



NORDIC CHAMPIONSHIP
TEAMGYM JUNIOR 2026
APRIL 18TH, SOLA - NORWAY

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- * Swedish Gymnastics Federation, att: Linda Angelisöo

- * NGTF representatives
- * LOC representatives

Oslo, March 20th 2026

Workplan

Nordic Championship TeamGym junior

April 18th, 2026, Sola Norway

Dear friends of TeamGym,

The Norwegian Gymnastics Federation and Sola Turn are pleased to send you the workplan with important and additional information.



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1. Participating teams

Federation	Mix	Women	Men	Total
Denmark	2	2	2	6
Finland	0	2	0	2
Iceland	2	2	1	5
Norway	2	2	2	6
Sweden	1	2	2	5
Total teams	7	10	7	24

The federations are listed alphabetically.
The teams are listed in order of ranking within the federation.

Mix

No.	Team	Federation
1	GF Køge Bugt	Denmark
2	GymHelsingø	Denmark
3	Selfoss	Iceland
4	Gerpla	Iceland
5	Sandnes	Norway
6	Beitstad	Norway
7	Enebybergsgymnasterna	Sweden

Women

No.	Team	Federation
1	Rødovre og Omegns GF	Denmark
2	Bolbrogymnasterne	Denmark
3	Voimisteluseura Fliku-82 ry	Finland
4	HIFK Gymnastics	Finland
5	Selfoss	Iceland
6	Gerpla	Iceland
7	Oslo	Norway
8	Stavern	Norway
9	GK Splitt	Sweden
10	ABGS	Sweden

Men

No.	Team	Federation
1	Gladsaxe IF	Denmark
2	GF Køge Bugt	Denmark
3	Stjarnan	Iceland
4	Oslo	Norway
5	Laksevåg	Norway
6	Brommagymnasterna	Sweden
7	GCF Uppsala	Sweden

2. Date and time schedule

Thursday April 16th

	Arrival
16:00-22:00	Accreditation, Vår Energi Sola Arena, reception area
18:00-20:00	Dinner, Quality Airport Hotel Sola
20:00-22:00	Meeting of the Nordic Technical Committee TeamGym (NTC-TG), competition arena

Friday April 17th

	Arrival
09:00-12:30	Meeting of NTC-TG (if needed), competition arena
11:00-18:00	Accreditation, Vår Energi Sola Arena, reception area
13:30-15:30	Lunch, Vår Energi Sola Arena, room Kraft
12:00	Information meeting, Vår Energi Sola Arena, room Kraft
14:00-19:00	Training for the teams
17:00-19:30	Dinner, Vår Energi Sola Arena, room Kraft
20:30	Judges meeting and / or information meeting for judges, Vår Energi Sola Arena, room Flyt

Saturday April 18th

08:00	General warm-up Mixed teams
09:00	Warm-up Mixed teams (8 min / team / apparatus)
09:00-10:00	Judges' meeting for the Mixed competition
09:00	Door opens for audience
10:10-10:30	Opening ceremony
10:30	Competition Mixed teams
10:30-15:00	Lunch, Vår Energi Sola Arena, room Kraft
12:00	Warm-up Women's teams (8 min / team / apparatus)
12:00-13:30	Judges' meeting for the Women's competition
13:30	Competition Women's teams
15:30	Warm-up Men's teams (8 min / team / apparatus)
15:30-16:30	Judges' meeting for the Men's competition
16:30	Competition Men's teams
18:00	Award ceremony
20:00	Banquet, Quality Airport Hotel Sola

Sunday April 19th

Departure



3. Draw and running orders

According to the technical regulations art. 8.1 (excerpt):

Competition order should always be decided with a draw. The draw is the responsibility of the OC, and the final running order must be announced in the Work Plan. The result of the draw must be approved by the member of the NTC-TG from the organizing country.

If the competition is held according to the standard Nordic setup (one hall and one set of apparatus) the following will apply: All sections with 10 teams should be divided into two starting groups and the ranking from the definitive registration comes into effect. The presumably best team in each section is placed in the last group.

If a federation participates with only one team in a section, this team will be placed in the last group. If the two groups are not ideal for the running of the competition, there will be a draw to select the teams placed in the first group.

The draw for the running order was supervised and approved by Jan Magne Cederstrøm, the Norwegian member of NTC-TG.

See attachment B, C, D and E for the following running orders:

- C. Running order – training Friday.
- D. Running order – training and competition mix Saturday.
- E. Running order – training and competition women Saturday.
- F. Running order – training and competition men Saturday.

4. Warm-up and competition schedule

The teams' general warm-up area is in the main arena, behind the west stand (see map). There are no TeamGym apparatus in the warm-up area except limited number of floor mats shared by all teams. Training on the apparatus takes place on the field of play according to the training schedule.

5. General obligations of the OC

According to the technical regulations art. 15.2 and 17.1:

The competition will be organized according to:

- A. *Technical regulations (TR) for Nordic TeamGym Championships valid until 31.12.2026.*
- B. *Code of points (by the EG). See appendix in TR for the Nordic adaptations.*
- C. *Directives for Equipment - TeamGym (by the EG). See appendix in TR for the Nordic Adaptations.*
- D. *The rules of the Statutes of EG will be applied in all situations which are not foreseen in the regulations.*
- E. *If extraordinary situations should occur, the necessary decisions will be made by the NTC-TG or the representatives of each country present at the competition.*
- G. *The statutes and regulations of World Gymnastics are valid in all matters of protocol.*

6. Airport information

Text from Definitive Registration:

The nearest airport is Stavanger Airport, Sola. The airport is located in walking distance of the hotels. The airport is situated 4,2 km from the arena.

7. Arrival and departure times + flight numbers

Text from Nominative Registration:

As we have informed in Definitive Registration, it is walking distance from the airport to the hotels so no local transport between the airport and the hotels will be arranged by the organizer. However, we would like to know your arrival and departure times including flight numbers. Please fill in the times and flight numbers in the Nominative Registration form.



8. Local transport information

Text from Definitive Registration:

Local public bus services

Transport between the hotels and the arena is easily handled using public bus services. Bus route 42 runs from both hotels to the Åsenvegen / Åsenhallen bus stop (the journey takes approximately 19 minutes). Walking from the bus stop to the arena takes 5 mins.

Prices per person, one way:

* Adults: NOK 49,-.

* Ages 14–17: NOK 25,-.

