

**TECHNICAL REGULATIONS
2025-2028**

**RHYTHMIC GYMNASTICS
NORDIC CHAMPIONSHIPS**

Updated after Nordic Technical Meeting 2024

Points 7.5 and 7.9. updated in May 2025 according to the Nordic Gymnastics Agreement.

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2 OVERVIEW

Nordic championships in rhythmic gymnastics are organized in even years, during the first or second weekend of March.

The Nordic nations take turns at hosting the championships, as follows:

- 2026: Denmark
- 2028: Norway
- 2030: Sweden
- 2032: Finland
- 2034: Denmark
- 2036: Norway

3 REGULATING DOCUMENTS

The championships are organized according to the following documents:

- Nordic Gymnastics Agreement
- Technical Regulations, rhythmic gymnastics Nordic championships (the present document)
- FIG CoP for rhythmic gymnastics
- Nordic CoP for rhythmic gymnastics duos/trios (appendix to the present document)
- FIG apparatus planning

In addition, FIG Technical Regulations may be used as guidelines. FIG Technical Regulations are not seen as requirements for these championships.

3.1 Updates to the Technical Regulations

The Technical Regulations (present document) and appendix(es) are to be updated by the host nation and submitted to the other nations by email no later than six (6) weeks after the technical meeting. The other nations then have 1 month from the date of receiving the document, to submit corrections and comments, 2 weeks after which the host nation distributes a final version. The hosting country is responsible to send the final documents to the country responsible for the discipline (in RG: Finland).

When the next host nation starts their work, any proposals for adjustments and any question not covered by the Technical Regulations should be submitted to the other nations by email. As a general rule, the Technical Regulations and appendix(es) should not be modified after January 1st.

Final confirmation of additions/adjustments which have been discussed by email, as well as new proposals, must be on the agenda for the technical meeting during the Nordic championships.

The country responsible for the discipline keeps the technical regulations, and in case of changes makes sure to get it on the agenda for the next Nordic Gymnastics Meeting.

4 COMPETITION PROGRAMME

4.1 Junior competition programme

Age: From the year the gymnast turns 14 to the year the gymnast turns 15.

Age exceptions for junior groups:

- Each group may contain maximally two gymnasts turning 16 (1st year senior).

Apparatus and programs of junior group:

- Apparatus according to the FIG apparatus rotation, one (1) program for junior group. *2026: 5 balls, 2028 hoops*

Apparatus and programs of junior duos/trios:

- Apparatus according to the FIG apparatus rotation for groups. *2026: balls, 2028 hoops*

	Participation	Awards
Team Day1	<ul style="list-style-type: none"> • Each nation may use maximally 5 junior gymnasts. • Each of the four apparatuses may be performed by maximally 4 gymnasts. • The team score consists of the best 3 scores per apparatus. 	Nordic champions in junior individual team competition
Individual allaround (AA) Day 1	<ul style="list-style-type: none"> • Every gymnast competing in the team competition will obtain a result in the individual all-around competition. • The AA score consists of the best 3 scores. 	Nordic champion in junior individual all-around competition
Individual apparatus finals Day 2	<ul style="list-style-type: none"> • The 6 best juniors per apparatus in the AA competition qualify for apparatus finals, taking into account maximally 2 gymnasts per nation. • Finals start from 0,0 points (no points are carried over from the AA competition), 	Nordic champion in junior individual apparatus final with hoop/ball/clubs/ribbon
Duo/trio Day 2	<ul style="list-style-type: none"> • Junior duos and junior trios compete together in one category. • Each nation may send maximally two junior duos/trios. • Each duo/trio performs twice. • The final score consists of the sum of the 2 scores. 	Nordic champions in junior duo/trio
Group AA Day 1	<ul style="list-style-type: none"> • Each nation may send maximally 2 junior groups. • Each group may consist of maximally 6 gymnasts. The sixth gymnast may either be reserve throughout the championships, or take part in one or more exercises. • Each group performs same apparatus program twice. • The final score consists of the sum of the 2 scores. 	Nordic champions in junior group all-around competition

Group apparatus final Day 2	<ul style="list-style-type: none">• The best group from each nation from the AA competition qualifies for the apparatus final.• Finals start from 0,0 points (no points are carried over from the AA competition).	Nordic champions in junior group apparatus final
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4.2 Senior competition programme

Age: From the year the gymnast turns 16

Apparatus and programs of senior groups:

- Apparatus according to the FIG apparatus rotation.

