



## Workplan

# Junior Nordic TeamGym Championships 2024

Swedish Gymnastics (Host Federation) and Lugi Gymnastik welcome you to Lund  
April 18<sup>th</sup>-21<sup>st</sup>.

### Information

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# 1 Deadlines

22 <sup>nd</sup> of	March	Workplan
28 <sup>th</sup> of	March	Deadline, to send input for the NTC-TG meeting
31 <sup>st</sup> of	March	Nominative registration closes
31 <sup>st</sup> of	March	Deadline, bus transport
10 <sup>th</sup> of	April	Deadline music upload in Tariff

# 2 Participating teams

Section Federation	Mixed	Women	Men	Total teams
Denmark	2	2	2	6
Finland		2		2
Iceland	2	2		4
Norway	2	2	2	6
Sweden	2	2	2	6
<b>Total teams</b>	<b>8</b>	<b>10</b>	<b>6</b>	<b>24</b>

Mixed	Team	Federation (in alphabetical order)
1	Slagelse Gf Junior Mix	Denmark
2	Køge Bugt Junior Mix	Denmark
3	Stjarnan	Iceland
4	Gerpla	Iceland
5	Sandnes Turnforening	Norway
6	Beitstad Turn	Norway
7	Halmstad Frigymnaster	Sweden
8	Enebybergsgymnasterna	Sweden

<b>Women</b>	<b>Team</b>	<b>Federation (in alphabetical order)</b>
1	Rødovre & Omegns Gymnastikforening Junior Girls	Denmark
2	Viborg Gymnastikforening Junior Girls	Denmark
3	HIFK Gymnastics	Finland
4	Espoon Telinetaiturit	Finland
5	Selfoss	Iceland
6	Gerpla	Iceland
7	Oslo Turnforening	Norway
8	Sandnes Turnforening	Norway
9	Brommagymnasterna	Sweden
10	ABGS	Sweden

<b>Men</b>	<b>Team</b>	<b>Federation (in alphabetical order)</b>
1	TeamGym Aarhus Junior Boys	Denmark
2	Teamgym Munkebjerg, Danmark Junior Boys	Denmark
3	Oslo Turnforening	Norway
4	Laksevåg Turn og Idrettslag	Norway
5	Brommagymnasterna	Sweden
6	GCF Uppsala	Sweden

### 3 Dates and schedule

<b>Thursday 18<sup>th</sup> of April:</b>	Arrival
18:00-22:00	Meeting of the Nordic Technical Committee TeamGym (NTC-TG). Hjördishallen, Kanaltorget 1, Lund
18:00-21:00	Dinner at the hotel
<b>Friday 19<sup>th</sup> of April:</b>	
09:00-12:30	Meeting of NTC-TG (continued if needed)
10:00-18:00	Arrival and accreditation (Sparbanken Skåne Arena)
11:45-14:00	Lunch (Krafringen Lounge)
12:45-13:00	Meeting for all Physios (Hall B)
13:00-19:00	Warm-up in hall B
14:00-19:00	Training for the teams (according to running order/time schedule 10 min/team/discipline)
17:00-20:00	Dinner (Krafringen Lounge)
20:00	Information meeting for head of delegation, coaches and judges (Glasbollen, Sparbanken Skåne Arena)
20:30	Judges meeting (Glasbollen)
<b>Saturday 20<sup>th</sup> of April:</b>	
08:00	General warm-up, mixed teams
09:00-10:04	Warm-up mixed teams (8/min/team/discipline)
09:00-10:00	Judges' meeting for the mixed competition
10:10-10:30	Opening ceremony
10:30-11:55	Competition mixed teams
11:05	General warm-up, women's teams
12:00-14:15	Lunch (Krafringen Lounge)
12:05-13:41	Warm-up women's teams (8/min/team/discipline)
12:05-13:40	Judges' meeting for the women's competition
13:50-15:35	Competition women's teams
14:45	General warm-up, men's teams
15:45-16:33	Warm-up men's teams (8/min/team/discipline)
15:45-16:45	Judges' meeting for the men's competition
16:45-17:55	Competition men's teams
18:05-18:25	Award ceremony
20:00-00:00	Banquet at Scandic Star Lund
<b>Sunday 21<sup>st</sup> of April:</b>	Departure

For detailed time schedule, se Appendix 2.

