

**Nordic
TeamGym
Championships**

**TECHNICAL
REGULATIONS**

Valid until Dec 31st, 2025

ABBREVIATIONS

NF	National Federation
NGM	Nordic Gymnastic meeting
NTC-TG	Nordic Technical Committee TeamGym
NTGC	Nordic TeamGym Championship
OC	Organising Committee
TG-TC	TeamGym Technical Committee of the EG
TG	TeamGym
EG	European Gymnastics

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I GENERAL REGULATIONS

1 Organisation and terminology

The Nordic TeamGym Championships (NTGC) is a club competition, which takes place every year.

The NTGC for seniors takes place every uneven year, and NTGC for juniors take place every even year.

The organising country is selected according to the rotation schedule as defined by the NGM.

2 Right to participate

All Nordic federations, which are affiliated to the EG and FIG have the right to participate. Non-Nordic teams are not allowed to participate in the NTGC. Also, it is not allowed to arrange an open competition together with the NTGC.

3 Allocation and dates

The national federations will receive an official Application Form from the organising country.

The championship for seniors takes place on the second Saturday in November and the championships for juniors takes place on the third Saturday in April.

If the third Saturday is Easter, the championship will take place on the second Saturday.

4 Conditions for participation

4.1 Composition of the team

8-14 gymnasts including any reserves, from the same club (an exception can be made and the gymnasts can come from a maximum of two clubs, but the team must have competed together in the competition year).

Each team has to announce the competitors and reserves at the accreditation.

A gymnast can only represent one club, but is allowed to participate in both mixed and men/women.

4.2 Age of the participants

For the senior TeamGym: Minimum 16 years
For the junior TeamGym: 14 - 17 years

The gymnasts have the right to participate if they reach the determined min/max age during the year of the competition.

4.3 The NF are responsible for

The correct age of their gymnasts.
The club membership of their gymnasts.
Valid insurance of their gymnasts.
That their teams follow the EG rules for advertising.

The correct age and valid insurance will be checked at the accreditation (bring a passport or another kind of identification card with a photo).

4.4 Size of the delegation

Maximum 2 teams per section (men, women and mixed)
Maximum 3 coaches per team
Maximum 14 gymnasts including reserves per team
Maximum 1 Team Leader per team
Maximum 4 judges
Maximum 1 physiotherapists/doctors or similar function per team
Maximum 1 Mental Health Professional
1 Head of the delegation
Maximum 1 Deputy Head of the delegation
Maximum 1 Media/press (representing the federation)
Maximum 2 national coaches
1 NTC-TG member

All competing gymnasts must participate in the floor programme.
8-12 gymnasts are allowed in the competing team/floor programme.

If only 3 or less countries have teams participating in a section, then the countries are allowed to bring 3 teams each in that section. If this rule comes into play, then the OC must tell the NFs, after the provisional registration.

Any extra gymnasts/coaches must not be added to the delegation. However, they can be offered a food and accommodation package. All extra bookings will be handled separately from the delegation bookings. Accreditation cards or tickets to the official banquet must not be offered.

5 Entry procedure

5.1 Official forms

For registration of entry, official forms, which are distributed to all affiliated NF by the organizing federation at the required time, are to be used.

5.2 Deadlines

The deadlines for arrival of registration at the OC are determined by the dates of the competition, as follows.

Kommentert [SS1]: Mental Health Coach (addition)

5.2.1 Provisional registration

Provisional registration files must be sent out from OC no later than 6 months and one week before the competition.

Provisional registration must be sent from NF no later than 6 months before the date of the NTGC.

The OC must include a list of the apparatus that will be used at the competition, when sending out information about the provisional registration.

If the OC wishes, it is possible to run both the standard Nordic setup and the European setup in two arenas. The OC must inform which program they wish to use and announce this in the first invitation sent to the other federations.

5.2.2 Definitive registration

Definitive registration files must be sent out from OC no later than 3 months before the competition.

Definitive registration of delegation members must be sent in by NF no later than 2 months before the date of the NTGC.

The definitive registration from each federation must include a ranking of the two qualified teams in each section. The presumably best team in each section should be ranked as no 1.

