

FIRST INFORMATION  
NORDIC CHAMPIONSHIPS RYTHMICK GYMNASTICS  
March 5-6th 2022

Swedish Gymnastics Federation welcomes all Nordic Federations to Nordic Championships 2022!

**Location:**

Place of the venue is Uppsala 7 miles from Stockholm. Nearest airport is Arlanda Airport, and from there take the train or bus straight to Uppsala.



**Venue:**

Fyrishov Arena, located in the central parts of the city.

Address: Idrottsgatan 3, 753 33 Uppsala

<https://fyrishov.se/om-oss/english/>



## CATEGORIES AND APPARATUS

### Senior

Born 2006 and older

Apparatus: Hoop, Ball, Clubs and Ribbon

### Junior

Born 2007, 2008, 2009

Apparatus: Hoop, Ball, Clubs and Ribbon

### Senior Group

Born 2006 and older (see technical regulations for special rules regarding age of members in senior group)

Apparatus: 5 hoops, 3 ribbon and 3 balls

### Junior Group

Born 2007, 2008, 2009 (see technical regulations for special rules regarding age of members in junior group)

Apparatus: 5 balls

### Duos/Trios Senior

Born 2006 and older (see technical rules regarding age of members in Duos/Trios)

Apparatus: Optional

### Duos/Trios Junior

Born 2007, 2008, 2009

Apparatus: Optional

If any question or enquiries check Technical Regulations for Nordic Championships or contact: [rg@gymnastik.se](mailto:rg@gymnastik.se)

Next information will be sent accordingly December 1<sup>st</sup> 2021.

## Welcome to Uppsala and Sweden!



**Swedish Gymnastics Federation** 



**CRAFT**



**VERA**  
Sport

**svedea**

**LEG**  
by  
**UNISPORT**



**folkspel**

**Scandic**

PARTNERS OF

**Swedish Gymnastics Federation**

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