

**BALKAN  
GYMNASTICS**



# **TECHNICAL REGULATIONS**

**OF**

## **BALKAN GYMNASTICS**

Approved by Executive Committee  
29<sup>th</sup> January 2022

**2022**

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## INTRODUCTION

The “Technical Regulations” include Regulations for the following disciplines:

- ⇒ Artistic Gymnastics
- ⇒ Rhythmic Gymnastics
- ⇒ Trampoline Gymnastics
- ⇒ Acrobatic Gymnastics
- ⇒ Aerobic Gymnastics
- ⇒ Parkour

The Technical Regulations conform with the Statutes of the BG. These Regulations are arranged in sections to provide for specific areas of technical organisation and control. As it is not always possible to deal exclusively with the various subject matters under separate headings, it has been necessary to make cross-references whenever the circumstances require. Cross-references may also be made to the Statutes and the Codes of Points.

## INTERPRETATION

For the sake of brevity, the following rules shall apply in the interpretation of these Technical Regulations:

<b>BG</b>	Balkan Gymnastics
<b>Statutes</b>	Statutes of the BG
<b>TR</b>	Technical Regulations approved by the Executive Committee for the determination of the technical requirements of the BG and for ensuring the observance and/or operation of such requirements.
<b>Congress</b>	Congress of the BG
<b>President</b>	President of BG
<b>1<sup>st</sup> Vice-President</b>	Art. 13 of the BG Statutes
<b>2<sup>nd</sup> Vice-President</b>	Art. 13 of the BG Statutes
<b>EC</b>	Executive Committee of the BG by the Art. 10 and Art. 11 of the BG Statutes
<b>TC</b>	By the Art. 16 of the BG Statutes, BG has a Technical Commission, which can be composed by the one (1) expert for each gymnastics discipline presented in Art. 4 of Statutes. The mandatory composition of the Technical Commission is formed from four (4) persons: the chairman (1) and members responsible for Men’s Artistic Gymnastics (1), Women’s Artistic Gymnastics (1) and Rhythmic Gymnastics (1)
<b>TC President</b>	By the Art. 16 of the BG Statutes President and Chairman of the Technical Commission is Second Vice-President of the BG
<b>Secretary General</b>	Secretary General of the BG
<b>Judges</b>	A Judges            Artistic
	E Judges            Execution
	D Judges            Difficulty and Content
	CJP                  Chair of Judges’ Panel (TRA, ACRO, AER and PK)
	S Judges            Synchronisation (TRA)
	T Judges            Time of Flight (TRA)
	H Judges            Horizontal Displacement (TRA)

	ETR Judges	Technical (RG)
<b>NF</b>		National Federation affiliated to the BG
<b>Gymnastics</b>		The sports and/or activities of Artistic Gymnastics, Rhythmic Gymnastics, Trampoline Gymnastics, Acrobatic Gymnastics, Aerobic Gymnastics and Parkour
<b>Gymnast / Athlete</b>		He or she who competes in gymnastics, according to the prescribed rules
<b>Artistic Gymnastics (MAG and WAG)</b>		Competitive Gymnastics performed on prescribed apparatus
<b>Rhythmic Gymnastics (RG)</b>		Competitive Gymnastics performed with hand apparatus
<b>Trampoline Gymnastics (TRA)</b>		Competitive exercises performed on the Trampoline, Double Mini-Trampoline and Tumbling
<b>Acrobatic Gymnastics (ACRO)</b>		Competitive gymnastics ("dynamic", "balance" and "combined" exercises) performed without apparatus by pairs and groups
<b>Aerobic Gymnastics (AER)</b>		Competitive gymnastics' discipline which requires the competitor to perform continuous complex and adequate intensity movement patterns to music, which originate from traditional aerobic dance and perfectly executed elements of difficulty
<b>Parkour (PK)</b>		Leisure and competitive urban sport (outdoors and indoors)
<b>PKS</b>		The competition format consists of a <i>timed run</i> , where the goal is to go from A to B with efficiency
<b>PKF</b>		The competition format consisting of a run with style, fluidity and mastery
<b>LOC</b>		The Local Organising Committee or other body or person appointed to organise any event under the auspices of the BG
<b>Codes of Points (CoP)</b>		These rules are prepared by the respective FIG Technical Committees and approved by the FIG Executive Committee

## I. PURPOSE AND VALIDITY OF THE REGULATIONS

### Art. 1 Purpose

The purpose of the TR is to provide an authoritative medium for the control, organisation and operation of the technical requirements of the BG in the organization of the Balkan Championships and to provide for, and encourage, progressive development in all aspects of gymnastics.

