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Golden Age Gym Festival

R E G U L A T I O N S

Edition 2027

EBU
OPERATING EUROVISION AND EURORADIO

SMARTSCORING

ABBREVIATIONS

EC	Executive Committee
TC-GfA	Technical Committee for Gymnastics for All
NF	National Federation
LOC	Local Organising Committee

CONTENTS

Art. 1 General Aims 4

Art. 2 Terminology 4

Art. 3 Right of the Federations to participate 4

Art. 4 Allocation and dates 4

Art. 5 Entry Procedure 5

Art. 5.1 Invitation 5
Art. 5.2 Notification ~~Registration~~ of Interest 5
Art. 5.3 Provisional Registration 5
Art. 5.4 Definitive Registration 5
Art. 5.5 Cancellation policy 5
Art. 5.6 Programme and Time-Schedule 5

Art. 6 Responsibilities 6

Art. 6.1 Responsibilities of European Gymnastics 6
Art. 6.2 Responsibilities of the Organising Federation and the LOC 6

Art. 7 Format 7

Art. 8 Programme 7

Art. 9 Finances 8

Art. 10 Opening Ceremony 9

Art. 10.1 Parade 10
Art. 10.2 Venue / Stage 10
Art. 10.3 Sound, Lighting, Screens and Flags 10

Art. 11 ~~Group~~ City Performances 11

Art. 11.1 Venues 11
Art. 11.2 Equipment 12
Art. 11.3 Sound 12
Art. 11.4 Moderator/Speaker 12

Art. 12 Workshops 13

Art. 12.1 Registration for the closed workshops 13
Art. 12.2 Duration 14
Art. 12.3 Workshop instructors ~~and participants~~ 14
Art. 12.4 Volunteers at the workshops 14
~~Art. 12.5 Participants~~ 14
Art. 12.5 Venues and equipment 14
Art. 12.6 Sound 14

Art. 13 Golden Age Gym Festival Gala and Closing Ceremony 15

Art. 13.1 Requirements 15
Art. 13.2 Choreographer 15
Art. 13.3 Duration and theme 15
Art. 13.4 ~~Registration and wildcards~~ Application 16
Art. 13.5 Venues 16
Art. 13.6 Speaker 17

Art. 13.7 Sound 17
Art. 13.8 Lighting 17
Art. 13.9 Screens 17
Art. 13.10 Equipment 17
Art. 13.11 Group Leader meeting for the Gala Closing 17
Art. 13.12 Volunteers 18
Art. 14 Closing Ceremony **18**
~~**Art. 13.14 Flags and signs**~~ 18
~~**Art. 13.15 Advance information to the NF**~~ 18
Art. 15 Educational Forum **19**
Art. 15.1 Venue, Equipment 20
Art. 16 Cultural and social activities **20**
Art. 17 Accommodation **20**
Art. 18 Catering **21**
Art. 19 Transport **21**
Art. 20 Live-Stream, Recordings, TV-production **21**
Art. 21 Miscellaneous **22**
Art. 21.1 First aid and Health-accident insurance 22
Art. 21.2 Obligation of the participating National Federations to assist at the 22
Meeting with the Heads of Delegation / Team Leaders 22
Art. 21.3 Daily meetings and Information Desk 22
Art. 21.4 Speeches of the European Gymnastics President or his/her 23
representative and of the OC representative 23
Art. 21.5 Hoisting of the European Gymnastics flag with music 23
Art. 21.6 Volunteers 23
Art. 22 Concluding Remarks **23**
Appendix 1 ..... **24**

Art. 1 General Aims

The general aims of the Golden Age Gym Festival are as follows:

- Common experiences in practicing physical, ~~and~~ cultural and social activities
- New experiences in a group of people aged 50+ sharing the same interests in an environment adapted to that age
- Promoting GfA movements/activities especially adapted to people 50+.
- Mutual understanding of distinctive national characteristics
- Friendship

Art. 2 Terminology

The name of the event is the "Golden Age Gym Festival". It is preceded by a numeral indicating which number in the sequence of events it is, and is followed by the year in which the event takes place (e.g. 7th GAGF 2020).

