



EUROGYM20TH
EUROPEAN GYM FOR
LIFE CHALLENGE **26**
PISTOIA **ITALY**

Welcome to Pistoia Gymnastics city

**EUROPEAN
GYM FOR LIFE
CHALLENGE**

BULLETIN #1

July 9th-11th

GREETINGS FROM EUROPEAN GYMNASTICS EUROPEAN GYM FOR LIFE CHALLENGE



Dear Gymnasts,
We are thrilled to welcome you to the beautiful city of Pistoia, Italy, for the EUROPEAN GYM FOR LIFE CHALLENGE 2026!

Get ready for an unforgettable experience filled with amazing gymnastics performances and the vibrant spirit of our sport.

Pistoia, nestled in the heart of Tuscany, offers a charming setting with its rich history, stunning architecture, and warm hospitality. We hope you take the opportunity to explore the city's unique attractions and immerse yourself in the local culture.

During the EUROPEAN GYM FOR LIFE CHALLENGE 2026, you will witness incredible performances of talent, creativity, and teamwork as gymnasts from across Europe showcase their skills and passion. We are confident that this event will inspire and motivate all participants and spectators alike.

We wish you all a successful and enjoyable contest. May this event celebrate the joy of gymnastics.

Welcome to Pistoia and to the EUROPEAN GYM FOR LIFE CHALLENGE 2026!

Ricardo Lima
President of the EUROPEAN GYMNASTICS TC-GFA

GREETINGS FROM THE LOCAL ORGANIZING COMMITTEE (LOC) WELCOME TO PISTOIA



Dear gymnastics friends from across Europe, It is with immense pride and joy that I serve as President of the Local Organizing Committee for EUROPEAN GYM FOR LIFE 2026, an event that will mark a historic first experience for Italy.

Hosting Europe's premier "Gymnastics for All" event is not only an honor but the realization of a dream born from years of dedication, training, and organizing competitions and exhibitions.

To me and to all the members of the local organizing committee it represents the fulfillment of a dream and of a very long work that lasted years spent in the gym following the training and organizing

competitions and exhibitions. Pistoia is a city of warmth, hospitality, and vibrant culture. Its people are looking forward to welcoming young gymnasts from all over Europe and sharing a week of celebration, unity and unforgettable experiences.

I can hardly contain my excitement to welcome each and every one of you to 5th EUROPEAN GYM FOR LIFE CHALLENGE.

So, mark your calendars, perfect your routines, and get ready for an extraordinary journey in Pistoia, Tuscany, Italy, in July 2026, a gymnastics experience like no other!

Alessandra Mazzatosta
President of the LOCAL ORGANIZING COMMITTEE (LOC)

GREETINGS FROM ITALIAN GYMNASTICS FEDERATION WELCOME TO ITALY



enchanted city of Pistoia.

Come to Italy and live a unique experience between sport, entertainment and emotions!

EUROPEAN GYM FOR LIFE CHALLENGE is waiting for you

Dear gymnast friends from all over Europe, the Italian Gymnastics Federation (FGI) is proud to welcome you together with the Local Organizing Committee on the occasion of the 5th EUROPEAN GYM FOR LIFE CHALLENGE in the

to let you express your passion for gymnastics in an atmosphere of celebration, friendship and growth.

Perform on extraordinary stages, share your talent with gymnasts from all over Europe and let yourself be inspired by the magic of our country.

Discover new cultures, overcome your limits and bring home unforgettable memories.

Italy is ready to welcome you: join us and be part of this fantastic adventure!

Andrea Facci

President of the ITALIAN GYMNASTICS FEDERATION (FGI)



Enjoy it!

EUROGYM20
EUROPEAN GYM FOR
LIFE CHALLENGE **26**
PISTOIA ITALY JULY 9th-17th



WHAT IS EUROPEAN GYM FOR LIFE CHALLENGE 5TH EDITION

The European Gym for Life Challenge is organized by European Gymnastics and is held every two years the days before EUROGYM.

The EUROPEAN GYM FOR LIFE CHALLENGE will last for 1-3 days, depending on the number of groups. The Challenge is open for everyone from 12 years and older.

