



**European
Gymnastics**

Head Office
Avenue de la Gare 12
CH - 1003 Lausanne

Phone: +41 - 21 - 613.10.20

info@europangymnastics.com
www.europangymnastics.com

EUROPEAN GYM FOR LIFE CHALLENGE

R E G U L A T I O N S

Edition 2027

EBU

OPERATING EUROVISION AND EURORADIO

SMARTSCORING

ABBREVIATIONS

EC	Executive Committee
TC-GfA	Technical Committee for Gymnastics for All
NF	National Federation
LOC	Local Organising Committee
EGfLC	European Gym for Life Challenge

CONTENTS

Introduction	3
Art. 1 General Aims	3
Art. 2 Terminology	3
Art. 3 Right of the Federations to participate	3
Art. 4 Allocation and dates	3
Art. 5 Entry Procedure	4
Art. 5.1 Invitation	4
Art. 5.2 Notification of Interest.....	4
Art. 5.3 Provisional Registration	4
Art. 5.4 Definitive Registration	4
Art. 5.5 Cancellation policy	4
Art. 5.6 Programme and Time-Schedule.....	4
Art. 6 Responsibilities	5
Art. 6.1 Responsibilities of European Gymnastics	5
Art. 6.2 Responsibilities of the Organising Federation and the LOC	5
Art. 7 Format	6
Art. 8 Finances	6
Art. 10 The programme of the EGfLC	7
Art. 11 Cultural and social activities	10
Art. 12 Accommodation	11
Art. 13 Catering	12
Art. 14 Transport	13
Art. 15 Miscellaneous	13
Art. 15.1 Behaviour and welfare of the gymnasts	13
Art. 15.2 First aid and Health-accident insurance	13
Art. 15.3 Obligation of the participating National Federations to assist at the Meeting with the Heads of Delegation / Team Leaders	13
Art. 15.4 Daily meetings and Information Desk.....	14
Art. 15.5 Speeches of the European Gymnastics President or his/her representative and of the LOC representative.....	14
Art. 15.6 Hoisting of the European Gymnastics flag with music	14
Art. 15.7 Volunteers.....	14
Art. 16 Concluding Remarks	14
Appendix 1	15
Appendix 2	16

Introduction

The European Gym for Life Challenge (EGfLC) will be organised every 2 years. The challenge is open for everyone.

Regulations for the EGfLC are based on the FIG regulations for the World Gym for Life Challenge.

Art. 1 General Aims

The general aims of the European Gym for Life Challenge are as follows:

- Common experiences in practising physical, cultural and social activities.
- Develop friendships between young people from different nationalities and cultures.
- To offer gymnastics groups the opportunity to participate in a Challenge and have their programme evaluated.
- To improve the quality of group performances by evaluating the performances and giving feedback to the groups, including advices on how to improve.
- To create an interesting and exciting event, both for the gymnasts and for the audience.
- To create another platform in the field of choreography and to distribute the “know how” to enhance the entire field of group performances/displays.
- To give more attention to group performances.

Art. 2 Terminology

The name of the Challenge is “European Gym for Life Challenge” (EGfLC) and is preceded by a numeral indicating which number in the sequence of events it is, and is followed by the year in which the Challenge takes place (e.g. 1st European Gym for Life Challenge 2018).

Art. 3 Right of the Federations to participate

EGfLC is open to gymnasts from national European federations affiliated to European Gymnastics, provided that all their financial obligations towards European Gymnastics are fulfilled.

Gymnasts can participate if they:

- Belong to a European Gymnastics Member Federation;
- Have a valid health/accident insurance;
- Have a valid event accreditation card (provided to all registered persons);
- Respect the dispositions of the EC decisions and of the Regulations.

The participation of delegations from non-European countries is possible if their Federation is affiliated to the FIG. The European Gymnastics office must be informed about their request to participate before the deadline of the final registration.

European Gymnastics has the right to refuse.

Art. 4 Allocation and dates

Upon receipt of applications, the EC/European Gymnastics will select the most suitable candidate after a thorough study of the applications. If considered necessary by European Gymnastics, an inspection visit of the TC-GfA will be organised beforehand (all related costs have to be assumed by the LOC.)

