

To:

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- \* Icelandic Gymnastics Federation, att: Olga Bjarnadóttir
- \* Finnish Gymnastics Federation, att: Janniina Väänänen
- \* Swedish Gymnastics Federation, att: Sofia Svegander
- \* Danish Gymnastics Federation, att Max Andersen

Copy:

- \* Norwegian Gymnastics Federation, att: Gabriel Negru
- \* Icelandic Gymnastics Federation, att: Edda Dögg Ingbergisdóttir
- \* Finnish Gymnastics Federation, att: Sonia Solismaa
- \* Swedish Gymnastics Federation, att: Janina Åhs
- \* Danish Gymnastics Federation, att Espen Larsen

*Sent March 10<sup>th</sup>, 2022*

*Later updated (as informed) and re-sent March 15<sup>th</sup>, 2022*

# **Workplan, Nordic Championships TeamGym junior April 9<sup>th</sup>, 2022, Randers Denmark**



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# 1. Participating team

## Status provisional registration

Section Federation	Mix	Women	Men	Teams in total
Norway	2	2	1	5
Finland		2		2
Iceland	2	2		4
Sweden	1	2	2	5
Denmark	2	2	2	6
<b>Teams in total</b>	<b>7</b>	<b>10</b>	<b>5</b>	<b>22</b>

### Mix

Nr. of teams	Team	Federation <small>(in alphabetical order)</small>
1	GF Køge Bugt	Denmark
2	Rødovre & Omegns Gymnastikforening	Denmark
3	Gerpla	Iceland
4	Höttur	Iceland
5	IL ROS	Norway
6	Sandnes Turnforening	Norway
7	GK Splitt	Sweden

### Women

Nr. of teams	Team	Federation <small>(in alphabetical order)</small>
1	Bolbro Gymnasterne	Denmark
2	Greve Gymnastik & Trampolin	Denmark
3	Oulun Pyrintö & Taipumattomat	Finland
4	Tampereen Voimistelijat	Finland
5	Gerpla	Iceland
6	Stjarnan	Iceland
7	Arendals Turnforening	Norway
8	Oslo Turnforening	Norway
9	Brommagymnasterna	Sweden
10	GF Kennedy	Sweden

### Men

Nr. of teams	Team	Federation <small>(in alphabetical order)</small>
1	Gladsaxe IF	Denmark
2	TeamGym Aarhus	Denmark
3	Oslo Turnforening	Norway
4	GF Uppsalaflickorna	Sweden
5	Brommagymnasterna	Sweden

## 2. Running order

The draw has been done by an online random generator, and the running order is completely coincidental.

See **attachment A** for the running orders: Training Friday and training and competition Saturday. The draw is approved by the Danish member of NTC-TG.

## 3. Warm-up

There will be a separate arena (Arena 2) available for warm-up both Friday and Saturday. In the warm-up arena there will be a complete set of apparatus similar to the competition set up.

- The training on Friday is in the competition arena (Arena 1) according to the training schedule
- Training and warm-up on Saturday will take place in the warm-up Arena (Arena 2) right next to the competition hall according to schedule.

### Thursday April 7<sup>th</sup>

12:00 – 18:00 Arrival and accreditation at Arena Randers

18:00 – 21:00 Dinner

18:00 – 22:00 Meeting of the Nordic Technical Committee TeamGym (NTC-TG)

### Friday April 8<sup>th</sup>

09:00 – 12:30 Meeting of NTC-TG (continued – if needed)

09:00 – 18:00 Arrival and accreditation (continued)

12:00 – 15:00 Lunch

14:00 – 18:00 Training for the teams (according to running order/time schedule) Arena 1

17:30 – 20:00 Dinner

19:00 Information meeting for head of delegation, coaches, and judges (Arena Randers)

20:00 Judges meeting (Arena Randers)

### Saturday April 9<sup>th</sup>

Starts at 09:40 General warm-up, mixed teams Arena 2

Starts at 10:15 Warm-up on apparatus mixed teams Arena 2 (10min/team/discipline)

09:00 – 10:00 Judges' meeting for the mixed competition

10:00 – 10:25 Opening ceremony

Starts at 10:33 Competition mixed teams Arena 1

11:00 – 14:00 Lunch

Starts at 12:40 General warm-up, women's teams Arena 2

Starts at 13:15 Warm-up on apparatus women's teams Arena 2 (10min/team/discipline)

12:00 – 13:30 Judges' lunch and meeting for the women's competition

Starts at 13:33 Competition women's teams Arena 1

Starts at 15:30 General warm-up, men's teams Arena 2

Starts at 16:05 Warm-up on apparatus men's teams Arena 2 (10min/team/discipline)

15:20 – 16:20 Judges' meeting for the men's competition

Starts at 16:23 Competition men's team Arena 1

18:00 Award ceremony Arena 1

18:35 – 18:55 Evaluation meeting for the Head of Delegation, coaches, and judges

20:00 – 01:00 Banquet – the doors will be open between 20:00 – 21:00. Dinner will be served at 21:00

## 4. Venue

The competition will take place in **Arena Randers, Fyensgade 1, 8900 Randers C**. The competition arena is situated in the center of Randers, about a 20-minute walk from the central railway station, central bus station.

The hotels will be in the center of Randers and the distances from hotels to the Arena will be from 800 meters – 7 km.



## 5. Airport information and travelling to Randers

Randers is located approximately 1,5 hour's drive from the International Billund Airport (BLL), 3,5 hour's drive from Copenhagen Airport CPH (with ferry from Odden to Aarhus).

Intercity fast trains arrive several times every hour from Copenhagen (CPH) – a 4-hour drive.