5.2.3 Nominative list of gymnasts, judges and officials

Nominative registration files must be sent out from OC no later than 6 weeks before the competition.

3 weeks before the date of the NTGC NF must send in:

The list must include:

- Surname and forename
- Date of birth (year) of the gymnasts.

5.2.4 Work Plan

The Work Plan must be sent out no later than 4 weeks prior to the championships.

5.3 Alterations of the teams

Alterations of the teams are possible only in exceptional cases and must be authorised by NTC-TG. Alterations will not be accepted later than at the accreditation.

5.4 Alterations of the nominative list of the gymnasts

Before accreditation, teams are allowed to change/replace nominated gymnasts without any further action, except that changes must be handed in to the OC at the accreditation.

After accreditation and before the start of the competition, changes to the nominative list are only allowed between the registered competing gymnasts and the registered reserve gymnasts. All alterations must be handed in to the OC.

5.5 In cases of illness or injury during the competition

In cases of illness or injury during the competition, confirmed by the official doctor of the championships, it is allowed to replace the affected gymnast with a nominated reserve.

Replacing an injured or ill gymnast is optional, but [the](#) gymnast needs to be excused by the competition doctor.

II TECHNICAL ORGANISATION

6 Competition format

The TeamGym Championships consists of the following sections:

- Women's teams
- Men's teams
- Mixed teams, i.e., 50% males/50% females

7 Competition program

The following [apparatus](#) are compulsory for every participating team:

- Floor program
- Tumble
- Trampet

This is also the preferred running order for each team, but it is not a requirement.

All competing gymnasts of the team must participate in the floor program. In case of illness or injury, see 5.5.

Kommentert [PS2]: To align better with the Technical Regulations of European Gymnastics, discipline is changed to apparatus. Disciplines are MAG, WAG, TG, etc.

8 Technical tasks

8.1 Responsibility

The organising federation is responsible for the technical organisation and running of the competition, with the support of the NTC-TG. Competition order should always be decided with a draw.

The draw is the responsibility of the OC, and the final running order must be announced in the Work Plan. The result of the draw must be approved by the member of the NTC-TG from the organizing country.

All sections with 10 teams or more should be divided in two starting groups and the ranking from the definitive registration comes to effect. The presumably best team in each section in the last group. If the federation participates with only one team in a section, then the team will be placed in the last group. If the two groups are not ideal for the running of the competition, there will be a draw to select the teams placed in the first group.

Kommentert [SS3]: See topic from SWE

8.2 Comply with the Code of Points

Organisation, accomplishment, and direction of the competition must comply with the Code of Points (EG).

8.3 Evaluation of new elements in the Code of Points

The EG Code of Points will be updated with new elements every second year. However, the TG-TC encourages all member Federations to submit new elements that do not yet appear in the Code of Points. The EG will respond in confidence by sending a formal letter to the Federation telling the new code number, a provisional value and a symbol. The respective Nordic Federation may then decide if the element will be performed at the Nordic Championships before an official EG TeamGym competition. In this case, the Federation must bring a copy of the EG evaluation letter to the official judges' meeting at the Nordic Championships. Performing a new element at the Nordic Championships also gives teams from other countries the opportunity to use the same element in their floor program.

9 The juries and judging panels

9.1 Judges

All judges must be holders of the EG TeamGym brevet for the corresponding cycle or be judges for national competitions in their own country. Judges with head judge positions (E1 and CD1) should be holders of the EG TeamGym brevet.

If a country does not have enough brevet judges to fill the head judge positions, they should inform the NTC-TG as soon as possible.

9.2 Nomination of judges

Each participating federation is obliged to nominate 4 judges.

9.3 Judges meeting

All judges must participate at the judges meeting prior to the competition. Tariff forms will be distributed to the judges on the evening prior to the competition day.

9.4 Dissensions and interpretations of the Code of Points

If there is any dissension between the judges at the judges' meeting when it comes to the interpretation of the Code of Points, the case will be settled by a simple majority vote by the NTC-TG. All judges are obliged to follow these decisions.