As far as possible, the contract between European Gymnastics and the hosting federation has to be signed at the latest 36 months before the event.

The dates of the event are set by the Executive Committee in cooperation with the LOC.

Art. 5 Entry Procedure

For registration of entry are to be used the official forms respectively the online SMARTSCORING registration system.

The entries are sent directly from the NF to the LOC. The LOC must inform European Gymnastics, immediately after the deadlines about the number of entries.

European Gymnastics should have access to the registration system.

Art. 5.1 Invitation

A joined invitation from European Gymnastics and the LOC is sent to the NF twenty months prior to EGfLC. The LOC has to submit a draft to European Gymnastics for approval.

Art. 5.2 Notification of Interest

The Federations are asked to inform the LOC twelve months prior to the Challenge of their interest to participate.

Art. 5.3 Provisional Registration

Provisional registrations must be received by the LOC eight months prior to EGfLC. The provisional registrations will be officially accepted and confirmed when 10% of the participation fee has been paid to the LOC.

Art. 5.4 Definitive Registration

Four months prior to EGfLC the LOC must have received the definitive registrations from the NF, through the official online registration system, as well as the remaining 90% of the participation fee.

Art. 5.5 Cancellation policy

The LOC must clearly inform the Federations about its cancellation policy and fees for the period in between the provisional registration and the arrival of the groups on site. It must also be clear to the NF that the 10% of the participation fee, to be paid at the time of the provisional registration, is in any case non-refundable.

The LOC should recommend that each Federation subscribes to its own cancellation insurance for its participation in EGfLC.

The LOC should propose a cancellation policy after the definite registration (until 2 months before).

Art. 5.6 Programme and Time-Schedule

The bulletins number one and two have to be sent to the NF 16 and 10 months before the event.

One month before the event, the LOC must send the event guide to the participating NF. This document must include the schedule of the challenge and all other official agenda of the event.

Art. 6 Responsibilities

Art. 6.1 Responsibilities of European Gymnastics

As EGfLC is an official event of European Gymnastics, the TC-GfA has the following responsibilities and rights:

- Responsibility for the implementation of and the compliance with all applicable Regulations.
- Deciding special cases concerning participation and organisational matters.
- Approving the definitive programme and all the technical aspects of the event like (but not only) the schedule for the challenge, group performances, the bulletins, the time schedule of the event.

Art. 6.2 Responsibilities of the Organising Federation and the LOC

The Organising Federation has the following obligations and responsibilities:

- Apply the European Gymnastics Regulations for EGfLC.
- Constantly maintaining the necessary communication with the TC-GfA/ European Gymnastics and the European Gymnastics sports coordinator
- Prepare an organising plan in agreement with the TC-GfA.
- Provide the necessary arenas/sites as well as the standardised apparatus and technical installations required by the participating Federations. If required, the organiser should - within the context of existing possibilities - provide lockable storage facilities near the arenas.
- Provide accommodation and catering for all participants.
- Organise first-aid service with a doctor constantly available.
- Organise a professional security service, in particular in the schools.
- Promote the event by using press, radio and television, internet and social media as well as printed material etc.
- Submit all the documents the event to the European Gymnastics office for previous approval by the European Gymnastics Director/Head of Media/Sports Coordinator
- Receive and deal with the entries of the NF (using the European Gymnastics online registration system)
- Prepare the programme for the whole event, with a complete listing of the different activities and other events. This event guide must be available in English and, in addition, the language of the organising country may also be used. The digital event guide must be distributed to all participating Federations at least one month before EUROGYM.
- Provide the necessary staff and volunteers and train them so they are well prepared to run the event.
- The key persons of the LOC and the volunteers must speak English in a fluent way.

- Prepare a final report addressed to the European Gymnastics Authorities. This report has to be submitted no later than 1st of December following the event.

The report must include the following subjects:

- Remarks concerning the organisation
- Total number of active participants with sex and age distribution
- Total number of groups
- EGfLC results
- Nominative list of the participating Federations including the number of groups
- Final general accounts according to Article 9.8.

