

TECHNICAL REGULATIONS

RHYTHMIC GYMNASTICS NORDIC CHAMPIONSHIPS

Version 6 2018

**Prepared after the 2018 Nordic championships in Norway
Approved by the Nordic nations**

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2 OVERVIEW

Nordic championships in rhythmic gymnastics are organized in even years, during the first or second weekend of March.

The Nordic nations take turns at hosting the championships, as follows:

- 2020: Sweden
- 2022: Finland
- 2024: Denmark
- 2026: Norway

3 REGULATING DOCUMENTS

The championships are organized according to the following documents:

- Technical Regulations, rhythmic gymnastics Nordic championships (the present document)
- FIG CoP for rhythmic gymnastics
- Nordic CoP for rhythmic gymnastics duos/trios (appendix to the present document)
- FIG apparatus planning
- UEG apparatus planning for juniors, for the *subsequent* year

In addition, FIG Technical Regulations may be used as guidelines. FIG Technical Regulations are not seen as requirements for these championships.

3.1 Updates to the Technical Regulations

The Technical Regulations (present document) and appendix(es) are to be updated by the host nation and submitted to the other nations by email no later than 1 month after the closing of the championship. The other nations then have 1 month from the date of receiving the document, to submit corrections and comments, 2 weeks after which the host nation distributes a final version.

When the next host nation starts their work, any proposals for adjustments and any question not covered by the Technical Regulations should be submitted to the other nations by email. As a general rule, the Technical Regulations and appendix(es) should not be modified after January 1st.

Final confirmation of additions/adjustments which have been discussed by email, as well as new proposals, must be on the agenda for the technical meeting during the Nordic championships.

4 COMPETITION PROGRAMME

4.1 Junior competition programme

Age: From the year the gymnast turns 13 to the year the gymnast turns 15.

Age exceptions for junior groups:

- Each group may contain maximally two gymnasts turning 16.
- Each group may contain any number of gymnasts turning 12, except when Nordic championships are held in Norway and Sweden (due to national sports policies).

	Participation	Awards
Team Day 1	<ul style="list-style-type: none"> • Each nation may use maximally 5 junior gymnasts. • Each of the four apparatuses may be performed by maximally 4 gymnasts. • The team score consists of the best 3 scores per apparatus. 	Nordic champions in junior individual team competition
Individual all around (AA) Day 1	<ul style="list-style-type: none"> • Every gymnast competing in the team competition will obtain a result in the individual all-around competition. • The AA score consists of the best 3 scores. 	Nordic champion in junior individual all-around competition
Individual apparatus finals Day 2	<ul style="list-style-type: none"> • The 6 best juniors per apparatus in the AA competition qualify for apparatus finals, taking into account maximally 2 gymnasts per nation. • Finals start from 0,0 points (no points are carried over from the AA competition), 	Nordic champion in junior individual apparatus final with rope/hoop/ball/clubs/ribbon
Duo/trio Day 2	<ul style="list-style-type: none"> • Junior duos and junior trios compete together in one category. • Each nation may send maximally two junior duos/trios. • Each duo/trio performs twice. • The final score consists of the sum of the 2 scores. 	Nordic champions in junior duo/trio
Group AA Day 1	<ul style="list-style-type: none"> • Each nation may send maximally 2 junior groups. • Each group may consist of maximally 6 gymnasts. The sixth gymnast may either be reserve throughout the championships, or take part in one or more exercises. • Each group performs twice. • The final score consists of the sum of the 2 scores. 	Nordic champions in junior group all-around competition
Group apparatus final Day 2	<ul style="list-style-type: none"> • The best group from each nation from the AA competition qualifies for the apparatus final. • Finals start from 0,0 points (no points are carried over from the AA competition), 	Nordic champions in junior group apparatus final

4.2 Senior competition programme

Age: From the year the gymnast turns 16.

Age exception for senior groups:

- Each group may contain maximally two gymnasts turning 15.

Age exception for senior duo/trios:

- Duos/trios with mixed age (junior(s) and senior(s) combined) compete in the senior category.

The senior competition programme is identical to the junior programme outlined above, except the following categories (differences are bold):

	Participation	Awards
Group AA Day 1	<ul style="list-style-type: none">• Each nation may send maximally 2 senior groups.• Each group may participate with one or two exercises.• Each group may consist of maximally 6 gymnasts. The sixth gymnast may either be reserve throughout the championships, or take part in one or more exercises.• Each group performs each exercise once.• The final score consists of the sum of the 2 scores.	Nordic champions in senior group all-around competition
Group apparatus finals Day 2	<ul style="list-style-type: none">• The best group per apparatus from each nation from the AA competition qualifies for the apparatus final.• Finals start from 0,0 points (no points are carried over from the AA competition),	Nordic champions in senior group apparatus final with ...

