



11.11.23

# NORDIC CHAMPIONSHIPS

TEAMGYM

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Work Plan



**To:**

- Danish Gymnastics Federation, att: Max Andersen
- Norwegian Gymnastics Federation, att: Tron Lunde
- Finnish Gymnastics Federation, att: Janniina Väänänen
- Swedish Gymnastics Federation, att: Sofia Svegander
- Icelandic Gymnastics Federation, att: Olga Bjarnadóttir

**Copy:**

- Danish Gymnastics Federation, att: Ole Holmskov
- Norwegian Gymnastics Federation, att: Gabriel Negru
- Finnish Gymnastics Federation, att: Sonia Solismaa
- Swedish Gymnastics Federation, att: Janina Åhs
- Icelandic Gymnastics Federation, att: Íris Mist Magnúsdóttir



# 1. Participating teams

## Status provisional registration

Section Federation	Mix	Women	Men	Total teams
Norway	2	2	2	6
Finland		2		2
Iceland		2	1	3
Sweden	3	2	2	7
Denmark	3	2	2	7
<b>Total teams</b>	8	10	7	25

## Mix

Nr.	Team	Federation
1	Køge Bugt Seniorsmix	Denmark
2	TeamGym Nordsjælland	Denmark
3	TeamGym Odense Mix	Denmark
4	Drammen	Norway
5	Trondhjem	Norway
6	EG Vikings	Sweden
7	GF Örebro	Sweden
8	Motus Salto	Sweden

## Women

Nr.	Team	Federation
1	Gerpla	Iceland
2	Stjarnan	Iceland
3	TeamGym Aarhus	Denmark
4	TeamGym Nordsjælland	Denmark
5	Helsinki Unified	Finland
6	Jyväskylä Voimistelijat	Finland
7	Drammen	Norway
8	Salhus	Norway
9	Brommagymnasterna	Sweden
10	Motus Salto	Sweden

## Men

Nr.	Team	Federation
1	Stjarnan	Iceland
2	Gladsaxe Seniorherrer	Denmark
3	TeamGym Aarhus	Denmark
4	Oslo	Norway
5	Salhus	Norway
6	GF Fram	Sweden
7	KFUM	Sweden

## 2. Running order

The draw was done on a LOC meeting and the running order is completely coincidental.

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

### 3. Warm Up

A separate hall (Hall 2) will be available for the warm-up on Friday and Saturday. The warm-up hall will have a complete set of apparatuses identical to the competition apparatuses. The set up of the competition hall will be similar.

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

#### European setup

For this competition, the European competition setup will be used, with warm-up and competition in separate halls.

### 4. Schedule

#### Thursday November 9th

15:00-20:00 Arrival and accreditation

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

#### Friday November 10th

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

13:00-19:28 Training for the teams

19:45 Information meeting for head of delegation, coaches, and judges

20:15 Judges meeting

#### Saturday November 11th

09:30 Judges meeting

09:45 Warm-up, mixed teams Hall 2 (30 min per team)\*

10:20 Opening Ceremony

10:41-12:18 Competition mixed teams Hall 1

12:30 Award ceremony mixed teams

12:04 Warm-up, women's teams Hall 2 (30 min per team)\*

13:00-15:01 Competition women's teams Hall 1

15:10 Award ceremony women's teams

14:44 Warm-up, men's teams Hall 2 (30 min per team)\*

15:40-17:05 Competition men's teams Hall 1

17:15 Award ceremony men's teams

19:00-01:00 Banquet, in Laugardalshöll

\*Teams will start warmup at different times according to their draw.

#### Sunday November 12th

Departure

## 5. Venue

The competition will take place in Laugardalshöll, Engjavegi 8, 104 Reykjavík. The hotels are located within walking distance from the venue. Therefore, no transport will be available apart from transport to/from Keflavík Airport.



## 6. Travelling to Iceland

Reykjavík is located approximately 40 min from Keflavík Airport. There will be airport transport from Keflavík Airport to the hotels where the delegations are staying and back again to the airport for departure. This is included in the accommodation package.

### Contact:

JSK Bílar

e-mail: ragnar.magnus@fimleikasamband.is

Phone: 00354-865-9414

## 7. Hotels

### Grand Hótel

Sigtún 28, 105 Reykjavík

<https://www.islandshotel.is/is/hotelin/hotel-reykjavik-grand/>

The hotel is located about 730 m from the competition venue or 8 min walk.

### KEA Hótel Light

Suðurlandsbraut 12, 108 Reykjavík

<https://www.keahotels.is/is/reykjavik-lights>

The hotel is located about 660 m from the competition venue or 7 min walk.