The recording of the Gala must also be delivered to European Gymnastics two weeks after the event.

If the final report and the accounts are not sent to the European Gymnastics office in time, the EC/European Gymnastics can decide to keep the deposit paid in advance.

Art. 7 Format

Art. 7.1 EGfLC is organised every two years.

Art. 7.2 EGfLC must not be a part of any other national gymnastics event.

Art. 7.3 The EGfLC will last for 1-3 days, depending on the number of groups, including the opening and closing ceremonies.

Art. 7.4 The EGfLC is a Contest for groups of gymnasts of all ages. The participants must be at least 11 years old in the year of the event.

Art. 8 Finances

The LOC has the following obligations:

Art. 8.1 Prepare an initial financial plan to be presented to the EC/European Gymnastics at the time of the application. The financial situation of adolescents is to be taken into account to determine the price of the participation card.

Art. 8.2 Submit a budget to European Gymnastics eight months before the event.

Art. 8.3 Be responsible for all the expenses necessary for organising the event (halls, sites, apparatus, installations, first-aid and security service, printed materials, promotion, invitations etc.).

- Art. 8.4** Distribute an accreditation card to each participant in EGfLC, giving free entrance to all events during the festival.
The price for the accreditation is determined in the contract signed between European Gymnastics and the Organising Federation. The price includes the event guide and the official accreditation, lodging, meals and local transportation.
- Art. 8.5** If extraordinary events are organised, a supplementary entry fee may be requested in addition to the accreditation fee.
- Art. 8.6** Provide storage facilities. Transporting and storing of apparatus owned and brought by participating Federations is at the costs of the corresponding Federations.
- Art. 8.7** Offer free participant cards for a maximum of 6 observers from the next Organising Committee. The LOC is invited but not obliged to offer also accommodation and catering.
- Art. 8.8** Submit the final accounts together with the final report by 1st of December following the event.

Art. 10 The programme of the EGfLC

The EGfLC is organised in a Sports hall or a large place appropriate for the EGfLC Challenge. It is organised according to the following programme:

- Welcome / Opening
- Challenge & Award ceremony
- Gala / Closing.

10.1 Welcome / Opening Ceremony

Two representatives per group should march in behind the national flags. The European Gymnastics flag should be in front of the fanfare.

A short welcome speech should be held by the European Gymnastics President or his/her representative. The speaker must also welcome the groups, mentioning all participating National Federations.

10.2 Challenge

10.2.1 Venue

The Challenge must take place indoors/outdoors with floor areas of 20mx30m in total. In the interest of a quick running of the event and depending on the number of groups, with or without apparatus, one area with roller mats and one area without any surface might be needed. When submitting the registration, each group must indicate which type of floor area they need (mats or no mats).

A preparation area is made available for the warm-up of the gymnasts (see Art. 10.2.12).

10.2.2 Sound & lights

The hall must have a high-quality sound and lighting equipment. Sound and light must be managed by a professional staff.

10.2.3 Seats/tribune

Seating for the audience and the participants must be provided (approximately 2500 people).

A special zone is defined for Evaluators and Feedbackers within the audience. Evaluators and Feedbackers need to be seated in an area with a good overview of the floor.

The Feedbackers must have an easy access to do the feedback with the coaches. A special quiet place is devoted to this (special room).

Evaluators must be sheltered from the audience to avoid unauthorized access to their evaluation.

10.2.4 Meeting room

A meeting room must be provided with a microphone and a beamer for Feedbackers and Evaluators one day before the Challenge (for some 15-20 persons) and also for the meeting with the Heads of Delegation and the Coaches (for at least 50 persons).

The meeting room for the Evaluators and Feedbackers must be close to the performance area.

10.2.5 Accommodation

The participants will be lodged in schools and hotels. The European Gymnastics members, the TC-GfA members, the Evaluators and Feedbackers will be lodged in hotels (at least 3*** hotels).

10.2.6 Age

To participate in the European Gym for Life Challenge (EGfLC), participants must be at least 11 years old in the year of the event.