Tickets are purchased via an App (Kolumbus Billett) and paid per trip.

Shuttle bus Saturday from 07:10-10:10 hours

A shuttle bus will operate between Quality Airport Hotel and Sola Arena. This bus is for athletes and delegates traveling to the Arena.

Transport Saturday after 10:10 hours

Public transport routes, described above, will be used for travel to and from the arena.

It is also possible to walk from Quality Airport Hotel to Sola Arena. The distance is 3 km, and the walk takes just over 35 minutes.

No transport for the banquet

There will be no transportation for the banquet as Clarion Hotel Air is in walking distance (8 mins) from Quality Airport Hotel Sola.

9. Training and competition arena

Name: [Sola Arena](#). Full name “Vår Energi Arena Sola” (due to the sponsorship name)

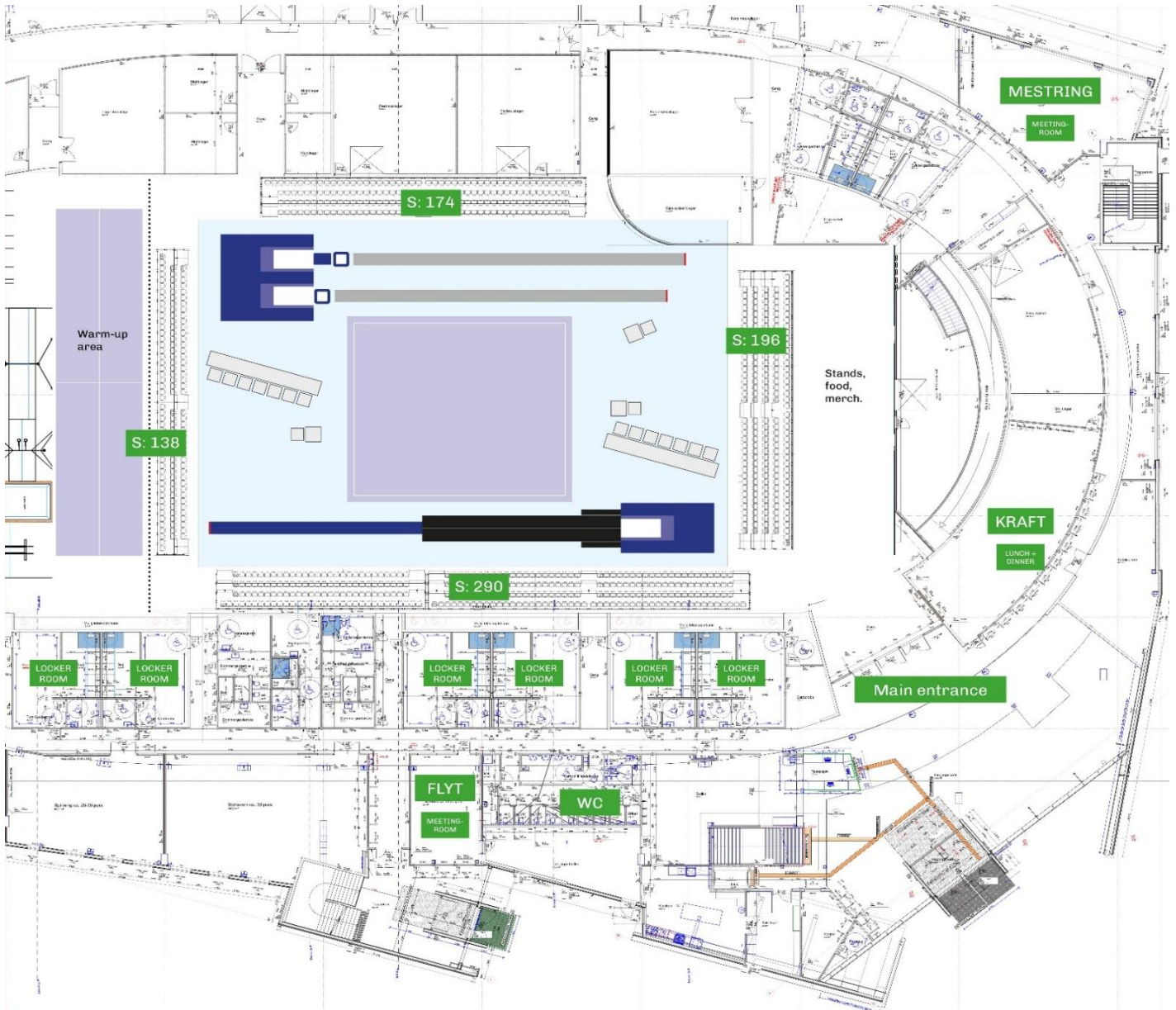
Address: Åsnutveien 44B, 4055 Sola, Norway

Capacity: 980 seats. With 775 seats in the main area surrounding the field of play.

This is a multievent arena which facilitates both gymnastics and a bicycle velodrome daily.



10. Field of play and competition arena



11. List of apparatus

The Equipment used will be from PE-Redskaber. The list of apparatus can be updated in the work plan.

Floor: PE 14 x 2-meter carpets, 8 pcs.	
Tumbling: Type Size: 15 x 2 x 0,35m. Color: Black. Description: PE. Run-up Size: 16 x 1m. Color: Black. Description: 8 pcs of run-up blocks 2 x 1 x 0,35m. Description: PE. Tumbling track Size: 15 x 2 x 0,35m. Colour: Black. Description: PE. Side safety mats Size: 4 x 0,5 x 0,35m /side. Color: Black Description: 4 pcs of mats 2 x 0,5 x 0,35m. PE. Landing area Size: 7 x 4 x 0,35. Color: Black with red landing-zone. Description PE. Additional safety mat Size: 4 x 2 x 0,1m. Color: Red. Description: PE, with stretch fabric on top.	Trampet: <u>One change from the definitive registration:</u> There will be two types of trampets: With 32 springs and 36 springs (not 40 springs): Type 1 Size: 1,24 x 1,24 x 0,65-0,80m. Color: Black. Description: PE Dorado 32 springs . Type 2 Size: 1,24 x 1,24 x 0,65-0,80m. Color: Black. Description: PE Dorado 36 springs . Run-up Size: 25 x 1m. Color: Gray. Description: PE. Vaulting table Size: 1,2 x 0,95 x 1,1-1,7m. Color: Black / Red Description: Adjustable distance to the trampet PE. Double landing area Size: 7,2 x 7 x 0,35m. Color: Black with red landing-zone. Description: PE. Additional safety mat Size: 4 x 2 x 0,1m. Color: Red. Description: PE, with stretch fabric on top.

