



**European
Gymnastics**

Head Office
Avenue de la Gare 12
CH - 1003 Lausanne

Phone: +41 - 21 - 613.10.20

info@europeangymnastics.com
www.europeangymnastics.com

EUROPEAN GYM FOR LIFE CHALLENGE (EGFL)

R E G U L A T I O N S

Edition 2026

EBU

OPERATING EUROVISION AND EURORADIO

SMARTSCORING

ABBREVIATIONS

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

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Introduction

The European Gym for Life Challenge will be organised every 2 years the day before EUROGYM. The challenge is open for everyone who is 12 years and older.

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

Art. 1 General aims

The objectives of the EGFL are as follows:

- To offer gymnastics groups the opportunity to participate in a Challenge and have their programme evaluated.
- To improve the quality of group performances by evaluating the performances and giving feedback to the groups, including advices on how to improve.
- To create an interesting and exciting event, both for the gymnasts and for the audience.
- To create another platform in the field of choreography and to distribute the “know how” to enhance the entire field of group performances/displays.
- To give more attention to group performances.

Art. 2 Terminology

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

Art. 3 Responsibilities

- 3.1** The EGFL is a European Gymnastics event.
- 3.2** The TC-GfA is responsible for the coordination of organisational matters.
- 3.3** The Organising Federation is appointed by the EC/European Gymnastics.
- 3.4** Only European Gymnastics member Federations will be taken into consideration as a candidate.
- 3.5** European Gymnastics and the Organising Federation will sign a contract stipulating the conditions to run the Challenge.

Art. 4 Format

- 4.1** The EGFL will be organised every two years, in the even years right before the EUROGYM. If not possible, it might be organised as a separate event on proposal of the EC/ European Gymnastics.
- 4.2** The EGFL will last for 1-3 days, depending on the number of groups.
- 4.3** The Organiser of the EGFL is appointed by the EC/European Gymnastics. The organiser should promote the Challenge.

Art. 5 The programme of the EGFL

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

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

5.1 Welcome / Opening Ceremony

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

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

5.2 Challenge

5.2.1 Venue

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

A preparation area is made available for the warm-up of the gymnasts (see Art. 5.2.12).

5.2.2 Sound & lights

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

5.2.3 Seats/tribune

Seating for the audience and the participants must be provided (approximately 2000 people).

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

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

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

5.2.4 Meeting room

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

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

5.2.5 Accommodation

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

5.2.6

Age

The participants must be at least 12 years old.

5.2.7

Time/Music

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

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

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

5.2.8

Equipment

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

Rollable floor mats

Mini-trampolines

Landing mats

Air track/tumbling

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

5.2.9

Number of gymnasts in a group

A group has to be composed of at least six gymnasts.

5.2.10

Number of performances

Each group presents its performance once and has it evaluated.

5.2.11

Rehearsal

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

5.2.12

Warming-up

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

5.2.13

Categories

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

The number of categories depends on the number of groups.

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

5.2.14

Evaluation

Each performance will be evaluated according to the following criteria:

- Entertainment value and overall impression
- Innovation, originality
- Technique, quality and safety
- Variety, diversity

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

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

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

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

5.2.15 Results

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

All groups receive a bronze, silver or gold trophy, all gymnasts receive a medal and a diploma.

European Gymnastics will also hand out some special diplomas.

The results will be announced and the prizes will be handed out after the Challenge.

The European Gymnastics office will receive one set of trophies.

5.2.16 Feedback

The Challenge will have a minimum of 3 Feedbackers, who must be experienced in choreography and have participated in an “advisory course” of the TC-GfA.

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

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

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

5.3 Closing

5.3.1 Closing speech

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

5.3.2 Flag ceremony

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

5.3.3 Promotion of the next event

The next LOC can have 5 minutes to promote its event.

Art. 6. Procedures for registration

Only European Gymnastics member Federations can participate in the Challenge.

6.1 Invitation

A joint invitation from European Gymnastics and the LOC will be sent to the Federations **twenty months** prior to the Challenge.

6.2 Registration of interest

The NF can register as many groups as they like.

The registration of interest should be sent to the LOC **twelve months** prior to the Challenge.

6.3 Provisional registration

Provisional registrations must be sent on the official forms to the LOC no later than **eight months** prior to the Challenge. The provisional registration is officially accepted and confirmed when the payment of 10% of the participation fee has been paid to the LOC. The 10% of the participation fee is not refundable.

6.4 Definitive Registration

Four months before the Challenge, the LOC must have received the definitive registrations from the NF as well as the rest of the participation fee.

6.5 Cancellation policy

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

The OC should recommend that each Federation subscribes to its own cancellation insurance for its participation in the EGFL.

Art. 7 Right of the Federations to participate

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

Gymnasts can participate if they:

- Belong to a European Gymnastics Member Federation,
- Have the correct age,
- Have a valid health/accident insurance,
- Respect the dispositions of the EC decisions and of the Regulations.

