



Nordens Gymnastikförbund

# **NORDIC ARTISTIC GYMNASTICS CHAMPIONSHIPS**

SENIORS (MAG & WAG)

JUNIORS (MAG & WAG)

YOUTH (MAG, unofficial)

Qualification Competition (QC)

All Around Final (AA) & Team Final (TF)

Apparatus Final (AF)

**TECHNICAL REGULATIONS**

March 2023

## Version history:

Version (date)	Change
April 2012	Included regulations for Youth, changes to team composition and provisions for 3 or 5 E-judges
December 2012	Changed the setup of the document and made changes to the wording of the regulations
February 2013	Changed after input from Nordic countries
May 2018	Changed after decisions made in the Nordic meeting 2016
November 2022	Changed after decisions made in the Nordic meetings 2018 - 2022

## Abbreviations:

Abbreviation	Meaning
FIG	International Gymnastics Federation
NF	National Federation
DEN	Denmark
	<ul style="list-style-type: none"><li>• Danmarks Gymnastik Forbund, DGF (GymDanmark)</li></ul>
	<ul style="list-style-type: none"><li>• Danske Gymnastik- og Idrætsforeninger, DGI</li></ul>
FIN	Finland
	<ul style="list-style-type: none"><li>• Finnish Gymnastics Federation, Svoli</li></ul>
	<ul style="list-style-type: none"><li>• Finlands Svenska Gymnastikförbund, FSG</li></ul>
ISL	Iceland
	<ul style="list-style-type: none"><li>• Fimleikasamband Islands, FSI</li></ul>
NOR	Norway
	<ul style="list-style-type: none"><li>• Norges Gymnastikk- og Turnforbund</li></ul>
SWE	Sweden
	<ul style="list-style-type: none"><li>• Svenska Gymnastikförbundet, SvGF</li></ul>
FARO	Faroe Islands
	<ul style="list-style-type: none"><li>• Føroya Fimleikasamband, FFS</li></ul>
NCh	Nordic Championships
OC	Organising Committee

## Naming definitions:

The name of the Senior Nordic Championships is <i>Nordic Artistic Gymnastics Championships</i>
The name of the Junior Nordic Championships is <i>Junior Nordic Artistic Gymnastic Championships</i>
The name of the Youth Nordic Unofficial Championships is <i>Youth Nordic Artistic Gymnastic Championships</i>

# Contents

<b>I. General regulations .....</b>	<b>4</b>
Art. 1 Purpose of this document .....	4
Art. 2 Changes to these regulations .....	4
Art. 3 Right to participate .....	4
Art. 4 Dates and locations of competition.....	4
Art. 5 Invitations and time schedule .....	5
Art. 6 Entry procedures .....	5
<b>II. Technical organisation.....</b>	<b>6</b>
Art. 7 Competition format .....	6
Art. 8 Age and nationality requirements.....	6
Art. 9 Competition programme .....	6
Art. 10 The juries and judging panels .....	9
<b>III. Ceremonies and ranking lists.....</b>	<b>10</b>
Art. 11 Championship titles .....	10
Art. 12 Medals and ceremonies.....	10
Art. 13 Diploma.....	11
Art. 14 Score sheets, ranking lists and lists of finalists.....	11
<b>IV. Functions of the organising committee .....</b>	<b>12</b>
Art. 15 Responsibilities of the organiser .....	12
<b>V. Financial matters and obligations.....</b>	<b>12</b>
Art. 16 Financial obligations of the participating NF.....	12

# I. General regulations

## Art. 1 Purpose of this document

Based on the technical regulations of FIG, this document provides the ground rules for the Nordic Artistic Gymnastic Championships for Men and Women - Seniors, Juniors and Youth.

## Art. 2 Changes to these regulations

Changes to the regulations can be made by agreement between the Nordic federations from Sweden, Norway, Denmark, Finland and Iceland. Changes made by the Nordic technical meeting must be followed but some changes in the technical regulations can only be suggested during the technical meeting (see art. 5 of the Agreement for Cooperation within the Nordic Gymnastics 2023).

Technical Regulations are established by the technical meetings provided that the decision does not concern items of economic significance, such as changes in the proportions for the Nordic Championships concerning number of categories, age limits, size of delegation, etc. Those types of subjects are decided upon at the Nordic General Meeting (NGM) after proposals from the technical meetings.