It's still the head judge in the respective apparatus who's responsible for making interpretations and decisions regarding other issues in the Code of Points during the competition.

9.5 Competition jury

The competition jury consists of:

- NTC-TG (one representative from each of the Nordic countries)
- The competition director
- The head judge (E1) in the respective apparatus

The NTC-TG will take the necessary decisions.

An NTC-TG member not able to attend the jury can appoint a new person from the same country to be part of the jury. The OC and NTC-TG must receive this information as soon as possible.

It is allowed at the Nordic Championships for a judge to be both a judge and an NTC-TG-member.

9.6 Inquiries

Inquiries against the score are not allowed at the Nordic Championships

9.7 Judging panels

There are 3 judging panels, one for each apparatus in each section. The judging panel consists of panels CD- and E-panels.

The judging panels

Floor Program:

CD-panel: Head Judge (CD1) + three judges (CD2, CD3, CD4)

E-panel: Head Judge (E1) + three judges (E2, E3, E4)

Tumble and Trampet:

CD-panel: Head Judge (CD1) + one judge (CD2)

E-panel: Head Judge (E1) + three judges (E2, E3, E4)

Drawing of lots of the judges is the responsibility of the OC, and the final judging panels must be announced in the Work Plan. The result of the drawing of lots must be approved by the member of the NTC-TG from the organising country.

Each nation shall be represented in all sections and apparatus. Each nation can only have one judge in each panel (CD/E) in each apparatus.

Each nation can only have a maximum 1 E1-Judge in each section and a total of 2 E1-Judges in the whole competition (women, men and mixed).

In Floor Program, each nation can only have a maximum of 2 judges in the whole judging panel (CD+E).

The draw for judging positions is made by country, which will then be placed into the below fixed scheme of judges' positions. The draw from 2023 will be continued and the countries will move forward to the next number the next year. A new draw will be made for the 2028 Championships.

2025	Country
Country no 1:	NOR
Country no 2:	SWE
Country no 3:	ISL
Country no 4:	DEN
Country no 5:	FIN

MIXED

Floor		Tumble		Trampet	
CD1	1	CD1	2	CD1	1
CD2	4	CD2	5	CD2	3
CD3	2				
CD4	3				
E1	3	E1	4	E1	5
E2	4	E2	1	E2	2
E3	5	E3	3	E3	4
E4	2	E4	5	E4	1

WOMEN

Floor		Tumble		Trampet	
CD1	2	CD1	3	CD1	4
CD2	5	CD2	1	CD2	2
CD3	3				
CD4	4				
E1	5	E1	2	E1	1
E2	1	E2	1	E2	3
E3	4	E3	4	E3	5
E4	3	E4	5	E4	2

MEN

Floor		Tumble		Trampet	
CD1	3	CD1	4	CD1	5
CD2	1	CD2	2	CD2	1
CD3	4				
CD4	5				
E1	1	E1	3	E1	2
E2	2	E2	2	E2	5
E3	3	E3	5	E3	4
E4	4	E4	1	E4	3

III RANKING LISTS AND DISTINCTIONS

10 Ceremonies

10.1 Opening

Participants from all teams must march in wearing club uniform. Organising country will inform in the workplan how this will be adapted. It is recommended that two representatives from each team are chosen to take part in the opening ceremony. The teams are announced by country. The teams from the organising country are announced last. The championships are then officially opened by a short speech. The teams march out immediately afterwards.

10.2 Award and closing ceremonies

Only the medal-winning teams will march in. They must wear either competition dress or club uniform/tracksuits. The whole team must wear the same outfit. Awards are presented (bronze first, then silver, then gold) either after all sections are done or after each section. The Nordic Champions are announced, medals are awarded, and the national anthem of the winning team is played. The championship is officially closed by a short speech after award ceremony after the last section. The teams march out immediately afterwards.

It is the responsibility of the OC that the flag and anthem of all countries are present at the ceremonies.

11 Ranking

11.1 Total score

The total score of the team is the sum of the final scores of all three apparatus.

11.2 Winning club

A winning club will be announced for each of the sections.

12 Cups, medals and diplomas

12.1 To the winning club

The winning club in each section is awarded one big and one smaller cup. The winning club holds the smaller cup (minimum 35 cm high).

