



NORDIC CHAMPIONSHIPS  
**TEAMGYM**  
**2025**  
ESP00 | FINLAND

## DIRECTIVES - TEAMGYM NORDIC CHAMPIONSHIPS 2025

Espoon Telinetaiturit and the Finnish Gymnastics Federation welcome you to the Nordic TeamGym Championships in Espoo, November 6th–9th 2025.

### CONTACT INFORMATION

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## DEADLINES

|                               |  |
|-------------------------------|--|
| 8 <sup>th</sup> of September  | Definitive registration closes                             |
| 26 <sup>th</sup> of September | Information about Nominative registration will be sent out |
| 10 <sup>th</sup> of October   | Workplan   |
| 17 <sup>th</sup> of October   | Nominative registration closes                             |

## STATUS OF PROVISIONAL REGISTRATION

| FEDERATION | MIXED | WOMEN | MEN | TOTAL |
|------------|-------|-------|-----|-------|
| DENMARK    | 2     | 2     | 2   | 6     |
| FINLAND    | 0     | 2     | 0   | 2     |
| ICELAND    | 2     | 2     | 1   | 5     |
| NORWAY     | 2     | 2     | 2   | 6     |
| SWEDEN     | 2     | 2     | 2   | 6     |
| TOTAL      | 8     | 10    | 7   | 25    |

## DATES AND PRELIMINARY SCHEDULE

Thursday 6<sup>th</sup> of November:

Arrival

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

Friday 7<sup>th</sup> of November:

Arrival and accreditation

14:00-19:00 Training for the teams

20:00 Information meeting for head of delegation, coaches and judges

20:30 Judges meeting (if necessary)

Saturday 8<sup>th</sup> of November:

Opening ceremony

Judges' meetings

Competitions

Award ceremonies

Banquet

Sunday 9<sup>th</sup> of November:

Departure

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## VENUE

Espoo Metro Areena

Tapiolan Monitoimiareena Oy Urheilupuistontie 3, 02200 ESPOO



The training and competition arena is situated in Tapiola, Espoo, around a 10-minute walk from the closest metro station Urheilupuisto. The hotels are located in the Tapiola and Otaniemi area and within a 1,5–3 km radius around the arena.

## APPARATUS

We will provide competition equipment according to the Nordic TeamGym Championships Technical Regulations. The competition equipment will be delivered from Unisport. See Appendix 1 for more specific information about the apparatus.

Floor: 16 x 14 m (light blue)

Tumbling: Unisport “Reykjavik”

Trampet: Dorado 32, Dorado 36, Dorado 40 & Tarpan 110–165 cm

## COMPETITION FORMAT

The competition rules will be according to the Nordic TeamGym Championships Technical Regulations 2025. Nordic setup, warm up and competition in the same hall. The new CoP 2025-2028 will be used.

## SIZE OF DELEGATIONS

According to the Technical Regulations 2025 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 1 physiotherapists/doctors or similar function per team
- Maximum 1 Mental Health Professional
- 1 Head of the delegation
- Maximum 1 Deputy Head of the delegation
- Maximum 1 Media/press (representing the federation)
- Maximum 2 national coaches
- 1 NTC-TG member

## AGE OF PARTICIPANTS

The age of the gymnasts must be minimum 16 years. The gymnasts have the right to participate if they reach the determined minimum age during the year of the competition.

## RESPONSIBILITIES OF 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

## PARTICIPATION FEE

The Nordic Meeting (Helsinki March 2025) has decided a participating fee for all Nordic Championships.

The participation fee is:

*350 €/ TeamGym team in accordance with the maximum size of the delegation*

## AIRPORT INFORMATION AND TRANSPORTATION

The closest airport is Helsinki Airport. It is also possible to arrive by boat from Stockholm to Helsinki harbour. Transportation from Helsinki Airport or Helsinki harbour to Espoo will be provided upon request. The estimated price for this transportation service is 30 € per person (one-way trip) from/to the airport and 20 € per person (one-way trip) from/to the harbour. The exact price will depend on the number of teams requesting transportation.

