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Technical Regulations

Part 1 - General Rules

Edition 2016

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.

In principle, gymnasts and judges taking part in UEG competitions must have the nationality (citizenship) of the federations they represent.

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

The official application form to host UEG events is available on the UEG Intranet.

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

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 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:

100.- Euro per gymnast and per discipline.

If a group has up to 6 gymnasts (as RG, AER), the inscription fee of 100.- 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

Definitive entry received after the deadline
 Nominative entry received after the deadline
 Non-participation of a team, but participation of individuals (information given at the competition venue)
 Non-participation of individuals, no participation at all (noticed at the venue)

Sanction

Euro 1'500.-
 Euro 1'000.-
 Euro 1'000.-
 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 Cancellation of a competition due to an insufficient participation

If less than 5 federations submit a definitive registration for a category/discipline, the competition in this category/discipline will be cancelled. Exceptions are to be decided by the EC/UEG.

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

Inquiries for the Difficulty score are allowed, provided that they are made verbally immediately after the publication of the score or at the very latest before the score of the following gymnast or group is shown; for the last gymnast or group of a rotation, this limit is one minute after the score is shown on the score board.

The person designated to receive the verbal inquiry has to note the time of receiving it and starts the procedure.

Only the accredited coaches in the competition area (Artistic Gymnastics) and next to the competition area (other disciplines) are entitled to submit an inquiry. Before the competition, the Head of delegation has to indicate them by name and to inform the competition management in writing.



Late verbal inquiries will be rejected. A federation is not allowed to complain against the scores of a gymnast from another federation.

Inquiries for all other scores (Execution, Artistic, Time of flight and Synchro) are not allowed.

The inquiry must be confirmed as soon as possible in writing, but within 4 minutes at the latest after the verbal inquiry and requires an agreement of payment of Euro 300.- for the first complaint; Euro 500.- for the second complaint and Euro 1'000.- for the third and any further complaints for each distinct championship (i.e. the ECh MAG Seniors is distinct from the ECh MAG Juniors; idem for WAG, RG, etc.). Should the inquiry not be confirmed in writing within the fixed deadline, the procedure becomes obsolete.

If the inquiry is refused, the amount will be invoiced later on and must be paid within 3 months. If the inquiry is accepted, no amount will be requested.

Every inquiry must be examined by the Superior Jury and a final decision (which may not be appealed) must be taken at the very latest:

- at the end of the rotation/group for the qualifying competitions, the all-around competitions and the team competition (final)
- before the score of the following gymnast or group is shown for the finals.

The detailed procedure is laid down in the Technical Regulations of the FIG.

In the days following a competition, a global video analysis will be carried out by the respective TCs (or their representatives designated by the TCs), and in case mistakes are established, sanctions can be initiated against the guilty judges.

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 (for Competition II 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 Immediately after the qualifications, the TC President approves the list of the finalists.

The delegations concerned have to confirm in writing the participation of their gymnast(s) to the TC President according to the regulations and deadlines mentioned in the work plan.

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 UEG/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 October 09 - 10, 2015 in Lausanne.

New Art. 13.1 was approved by the UEG Executive Committee in February 2016.

They immediately come into operation.

UNION EUROPEENNE DE GYMNASTIQUE
The President
Georges GUELZEC



Technical Regulations

Part II - Specific Rules

Artistic Gymnastics



Edition 2015



Art. 1 Competitions

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

Competition I, Juniors
 Competition I, Seniors
 Competition II, Juniors
 Competition III, Seniors and Juniors
 Competition IV, Seniors

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

Competition I
 Competition II
 Competition III

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 accreditations of additional coaches 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 accreditations of additional coaches 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 Competition I, Seniors - Qualification for C III and C IV Competition I, Juniors - Team ranking and qualification for C II and C III

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

A junior team consists of 3 - 5, gymnasts, of which 4 compete on each apparatus. The 3 best scores on each apparatus are added for the final 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 last subdivision is composed of the 12 (MAG) resp. 8 (WAG) best teams of the preceding Team European Championship.

The winner of the Team competition (CI) for juniors is awarded the title. "Junior European Artistic Gymnastic Team Champion Men/Women".

