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# **16<sup>TH</sup> EUROPEAN TEAMGYM CHAMPIONSHIPS FOR SENIORS & JUNIORS**

**ESPOO (FIN)  
14<sup>TH</sup> – 17<sup>TH</sup> OCTOBER 2026**



# **EUROPEAN CHAMPIONSHIPS**

**2026**

# **Work Plan**

*This work plan has been drawn up in accordance with the European Gymnastics regulations and is based upon the definitive registrations received by European Gymnastics office on 09.07.2026*

**EBU**

OPERATING EUROVISION AND EURORADIO

**SMARTSCORING**

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## Part 1 – Officials and Organising Committee

### 1.1 EUROPEAN GYMNASTICS

| EUROPEAN GYMNASTICS OFFICIALS                 |                   |
|-----------------------------------------------|-------------------|
| President                                     | Dr. Farid GAYIBOV |
| Vice-President (President of the Appeal Jury) | Ismaël GÖKTEKIN   |
| EC member (Member of the Appeal Jury)         | Natalja INNO      |
| Director                                      | Lisa WORTHMANN    |
| Head of Media                                 | Tina GERETS       |
| Sports Coordinator                            | Michael ALGER     |
| Official Doctor                               | Dr Gerald GREMION |

| TEAMGYM TECHNICAL COMMITTEE |                                |
|-----------------------------|--------------------------------|
| President                   | Bianca FRANZOI                 |
| Vice-President              | Kim MORTENSEN                  |
| Secretary                   | Peter TRANCKLE                 |
| Member                      | Bergþóra Kristín INGVARSDÓTTIR |
| Member                      | Emil DECKNER                   |
| Member                      | Gabriel FORTES                 |
| Member                      | Tron LUNDE                     |

### 1.2 OFFICIAL EUROPEAN GYMNASTICS CONTACT ADDRESS

#### EUROPEAN GYMNASTICS

Ms Michael Alger  
Sports Coordinator  
Avenue de la Gare 12  
1003 Lausanne, Switzerland  
Tel.: + 41 21 613.10.20  
E-Mail: [malger@europeangymnastics.com](mailto:malger@europeangymnastics.com)  
Website: [www.europeangymnastics.com](http://www.europeangymnastics.com)  
Event subsite: [www.europeangymnastics.com – TeamGym ECh 2026](http://www.europeangymnastics.com – TeamGym ECh 2026)



### 1.3 HOST FEDERATION & ORGANISING COMMITTEE

#### FINNISH GYMNASTICS FEDERATION

Ms Tiina Koljander, Executive Director  
Paavo Nurmentie 1  
00250 Helsinki  
Tel: + 358 400 566 658  
Email: [teamgym2026@voimistelu.fi](mailto:teamgym2026@voimistelu.fi)  
Website: [www.voimistelu.fi](http://www.voimistelu.fi)  
Event website: [www.teamgym2026.fi](http://www.teamgym2026.fi)

## 1.4 LOCAL ORGANISING COMMITTEE

| FUNCTION                             | PERSON                              |
|--------------------------------------|-------------------------------------|
| LOC President                        | Salla EKLUND                        |
| Executive Director                   | Tiina KOLJANDER                     |
| Competition Director                 | Heli LEMMETTY                       |
| Floor Manager                        | Sonia SOLISMAA                      |
| Administration & Delegation Services | Anne SALMINEN, Hanna VÄISÄLÄ        |
| Head of Finances                     | Tiina KOLJANDER                     |
| Head of Accreditation                | Hanna VÄISÄLÄ                       |
| Responsible for the Equipment        | Sonia SOLISMAA                      |
| Medical Officer                      | Venla HÄMEKOSKI                     |
| Head of Security                     | Sonja HERRALA                       |
| Responsible for Antidoping           | Veera KAINULAINEN                   |
| Ceremonies Manager                   | Veera KAINULAINEN, Klara WESTERLUND |
| Responsible for the trainings        | Sonia SOLISMAA                      |
| Judges Liaison                       | Pipsa SAARENKETO                    |
| Technical Manager                    | Kalle PAALASMAA                     |
| Inquiry Officers                     | Iris NURMINEN & Oona LEMMETTY       |
| Responsible for accommodation & food | Anne SALMINEN                       |
| Responsible for the transport        | Hanna VÄISÄLÄ                       |
| Volunteer Manager                    | Hanna VÄISÄLÄ                       |
| Media Manager                        | Ella LAUNONEN                       |
| Marketing Manager                    | Sofia SANDVIK                       |
| Sport Presentation                   | Anne SALMINEN, Kalle PAALASMAA      |
| International Relations Manager      | Susanna POROLA                      |
| Safeguarding                         | Susanna POROLA                      |
| Side Activities                      | Satu ÅKERLUND                       |