Apparatus and programs of senior duos/trios:

- Apparatus according to the FIG apparatus rotation for groups.
2026: balls, 2028: clubs (or to be evaluated and decided later based on the proposal of the Nordic working group)

The senior competition programme is identical to the junior programme outlined above, except the following categories (**differences are bold**):

	Participation	Awards
Group AA Day 1	<ul style="list-style-type: none"> • Each nation may send maximally 2 senior groups. • Each group may participate with one or two exercises. • Each group may consist of maximally 6 gymnasts. The sixth gymnast may either be reserve throughout the championships, or take part in one or more exercises. • Each group performs each exercise once. • The final score consists of the sum of the 2 scores. 	Nordic champions in senior group all-around competition
Group apparatus finals Day 2	<ul style="list-style-type: none"> • The best group per apparatus from each nation from the AA competition qualifies for the apparatus final. • Finals start from 0,0 points (no points are carried over from the AA competition), 	Nordic champions in senior group apparatus final with each routines

4.3 Tiebreaking regulations

In order to break ties in the results and/or in qualification for finals, FIG Technical Regulations concerning tiebreaking at World championships are applied:

For Nordic championships individual AA (3 exercises), the rules for “Qualification for All-Around Final” are applied.

FIG Technical Regulations do not contain a format similar to the Nordic championships team competition. Therefore, the following regulation is applied:

If the 3 best scores per apparatus create a tie, we count the 2 best scores per apparatus. If there is still a tie, the tie will not be broken.

5 DELEGATION COMPOSITION

5.1 Gymnasts

The number of gymnasts per nation follows the competition programme. Additionally, each nation may send reserve gymnasts, according to their own needs. Awards will be presented maximally to the number of gymnasts described in the competition programme. Should a team choose to perform with only 4 gymnasts, but a 5th gymnast (reserve) is present, medals are only awarded to gymnast having taken active part in the competition (i.e. performed at least 1 routine in the competition).

Names of gymnasts may be changed until 1 hour before the start of each category.

Gymnast participating should either be citizens of the nation it is representing or show proof of having been a resident in the country for the last 12 months and may not have represented any other country for the last 12 months.

A valid national passport or above-mentioned proof must be controlled by the organizer before the competition. Gymnasts can only represent one club/country during a competition.

5.2 Coaches and other staff

Each nation may send coaches and other staff members according to their own needs.

5.3 Judges

The number of judges that will be used for each category is described in paragraph 6.2 *Number of judges*. Each nation may send any number of judges. Each nation may distribute the tasks among their judges according to their own needs. *Example:*

- *Judge 1 judges DB 1-2 during the entire competition.*
- *Judge 2 judges E 1-4 during Saturday junior categories.*
- *Judge 3 judges E 1-4 during Saturday senior categories.*
- *Judge 4 judges E 1-4 during all Sunday categories.*

6 ORGANIZATION OF THE JUDGING

6.1 Requirements for judges

An FIG judging brevet is recommended for judging Nordic championships. If nations do not have breveted judges available, they may send judges who have taken part in an international or national judges' course covering the current FIG CoP.

All judges must be up to date on the current FIG CoP and FIG education material.

Judges may not be in family with any participant in the assigned category/categories. For details, see FIG general judges rules.

6.2 Number of judges

The current FIG CoP describes the required numbers of juries for the judges panel.

Each nation is expected to provide 4 active judges (meaning that during each part of the competition, each nation will fill 4 seats in the judges' panel(s)).

