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Technical Regulations

Part I - General Rules

Edition 2018

ABBREVIATIONS

FIG	International Federation of Gymnastics (Fédération Internationale de Gymnastique)
UEG	European Union of Gymnastics (Union Européenne de Gymnastique)
EC	Executive Committee of the UEG
NF	National Federation
ECh	European Championship
MAG	Men's Artistic Gymnastics
WAG	Women's Artistic Gymnastics
RG	Rhythmic Gymnastics
TRA	Trampoline Gymnastics
ACRO	Acrobatic Gymnastics
AER	Aerobic Gymnastics
TG	TeamGym
GfA	Gymnastics for All
OC	Organising Committee
IOC	International Olympic Committee
YOG	Youth Olympic Games

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I. GENERAL REGULATIONS

These Technical Regulations include regulations for the following disciplines:

- Men's Artistic Gymnastics
- Women's Artistic Gymnastics
- Rhythmic Gymnastics
- Trampoline Gymnastics
- Acrobatic Gymnastics
- Aerobic Gymnastics
- TeamGym

For Gymnastics for All, separate regulations have been prepared for EUROGYM and the Golden Age Gym Festival.

These Regulations conform to the UEG and/or FIG Statutes. They are divided in sections and articles according to the different areas of technical organisation and control.

Art. 1 Right of the federations to participate

The European Championships are open to gymnasts of national member federations affiliated to the UEG, provided that all their financial obligations towards the UEG are fulfilled.

Gymnasts can participate in official UEG events if they:

- belong to a UEG Member Federation,
- have the nationality of the NF they represent,
- fulfil the requirements of the FIG Statutes (Art. 36),
- have the correct age,
- have a valid insurance,
- have a valid FIG Licence (except for TeamGym),
- respect the dispositions of the EC decisions and of the Regulations.

Gymnasts and judges taking part in UEG competitions must have the nationality (citizenship) of the federation they represent.

With regard to TeamGym and in particular cases only, the UEG Executive Committee can decide if an exception may be granted.

In the case of a gymnast who is born in a country in which his parents are "bona fide" residents but have not received citizenship (official nationality), the federation of the country in which he was born may include him in its national team subject to the consent of the Executive Committee

Where a gymnast or a judge has dual nationality he may choose which country he wishes to represent but, having represented that country, he cannot also represent the other country in question.

Art. 2 Allocation and dates of competition

Upon receipt of applications, the EC/UEG will select the most suitable candidate after a thorough study of the applications.

As far as possible, the contract between the UEG 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. As far as possible, a period of at least 2 weeks should be respected between 2 events.

Art. 2.1 Artistic Gymnastics

2.1.1 European Artistic Gymnastic Team Championships, Men and Women, Seniors and Juniors

These European Championships are organised as a rule in the even years, at different dates and places. In case of necessity, they may be organised at the same place.

2.1.2 European Artistic Gymnastic Individual Championships, Men and Women, Seniors

These European Championships are organised as a rule in the odd years, at the same dates and the same place.

Art. 2.2 Rhythmic Gymnastics

These European Championships are organised as a rule every year; the competition programme includes alternating competitions for seniors and juniors.

Art. 2.3 Trampoline Gymnastics

These European Championships are organised as a rule in the even years. The programme includes competitions for seniors and juniors.

Art. 2.4 Acrobatic Gymnastics

These European Championships are organised as a rule in the odd years. The programme includes competitions for seniors and juniors as well as the European Age Group Competition.

Art. 2.5 Aerobic Gymnastics

These European Championships are organised as a rule in the odd years. The programme includes competitions for seniors and juniors.

Art. 2.6 TeamGym

These European Championships are organised as a rule in the even years. The programme includes competitions for seniors and juniors.

Art. 3 Entry Procedure

Art. 3.1 For registration of entry are to be used the official forms respectively the online registration system.

Art. 3.2 The dates of arrival at the UEG Secretariat are decisive. The deadlines are as follows:

3.2.1 Definitive registration of the gymnasts

3 months before the start of the European Championship.

The federations have to send the nominative registration of the judges together with the definitive registration of the gymnasts.

After the deadline fixed for the definitive registration, no gymnast can be added to the number of gymnasts entered in the definitive registration. No additional gymnast can be added on the nominative list or at the accreditation. (Except Teamgym, where the number of gymnasts in a team can change up to four weeks before the Championships).

3.2.2 Nominative registrations of the gymnasts and officials

4 weeks before the date of the European Championship.

The participation fee has to be paid to the UEG at the same time.

The list must include:

- name and first name of the participants
- date of birth (year) of the gymnasts
- the number of the FIG Licence of the gymnasts (except for TeamGym)
- the category and the FIG ID Code of the judges (except for TeamGym)

The medical staff must have been approved by the FIG.

3.2.3 Participation fees

The amounts of the participation fees to be paid to the UEG have been determined as follows:

150.- Euro per gymnast and per discipline.

If a group has up to 6 gymnasts (as RG, AER), the inscription fee of 150.- Euro per gymnast is maintained.

If a group has more than 6 gymnasts (as TG), the inscription fee is limited to 600.- Euro.

No participation fee has to be paid for reserve gymnasts.

In case of non-participation or partial participation, the participation fee will not be reimbursed.

3.2.4 FIG Licence

The licence has to be presented at the accreditation and will be controlled.

Gymnasts without a valid FIG licence will not be allowed to participate in the European Championship.

If a gymnast is not able to show his/her licence at accreditation, the Organising Committee may check on the official FIG Website if the respective gymnast has a valid licence or not.

Should a gymnast present an invalid licence or the validity of the forgotten licence may not be verified by the Organising Committee, the gymnast shall not be allowed to compete.

3.2.5 Passport – official Identity Card for European Championships

TeamGym

All gymnasts, juniors and seniors, participating in the European Championships TeamGym have to present an official identity card (which clearly shows the nationality of the holder) or a passport at the accreditation.

3.2.6 Sanctions – late entries

Sanctions will be applied if the different deadlines for the registrations are not respected or if a federation does not participate in a UEG event without previous information.