## Part 2 – The competition

### 2.1 COMPETITION SCHEDULE

| Sunday, October 11 <sup>th</sup> 2026                                                        |                                                                                                                                                  |                                 |
|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| <i>As announced</i>                                                                          | <i>Official arrival day of European Gymnastics TC-TeamGym</i>                                                                                    | <i>Hotels</i>                   |
| Monday, October 12 <sup>th</sup> 2026                                                        |                                                                                                                                                  |                                 |
| <i>As announced</i>                                                                          | <i>Official arrival day of Delegations</i>                                                                                                       | <i>Hotels</i>                   |
| All day                                                                                      | Accreditation                                                                                                                                    | Espoo Metro Areena              |
| All day                                                                                      | European Gymnastics TC-TeamGym meeting                                                                                                           |                                 |
| Tuesday, October 13 <sup>th</sup> 2026                                                       |                                                                                                                                                  |                                 |
| All day                                                                                      | Late accreditations                                                                                                                              | Espoo Metro Areena              |
| 10:00 – 16:30                                                                                | Official training for Junior Teams (see training schedule)                                                                                       |                                 |
| 10:00 – 15:30                                                                                | Judges' instruction meeting (part 1) and draw                                                                                                    | Espoo Metro Areena,<br>Kokous 2 |
| 17:15 - 18:15                                                                                | Medical Meeting                                                                                                                                  | Espoo Metro Areena,<br>Kokous 2 |
| <b>18:30</b>                                                                                 | <b>Deadline to hand in signed floor tariff sheets at Accreditation desk</b>                                                                      | Espoo Metro Areena              |
| <b>19:00</b>                                                                                 | <b>Orientation meeting</b>                                                                                                                       | Espoo Metro Areena,<br>Kokous 2 |
| Wednesday, October 14 <sup>th</sup> 2026                                                     |                                                                                                                                                  |                                 |
| 08:20 – 14:45                                                                                | Official training for Senior Teams (see training schedule)                                                                                       |                                 |
| 10:00 – 10:45                                                                                | Head Judges' meeting                                                                                                                             | Espoo Metro Areena,<br>Kokous 2 |
| 11:00 – 15:00                                                                                | Judges' instruction meeting (part 2) and panel meetings                                                                                          | Espoo Metro Areena,<br>Kokous 2 |
| <b>15:15 – 15:45</b>                                                                         | <b>Opening Ceremony</b>                                                                                                                          |                                 |
| <b>16:00 – 17:23</b><br><b>17:40 – 19:03</b><br><b>19:15 – 20:34</b><br><b>20:38 – 22:05</b> | <b>Juniors</b><br>Qualifications – Men<br>Qualifications – Mixed<br>Qualifications – Women Subdivision 1<br>Qualifications – Women Subdivision 2 |                                 |
| Thursday, October 15 <sup>th</sup> 2026                                                      |                                                                                                                                                  |                                 |
| 09:00 – 12:00                                                                                | Panel meetings Senior Qualifications                                                                                                             | Espoo Metro Areena,<br>Kokous 2 |
| <b>13:00 – 14:19</b><br><b>14:23 – 15:46</b><br><b>16:00 – 17:53</b><br><b>18:15 – 19:38</b> | <b>Seniors</b><br>Qualifications – Mixed Subdivision 1<br>Qualifications – Mixed Subdivision 2<br>Qualifications – Women<br>Qualifications – Men |                                 |
| Friday, October 16 <sup>th</sup> 2026                                                        |                                                                                                                                                  |                                 |
| 10:30 – 12:30                                                                                | Panel meetings Junior Finals                                                                                                                     | Espoo Metro Areena,<br>Kokous 2 |
| <b>14:20 – 15:43</b>                                                                         | <b>Juniors</b> <b>Finals – Men</b>                                                                                                               |                                 |
| 15:48 – 16:03                                                                                | Award Ceremony for Junior Men                                                                                                                    |                                 |

|                                         |                                                               |                |                                 |
|-----------------------------------------|---------------------------------------------------------------|----------------|---------------------------------|
| 16:20 – 17:43                           | Juniors                                                       | Finals – Mixed |                                 |
| 17:48 – 18:03                           | Award Ceremony for Junior Mixed                               |                |                                 |
| 18:20 – 20:09                           | Juniors                                                       | Finals – Women |                                 |
| 20:14 – 20:29                           | Award Ceremony for Junior Women                               |                |                                 |
| Saturday, October 17 <sup>th</sup> 2026 |                                                               |                |                                 |
| 09:45 – 11:45                           | Panel meetings Senior Finals                                  |                | Espoo Metro Areena,<br>Kokous 2 |
| 13:00 – 14:23                           | Seniors                                                       | Finals – Mixed |                                 |
| 14:28 – 14:43                           | Award Ceremony for Senior Mixed                               |                |                                 |
| 15:00 – 16:23                           | Seniors                                                       | Finals – Women |                                 |
| 16:28 – 16:43                           | Award Ceremony for Senior Women                               |                |                                 |
| 17:00 – 18:23                           | Seniors                                                       | Finals – Men   |                                 |
| 18:28 – 18:43                           | Award Ceremony for Senior Men                                 |                |                                 |
| 18:44 – 18:49                           | SmartScoring Shooting Star Award                              |                |                                 |
| 18:50 – 18:55                           | Team of the Year 2024 Awards                                  |                |                                 |
| 18:56 – 19:11                           | All Star Announcement                                         |                |                                 |
| 19:12 – 19:13                           | Closing the event                                             |                |                                 |
| 20:30 - 23:00                           | Banquet                                                       |                | Espoo Metro Areena              |
| Sunday, October 18 <sup>th</sup> 2026   |                                                               |                |                                 |
| As announced                            | Official departure day of Delegations and European Gymnastics |                | Hotels                          |

## 2.2 COMPETITION HALL

Tapiolan Urheilupuisto, Urheilupuistontie 2, 02200 Espoo

Competition arena: Espoo Metro Areena

Training and warm-up hall: Honkahalli

Espoo Metro Areena is located in the Tapiola Sports Park, Espoo, part of the Helsinki metropolitan area. The arena is only 25 minutes from Helsinki city centre and easily accessible by metro, bus, car or via pedestrian and cycling paths.