### Transfer from Airport

If you wish to buy a shuttle transport from Billund, Tirstrup or Copenhagen Airport we have made an agreement with a local bus company, who will respond to your individual requests.

The bus company is the same as we use for shuttle service between hotels and Arena.

Contact:

**Mortens Busser** (earlier Hammershøj Turistbusser).

Morten Frostholm

e-mail: [info@mortensbusser.dk](mailto:info@mortensbusser.dk)

Phone: +45 86686157

Website: <https://www.mortensbusser.dk/>

## 6. Shuttle service

Special shuttle buses between the hotels and the competitions arena will be arranged from Thursday afternoon until Saturday night after banquet.

Shuttle plan will be sent out two weeks before the event.



## 7. Hotels

### 1) Hotel Randers

Torvegade 11, 8900 Randers

<https://www.hotelranders.dk/>

- The hotel is located 2,2 km. from the competition venue.
- The following federations will stay here: Norway and Iceland

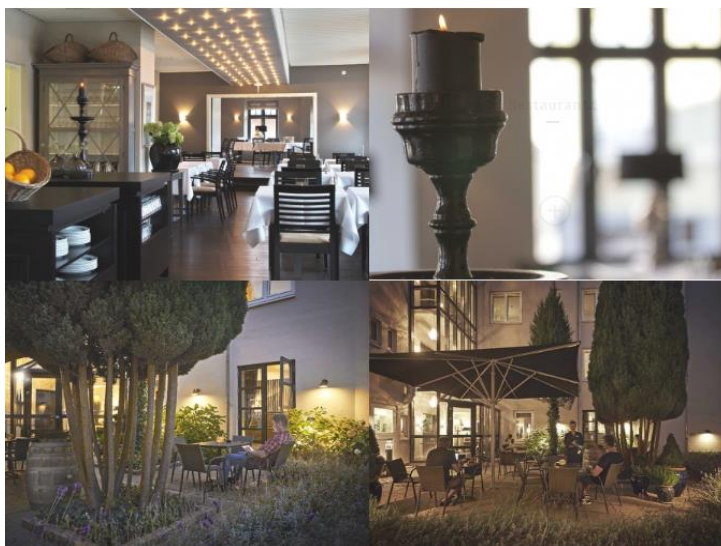


### 2) Hotel Kronjylland

Vestergade 53, 8900 Randers

<https://www.hotelkronjylland.dk/>

- The hotel is located 850 m. from the competition venue
- The following federations will stay here: Denmark



### 3) Motel X

Gl. Aarhusvej 2, 8940 Randers SV

<http://motelx.dk/>

- The hotel is located 11 km. from the competition venue
- The following federations will stay here: Finland and Sweden



## 8. Competition format

The competition will be organized according to:

- A.** Technical regulations (TR) for Nordic TeamGym Championships valid until 31.12.2022.
- B.** Code of points (by European Gymnastics) 2022-2024. Edition 2022, September 2021.  
See appendix in TR for the Nordic adaptations 18.1.
- C.** Directives for Equipment - TeamGym (by European Gymnastics).  
See appendix in TR for the Nordic adaptations 18.2
- D.** The rules of the Statutes of EG will be applied in all situations, which are not foreseen in these regulations. See TR VII Appendices, section 18.3.
- E.** If extraordinary situations should occur, the necessary decisions will be made by the NTC-TG or the representatives of each country present at the competition.
- F.** The statutes and regulations of the FIG are valid in all matters of protocol.

**The Nordic Technical Committee has on their most recent meeting decided that this year's Junior Nordic Championships will follow the competition form, known from the European Championships, where apparatus warm-up and competition are merged. Warm-up on one apparatus in the warm-up Arena will be immediately followed by competition on the same apparatus in the competition Arena, before moving on to the next apparatus. See attachment A for the full overview of warm-up and competition program.**

## 9. List of apparatus

*The EG Equipment Directives (Edition 2022) will be applied with the following exceptions:*

- *The area is made up of 8 mats, 2 m wide and a minimum 14 m long.*
- *The OC may, if necessary due to space limitations, provide only one landing area for trampet. The OC must give information of the number of landing areas for trampet in the Work Plan.*

All equipment will be provided by **Euro Gymnastic Equipment**.

### **List of apparatus:**

**Floor area:** 16m x 14m. white borders for marking the competition area. The floor will be with "invisible" Velcro connections.

**Tumbling track:** 15m consisting of:

15 pcs of fiber sections á 1 m

2 x 15m rail construction

1 pc 15m x 2m roll mat with felt on top, 3,5cm thick

1 pc 15m x 2m tumbling mat, 6cm thick

15m top-cover in net mesh

16m run-up for tumbling-track - the same height as the tumbling-track. The run-up is made by a 16m rail construction, and on top a 25mm. thick run-up mat same quality as trampet run-up.



**Landing area tumbling** 700cm x 400cm consisting of:

1 pc landing mat 600cm x 300cm with a White landing zone 400cm x 200cm

2 pcs safety area 700cm x 50cm

1 pc safety area 100cm x 300cm

2 pcs safety strips 400cm x 50cm

1 pc additional crash mat 400cm x 200cm x 10cm

**Trampette:**

1 pc MD-trampet model "SUPER G" 32 springs

1 pc MD-trampet model "SUPER G" 36 springs

1 pc MD-trampet model "SUPER G" 40 springs

1 pc vaulting table model "Flying"

2 pcs run-up mat for trampet, 25m.

