

# Coaches Handbook

Women's Artistic Gymnastics



European  
Gymnastics

# Women's Technical Committee



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# WAG EUROPEAN CHAMPIONSHIPS

In “Even” Years – European Championships will  
Include Senior & Junior Gymnasts.

The competition programme will be as follows:-

- \* Qualifying Competition – Seniors
- \* Qualifying Competition – Juniors
- \* Apparatus Finals Seniors
- \* Apparatus Finals Juniors
- \* Team Final – Seniors

- In the years where there is no separate All-Around Final, the All-Around Champion will be decided from the results of the QC (max. 2 gymnasts per NF).
- In the years where there is no separate Team Final, the Team Final Champions will be decided from the results of the QC.

In “Odd” Years, European Championships will be  
a Senior Competition ONLY.

The competition programme will be as follows:-

- \* Qualifying Competition
- \* All-Around Final
- \* Apparatus Finals – Day 1
- \* Apparatus Finals – Day 2
- \* Mixed Team Final

# NATIONAL FEDERATIONS PARTICIPATION AT ECH.



National Federations are entitled to participate at European Championships with either a **Team** composed of 3 to 5 gymnasts or a maximum of 3 **individuals**.

## Team Ranking for Individual Gymnasts

If a NF competes with 3 gymnasts, the only way a Team Ranking will **NOT** apply, is if there is **NO SCORE** for the NF on **1 Apparatus**.

Please refer to the FIG “Appendix to the Code of Points”  
“Detailed Explanation DNF & DNS” for more information.

# NUMBER OF COACHES ON THE FOP DURING COMPETITION



- For full Teams in the QC, 2 coaches are allowed (1 must be female)
- For Federations with Individual Gymnasts in the QC (maximum 3), **ONLY** 1 coach is allowed regardless of the number of Individuals (Male / Female)
- For Federations with Individual Gymnasts in the MTF, AAF and AF, 1 coach per gymnast is allowed (Male / Female).
- For all competitions, 1 Team Medical person per National Federation is allowed
- The above maximum number of coaches on the FOP does not apply to Podium Training!

# RETURNING TO THE WARM-UP HALL DURING THE COMPETITION



Gymnasts are permitted to return to the warm-up hall during Podium Training & / Competitions, without any special approval, in order to share the designated stretching area and the apparatus. Priority will nevertheless always be given to any gymnast's warming-up for the following subdivision. Therefore, permission will be required from any federation(s) warming-up on the Apparatus before the gymnasts coming from the Competition Hall may use a specific apparatus. Gymnasts will be fully responsible to return to the competition hall when required in order to perform their routine on time.

# ABSENCE FROM THE COMPETITION HALL



Gymnasts may briefly leave the FOP for personal reasons without any special permission, however it is the responsibility of the gymnast to ensure they are back in time to compete. The competition will **NOT** be delayed as a result of their absence.

# NATIONAL IDENTIFICATION / EMBLEM



Must be in the form of:-

**A FLAG** (in official colours) **AND OR**

The **Country Name** (FIG 3 Letter Federation Code or in Full)

The Minimum size overall area is 30 sq. cm.

A countries national emblem / crest / coat of arms may be worn **in addition** to the **mandatory** Flag or Country Name.