## 4 Venue

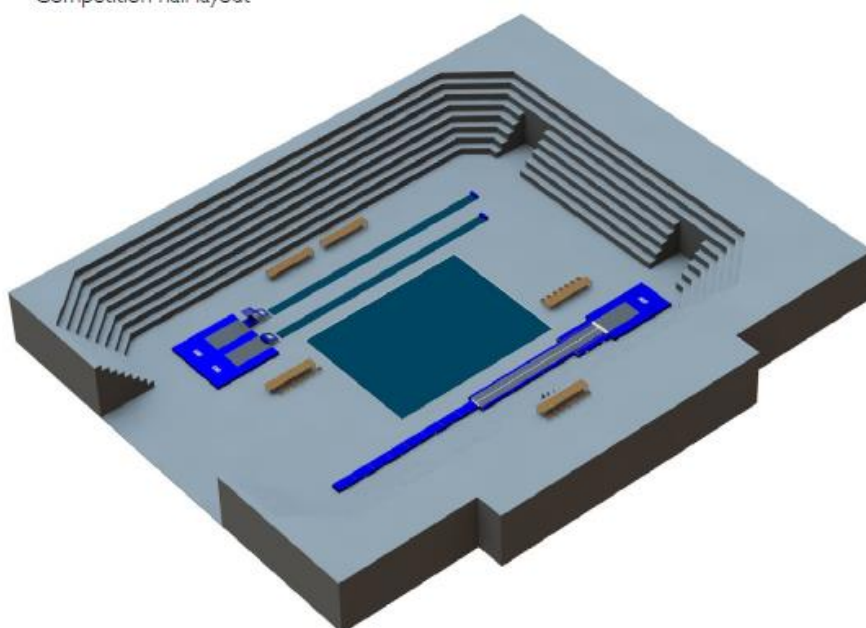
Sparbanken Skåne Arena, Stattenavägen 25, 222 28 Lund.

The training and competition arena is situated in the southern part of Lund, in the district Klostergården, a 5-minute walk from the Lund Klostergården station, and a 15-minute walk from Lund city and Lund central railway station. The hotels will be located in the centre of Lund and within a 4 km radius around the arena. Transportation from the hotels to the competition arena will be provided, read more in section 5.2.



### 4.1 Competition hall

Competition hall layout



## 5 Transport

### 5.1 Airport/train station information and transportation

Delegates are responsible for arranging their own transport to Lund. The nearest international airport is Malmö Airport, located 30 km from Lund. It is also possible to fly to Copenhagen airport (CPH), and then continue via the Öresund bridge by train or bus. No transfer will be arranged from the airports or train stations.

### 5.2 Bus transport

There will be special shuttle busses between the hotels and the competition arena Friday and Saturday and to and from the banquet at Hotel Scandic Star Lund.

See appendix 3 for transports. Deadline for sending in the transport list is the 31<sup>st</sup> of March.

You will receive a final time table no later than the 4<sup>th</sup> of April.

Pick up point at Sparbanken Skåne Arena across the bridge over Ringvägen, outside the parking lot Arena Park.

<https://maps.app.goo.gl/9VUgcWtr5qYJlx6D9>

**Note!** Use your accreditation pass as a ticket for transportation.

## 6 Equipment

We will provide competition equipment according to the Nordic TeamGym Championships Technical Regulations. The competition equipment will be delivered from Unisport. See information in Appendix 1.

### 6.1 Equipment set up

You will receive the equipment set up form at the accreditation. Please fill in the form for equipment set up and leave the form to the equipment staff no later then at the end of warm-up. Leave the form to the equipment staff.

## 7 Competition

### 7.1 Competition format

- The competition rules will be according to the Nordic TeamGym Championships Technical Regulations 2024.
- Nordic setup, warm up and competition in the same hall.

### 7.2 Running order

The draw for starting order took place in Stockholm on February 23. The draw was approved by Sofia Svegander, the Swedish member of NTC-TG. See Appendix 2.

### 7.3 Warm-up

The teams general warm-up is in Hall B. There are no TeamGym apparatus in the warm-up area except a floor area shared by all teams. Training on the apparatus takes place on the Field of Play according to the training schedule.

### 7.4 Tariff and music

Every nation will be sent information separately from [trupp@gymnastik.se](mailto:trupp@gymnastik.se) with information about Tariff and login details. In Tariff you will upload tariff forms and music.

Upload music no later than 10<sup>th</sup> of April.

Upload tariff forms no later than two hours before competition starts.

### 7.5 National anthem

The short version of your national anthem is to be uploaded to Tariff no later than 10<sup>th</sup> of April by each country's federation.



## 7.6 Opening ceremony and award ceremony

At the opening ceremony, the countries and the teams will be presented. The teams will be announced by country. Participants must march in wearing club uniform. The gymnasts will walk across the floor area. When the opening speech is finished, the teams march out, and the first competing Junior Mixed team will soon after start their competition. After the final warm-up of the Junior Mix Section, a short opening show, arranged by the LOC will take place.

The award ceremony will take place on Saturday after all three competitions. Only the medal winning teams will march in. We will meet up in hall B. Please ensure that your Federation's medallists are in time for the line-up before the award ceremony.

## 7.7 Field of play

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.

## 7.8 Competition jury

According to the technical regulations 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. The OC and NTC-TG must receive this information as soon as possible. It is allowed at the Nordic Championships for a judge to be both judge and NTC-TG-member.*

## 7.9 Inquiries

According to the technical regulations art. 9.6:

*Inquiries are not used at the Nordic Championships.*

## 7.10 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 is 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.*

For the Nordic Junior Championship in Sweden 2024 the Nordic Technical Committee has decided that §1 and §2 regarding dynamic execution and standing balance WILL BE applied

but §3 regarding twisting leaps/hops WILL NOT be applied. [More information here.](#)  
This because of the short amount of time the teams will have until April to change their floor performance.

