



**European
Gymnastics**

Head Office
Avenue de la Gare 12
CH - 1003 Lausanne

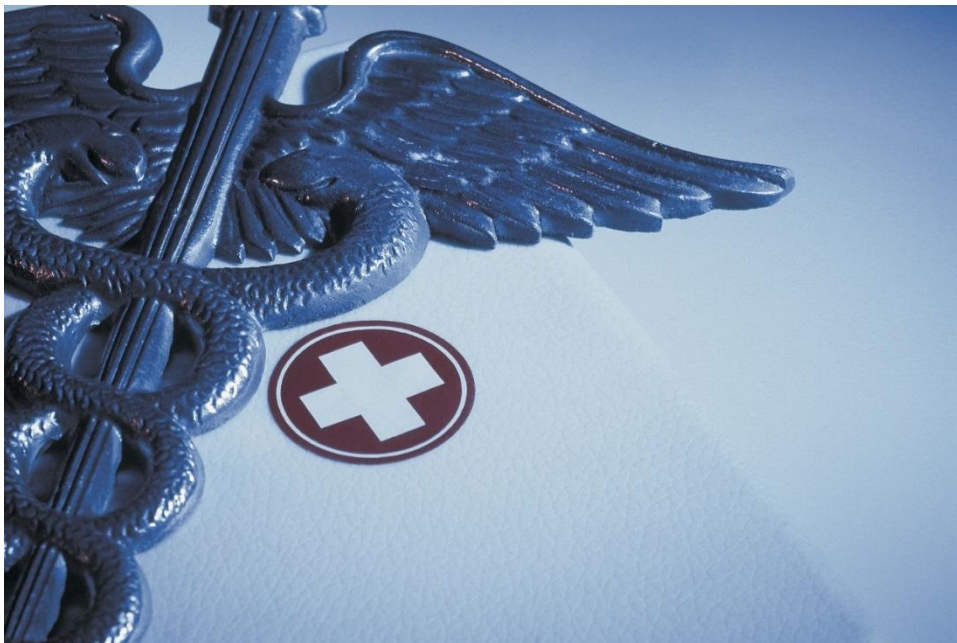
Phone: +41 - 21 - 613.10.20

info@europeangymnastics.com
www.europeangymnastics.com

MEDICAL GUIDELINES

of

European Gymnastics



Edition 2026

EBU

OPERATING EUROVISION AND EURORADIO

SMARTSCORING

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PREAMBLE

These Medical Guidelines are intended to establish a framework for the protection and management of athlete health and safety within the European Gymnastics events. The guidelines aim to ensure consistent medical standards.

In addition to these rules the Local Organising Committee is responsible to follow all applicable local and national regulation regarding emergency and no-emergency care.

The “Medical Organisation of the European Gymnastics Competitions” rules are following the concept of the IOC Medical Code and World Gymnastics Statutes.

The masculine gender is used throughout the whole text to refer to both males and females.

ARTICLE 1 GENERAL

The responsibility for the medical organisation of a European Gymnastics Competition is incumbent upon the Federation of the organising country.

In the case of major European Gymnastics competitions, the Federation concerned shall propose to the President of the European Gymnastics Medical Commission the name of a doctor to be entrusted with the responsibility for the medical support of the competition and this at least 3 months prior to the competition in question.

The doctor thus designated will be known as the Chief Medical Officer (CMO) of the Local Organising Committee (LOC). He shall submit a medical plan 2 months prior to the event to European Gymnastics.

The European Gymnastics Medical Commission reserves the right to intervene on the occasion of official competitions should the recommendations of the Medical Guidelines not be correctly interpreted or implemented. These rules have to be strictly followed by any Organising Committee under contract with European Gymnastics.

ARTICLE 2 MEDICAL PREMISES

2.1 LOC must provide in the area of the competition and warm-up halls (these being basically in the same place or very close to one another):

- At least one room reserved for medical care at the same level of the competition floor and close to the podium.
- A separate secure space reserved for doping control.

2.2 LOC must provide in the area of the various training halls (if these be distinct and separate from the complex containing the competition hall).

- At least one room reserved for medical care.
- A separate secure space reserved for doping control

2.3 These medical premises are for medical use exclusively. They are not to be utilised for meetings, relaxation or resting by the medical staff. Only the medical and anti-doping staff on duty is allowed.

2.4 All medical and anti-doping rooms are non-smoking.

ARTICLE 3 THE STAFF

3.1 The Chief Medical Officer (CMO)

- 3.1.1 The Chief Medical Officer (CMO) of the Local Organising Committee (LOC) is designated by the Organising Federation. The CMO should be a physician accredited in Emergency Medicine and/or Sport Medicine with appropriate Professional Medical Indemnity Insurance valid for the region and the period of the European Gymnastics Event. He is responsible to provide the necessary and adequate medical coverage for the Event. A CMO nomination must be submitted 3 months before the Event to the President of the European Gymnastics Medical Commission for timely coordination.
- 3.1.2 The CMO must provide a detailed Medical Support Plan to the President of European Gymnastics Medical Commission at least 2 (two) months before the Event. The Medical Support Plan form to be filled by the CMO is attached in the Appendices (annex 1).
- 3.1.3 The CMO must liaise with the respective National Health System to provide medical cover for the spectators according to the country's legislation without European Gymnastics approval or affiliation being necessary.
- 3.1.4 The CMO of the Organising Committee must have an accreditation for all zones, i.e. access to all levels of training and to the competition area at all times.
- 3.1.5 During the competition there will be designated seating for the CMO in the competition area near the seats of the Local Organising Committee.
- 3.1.6 It is the responsibility of the CMO to ensure that during all dates of the Event a Physician is present and in contact with the First Aid Stations.
- 3.1.7 It is the responsibility of the CMO to ensure that the designated medical room and First Aid Stations is staffed with appropriately qualified medical personnel from the beginning of training until the end of the competition. It is mandatory to ensure medical presence at all training and competition halls, including during the warming-up periods.
- 3.1.8 It is the responsibility of the CMO to record all medical events (injuries or illnesses) using the official form from the European Gymnastics Medical Commission (Annex 2: Injuries/Illnesses Form). The form must be filled in by the CMO or the Event Physician and signed by the involved athlete or legal representative. The form is submitted to the European Gymnastics Official Doctor at the end of the Event.

