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**Mødedato:** 22. juni 2019

**Mødenavn:** Sommerseminar for det rytmiske miljø (AGG/GPR/RSG)

**Sted:** Idræts og Kulturhuset Bolbro, Odense

**Deltagere:** Se under første punkt

**Afbud:** Helle Jensen (URG)

**Referat:** Camilla Kruse (CKR)

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### 1. Præsentation af deltagere

Anna Knutzen (URG), Beth Thygesen (URG), Camilla Kruse (URG), Camilla Søjdis (Næsby IF), Caroline Damsgaard Jensen (Silkeborg IF), Frederikke Jul Kjær (Spangsbjerg IF), Hanne Enevoldsen (URG), Helle Rusbjerg (FG 90), Helle Storm (Greve Gymnastik og Trampolin), Iben Lang Nielsen (Spangsbjerg IF), Inger K Nielsen (URG), Josefine Hierath (DHG), Julie Schultz Bang-Nielsen (Tarup-Paarup IF), Karina Pinderup (Silkeborg IF), Karoline Lender (Spangsbjerg IF/Camp grp), Kristine Sachmann (RG Friends), Kristine Klok Jørgensen (Ringsted IF- Gymnastik), Lotte Kok (URG), Louise Jørgensen (URG), Louise Skytte Andersen (DHG/ Camp grp), Malene Skødstrup (Greve Gymnastik og Trampolin), Mette Jørck (AGG dommergrp), Mikala Klok Jørgensen (Ringsted IF – Gymnastik), Nadja Kostow (Spangsbjerg IF), Nanna Heinrichson (Greve Gymnastik og Trampolin), Nicoline Felsager (Alderslyst GF), Pernille Rask Melsen (GF Køge Bugt), Sally Søjdis (Næsby IF), Siw Christensen (Spangsbjerg IF), Susanne Hierath (DHG), Sussi Bagge (GF Køge Bugt), Sussie Busk Hansen (Greve Gymnastik og Trampolin), Tine Bull (URG)

### 2. Workshop omkring reglementerne

Deltagerne blev inddelt i grupper på tværs af disciplinerne og skulle komme med deres input til nedenstående spørgsmål. Facilitator for workshoppen var Betina Juul Nielsen fra GymDanmarks kontor. URG medlemmer var sekretærer og bordformænd.

Spørgsmål 1: Hvis du kunne bestemme hvordan reglementerne så ud i dag, hvordan kunne du så godt tænke dig at RSG, AGG og GPR reglementerne så ud?

Rotation i af grupper; hvor der skal forholdes dig til sidste gruppe:

Spørgsmål 2: Du er nu udvalget, hvordan vil du arbejde med dette?

Grupperne roterede til næste bord

Spørgsmål 3: Du skal skifte disciplin næste sæson. Hvordan kommer du nemmest til den nye disciplin?

Alle input fra de 4 grupper er samlet i bilag 1 til dette referat.

### 3. Workshop omkring fremtiden for det rytmiske miljø

Deltagerne blev inddelt i nye grupper på tværs af disciplinerne og skulle komme med deres input til nedenstående spørgsmål. Facilitator for workshoppen var Josefine Jørgensen fra GymDanmarks bestyrelse. URG medlemmer var sekretærer og bordformænd.

Spørgsmål 1: Hvad kender tegner AGG, RSG og GPR?

Grupperne roterede til næste bord

Spørgsmål 2: Hvordan skal stævnestrukturen være i fremtiden?

Grupperne roterede til næste bord

Spørgsmål 3: GymDanmark planlægger at ansætte en landsholdchef, hvordan kan vi bruge personen aktivt i det rytmiske miljø?

Alle input fra grupperne er samlet i bilag 2 til dette referat.

#### **4. Oplevelsen af hvordan workshops fungerede**

Ordet var frit i salen, og følgende blev sagt:

- Der skal være mere information omkring hvad der skal ske til URG seminaret.
- Flere kommer i tale, det er mere trygt.
- Bekymring; Hvordan får vi vendt sæsonen og hvad der er sket.
- For meget workshop, folk blev trætte
- Eftermiddagen skal kun være info og ikke workshop.  
Der er god energi.  
Når vi evaluering af denne års sæson.
- Input fra trænerne er vigtige i forhold.
- Virker som om at der er en agenda på forhånd. Strukturen fejler ikke noget, det opleves at URG ønsker en struktur presset igennem med skjult dagsorden
- Dejligt at diskutere i mindre grupper, bredere perspektiver.
- Det er det her vi skal gøre, for at få flere klubber ind.

#### **5. Stævnekalender**

Orienter jer i slides, vedhæftet dette referat.

Vi har flyttet regionskonkurrencerne til én weekend, da der er kommet et Nordisk mesterskab og en IFAGG konkurrence på tværs.

#### **6. Kurser**

Orienter jer i slides, vedhæftet dette referat.

- Basis camp – 21.- 22. september 2019 for både instruktører og gymnaster.
- Vejen kurset er primært for instruktører, men man må gerne tilmelde gymnaster som instruktører.
  - Der må gerne være mere fokus på hvordan man fejlretter.
  - For meget "lav selv" gymnastik, man lærer ikke nok
- RSG kursus – OBS åben landsholdstræning for alle.

#### **7. Konkurrencer**

Der er 5 instruktører, der har meldt retur omkring konfirmationer, 3 gymnaster skal konfirmeres søndag,

1 lørdag – URG fastholder pba dette, at de store er i konkurrence om lørdagen og de små om søndagen, men der arbejdes på at gøre søndagen så kort som mulig.

Spørgsmål/kommentarer/forslag:

- Kunne man lave præmieoverrækkelse midt i?  
Svar fra URG – det har været prøvet før i Regionsmesterskab, men det gjorde dagen overordnet længere og der var ingen publikummer tilbage i hallen, når de ældste årgange var på gulvet.
- Tæppet har der været god feedback på. URG foreslår, at der laves et prøveår mere. Endelig beslutning tages på næste URG møde, da survey tilbagemeldingerne ikke er gennemarbejdet endnu.
- Sally (Næsby): hvorfor træffer URG ikke bare en beslutning på baggrund af de tilbagemeldinger der er kommet, så vi ikke skal debattere og diskutere det samme hele tiden.

## 8. Antal gymnaster på et AGG hold. Vi følger reglementet

URG anvender IFAGGs reglement omkring antal gymnaster i AGG. Dette eksekveres fra kommende sæson dvs første gang ved Udtagelseskonkurrencen i november 2019.

Spørgsmål/kommentarer/forslag:

- Hvordan vil URG så sørge for, at overholde det?
- Hvad hvis gymnasterne bliver skadet i opvarmningen, kan holdet så stadig deltage?
- Helle (FG 90), Helle (Greve) - man bør følge den engelske version af regelsættet og ikke den oversatte danske version på slides.  
Svar fra URG – vi anvender den engelske formulering.
- Mette (AGG dommer) - vær opmærksom på, at der er tre måneders tilmelding til de store konkurrencer, og det gør det udfordrende hvis man laver udtagelse til VM og cups senere.
- Helle (Greve) - bør man ikke også have samme regel i GPR så holdene ikke kan tilmelde hold der er færre – der er inkonsekvens i mellem det der står i reglerne med minimumsantal og mulighed for at tilmelde mindre mod et fradrag.  
Helle (Greve) – forslag kunne være at fjerne minimumsreglen, og sig stil op med dem du har.
- Lotte (URG) – evt. sænke antallet af gymnaster
- Anna (URG) - evt. hæve fradraget for færre gymnaster til mere end 0,5
- Afrundende svar fra URG: vi kigger ind i det, men ønsker som udgangspunkt at fastholde muligheden for at tilmelde mindre i GPR. Inkonsekvens tekst skal selvfølgelig tilrettes, så der er sammenhæng. Workshops input kan måske også komme med nye idéer til en anderledes løsning.

## 9. Redskabsreglementet

Det nye reglement ligger på nettet, og slides viser hovedændringer.

Spørgsmål/kommentarer/forslag:

- Hvem dømmer kombierne, når du fjerner kropsbevægelserne?
- Skal der være en dommer der dømmer krop, nu hvor vi fjerner de enkelte kropselementer
- Kan dommerne se redskabskombierne? De skal have ekstratræning i det.
- Mikala (Ringsted) - det er ærgerligt at vi fjerner kropsbevægelserne, da det er en af de styrker vi har i Grand Prix
- Mikala (Ringsted) - kunne man ikke bare løfte loftet, så de får højere karakterer, så udgangskaraktererne teknisk er 7 eks. for at give plads til flere point for redskab.

- Afrundende svar fra URG: Ændringerne er fordi der ønskes mere fokus på redskabsanvendelsen i redskabsserien. Workshop input omkring reglement kan måske også komme med nye idéer til reglementsopbygning.

## 10. Eventuelt:

Susanne (DHG) - Placering 1 – 3 i alle første divisioner skal have medaljer, de øvrige divisioner bør have noget andet.

Josefine (DHG) - Det er uforståeligt at man vælger at dele juniorrækken i GPR i år.

Sussi (Køge) - Husk at sende baggrundsinformationer og musik i tide, det er ikke rimeligt at det modtages sent fredag aften før konkurrencedagen.

Helle (Greve) - Æstetisk karakter til udtagelseskonkurrencen – karakteren springer op til 2 point for nogle hold mellem de to konkurrencedage. Der skal være fokus på hvordan vi sikrer, at alle dommerne lægger samme niveau. Som hold der er det svært at gennemskue, hvorfor disse store karakterudsving kommer.

Sussie (Greve) - Det er problematisk, at der ikke er en fælles stævnekalender i Danmark i forhold til fordeling over året. Nogle konkurrencer holdes i samarbejde med GymDanmark, mens andre er private.

Mette (AGG dommer) – GymDanmark skal ikke begrænse klubberne i hvilke konkurrencer de vil afholde.

Kristine (RG Friends) - Der bør laves en RSG dommeruddannelse. Kig på Sverige – de har det klart og vil gerne samarbejde med os.

- Æstetisk dommeruddannelse – måske er det på tide at vi laver en dansk æstetisk dommeruddannelse.

- Der skal kigges på hvordan Finland får uddannet deres nationale konkurrencer.

- Husk at få de gamle GPR dommerskemaer ind på hjemmesiden igen.

Karoline (Spangsbjerg) - Hvordan tolker URG på de regler som IFAGG har sendt ud. Og hvornår træder det i kraft? Svar fra URG: som det står i skrivelsen – fra den kommende sæson.

## Referat reglementsworkshop (Bilag 1)

### Hvis du kunne bestemme hvordan reglementerne så ud i dag, hvordan kunne du så godt tænke dig at RSG, AGG og GPR reglementerne så ud?

#### Bord CKR/LOJ

- Reglementer bør altid køre efter det internationale reglement.
- Hvorfor skal det være to reglementsgrupper der vedligeholder et reglement
- Overveje at det skal være et begynder reglement i GPR.
- Pointgiver på en anden måde i GPR.
- Skulle der bestemmes hvad det er.
- Det skal sættes bedre sammen, så
- Det begrænser kreativiteten.
- Kan ikke nå det hele og skal ikke vælge at lave RSG i redskabsserien.
- De skal ikke præstere samtidig.
- Det normale AGG reglement om til GPR reglementet, og så lavede
- Sproget er ikke så vigtigt, det er sværheden er der er afgørende for om man kan skifte disciplin.
- Det er irriterende at der er dansk reglement.

#### Bord THB/BTH

- GRP : Krav om lukkede hofter er begrænsende og måske usundt – rytmisk reglement sammen med AGG reglement – redskabsreglement = RSG reglement – RSG reglementet er for svært – der er andre regler i RSG forskellen er for stor
- (0,1 og 0,2 er GRP og der er mangle flere i RSG) – Godt med at man kan tilmelde færre gymnaster – Børnereglen om 1/3 er god
- Læser du bare reglementet og går i gang? Søger hjælp og læser reglementet – Gamle instruktører gennemgår reglementet for nye – gamle instruktører hjælper nye – Kigger meget video – Gymnaster bliver trænere og lærer dermed reglementet i træningen
- Tager du et kursus: Der nikkes – træner kursus – Vejen kursus – Kursus hos OVO – Træner ude fra / opbygge serie/grundtræning - den nye camp

#### Bord AHI/HEN

- GPR skal minde så meget om AGG som muligt.
- Så et reglement for den friserie.
- Hvordan er det for nye foreninger hvis det kun er AGG reglement?
- Ville det være synd for de nye foreninger hvis man kun har AGG reglementet?
- Kunne man lave reglementerne ens, men kravene er lidt mindre i GPR?