## 7.11 Medical

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

There will be a meeting for all Physios Friday 12:45-13:00 in hall B.

# 8 Responsibility for the National Federations

**The national federations (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.

**Please bring the following for accreditation:**

- Passport or another kind of identification card with a photo
- Valid insurance certificate
- Proof of payment
- Accreditation and insurance

## 8.1 Age of participants

According to the technical regulations 4.2:

*For the junior TeamGym: 14 - 17 years*

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

## 8.2 Composition of the teams

According to the technical regulations 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.*

## 8.3 Numbering of gymnasts

Numbering of gymnasts is mandatory and must comply with the Code of Points used for this competition. Fill in the numbers in nominative registration.

## 8.4 National identification or emblem

According to technical regulations 18.1:

*Wearing a national identification or emblem is optional at the Nordic TeamGym Championships (see CoP 4.2.1 and 8.2)*

## 8.5 Accreditation and accreditation pass

Accreditation will take place at Sparbanken Skåne Arena on Friday 19th of April from 10:00 to 18:00. Only the Head of Delegation/Deputy Head of Delegation can carry out the accreditation for each country. More information will come in a separate email regarding time booking for accreditation.

The correct age and valid insurance will be checked at the accreditation. Bring passport or other valid identification card with photo.

Juniors 14-17 years. The correct age will be checked.

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

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.

Replacing a lost accreditation pass will cost SEK 400.

## 8.6 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 the organizing committee. Everyone in the official delegation will have an accreditation pass, which must be shown when entering controlled areas.

## 8.7 Seats for delegation members and gymnasts

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

Seats for gymnasts and coaches will be available in the competition hall on the short end side. The accreditation pass gives you access to the assigned seating area.

## 8.8 Insurance

Read more about this in Responsibility for the National Federations and Accreditation and Accreditation pass.

## 8.9 Clothing during practice

During all practice in the competition hall, a similar, neat and proper athletic appearance should be the overall impression of the teams. For more information, please read the Technical Regulations for the Nordic TeamGym Championships.

## 8.10 EG publicity

According to technical regulations 18.3: *EG rules for advertisement are followed.*

# 9 Alterations

## 9.1 Alterations of the teams

According to the technical regulations 5.3:

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

## 9.2 Alteration of the nominative lists of gymnasts

According to the technical regulations 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.*

## 9.3 In case of illness or injury during the competition

According to the technical regulations 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.*

# 10 Meetings

Information meeting

The information meeting for Head of Delegations, Deputy Head of Delegations, one coach per team and judges on Friday at 20:00. The meeting will take place in Glasbollen at Sparbanken Skåne Arena.

Chair of the Swedish Technical Committee Sofia Svegander will lead the meeting together with competition director Alessia Bommarco.

## 10.1 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.*

### Friday 19<sup>th</sup> of April

20:30 Judges meeting (Glasbollen on the ground floor)

### Saturday 20<sup>th</sup> of April

09:00-10:00 Judges' meeting for the mixed competition (judges' room at the 1<sup>st</sup> floor)

12:05-13:40 Judges' meeting for the women's competition (judges' room at the 1<sup>st</sup> floor)

15:45-16:45 Judges' meeting for the men's competition (judges' room at the 1<sup>st</sup> floor)

### 10.1.1 Judges panels

2024	Country
Country no 1:	<b>SWE</b>
Country no 2:	<b>ISL</b>
Country no 3:	<b>DEN</b>
Country no 4:	<b>FIN</b>
Country no 5:	<b>NOR</b>

#### MIXED

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

## WOMEN

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

## MEN

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

## 10.2 Meeting of the Nordic Technical Committee TeamGym (NTC-TG)

The meeting will be held on Thursday from 19:00-22:00 at Hjärdishallen, Kanaltorget 1, Lund, Lugi gymnastics training centre, close to hotel Scandic Star. If needed the meeting will continue on Friday 09:00-12:30 in Glasbollen, Sparbanken Skåne Arena. The OC will offer transport to Thursdays meeting if needed. Please contact competition leader Alessia Bommarco e-mail [nordicteamgym@gmail.com](mailto:nordicteamgym@gmail.com) if you need transport.

Please provide your input for the agenda, including any necessary background information, to the Swedish Gymnastics Federation, e-mail: [trupp@gymnastik.se](mailto:trupp@gymnastik.se), no later than March 28<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 April 4<sup>th</sup>.

# 11 Meals and Banquet

All meals, except for dinner on Thursday will be served at the competition arena in Krafringen Lounge on the 1<sup>st</sup> floor. We will send a schedule for all meals because of limited space in the lounge.

