

NORDIC ARTISTIC GYMNASTICS CHAMPIONSHIPS

SENIORS (MAG & WAG)

JUNIORS (MAG & WAG)

YOUTH (MAG, unofficial)

Qualification Competition (QC)

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

Apparatus Final (AF)

TECHNICAL REGULATIONS

October 2025

Version history:

Version (date)	Change
April 2012	Included regulations for Youth, changes to team composition and provisions for 3 or 5 E-judges
December 2012	Changed the setup of the document and made changes to the wording of the regulations
February 2013	Changed after input from Nordic countries
May 2018	Changed after decisions made in the Nordic meeting 2016
November 2022	Changed after decisions made in the Nordic meetings 2018 - 2022
April - September 2024	Changed after decisions made in the technical meetings in April, May, June and August 2024
November 2024	Changed after decisions made in the Nordic meeting 2024
March 2025	Changed after decisions made in the Nordic meeting 2025
October 2025	Changed after decisions made in the technical meeting in May

Abbreviations:

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

Naming definitions:

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

Contents

I. General regulations	<u>56</u>
Art. 1 Purpose of this document.....	<u>56</u>
Art. 2 Changes to these regulations	<u>56</u>
Art. 3 Right to participate.....	<u>56</u>
Art. 4 Dates and places of competition	<u>56</u>
Art. 5 Invitations and time schedule.....	<u>67</u>
Art. 6 Entry Procedure	<u>67</u>
II. Technical organisation.....	<u>89</u>
Art. 7 Competition Format	<u>89</u>
Art. 8 Apparatus.....	<u>89</u>
Art. 9 Age and nationality requirements.....	<u>89</u>
Art. 10 Competition programme	<u>89</u>
Art. 11 The Juries and Judging Panels	<u>1112</u>
III. Ceremonies and ranking lists.....	<u>13</u>
Art. 12 Championship titles	<u>13</u>
Art. 13 Medals and Ceremonies	<u>1314</u>
Art. 14 Diploma	<u>1415</u>
Art. 15 Score sheets, ranking lists and lists of finalists	<u>1415</u>
IV. Functions of the organising committee	<u>15</u>
Art. 16 Responsibilities of the Organiser	<u>15</u>
V. Financial matters and obligations	<u>16</u>
Art. 17 Financial obligations of the participating NF	<u>16</u>
VI. Media and advertising rules	<u>17</u>
Art. 18 Media	<u>17</u>
Art. 19 Advertising rules.....	<u>17</u>

I. General regulations

Art. 1 Purpose of this document

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

Art. 2 Changes to these regulations

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

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

Art. 3 Right to participate

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

Art. 4 Dates and places of competition

The Nordic Championships will be arranged by the national federations described in article 3.

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

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

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

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

Updated rotation schedule will always follow the protocol from the Nordic Meeting

	Seniors	Juniors	Youth
	Even year before ECh	Spring	
2026	FIN		
2027		ISL	ISL
2028	SWE		
2029		NOR	NOR
2030	DEN		
2031		SWE	SWE

2032	ISL		
2033		FIN	FIN
2034	NOR		
2035		DEN	DEN
2036	FIN		

Art. 5 Invitations and time schedule

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

Art. 6 Entry Procedure

- 6.1. For registration of entry, official forms, which are distributed to all affiliated NF by OC at the required time, are to be used.
- 6.2. The deadlines for registration are determined by the dates of the competition, as follow:
- 6.2.1. Provisional registration**
The number of teams (MAG and/or WAG - Seniors, Juniors, Youth):
5 months before the date of the NCh
- 6.2.2. Definitive registration of delegation members**
The number of participants:
3 months before the date of the NCh
- 6.2.3. Nominative registration of gymnasts, judges and other officials**
4 weeks before the date of the NCh
The list must include:
- surname and forename of the participants
 - date of birth (date, month, year) of the gymnast

6.2.4. Sanctions

Registration or payment made after the deadline incurs a penalty of 100 Euro per started week the registration/payment hasn't been completed. The penalty is invoiced by, and shall be paid to, the hosting federation.