- Afskaffe koreografiskemaerne! Eller gøre dem elektronisk. Måske sætte antallet ned?
- Kunne man lave en række kun for håndredskab?
- Redskabsserien straffes for hårdt, slække på kravene for pointgivning i redskab i de små rækker. Hvordan kan man opveje de tekniske point, kontra udførelsesfradrag
- Mænd med? Kun i AGG
- Udvander man de nye foreninger hvis GPR er to serier. Får man så mange tæv når man er ny og stiller med to serier?
- Stigesystemet: det bliver svært i en holdsport.
- Nye foreninger i en pulje, øvrige i en anden.
- Begynderstævne: kunne man lave en prækonkurrence for nye foreninger?
- Mikroerne uden for konkurrence.
- Short programme i GPR
- Lukker rækker med en serie, de første to år kan nye foreninger stille med en serie.
- Short programme/begynder rækker, ønsker man at få medaljer stiller man i GPR.
- Håndredskab til mikroer. Mikroerne kan kun få point for kroppen eller kun point for redskabet i redskabsserie.

### Bord LKO/IKN

#### RSG:

- Nationale klasser og internationale klasser, så det var lettere at komme ind i RSG. Nationale klasser var GPR reglement, og man i senior kun have en serie
- Nationale klasser i execution – får 10 ekstra point, så man ikke ender på 0
- Nationale reglementer er baseret på internationale reglementer, men et lettere

#### AGG:

- AGG reglement ind i GPR, så fri serie er den samme i AGG og GPR
- Måske vælge selv hvilken række; international række eller national række

#### GPR:

- GPR hælder over til det internationale reglement i AGG, 1 reglement i stedet for 2 reglementer (GPR og AGG)
- Generelt regulering af karakterer for nationale klasser
- Reglementer betyder at konkurrencer er blevet en gavebod, for mange for medaljer. Danske mesterskab skal have medaljer, resten får ikke medaljer, men en anden erkendtlighed
- Inddeling af divisioner skal ikke ske i junior ved karakterskel, det skal kun være for de små rækker
- Ikke bare få medaljer, skal være flere i rækkerne, ikke kun 3
- Forskellige træningsmængder skal kunne godtgøres.....
- Glemmer at skrive 2 division på billederne af medaljevinderne
- Medalje rækkefølge RSG; ikke sætte dem op i rækkefølge
- Bueskydning: Kategori, der hedder elite eller, stiller op i den række du hører hjemme i alt efter træningsmængde.
- Anerkendes at man også kun træner 4 timer

- Anerkende alle uanset træningsmængde
- Lade toppen være toppen.
- RSG; svært at komme over i RSG, svært reglement, Ville kunne overveje at gå over, hvis reglementet i GPR var som RSG, samme opbygning
- Senior RSG – 1 redskab, 1 serie.
- Nationalt reglement i RSG, om gør det lettere at komme over i RSG fra GPR
- Læser reglement; DHG gør, GPR reglementet er muligt, RSG er umuligt  
Kursus: Hvordan kommer jeg i gang?
- Norge og Sverige har indført standard serier, for at udvikle gymnastikken, for de små gymnaster.  
De bedste trænere laver koreografien til gymnasterne, også grundtræningsøvelser, ønsker samarbejde med de øvrige nordiske lande.
- Reglementer skal være på dansk (nationale rækker), fint at internationalt er på engelsk

## **Du er nu udvalget, hvordan vil du arbejde med dette?**

### Bord CKR/LOJ

- Nationalt reglement = begynder reglement
- Faste serier fra sverige og norge.
- Agg lægges ind under det danske reglement.
- Kører den frie serie efter det internationale reglement.
- Kortere vej fra GPR redskab til RSG gruppe
- Kigge på at forenkle AGG og RSG reglementet til en national række.
- Begynder rækkerne – det er de forkerte hold der melder sig til begynderrækkerne.
- Stiller man op i begynderrækkerne. Så kan man ikke også deltage internationalt.
- Lige nu, så er redskab nem, og ikke på internationalt niveau.
- Dem der kun vil træne 4 gange om ugen, der skal også være et sted for dem at deltage.
- National klasse, international klasse. Brobygning.
- National klasse, at man kan vælge hvor man vælger at melde sig ind.
- Konkurrerer med nogle man er på lige fod med.
- Forskellige niveauer i AGG delen.
- Brobygningen/transformation. Internationalt.

### Bord THB/BTH

- Starte i børnerækkerne – tag fat i en fys´ og høre om det er sundt/usundt  
God ide at sammenlægge AGG med GPR, men lav et begynder reglement/kort program, det samme men andre krav nogen steder
- Svært at sammenlægge redskabsreglementet i GRP med RSG /tag nogle elementer med over hvor man for eksempel får mere for de tekniske og for noget får at satse
- Dommer kursus for instruktører evt. på Vejen – helst inden sommerferien

- Gymtræner special kursus -GRP kursus for unge trænere / f.eks. spotkursus/hvordan udvikler man nye gymnaster kursus – lav ”kursus” træning i foreningen med en erfaren træner (have en trup i udvalget af erfarne trænere/dommere som de sender ud)

### Bord AHI/HEN

- Slette GPR-reglementet, oversættelse til dansk, og så kører det bare. De forskelle der er så små. AGG-reglement i GPR i den fri serie, begynderreglement efter short programme til begynderne.
- En fordansket version. Sætte en minimumskrav i begynder reglementet efter RSG-tanke.
- Det vigtigste er at man kan se forskel på niveauerne på holdene. Evt. slække på kravet på det tekniske, og så trækker det i udførelse.
- Slette de danske reglementer GPR/RSG og bruge de internationale. Lave begynder reglementer i GPR.
- Hvis man lukker rækker med kun en serie, mister man for mange hold.
- Det er godt for nye instruktører at kunne vælge. Man skal kunne stille med to serier i GPR, men ikke nødvendigvis et krav.
- Håndredskabet må ikke blive svære.
- Begynderrækker – ikke medaljer til begynderrækker. Så mere fokus på udviklingen og ikke på konkurrencen. På denne måde kunne man måske fastholde nye foreninger.
- Begynderrække – du skal lave en balance, vælg mellem de her fem muligheder ex.
- Rækkedelingen ville måske blive mere ligeligt fordelt med denne løsning. Basis GPR, klinger måske bedre i ørene hos folket i det danske land.
- Kun medaljer i første division, de øvrige skal selvfølgelig anerkendelse.
- Feedback til instruktører!
- Indføre feedback i RSG i stil med GPR.
- Hvor stiller man som helt nybegynder hold? Må man stille i det fulde GPR program? Man skal undgå at AGG’erne kommer i short programme rækken, dette kan gøres ved at man låser hvad man må i begynder reglementet/short programme.

### Bord LKO/IKN

- Får noget godkendt, selvom man ikke er så dygtig.
- Kalde tingene det samme på tværs af alle disciplinerne (AGG, RSG, GPR), det betyder at man skal implementere de internationale ord i det danske reglement.
- Tegning i stedet for ord, eller skrive alle ordene, der anvendes i de forskellige GPR
- Udvikle dommerne med i evt. nyt opsæt
- Redskabstekniske øvelser;
- Mentorordning; til nye instruktører
- Reglementerne på dansk;



- Uddanne/udvikle dommerne i forhold til evt. ændringer
- Fælles URG dommerteam; disciplin dommere, Samarbejde mellem RSG dommerne og redskabsreglement i GPR;
- Uformel kontakt og synergi mellem RSG/GPR/AGG i dag, men derfra til at have et ekstra møde er der ikke ønske om.
- Ikke nedlægge GPR, skal beholdes

## **Du skal skifte disciplin næste sæson. Hvordan kommer du nemmest til den nye disciplin?**

### Bord CKR/LOJ:

- CFR tallene er stigende på det rytmiske. Men licenstillene er faldende og deltagerantal er faldende.
- Mentorordning. Navnene/betegnelser skal være det samme.
- Læser ikke bare reglementet og går i gang.
- Korps af træner man kan henvende sig til.
- Ring og book en tid.
- Short program i AGG
- Video
- Skift af discipliner, efter jul,
- Reglements kursus.
- Uformelle samlinger. Hvor man
- Short programs.
- AGG er ikke så farligt mere.
- Ville du have brugt en startpakke, med en mentorordning i.
- Videokurser/startup med en beskrivelse af reglementet.
- Ringsted, har flere og flere kurser.
- Træner 1 – kurset har givet en
- De skal ikke bedømmes offentligt, men have feedback på om de har forstået reglementet rigtigt.
- Koreografiskema returneres til trænerne, så man kan se.
- Ambassadørkorps

### Bord THB/BTH

- Det er svært at overkomme alle grene – Hvis man ikke har hal tid nok er det svært at have alle i en hal – Bedre gymdanmark side, det er nemmere nu at søge information – Et sted hvor man ved man kan hente hjælp, f.eks, en mentor der kan tilknyttes/opslagsværk hvor man tydelig kan se hvor man skal henvende sig (område bestemt) – begynder program + en mentor – begynderrække – For ikke helt nye skal der være en plan så man ved hvad der er mulighed for på den lange bane
- Hvordan får man fat i nye foreninger? Opsøgende arbejde inden en startpakke
- Vil du tage et e-learnings kursus? – nej det er svært at få tid til – dialogen forsvinder – måske som en intro – det er svært at huske efter et e-learning/meget nemmere i praksis – måske i et reglementgennemgang inden et kursus – det afskrækker nogle med alt for meget forberedelse/hvis

man skal afsted på et kursus har man sat tid af til det

- Alle konkurrencer foregår på et tæppe? – ja . Basis GRP/begynder hold er på gulv  
Ja – mere publikums venligt – ikke forvirret af streger – gulvareal som i AGG – kan sagtens have redskab på tæppe  
Nej – nogle har ikke tæppe

### Bord AHI/HEN

- Søge efter informationer på nettet, læse reglementet, kontakte Beth da hun har RSG.
- Hvad er vigtigt når man skifter disciplin. Der er for mange uskrevne regler.
- Startpakke – obligatoriske serier til de små, nordisk reglement til duo/trio, internationalt reglement til individuelle. Ambassadør/Mentorordning til foreningen. Mentorordningen skal både kunne rumme træningsdelen, men også det organisatoriske (Hvor mange gymnaster har en instruktør? Hvordan ift. Økonomi?)
- Mange små synes håndredskaber er sjove, men det skal også være sjovt som instruktør.
- Det er en lukket kreds, hvordan åbner vi op for RSG-miljøet.
- Der bør ligge en startpakke til disciplinerne.
- URG skal forvalte et Ambassadørkorps. Klubberne skal kunne bruge hinanden i opstartsprocessen, da flere kan gå med samme ide.
- Feedback efter konkurrencerne, hvordan kommer man videre efter startpakken, så man ikke går i stå.
- To spor, med/uden håndredskab, flere inddelinger i sporene, man skal stille i den internationale række hvis man vil rejse. Man kan godt stille i internationalrække, i det ene spor, og en nationalrække i det andet spor.
- Man kan få tilbudt en begynderserie i RSG. Her er der mulighed for at starte, men måske skal det ikke være alt for låst?
- Der skal laves et skriv så de uskrevne regler kommer ud til folket, så alle har glæde af det.
- FIG har lavet en god video der viser udfordringen ved det æstetiske i RSG.
- Musik – Hvordan vælger man det rigtige musik til den rigtige aldersgruppe. Guide til musikvalg skal med i en startpakke!
- Kurser i slut august/start september med begynderkursus reglements gennemgang, "Vil du gerne starte en ny disciplin"-kursus. Øst/Vest – ud i hele landet.