Art. 3 Right of the Federations to participate

The GAGF is open to gymnasts from national European federations affiliated to European Gymnastics, provided that all their financial obligations towards European Gymnastics are fulfilled.

Gymnasts can participate if they:

- Belong to a European Gymnastics Member Federation,
- Have the correct age,
- Register through their NF,
- Have a valid health/accident insurance,
- Have a valid event accreditation card (provided to all registered persons),
- Respect the dispositions of the EC decisions and of the Regulations.

The participation of delegations from non-European countries is possible if their Federation is affiliated to ~~FIG~~ World Gymnastics. The European Gymnastics office has to be informed about their request to participate before the deadline of the final registration.
European Gymnastics has the right to refuse.

Art. 4 Allocation and dates

Upon receipt of applications, the EC/European Gymnastics will select the most suitable candidate after a thorough study of the applications. If considered necessary by European Gymnastics, an inspection visit of the TC-GfA will be organised beforehand (all related costs have to be assumed by the LOC.)
As far as possible, the contract between European Gymnastics and the hosting federation has to be signed at the latest 36 months before the event.
The dates of the event are set by the Executive Committee in cooperation with the LOC.
The opening of the event must be on Sunday and the closing on Friday.

Art. 5 Entry Procedure

For registration of entry ~~the Gymdata online registration system is~~ the NF must use the official forms respectively the online registration system as per official information sent by European Gymnastics to the NF.

~~The registrations are entered and submitted by the NF~~. If entry forms are sent to the LOC, the LOC must inform European Gymnastics ~~monthly~~ immediately after the deadlines about the number of entries.

Art. 5.1 Invitation

A joined invitation from European Gymnastics and the LOC is sent to the NF twenty months prior to the GAGF. The LOC has to submit a draft to European Gymnastics for approval.

Art. 5.2 Notification ~~Registration~~ of Interest

The Federations are asked to inform the LOC twelve months prior to the Festival of their interest to participate.

Art. 5.3 Provisional Registration

Provisional registrations must be received by the LOC eight months prior to the GAGF. The provisional registrations will be officially accepted and confirmed when 10% of the participation fee has been paid to the LOC.

Art. 5.4 Definitive Registration

Four ~~Six~~ months prior to the GAGF the LOC must have received the definitive registrations from the NF, through the official online registration system, as well as the remaining 90% of the participation fee.

Art. 5.5 Cancellation policy

The LOC must clearly inform the Federations about its cancellation policy and fees for the period in between the provisional registration and the arrival of the groups on site. It must also be clear to the NF that the 10% of the participation fee, to be paid at the time of the provisional registration, is in any case non-refundable.

The LOC should recommend that each Federation subscribes to its own cancellation insurance for its participation in the GAGF.

The LOC must propose a cancellation policy for the period between the day after the definitive registration deadline until 2 months before the event.

Art. 5.6 Programme and Time-Schedule

The Bulletins number one and two have to be sent to the NF 16 and 7 ~~6~~ months before the event.

One month before the event, the LOC must send the event guide to the participating NF. This document must include the schedule of the workshops, the ~~group~~ city performances, meals, and other important aspects.

Art. 6 Responsibilities

Art. 6.1 Responsibilities of European Gymnastics

As the GAGF is an official event of European Gymnastics, the TC-GfA has the following responsibilities and rights:

- Responsibility for the implementation of and the compliance with all applicable Regulations.
- Deciding special cases concerning participation and organisational matters.
- Approving the definitive programme and all the technical aspects of the event like (but not only) the topics for the workshops and the educational forum, the schedule for the group performances, the Bulletins, the time schedule of the event...