3.1.2 Competition II - All-Around Final, Juniors

The 24 gymnasts with the highest ranking obtained in the qualifying competition C I will qualify for the all-around final C II.

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



The starting order of the gymnasts will be communicated after the drawing of lots.

For the all-around final, there will be four reserve gymnasts.

The winner of the all-around Final C II juniors is awarded the title "Junior European Champion in Artistic Gymnastics Men/Women".

3.1.3 Competition III - Apparatus Finals, Seniors and Juniors

The 8 highest ranked gymnasts on each apparatus from C I 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 after the drawing of lots.

For the apparatus finals, there will be three reserve gymnasts per apparatus.

The winner on each apparatus (C III) 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 Competition IV - Team final, Seniors

The 8 best teams from C I will participate in the Team Final.

The starting order of the gymnasts will be communicated after the drawing of lots.

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

3.1.5 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.

3.1.6 Special regulations

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

3.1.7 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 Competition I - Qualification for C II and C III

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 Competition II - All-around final

The 24 gymnasts with the highest ranking obtained in the qualifying competition C I are qualified for the all-around final C II.

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

The starting order of the gymnasts will be communicated after the drawing of lots.

For the all-around final, there will be four reserve gymnasts.

The winner of the all-around Final C II is awarded with the title "European Artistic Gymnastic Champion Men/Women".

3.2.3 Competition III - Apparatus finals

The 8 highest ranked gymnasts on each apparatus in the qualifying competition C I 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 after the drawing of lots.

For the apparatus finals, there will be three reserve gymnasts per apparatus.

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

3.2.4 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.

3.2.5 Special regulations

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

3.2.6 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 - C I Jun., day 2 - C I Sen., day 3 - C II Jun., day 4 - C IV Sen., day 5 - C III Jun. + Sen.),

and the

Individual European Championships (odd years) also in 5 days (days 1 + 2 - C I, day 3 - C II, day 4 - C III, part 1, day 5 - C III, part 2).



Technical Regulations

Part II - Specific Rules

Rhythmic Gymnastics



Edition 2015



Art. 1 Competitions

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

Seniors:	Competition I (groups)
	Competition III (groups)
	Competition II (individuals)
Juniors:	Competition I (individuals)
	Competition III (individuals)

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

Seniors:	Competition I (individuals)
	Competition III (individuals)
Juniors:	Competition I (groups)
	Competition III (groups)

Art. 2 Composition of the delegations

EVEN Years

	SENIORS <u>Groups</u>	JUNIORS <u>Individuals</u>
Gymnasts	5 - 6 *	2 - 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 C I)	
Coach	1	

* - Each gymnast must compete at least once.

** - The NF participating in the junior and senior category must present two qualified judges.

ODD Years

	SENIORS <u>Individuals</u>	JUNIORS <u>Groups</u>
Gymnasts	2 - 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 two qualified judges.

Art. 3 Competition format

Art. 3.1 European Championships Seniors (group competition, Individual competition) and Juniors (team competition, apparatus finals) - Even years

For the seniors

Groups

- a) Competition I - multiple competition ranking and qualification for C III Group competition (5 gymnasts) with two different exercises, one executed with one apparatus, the other with different apparatus, according to the FIG programme for the respective year.

The winner of the multiple competition is awarded with the title "European Champion in Rhythmic Gymnastics".

- b) Competition III - Apparatus finals
Competition of the eight best groups per apparatus of Competition I.

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) Competition II - Final of the multiple competition
Twenty gymnasts participate. They will be invited according to the results obtained at Competition I of the preceding European Championship (max. 2 gymnasts per federation) by adding the best three scores. This invitation is not nominative but will be sent to the federations concerned.
The organising federation can participate with one gymnast if it has no gymnast qualified among the twenty best (21st 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 Champion in Rhythmic Gymnastics of the multiple competition".

For the juniors

Individual gymnasts

- a) Competition I - Team ranking and qualification for C III
Team competition with 2 - 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 best 6 of the 8 presented exercises.

The winning team of the Team competition is awarded with the title "Junior European Team Champion in Rhythmic Gymnastics".