**The distance between the competition arena and the training hall is approx. 30 meters. Walk between the halls takes place outdoors.**

Distance from the official hotels is between 3 to 12 km (by walking or public transport approx. 15 to 45 minutes).



|                          |                 |            |
|--------------------------|-----------------|------------|
| <b>Competition Arena</b> | Hall capacity:  | 6000 seats |
|                          | Length:         | 60 m       |
|                          | Width:          | 30 m       |
|                          | Ceiling height: | 14 m       |
| <b>Training Hall</b>     | Length:         | 63 m       |
|                          | Width:          | 33 m       |
|                          | Ceiling height: | 7 m        |

Reserved seating will be allocated for all gymnasts and officials not engaged in the competition in section 405-406 (see appendix for competition hall layout).

### 2.3 COMPETITION EQUIPMENT

Delegations are asked to submit the Equipment Set Up Form for Trampet and Tumble (Appendix 3) for each team at the accreditation.

The information submitted will ensure that the correct equipment is set up. The equipment will be adjusted by the competition technical staff in accordance with the submitted form. The coaches must check the equipment settings before team's performance and if necessary, ask the officials to change.

If any changes in the Equipment Set Up form are required after accreditation, the form must be re-submitted **no later than 18:00** the day before the competition in the LOC office.

Supplier of the event: **Unisport**

All the below-mentioned apparatus on the field of play will be placed on ice cover plates. Apparatus for warm-up/training is placed on a wooden sports floor.

#### **Floor**

Floor: LEG

Size of the competition area: 16 m x 14 m x 3,5 cm

Colour: Light blue

The LEG floor consists of 8 felt mats, 14 m long and 2 m wide in light blue colour and anti-slip underneath. Thickness 35 mm. The felt mats are connected with 10 cm wide light blue Velcro.

Competition area 16 x 14 m is marked out with 5 cm wide white Velcro which is included in the area of 16 x 14 m.

#### **Tumble**

Run-up: LEG

Size 16 x 1 m x 350 mm

Colour: Light blue.

The run-up consists of 8 podium tables 2 m x 1 m connected to each other with a running mat 16 m x 1 m, with thickness of 25 mm. The run-up mat has light blue felt on top and anti-slip underneath.

Tumble track: LEG model "Esbo"

Size: 15 x 2 m x 350 mm

Colour: Dark blue side and black net cover with white centre line.

LEG tumbling track consists of 15 sections of steel frames with glass fibre rods, 18 rods/section.

On top of that, a tumbling felt mat 15 x 2 m with thickness 35 mm. This mat is upside down with the felt downwards to the rods. Our top mat, E.V.A glued foam mat, 15 x 2 m with thickness of 60 mm.

Above all and connected with Velcro flaps to the run-up and to the landing mats we have our elastic net cover with white centre line.

Side safety strips:

Size: 2 x 2 m x 0,5 m x 350 mm on both sides

Colour: Dark blue

Landing area: LEG

Size: total area of 7 m x 4 m x 350 mm

Colour: Dark blue with grey landing zone 3 x 1,5 m

The landing area consists of 3 landing mats 4000 x 2000 x 300 mm with polyether density 23 kg/m<sup>3</sup> and hardness 80 N.

The stability mat top in 4 pieces connected together with Velcro flaps. Size of the stability mat is 6000 x 4000 x 50 mm with a grey Landing Zone 3 m x 1,5 m. Behind the landing mats an additional safety mat of 4000 x 1000 x 350 mm with same density and construction as the whole landing area.

Additional landing top-mat: LEG

Size: 4 m x 2 m x 100 mm

Colour: Dark blue with grey Landing Zone 3 x 1,5 m.

**Trampet**

Run-up: LEG, two separate roll mats (one for trampet using the vault and one for trampet without the vault).

Size: 25 m x 1 m x 25 mm

Colour: Light blue

The run-up mat consists of light blue felt mat on top with anti-slip underneath. 25 m mark stop size 1 m, colour dark blue. The wooden plates under vaulting table and trampet are size in light blue colour.

Vaulting table: model Tarpan

Size: 1200 x 900 mm x 110-165 cm

Colour: Dark blue and grey

Trampets:

**Dorado- 32**

Size: 1250 x 1250 mm with 32 springs, adjustable from 65-80 cm.

Colour: White bed with centre mark. Black frame pads and safety cushion.

**Dorado- 36**

Size: 1250 x 1250 mm with 36 springs, adjustable from 65-80 cm.

Colour: Yellow bed with centre mark. Black frame pads and safety cushion.

**Dorado- 40**

Size: 1250 x 1250 mm with 40 springs, adjustable from 65-80 cm.

Colour: Red bed with centre mark. Black frame pads and safety cushion.

Landing area: LEG

Size: 7 m x 7 m x 350 mm

Colour: Dark blue with 2 grey Landing Zones size 3 m x 1,5 m

Landing area consists of 6 landing mats 3500 x 2000 x 300 mm with polyether density 23 kg/m<sup>3</sup> and hardness 80 N.

The stability mat top in 7 pieces is connected together with Velcro flaps. Size of the stability mat is 7000 x 6000 x 50 mm with 2 grey landing zone 3 m x 1,5 m. Behind two safety mats of 3500 x 1000 x 350 mm with same density and construction as the whole landing area.

Additional landing top-mats: LEG

Size: 4 m x 2 m x 100 mm

Colour: Dark blue with grey landing zone 3 m x 1,5 m.