Generally, the competition is run with a single panels. If necessary, in order to make use of 4 judges per nation, one or more juries may be double:

For the 2025-2028 cycle:

- Individual competitions (4 nations * 4 judges = 16 places):
 - Double jury in DB1 DB2 (4 places)
 - Double jury in DA1 DA2(4 places)
 - Single jury in A1-A4 (4 places)
 - Single jury in E1-E4 (4 places)

- Group and duo/trio competitions (4 nations * 3 judges = 12 places):
 - Single jury in DB1 DB-2 (2 places)
 - Single jury in DA1 DA2 (2 places)
 - Single jury in A1-A4 (4 places)
 - Single jury in E1-E4 (4 places)

Generally, each jury should contain maximally one judge from each nation. When using double juries, judges from the same nation should generally be evaluating different components.

Should a nation be unable to provide the requested number of judges, the competition will be run without double juries and/or with fewer judges in one or more juries.

6.3 Judges draw

The drawing of lots for the judges will take place on Friday evening after the Technical meeting.

The following draws will be performed:

- Saturday:
 - Junior team competition
 - Senior team competition
 - Group competitions

- Sunday:
 - Duo/trio competitions
 - Group competitions
 - Individual apparatus finals, part 1
 - Individual apparatus finals, part 2

The draws are conducted one jury at a time, in the order of priority that is given in the FIG Technical Regulations.

For each jury the host first draws a nation. The nation's representative then draws a number within the given jury. The nation immediately assigns a judge to this position.

Example:

1. *Junior team competition*
 - a. *BD1 BD2 and DA1 DA2 juries*
 - i. *Host draws Norway*
 1. *Norway draws BD1 – assigns judge*
 - ii. *Host draws Sweden*
 1. *Sweden draws DA1 – assigns judge*
 - iii. *Host draws Denmark*
 1. *Denmark draws DA2 – assigns judge*
 - iv. *Host draws Finland*
 1. *Finland draws BD2 – assigns judge*
 - b. *(repeat for remaining juries)*

The nations are encouraged to distribute the tasks of their judges according to the priorities outlined in the FIG Technical Regulations.

6.4 Control of judging

During the competition, judging must be overseen by a judge secretary. The judge secretary is appointed by the organizing nation. The judge secretary must be a national judge or an international judge.

The task of the judge secretary is to control if the individual judges' scores for each routine are within tolerated limits. If scores are outside the tolerated limits, the judge secretary immediately gathers the juries of judges in question.

When a jury is gathered, the judges on the jury should have a brief technical discussion about the basis of their scores. The entire jury needs to agree upon which score(s) should be adjusted, and what the adjusted score(s) should be. These decisions should be based on technical aspects, not on mathematical differences. If the jury does not agree, none of the judges' scores will be adjusted.

The judge secretary is not a head judge, and should not advise or make decisions about score adjustments. When time allows, the judge secretary should be present during discussions, to ensure that all judges are heard and that a decision is made within reasonable time.

Guideline for tolerated differences between scores:

- In a jury of 3 judges: Maximally 0,8 p. between all 3 scores is tolerated.
- In a jury of 4 judges:
 - Maximally 0,5 p. between the 2 middle scores is tolerated.
 - Maximally 1,2 p. between all 4 scores is tolerated

These guidelines are to be discussed at the technical meeting, and adjusted if practice at FIG tournaments within the current cycle suggests so.

The judge secretary is entitled to increase the limits if it becomes clear that the juries are gathered so frequently that the competition will be significantly delayed.

6.5 Inquiries or post competition analyses

No inquiries on any scores will be accepted.

No post competition analyses are conducted.

The scores given during the competition, after eventual gathering of the jury/juries may not be modified.

6.6 Line and time judges

Personnel to control the time of the exercises and the crossing of the lines is nominated by the organizer. These persons need to be at least national judges, and must fulfil the following requirements:

- Minimum 16 years of age
- Not in family with any participant in the assigned category/categories
- Must have knowledge of rhythmic gymnastics
- Must attend a meeting with the organizer, going over the regulations for time/line judges

All time/line penalties must be confirmed by the judge secretary.

6.7 Apparatus norms and checking

Each apparatus used must be according to the FIG Apparatus norms. Apparatus will only be checked, if judges question the length of the ribbon.