10.2.7 Time/Music

The groups present a performance of a maximum of five minutes. The time for entering and exiting the stage is not included in the time of performance.

If large apparatus are used, the group may use 1 minute for placing and removing the equipment. This minute is to be without music and is used ONLY for moving the equipment/apparatus. It is not considered part of the performance.

The music has to be delivered to the organisers two months in advance in order to be checked for quality and duration.

10.2.8 Equipment

The LOC has to provide standard portable gymnastics apparatus such as:
Rollable floor mats

Mini-trampolines
Landing mats
Air track/tumbling

The groups may ask for other standard gymnastics equipment in the registration form. Smaller props or special equipment have to be brought by the groups.

10.2.9 Number of gymnasts in a group

A group must be composed of at least six gymnasts.

10.2.10 Number of performances

Each group presents its performance once and has it evaluated.

10.2.11 Rehearsal

The LOC shall offer time for a short rehearsal, the rehearsal time for each group depends on numbers of groups taking part.

10.2.12 Warming-up

The LOC must provide an area for the warming up. This can be a hall or another area with a 20m x 30m floor and extra roller mats and standard portable gymnastics apparatus if the groups need it.

10.2.13 Categories

The main objective of the EGfLC is to improve the quality of performances. The TC-GfA focuses on the “show effect” which means attractiveness for the spectators.

The number of categories depends on the number of groups.

The TC-GfA can change the format of categories depending on the number of registrations (e.g. large groups/small groups, etc. with or without apparatus).

10.2.14 Evaluation

Each performance will be evaluated according to the following criteria:

- Entertainment value
- Innovation, originality and variety
- Technique, quality and safety
- Overall impression

All parts have equal value, up to 5 points per criterion.

The evaluation will be carried out by a panel of 4 experts who are experienced in the fields of performance, artistry, technique and choreography. This panel is selected by the TC-GfA.

The Evaluators will be directed by a supervisor before, during and after the event. The supervisor is appointed by the TC-GfA.

Each Evaluator has a total of 20 points, 5 per criteria. After each performance the Evaluators give the 4 scores/criteria and the total score. All scores are given independently. The 4 scores are added (maximum score is therefore 80).

10.2.15 Results

The scores will be used to establish an internal ranking list which **will not** be distributed.

All groups receive a bronze, silver or gold award, all gymnasts and max. 2 coaches per group receive a medal and a diploma.

European Gymnastics will also hand out some special diplomas.

The results will be announced, and the awards will be handed out after the Challenge. The European Gymnastics office will receive one set of trophies.

10.2.16 Feedback

The Challenge will have a minimum of 3 Feedbackers, who must be experienced in choreography and other artistic area or gymnastics discipline.

The experts giving feedback will be appointed by the TC-GfA.

The feedback includes positive points from the performance and recommendations on how the performance can be improved. The feedback will only be given to a coach or a choreographer.

The feedback will be given directly after the performance. Each coach/choreographer will meet the Feedbacker in a place indicated at the Coaches/Head of Delegation meeting.

10.3 Gala/Closing Ceremony

10.3.1 Programme

The closing ceremony takes place on the last day, together with the GALA.

The Gala brings together the groups that obtained the Gold Award in the general contest. TC-GfA can also assign up to 2 wildcards.

10.3.1 Closing speech

A closing speech should be held by a European Gymnastics representative and/or a LOC representative after the results are known.

10.3.2 Flag ceremony

The flag and closing ceremonies are planned together with the TC-GfA.

10.3.3 Promotion of the next event

The next LOC can have 10 minutes to promote its event.

Art. 11 Cultural and social activities

The joined activities for the participants include cultural activities (e.g. theatre, music, arts, etc.), and possibilities for social activities (e.g. music and gym parties) as well as social parties (“get together” parties during the event, especially after the opening and closing ceremonies) which are exclusively for accredited participants.

The cultural activities must be focused on local culture and can be a way of promoting the local tourism. The programme is composed by the LOC in agreement with the TC-GfA.