4.3 Tiebreaking regulations

In order to break ties in the results and/or in qualification for finals, FIG Technical Regulations concerning tiebreaking at World championships are applied:

For Nordic championships individual AA (3 exercises), the rules for “Qualification for All-Around Final” are applied.

FIG Technical Regulations do not contain a format similar to the Nordic championships team competition. Therefore, the following regulation is applied:

If the 3 best scores per apparatus create a tie, we count the 2 best scores per apparatus. If there is still a tie, the tie will not be broken.

5 DELEGATION COMPOSITION

5.1 Gymnasts

The number of gymnasts per nation follows the competition programme. Additionally, each nation may send reserve gymnasts, according to their own needs. Awards will be presented maximally to the number of gymnasts described in the competition programme. Should a team choose to perform with only 4 gymnasts, but a 5th gymnast (reserve) is present, this 5th gymnast will also receive awards.

Names of gymnasts may be changed until 1 hour before the start of each category.

All gymnasts need a valid national passport, to be controlled by the organizer. Those gymnasts that possess an FIG license may only compete for the nation that is registered in the license.

5.2 Coaches and other staff

Each nation may send coaches and other staff members according to their own needs.

5.3 Judges

The number of judges that will be used for each category is described in paragraph 6.2 *Number of panel judges*. Each nation may send any number of judges. Each nation may distribute the tasks among their judges according to their own needs.

Example:

- Judge 1 judges D1-2 during the entire competition.
- Judge 2 judges E1-2 during Saturday junior categories.
- Judge 3 judges E1-2 during Saturday senior categories.
- Judge 4 judges E1-2 during all Sunday categories.

6 ORGANIZATION OF THE JUDGING

6.1 Requirements for panel judges

An FIG judging brevet is recommended for judging Nordic championships. If nations do not have breveted judges available, they may send judges who have taken part in an international or national judges' course covering the current FIG CoP.

All judges must be up to date on the current FIG CoP, help desks and newsletters.

Judges may not be in family with any participant in the assigned category/categories. For details, see FIG general judges rules.

6.2 Number of panel judges

The current FIG CoP describes the required numbers of judges' panels (D, E, etc).

Each nation is expected to provide 3 active judges (meaning that during each part of the competition, each nation will fill 3 seats in the judges' panels).

Generally, the competition is run with a single set of panels (e.g. one D1-2 panel, one E3-6 panel, etc). If necessary, in order to make use of 3 judges per nation, one or more double panels will be added:

For the 2017-2020 cycle:

- Individual competitions (4 nations * 3 judges = 12 places):
 - Double panel in D1-D2 (4 places)
 - Single panel in D3-D4 (2 places)
 - Single panel in E1-E2 (2 places)
 - Single panel in E3-E6 (4 places)
- Group and duo/trio competitions (4 nations * 3 judges = 12 places):
 - Single panel in D1-D2 (2 places)
 - Double panel in D3-D4 (4 places)
 - Single panel in E1-E2 (2 places)
 - Single panel in E3-E6 (4 places)

Generally, each panel should contain maximally one judge from each nation.

Should a nation be unable to provide the requested number of judges, the competition will be run without double panels and/or with fewer judges in one or more panels.

- In a panel of three judges, the final score is calculated by averaging the three judges' scores.
- In a panel of two judges, the final score is calculated by averaging the two judges' scores.

The suitability of the above principles is to be discussed by the Nordic judges during the FIG intercontinental judges' course at the beginning of each cycle. Eventual proposals for alterations are submitted to the national technical committees in writing.

6.3 Judges draw

The drawing of lots for the judges takes place in the morning, at the start of each competition day.

The following draws will be performed:

- Saturday:
 - Junior team competition
 - Senior team competition
 - Group competitions

- Sunday:
 - Duo/trio competitions
 - Group competitions
 - Individual apparatus finals, part 1
 - Individual apparatus finals, part 2

The draws are conducted one panel at a time, in the order of priority that is given in the FIG Technical Regulations.