3.2 The Event Physician

- 3.2.1 An Event Physician may be designated by the CMO to assist him in the medical support of a large Event.
- 3.2.2 The Event Physician should be properly accredited with appropriate Professional Medical Indemnity Insurance valid for the region and the period of the European Gymnastics Event. He is responsible to provide medical coverage for the Event.
- 3.2.3 It is the responsibility of the Event Physician and/or CMO to record all medical events (injuries or illnesses) using the official form from the European Gymnastics Medical Commission (Annex 2: Injuries/Illnesses Form). The form must be filled in and signed by the involved athlete or legal representative. The form is submitted to the European Gymnastics Official Doctor at the end of the Event.

3.3 The First Aid Station Crew

- 3.3.1 The First Aid Station Crew should be accredited paramedics with appropriate Professional Medical Indemnity Insurance valid for the region and the period of the European Gymnastics Event. The crew is responsible to provide emergency medical care for the event in cooperation with the Event Physician or the CMO.

ARTICLE 4 MEDICAL EQUIPMENT AND MEDICATIONS

4.1 First Aid Station Equipment

- 4.1.1 The necessary number of First Aid Stations should be estimated according to the number of participating gymnasts, their eventual dispersion and multiplicity in the training and competition halls.
- 4.1.2 At least one First Aid Station should be deployed in the competition area and one in the training halls.
- 4.1.3 The location of First Aid Stations should be clearly noted in the Medical Support Plan.
- 4.1.4 During the competition, the first aid station with emergency medical equipment located in the competition area must have a clear view and access to the Podium.
- 4.1.5 Each First Aid Station should be composed of the following minimum equipment:
- One medical table for examination

- First aid splints and collars to immobilize upper and lower leg fractures and spinal injuries
- Spinal board with neck immobiliser
- An Automated External Defibrillator (AED)
- One portable oxygen unit with mask
- Ventilation equipment (AMBU)
- Blood pressure monitor and stethoscope
- Simple wound care (disinfectant, povidone, creams, bandages)
- Simple medications (ointments, simple painkillers, eye drops, NSAIDs, antacids).
- Taping and elastic bandages
- One stretcher
- One wheelchair
- Communication equipment to report to the CMO (Telephone - walkie talkie).

4.2 Medical Room Equipment

4.2.1 The Medical Room must provide separation by screens for males and females. Most medical assessments and treatments should be easily observable by all, but if it requires privacy, then an adult chaperone is required for safeguarding the athlete at all times.

4.2.2 The Medical Room should be composed of the following minimum equipment:

- At least one medical table for examination
- At least one massage table
- Screens to provide privacy during exam
- Office desk with 3 visitor chairs
- One locker to store equipment and medications
- Splints and collars to immobilize upper and lower leg fractures and spinal injuries
- ECG monitor with Defibrillator
- Portable oxygen and masks
- Ventilation equipment (AMBU)
- Intubation equipment
- Aspiration equipment
- Blood pressure monitor and stethoscope
- IV equipment and perfusion liquid (N/S, Ringers, Glucose)
- Emergency medications (ACLS list)
- Basic medications for common respiratory musculoskeletal and gastrointestinal diseases
- Wound care including minor wound stitching, eye and ear drops

- Taping and elastic bandage
- Stretchers and wheelchairs
- Communication equipment (to report to the CMO (Telephone - walkie talkie)).

4.2 **Physiotherapy Equipment**

- 4.2.1 At least two massage tables must be available at each training hall for use by the Delegations.
- 4.2.2 A refrigerator or ice machine with ice must be available at all times in good quantity, along with appropriate containers for carrying ice. The ice machine must be in close proximity to the training and competition halls or near the first aid station.
- 4.2.3 Specialised physiotherapy equipment (TENS, ultrasound, massage guns, etc) under the care of a LOC physiotherapist may be located at the medical room.

4.3 **Doping Control Room**

- 4.3.1 This room shall include a waiting area with seats, an interview room and toilets. The toilets shall be large enough to accommodate the DCO or chaperone who will witness the passing of the urine sample. A minor athlete may be escorted by an adult representative to ensure safeguarding.
- 4.3.2 The equipment provided should be in accordance with the International Standard for Testing and the WADA Sample Collection Guidelines.

4.4 **Prescription and first aid medications**

- 4.4.1 First aid medication for emergencies must be provided on a free basis by the Local Organising Committee
- 4.4.2 Small quantities of general use medications (eg NSAIDs, skin ointments, painkillers, gastrointestinal and respiratory medications) for the athletes and the members of the delegations should be provided by the LOC. The disposal and the diagnosis is to be documented in the Injury/Illness form by the First Aid Station crew or the Event Physician or the CMO.
- 4.4.3 For other medications, the CMO or Event Physician of the Organising Committee may provide a courtesy prescription according to the local legislation if possible and medically appropriate. Medication under this prescription is to be paid for by the

gymnast or the respective federation. The prescription and the diagnosis is to be documented in the Injury/Illness form by the CMO / Event Physician.