## 2.4 ACCESS TO THE COMPETITION AREA

The competition area (Field of Play) is accessible to members of the various juries, competing gymnasts and their accredited coaches, auxiliary personnel of the Jury, the official European Gymnastics doctor, the official LOC doctor. A team medical person is permitted to accompany the gymnasts and coaches during all competitions.

The competition area is strictly forbidden to all other persons. During the competition a separate area on the side of the Field of Play will be provided for the remainder of the team's coaches and reserve gymnasts to be able to see their team competing.

## 2.5 THE USE OF ELECTRONIC DEVICES

During the official duration of official European Gymnastics competitions, judges on the field of play are prohibited from using mobile phones and any other kind of electronic communication devices. Other delegation members (gymnasts, coaches, medical staff) on the field of play are prohibited from using mobile phones and any other kind of electronic communication devices.

## 2.6 STARTING ORDER

The draw for the starting order in qualifications and finals took place on July 14<sup>th</sup> and August 11<sup>th</sup> online. It can be found in Appendix 2. If a team is withdrawn prior to the start of the championships, the starting order may be changed for a smooth running of the competition.

## 2.7 PARTICIPATING GYMNASTS

Participating gymnasts will be nominated by their national federation in the Nominative Entry.

A Name Declaration Form must be submitted at the Accreditation (Appendix 6), indicating which gymnasts are planned to compete and who are the reserves.

The maximum number of accredited gymnasts per team is 12 (14 for mixed teams) including the reserves.

All declared gymnasts must perform the floor routine.

## 2.8 ALTERATION OF GYMNASTS

Alterations to the nominative lists of the gymnasts are possible no later than 24 hours prior to the start of the competition. For these Championships, the deadlines for alterations of gymnasts are as follows:

- Junior teams                      October 13<sup>th</sup> at 16:00
- Senior teams                      October 14<sup>th</sup> at 13:00

According to Art 2. of the Technical Regulations – Specific Rules TeamGym: *“The actual gymnasts proposed to perform must be declared to the organisers at least ten minutes before the scheduled start of the team's first discipline in the competition. This may be a minimum of 8 and a maximum of 10 gymnasts”*. If a team wishes to change the actual gymnasts performing, they shall resubmit the Name Declaration Form (Appendix 6) with revisions for Qualifications or the Finals to the LOC Office.

## 2.9 REPLACEMENT OF INJURED GYMNASTS

- European Gymnastics Technical Regulations – Specific Rules for TeamGym (Edition 2026-2027, Art. 2) state that: *“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 for this team. Gymnasts that are replaced may not participate further in the Championships”*.
- In case of an injury to a nominated gymnast, the coach must request an inspection by the LOC doctor.
- The coach must complete the Request to Replace an Injured Gymnast Form (Appendix 7) and hand it to the LOC doctor during the inspection of the injury and if acceptable, the doctor will sign the form. The LOC doctor will forward the form to the Official European Gymnastics' Doctor, who will confirm the withdrawal.
- The Coach then takes the form to the Line up Desk to amend the Name Declaration Form (Appendix 6)

in time for the next discipline.

## **2.10 SPOTTING OF THE ATHLETES**

Two (2) coaches are required to stand-in for trampet and one (1) for tumble.

A separate place on the Field of Play will be provided for the remainder of the team's coaches and reserve gymnasts.

## **2.11 GYMNAST NUMBERS**

- All gymnasts must have their competitor's number on their competition attire (see CoP 4.2.5.). They are used to identify the gymnasts for the audience, the press and especially the All-Stars Team selection.
- Each gymnast of the team must choose one number from 1 to 99. The numbers must be announced in the Nominative Entry and at the Accreditation.
- If the whole team has no numbers, the deduction is applied by the Superior Jury. If individual numbers are missing or lose the deduction is applied by the Head Judge (E1) in each apparatus.
- **Every team must bring their own numbers and apply them according to the following guidelines:**
  - All numbers for each team must be the same size and font. The numbers must be clearly visible, 8 mm to 10 mm thick and approximately 8 cm high.
  - Fastening of the numbers must be secure and tight.

### **Placing of the numbers:**

- When wearing long trousers/leggings the numbers must be placed on both thighs, to the upper part of the thigh on the side;
- When wearing shorts, the numbers must be placed on to both sides, as low as possible;
- When wearing only a leotard (no trousers/shorts/leggings) the numbers must be placed on both sides, above the hip bone.
- Numbers must contrast clearly with the background (e.g., white numbers on black trousers)
- Numbers can be printed directly to the trousers/shorts/leotard or on a separate piece of cloth (similar colour to the area where it will be fastened) which then must be sewn to the competition leotard.
- Stickers can also be used but ensure that the numbers do not come loose during the competition.

## **2.12 TARIFF FORMS**

The deadline for uploading Tariffs is 1<sup>st</sup> October 2026 and for any corrections until midnight the day before the start of the qualifications/finals. Any changes after that will not be accepted. If a required element is missing for tumble and trampet, please contact [info@europeangymnastics.com](mailto:info@europeangymnastics.com) as soon as possible.

The HoD will receive a paper copy of floor tariffs at accreditation. The checked and signed tariffs MUST be returned to the Accreditation Desk until Tuesday, 13<sup>th</sup> October at 18:30.

If any changes are made to the floor tariff form after accreditation, the LOC Office must be informed and the updated tariff signed. Only tariff forms entered online are accepted.

We strongly suggest that you enter your information well in advance of the deadline.

Once tariffs are saved for the qualification, they are also saved by default for the final. After qualification tariffs for the final may be updated.

## **2.13 CLARIFICATIONS TO THE CODE OF POINTS**

The Code of Points V1.1, includes the clarifications from July 2025. New Clarifications were released in April 2026.

