



## DINAMIC GYM Società Sportiva Dilettantistica



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Mid European Teamgym Championships 2025 – Italy – Lignano Sabbiadoro

# INVITATION

## MID EUROPEAN TEAMGYM CHAMPIONSHIPS Club Event for non-Nordic countries of Europe



Lignano Sabbiadoro (ITALY)  
12-16 November 2025

The **FGI (Italian Federation of Gymnastic)** has appointed the **DINAMIC GYM** to organize the **First MID EUROPEAN TEAMGYM CHAMPIONSHIPS** in collaboration with **Bella Italia EFA Village**, and It has the honor to invite you to the competition, which will be held **12-13-14-15-16 November 2025** in **Lignano Sabbiadoro**.

Many thanks to the **European Gymnastics TeamGym Technical Committee** for their support in initiating the **Mid-European Championships**.

## Directives

The **MID EUROPEAN TEAMGYM CHAMPIONSHIPS** is inspired by the **Nordic TeamGym Championships** for club-based competition. Therefore, for the purposes of the **MECh**, Mid European is to include all European countries that are not part of the **Nordic TeamGym Championships**.

The competition will be organised according to the **Tecnical Regulations of the METCh 2023**.

Also, we refer to the **Teamgym Directives for Equipment 2022**.

**Teams are not allowed to bring their own trampets.**

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## 1. LOCAL ORGANISING COMMITTEE (LOC)

Organizer: FGI – Federazione Ginnastica d'Italia  
DINAMIC GYM S.S.D. A R.L.  
Bella Italia EFA Village



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Mid European Teamgym Championships

## 2. LOCATION OF THE COMPETITION

Name: **BELLA ITALIA EFA VILLAGE SPORTS & FAMILY**

Address: Viale Centrale n. 29 – 33054 Lignano Sabbiadoro



The competition halls and the accommodation are inside the pine forest of Lignano Sabbiadoro, immersed in 60 hectares of greenery, with a private beach and private waterpark.

Lignano is about an hour's drive from the international airports of Venice - Marco Polo and Trieste - Ronchi dei Legionari.

Both are connected to the beach by train and bus.

[Aeroporto Trieste - Ronchi dei Legionari Km. 65](#) Train to Latisana-Lignano-Bibione and then Bus connection with Lignano.

[Aeroporto Venezia - Marco Polo Km. 95](#) Train to Latisana-Lignano-Bibione and then Bus connection with Lignano.

## 3. EQUIPMENT

According to European Gymnastics requirements.

The LOC has an exclusive agreement with **Euro Gymnastics Equipment – supplier to the 2024 European Championships.**

The LOC will provide two landing areas for trampet.

#### 4. PROVISIONAL PROGRAMME (subject to modification)

Wednesday, November 12 <sup>th</sup> , 2025	
Arrival of Teams & Information for Head of delegation, coaches and judges	afternoon/evening
Accreditations	
Thursday, November 13 <sup>th</sup> , 2025	
Late accreditations	morning/afternoon
Training for Junior Clubs	morning/afternoon
Coaches meeting	afternoon/evening
Judges meeting	afternoon/evening
Opening Ceremony	evening
Friday, November 14 <sup>th</sup> , 2025	
Training for Senior Clubs	morning
Panel meetings Junior competition	morning
Competition Junior Clubs	afternoon/evening
Award Ceremony Junior Clubs	evening
Saturday, November 15 <sup>th</sup> , 2025	
Panel meeting Senior competition	morning
Competition Senior Clubs	morning/afternoon
Award Ceremony Senior Clubs	afternoon
Award Ceremony Federation Trophy	afternoon
Banquet (for gymnasts, coaches and officials)	evening
Sunday, November 16 <sup>th</sup> , 2025	
Departure of Delegations	

#### 5. PARTICIPATION RIGHTS AND ACCREDITATIONS

All Mid European federations, which are affiliated to the European Gymnastics and FIG have the right to participate.

Non-Mid European teams are not allowed to participate in the MECh. However, with special permission from the MECh TC it may be possible to accept a team from another continent with the approval of their home federation.

Each federation should establish their own methods for selecting the club teams that will represent them at the MECh.

##### Maximum size of the delegation from each National Federation

- 1-12 Teams (see section 10: Competition Format)
- Maximum 3 coaches per team
- Maximum 12 gymnasts per team (including reserves)
- Maximum 4 judges
- Maximum 2 physiotherapists/doctors or similar function
- 1 Head of the delegation
- 1 Deputy Head of the delegation
- 1 Media/press (representing the federation)
- 1 MECh TC member (this position may also hold another role within the delegation)
- All nominative gymnasts (excl. the reserve gymnasts) must participate in the competition.