The OC has to offer an adequate insurance to participants who have no sufficient insurance; the resulting costs have to be paid by the participants.

The insurance must cover medical costs during the stay at the site of the event and transportation costs back to the home of the person injured or fallen ill.

Art. 8 Schedule

8.1 The schedule for the EGFL is prepared by the LOC and the TC-GfA and includes the timetable of the Challenge as well as of the rehearsal and of the warm-up.

8.2 The schedule must be sent to the NF at least one month before the EGFL.

Art. 9 Organisation

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

- 9.1.1** Responsibility for the implementation of these Regulations.
- 9.1.2** Deciding special cases concerning participation and organisation.
- 9.1.3** Reserves the right to make changes in matters concerning the programme and the schedule.
- 9.1.4** Constantly maintaining the necessary communication with the LOC and/or the Organising Federation.
- 9.1.5** Entitled to give its opinion in matters concerning the financial plan and the budget as far as the participation fee is concerned.

9.2 The LOC has the following obligations, responsibilities and rights:

- 9.2.1** Application of the European Gymnastics Regulations for the EGFL.
- 9.2.2** Preparation of an organising plan in agreement with the TC-GfA.
- 9.2.3** Preparation of information bulletins for promotional matters as well as an invitation for the European Gymnastics Member Federations to participate.
- 9.2.4** Receives and manages the registrations of the NF.
- 9.2.5** Preparation of the programme for the complete event.
The programme has to be available in English. The language of the organising country may also be used as a second language.
The programme has to be distributed to all participating NF at least one month before the Event.
In addition to the schedules it should contain information about the Evaluators and Feedbackers, the criteria used to evaluate and other useful information. This programme can also be handed out to the audience on the day of the event.
- 9.2.6** Promotion of the event by using press, radio, social media, internet and television, as well as prints etc. This has to be done in cooperation with the European Gymnastics Head of media.
- 9.2.7** Provide the necessary venues as well as the standardised apparatus and soundtrack playback facilities required by the participating NF.
If required by the participating NF, the organiser will - within the existing possibilities - provide lockable storage facilities near the venue.
- 9.2.8** Provide the necessary staff and volunteers, including but not limited to a floor manager in both warm-up hall and event hall, speaker, technical staff, equipment manager etc.
- 9.2.9** Provide possibilities for accommodation/catering for all participants.
Accommodation has to be organised in schools for one or two nights before the event and for one day after the event.

Accommodation has to include full board the days of the rehearsal and Challenge and breakfast the day after.

- 9.2.10** Organise a first-aid service. A doctor must be available.
- 9.2.11** Present a souvenir to all Heads of Delegation, Evaluators and Feed-backers.
- 9.2.12** The LOC has to prepare a final report addressed to the European Gymnastics Authorities. This report has to be submitted by December 1st following the EGFL.

Art. 10 Finances

The LOC has the following obligations:

- 10.1** Prepare a provisional financial plan to be presented to the EC/European Gymnastics.
- 10.2** To submit a budget to European Gymnastics eight months before the event.
- 10.3** Be responsible for all the expenses involved in the organisation of the event (halls, prizes, sites, apparatus, installations, first-aid and security service, translation personnel, printed materials, promotion, invitations etc.).
- 10.4** Distribute an accreditation card to each participant. The price for the accreditation is fixed by European Gymnastics and the Organising Federation.
- 10.5** Provide/organise accommodation/meals for all participants.
- 10.6** To assume the travel and accommodation costs including meals for the Evaluators and Feedbackers.
- 10.7** Organise local transport. Consider offering transport to/from airports/train station to schools and hotels.
- 10.8** Provide storage facilities. Costs for transport and storage of apparatus owned and brought by the participating Federations have to be assumed by the corresponding Federations.
- 10.9** Cover the expenses for travel and accommodation/meals for two representatives of the TC-GfA for two preparatory meetings with the LOC.
- 10.10** Cover the expenses for travel and accommodation/meals for the European Gymnastics members for the event according to the contract.
- 10.11** Submit the final accounts together with the final report by December 1st following the EGFL.
- 10.12** Offer free participant cards for a maximum of 6 observers from the next Organising Committee. The LOC is invited to, but not obliged to offer also accommodation/meals.

Art. 11 Final remarks

- 11.1** The TC-GfA has the right to make any changes to this programme depending on the number of participants after receipt of the provisional registrations.

- 11.2** All documents, programmes and bulletins must be approved by the European Gymnastics office and the TC-GfA before being printed.
- 11.3** The Challenge must be filmed as a whole show; the video must be given immediately afterwards to the TC-GfA.
- 11.4** A full report about the EGFL must be handed to European Gymnastics before December 1st following the event. All statistics and information must be included.

These regulations have been adopted by the European Gymnastics Executive Committee during the meeting on October 12 & 13th 2025 in Zürich. They come immediately into operation.

EUROPEAN GYMNASTICS

Dr. Farid Gayibov
President

Ricardo Lima
President TC-GfA

Appendix 1

TIMELINE

Timeline prior to the event

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

Following the event

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