

# **Mid European TeamGym Championships**

## **TECHNICAL REGULATIONS 2023**

# ABBREVIATIONS

NF	National Federation
MECh M	Mid European Gymnastic meeting
MECh TC	Mid European TeamGym Technical Committee
OC	Mid European TeamGym Championship Organising committee
European TC-TG	Technical Committee TeamGym of EUROPEAN GYMNASTICS
TG	TeamGym

Foreword: Until MECh-TC can be established, the European TG-TC will act as facilitators for this event. Therefore, the European TG-TC will advise on all matters where this document refers to the METG-TC.

Note: This event 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.

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# I GENERAL REGULATIONS

## 1.0 Organisation and terminology

The Mid European TeamGym Championship (MECh) is a club competition, which takes place uneven years to the European TeamGym Championships (which takes place in even years).

The MECh will incorporate a senior and junior competition until such time as the event grows large enough to require a separate event for the age groups.

The organising country is selected according to the rotation schedule as defined by the MECh M.

## 2.0 Right to participate

All Mid European federations, which are affiliated to the European Gymnastics and FIG have the right to participate. A fee will be set by the MECh TC (no more than 300 euros per team).

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. Also, it is not allowed to arrange an open competition in conjunction with the MECh, the MECh must be a stand alone event.

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

## 3.0 Allocation and dates

Until a MECh TC can be established, the European Gymnastics TGTC will make a decision as to which country may host the MECh in a given year and advise on the Superior Jury. There is no fee required for hosting the event.

The national federations will receive an official Application Form from the organising country.

The MECh should take place in October/November taking care to avoid clashing with the Nordic TeamGym Championships.

## 4.0 Conditions for participation

### 4.1 Composition of the team

8-12 gymnasts (including reserves), who have competed previously as a club team. The date and location of the event where the team last competed should be included in the entry form. A gymnast can only represent one club and be part of one team.

Age of the participants:

For the senior TeamGym: 15 years and over

For the junior TeamGym: 17 years and under

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

### 4.2 The NF are responsible for:

- The correct age of their gymnasts.
- The club membership of their gymnasts.
- Valid insurance of their gymnasts.
- That their teams follow the European Gymnastics rules for advertising.
- The correct age and valid insurance will be checked at the accreditation (bring passport or another kind of identification card with photo).

### 4.3 Size of the delegation from each NF

- Maximum 2 teams per section (men, women and mixed)
- 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.

## 5.0 Entry procedure

### 5.1 Official forms

For registration of entry, official forms, which are distributed to all affiliated NF by the organizing federation at the required time, are to be used.

## 5.2 Deadlines

The deadlines for arrival of registration at the OC are determined by the dates of the competition, as follows.

### 5.2.1 Provisional registration

Provisional registration files must be sent out from OC no later than 6 months before competition. Provisional registration must be sent from NF no later than 5 months before the date of the MECh. There is no fee for provisional registration. The OC must include a list of the apparatus that will be used at the competition, when sending out information about the provisional registration.

### 5.2.2 Definitive registration.

Definitive registration files must be sent out from OC no later than 3 months before competition. Definitive registration of delegation members must be sent in by NF no later than 2 months before the date of the MECh.

### 5.2.3 Nominative list of gymnasts, judges and officials

Nominative registration files must be sent out from OC no later than 6 weeks before competition. 3 weeks before the date of the MECh

### 5.2.4 NF must send in: The list must include: - Surname and forename - Date of birth (year) of the gymnasts. Work Plan

The Work Plan must be sent out no later than 4 weeks prior to the championships.

## 5.3 Alterations of the teams

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

## 5.4 Alterations of the nominative list of the gymnasts.

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

## 5.5 In cases of illness or injury during the competition.

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.

## II TECHNICAL ORGANISATION

### 6.0 Competition format

The TeamGym Championships consists of the following sections: -

- Senior Women
- Senior Men
- Senior Mixed (50% males/50% females)
- Junior Women
- Junior Men
- Junior Mixed (50% males/50% females)

The following disciplines are compulsory for every participating team: - Floor program - Tumble – Trampet. All competing gymnasts of the team must participate in the Floor program. In case of illness or injury, see 5.5.

### 7.0 Competition program

- 7.1 The competition must include official practice and competition for each section outlined in 6.0. Podium training should also be offered the day before competition.
- 7.2 The program should be possible across Friday, Saturday, Sunday, but can be extended into the Thursday if required.
- 7.3 A banquet can be offered at an additional charge if the host federation wishes but it is not a requirement.
- 7.4 An accommodation package can be offered if the host federation wishes but it is not a requirement.
- 7.5 The venue should have hotels within walking distance or within 40 minutes of travel on public transport.
- 7.6 The spectator capacity for the event should be at between 1000 and 3000 spectators. Smaller venues may be considered.
- 7.7 Dimensions for the floor and competition layout are as detailed in the European Gymnastics TeamGym Equipment Directives.