## Art. 3 Right to participate

All national Federations affiliated with the Nordic countries that have the FIG “right of their country” are admitted to the Nordic Championships. The exception is Faroe Islands, which is not a FIG member.

## Art. 4 Dates and places of competition

The Nordic Championships will be arranged by the national federations described in article 2.

The Nordic Championships for Seniors are organised every even year, 2 - 4 weeks before the first European Championships.

The Nordic Championships for Juniors are organised with the Seniors in even years 2 - 4 weeks before the first European Championships, and with the Youth (MAG) in uneven years in May.

The Unofficial Nordic Championships for Youth (MAG) are organised in uneven years with Juniors in May. The hosting country must offer the competition but there is no obligation to participate.

For Seniors and Juniors the Nordic Championships for men and women will take place as one event. They will be organised on the same dates and in the same venues.

Updated rotation schedule from 2022. The newest version will always follow the protocol from the Nordic Meeting

	Seniors	Juniors	Youth
	Even year before ECh	Spring	
2022	ISL		
2023		FIN	FIN
2024	NOR		
2025		DEN	DEN
2026	FIN		
2027		ISL	ISL
2028	SWE		
2029		NOR	NOR
2030	DEN		

## **Art. 5 Invitations and time schedule**

- 5.1.** Location and date must be announced to the other Nordic countries six (6) months prior the NCh.
- 5.2.** Time schedule must be announced three (3) months prior the NCh.
- 5.3.** The NCh is normally organised over 3 days as follows:
- Day 1: Training, Orientation Meeting and Technical Meetings
    - common meeting and separate meetings for MAG/WAG
  - Day 2: Qualification Competition (QC), Team Final (TF) and All-Around (AA)
  - Day 3: Apparatus Finals (AF)
- 5.4.** The organiser **must** offer training the day before the competition in the competition hall.

## **Art. 6 Entry Procedure**

- 6.1.** For registration of entry, official forms, which are distributed to all affiliated NF by OC at the required time, are to be used.
- 6.2.** The deadlines for registration are determined by the dates of the competition, as follow:
- 6.2.1. Provisional registration**  
The number of teams (MAG and/or WAG - Seniors, Juniors, Youth):  
5 months before the date of the NCh
- 6.2.2. Definitive registration of delegation members**  
The number of participants:  
3 months before the date of the NCh
- 6.2.3. Nominative registration of gymnasts, judges and other officials**  
4 weeks before the date of the NCh  
The list must include:
- surname and forename of the participants
  - date of birth (date, month, year) of the gymnast
- 6.2.4. Sanctions**  
Registration or payment made after the deadline incurs a penalty of 100 Euro per started week the registration/payment hasn't been completed. The penalty is invoiced by, and shall be paid to, the hosting federation.

## II. Technical organisation

### Art. 7 Competition Format

7.1. The Championships consist of the following competitions:

**7.1.1. QC - Seniors, Juniors and Youth:**

- a decisive competition for the team final result (TF)
- a decisive competition for the individual all-around result (AA)
- qualification for the apparatus finals (AF)

**7.1.2. Apparatus finals AF - Seniors, Juniors and Youth**

### Art. 8 Apparatus

The equipment being used for the Nordic Championships must be approved by the FIG.

### Art. 9 Age and nationality requirements

**9.1. Age of the competitors**

- Seniors, MAG: not less than 18 years of age
- Seniors, WAG: not less than 16 years of age
- Juniors, MAG: not less than 15 years of age and not more than 18 years
- Juniors, WAG: not less than 14 years of age and not more than 15 years
- Youth, MAG: not less than 13 years of age and not more than 14 years

The age limits follow the regulations for the International Gymnastic Federation (FIG) except for MAG, which follow the regulations for European Gymnastics (EG). Gymnasts have the right to participate if they reach the determined age during the year of the competition. When 2 competition categories are organised together (seniors/juniors or juniors/youth) a gymnast can only take part in one category.

**9.2. Nationality**

Gymnast participating should either be citizens of the nation it is representing or show proof of having been a resident in the country for the last 12 months, with the intention of becoming a permanent citizen and may not have represented any other country for the last 12 months. The OC have the right to check the gymnast's passport/ identity card.

### Art. 10 Competition programme

**10.1. QC - Seniors, Juniors and Youth**

Each federation can participate with one team, except Denmark, which has a separate team from the Faroe Islands.