### Bord LKO/IKN

- Indgangskursus til træning, ikke nødvendigvis reglement
- mentorordning

- hente inspiration
  - skrive ind til udvalget
  - venskabsevents (som GymTeam efterskoler afholder)
  - hvordan træner jeg helt nye gymnaster
  - Læser blot reglementet
  - Træne sammen på tværs, legegrupper
  - Hjælp til koreografi i forhold til at forme en god serie (startpakke)
  - Hjælp fra erfarne trænere, internt/eksternt i foreningen
  - Udvalget skal koordinere indsatsen
  - Startpakke hvor det hele er formaliseret i forhold til hjælp
  - FQA af andre nye instruktører
- 
- E-learningkursus: Som at se videoer, nej det ville jeg ikke (kun hvis eneste der var)
  - Fjerne basis kurset, så der kun er gym træner 1 specifik, så ville der komme flere på kursus, kan bruge mange af tingene fra TeamGym fra basis kursus

#### Konkurrencestruktur:

- begynderkonkurrence med udtalelse
  - short programme
  - ingen medaljer før 8 år
  - ingen medalje for mikro
  - Inddeling i grupper – i stedet for medaljer
  - Feedback efter konkurrencer
  - GPR feedback i år har været super godt
  - ville selv hente feedback om den aktivt skulle hentes. Mail feedback er bedre, men er klar over at det er et stort arbejde for dommere.
  - Husker med gru dommermøde i gamle dage hvor tilbagemeldinger blev givet
  - Divisioner: inddeling skal være der, mindre divisioner, flydende inddeling af divisioner
- 
- I ville synes at det var lettere at komme over i den nye disciplin, hvis kravene var genkendelige? altså ikke helt fremmede. Generelt rundt bordet: Ja - men behøver ikke at være de samme
- 
- Indslusningskonkurrence; GPR består kun af 6 rækker med 2 serier (inkl. Mikro-række med redskab). Resten er indslusningsrækker/begynderrækker

## Referat fremtidsworkshop (Bilag 2)

### Hvad kendetegner AGG, RSG og GPR?

Bord CKR/LOJ

#### Hvad kendetegner AGG:

Gulvtæppe  
Eliten  
kun en serie  
Tempo/ fart på Serier  
Dynamikker  
Makeup i alle rækker  
Det er internationalt  
Udtryk og tema  
Kiss and Cry hjørne  
Der er større forskel på A og B niveauer

#### Stævnestruktur

Official practice  
Kiss and Cry hjørne  
Udtagelseskonkurrencer  
  
Der er flere gange på gulvet  
Internationale klubholds deltagelse  
Det opleves mere som et hel dags stævne

#### Mennesker

Elitefokuseret  
At vinde som det fælles mål  
  
Forældrene har mere erfaring

#### Økonomien:

Det er dyrere at være agg gymnast

#### Musikken

Der er mere tydelige temaet

#### Hvad kendetegner GPR

Det er nemmere for bredden at komme ind i.  
Krop  
2 serier  
Det er dansk – det er større mulighed for at ændre på hvad vi gerne vil lave  
Det skal muligt at være på gulv, så det er let at gå til.

**Forældrene:**

De er mere loose, og tager nemt børnene ud og rejse og væk fra hallerne.

**Stævnestruktur**

Der er divisioner  
Kort besøg på konkurrencegulvet

**Menneskerne**

Dem der bare er glade for at lave gymnastik  
menneskerne og sammenhold

**Musikken**

De er ikke helt så gode til temaer

**Økonomien**

Det er mere til at gå til

**Hvad kendetegner RSG**

Redskaber  
Individuelt  
Teknik  
Mere aktiv redskab  
Mindre krop

Landshold  
Flere serier  
Kortere serier  
Tæpper

**Stævnestruktur**

Er på gulvet mange flere gange  
Endnu mere eliter  
Flere grader af sværheder

Der er et officielt VM

**Menneskerne**

Man vil det mere – man skal på gulvet selv.

Der er en større fællesskabsfølelse.

De individuelle er mere konkurrence mennesker end de individuelle.

**Forældrene**

Meget støttende og bakker meget op – størst forældreopbakning.

### **Musikken**

To serier må gerne være med sang

Grupper – en må være med sang

### **Dragterne**

De er kortere

### Bord THB/BTH

- AGG: Internationalt for hold, på tæppe, uden redskab, højere niveau, højne niveauet, eliten i det rytmiske friserie, toppen af GRP stiller i AGG, bevægelsesform der er mellem dans og gymnastik og hvor alle bevægelser starter i hoften og går ud i hele kroppen, bruge begge sider lige meget, meget varieret, total body movement, publikum er en stor del af konkurrencen og holdet, der er meget mere liv, ingen stop kun i balance, internationalt reglement som vi ikke har indflydelse på, mulighed for mix rækker
- GRP: Bredden, serierne er stillestående/positions gymnastik, mange hold er kantet ikke flydende og mange stop, er starten efter grundhold, mangler uddannede instruktører, man kan have redskabsserie, er både med og uden tæppe, national disciplin, startede i Finland (gælder alle discipliner), dansk reglement og skrevet på dansk
- RSG: Der er stille til konkurrencerne, individuelt, grupper, med og uden redskab, international og nationalt, smidighed, svært og smukt, 5 redskaber, hver enkelt sværhed har en karakter, mange kategorier, ingen max point, internationalt reglement som vi ikke har indflydelse på, få gymnaster

### Bord AHI/HEN

Hvad kendetegner AGG?

- God musik, meget rytmisk, meget flyende.
- AGG mere flyende, dommerne ser meget mere.
- Man får flere tekniske sværheder i AGG
- Mere publikumsvenligt.
- Musicalversionen.
- Stemningen er bedre til AGG-konkurrencerne.
- På tæppe – Der er mere ro omkring gymnasterne når de er på tæppe.

Hvad kendetegner GPR?

- Kombinationen af to serier, med/uden håndredskab. Mangler flow.
- Serierne skal være mere firkantede, fordi dommerne har svære ved at se sværhederne kontra AGG.
- Redskabsserierne er kedelige ift. RSG
- Publikum er ikke gode til at bakke alle op.
- Ikke på tæppe (det har der så været testet i denne sæson)

#### Hvad kendetegner RSG?

- Toppen af redskabsdisciplinen, kedeligt med den friserie.
- Det kan betegnes som det internationale niveau.
- Man har hidtil i RSG'en bakket hinanden op, når der kommer nye foreninger, skal de lære at heppe på alle.
- Reglementet er svært, der arbejdes med de fem håndredskaber, man kan stille til NM, EM, VM, OL.

#### Fælles kendetegn

- Bruger musikken og det rytmisk til at udtrykke sig.
- Bevægelsesmønstre
- Glitter og glimmer.

#### Forskelle

- I RSG er der landshold for individuelle, kunne man gøre det i AGG'en?
- Mere sammenhold i AGG og GRP, hvor man er individuel i RSG.
- Man kan nemmere miste et helt hold i AGG/GPR, hvor man måske bedre kan fastholde individuelle gymnaster?
- Redskabshåndteringen er svære i RSG, kontra GPR'en.
- Divergensen mellem antal deltager i disciplinerne.

#### Bord LKO/IKN

##### AGG:

- Højere niveau end GPR, top holdene
- Mere tid
- Internationalt reglement, dommere, mulighed for at komme ud at rejse
- Mere "professionelt"
- Får nogle ind udefra (dommere/instruktører), som ser med andre øjne
- Sender dommere ud, som kommer hjem med input
- Højere niveau fordi at de hold, der deltager er dygtigere,
- Konkurrencestruktur i AGG, indledende og finale, gør det mere elitært – man sendes hjem

##### GPR:

- Begge dele, med eller uden redskab
- Alle kan være med; mulighed for at alle kan være med (m/u redskab, brede rækker)
- Brede funderet, plads til alle
- Lettere tilgang for nye, fordi basis ligger i breddediscipliner

##### RSG:

- Individuel disciplin, serier uden og med redskab
- Mange regler, meget teknik, meget man skal vide
- Redskab – sværere end GPR

- Virker meget krævende, højt niveau, Mange af balancer skal være på tå, hvilket øger krav i forhold til AGG/GPR.
- Gruppe i børnerække
- Mange regler som er væsentligt anderledes end GPR
- Gruppe og individuelt – nok mest individuelt, mindre fokus på kropsteknik, mere fokus på redskab, meget regelsat
- RSG skal kunne kaste højt = krav til træningsforhold
- Krav om antal redskaber er en begrænsende faktor

Tidsinvestering er forskellig for de 3 forskellige  
Rammerne er forskellige, kaste redskaber (højde i redskab)  
Gulv har den rigtige størrelse

Dommere:

GPR: Kan dømme en, ikke krav om at dømme alle

AGG: Mere krævende dommeruddannelse, fordi den ligger i udlandet tidsmæssigt. AGG dommerne dømmer alle 3 discipliner, og skal rejse

RSG: Nationale dommere, 1 international dommer

3 sider af samme sag, som alle kræver forskellig investering, foreningsressourcer/instruktør ressourcer

En prioritering mellem de 3 discipliner i forhold til tid og andre opvisninger

GPR bredde, RSG/AGG ligger lige, men højere niveau

AGG/GPR er de samme typer, Æstetiske lidt mere dedikerede og ambitiøse, GPR mere bredde  
RSG – allerede eksisterende gymnaster for nogen foreninger, mens andre foreninger har det modsatte, her dyrker man kun RSG

## Hvordan skal stævnestrukturen være i fremtiden?

Bord CKR/LOJ:

### Medaljekonkurrencer før man bliver 8 år.

Positive ting:

- Fokus på ikke at modtage medaljen, men på udviklingen.
- Mindre fokus på 1-2-3 og i stedet have fokus på udviklingen. De får medaljer.

Bagsiden:

- sejt at være et Danmarks bedste hold og det mister man når kun tre i hver alder kan få medaljer.

### Reserver – alle skal på gulvet.

Imod:



- Vi mister de gode for de bliver ikke presset.
- Det er svært at lave udfordringer for de hold hvor der er for stor forskel på hvad de kan teknisk.
- Det er foreningernes eget ansvar og tage hensyn til.
  
- Når der en medalje på spil, så tager vi ikke alle med, når vi er til "ikke medaljestævner" så er alle med.
- Det er ikke noget gymDanmark skal blande sig i.

**Divisioner:**

- Det er for mange divisioner – meget forvirrende. For lidt konkurrence

**Begynderreglementet:**

- Sværhedsbegrænsning.
  - Hvis man laver en begynderrække, skal man sikre at man tilsigter at det er for begyndere.

**Må der være mænd?**

Tjaaaaa – det bør ikke være forbudt.

Bord THB/BTH

AGG: Lav reglen for hvor mange der går videre når man ved hvor mange hold der (lad ikke kun 1 til 2 hold være tilbage i de små rækker)– der skal enten alle med eller være ægte finale – konkurrencen skal være over 2 dage som internationalt – flere officielle konkurrencer

GRP: National fri – national redskab- national blandet /anderledes divisions struktur, alle skal stille op til 1. runde for at være med til DM og der skal være det rigtige antal gymnaster tilmeldt

RSG: International redskab – 10 point ekstra til de små

Samlet : blandede konkurrencer – nationale og internationale – kun medaljer til de 3 bedste i 1. div, de andre divisioner skal have noget andet

Bord AHI/HEN

Det vil være svært med et samlet stævne da nogle dyrker flere discipliner, hvis man skal man afholde det samlet, skal der tænkes hvordan man inddeler gymnasterne.

Feedback konkurrence – hvor man inddeles i niveauer og instruktører får feedback.

Dommere: kunne være fint med URG dommerteam, men det er svært når man skal rekruttere nye dommere. Er forskellen mellem disciplinerne for stor, for at det kan lade sig gøre. Inden for GPR vil det være en fordel at dommerne kan dømme alt. Man kunne med fordel gå til prøve i alle discipliner på en gang! Dommeruddannelsen er måske struktureret forkert ift. At man gerne vil uddanne sig i alle discipliner. Strukturen på dommeruddannelsen skal der kigges på. Videodelen kunne måske med fordel erstattes af en livebedømmelse.

Konkurrence først i junior/senior?

Man kan risikere at miste for mange gymnaster i børnerækkerne hvis man fjerner konkurrenceelementet. Men man kan godt nøjes med at give medaljer i 1. division og anerkendelse i øvrige divisioner. Kunne man sætte guldklistermærker på vinderne i øvrige discipliner? Fokus skal være på udviklingen af gymnasterne og ikke på den fysisk belønning. Bordformand var ikke enig.

Alle konkurrencer på tæppe?

Det kan være svært at få nye foreninger med når man som forening ikke har tæppe. Man kan måske starte med at indføre det i børnerækkerne, så de gradvist vænner sig til det. Er niveauet så højt at det er nødvendigt? Venskabsforeninger – så man kan prøve et tæppe. Det skal være frivilligt at bruge tæppe i GPR?

Ingen medaljer i mikro-rækken?

Hvis man indfører kun medaljer i 1. division, så er det fint med ingen medaljer. Man skal fjerne medaljerne i mikro, for at kunne udvikle sine gymnaster, frem for fokus på at vinde. Diplom for deltagelse uden score. Glæden for at være med.

Ingen reserver – alle skal på gulvet.

