



Nordens Gymnastikförbund

# **NORDIC ARTISTIC GYMNASTICS CHAMPIONSHIPS**

SENIORS (MAG & WAG)

JUNIORS (MAG & WAG)

YOUTH (MAG, unofficial)

CI

(CII)

CIII

TECHNICAL REGULATIONS

May 2018

(Updated from the 2013 whit decisions made in the Nordic meeting 2016)

## 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

## Abbreviations:

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

## Naming definitions:

The name of the Senior Nordic Championships is "Nordic Artistic Gymnastics Championships"
The name of the Junior Nordic Championships is "Junior Nordic Artistic Gymnastic Championships"
The name of the Youth Nordic Unofficial Championships is "Youth Nordic Artistic Gymnastic Championships"

# Contents

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

# I. General regulations

## Art. 1 Purpose of this document

Based on the technical regulations of FIG, this document lay 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 form Sweden, Norway, Denmark, Finland and Iceland.

## Art. 3 Right to participate

All national Federations affiliated to Nordic countries that have the FIG rights of their country are admitted to the Nordic Championships. Exception is Faroe Island, 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 2.

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 (~~exception: In 2013 it will be arranged alone in Sweden~~), and alone in even years in May.

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.

	Seniors	Juniors	Youth
	Even year before ECh	Spring	
2017		NOR	
2018	DEN		
2019		SWE	
2020	ISL		
2021		FIN	
2022	NOR		
2023		DEN	
2024	SWE		
2025		ISL	
2026	ISL		

## **Art. 5 Invitations and time schedule**

- 5.1.** Place and date must be announced to the other Nordic countries six (6) months before the NCh.
- 5.2.** Time schedule must be announced three (3) months before the NCh.
- 5.3.** The NCh is normally organised during 3 days as follows:  
Day 1: Training, Orientation meeting and technical meetings  
(common meeting and separate meeting for MAG/WAG)  
Day 2: CI  
Day 3: C III
- 5.3.1.** 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 required time, are to be used.
- 6.2.** The deadlines for registration are determined by the dates of the competition, as follows:
- 6.2.1. Provisional registration**  
The number of teams (MAG and/or WAG, Seniors, Juniors, Youth):  
3 months before the date of the NCh
- 6.2.2. Definitive registration of delegation members**  
The number of participants:  
1 month before the date of the NCh
- 6.2.3. Nominative registration of gymnasts, judges and other officials**  
1 week before the date of the NCh  
The list must include:  
- surname and forename of the participants  
- date of birth (date, month, year) of the gymnasts
- 6.2.4. Sanctions**  
Sanctions will be applied if the different deadlines are not respected.  
Fee for late entry will be 100 € for every week per NF.  
The fee will be paid to the OC.

## II. Technical organisation

### Art. 7 Competition Format

7.1. The Championships consist of the following competitions:

**7.1.1. C I, Seniors, Juniors and Youth:**

- a decisive competition for the team result
- a decisive competition for the individual all-around result (CII)
- qualification for the apparatus finals C III

**7.1.2. Apparatus finals C III, Seniors, Juniors and Youth**

### Art. 8 Age and nationality requirements

#### 8.1. 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 14 years of age and not more than 18 years
- Juniors, WAG: not less than 13 years of age and not more than 15 years
- Youth, MAG: not less than 13 years of age and not more than 14 years

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.

#### 8.2. Nationality

~~All gymnasts have to have the nationality of the federation in accordance with the FIG Rules.~~

Participants in the Nordic Championships has to be citizen of the country they are participating for.

The OC have the right to check the gymnast's passport/ identity card.

### Art. 9 Competition programme

#### 9.1. C I, Seniors, Juniors and Youth

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

**9.1.1.** A senior team consists of 3-5 gymnasts, of which 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.

**9.1.2.** A junior team consists of 3-5 gymnasts, of which 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.

**9.1.3.** A youth team consists of 3-5 gymnasts, of which 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.

- 9.1.4.** It is possible to participate with individual gymnasts, if a NF does 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.

**9.2. Competition workplan**

- 9.2.1.** Each team has the right to at least 15 minute warming up time, for each apparatus, before the competition. The warm up will be in the competition hall during the competition. The time for warm-up will be according the corresponding apparatus in the CoP. In C III there will still be a touch warm up.

- 9.2.2. The order of rotation:**



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- 9.2.3. The working order among the NF**

C I 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.



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- 9.2.4.** If necessary, the drawing of lots for the working order is organised by the responsible OC in the technical meeting. Representatives of the member NF are invited to attend the drawing of lots.

- 9.2.5. Working order among the team**

The Federation (teams) has to hand in the working order for the team no later than 21:00 (at the Technical 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.

**9.3. Apparatus Finals C III, Seniors, Juniors and Youth**

- 9.3.1.** For seniors and juniors the 6 highest ranked gymnasts on each apparatus from C I will be qualified for the corresponding Apparatus Finals
- 9.3.2.** For Youth the 8 highest ranked gymnasts on each apparatus from C I will be qualified for the corresponding Apparatus Finals
- 9.3.3.** A maximum of two gymnasts per federation will be allowed in each of the Apparatus Finals.
- 9.3.4.** The starting order of the gymnasts is indicated as:

**Seniors and Juniors**

Start order CIII	Ranking CI
1	6
2	5
3	4
4	3
5	2
6	1

**Youth (MAG)**

Start order CIII	Ranking CI
1	8
2	7
3	6
4	5
5	4
6	3

7	2
8	1

**9.3.5.** For the apparatus finals, there will be three reserve gymnasts per apparatus.

#### **9.4. Exercise requirement**

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

**9.4.2. WAG:**

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

**9.4.3. 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 regarding short exercises, agreed by the men's technical meeting.