### **Hótel Múli**

Hallarmúli 1, 108 Reykjavík

<https://hotelmuli.is/>

The hotel is located about 800 m from the competition venue or 11 min walk.

### **Hótel Ísland**

Ármúli 9, 108 Reykjavík

<https://www.hotelisland.is/>

The hotel is located about 650 m from the competition venue or 7 min walk.

### **Hótel Cabin**

Borgartún 32 105 Reykjavík

<https://hotelcabin.is/>

The hotel is located about 1,3 km from the competition venue or 15 min walk.

## **8. Competition format**

The competition will be organized according to:

**A.** Technical regulations (TR) for the Nordic TeamGym Championships that are valid until 31.12.2023.

**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 EG will be applied in all situations, which are not foreseen in the Nordic Technical regulations.

**The Nordic Technical Committee has approved that the 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 hall will be immediately followed by competition on the same apparatus in the competition hall, before moving on to the next apparatus. See attachment I for the full overview of the warm-up and competition program.**

## 9. List of apparatus

### Floor

The mats are connected side by side with blue velcro on top, the floor will consist of 7 mats and the velcro will lay horizontally over the floor. The floor itself will be gray.

### Tumble

Run up: 16 m consisting of 8 blocks of 2 m x 1 m x 0,33 m.

Tumple track: 15 m x 2 m PE-Redskaber. Premium blue net cover.

Safety Strips for Tumble track: 200 x 50 x 33 cm. There will be placed two pieces on each side. Velcro on all sides.

Landing area: A total area of 4 m x 7 m blue and red, with additional safety mat.

### Trampet

Run up: Two separate roll mats (one for trampet without vault and one for trampet with vault).

Vaulting table: model "Tarpan", can be adjusted in height from 110 cm to 165 cm at an interval of 5 cm.

Trampets: "Dorado 36 TeamGym" with 36 springs and "Dorado 40 TeamGym" with 40 springs. Front protection, adjustable from 65-80 cm in increments of 5 cm.

Two trampets of each type will be in each hall.

Landing area: 7 m x 7 m x 33 cm blue and red with two separate landing zones, with additional safety mat.

Trampet will **not** be placed on a wooden board. It will be placed straight on the floor

**See attachment II: 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 CD and E panels.

**See attachment III: 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, having the gymnasts come from two clubs, but the team must have competed together in the competition year.

Each team must fill out the appropriate form declaring 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 senior TeamGym: 16 years and older.

The gymnasts have the right to participate if they reach the determined min 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 a passport or another kind of identification card with a photo).

## 14. Size of delegation

According to the technical regulations art. 4.4:

- 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. This rule will apply in the Mix section.

## **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 into 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 the 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 bring valid written confirmation regarding health and accident insurance in accreditation. To speed up the accreditation each delegation can also upload it to the drive folder of each delegation. 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 - is not used at the Nordic championships.

## **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.

Teams are not allowed to bring their own music player into the warm-up/competition hall.

Personal music player with earphones are allowed.

## **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 – Laugardalshöll

Opening hours: Thursday 15.00-20.00. There will be a possibility of accreditation for those who arrive on Friday, which will be handled in each delegation plan.

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

There will be a schedule for accreditation so the process will be as smooth as possible. The schedule will be sent out two weeks before the 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 –printed out.
- Passport or another kind of identification card with photo of every participant.

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

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

- Cups from the championships in 2018:
  - **Mix: Sweden** (Brommagymnasterna).
  - **Women: Sweden** (Motus Salto).
  - **Men: Norway** (Oslo).

### 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 and food hall. Replacing a lost accreditation pass will cost ISK. 10.000-.

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

Competition music, tariff forms, apparatus information must be submitted through Sportseventssystem. Each team will receive a login.

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

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

Each team will have its own run-in song, a song of their choosing that will be played when they run into the competition hall. This song should be uploaded into the delegation drive folder no later than **Tuesday, November 7th, 23:59:59**.

### **Competition music**

To facilitate the handling of music and ensure the best possible quality, we kindly ask you to upload your music to the Tariff form system in advance (**Tuesday, November 7th, 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.

We recommend that each team bring their own backup music on a USB flash drive.

### **National Anthem**

We kindly ask the national federation to upload the national anthem to their drive folder in advance (**Tuesday, November 7th, 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, November 7th, 23:59:59 hours at the latest**.

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.

Login to tariffs will be sent out to delegations 2 weeks prior to the competition.

### **Apparatus**

To facilitate the handling of the apparatus for each team, we kindly ask you to fill in the following information and add it to the drive folder for your delegation (in dele.