The TC-GFA and the LOC can take a random test during the event, and if there are participants younger than 12 years old, the group can be disqualified.

Groups consisting of a minimum of 6 gymnasts can participate in this gymnastics for all event and have their program evaluated.

The aim is to improve the quality of group performances by giving an evaluation and feedback, including advice on how to improve.

The duration of the performance can be max. 5 minutes.

Each performance will be evaluated according to the following criteria:

- Entertainment value and overall impression
- Innovation and originality
- Technique, quality and safety
- Variety and diversity

The evaluation will be carried out by a panel of 4 experts who are experienced in the fields of performance, artistry, technique and choreography.

Feedback will be given directly to the coach by a skilled choreographer.

You will find more information in the EUROPEAN GYM FOR LIFE CHALLENGE Regulations at the link below:

<https://www.europeangymnastics.com/page/rules>



EUROPEAN GYMNASTICS

GYMNASTICS FOR ALL TECHNICAL COMMITTEE



RICARDO LIMA - PRESIDENT



REGINA BEELER - VICE PRESIDENT



EMILIANA POLINI



AGNES HARTMANN



RUSLAN EYVAZOV



LASSE HAUSER

THE LOC LOCAL ORGANIZING COMMITTEE

EUROGYM2026
EUROPEAN GYM FOR
LIFE CHALLENGE
PISTOIA
ITALY JULY 9th-17th

LOC PRESIDENT

ALESSANDRA MAZZATOSTA

EXECUTIVE DIRECTOR

SIMONE MONACO

CEREMONIES

FABIO GAGGIOLI

GYM FOR LIFE CHALLENGE

CATIA ROSI

WORKSHOPS

SONIA ANGILLETTA

CITY PERFORMANCES

SILVIA TECCHI

APPARATUS

GABRIELE MATTEI

VOLUNTEERS

PIETRO NATALICCHIO

FUNZONE

FEDERICO OGGIONI

CATERING

SILVIA NOCI

SCHOOLS

SALVATORE CONTE

SECURITY/MEDICAL

IVO ANTONELLI

ACCREDITATION

FULVIO AGRESTA

FORUM

ANDREA DI GIORGIO

MARKETING

SARA CONTE

SOCIAL MEDIA MARKETING

SARA RIDOLFI

FINANCE/ ADMINISTRATION

ROBERTO BRESCI

INCLUSION/SUSTAINABILITY

FRANCESCA BRUNELLO

TRANSPORTATION

SANDRO TACCONI

Discover Pistoia, discover Tuscany

**Very close to Pistoia
there are the most
famous art towns
of Italy**

Welcome to Pistoia Gymnastics city

Love it!



**In the
heart
of Italian
Meraviglia**





Pistoia is the perfect starting point to visit all the most important and renowned resorts of our region, homeland of the Renaissance, like Florence, Pisa, Lucca, Siena and more.

Enjoy it!

Surrounded by architecture, art, wine, food, beauty and nature



EUROGYM20 EUROPEAN GYM FOR LIFE CHALLENGE 26 PISTOIA

ITALY JULY 9-17

WELCOME TO PISTOIA-ITALY

- SURFACE: 236 SQUARE KM
- INHABITANTS: 88.871
- DENSITY: 376 INHABITANTS/SQUARE KM

About 30 kilometers from the center of Florence (only 25 minute by train) Pistoia and its Province are located in the **heart of Tuscany**, ideal location to reach the other famous cities in the region.

Small, easy to get around, less crowded and less expensive than the more famous destinations, **Pistoia** is a quiet and welcoming city of art: the

ideal destination for slow tourism away from mass tourist itineraries.

The city and its surrounding area offer interesting and prestigious artistic itineraries, nature and gastronomy.

With a day trip you can visit cities of art and villages, you can relax at the spa, you can sunbathe on the beaches of Versilia, go skiing in Abetone or trekking in the nearby hills.