7 PREPARATIONS FOR THE CHAMPIONSHIPS

7.1 Invitation, information, registration

First information should be sent to the nations one (1) year before the upcoming Nordic Championships take place. Minimum contents: Dates and location for the championships.

Invitation should be sent to the nations no later than six (6) months before the competition.

Minimum contents:

- Venue: Name, address and height of the ceiling
- Dead lines for the registrations
- Accommodation options
- Meal options
- Prices
- Contact persons

Provisional registration: no later than five (5) months before the first competition day. This registration should contain the planned number of gymnasts, judges, coaches and other staff.

Definitive registration: no later than three (3) months before the first competition day. This registration should contain the planned number of gymnasts, judges, coaches and other staff.

Nominative registration: no later than four (4) weeks before the first competition day. This registration should contain names of all delegation members, details about accommodation and meals, and participants at the technical meeting.

7.2 Draw of the starting order

The starting order should be drawn by the organizing nation and be sent to the other nations by February 15th.

The draw of the starting order is done per nation. Exception: The draw for apparatus finals is done per ranking for each apparatus from the AA competition.

Details for individual team competition:

The draw is performed in two parts:

1. 2 places per nation, for the second part of the starting order. (If 4 nations compete with a 4 gymnasts per apparatus, the second half of the starting order equals numbers 9 to 16).
2. Remaining places per nations, for the first part of the starting order.

Example: NOR competes with 2 gymnasts, the other nations compete with 4 gymnasts per apparatus:

3. Places 7-14 are drawn: 7 SWE, 8 DEN, 9 FIN, 10 DEN, 11 NOR, 12 SWE, 13 NOR, 14 FIN.
4. Places 1-6 are drawn for the nations with more than 2 gymnasts: 1 FIN, 2 DEN, 3 FIN, 4 SWE, 5 SWE, 6 DEN.

Details for junior/senior duo/trio, junior/senior group:

The draw is performed following the same principle as for individuals, meaning that every nation will have one group in the second part of the starting order.

Example: DEN and FIN compete with one group, NOR and SWE compete with two

groups:

1. Places 3-6 are drawn: 3 SWE, 4 FIN, 5 DEN, 6 NOR.
2. Places 1-2 are drawn for the nations with 2 groups: 1 NOR, 2 SWE.

7.3 Order of performance

The order of performance should be prepared by the organizing nation and sent to the other nations by February 15th. The order of performance is prepared by inserting the nations. The participating nations then distribute their participants, and return the order of performance to the organizing nation by February 25th.

If a country fails to meet the deadline regarding placing the names in the start list, the organizer is free to do so themselves.

After February 25th, gymnasts/groups may only be replaced in case of illness or injury. In the order of performance, the replacement gymnast/group will take the place of the replaced gymnast/group.

Principles for individual team competition:

- Start number 1 begins with the first apparatus of the international order, start number 2 begins with the second apparatus of the international order, etc.
- After the first rotation, the same starting order is repeated, but using the next apparatus in the international order.
- The nations may let the same gymnast use the same starting number in each rotation, or may let different gymnasts share the same starting number. Each gymnast may only perform once per rotation.

Example:

		ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4
1	NOR	hoop gymn. C	ball gymn. C	clubs gymn. C	ribbon gymn. B
2	DEN	ball	clubs	ribbon	hoop
3	FIN	clubs	ribbon	hoop	ball
4	NOR	ribbon gymn. D	hoop gymn. B	ball gymn. B	clubs gymn. D
5	SWE	hoop	ball	clubs	ribbon
6	SWE	ball	clubs	ribbon	hoop
7	DEN	clubs	ribbon	hoop	ball
8	FIN	ribbon	hoop	ball	clubs
9	SWE	hoop	ball	clubs	ribbon
10	DEN	ball	clubs	ribbon	hoop
11	NOR	clubs gymn. B	ribbon gymn. E	hoop gymn. D	ball gymn. E
12	NOR	ribbon gymn. A	hoop gymn. A	ball gymn. A	clubs gymn. A
13	DEN	hoop	ball	clubs	ribbon
14	FIN	ball	clubs	ribbon	hoop
15	FIN	clubs	ribbon	hoop	ball
16	SWE	ribbon	hoop	ball	clubs

Principles for duo/trio and group AA competition:

- For the second rotation, the starting order from the first rotation is repeated identically.
- All senior groups perform the routine with 5 identical apparatuses in the first rotation, and the routine with 3+2 apparatuses in the second rotation.