The NF holds the big cup until the next NTGC (junior/senior respectively). The NF is responsible for bringing the cup to the OC.

If the same team wins the cup for the third time, the team gets the big cup to have and to hold. The respective NF is responsible, both practically and economically, for buying a new big cup including engraving.

The medals are to be similar to those used in the previous Championships, but they can be ordered locally.

12.2 Bringing of the cups

The OC must remind the NF to bring the cups.

12.3 Who receives medals and diplomas - Gold

All participating gymnasts (including reserves) and coaches from the winning club receive a gold medal and a diploma.

Kommentert [SS4]: Is team leader included ??

12.4 Who receives medals and diplomas - Silver

All participating gymnasts (including reserves) and coaches from the second placed club receive a silver medal and a diploma.

Kommentert [SS5]: Is team leader included ??

12.5 Who receives medals and diplomas - Bronze

All participating gymnasts (including reserves) and coaches from the third placed club receive a bronze medal and a diploma.

Kommentert [SS6]: Is team leader included ??

12.6 Who receives a diploma

All other gymnasts (including reserves) and coaches having participated receive a diploma.

Kommentert [SS7]: Is team leader included ??

12.7 Who provide cups, medals and diplomas

All smaller cups, including engraving, medals, including engraving and diplomas are provided by the OC.

13 Equality of points

In case of equality of the total score in the Qualifications or Finals, the following principles apply. In case of 3 or more teams with the same total score, the teams are compared two at a time before being ranked.

- I. The Team getting 2 apparatus wins when compared with the other team, gets the highest ranking. This is not the sum of the 2 highest Final Apparatus Scores, but winning 2 of the apparatus over the other team.
In case of further equality:
- II. The Team with the highest final score in any of the apparatus gets the highest ranking.
In case of further equality:
- III. The Team with the second highest final score in any of the apparatus gets the highest ranking.
In case of further equality:
- IV. The Team with the highest E score in any of the apparatus gets the highest ranking.
In case of further equality:
- V. The Team with the 2nd highest E score in any of the apparatus gets the highest ranking.
In case of further equality:
- VI. The Team with the highest total E score in all three apparatus gets the highest ranking.
In case of further equality:
- VII. The tie will not be broken, and the Teams will keep their achieved ranking and receive medals as appropriate.

14 Complete results and complete list of results

14.1 Distribution

When the competition is finished, the OC is obliged to distribute a copy of the complete results to the media, and by email to the NF-contact persons. For the representatives of the NTC-TG and head of delegations, complete list of results, including the scores of the individual judges.

IV FUNCTIONS OF THE ORGANISING COMMITTEE

15 Responsibilities of the organisers

15.1 NF with the total responsibility

The NF appointed by the schedule as organiser of the Nordic TeamGym Championship is fully responsible for the organisation of the event, and for establishing the local OC. They carry out all the necessary practical work and cover the related expenses.

15.2 General obligations of the OC

The OC is responsible for a flawless running of the event, which includes the running of the competition, the training sessions, the judges' meetings and the necessary meetings.

To achieve this, they must strictly observe the following:

- Technical regulations for the Nordic TeamGym Championships (this document)
- Code of points (by the EG). See appendix for the Nordic adaptations
- Directives for Equipment - TeamGym (by the EG). See appendix for the Nordic adaptations

V FINANCIAL MATTERS AND OBLIGATIONS

16 Financial obligations

16.1 Participating clubs, countries and OC

The participating clubs cover all their expenses, including for their judges. If a country cannot provide 4 judges, then the cost of providing the judges from another country must be assumed by the country unable to provide the judges.

The OC must offer at least two different types of accommodations: One to a very reasonable price e.g., a hostel, one in middleclass e.g., a tourist hotel, and possibly a better class hotel. The OC must try to provide accommodations within walking distance of the competition area.

16.2 OC

The organiser of the Nordic TeamGym Championships will cover all the expenses and obligations related to the running of the event.

VI SPECIAL REGULATIONS

17.1 Statutes of the EG and extraordinary situations

The rules of the Statutes of EG will be applied in all situations, that are not foreseen in these regulations. See also VII Appendices, section 18.3.