HOW TO REACH PISTOIA

BY PLANE

- International Florence Airport 30 Km
- International Pisa Airport 49 km
- International Bologna Airport 110 Km

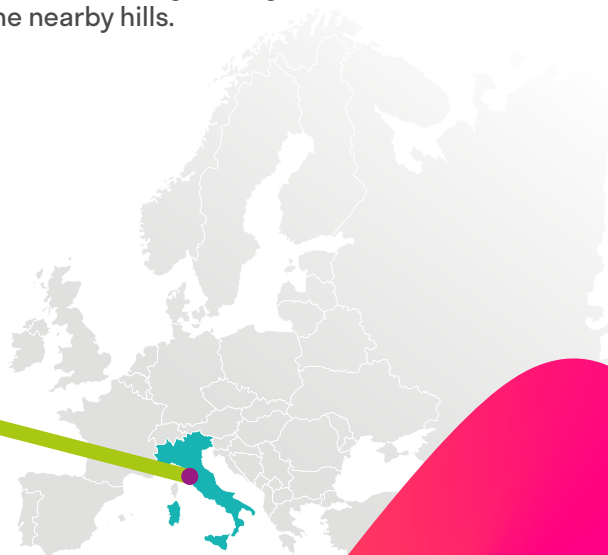
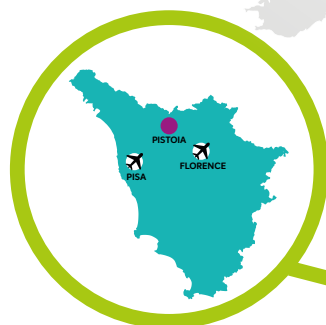
BY TRAIN

The Central Station of Pistoia is a large railway station serving the city of Pistoia and it is located on the Florence-Lucca-Viareggio line.

BY BUS/AUTO main distances from:

- Firenze 30 Km
- Pisa 50 Km
- Bologna 100 Km
- Genova 195 Km
- Milano 315 Km
- Roma 310 Km

The LOC will offer to the groups, a shuttle service with Special prices to and from the airports and train station of Pisa, Florence, Bologna, Rome and Milan.





PISTOIA

GREEN CAPITAL

6.000 HECTARES OF NURSERIES
38 MILLION PLANTS PRODUCED PER YEAR
MORE THAN 1.500 COMPANIES
SPECIMENS EXPORTED ALL OVER THE WORLD

Nurserymen, landscapers and architects from all over the world come to Pistoia to see and choose plants that are placed at the entrance to the Louvre Museum as well as in the gardens of Buckingham Palace, at the Olympic stadium in Baku and at the court of the King of Jordan.



The history of Pistoia's nurseries has its roots in the 17th century, when local agriculture began to specialize in the cultivation of ornamental and garden plants. During the nineteenth century, thanks to the growing demand for trees and shrubs for aristocratic villas and gardens, the sector experienced significant expansion. However, it was in the twentieth century that Pistoia's nurseries established themselves as national excellence, with

the introduction of modern cultivation techniques and a progressive orientation towards the international market. Today Pistoia is considered the Italian capital of nursery farming, with thousands of cultivated hectares and an economy based on innovation and sustainability. The Pistoia nurseries export plants all over the world, contributing to the enhancement of urban greenery and the protection of the environment.





PISTOIA

THE PLACE TO BE IN SUMMER 2026

In 2017 Pistoia was named Italian Capital of Culture, a recognition that enhanced its extraordinary historical, artistic and cultural heritage. During the year, the city hosted numerous events, exhibitions and initiatives that highlighted its identity, from medieval tradition to contemporary art.

The title has allowed us to rediscover symbolic places such as Piazza del Duomo, the Ospedale

del Ceppo, the Fabroniana Library and the Pistoia Sotterranea, as well as promoting important festivals such as the Pistoia Blues and the Dialogues on Man.

The event also encouraged tourism and the valorisation of the territory, strengthening the link between culture and economic development.

Even today, the legacy of Pistoia Capital of Culture 2017 is reflected in the cultural liveliness of the city, which continues to be a point of reference for art, music and literature in Tuscany and Italy.



PISTOIA

WHAT TO SEE (MAIN ATTRACTIONS)

Pistoia offers a mix of cultural, historical and sporting attractions that make it a fascinating destination for visitors and residents.