12. Competition format

According to the technical regulations art. 6:

The TeamGym Championships consists of the following sections:

- *Women's teams*
- *Men's teams*
- *Mixed teams, i.e., 50% males / 50% females*

The competition rules will be according to the Nordic TeamGym Championships Technical Regulations valid until December 31st 2026. The Technical Regulations 2026 has been distributed by Iceland Gymnastics Federation in the middle of January.

The competition is held according to the standard Nordic setup (one hall and one set of apparatus). The new CoP 2025-2028 will be used.



13. Competition program

According to the technical regulations art. 7:

The following apparatus are compulsory for every participating team: Floor program, Tumble, Trampet.

This is also the preferred running order for each team, but it is not a requirement. All competing gymnasts of the team must participate in the floor program. In case of illness or injury, see TC art. 5.5.

14. Composition of the team

According to the technical regulations art. 4.1:

8–14 gymnasts including any reserves. The gymnasts may represent one club or several clubs, but the team must have competed together in the competition year.

A gymnast can only represent one club, but is allowed to participate in both mixed and men/women.

Each team must announce the competitors and reserves at the accreditation (based on previously submitted Nominative Registration).

All competing gymnasts must participate in the floor programme.

8–12 gymnasts are allowed in the competing team/floor programme.

15. Age of the participants

According to the technical regulations art. 4.2:

For the junior TeamGym Championships: 14–17 years. The gymnasts have the right to participate if they reach the determined min / max age during the year of the competition.

16. The National Federations are responsible for

According to the technical regulations art. 4.3:

- A. *The correct age of their gymnasts.*
- B. *The club membership of their gymnasts.*
- C. *Valid insurance of their gymnasts.*
- D. *That their teams follow the EG rules for advertising.*

The correct age and valid insurance will be checked at the accreditation (bring a passport or another kind of identification card with a photo).

17. Size of the delegation

According to the technical regulations art. 4.4:

- A. *Maximum 2 teams per section (men, women and mixed)*
- B. *Maximum 3 coaches per team*
- C. *Maximum 14 gymnasts including reserves per team*
- D. *Maximum 1 Team Leader per team*
- E. *Maximum 4 judges*
- F. *Maximum 1 physiotherapists / doctors or similar function per team*
- G. *Maximum 1 Mental Health Professional*
- H. *1 Head of the delegation*
- I. *Maximum 1 Deputy Head of the delegation*
- J. *Maximum 1 Media / press (representing the federation)*
- K. *Maximum 2 national coaches*
- L. *1 NTC-TG member*

Any extra gymnasts/coaches must not be added to the delegation. However, they can be offered a food and accommodation package. All extra bookings will be handled separately from the delegation bookings. Accreditation cards or tickets to the official banquet will not be offered.

In exceptional cases, the NFs may request additional accreditations for guests or for functions that are not included in the list of delegation members (an extra fee applies).

18. Alteration of the teams

According to the technical regulations art. 5.3:

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

19. Alterations of the nominative lists of the gymnasts

According to the technical regulations art. 5.4:

*Before accreditation, teams are allowed to change/replace nominated gymnasts without any further action. **However, the 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.

20. In cases of illness or injury during the competition

According to the technical regulations art. 5.5:

In cases of illness or injury during the competition, confirmed by the official doctor of the championships, it is allowed to replace the affected gymnast with a nominated reserve.

Replacing an injured or ill gymnast is optional, but the gymnast needs to be excused by the competition doctor.

According to the technical regulations art. 18.4:

The tariff forms should be completed electronically prior to accreditation. Changes are allowed up to two hours before the start of each section. If there are changes to Floor tariff forms, the OC must be informed so they can print out the revised forms for the judges. (Judges receive the Floor tariff forms the evening prior to the competition, Tumble and Trampet forms will be printed out when the two-hour window has closed.) If a web solution is not used the OC should have a copying machine for copying tariff forms at the accreditation.

21. Competition jury

According to the technical regulations art. 9.5:

The competition jury consists of:

- * NTC-TG (one representative from each of the Nordic countries)*
- * The competition director*
- * The head judge (E1) in the respective apparatus*

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 a judge and an NTC-TG-member.

A coach or a team leader may be appointed to the jury for sections where their team is not competing.

22. Numbering of gymnasts

Numbering of gymnasts is mandatory and must comply with the Code of Points used for this competition. The numbers are filled in on the respective Nominative Registration form.

23. National emblem and advertisement

According to the technical regulations art. 18.1: *Wearing a national identification or emblem is optional at the Nordic TeamGym Championships (see CoP 3.2.1 and 7.2).*

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

24. Insurance

All delegations must present 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.

25. National anthem, music, tariff forms and apparatus submission

National anthem, music, tariff forms apparatus information must be submitted through the same web-based system.

National Anthem

We kindly ask the national federation to upload the short version of your national anthem to the Tariff form system in advance, **Thursday April 16th, 23:59:59 hours at the latest**. Each national federation will receive an email with the unique url for uploading. Supported file formats are: mp3 and wav. Maximum file size is 50MB.

Music

To facilitate the handling of music and ensure best possible quality, we kindly ask you to upload your music to the Tariff form system in advance, **Thursday April 16th, 23:59:59 hours at the latest**.

Supported file formats are: mp3, m4am aac, wma, and wav. Maximum file size is 100MB. We will rename the file based on running order, team name etc., so you do not have to change the file-name before uploading.

We recommend that each team bring their own back-up music on a memory stick.

Tariff forms

According to the technical regulations, art. 18.4:

The tariff forms should be completed electronically prior to accreditation. Changes are allowed up to two hours before the start of each section. If there are changes to Floor tariff forms, the OC must be informed so they can print out the revised forms for the judges. (Judges receive the Floor tariff forms the evening prior to the competition, Tumble and Trampet forms will be printed out when the two-hour window has closed.) If a web solution is not used the OC should have a copying machine for copying tariff forms at the accreditation.

We strongly suggest that you have entered your information well in advance. First deadline for tariff forms: **Friday April 17th, 18:59:59 hours at the latest**.



When this deadline has passed LOC will print all tariff forms entered.

