



8-9 November 2025  
Keerbergen - Belgium  
[www.gymnovacup.eu](http://www.gymnovacup.eu)

# Competition rules

## GGC 2025

International WAG-competition  
for Youngsters, Juniors and Seniors  
Team & Individual – All-Around & Finals per apparatus



### POINTS OF CONTACT

Event Director	Ilse De Smedt	+32 479 52 81 67
Competition Director	Delphine Cardon	+32 494 79 88 61
Head Judge (before competition)	Tatjana Decaesteker	+32 476 69 92 73
Head Judge (during competition)	Kaat Deben	+32 472 26 55 65
Assistant to the Competition Director	Esther van der Kant	+32 498 15 01 35
Local transportation	Steven Gevaert	+32 497 57 77 37
	Phaedra Warson	+32 492 71 56 13
Host Families & Hotel	Annemie Geysemans	+32 494 30 05 25

## TECHNICAL MEETING

Friday November 7<sup>th</sup>  
19:30 - Dining area

### PODIUM TRAINING

- ❖ Location: competition hall
- ❖ Rotation schedule: cf. attachment
- ❖ Only registered coaches, judges and competing gymnasts will be allowed in the competition area
- ❖ Free entrance for supporters and sympathisers
- ❖ Guided podium training
  - The attached rotation schedules will be followed strictly by all delegations
  - **IT'S NOT ALLOWED TO MOVE ON TO THE NEXT APPARATUS EARLIER THAN SCHEDULED**
- ❖ Upon completion of the warming-up and podium training, coaches and gymnasts are required to leave the competition floor

**Final rotation schedules for the competitions will be handed out during the Technical Meeting (Friday, 19:30)**

**PLEASE RESPECT THE RULES AND TIME SCHEDULES  
FOR A SMOOTH AND NICE COMPETITION**

## **WARMING-UP BEFORE COMPETITION**

- ❖ Location: competition hall
- ❖ Guided warming-up
- ❖ Only registered coaches, judges and competing gymnasts will be allowed on the competition floor
- ❖ Gymnasts nor coaches are allowed to leave the competition floor without authorisation of the competition director / assistant until 10 min before the end of the warm-up
- ❖ Competition floor must be left clean after the warming-up, don't leave sport bags, clothes or other items behind

**Please keep your material in the assigned waiting zone:**

VAULT, BEAM AND FLOOR: one big zone

BARS separate zone

- ❖ IMMEDIATELY after the warming-up:
  - All gymnasts gather in the kick-off zone for the march on
  - One coach of each delegation gather at the counting table for a short briefing - the other coaches take place in the waiting zone of their first apparatus

**Only competing gymnasts are allowed in the competition zone.**

**The other gymnasts are required to take place in the reserved stands.**

## **ENTERING THE COMPETITION AREA**

### JUDGES

**At least 10 minutes before the end of the warming-up  
all judges must be present at her/his place**

- ❖ The judges immediately go to their judge table - no march in
- ❖ Judges will be presented to the audience during touch and go warming-up

### COACHES

- ❖ One coach of each delegation gather at the counting table for a short briefing
- ❖ The other coaches take place in the waiting zone of their first apparatus
- ❖ Coaches ensure that the gymnasts equipment is in the space provided

### GYMNASTS

- ❖ After the warming-up the gymnast immediately go to the line-up zone

**The Assistant to the Competition Director will arrange the gymnast  
per apparatus for entering of the competition zone**

**Gymnast will be guided by frontrunners**

- ❖ The frontrunners will take care of the flags during the march in
- ❖ Gymnasts won't be presented individually at the entering of the competition area, but they will be presented to the audience before their floor exercise
- ❖ Gymnasts will be guided by frontrunners the entire competition

**After each rotation the gymnasts will be guided to their next apparatus**

- ❖ Line up next to the designated waiting zone and behind the frontrunner
- ❖ No change of apparatus without guidance of the frontrunners

## **TOUCH AND GO** (warming-up before start of the rotation)

- ❖ Warming-up time is limited for each gymnast and will be monitored by chrono by the designated judge
  - Vault: in case of 2 vaults: 3 warming-up vaults
  - Vault: in case of 1 vault: 2 warming-up vaults
  - Bars: 50 seconds per gymnast
  - Beam: 30 seconds per gymnast
  - Floor: 2,5 minutes per subgroup

**We urge each gymnast and each coach to respect the time limits**

### TOUCH AND GO WARMING-UP

- 2 subgroups
- Warming-up and competition take place in the 2 subgroups
- Change per subgroup (NOT per ROTATION!)
- Example:
  - Numbers 1 – 8 on Bars
  - Divided in 2 subgroups
  - Rotation 1 start number 1 with touch and go, followed by 2 – 3 – 4
  - Second touch and go warming-up for gymnasts 5 – 6 – 7 – 8
  - Change of apparatus ----> beam
  - At the first touch and go, warming-up for number 2, who also starts to compete. Number 1 competing as the last one of the first subgroup

**After the touch and go, coaches and gymnasts are required to take place in the assigned waiting zones, except for the first competing gymnast, who has to be ready to compete as soon as the D1 judge gives the go-ahead**