Piazza del Duomo – The historic heart of the city, surrounded by medieval buildings such as the Cathedral of San Zeno, the Baptistery of San Giovanni in Corte and the Palazzo dei Vescovi.

Ospedale del Ceppo – Famous for the Della Robbia frieze in polychrome ceramic, which depicts scenes of hospital life.

Church of San Bartolomeo in Pantano and Church of San Giovanni Fuorcivitas – Treasures of Pistoia Romanesque art.

Fortezza Santa Barbara – Built by the Medici, today it hosts events and shows.

Civic Museum and Palazzo Fabroni – They house important art collections and contemporary exhibitions.

Pistoia Underground – A fascinating journey beneath the city that traces its history through tunnels and ancient buildings.

San Giorgio Library – One of the most modern and active libraries in Tuscany, with numerous cultural initiatives.

Cultural events – The Pistoia Blues Festival, which attracts internationally renowned artists, and the anthropology festival Dialoghi sull'Uomo.

Pistoia combines history, art and sport in a lively context, offering attractions for all tastes.

PROVISIONAL PROGRAM EUROPEAN GYM FOR LIFE CHALLENGE

	July 9th SATURDAY	July 10th SUNDAY	July 11th MONDAY	July 12th TUESDAY
	NO BREAKFAST		BREAKFAST AT SCHOOLS	
<i>Morning</i> 7-12 am	Arrivals	EUROPEAN GYM FOR LIFE CHALLENGE	EUROPEAN GYM FOR LIFE CHALLENGE	Departures
	NO LUNCH		LUNCH	NO LUNCH
<i>Afternoon</i> 12 am - 6 pm	Arrivals	EUROPEAN GYM FOR LIFE CHALLENGE	EUROPEAN GYM FOR LIFE CHALLENGE	Departures
	NO DINNER		DINNER	NO DINNER
<i>Evening</i> 6 pm - 11 pm	HOD and Group leaders Meeting EUROPEAN GYM FOR LIFE CHALLENGE		FunZone EUROPEAN GYM FOR LIFE PARTY	

ABOUT THE EUROPEAN GYM FOR LIFE CHALLENGE PERFORMANCES

The groups present a performance of a maximum of 5 minutes.

This is the maximum performance time, entry and exit is not included.

If large apparatus are used, the group may use one minute for placing and removing the equipment.

This minute is to be without music and is used ONLY for moving the equipment/apparatus. It is not considered part of the performance.

The music must be delivered to the LOC two months in advance in order to be checked for quality and duration.

All groups will get rehearsal time. The rehearsal time for each group depends on the number of groups taking part.

The Contest will take place indoor with a performance area of 20 x 30 meters in total.

CATEGORIES

The main objective of the EUROPEAN GYM FOR LIFE CHALLENGE is to improve the quality of performances.

The TC-GFA focuses on the “show effect” which means attractiveness for the spectators.

The number of categories depends on the number

of groups participants to EUROPEAN GYM FOR LIFE CHALLENGE.

The TC-GFA can change the format of categories depending on the number of registrations (e.g. large groups/small groups, etc. with or without apparatus).

EVALUATION

Each performance will be evaluated according to the following criteria:

- Entertainment value and overall impression
- Innovation and originality
- Technique, quality and safety
- Variety and diversity

All parts have equal value, up to 5 points per criteria.

The evaluation will be carried out by a panel of 4 experts who are experienced in the fields of performance, artistry, technique and choreography.

This panel is invited by the TC-GFA.

The Evaluators will be directed by a supervisor before, during and after the event.

The supervisor is appointed by the TC-GFA. Each Evaluator has a total of 20 points, 5 per criteria.

After each performance the Evaluators give the 4 scores/criteria and the total score.

All scores are given independently. The 4 scores are added (max. score is therefore 80).

FEEDBACK

The Contest will have a minimum of 3 Feedbackers, who must be experienced in choreography.

The experts giving feedback will be appointed by the TC- GfA.

The feedback includes positive points from the performance and recommendations on how the performance can be improved.

The feedback will only be given to a coach or a choreographer.