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

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

Art. 3.2 European Championships for seniors (team competition, apparatus finals) and juniors (group competitions) - Odd years

For the seniors Individual gymnasts

- a) Competition I - Team ranking and qualification for C III and the C II of the following year
Team 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 team competition, presenting 8 exercises according to FIG rules in the order fixed by the FIG.

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

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

If a NF participates with only one gymnast, she must present an exercise with all 4 apparatus and there will be no team ranking. The three best exercises will count for the qualification for Competition II. There is also the possibility to qualify for Competition III.

After this competition, the 20 best gymnasts (max. 2 per NF) are qualified for the C II of the following year.

The winning team of the Team competition is awarded with the title "European Team Champion in Rhythmic Gymnastics".

- b) Competition III - Apparatus finals
Apparatus finals (4 apparatus) of the 8 best gymnasts per apparatus (max. 2 gymnasts per federation) of Competition I 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.



For the juniors

Group competition

- a) Competition I - Group ranking and qualification for C III
Group competition (5 gymnasts) with two presentations of an exercise with one apparatus as indicated in the FIG programme of the respective year. The results of these two presentations will be added. The best 8 groups are qualified for Competition III.
- b) Competition III - Apparatus finals
Competition of the eight best groups of Competition I; in this competition, there is only one presentation, contrary to Competition I.

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.

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

For Competition I, the gymnasts are divided into subdivisions (min. A, B and C), according to the number of participants resp. the results obtained at the preceding European Championships. Subdivision A is reserved for the 10 best teams.

Countries which did not participate in the preceding European Championships are automatically in the last subdivision, as well as the nations that participate with only one gymnast.

The starting order of the gymnasts will be determined by drawing of lots carried out by the TC-RG/UEG.

Art. 3.4 Competition II - Multiple competition, Seniors

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

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

Art. 3.5 Competition III - Apparatus finals, Seniors and Juniors

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

Art. 3.6 Competition for group exercises, Seniors and Juniors

The starting order will be set by drawing of lots.

Art. 3.7 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. 3.8 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	Seniors	Competition I for group exercises, 2 exercises
	Juniors	Competition I for individual gymnasts, 2 apparatus
2 nd day	Seniors	Competition II for individual gymnasts
	Juniors	Competition I for individual gymnasts, 2 apparatus
3 rd day	Seniors	Competition III for group exercises, for each apparatus
	Juniors	Competition III (4 apparatus)

Odd years

1 st day	Juniors	Competition I for group exercises, 1 st presentation
	Seniors	Competition I for individual gymnasts, 2 apparatus
2 nd day	Juniors	Competition I for group exercises, 2 nd presentation
	Seniors	Competition I for individual gymnasts, 2 apparatus
3 rd day	Juniors	Competition III for group exercises
	Seniors	Competition III (4 apparatus)

Modifications can be made by the TC in particular cases.



Technical Regulations

Part II - Specific Rules

Trampoline Gymnastics



Edition 2015



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 2015



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

	Seniors	Juniors 13 - 19	Age Groups	
			11 - 16	12 - 18
Gymnasts	26	26	26	26
Head of delegation	1 for Sen. + Jun.		1 for both age groups	
Team leader	1	1	1	1
Coaches	3	3	3	3
Judges *	2	2	2	2
Doctor	1	1	1	1
Physiotherapist	1	1	1	1

* in accordance with the TR/FIG excluding any Chair or Difficulty Judge drawn by the ACRO Technical Committee

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

Art. 3 Competition format

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

Art. 3.2 Competition I - Qualification for C II and C III, Seniors and Juniors

3.2.1 This event can be entered by all pairs or groups intending to qualify for Competition II (Individual Balance and/or Individual Dynamic Finals) and to receive a ranking for the all-around title (Competition III).

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 a 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 Competition I - Qualification for Competition II, Age Groups

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

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

Art. 3.4 Competition II - Individual Final, Seniors and Juniors, 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 Competition II - Age Group Finals (11-16 and 12-18)

Valid FIG regulations for World Age Groups will apply.