**Landing area trampet and vaulting** consisting of:

2 pcs landing mat 600cm x 300cm with a white landing zone 400cm x 200cm

2 pcs safety area 700cm x 50cm

1 pcs safety area 600cm x 100 cm

1 pc additional crash mat 400cm x 200cm x 10cm

**See attachment B: Layout of the competition hall**

## 10. Judges and Judging panels

According to the technical regulations – art. 9.7:

*There are 3 judging panels; one for each discipline in each section. The judging panel consists of panels CD- and E-panels.*

**See attachment C: Draw of judges.**



## 11. Composition of the teams

According to the technical regulations art. 4.1:

*8-14 gymnasts including any reserves, from the same club (an exception can be made, and the gymnasts can come from a max of two clubs, but the team must have competed together in the competition year).*

*Each team has to announce the competitors and reserves at the accreditation.*

*A gymnast can only represent one club but is allowed to participate in both mixed and men/women.*

## 12. Age of participants

According to the technical regulations art. 4.2:

*For the junior TeamGym: 13 - 17 years.*

*The gymnasts has the right to participate if they reach the determined min/max age during the year of the competition.*

## 13. National Federations responsibilities

According to the technical regulations art. 4.3:

### ***The NF are responsible for***

- *The correct age of their gymnasts.*
- *The club membership of their gymnasts.*
- *Valid insurance of their gymnasts.*
- *That their teams follow the EG rules for advertising.*

*The correct age and valid insurance will be checked at the accreditation (bring passport or another kind of identification card with photo).*

## 14. Size of delegation

*Maximum 2 teams per section (men, women and mixed)*

*Maximum 3 coaches per team*

*Maximum 14 gymnasts including reserves per team*

*Maximum 1 Team Leader per team*

*Maximum 4 judges*

*Maximum 2 physiotherapists/doctors or similar function*

*1 Head of the delegation*

*1 Deputy Head of the delegation*

*1 Media/press (representing the federation)*

*Maximum 2 national coaches*

*1 NTC-TG member*

*All competing gymnasts must participate in the floor program.  
8-12 gymnasts are allowed in the competing team/floor program.*

*If only 3 or less countries have teams participating in a section, then the countries are allowed to bring 3 teams each in that section. If this rule comes into play, then the OC must tell the NFs, after the provisional registration.*

*Any extra gymnasts/coaches must not be added to the delegation. However, they can be offered a food and accommodation package. All extra bookings will be handled separate from the delegation bookings. Accreditation cards or tickets to the official banquet must not be offered.*

## **15. Alteration of the teams**

According to the technical regulations art. 5.3:

*Alterations of the teams are possible only in exceptional cases and must be authorized by NTC-TG. Alterations will not be accepted later than at the accreditation.*

## **16. Alteration of the nominative lists of gymnasts**

According to the technical regulations art. 5.4:

*Before accreditation teams are allowed to change/replace nominated gymnasts without any further action, except changes must be handed in to the OC at the accreditation.*

*After accreditation, and before the start of the competition, changes to the nominative list are only allowed between the registered competing gymnasts and the registered reserve gymnasts. All alterations must be handed in to the OC.*

## **17. In cases of illness or injury during the competition**

According to the technical regulations art. 5.5:

*In cases of illness or injury during the competition, confirmed by the official doctor of the championships, it is allowed to replace the affected gymnast with a nominated reserve.*

*Replacing an injured or ill gymnast is optional, but gymnast needs to be excused by the competition doctor.*

## **18. Numbering of gymnasts**

Numbering of gymnasts is mandatory and must comply with the Code of Points used for this competition.

## **19. National identification or emblem**

According to the technical regulations art. 18.1 and 18.3:

*Wearing a national identification or emblem is optional.*

## 20. Triple saltos

According to the technical regulations art. 18.1:

*Performing triple saltos must comply with the rules of the team's National Federation. No written dispensation is required (see CoP 25.1 and 29.1).*

## 21. Insurance

All delegations must upload a valid written confirmation regarding health and accident insurance at the Online registration system. This insurance must cover all official members of the delegation, both gymnasts and officials.

## 22. Clothing during practice

According to the technical regulations art. 18.5:

*During all practice in the competition hall, a similar, neat, and proper athletic appearance should be the overall impression of the teams.*

## 23. EG publicity form

According to the technical regulations art. 18.3:

*EG publicity form - A modified publicity form will be used for the Nordic Championships.*

*The maximum of advertising places on the competition attire is three (3) for all gymnasts and coaches (stand-ins). - National emblem is optional*

## 24. Use of mobile phones or other electronic communication devices

According to the technical regulations art. 18.3:

*Please note that the use of mobile phones or any other electronic communication device by gymnasts, coaches, judges, or medical staff of the delegations on the field of play is forbidden during the entire duration of the competitions.*

## 25. Competition jury

According to the technical regulations art. 9.5:

*The competition jury consists of:*

- *NTC-TG (one representative from each of the Nordic countries)*
- *The competition director*
- *The head judge (E1) in the respective discipline*

*The NTC-TG will take the necessary decisions.*

*An NTC-TG member not able to attend the jury can appoint a new person from the same country to be part of the jury. This should be notified before the competition and must be approved by the NTC-TG.*

## 26. Protests

According to the technical regulations art. 9.6:

*Following the rules of the EG, except it is not possible to protest over the D-score.*

## 27. Accreditation and accreditation pass

### Accreditation

Accreditation will take place in the competition venue – Arena Randers.

Opening hours: Thursday 12.00-18.00 and Friday 9.00-18.00.

The head of delegation or the deputy head of delegation will carry out the accreditation for each country.

There will be made a schedule for accreditation so the process will be as smooth as possible – we will send out the time schedule for each delegation to come to the accreditation center in the arena. The schedule will be sent out two weeks before competition.

1. The following documents must be **presented** at the accreditation:

- Payment of outstanding accounts. All financial obligations must be fulfilled.
- Proof of valid insurance – uploaded in the online system.
- Passport or another kind of identification card with photo of every participant (gymnasts).  
The gymnasts have the right to participate if they fulfil the age requirements during the year of the competition.

