, Mixed Pairs, Trios, Groups and Aerobic Dance as well as in the Team competition shall receive the title Aerobic European Under 15 Champion.

Art. 7 Special Regulations

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



**European
Gymnastics**

Technical Regulations

Part II

Specific Rules – TeamGym



Edition 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:

	SENIORS	JUNIORS
Gymnasts:		
Women's Team	12	12
Mixed Team*	12	12
Men's Team	12	12

* Reserves can be up to two men and two women

Coaches	3 per team
Physiotherapist	1 per team
Head of delegation	1 for the combined junior/senior Championships
Team Manager	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. 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 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.