Art. 6.2 Responsibilities of the Organising Federation and the LOC

The Organising Federation has the following obligations and responsibilities:

- Apply the European Gymnastics Regulations for the GAGF.
- Constantly maintaining the necessary communication with the TC-GfA/ European Gymnastics and the European Gymnastics sports coordinator.
- Prepare an organising plan in agreement with the TC-GfA.
- Provide the necessary arenas/sites as well as the standardised apparatus and technical installations required by the participating Federations. If required, the organiser should - within the context of existing possibilities - provide lockable storage facilities near the stages.
- Organise first-aid service with a doctor constantly available.
- Promote the event by using press, radio and television, internet and social media as well as printed material etc.
- Submit all the documents of the event to the European Gymnastics office for previous approval.
- Receive and deal with the entries of the NF ~~in cooperation with the European Gymnastics office~~ (using the official forms or online registration system as per official information sent by European Gymnastics)
- Prepare the programme for the whole event, with a complete listing of the different activities and other events. This event guide must be available in English and, in addition, the language of the organising country may also be used. The digital event guide must be distributed to all participating Federations at least one month before the GAGF.
- Provide the necessary staff and volunteers and train them so they are well prepared to run the event. Ensure the safeguarding of LOC staff and volunteers (respect a reasonable length of shifts for volunteers, providing of regular meals, available contact person for support in case of problems, transport to event locations as needed)
- The key persons of the LOC, the volunteers and the workshop instructors must speak English in a fluent way.
- Prepare a final report addressed to the European Gymnastics Authorities. This report has to be submitted no later than December 1st following the event.

The report must include the following subjects:

- Remarks concerning the organisation
- Total number of active participants with sex and age distribution
- Total number of performances
- Number of open and closed workshops
- Information regarding popularity and attendance of workshops
- Nominative list of the participating Federations including the number of groups
- Final general accounts according to Article 9.8.

~~The recording of the Gala must also be delivered to the TC GfA (one copy for the TC) by December 1st following two weeks after the event. as well as to the European Gymnastics Head of Media.~~

If the final report and the accounts are not sent to the European Gymnastics office in time, the EC/European Gymnastics can decide to keep the deposit paid in advance.

Art. 7 Format

Art. 7.1 The GAGF is organised every two years in September/October, in the even years.

Art. 7.2 The GAGF must not be a part of any other gymnastics event.

Art. 7.3 The duration of the event is limited to 6 days including the opening and closing ceremonies.

Art. 7.4 The GAGF is open to people aged 50+.

Art. 8 Programme

The programme of the GAGF must include the following events:

- City Orienteering
- Opening Ceremony
- ~~Group~~ City performances
- Workshops
- Educational Forum
- Cultural and social activities
- Reception for the Heads of Delegation
- GAGF Gala and Closing ceremony

The following table represents an example of the timing of these events in the global GAGF programme:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arrival of delegations	HoD Meeting ~~OC+HOD~~	HoD Meeting ~~OC+HOD~~	HoD Meeting ~~OC+HOD~~	HoD Meeting ~~OC+HOD~~	HoD Meeting ~~OC+HOD~~	Departure of delegations
	City Orienteering	Workshops	Workshops	Workshops	Workshops	
Group leaders & HOD Meeting			Educational Forum		Reception for HOD	
Parade & Opening Ceremony	~~Parade & Opening Ceremony~~ City performanc es	City performances	City performances	City performances	GAGF Gala and Closing Ceremony	
	Social activities	Social activities	~~Social activities~~	Social activities		

The Organising Federation submits a detailed programme and time schedule to the TC-GfA and the European Gymnastics office. The following principles shall be applied:

- No event appearing in the official programme of the GAGF is allowed to precede the opening ceremony.
- Arrival is on Sunday, the departure on Saturday.
- The workshops are organised in the mornings.
- The city performances and the other events are organised in the afternoon/evening.

Art. 9 Finances

The LOC ~~Organising Committee~~ has the following obligations:

Art. 9.1 Prepare an initial financial plan to be presented to the EC/European Gymnastics at the time of the application.