Uenige! Niveauet kan være for stort. For stort arbejde hvis en gymnast melder fra til en konkurrence. Mikro kunne man godt sige alle skal på gulvet. Bliver det for svært at kontrollere ift. Snyd? Gøre det klart med fordelene med 2/3-dels reglen.

Bord LKO/IKN

AGG og RSG konkurrencer som én konkurrence

RSG og GPR slået sammen var ikke nogen succes

Vende tilbage til de gamle JUBI stævner, flere discipliner og kun toppen.

Hvis vi gerne vil have gymnaster på tværs skal der ikke rodes ved strukturen,

Kigge på den enkelte disciplins struktur

Overholde reglementerne!

AGG, fedt at der er official practice

Efterskole DM, super format

Ingen medalje før 8 år?

Fint i GPR, men ikke i AGG, skal have udtalelse

Internationale rækker

Ensartet reglementer:

GPR: AGG serie = fri serie

Begynder= Short programme

GPR struktur opdeles i begynder og øvede:

Begynderrækker; med faste øvelser, ingen medaljer

Inddeler i A/B/C/D niveauer som i Finland

Helt små skal ikke stille op til DM i RSG, deltager i mindre konkurrencer

Junior/senior ikke dele i divisioner

Stigesystem, vi har ikke nok gymnaster til at gøre dette; for stor forskel i alderen i samme stigeniveau,

RSG – de helt små skal slet ikke deltage; skal deltage i opvisnings/feedback events

AGG: tomt gulv i mellemtiden, kunne der være en gymnast som laver noget på gulvet.  
Anderledes sæt-op i GPR gulvflader, kan man strukturere hallen anderledes

Tæppe i GPR – punktum

Deler konkurrencen op i to, basis/standard og international

Input undervejs i konkurrencerne (indslag af aktiviteter)

Skal mænd være med?

Ja – hvorfor ikke, hvis vi kan finde dem

Ingen reserver – alle på gulv?

Blandede holdninger; ja det skal være muligt; nej det skal ikke være muligt, alle på gulvet;

nationalt niveau – ingen reserver, internationalt niveau – ok med reserver

Hvad når man får nye gymnaster undervejs, som aldrig har gået til gymnastik; skal de så sendes væk ?

Kan vi lege med reglementet, så man kan have flere end 2 i hver sin serie, måske 3 eller 4?

Ikke noget som GymDK skal blande sig i, det må være op til træneren at vurdere

Landshold øst/vest: RSG: ikke nok gymnaster, AGG: holdene er klubhold

## **GymDanmark planlægger at ansætte en landsholdchef, hvordan kan vi bruge personen aktivt i det rytmiske miljø?**

Bord CKR/LOJ:

### **Landsholdschefen**

#### Positive:

- Gode leder og koordinerings evner
- Hjælpe til bedre årsplanlægning
- Rammer som landstræneren skal overholde.
- Klubdeltagelse – finde ud af hvordan AGG passer ind
- Udtagelser hvert år. Det er ikke de samme hold.
- Camps – RSG og AGG være en del af det
- Styrke den information der kommer ud omkring ungdoms OL

#### Negative:

- Spild af ressourcer
- Historien gentager sig.
- Det er svært at se hvad en sådan person kan

### **Supplerende spørgsmål til RGS landshold**

Landstræneren i RSG laver ikke rettelser til serien, hun kigger kun på det, om de kan finde ud af, og laver ikke noget nyt.

Hvordan bliver der udtaget til landsholdet? Er det karakter?. Er det dommerne? Helle (FG 90) kender ikke kriterierne.

Bord THB/BTH

**Landsholdschef:**

Hjælp til nye hold der rejser, fly, regler osv. – samlings punkt til rejsende hold – samlende punkt til fælles træninger – lave fælles kurser (ikke faglige) – psykisk træning – tovholder af træning på tværs af grene f.eks styrker/spring – delegationsleder/koordinator i forbindelse med rejser

**Skal vi have et landshold i AGG:**

Skal så være øst/vest, prøve periode på 5 år med øst/vest – svært at både have tid til AGG på hold, GRP og landshold – ville højne niveauet i GRP – fælles grundtræning for alle gymnaster, måske fordelt på niveau – godt med campen i år hvor alle fik tid – regionshold som konkurrer mod hinanden eller udtaget gymnaster som træner sammen fra hver region – Det vil være svært at få landshold til AGG, det er svært at få alle gymnasterne til at køre ens.

Bord AHI/HEN

Landsholdschefen skal komme rundt i miljøerne. Han skal sætte rammerne for landsholdene, og hvordan man strategien skal være.

Man skal have fat i de yngre gymnaster ift. Udviklingen i miljøet. Junior/senior er måske for sent?

Der skal tages kontakt til de pågældende trænere og så skal de have de forskellige tilbud der findes i pakken.

Fedt med fokus på det mentale og det sundhedsfaglige perspektiv.

Sætte servicemålene og kontrollere at de overholdes.

Idrætspsykologi kunne være en god del af pakken, evt. kurser til instruktører der ikke har deltaget træner uddannelsen.

Hvordan sikre man udviklingen når instruktørerne skifter som de gør?

Det skal være *et tilbud* til de instruktører der er udtaget.

Lidt abstrakt!

Spot kurser – og særlig indsats når man er udtaget!

Bord LKO/IKN

Bruges i forhold til konkurrencer, psykologisk/mental træning

Camp struktur

Sparing økonomisk, kan man få noget økonomi ud i klubberne i forhold til hold, der rejser

Håber at vedkommende er dansk, og kender værdigrundlag for hvordan vi håndterer børn og unge

Skal kunne håndtere talentarbejdet, ikke kun få elite gymnaster

Implementeret den elite/talent politik i GymDK, sparring

Klare mål og rammer for landsholdstrænerens arbejde

Svært at forstille sig hvad vi skal bruge det til, hvordan vil vi blive favnet

Camp for instruktører, der rejser ud, især for dem der rejser første gang

Holdmæssigt kan jeg ikke se at vedkommende kan byde ind.

Camp for internationale instruktører kunne vedkommende være en del af

Samle dem, der rejser ud, så man rejser samlet ud. Etablere et fora for dem, der rejser, så de mødes i lufthavnen

Understøtte konkurrencer i GymDK i forhold til internationale konkurrencer

Samler sammen før rejser, guideline til den røde tråd

Head of delegation; hvem rejser sammen; fys etc. Samler alle holds trænere; praktisk håndtering af rejserne,

Forældrene kan byde ind til denne ansvarlige rolle under selve konkurrencen.

DHG sendte 3 instruktører op til OVO for at lære, hvordan de trænere, kan dette bredes ud

Hjælper med uddannelse

Sikre uddannelse af trænere i RSG verdenen. FIG Alders Relateret Træning

Fælles seancer med internationale instruktører på tværs af klubberne, dele viden om initiativer

11.7.2019



## IFAGG information

### GENERAL ASSEMBLY AND COUNCIL DECISIONS

IFAGG General Assembly (GA) 2019 took place in Cartagena, Spain related with World Championships event. Please, find below the decisions from GA and Council.

#### Membership fees 2020

General Assembly decided to keep membership fees unchanged. Annual Membership fee for A-member will be 1200€, for B-member 600€ and for C-member 200€ for year 2020. Registration fee for A-member is 400€, for B-member 300€ and for C-member 200€. Registration fees must be paid once (1.) per membership level (when approved as a new member for A-, B- or C-level (once per each level).

#### Election of IFAGG President and Council members

Tatiana Miroshnychenko (ESP) was re-elected for IFAGG President 2019-2021. Saori Kubota (JPN) and Liliya Morozova (RUS) were re-elected and new Anna Kirjavainen (FIN) elected to the IFAGG Council for 2019-2021.

#### Election of host for World Championships event 2022

Austria / Allgemeiner Turnverein Graz, Tanzfabrik was elected to host World Championships & IFAGG Trophy event 2022 in Graz, Austria. IFAGG Council will inform dates later, according 2022 competition calendar. Preliminary there is two date possibilities; end of May- first part of June 2022 or last part of November 2022. World Championships event 2020 and 2021 will be in end of November and after receiving feedback IFAGG will evaluate competition calendar dates for 2022.

#### Place and approximate date for next ordinary General Assembly

Year 2020 IFAGG General Assembly will be held in connection of the World Championships event 19.-22. November 2020 in Sofia, Bulgaria.

#### General Competition Rules

IFAGG Council approved General Competition rules were presented in IFAGG Conference in Cartagena, Spain. These rules will be in effect from 1. August 2019. This document is also attached with this IFAGG Info email.

#### Upcoming international judge courses

##### IFAGG International Judges course 2.-6. October 2019 / Warsaw, POL

→ please find more information on IFAGG webpage:  
<https://ifagg.sporttisaitti.com/events/?x118457=320029>  
Invitation will be published there soon.

##### IFAGG International Judges course XX. January 2020 / Sofia, BUL

→ information will be published later IFAGG webpage.

##### IFAGG International Judges course 11.-14. April 2020 / Nur-Sultan, KAZ

→ invitation will be published on IFAGG webpage:  
<https://ifagg.sporttisaitti.com/events/?x118457=320109>

11.7.2019



## Upcoming competitions

### **IFAGG World Cup III & Challenge Cup III**

Tallinn, EST 17.-20. October 2019

Please find link for online registration on IFAGG webpage

<https://ifagg.sporttisaitti.com/events/?x118457=316121>

Please, respect due dates: preliminary registration number of groups: due date 16. July, preliminary registration final number of groups 16. August

### **B-category competition Tallinn Trophy** (all age categories & short program)

Tallinn, EST 16.-18. October 2019

Please find link for online registration (preliminary registration; number of groups due date 16. July, preliminary registration final number of groups 16. August)

<https://ifagg.sporttisaitti.com/events/?x118457=316420>

### **IFAGG World Cup IV & Finals and Challenge Cup IV & Finals**

Budapest, HUN 22.-25. November 2019

Invitation will be published later on IFAGG webpage.

Note: Preliminary information, that **Mediterranean Countries competition** will be related with World Cup IV Final event in Budapest, Hungary.

## Licenses 2019

All gymnasts (juniors, seniors, student category and children), coaches and judges who are participating in IFAGG international competitions (A- and B-category) during 2019 need to have a license for the year 2019. Please find more information on IFAGG webpage: <https://ifagg.sporttisaitti.com/competition/license-info/>

### **License fees 2019:**

Senior gymnast – 25 EUR / year 2019

Junior gymnast – 15 EUR / year 2019

Children gymnast – 5 EUR / year 2019

Coach – 5 EUR / year 2019

Judge – 50 EUR / year 2019

## Nomination of gymnasts for team 2019

During competition season 2019 (starting 1.1.2019 until 31.12.2019), team can nominate maximum 15 gymnasts to the competing team.

<https://ifagg.sporttisaitti.com/competition/nomination-of-gymnasts/>

## Change of team

Gymnasts can change team one (1) time during the season 2019 according to age limits. This change can be made only after the first part of competition season (after World Championships event). This means that i.e. if gymnast is born in 2003 and competing in junior team in Challenge Cup I and/or II and World Junior Championships, during the second part of competition season it is possible to her/him change team for another junior team or another senior team. Other example; if gymnasts in senior team have competed first part of season in one team, and team retired after World Championships event, the gymnasts can change the team for new one.

IFAGG member is always responsible of informing IFAGG office concerning all gymnasts' changes of team.

11.7.2019



Administration fee concerning the change of the team is 10€ per gymnast. If the change is from junior team to senior team, also difference of the gymnast license must be paid.

For example, senior gymnast has license (25€) for season 2019 and she/he changes the team for another senior team, the administration payment will be 10€. If a junior gymnast has a junior license (15€) for season 2019 and she/he changes the team for another junior team, the administration fee will be 10€. In case a junior gymnast with a junior license (15€) changes for a senior team she/he will pay the difference between junior and senior license (10€) + the administration fee concerning team change (10€).

Regarding team/license changes, please contact IFAGG office. By request, the office will send a list of all registered gymnasts (per country) to the official member representative. You can make all team and/or license changes into that excel sheet in red color and the office will make the corrections into the register system and send the invoice.

### **Preliminary competition calendar for 2020**

IFAGG General Assembly presented preliminary main Competition Calendar for year 2020. We would like to remind all members, do not any travel bookings before invitation is publish on IFAGG event site. Note, that place / date can still be change (not depending of IFAGG).