Situation	Sanction
Definitive entry received after the deadline	Euro 1'500.-
Nominative entry received after the deadline	Euro 1'000.-
Non-participation of a team, but participation of individuals (information given at the competition venue)	Euro 1'000.-
Non-participation of individuals, no participation at all (noticed at the venue)	Euro 1'000.-

3.2.7 Sanctions - judges

If a federation does not enter a judge or comes with an insufficient number of judges, the UEG will request payment of the amount indicated in the below list:

Requested by UEG	NF comes with	Sanction
2 judges 2 judges	1 judge 0 judge	2000 Euro 4000 Euro
1 judge	0 judge	2000 Euro

Art. 3.3 Insufficient participation

If less than 4 federations submit a definitive registration for a category/discipline, no medal will be awarded for the competitions but only a prize.

Art. 3.4 Alterations of the nominative lists of the gymnasts

Alterations of the above-mentioned nominative lists of the gymnasts are possible only in exceptional cases, and must be authorised by the President of the TC concerned.

Alterations will not be accepted later than 24 hours prior to the start of the competition unless the work-plan states otherwise.

In case of illness/injury before arrival or at the place of the event, the dispositions of the TR/FIG (Art. 4.2) will be applied. (Except TeamGym: see part II for illness/injury at the event after accreditation).

Art. 3.5 Work plan

The work plan must be in possession of the federations and other persons concerned six weeks at the latest before the competitions.

Art. 3.6 Accreditations

The UEG accreditation directives (available on Intranet) have to be respected.

Art. 4 Age, nationality and licence of the gymnasts, nationality of the judges

For official UEG competitions, the participants must have the following age in the year of the event:

Seniors

Men's Artistic Gymnastics:	18 years
Women's Artistic Gymnastics:	16 years
Rhythmic Gymnastics:	16 years
Trampoline Gymnastics:	17 years
Acrobatic Gymnastics:	15 years
Aerobic Gymnastics:	18 years
TeamGym:	16 years

Juniors

Men's Artistic Gymnastics:	14 - 18 years
Women's Artistic Gymnastics:	14 - 15 years
Rhythmic Gymnastics:	13 - 15 years
Trampoline Gymnastics:	13 - 17 years
Acrobatic Gymnastics:	13 - 19 years
Aerobic Gymnastics:	15 - 17 years
TeamGym:	13 - 17 years

Age Groups

Acrobatic Gymnastics:	11 - 16 years
Acrobatic Gymnastics:	12 - 18 years

Gymnasts who have participated as a Senior in World Championships, Continental Championships, World Cup competitions, Multi-sport Games, may not participate afterwards in Junior competitions. For ACRO, the FIG rules have to be applied.

During the accreditation process before the competitions, the Organising Committee will check the nationality of the gymnasts and judges as well as the age and the FIG licence of the gymnasts.

Art. 5 The juries

The rights, duties and competences of the jury of appeal, the superior jury, of the competition management and the judges are indicated in the Technical Regulations and the Codes of Points FIG resp. Code of Points UEG (TeamGym).

Exceptional cases not foreseen in the Regulations are decided by the members of the TC concerned.

Art. 5.1 Jury of appeal

The jury of appeal is composed of two members of the Executive Committee (one of them acting as President), and a third competent person representing the Organising Committee.

Art. 5.2 Superior Jury

The Superior Jury is composed of the Technical President and members of the Technical Committee. The specific tasks of each member are defined by the TC concerned.

Art. 5.3 Judges' panel

In principle, the Judges' panels are composed according to the valid TR/FIG and Codes of Points FIG resp. UEG.

Art. 5.4 Judges' meetings

At official UEG competitions, judges' meetings are organised under the direction of the respective TC. All judges are required to participate in these meetings. If they do not take part, they are not allowed to judge.

Art. 5.5 Presence of the judges

All entered judges must be available until the drawing of lots for the last competition of the respective European Championship. Exceptions have to be managed by the respective TC President.

Art. 5.6 Function of judge

The function of judge may not be combined with any other function (as Head of delegation).

Art. 6 Inquiries of the score

The UEG applies the TR/FIG, Article 8.4.

Referring to European Championships organised for Juniors and Seniors, the complaints are distinct for each age group (i.e. the ECh MAG Seniors is distinct from the ECh MAG Juniors; the same applies for WAG, RG, etc.)

If the inquiry is refused, the amount will be invoiced by the UEG (in Euro, not in USD), later on and must be paid within three months.

Art. 7 Technical tasks

Art. 7.1 The TC of the discipline concerned is responsible for the technical organisation and running of the European Championship.

Art. 7.2 The organisation, running and direction of the competition comply with the FIG Technical Regulations and Codes of Points, taking the special requirements of UEG competitions into consideration.

Art. 8 Apparatus

The UEG refers to the FIG Apparatus Norms, Codes of Points as well as the Technical Regulations.

With regard to TeamGym, we refer to the UEG Directives for Equipment.

The certification of TeamGym apparatus must be officially approved by the UEG.

Art. 9 Medals

For the finals, the gymnasts receive:

1st rank: a gold medal and a diploma

2nd rank: a silver medal and a diploma

3rd rank: a bronze medal and a diploma

4th to 8th rank: a diploma.

On the podium, awards will only be presented to the medal winners (All-Around Finale in Artistic gymnastics, the 8 first ranked gymnast).

In team/group competitions, each gymnast in the team/group, including the reserve gymnasts and the coaches, receive the awards mentioned above.

Art. 10 Diplomas

Art. 10.1 The 8 best gymnasts/teams of each competition receive a diploma indicating their name and first name, the federation they belong to, the rank and, where required, the type of the medal.

The diplomas for the gymnasts ranked 1st to 8th will be given to the respective federations.

Art. 10.2 All competitors and officials receive a souvenir diploma indicating their name and first name, the name of the federation they belong to, and their function within the organisation.

Art. 11 Ceremonies

We refer to the UEG Directives for the organisation of Ceremonies.

The participation of the medal winners in the award ceremonies is compulsory. Gymnasts or teams that are absent for unjustified reasons will be disqualified.

Art. 12 Score Sheets, Ranking Lists and Lists of Finalists

Art. 12.1 The intermediary results and rankings are only displayed in the halls and published on the Internet.

Art. 12.2 The complete documentation is distributed at the end of the championship.

Art. 12.3 Immediately after each competition, the scoring office presents the following documents to the TC Presidents for approval by signature:

- a) a complete list of the results, including the individual judges' scores for each apparatus;
- b) a complete list of results for each apparatus, with all individual judges' scores.

Art. 12.4 The TC President approves the list of the finalists.

Art. 13 Obligations of the participating National Federations

The participating national federations shall pay for the travelling and accommodation expenses (including meals) of their delegations.