Two "new" elements were re-evaluated and added to the Appendix 1 of the Code of Points. As these were elements from the previous CoP, they are free to be used by all teams. They were added to the Clarifications of April 2026.

- Code of Points Appendix 1 Page 9, Art 2.2 Insert new element - Add to JX05 "J805 Cat leap with 540° twist" Note: Existing rules in Code of Points - Appendix 1 apply.
- Code of Points Appendix 1 Page 10, Art 2.2 Insert new element - Add to JX13 "J812B - Switch leap with

180° twist and 135° leg separation" Note: Existing rules in Code of Points - Appendix 1 apply.

There is also a Q&A document released in April 2026 containing answers to questions from coaches and judges.

The above documents are available on the European Gymnastics website, see <https://www.europeangymnastics.com/page/rules>

## **2.14 MUSIC**

The music and national anthems must be uploaded to the LOC platform no later than **September 14<sup>th</sup>**.

All music must be uploaded in the following format: File format: .mp3

The name of the file must contain:

- The category (Junior or Senior)
- The section (Mixed, Women, Men)
- The name of the nation (official abbreviation of the country)
- Apparatus (Floor, Trampet, Tumble)

(Example: Junior\_Mixed\_FRA\_Floor.mp3)

The authorised sound level in the training and competition halls is limited to 80 dB resp. 1000 Hertz (Hz).

Teams are not allowed to bring their own music players. Personal music players with earphones are allowed.

Each Federation will also have to confirm that the music used does not violate any copyrights and that it can be broadcast within a sporting context. (Music Copyrights Form, Appendix 9).

## **2.15 WARM-UP & TRAINING**

The training and warm-up take place in Honkahalli. The training and competition halls are separate buildings with a short outdoor walk (30m) between them. Please be aware of the tight schedule for the transition between the training and competition.

The official training for Juniors will be on Tuesday, October 13<sup>th</sup>, 2026.

The official training for Seniors will be on Wednesday, October 14<sup>th</sup>, 2026.

Access to the training halls is limited to the relevant federation and those being in possession of and always wearing their accreditation. The accreditation is personal and cannot be used by other persons.

Teams are allowed to enter the warm-up area 10 minutes before the start of their warm-up session.

There are changing rooms for men and women and designated areas for every country in the training hall.

Training and competition schedules can be found in Appendix 4 and Appendix 5.

## **2.16 PICTURE OF THE TEAM & TEAM INTRODUCTION VIDEO FOR SOCIAL MEDIA**

After their training session on **Tuesday, October 13<sup>th</sup> for Juniors and on Wednesday, October 14<sup>th</sup> for Seniors** each team must take an official picture taken for the sport presentation during the qualifications and finals.

Athletes must wear their competition leotard.

The pictures will be taken at the entrance to the training hall, Honkahalli, immediately after the Podium training sessions.

To help us introduce all participating teams ahead of the 2026 European TeamGym Championships, we invite each team to submit a short greeting video for our social media channels. Please submit your video **by 30<sup>th</sup> September via [HERE](#)**

## **2.17 CEREMONIES**

### **Opening ceremony**

The opening ceremony will take place on **Wednesday, October 14<sup>th</sup>** at 15:15.

Note: There will be no marching-in with gymnasts.

**The Country Presentation** will be delivered digitally on the arena's media cube. A short video greeting from each country will be filmed during the team photo sessions on 13-14 October at the training hall photoshoot location. In the video, one team from each country (the country may choose which team will perform the opening

greeting) will present a movement, formation, or pose etc. that will be featured as part of the country presentation during the Opening Ceremony.

Countries are asked to bring national supporter flags or other national-themed props to the filming session.

### **Award ceremonies**

All award ceremonies will take place after each session of finals. They will be carried out in accordance with the European Gymnastics Regulations for Award Ceremonies.

Please ensure that your Federation's medallists are on time for the line-up prior to the ceremonies.

For health and safety reasons, gymnasts who are unable to walk and stand without assistance and are visibly injured will not be permitted to participate in the ceremony. No exceptions will be made. Medals will be awarded after the ceremony to any gymnast concerned.

The World Gymnastics Rules for Award Ceremonies for neutrality, dignity and protocol of the award ceremony must be followed. Any violation of these may result in disciplinary and/or sporting measures in accordance with World Gymnastics rules and regulations.

**All gymnasts must wear the competition attire. No national flag is allowed on the award ceremony podium.**

On the podium, the medals will be presented to the gymnasts, reserve gymnasts, and coaches (max. allowed: 12 gymnasts resp. 14 for mixed teams and 3 coaches)

### **SmartScoring Shooting Star Award**

The awarding of the SmartScoring Shooting Star to one senior man and one senior woman with outstanding stories will take place on **Saturday after the last (senior men) award ceremony**. Participating federations will be contacted to submit proposals.

### **European Gymnastics Team of the year 2024**

The awarding of the European Gymnastics Team of the Year 2024 will take place on **Saturday after the last (senior men) award ceremony**.

### **Closing the event**

Closing the event will take place on **Saturday after the All-Stars Announcement**.

## **2.18 ALL-STARS TEAM**

The All-Stars team recognises outstanding achievements by individual TeamGym gymnasts across all competing teams from the European Championships. Since the inaugural All-Star Team at the 2014 Championships in Reykjavík, recognition and inclusion in this honour roll has become a source of great pride for gymnasts and nations alike.