6.3 Maximum Delegation Size

	WAG Gymnasts	MAG Gymnasts	Total
Senior	5	5	10
Junior	5	5	10
Youth		5	5
Coaches Senior	2	2	4
Coaches Junior	2	2	4
Coaches Youth		2	2
HOD			1
Team Manager	1	1	2
Doctor			1
Physiotherapists	1	1	2
Judges * (see Art.11)	2 minimum	3 minimum	5 or more

6.4 Registration fee

50€ / gymnast. This includes all days of competition (coaches and medical staff are included in accordance with the maximum size allowance of the delegations, and there is no fee for their participation).

75€ accreditation fee for any extra delegation members (i.e. extra gymnasts, extra functions outside of the ones specified for the delegation. No friends or family).

II. Technical organisation

Art. 7 Competition Format

7.1. The Championships consist of the following competitions:

7.1.1. QC - Seniors, Juniors and Youth:

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

7.1.2. Apparatus finals AF - Seniors, Juniors and Youth

Art. 8 Apparatus

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

Art. 9 Age and nationality requirements

9.1. Age of the competitors

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

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

9.2. Nationality

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

Art. 10 Competition programme

10.1. QC - Seniors, Juniors and Youth

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

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

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

- 10.1.3. A youth team consists of 3-5 gymnasts, of which maximum 5 compete on each apparatus. The 3 best scores on each apparatus are added for the final result. The NF nominates the team for each apparatus.
- 10.1.4. It is permitted to participate with individual gymnasts should a NF not have a sufficient number of gymnasts for a full team. The team competition decides the individual ranking and serves as a qualification for the apparatus finals.

10.2. Competition workplan

- 10.2.1. Each team has the right to at least 15 minutes warming up time, per apparatus prior to the competition. The warm-up will be in the competition hall during the competition. The time for the warm-up will follow the allowance per apparatus as stated in FIG's CoP. In AF there will still be a touch warm-up.
- 10.2.2. **The order of rotation**
[See Appendix](#)
- 10.2.3. **The working order among the NF**
QC consists of 6 apparatus for the men and 4 for the women. As a general rule, the events will be performed in the Olympic order. [See Appendix](#)
- 10.2.4. Workplan will be communicated latest two weeks after the nominative registration.
- 10.2.5. **Working order among the team**
The Federations (teams) must hand in the working order for the team no later than 21:00 (at the Orientation Meeting) the day before the competition. The starting order should include the gymnast who is not competing.

In cases of illness or injury, it is allowed to replace the affected gymnasts with the reserve up till 30 minutes prior the start of the competition.

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

- 10.3.1. For seniors and juniors the 6 highest ranked gymnasts on each apparatus from QC will qualify for the corresponding Apparatus Finals.
- 10.3.2. For Youth the 8 highest ranked gymnasts on each apparatus from QC will qualify for the corresponding Apparatus Finals.
- 10.3.3. A maximum of two gymnasts per federation will be allowed in each of the Apparatus Finals.

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

Seniors and Juniors

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

Youth (MAG)

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

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

10.4. Exercise requirement

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

10.4.2. WAG:

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

10.4.3. MAG:

- Seniors: according to valid FIG-Code of Points
- Junior: according to valid FIG-Code of Points for Juniors
- Youth: according to valid FIG-Code of Points for Juniors with the following special regulation.

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

A springboard, an extra mat or similar, can be used for mounting on pommel horse.

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

10.5. Tie breaking rules

If 2 or more gymnasts have the same final score in QC, competing for the last place in Apparatus Finals, both of them will participate in the Finals. The schemes in 10.3.4 will be enlarged to allow for more gymnasts.

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

In case of a tie, all gymnasts will compete, but according to the regulations in 10.3.4. A maximum of two gymnasts per federation are allowed in each apparatus final. In case of tie (from the same NF), FIG tie-break rules will be followed for seniors, juniors and youth

Art. 11 The Juries and Judging Panels

- 11.1.** All judges should be holders of the FIG Brevet for the corresponding cycle. If NF can't provide a Brevet judge a national judge will be expected but may be limited to E-panel. Judges for the Youth competition can have national brevet.
- 11.2.** When entering a team to the competition each NF has the obligation to nominate 2 judges for WAG competitions and 3 judges for MAG competitions. When entering individual gymnasts only, they must nominate at least 1 WAG and 2 MAG judges. The judges have to fulfil the requirements (Art. 11.1). The appointment of the judges to each apparatus among NF:

MAG D1, WAG D and E-panel Judges

See Appendix

- 11.1.** All judges have to participate in the judges meeting prior to the competition.
- 11.2.** The Juries, including the Judging Panels on the Apparatus, are composed in accordance with the Technical Regulations and Code of Points/FIG, allowing for certain adjustments according to the character of the Championships.