- 4.4.4 Disinfectant products, with both bacterio-static and viro-static properties, for the gymnasts and apparatus should be available in both the training and competition halls.

ARTICLE 5 SAFEGUARDING AND MEDICAL STAFF

- 5.1 The Local Organizing Committee must develop policies and procedures for recruiting medical staff and medical volunteers working with children and adult athletes. The LOC should insist that all medical staff/volunteers have an athlete-centered approach, creating a safe environment where all can participate without harassment or abuse.
- 5.2 The LOC should designate a medical staff member (preferably the CMO) to be the lead safeguarding advocate for the medical team and the liaison for medical with the Competition Safeguarding Officer. The LOC together with the Safeguarding Officer should:
- 5.2.1 Prepare an education programme for all medical staff/ volunteers on safeguarding athletes and all participants.
- 5.2.2 Teach the medical staff/volunteers how to raise concerns about unacceptable or questionable behaviour by anyone (coaches, officials, staff, volunteers, other athletes).
- 5.2.3 Educate the medical staff/volunteers about the safeguarding plan and guidance around transport, housing, changing areas, training, FOP, and medical treatment

ARTICLE 6 EMERGENCY PROCEDURES

- 6.1 At least one medically equipped vehicle must be available and present at all times at the competition venue for intervention and emergency transport of injured/ill athletes and/or members of the delegations
- 6.2 In case of remote training venues at least one properly equipped vehicle must also be present at all training times and available for intervention and emergency transport.
- 6.3 Medical support of spectators and/or venue and LOC staff should be arranged according to the provisions of the National EMS System.

- 6.4 The LOC is directly responsible to organise the best optimum condition for the fastest and safe transport, including easy access to the venues. The location of ambulance stations and the routes of medical transport should be clearly stated in the Medical Support Plan.
- 6.5 The CMO must make prior arrangements with an appropriate medical centre in order to provide access to medical specialties (eg dentists, cardiologists, ophthalmologists etc), laboratory exams and medical imaging (including ultrasound CT and MRI) when requested by a Team Physician. The address of the designated medical center (private or public), as well as the person that will act as point of contact and his contact phone and email must be provided in the Medical Support Plan.
- 6.6 The CMO must establish a clear plan of transport of emergencies to a tertiary hospital for immediate care, including emergency surgery and hospitalisation. The hospital must be able to treat all major medical emergencies without the need for further transport. The Hospital should be clearly stated in the Medical Support Plan together with necessary contact details of the liaison office/person.
- 6.7 If the medical centre of the tertiary hospital is not able to provide a translator, the organising committee will arrange for a translator or an accompanying person for the injured athlete while outside medical care is required.

ARTICLE 7 DELEGATION MEDICAL TEAMS

- 7.1 The European Gymnastics/World Gymnastics regulations foresee within each delegation the official accreditation of certified medical personnel. These accreditations cannot be used by non-medical personnel.
- 7.2 Accredited delegation medical personnel may make use of the on-site medical facilities and the equipment provided by the LOC with the prior agreement of the CMO. The number of medical personnel to be accredited will be determined by the format of the competition (see European Gymnastics Technical Regulations and Accreditation Regulations).
- 7.3 European Gymnastics Medical Commission members may be accredited either from European Gymnastics or by their National Federation but not by both and they should act according to the role accredited.
- 7.4 Delegation Medical Teams should make arrangements to bring their own medical supplies taking in account any legal restrictions regarding the transport of medications to the Event Country.

- 7.5 During competition, delegation medical doctors and paramedical staff should remain seated in the places provided for that function within the arena area.
- 7.6 In the event of serious accident or any other emergency, the responsibility to take control remains with the CMO or his representative. The CMO may permit the delegation's doctor, or paramedical staff to assist. Upon the CMO's approval, the Team doctor or paramedical staff may treat their gymnasts in the competition area providing they return immediately to their designated places following treatment (see European Gymnastics Accreditation Regulations, regarding the authorized area).
- 7.7 National delegations having no medical staff of their own, may request assistance from the CMO.
- 7.8 It is not recommended that medical doctors or paramedical staff treat gymnasts from other nations unless by previous mutual agreements.
- 7.9 It remains under the exclusive responsibility of the Federations to ensure that their Team Doctors and Physiotherapists/Masseurs have appropriate Professional Medical Indemnity Insurance in order to treat their Delegation athletes.
- 7.10 In case of an injury or illness that necessitates transfer of an athlete to a medical center or hospital a member of the Medical Team or an Official of the Delegation must accompany the athlete at all times.

ARTICLE 8 ROLE OF THE EUROPEAN GYMNASTICS MEDICAL COMMISSION

- 8.1 The President of the European Gymnastics Medical Commission shall review the timely submitted Medical Support Plan and ensure that the recommendations and obligations detailed in this document are correctly applied. If necessary, he may communicate his observations to the CMO of the LOC so that the latter may take all necessary actions.
- 8.2 The President of the European Gymnastics Medical Commission or his deputy, or a member of the European Gymnastics Medical Commission, or a person delegated by such a member:
- 8.2.1 Must be accredited to all areas.
- 8.2.2 Verifies the facilities and the organisation of the antidoping tests.
- 8.2.3 Approves the official medical certificates.

- 8.2.4 Therapeutic Use Exemption requests have to be submitted to World Gymnastics.
- 8.2.5 May provide his aid, medical advice or assistance to the delegations upon request.
- 8.2.6 In the event of a major risk to the safety or health of a gymnast, the President of the European Gymnastics Medical Commission or his deputy can signify whenever possible in writing, the danger of impending risk to the respective TC/European Gymnastics President or his/her representative and propose the withdrawal of the gymnast from the competition.
- 8.2.7 The president of the European Gymnastics Medical Commission or his representative may report at every moment any deficiency or non-compliance with the medical rules to the president or the general director of European Gymnastics for them to take immediate or later appropriate measures.