The gymnasts have the right to participate if they reach the determined min/max age during the year of the competition.

2. Following items must be **handed in** at the accreditation:

- The approval forms - publicity on attire.
- Cups from the championships in 2018:
  - **Mix: Sweden** (Fram).
  - **Women: Denmark** (Bolbro).
  - **Men: Denmark** (TeamGym Aarhus).

### Accreditation pass

All official delegation members will receive an accreditation pass. The accreditation pass is personal and non-transferable. The accreditation pass is compulsory to get access to the competition venue, food, and banquet. Replacing a lost accreditation pass will cost DKK. 500,-.

## 28. Music, tariff forms, apparatus, and national anthem submission

Competition music, tariff forms, apparatus information must be submitted through the same web-based system. Each team will have a unique entry and password.

Link: (<http://tariff.sporteventsystems.se/user/login>).

Login credentials will be sent to the federations in separate e-mails.

### Competition music

To facilitate the handling of music and ensure best possible quality, we kindly ask you to upload your music to the Tariff form system in advance (**Tuesday April 5<sup>th</sup>, 23:59:59 hours at the latest**).

Supported file formats are: mp3. Maximum file size is 20MB. Make sure the filename contains no special characters. We will rename the file based on running order, team name etc., so you do not have to.

We recommend that each team bring their own back-up music on a memory stick.

### National Anthem

We kindly ask the national federation to upload the national anthem to the online registration system (<https://www.asignia.eu/e3webonline/login.xhtml>) in advance (**Tuesday April 5<sup>th</sup>, 23:59:59 hours at the latest**).

## Tariff forms

We strongly suggest that you have entered your information well in advance. First deadline for tariff forms: **Tuesday April 5<sup>th</sup>, 23:59:59 hours at the latest.**

When this deadline has passed LOC will print all tariff forms entered.

According to the technical regulations art. 18.4:

*Head of delegation delivers all revised tariff forms to the secretariat within two hours before the start of the competitions. It is ok to use a web solution for handing in tariff forms if the OC has one. If a web solution is not used the OC should have a copying machine for copying tariff forms at the accreditation.*

If any changes are made after accreditation, the accreditation office must be informed.

Forms submitted online after each deadline will not be printed and delivered to the judges.

## Apparatus

To facilitate the handling of the apparatus for each team, we kindly ask you to fill in the following information in to the Tariff form system in advance **Tuesday April 5<sup>th</sup>, 23:59:59 hours at the latest:**

- A. Type of trampet. Number of springs (32, 36 or 40).
- B. Height of trampet back part: 65cm, 70cm, 75cm or 80cm.
- C. Vaulting table height: 150cm, 155cm, 160cm or 165cm.
- D. Vaulting table in round 1. Yes / No
- E. Distance between trampet and vaulting table: 8cm, 13cm, 18cm, 23cm, 28cm or 33cm.

## 29. Information meeting

The information meeting for Head of Delegations, Deputy Head of Delegations, one coach per team and judges on Friday at **19:00** The meeting will take place at Arena Randers.

Chair of the Danish Technical Committee Frank Bøgelund will lead the meeting together with Event Manager Ole Holmskov.

## 30. Judges meetings

According to the technical regulations art. 9.3:

*All judges must participate at the judges meeting prior to the competition. Tariff forms will be distributed to the judges on the evening prior to the competition day.*

The judges meeting is on Friday at 20:00 hours and will take place at Arena Randers. The judges meetings Saturday will take place at Arena Randers.

## 31. Meeting Nordic Technical Committee TeamGym (NTC-TG)

According to the technical regulations art. 17.5:

*The meeting will be held on Thursday at 18:00-22:00. Each Nordic country may bring two representatives to NTC-TG meetings, but only one has a voting right. The organizing country may have a secretary present at the meeting.*

*If any country wishes to bring more than two participants to the meeting, they should ask the NTC-TG members for permission and inform the OC in advance, before the agenda is sent out.*

For this event, the meeting is held Thursday 7<sup>th</sup> of April at 18.00-22.00 (and continued Friday 8<sup>th</sup> of April at 9.00-12.30 if needed).

The invitation was distributed February 24<sup>th</sup>, 2022.

Please provide your input for the agenda, including any necessary background information, to the Danish Gymnastics Federation, att. Ole Holmskov, e-mail: [ohh@gymdanmark.dk](mailto:ohh@gymdanmark.dk), **no later than March 17<sup>th</sup>**.

Please also include the names of the representatives attending the meeting and information about who will have the right to vote.

The agenda will be distributed to the members of the NTC-TG and to the contact persons at the National Federations **by March 24<sup>th</sup>**.

## 32. Dissensions and interpretations of the CoP

According to the technical regulations art. 9.4:

*If there is any dissension between the judges at the judges' meeting when it comes to the interpretation of the Code of Points, the case will be settled by simple majority vote by the NTC-TG. All judges are obliged to follow these decisions.*

*It's still the head judge in the respective disciplines who's responsible for making interpretation and decisions regarding other issues in the Code of Points during the competition.*

## 33. Access to the competition area

Access to the competition area (as stated in the accreditation pass) is permitted only to gymnasts, coaches, judges, technical assistants, competition's medical staff and organizing committee.

Each person in the official delegation will have an accreditation pass, which must be shown when entering controlled areas.

## 34. Seats for delegation members and gymnasts

Reserved seats will be available for the head of delegations, deputy head of delegations, judges, and members of Nordic Technical Committee in the competition hall.

Seats for gymnasts and coaches will be available in the competition arena. The accreditation pass gives you access to the assigned seating area.