Principles for alternating categories during the group AA competition:

If there are six or less junior groups, and/or six/less senior groups, then the group all-around competitions are performed by alternating categories:

- Junior groups, first rotation
- Senior groups, first apparatus
- Junior groups, second rotation
- Senior groups, second apparatus

Principles for alternating categories during the duo/trio competition:

If there are six or less junior duos/trios, and/or six/less senior duos/trios, then the duo/trio competition is performed by alternating categories:

- Junior duos/trios, first rotation
- Senior duos/trios, first rotation
- Junior duos/trios, second rotation
- Senior duos/trios, second rotation

7.4 Schedule

The schedule should be prepared by the organising nation and sent to the other nations by February 15th.

The order of the nations' training sessions is determined by draw. There will be one draw for each of the three training days.

The competition time calculations should respect the following durations:

- Per individual routine: 2 ½ minutes
- Per duo/trio routine: 2 ½ minutes
- Per group routine: 4 minutes

FRIDAY:	SATURDAY:	SUNDAY:
Training on the competition floor, minimum 1 hour per nation, starting no earlier than 14:00. Orientation meeting at 20:00 Judges' meeting at 21:00	Training on the competition floor, 30 minutes per nation Opening ceremony: National anthems are played for maximally 45 seconds per nation Junior team competition and individual AA	Training on the competition floor, 30 minutes per nation Junior duo/trio Senior duo/trio Senior group, final 1st apparatus Junior group final

	<p>Senior team competition and individual AA</p> <p>Junior group competition Senior group competition</p> <p>Award ceremony: Junior individual AA Junior team Junior group Senior individual AA Senior team Senior group</p> <p>After all the medals are distributed, the following is repeated for each nation which has won gold medal(s): The nation's gold medal winner(s) are asked to step forward, and the national anthem is played for maximally 45 seconds</p> <p>Banquet</p>	<p>Senior group, final 2nd apparatus</p> <p>Junior individual finals Senior individual finals (junior/senior alternating) 5 minutes break between the 2nd and 3rd apparatus</p> <p>Award ceremony: Junior duo/trio Senior duo/trio Junior group finals Senior group finals Junior individual finals Senior individual finals</p> <p>After all the medals are distributed, the following is repeated for each nation which has won gold medal(s): The nation's gold medal winner(s) are asked to step forward, and the national anthem is played for maximally 45 seconds</p> <p>Evaluation meeting for heads of delegations and judges, approximately 30 minutes.</p>
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7.5 Technical meeting and Orientation meeting

Technical meeting

Technical meetings for developing Nordic cooperation in the Nordic countries are held **separately and online**. The country responsible for the discipline is in charge of the meeting (in RG, Finland). 2 appointed representatives for the federation for each country, is participating in the technical meeting. It is held online. The country responsible for the discipline shall send an invitation to this meeting, lead the meeting, ensure that minutes for the meeting will be taken and then distributed to all countries.

Orientation meeting

An Orientation meeting for the participants of the competition will be organized on Friday at 20:00. The LOC is in charge of this meeting and purpose of the meeting is to ensure, that all participants are aware of running of the competition.

A basic evening meal should be served in conjunction with the meeting.

7.6 Judges' meeting

A judges' meeting will be organized Friday at 21:00 after the technical meeting.

Each judge that will officiate at the championship is requested to attend. The purpose of the meeting is to do the draw and clarify any CoP questions.

Possible practicing by video could be organized virtual before the competition. Hosting federation is responsible for organizing this. Tasks of preparing material (e.g. video clips) suitable for discussion is distributed among the nations. The host nation's judges will distribute these tasks (e.g. Sweden – DB, Finland –recent FIG help desk, etc.) by the dead line of the nominative registration.