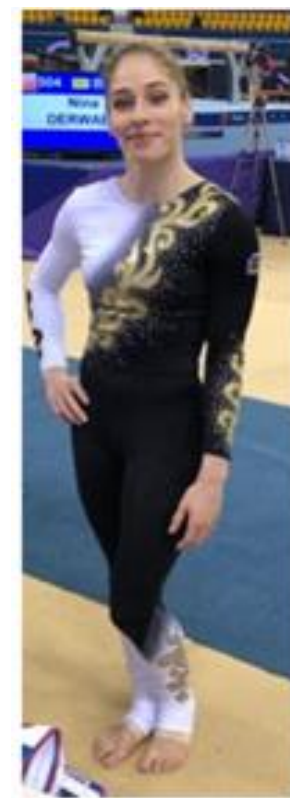
Placement is Optional

# LEOTARD & UNITARD

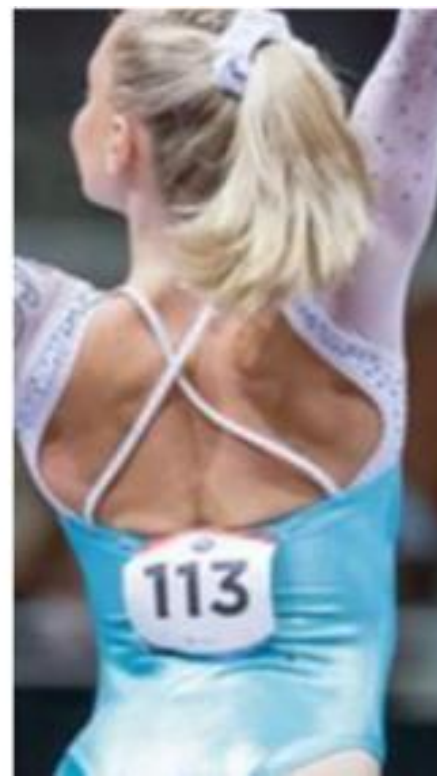


- The leotard / unitard must be non-transparent and elegant in design.
- She may wear complete leg coverings of the same colour as that of the leotard, under or on top of the leotard.
- The leotard / unitard can be with or without sleeves
- The shoulder strap of the leotard / unitard must be a minimum width of 4cm.
- The leg cut of the leotard may not extend beyond the hip bone (*maximum*).
- The leotard leg length cannot exceed the horizontal line around the leg, delineated by no more than 2 cm below the base of the buttocks.
- The neckline of the front and back of the leotard / unitard must be proper, that is no further than half of the sternum and no further than the lower line of the shoulder blades.

# SUITABLE LEOTARD / UNITARD



# UNSUITABLE LEOTARD



# HEAD COVERINGS



The gymnasts are authorised to wear a head covering according to the most recent “FIG Rules for Competition Clothing and Advertising”.

# BANDAGES - COMPRESSION SOCKS – JEWELLERY PADDING – FACE PAINT

- Bandages must be beige or skin-coloured.
- Gymnasts must refrain from wearing compression sleeves/socks during competition.
- Gymnasts must refrain from wearing jewellery (bracelets or necklaces) except small stud type pierced earring(s).
- Gymnasts must refrain from wearing hip or other padding.
- Face painting is not allowed. Any make-up must be modest and not portray a theatrical character (animal or human).

# ELECTRONIC DEVICES ON THE FOP

- During the duration of the competition, which is defined as starting the moment the first gymnast enters the Field of Play and ending, the moment the last score is publicly displayed.
- Gymnasts / Coaches / Medical staff are prohibited from using cellular phones and any other kind of electronic communication device, except when listening to music, with earphones and at a sound level which is not observable for surrounding persons.
- Gymnasts / Coaches / Medical Staff are allowed to take photos (but no videos), without flash and must not interrupt the running of the competition.

# COACHING / SHOUTS / CHEERS

Are OK during Training but.....are NOT ALLOWED during Competition



# TENSION CONTROL ON UNEVEN BARS



A Tension Control Sensor is attached to the Uneven Bars in the Training Hall,  
Warm-up Hall & on the FOP

It is considered dangerous for gymnasts to compete with a tension outside of the recommended norms.

The recommended norm is between 1000N & 5000N. Anything **below** 1000N or **greater** than 5,000N is deemed to be unsafe.

If the Tension goes below 1000N / above 5000N, a **RED** Light will flash, and the D Judges will instruct the coaches to tighten / loosen the cables to ensure the tension returns to within the recommended norms.

Please refer to the FIG Apparatus Norms – Page 77 for further information.