If extraordinary situations should occur, the necessary decisions will be made by the NTC-TG or the representatives of each country present at the competition.

17.2 Language

The Work Plan and all general documents and information concerning the Nordic TeamGym Championships are to be published in English.

17.3 Protocol

The statutes and regulations of the FIG are valid in all matters of protocol concerning the Nordic TeamGym Championships.

17.4 Revising of the Technical Regulations

The regulations (this document) are to be revised each year during the NTGC meeting. Within 6 weeks after the championships the organizing country will send the draft of the revised Technical Regulations for approval. Comments and changes to the draft must be sent back to the organizing country within 2 weeks.

The regulations must be finally approved by the NTC-TG and sent out to the NF within 2 months.

The valid until date on the front page of this document, must always be updated by one year as part of the revision.

17.5 NTC-TG meeting

NTC-TG will meet at every NTGC. The meeting is held on Thursday at 18:00-22:00. Each Nordic country may bring two representatives to NTC-TG meetings, but only one has a voting right. The organizing country may have a secretary present at the meeting.

If any country wishes to bring more than two participants to the meeting, they should ask the NTC-TG members for permission and inform the OC in advance before the agenda is sent out.

Deadline for sending in issues for discussion or change at the NTC-TG meeting:

- Invitation must be sent out 6 weeks before meeting date by the organising country
- Topics for the meeting must be sent to the organiser no later than **5 weeks before the meeting date**
- The organiser must send out the meeting agenda no later than 3 weeks before the meeting date
- The minutes of the NTC-TG meeting must be sent out by the organising country within 6 weeks after the championships

17.6 Evaluation of the Nordic Championships

The OC will after the event send an (online) evaluation form to all federations. All teams, judges and head of delegations are expected to submit this form. The outcome will be shared with the NTC-TG.

VII APPENDICES

18.1 Code of Points – Nordic adaptations

The EG Code of Points will be applied with the following adaptations:

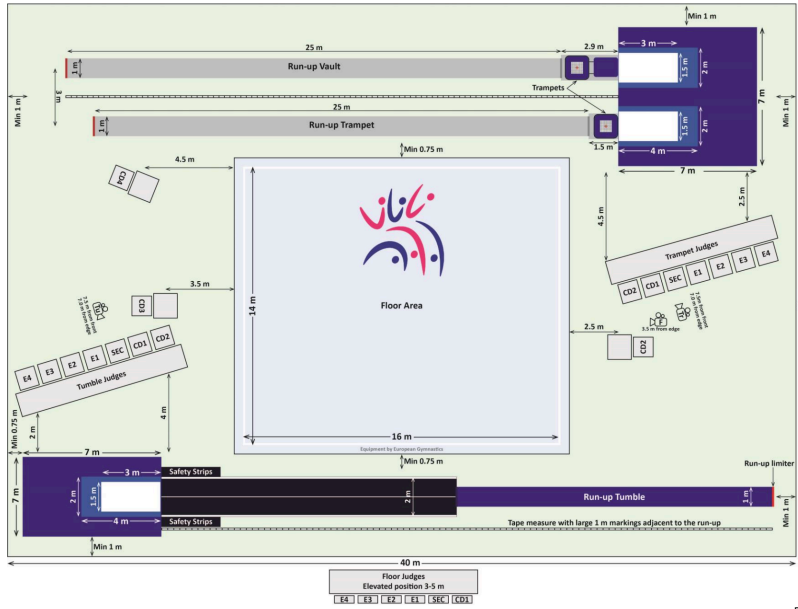
- Tasks for the Superior Jury (present at the EG TeamGym European Championships).
 - o The deductions for the Superior Jury will be transferred to the judges' panels, ensuring that certain deductions are only given once per team:
All panel judges may notify the E1 and the panel will discuss together, whether they take the deduction or not. The whole panel needs to be of the same opinion, otherwise the jury will be called. The deduction can only be taken once per team. If the deduction is taken, the OC will notify all other panels.
 - o Instructions on how to apply the Superior Jury deductions are presented at the judges' meeting
- Regarding art. 4.2.1 in the CoP the following text is applied: Gymnasts must wear sportive attire. A neat and proper athletic appearance should be the overall impression, with the clothing being identical for members of the same team, with some exceptions for mixed teams (see 4.2.4). Clothing must not be baggy or loose.
- Wearing a national identification or emblem is optional at the Nordic TeamGym Championships (see CoP 4.2.1 and 8.2)
- Competition numbers are extended to 1 – 40 (CoP 4.2.5)
- 28.2.2 – d is not applied at the Nordic Championships in tumble
- An additional coach may stand at the beginning of the run-up and can talk to the gymnasts but should refrain from drawing attention to himself. The one or two coaches standing in for support are allowed to talk to any gymnast in case of injury, including gymnasts who are not injured.