The organising NF, respectively the OC, is authorised to request a deposit (50% maximum) from all participating NF.

The remaining costs must be paid before the arrival. NF not having fulfilled their financial obligations within the deadlines are not authorised to compete.

The organising NF must inform the participating federations on the terms of payment.

Art. 13.1 Use of electronic communication devices

The use of mobile phones or any other electronic communication device by gymnasts, coaches, judges or medical staff of the delegations on the field of play is forbidden during the entire duration of the competitions of official UEG competitions.

If this rule is violated, the concerned persons will receive a written warning.

If this behaviour is repeated after the written warning is issued, the concerned person will be excluded for the rest of the competition.

The Superior Jury is responsible to decide these disciplinary measures.

Appeals against these decisions have to be submitted to the Jury of Appeal whose decision is final.

Art. 13.2 Obligation of the participating National Federations to assist at the Orientation Meeting

The Organising Committee and the UEG provide very important information during the Orientation Meeting of UEG events.

It is mandatory for all Heads of Delegation of the federations to attend. Unjustified failure to attend will result in a sanction against the federation of Euro 1000.-.

Art. 14 Anti-doping controls

Doping is forbidden in all its forms. Concerning the anti-doping fight, the FIG have established rules specifically based on the Anti-Doping Code of the World Anti-Doping Agency.

All questions concerning the anti-doping fight must take reference from these rules, in particular the procedures to be followed for the controls and sanctions to be taken.

Art. 15 Final dispositions

Art. 15.1 The dispositions of the Statutes of the UEG and the Technical Regulations of the FIG will be applied in all situations which are not foreseen in these regulations.

If extraordinary situations should occur, the necessary decisions will be made by the President of the TC concerned, in cooperation with the members of the EC and TC present at the competition.

Art. 15.2 The EC in cooperation with the relevant TC has the right to make necessary technical modifications in order to improve the organisation and practical running of the European Championship.

In that case, all the member federations have to be informed at the following UEG Congress.

These regulations were approved by the UEG Executive Committee on June 29th - 30th, 2018.

They come into operation on July 1st, 2018.

UNION EUROPEENNE DE GYMNASTIQUE
The President
Dr Farid GAYIBOV



Technical Regulations

Part II

Specific Rules – Artistic Gymnastics



Edition 2018



Art. 1 Competitions

In **even years**, the following competitions are organised for seniors and juniors:

Qualifying competition, Juniors
 Qualifying competition, Seniors
 All-Around Final, Juniors
 Apparatus Finals, Seniors and Juniors
 Team Final, Seniors

In **odd years**, the following competitions are organised for seniors:

Qualifying competition
 All-Around Final
 Apparatus Finals

Art. 2 Composition of the delegations

Art. 2.1 Team European Championships (even years)

All federations are entitled to participate with either a team composed of 3 to 5 gymnasts, or a maximum of 2 individual gymnasts.

MAG respectively WAG

	Juniors	Seniors	Mixed
Gymnasts	5	5	10
Head of delegation	1	1	1
Team leader	1	1	2
Coaches	2	2	4
Doctors	1	1	1
Physiotherapist	1	1	2
Judges	1	1	2

The costs for the additional accreditations have to be assumed by the NF.
 The number of coaches cannot be higher than the number of gymnasts.

Art. 2.2 Individual European Championships (odd years)

All federations can participate with a maximum of 6 male and 4 female gymnasts, but only a maximum of 4 gymnasts can compete on the same apparatus.

	MAG	WAG	Mixed
Gymnasts	6	4	10
Head of delegation	1	1	1
Team leader	1	1	2
Coaches	3	3	6
Doctors	1	1	1
Physiotherapist	1	1	2
Judges	1	1	2
(for delegations with 1-2 gymnasts)			
Judges	2	2	4
(for delegations with 3-6 MAG and 3-4 WAG gymnasts).			



The costs for the additional accreditations have to be assumed by the NF.
The number of coaches cannot be higher than the number of gymnasts.

Art. 3 Competition format

Art. 3.1 Team European Championships in MAG and WAG, Seniors and Juniors (even years)

3.1.1 SENIORS - Qualifying competition for Apparatus Finals and Team Final

JUNIORS - Qualifying competition the All-Around Final and the Apparatus Finals as well as Team ranking

A senior and junior team consists of 3 - 5 gymnasts, of which up to 4 compete on each apparatus. The 3 best scores on each apparatus are added and make the total result. The NF nominates the team for each apparatus.

It is possible to participate with individual gymnasts, if a NF does not have a sufficient number of gymnasts for a full team.

The competition consists of 6 apparatus for the men and 4 for the women. As a general rule, the events will be performed in the Olympic order.

The number of subdivisions depends on the number of participating gymnasts. As a general rule, every subdivision includes 12 (male) resp. 8 (female) teams/mixed groups.

The composition of subdivisions is decided by drawing of lots among the teams and individual gymnasts.

The best Junior Team is awarded the title "Junior European Artistic Gymnastic Team Champion Men/Women".

3.1.2 JUNIORS - All-Around Final

The 24 gymnasts with the highest ranking obtained in the qualifying competition will qualify for the All-Around final.

A maximum of two gymnasts per federation are allowed in the finals.

The starting order of the gymnasts will be communicated in the Work plan.

The winner of the All-Around Final juniors is awarded the title "Junior European Champion in Artistic Gymnastics Men/Women".

3.1.3 SENIORS & JUNIORS - Apparatus Finals

The 8 highest ranked gymnasts on each apparatus from the Qualifying competition will be qualified for the corresponding apparatus finals.

A maximum of two gymnasts per federation will be allowed in the finals.



The starting order of the gymnasts will be communicated in the Work plan.

The winner on each apparatus is awarded the title "European Champion on ... (the corresponding apparatus) Men/Women" or "Junior European Champion on ... (the corresponding apparatus) Men/Women".

3.1.4 SENIORS - Team final

The 8 best teams from the Qualifying competition will participate in the Team Final.

The starting order of the gymnasts will be communicated in the Work plan.

The winner of the Team Final for seniors is awarded the title "European Artistic Gymnastic Team Champion Men/Women".

3.1.5 Reserve gymnasts

Reserve gymnasts for all types of Finals will be in accordance with the TR/FIG.

3.1.6 Exercise requirements

The requirements must comply with the valid FIG Codes of Points as well as the FIG rules for Junior competitions.