# ADDITIONAL MATTING



## SPOTTING MAT

The use of a SPOTTING MAT is allowed on Uneven Bars during the “Touch” Warm-up in addition to Training sessions and at Podium training.

It is the responsibility of the Coach to remove the Spotting Mat from the Podium **PRIOR TO** the gymnast competing. If not removed there will be a **deduction of 0.50**.

In addition, the federations are allowed to bring small protection mats /pads / coverings only. These mats / pads / coverings (e.g. carpet mats, beam protection pad) must not be thicker than 5cm and not bigger than 1.50m x 1m. These mats / pads / coverings can be used during (podium) training and warm up, but not for the touch warm up.

# PREPARING THE APPARATUS



Coaches can move discretely to the next Apparatus **IN ADVANCE** of the rotation of gymnasts being announced.

The preparation of the apparatus (including Vault) cannot begin until the rotation music starts – **NOT BEFORE.**

On Uneven Bars, two (2) people are allowed to prepare the Bars. These can be :-

- Two coaches
- One coach and one gymnast
- Two gymnasts

On all other apparatus, only 1 coach may prepare the apparatus.

If there are two Teams in one group, the preparation of the apparatus can start **after the last exercise of the first team.**

# RAISING OF THE UNEVEN BARS

All requests to raise the UB will be checked by the TC President / Technical Delegate / European Gymnastics TC Member during a Training session. The gymnast will be asked to perform an element on the High Bar (i.e., Giant) and **only if she touches the mat during this element** will approval be granted to raise the bars.

## **Competition Order for Gymnasts where the Bars have been raised**

If a Team Member requires the UB to be raised, it is the decision of the coach as to when the gymnast competes within the Team. The apparatus supplier will be present on the podium to adjust the apparatus when required.

If a decision is taken by the coach for the gymnast to warm-up last & compete first, please note that once the warm-up is completed, the competition will commence immediately.

# TOUCH WARM-UP & ROTATION OF GROUPS IN THE QC

The competing order of Teams / Mixed Groups will NOT alternate during the Qualification Competition – see example below.

The gymnasts in the first Team / Mixed Group will warm-up and compete, followed by the gymnasts in the second Team / Mixed Group warming-up and competing.

Rotation 1	Rotation 2	Rotation 3	Rotation 4
POR	POR	POR	POR
MG2	MG2	MG2	MG2

# TOUCH WARM-UP & ROTATION OF MIXED GROUPS IN THE QC

NF with more than one gymnast within a Mixed Group must submit the Starting Order for their gymnasts on each apparatus. This is freely decided by the NF.

The competing order of a NF with Individual gymnasts inside a Mixed Group WILL rotate with the gymnast who competed in 1<sup>st</sup> position dropping to last in the next rotation.

Rotation 1	Rotation 2	Rotation 3	Rotation 4
<b>SVK</b>	SVK	GEO	GEO
SVK	GEO	GEO	AZE
GEO	GEO	AZE	<b>SVK</b>
GEO	AZE	<b>SVK</b>	SVK
AZE	<b>SVK</b>	SVK	GEO

# TOUCH WARM-UP & ROTATION OF MIXED GROUPS IN THE QC



If a gymnast does not compete on a specific apparatus, the following gymnast(s) move up one place for that apparatus.

This adjustment does not change the general rotation rule for the remaining apparatus.

See example below.

Rotation 1	Rotation 2	Rotation 3	Rotation 4
SVK	SVK	GEO	GEO
SVK	GEO	GEO	AZE
GEO	GEO	AZE SVK	SVK
GEO	AZE	SVK	SVK
AZE	SVK		GEO

# TOUCH WARM-UP & ROTATION OF GROUPS IN THE TEAM FINAL



## WARM-UP

Rotation 1	Rotation 2	Rotation 3	Rotation 4
ESP – Warm-up 1 <sup>st</sup>	ROU – Warm-up 1 <sup>st</sup>	ESP – Warm-up 1 <sup>st</sup>	ROU – Warm-up 1 <sup>st</sup>
ROU – Warm-up 2 <sup>nd</sup>	ESP - Warm-up 2 <sup>nd</sup>	ROU - Warm-up 2 <sup>nd</sup>	ESP - Warm-up 2 <sup>nd</sup>