The All-Stars Team consists of two males and two females on floor, tumble and trampet, (12 in total) all identified and awarded for their respective skill and performance demonstrated in the qualification round. The qualification rounds are used to ensure every gymnast from every competing nation has an opportunity to be seen.

Over the years, gymnasts from Azerbaijan, Denmark, Finland, France, Great Britain, Iceland, Norway and Sweden have achieved places on the All-Stars team. Each nation can nominate gymnasts from the competition for each gender and apparatus. The TeamGym Technical Committee then reviews the nominations and examines the performances to determine the All-Stars Team. The All-Stars team is presented and awarded on Saturday after the senior finals.

Further information about the nomination process and a link to submit nominations will be sent to all participating NFs.

## **2.19 MEDICAL**

### **Doping controls**

Any doping is prohibited. A doping control can be carried out at any time, in accordance with the regulations of World Gymnastics and the International Testing Agency.

### **Therapeutic Use Exemption (TUE)**

Gymnasts with a documented medical condition requiring the use of a Prohibited Substance must provide a valid Therapeutic Use Exemption (TUE) from their National Anti-Doping Organisation, to be handed in at Accreditation for confirmation by the European Gymnastics doctor at the event.

### **Medical certificate – official doctor**

Only the official doctor or his representatives are authorised to confirm the necessary medical certificates.  
Official doctor of European Gymnastics: Dr. Gerald Gremion.

## **Part 3 – The Jury**

### **3.1 SUPERIOR JURY**

The Superior Jury consists of three members of the TeamGym TC. The TC President Ms. Bianca Franzoi functions as President of the Superior Jury.

### **3.2 JURY OF APPEAL**

The jury of appeal is composed of two members of the Executive Committee (one of them acting as President). If necessary, a third person to be designated in accordance with the matter of the appeal, who was involved neither in the decision of the Competition Jury, nor in the decision of the Superior Jury, will be nominated on-site by the European Gymnastics President or his representative.

|                  |                     |
|------------------|---------------------|
| <b>President</b> | Mr. Ismail GÖKTEKIN |
| <b>Member</b>    | Ms. Natalja INNO    |

### **3.3 JUDGES' INSTRUCTION, Drawing OF LOTS & PANEL MEETINGS**

The initial meetings include the draw and practice judging, and attendance is compulsory for all participating judges. Judges' meetings will take place at the Metro Areena, meeting room "Kokous 2" on Tuesday, October 13<sup>th</sup>, at 10:00 and will continue Wednesday, 14<sup>th</sup> October, at 10:30 a.m. For the other dates and times of the meetings, please see the schedule of this Work Plan.

The judges' instruction will be held in English ONLY.

The judges' oath will be taken at the Opening Ceremony by one judge of the host federation.

The panel meetings prior to the competition will take place in the judges' room.

### **3.4 CODE OF ETHICS**

Any close family relative to a competitive gymnast may not judge that gymnast or this team at this European Gymnastics sanctioned event. If a conflict exists, the European Gymnastics TC-President is to be informed at the start of the first judges' instruction meeting, so appropriate action can be taken.

### **3.5 SCORING & DISTRIBUTION OF RESULTS**

SmartScoring will provide the official scoring services at the event.

Start- and results- lists will be sent by e-mail to the HoD and published on the [European Gymnastics website](#). Results will be presented on screens in the venue and live scoring will be available on [results.smartscoring.com](#).

At the end of the competition all delegations will receive by e-mail to the HoD a complete results book including individual judges scores for all competitions.

### **3.6 CONTROL VIDEOS**

Control videos will be available for the Superior Jury.

### 3.7 INQUIRY PROCEDURE

Inquiries regarding scores will be conducted in accordance with Art. 8.5 of the FIG Technical Regulations 2026, V 4.0, May 2026.

Inquiries must be submitted digitally on a SmartScoring tablet at the inquiry table. Inquiries for the difficulty scores are only allowed, if they will be made at the very latest **two minutes** after the score is shown on the scoreboard. The "Inquiry Officer", the person designated to receive the inquiry, will have to note the time of receiving it and this will start the procedure. Only the team's coach will be entitled to submit an inquiry (CoP, V1.1, Art 6.1).

Late inquiries will be rejected.

A Federation will not be allowed to complain against a team from another federation.

The inquiry must be submitted through the device by selecting the relevant team and will require an agreement to payment of:

- EUR 300.- for the first inquiry
- EUR 500.- for the second inquiry and
- EUR 1'000.- for each subsequent inquiry throughout the entire duration of the competition

If after review of the routine the score is unchanged or lower, the inquiry is considered as rejected and the amount will be invoiced to the NF by European Gymnastics after the competition. If the Difficulty score is increased, the fee is waived.

Every inquiry will be examined by the Superior Jury and a final decision, which may not be appealed, will be taken. The detailed procedure is laid down in the European Gymnastics and WGYM (FIG) Technical Regulations.

## Part 4 – The organisation of the event

### 4.1 TRANSPORTATION

#### International transportation

The international transportation costs are covered by the participating delegations. European Gymnastics and the LOC strongly recommend that each Federation take out cancellation insurance for their international transportation.

All accredited delegations who ordered the accommodation package and filled in the travel schedule form for arrivals and departures on the [TRAVEL FORM](#) by September 14<sup>th</sup> will be met on arrival and provided with local transport from Helsinki International Airport / harbour to the Accreditation Centre and to the hotels and back.

#### Local transportation

All transfers are by public transportation. The metro and buses ensure smooth travel between hotels and the competition venue. Metros run from 05:30 to 23:00. The accommodation package will include a week pass for public transportation.