The correct age and valid insurance will be checked at the accreditation (bring passport or another kind of identification card with photo). **Please ensure registration is done either by the National Federation or with the full consent of the National Federation.**

## 6. AGE LIMIT OF GYMNASTS

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For the Junior TeamGym: 17 years and under  
For the Senior Teamgym: 15 years and over

The gymnasts have the right to participate if they reach the determined min/max age during the year of the competition.

## 7. REGISTRATIONS AND ENTRY FEES

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Registrations can only be made by Clubs affiliated of the Member Federations of European Gymnastics in good standing. **Please ensure registration is done either by the National Federation or with the full consent of the National Federation.**

**PROVISIONAL REGISTRATION** until **June 13<sup>th</sup>, 2025** at the very latest.

By filling out the **GOOGLE FORM** (one for each team) at the link:

<https://forms.gle/R9HGogEvmfA3GJUu9>

**DEFINITIVE REGISTRATION OF OFFICIALS** until **August 13<sup>th</sup>, 2025** at the very latest.

By filling out the **GOOGLE FORM** (one for each team) at the link:

<https://forms.gle/rvtQp74seEieCsGm7>

**DEFINITIVE REGISTRATION OF THE TEAMS & COSCHES** until **August 13<sup>th</sup>, 2025** at the very latest.

By filling out the **GOOGLE FORM** (one for each team) at the link:

<https://forms.gle/rem5nxXPsnCjyQSQA>

**NOMINATIVE REGISTRATION OF OFFICIALS** until **October 13<sup>th</sup>, 2025** at the very latest.

By filling out the **GOOGLE FORM** (one for each team) at the link:

<https://forms.gle/6tk68PmvC4oNgEvq6>

**NOMINATIVE REGISTRATION OF THE TEAMS & COACHES** until **October 13<sup>th</sup>, 2025** at the very latest.

By filling out the **GOOGLE FORM** (one for each team) at the link:

<https://forms.gle/PNwmv1pXB4o64pAF9>

### **Entry Fees € 300.- per team**

The total amount of the entry fees must be paid until the date of the nominative registration deadline, **October 13<sup>th</sup>, 2025** at the very latest on the **Dinamic Gym bank account**.

Beneficiary	Dinamic Gym SSD a RL
Bank Account / IBAN	IT34J0862212400000000868473
Bank name	Cassa Rurale FVG
BIC	CCRTIT2T96A

Please state the name of the Club and the payment purpose on the transfer (ex. DinamicGym\_TG\_MID entry fees).

In case of non-participation or partial participation the entry fee will not be reimbursed.

## 8. WORK PLAN

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The Workplan will be sent to the clubs **four weeks before the start of the competition**.

## 9. JUDGES

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All judges must be holders of the European Gymnastics TeamGym brevet for the corresponding cycle or be judges for national competitions in their own country. Judges with head judge positions (E1 and CD1) must be holders of the European Gymnastics TeamGym brevet. If a country does not have enough judges they should inform the MECh TC as soon as possible.

Federation Entry	Number of Judges to Nominate
1 Team	1-4 Judges
2-3 Teams	2-4 Judges
4-6 Teams	3-4 Judges
7-12 Teams	4 Judges

If the required number of judges cannot be provided then the expenses of bringing in a judge from another country must be met. The MECh TC will advise in this instance.

All judges must participate at the judges meeting prior to the competition.

All judges will apply the **European Gymnastics TeamGym Code of Points, current edition 2025**.

## 10. COMPETITION FORMAT

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Maximum 2 teams per section (men, women and mixed) in each category from each National Federation.

Junior	Senior
2 Junior Men's Team	2 Senior Men's Team
2 Junior Women's Team	2 Senior Women's Team
2 Junior Mixed Team	2 Senior Mixed Team

<u>Teams:</u>	<b>Men's club team</b>	8-12 gymnasts (including reserves)
	<b>Women's club team</b>	8-12 gymnasts (including reserves)
	<b>Mixed club team</b>	8-12 gymnasts (including reserves)

A gymnast can only represent one club and be part of one team.

Apparatus: Each team must perform 3 apparatus:

Floor	Tumble	Trampet
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**All gymnasts participating in the competition must perform the Floor programme.**

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 only if the injury has occurred prior to competing on floor.

