



TEAMGYM
8TH EUROPEAN CHAMPIONSHIPS
MALMÖ SWEDEN • 21-23 OCTOBER 2010



WORK PLAN

Addendum
October 1st 2010

European Championships
in
TeamGym
Juniors and Seniors

Malmö, Sweden
21-23 October 2010





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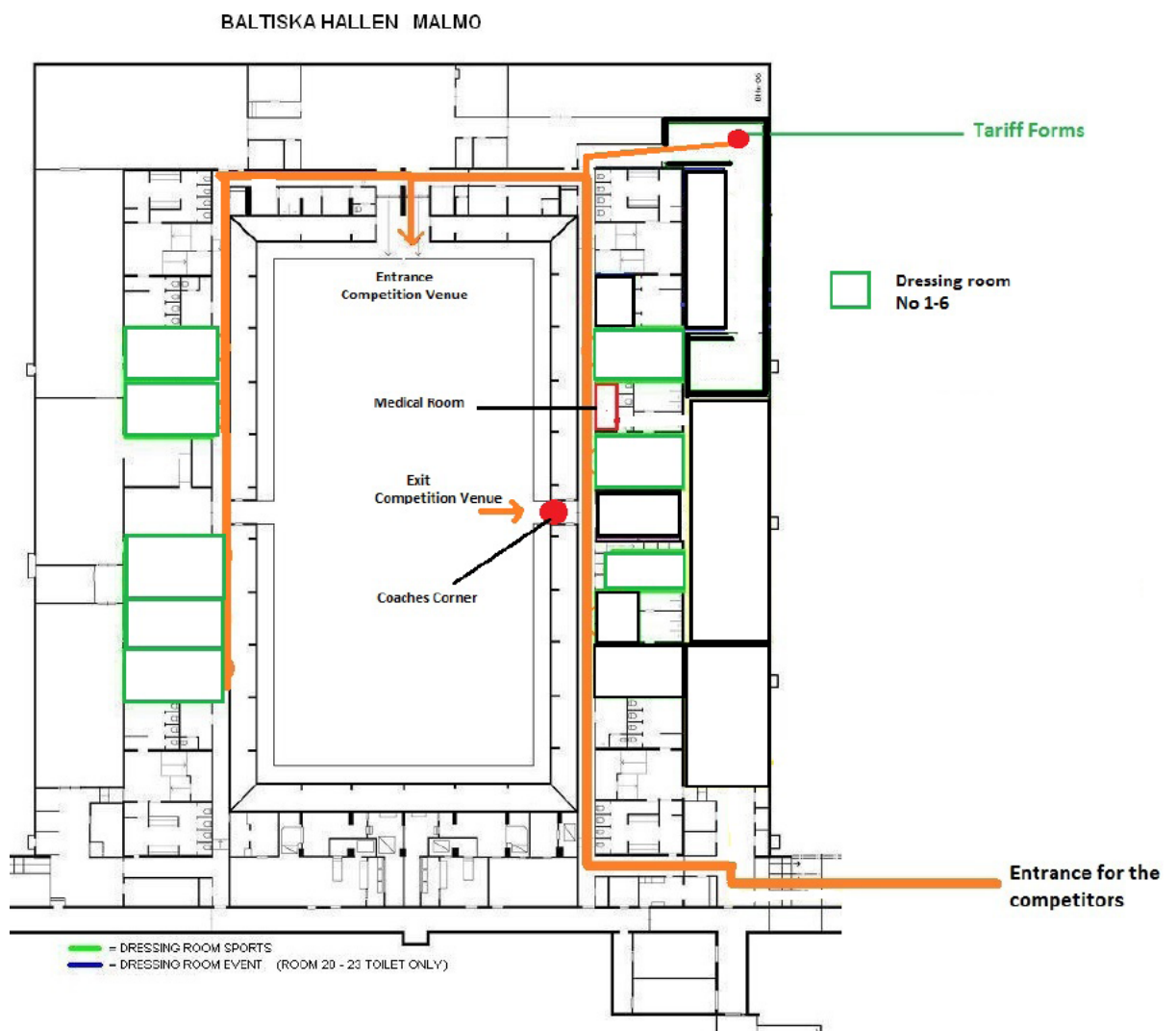




1. **MAP OVER THE COMPETITION ARENA**

The yellow line shows the team's way from the training hall to the competition hall. All teams enter the arena from the same entrance. All personal belongings like tracksuits, shoes, bags should be placed in open boxes. These boxes will be carried to the exit by the organisers, where all performing gymnasts can pick up their belongings after the performance.

There will be 6 dressing rooms available in the competition hall and 4 dressing rooms in the training hall. All teams will share a dressing room with at least one other team. Team names will be marked at each dressing room door.





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2. COACHES CORNER – ACCESS TO THE COMPETITION AREA

Access is permitted only to gymnasts, coaches, judges, technical assistants, medical staff UEG and Organizing Committee.

During training, only three coaches will be allowed in the training areas with each team.

During the competition, two coaches are allowed to enter early to prepare the trampet and stand in for the trampet performance. One coach is allowed to enter with the team for the tumbling and may stand in during the performance. An area will be provided for up to three coaches per team to watch their teams performance.

Gymnasts and reserves should watch the performing from the seating area allocated to gymnasts. All coaches must leave the arena with their team immediately after their performance.

3. TARIFF FORMS

There will be a defined room for corrections and updates of tariff forms. The room will have two computers available. The computers will be connected to the internet and a printer. The organiser will have people ready to assist the teams if needed.

Only coaches and HoDs are allowed in this room.

Tariff forms should be submitted at least **2 hours** before the qualifications starts.