**Dinner Thursday:** *Not* included in the accommodation package (LOC can arrange dinner at the hotel if requested).

**Lunch Friday:** Beef patty with pickled cucumber, pepper sauce and parsley potatoes.

**Dinner Friday:** Roasted chicken breast with herb roasted potatoes, chipotle gravy, coleslaw and tarragon emulsion.

**Lunch Saturday:** Pasta Bolognese, bread, butter and raw food salad  
(All competitors in the women's competition will be served a food package. It can be collected by one person per team in Krafringen Lounge between 11:00-14:15).

All meals include beverage and salad.

**Banquet Saturday:** Buffé with non alcoholic drinks included. No alcohol will be served. There will be entertainment and transportation back to the hotels from Scandic Star hotel at 00:00-00:15.

Competition and alcohol does not go well together and Swedish Gymnastics follow Riksidrottsförbundets (Swedish Sports Confederation) policy regarding this matter. [Read the policy here](#). The minimum age for alcohol consumption in Sweden is 18 years according to Swedish law. The delegations are responsible for the proper behaviour of their participants. If any under age participant is under the influence of alcohol, they will be banned from the banquet.

If someone within the delegation has special needs regarding food – e.g. vegetarian, vegan, allergies, etc. please make a special note on the registration form in the nominative registration.

**Note!** Remember to bring your accreditation pass.

## 12 Audience

### 12.1 Tickets for audience

Tickets can be purchased at: <https://easytic.se/>

We also sell tickets for the training on Friday the 19<sup>th</sup> of April.

### 12.2 No bags are allowed

Due to new regulations introduced by the police in Sweden, members of the audience are not allowed to bring any bags into the arena. All kinds of bags are covered by the ban except bags for medical reasons or diaper bags for children.

However, coaches and gymnasts are permitted to bring their bags to the arena. We kindly request your assistance in spreading this information to any potential audience members from your countries.

The bags you bring in to the arena must be stored in the changing rooms. This applies for the entire delegation.

## 12.3 Streaming

We will be broadcasting the competition via streaming, as a pay-per-view service. Please feel free to share the link so that those who cannot attend in person in Sweden have the opportunity to watch it remotely - [Streaming, Gypabubblan Play](#).

## 13 Results

You will be able to find all the results live on [Sport Event Systems - Score](#). You can also find all information about the competition on our website [Lugi gymnastik](#) And on the Swedish Gymnastics Federation website - [Swedish Gymnastics Federation Social Media](#)

## 14 Follow us on social media

Facebook [Junior Nordic Teamgym 2024](#)

Instagram @nordicteamgym

TikTok @nordicteamgym

Website [lugigymnastik.se](#)

Use hashtags #teamgym #nordicteamgym #forlife

## 15 Competition merch

Official Merchandise for Junior Nordic Teamgym Championships 2024 in Lund. Ordered items will be delivered during competition days in the infodesk at Sparbanken Skåne Arena.

Last day of order 5<sup>th</sup> of April.

<https://lugigymnastikshop.se/sv/lugi-gymnastik/nordic-teamgym-2024/>

## 16 General Data Protection Regulation (GDPR)

By registering for the competition, the association approves that the contact details for the association and the person responsible for the registration are processed and stored by the Swedish Gymnastics Federation.

*Purpose of processing personal data in connection with competition registration: Competition administration, federation and association administration, fee management, license administration. The storage time for your personal data varies depending on what the information is needed for. The starting point is that information should not be stored longer than necessary for the current purpose.*



# 17 Contact information

## 17.1 Nordic Technical Committee TeamGym(NTC-TG)

Denmark	Max Andersen	<a href="mailto:max@gymdanmark.dk">max@gymdanmark.dk</a>
Finland	Janniina Väänänen	<a href="mailto:janniina.vaananen@gmail.com">janniina.vaananen@gmail.com</a>
Iceland	Olga Bjarnadóttir	<a href="mailto:olgabjarna@me.com">olgabjarna@me.com</a>
Norway	Jan Magne Cederstrøm	<a href="mailto:jan.cederstrom@uib.no">jan.cederstrom@uib.no</a>
Sweden	Sofia Svegander	<a href="mailto:sofia.svegander@rfsisu.se">sofia.svegander@rfsisu.se</a>

## 17.2 National Federations

Denmark	Ole Holmskov	<a href="mailto:ohh@gymdanmark.dk">ohh@gymdanmark.dk</a>
Finland	Sonia Solismaa	<a href="mailto:sonia.solismaa@voimistelu.fi">sonia.solismaa@voimistelu.fi</a>
Iceland	Edda Ingibergsdóttir	<a href="mailto:fsi@fimleikasamband.is">fsi@fimleikasamband.is</a>
Norway	Gabriel Negru	<a href="mailto:gabriel.negru@gymogturn.no">gabriel.negru@gymogturn.no</a>
Sweden	Janina Åhs	<a href="mailto:trupp@gymnastik.se">trupp@gymnastik.se</a>

## 17.3 Organizing Committé

Competition Director	Alessia Bommarco	<a href="mailto:nordicteamgym@gmail.com">nordicteamgym@gmail.com</a>
Judges & secretariat	Lars-Agne Irtelius	<a href="mailto:nordicteamgym@gmail.com">nordicteamgym@gmail.com</a>
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## 17.4 Useful phone numbers

Infodesk +46 760 36 35 11

Transport +46 707 32 25 20

Medical +46 704 86 30 31

Emergency 112

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# Appendix 1

Information about equipment for the Junior Nordic TeamGym Championships.