18.2 Directives for Equipment – Nordic adaptations

The EG Equipment Directives (Edition 2023) will be applied with the following exceptions:

When training and competition take place in separate halls. The federations agree that it is most important that the apparatus are identical between halls and if possible are new.

Competition Hall Layout



18.3 The applicability of other FIG/EG regulations

EG publicity

- EG rules for advertisement are followed
- National emblem is optional

EG Technical Regulations

- Sanctions against late entries (3.2.6), for missing/insufficient number of judges (3.2.7) and unjustified failure to attend the information meeting (13.2) will not be imposed.
- Please note that 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.

18.4 Tariff forms

Head of delegation delivers all revised tariff forms to the secretariat within two hours before the start of the competitions. It is ok to use a web solution for handing in tariff forms if the OC has one. If a web solution is not used the OC should have a copying machine for copying tariff forms at the accreditation.

The OC must give information about this in the Work Plan.

18.5 Clothing during practice

During all practice in the competition hall, a similar, neat and proper athletic appearance should be the overall impression of the teams.

The OC must give information about this in the work plan.

18.6 Recommended timetable for the competition

Thursday:

18:00-22:00 Arrival of the teams *
Meeting of the NTC-TG

Friday:

09:00-12:30 Arrival of the teams *
Meeting of the NTC-TG (if needed)
14:00-19:00 Training for the teams (see below) **
20:00 Information meeting for Head of delegation,
coaches and judges ***
20:30 (Judges' meeting if necessary)

Saturday (with three competitions):

08:00 General warm-up Mixed teams
09:00 Warm-up Mixed teams
(8 min/team/apparatus)
09:00-10:00 Judges' meeting for the Mixed competition
10:10-10:30 Opening ceremony
10:30 Competition Mixed teams
12:00 Warm-up Women's teams
(8 min/team/apparatus)
12:00-13:30 Judges' meeting for the Women's
competition
13:30 Competition Women's teams
15:30 Warm-up Men's teams
(8 min/team/apparatus)
15:30-16:30 Judges' meeting for the Men's competition
16:30 Competition Men's teams
18:00 Award ceremony
20:00 Banquet

Saturday (with two competitions):

08:30	General warm-up
09:30	Warm-up (8 min/team/apparatus)
11:00-12:00	Judges' meeting
12:00	1 st Competition
14:00	PAUSE
14:30	2 nd Competition
17:00	Award ceremony
20:00	Banquet

- * Dinner on Thursday should always be offered for teams arriving early
- ** Training on Friday will be arranged in the same running order as the competition. This means starting with mixed teams, then women's teams and finally men's teams. The training time is 10 minutes per team and apparatus, starting at 2:00 pm at the earliest.
- *** The information meeting should start after all training is finished.

18.7 Rotation schedule for the Nordic Gymnastics Cooperation

	TeamGym Seniors W/MIX/M	TeamGym Juniors W/MIX/M
Time	2 nd Saturday in November	3 rd Saturday in April *
2017	SWE	
2018		FIN
2019	NOR	
2020		Cancelled
2021	Cancelled	
2022		DAN
2023	ISL	
2024		SWE
2025	FIN	
2026		NOR
2027	DAN	
2028		ISL

- * If the third (3rd) Saturday in April coincide with the Easter, the Championships are organised the second (2nd) Saturday in April.