For each panel, the host first draws a nation. The nation's representative then draws a number within the given panel. The nation immediately assigns a judge to this position. Example:

1. Junior team competition
 - a. D3-D4 and E1-E2 panels
 - i. Host draws Norway
 1. Norway draws D4 – assigns judge
 - ii. Host draws Sweden
 1. Sweden draws E1 – assigns judge
 - iii. Host draws Denmark
 1. Denmark draws D3 – assigns judge
 - iv. Host draws Finland
 1. Finland draws E2 – assigns judge
 - b. D1-D2 panels
 - i. Host draws Norway
 1. Norway draws hoop/clubs D2 – assigns judge
 - ii. (repeat for remaining countries)
 - c. (repeat for remaining panels)
2. (repeat for remaining categories)

The nations are suggested to distribute the tasks of their judges according to the priorities outlined in the FIG Technical Regulations. E.g. for the 2017-2020 cycle, it is recommended to use the judges with the highest brevets for Difficulty.

6.4 Control of judging

During the competition, judging must be overseen by a judge secretary. The judge secretary is appointed by the organizing nation. The judge secretary must be a national judge or an international judge.

The task of the judge secretary is to control if the individual judges' scores for each routine are within tolerated limits. If scores are outside the tolerated limits, the judge secretary immediately gathers the panel(s) of judges in question.

When a panel is gathered, the judges on the panel should have a brief technical discussion about the basis of their scores. The entire panel needs to agree upon which score(s) should be adjusted, and what the adjusted score(s) should be. These decisions should be based on technical aspects, not on mathematical differences. If the panel does not agree, none of the judges' scores will be adjusted.

The judge secretary is not a head judge, and should not advise or make decisions about score adjustments. When time allows, the judge secretary should be present during discussions, to ensure that all judges are heard and that a decision is made within reasonable time.

Guideline for tolerated differences between scores:

- In a panel of 3 judges: Maximally 0,8 p. between all 3 scores is tolerated.
- In a panel of 4 judges:
 - Maximally 0,5 p. between the 2 middle scores is tolerated.
 - Maximally 1,2 p. between all 4 scores is tolerated.

These guidelines are to be discussed at the technical meeting, and adjusted if practice at FIG tournaments within the current cycle suggests so.

The judge secretary is entitled to increase the limits if it becomes clear that the panels are gathered so frequently that the competition will be significantly delayed.

6.5 Enquiries or post competition analyses

No enquiries on any scores will be accepted.

No post competition analyses are conducted.

The scores given during the competition, after eventual gathering of the panel(s), may not be modified.

6.6 Line and time judges

Personnel to control the time of the exercises and the crossing of the lines is nominated by the organizer. These persons do not need to be judges, but must fulfil the following requirements:

- Minimum 16 years of age
- Not in family with any participant in the assigned category/categories
- Must have knowledge of rhythmic gymnastics
- Must have former experience as line/time judge
- Must attend a meeting with the organizer, going over the regulations for time/line judges

All time/line penalties must be confirmed by the coordinator judge.

7 PREPARATIONS FOR THE CHAMPIONSHIPS

7.1 Invitation, information, registration

First information should be sent to the nations by March 1st, one year before the upcoming Nordic Championships take place.

Minimum contents: Dates and location for the championships.

Invitation should be sent to the nations by December 1st. Minimum contents:

- Venue: Name, address and height of the ceiling
- Accommodation options
- Meal options
- Prices
- Contact persons

Provisional registration deadline is January 1st. This registration should contain the planned number of gymnasts, judges, coaches and other staff.

Nominative registration deadline is February 1st. This registration should contain names of all delegation members, details about accommodation and meals, and participants at the technical meeting.

7.2 Draw of the starting order

The starting order should be drawn by the organizing nation and be sent to the other nations by February 15th.

The draw of the starting order is done per nation. Exception: The draw for apparatus finals is done per ranking for each apparatus from the AA competition.

Details for individual team competition:

The draw is performed in two parts:

1. 2 places per nation, for the second part of the starting order. (If 4 nations compete with a 4 gymnasts per apparatus, the second half of the starting order equals numbers 9 to 16).
2. Remaining places per nations, for the first part of the starting order.

Example: NOR competes with 2 gymnasts, the other nations compete with 4 gymnasts per apparatus:

3. Places 7-14 are drawn: 7 SWE, 8 DEN, 9 FIN, 10 DEN, 11 NOR, 12 SWE, 13 NOR, 14 FIN.
4. Places 1-6 are drawn for the nations with more than 2 gymnasts: 1 FIN, 2 DEN, 3 FIN, 4 SWE, 5 SWE, 6 DEN.

Details for junior/senior duo/trio, junior/senior group:

The draw is performed following the same principle as for individuals, meaning that every nation will have one group in the second part of the starting order.

Example: DEN and FIN compete with one group, NOR and SWE compete with two groups.

1. Places 3-6 are drawn: 3 SWE, 4 FIN, 5 DEN, 6 NOR.
2. Places 1-2 are drawn for the nations with 2 groups: 1 NOR, 2 SWE.