All affiliated federations must be informed of adjustments to the requirements 6 months before the date of the European Championships.

3.1.7 Special regulations

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

3.1.8 Tie breaking rules

The FIG tie breaking rules in force are to be applied.

Art. 3.2 Individual European Championships in MAG and WAG, Seniors (odd years)

3.2.1 Qualifying competition for the All-Around Final and the Apparatus Finals

Each NF can enter 6 male and 4 female gymnasts; a maximum of 4 gymnasts per apparatus can participate.

The competition consists of 6 apparatus for the men and 4 for the women. Normally, the events will be performed in the Olympic order.

The number of subdivisions depends on the number of participating gymnasts. In principle, every subdivision includes 6 (male) or 4 (female) groups, each with 3 - 9 gymnasts. Particular cases are dealt with in the respective work plans.



The composition of the subdivisions is decided by drawing of lots among the gymnasts.

3.2.2 All-around final

The 24 gymnasts with the highest ranking obtained in the qualifying competition are qualified for the All-Around Final.
A maximum of two gymnasts per federation is allowed in the finals.
The starting order of the gymnasts will be communicated in the Work plan.

The winner of the All-Around Final is awarded with the title "European Artistic Gymnastic Champion Men/Women".

3.2.3 Apparatus finals

The 8 highest ranked gymnasts on each apparatus in the qualifying competition are qualified for the apparatus finals.
A maximum of two gymnasts per federation is allowed in the finals.
The starting order of the gymnasts will be communicated in the Work plan.

The winner on each apparatus is awarded with the title "European Champion on ... (the corresponding apparatus) Men/Women".

3.2.4 Reserve gymnasts

Reserve gymnasts for all types of Finals will be in accordance with the TR/FIG.

3.2.5 Exercise requirements

The requirements must comply with the valid Technical Regulations and Code of Points FIG, allowing for adjustments.
All affiliated federations must be informed of adjustments to the requirements 6 months before the date of the European Championships.

3.2.6 Special regulations

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

3.2.7 Tie breaking rules

The FIG tie breaking rules in force are to be applied.

Art. 4 Duration and timetable of the event

As a general rule, the

Team European Championships (even years) are organised in 5 days

- day 1 – Qualifying competition, Team ranking Juniors
- day 2 – Qualifying competition Seniors
- day 3 – All-Around Final Juniors
- day 4 – Team Final Seniors
- day 5 – Apparatus Finals Seniors et Juniors.



and the

Individual European Championships (odd years) also in 5 days

- day 1 – Qualifying competition
- day 2 – Qualifying competition
- day 3 – All-Around Final
- day 4 – Apparatus Finals, 1st part
- day 5 – Apparatus Finals, 2nd part

Art. 5 Presence of the judges at UEG Events

All judges must stay until the end of the competitions. Exceptional cases will be treated by the President of the respective TC.

It is absolutely not possible to leave early without the authorization of the President of the respective TC.



Technical Regulations

Part II

Specific Rules – Rhythmic Gymnastics



Edition 2018



Art. 1 Competitions

In the **even years**, the following competitions are organised for seniors and juniors:

Seniors:	Team Competition and All-Around Competition (Groups) Apparatus Finals (Groups) All-Around Final (Individuals)
Juniors:	Team and Qualifying Competition (Individuals) Apparatus Finals (Individuals)

In the **odd years**, the following competitions are organised for seniors and juniors:

Seniors:	Team and Qualifying Competition (Individuals) Apparatus Finals (Individuals)
Juniors:	Team and Qualifying Competition (Groups) Apparatus Finals (Group)

Art. 2 Composition of the Delegations

EVEN Years

	SENIORS <u>Groups</u>	JUNIORS <u>Individuals</u>
Gymnasts	5 - 6 *	1 - 4
Reserve gymnast	-	1
Head of delegation	1 for seniors & juniors	
Team leader	1	1
Coach	2	1
Doctor	1 for seniors & juniors	
Physiotherapist	1	1
Juges **	1	1
Individual gymnasts	1 - 2 (according to the qualification of the preceding year)	
Coach	1	

* - Each gymnast must compete at least once.

** - The NF participating in the junior and senior category must present 2 qualified judges.
1 judge for Individuals and 1 judge for Groups

ODD Years

	SENIORS <u>Individuals</u>	JUNIORS <u>Groups</u>
Gymnasts	1 - 3	5 - 6 *
Reserve gymnast	1	-
Head of delegation	1 for seniors & juniors	
Team leader	1	1
Coach	1	2
Doctor	1 for seniors & juniors	
Physiotherapist	1	1
Juges **	1	1

* - Each gymnast must compete at least once.



** - The NF participating in the junior and senior category must present 2 qualified judges. 1 judge for Individuals and 1 judge for Groups

Art. 3 Competition format

Art. 3.1 European Championships

Even Years

Seniors Groups (All-Around Competition and Apparatus Finals)

Seniors Individuals (All-Around Final)

Juniors Individuals (Qualifying Competition and Apparatus Finals)

Senior Groups & Junior Individuals (Team Competition)

SENIORS

Groups

- a) All-Around competition, which is also the Qualifying Competition for the Apparatus finals
Group competition (5 gymnasts) with 2 different exercises, one executed with 1 apparatus, the other with 2 types of apparatus, according to the FIG programme for the respective year.

The winner of the All-Around competition is awarded with the title "European All-Around Champion".

- b) Apparatus finals
Competition of the 8 best groups per apparatus of the Qualifying Competition.

The gymnasts of the first ranked group in the group exercises will be awarded the title "European Champion" at the respective apparatus.

Individual Gymnasts

- c) All-Around Final
Twenty-four gymnasts participate. They will be invited according to the results obtained at the preceding European Championship (max. 2 gymnasts per federation). This invitation is not nominative and will be sent to the federations concerned.
The organising federation can participate with 1 gymnast if it has no gymnast qualified among the 24 best (25th gymnast).

The gymnasts present a routine with each one of the apparatus indicated in the FIG programme for the respective year.

The winner of the multiple competition is awarded with the title "European All-Around Final Champion".

JUNIORS

Individual Gymnasts

- a) Qualifying Competition for the Apparatus Finals



Individual competition with 1 - 4 gymnasts per federation with the 4 apparatus indicated in the FIG programme for the respective year. The competition includes 8 exercises according to the junior programme and in the order fixed by FIG.

A gymnast may participate with 2 - 4 exercises.