This will also apply for teams that have qualified to the finals; new tariff forms should be submitted at least **2 hours** before the finals starts.

4. REGULATIONS

The competitions will be held in accordance to the following regulations

- Code of Points Edt October 2009 incl Revision A – August 2010
- Directives for Equipments for TeamGym Championships 2004
- Regulations for TeamGym Championships UEG Edt November 2009

5. CLARIFICATIONS OF CHANGES TO NOMINATED GYMNASTS

The names of the teams, gymnasts and reserves are nominated 3 weeks before the Championships in the Nominative Entry

Changes to Nominated Individuals

The names of the team members plus up to 2 reserves are given in the nominative entry. The **names cannot** be changed, except in exceptional circumstances, with expressed approval of the President of TG-TC (Technical Regulations 5.4).

These circumstances will need to be submitted in writing with evidence, for each individual. Submissions must be made well before the 24hr limitation, to allow due consideration. Such circumstances would be for example sickness, injury or personal situations.

Post accreditation, changes refer to a reserve changing with a team member.

Additional names cannot be added (Technical Regulations 4.4 – Maximum 2 reserves). Submission must be made well before the 24hr limitation, to allow due consideration. The “start of the competition” will be taken as the published start time





for the first performance of the specific discipline.

Replacement during the Competition

Replacing a nominated gymnast with a nominated reserve during the competition due to injury is a different situation. This can only be done as a consequence of an injury. It requires a form to be signed by the UEG doctor, which should be passed to the President of the TC-TG for formal approval.

6. CONTROL OF PERFORMING GYMNASTS

Each gymnast will have an accreditation ID-card with photo, which must be worn where it can be clearly seen when entering controlled areas.

Before entering the competition arena (for a performance) all gymnasts have to hand over their ID-card to have them checked against the nominative entry list.

7. CLARIFICATIONS - GYMNASTIC EQUIPMENTS

Trampets

The gymnastic equipment supplier LEG will have two identical sets of trampets available during the competitions, one set in the training hall and one set in the competition hall.

The LEG trampet comes in three different models, LEG-32, LEG-36 and LEG-40 and it is the number of springs that changes between the models, (32, 36 and 40 springs). All models have a string bed, transportation wheels and frame protection in blue colour. It has also easy set up for three different heights, 65, 70 and 75 cm at high end (back part) of the trampet and a fixed lower end (front part).

Note!

Clarifications/corrections and new elements Teamgym No 1 2004

Corrections and new elements to the Equipment Directives and Code of Points TEAMGYM edition May 2004.

Corrections

Equipment Directives

Art. 3.3.1 Trampettes

Height – back part: 45 to 70 cm (+/- 5 cm)

Vaulting table

The height on the vaulting table is the same for **both** junior- and senior teams
The women and mixed teams have a set height of 1.60 cm and 1.65 cm for men's teams. The height is measured from the floor to the highest part of the table



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according to current regulations; Directives for Equipments Edt May 2004.

8. CHECKING OF TRAMPETS

All trampets will be checked before the competition, in connection to the accreditation procedure. The trampets have to meet the standards of the UEG Directives for Equipment. The trampets will be given a sticker with the trampet reference number on, the country of origin, and the checkers signature. The checking of trampets to meet the criteria does not relive the responsibility of the users to ensure it is fit for purpose when they use it.

9. MEALS

Lunch will be served at Swedbank Arena (Restaurant 1910) for those participants that have booked one of the packages (1 – 4) from the Organizing Committee.

Menu

Wednesday, Oct 20th

Beef burgers with cream sauce, lingonberry jam, served with boiled potatoes
(Vegetarian alternative; "Carrot burgers" with sauce, served with boiled potatoes)

Thursday, Oct 21st

Chili con carne with rice or pasta
(Vegetarian alternative; Chili con quorn served with rice or pasta)

Friday, Oct 22nd

Chicken with tomato- and cream sauce, roasted sweet pepper, served with rice or pasta
(Vegetarian alternative; Tofu casserole with vegetables, served with rice or pasta)

Saturday, Oct 23rd

Beef Stroganoff (meat casserole) served with rice or pasta
(Vegetarian alternative; Mushroom- and bean casserole, served with rice or pasta)

All meals will include fresh vegetables, bread and butter, beverages, coffee and tea.

10. OPENING CEREMONY AND MEDAL AWARD CEREMONY

The Organising Committee invite all teams and officials to the opening ceremony. The show starts at 20.00 (8pm) in the competition hall. The ceremony will consist of a show with music and entertainment. There will be performers with a link to the region of Skåne such as the aerialist duo Jimmy&Anna, a professional free running and parkour team from Helsingborg (Air Wipp) and Malmöflickorna (world famous dance and rhythmic group) and a lot of other gymnastics groups.

All participating federations' nations' flags will be raised during a formal ceremony.

For the **medal award ceremony**, only the medallists will march in to receive the medals. All gymnasts have to wear their competition dress.





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11. CLOSING BANQUET

The closing banquet will be held in the same location as where the lunches are served, Restaurant 1910 in Swedbank Arena. The doors open at 7 pm and the dinner will be served at 8 pm. The dinner is a three-course sit-down dinner. Dress code is smart casual. After dinner the dance will start.

Alcoholic beverages are not included in the dinner but can be purchased at the venue at own expense. Note that alcoholic beverages will only be served to guests of 18 years and above, confirmed with photo-ID (drivers license or passport). The organiser has the right to request photo ID at any time.

Also, the national currency in Sweden is Swedish Kronor. Possibilities to pay in EUR are very limited in the city of Malmö and will not be allowed within the competition area.

**Finally, we are looking forward to meet all of you in Malmö for the 8th European Championships in TeamGym!
Welcome!**