There is also a public transport connection to Espoo from both the airport and the harbour:

- From the airport take the I-train or P-train to the end station Helsinki Central Railway Station, and switch to the westbound metro.
- From the Silja Line harbour take tram number 2 to Helsinki Central Railway Station, and switch to the westbound metro.
- From the Viking Line harbour take tram number 6T or 7T to Helsinki Central Railway Station, and switch to the westbound metro.

To check the public transport timetables and plan your route visit [HSL Reittiopas](https://hsl.fi/en/reittiopas) or download the HSL app on your phone.

## ACCOMMODATION AND MEAL PACKAGES

The accommodation and meal packages will include:

- Hotel 3 nights (Thursday, Friday and Saturday)
- Breakfast served at the hotel
- Lunch served at the competition hall (Friday, Saturday)
- Dinner served at the competition hall (Friday)

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. Information about nominative registration will be sent to you no later than September 26<sup>th</sup>.

Each team requests a hotel category. LOC will allocate hotels within the category requested. A limited number of rooms are available at each hotel. Reservations and category preference will be served on a "first come, first served" basis. Once member federations have submitted their category preference, the LOC will either:

- assign a hotel according to the request (i.e., if still available), or
- directly contact the federation to discuss alternative options in case the booking request cannot be fulfilled due to the category already being fully allocated.

## CAT 1

Original Sokos Hotel Tapiola Garden

Tapionaukio 3, 02100 Espoo

<https://www.sokoshotels.fi/hotellit/espoo/original-sokos-hotel-tapiola-garden>

Located 1,5 km from the competition venue (21 min walk or 2 min metro ride). To access the competition venue by metro walk 270 m to the metro stop Tapiola and take the westbound metro to the next stop Urheilupuisto. From there it is a 10-minute walk to the venue.

Prices:

| Type of room               | Price / person / night | Price / person / 3 nights |
|----------------------------|------------------------|---------------------------|
| Single room                | 195 €                  | 585 €                     |
| Double room                | 125 €                  | 375 €                     |
| Double room with extra bed | 115 €                  | 345 €                     |

## CAT 2

Heymo 1 by Sokos Hotels

Miestentie 5, 02150 Espoo

<https://www.sokoshotels.fi/hotellit/espoo/hey-mo-1-by-sokos-hotels>



Located 2,9 km from the competition venue (6 min metro ride). To access the competition venue by metro walk 450 m to the metro stop Keilaniemi and take the westbound metro to the stop Urheilupuisto (3 stops). From there it is a 10-minute walk to the venue.

Prices:

| Type of room                               | Price / person / night | Price / person / 3 nights |
|--|------------------------|---------------------------|
| Single room                                | 150 €                  | 450 €                     |
| Double room                                | 110 €                  | 330 €                     |
| Double room with extra bed                 | 90 €                   | 270 €                     |
| Heymo combination room for up to 7 persons | 85 €                   | 255 €                     |

#### BANQUET AND ADDITIONAL MEALS

The banquet is not included in the accommodation and meal package. The price of the banquet (including a three-course meal) is 59 €/person. The banquet will be held at the competition venue.

In addition to the accommodation and meal package LOC can upon request arrange dinner for delegates at their accommodation on Thursday evening for 18 €/person.

#### PUBLIC TRANSPORT PASSES

LOC can provide your delegation with public transport passes that are valid for 48 hours starting from the first use. With these passes you can use the metro to travel between the competition venue and your hotel (AB-zone) as many times as you need to between Friday morning-Sunday morning. The passes are personal, and they cost 16 €/person. A single ride ticket for the metro (AB-zone) is 3,20 €.

Helsinki Airport is located in the C-zone, whereas both harbours (Silja Line & Viking Line) are within the AB-zone. A single ride ABC-ticket is 4,40 €.

## DEFINITIVE REGISTRATION AND INVOICE

Definitive registration is submitted through the attached form Appendix 2 - Definitive registration Nordic TeamGym Championships 2025. Please include the ranking of the qualified teams in each section (Team 1 = the team ranked as no 1). Completed definitive registration is sent via email to [kira.lindqvist@espoontelinetaiturit.fi](mailto:kira.lindqvist@espoontelinetaiturit.fi) and [sonia.solismaa@voimistelu.fi](mailto:sonia.solismaa@voimistelu.fi) no later than September 8<sup>th</sup> 2025.