## COMPETING ORDER

Rotation 1	Rotation 2	Rotation 3	Rotation 4
ESP ROU ESP ROU ESP ROU	ROU ESP ROU ESP ROU ESP	ESP ROU ESP ROU ESP ROU	ROU ESP ROU ESP ROU ESP

# TIE BREAKING RULES

## SENIOR COMPETITION

In the case of a tie in any place in the qualification to all Finals, in the All-Around Ranking / Final, the Team Ranking / Final and in the Apparatus Finals, the Tie Breaking Rules will follow the FIG Technical Regulations, Section 2, Article 7

**Ties will be broken**

## JUNIOR COMPETITION

In the event of a tie in any place in the Team Ranking, in the All-Around Ranking and in the Apparatus Finals, ties will **NOT** be broken.

# PODIUM TRAINING – MIXED GROUPS

During Podium Training, it is imperative that all gymnasts in a Mixed Group receive the same amount of time on the Apparatus.

Therefore, a representative from the LOC will time the warm-up on Uneven Bars & Balance Beam for Mixed Groups at Podium Training.

For Mixed Groups on Uneven Bars & Balance Beam, the 15 minute timeframe at Podium will be divided evenly amongst the gymnasts, for example:-

A Group of 5 Gymnasts - 3 minutes per gymnast (which includes the preparation of the rails). This must be **used in one block**

6 mins (which includes the preparation of the rails) for 2 Gymnasts from the same NF which can be used freely but each gymnasts time must be **used in one block**.

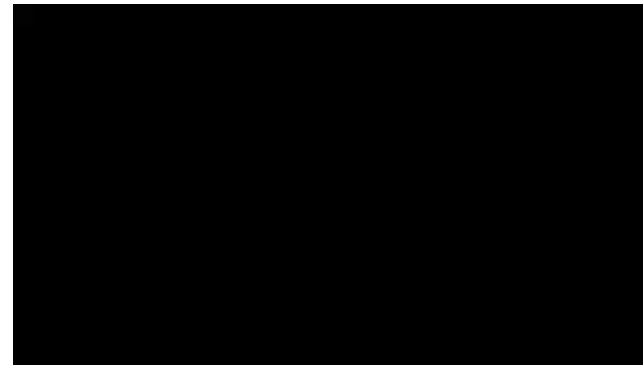
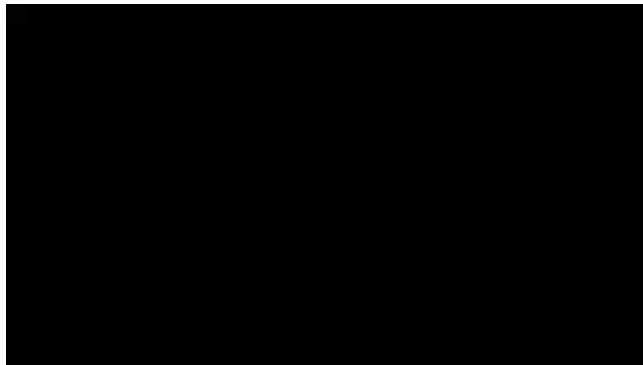
National Federations can agree not to avail of the LOC timed warm-up on the basis that all NF within the Mixed Group agree.

# ELEMENTS PERFORMED ON THE PODIUM AFTER THE OFFICIAL WARM-UP TIME IS OVER



The gymnast cannot warm-up on the Podium mats / Floor, whilst waiting for the Green Light

For Example – she cannot perform a Round-off, Handstands, Leaps / Turns etc.



0.30 Deduction – Exceeding the Warm-up Time

# APPARATUS FINALS – WARM-UP



In Apparatus Finals, the first 4 gymnasts will warm-up and compete followed by the remaining 4 gymnasts, warming-up and competing.