- No exercise will be started during warming-up time
- The start signal of the competition is indicated by the speaker
- This needs to be respected after every rotation of apparatus

## DURING COMPETITION

**The start signal of the competition is indicated by the speaker.**

- ❖ No exercise will be started after the touch and go before the start signal of the speaker
- ❖ During the rotation, the next gymnast can start upon signal of the D1 judge
- ❖ The coach must show the gymnast's number to the judges. On the floor please show the number also to the speaker

**During the competition, the not competing gymnasts and coaches must take place in the assigned waiting zones. Intermediate warming-up is NOT allowed**

**Gymnasts or coaches can't leave the competition hall without consulting and authorisation of the head of competition**

**Gymnasts from other divisions/competition are NOT allowed at the competition zone & are required to take place in the reserved stands**

- ❖ During competition, coaches are not allowed to consult the judges
- ❖ In case of an inquiry about the D score
  - A revision can be requested by the Head of Judges at the administration desk
  - Within **5 minutes after the end of the rotation**
- ❖ Scores can't be contested after the competition

## END OF COMPETITION

- ❖ NO gymnast or coach can't leave the competition area before every gymnast has completed her competition
- ❖ After the last exercise and judging, all competitors gather for the march off, guided by the frontrunners

## MEDAL CEREMONY

- ❖ On **Saturday November 8th**, the Medal Ceremony for **all the competitions** will be held **after the last competition of the Seniors** (approx. 9 pm)
  - Each participating gymnast is required to attend the medal ceremony in leotard
  - For the team ranking, all gymnasts of the delegation are invited to the stage (not only the gymnasts counting for the team ranking)
- ❖ On **Sunday November 9th**, two Medal Ceremonies are planned:
  - One after the finals Vault and Bars, and one after the finals Beam and Floor
  - One coach of each delegation, as well as the judges, will attend at the last medal ceremony to receive a souvenir
  - One coach of each delegation and all the judges are required to gather in the line-up zone after the beam and floor final & before the 2nd medal ceremony

## **GENERAL RULES**

- ❖ Use of additional landing mats is only allowed:
  - During warming-up
  - In competition for flight elements, but must be removed before dismount
  - View of the judges can't be blocked in any circumstances
  
- ❖ Rules for Vault in the all-around competitions
  - FIG Juniors for Youngsters and Juniors
  - FIG Seniors for Seniors
  
- ❖ Rules in the finals
  - FIG Juniors for Youngsters and Juniors
  - FIG Seniors for Seniors
  
- ❖ All members of each delegation must wear the same leotard

## **QUALIFICATION RULES FOR THE FINALS**

### FINALS YOUNGSTERS & JUNIORS

- ❖ Qualification for the finals Youngsters and Juniors is based on the results of the all-around competitions
  - 3 best Youngsters: highest score PER APPARATUS
  - 4 best Juniors: highest score PER APPARATUS
- ❖ Limitations:
  - Maximum 2 Youngsters and 2 Juniors per country PER APPARATUS
  - Maximum 3 gymnasts (youngsters and juniors) per country PER APPARATUS

### FINALS SENIORS

- ❖ Qualification for the finals Seniors is based on the results of the all-around competitions
  - 6 best Seniors: highest score PER APPARATUS
- ❖ Limitations:
  - Maximum 2 per country PER APPARATUS

## **RULES FOR THE FINALS**

- ❖ On Saturday +/- 30 minutes after the award ceremony, the list with qualified gymnasts for the finals will be made public at the PitStop (+/- 10:00 pm)
- ❖ Please confirm as soon as possible whether or not the gymnast will participate in the final, this **at the latest by Saturday 10:30 pm at the PitStop**

**NOT CONFIRMED at the scheduled time = NO PARTICIPATION**

### **COUNTRY RESERVE**

What if my gymnast qualifies but the country quota is already full?

\*If your gymnast ranks within the Top 3 for Youngsters, Top 4 for Juniors, or Top 6 for Seniors but 2 gymnasts from your country within the same category or 3 gymnasts from your country across the Youngsters and Juniors category, have already been selected, then:

Your delegation can choose to replace one of the already selected gymnasts with the 3rd (Youngsters), 4th (Juniors), or next eligible gymnast BUT:

**This replacement can only be done at the scheduled time: Saturday 10:30 PM.**

If you cancel after 10:30 PM:

Reserves from your own country can no longer substitute the gymnast that drops out. Only the **general reserve** (as provided by the organizers) will replace the gymnast.

If a gymnast drops out on Sunday just before the final:

Only the **general reserve** can substitute the gymnast that drops out. Country-specific reserves are not eligible at that stage.