## 35. Opening ceremony

According to the technical regulations art. 10.1:

*Participants must march in wearing club uniform. The teams are announced by country. The teams from the organizing country are announced last. The championships are then officially opened by a short speech. The teams march out immediately afterwards.*

At the opening ceremony all the countries and teams will be presented with a national flag, which will be carried by persons from the organizing club. Each team will be represented and given a sign to carry with the team's name on it. The gymnasts will walk across the floor area. When the opening speech is finished, the teams march out, and the first competing Junior Mix team will soon after start their competition. During the final warm-up of the Junior Mix Section, a short opening show, arranged by the LOC will take place.

The Junior Men and Junior Women will go to the accreditation zone for their delegation.

All this information in details will be presented on the information meeting on Friday 8<sup>th</sup> at 19.00.



## 36. Award and closing ceremonies

According to the technical regulations art. 10.2:

*All participants must march in wearing either competition dress or club uniform. The whole team must wear the same outfit. Awards are presented (bronze first, then silver, then gold) after all sections are done. The Nordic Champions are announced, medals awarded, and the national anthem of the winning team is played. The championship is then officially closed by a short speech. The teams march out immediately afterwards.*

*It is the responsibility of the OC that flag and anthem of all countries are present at the ceremonies.*

Further information will be given at the information meeting on Friday 8<sup>th</sup> at 19.00.

## 37. Medical

Paramedics will be available in the competition arena both Friday and Saturday. We request you to bring your own icepacks and sports tapes so the ice and tape we have is purely for immediate injuries.

## 38. Control of doping

All athletes and support personnel must comply with the rules of anti-doping. Doping controls can occur at any time, in accordance with the World Anti-Doping Code. In case of positive results, the teams concerned will be disqualified. Any gymnast using a Prohibited Substance or Prohibited Method for Therapeutic reasons may be asked to apply for a retroactive Therapeutic Use Exemption (TUE) if they are tested positive for a prohibited substance during the championships. If they do not already hold a valid TUE, athletes are strongly advised to have a medical file prepared and ready to meet the TUE conditions.

## 39. Meals

The delegation members who have ordered meals in the online registration will have a list of ordered meals on their accreditation card and it will be checked at the catering hall at each served meal. Breakfast is served at the hotels. Lunch and dinner are served in Arena Randers.

## 40. Banquet

The delegation members who have ordered Banquet in the online registration will have a confirmation on the accreditation card and it will be checked at the entrance. The banquet will be arranged at Arena Randers.

## 41. Tickets – types and prices

Information will be coming soon. Information will be on the webpage:  
<https://gymdanmark.dk/nm-junior-teamgym-2022/>

## 42. The organizing committee (LOC)

This event is being jointly organized by the Danish Gymnastics Federation and the local club Randers gymnastiske Forening.

## 43. Contact information

### Danish Gymnastics Federation

**Event manager** Ole Holmskov, [ohh@gymdanmark.dk](mailto:ohh@gymdanmark.dk)

**Competition Director** Michael Andersen, [mia@gymdanmark.dk](mailto:mia@gymdanmark.dk)

**Technical Manager** (Tariff) Michael Andersen, [mia@gymdanmark.dk](mailto:mia@gymdanmark.dk)

**Head of delegation management** Espen Larsen, [esl@gymdanmark.dk](mailto:esl@gymdanmark.dk)  
& Louise Tarp Jørgensen, [tj@gymdanmark.dk](mailto:tj@gymdanmark.dk)

## 44. Social media

Website: <https://gymdanmark.dk/nm-junior-teamgym-2022/>

Facebook: <https://www.facebook.com/GymDanmark.TeamGym/>

Instagram: [https://www.instagram.com/teamgym\\_dk](https://www.instagram.com/teamgym_dk)

#randers2022 #nmteamgym2022

## 45. TV broadcast / Live streaming

There will be live streaming from the championship. For further information please check the championship website.

## 46. Evaluation

According to the technical regulations art. 17.6:

*The OC will after the event send an (online) evaluation form to all federations. All teams, judges and head of delegations are expected to submit this form. The outcome will be shared with the NTC-TG.*

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**GymDanmark and the Local Organizing Committee are looking very much forward to welcome all the Nordic delegations in Randers.**

Yours sincerely

**Anders Jacobsen**

President

*Danish Gymnastics Federation*

**Ole Holmskov**

Event manager NM 2022

*Danish Gymnastics Federation*

**Espen Larsen & Louise Tarp Jørgensen**

Head of delegation management NM 2022

*Danish Gymnastics Federation*

**Michael Brøgger Andersen**

Competition Director NM 2022

*Danish Gymnastics Federation*

## 47. List of attachments

**A.** Running orders

**B.** Layout of the competition hall

**C.** Draw of judges

## Attachment A. *Running orders*

1. Draw - running order
2. Running order - training Friday
3. Junior Mix warm-up and competition Saturday
4. Junior Women warm-up and competition Saturday
5. Junior Men warm-up and competition Saturday

### 1. Draw - running order

The draw has been done by an online random generator, and the running order is completely coincidental.