## FLOOR

### **Floor: LEG**

Size: 16x14 m, H: 35 mm

Color: Light blue

LEG the TeamGym floor program is performed on 8 mats in the size 14x2 m, H: 35 mm with non-slip protection underneath.

All carpet mats are connected with 10 cm wide Velcro strips.

The competition area is 16x14 m and is marked with 5 cm wide white Velcro that is included in the competition area.

## TUMBLE

### **Tumble: LEG**

1 set Approach run-up: LEG

Size: 16x1 m, H: 350 mm

Color: Light blue

The approach run-up consists of 8 podium sections 2x1 m with a light blue needle felt mat on top of 16x1 m. A 31m tape measure will be attached to the floor at the side of the run-up.

### **1 set Tumble track: LEG model "Reykjavik"**

Size: 15x2 m, H: 350 mm

Color: Dark blue side part and black mesh cover on top.

LEG tumble track consists of 15 steel sections 2x1 m with 18 fiberglass rods per section.

A carpet pad, 15x2 m, H: 35 mm with the needle felt facing downwards towards the fiberglass rods.

An E.V.A-foam mat, 15x2 m, H: 60 mm on top of the needle felt mat.

At the top is our elastic net which is attached with velcro to the approach block and with a flap to the landing mat.

### **4 pcs Side protection LEG**

Size: 2x0.5 m, H: 350 mm

Color: Dark blue

The side protection consists of hard foam content and has a size of 2x0.5 m, H: 350 mm. Which gives the coach a more stable platform should he/she be forced to act.

### **1 set Landing area for tumble floor: LEG**

Size: 7x4 m, H: 350 mm

Colour: Dark blue with gray landing zone 3x1.5m

The landing area consists of 3 impact mats 4000x2000x300 mm that are laid crosswise one after the other. On top there is a 4-part damping mat in the size 6000x4000x50 mm with a marked landing zone in gray color 3x1.5m.

The connection between the tumble track and the damping mat consists of a 300 mm wide white Velcro flap.

Behind the landing area is an extra safety mat 4000x1000x350 mm.

**1 extra safety mat: LEG**

Size: 4x2 m, H: 100 mm

Colour: Grey/Dark blue with elastic fabric on top and grey landing zone 3x1.5 m.

## TRAMPET

**2 pcs approach run-up (one approach run-up to the trampet and one to the vault) LEG:**

Size: 25x1 m, H. 25 mm

Color: Light blue

The approach mat consists of a needle felt mat with non-slip protection underneath.

2 x 25 m stops

Size: 1 m

Color: Dark blue

A tape measure will be attached to the floor between the two run-ups.

**2 pcs 25 m stops:**

Size: 1 m

Color: Dark blue

**1 vaulting table Tarpan:**

Size: According to European Gymnastics rules H: 110-165 cm

Color: Dark blue and gray.

**Trampet:**

**2 pc Dorado-32**

Size: According to European Gymnastics regulations H: 65-80 cm (high part)

Colour: White canvas with a marking in the middle and with black safety cover and permanently mounted protection pad.

Attention! The protection pad must not be removed during vault, it must remain on the trampet during the entire performance.

**2 pc Dorado-36**

Size: According to European Gymnastics regulations H: 65-80 cm (high part)

Colour: Yellow canvas with marking in the middle and with black safety cover and permanently mounted protection pad.

Attention! The protection pad must not be removed during vault, it must remain on the trampet during the entire performance.

**2 pc Dorado-40**

Size: According to European Gymnastics regulations H: 65-80 cm (high part)

Colour: Red canvas with marking in the middle and with black safety cover and permanently mounted protection pad.

Attention! The protection pad must not be removed during vault, it must remain on the trampet during the entire performance.

**1 set Double landing area for trampet: LEG**

Size: 7x7 m, H: 350 mm

Colour: Dark blue with 2 gray landing zones 3x1.5 m

The landing area consists of 6 impact mats 3500x2000x300 mm, which are laid 3 across each other in 2 "lines" next to each other for vault and trampet on its own. On top there are 2 sets of 4-part damping mat in size 6000x3500x50 mm with marked landing zone in gray color 3x1.5 m.

Behind the landing area are two additional safety mats 4000x1000x350 mm next to each other.