ARTICLE 9 MEDICAL RESEARCH

In cases where medical research is proposed by or through the Organising Federation within the framework of the competition, the CMO shall inform and request approval of the European Gymnastics Medical Commission of this circumstance minimum 2 (two) months in advance of the competition, to allow for an examination of such a proposal can be integrated into the workplan.

- 9.1 Approved medical research must comply with the following criteria:
- 9.1.1 Authorisation by European Gymnastics Medical Commission
- 9.1.2 Development of gymnastics science
- 9.1.3 Research is in connection with current research programmes of European Gymnastics
- 9.1.4 Research protocol provided to all European Gymnastics participating Federations
- 9.1.5 Results of the medical research must be provided to the European Gymnastics medical commission within 6 months.
- 9.2 Upon approval by European Gymnastics, the researchers must:
- 9.2.1 Get the authorisation of the National Federation of the gymnasts concerned.

- 9.2.2 Limit the time required for the tests, use non-invasive procedures, ensure tact and discretion, respect the athlete's privacy and modesty and avoid disturbing preparation for the competition.
- 9.2.3 Accept that individual approval will be voluntary and used as anonymous.
- 9.2.4 Imperatively make the results of these investigations available to the European Gymnastics Medical Commission in a pre-publication format 6 months before publication.
- 9.2.5 In cases of conflict with a proposed medical research program priority will be given to the European Gymnastics medical research program.
- 9.3 Within these clearly defined conditions the European Gymnastics Medical Commission can only encourage this type of initiative and is ready to provide assistance. Assistance from the Organising Committee would be highly appreciated.
- 9.4 Any contact with media (TV, radio, newspaper, internet, Facebook, twitter and similar) is STRICTLY PROHIBITED about the health, welfare, injury, treatment, doping control or research on gymnasts without the express permission of the European Gymnastics Medical Commission President, the European Gymnastics Director or their representatives.

ARTICLE 10 INJURY/ILLNESS FORMS AND REPORTS

- 10.1 The LOC and Chief Medical Officer must make every effort to complete an injury or illness report form for every affected athlete.
- 10.2 The injury/illness form is completed by a LOC physician and the information needs to be completely filled out and legible in English or French.
- 10.3 The Form must be signed by the athlete or his legal representative in order to allow for his personal data to be handled appropriately by European Gymnastics according to the GDPR legislation. All information will be strictly confidential and used only to document the athlete medical event for any legal reason and to assist the European Gymnastics Medical Commission to evaluate and prevent future injuries or illnesses
- 10.4 The Forms must be handed to the European Gymnastics Official Doctor at the end of the Event. In case a European Gymnastics Official Doctor is not present, then this information must be sent by the CMO of the Organising Committee, under confidential mail, to the

European Gymnastics Office immediately at the end of the competition. A template of the Injury/Illness Form is provided in the end of the Guidelines (annex 2).

- 10.5 An athlete or his representative or other affected member of a delegation may request an official medical report for an athlete or delegation member regarding his injury/illness and treatment received during the event for any medical, legal or insurance use. In order to provide the athlete or delegation member with a text document the EG Official Doctor, if requested by the Delegation, prepares a medical report based on the data available from the Injury/Illness Form signed by the LOC physician. A template of the Athlete/Delegation Member Medical Report is provided in the end of the Guidelines (annex 3).
- 10.6 The European Gymnastics Official Doctor at the end of the Event fills the European Gymnastics Official Medical Report of the Event providing in detail all relevant medical encounters and doping tests. A template of the European Gymnastics Official Doctor Report is provided in the end of the Guidelines (annex 4).

ARTICLE 11 DOPING CONTROL

11.1 World Gymnastics Anti-Doping Rules, the WADA Code, the International Standards and all related rules and regulations are implemented during European Gymnastics Events.

11.2 Injections (No-Needle Policy)

11.2.1 World Gymnastics Anti-Doping Rules on injections are implemented during European Gymnastics Events.

11.2.2 During European Gymnastics competitions and events (from 24 hours before the start of the first practice through to 24 hours after the end of the last competition and event), any injection to any site of an athlete's body of any substance:

11.2.2.1 Must be medically justified. Justification includes physical examination by a certified medical doctor (M.D.), diagnosis, medication, route of administration and appropriate documentation;

11.2.2.2 Must respect the approved indication of the medication = no off-label

11.2.2.3 Must be administered by a certified medical professional unless authorized by the European Gymnastics Doctor or official Local Organising Committee Doctor.

- 11.2.2.4 Must be reported immediately and in writing not later than 24 hours afterwards to the European Gymnastics Doctor or official local organizing committee Doctor (except athletes with a valid TUE for this competition). The report must include the diagnosis, medication and route of administration.
- 11.3 The disposal of used needles, syringes and other biomedical material which may affect the security and safety of others, including blood sampling (e.g. lactates...) and other diagnostic equipment shall conform to recognized safety standards.

ARTICLE 12 PREVENTION OF VIRAL DISEASES (AIDS, VIRAL HEPATITIS, etc.)

12.1 During the competition

- 12.1.1 Cleaning of the gymnast.
If blood is on the body or attire of the gymnast, it is the responsibility of the head of the Jury at the closest table-station to request correction. The head of the Jury will ensure that the gymnast is protected and the blood is removed. This task has to be performed by one person of the medical staff of the delegation. If not present, it shall be done by the medical staff of the competition area.
- 12.1.2 Cleaning of the apparatus.
If blood is on an apparatus or common equipment, it is the responsibility of the head of the Jury at the closest table-station to request correction. The head of the Jury will ensure that other gymnasts are protected and the blood is removed. The medical staff of the competition area will clean the apparatus and shall use an appropriate cleaning product.