Art. 9.2 Submit a budget to European Gymnastics eight months before the event.

Art. 9.3 Be responsible for all the expenses necessary for organising the event (halls, sites, apparatus, installations, first-aid and security service, printed materials, promotion, invitations etc.).

Art. 9.4 Distribute an accreditation card to each participant in the GAGF, giving free entrance to all events during the festival. The price for the accreditation is determined in the contract signed between European Gymnastics and the Organising Federation. The price includes the online event guide and the official accreditation. Local transportation is only included for delegations that booked their accommodation through the LOC.

Art. 9.5 If extraordinary events are organised, a supplementary entry fee may be requested in addition to the accreditation fee.

Art. 9.6 Provide storage facilities. Transporting and storing of apparatus owned and brought by participating Federations is at the costs of the corresponding Federations.

Art. 9.7 Offer free participant cards for a maximum of 6 observers from the next Organising Committee. The LOC is invited but not obliged to offer also accommodation and catering.

Art. 9.8 Submit the final accounts together with the final report by December 1st following the event.

Art. 10 Opening Ceremony

The opening ceremony is organised on the first day of the GAGF; the venue being a stadium, a sports hall or a large place appropriate for the organisation of this event.
The opening ceremony is organised according to the following programme:

- Parade of the participating delegations with their national flag, in the English alphabetical order; the signs are also in English.
- Music to accompany the parade.
- Speech by a representative of the OC and (optional) speech by the Mayor of the host city or its representative.
- Speech by the President of European Gymnastics or his/her representative. He/she is the last to take the floor as he/she officially opens the event.
- Hoisting of the European Gymnastics flag, accompanied by music (LOC choice).
- Hoisting the flag of the organising country while playing its national anthem.
- Performances organised by the host country.

Maximum duration of the parade (max. 30 min) and the seating of the delegations (max. 15 min) is 45 minutes.
The maximum duration of the opening ceremony is 45 minutes, and if the parade is included a maximum of 90 min.

Any modification in the programme requires the approval of the TC-GfA and the European Gymnastics office.

The objectives of the Opening Ceremony are:

- To bring the GAGF to the attention of the population of the hosting city.
- To use the opening ceremony as a tool to promote the GAGF in the media (press, TV and others).
- To give the participants the feeling that they have become a part of the GAGF.

Art. 10.1 Parade

All delegations must participate in the parade. The parade needs to be organized in the city's street(s), leading to the venue of the opening ceremony. The objectives of the parade are:

- To attract the attention of the local population on the GAGF
- To signal the beginning of the GAGF
- To bring all the participants in good order to the place where the opening ceremony will be held
- To show that the European 50+ gymnasts are a happy and friendly community.

The LOC has to provide a place where the participating countries will be assembled and organised before the parade (in English alphabetic order).

- Sanitary facilities must be provided at the assembly area and at the arrival.
- As this parade is an outdoor event, a suitable route should be planned (about 15 minutes). With more than 2000 persons it is recommended to plan two parade routes joining at the opening venue ….

Art. 10.2 Venue / Stage

A stage with a performance area of minimum 20m x 20m is required.
A security area of min 1m around the performance area is necessary.
If the LOC decides to organise the Opening Ceremony as an '*open air*' event, an emergency / alternative plan has to be established in case of rain. In view of the value of that event and the high expectations on quality and atmosphere, it is assumed that the LOC proposes a suitable alternative.
Also, seats must be provided for all the participants, officials and possible LOC guests or sponsors.

Art. 10.3 Sound, Lighting, Screens and Flags

Professionally installed and controlled equipment providing all possibilities for playing the music file ~~CD or USB~~ (sound technician).

Wireless microphones/headsets must also be available, not only for the speaker but also for the LOC to communicate with the participants if necessary. Loudspeakers must be designed to transmit speeches and music in excellent quality. The sound level must be balanced in order to avoid health problems.