### Art. 2 Validity

The BG EC is in charge of drawing them up and reviewing them. They must abide by the spirit and provisions of the Statutes. Any modification requires the simple majority of the Executive Committee.

### Art. 3 Scope of Application

The TR applies to the BG authorities as defined in the Statutes, to the competitions organized by the BG.

#### **Art. 4 Rules, Guidelines and Codes**

For the organization of the Balkan Championships, FIG Apparatus norms are sensibly used, for the definition of the dimensions and functional properties (norms) for the apparatus.

LOCs are required to ensure that they adhere to this TR in the organisation of the BG events.

The FIG CoP is sensibly used during the Balkan Championships to deal with the assessment of exercises, the combination and content of exercises, deductions for faulty performance, disciplinary measures for breaches by the coaches and gymnasts/athletes the details of the organisation and control of the competition.

The CoP must be read in conjunction with the TR. In case of conflict of interpretation between the provisions of any of the CoP, the principles of the TR shall take precedence.

## **II. BG COMPETITIONS AND OTHER EVENTS**

#### **Art. 5 Type of Events**

BG can organize different types of events:

- ⇒ Balkan Championships,
- ⇒ other competitions,
- ⇒ coach's and judge's seminars,
- ⇒ festivals and other events.

#### **Art. 6 Event calendar**

BG is developing its annual calendar of events, which consists of Balkan Championships and other events. The calendar is created by the TC and must be approved by the EC. Event calendar must be sent to all member Federations no later than December for the following year.

The BG event calendar should be in line with the International calendar of competition and other events.

#### **Art. 7 BG Competitions**

Particulars of the requirements for qualifications, competitors, judging, organisations etc., are to be found under the following articles of this Section and under the Sections of the different disciplines.

#### **Art. 8 Artistic Gymnastics**

The duration of the event is two-three (2-3) days. The programme of the Balkan Championships in Men's and Women's Artistic Gymnastics should consist of:

- ⇒ qualifying for apparatus final,
- ⇒ team competitions,
- ⇒ all-around competition,

⇒ apparatus finals.

In agreement with the BG EC, the organizer (member Federation) can choose the disciplines in which they would like to organize the Balkan Championships.

#### **Art. 9 Rhythmic Gymnastics**

The duration of the event is four (4) days. The programme of the Balkan Championships in Rhythmic Gymnastics should consist of:

- ⇒ qualifying for apparatus final,
- ⇒ group competitions,
- ⇒ all-around individual competition,
- ⇒ apparatus individual finals.

In agreement with the BG EC, the organizer (member Federation) can choose the disciplines in which they would like to organize the Balkan Championships.

#### **Art. 10 Trampoline Gymnastics**

The duration of the event is two (2) days. The programme of the Balkan Championships in Trampoline Gymnastics should consist of:

- ⇒ tumbling men's and women's Individual,
- ⇒ double mini-trampoline men's and women's individual.

In agreement with the BG EC, the organizer (member Federation) can choose the disciplines in which they would like to organize the Balkan Championships.

#### **Art. 11 Acrobatic Gymnastics**

The duration of the event is four (4) days. The programme of the Balkan Championships in Acrobatic Gymnastics should consist of:

- ⇒ mixed pairs,
- ⇒ men's and women's pairs,
- ⇒ women's groups (3),
- ⇒ men's group (4).

In agreement with the BG EC, the organizer (member Federation) can choose the disciplines in which they would like to organize the Balkan Championships.

#### **Art. 12 Aerobic Gymnastics**

The duration of the event is four (4) days. The programme of the Balkan Championships in Aerobic Gymnastics should consist of:

- ⇒ mixed pairs,

- ⇒ trios (3 gymnasts, males / females / mixed),
- ⇒ groups (5 gymnasts, males / females / mixed),
- ⇒ Aerobic Dance (8 gymnasts, males / females / mixed).

In agreement with the BG EC, the organizer (member Federation) can choose the disciplines in which they would like to organize the Balkan Championships.

### **Art. 13 Parkour**

The duration of the event is four (4) days. The programme of the Balkan Championships in Parkour should consist of:

- ⇒ speed-run men and women,
- ⇒ freestyle men and women.

In agreement with the BG EC, the organizer (member Federation) can choose the disciplines in which they would like to organize the Balkan Championships.

## **III. COMPETITIONS ORGANISED BY THE BG**

### **Art. 14 BG Championships**

The program and operational procedures of the competitions organized by the BG are decided by the BG together with the organizer (member Federation) of the competition based on the provisions of these TRs.