12.2 During the training sessions

- 12.2.1 Cleaning of the gymnast.
If blood is on the body or attire of the gymnast, it will be up to the national federation medical staff or, if not present, to the medical staff responsible of the hall to ensure that the gymnast is protected and the blood is removed.
- 12.2.2 Cleaning of the apparatus.
If blood is on an apparatus or common equipment, it is the responsibility of the medical staff of the hall to clean the apparatus or common equipment, using an appropriate cleaning product.

12.3 The gymnast and/or his coach are hereby equally responsible for making known all sores, wounds and traces of blood to the Organising Committee medical staff.

ARTICLE 13 ENVIRONMENTAL CONDITIONS

13.1 Sound level

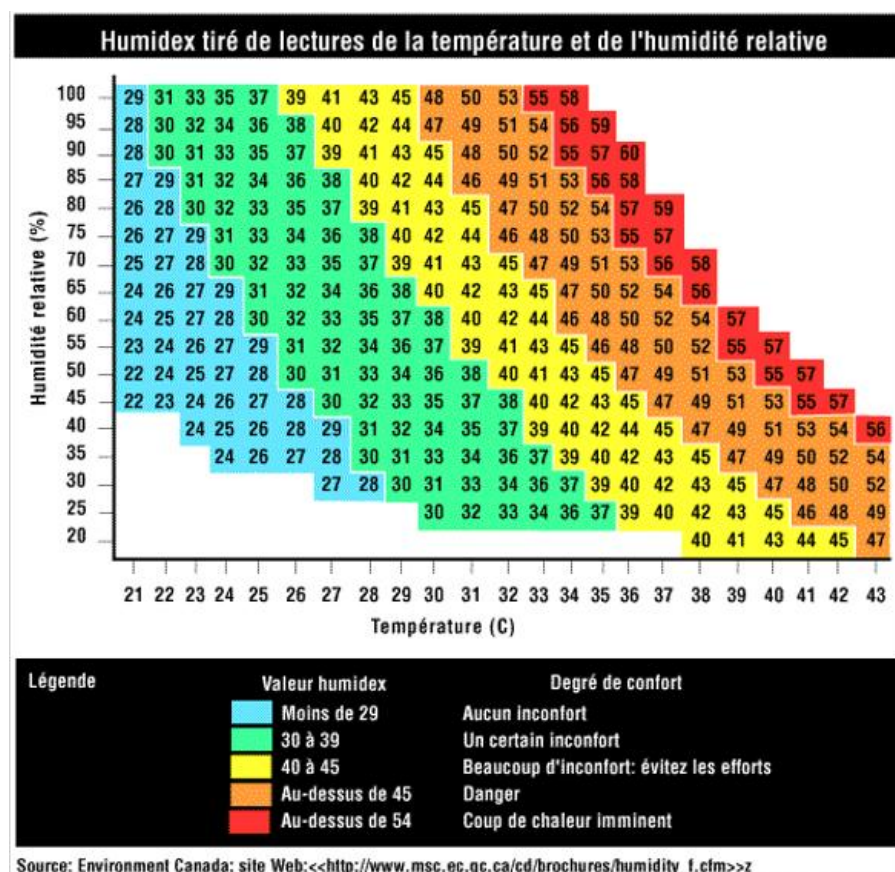
The sound level (music and announcements) must be lower than 80 dB at a frequency of 1.000 Hertz (Hz) measured on isosonic curves.

13.1.1 The verification / control will be carried out by the Organising Committee Technicians and by the European Gymnastics Medical Commission, if deemed necessary. The sound level check will be done by a sonometer placed near the judges.

13.1.2 It will be the duty of the technician responsible for sound to ensure that the sound level is kept within the above-mentioned limit. He is to deny any intervention or entreaty other than from European Gymnastics.

13.2 Humidity and Temperature: Heat index score recommendation

European Gymnastics recommends a calculated heat index score (Temperature vs humidity) equal to or less than 39 score. Score can be calculated using the chart below
(Source: Canadian Center for Occupational Health and Safety)



ARTICLE 14 JEWELLERY - OBJECTS - ATTIRE - HAIR

- 14.1 The wear of any kind of jewellery or objects (necklaces, earrings, rings, piercing, watch...) uncovered by competition or training attire and that can be dangerous is forbidden.
- 14.1.1 Exceptionally and temporarily, if the jewellery cannot be taken away immediately, one can tolerate that it be covered by adapted tape in order to avoid any risk of wound.
- 14.2 The gymnast must look that his/her attire be in conformity with the traditional standards, in training and competition (classical warm-up suit, t-shirt, leotard, pants, shorts, etc.), and that no additional attire can provoke an accident.
- 14.3 The gymnast must also be careful that her hair is well attached.
- 14.4 These rules are applicable in all competition disciplines. The persons authorized to conduct verification as well as the sanctions are written in the respective Codes (if applicable).