The teams can change the tariff forms in the online system up till two hours before competition start of each section:

- Mix section: **On April 18th, 08:30 hours at the latest.**
- Women section: **On April 18th, 11:30 hours at the latest.**
- Men section: **On April 18th, 14:30 hours at the latest.**

If any changes are made after accreditation, the accreditation office must be informed.

Forms submitted online after each deadline will not be printed and delivered to the judges.

According to the technical regulations above mentioned art. 18.4:

In case of an injury, it will be possible to update the tariff form for floor during the competition.

The LOC will have staff ready to assist the teams if needed. If you have any trouble with the tariff system or uploading music, please contact Mr. Tron Lunde. E-mail: tron.lunde@gmail.com.

Trampet and vaulting table setup

To facilitate the handling of the apparatus for each team, we kindly ask you to fill in the following information into the Tariff form system in advance, **Wednesday April 15th, 23:59:59 hours at the latest.**

- A. Type of trampet. PE Dorado number of springs (32 or 36).
- B. Height of trampet back part: 65, 70, 75 or 80 cm.
- C. Vaulting table height: 150, 155, 160 or 165 cm.
- D. Distance (in cm) between trampet and vaulting table: 8, 13, 18, 23, 28.

26. Bringing of the cups from 2024

According to the technical regulations art. 12.2:

The OC must remind the NF to bring the cups.

The following delegations are reminded to return the challenge cups of the junior Nordic Championships 2024 at the accreditation on Friday April 17th.

- * **Mix:** Iceland (Stjarnan).
- * **Women:** Sweden (ABGS).
- * **Men:** Denmark (TeamGym Aarhus).

27. Accreditation and accreditation pass

Accreditation

Accreditation will take place in the competition venue from 16:00 to 22:00 on Thursday and from 11:00-18:00 on Friday. Only the head of delegation/deputy head of delegation can carry out the accreditation for each country.

1. The following documents must be **presented** at the accreditation:

- A.** Payment of outstanding accounts. All financial obligations must be fulfilled.
- B.** Proof of valid insurance for gymnasts and other members of the delegation.
- C.** Passport or another kind of identification card with photo of every participant (gymnasts and reserves). According to the technical regulations art. 4.2: *For the junior TeamGym Championships: 14–17 years (born: 2009 to 2012). The gymnasts have the right to participate if they reach the determined min / max age during the year of the competition.*
- D.** Each team must announce the competitors and reserves at the accreditation (Tech. Reg. art. 4.1), based on previously submitted Nominative Registration.



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

A. Challenge cups of the junior Nordic Championships 2024. The following delegations are reminded to return them at the accreditation:

- * **Mix:** Iceland (Stjarnan).
- * **Women:** Sweden (ABGS).
- * **Men:** Denmark (TeamGym Aarhus).

Accreditation pass

All official delegation members will receive an accreditation pass. The accreditation pass is personal and non-transferable. The accreditation pass is compulsory to get access to the competition venue, food and banquet. Replacing a lost accreditation pass will cost NOK 400,-.

Important information about the accreditation pass (which will be written on the back of the pass):

The Accreditation pass remains the property of the NGTF and can be withdrawn with immediate effect, at the NGTF's sole discretion. By using this pass, I agree to be filmed, televised, photographed, identified and otherwise recorded during the event under the conditions and for the purpose now or hereafter authorized by the NGTF in relation with the promotion of the event. I agree that all photos, and moving images taken by me at the event shall be used solely for personal and non-commercial purposes unless prior written consent is obtained from the NGTF.

28. Clothing during practice

According to the technical regulations art. 18.5:

During all practice in the competition hall, a similar, neat and proper athletic appearance should be the overall impression of the teams.

29. Competition number

Text from Nominative Registration

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

30. Use of mobile phones or other electronic communication devices

According to the technical regulations art. 18.3:

Please note that the use of mobile phones or any other electronic communication device by gymnasts, coaches, judges, or medical staff of the delegations on the field of play is forbidden during the entire duration of the competitions.

31. Access to the competition area

Access to the competition area (as stated in the accreditation pass) is permitted only to gymnasts, coaches, judges, other delegates, technical staff, competition's medical staff and organising committee. Everyone in the official delegation will have an accreditation pass, which must be shown when entering controlled areas.

32. Seats for delegation members and gymnasts

Reserved seats will be available for the head of delegations, deputy head of delegations and members of Nordic Technical Committee in the competition arena. Seats for gymnasts and coaches will be available in the competition arena. The accreditation pass gives you access to the assigned seating area.



33. Information meeting

The information meeting for Head of Delegations, Deputy Head of Delegations, one coach per team and judges on Friday at 12:00 hours will take place at Vår Energi Sola Arena, room Mestring.

Chair of the Norwegian Technical Committee TeamGym Jan Magne Cederstrøm will lead the meeting.

34. Judges meetings and bringing of own tablet/laptop

According to the technical regulations art. 9.3:

All judges must participate at the judges' meeting prior to the competition. Floor tariff forms will be distributed to the judges on the evening prior to the competition day. Tumble and trampet tariff forms will be distributed at the judges' meetings on the competition day.

Judges must bring their own tablet or laptop for entering the scores (ref. email correspondence in NTC-TG in June last year).

The judges meeting on Friday 20:30 hours will take place, Vår Energi Sola Arena, room Flyt.

The judges meetings on Saturday will take place in the competition arena, Vår Energi Sola Arena, room Flyt.

- * 09:00-10:00 Judges' meeting for the Mixed competition
- * 12:00-13:30 Judges' meeting for the Women's competition
- * 15:30-16:30 Judges' meeting for the Men's competition

35. Dissensions and interpretations of the Code of Points

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 a simple majority vote by the NTC-TG. All judges are obliged to follow these decisions.

It's still the head judge in the respective apparatus who's responsible for making interpretations and decisions regarding other issues in the Code of Points during the competition.

36. Inquiries

According to the technical regulations art. 9.6:

Inquiries against the score are not allowed at the Nordic Championships.

37. Judging panels

According to the technical regulations art. 9.7:

There are 3 judging panels, one for each apparatus in each section. The judging panel consists of CD- and E-panels.

Floor Program:

CD-panel: Head Judge (CD1) + three judges (CD2, CD3, CD4).

E-panel: Head Judge (E1) + three judges (E2, E3, E4).

Tumble and Trampet:

CD-panel: Head Judge (CD1) + one judge (CD2).