The team result will be calculated based on the 8 presented exercises. If a NF participates with only 1 gymnast, she has to present an exercise with each one of the 4 apparatus and can qualify with each apparatus for the Apparatus Finals.

If a NF does not participate in the Team Competition (i.e. competes without senior group) they can only qualify for the Apparatus Finals (1 gymnast per NF).

- b) Apparatus final
Apparatus final (4 apparatus) of the 8 best gymnasts according to the Qualifying Competition (max. 1 gymnast per federation) per apparatus according to FIG and UEG rules.

The winners of each of the 4 apparatus finals will be awarded with the title "Junior European Champion" on the respective apparatus.

SENIORS Groups & JUNIORS Individuals - Team Competition

The winner of the Team Competition is designated as follows:

1st day

Juniors – Individual Gymnasts: the result of 2 of the 4 apparatus

Seniors – Groups: the result of the exercise with 1 apparatus.

2nd day

Juniors – Individual Gymnasts: the result of the 2 remaining apparatus

Seniors – Groups: the result of the exercise with 2 different apparatus.

The above-mentioned results of the 1st and 2nd day will be added; the best Federation will receive the title "European Team Champion".

Art. 3.2 European Championships

Odd Years

Seniors Individuals (Apparatus Finals and Qualification for the All-Around Final of the following year)

Juniors Groups (All-Around Competition and Apparatus Final)

Senior Individuals & Junior Groups (Team Competition)

SENIORS

Individual Gymnasts

- a) Qualifying Competition for the Apparatus Finals and the All-Around Final of the following year



Competition according to the FIG programme and with the indicated apparatus for the respective year. No more than 3 gymnasts per federation compete in this competition, presenting 8 exercises according to FIG rules in the order fixed by the FIG.

Each gymnast must present at least 1 exercise but no more than 4 (a maximum of 1 exercise per apparatus).

The team result is calculated by adding all the 8 notes of the team's gymnasts.

If a NF participates with only 1 gymnast, she must present an exercise with all 4 apparatus. She can qualify for the All-Around Final and the Apparatus Final.

If a NF does not participate in the Team Competition (i.e. competes without junior Group), they can qualify for the All-around Final (following year) and the Apparatus Finals.

The 3 best exercises will count for the qualification for the All-Around Final.

After this competition, the 24 best gymnasts (max. 2 per NF) are qualified for the All-Around Final of the following year.

- b) Apparatus Finals
Apparatus finals (4 apparatus) of the 8 best gymnasts per apparatus (max. 2 gymnasts per federation) of the Qualifying Competition according to FIG rules.

The winners of each of the 4 apparatus finals will be awarded with the title "European Champion" on the respective apparatus.

JUNIORS

Groups

- a) Qualifying Competition for the Apparatus Final
Group competition (5 gymnasts) with 2 presentations of an exercise with 1 apparatus as indicated in the FIG programme of the respective year. The results of these 2 presentations will be added.
The best 8 groups are qualified for the Apparatus Final.
- b) Apparatus finals
Competition of the 8 best groups of the Qualifying Competition; in this competition, there is only 1 presentation.

The gymnasts of the first ranked group in the group exercises will be awarded the title "Junior European Group Champion".

The apparatus are determined according to the FIG apparatus programme.
The apparatus (1) for the junior group competition is determined by the UEG RG-TC.



SENIORS Individuals & JUNIORS Groups - Team Competition

The winner of the Team Competition is designated as follows:

1st day

Seniors – Individual Gymnasts: the result of 2 of the 4 apparatus

Juniors – Groups: the result of the 1st rotation.

2nd day

Seniors – Individual Gymnasts: the result of the 2 remaining apparatus

Juniors – Groups: the result of the 2nd rotation.

The above-mentioned results of the 1st and 2nd day will be added; the best Federation will receive the title “European Team Champion in Rhythmic Gymnastics”.

Art. 3.3 Subdivisions for the Team competition, Seniors and Juniors

The starting order of the gymnasts, groups and subdivisions of Teams for the 1st day is decided by draw which is carried out by the TC-RG/UEG.

The starting order for the 2nd day is based on the results of the 1st day. There will be subdivisions of each 3-4 Teams (individuals + groups) according to the results of the 1st day (1-4, 5-8, etc.)

Art. 3.4 All-Around competition, Seniors

The gymnasts will be split into 2 groups depending on the results obtained during the Qualifying Competition of the preceding European Championships.

The starting order of the gymnasts within these groups will be set by drawing of lots.

Art. 3.5 Finals, Seniors and Juniors

The starting order of the Individual gymnasts and of the groups will be set by drawing of lots.

Art. 3.6 Limitation of the difficulties for the Juniors

For the junior competitions, the difficulty will be limited. Elements, which are forbidden by the FIG or the UEG, will be sanctioned. Information regarding the difficulties will be published in time.

Art. 3.7 Tie breaking rules

The FIG tie breaking rules in force are to be applied.

Art. 4 Musical Accompaniment

The FIG regulations will be applied.

Art. 5 Duration and timetable of the event

As a general rule, the European Championships are organised in 3 days.



Even Years

1 st day	Team competition	
	Seniors	Group competition, Exercise with one apparatus
	Juniors	Individual competition, 2 of 4 apparatus
2 nd day	Team competition	
	Seniors	Group competition, Exercise with 2 different apparatus
	Juniors	Individual competition, the remaining 2 apparatus
3 rd day	Seniors	All-Around Final with 4 apparatus
4 th Day	Juniors	Apparatus Finals for each apparatus
	Seniors	Group competition final for each apparatus

Odd Years

1 st day	Team competition	
	Juniors	Group competition, 1 st rotation
	Seniors	Individual competition, 2 of 4 apparatus
2 nd day	Team competition	
	Juniors	Group competition, 2 nd rotation
	Seniors	Individual competition, the 2 remaining apparatus
3 rd day	Juniors	Group competition final
	Seniors	Apparatus finals with 4 apparatus

Modifications can be made by the TC in particular cases.