ARTICLE 15 INSURANCE - ACCIDENTS - MEDICAL COSTS

15.1. Local Organising Committee (LOC)

- 15.1.1 The LOC must take out their own civil liability insurance.
- 15.1.2 LOCs are requested to verify the validity of the National Federations insurance and medical assistance contracts at the accreditation time, along with their coverage. In the case of inadequacies or doubt, the LOC may suggest that federation or delegation members take out a temporary policy upon arrival. In any case, the federation has to ensure its insurance coverage.
- 15.1.3 The LOC must provide at the minimum the following:
- 15.1.3.1 Local transportation, possibly in a specialised medical vehicle, to examination locations and the cost of emergency transportation or related to an emergency;
- 15.1.3.2 Basic medical treatment given by the competition's official medical team, such as medical consultations, basic care, massage, electro-physical therapy, etc.;

15.1.3.3 Medication, supplies, necessary bandaging for basic care administered directly by the Local Organising Committee's medical team for a limited time and quantity;

15.1.3.4 Means to facilitate delivery of medical supplies and prescriptions.

15.2 National Federations

15.2.1 National Federations participating in competitions out of their home countries are responsible for medical insurance costs for all members of their delegations (illness, accident and repatriation). Intended for competitions, this rule is valid by extension for all gymnastics events and training sessions. (As per the the World Gymnastics Technical Regulations).

15.2.2 The insurance policy must cover at least the following, keeping in mind the costs of care and medical and surgical treatment in the respective country:

15.2.2.1 Treatment, examinations, medical and surgical operations;

15.2.2.2 Hospitalisation costs

15.2.2.3 Repatriation of a delegation member with respect for the medical needs of the patient (this may include making a medical escort available)

15.2.2.4 In the case of a serious accident, roundtrip transportation and accommodation costs for a parent to the competition site

ARTICLE 16 GYMNASTICS FOR ALL EVENTS

16.1 The LOC should arrange for the medical support of the participants upon the official arrival day of the delegations until the end of the official departure day, during and outside the training and performance periods, on site and out of the site of the training and performances.

16.2 In particular, the LOC should arrange for the following:

16.2.1 Oversee the safety of sports facilities, accommodation, food and public health conditions.

16.2.2 Delegate a CMO responsible for medical support of the Event.

- 16.2.3 Prepare with the CMO a detailed Medical Support Plan in cooperation with the local authorities and the EMS services according to National legislation requirements.
- 16.2.4 Request assistance by the European Gymnastics Medical Commission if needed in preparing a Medical Support Plan at least six (6) months prior to the event, for finalisation at least two (2) months before the event.
- 16.2.5 Ensure cooperation with local hospitals, government Civil Protection Services and medical NGOs:
- 16.2.6 Arrange for a medical communication and command centre in cooperation with local EMS or Civil Protection services.
- 16.2.7 Organise, and properly staff and equip first aid stations strategically located to ensure care and easier access in case of injury or illness.
- 16.2.9 Establish safe traffic zones and evacuation routes in cooperation with local authorities and police.
- 16.2.10 Implement a system to record injuries and illnesses.
- 16.2.11 Prepare and submit a report to European Gymnastics Medical Commission with lessons learned and medical event statistics.

ARTICLE 17 CONCLUDING PROVISIONS

Any issue not covered by these regulations shall be submitted to the European Gymnastics Medical Commission for evaluation.

These regulations have been adopted by the European Gymnastics Executive Committee during the meeting on 31.01 – 01.02.2026 in Lausanne.

EUROPEAN GYMNASTICS

Dr. Farid GAYIBOV
President

Odysseas Paxinos MD, PhD, FACS
President of the Medical Commission

ANNEXES:

1. **LOC Medical Support Plan Check List**
(to be submitted to European Gymnastics 2 months before the event the latest)
2. **Injury and Illness Form**
(to be completed on site by LOC Doctor or DEL medical staff)
3. **Athlete / Delegation Member Medical Report**
(to be completed by official European Gymnastics Doctor on site at the event upon official Delegation request)
4. **EG Official Doctor Report**
(to be completed by official European Gymnastics Doctor the latest until 30 days after the event)

**To be completed by LOC and submitted to European Gymnastics
the latest 2 months before the event**

EUROPEAN GYMNASTICS EVENT MEDICAL SUPPORT PLAN CHECK LIST

The Medical Support Plan Check List with all contact details of the Chief Medical Officer (CMO) must be submitted to European Gymnastics Medical Commission at least two (2) months prior to the event.

Event: _____

1. CMO Details	
First Name	
Family Name	
Medical Specialty	
Titles	
Cell Phone	
email	

2. Main Event Hospital (for emergencies and hospitalization) -

(in case different than published in event directives before, the LOC must contact the European Gymnastics Sports Coordinator for an update of the event directives.)

The Hospital should be able to handle a wide range of pathologies and trauma and have an Emergency Department on call 24/7 (this is usually a tertiary Public or University Hospital).

2. Hospital Details	
Hospital Name	
Hospital Address	
Hospital email	
Contact Person Name	
Contact Person Phone	

NOTE: The Hospital Contact Person details will be shared only with the Official European Gymnastics Doctor and not with the Delegations. The CMO is the person responsible for coordination with the Hospital Contact Person during any hospital transfer of a Delegation athlete or member. The CMO will then brief the Official European Gymnastics Doctor on the condition of the transferred person.

3. Affiliated Medical Centers (for imaging studies or blood tests)

The Local Organizing Committee may elect to have a private or public medical center where the Delegation Medical Teams can have access to imaging studies such as Xrays, Ultrasound CT or MRI and blood tests. The CMO may assist the Delegation Medical Team with regional medical legislation requirements (eg if prescription of an exam must be done by a locally certified physician). These exams are to be paid in full by the Delegations.

3. Medical Center	
Center Name	
Center Address	
Center email	
Center Phone	

NOTE: If the LOC has not made such arrangements, then please write NONE in medical center name.

4. Ambulance Service

At least one fully equipped ambulance must be present at the main competition hall during official training and competition. The ambulance must be easily accessed from the competition hall.

4. Ambulance Center Provider (company organization)

5. Event Physician

At all times a physician should be present at the premises. The Event Physician may be the CMO or another person appointed by him. It is the CMO's responsibility to certify that the Event Physician is appropriately qualified according to local laws.