E-panel: Head Judge (E1) + three judges (E2, E3, E4).



Each nation shall be represented in all sections and apparatus. Each nation can only have one judge in each panel (CD/E) in each apparatus.

Each nation can only have a maximum 1 E1-Judge in each section and a total of 2 E1-Judges in the whole competition (women, men and mixed).

In Floor Program, each nation can only have a maximum of 2 judges in the whole judging panel (CD+E).

If a judge becomes ill or otherwise unable to perform their duty on the judging panel, the NTC-TG will try to find a replacement. If this is unsuccessful, the panels may be reduced, starting from the E panels (move a judge from E to CD, if necessary).

The draw for judging positions is made by country, which will then be placed into the below fixed scheme of judges' positions. The draw from 2023 will be continued and the countries will move forward to the next number the next year. A new draw will be made for the 2028 Championships.

2026	Country
Country no 1:	FIN
Country no 2:	NOR
Country no 3:	SWE
Country no 4:	ISL
Country no 5:	DEN

MIXED

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

WOMEN

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

MEN					
Floor		Tumble		Trampet	
CD1	3	CD1	4	CD1	5
CD2	1	CD2	2	CD2	1
CD3	4				
CD4	5				
E1	1	E1	3	E1	2
E2	2	E2	2	E2	5
E3	3	E3	5	E3	4
E4	4	E4	1	E4	3

A separate document regarding "Draw of judges" has been sent to members in NTC-TG and national federation contactpersons, with the same deadline as Nominative Registration (March 28th.)

38. Opening Ceremony

According to the technical regulations art. 10.1 (excerpt):

Participants from all teams must march in wearing club uniform. The teams are announced by country. The teams from the organizing country are announced last.

At the opening ceremony all the countries and all the teams will be presented with a national flag, which will be carried by persons from the organizing club. Two gymnasts representing their team must be at the warm-up area at 10 am getting ready for the opening ceremony. Each team will be given a sign to carry with the team name on it. The gymnasts will walk across the floor area.

After the presentation of the teams there will be a couple of short opening speeches before the first competing mixed team start their competition.

Further information will be given at the information meeting.

39. Kiss and cry corner

During the competition there will be a Kiss and Cry corner where the teams will wait for their final results. After performing their last apparatus each team will be guided to the Kiss and Cry corner.

The team will wait there until their final score is published. If the team is among the top three teams they will stay in the corner until replaced by another team or until the final results of the competition. Further information will be given at the information meeting.

40. Award and closing ceremonies

According to the technical regulations art. 10.2 (excerpt):

Only the medal-winning teams will march in wearing competition dress.

Medalling teams will line up at the warm-up area before the award ceremony. Please ensure that your federation's medallists are in time for the line-up before the award ceremony.

Awards are presented (bronze first, then silver, then gold) either after all sections are done or after each section. The Nordic Champions are announced, medals are awarded, and the national anthem of the winning team is played. The championship is officially closed by a short speech after award ceremony after the last section. The teams march out immediately afterwards.

Further information will be given at the information meeting.



41. Results live

You will be able to find all the results live on [Tropp.no](#).

42. Complete results and complete list of results

According to the technical regulations art. 14.1 – distribution:

When the competition is finished, the OC is obliged to distribute a copy of the complete results to the media, and by email to the NF-contact persons.

For the representatives of the NTC-TG and head of delegations, complete list of results, including the scores of the individual judges.

43. Medical

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

44. Control of doping

Any doping is prohibited. Controls can be requested at any time, in accordance with the World Anti-Doping Code. In case of positive results, the teams concerned will be disqualified. Any gymnast with asthma or similar condition should inform Antidoping Norge about their medication with written medical certifications/prescriptions if they carry through a control during the championship.

45. Meals

The delegations have ordered a number of meals in their Definitive Registrations.

Thursday April 16th

18:00-20:00 Dinner, Quality Airport Hotel Sola

Friday April 17th

13:30-15:30 Lunch, Vår Energi Sola Arena, room Kraft.
Menu: Wraps with chicken and lettuce, or equivalent.

17:00-19:30 Dinner, Vår Energi Sola Arena, room Kraft
Menu: Chicken, rice and salad, or equivalent.

Saturday Apri. 18th

10:30-15:00 Lunch, Vår Energi Sola Arena, room Kraft
Menu: Pasta salad and focaccia, or equivalent.

Remember to bring the accreditation pass.

46. Banquet

The delegations have ordered a number of banquet-tickets in their Definitive Registrations. Saturday at 20:00 hours, Quality Airport Hotel Sola.

Remember to bring the accreditation pass.

The banquet is alcohol-free.



47. Special needs regarding food/diets

Text from Nominative Registration

If someone within the delegation has special needs regarding diets (such as allergies, gluten free, vegetarian, vegan etc.) that must be specified in the nominative registration form.

48. Hotels

Text from Definitive Registration:

The hotels reserved for the delegations are located close to the airport. Both hotels are within walking distance of the airport and to the competition hall. The LOC offers two hotels:

Everyone has been assigned the hotel they wanted in connection with Definitive Registration. However, there will be a few changes in room types for a few teams to ensure that their requests for rooms are fulfilled at the desired hotel. LOC will contact those concerned in the coming days in this regard.

1. Quality Airport Hotel Sola

Address: Sømmeveien 1, 4050 Sola.

In walking distance from Stavanger Airport, Sola (20 min).

2. Clarion Hotel Air Sola

Address: Utsolaarmen 16, 4055 Sola.

In walking distance from Stavanger Airport, Sola (10 min).

49. Room dividing list

Text from Nominative Registration:

Please fill in the room dividing list in each sheet in the Nominative Registration. This is necessary information for the hotels and for the organizer.

50. Check-in time and check-out time - hotels

Text from Nominative Registration:

According to standard international hotel rules: Check-in at the hotels is possible from 3:00 PM on the day of arrival. Check-out at the hotels is at 12:00 PM on the day of departure.

51. Payment of hotel, meals, banquet and shuttle bus

Text from Nominative Registration:

LOC will send a joint invoice to the federations for all bookings of hotel, meals, banquet and shuttle bus. The invoice will be sent to the billing address given in the Definitive registration form.

52. Participation fee

Text from Nominative Registration:

The participation fee is: EUR 350,- per team in accordance with the maximum size of the delegation. The entry fee will be sent out together to the federations together with the invoice for all bookings.