If the LOC decides to organise the event in the evening, professionally installed and steered equipment is also necessary to ensure a good quality of the event (light technician).

One or two video screens must be available to project information, the speeches, live images of the ceremony and to support the performance choreography.

Flags of all participating nations and signs with the name of each country need to be provided.

~~The OC must livestream the Opening Ceremony. The livestream must be available for European Gymnastics to be used for its social platforms.~~

English speaking volunteers are essential for the assembly, the show, to help with equipment, etc.

Art. 11 ~~Group~~ City Performances

Gymnastics for All ~~group~~ performances should have both educational and show aspects. They are considered "city performances" and give the groups the opportunity to show what they have prepared at home; all performance levels are acceptable, everybody can participate.
The groups must be composed of a minimum of 6 active performers. Each group must have the possibility to perform minimum twice.

Each performance can have a maximum of ~~must not last longer than~~ 5 ~~6~~ minutes~~ (including preparation of the venue and marching in and out)~~. The groups must have the opportunity to check out the stage before the start of the performances (size, layout, equipment, etc.).

Volunteers are essential to handle the gym material, to control the access, to work with sound equipment, qualified first aid etc.

Art. 11.1 Venues

The organiser must organise different types of stages: e.g. stages on a podium, stages on grass (swimming pool or park area) in crowded places (market place, city hall, shopping centre, etc.).

The definitive number of stages depends on the number of registered groups.
Minimum the following performance areas must be provided:

Necessary performance areas for up to 2000 participants:
Stage 1) 20m x 20m
Stage 2) 14m x 14m
1 stage with 500 ~~2000~~ seats ~~(Opening/Closing Gala)~~
1 stage with 300 seats

Necessary performance areas for more than 2000 participants:
Stage 1) 20m x 20m
Stage 2) 20m x 20m
Stage 3) 14m x 14m
1 stage with 500 seats ~~for all~~ ~~(Opening/Closing Gala)~~
2 stages with 300 seats

A security area around the performance area is necessary as well as management and dressing facilities, an equipment depository and seating possibilities for spectators and participants.

If several stages are located in the same building, they have to be optically and acoustically separated.
The stages must be close to the public. It is important for the audience to see the commitment and enjoyment of the participants in their activity.

All outdoor stages need to be ready 1 day before the actual group performances start. An alternative indoor stage with the same technical conditions must be planned for all outdoor stages in case of bad weather.

All stages ~~Min 1 stage~~ needs to have:
- Roller mats (see art. 11.2), at least 1 stage;
- Seats for spectators and participants. These can be tribunes, chairs, "natural" seats like a stairs or on a hill…
- A roof to protect participants (and equipment) against bad weather conditions like rain, high temperatures …
- A screen

Art. 11.2 Equipment

The technical conditions and the equipment provided by the LOC must be communicated to the groups in Bulletin 1.

The following equipment should be available:
- one of the stages equipped with 14m x 14m roller mats (triflex mats)
- gymnastic benches
- mats 1m x 2m x 10cm.

The groups should have the opportunity to ask for extra equipment (to be mentioned on the registration form).

Art. 11.3 Sound

Professionally installed and controlled equipment providing all possibilities for playing music file ~~CD and USB~~. Wireless microphones/headsets must also be available. Loudspeakers must be designed to transmit speeches and music in excellent quality.
The sound level (music and announcements) must be lower than 80 dB at a frequency of 1.000 Hertz (Hz).

Art. 11.4 Moderator/Speaker

The LOC must advise the ~~M~~moderators/~~S~~speakers of the different venues not to speak too long. There must only be a few explaining words and information ~~on~~ about the ~~persons and~~ groups and the performance.

The speaker actually leads the entire show and must make it fun to watch! (for example by initiating the event's flash mob, interviewing a participant…). The announcements must be made in English and, in addition, the language of the organising country may also be used.

Art. 12 Workshops

The purpose of the workshops is to inspire and give the participants a chance to learn and get a new perspective of Gymnastics for All. The programme should be composed by the LOC in consultation with the TC-GfA.