The feedback will be given directly after the performance.

Each coach/choreographer will meet the Feedbacker in a place indicated at the Coaches/ Head of Delegation meeting.

RESULTS

The scores will be used to establish an internal ranking list which will not be distributed.

All groups receive a trophy, all gymnasts receive a medal and a diploma.

European Gymnastics will also hand out some special diplomas.

The results will be announced and the prizes will be handed out after the Contest.

APPARATUS

It will be provided standard portable gymnastics apparatus such as:

- Springboard
- Roller mats
- Tumbling track
- Landing area Teamgym
- Vaulting table
- Vault runway
- Trampoline – Teamgym incl. rear guard
- Trampoline – open incl. rear guard
- Trapezium – foam
- Safety mats
- Landing mats
- Airtrack

The groups may ask for other standard gymnastics equipment in the registration form, and the LOC will provide the equipment if it's possible.

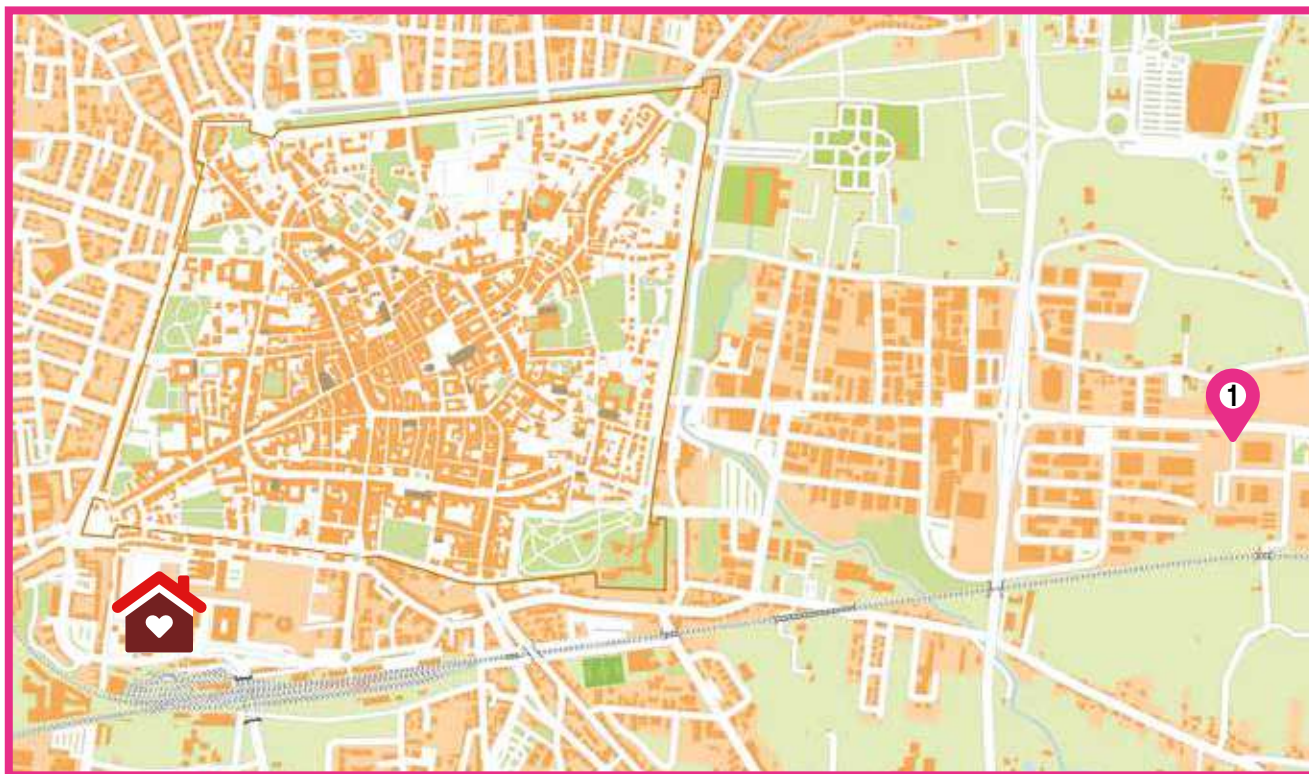
Smaller props or special equipment must be brought by the groups.