If for Senior AF, the lights are being dimmed across the arena during competition i.e. lights will focus only on the one apparatus being performed, a timed / controlled warm-up period (one apparatus at a time **under lights**) is afforded to the gymnasts on the Podium prior to the commencement of AF. The exact timing of this podium training is communicated in the WAG Training Plan.

If there are no special lighting conditions for AF, a 1 hour Podium Training Session will be afforded to the gymnasts prior to the commencement of AF.

Please note that **Juniors will not compete under any “special lighting”.**

All Podium warm-up's will aim to end circa 30 minutes before the start of the competition, however, this may differ from time to time, depending on the LOC requirements.

# FALL TIME



## Uneven Bars

The gymnast is allowed 30 seconds (starting when she is on her feet) to remount the apparatus after a Fall.

If she remounts the apparatus between 31 seconds & 60 seconds – a deduction of 0.30 for “Exceeding the Fall Time” will be applied.

If she remounts the apparatus at 61 seconds or later – the exercise will be considered finished & any elements performed after this time will not be judged.

## Balance Beam

The gymnast is allowed 10 seconds (starting when she is on her feet) to remount the apparatus after a Fall.

If she remounts between 11 seconds & 60 seconds – a deduction of 0.30 for “Exceeding the Fall Time” will be applied.

If she remounts the apparatus at 61 seconds or later – the exercise will be considered finished & any elements performed after this time will not be judged.

# FALL TIMING

Following a fall from the apparatus if a gymnast intentionally remains off her feet to avoid the intermediate fall time (resting / adjusting grips / receiving chalk from her coach / delaying the competition without justification)

= 0.30 Deduction from the Final Score - Considered Abusive Behaviour



# TOUCH WARM-UP ON THE PODIUM - VAULT

## VAULT WARM-UP ATTEMPTS

- Qualification for AF - 3 Attempts
- MTF – 2 Attempts
- AAF – 2 Attempts
- AF – 2 Attempts
- For Individuals & Teams, the Warm-up is managed by the Line Judge on Vault.



In this Video the Gymnasts uses 2 Attempts

The 1st – Handspring

The 2nd – Front Salto off the Vault

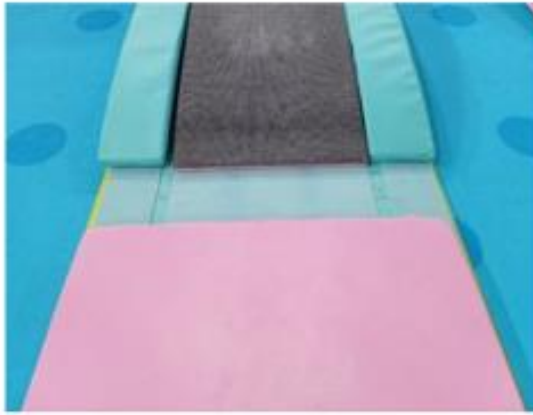


# VAULT



Failure to properly use the Safety Collar for Round-off Entry Vaults  
= Invalid Vault – “0.00”

# VAULT



A Hand Placement Mat can only be used for Yurchenko Vaults from Groups 1, 4 & 5  
If used for Vaults without a Round-off Entry a **0.50 Deduction** will be taken  
from the Final Score