The Workshops must ~~be~~ consider~~ed in~~:

- Target group;
- Gymnastics for All
- Other gymnastics related disciplines such as: dance, aerobics, rhythmic, etc.
- Local events or other sport events (outdoor sports and exercises)
- Fitness for health, wellbeing, successful ageing
- Other sport activities: swimming, volleyball, body percussion, ball games
- One workshop must obligatorily be: special Choreography workshop. A special Choreography workshop is a workshop where the groups develop and reinforce part of the performance together with a Choreographer.

There are two different categories of workshops, Closed and Open workshops. It is important to carefully think about the number of participants in each workshop to maintain the quality of the workshops.

Every participant must be able to take part in 4 workshops and have a minimum of one free day during the week.

Closed Workshops are workshops that request more space for each participant or need a certain equipment.

- Registration is necessary
- Every group can choose 4 closed workshops and the LOC need to guarantee at least two of them.
- Closed workshops planned outdoor need an alternative location in case of bad weather.

Open Workshops are workshops that can offer space for a lot of participants for example gymnastic or dance.

- Registration is not necessary
- The participants can choose which workshop they are interested in and the day that fits best during the GAGF.
- Open workshops planned outdoor are cancelled in case of very bad weather.

Some 20 different Workshops have to be organised. If there are 2000 participants or more, 20 to 25 different Workshops are requested.

In addition to the contact before the event, the LOC needs to set up a meeting with the workshop leaders and the volunteers at the beginning of the festival to explain what the event is about and how they can help the LOC to make it a big success (how the workshops need to be run,…).

Art. 12.1 Registration for the closed workshops

Groups must indicate their choice with the definitive registration.
In order for groups to register for workshops the OC must publish a list of workshops, venues and instructors in Bulletin 2.

The groups registering for the Workshop *Special Choreography* need to be contacted by the LOC for special instructions.

Art. 12.2 Duration

The duration of the workshops must be 60 minutes. Exceptions can be made depending on the characteristics and needs of the workshop. The time schedule needs to make sure there will be a break between each workshop for moving between the venues and a short rest.

Art. 12.3 Workshop instructors ~~and participants~~

Workshop instructors should be professionals and well informed about the aims of the GAGF. They must also speak English and be used to leading large groups.

~~In addition to the contact before the event, the LOC needs to set up a meeting with the workshop leaders and the volunteers at the beginning of the festival to explain what the event is about and how they can help the LOC to make it a big success (how the workshops need to be run,…).~~

It is important to carefully think about the number of participants in each workshop to maintain the quality of the workshops.

The Workshop instructors need to have at least 2 meetings, first to talk about the running of the workshops and then at the event to go over the last details.

Art. 12.4 Volunteers at the workshops

At the workshop areas English speaking volunteers must be present to help participants finding the way to the workshops. At least one volunteer must be present at each workshop to support the instructor, to guide the participants, to check all participants have an accreditation card and to help in case of emergencies. Depending on the workshop location and size two volunteers are necessary.

~~**Art. 12.5 Participants**~~

~~The age differences within a group should not be an obstruction for participating in a workshop. In order to respect the differences in age and background of participants, there must be different levels of workshops: low and high impact; fast and slow activities; hard and easy tasks; etc. If it is possible, it is recommended to organise different levels of the same workshops.~~

Art. 12.5 Venues and equipment

The number of venues for the workshops depends on the size of the halls and the number of participants per workshop and the type of workshop.
Several outdoor workshops must be proposed.
The workshop instructors must inform the LOC in advance which equipment and material they need.
The venue and equipment must be checked by the LOC or the workshop instructor 30 minutes before the beginning of the workshop.

Art. 12.6 Sound

Professionally installed and controlled equipment must be provided to cover all possibilities ~~(CD's and USB's only).~~
Loudspeakers must transmit music in good quality. Wireless headsets must also be available for the workshop instructors if needed.
The noise of one workshop must not disturb the other workshops.