7.7 Accommodation and meals

The organizers should identify a low cost accommodation opportunity, in close proximity to the competition venue. Minimum capacity: 50 persons per nation. Details about prices and registration should be given in the invitation.

The organizers should offer a meal on Friday evening, as well as lunch Saturday and Sunday. Details about prices and orders should be given in the invitation.

The organizers should prepare a banquet for Saturday evening. A meal should be served, the remaining contents is at the organizers' discretion. The participating nations pay a fee per person for the banquet.

The organizers should offer lunch for the active judges on Saturday and Sunday. This cost is to be covered by the organizers.

7.8 Competition venue

The organizers should secure a venue with the following minimum requirements:

- For Rhythmic Gymnastics the hall must have a minimum height of 8 meters (recommendation: 10 to 14 m) according to the FIG Technical Regulations. The actual height is to be declared in the invitation.
- One competition carpet (under construction floor is not compulsory)
- Carpeted areas for warm up and preparation, with space for both groups and individual gymnasts. Preferably at least one full carpet with acceptable free height for rhythmic gymnastics.
- Space for audience
- Space for judges to be seated minimum 5 meters from the competition carpet
- Dressing rooms
- Separate room for anti-doping tests

7.9 Economy

Participation fee

According to the Nordic Gymnastics Agreement (March 2025) The organizers are allowed to charge a participation fee

- 50€/gymnast (coaches and physios are included in accordance with the maximum size of the delegation in accordance to TR, i.e. no fee for these)
- 75€ accreditation for those extra they want to bring – ex gymnasts not making the team / or extra function out of the ones specified for the delegation. No friends or family

Transportation, accommodation, banquet and meals are covered by each nation. Venue costs, technical meeting, judges' lunches are covered by the organizers.

7.10 Summary of relevant dates

First information is sent (LOC):	one (1) year before the upcoming Nordic Championships take place
Invitation to the competition (LOC):	no later than six (6) months before the competition
Provisional registration:	no later than five (5) months before the first competition day. This registration should contain the planned number of gymnasts, judges, coaches and other staff.
Definitive registration:	no later than three (3) months before the first competition day. This registration should contain the planned number of gymnasts, judges, coaches and other staff.
Nominative registration:	no later than four (4) weeks before the first competition day. This registration should contain names of all delegation members, details about accommodation and meals, and participants at the technical meeting.
Order of performance is sent (LOC):	February 15th:
Nations return the order of performance with names:	February 25th
Technical meeting, held online (Country responsible for the discipline, in RG: FINLAND):	
Invitation to the Technical meeting	no later than six (6) weeks before the meeting

Submit items for the technical meeting: no later than five (5) weeks before the meeting

The minutes of the technical meeting shall be sent to all Parties no later than six (6) weeks after the meeting, together with updated technical regulations.

Nordic Gymnastics Agreement:

Technical meetings

The technical meetings for each competition discipline are responsible for developing the Nordic cooperation within the competition activities in the Nordic countries. The country responsible for the discipline is in charge of the meeting. 2 appointed representatives for the federation for each country having entered into this Agreement, is participating in the Technical meeting. It is held online.

The country responsible for the discipline shall send an invitation to the meeting, lead the meeting, ensure that minutes for the meeting will be taken and then distribute the minutes and documents to all countries having entered into the Agreement.

- Invitation to the Technical meeting shall be sent no later than six (6) weeks before the meeting to the official e-mail addresses of the federal offices of the Parties.
- All proposals and items the countries want to be handled at the meeting, shall be provided to the hosting federation no later than five (5) weeks before the meeting.
- The hosting federation is responsible for distribution of the meeting documents.
- The agenda shall be sent to the e-mail address of the federal offices of the Parties 3 weeks before the meeting.
- Draft Agenda:
 - Welcome, opening and presentation of participants
 - Approval of agenda
 - Minutes from last technical meeting
 - Decisions from presidents / secretary general meetings
 - Revision of Technical Regulations
 - Suggestions from the Federations
 - Any other business

LIST OF APPENDICES

8.1 Appendix 1: Nordic CoP for duos/trios, 2025-2028