# VAULT – EMPTY RUN



= 1.00 deduction from the Final Score, for an Empty Run

# VAULT – COACH REMAINING ON THE PODIUM



0.50 deduction from the Final Score

# TOUCH WARM-UP ON THE PODIUM

## UNEVEN BARS

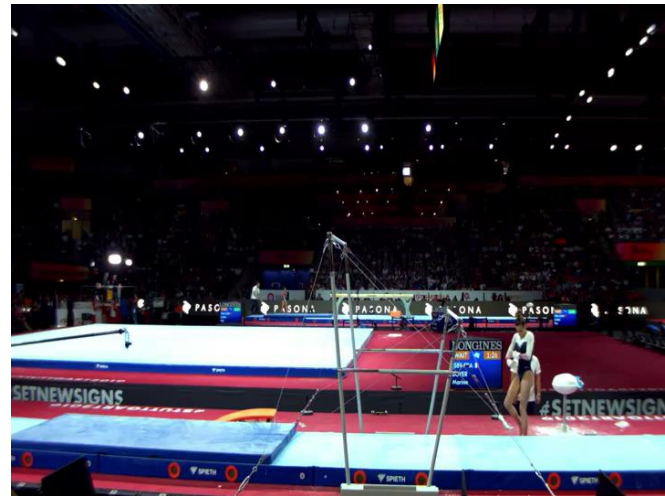


50 seconds per gymnast / 3 minutes & 20 seconds per Team of 4. This includes the preparation of the rails.

For Teams, the total warm-up time belongs to the TEAM.