### **Art. 15 Age Group Competitions**

The Balkan Championships Age Group can be organized by the affiliated Federations based on the Rules which have been defined by the BG EC, considering the principles of the Age Group.

## **IV. ORGANISATION OF COMPETITIONS**

### **Art. 16 Entry Procedure for BG Competitions**

Registrations must be officially submitted by the member Federation to the BG EC in writing form (online).

The registration must be duly submitted online at least two (2) months before the date of the competition. If the registration is missed or is late, the BG EC can decide about the subsequent registration. The registrations, including gymnasts, reserve gymnasts (where applicable), judges and officials.

The following information must be provided:

- ⇒ Family name(s)
- ⇒ First name(s)

- ⇒ Date of birth (day - month - year)
- ⇒ License number (if it necessary)

#### **Art. 17 Procedure for the Gymnasts' Draw of Lots**

In those cases where it is necessary, to make a drawing of lots in advance of a Competition (i.e., excluding the draws which take place during a Competition) the following procedure will be followed:

1. The draw will take place within two (2) weeks before the competition.
2. The draw will decide the order in which the lot for each team or gymnast (including groups and pairs) will perform and determine the order in which the team or gymnast will commence to compete in the competition.

#### **Art. 18 Organizer (LOC)**

The member Federation designated by the BG EC is responsible for the organisation of the competition. The direction of the competition is in the hands of the respective Organizing Committee.

The Organizing Committee, in collaboration with the BG TC, takes all necessary decisions for the smooth running of the competitions, the work of the judges and instructs them in their tasks.

#### **Art. 19 Work Plan and general programme**

The Work Plan and General Layout of the Programme is elaborated and decided by the Second Vice-president of the BG in close cooperation with the LOC. LOC takes the responsibility for the detailed competition and training schedule.

The Work Plan caters for the technical aspects of the organisation. It must include, among others, the definite timetable of the competitions, the formation of groups of teams and individual gymnasts, information regarding the exact time for the meeting of those taking part and of judges, the timetable of the judges' instruction, the orientation meeting, the names of the rooms in which these various meetings take place, the manufacture and model of the equipment to be used.

The President of the LOC and the Secretary General of the BG must take appropriate measures to communicate the work plan to the member Federations and other individuals involved in the organization of the competition, no later than two (2) weeks before the competition.

#### **Art. 20 The Competition Hall and Gymnastics Apparatus**

The competition hall must be in relation to the prestige of the Balkan Championships and according to the abilities of the member Federation organizing the competition.

The spatial and other characteristics of the competition hall must meet the minimum technical standards for the safe conduct of the competition.

Verification of compliance with technical requirements (inspection) is carried out by a Commission, chaired by, and proposed, for each competition separately, by the Second Vice-President of the BG

and approved by the BG EC. The Commission may carry out an inspection based on an actual field inspection or the submitted technical plans of the competition hall.

The Commission also inspects the suitability and technical compliance of the apparatus. It is desirable that the apparatus has a FIG certificate.

Based on the inspection, the Commission shall draw up a report describing the situation and, if necessary, proposing improvements. The minutes and selection of the competition hall and apparatus must be approved by the BG EC.

## **Art. 21 Music**

Organisers of events must provide a quality sound system and include, apart from the regular equipment, separate loud speakers for the competitors.

## **V. GYMNASTS AND CONTROL OF GYMNASTS**

### **Art. 22 General rights of participation in competitions**

BG competitions are open to gymnasts who:

- ⇒ belong to a member Federation in good standing affiliated to the BG,
- ⇒ have the nationality of the member Federation,
- ⇒ respect the decisions and rules approved by the BG EC,
- ⇒ have the required minimum age.

### **Art. 23 Age of participants**

For the senior BG Competitions the participants have the following minimum age:

#### **1. Seniors:**

- |                               |          |
|-------------------------------|----------|
| ⇒ Men's Artistic Gymnastics   | 18 years |
| ⇒ Women's Artistic Gymnastics | 16 years |
| ⇒ Rhythmic Gymnastics         | 16 years |
| ⇒ Trampoline Gymnastics       | 17 years |
| ⇒ Acrobatic Gymnastics        | 18 years |
| ⇒ Aerobic Gymnastics          | 18 years |
| ⇒ Parkour                     | 17 years |