MAG

2 D-judges + 3 E-judges (QC,AA)

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

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

3 counting decimals, the rest is cut off.

2 D-judges + 4-5 E-judges (AF)

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

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

WAG

2 D-judges + 3-5 E-judges (QC)

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

3 counting decimals, the rest is cut off.

2 D-judges

The judging panel of each apparatus will be organized with 6-7 judges in each pool.

The E-score will be the average of the middle 2-3 E-scores.

3 counting decimals, the rest is cut off.

- 11.3.** **Inquiries - UNDER DEVELOPMENT – NOT VALID FOR 2025 and will be updated later!**
Inquiries of the D-score are allowed, if they are made verbally to the Supervising Judge (MAG or WAG respectively) prior to the conclusion of the next gymnast's routine. The official (FIG) inquiry form must be completed and delivered to the Head Judge prior to the next gymnast's score on the given apparatus being posted. The last gymnast on the apparatus has 2 minutes to verbally inquire after the score is posted and 2 minutes to complete and deliver the inquiry form.

The Supervising Judge must record the time of receiving the inquiry, either writing or electronically, and is responsible to bring the video recording to the D-panel assigned to examine the given inquiry. The examining panel will be the counterclockwise D-Panel. The decision of the examining panel is final and cannot be appealed.

The inquiry must be confirmed in writing prior to the next gymnast's score being posted. The inquiry requires an agreement of payment of EUR 50.- for the first inquiry, EUR 100.- for the second inquiry made by the same NF, and EUR 150.- for the third subsequent inquiry lodged by the NF throughout the event. Fees will be invoiced by the Host federation after the event. If the inquiry is accepted, then the fee is waived. However, should the final score remain unchanged or be lowered, the sum will be invoiced and transferred to the Host Federation. Should the inquiry not be confirmed in writing prior to the next gymnast's score being flashed, the procedure becomes obsolete.

11.4. Jury of Appeal

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

- One (1) member from the LOC (e.g. the head of the competition)
- One (1) representative from the participating federations appointed at the Orientation Meeting.
- D1 judge from the concerned judging panel (or 2nd representative from the participating federations appointed at the Orientation Meeting)

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

In the case that the appeal is not related to the apparatus / technical matters, the first two representatives will solve the issue, along with the elected reserve (2nd representative) appointed at the Orientation Meeting. Majority vote decides.

III. Ceremonies and ranking lists

Art. 12 Championship titles

- 12.1.** The winner of the team competition (QC) is awarded with the title:
- | | |
|---------|---|
| Seniors | “Nordic Artistic Gymnastic Team Champions Men/Women” |
| Juniors | “Junior Nordic Artistic Gymnastic Team Champions Men/Women” |
| Youth | “Youth Nordic Artistic Gymnastic Team Champions” |
- 12.2.** The winner of the all-around competition (AA) from QC is awarded with the title:
- | | |
|---------|---|
| Seniors | “Nordic Champion in Artistic Gymnastics Men/Women” |
| Juniors | “Junior Nordic Champion in Artistic Gymnastics Men/Women” |
| Youth | “Youth Nordic Champion in Artistic Gymnastics” |
- 12.3.** The winner of the single Apparatus Finals (AF) is awarded with the title:
- | | |
|---------|---|
| Seniors | “Nordic Champion on ... (corresponding apparatus) Men/Women” |
| Juniors | “Junior Nordic Champion on ... (corresponding apparatus) Men/Women” |
| Youth | “Youth Nordic Champion on ... (corresponding apparatus)” |

Art. 13 Medals and Ceremonies

All delegations must bring their national anthem in short version (ca 45 sec). The LOC will contact the NF if they also need to bring a flag.