#### Draw - Mix

Running order	Team	Federation
1	Sandnes Turnforening	Norway
2	Gerpla	Iceland
3	Rødovre & Omegns Gymnastikforening	Denmark
4	GK Splitt	Sweden
5	GF Køge Bugt	Denmark
6	Höttur	Iceland
7	IL ROS	Norway

#### Draw - Women

Running order	Team	Federation
1	Arendals Turnforening	Norway
2	Stjarnan	Iceland
3	GF Kennedy	Sweden
4	Greve Gymnastik og Trampolin	Denmark
5	Oulun Pyrintö & Taipumattomat	Finland
6	Bolbro Gymnasterne	Denmark
7	Gerpla	Iceland
8	Tampereen Voimistelijat	Finland
9	Brommagymnasterna	Sweden
10	Oslo Turnforening	Norway

#### Draw - Men

Running order	Team	Federation
1	TeamGym Aarhus	Denmark
2	Oslo Turnforening	Norway
3	GF Uppsalaflickorna	Sweden
4	Gladsaxe IF	Denmark
5	Brommagymnasterna	Sweden

## 2. Running order - training Friday

According to the Technical Regulations art. 18.6 – recommended timetable:

*Training on Friday will be arranged in the same running order as the competition. This means starting with mixed teams, then women's teams and finally men's team. The training time is 10 minutes per team and apparatus, starting at 2 pm at the earliest.*

### Mix - 14:00-15:10

Time	Floor	Tumbling	Trampet
14.00 - 14.10	Sandnes Turnforening	Gerpla	Rødovre & Omegns Gymnastikforening
14.10 - 14.20	GK Splitt	GF Køge Bugt	Höttur
14.20 - 14.30	IL ROS	Sandnes Turnforening	Gerpla
14.30 - 14.40	Rødovre & Omegns Gymnastikforening	GK Splitt	GF Køge Bugt
14.40 - 14.50	Höttur	IL ROS	Sandnes Turnforening
14.50 - 15.00	Gerpla	Rødovre & Omegns Gymnastikforening	GK Splitt
15.00 - 15.10	GF Køge Bugt	Höttur	IL ROS

### Women - 15:20-17:00

Time	Floor	Tumbling	Trampet
15.20 - 15.30	Arendals Turnforening	Stjarnan	GF Kennedy
15.30 - 15.40	Greve Gymnastik og Trampolin	Oulun Pyrintö & Taipumattomat	Bolbro Gymnasterne
15.40 - 15.50	Gerpla	Tampereen Voimistelijat	Brommagymnasterna
15.50 - 16.00	Oslo Turnforening	Arendals Turnforening	Stjarnan
16.00 - 16.10	GF Kennedy	Greve Gymnastik og Trampolin	Oulun Pyrintö & Taipumattomat
16.10 - 16.20	Bolbro Gymnasterne	Gerpla	Tampereen Voimistelijat
16.20 - 16.30	Brommagymnasterna	Oslo Turnforening	Arendals Turnforening
16.30 - 16.40	Stjarnan	GF Kennedy	Greve Gymnastik og Trampolin
16.40 - 16.50	Oulun Pyrintö & Taipumattomat	Bolbro Gymnasterne	Gerpla
16.50 - 17.00	Tampereen Voimistelijat	Brommagymnasterna	Oslo Turnforening

### Men - 17:10-18:00

Time	Floor	Tumbling	Trampet
17.10 - 17.20	TeamGym Aarhus	Oslo Turnforening	GF Uppsalaflickorna
17.20 - 17.30	Gladsaxe IF	Brommagymnasterna	TeamGym Aarhus
17.30 - 17.40	Oslo Turnforening	GF Uppsalaflickorna	Gladsaxe IF
17.40 - 17.50	Brommagymnasterna	TeamGym Aarhus	Oslo Turnforening
17.50 - 18.00	GF Uppsalaflickorna	Gladsaxe IF	Brommagymnasterna

### 3. Junior Mix warm-up and competition Saturday

Section	Warm-up		Competition	
	General	Apparatus	Start	Ends
Junior Mixed Teams	09:40	10:15	10:33	11:50

#	Team	Rnd	General warm-up			Apparatus warm-up						Competition							
			Time	Start End		Time	Floor		Tumbling		Trampet		Time	Floor		Tumbling		Trampet	
				Start	End		Start	End	Start	End	Start	End		Start	End	Start	End	Start	End
1	Sandnes Turnforening	1	09:40	09:40	10:10	10:15	10:15	10:25					10:33	10:33	10:36				
2	Gerpla	1	09:43	09:43	10:13	10:18			10:18	10:28			10:36			10:36	10:39		
3	Rødovre & Omegns Gymnastikforening	1	09:46	09:46	10:16	10:21					10:21	10:31	10:39					10:39	10:42
4	GK Splitt	1	09:50	09:50	10:20	10:25	10:25	10:35					10:43	10:43	10:46				
5	GF Køge Bugt	1	09:53	09:53	10:23	10:28			10:28	10:38			10:46			10:46	10:49		
6	Höttur	1	09:56	09:56	10:26	10:31					10:31	10:41	10:49					10:49	10:52
7	IL ROS	1	10:00	10:00	10:30	10:35	10:35	10:45					10:53	10:53	10:56				
8	Sandnes Turnforening	2				10:42			10:42	10:52			11:00			11:00	11:03		
9	Gerpla	2				10:45					10:45	10:55	11:03					11:03	11:06
10	Rødovre & Omegns Gymnastikforening	2				10:48	10:48	10:58					11:06	11:06	11:09				
11	GK Splitt	2				10:52			10:52	11:02			11:10			11:10	11:13		
12	GF Køge Bugt	2				10:55					10:55	11:05	11:13					11:13	11:16
13	Höttur	2				10:58	10:58	11:08					11:16	11:16	11:19				
14	IL ROS	2				11:02			11:02	11:12			11:20			11:20	11:23		
15	Sandnes Turnforening	3				11:09					11:09	11:19	11:27					11:27	11:30
16	Gerpla	3				11:12	11:12	11:22					11:30	11:30	11:33				
17	Rødovre & Omegns Gymnastikforening	3				11:15			11:15	11:25			11:33			11:33	11:36		
18	GK Splitt	3				11:19					11:19	11:29	11:37					11:37	11:40
19	GF Køge Bugt	3				11:22	11:22	11:32					11:40	11:40	11:43				
20	Höttur	3				11:25			11:25	11:35			11:43			11:43	11:46		
21	IL ROS	3				11:29					11:29	11:39	11:47					11:47	11:50