More information and pictures of all the apparatus will be provided in Bulletin #2.

Please contact us if you need any storage for small apparatus, or if you have any questions.

mail to: info@eurogym2026.com

VENUES



HEADQUARTER

EXHIBITION CENTER LA CATTEDRALE



SPORT FACILITY

PALA CARRARA SPORT HALL

HEAD QUARTER EXHIBITION CENTER LA CATTEDRALE

The Main Venue will be in EXHIBITION CENTER LA CATTEDRALE.

This will be the area for accreditation and info-desk.

This will be also the main catering area.

EUROPEAN GYM FOR LIFE CHALLENGE MAIN VENUE

The contest will take place at
PALA CARRARA SPORT HALL.

WARM-UP

The warm-up for the contest will be held at
PALA CARRARA SPORT HALL.

PALA CARRARA SPORT HALL



HEAD QUARTER EXHIBITION CENTER LA CATTEDRALE



FUNZONE EVENING PARTIES

For the first time there will be a FunZone for the EUROPEAN GYM FOR LIFE CHALLENGE participants, organized by EUROGYM 2026's young leaders.



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PISTOIA ITALY JULY 9th-17th





ACCOMMODATION SCHOOLS

The participants will be accommodated in schools near or in the city center, from which they can easily reach all the event venues.

Even though Pistoia is a very safe city, all the schools will have 24 hour security.

The schools will be cleaned every day.

It will be possible to buy mattresses (more infos and prices will be provided in Bulletin #2).

Each HoD is responsible for the conditions of the school where their groups stay.

It is forbidden to consume alcohol and drugs in schools grounds.

Not following the rules will have consequences.

The accreditation card will be withdrawn and the Head of Delegation is then responsible for finding a hotel room or the first flight home for the person not following the rules.

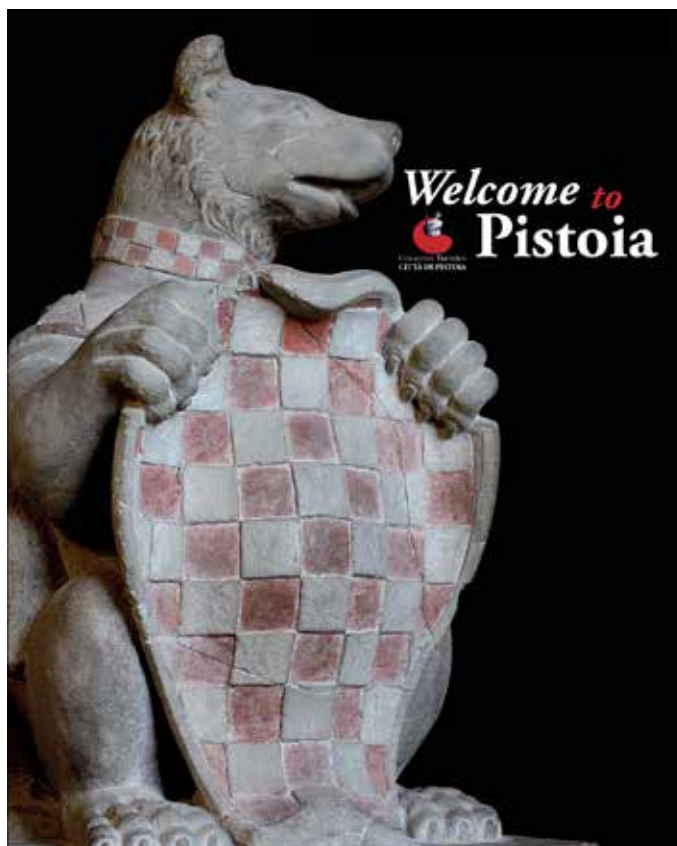
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- WALKING DISTANCE FOR WORKSHOPS AND EXHIBITION AREAS
- 10/15 PEOPLE PER CLASSROOM, WITH SANITARY FACILITIES
- BREAKFAST SERVED AT EACH SCHOOL
- 24 HOUR VIGILANCE SECURITY SERVICE AT SCHOOL
- ALL SCHOOLS ARE INSPECTED BY THE FIRE AUTHORITIES
- ALL PARTICIPANTS MUST BRING THEIR OWN SLEEPING MATTRESS AND SLEEPING BAG