**This final list will be published online on Saturday evening**

**The 2 reserves per category per apparatus must ensure that they  
are present in the competition hall in time**

## COURS OF THE FINALS

### FINAL VAULT AND BARS

- ❖ Warm-up 45 minutes general + apparatus
- ❖ March on of finale vault and bars part 1
  - Seniors compete at vault
  - Youngsters and juniors compete at bars
- ❖ March off and immediately march on for finale vault and bars part 2
  - Seniors compete at bars
  - Youngsters and juniors compete at vault
- ❖ March off immediately medal ceremony for final vault and bars

### FINAL BEAM AND FLOOR

- ❖ Warm-up 45 minutes general + apparatus
- ❖ March on of finale beam and floor part 1
  - Seniors compete at beam
  - Youngsters and juniors compete at floor
- ❖ March off and immediately march on for finale beam and floor part 2
  - Seniors compete at floor
  - Youngsters and juniors compete at beam
- ❖ March off immediately line-up coaches and judges
- ❖ After medal ceremony for beam and floor

During the warm-up gymnasts nor coaches are allowed to leave the competition floor without authorisation until 10 min. before the end of the warm-up

**Gymnasts or coaches can't leave the competition hall without consulting and authorisation of the head of competition**

**Gymnasts DO NOT leave the competition hall after the warm-up,  
Including the gymnasts for final part 2**

**During the finals, the not competing gymnasts and coaches must take place in the assigned waiting zones. Intermediate warming-up is NOT allowed**



## HOT SEATS

*(Only used during the apparatus final)*

There will be two chairs placed on the podium as **the hot seats**, one for the senior with the highest score and one for the youngster or junior with the highest score at that moment.

After finishing their routine, each gymnast will be accompanied to the **waiting seats** in front of the podium by the ceremony girl (without coach). There, they will await their final score (without coach).

Once the score is published on the scoreboard, the gymnasts' next step depends on the result:

- If they have achieved the highest score, they move to the hot seat.
- If their score is lower, they return to the regular waiting area where the other finalists are waiting.

## **RULES FOR TEAMRANKINGS**

### **❖ Team Ranking Youngsters / Juniors / Seniors**

- The team is made up of 2 Youngsters, 2 Juniors and 2 Seniors
- Best Youngster + best Junior + best Senior result per apparatus count

**The names of the gymnasts who will be competing for the team rankings, must be registered on Friday November 7th at the technical meeting**

## **TIE BREAK RULES**

- ❖ Per FIG Technical Regulations 2025
- ❖ In case of ex aequo, prize money will be paid twice

## **PRIZE MONEY**

- ❖ Prize money will be paid by bank transfer within 8 days after the competition, to the account number, which was used to pay the registration fee
- ❖ Contact [patricia@gympies.be](mailto:patricia@gympies.be) in case of questions or problems

# PRIZE MONEY

Prize Money will be paid by bank transfer after the event.

<b>Youngsters Individual Allround</b> Rules: FIG Junior		1° place € 500 2° place € 250 3° place € 125	
<b>Juniors Individual Allround</b> Rules: FIG Junior		1° place € 750 2° place € 500 3° place € 250	
<b>Senior Individual Allround</b> Rules: FIG		1° place € 1.000 2° place € 750 3° place € 375	
<b>Team ranking</b> Rules: best Youngster + best Junior + best Senior result (per apparatus)		1° place € 1.500 of Gymnova Equipment	
<b>Final Vault Seniors</b> 6 best Seniors, FIG rules max. 2 gymn. per country per final	1° place € 300 2° place € 150 3° place € 100	<b>Final Vault Youngsters &amp; Juniors</b> 3 best Youngsters & 4 best juniors FIG JUNIOR rules max. 3 gymn. per country per final max. 2 gymn. per country per cat.	1° place € 300 2° place € 150 3° place € 100
<b>Final Uneven Bars Seniors</b> 6 best Seniors, FIG rules max. 2 gymn. per country per final	1° place € 300 2° place € 150 3° place € 100	<b>Final Uneven Bars Youngsters &amp; Juniors</b> 3 best Youngsters & 4 best juniors FIG JUNIOR rules max. 3 gymn. per country per final max. 2 gymn. per country per cat.	1° place € 300 2° place € 150 3° place € 100
<b>Final Beam Seniors</b> 6 best Seniors, FIG rules max. 2 gymn. per country per final	1° place € 300 2° place € 150 3° place € 100	<b>Final Beam Youngsters &amp; Juniors</b> 3 best Youngsters & 4 best juniors FIG JUNIOR rules max. 3 gymn. per country per final max. 2 gymn. per country per cat.	1° place € 300 2° place € 150 3° place € 100
<b>Final Floor Seniors</b> 6 best Seniors, FIG rules max. 2 gymn. per country per final	1° place € 300 2° place € 150 3° place € 100	<b>Final Floor Youngsters &amp; Juniors</b> 3 best Youngsters & 4 best juniors FIG JUNIOR rules max. 3 gymn. per country per final max. 2 gymn. per country per cat.	1° place € 300 2° place € 150 3° place € 100

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We set very high standards of order and discipline in order to guarantee  
a pleasant and correct competition for everyone

Therefore, we urge each coach-gymnast-judge to consider these directives

Follow and respect the rules and the scheduled time

If you have any questions, please do not hesitate to ask the Competition  
Head (Delphine), the Head of Judges (Tatjana) or the Competition Director  
Assistant (Esther). They will be happy to help you

**Let's all make it a fantastic edition and make memories together**