### 4.2 SIZE OF THE DELEGATIONS

The maximum size of each delegation, together with the number of transferable access cards (transferable within the Federation's official delegation) as per European Gymnastics Rules for Accreditation is as follows:

| Function                           | Seniors | Juniors | Total |
|------------------------------------|---------|---------|-------|
| Gymnasts – Women's team            | 12      | 12      | 24    |
| Gymnasts – Mixed team              | 14      | 14      | 28    |
| Gymnasts – Men's team              | 12      | 12      | 24    |
| Coaches – Women's team             | 3       | 3       | 6     |
| Coaches – Mixed team               | 3       | 3       | 6     |
| Coaches – Men's team               | 3       | 3       | 6     |
| Paramedical staff – Women's team** | 1       | 1       | 2     |
| Paramedical staff – Mixed team**   | 1       | 1       | 2     |

|                                              |           |   |   |
|----------------------------------------------|-----------|---|---|
| Paramedical staff – Men's team**             | 1         | 1 | 2 |
| Head of Delegation                           | 1         |   | 1 |
| Team Manager                                 | 2         | 2 | 4 |
| Doctor**                                     | 1         |   | 1 |
| Mental Health Professional**                 | 1         |   | 1 |
| Judges                                       | 3         |   | 3 |
| Chaperon* (1 per 10 gymnasts under 18 years) | 4         |   | 4 |
| Guest*                                       | No limits |   |   |
| VIP-Guest*                                   | No limits |   |   |

\*Accreditation at the charge of the Federation

\*\* The paramedical staff & doctor and mental health professional of the team must have a valid WGYM licence

**Additional accreditations** for Chaperon, Guest and VIP-Guest may be delivered, with the costs identified on the next table (**to be paid to the LOC**):

For the accreditation of these, please contact [teamgym2026@voimistelu.fi](mailto:teamgym2026@voimistelu.fi) by September 14<sup>th</sup>.

| Additional accreditations | Price     |
|---------------------------|-----------|
| Chaperon                  | EUR 180.- |
| Guest                     | EUR 180.- |
| VIP-Guest                 | EUR 220.- |

### 4.3 ACCREDITATION

Accreditation will be held at the competition venue on Monday, October 12<sup>th</sup>, from 08:30 to 20:00, following the schedule made by the LOC. If needed, accreditation will be possible on Tuesday, October 13<sup>th</sup>.

Each delegation (Head of Delegation + 1 person) will have a specific schedule for accreditation according to their arrival travel plan.

The following items will be checked:

- The passport or national identity card (which clearly shows the nationality of the holder) for gymnasts and judges.
- Proof of the fulfilment of all financial obligations to the LOC;
- Equipment set-up form for each team (Appendix 3);
- Name declaration form signed for each team (Appendix 6);
- Departure travel information confirmation;
- HoD e-mail address and mobile phone number (for WhatsApp Community) for official information;
- Proof of valid health- and accident- insurance for each delegation member;
- valid Therapeutic Use Exemptions from NADA (if applicable)
- Music release form (appendix 8)

The accreditation card must always be visibly worn in the Venue. In case of losing the accreditation card, a new one will be issued for a fee of EUR 180.- payable to the LOC.

All NF must upload a photo of each member of the delegation to the LOC platform.

Requirements for each identity colour photo:

- Identity: country code - function - First name – Last name  
Example: POR\_Team Manager\_TiagoHorta
- File format: .jpg or .jpeg
- Dimensions 350 mm x 450 mm or 276 pixels wide x 354 pixels high

### 4.4 TRANSFERABLE ACCESS CARDS (TAC) FOR THE FIELD OF PLAY IN THE COMPETITION HALL

The transferable access cards will be given to each HoD at the accreditation according to the size of the

delegation (see European Gymnastics accreditation rules art. 1.12.1). Such cards may only be used by coaches/team managers and medical staff and must always be used in conjunction with the primary accreditation card.

#### 4.5 ORIENTATION MEETING

The orientation meeting for the Heads of Delegations will take place on **Tuesday, October 13<sup>th</sup>** at **19:00** at Metro Areena meeting room "Kokous 2".

- The presence of the participating National Federations at the orientation meeting is mandatory.

Unjustified failure by a federation to attend will result in a sanction of EUR 1000.- to be paid to European Gymnastics.

- A maximum of 2 persons is allowed per delegation at this meeting.

The Orientation meeting will be held in English only. The LOC and the TC-TeamGym will give practical information on the organisation and the running of the event.

#### 4.6 LOC OFFICE

The information desk will serve for the exchange of training/competition information between the organisers and delegations.

It will be located in the competition hall (see layout) and the following changes in the performance of teams can be handled:

**Name Changes (revised order):** at the latest 10 minutes prior to the Team's first discipline.

**Tariff form changes:** if any changes are made to the tariff forms after accreditation, the LOC Office must be informed.

**Equipment Set-Up:** in case of any changes **no later than 18:00** the before the Finals.

#### 4.7 INFORMATION DISTRIBUTION

All the necessary information will be communicated via email and WhatsApp Community (email addresses and mobile phone numbers of HoD/responsible persons will be collected for this purpose during the accreditation).

#### 4.8 ACCOMMODATION

All the information regarding the hotels is listed in the [Event Directives](#).

#### 4.9 MEALS

**Breakfast** will be served at the hotels.

**Lunch** will be served at the competition venue. If necessary, lunch can be packed to go in a takeaway box. It is safe to drink tap water in Finland, and there are **several water refill stations throughout the venues**.