ACCOMMODATION HOTELS

Some of the Hotels selected for the event:

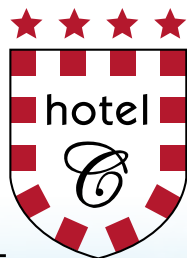
HOTEL VILLA CAPPUGI
HOTEL VILLA GIORGIA
HOTEL VILLA LE PANCHE
HOTEL PALAZZO 42
HOTEL BATTISTERO
HOTEL AGRITURISMO SAN ROCCO
HOTEL PATRIA
HOTEL AGRITURISMO TORREGHIOTTA
HOTEL BORGO ANTICO CASALBOSCO
HOTEL & SUITES PALAZZO 42
HOTEL VILLA PARRI
HOTEL FRANCESCHI
HOTEL MILANO
HOTEL VILLA PUCCINI



VILLA CAPPUGI
Centro Congressi Città di Pistoia

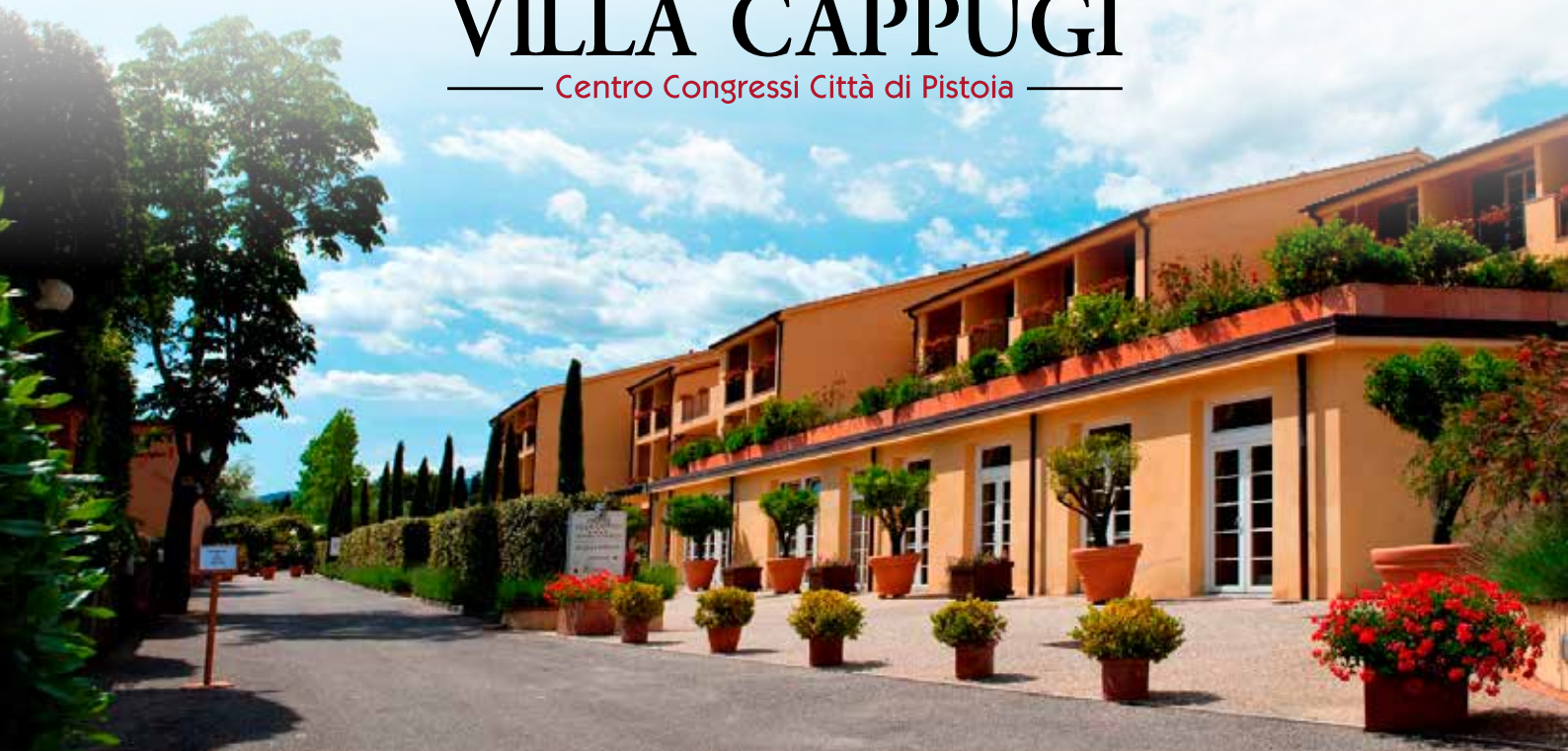
**Official Hotel for
EUROGYM 2026**





VILLA CAPPUGI

Centro Congressi Città di Pistoia



Hotel Villa Cappugi Pistoia

■ *The new venue in Tuscany*



Hotel Villa Cappugi Pistoia

■ *The new venue in Tuscany*

Hotel Villa Cappugi, thanks to its strategic location in the heart of Tuscany, is easily reachable both from the motorway A11 (Firenze Mare) and at the same time it is well connected with the airports of Firenze and Pisa. In addition, it is just 5 minutes driving from Pistoia railway station (it is possible to book free of charge the shuttle bus from/to the hotel/Pistoia railway station from 8.00 a.m. to 8.00 p.m.: service on request).

Villa Cappugi is located just outside Pistoia, at the bottom of the hills, close to downtown (only 2 km) in a position that allows guests to comfortably reach both the city's historic heart and the fantastic surrounding areas of Pistoia's Tuscan countryside.

Distances: Firenze 40 km - Lucca 45 Km - Pisa 70 km
- Siena 105 km



The hotel Villa Cappugi is a new and elegant building in Tuscan style that offers wide and refined rooms with elegant and comfortable furniture. The care for details reflects our attitude towards guests: both guests and rooms are the centre of our attention. Our service will offer a relaxing and elegant atmosphere and our care will make your stay unforgettable.



We have

- 70 rooms in the hotel (classic, deluxe, junior suite) all with balcony or patio