# UNEVEN BARS

Running feet along the ground whilst performing a Kip



= 1.00 Deduction / Considered a Fall

# UNEVEN BARS

Gymnasts may not run under the LB to perform a mount

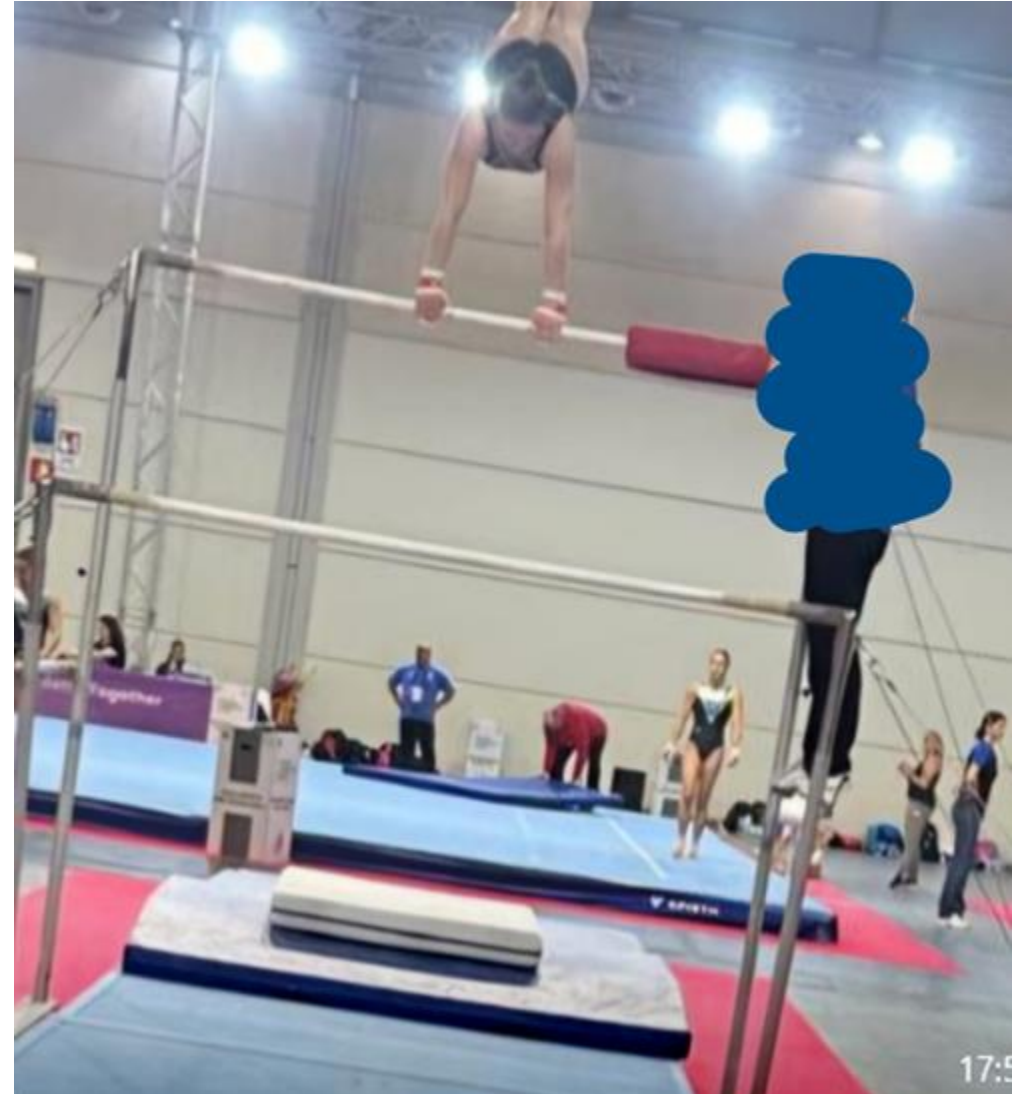


= 0.30 Deduction from the Final Score

# DAMAGE OF THE APPARATUS

Request from the Apparatus Supplier:

Please **DO NOT** stand on the frame of the Bars!



# TOUCH WARM-UP ON THE PODIUM

## BALANCE BEAM & FLOOR



30 seconds per gymnast / 2 minutes per Team of 4

On Balance Beam, for Teams, the total warm-up time belongs to the TEAM.

On Floor the warm-up time is calculated at 30 sec. per gymnast x the no. of gymnasts i.e. 5 gymnasts in a Mixed Group x 30 sec. = 2 mins & 30 sec.

If there are less than 3 gymnasts in a Group (Individual / Mixed Group) the gymnasts will still have the right to 1 min 30 seconds warm up

# BALANCE BEAM

In this Video the Gymnast has an Empty Run in her  
1st attempt to mount

1.00 Deduction from the Final Score

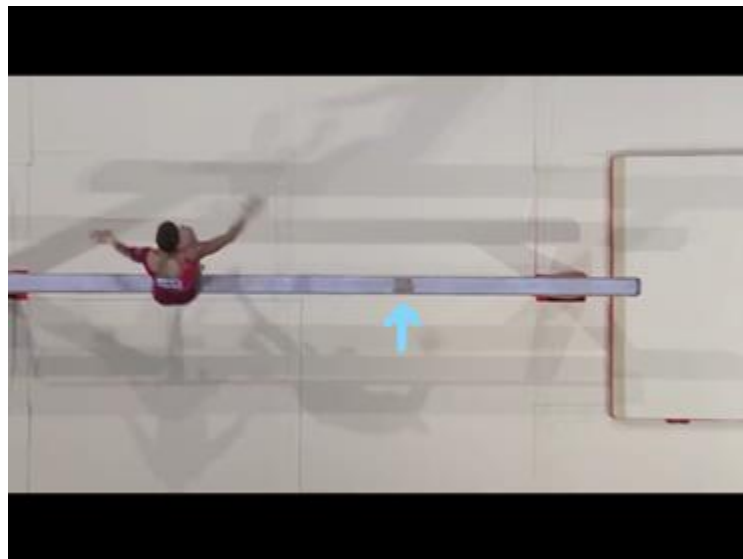
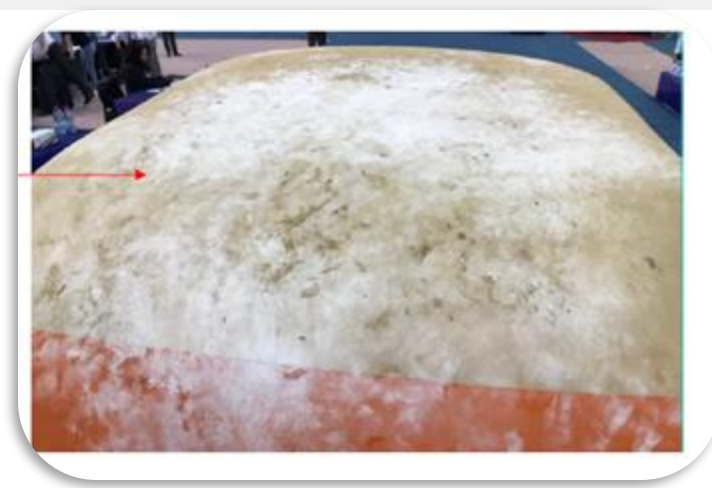
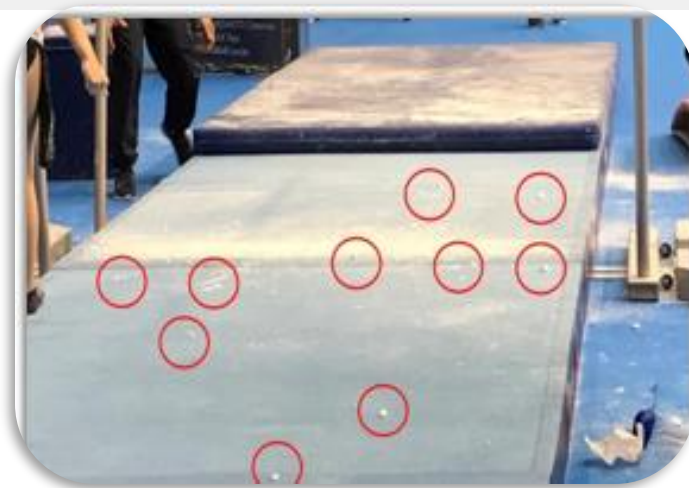