**Number of elements E-value**

7-8	10,00
6	8,00
5	7,00
4	6,00
3	3,00
0-2	0,00

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

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

#### **9.5. Tie breaking rules**

If 2 or more gymnasts have the same final score in C I competing for the last place in Finals, both of them will participate in the Finals. The schemes in 7.2.4 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.

### **Art. 10 The Juries and Judging Panels**

**10.1.** All judges must be holder of the FIG Brevet for the corresponding cycle. Judges for the Youth competition can have national brevet.

**10.2.** Each NF has the obligation to nominate two judges for WAG competitions and 3 judges for MAG competitions for each of the categories in which it will participate; the judges have to fulfil the requirements (Art. 9.1). The appointment of the judges to each apparatus among NF:



## MAG D1 and WAG D- and E-panels:



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## MAG D- and E-panels



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If Faroe Islands have nominated a MAG/WAG judge, his/her place will be drawn by the OC.

All judges have to participate in judges' briefing prior to the competition.

- 10.3.** 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 (C I)

The judges panel will be organized with 3 judges 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 + 5 E-judges (C III)

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

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

3 counting decimals, the rest is cut off.

### WAG

2 D-judges + 3 or 4 E-judges (C I)

The judges' panel will be organised with 2 judges' pools, with 5 or 6 judges in each pool.

In the case of 3 E-judges, the E-score will be the average of the middle 3 E-scores.

3 counting decimals, the rest is cut off.

2 D-judges + 4 E-judges (C III)

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

3 counting decimals, the rest is cut off.

## **10.4. Inquiries**

An inquiry concerning the E-scores is not permitted.

Inquiry for the D-score is permitted and must be given in writing to the D1 judge no later than the next rotation. The respective judges' panel will decide the outcome of the inquiry. Each NF are able to give their own videos to D1 concerning the inquiry.

If D-scores are not shown after each routine, the NF has the right to get the D-scores of their gymnasts at least after each rotation. In this case the coach of each NF has the obligation to pick up the list of the D-scores from the D1 immediately after corresponding rotation.

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

Protest must be given in writing and delivered to The Jury of Appeal as soon as possible and no later than the start of the next rotation.

#### **10.5. Jury of Appeal**

The members of The Jury of Appeal must be submitted during the Technical meeting as follow:

- One (1) member from the OC (e.g. the head of the competition)
- D1 judge from the concerned judging panel
- One (1) representative from each NF (can be different for MAG and WAG, cannot be active judge or coach)

### **III. Ceremonies and ranking lists**

#### **Art. 11 Championship titles**

**11.1.** The winner of the team competition (C I) 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"

**11.2.** The winner of the all-around competition (CII) from CI 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"

**11.3.** The winner of the single Apparatus Finals (C III) 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. 12 Medals and Ceremonies**

All delegations must bring their own national flag and national anthem in short version; approximately 45 seconds.

##### **12.1. Opening ceremony**

All participating gymnasts must attend the opening ceremony. The gymnasts must wear "national training suit". After the marching in the national anthem of the participating delegations will be played and official opening will be held.

##### **12.2. Award Ceremony**

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

Team, Seniors, Juniors and Youth:

1 <sup>st</sup> place:	6 gold medals (5 gymnasts and 1 coach)
2 <sup>nd</sup> place:	6 silver medals (5 gymnasts and 1 coach)
3 <sup>rd</sup> place:	6 bronze medals (5 gymnasts and 1 coach)

All-around, Seniors, Juniors and Youth:

1 <sup>st</sup> place:	1 gold medal
2 <sup>nd</sup> place:	1 silver medal
3 <sup>rd</sup> place:	1 bronze medal

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

1<sup>st</sup> place: 1 gold medal

2<sup>nd</sup> place: 1 silver medal

3<sup>rd</sup> place: 1 bronze medal

### **12.3. Medals**

The medals are to be similar to those which have been used in the previous Championships, but they can be ordered locally.

### **Art. 13 Diploma**

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

### **Art. 14 Score sheets, ranking lists and lists of finalists**

**14.1.** The heads of delegations, the participating judges and coaches shall receive a copy of results after each competition (C I, C III).

**14.2.** The lists of the finalists are published by the organisers immediately after the end of C I. The delegations concerned have to confirm the participation of their gymnast(s) on the same day to the OC.

**14.3.** At the end of the NCh the head of delegation of each NF shall receive two copies of the complete result book, with all judges' scores.

## **IV. Functions of the organising committee**

### **Art. 15 Responsibilities of the Organiser**

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

#### **15.2. General obligations of the OC**

The OC is responsible for a flawless running of the event, which includes the running of the competition, the training sessions, the judges instruction, the Orientation meeting and the Technical meetings.

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

In the Technical meetings (common meeting and separate meeting for MAG/WAG) each NF is allowed to participate with one WAG and one MAG representative.

The meeting should only deal with proposals that have been put forward to each NF at least four weeks before the NCh.

Faroe Islands has right to participate and speak in the meetings, but doesn't have right to vote.

## V. Financial matters and obligations

### Art. 16 Financial obligations of the participating NF

- 16.1. The participating NF shall pay for travelling and accommodation expenses (including meals) of their delegations. The organising NF must inform the participating federations on the terms of payment.
- 16.2. The organiser must give at least two alternative standards and prices for overnight accommodation. For example backpack standard and tourist hotel standard. The hotels should be as close as possible to each other to make it easier to make social contact between the delegations.
- 16.3. Fee for late entry is specified in article 5.2.4.
- 16.4. The participating federations must use the hotels that the organizers put forward.