5. Event Physician Name	Phone

6. First Aid Personnel (FAID Teams)

The FAID Personnel must be trained in Basic Life Support and the use of Cervical Immobilization and the use of Automated External Defibrillator. These can be professional paramedics or certified volunteers (eg Red Cross/Crescent). It is the responsibility of the CMO to assert that these crews are legally certified to provide First Aid according to local laws.

6. FAID Teams	
Provider (company/organization)	
Personnel certification level	
Number of persons per station	
Number of stations	

7. First Aid (FAID) Stations

FIELD OF PLAY FAID STATION In artistic gymnastics, trampoline and TeamGym competitions there should be at all times TWO (2) First Aid stations in the Field of Play. These should be in opposite positions and clearly marked. When one FAID team attends an injury the other Team should provide assistance to the whole of Field of Play. In all other competitions (rhythmic gymnastics, acrobatic gymnastics, aerobic gymnastics) there should be at all times at least ONE (1) First Aid station in the Field of Play.

TRAINING AND WARM UP HALL FAID STATION First Aid Stations should also be present in Training- and Warm-up Halls (one in each hall if separate) during official program hours.

7. FAID Station Requirements (Check available)	OK
Medical table	
First aid splints and collars	
Spinal board with neck immobiliser	
Automated External Defibrillator (AED)	
Portable oxygen unit with mask and AMBU	
Blood pressure monitor and stethoscope	
Simple wound care (disinfectant, povidone, creams, bandages)	
Simple medications (ointments, simple painkillers, eye drops, NSAIDs, antacids).	
Stretcher	
Wheelchair	
Communication equipment to report to the CMO (phone - radio).	

8. Medical Room

Medical Room with a basic pharmacy and the following medical equipment must be prepared in proximity with the competition hall.

8. Medical Room Equipment (Check available)	OK
One medical table for examination	
One massage table	
Screens to provide privacy during exam	
Office desk with 3 visitor chairs	
Locker to store equipment and medications	
Splints and collars to immobilize upper and lower leg fractures and spinal injuries	
ECG monitor with Defibrillator	
Portable oxygen and masks	
Ventilation equipment (AMBU)	
Intubation equipment	
Aspiration equipment	
Blood pressure monitor and stethoscope	
IV equipment and perfusion liquid (N/S, Ringers, Glucose)	
Emergency medications (ACLS list)	
Basic medications for respiratory musculoskeletal and gastrointestinal diseases	
Wound care including minor wound stitching, eye and ear drops	
Taping and elastic bandage	
Stretchers and wheelchairs	
Communication equipment (to report to the CMO (phone - radio).	

9. Medical Station Map

A map of the Event Hall showing the position of the First Aid Stations and the routes of medical transfer of an injured athlete from the Field of Play to the Medical Station or the ambulance must be also attached.

To be completed by LOC Doctor or DEL medical staff and signed by athlete or legal representative at event

Please report any incident that requires active treatment or alters gymnastics training or competition						
Gymnast Injury / Illness Report Form						
Competition:				Place:		
Date:			(dd/mm/yyyy)	Time:		
Gymnast Last Name				GENDER		
Gymnast Given Name				MALE	FEMALE	
Date of birth			(dd/mm/yyyy)			
National Federation:						
1. DISCIPLINE						
MAG	WAG	TRA	TUM	DMT		
AER	ACRO	GFA	RG	TeamGym		
2. APPARATUS						
Beam	Floor	Pommel Horse	Rings	Uneven Bars	Vault	
Horizontal Bar		Parallel Bars				
Clubs	Hoop	Ball	Rope	Ribbon		
Trampoline	Tumble Track	Double Mini				
Other	Specify					
3. ACCIDENT CIRCUMSTANCES / MECHANISM						
Exercise Performed						
Gymnast Technique Error		Type of Error				
Apparatus Malfunction		Apparatus Type			Company	
Other		Specify				
Brief description of accident						

4. AREA OF ACCIDENT AND EVENT					
TRAINING		MORNING		AFTERNOON	
COMPETITION		QUALIFICATION		FINALS	
OUTSIDE EVENT HALL		TRAFFIC ACCIDENT		OTHER	
5. VENUE CONDITIONS - ENVIRONMENT					
COMFORTABLE				SOUND LEVEL (dB)	
UNCOMFORTABLE		Specify			
6. AREA OF INJURY					
Finger	Head	Cervical Spine	Hip	SIDE OF INJURY 1	
Hand	Face	Dorsal Spine	Thigh	LEFT	
Wrist	Nose	Lumbar Spine	Knee	RIGHT	
Forearm	Eye	Chest	Calf	BOTH	
Elbow	Ear	Abdomen	Ankle	SIDE OF INJURY 2	
Shoulder	Mouth /Teeth	Clavicle	Foot	LEFT	
SPECIFY INJURY					RIGHT
7. TYPE OF INJURY					
Fracture	Muscle Tear	Tendinopathy		Skin Laceration	Bleeding
Dislocation	Muscle Strain	Fasciitis		Skin Bruise	Dental
Ligament Sprain	Muscle Cramp	Bursitis		Skin Infection	Burn
OTHER TYPE	Specify				
8. ILLNESS					
THROAT /URI	ABDOMINAL	HEADACHE	FEVER	ALLERGY	
OTHER ILLNESS	Specify				
9. TREATMENT					
ON FIELD	AT FIRST AID	AMBULANCE TRANSFER	INFECTIOUS/ISOLATION		
MEDICATION	Medication 1 name		Medication 2 name		
DRESSING	ICE	CAST/BRACE	TAPING	OTHER	
TRANSFER	HOSPITAL	PRIVATE CLINIC	Name of Hospital/Clinic		
10. COMPETITION CONSEQUENCES					
WITHDRAWN	INFECTIOUS DIS	Comments			