The social activities are a very important part of the EGfLC. The LOC must provide an "Amusement area" for socialising opportunities between the participants during the entire event. The amusement area must be previously announced to the participants. Soft drinks and snacks may be sold at the amusement area. No alcohol!

The transport system must also include the social activities.

Excursions and cultural activities for participants may be provided by the LOC.

After the opening and closing ceremonies, a party with music and dance must be held near to the stage. The parties are recommended to be in suitable places near the other EGfLC facilities.

Art. 12 Accommodation

Group accommodation will mainly be in schools, or similar that is equipped with appropriate sanitary facilities.

Other accommodation possibilities must be offered by the LOC, such as youth hostels, hotels etc. These groups that book hotel accommodation through the LOC get a discount on the Participant Card

However, delegations can take care of their own accommodation, without any discount.

A professional security service is necessary in every school 24 hours/day. A minimum of 2 persons per school should be available in case of problems of any kind.

The LOC will be providing accommodation for all participants in several schools, depending on the type of accommodation and the sizes of the schools.

Approximately 4 - 6 m² of space must be provided per person, Gyms can be used as a complementary solution, this must first be approved by the TC GfA. Other possibilities can be kindergartens, youth hostels, camping sites, sports hotels, etc.

Groups that have gymnasts and coaches from both genders must have the opportunity to stay in separate rooms. For security reasons, no other persons than the participants and security service can sleep/stay in the schools during the event.

Each group accommodation that is used, needs to have sufficient sanitary facilities (showers, toilets), based upon the number of people that will stay there during the event. The TC-GfA recommends 1 toilet per 20 participants and 1 shower per 15 participants. If these facilities aren't available in the accommodation itself (or if there aren't enough), the LOC must rent them in order to have the necessary number. The LOC also needs to make sure that the sanitary facilities are cleaned properly and in time (at least two times a day is necessary!).

Delegates, European Gymnastics delegates, federation officials, etc. must be offered the possibility of staying in a hotel.

Participants must be told to bring their own sleeping mats and blankets. If possible, the LOC can also provide participants with sleeping mats and blankets against a small fee.

There must be an information board in every school (as well as in the catering hall), so that participants and leaders can read the latest news and useful information.

Direct bus transport to the schools must be arranged as needed. Participants must be given a map with the locations of the schools and sports halls.

Good teamwork between the LOC and the school supervisors is necessary, as the latter know the schools well, they can coordinate the daily cleaning and can solve problems directly.

Art. 13 Catering

Breakfast must be served in the schools or other catering areas each morning.

Lunch and dinner must be served in the main event facilities, where all the participants are together in one place (time, atmosphere). Sufficient indoor facilities must be provided.

A local catering company can be engaged for this purpose.

Differential scheduling of the workshops is necessary in order to avoid queuing for lunch and dinner. In the catering area there must be multiple lines/places for distributing food. With a normal service you can serve 5 people per minute, which means 300 per hour per food line. However, it is important to take all the different aspects into account when defining the number of food lines: the number of volunteers, the number of plates/choices per line, the variety of food points (for water, salad, ...), the capacity of the hall, peak hours (after the workshops) ...

Different menus should be offered (at least one vegetarian alternative). Allergies also need to be taken into consideration. The LOC can ask for this specific information at the time of the definitive registration.

Simple and healthy food, which is easily recognisable by adolescents should reduce waste. We recommend the LOC to contact, prior to the event, local organisations (e.g. for the poor or homeless people) that like to receive the event's surplus food every day. The complete and definitive actual weekly menu must be provided in the event guide.

The LOC can choose between hot or cold meals when appropriate.

Mealtimes are the perfect opportunity to give participants and delegates information, because practically everybody attends (they also provide a chance to beam photos of the previous day's happenings onto a screen).

Participants must be given one free drink with each meal. Extra drinks should be paid for.

The cost of meals is included in the EGfLC fee.

Art. 14 Transport

The LOC must provide information about local transportation and organise a local transport system to assure a good mobility of all participants.

This system can use the public transport and/or special transport. At the end of big shows there must be enough transportation for all participants.

A regular bus service must be guaranteed between the different event places, which will function from the start to the end of the activities. The participants must have easy access to the transport information. This information must be in written form.