#### **2. Juniors:**

- |                               |                |
|-------------------------------|----------------|
| ⇒ Men's Artistic Gymnastics   | 16 to 17 years |
| ⇒ Women's Artistic Gymnastics | 14 to 15 years |
| ⇒ Rhythmic Gymnastics         | 14 to 15 years |
| ⇒ Trampoline Gymnastics       | 15 to 16 years |
| ⇒ Acrobatic Gymnastics        | 16 to 17 years |

- ⇒ Aerobic Gymnastics 16 to 17 years
- ⇒ Parkour 15 to 16 years

### **3. Youth:**

- ⇒ Men's Artistic Gymnastics 14 to 15 years
- ⇒ Women's Artistic Gymnastics 12 to 13 years
- ⇒ Rhythmic Gymnastics 12 to 13 years
- ⇒ Trampoline Gymnastics 13 to 14 years
- ⇒ Acrobatic Gymnastics 14 to 15 years
- ⇒ Aerobic Gymnastics 14 to 15 years
- ⇒ Parkour 13 to 14 years

### **4. Pre-Youth:**

- ⇒ Men's Artistic Gymnastics 12 to 13 years
- ⇒ Women's Artistic Gymnastics 10 to 11 years
- ⇒ Rhythmic Gymnastics 10 to 11 years
- ⇒ Trampoline Gymnastics 11 to 12 years
- ⇒ Acrobatic Gymnastics 12 to 13 years
- ⇒ Aerobic Gymnastics 12 to 13 years
- ⇒ Parkour 11 to 12 years

## **Art. 24 Control of nationality and age**

Through the accreditation process, before competition organized by the BG, personnel of the LOC, in cooperation with the representative of the BG, will check the nationality of athletes and judges as well as the age of the athletes.

## **Art. 25 Medical Attention**

Each case of illness or injury must be immediately reported to the official medical doctor by the Head of Delegation or his/her substitute.

## **Art. 26 Competitors' Numbers (Bibs)**

In Artistic Gymnastics, the competitors' numbers must be worn and firmly attached to the back of the uniform during the whole competition. Bibs should be allocated to all gymnasts, including the team reserve gymnast, at the Orientation Meeting.

In Rhythmic Gymnastics, Trampoline Gymnastics, Acrobatic Gymnastics, Aerobic Gymnastics and Parkour, the gymnasts' numbers or the groups' numbers are shown on the display board.

## **Art. 27 Orientation Meeting**

The LOC and the BG provide all important information during the Orientation Meeting of BG events. It is mandatory for all Federations to attend the official Orientation Meeting.

## **VI. JUDGES AND JUDGING OF COMPETITIONS**

### **Art. 28 General Principles**

All exercises in gymnastics competitions must be evaluated by judges possessing the requested qualifications for this function. They must be members of their NF, hold the nationality of the NF they represent and be motivated to judge honestly the exercises presented by the gymnasts.

It is desirable that Federations sends FIG brevet judges.

Minimum one (1) Difficulty (D) judge should be FIG brevet judge. Execution (E) judges can be National Level judges.

## **VII. SCORING**

### **Art. 29 Methods of Determining Scores**

The method of determining scores and evaluating exercises is set out in the CoP.

### **Art. 30 Score Sheets**

The complete detailed results of every event must be sent to the participating federations by the organising federation. The results must include the detailed scores given by each judge and the names of the judges. The results must be signed by the Chair of Judges' Panels or the President of the Jury.

### **Art. 31 Inquiries of the score**

Inquiries for the Difficulty score are allowed, provided that they are made verbally immediately after the publication of the score or at the very latest before the score of the following gymnast or group is shown.

For the last gymnast or group of a rotation, this limit is one (1) minute after the score is shown on the scoreboard. The person designated to receive the verbal inquiry has to note the time of receiving it and this starts the procedure. Only the accredited coaches in the competition area (Artistic Gymnastics) and next to the competition area (other disciplines) are entitled to submit an inquiry.

## **VIII. AWARDS**

### **Art. 32 Timing of Award Ceremonials**

In all disciplines, the ceremonies must take place immediately after the competitions and, in the finals, in principle after the competition on each apparatus or category and must be conducted with dignity „Award Ceremonies” approved by the BG EC. LOCs are responsible for a quick procedure for these ceremonies.

**IX. INSURANCE**

**Art. 33 Insurance obligations**

Participating federations are obliged to cover the expense of insurance for accredited members of their delegations (illness, accident and repatriation). Accidents occurring because of defects in the apparatus (except personal Hand Apparatus in RG) are the responsibility of the organisers. Also, the organisers are obliged to conclude an insurance for civic responsibilities in respect of participants and spectators (third liability insurance).



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