Technical Regulations

Part II

Specific Rules – Trampoline Gymnastics



Edition 2017



Art. 1 Competitions

In the **even years**, qualifications and finals for seniors and juniors are organised in the following disciplines:

- **Trampoline:**
 - Individual women
 - Individual men
 - Team women
 - Team men
 - Synchro women
 - Synchro men
- **Tumbling:**
 - Individual women
 - Individual men
 - Team women
 - Team men
- **Double Mini-Trampoline:**
 - Individual women
 - Individual men
 - Team women
 - Team men

Art. 2 Composition of the delegations

SENIORS resp. JUNIORS

	Men	Women	Total
Trampoline individual	4	4	8
Trampoline synchro	2 pairs	2 pairs	4 pairs
Reserve individual and synchro	-	-	- *
Double mini-trampoline	4	4	8
Reserve double mini-trampoline	1	1	2
Tumbling	4	4	8
Reserve tumbling	1	1	2

Function	TRA	TUM	DMT	Mixed
Head of delegation	1	1	1	1
Team leader (only for full team*)	1	1	1	3
Coaches (not more than 1 per gymnast)	2 / 2	2 / 2	2 / 2	12
Judges (more only on request of the TC-TRA)	1	1	1	3
Doctor	1	1	1	1
Physiotherapist	1	1	1	3

Additional accreditations have to be bought by the NF.

Each team participating in the team competition is composed of 3 to 4 athletes.



* A full team in TRA/TUM/DMT consists of minimum 3 male and 3 female gymnasts.

** Reserves for Trampoline Synchro must come from Trampoline Individual and vice versa. If a second pair is entered, it must come from the Trampoline Individual contingency.

Art. 3 Competition format

The competition programme in the disciplines TRA individual and TRA Synchro, DMT and TUM consists of a qualifying competition and a final.

TRA individual competitions consist of qualifying rounds (Round 1 - two routines and Round 2 - one routine), a final (one routine) and a team final (one routine).

TRA Synchro competitions consist of two routines in the qualifying round and one routine in the finals.

DMT and TUM competitions consist of two routines in the qualifying round, two routines in the finals and one routine in the team finals.

Art. 3.1 Qualifications, Seniors and Juniors

All participants must take part in the qualifications in order to achieve a place in the finals.

Art. 3.2 Round 2 of the Qualifications, TRA Individual Seniors and Juniors

The gymnasts with the 24 best scores from Round 1 will go forward to Round 2.

Only 3 gymnasts per member federation may compete in Round 2.

The gymnasts start Round 2 with a score of zero.

Art. 3.3 Finals, Seniors and Juniors

The finals determine the European Champions.

Participation:

The top 8 gymnasts per discipline and age category, men and women (maximum 2 per NF)

The top 8 synchros per age category, men and women (maximum 1 per NF)

The top 5 teams in TRA individual, DMT and TUM per age category, men and women (4 gymnasts per team).

3.3.1 Finals withdrawals - Synchro

Only one synchro pair per NF can qualify for the final (first in the ranking after the qualifying round).

However, if a gymnast of one of the qualified synchro pairs is injured before the final and can therefore not participate, the NF has the possibility to replace this synchro pair by another pair under the condition that this pair would have been qualified for the finals except for the participation limit of 1 synchro pair per NF.

If this is not the case, the place of the synchro pair which had to withdraw from the finals will be replaced by the first reserve.



Art. 3.4 Starting order

In the qualifications, the starting orders will be determined by draw according to the TR/FIG and published in the work plan.

The starting order for Qualification Round 2 of TRA individual competitions will be in reverse order of merit, the gymnast with the lowest score in Round 1 going first.

In the finals, the starting order will be in reverse order of merit from the qualification rounds, i.e. lowest first.

Within the team, the order will follow the nominative entries.

Art. 3.5 Routine requirements

The requirements comply with the valid FIG Code of Points and/or the UEG Competition invitation.

Art. 3.6 Tie breaking rules

The FIG tie breaking rules in force are to be applied.

Art. 3.7 Reserves

Reserve gymnasts can only compete if a gymnast is injured; this has to be confirmed by the official doctor.

Art. 4 Duration and timetable of the event

As a general rule, the European Championships are organised in 4 days. From Wednesday to Saturday or from Thursday to Sunday.

Day 1	Qualifications Round 1, Jun ECh - TRA Qualifications, Sen ECh - TUM, DMT Team Finals in all disciplines
Day 2	Qualifications, Jun ECh - TUM, DMT Qualifications Round 1, Sen ECh - TRA Team Finals in all disciplines
Day 3	Qualifications, Jun ECh - Synchro Qualifications, Sen ECh - Synchro Qualification Round 2, Jun ECh and Sen ECh - TRA
Day 4	Finals Jun ECh and Sen ECh in all disciplines

Art. 5 Championship titles

The top ranked team or individual competitors from each competition shall receive the title of Junior respectively Senior Trampoline (resp. TUM/DMT) Gymnastics European Champion.



Technical Regulations

Part II

Specific Rules – Acrobatic Gymnastics



Edition 2017



Art. 1 Competitions

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

- Women's Pair
- Men's Pair
- Mixed Pair
- Women's Group
- Men's Group.

The programme is composed of a balance exercise, a dynamic exercise and a combined exercise.

Art. 2 Composition of the delegations

Art 2.1 European Championships (Juniors and seniors)

	Seniors	Juniors 13 - 19
Gymnasts	26	26
(Max 2 units per category and Age Group)		
Head of delegation	1	1
Team Manager 3 to 5 units	1	1
6 to 10 units	2	2
Coaches 1 unit	1	1
2 units	2	2
3 to 4 units	3	3
5 to 6 units	4	4
7 to 8 units	5	5
9 units and more	6	6
Additional Coaches * 4 to 6 units	1	1
7 units and more	2	2
Judges **	1 or 2	1 or 2
Doctor	1	1
Paramedical staff	1	1
Additional Medical doctor or paramedic. staff *		
4 to 7 units	1	1
8 units and more	2	2
Guest or VIP Guest * 1 to 4 units	1	1
5 units and more	2	2

* Accreditation at the charge of the federation

** in accordance with the TR/FIG excluding any Chair or Difficulty Judge drawn by the ACRO Technical Committee. The judges for juniors and seniors can be the same.



2.2 European Age group competition

		Age Groups	
		11 - 16	12 - 18
Gymnasts		39	
(Max 2 units per category and Age Group)			
Head of delegation			1
Team Manager	4 to 5 units		1
	6 units and more		2
Coaches	1 unit		1
	2 units		2
	3 to 4 units		3
	5 to 6 units		4
	7 to 8 units		5
	9 units and more		6
Additional Coaches *	4 to 6 units		1
	7 units and more		2
Judges **		1 or 2	
Doctor			1
Paramedical staff			1
Additional Medical doctor or paramedic. staff *			
	4 to 7 units		1
	8 units and more		2
Guest or VIP Guest *	1 to 4 units		1
	5 units and more		2

* Accreditation at the charge of the federation

** in accordance with the TR/FIG excluding any Chair or Difficulty Judge drawn by the ACRO Technical Committee. The judges for 11-16 and 12-18 can be the same.

