



11.11.23
**NORDIC
CHAMPIONSHIPS**
TEAMGYM

Directives



To:

- Danish Gymnastics Federation, att: Max Andersen
- Norwegian Gymnastics Federation, att: Jan Magne Cederstrøm
- Finnish Gymnastics Federation, att: Janniina Väänänen
- Swedish Gymnastics Federation, att: Sofia Svegander
- Icelandic Gymnastics Federation, att: Olga Bjarnadóttir

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- Danish Gymnastics Federation, att: Ole Holmskov
- Norwegian Gymnastics Federation, att: Gabriel Negru
- Finnish Gymnastics Federation, att: Sonia Solismaa
- Swedish Gymnastics Federation, att: Janina Åhs
- Icelandic Gymnastics Federation, att: Íris Mist Magnúsdóttir



Dear friends of TeamGym,

We are pleased to give you the following information regarding the definitive registration:

1. Status provisional registration

The status regarding provisional registration, number of teams from each country in each section. According to bullet 4.4 in the Nordic TeamGym Championships Technical regulations (Nordic TR) there was an option to sign up three teams in the mix section.

Status provisional registration

Section Federation	Mix	Women	Men	Total teams
Norway	2	2	2	6
Finland		2		2
Iceland		2	1	3
Sweden	3	2	2	7
Denmark	3	2	2	7
Total teams	8	10	7	25

2. Venue

The competition will take place in Laugardalshöll, Engjavegi 8, 104 Reykjavík. The hotels will be located near the venue with a walking distance of 650 m to 1.3 km. Therefore, no transport will be needed apart from transport from Keflavík Airport.



3. Equipment

We have an exclusive agreement with **PE-Redskaber A/S** that ensures an identical equipment setup in both training -, and competition hall.

Floor

Dimensions of the competition area: 16 m x 14 m x 0,35 m

Borderline: 5 cm white Velcro.

The mats are connected side by side with blue velcro on top, the floor will consist of 7 mats and the velcro will lay horizontal over the floor

Tumble

Run up: 16 m consisting of 8 blocks of 2 m x 1 m x 0,33 m.

Tumple track: 15 m x 2 m PE-Redskaber.

Safety Strips for Tumble track: 200 x 50 x 33 cm. There will be placed two pices on each side. Velcro on all sides.

Landing area: A total area of 4 m x 7 m, with additional safety mat.

Trampet

Run up: Two separate roll mats (one for trampet without vault and one for trampet with vault).

Vaulting table: model "Tarpan", can be adjusted in height from 110 cm to 165 cm at an interval of 5 cm.

Trampets: "Dorado 36 TeamGym" with 36 springs and "Dorado 40 TeamGym" with 40 springs. Front protection, adjustable from 65-80 cm in increments of 5 cm

Landing area: 7 m x 7 m x 33 cm with two separate landing zones, with additional safety mat.

4. Competition format

The competition will be organised according to:

- A.** Nordic TeamGym Championship Technical Regulations
- B.** EGs Code of Points and appendices, and Nordic TeamGym Championships Technical Regulations
- C.** EGs Directives for Equipment and appendices, and Nordic TeamGym Championships Technical Regulations
- D.** The rules of the statues of EG will be applied in all situations, which are not foreseen in these regulations. If extraordinary situations should occur, the necessary decisions will be made by the NTC-TG or the representatives of each country present at the competition.
- E.** The statutes and regulations of the FIG are valid in all matters of protocol.

4.1 European setup

For this competition the European competition setup will be used, with warm up and competition in separate halls.

5. Schedule

Thursday November 9th

12:00-20:00 Arrival and accreditation

18:00-22:00 Meeting of the Nordic Technical Committee TeamGym (NTC-TG)

Friday November 10th

09:00-12:30 Meeting of NTC-TG (continued, if needed)

09:00-20:00 Arrival and accreditation (continued)

13:00-19:28 Training for the teams

19:45 Information meeting for head of delegation, coaches, and judges

20:15 Judges meeting

Saturday November 11th

09:30 Judges meeting

09:45 Warm-up, mixed teams Hall 2 (30 min per team)*

10:20 Opening Ceremony

10:41-12:18 Competition mixed teams Hall 1

12:30 Award ceremony mixed teams

12:04 Warm-up, women's teams Hall 2 (30 min per team)*

13:00-15:01 Competition women's teams Hall 1

15:10 Award ceremony women's teams

14:44 Warm-up, men's teams Hall 2 (30 min per team)*

15:40-17:05 Competition men's teams Hall 1

17:15 Award ceremony men's teams

19:00-01:00 Banquet, in Laugardalshöll

*Teams will start warmup at a different times according to their draw

Sunday November 12th

Departure

6. Size of the delegations

According to the technical regulations art. 4.4:

- Maximum 2 teams per section (men, women, and mixed).
- Maximum 3 coaches per team.
- Maximum 14 gymnasts including reserves per team.
- Maximum 1 Team Leader per team.
- 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).
- Maximum 2 national coaches.
- 1 NTC-TG member.