53. Information and picture(s) of each team

Text from Nominative Registration:

For use on the organizer's website solaturn.no, for the speakers and for the streaming commentators:
Please fill in the following information for each team in the nominative registration.

A. 3 facts / funfacts about the team / the club.

B. Earlier achievements or merits in Nordic Championships junior.

C. Expectations for this Championship.

D. One, or more, picture(s) of each team to be used for team presentations on social media, the event website, and the competition programme.

To ensure the best possible presentation we kindly ask all teams to submit a high-quality photo(s).
Please follow these technical guidelines:

H. **Image format:** JPG or PNG format.

I. **Resolution:** Minimum **3000 px width**. High resolution preferred (suitable for both web and print).

J. **Orientation:** Landscape (horizontal) format preferred.

K. **Quality:** Sharp image with good lighting. Avoid screenshots or images taken from social media.

L. No filters or heavy editing.

M. **Content:** The full team should be visible. Neutral or clean background preferred.

N. Filename: NB! It is important that each file consists of the teams name and section (mix/women/men).

NB! Please send photos of each team from each country collected in one mail from the respective federation to the Local Organizing Committee att: Chair Mr. Terje Hopen. E-mail: terje@ensign.no

54. Streaming

The championship will be livestreamed by the federation partner Amedia via Direktesport.no. The championship will also be livestreamed in the other Nordic countries. We are currently in the process of technical clarifications with Amedia how the streaming can be viewed in countries outside Norway.

For people living in Norway, you can livestream the championship via this link to Amedia: [Gym og turn | Direktesport](http://Gym.og.turn|Direktesport). To livestream the competition, you need to create a user account on Amedia's platform with a username and password. You also have to pay a fee to watch the broadcasts.

The livestream link for the other Nordic countries will be shared once this has been clarified with Amedia.

55. Spectator tickets

Text from Nominative Registration:

Information about tickets and purchases can be found on the organizer's website:

<https://solaturn.no/nordic-teamgym-championships/>

56. Whatsapp – communication with the heads of delegations

Text from Nominative Registration:

In order to have a direct and efficient communication with each country's head of delegations during the championship, we will establish a separate WhatsApp group-chat.

The mobile phone number of each delegation leader who appears in the Nominative Registration will be added to this WhatsApp group: "HoDs Nordics TeamGym 2026".



57. Invoice - hotels, meals, banquet and shuttle bus

LOC will send a joint invoice to the federations for all bookings of hotel, meals, banquet and shuttle bus. The invoice will be sent to the billing address given in the Definitive registration form. The invoice will be distributed in short time.

58. Invoice - participation fee

Text from Nominative Registration

The participation fee is: EUR 350,- per team in accordance with the maximum size of the delegation.

LOC will send an invoice to the federations together with the invoice for all bookings.

The invoice will be distributed in a short time.

59. LOCs website, Facebook and instagram

Website: <https://solaturn.no/nordic-teamgym-championships/>

Facebook: <https://www.facebook.com/profile.php?id=61587549331039>

Instagram: solaturnofficial

We encourage every team to tag and invite to collaborative posts by using [@nordicteamgym2026](#) and hashtag [#nordicteamgym2026](#) when the teams or gymnasts post on their Instagram in preparation for and during the Nordic Championship.

60. Nordic Technical Committee meeting

Iceland distributed the following invitation to the NTC-TG meeting via email 18.02.: *NTC-TG meeting will be held in Sola, Norway April 16th from 20:00 – 22:00. The meeting will take place in meeting room “Mestring” in the competition arena. If needed the meeting will be continued on Friday morning from 09:00. Each country may bring two representatives, but only one has a voting right.*

The organizing country may have a secretary present at the meeting. If any country wishes to bring more than two participants to the meeting, they should ask the NTC-TC members for permission and inform the OC in advance, before the agenda is sent out.

It is an option to attend the meeting online via Google Meet, <https://meet.google.com/jte-yyfv-djx> If using that option, please let helga.svana@fimleikasamband.is know before 14th of April.

- *Topics for the meeting must be sent to the organiser no later than 3 weeks before the meeting date. **For this meeting that is March 26th.** Please send your topics to helga.svana@fimleikasamband.is with the subject NTC-TG topic.*
- *Meeting agenda will be sent out no later than 2 weeks before the meeting or April 2nd.*

61. General Data protection Regulation (GDPR)

Text from Nominative Registration:

By registering for the competition, the federations approves that the information details given to the federation and the person responsible for the registration are processed and stored by the Norwegian Gymnastics Federation and Sola Turn.

Purpose of processing personal data in connection with competition registration: The storage time for the personal data varies depending on what the information is needed for. The starting point is that information will not be stored longer than necessary for the current purpose.