Please, see the preliminary calendar 2020 for IFAGG Main competitions:  
<https://ifagg.sporttisaitti.com/competition/>





# IFAGG General Competition Rules

Approved 1. April 2019 by IFAGG Council

In effect from 1. August 2019

IFAGG owns these rules and has copy right of these rules



## IFAGG General Competition Rules

### Contents

Preamble .....	3
1 Purpose and validity of the General Competition Rules .....	4
1.1 Purpose.....	4
1.2 Validity.....	4
1.3 Scope of Application.....	4
1.4 Rules, Guidelines and Codes.....	4
2 IFAGG competitions and other events .....	4
2.1 Competition calendar .....	4
2.2 Official competitions .....	5
2.2.1 World Championships, Junior World Championships.....	5
2.2.2 IFAGG Trophy.....	6
2.2.3 World Cup series.....	7
2.2.4 Continental Championships.....	7
2.2.5 World Challenge Cup series.....	7
2.2.6 International tournaments.....	8
3 Organizing of competitions and events.....	8
3.1 Right to host competitions .....	8
3.2 Applying and choice of hosts for official IFAGG Competitions and other events .....	8
3.3 Entry procedures .....	9
3.3.1 Preliminary and definitive entries .....	9
3.3.2 Participation fees.....	10
3.3.3 Insufficient participation .....	10
3.3.4 Changes to the participating Groups and gymnasts.....	11
3.3.5 Delegation members .....	11
3.3.6 Organizer .....	11
3.4 Medal qualifications and tie-breaking rules.....	12
3.4.1 Medal qualifications .....	12
3.4.2 Cup points.....	12
3.4.3 Choice of finalists.....	13
3.4.4 Medal qualifications in country ranking.....	13
3.4.5 Amount of medals .....	14
3.5 Cancellation of a competition or an event.....	14
3.6 Liability insurance .....	14



## IFAGG General Competition Rules

4	Gymnasts and control of gymnasts .....	15
4.1	General rights of participation in competitions .....	15
4.2	Competition licenses .....	15
4.3	Age of participants.....	15
4.4	Control of nationality and age .....	16
4.5	Insurance .....	16
4.6	Right to compete .....	16
4.7	Nominating gymnasts to a team .....	16
4.8	Changing a group.....	16
4.9	Foreigner’s right to compete and represent a country.....	17
4.10	Assistance by Coaches .....	17
4.11	Competition attire, national identity and advertising.....	17
4.12	Welcome meeting .....	18
5	Judging.....	18
5.1	Requirements for judges .....	18
5.2	Judge’s registration to competitions.....	18
5.3	Judging in the competitions .....	18
5.4	Judges’ appearance .....	19
5.5	Protest of results .....	19
6	Violations of rules.....	19
6.1	Doping.....	19
6.2	Ethical and fair play principles.....	19
7	Administrational information .....	20
7.1	Yearly report.....	20
7.2	Competition report.....	20
7.3	Handling personal data.....	20
8	Commercial regulations.....	20
8.1	Broadcasting of international AGG competitions .....	20
Appendix A	Participation fees.....	21
Appendix B	License fees.....	21



## IFAGG General Competition Rules

### Preamble

International Federation of Aesthetic Group Gymnastics IFAGG was established on 12 October 2003 and is the recognized world governing body of aesthetics Group gymnastics (AGG). IFAGG is a non-profit international federation, and it has been properly and legally registered as such. Its mission and purpose are strictly to advance the sports of aesthetic Group gymnastics. IFAGG is the supreme authority on all matter relating to International Aesthetic Group Gymnastics.

### Abbreviations

IFAGG	International Federation of Aesthetic Group Gymnastics
AGG	Sport of Aesthetic Group Gymnastics, defined in the Competition Rules
Statutes	Statutes of the IFAGG
GA	General Assembly of the IFAGG, held annually and as stated in Statutes
Council	The Council of the IFAGG
President	President of the IFAGG
TC	Technical Committee of the IFAGG
IM	IFAGG Member, as defined in Statutes. Can be a national federation or a club.
Gymnastics	The sport and/or activities of Aesthetic Group Gymnastics
Gymnast/athlete	Any person participating in the activities described in Gymnastics above
LOC	Local Organizing Committee. The organizing committee or other body or person appointed to organize any IFAGG sanctioned event
GCR	General Competition Rules of the IFAGG, this set of rules and regulations approved by Council of IFAGG
Competition rules	These rules are prepared by Technical Committee and approved by Council for instructing the competition exercises and evaluating in AGG.
COE	Code of Ethics of the IFAGG
COD	Code of Discipline of the IFAGG



## IFAGG General Competition Rules

# 1 Purpose and validity of the General Competition Rules

## 1.1 Purpose

The purpose of the General Competition Rules is to provide a medium for the organization, control and operation of Aesthetic Group Gymnastics competitions and development of these.

## 1.2 Validity

The Council is in charge of approving the General Competition Rules and any changes to GCR. Major changes to GCR can be done twice per year, by June 30<sup>th</sup> and by December 31<sup>st</sup>. The Technical Committee can propose changes to GCR. The approving of GCR or changes to GCR will be announced in the AGG International bulletin and on the IFAGG website ([www.ifagg.sporttisaitti.com](http://www.ifagg.sporttisaitti.com)). Major changes to the GCR will come into force min. 6 months after the announcement and minor changes to the GCR will come into force one week after the announcement.

## 1.3 Scope of Application

International Federation of Aesthetic Group Gymnastics (IFAGG) – Kansainvälinen Joukkuevoimisteluliitto, its members and the committees of the members, and every person who competes or acts in IFAGG’s events are obligated to follow these IFAGG General Competition Rules.

The decision right in all decisions mentioned in these rules is with IFAGG Council, unless Council has delegated the decision right to other governing body or person.

## 1.4 Rules, Guidelines and Codes

IFAGG is responsible for establishing the AGG competition rules for all categories.

The AGG competition rules, and other rules and official additions concerning competition activities, are the responsibility of the Technical Committee. These rules, their appendix and major changes to the rules must be approved by the Council of IFAGG. The rules and major changes to the rules are published in IFAGG web-sites, and they will come into force from the date of validation and minimum one week after the announcement. Minor changes or clarifications to the AGG competition rules are published in IFAGG web-site and these are valid 3 days after being published.

# 2 IFAGG competitions and other events

## 2.1 Competition calendar

IFAGG members must adhere to the calendar below to avoid clashes of dates of important competitions and respect the competitions organized by IFAGG.

x = month, when competition can be arranged

For years, when WCh is in May, e.g. 2019	Level of competition	Months											
Event		J	F	M	A	M	J	J	A	S	O	N	D
World Championships	A-cat.					x							
IFAGG Junior World Championships	A-cat.					x							
IFAGG Trophy	A-cat.					x							
World Cup, World Challenge Cup	A-cat.			x	x						x	x	
Continental Championships (even years)	A-cat.			x*							x*	x*	



## IFAGG General Competition Rules

Student Competitions (e.g. EUSA)	A-cat.		x	x	x	x	x				x	x	
Other official approved international tournaments	A-cat.		x	x	x	x	x			x	x	x	
Other international tournaments **	B-cat.	Organizers can decide, respecting to the competitions organized by IFAGG											
Open national competitions **	C-cat.												

\* Continental Championships and World Cup min. 3 weeks from each other or during the same event.

Different continents' championships can be in different month.

\*\* Organized by IFAGG members (federations, clubs), not official IFAGG competitions

For years, when WCh is in November, e.g. 2020-2021	Level of competition	Months											
Event		J	F	M	A	M	J	J	A	S	O	N	D
World Championships	A-cat.											x	
IFAGG Junior World Championships	A-cat.											x	
IFAGG Trophy	A-cat.											x	
World Cup, World Challenge Cup	A-cat.		x*	x*	x*	x*				x	x		
Continental Championships (even years)	A-cat.		x*	x*	x*	x*							
Student Competitions (e.g. EUSA)	A-cat.		x	x	x	x	x			x	x	x	
Other official approved international tournaments	A-cat.		x	x	x	x	x			x	x	x	
Other international tournaments **	B-cat.	Organizers can decide, respecting to the competitions organized by IFAGG											
Open national competitions **	C-cat.												

\* Continental Championships and World Cup min. 3 weeks from each other or during the same event.

Different continents' championships can be in different month.

\*\* Organized by IFAGG members (federations, clubs), not official IFAGG competitions

The general competition calendar which informs months when different competitions can be arranged, is published by 31<sup>st</sup> of December minimum 1 year before the start of the competition season.

The IFAGG competition calendar with dates and places for WCh, Junior WCh, Continentals and WC/CC for the next year is published annually at latest June 30<sup>th</sup> in IFAGG web pages and/or other official IFAGG announcement. Updates and additions concerning other international competitions can be made during the year. IFAGG members are obligated to send their national competition calendars and event calendars to IFAGG Office yearly at the latest 31<sup>st</sup> of December and updates or additions during the year.

All international competitions must be reported to the IFAGG Office which maintains and updates the competition calendar. Countries can publish an invitation to an international competition only after confirmation from IFAGG Office, which checks that competition fits to competition calendar and that invitation complies with IFAGG rules. Other international IFAGG competitions can't be organized at the same time with World Championships, IFAGG Junior World Championships, World Cup and World Challenge Cup competition.

## 2.2 Official competitions

### 2.2.1 World Championships, Junior World Championships

Time /Period: Every year / 2019 May, 2020-2021 November



## IFAGG General Competition Rules

Participants: Senior women, junior women

Disciplines: Long program

Program for 2-day competitions (until there are at least 20 countries per category two years in a row, and earliest from 2021):

Official trainings – day before the 1st competition day

1day – Preliminaries – max 3 groups\* per country (hosting country max 4 groups)

2day – Finals – first 12 results from preliminaries – max 2 groups per country. Additional places: 1 group from each continent and 1 group from hosting country, if they were not selected from preliminaries.

Program for 3-day competitions (when there are at least 20 countries per category two years in a row, and earliest from 2021):

Official trainings – day before or during the morning of 1st competition day.

1day – Qualifications (team competitions and country ranking (awarding) – max 3 groups\* per country (hosting country max 4 groups)

2day – Preliminaries (group competitions) – first 30 results from qualifications – max 2 groups per country. Additional places: 1 group from each continent and 1 group from hosting country, if they were not selected from qualifications.

3day – Finals (group competitions) – first 12 results from preliminaries – max 1 group per country. Additional places: 1 group from each continent and 1 group from hosting country, if they were not selected from preliminaries.

\* Exception: The previous senior women World Champion group has a wild card and the right to participate in the next World Championships, if the majority of the nominated group that won the last World Championships is the same (e.g. 7 gymnasts of 12 nominated gymnasts must be the same or 6 gymnasts of 10 nominated gymnasts must be the same).

### 2.2.2 IFAGG Trophy

Time /period: Every year

Categories: Senior mixed groups long program, Junior mixed groups long program, Senior women short program, Junior women short program, Senior mixed group short program, Junior mixed group short program

Program: Official trainings - day before or during the morning of 1st competition day.

1day – Preliminaries – max 3 groups per country (hosting country max 4 groups)

2day – Finals – first 12 results from preliminaries – max 2 groups per country.



## IFAGG General Competition Rules

### 2.2.3 World Cup series

Time /period: 4 competitions per year – 2 during spring and 2 during fall. The competition period for the World Cup series is calendar year (1.1.-31.12.).

Participants: Senior women

Disciplines: Long program

Program: Official trainings - day before the 1st competition day

1day – Preliminaries – max 4 groups per country (max 3 groups per country earliest from 2021)

2day – Finals – first 12 results from preliminaries – max 2 group per country (max 1 group per country if there are min. 12 groups in a category and earliest from 2021)

Cup ranking: 3 best results from 4 competitions

### 2.2.4 Continental Championships

Time /period: Every 2 years / recommended first half of the competition season

Participants: Senior and junior women

Disciplines: Long program

Program: Official trainings - day before the 1st competition day or on the day of the preliminaries

1day – Preliminaries – max 3 groups per country (hosting country max 4 groups)

2day – Finals – first 12 results from preliminaries – max 2 groups per country.

### 2.2.5 World Challenge Cup series

Time /period: 4 competitions per year – 2 during spring and 2 during fall. The competition period for the World Challenge Cup series is one calendar year (1.1.-31.12.).

Participants and Disciplines:

Currently: Junior women long program

At earliest from 2020 and if min. 6 countries and at least 10 groups per category participate during previous competition season in comparable competitions: long program students, short program (junior women and senior women).