**10.1.1.** A senior team consists of 3-5 gymnasts, of which 5 compete on each apparatus. The 3 best scores on each apparatus are added for the final result. The NF nominates the team for each apparatus.

**10.1.2.** A junior team consists of 3-5 gymnasts, of which 5 compete on each apparatus. The 3 best scores on each apparatus are added for the final result. The NF nominates the team for each apparatus.

**10.1.3.** A youth team consists of 3-5 gymnasts, of which 5 compete on each apparatus. The 3 best scores on each apparatus are added for the final result. The NF nominates the team for each apparatus.

**10.1.4.** It is permitted to participate with individual gymnasts should a NF not have a sufficient number of gymnasts for a full team. The team competition decides the individual ranking and serves as a qualification for the apparatus finals.

## **10.2. Competition workplan**

**10.2.1.** Each team has the right to at least 15 minutes warming up time, per apparatus prior to the competition. The warm-up will be in the competition hall during the competition. The time for the warm-up will follow the allowance per apparatus as stated in FIG's CoP. In C III there will still be a touch warm-up.

**10.2.2. The order of rotation**  
See appendix 1.

**10.2.3. The working order among the NF**  
QC consists of 6 apparatus for the men and 4 for the women. As a general rule, the events will be performed in the Olympic order.  
See appendix 2.

**10.2.4.** If necessary, the drawing of lots for the working order is organised by the responsible OC in the technical meeting. Representatives from the member NF are invited to attend the drawing of lots.

**10.2.5. Working order among the team**  
The Federations (teams) have to hand in the working order for the team no later than 21:00 (at the Technical Meeting) the day before the competition. The starting order should include the gymnast who is not competing.  
  
In cases of illness or injury, it is allowed to replace the affected gymnasts with the reserve up till 30 minutes prior the start of the competition.

## **10.3. Apparatus Finals (AF) - Seniors, Juniors and Youth**

**10.3.1.** For seniors and juniors the 6 highest ranked gymnasts on each apparatus from QC will qualify for the corresponding Apparatus Finals.

**10.3.2.** For Youth the 8 highest ranked gymnasts on each apparatus from QC will qualify for the corresponding Apparatus Finals.

**10.3.3.** A maximum of two gymnasts per federation will be allowed in each of the Apparatus Finals.

**10.3.4.** The starting order of the gymnasts is indicated as:

**Seniors and Juniors**

Start order AF	Ranking QC
1	6
2	5
3	4
4	3
5	2
6	1

**Youth (MAG)**

Start order AF	Ranking QC
1	8
2	7
3	6
4	5
5	4
6	3
7	2
8	1

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

**10.4. Exercise requirement**

**10.4.1.** The requirements comply with the valid Code of Points/FIG, allowing for adjustments.

**10.4.2. WAG:**

- Seniors: according to valid FIG-Code of Points
- Juniors: according to valid FIG-Code of Points for Juniors

**10.4.3. MAG:**

- Seniors: according to valid FIG-Code of Points
- Junior: according to valid FIG-Code of Points for Juniors
- Youth: according to valid FIG-Code of Points for Juniors with the following special regulation regarding short exercises, agreed by the men's technical meeting.

**Number of elements E-value**

7-8	10,00
6	8,00
5	7,00
4	6,00
3	3,00
0-2	0,00

The height of the vaulting horse can be 125–135 cm for Youth MAG.

**10.4.4.** All affiliated federations must be informed of adjustments to the requirements 6 months before the date of the Nordic Championships.

**10.5. Tie breaking rules**

If 2 or more gymnasts have the same final score in QC, competing for the last place in Apparatus Finals, both of them will participate in the Finals. The schemes in 7.2.4 will be enlarged to allow for more gymnasts.

The Nordic Champion will be the gymnast/ team with the highest final score. If 2 or more gymnasts/ teams have the same score, they will share the rank.



## **Art. 11 The Juries and Judging Panels**

**11.1.** All judges must be holder of the FIG Brevet for the corresponding cycle. Judges for the Youth competition can have national brevet.

**11.2.** Each NF has the obligation to nominate two judges for WAG competitions and 3 judges for MAG competitions for each of the categories in which it will participate; the judges have to fulfil the requirements (Art. 9.1). The appointment of the judges to each apparatus among NF:

### **MAG D1 and WAG D- and E-panels:**

See appendix 3.