7.3 Order of performance

The order of performance should be prepared by the organizing nation and sent to the other nations by February 15th. The order of performance is prepared by inserting the nations. The participating nations then distribute their participants, and return the order of performance to the organizing nation by February 25th.

After February 25th, gymnasts/groups may only be replaced in case of illness or injury. In the order of performance, the replacement gymnast/group will take the place of the replaced gymnast/group.

Principles for individual team competition:

- Start number 1 begins with the first apparatus of the international order, start number 2 begins with the second apparatus of the international order, etc.
- After the first rotation, the same starting order is repeated, but using the next apparatus in the international order.
- The nations may let the same gymnast use the same starting number in each rotation, or may let different gymnasts share the same starting number. Each gymnast may only perform once per rotation.

Example:

		ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4
1	NOR	hoop gymn. C	ball gymn. C	clubs gymn. C	ribbon gymn. B
2	DEN	ball	clubs	ribbon	hoop
3	FIN	clubs	ribbon	hoop	ball
4	NOR	ribbon gymn. D	hoop gymn. B	ball gymn. B	clubs gymn. D
5	SWE	hoop	ball	clubs	ribbon
6	SWE	ball	clubs	ribbon	hoop
7	DEN	clubs	ribbon	hoop	ball
8	FIN	ribbon	hoop	ball	clubs
9	SWE	hoop	ball	clubs	ribbon
10	DEN	ball	clubs	ribbon	hoop
11	NOR	clubs gymn. B	ribbon gymn. E	hoop gymn. D	ball gymn. E
12	NOR	ribbon gymn. A	hoop gymn. A	ball gymn. A	clubs gymn. A
13	DEN	hoop	ball	clubs	ribbon
14	FIN	ball	clubs	ribbon	hoop
15	FIN	clubs	ribbon	hoop	ball
16	SWE	ribbon	hoop	ball	clubs

Principles for duo/trio and group AA competition:

- For the second rotation, the starting order from the first rotation is repeated identically.
- All senior groups perform the routine with 5 identical apparatuses in the first rotation, and the routine with 3+2 apparatuses in the second rotation.

Principles for alternating categories during the group AA competition:

If there are six or less junior groups, and/or six/less senior groups, then the group all-around competitions are performed by alternating categories:

- Junior groups, first rotation
- Senior groups, first apparatus
- Junior groups, second rotation
- Senior groups, second apparatus

Principles for alternating categories during the duo/trio competition:

If there are six or less junior duos/trios, and/or six/less senior duos/trios, then the duo/trio competition is performed by alternating categories:

- Junior duos/trios, first rotation
- Senior duos/trios, first rotation
- Junior duos/trios, second rotation
- Senior duos/trios, second rotation

7.4 Schedule

The schedule should be prepared by the organising nation and sent to the other nations by February 15th.

The order of the nations' training sessions is determined by draw. There will be one draw for each of the three training days.

The competition time calculations should respect the following durations:

- Per individual routine: 2 ½ minutes
- Per duo/trio routine: 2 ½ minutes
- Per group routine: 4 minutes

FRIDAY:	SATURDAY:	SUNDAY:
Training on the competition floor, minimum 1 hour per nation, starting no earlier than 14:00.	Training on the competition floor, 30 minutes per nation	Training on the competition floor, 30 minutes per nation
Technical meeting at 20:00	Opening ceremony: National anthems are played for maximally 45 seconds per nation	Junior duo/trio Senior duo/trio
Judges' meeting at 21:00	Junior team competition and individual AA	Senior group, final 1st apparatus Junior group final

	<p>Senior team competition and individual AA</p> <p>Junior group competition Senior group competition</p> <p>Award ceremony: Junior individual AA Junior team Junior group Senior individual AA Senior team Senior group</p> <p>After all the medals are distributed, the following is repeated for each nation which has won gold medal(s): The nation's gold medal winner(s) are asked to step forward, and the national anthem is played for maximally 45 seconds</p> <p>Banquet</p>	<p>Senior group, final 2nd apparatus</p> <p>Junior individual finals Senior individual finals (junior/senior alternating) 5 minutes break between the 2nd and 3rd apparatus</p> <p>Award ceremony: Junior duo/trio Senior duo/trio Junior group finals Senior group finals Junior individual finals Senior individual finals</p> <p>After all the medals are distributed, the following is repeated for each nation which has won gold medal(s): The nation's gold medal winner(s) are asked to step forward, and the national anthem is played for maximally 45 seconds</p> <p>Evaluation meeting for heads of delegations and judges, approximately 30 minutes.</p>
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7.5 Technical meeting

A technical meeting will be organized Friday at 20:00.