13.1. Opening ceremony

The Opening Ceremony is organized by the LOC. All participating countries will be presented by marching in with the flags. An official opening with speeches will follow.

In uneven years the LOC will decide whether all gymnasts, wearing national tracksuit, must attend the Opening Ceremony or not. This will be communicated in the Workplan prior to the competition. After the march in the national anthem of the participating delegations will be played and official opening will be held.

13.2. Award Ceremony

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

Team - Seniors, Juniors and Youth:

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

All-around - Seniors, Juniors and Youth:

- | | |
|------------------------|----------------|
| 3 rd place: | 1 bronze medal |
| 2 nd place: | 1 silver medal |
| 1 st place: | 1 gold medal |

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

3rd place: 1 bronze medal

2nd place: 1 silver medal

1st place: 1 gold medal

After the medals are awarded the National Anthem for the gold medal winner(s) will be played.

In AF, as an option from playing the National anthem in Award Ceremony in each apparatus, all gold medal winners from same NF are asked to mount the podium for their national anthem. The sequence continues until all national anthems for gold medal winners are concluded.

13.3. Medals

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

Art. 14 Diploma

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

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

- 15.1.** The lists of the finalists are published by the organisers immediately after the end of QC. The delegations must inform the OC as soon as possible, but no later than at the end of the touch warm-up, if their gymnast will not compete in the final.

After the competition will the results be published by the organisers.

IV. Functions of the organising committee

Art. 16 Responsibilities of the Organiser

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

16.2. General obligations of the OC

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

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

16.3. Video Recording

The video recording of the exercise should be operated by a member of the host federation's LOC / volunteer team and recorded from an angle that mimics the judge's view. The quality of the video must be usable for the judges. All phones and/or tablets are acceptable recording devices and must be set to "airplane mode", to ensure uninterrupted recording.

When participating in the Nordic Championships, the athletes, the parents of the underage athletes, and the NF are granting their permission to the participating federations to use all video materials for their judging education programs. Upon completion of the Championships, all video materials will be sent to a drive created by the LOC within 1 week of the competition end. The materials from the devices must be deleted, and the drive will be available for one month following the competition for federations to download the materials that they want to use for future education. After 1 month the drive will no longer be accessible.

16.4 Safeguarding

From the day of arrival, all members of the delegations have possibility to contact by phone or e-mail the LOC safe-guarding officer in case of harassment, abuse of any type or if they are worried or feeling uncomfortable. The information will be given upon arrival.

16.5 Doping Control

Doping Controls may take place at any time.

V. Financial matters and obligations

Art. 17 Financial obligations of the participating NF

- 17.1.** In connection with the Nordic Championships, the host country is responsible for the costs for training and competition premises, carrying through of the competitions, judge's meetings, and technical meetings.
- 17.2.** The organizer has the right to require prepayment for the actual charge for accommodation. Overnight stays shall be offered in different price levels, which as a minimum meets the standard for hostels.
- 17.3.** The aim of the Nordic Championships should not be, to make a profit off the gymnasts and the budget should be transparent. The participating countries must use those hotels/packages that the organizer puts forward.
- 17.4.** The whole payment shall take place as single payment to respective hosting federation, alternatively to the organizer.
- 17.5.** All Parties participate with full attendance in all Nordic Championships as far as it is possible. The Parties undertake to participate with required number of judges as provided in the Technical Regulations. In the event a Party having entered into the Agreement, cannot participate with the required number of judges as the regulations stipulate, this Party bears the cost for required number of judges summoned from other Parties. The hosting country is responsible for collecting the amount to be paid.
- 17.6.** All Parties being subject to the Agreement can, with six (6) months' notice, notify that they will not participate in a Nordic Championship. The Party is nevertheless responsible for prescribed number of judges, or for covering any costs for the summoned judges as described above.
- 17.7.** Fee for late entry is specified in article 6.2.4.

VI. Media and advertising rules

Art. 18 Media

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

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

Art. 19 Advertising rules

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

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

- There is no limit of how many advertisements can be displayed on the gymnast on both competitive and warm up attire.
- The maximum space is 130 cm² for each advertisement on both competitive and warm up attire.