

INVITATION TO THE ADULT GYMNASTICS COMPETITION 2026

Women's Artistic Gymnastics (WAG) & Men's Artistic Gymnastics (MAG)

Nordstrand Gymnastics Club is delighted to invite all adult gymnasts — from beginners to experienced competitors — to take part in our 2026 Adult Gymnastics Competition!

Date: Saturday, June 6, 2026

Location: Leirskallen Turnhall, Leirskallen 2, 1164 Oslo, Norway

Who Can Participate

- Women aged 25 and above, exceptions from 20 years
- Men aged 30 and above

Participants may choose to compete on individual apparatus or combine several, based on personal preference and comfort level.

Judging & Regulations

The competition will be judged according to the regulations available at the link below. Any updates, adaptations, or detailed specifications will be shared with all registered participants before the event.

WAG: [Adult-gymnastics-WAG-English-v.1.1-2025.pdf](#)

MAG: [Adult-gymnastics-MAG-English-v1.2-2025.pdf](#)

Awards

All participants will compete within their respective classes and will receive a prize for their performance. All-round awards one to third place in respective age-classes. For WAG the two best apparatus is counting. For MAG the three best apparatus is counting for award.

Schedule

- Warm-up & meeting time: 15:30
- Competition starts at: 17:00

A detailed schedule will be sent to all participants after the registration deadline.

Registration & Payment

Please register by sending an email to heidi@nordstrandturn.no with the subject line: "Registration – Adult Competition"

Include the following information:

- Full name
- Level (Beginner / Intermediate / Experienced)

- Apparatus(es) you wish to compete on
- Statement confirming whether you approve photos being taken

💰 Entry fee: NOK 400 per participant (includes judging and prizes)

You are responsible for having the necessary insurance in case of any injuries or damages during the competition.

Account number: 1600 400 2877

Bank: DNB

BIC (SWIFT): DNBANOKKXXX

IBAN: NO81 1600 400 2877

Please include the following note with your payment: "Adult competition + [Full Name]"

Registration is binding, and no refunds will be issued.

For any questions, contact heidi@nordstrandturn.no.

Registration deadline: Friday, May 22, 2026

Spectators

Everyone is welcome — both participants and audience!

Admission for audience: NOK 100 (ages 15 and up)

Children: Free entry

We look forward to a fantastic evening of gymnastics, community, and fun!

Welcome to Nordstrand Turnforening!

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