Program: Official trainings - day before the 1st competition day

1day – Preliminaries – max 4 groups per country (max 3 groups per country earliest from 2021)

2day – Finals – first 12 results from preliminaries – max 2 groups per country (max 1 group per country if there are min. 12 groups per category and earliest from 2021)

Cup ranking: 3 best results from 4 competitions





## IFAGG General Competition Rules

### 2.2.6 International tournaments

Time /period: Between or in connection with WC/CC but minimum 1 day earlier (e.g. preliminaries are on the day of official trainings of WC/CC, finals are on the day of WC/CC preliminaries).

Participants: All categories

Disciplines: Short program, long program

Program: 1day – Preliminaries – recommended 5 groups per country, organizer can decide

2day – Finals – recommended first 10 results from preliminaries – max 2 groups per country, organizer can decide

## 3 Organizing of competitions and events

### 3.1 Right to host competitions

Members of IFAGG, who have fulfilled their obligations to IFAGG (according to statutes), have right to organize official IFAGG sanctioned competitions. Host organization (IFAGG Member) cannot give the IFAGG event forward to organize for the third party. Application to host international competition must be done according to IFAGG rules and regulations.

### 3.2 Applying and choice of hosts for official IFAGG Competitions and other events

#### **World Championships, Junior World Championships**

The permission to host World Championships will be granted by the GA. The General Assembly elects the venue and organizer of the World Championships at least two years prior to the event. Applications must be made by using the competition application form (available from the IFAGG office or IFAGG web pages) with required attachments. The deadline for such application is minimum 2 months before the GA and minimum two years before the event. Junior World Championships is organized in combination with World Championships and granted by the GA.

#### **Other official IFAGG A-category competitions**

The permission to host other official A-category competitions will be granted by the Council. Applications to organize these competitions must be made to the Council by using the competition application form (available from the IFAGG office or IFAGG web pages) with required information and attachments.

World Cup and World Challenge Cup competitions: the due date for applications is March 31<sup>st</sup> and the Council decides the organizer for each event latest May 31<sup>st</sup>.

IFAGG Trophies, Continental Championships, Other official approved international tournaments: as far as possible, the Council decides the organizer of the event minimum 12 months prior to the event.

#### **Other international B- or C-category competitions and tournaments**

Any member of IFAGG may organize international AGG competitions. B- or C-category competitions and tournaments must be organized considering these General Competition Rules and they must be



## IFAGG General Competition Rules

brought to the attention of IFAGG by contacting IFAGG Office. Before the organizer can publish the invitation to the competition, the invitation and especially dates and categories must be confirmed by IFAGG Office. The program and operating procedures are decided by the organizer but based on the guidance of General Competition Rules. With the aim of ensuring a proper organization of competitions, the conditions of the event must be stipulated in writing.

### 3.3 Entry procedures

#### 3.3.1 Preliminary and definitive entries

Entry registrations must be officially submitted by IFAGG members according to instructions in the competition invitation.

For World Championships, Junior WCh, IFAGG Trophy competitions preliminary entry must be made at latest 3 months before the competition and definitive entry at latest 6 weeks before the competition. If the preliminary entry is missed or is late, before the definite entry can be made, a sanction for late entry must be paid. Late Definitive entry must be made at latest 4 weeks before the competition starts.

For Continental Championships, World Cup and World Challenge Cup competitions preliminary entry must be made at latest 2 months before the competition and definitive entry must be made at latest 4 weeks before the competition. If the preliminary entry is missed or is late, before the definite entry can be made, a sanction for late entry must be paid. Late definitive entry must be made at latest 3 weeks before the competition starts.

For other competitions, preliminary and definitive entries must be made by the deadline and as informed in the competition invitation letter, but sanctions for late entries are not required.

**Preliminary entry** must contain the following:

- Group name
- Number of gymnasts and coaches

In the definitive entry it is possible to make other nominations than in preliminary entry (e.g. change the group or number of gymnasts).

**Definitive entry** must contain the following:

- Per Group all nominated gymnasts and coaches
  - o family name, first names, date of birth (day – month – year), license number
- Each official: family name, first names, title (e.g. choreograph, team lead, medical staff, paramedical, head of delegation)
- Each judge: family name, first names, judging license level, possible categories/disciplines that the judge is not allowed to evaluate

If IFAGG Member entered the preliminary entry, but missed the definitive entry deadline, a late definitive entry will be accepted if the definitive entry is duly sent minimum 4 weeks (WCh, CCh, Trophy) / 3 weeks (Cont.Ch, WC, CC) before the competition's start and if the IFAGG Member pays the sanction for late entry. IFAGG Members must send the definitive entry of the judges together with the definitive entry of the gymnasts.



## IFAGG General Competition Rules

### 3.3.2 Participation fees

The required participation fee must be paid at the latest at the date of the definitive entry. In case of non-participation or partial participation, the participation fee will not be reimbursed.

Sanctions will be applied if the different deadlines for the entry registrations are not respected. Also, if at the definitive registration an IFAGG Member registers a Group and the Group is not participating at the competition, the IFAGG Member has to pay a sanction fixed by the Council.

The fees and sanctions are fixed by the Council and are to be paid to the Competition organizer. The sanctions apply for WCh, Junior WCh, IFAGG Trophy, Continentals and WC & CC competitions, in Senior and Junior categories. For amounts of participation and sanction fees, see Appendix A.

Concerning other payments in the competitions, every country and participating group is responsible for their own costs. LOC must provide information about possible accommodation and meals at various price ranges, but participants can book accommodation and meals themselves according to their needs without any extra organizing fee.

### 3.3.3 Insufficient participation

If less than 3 Groups submit a definitive entry for a category/discipline, no medal will be awarded but only a prize.

For the official status of the nominated competition, minimum number of participating countries and Groups:

- World Championships: A minimum of 12 countries and altogether at least 20 Groups must participate in the World Championships that it can be nominated as World Championships and a minimum 10 countries and altogether at least 16 Groups in Junior World Championships that it can be nominated as Junior World Championships
- World Cup and World Challenge Cup: A minimum of 5 countries and altogether at least 10 Groups per each category must participate in the World Cup and World Challenge Cup competition that it can be nominated as the World Cup or the World Challenge Cup competition.
- Continental Championships: A minimum of 4 participating countries per category, and for Europe minimum 6 countries per category
- Student Competition: according to student association/union rules
- Official approved international competition (A-category): A minimum of 3 countries/category and 3 Groups/category must participate in the competition that it can be nominated as an official approved international competition (A-category).
- Other international competition: A minimum of 2 countries/category and 3 Groups/category must participate in the competition that it can be nominated as an international competition.

The organizers are obliged to inform the IFAGG Office competition statistics.

If less than recommended number of countries or groups participate, IFAGG Council reviews the competition calendar and the requirements for the official status of the competition for the following competition seasons.



## IFAGG General Competition Rules

### 3.3.4 Changes to the participating Groups and gymnasts

**From the definitive entry until final schedules are made (WCh, Jun WCh, Trophy: from 6 weeks to 4 weeks before the competition starts, for Cont.Ch, WC, CC: from 4 weeks to 3 weeks before the competition starts)**

After final schedules are made, no Groups can be added to the number of participating Groups and no gymnasts can be added to the number of gymnasts per Group as declared in the Definitive entry.

#### **From Definitive registration until Accreditation**

Until accreditation, a gymnast can be replaced with another gymnast in the same Group. No additional Groups or gymnasts can appear in accreditation. Passports of gymnasts are checked in the accreditation.

#### **From accreditation until 3h prior to competition start**

No changes to gymnasts or groups can be made after the accreditation. The competing team must be formed from accredited gymnasts of the group. The accreditation must be made according to competition schedule. In case of force majeure (e.g. severe flight delays, sickness or injuries), if the group or gymnasts not present and accredited 3h before competition start, the IFAGG Member can apply for revision of the starting order. The Superior Jury shall approve.

#### **From 3h prior to competition start until the end of competition**

No changes to gymnasts or Groups can be made. In exceptional cases, the Superior Jury may accept a relevant change.

### 3.3.5 Delegation members

Participation fee in the official IFAGG competitions covers the participation of nominated gymnasts and coaches as follows:

Small group: 6 gymnasts, max 2 coaches

Basic group: 7-15 gymnasts, max 3 coaches

If country or group needs to have more members in the delegation (e.g. choreographers, physicians, physiotherapists), additional accreditations can be acquired with an additional price informed by the LOC.

### 3.3.6 Organizer

IFAGG member designated by the IFAGG is responsible for the organization on the A-category competitions.

Organizer undertakes to ensure the proper running of the competition in an adequate hall/site; to prepare the event according to the regulations and instructions in GCR; to provide sufficient amount of competent organization officers; and to assume responsibility for all the costs of organization.

The organizer of an A-category competition is obligated to have negotiations with IFAGG about the competition arrangements that have been determined by these General Competition Rules and, when published, the Regulations for competition organizer. The contract of the competition circumstances



## IFAGG General Competition Rules

will be signed, and the possible sight inspection will be made by the official authorities of IFAGG. IFAGG will be the contacting party. The cost of sight inspection will be covered by the organizer.

The contract of the competition organizing incl. circumstances must be signed min. 8 months before World Championships & World Junior Championships *and 30% of organizing fees payed min. 6 months before the WCh competition.* For other A-category competitions, the contract must be signed min. 6 months before the competition *and 30 % of organizing fees paid min. 3 months before the competition.*

### Work plan

The work plan for competition is prepared by Organizer and approved by IFAGG officials.

Work plan contains the technical aspects of the organization. It must include, among others, the definite timetable of the competitions and for categories and disciplines, welcome meeting, timetable of judges' meetings, possible other meetings for the participants, places for these meetings, layout of the competition area and type of podium.

Work plan for A-category competitions must be shared to participating IFAGG members at latest 4 weeks before the competition.

### 3.4 Medal qualifications and tie-breaking rules

#### 3.4.1 Medal qualifications

Applies for World Championships, Junior World Championships, World Cup, World Challenge Cup, IFAGG Trophy, Continental Championships and open championships.

Principal is that gold medal cannot be shared by two groups, but silver and bronze medals can be shared.

If two or more groups are with the equal total score (preliminaries + finals) or the equal score of the World Cup or Challenge Cup ranking first, the order of the criteria by which the winner is determined is:

1. The higher score in the Finals (second competition day)
2. The higher execution score in the Finals
3. The higher execution score in the Preliminaries
4. Superior Jury score is the result concerning these groups
5. If there is no Superior Jury, the same system will be gone through, first technical score, then artistic score.

#### 3.4.2 Cup points

Applies for World Cup Finals and Challenge Cup Finals.

If two or more groups have the same total cup points after the World Cup Finals or after the Challenge Cup Finals (after all part competitions), the ranking in the total cup is determined by:

1. The highest ranking in one of those Cup competitions
2. If the groups with the same ranking place have participated in more than 3 partial



## IFAGG General Competition Rules

cup competitions, those cup points will be counted also to the final cup ranking score.

3. The higher score in the Finals (second competition day)
4. The higher execution score in the Finals
5. The higher execution score in the Preliminaries
6. Superior Jury score is the result concerning these groups.
7. if there is no Superior Jury, the same system will be gone through, first technical score, then artistic score.

### 3.4.3 Choice of finalists

Applies for World Championships, World Cup Finals, IFAGG Junior Championships, World Challenge Cup Finals, IFAGG Trophy, Continental Championships and open championships.

The order of criteria by which finalists are determined, when two or more groups have the same total points after Preliminaries competition:

1. The higher execution score in the Preliminaries
2. The higher technical score in the Preliminaries
3. The higher artistic score in the Preliminaries
4. Superior Jury score is the result concerning these groups

Also, for World Championships and Junior World Championships:

Principal: The maximum number of groups that go to the Finals is 12 groups by the ranking in preliminaries.

Exceptions

1. Only 2 best groups / country may enter the Finals after the preliminaries.
2. There is a continental place for every continent in Finals. If no group from a continent is within the 12 best groups, they will have an extra place in the Finals
3. There is a place in Finals for the best group from the organizing country. If the best group of the organizing country is not within the 12 best groups in the preliminaries, they will have an extra place in the Finals.

If some country doesn't have a place to the Finals, the board has a possibility to nominate 1-3 groups to perform in the beginning of the Finals without competing in the Finals.

### 3.4.4 Medal qualifications in country ranking

Applies for World Championships and IFAGG Junior Championships.

Country ranking is counted by the higher total score per team (from preliminaries or finals), max 3 teams per country.

The places in country ranking cannot be shared.

The order of criteria by which country ranking is determined:



## IFAGG General Competition Rules

1. The higher Execution score
2. The higher Technical score
3. The higher Artistic score
4. Superior Jury score is the result concerning these groups

### 3.4.5 Amount of medals

Medals are given for the medalist groups, total max. 18 medals per group:

- nominated gymnasts (max 15)
- coach (max 2)
- choreographer (max 1)

In country ranking, only nominated gymnasts are awarded by medals, max 15 medals per group.