#### 4. Junior Women warm-up and competition Saturday

Section	Warm-up		Competition	
	General	Apparatus	Start	Ends
Junior Women Teams	12:40	13:15	13:33	15:20

#	Team	Rnd	General warm-up			Apparatus warm-up						Competition							
			Time	Start	End	Time	Floor		Tumbling		Trampet		Time	Floor		Tumbling		Trampet	
							Start	End	Start	End	Start	End		Start	End	Start	End	Start	End
1	Arendals Turnforening	1	12:40	12:40	13:10	13:15	13:15	13:25					13:33	13:33	13:36				
2	Stjarnan	1	12:43	12:43	13:13	13:18			13:18	13:28			13:36			13:36	13:39		
3	GF Kennedy	1	12:46	12:46	13:16	13:21					13:21	13:31	13:39					13:39	13:42
4	Greve Gymnastik og Trampolin	1	12:50	12:50	13:20	13:25	13:25	13:35					13:43	13:43	13:46				
5	Oulun Pyrintö & Taipumattomat	1	12:53	12:53	13:23	13:28			13:28	13:38			13:46			13:46	13:49		
6	Bolbro Gymnasterne	1	12:56	12:56	13:26	13:31					13:31	13:41	13:49					13:49	13:52
7	Gerpla	1	13:00	13:00	13:30	13:35	13:35	13:45					13:53	13:53	13:56				
8	Tamereen Voimistelijat	1	13:03	13:03	13:33	13:38			13:38	13:48			13:56			13:56	13:59		
9	Brommagymnasterna	1	13:06	13:06	13:36	13:41					13:41	13:51	13:59					13:59	14:02
10	Oslo Turnforening	1	13:10	13:10	13:40	13:45	13:45	13:55					14:03	14:03	14:06				
11	Arendals Turnforening	2				13:52			13:52	14:02			14:10			14:10	14:13		
12	Stjarnan	2				13:55					13:55	14:05	14:13					14:13	14:16
13	GF Kennedy	2				13:58	13:58	14:08					14:16	14:16	14:19				
14	Greve Gymnastik og Trampolin	2				14:02			14:02	14:12			14:20			14:20	14:23		
15	Oulun Pyrintö & Taipumattomat	2				14:05					14:05	14:15	14:23					14:23	14:26
16	Bolbro Gymnasterne	2				14:08	14:08	14:18					14:26	14:26	14:29				
17	Gerpla	2				14:12			14:12	14:22			14:30			14:30	14:33		
18	Tamereen Voimistelijat	2				14:15					14:15	14:25	14:33					14:33	14:36
19	Brommagymnasterna	2				14:18	14:18	14:28					14:36	14:36	14:39				
20	Oslo Turnforening	2				14:22			14:22	14:32			14:40			14:40	14:43		
21	Arendals Turnforening	3				14:29					14:29	14:39	14:47					14:47	14:50
22	Stjarnan	3				14:32	14:32	14:42					14:50	14:50	14:53				
23	GF Kennedy	3				14:35			14:35	14:45			14:53			14:53	14:56		
24	Greve Gymnastik og Trampolin	3				14:39					14:39	14:49	14:57					14:57	15:00
25	Oulun Pyrintö & Taipumattomat	3				14:42	14:42	14:52					15:00	15:00	15:03				
26	Bolbro Gymnasterne	3				14:45			14:45	14:55			15:03			15:03	15:06		
27	Gerpla	3				14:49					14:49	14:59	15:07					15:07	15:10
28	Tamereen Voimistelijat	3				14:52	14:52	15:02					15:10	15:10	15:13				
29	Brommagymnasterna	3				14:55			14:55	15:05			15:13			15:13	15:16		
30	Oslo Turnforening	3				14:59					14:59	15:09	15:17					15:17	15:20