PARTICIPATED	PAINFREE	WITH SYMPTOMS	UNDER MEDICATION	
SIGNATURES - ATHLETE CONSENT				
LOC DOCTOR NAME			SPECIALTY	
DATE		TEL	EMAIL	
<p>ATHLETE CONSENT I the undersigning adult athlete (or the undersigning legal representative for minors) provide my consent to European Gymnastics to use my (or the athlete's) personal data according to European GDPR Guidelines for documentation of my injury/illness (or the athlete's) for all legal purposes and for anonymous analysis of medical events in order to improve the safety of the sport. I understand that I can always request the removal of my personal data by notifying European Gymnastics by email.</p>				
ATHLETE NAME			Athlete/Legal Representative Signature	
LEGAL REPRESENTATIVE				
<p>This form MUST be handed over by LOC or DEL to European Gymnastics Official Doctor on site the latest after the end of the competition</p>				



**European
Gymnastics**

Head Office
Avenue de la Gare 12
CH - 1003 Lausanne
Phone: +41 - 21 - 613.10.20
info@europeangymnastics.com
www.europeangymnastics.com

To be completed by the official European Gymnastics Doctor on site at the event

Date:.....

ATHLETE / DELEGATION MEMBER MEDICAL REPORT

This is to certify that (name)

member of Gymnastics Federation of (country)

that participated in (European Gymnastics Event)

as (underline the appropriate): Coach / Athlete / Judge / Medical Staff / Official / Other

in the (city) of (country)

was examined by the LOC Medical Services of the Event on the (date)

and according to the records by the LOC Doctor was found to have the following diagnosis:

.....
.....

He/she was offered the following treatment:

.....
.....

With outcome / instructions:

.....
.....
.....

Signed by the Official European Gymnastics Doctor
Name and Signature

To be completed by official European Gymnastics Doctor and sent to European Gymnastics office until the latest 30 days after the event.

XXth European XXXX Championships
XXX (XXX) Date XX-XX, 20XX

XXXX MD
European Gymnastics Official Doctor Name

To: European Gymnastics
Sports Coordinator of event concerned
by e-mail
cc:

XXXXX XX-XX-2026

OFFICIAL EUROPEAN GYMNASTICS DOCTOR REPORT

Administrative issues

1. As stated in the European Gymnastics Medical Guidelines, the organizing Federation shall propose to the President of the European Gymnastics Medical Commission the name of a doctor to be entrusted with the responsibility for the competition and this at least 3 months prior to the competition in question. He shall submit a medical plan in accordance with the recommendations and the regulations of European Gymnastics/World Gymnastics.
2. The LOC had appointed a Chief Medical Officer (CMO) before the Championships (Dr XXXXXXXX).

PLEASE STATE THE QUALIFICATION OF THE CMO.

Medical Station

5. In coordination with the CMO I visited the training halls and the Competition Arena and found them in XXXX condition.

PLEASE PROVIDE DETAILS ON THE FOLLOWING

1. Medical rooms
2. Medical equipment
3. Medical supplies
4. Number and qualification of medical personnel

Venue environmental issues

8. PLEASE PROVIDE DETAILS ON THE FOLLOWING
 1. SOUND LEVEL
 2. TEMPERATURE AND HUMIDITY IN THE COMPETITION AND TRAINING HALLS
 3. HALL AND APPARATUS TIDENESS

Injuries

9. PLEASE PROVIDE A BRIEF DESCRIPTION OF INJURIES/ILLNESSES

- | | | | | |
|----|-------------------------------------|-------------------------|------------|---------|
| 1) | XX-XX-20XX
INJURY/ILLNESS DETAIL | Family name- First Name | DISCIPLINE | COUNTRY |
| 2) | XX-XX-20XX
INJURY/ILLNESS DETAIL | Family name- First Name | DISCIPLINE | COUNTRY |

Doping Control

10. The Doping Control Area was inspected by the European Gymnastics Doctor and the LOC and appropriate arrangements were made early to facilitate the sampling procedure. The allocated space was separate allowing privacy and direct access to toilets. Doping control was made by ITA on the following athletes:

	DATE	NAME	COUNTRY	SAMPLE	MEDAL
1).	XX-XX-XX	Family First	XXXXX	Urine	(Gold)
2).	XX-XX-XX	Family First	XXXXX	Urine	(silver)

Evaluation of Medical Officer

11. A point system is used to gather statistics on the efficiency of medical support. The points are given to each item according to the subjective assessment of the official Medical Officer based on the following scale:

Perfect	5 points
Very Good	4 points
Good enough	3 points
Marginal	2 points
Poor	1 point
Unacceptable	0 point

Maximum points awarded are 100 for the 20 items.

	Item	Remarks	Points
1	Official medical plan	Available/clear	
2	Medical briefing by CMO	Clarity/info	
3	Medical personnel	Number	
4	Medical personnel	Qualification	
5	FAID personnel	Number	
6	FAID personnel	Qualification	
7	On field medical response	Training/performance	
8	Ambulance	Equipped/Presence	
9	Medical Room	Location - space	
10	Medical Supplies	Quality/Quantity	
11	FAID Stations	Location/number	
12	FAID Stations	Medical Supplies	
13	Supporting Hospital	Support/availability	
16	Sound level	Per Regulation	
17	Temperature	Per Regulation	
18	Premises - WC	Clean/Safe	
14	Ice for athletes	Availability	
15	Water for athletes	Availability	
19	Athlete food	Quality/Safety	
20	Doping room	Location/Equipped	
		TOTAL POINTS	