- 4 Suites e 3 Deluxe rooms in the ancient Villa (just in front of the hotel)
- 4 rooms well equipped for people on wheelchair and reserved parking in front of the hotel
- "Collegigliato" restaurant available for lunch and dinner
- large parking for coach and cars
- big garden, outdoor pool open from June to September
- tennis court, soccer pitch, well-equipped gym
- 4 sunny lighted meeting rooms

New! From April 2025 we will have 16 brand new apartments with kitchenette and living room, that can host up to 4 people each.

Via Collegigliato, 45 – Pistoia – Italy

+39 0573-450297 • www.hotelvillacappugi.com • info@hotelvillacappugi.com

TRANSPORT GREEN EDITION

Pistoia is a compact city and most of the venues are in walking distance from the city center.

Transportation to the venues and schools during the event is included in the participant card.

Shuttle from/to the airport will be possible to order in the registration process for an additional charge.



CATERING

The breakfast will be served in the schools.

Lunch and dinner will be served in HEAD QUARTER EXHIBITION CENTER LA CATTEDRALE.

We will serve nutritious and tasty italian food and

of course, there will be a vegetarian option upon request.

Please remember to check the boxes for allergies in the registration form.



SOCIALS

We are present on TikTok, Instagram and Facebook. Please follow us for regular updates and inspiration from Pistoia, Italy.



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FLASHMOB

As always, the EUROGYM & EUROPEAN GYM FOR LIFE CHALLENGE event will have it's own flashmob dance.

The flashmob will be released on July 10th 2025 - one year before the event.

So stay tuned in all of our channels!



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EUROPEAN GYM FOR LIFE CHALLENGE BULLETIN #1

CONTACT

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