### 8.0 Technical tasks

#### 8.1 Responsibility

The organising federation is responsible for the technical organisation and running of the competition, with the support of the MECh TC. 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 MECh TC from the organizing country.

#### 8.2 Comply with the Code of Points. Organisation, accomplishment and direction of the competition must comply with the Code of Points (European Gymnastics).

### 9.0 The juries and judging panels

#### 9.1 Judges

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.

#### 9.2 Nomination of judges.

Each participating federation is obliged to nominate up to 4 judges. For entry of 7-12 teams, 4 judges is a requirement. For entry of 4-6 teams, 3 judges is a requirement. For entry of 2-3 teams an entry of 2 judges is a requirement. For an entry of 1 team, 1 judge is a requirement. 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.

#### 9.3 Judges meeting

All judges must participate at the judges meeting prior to the competition. Tariff forms will be distributed to the judges on the evening prior to the competition day.

#### 9.4 Dissensions and interpretations of the Code of Points

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 simple majority vote by the MECh TC. All judges are obliged to follow these decisions. It's still the head judge in the respective discipline who's responsible for making interpretation and decisions regarding other issues in the Code of Points during the competition.

#### 9.5 Competition jury

The competition jury consists of persons appointed by the MECh TC-  
The MECh-TG will take the necessary decisions.

#### 9.6 Enquiries

Enquiries can only be offered where there is a suitable video review system.

#### 9.7 Judging panel

There are 3 judging panels; one for each discipline in each section.

<b>Floor</b>	<b>Tumble</b>	<b>Trampet</b>
E1 (Head Judge)	E1 (Head Judge)	E1 (Head Judge)
E2	E2	E2
E3	E3	E3
E4	E4	E4
CD1 (head judge)	CD1 (head judge)	CD1 (head judge)
CD2	CD2	CD2
CD3		
CD4		

Head judges will be appointed from the list of attending judges by the EG-TGTC. The other judging positions will be allocated by a draw during the judges meeting. This will be the responsibility of the OC.

Each nation should be represented in all sections and disciplines where possible. Each nation can only have one judge in each panel (CD/E) in each discipline. Each nation can only have maximum 1 E1-Judge in each section, and a total of 2 E1-Judges in the whole competition (women, men and mixed).

### **III RANKING LISTS AND DISTINCTIONS**

#### **10.0 Ceremonies**

10.1 Opening Participants must march in wearing club uniform. The teams are announced by country. The teams from the organising country are announced last. The championships are then officially opened by a short speech. The teams march out immediately afterwards.

#### 10.2 Award and closing ceremonies

All participants must march in wearing competition dress for gymnasts or club uniform for coaches. The whole team must wear the same outfit. Awards are presented (bronze first, then silver, then gold) after all sections are done. The Mid European Champions are announced, medals awarded, and the national anthem of the winning team is played. The championship is then officially closed by a short speech. The teams march out immediately afterwards. It is the responsibility of the OC that flag and anthem of all countries are present at the ceremonies.

#### **11.0 Ranking**

11.1 Total score. The total score of the team is the sum of final scores of all three disciplines.

#### 11.2 Winning club

A winning club will be announced for each of the sections.

#### **12.0 Cups, medals and diplomas (provided by the organisers)**

#### 12.1 Who receives medals – Gold

All participating gymnasts (including reserves) from the winning club receive a gold medal. The team also receive a trophy.

#### 12.2 Who receives medals – Silver

All participating gymnasts (including reserves) from the winning club receive a silver medal.

#### 12.3 Who receives medals – Bronze

All participating gymnasts (including reserves) from the winning club receive a bronze medal.

#### 12.4 Who receives a diploma

All gymnasts (including reserves), coaches and judges having participated receive a diploma. This can be a digital diploma.

### 13.0 Equality of points

In case of equality of the total score, the tie breaker rule will be applied from the European TeamGym Technical Regulations.

### 14.0 Complete results and complete list of results

#### 14.1 Distribution

When the competition is completed the OC is obliged to distribute a copy of the complete results to the media, and by email to the NF contact persons and head of delegation. For the representatives of the MECh TC, complete list of results, including the scores of the individual judges.