## 11. MUSIC and TARIFF FORMS

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The music and tariff forms must be uploaded to the FGI services portal at <https://portaleservizi.federginnastica.it> no later than **October 13<sup>th</sup>, 2025**

A copy of all music files should be brought to the event on a USB stick.

## 12. RANKING

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A winning club will be announced for each of the sections. (the total score of the team is the sum of



final score of all three apparatus).

Trophy for the top three club teams and medal for the gymnasts

### **13. PUBLICITY RULES AND CLOTHING DURING THE PRACTICE**

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The event will follow the FIG rules for publicity. However, the National emblem is optional, as are competitor numbers.

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

### **14. ACCOMMODATION**

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At Bella Italia EFA Village

Viale Centrale n. 29 – 33054 Lignano Sabbiadoro

Single room	€ 72,00
Double room	€ 52,00
Multiple room	€ 45,00

The prices are per night/per person (including breakfast, lunch and supper).  
Free parking inside the Village.

The **Accommodation Request** must be submitted by **August 13<sup>th</sup>** by filling out the Google Form at the link: <https://forms.gle/S7xHFrxMyLVW7kot5>

#### **Payment deadlines accommodation:**

- The first 50% of the total accommodation costs – **August 13<sup>th</sup>**
- Settlement of the remaining 50% of accommodation costs – **October 13<sup>th</sup>**

Payment for the accommodations must be made through bank transfer to:

Beneficiary	Bella Italia EFA Village
Bank Account / IBAN	IT90X0871512300000000724439
Bank name	Banca di Udine Credito Cooperativo
BIC	ICRAITRRJV0

Each participating Club is kindly requested to write on the transfer document the payment's purpose as follows: **CLUB\_TG\_MID** (ex. DINAMICGYM\_TG\_MID)

### **15. FINANCIAL OBLIGATIONS**

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The participating clubs cover all their expenses, including for their judges. If a country cannot provide the required number of judges, then the cost of providing the judges from another country must be assumed by the country unable to provide the judges (see section 9.).

### **16. INSURANCE**

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Each club must have valid insurance of their gymnasts and be affiliated to a member Federation of European Gymnastics.

## 17. SUMMARY OF THE DEADLINES AND PAYMENTS

<i>Requests</i>	<i>Pay to or sent to</i>	<i>Deadline</i>
<b>Provisional Registration</b> Google Form	<a href="https://forms.gle/R9HGogEvmfA3GJUu9">https://forms.gle/R9HGogEvmfA3GJUu9</a>	<b>June 13<sup>th</sup></b>
<b>Definitive Registration of OFFICIALS</b> Google Form	<a href="https://forms.gle/rvtQp74seEjeCsGm7">https://forms.gle/rvtQp74seEjeCsGm7</a>	<b>August 13<sup>th</sup></b>
<b>Definitive Registration TEAMS &amp; COACHES</b> Google Form	<a href="https://forms.gle/rem5nxXPsnCYjQSQA">https://forms.gle/rem5nxXPsnCYjQSQA</a>	
Accommodation Request Google Form	<a href="https://forms.gle/S7xHFRxMyLVW7kot5">https://forms.gle/S7xHFRxMyLVW7kot5</a>	
Accommodation costs (first 50%)	Bella Italia EFA Village IT90X0871512300000000724439	
<b>Nominative Registration of OFFICIALS</b> Google Form	<a href="https://forms.gle/6tk68PmvC4oNgEvq6">https://forms.gle/6tk68PmvC4oNgEvq6</a>	<b>October 13<sup>th</sup></b>
<b>Nominative Registration TEAMS &amp; COACHES</b> Google Form	<a href="https://forms.gle/PNwmv1pXB4o64pAF9">https://forms.gle/PNwmv1pXB4o64pAF9</a>	
Payment Entry Fees	Dinamic Gym SSD a RL IT34J0862212400000000868473	
<b>Music and Tariff Form</b>	<a href="https://portaleservizi.federginnastica.it">https://portaleservizi.federginnastica.it</a>	
Accommodation costs (last 50%)	Bella Italia EFA Village IT90X0871512300000000724439	

## 18. TECHNICAL REGULATIONS

The Technical Regulations of the Mid European Teamgym Championships are attached to these directives.

Gorizia, January 2025



**DINAMIC GYM**

Ornella Padovan  
DTN Teamgym FGI