Art. 3.6 Competition III - All-Around Final, Seniors and Juniors, Combined Exercise

3.6.1 This event can be entered by all pairs or groups providing they have taken part in Competition I.

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

3.6.3 Not more than 1 pair or group from each federation, in each category, is allowed to proceed to the all-around finals.

3.6.4 The total scores from Competition I and III will be used to rank the competitors.

The competitors with highest total scores from Competitions I and III will be declared the winners and all-around European Champions.

Art. 3.7 Tie breaking rules

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

3.7.1 Competition I - Qualification for individual finals

- the highest Execution and Artistic scores together for the exercise
- the highest Execution score for the exercise
- the highest Difficulty Value of the performed 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 3.7.2).

3.7.2 In the event of tie between two pair/groups from the same federation. If procedure 3.7.1 fails to separate the competitors for the Individual final, entry to the final will be decided by a draw.



3.7.3 Competition I - Qualification for the All-Around final

In case of a tiebreak between two pairs/groups of the same federation, the highest execution note for 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.

3.7.4 Competition II - Individual Finals / Competition III - All-Around Final

The valid FIG tie breaking rules will be applied.

Art. 4 Musical Accompaniment

In accordance with FIG Rules and Regulations.

Art. 5 Measurement of Gymnasts

In accordance with FIG Rules and Regulations.

Art. 6 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	Competition I - Qualification - Age groups
Day 4	Competition I - Qualification - Age groups
Day 5	Competition II (finals) - Age groups
Day 5 or 6	Arrival of the Seniors and Juniors
Day 6 or 7	Training
Day 7 or 8	Training
Day 8 or 9	Competition I - Qualification - Seniors and Juniors
Day 9 or 10	Competition I - Qualification - Seniors and Juniors
Day 10 or 11	Competition III - Overall finals - Seniors and Juniors
Day 11 or 12	Competition II - Individual Finals - Seniors and Juniors
Day 12 or 13	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. 7 Championship titles

The winners of the all-around competition (competition III) and individual competition (competition II) in each category shall receive the title European Champion (Senior or Junior), respectively European Age Group winners.

Art. 8 Special Regulations

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



Technical Regulations

Part II - Specific Rules

Aerobic Gymnastics



Edition 2015



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)

Seniors

- Group Step (8 athletes: Men, Women or mixed)
- Group Dance (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 (MxP)	2 (4 gymnasts)	2 (4 gymnasts)
Trio (TR)	2 (6 gymnasts)	2 (6 gymnasts)
Group (GR), (5 gymnasts)	2 (10 gymnasts)	2 (10 gymnasts)
Group Step (8 gymnasts)	2 (16 gymnasts)	-
Group Dance (8 gymnasts)	2 (16 gymnasts)	-
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, MxP, TR and GR.

In the Senior category, the NF can enter a maximum of 2 Groups Step and 2 Groups Dance.

A gymnast can participate in all disciplines, but 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.

Art. 3.2 Finals for Seniors and Juniors

The 8 best per category (max. 1 per federation for Groups, resp. 2 for Individual Men, Individual Women, Mixed Pairs and Trios) may participate in the finals.



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 competition

The team ranking list will be established by adding the 4 best rankings obtained during the qualifications in the following categories: Individual Men or Individual Women, Mixed Pair, Trio and Group.

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 2015



Art. 1 Competitions

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

- Floor
- Tumbling
- Mini-Trampoline.

The participation in all these disciplines is compulsory.

Art. 2 Composition of the delegations

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

	SENIORS		JUNIORS	
	Competitors	Reserves	Competitors	Reserves
Gymnasts:				
- Women's Group	10	2	10	2
- Mixed Group	10	2	10	2
- Men's Group	10	2	10	2
Coaches	9		9	
Head of delegation		1 for Sen. & Jun.		
Deputy Head of delegation		1 for Sen. & Jun.		
Team Leader		1 for Sen. & Jun.		
Doctor		1 for Sen. & Jun.		
Physiotherapist		6 for Sen. & Jun.		
Judges		4 for Sen. & Jun.		

A maximum of 3 Coaches and 1 Physiotherapist per team.

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 (MP3 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.