Local transport is free of charge for all participants (included in the EGfLC fee).

Art. 15 Miscellaneous

Official meetings and receptions with politicians, local authorities and press etc. must be previously scheduled on the weekly programme. Any changes must only be done with the agreement of the TC-GfA.

An official reception must take place at the festival for the Head of Delegations, LOC and European Gymnastics officials.

Art. 15.1 Behaviour and welfare of the gymnasts

The Member Federations are responsible for the behaviour and welfare of all adolescents during the whole stay in the host city. The LOC may ask the Heads of delegation to sign a code of conduct.

Art. 15.2 First aid and Health-accident insurance

First aid is requested at every venue in case of emergencies, with specialised staff and with fast access to a doctor. The LOC must also guarantee an easy access of the participants to the local health system, which has to be fully informed about the event and its number of participants.

The LOC must check during the accreditation process that participants have an adequate insurance in case of illness and accident.

The LOC has to offer an adequate insurance to participants who have no sufficient insurance; the resulting costs have to be paid by the participants. The insurance must cover medical costs during the stay at the site of the event and transportation costs back to the home of the person injured or fallen ill.

Art. 15.3 Obligation of the participating National Federations to assist at the Meeting with the Heads of Delegation / Team Leaders

The LOC and European Gymnastics provide very important information during this meeting.

It is mandatory for all Heads of Delegation/Team Leaders of the federations to attend. Unjustified failure to attend will result in a sanction against the federation of Euro 500.- payable to European Gymnastics. The LOC must include this information in the official information bulletins.

Art. 15.4 Daily meetings and Information Desk

Daily meetings with the Heads of Delegation must be organised. The participation of the Heads of Delegation is compulsory. Unjustified failure to attend will result in a sanction against the federation of a fine of € 250.-/per meeting payable to European Gymnastics. The LOC must include this information in the official information bulletins.

The LOC must provide an information desk for the participants and information boxes for each delegation leader at the secretariat of the event.

However, the LOC is also encouraged to use Internet/social networks to distribute information to groups in order to avoid to use too much paper.

Art. 15.5 Speeches of the European Gymnastics President or his/her representative and of the LOC representative

If the speeches are not held in English, the organiser must provide a translation into this language. Because it is the objective to have as many local spectators as possible, the speeches should also be translated (if possible simultaneously onto a screen) into the language of the hosting country. Speeches should be no longer than 3 minutes.

Art. 15.6 Hoisting of the European Gymnastics flag with music

The European Gymnastics flag will have to be ordered from the European Gymnastics office in Lausanne. Description of the fitting tools: the top of the flag finishes with an open-sided hem enabling the introduction of a wooden or metallic stick for its suspension.

Different sizes are available upon request.

Art. 15.7 Volunteers

English speaking volunteers are essential for the whole event: the assembly, the show, to help with equipment, etc.

Art. 16 Concluding Remarks

With regard to any questions not covered by these regulations, the European Gymnastics Statutes shall apply.

The present regulations were approved by the Executive Committee on January 31st & February 1st, 2026. They come into operation on July 17th, 2026.

EUROPEAN GYMNASTICS

The President
Dr Farid Gayibov

The President TC-GfA
Ricardo Lima

Appendix 1

TIMELINE

Timeline prior to the event

36 months	The contract between European Gymnastics and the hosting federation is signed
20 months	Invitation to the NF
18 months	1 st European Gymnastics Task Force Meeting EGFLC + invitation Info meeting
14 months	Bulletin 1
14 months	Info meeting for the NF
12 months	Notification of interest
8 months	Provisional registration + 10% participation fee Submit a budget to European Gymnastics
5 months	Bulletin 2
4 months	Definitive registration + 90% participation fee
3 months	2 nd Task Force Meeting EGFLC
1 month	Event Guide

Following the event

1 st of December	A final report (incl. final accounts) addressed to the European Gymnastics Authorities
-----------------------------	--

Appendix 2

EXAMPLES

SIGNAGE FOR THE LOCATION OF AN ACTIVITY



ROLLER MATS