Please make your booking by filling out the definitive registration. The invoice will be sent a few days after the registration deadline. The invoice must be paid within 10 days or all bookings will be cancelled.

## TICKETS FOR AUDIENCE

Tickets will be available for purchase at: <https://www.ticketmaster.fi/>. Ticket sales will start in August.

## COMPETITION WEBSITE

Information about the competition will be posted at <https://espoontelinetaiturit.fi/> under the headline TeamGym Nordics 2025. Make sure to also follow @tgnordics2025 on Instagram! #tgnordics2025

## 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 Finnish Gymnastics Federation and Espoon Telinetaiturit.

*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.*

#### NORDIC TECHNICAL COMMITTEE TEAMGYM (NTC-TG)

|         |                      |                              |
|---------|----------------------|------------------------------|
| Denmark | Max Andersen         | max@gymdanmark.dk            |
| Finland | Janniina Väänänen    | janniina.vaananen@gmail.com  |
| Iceland | Olga Bjarnadóttir    | olgabjarna@me.com            |
| Norway  | Jan Magne Cederstrøm | jan.cederstrom@uib.no        |
| Sweden  | Sofia Svegander      | sofia.svegander@gymnastik.se |

#### NATIONAL FEDERATIONS

|         |                            |                                       |
|---------|----------------------------|---------------------------------------|
| Denmark | Ole Holmskov               | ohh@gymdanmark.dk                     |
| Finland | Sonia Solismaa             | sonia.solismaa@voimistelu.fi          |
| Iceland | Helga Svana Ólafsdóttir    | helga.svana@fimleikasamband.is        |
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FINNISH  
GYMNASTICS FEDERATION

EsTT  
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# WELCOME!



NORDIC CHAMPIONSHIPS

# TEAMGYM 2025

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## APPENDIX 1

### FLOOR

- Size: 16x14 m, H: 35 mm
- Color: Light blue
- Unisport free-standing floor for TeamGym consists of 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 out with 5 cm wide white velcro that is included in the competition area

### TUMBLE

#### 1 set Run-up

- Size: 16x1 m, H: 350 mm
- Color: Light blue
- The run-up consists of 8 podium sections 2x1 m with a light blue needle felt mat on top of 16x1 m

#### 1 set Tumble floor: Unisport model "Reykjavik"

- Size: 15x2 m, H: 350 mm
- Color: Dark blue side part and black mesh cover on top
- Unisport tumble floor 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

- 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

- 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 tumbling floor 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 top mat

- Size: 4x2 m, H: 100 mm
- Colour: Grey/Dark blue with elastic fabric on top and gray landing zone 3x1.5 m

## TRAMPET

2 pcs run-up (one run-up to the trampet and one to the vault)

- Size: 25x1 m, H: 25 mm
- Color: Light blue
- The run-up mat consists of a needle felt mat with non-slip protection underneath

2 pcs 25 m stops

- Size: 1 m
- Color: Dark blue

1 vaulting table Tarpan

- Size: According to UEG's rules H: 110-165 cm
- Color: Dark blue and gray

2 pcs Dorado-32

- Size: According to UEG regulations H: 65-80 cm (high part)
- Colour: White canvas with a marking in the middle and with black frame protectors and permanently mounted protective cushion
- The protective cushion must not be removed during table jumping, but must remain on the platform during the entire performance

2 pcs Dorado-36

- Size: According to UEG regulations H: 65-80 cm (high part)
- Colour: Yellow canvas with marking in the middle and with black frame protectors and permanently mounted protective cushion.
- The protective cushion must not be removed during table jumping but must remain on the platform during the entire performance.

2 pcs Dorado-40

- Size: According to UEG regulations H: 65-80 cm (high part)
- Colour: Red canvas with marking in the middle and with black frame protectors and permanently mounted protective cushion.
- The protective cushion must not be removed during table jumping but must remain on the platform during the entire performance.

1 set Double landing area for trampet

- 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 table jumps and free jumps
- 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

2 pcs extra top mat

- Size: 4x2 m, H: 100 mm
- Colour: Grey/Dark blue with elastic fabric on top and gray landing zone 3x1.5 m