### **MAG D judge- and E-judge**

See appendix 4.

If Faroe Islands have nominated a MAG/WAG judge, his/her place will be drawn by the OC.

All judges have to participate in judges' briefing prior to the competition.

**11.3.** The Juries, including the Judging Panels on the Apparatus, are composed in accordance with the Technical Regulations and Code of Points/FIG, allowing for certain adjustments according to the character of the Championships.

### **MAG**

2 D-judges + 3 E-judges (QF AG)

The judging panel will be organized with 3 judge pools, with 5 judges in each pool.

The E score will be the average of the 3 E- scores.

3 counting decimals, the rest is cut off.

2 D-judges + 5 E-judges (AF)

The judging panel of each apparatus will be organized with 7 judges in each pool.

The E score will be the average of the middle 3 E- scores.

3 counting decimals, the rest is cut off.

### **WAG**

2 D-judges + 3 or 4 E-judges (QC)

The judging panel will be organised with 2 judge pools, with 5 or 6 judges in each pool. In the case of 3 E-judges, the E-score will be the average of the middle 3 E-scores.

3 counting decimals, the rest is cut off.

2 D-judges + 4 E-judges (AF)

The judging panel of each apparatus will be organized with 6 judges in each pool.

The E-score will be the average of the middle 2 E-scores.

3 counting decimals, the rest is cut off.

**11.4. Inquiries**

An inquiry concerning the E-scores is not permitted.

Inquiry for the D-score is permitted and must be given in writing to the D1 judge no later than the next rotation. The respective judges' panel will decide the outcome of the inquiry. Each NF may provide their own videos to D1 concerning the inquiry.

If D-scores are not shown after each routine, the NF has the right to get the D-scores of their gymnasts after each rotation. In this case the coach of each NF has the obligation to pick up the list of the D-scores from the D1 immediately after the corresponding rotation.

Protest of technical type will be decided by The Jury of Appeal.

Protest must be given in writing and delivered to The Jury of Appeal as soon as possible and no later than the start of the next rotation.

#### **11.5. Jury of Appeal**

The members of The Jury of Appeal must be submitted during the Technical Meeting as follows:

- One (1) member from the OC (e.g. the head of the competition)
- D1 judge from the concerned judging panel
- One (1) representative from each NF (can be different for MAG and WAG, cannot be an active judge or coach)

### **III. Ceremonies and ranking lists**

#### **Art. 12 Championship titles**

**12.1.** The winner of the team competition (QC) is awarded with the title:

Seniors	"Nordic Artistic Gymnastic Team Champions Men/Women"
Juniors	"Junior Nordic Artistic Gymnastic Team Champions Men/Women"
Youth	"Youth Nordic Artistic Gymnastic Team Champions"

**12.2.** The winner of the all-around competition (AA) from QC is awarded with the title:

Seniors	"Nordic Champion in Artistic Gymnastics Men/Women"
Juniors	"Junior Nordic Champion in Artistic Gymnastics Men/Women"
Youth	"Youth Nordic Champion in Artistic Gymnastics"

**12.3.** The winner of the single Apparatus Finals (AF) is awarded with the title:

Seniors	"Nordic Champion on ... (corresponding apparatus) Men/Women"
Juniors	"Junior Nordic Champion on ... (corresponding apparatus) Men/Women"
Youth	"Youth Nordic Champion on ... (corresponding apparatus)"

#### **Art. 13 Medals and Ceremonies**

*All delegations must bring their own national flag and national anthem in short version; approximately 45 seconds.*

##### **13.1. Opening ceremony**

All participating gymnasts must attend the opening ceremony. The gymnasts must wear "national training suit". After the march in the national anthem of the participating delegations will be played and official opening will be held.