2.3 Number of participation

Gymnasts may only compete in one event (pairs / groups) and one age category.

Art. 3 Competition format at European Championships (juniors and seniors)

Art. 3.1 Federations may enter a maximum of 2 pairs and groups in each category.

Art. 3.2 Qualifying Competition for the All-Around Final and the Individual Final

3.2.1 This event can be entered by all pairs or groups intending to receive a ranking for the All-Around Final and to qualify for the Individual Balance and/or Individual Dynamic

3.2.2 Competitors may enter for Balance and/or Dynamic individual competitions.

3.2.3 The starting order will be determined by draw by the UEG Technical Committee ACRO.



3.2.4 The top 8 proceed to the Individual Final (not more than one pair or group from each federation and in each category). If there are less than 12 entries in a category, only 6 will proceed to the Final.

Art. 3.3 All-Around Final, Combined Exercise

3.3.1 This event can be entered by all pairs or groups providing they have taken part in the Qualifying Competition.

3.3.2 The starting order will be determined by draw by the UEG Technical Committee ACRO.

3.3.3 Not more than 1 pair or group from each federation, in each category, is allowed to proceed to the All-Around final.

3.3.4 The total scores from the Qualifying Competition and the All-Around Final will be used to rank the competitors.

The competitors with highest total scores from the Qualifying Competition and the All-Around Final will be declared the winners and All-Around European Champions.

Art. 3.4 Individual Final, Balance and Dynamic

The competition starts from a mark of zero. The pairs / groups with the highest score in each category are declared European Champions.

The starting order will be determined by draw by the UEG Technical Committee ACRO.

Art. 3.5 Tie breaking rules

In the event of a tie, it will be broken based on the following criteria in this order:

3.5.1 Qualifying Competition for the All-Around Final

In case of a tiebreak between two pairs/groups of the same federation,

1) the highest sum of the E-scores of the balance and dynamic exercises will be decisive.

2) the highest sum of the E-scores and the A score of the balance and dynamic exercises will be decisive.

If this procedure fails to separate the competitors for the combined exercise, entry to the All-Around final will be decided by draw.

3.5.2 Qualifying Competition for Individual Finals

In case of a tie in points at any place in Qualification, the tie will be broken as follow:

- the highest Execution score for the exercise
- the highest Execution and Artistic scores together for the exercise
- the highest Difficulty Score of the performed exercise
- if the tie remains both pairs/groups qualify for the final, unless they are from the same country (see rule 3.5.3).



3.5.3 In the event of tie between two pair/groups from the same federation. If procedure 3.5.2 fails to separate the competitors for the Individual Final, entry to the Final will be decided by a draw.

3.5.4 All-Around Final

In case of a tie in points at any place in All-Around Finals, the ranking will be determined by the following criteria:

- 1) the highest sum of the E-scores of the balance, dynamic and combined exercises will be decisive.
- 2) the highest sum of the E-score of the combined exercise will be decisive.
- 3) the highest sum of the E-score and the A score of the combined exercise will be decisive.

If there is still a tie, the tie will not be broken.

3.5.5 Individual Finals

In case of a tie in points at any place in Individual Finals, the ranking will be determined by the following criteria:

- 1) the highest sum of the E-score of the exercise prevails
- 2) the highest sum of the E-score and the A score of the exercise prevails

If there is still a tie, the tie will not be broken.

3.5.6 Championship titles

The winners of the All-Around competition and Individual competition in each category shall receive the title European Champion (Senior or Junior).

Art. 4 Competition format at European Age Group Competition

Art. 4.1 Federations may enter a maximum of 2 pairs and groups in each category.

Art. 4.2 Qualifying Competition for the Finals

4.2.1 Valid FIG regulations for World Age Groups (11-16 and 12-18) will apply for the age groups 11-16 and 12-18.

4.2.2 Only one pair/group (with the highest score), from each federation may proceed to the final.

Art. 4.3 Age Group Finals (11-16 and 12-18)

Valid FIG regulations for World Age Groups (11-16 and 12-18) will apply.

Art. 4.4 Tie break rules

Valid FIG regulations for World Age Groups (11-16 and 12-18) will apply.

Art. 4.5 Competition titles

The winners of the finals in each category shall receive the title of European Age Group winners.



Art. 5 Musical Accompaniment

In accordance with FIG Rules and Regulations.

Art. 6 Measurement of Gymnasts

In accordance with FIG Rules and Regulations.

Art. 7 Duration and timetable of the event

The events will normally be at the same venue over thirteen days (changes may be made when an increase in competitors or changes to the TR/FIG make it necessary).

Day 1	Arrival of the Age Group teams
Day 2	Training
Day 3	Training
Day 4	Qualifying Competition - Age groups
Day 5	Qualifying Competition - Age groups
Day 6	Finals - Age groups
Day 6 or 7	Arrival of the Seniors and Juniors
Day 7 or 8	Training
Day 8 or 9	Training
Day 9 or 10	Qualifying Competition / Individual Finals - Seniors and Juniors
Day 10 or 11	Qualifying Competition / Individual Finals - Seniors and Juniors
Day 11 or 12	All-Around Final - Seniors and Juniors
Day 12 or 13	Individual Finals - Seniors and Juniors
Day 13 or 14	Teams depart

The exact timetable of the training and the competition is fixed in the work-plan prepared by the TC-ACRO. For organisational purposes, the programme may vary or need to be changed.

Art. 8 Special Regulations

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



Technical Regulations

Part II

Specific Rules – Aerobic Gymnastics



Edition 2018



Art. 1 Competitions

In **odd years**, the qualifications and finals for seniors and juniors are organised in the following disciplines:

Seniors and Juniors

- Individual Men
- Individual Women
- Mixed Pair
- Trio (Men, Women or mixed)
- Group (5 athletes: Men, Women or mixed)
- Aerobic Dance Seniors (8 athletes: Men, Women or mixed)
- Aerobic Dance Juniors (6 athletes: Men, Women or mixed)

Seniors

- Group Step (8 athletes: Men, Women or mixed)

Art. 2 Composition of the delegations

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

Maximum 2 per category in IM, IW, Mixed Pair and Trio, and 1 in Group, Aerobic Dance and Aerobic Step **but not exceeding 30 competitors.**

Competitors	30	30
Head of delegation	1	1
Team leader	1	1
Coach	2	2
Judge	2	2
Doctor	1	1
Physiotherapist	1	1

Art. 3 Competition format

Art. 3.1 Qualification and team ranking, Seniors and Juniors

The Federations can enter, in the Senior and the Junior category, a maximum of 2 IW, IM, MP, TR and 1 GR, AD, AS (AS only for Seniors).