# FLOOR

Gymnasts may not perform an element when entering the Floor



# REMINDER – DAMAGE TO THE APPARATUS & INCORRECT USE OF MAGNESIA



**PAY ATTENTION!**

**0.50 Deduction**



# INQUIRIES



## INQUIRY

- A NF can only submit an inquiry on the D-Score of their own Gymnasts.
- The NF Authorised Representative should go directly to the Inquiry Desk and NOT to the Judges on the Apparatus.
- There will be 2 Inquiry Desks on the FOP.
- Please refer to the FIG Tech. Regs. Section 1 – Article 8.5 for the updated timing / procedure around the submission of an inquiry (May 25 Edition).
- Input the relevant data into the Smartscoreing Tablet (the Inquiry Officer will help the individual with the tablet input, however, the ultimate responsibility remains with the NF). If the electronic device is not available, complete **Appendix 8** in **FULL** and submit it to the Inquiry Desk.
- It is requested, but not mandatory, that when submitting an Inquiry the coach includes 1) the reason for the Inquiry & 2) the expected D-Score in the comment box.
- No Cash on the FOP. For unsuccessful inquiries, invoices will be sent by the European Gymnastics Office to the Federation concerned at a later date

# INQUIRIES



Once a decision is taken about an Inquiry, there will be a basic communication to the audience and TV commentators to explain the reason for an accepted or rejected inquiry.

## For Example

"The inquiry was rejected because the element in question did not fulfill all the requirements"

This information will also be written into the SmartScoring Inquiry Tablet which the NF Authorised Representative can review.

# LINE, TIME & VAULT BONUS REVIEW



- The NF Authorised Representative should go directly to the Inquiry Desk and NOT to the Judges on the Apparatus.
- Input the relevant data into the Smartscoreing Tablet (the Inquiry Officer will help the individual with the tablet input, however, the ultimate responsibility remains with the NF)

## OR

- If the electronic device is not available, complete **Appendix 9** in **FULL** and submit it to the Inquiry Desk
- Please note that a Line, Time & Vault Bonus Review must comply with the same principles, procedures & deadlines specified for Inquiries in the FIG Technical Regulations, Section 1, Articles 8.5 (May 2025 Edition)
- There is **NO FEE** payable for a Time, Line or Vault Bonus Review



**European  
Gymnastics**