In World Championships and Junior World Championships IFAGG is responsible for medals. In other competitions, the organizer is responsible for medals. In the competitions where medals can be shared, the party who is responsible for medals must be prepared to have medals for shared places, max 18 per group.

### 3.5 Cancellation of a competition or an event

IFAGG Council can cancel the competition or event without any compensation to the competition organizer or to the participants in case of any force majeure situations: for example strike, war, political situation, lockout, industrial action, revolt, and catastrophe of nature, or if the participant's security is somehow compromised or other overwhelming obstacle that can be proved to influence that the competition cannot be organized according to the General Rules.

In case minimum number of countries, groups or judges is not fulfilled, IFAGG Council can cancel the competition or event without any compensation to the competition's organizer or to the participants at latest five (5) months before the competition or event.

The organizer of the competition or event can cancel the competition or event without any compensation to IFAGG or participants five (5) months before the agreed competition date (preliminaries) or event. If the organizer cancels the competition or event five (5) months before the agreed competition date or event date IFAGG is not responsible of any compensation for participants.

IFAGG strongly recommends that the participating delegations will consider purchasing of cancellation insurance, since if the competition or event is cancelled, IFAGG is not responsible of any costs associated with the travel arrangements of individual groups.

If the group/person cancels their participation of the competition or event IFAGG is not responsible to compensate any possible costs of cancellation.

The organizer of the competition or event must prepare and deliver all necessary documentation for participating Group/person for getting the visa on reasonable time. Participating Group/person is responsible for applying for the visa early enough.

### 3.6 Liability insurance

The organizer must have the liability insurance but doesn't have to insure participants. Each participant/group is responsible for their own insurance in a competition or event. Participating groups



## IFAGG General Competition Rules

must sign the indemnity document at latest in the accreditation of a competition event.

Organizer must show the receipt of the liability insurance when required by IFAGG Office or IFAGG Official.

### 4 Gymnasts and control of gymnasts

#### 4.1 General rights of participation in competitions

Official IFAGG competitions are open to gymnasts who:

- belong to an IFAGG member affiliated to the IFAGG and have the right to represent an IFAGG member (according to a national decision)
- have the nationality of the IFAGG member's nation in accordance with the IFAGG Statutes and GCR
- comply with the age and gender requirements of the GCR and competition rules
- have valid license, are not under suspension and respect the decisions and rules elaborated by the IFAGG

Group has right to compete, even if one of the nominated Group gymnasts would not have a right to compete, but this gymnast cannot participate in the competition.

#### 4.2 Competition licenses

Competition license is a contract between a person and IFAGG. Gymnasts, coaches and judges must have a valid license in IFAGG sanctioned A or B category competitions.

License season starts 1.1. and ends 31.12. IFAGG Council confirms license fees and requirements annually before the start of a new license season. For license fees, see Appendix B.

The member of IFAGG is responsible for

- applying licenses by registering the gymnasts, coaches and judges into IFAGG register
- sending an invoice inquiry to IFAGG Office
- making the payment to IFAGG for licenses.

License gets into force when the license payment has arrived to IFAGG bank account. License is valid until the end of license season.

#### 4.3 Age of participants

For international IFAGG competitions, the participants must have the following age in the year of the event:

Age category	at least until 31.12.2020
- Students	17 years minimum
- Seniors	16 years minimum
- Juniors	14-16 years
- Pre-Junior	12-14 years
- Novice	10-12 years
- Children 8-10	8-10 years





## IFAGG General Competition Rules

In all age categories a nominated Group can have maximum 2 gymnasts that are max. 1 year older/younger than age limits.

In other international competitions and tournaments gymnasts and groups can participate in only one age category during the competition.

### 4.4 Control of nationality and age

During the accreditation process before the competitions, the LOC will check the nationality of the gymnasts as well as the age and the IFAGG license of the gymnasts.

In World Championships, Junior World Championships, IFAGG Trophy, Continental Championships, World Cup and World Challenge Cup competitions organizers can have a passport control immediately after competition exercise. In passport control competing gymnasts must show passports to organizer, who can verify the age of the competing gymnasts.

### 4.5 Insurance

Everyone who participates in IFAGG competitions and events must have their own insurance. IFAGG is not responsible for any insurance.

### 4.6 Right to compete

If a group or some member/s of the group have competed without having the right to compete, IFAGG can disqualify group's result in the competition and command a penalty.

IFAGG Council can invite a group representing a country/club that is not an IFAGG member to IFAGG sanctioned competitions and give them a special right to compete.

### 4.7 Nominating gymnasts to a team

A gymnast must represent a group and a group must represent an IFAGG member and a country. In senior and junior category, a group can have maximum 15 nominated gymnasts during competition season.

Group consists of 6–15 nominated gymnasts. For every specific competition the group can use 6–10 gymnasts on the competition carpet (=team) from 15 nominated gymnasts (from the group). Nomination to each competition (preliminaries and/or finals) must be done among nominated gymnasts. If group nominates 15 gymnasts for the first competition – group has used all their nominations for the season. If group nominates less than 15 gymnasts for the first competition, group can add gymnasts during the season up to maximum 15 gymnasts (names).

### 4.8 Changing a group

Gymnasts can change group after the end of a license season. New group is informed by buying a new license under a new group when a new license season begins.

Gymnasts can change group one time during the license season. The change can be made only after the first part of the competition season - during June 1<sup>st</sup> – September 30<sup>th</sup>. The age requirements for a group must be met.

To make a change to a group, IFAGG member must contact IFAGG office by email and pay the administration fee and the possible difference in the price of gymnast license (e.g. license for seniors vs. license for juniors). For administration fee, see Appendix B.



## IFAGG General Competition Rules

Groups must agree themselves the commercial issues relating to the change of the gymnast's group.

The gymnast's license is valid until the end of the license season.

### 4.9 Foreigner's right to compete and represent a country

A gymnast who is not a citizen of the country that the Group represents still has the right to represent the group and country, if at least one of the following conditions is fulfilled:

- The gymnast has lived in the same country that the group is representing for at least 6 months.
- The gymnast has not competed in her own country, nor represented her own country in IFAGG sanctioned A-category competitions during the past year.

IFAGG must always be informed in cases mentioned above. IFAGG member is responsible for informing IFAGG Office.

Even if the conditions were not fulfilled, IFAGG Council can give a gymnast a special right to compete in some or all competitions for specified reasons. This special right must be applied by a member of IFAGG.

### 4.10 Assistance by Coaches

In no case may a coach, team leader or another official person communicate, verbally or by signal, to a gymnast or to a group during the performance of exercises.

Any assistance, contributing to the successful execution of an exercise, will result in a deduction from Artistic value. Assistance by coaches is controlled by Superior judge who informs category's Artistic head judge (if no superior judge in the competition, then Artistic head judge), who will make the deduction.

### 4.11 Competition attire, national identity and advertising

Competition attire for women is leotard, for men a singlet or shorts or pants. Competition attire is described in more detail in Competition Rules.

Gymnasts can have a national identity (flag or national emblem) on their competition attire, but it is not mandatory.

Advertising can be displayed on the gymnast only twice.

The maximum space of any emblem, logo or trademark is 60 sq cm/each, including the background. Advertising space is allowed on either hip to the side, anywhere on either sleeve, or anywhere on the front to ensure aesthetic presentation. Emblems, logos or trademarks are not allowed on the back anywhere.

Gymnasts or groups can also have the original logo or trademark of the manufacturer of the attire in the competition attire, but the size must be as it is in manufacturer's commercially sold attires.

Competition attires must be according to competition rules.

**Sanctions:** If the competition attire does not correspond to the rules, the Artistic Value judges can deduct according to the Competition Rules and the competition jury can require the violating advertisements to be removed or covered.



## IFAGG General Competition Rules

### 4.12 Welcome meeting

The LOC provides important information during the welcome meeting of IFAGG competitions. Participating IFAGG members must attend to the official welcome meeting.

IFAGG will inform guidelines for welcome meeting in IFAGG web pages or IFAGG bulletin (regulations for competition organizers).

## 5 Judging

These General Competition Rules are binding for all judges in all IFAGG competitions and events.

### 5.1 Requirements for judges

Judges in international competitions must have a valid IFAGG judging license and they must be educated according to IFAGG sanctioned rules of AGG. Head judges of the different panels (technical value, artistic value, execution) must be nominated by the judge's system. A responsible judge must be nominated in every international competition.

Minimum number of judges

- A minimum number of the judges in World Championships, World Cup Finals / Challenge Cup Finals and Continental Championships is twelve (12), and in other international competition nine (9). Full panel is strongly recommended in every international competition.
- Superior judge(s) are required in WCh, Jun WCh, Cont.Ch, WC, CC competitions and recommended for other A-category competitions.

The choreographer or coach of a participating group cannot be a judge in the competition category in which the group competes. Every judge is her-/himself responsible to be a qualified judge.

Judging in the competitions is monitored according to GCR and IFAGG competition rules. The judge who violates the rules will be sanctioned by the IFAGG Code of Discipline and according to the judges warning procedure.

Technical Committee is responsible for the rules being followed.

### 5.2 Judge's registration to competitions

Judges registration for available judge for a certain competition must be made by using the official form (available from the IFAGG Office or IFAGG web pages) and to the due date mentioned in the competition invitation. Late judge registrations are not approved.

The judge's registration for A-category competitions must be made by a member of IFAGG to IFAGG Office. IFAGG Council makes the final decision on the Judges list.

The judge's registrations for B-category competitions must be made by a member of IFAGG and the registration must be sent to IFAGG Office.

The registered judges must have a valid judges license.

### 5.3 Judging in the competitions

All judges must follow IFAGG regulations, IFAGG Code of Ethics for judges as well as competition rules



## IFAGG General Competition Rules

and all other IFAGG regulations. Judges must work individually and during the competition event, the judging panelists are not allowed to discuss evaluation aspects among each other or with coaches, gymnasts or other officials. Results must not be negotiated beforehand.

During the competition, score tables with scores from all judges are only for head judges, superiors and relevant competition official, but other judges (or coaches, other people) are not allowed to see the score tables until the competition ends.

Judges must be present in all judges' meetings, official trainings and competitions on time. If a judge is late, this judge can't be in the judging panel.

Regarding the judging system, the competition is counted as a required competition for all judges that are in the panel, superiors or reserve judges.

### 5.4 Judges' appearance

Judges must appearance must be professional with business like image. In the competitions, judges must wear a business suit (black or very dark grey/blue suit jacket, white blouse/shirt, black or very dark grey/blue trousers/skirt or dress, modest shoes).

### 5.5 Protest of results

There is no protest possibility for results.

Results are official after the competition, when head judges have checked the scores and signed the results. After checking the scores, if there are such mistakes in the score tables that correcting of these impacts group's scores, head judges call coach or other representative of this group to the secretary table and explain the situation to the coach/representative.

## 6 Violations of rules

IFAGG, its members and the committees of the members, and every person who competes or acts in IFAGG's events are obligated to follow the good spirit of the sport, the ethical values of the sport, the principles of Fair Play, National and International Rules of Doping and other rules and regulations that are in force. Violations will be penalized according to IFAGG Code of Discipline.

### 6.1 Doping

According to IFAGG statutes, IFAGG declares that doping is prohibited, and the provisions of WADA code shall apply. As a condition for participating in IFAGG events, a person must follow the anti-doping rules.

The procedure for penalties is clarified in the IFAGG Code of Discipline.

### 6.2 Ethical and fair play principles

Fair Play is the basic guiding principle in the sport of Aesthetic Group Gymnastics. The gymnasts, groups, coaches, other assistants of the gymnasts, judges, managers, clubs, delegation members and competition organizers will be on their best behavior during the competition by acting in the spirit of Fair Play. The disturbance of other gymnasts or teams during their performance and intentionally misleading the judges and/or officials is against the IFAGG code of ethics. The participants of the competition event must follow the IFAGG regulations.



## IFAGG General Competition Rules

Conduct always should reflect honesty, good sportsmanship, courtesy, and respect.

Violation of IFAGG Code of Ethics will be penalized according to IFAGG Code of Discipline.

All judges must follow IFAGG regulations, IFAGG Code of Ethics for judges as well as competition rules and all other IFAGG regulations. The judges who have violated these rules will be sanctioned by the IFAGG Code of Discipline, according to the judges warning procedure.