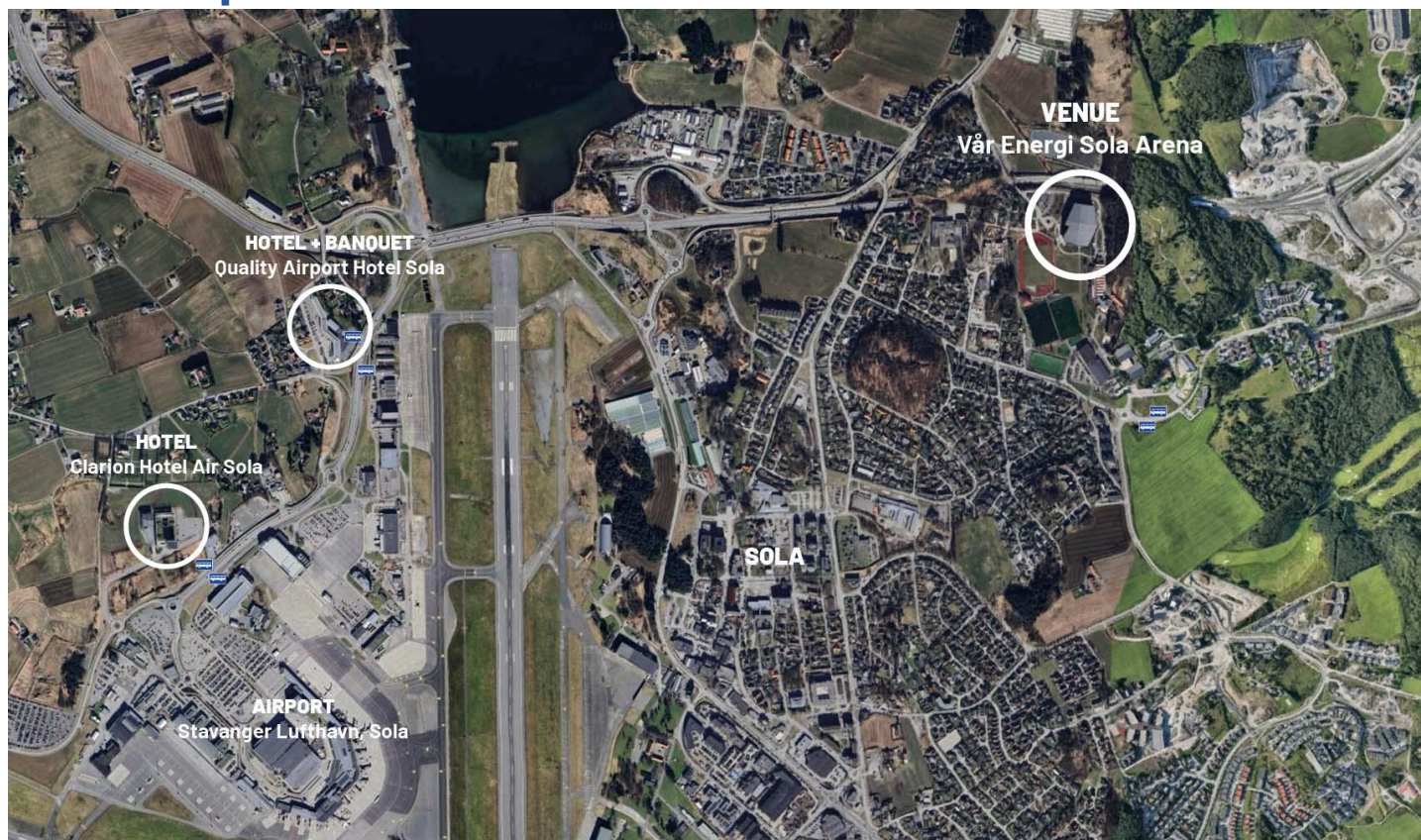


62. Evaluation

According to the technical regulations art. 17.6:

The OC will after the event send an (online) evaluation form to all federations. All teams, judges and head of delegations are expected to submit this form. The outcome will be shared with the NTC-TG.

63. Map of Sola



64. Responsible organizer and local organizing committee (LOC)

The Norwegian Gymnastics Federation (NGTF) is fully responsible for the organization of the event. NGTF have entered a partnership with the local club Sola Turn as the organizer of the championship.

Contact information:

Norwegian Gymnastics Federation

Mr. Hermod Buttedahl
Chair, Department of sports NGTF
Competition director

E-mail: hermod.buttedahl@gymogturn.no

Mobile phone: +47 951 89 211

Sola Turn - Local Organizing Committee (LOC)

Mr. Terje Hopen
Chair, LOC Sola Turn

E-mail: terje@ensign.no

Mobile phone: +47 924 58 205

64. Distribution of official information

All official information concerning the championships will be distributed by e-mail to the members of the Nordic Technical Committee TeamGym (NTC-TG) and the contactpersons in the administration of the national federations.

NB! Linda Angelsioo has replaced Janina Åhs as contact person for Sweden - National Federation:

Nordic Technical Committee TeamGym (NTC-TG):

Federation	Name	E-mail
Denmark	Mette Baunsgaard	Baunsgaard@hotmail.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

Contact persons National federations:

Federation	Name	E-mail
Denmark	Ole Holmskov	ohh@gymdanmark.dk
Finland	Sonia Solismaa	sonia.solismaa@voimistelu.fi
Iceland	Helga Svana Ólafsdóttir	helga.svana@fimleikasamband.is
Norway	Hermod Buttedahl	hermod.buttedahll@gymogturn.no
Sweden	Linda Angelsioo Janina Åhs	trupp@gymnastik.se

We look forward to seeing you in Sola Norway!

Yours sincerely
Norwegian Gymnastics Federation

Torgeir Røinås Pedersen
President
(sign.)

Hermod Buttedahl
Chair, Department of Sports
Competition director
(Sign.)

Jan Magne Cederstrøm
Chair, Technical Committee TeamGym
(Sign.)









































































Tony Machin
Chair, Sola Turn
(Sign.)

Attachments:






















- A. Running order – training Friday.
- B. Running order – training and competition mix Saturday.
- C. Running order – training and competition women Saturday.
- D. Running order – training and competition men Saturday.
























A. Running order – training Friday

Time		Floor	Tumble	Trampet
16:00	- 16:10	 Enebybergsgymnasterna	 GF Køge Bugt	 Sandnes
16:10	- 16:20	 Gerpla	 Beitstad	 Selfoss
16:20	- 16:30	 GymHelsingø	 Enebybergsgymnasterna	 GF Køge Bugt
16:30	- 16:40	 Sandnes	 Gerpla	 Beitstad
16:40	- 16:50	 Selfoss	 GymHelsingø	 Enebybergsgymnasterna
16:50	- 17:00	 GF Køge Bugt	 Sandnes	 Gerpla
17:00	- 17:10	 Beitstad	 Selfoss	 GymHelsingø
17:10	- 17:20	 HIFK Gymnastics	 Bolbrogymnasterne	 Stavern
17:20	- 17:30	 ABGS	 Gerpla	
17:30	- 17:40	 Bolbrogymnasterne	 Stavern	 HIFK Gymnastics
17:40	- 17:50	 Gerpla		 ABGS
17:50	- 18:00	 Stavern	 HIFK Gymnastics	 Bolbrogymnasterne
18:00	- 18:10		 ABGS	 Gerpla
18:10	- 18:20	 Selfoss	 Voimisteluseura Fliku-82 ry	 GK Splitt
18:20	- 18:30	 Rødovre og Omegns GF	 Oslo	
18:30	- 18:40	 Voimisteluseura Fliku-82 ry	 GK Splitt	 Selfoss
18:40	- 18:50	 Oslo		 Rødovre og Omegns GF
18:50	- 19:00	 GK Splitt	 Selfoss	 Voimisteluseura Fliku-82 ry
19:00	- 19:10		 Rødovre og Omegns GF	 Oslo
19:10	- 19:20	 Oslo	 Stjarnan	 Laksevåg
19:20	- 19:30	 Brommagymnasterna	 GCF Uppsala	 Gladsaxe IF
19:30	- 19:40	 GF Køge Bugt	 Oslo	 Stjarnan
19:40	- 19:50	 Laksevåg	 Brommagymnasterna	 GCF Uppsala
19:50	- 20:00	 Gladsaxe IF	 GF Køge Bugt	 Oslo
20:00	- 20:10	 Stjarnan	 Laksevåg	 Brommagymnasterna
20:10	- 20:20	 GCF Uppsala	 Gladsaxe IF	 GF Køge Bugt






