7. Age of the participants

Seniors: Minimum 16 years. The gymnasts have the right to participate if they reach the determined min age during the year of the competition.

8. Responsibility for the National federations

The national federations (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 EG rules for advertising.

8.1 Please bring the following for accreditation:

- Passport or another kind of identification card with a photo
- Valid insurance certificate
- Proof of payment

9. Airport transfer

Reykjavík is located in an approximately 40 min drive from Keflavík Airport, KEF. Airport transfer to and from the hotel is included in the accommodation package.

10. Accommodation

Hotel prices **are per person for three nights and include full board** (from Thursday until Sunday).

The accommodation package will include:

- Hotel for 3 nights (Thursday – Sunday). Breakfast included
- Lunch Friday and Saturday
- Dinner Thursday and Friday
- Airport transfer

Banquet is not included in this package and will be sold separately.

Each team requests a hotel category. LOC will allocate hotels within the category requested. A limited number of rooms are available at each hotel. Reservations and category preference will be served on a "first come, first served" basis.

Once Member Federations have submitted their Category preference, the LOC will either:

- assign a hotel according to the request (i.e., if still available), or
- directly contact the Federation to discuss alternative options in case the booking request cannot be fulfilled due to the Category being already fully allocated.

Cat 1

Grand Hótel

Sigtún 28, 105 Reykjavík

<https://www.islandshotel.is/is/hotelin/hotel-reykjavik-grand/>

The hotel is located about 730 m from the competition venue or 8 min walk.



KEA Hótel Light

Suðurlandsbraut 12, 108 Reykjavík

<https://www.keahotels.is/is/reykjavik-lights>

The hotel is located about 660 m from the competition venue or 7 min walk.



Prices are **per guest** for three nights and full board (see what is included in the accommodation package)

Type of room	Price including VAT
Single room	ISK 123.500
Double room	ISK 80.500
Triple room	ISK 76.500

CAT 2

Hótel Múli

Hallarmúli 1, 108 Reykjavík

<https://hotelmuli.is/>

The hotel is located about 800 m from the competition venue or 11 min walk.



Hótel Ísland

Ármúli 9, 108 Reykjavík

<https://www.hotelisland.is/>

The hotel is located about 650 m from the competition venue or 7 min walk.



Prices are **per guest** for three nights and full board (see what is included in the accommodation package)

Type of room	Price including VAT
Single room	ISK 112.500
Double room	ISK 70.500
Triple room	ISK 67.500

CAT 3

Hótel Cabin

Borgartún 32 105 Reykjavík

<https://hotelcabin.is/>

The hotel is located about 1,3 km from the competition venue or 15 min walk.



Prices are **per guest** for three nights and full board (see what is included in the accommodation package)

Type of room	Price including VAT
Double room	ISK 63.500

11. Meals and Banquet

We offer meals and banquet as follows:

Dinner Thursday:	Included in the accommodation package
Lunch Friday:	Included in the accommodation package
Dinner Friday:	Included in the accommodation package
Lunch Saturday:	Included in the accommodation package

Banquet Saturday: ISK 7.500

If someone within the delegation has special needs regarding food – e.g. vegetarian, vegan, allergies, etc.

- Please make a special note on the registration form in the nominative registration.

12. Registration

Definitive registration is submitted via sheets workbook. Deadline is September 11th at 23:59 GMT.

Detailed information can be found in the workbook.

Each federation will receive a registration link via email.

An email must be sent to fsi@fimleikasamband.is when the registration has been submitted via sheets workbook to complete the registration.

13. Distribution of official information

All official information concerning the championships will be distributed by e-mail to the members of the Nordic Technical Committee TeamGym (NTC-TG) and the contact persons in the administrations of the national federations.

14. Definitive registration and invoice

Please make your booking by filling out the sheets workbook.

The definitive registration shall be done **no later than September 11th at 23:59 GMT.**

The invoice will be sent a few days after the definitive registration is received. The invoice must be paid within 10 days or all bookings will be canceled.

15. Tickets for spectators

Tickets can be purchased at <https://midix.is/is//eid/88>

16. Organising committee (OC)

This event is being organized by the Icelandic Gymnastic Federation

Important deadlines:

Definitive registration September 11th, 2023

Nominative registration October 20th, 2023

Yours sincerely,



Sigurbjörg Fjölisdóttir

President

Icelandic Gymnastics