**1 extra safety mat: LEG**

Size: 4x2 m, H: 100 mm

Colour: Grey/Dark blue with elastic fabric on top and gray landing zone 3x1.5 m

# Appendix 2

## Running order

Mixed Teams		
1	Beitstad Turn	NOR
2	Køge Bugt	DEN
3	Enebybergsgymnasterna	SWE
4	Gerpla	ICE
5	Slagelse GF	DEN
6	Halmstad Frigymnaster	SWE
7	Stjarnan	ICE
8	Sandnes Turnforening	NOR

Women´s Teams		
Block 1		
1	Viborg GF	DEN
2	ABGS	SWE
3	Espoon Telinetaiturit	FIN
4	Sandnes Turnforening	NOR
5	Gerpla	ICE
Block 2		
6	Selfoss	ICE
7	Oslo Turnforening	NOR
8	Rødovre & Omegns GF	DEN
9	HIFK Gymnastics	FIN
10	Brommagymnasterna	SWE

Men´s Teams		
1	GCF Uppsala	SWE
2	Teamgym Munkebjerg	DEN
3	Laksevåg Turn og Idrettslag	NOR
4	Brommagymnasterna	SWE
5	Oslo Turnforening	NOR
6	TeamGym Aarhus	DEN



# Running order - Training Friday

Training on Friday will be arranged in the same running order as the competition. This means starting with mixed teams, followed by the women's team and the men's teams.

The training time is 10 minutes/team/discipline, starting at 14:00

## Warm-up Mixed teams

Warm-up	Floor (10 min)	Tumble (10 min)	Trampet (10 min)
14:00 - 14:10	Beitstad Turn (Norway)	Køge Bugt (Denmark)	Enebybergsgymnasterna (Sweden)
14:10 - 14:20	Gerpla (Iceland)	Slagelse GF (Denmark)	Halmstad Frigymnaster (Sweden)
14:20 - 14:30	Stjarnan (Iceland)	Sandnes Turnforening (Norway)	Beitstad Turn (Norway)
14:30 - 14:40	Køge Bugt (Denmark)	Enebybergsgymnasterna (Sweden)	Gerpla (Iceland)
14:40 - 14:50	Slagelse GF (Denmark)	Halmstad Frigymnaster (Sweden)	Stjarnan (Iceland)
14:50 - 15:00	Sandnes Turnforening (Norway)	Beitstad Turn (Norway)	Køge Bugt (Denmark)
15:00 - 15:10	Enebybergsgymnasterna (Sweden)	Gerpla (Iceland)	Slagelse GF (Denmark)
15:10 - 15:20	Halmstad Frigymnaster (Sweden)	Stjarnan (Iceland)	Sandnes Turnforening (Norway)

## Warm-up Women's teams

Warm-up	Floor (10 min)	Tumble (10 min)	Trampet (10 min)
15:30 - 15:40	Viborg GF (Denmark)	ABGS (Sweden)	Espoon Telinetaiturit (Finland)
15:40 - 15:50	Sandnes Turnforening (Norway)	Gerpla (Iceland)	
15:50 - 16:00	ABGS (Sweden)	Espoon Telinetaiturit (Finland)	Viborg GF (Denmark)
16:00 - 16:10	Gerpla (Iceland)		Sandnes Turnforening (Norway)
16:10 - 16:20	Espoon Telinetaiturit (Finland)	Viborg GF (Denmark)	ABGS (Sweden)
16:20 - 16:30		Sandnes Turnforening (Norway)	Gerpla (Iceland)
16:30 - 16:40	Selfoss (Iceland)	Oslo Turnforening (Norway)	Rødovre & Omegns GF (Denmark)
16:40 - 16:50	HIFK Gymnastics (Finland)	Brommagymnasterna (Sweden)	
16:50 - 17:00	Oslo Turnforening (Norway)	Rødovre & Omegns GF (Denmark)	Selfoss (Iceland)
17:00 - 17:10	Brommagymnasterna (Sweden)		HIFK Gymnastics (Finland)
17:10 - 17:20	Rødovre & Omegns GF (Denmark)	Selfoss (Iceland)	Oslo Turnforening (Norway)
17:20 - 17:30		HIFK Gymnastics (Finland)	Brommagymnasterna (Sweden)

## Warm-up Men's teams

Warm-up	Floor (10 min)	Tumble (10 min)	Trampet (10 min)
17:40 - 17:50	GCF Uppsala (Sweden)	Teamgym Munkebjerg (Denmark)	Laksevåg Turn og Idrettslag (Norway)
17:50 - 18:00	Brommagymnasterna (Sweden)	Oslo Turnforening (Norway)	TeamGym Aarhus (Denmark)
18:00 - 18:10	Laksevåg Turn og Idrettslag (Norway)	GCF Uppsala (Sweden)	Teamgym Munkebjerg (Denmark)
18:10 - 18:20	TeamGym Aarhus (Denmark)	Brommagymnasterna (Sweden)	Oslo Turnforening (Norway)
18:20 - 18:30	Teamgym Munkebjerg (Denmark)	Laksevåg Turn og Idrettslag (Norway)	GCF Uppsala (Sweden)
18:30 - 18:40	Oslo Turnforening (Norway)	TeamGym Aarhus (Denmark)	Brommagymnasterna (Sweden)