**Tuesday, November 7th, 23:59:59 hours at the latest:**

- A. Type of trampet. Number of springs (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 the Head of Delegations, Deputy Head of Delegations, one coach per team, and judges will be on Friday at 19:45. The meeting will take place in Laugardalshöll.

## **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 20:15 and will take place in Laugardalshöll. The judges meeting on Saturday is at 09:30 and will take place in Laugardalshöll.

## **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 9th of November at 18.00-22.00 (and continued Friday 10th of November at 9.00-12.30 if needed).

The invitation was distributed on 6. October 2023

Please provide your input for the agenda, including any necessary background information, to the Icelandic Gymnastics Federation, e-mail: [fsi@fimleikasamband.is](mailto:fsi@fimleikasamband.is), **no later than October 19th.**

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 October 26th.**

## **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 delegation members, gymnasts, coaches, team leaders, and members of the Nordic Technical Committee in the competition hall.

### **35. Opening ceremony**

Will be held according to the technical regulations art. 10.1: Detailed information will be presented at the information meeting on Friday 10th at 19.45.

### **36. Award and closing ceremonies**

The award ceremony will take place after each section.

According to technical regulations art. 10.2:

All participants must march in wearing either a competition dress or club uniform. The whole team must wear the same outfit. Awards are presented (bronze first, then silver, then gold).

The Nordic Champions are announced, medals are awarded, and the national anthem of the winning team is played.

After the award ceremony for men's the championships is officially closed with a short speech. The teams march out immediately afterward.

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

Further information will be given at the information meeting on **Friday 10th at 19.45.**

## **37. Medical**

Paramedics will be available in the competition arena on Friday and Saturday. We request you to bring your own ice packs and sport tapes. 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 test 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 with accreditation cards have access to meals during the event, which will be checked at the catering hall at each served meal. Breakfast is served at the hotels. Lunch and dinner are served in Laugardalshöll. Individuals who do not have an accreditation pass, but booked accommodation through LOC, will receive food tickets.

Scheduled time slots will be distributed to the teams/delegations before the event.

## **40. Banquet**

Accredited delegation members who ordered banquet tickets in the definitive registration will have a confirmation on their accreditation card, which will be used as a ticket to enter the banquet. All delegations will receive wristbands with different color for over and under 20 year of age (min. age to drink in Iceland is 20 years old), which everyone who enter must wear. Individuals who are not accredited but booked accommodation through LOC will receive a banquet ticket. The banquet will be in Laugardalshöll.

## **41. Tickets**

Tickets can be purchased at <https://midix.is/is//eid/88>

## **42. The organizing committee (LOC)**

This event is being organized by the Icelandic Gymnastics Federation.



## 43. Contact information

Icelandic Gymnastics Federation

**Event manager** Edda Dögg Ingibergsdóttir, [edda.dogg@fimleikasamband.is](mailto:edda.dogg@fimleikasamband.is)

**Competition Director** Helga Svana Ólafsdóttir, [helga.svana@fimleikasamband.is](mailto:helga.svana@fimleikasamband.is)

**Accreditation office:** Edda Dögg Ingibergsdóttir, [edda.dogg@fimleikasamband.is](mailto:edda.dogg@fimleikasamband.is)

**Head of judges:** Olga Bjarnadóttir

### LOC

Edda Dögg Ingibergsdóttir

Halldóra S. Guðvarðardóttir

Helga Svana Ólafsdóttir

Íris Svavarsdóttir

Magnús Heimir Jónasson

Ragnar Magnús Þorsteinsson

Olga Bjarnadóttir

## 44. Social media

Website: <https://fimleikasamband.is/nm-2023/>

Facebook: <https://www.facebook.com/fimleikasamband>

Instagram: @icelandic\_gymnastics

#NCHTGIceland #NCH2023

## 45. 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.

**Icelandic Gymnastic Federation and the Local Organizing Committee are looking forward to welcoming all of you to Iceland Capital, Reykjavík.**

Yours sincerely,



**Sigurbjörg Fjöl意思dóttir**  
President  
Icelandic Gymnastics



**Sólveig Jónsdóttir**  
CEO  
Icelandic Gymnastics

**Edda Dögg Ingibergsdóttir, Helga Svana Ólafsdóttir og Ragnar Magnús Þorsteinsson**

Head of delegation management NM 2023

**Edda Dögg Ingibergsdóttir**

Event manager NM 2023

**Helga Svana Ólafsdóttir**

Competition Director NM 2023

**Olga Bjarnadóttir**

Judges Director NM 2023

## **47. List of attachments**

I. Running orders

II. Layout of the competition hall

III. Draw of judges

IV. Equipment set up