## 7 Administrative information

### 7.1 Yearly report

IFAGG members are obliged to send yearly (Administrational Information) statistics to IFAGG Office by the form provided by IFAGG Office.

### 7.2 Competition report

IFAGG members are obliged to send immediately after the competition the results, judges score tables, list of judges who have evaluated in the international competition that they have organized.

IFAGG member who is arranging an international competition must send the definitive entries and participation lists at least one week before the competition begins to the IFAGG Office. See more in IFAGG regulations for competition organizers.

### 7.3 Handling personal data

Competition organizer must handle personal data of participants according to local laws and regulations and with care. Personal data can only be used for organizing the competition and personal data must be deleted after the data is no longer needed for this purpose.

## 8 Commercial regulations

### 8.1 Broadcasting of international AGG competitions

IFAGG owns the broadcasting rights of IFAGG sanctioned competition events in Aesthetic Group Gymnastics. Broadcasting must be negotiated and agreed with LOC and IFAGG.

From World Championships LOC must provide at least good quality on-time video stream internationally and at latest from 2021 World Championships must be broadcasted by a television company.

For competitions that are broadcasted, LOC must negotiate and IFAGG approve the use and visibility of IFAGG and IFAGG's logo during the competition and in marketing materials used for marketing the competition.

IFAGG Rules for Competition Organizers must be followed.

More information is available from IFAGG Office or IFAGG officials.



## IFAGG General Competition Rules

### Appendix A Participation fees

The fees and sanctions are fixed by the Council and are to be paid to the Competition organizer. The sanctions apply for WCh, Junior WCh, IFAGG Trophy, Continentals and WC & CC competitions, in Senior and Junior categories.

The organizing and participation fees are determined yearly by the Council. Information on organizing and participation fees is sent to all members and published in IFAGG web pages and/or other official IFAGG announcement.

Participation fees for 2019 (paid to LOC)

Situation	Fee / sanction *		
	WCh	WC/CC /A	B-cat.
Entry fee per Group, max 6 gymnasts and 2 coaches	250 EUR	150 EUR	100 EUR
	300 EUR	180 EUR	130 EUR
Entry fee per Group, 7-15 gymnasts and max 3 coaches	100 EUR	100 EUR	100 EUR
	100 EUR	100 EUR	100 EUR
Accreditation fee for additional participants, e.g. physician, physiotherapist	decided by competition organizer, informed in competition invitation		
Sanction after missing the preliminary entry or late entry	100 EUR		
Sanction after missing the definitive entry or late entry	100 EUR		
Sanction for not participating after the definitive entry	100 EUR		

### Appendix B License fees

The licenses fees are determined yearly by the Council. Information on license fees is sent to all members and published in IFAGG web pages and/or other official IFAGG announcement.

License season starts 1.1. and ends 31.12. IFAGG Council confirms license fees and requirements annually before the start of a new license season.

Always check the current license prices from IFAGG web pages. As an example, license fees for 2019 are:

License type	Fee
Gymnast – senior	25 EUR / gymnast
Gymnast – junior	15 EUR / gymnast
Gymnast – pre-junior, novice, children	5 EUR / gymnast
International judge	50 EUR / judge
International coach	5 EUR / coach

Administration fee for changing a gymnast in a group during a license season	10 EUR / gymnast
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The background features several overlapping, thick, curved lines in dark brown, red, and black, creating a dynamic, abstract composition. The lines are of varying thickness and curvature, some forming partial circles or arcs that sweep across the frame.

# **Sommerseminar 2019**

# Program

- Velkomst og præsentation af deltagere
- Workshop 1
- Frokost
- Workshop 2
- Informationer om kommende sæson
- De sidste ord og tak for i dag



# Workshop 1

## Reglementer for de tre discipliner

- Der arbejdes i grupper
- Efter først spørgsmål roterer grupperne

# Workshop 1

## Reglementer for de tre discipliner

*Hvis du kunne bestemme  
hvordan reglementerne så ud i  
dag, hvordan kunne du så godt  
tænke dig at RSG, AGG og GPR  
reglementerne så ud?*

# Workshop 1

## Reglementer for de tre discipliner

*Du er nu udvalget, hvordan vil du arbejde med disse forslag (fra den tidligere gruppe?)*

# Workshop 1

## Reglementer for de tre discipliner

*Du skal skifte disciplin næste sæson. Hvordan kommer du nemmest til den nye disciplin*

# FROKOST

# Workshop 2

## Fremtiden for det rytmiske miljø

- Nye grupper
- Giv os jeres bedste bud!
- Og husk! – Der er ingen begrænsninger!

# Workshop 2

## Fremtiden for det rytmiske miljø

*Hvad kendetegner AGG?*  
*Hvad kendetegner GPR?*  
*Hvad kendetegner RSG?*

## Workshop 2

### Fremtiden for det rytmiske miljø

*Hvad tænker I fremtidens  
kendetegn skal være for de tre  
discipliner?*



# Workshop 2

## Fremtiden for det rytmiske miljø

*Hvordan ser du stævnestrukturen  
i de tre discipliner?*

## Workshop 2

### Fremtiden for det rytmiske miljø

*GymDanmark planlægger at ansætte en landsholdchef, hvordan kan vi bruge personen aktivt i det rytmiske miljø?*

# Informationer om kommende sæson

- Stævnekalender
- Kursuskalender
- GPR 2. runde
- Tæppe forsøg
- AGG reglement
- GPR reglementsændringer 2019/2020

# Stævnekalender 2019-2020 - GPR

DM 1. rd	Mikro, Mini Mono, Mini 8-10, Mini 10-12	1. Februar 2020	Greve
DM 1. rd	Pige, Tweens, Junior, Senior Fri, Senior	2. Februar 2020	Greve
SM	Alle rækker	29. Februar 2020	Ringsted
FM/JM	Alle rækker	1. Marts 2020	Odense S (DHG)
DM 2. rd	Pige, Tweens, Junior, Senior Fri, Senior	25. April 2020	Silkeborg
DM 2. rd	Mikro, Mini Mono, Mini 8-10, Mini 10-12	26. April 2020	Silkeborg

# Stævnekalender 2019-2020 AGG

## På dansk jord

<b>Udtagelse</b>	<b>Children, juniors, women, SP</b>	<b>16.-17. november 2019</b>	<b>Sorø</b>
<b>Easter Cup</b>	<b>Children, juniors, women</b>	<b>10.-12. april 2020</b>	<b>Greve</b>
<b>DM</b>	<b>Children, juniors, women, SP</b>	<b>2.-3. maj 2020</b>	<b>Greve</b>

# Stævnekalender 2019-2020 AGG

## I den store verden

<b>WC/CC I</b>	<b>Alle kategorier</b>	<b>12.-15. marts</b>	<b>Finland</b>
<b>WC/CC II</b>	<b>Alle kategorier</b>	<b>16.-19. april</b>	<b>Kazakhstan</b>
<b>WC/CC III EC</b>	<b>Alle kategorier</b>	<b>14.-17. maj</b>	<b>Rusland</b>
<b>WC/CC IV</b>	<b>Alle kategorier</b>	<b>22.-25. oktober</b>	<b>Malaysia</b>
<b>VM</b>	<b>Alle kategorier</b>	<b>19.-22. november</b>	<b>Sofia, Bulgarien</b>

# Stævnekalender 2019-2020 RSG

<b>NM</b>	<b>Junior/senior</b>	<b>7.-8. marts</b>	<b>Sverige</b>
<b>SM</b>	<b>Lørdag: Rekrut, Pre-junior, Alle grupper Søndag: Mini, Junior, Senior</b>	<b>21.-22. marts 2020</b>	<b>Greve</b>
<b>JM+FM</b>	<b>Alle kategorier</b>	<b>4. April 2020</b>	<b>Hjerting</b>
<b>DM</b>	<b>Rekrut, Pre-junior, Mini-grupper</b>	<b>10. Maj 2020</b>	<b>Ølstykke</b>
<b>DM</b>	<b>Lørdag: Junior, Senior (1. div+2.div), Rekrut-grupper Søndag: Mini, Disciplinfil, Junior-grupper, Senior-grupper</b>	<b>23.-24. maj 2020</b>	<b>Tåstrup</b>

# Kurser 2019-2020

<b>GPR</b>	<b>Klar til sæsonstart</b>	<b>17. August</b>	<b>Greve</b>
<b>GRP</b>	<b>Klar til sæsonstart</b>	<b>18. August</b>	<b>Randers</b>
<b>GPR/AGG /RSG</b>	<b>Vejen kurset</b>	<b>31. August – 1. september</b>	<b>Vejen</b>
<b>GPR/AGG /RSG</b>	<b>Basis camp</b>	<b>21.-22. september</b>	<b>Greve</b>
<b>RSG</b>	<b>Hvad er RSG?</b>	<b>September 2019</b>	<b>Silkeborg</b>
<b>Efterskole</b>	<b>Rytme kursus</b>	<b>3. Oktober 2019</b>	<b>Vejstrup</b>



# Dommerkurser 2019-2020

<b>GPR</b>	<b>Begynderdommerkursus</b>	<b>5. Oktober 2019</b>	<b>Vejen</b>
<b>GRP</b>	<b>Weekenddommerkursus</b>	<b>5.-6. oktober 2019</b>	<b>Vejen</b>
<b>GPR</b>	<b>Redskabsdommerkursus</b>	<b>10. November 2019</b>	<b>Odense</b>
<b>GPR</b>	<b>Klar-Parat- Start</b>	<b>19. Januar 2020</b>	<b>Odense</b>

## Landshold og ungdomslandshold - RSG

### Ungdomslandshold

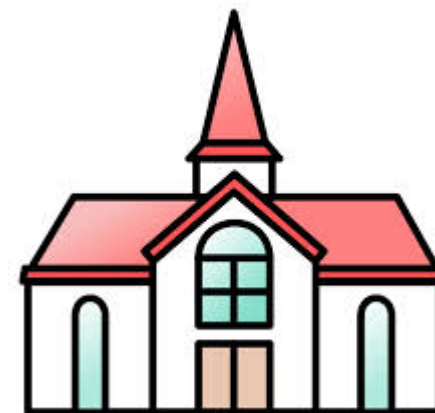
- Åben udtagelse, Dato ej fastlagt (muligvis 7. eller 8. sep. 2020)

### Landshold (alle datoer er ikke helt fastlagt og der mangler bekræftelse fra landstræner)

- 17-18. aug. 2019/24-25. aug. 2020, Taastrup (udtagelse)
- 28-29. sep. 2020, Esbjerg
- 12-13. okt. 2020, Taastrup
- 16-17. nov. 2020, Taastrup
- 7-8. dec. 2020, Esbjerg
- 4-5. jan. 2020, Taastrup (testkonkurrence)

## GPR 2. runde – konfirmationer

- 4 tilbagemeldinger modtaget indenfor fristen
  - 2 har ingen problemer med datoerne
  - 2 har konfirmation søndag (3 piger)
  - Rækker: tweens/senior



## Tæppeforsøg

- Survey udført efter DM 1 runde og DM 2 runde
  - URG kigger ind i tallene på førstkommende møderne



# AGG reglement – antal deltagere

- IFAGGs reglement foreskriver fx i junior/senior:

## 1.3. COMPETING GROUP

### 1.3.1. Number of Gymnasts

**Junior and Senior categories:** A group consists of 6 - 12 nominated gymnasts during the season and reserve gymnast(s) belong to the group.

For each specific competition, a team consists of 6 – 10 gymnasts on the competition carpet. Nomination to each competition (preliminaries and/or finals) must be done among 12 nominated (maximum) gymnasts during the same season.

A gymnast may compete during the competition season only in one group and in one competition category.

In situation when the group begins the exercise with 6 or more gymnasts and in the middle of the exercise a gymnast drops out for any reason, the group will be penalized for missing gymnast:

- **Penalty by Head Judge of Execution:** - 0.5 for each missing gymnast

- Det tolkes af URG på følgende måde og vil blive eksekveret i den kommende sæson:  
Man skal tilmelde og stille med minimumsantal gymnaster på dagen dvs minimumsantal skal være på gulvet. Hvis en gymnast skades under konkurrencen kan holdet stille med mindre mod et fradrag på 0,5.

# GPR Reglementsændringer 2019/2020

- Flere point for redskabssværheder, færre point for kroppen
- Flere kombiøvelser
- Mini – kan få 6,0 point for redskabsserien
- Pige/Jun/Sen
  - Spring + balancer gives kun i kombiøvelser
  - Kombiøvelser: 2 spring, 2 balancer, 2 krop og 2 valgfrie