## IV FUNCTIONS OF THE ORGANISING COMMITTEE

### 15.0 Responsibilities of the organisers

#### 15.1 NF with the total responsibility

The NF appointed by the schedule as organiser of the Mid European TeamGym Championship is fully responsible for the organisation of the event, and for establishing the local OC. They carry out all the necessary practical work, and cover all cost to organize the event. The OC will earn money on ticket sales and on offering food and accommodation (if the teams book through the 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' meetings and the necessary meetings. To achieve this, they must strictly observe the:

- Technical regulations for the Mid European TeamGym Championships (this document)
- Code of points (by the European Gymnastics). See appendix for Mid European adaptations
- Directives for Equipment - TeamGym (by the European Gymnastics). See appendix for the Mid European adaptations

## V FINANCIAL MATTERS AND OBLIGATIONS

### 16.0 Financial obligations

#### 16.1 Participating clubs, countries and OC

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 9.2).

#### 16.2 OC

The organiser of the Mid European TeamGym Championships will cover all the expenses and obligations related to the running of the event.

## VI SPECIAL REGULATIONS

### 17.0

#### 17.1 Statutes of the European Gymnastics and extraordinary situations

The rules of the Statutes of European Gymnastics will be applied in all situations, which are not foreseen in these regulations. See also VII Appendices, section 18.3. If extraordinary situations should occur, the necessary decisions will be made by the Superior Jury.

#### 17.2 Language

The Work Plan and all general documents and information concerning the Mid European TeamGym Championships are to be published in English.

#### 17.3 Protocol. The statutes and regulations of the FIG are valid in all matters of protocol concerning the Mid European TeamGym Championships.

#### 17.4 Revising of the Technical Regulations

The regulations (this document) are to be revised each year during the MECh. Within 6 weeks after the championships the MECh will send the draft for the revised Technical Regulations for approval. The valid until date on the front page of this document, must always be updated by one year as part of the revision.

#### 17.5 Evaluation of the MECh.

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 MECh TC.



## VII APPENDICES

18.0

- 18.1 Directives for Equipment – Mid European adaptations of the European Gymnastics Equipment Directives (2022) will be applied. The OC may, if necessary due to space limitations, provide only one landing area for trampet. The OC must give information of the number of landing areas for trampet in the Work Plan. Vertical safety mats (2m high and 5m wide) must be positioned vertically against a wall if that wall is within 5m of the landing area. The minimum size of hall to accommodate this equipment layout should be as noted in the equipment directives.
- 18.2 The application of other FIG/European Gymnastics regulations  
The event will follow the FIG rules for publicity. However, the National emblem is optional, as are competitor numbers.  
European Gymnastics Technical Regulations - Sanctions against late entries (3.2.6), for missing/insufficient number of judges (3.2.7) and unjustified failure to attend the information meeting (13.2) will not be imposed. - 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.
- 18.3 Tariff forms  
Head of delegation delivers all revised tariff forms to the secretariat within two hours before the start of the competitions. It is ok to use a web solution for handing in tariff forms if the OC has one. If a web solution is not used the OC should have a copying machine for copying tariff forms at the accreditation. In case of injury, it must be possible to update the tariff form for floor during the competition. The OC must give information about this in the Work Plan.
- 18.4 Clothing during practice  
During all practice in the competition hall, a similar, neat and proper athletic appearance should be the overall impression of the teams. The OC must give information about this in the work plan.
- 18.5 Recommended timetable for the competition

Thursday:

Morning: Arrival of Teams & Information meeting for Head of delegation, coaches and judges.  
Afternoon / Evening – Podium Training for Juniors & Judges' Draw.

Friday: - Junior Competition

08:00 General warm-up Mixed teams  
09:00 Warm-up Mixed teams (8min/team/discipline)  
09:00-10:00 Judges' meeting for the Mixed competition  
10:10-10:30 Opening ceremony  
10:30 Competition Mixed teams  
12:00 Warm-up Women's teams (8min/team/discipline)  
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/discipline)  
15:30-16:30 Judges' meeting for the Men's competition  
16:30 Competition Men's teams  
18:00 Award ceremony

Evening: Podium Training for Seniors

Saturday: Senior Competition

08:00 General warm-up Mixed teams  
09:00 Warm-up Mixed teams (8min/team/discipline)  
09:00-10:00 Judges' meeting for the Mixed competition  
10:10-10:30 Opening ceremony  
10:30 Competition Mixed teams  
12:00 Warm-up Women's teams (8min/team/discipline)  
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/discipline)  
15:30-16:30 Judges' meeting for the Men's competition  
16:30 Competition Men's teams  
18:00 Award ceremony

20:00 Banquet (optional if the OC wishes to include it)

Sunday:

Departure