B. Running order training and competition mix Saturday







Training				
Time		Floor	Tumble	Trampet
09:00	- 09:08	 Enebybergsgymnasterna	 GF Køge Bugt	 Sandnes
09:08	- 09:16	 Gerpla	 Beitstad	 Selfoss
09:16	- 09:24	 GymHelsingø		
09:24	- 09:32	 Sandnes	 Enebybergsgymnasterna	 GF Køge Bugt
09:32	- 09:40	 Selfoss	 Gerpla	 Beitstad
09:40	- 09:48		 GymHelsingø	
09:48	- 09:56	 GF Køge Bugt	 Sandnes	 Enebybergsgymnasterna
09:56	- 10:04	 Beitstad	 Selfoss	 Gerpla
10:04	- 10:12			 GymHelsingø

10:10-10:30 Opening ceremony






















Competition				
Time	#	Floor	Tumble	Trampet
10:30	1	 Enebybergsgymnasterna		
10:33	2		 GF Køge Bugt	
10:36	3			 Sandnes
10:40	4	 Gerpla		
10:43	5		 Beitstad	
10:46	6			 Selfoss
10:50	7	 GymHelsingø		
10:53	8		 Enebybergsgymnasterna	
10:56	9			 GF Køge Bugt
11:00	10	 Sandnes		
11:03	11		 Gerpla	
11:06	12			 Beitstad
11:10	13	 Selfoss		
11:13	14		 GymHelsingø	
11:16	15			 Enebybergsgymnasterna
11:20	16	 GF Køge Bugt		
11:23	17		 Sandnes	
11:26	18			 Gerpla
11:30	19	 Beitstad		
11:33	20		 Selfoss	
11:36	21			 GymHelsingø






















C. Running order training and competition women Saturday

Training				
Time		Floor	Tumble	Trampet
11:50	- 11:58	 HIFK Gymnastics	 Bolbrogymnasterne	 Stavern
11:58	- 12:06	 ABGS	 Gerpla	
12:06	- 12:14	 Bolbrogymnasterne	 Stavern	 HIFK Gymnastics
12:14	- 12:22	 Gerpla		 ABGS
12:22	- 12:30	 Stavern	 HIFK Gymnastics	 Bolbrogymnasterne
12:30	- 12:38		 ABGS	 Gerpla
12:38	- 12:46	 Selfoss	 Voimisteluseura Fliku-82 ry	 GK Splitt
12:46	- 12:54	 Rødovre og Omegns GF	 Oslo	
12:54	- 13:02	 Voimisteluseura Fliku-82 ry	 GK Splitt	 Selfoss
13:02	- 13:10	 Oslo		 Rødovre og Omegns GF
13:10	- 13:18	 GK Splitt	 Selfoss	 Voimisteluseura Fliku-82 ry
13:18	- 13:26		 Rødovre og Omegns GF	 Oslo

Competition				
Time	#	Floor	Tumble	Trampet
13:30	22	 HIFK Gymnastics		
13:33	23		 Bolbrogymnasterne	
13:36	24			 Stavern
13:40	25	 ABGS		
13:43	26		 Gerpla	
13:46	27			 HIFK Gymnastics
13:50	28	 Bolbrogymnasterne		
13:53	29		 Stavern	
13:56	30			 ABGS
14:00	31	 Gerpla		
14:03	32		 HIFK Gymnastics	
14:06	33			 Bolbrogymnasterne
14:10	34	 Stavern		
14:13	35		 ABGS	
14:16	36			 Gerpla
14:20	37	 Selfoss		
14:23	38		 Voimisteluseura Fliku-82 ry	
14:26	39			 GK Splitt
14:30	40	 Rødovre og Omegns GF		
14:33	41		 Oslo	
14:36	42			 Selfoss
14:40	43	 Voimisteluseura Fliku-82 ry		
14:43	44		 GK Splitt	
14:46	45			 Rødovre og Omegns GF
14:50	46	 Oslo		
14:53	47		 Selfoss	
14:56	48			 Voimisteluseura Fliku-82 r
15:00	49	 GK Splitt		
15:03	50		 Rødovre og Omegns GF	
15:06	51			 Oslo

D. Running order training and competition men Saturday

Training					
Time			Floor	Tumble	Trampet
15:20	-	15:28	 Oslo	 Stjarnan	 Laksevåg
15:28	-	15:36	 Brommagymnasterna	 GCF Uppsala	 Gladsaxe IF
15:36	-	15:44	 GF Køge Bugt		
15:44	-	15:52	 Laksevåg	 Oslo	 Stjarnan
15:52	-	16:00	 Gladsaxe IF	 Brommagymnasterna	 GCF Uppsala
16:00	-	16:08		 GF Køge Bugt	
16:08	-	16:16	 Stjarnan	 Laksevåg	 Oslo
16:16	-	16:24	 GCF Uppsala	 Gladsaxe IF	 Brommagymnasterna
16:24	-	16:32			 GF Køge Bugt

Competition				
Time	#	Floor	Tumble	Trampet
16:45	52	 Oslo		
16:48	53		 Stjarnan	
16:51	54			 Laksevåg
16:55	55	 Brommagymnasterna		
16:58	56		 GCF Uppsala	
17:01	57			 Gladsaxe IF
17:05	58	 GF Køge Bugt		
17:08	59		 Oslo	
17:11	60			 Stjarnan
17:15	61	 Laksevåg		
17:18	62		 Brommagymnasterna	
17:21	63			 GCF Uppsala
17:25	64	 Gladsaxe IF		
17:28	65		 GF Køge Bugt	
17:31	66			 Oslo
17:35	67	 Stjarnan		
17:38	68		 Laksevåg	
17:41	69			 Brommagymnasterna
17:45	70	 GCF Uppsala		
17:48	71		 Gladsaxe IF	
17:51	72			 GF Køge Bugt