## Running order - Training and Competition Saturday

Mixed training - 8 minuets/team/discipline, 09:00-10:04

Warm-up	Floor (8 min)	Tumble (8 min)	Trampet (8 min)
09:00 - 09:08	Beitstad Turn (Norway)	Køge Bugt (Denmark)	Enebybergsgymnasterna (Sweden)
09:08 - 09:16	Gerpla (Iceland)	Slagelse GF (Denmark)	Halmstad Frigymnaster (Sweden)
09:16 - 09:24	Stjarnan (Iceland)	Sandnes Turnforening (Norway)	Beitstad Turn (Norway)
09:24 - 09:32	Køge Bugt (Denmark)	Enebybergsgymnasterna (Sweden)	Gerpla (Iceland)
09:32 - 09:40	Slagelse GF (Denmark)	Halmstad Frigymnaster (Sweden)	Stjarnan (Iceland)
09:40 - 09:48	Sandnes Turnforening (Norway)	Beitstad Turn (Norway)	Køge Bugt (Denmark)
09:48 - 09:56	Enebybergsgymnasterna (Sweden)	Gerpla (Iceland)	Slagelse GF (Denmark)
09:56 - 10:04	Halmstad Frigymnaster (Sweden)	Stjarnan (Iceland)	Sandnes Turnforening (Norway)

### Mixed running order

10:10-10:30 - Opening ceremony

10:30 - Competition start

11:55 - Competition Mixed teams end

18:05 - Award ceremony

Time	#	Floor	Tumble	Trampet
10:30	1	Beitstad Turn (Norway)		
10:33	2		Køge Bugt (Denmark)	
10:37	3			Enebybergsgymnasterna (Sweden)
10:40	4	Gerpla (Iceland)		
10:44	5		Slagelse GF (Denmark)	
10:47	6			Halmstad Frigymnaster (Sweden)
10:51	7	Stjarnan (Iceland)		
10:54	8		Sandnes Turnforening (Norway)	
10:58	9			Beitstad Turn (Norway)
11:01	10	Køge Bugt (Denmark)		
11:05	11		Enebybergsgymnasterna (Sweden)	
11:08	12			Gerpla (Iceland)
11:12	13	Slagelse GF (Denmark)		
11:15	14		Halmstad Frigymnaster (Sweden)	
11:19	15			Stjarnan (Iceland)
11:22	16	Sandnes Turnforening (Norway)		
11:26	17		Beitstad Turn (Norway)	
11:29	18			Køge Bugt (Denmark)
11:33	19	Enebybergsgymnasterna (Sweden)		
11:36	20		Gerpla (Iceland)	
11:40	21			Slagelse GF (Denmark)
11:43	22	Halmstad Frigymnaster (Sweden)		
11:47	23		Stjarnan (Iceland)	
11:50	24			Sandnes Turnforening (Norway)

Women's training - 8 minuets/team/discipline, 12:05-13:41

Warm-up	Floor (10 min)	Tumble (10 min)	Trampet (10 min)
12:05 - 12:13	Viborg GF (Denmark)	ABGS (Sweden)	Espoon Telinetaiturit (Finland)
12:13 - 12:21	Sandnes Turnforening (Norway)	Gerpla (Iceland)	
12:21 - 12:29	ABGS (Sweden)	Espoon Telinetaiturit (Finland)	Viborg GF (Denmark)
12:29 - 12:37	Gerpla (Iceland)		Sandnes Turnforening (Norway)
12:37 - 12:45	Espoon Telinetaiturit (Finland)	Viborg GF (Denmark)	ABGS (Sweden)
12:45 - 12:53		Sandnes Turnforening (Norway)	Gerpla (Iceland)
12:53 - 13:01	Selfoss (Iceland)	Oslo Turnforening (Norway)	Rødovre & Omegns GF (Denmark)
13:01 - 13:09	HIFK Gymnastics (Finland)	Brommagymnasterna (Sweden)	
13:09 - 13:17	Oslo Turnforening (Norway)	Rødovre & Omegns GF (Denmark)	Selfoss (Iceland)
13:17 - 13:25	Brommagymnasterna (Sweden)		HIFK Gymnastics (Finland)
13:25 - 13:33	Rødovre & Omegns GF (Denmark)	Selfoss (Iceland)	Oslo Turnforening (Norway)
13:33 - 13:41		HIFK Gymnastics (Finland)	Brommagymnasterna (Sweden)

Women's running order

10:10-10:30 - Opening ceremony

13:50 - Competition start

15:35 - Competition Women's teams end

18:05 - Award ceremony

Time	#	Floor	Tumble	Trampet
<b>Competition - Block 1</b>				
13:50	1	Viborg GF (Denmark)		
13:53	2		ABGS (Sweden)	
13:57	3			Espoon Telinetaiturit (Finland)
14:00	4	Sandnes Turnforening (Norway)		
14:04	5		Gerpla (Iceland)	
14:07	6			Viborg GF (Denmark)
14:11	7	ABGS (Sweden)		
14:14	8		Espoon Telinetaiturit (Finland)	
14:18	9			Sandnes Turnforening (Norway)
14:21	10	Gerpla (Iceland)		
14:25	11		Viborg GF (Denmark)	
14:28	12			ABGS (Sweden)
14:32	13	Espoon Telinetaiturit (Finland)		
14:35	14		Sandnes Turnforening (Norway)	
14:39	15			Gerpla (Iceland)