### **13.2. Award Ceremony**

All participating gymnasts must attend the Award Ceremony. The gymnasts must wear national training suit. Awards in competitions are presented as follows:

Team - Seniors, Juniors and Youth:

- 1<sup>st</sup> place: 6 gold medals (5 gymnasts and 1 coach)
- 2<sup>nd</sup> place: 6 silver medals (5 gymnasts and 1 coach)
- 3<sup>rd</sup> place: 6 bronze medals (5 gymnasts and 1 coach)

All-around - Seniors, Juniors and Youth:

- 1<sup>st</sup> place: 1 gold medal
- 2<sup>nd</sup> place: 1 silver medal
- 3<sup>rd</sup> place: 1 bronze medal

Apparatus Finals - Seniors, Juniors and Youth, (6 apparatus for MAG, 4 apparatus for WAG)

- 1<sup>st</sup> place: 1 gold medal
- 2<sup>nd</sup> place: 1 silver medal
- 3<sup>rd</sup> place: 1 bronze medal

### **13.3. Medals**

A special layout for the medals has been developed for all Nordic Championships. The organizing country must use medals in similar layout like those which has been used in the previous Championships, but they can order the medals from where prefer. The medal ribbon shall be in the colours of the hosting country.

## **Art. 14 Diploma**

- 14.1.** All members of the delegations receive a souvenir diploma, stating surname, first name and NF.

## **Art. 15 Score sheets, ranking lists and lists of finalists**

- 15.1.** The heads of delegations, the participating judges and coaches shall all receive a copy of the results after each competition (QC / AF).
- 15.2.** The lists of the finalists are published by the organisers immediately after the end of QC. The delegations concerned have to confirm the participation of their gymnast(s) on the same day to the OC.
- 15.3.** At the end of the NCh, the heads of delegations of each NF shall receive two copies of the complete result book, or a link to the livescore/online results with all judges' scores.

## IV. Functions of the organising committee

### Art. 16 Responsibilities of the Organiser

**16.1.** The NF appointed as organiser of the NCh is fully responsible for the organisation of the event, and for establishing the local OC.

**16.2. General obligations of the OC**

The OC is responsible for a flawless execution of the event, which includes running the competition, the training sessions, the judges instruction, the Orientation Meeting and the Technical meetings.

All Head of Delegations, Coaches and Judges are invited to the Orientation Meeting, held in the evening of Day 1.

In the Technical meetings (common meeting and separate meetings for MAG/WAG) each NF is allowed to participate with one WAG and one MAG representative.

Faroe Islands has right to participate and speak in the meetings but does not have right to vote.

## V. Financial matters and obligations

### Art. 17 Financial obligations of the participating NF

**17.1.** In connection with the Nordic Championships, the host country is responsible for the costs for training and competition premises, carrying through of the competitions, judge's meetings, and technical meetings.

**17.2.** The organizer has the right to require prepayment for the actual charge for accommodation. Overnight stays shall be offered in different price levels, which as a minimum meets the standard for hostels.

**17.3.** The aim of the Nordic Championships should not be, to make a profit off the gymnasts and the budget should be transparent. The participating countries must use those hotels/packages that the organizer puts forward.

**17.4.** The whole payment shall take place as single payment to respective hosting federation, alternatively to the organizer.

**17.5.** All Parties participate with full attendance in all Nordic Championships as far as it is possible. The Parties undertake to participate with required number of judges as provided in the Technical Regulations. In the event a Party having entered into the Agreement, cannot participate with the required number of judges as the regulations stipulate, this Party bears the cost for required number of judges summoned from other Parties. The hosting country is responsible for collecting the amount to be paid.

**17.6.** All Parties being subject to the Agreement can, with six (6) months notice, notify that they will not participate in a Nordic Championship. The Party is nevertheless responsible for prescribed number of judges, or for covering any costs for the summoned judges as described above.

**17.7.** Fee for late entry is specified in article 5.2.4.

## **VI. Media and advertising rules**

### **Art. 18 Media**

Organizing Party solely holds all rights concerning audio and image recordings at the competition (TV, video, CD-ROM, radio, and Internet, among other things), as well as all advertising rights at the current competition arena. Organizing Party solely collects all earnings hereof.

The organizer should always try to enable live streaming, particularly for senior competitions.

### **Art. 19 Advertising rules**

The Nordic Championships will follow the FIG rules – “competition clothing and advertising” with the exception of sections 3 – 4 as follows:

Section 3 and 4 – Advertising Rules on Men’s (3) and Women’s (4) clothing

- There is no limit of how many advertisements can be displayed on the gymnast on both competitive and warm up attire.
- The maximum space is 130 cm<sup>2</sup> for each advertisement on both competitive and warm up attire.

This rule is valid from 2021 – 2024 and should be re-evaluated at NGM in 2024.