A competitor may compete in maximum 3 Aerobic categories and in only one age category.



In order to participate in the team competition, a federation must participate with at least one unit in the qualifications in the following categories: Individual Men and/or Individual Women, Mixed Pair, Trio and Group, AD or AS.

Art. 3.2 Finals for Seniors and Juniors

A maximum of 8 IM, IW, MP, TR (max. 2 per NF) or Groups, AD and AS (1 per NF) may participate in the final.

Art. 3.3 Starting order

All starting orders will be determined by draw made by the TC-AER/UEG.

Art. 3.4 Exercise requirements

The gymnasts present one routine in each competition.

The requirements must comply with the valid FIG Technical Regulations and Code of Points.

Art. 3.5 Team ranking

To participate in the team ranking, federations must be represented with at least one participant in the qualification round: Individual Men and/or Individual Women, Mixed Pair, Trio, Group, Aerobic Dance or Aerobic Step.

The team ranking list will be established by adding the 5 best places (rankings).

The Federation with the lowest total of ranking places will be declared European Team Champion.

Art. 3.6 Tie breaking rules

The FIG tie breaking rules in force are to be applied.

Art. 4 Musical Accompaniment

All exercises must be performed entirely to music.

All composers must be acknowledged to satisfy the laws of Copyright.

Art. 5 Duration and timetable of the event

As a general rule, the European Championships are organised in 4 days.

Art. 6 Championship titles

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



Technical Regulations

Part II

Specific Rules – TeamGym



Edition 2018



Art. 1 Competitions

In the **even years**, the qualifications and finals for Seniors and Juniors are organised in the following disciplines:

- Floor
- Tumble
- Trampet.

The participation in all these apparatus is compulsory.

Art. 2 Composition of the delegations

Each federation may bring max 1 team in each section in both the senior and junior competition.

A team consists of max 12 gymnasts, 3 coaches and 1 physiotherapist.

The maximum size of the official delegation for each federation is as follows:

	SENIORS	JUNIORS
Gymnasts:		
- Women's Team	12	12
- Mixed Team	12	12
- Men's Team	12	12
Coaches	9 (max. 3 per team)	9 (max. 3 per team)
Team Leader	1	1
Head of delegation	1 for Sen. & Jun.	
Deputy Head of delegation	1 for Sen. & Jun.	
Doctor	1 for Sen. & Jun.	
Physiotherapist	6 for Sen. & Jun. (max. 1 per team)	
Judges	4 for Sen. & Jun.	

Art. 3 Competition format

The European TeamGym Championship consists of the following three sections, in both senior and junior competitions:

- Women's Teams
- Mixed Teams (50% male and 50% female)
- Men's Teams.

The number of accredited gymnasts per team is 8 to 12, including any reserves.

The actual gymnasts proposed to perform must be declared to the organisers (as per the Work Plan) at least ten minutes before the scheduled start of the team's first discipline in the competition. This may be a minimum of 8 and a maximum of 10 gymnasts.

All declared gymnasts must perform the floor. If a gymnast is injured during the competition prior to the floor, the following disposition will be applied:



After the team declaration, reserves may only be used in case of injury or illness confirmed by the official doctor of the European Championships. The affected gymnast can then be replaced with an accredited reserve. Gymnasts that are replaced may not participate further in the Championships.

A new team declaration is required for the finals.

Gymnasts may only compete in one team at the combined Junior/Senior Championships.

Gymnasts performing triple saltos must present a written dispensation. This is a formal letter from the National Federation stating that they give a specific gymnast (and their specific coaches) the permission to perform triple somersaults at the European Championships.

Art. 3.1 Qualifications, Seniors and Juniors

The Federations can participate with a maximum of 1 women's team, 1 men's team and 1 mixed team in the senior respectively in the junior category.

Art. 3.2 Finals, Seniors et Juniors

The 6 Teams with the highest ranking from the Qualification are qualified for the Finals.

Teams in the final start from zero score.

Art. 4 Tiebreak rules

In case of equality of the total score for Qualification to Finals, the following principles apply:

Art. 4.1 The Team with the highest score in 2 disciplines gets the highest ranking.

In case of further equality:

Art. 4.2 The Team with the highest final score in any of the disciplines gets the highest ranking.

In case of further equality:

Art. 4.3 The Team with the second highest final score in any of the disciplines gets the highest ranking.

In case of further equality:

Art. 4.4 The Team with the highest E scores on any apparatus.

In case of further equality:

Art. 4.5 The ranking will be settled by a draw.



Art. 4.6 In case of equality of the total score between teams not having achieved a ranking for the final, the Teams will keep their achieved ranking.

Art. 4.7 In case of equality of the total score between teams in the final, the Teams will keep their achieved ranking and receive medals as appropriate.

Art. 5 Judges

All judges must be holders of the UEG TeamGym brevet for the corresponding cycle. Each participating NF is obliged to nominate at least one judge who is guaranteed a position on a judging panel.

Art. 6 Starting order

The starting order of the teams is decided by an official drawing of lots in the presence of representatives of the TC and the OC and published in the work plan. The Federations can be present.

Art. 7 Musical accompaniment

All exercises must be performed entirely to optional music. The music must be instrumental with no lyrics and provided in electronic format. Words must not be included with the music during an exercise, but voice may be used as an instrument. All composers must be acknowledged to satisfy the laws of Copyright.

Art. 8 Duration of the event

As a general rule, the European Championships for Seniors and Juniors are organised in 4 days at the same venue, in the same week.

Day 1 – Training, Opening Ceremony
Day 2 - Qualifications
Day 3 - Final Juniors
Day 4 - Final Seniors, Closing Ceremony

In case of a large number of teams, the Championships might be extended with an extra day.

Art. 9 Championship titles

The team's total score is the sum of the final scores of all three disciplines. The winning team for each of the sections shall receive the title European TeamGym Champion.