**Dinner** will be available either at the competition venue or at the hotel, according to the choice indicated in advance. [https://q.surveypal.com/Dinners-and-Saturday-Evening-Banquet\\_TeamGym-European-Championships-2026-FINAL](https://q.surveypal.com/Dinners-and-Saturday-Evening-Banquet_TeamGym-European-Championships-2026-FINAL)

Extra Meals Request must be submitted via the LOC online platform by **September 14<sup>th</sup>** at the very latest.

Meal schedule for the delegations who have booked meals as follows:

| Location             | Breakfast<br><i>only in the hotel</i>                                           | Lunch<br><i>Only competition venue</i> | Dinner                 |
|----------------------|---------------------------------------------------------------------------------|----------------------------------------|------------------------|
| Hotel Tapiola Garden | <b>Weekdays:</b><br>6:30 to 9:30 a.m<br><b>Weekends:</b><br>7:00 to 11:00 a.m   |                                        | from 4:00. to 9:30 p.m |
| Hotel Heymo          | <b>Weekdays:</b><br>7:00 to 10:00 a.m<br><b>Weekends:</b><br>7:00. to 11:00 a.m |                                        | from 4:00. to 9:30 p.m |
| Hotel Matts          | <b>Weekdays:</b><br>6:30 to 10:00 a.m<br><b>Weekends:</b>                       |                                        | from 4:00. to 9:30 p.m |

|                          |                   |                             |                                                                                   |
|--------------------------|-------------------|-----------------------------|-----------------------------------------------------------------------------------|
|                          | 7:00 to 11:00 a.m |                             |                                                                                   |
| <b>Competition Venue</b> | -                 | from 11:00 a.m. to 3:00 p.m | from 4:30 to 8:00-9:30 p.m<br>(depending on the day and the competition schedule) |

The **banquet** on **Saturday October 17<sup>th</sup>** at 20:30-23:00 in Espoo Metro Areena includes a dinner buffet with non-alcoholic drinks and one glass of wine (for guests aged 18 and over). The bar will be open throughout the banquet, and participants may purchase beverages at their own expense (alcoholic beverages will only be served to guests aged 18 and over).

The minimum age for alcohol consumption in Finland is 18 years according to Finnish law. The delegations are responsible that their members follow this rule and for the proper behaviour of their participants.

Delegations will receive wristbands for the banquet at the accreditation. Delegation members must bring both, accreditation pass and the wristband, to enter the banquet. Wristbands for underage participants will be of a different colour.

#### 4.10 SAFEGUARDING

A safe environment for all participants is a top priority at the 2026 European Championships!

In case you experience or see any form of non-accidental violence, harassment and abuse please contact Lisa Worthmann ([lworthmann@europeangymnastics.com](mailto:lworthmann@europeangymnastics.com)) or from the LOC Susanna Porola ([susanna.porola@voimistelu.fi](mailto:susanna.porola@voimistelu.fi))

**The members of European Gymnastics EC and TC will handle unforeseen incidents or events that might occur during these championships.**

This event will be organised under the World Gymnastics/European Gymnastics rules as listed in the Directives.

#### 4.11 LIVESTREAM, SOCIAL MEDIA, MEDIA

- **Livestream:** The entire competition will be available for purchase on [gymtv.online](https://gymtv.online) with expert commentary by Olly Hogben and Liam Gallagher.
- **Hashtag:** #TeamGym2026
- Social media:
  - [Facebook](#)
  - [Instagram](#)
  - [TikTok](#)
  - [LinkedIn](#)
- **Media accreditations:** The media accreditation portal opens on Monday 7 September and closes on 1 October. All relevant information is available on [Media | European Gymnastics](#).

## Part 5 – Appendices

Appendix 1: Venue Layout

Appendix 2: Draw

Appendix 3: Equipment set-up for Tumble and Trampet

Appendix 4: Training schedules

Appendix 5: Qualification and final schedules

Appendix 6: Name declaration form

Appendix 7: Request form to replace an injured gymnast

Appendix 8: Music release form

Kind reminder for important deadlines:

| For European Gymnastics                                                                               | Deadline                        |
|-------------------------------------------------------------------------------------------------------|---------------------------------|
| Nominative Registration – <a href="https://Registry.Gymdata">Registry.Gymdata</a>                     | September 14 <sup>th</sup> 2026 |
| Payment of the Competition Registration Fees to European Gymnastics                                   |                                 |
| Media accreditation – <a href="https://europeangymnastics.com/media">europeangymnastics.com/media</a> | October 1 <sup>st</sup> 2026    |
| Tariff forms – <a href="https://Registry.Gymdata">Registry.Gymdata</a>                                | October 1 <sup>st</sup> 2026    |

| For the LOC                                                                                         | Deadline                        |
|-----------------------------------------------------------------------------------------------------|---------------------------------|
| Visa Request – contact LOC <a href="mailto:teamgym2026@voimistelu.fi">teamgym2026@voimistelu.fi</a> | September 14 <sup>th</sup> 2026 |
| Travel Schedule – <a href="#">HERE</a>                                                              |                                 |
| Photos & passports for Accreditation - LOC Online Platform                                          |                                 |
| Accommodation costs by invoice (last 50%, paid to LOC)                                              |                                 |
| Extra meals by invoice (100%, paid to LOC)                                                          |                                 |
| Music – LOC Online Platform                                                                         | October 1 <sup>st</sup> 2026    |



Bianca Franzoi  
President of European Gymnastics TC-TeamGym

Lausanne, September 2<sup>nd</sup>, 2026