Competition - Block 2				
14:42	16	Selfoss (Iceland)		
14:46	17		Oslo Turnforening (Norway)	
14:49	18			Rødovre & Omegns GF (Denmark)
14:53	19	HIFK Gymnastics (Finland)		
14:56	20		Brommagymnasterna (Sweden)	
15:00	21			Selfoss (Iceland)
15:03	22	Oslo Turnforening (Norway)		
15:07	23		Rødovre & Omegns GF (Denmark)	
15:10	24			HIFK Gymnastics (Finland)
15:14	25	Brommagymnasterna (Sweden)		
15:17	26		Selfoss (Iceland)	
15:21	27			Oslo Turnforening (Norway)
15:24	28	Rødovre & Omegns GF (Denmark)		
15:28	29		HIFK Gymnastics (Finland)	
15:31	30			Brommagymnasterna (Sweden)

Men's training - 8 minuets/team/discipline, 15:45-16:33

Warm-up	Floor (8 min)	Tumble (8 min)	Trampet (8 min)
15:45 - 15:53	GCF Uppsala (Sweden)	Teamgym Munkebjerg (Denmark)	Laksevåg Turn og Idrettslag (Norway)
15:53 - 16:01	Brommagymnasterna (Sweden)	Oslo Turnforening (Norway)	TeamGym Aarhus (Denmark)
16:01 - 16:09	Laksevåg Turn og Idrettslag (Norway)	GCF Uppsala (Sweden)	Teamgym Munkebjerg (Denmark)
16:09 - 16:17	TeamGym Aarhus (Denmark)	Brommagymnasterna (Sweden)	Oslo Turnforening (Norway)
16:17 - 16:25	Teamgym Munkebjerg (Denmark)	Laksevåg Turn og Idrettslag (Norway)	GCF Uppsala (Sweden)
16:25 - 16:33	Oslo Turnforening (Norway)	TeamGym Aarhus (Denmark)	Brommagymnasterna (Sweden)

Men's running order

10:10-10:30 - Opening ceremony

16:45 - Competition start

17:55 - Competition Men's teams end

18:05 - Award ceremony

Time	#	Floor	Tumble	Trampet
16:45	1	GCF Uppsala (Sweden)		
16:48	2		Teamgym Munkebjerg (Denmark)	
16:52	3			Laksevåg Turn og Idrettslag (Norway)
16:55	4	Brommagymnasterna (Sweden)		
16:59	5		Oslo Turnforening (Norway)	
17:02	6			TeamGym Aarhus (Denmark)
17:06		---		
17:09	7		GCF Uppsala (Sweden)	
17:13	8			Teamgym Munkebjerg (Denmark)
17:16	9	Laksevåg Turn og Idrettslag (Norway)		
17:20	10		Brommagymnasterna (Sweden)	
17:23	11			Oslo Turnforening (Norway)
17:27	12	TeamGym Aarhus (Denmark)		
17:30			---	
17:34	13			GCF Uppsala (Sweden)
17:37	14	Teamgym Munkebjerg (Denmark)		
17:41	15		Laksevåg Turn og Idrettslag (Norway)	
17:44	16			Brommagymnasterna (Sweden)
17:48	17	Oslo Turnforening (Norway)		
17:51	18		TeamGym Aarhus (Denmark)	

# Appendix 3

## Preliminary transport plan

### Thursday April 18

17:45 - 22:00 Participants at meeting of the Nordic Technical Committee transport from hotels to Hjördishallen and back after the meeting.

### Friday April 19

11:15 HoD and mixed teams from hotels to Arena for lunch and training.

12:00 Women's teams from hotels to Arena for lunch and training.

12:45 Men's teams from hotels to Arena for lunch and training.

NOTE: A few teams will arrive to Lund on Friday. The Arena is situated a 5 minutes' walk from Klostergården station and 15 minutes from Lund Central railway station. No bus transport will be arranged.

18:00 Mixed teams from Arena to hotels, after dinner.

19:00 Women's teams from Arena to hotels, after dinner.

19:45 HoD and men's teams from Arena to hotels, after dinner.

21:30-22:00 Judges to hotels after judges meeting (starting 20.30)

### Saturday April 20

07:30 HoD and mixed teams from hotels to Arena for competition.

09:30 Women's teams from hotels to Arena for opening ceremony and competition.

11:30 Men's teams from hotels to Arena for lunch and competition.

15:30 Mixed and women's teams who will not participate in the award ceremony and chose to use this possibility.

18:30-19:00 (2 rounds) Remaining teams and HoD from Arena to hotels.

19:45 From hotels to banquet at Hotel Scandic Star

00:00-00:30 (2 rounds) From banquet to hotels.

Bus stop at the Arena is situated by Arena Park parking house, bridge across "Ringvägen".