Each nation must ensure that the person(s) that are entitled to make decisions on behalf of the delegation attend. Each nation may attend with maximally 5 persons. The names must be declared in the nominative registration.

The nations may submit items for the agenda, no later than February 25th. The agenda is compiled and sent to the nations no later than Monday before the championships.

A basic evening meal should be served in conjunction with the meeting.

7.6 Judges' meeting

A judges' meeting will be organized Friday at 21:00. The meeting room must have a projector and screen suitable for evaluating videos.

Each judge that will officiate at the championship is requested to attend. The purpose of the meeting is to clarify any CoP questions and to practice judging by video.

The meeting is administered by the host nation's judges, but the tasks of preparing material (e.g. video clips) suitable for discussion is distributed among the nations. The host nation's judges will distribute these tasks (e.g. Sweden – D1-D2, Finland – recent FIG help desk, etc.) by February 1st.

7.7 Accommodation and meals

The organizers should identify a low cost accommodation opportunity, in close proximity to the competition venue. Minimum capacity: 50 persons per nation. Details about prices and registration should be given in the invitation.

The organizers should offer a meal on Friday evening, as well as lunch Saturday and Sunday. Details about prices and orders should be given in the invitation.

The organizers should prepare a banquet for Saturday evening. A meal should be served, the remaining contents is at the organizers' discretion. The participating nations pay a fee per person for the banquet.

The organizers should offer lunch for the active judges on Saturday and Sunday. This cost is to be covered by the organizers.

7.8 Competition venue

The organizers should secure a venue with the following minimum requirements:

- For Rhythmic Gymnastics the hall must have a minimum height of 8 meters (recommendation: 10 to 14 m) according to the FIG Technical Regulations. The actual height is to be declared in the invitation.
- One competition carpet (under construction floor is not compulsory)
- Carpeted areas for warm up and preparation, with space for both groups and individual gymnasts. Preferably at least one full carpet with acceptable free height for rhythmic gymnastics.
- Space for audience
- Space for judges to be seated minimum 5 meters from the competition carpet
- Dressing rooms
- Separate room for anti-doping tests

7.9 Economy

There are no starting fees at Nordic championships.

Transportation, accommodation, banquet and meals are covered by each nation.

Venue costs, technical meeting, judges' lunches are covered by the organizers.

7.10 Summary of relevant dates

March 1st:	First information is sent
December 1st:	Invitation is sent
January 1st:	Nations submit provisional registration
February 1st:	Nations submit nominative registration
February 1st:	Tasks for the judges' meeting are distributed
February 15th:	Starting order, order of performance, training times are sent
February 25th:	Nations return the order of performance with names and submit items for the technical meeting
Monday before:	Agenda for the technical meeting is sent
1 month after:	Host nation submits updated Technical Regulations
1 month later:	Other nations submit corrections and comments
2 weeks later:	Host nation submits final Technical Regulations

8 LIST OF APPENDICES

8.1 Appendix 1: Nordic CoP for duos/trios, 2018-2020

NORDIC COP FOR DUOS/TRIOS, 2018-2020

GENERALITIES:

A duo consists of two gymnasts performing an exercise together. A trio consists of three gymnasts performing an exercise together.

Junior and senior duos/trios perform one exercise, with duration from 1:15 to 1:30.

Junior and senior duos/trios use freely chosen apparatus (exercises without apparatus are not permitted). There should be one apparatus per gymnast. The gymnasts may have the same type of apparatus (e.g. trio with 3 balls) or different types of apparatuses (e.g. duo with 1 hoop and 2 clubs).

AGE REGULATIONS:

See Technical Regulations for Nordic championships, 4 COMPETITION PROGRAMME.

CONTENTS AND EVALUATION:

Junior and senior duo/trio follow the FIG Code of Points for groups, with the following exceptions:

D1-D2:

- Maximally 6 BD/ED (in their performance order):
 - 3 difficulties with exchange
 - 3 difficulties without exchange (one from each body difficulty group)
- Minimum 1 dance steps combination

D3-D4:

- Minimum 3 collaborations
 - CR2/CRR2: ALL the gymnasts (duo: 2 gymnasts, trio: 3 gymnasts) perform the most difficult part
 - CR/CRR: PART of the gymnasts (duo: 1 gymnast, trio: 1-2 gymnasts) perform the most difficult part

Artistry:

- No minimum number of formations is required: There is no penalty for missing formations or for variety in formations, only for long stop in a formation.