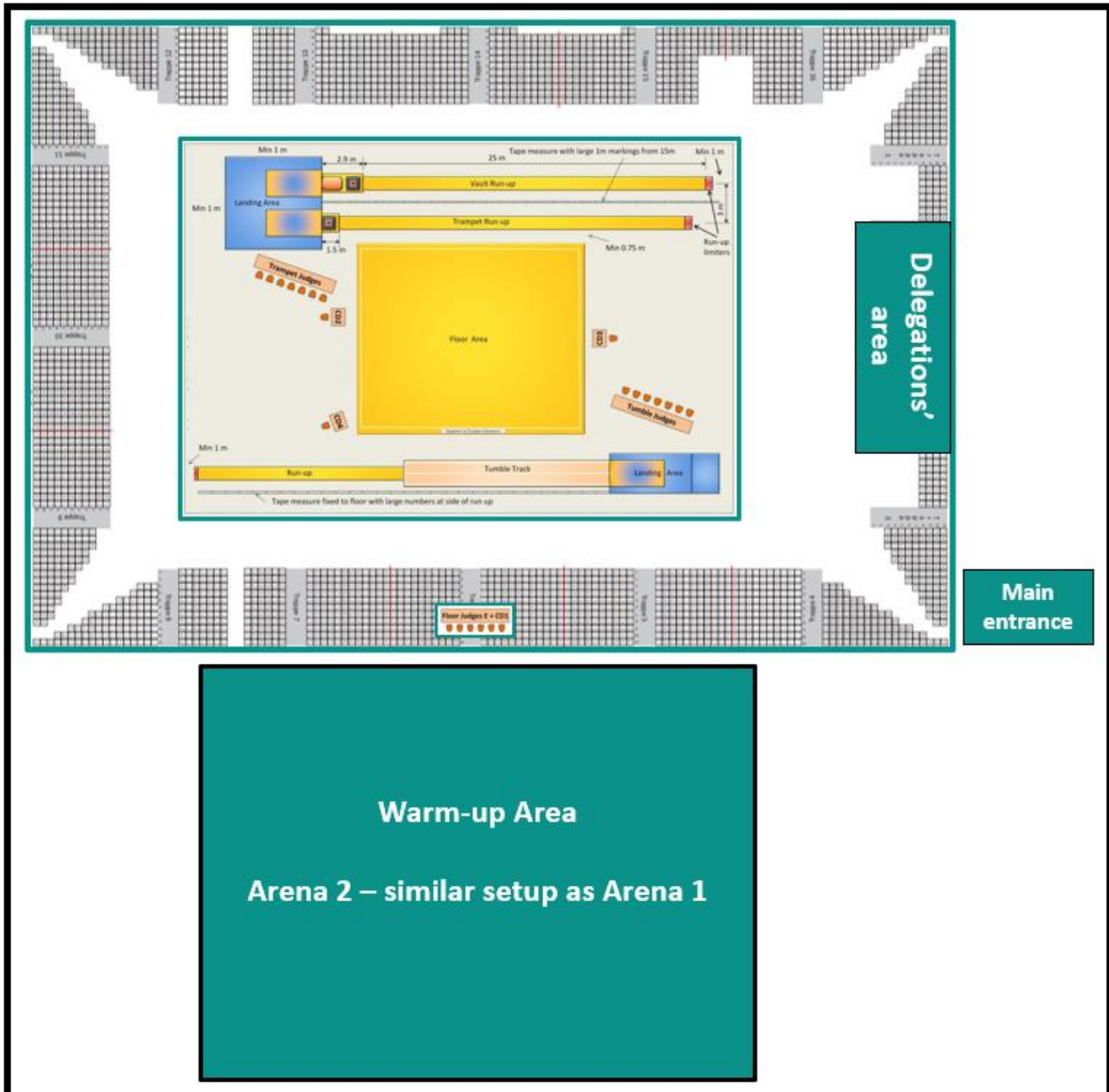
## 5. Junior Men warm-up and competition Saturday

Section	Warm-up		Competition	
	General	Apparatus	Start	Ends
Junior Men Teams	15:40	16:05	16:23	17:33

#	Team	Rnd	General warm-up			Apparatus warm-up						Competition							
			Time	Start End		Time	Floor		Tumbling		Trampet		Time	Floor		Tumbling		Trampet	
				Start	End		Start	End	Start	End	Start	End		Start	End	Start	End	Start	End
1	TeamGym Aarhus	1	15:30	15:30	16:00	16:05	16:05	16:15				16:23	16:23	16:26					
2	Oslo Turnforening	1	15:33	15:33	16:03	16:08			16:08	16:18		16:26			16:26	16:29			
3	GF Uppsalaflickorna	1	15:36	15:36	16:06	16:11					16:11	16:21	16:29				16:29	16:32	
4	Gladsaxe IF	1	15:40	15:40	16:10	16:15	16:15	16:25				16:33	16:33	16:36					
5	Brommagymnasterna	1	15:43	15:43	16:13	16:18			16:18	16:28		16:36			16:36	16:39			
6	TeamGym Aarhus	2				16:32			16:32	16:42		16:50			16:50	16:53			
7	Oslo Turnforening	2				16:35					16:53						16:53	16:56	
8	GF Uppsalaflickorna	2				16:38	16:38	16:48			16:56	16:56	16:59						
9	Gladsaxe IF	2				16:42			16:42	16:52		17:00			17:00	17:03			
10	Brommagymnasterna	2				16:45					17:03						17:03	17:06	
11	TeamGym Aarhus	3				16:59					17:17						17:17	17:20	
12	Oslo Turnforening	3				17:02	17:02	17:12			17:20	17:20	17:23						
13	GF Uppsalaflickorna	3				17:05			17:05	17:15		17:23			17:23	17:26			
14	Gladsaxe IF	3				17:09					17:27						17:27	17:30	
15	Brommagymnasterna	3				17:12	17:12	17:22			17:30	17:30	17:33						

# Attachment B. *Layout of the competition hall*

## Competition Hall Layout



## Attachment C. Draw of judges

The draw for judging positions is made by country, which will then be placed into the below fixed scheme of judges' positions. The draw from 2018 will be continued and the countries will move forward to the next number the next year. A new draw will be made for the 2023 Championships.

### Positions for 2022:

Drawing of lots:	Country
Country no 1:	DEN
Country no 2:	FIN
Country no 3:	NOR
Country no 4:	SWE
Country no 5:	ISL

### MIXED

Floor		Tumble		Trampet	
CD1	1	CD1	2	CD1	1
CD2	4	CD2	5	CD2	3
CD3	2				
CD4	3				
E1	3	E1	4	E1	5
E2	4	E2	1	E2	2
E3	5	E3	3	E3	4
E4	2	E4	5	E4	1

### WOMEN

Floor		Tumble		Trampet	
CD1	2	CD1	3	CD1	4
CD2	5	CD2	1	CD2	2
CD3	3				
CD4	4				
E1	5	E1	2	E1	1
E2	1	E2	1	E2	3
E3	4	E3	4	E3	5
E4	3	E4	5	E4	2

### MEN

Floor		Tumble		Trampet	
CD1	3	CD1	4	CD1	5
CD2	1	CD2	2	CD2	1
CD3	4				
CD4	5				
E1	1	E1	3	E1	2
E2	2	E2	2	E2	5
E3	3	E3	5	E3	4
E4	4	E4	1	E4	3