Art. 13 Golden Age Gym Festival Gala and Closing Ceremony

The closing ceremony takes place on the last day ~~Friday~~, together with the GALA.
The Golden Age Gym Festival GALA is a presentation of the national movement culture of the participating countries.
This event should give expression to the variety existing in Gymnastics for All, as seen in the performances by the participating federations.

Art. 13.1 Requirements

In the first information bulletin, the LOC must publish the following information about the Gala:

- General theme of the show
- Size of the performance area
- Material and colour of the floor area
- Available equipment.

~~Interested groups must accompany their application with the following information:~~

- ~~Video of the performance~~
- ~~Title of the music, description of the performance and exact length (max. 3 minutes in and out)~~
- ~~Number of gymnasts and gender of the group members~~
- ~~Colours of the costumes (important for lighting and choice of surface for the stage)~~
- ~~Apparatus used and floor plan~~
- ~~Whether or not the group will need help when preparing the stage.~~

~~Once the Gala performances are chosen by the TC GfA and all the groups are informed, the OC can contact each of these groups to make the necessary arrangements.~~

~~To have a well-prepared event, the LOC must also ask in advance for the music (only USB) used for the performance. This will avoid uncertainties and significantly increases the quality of the entire event.~~

Art. 13.2 Choreographer

The LOC must nominate a local choreographer and stage director and provide a technical support team to organise and run the Gala under the supervision of the TC-GfA.
The GAGF Gala must be produced as a show and the event organisation should be high quality level, respecting time schedules, light and sound equipment, etc.

Art. 13.3 Duration and theme

The duration of the Gala is limited to 60 minutes. The Choreographer will choose a theme that needs to be approved by the TC-GfA and be published in the 1st Bulletin.

Art. 13.4 ~~**Registration and wildcards**~~ **Application**

All groups that wish to be in the gala can apply through their national federation (European Gymnastics will provide the NF's with an application form). There is no limit to how many applications each federation can send. The maximum duration of one Gala-performance is 3 minutes. In order to be withheld, each performance will be evaluated by the TC-GfA according to the following criteria:

- Entertainment value
- Innovation, originality and variety
- Technique, quality and safety
- Overall impression.

Interested groups must accompany their application with the following information:

- Video of the performance
- Title of the music, description of the performance and exact length (max. 3 minutes in and out)
- Number of gymnasts and gender of the group members
- Colours of the costumes (important for lighting and choice of surface for the stage)
- Apparatus used and floor plan
- Whether or not the group will need help when preparing the stage.

The TC-GfA will decide which groups can participate in the Gala, this decision will be taken no later than ~~3~~ 4 months prior to the event. All the NF's that have applied will receive feedback whether their group(s) is/are withheld.
During the Golden Age Gym Festival wild cards still can be handed out by the TC-GfA.
The organising country is entitled to have at least one group in the Gala.

Once the Gala-performances are chosen by the TC-GfA and all the groups are informed, the OC can contact each of these groups to make the necessary arrangements.

To have a well-prepared event, the LOC must also ask in advance for the music ~~(only USB)~~ used for the performance. This will avoid uncertainties and significantly increases the quality of the entire event.

Art. 13.5 **Venues**

The venue for the GALA must be suitable for such an event (with capacity ~~like the opening~~ for participants and spectators). In view of the value of the event and the high demand for quality and atmosphere, the LOC should pay careful attention to the choice of venue.
Two stages should be available for the performances, so that the preparation of the stage for each performance could work smoothly. Experiences suggest that one stage should have a dark surface and the other a light surface. Both should be capable of taking a normal 14 m x 14 m mat. The LOC must guarantee an area for the groups to prepare and to warm up with toilets and dress facilities.

Spectator seats must be reserved for the active participants. If this is not possible, a big screen needs to be provided backstage so they can watch the show from there.

Art. 13.6 Speaker

The attention of the spectators should be focused on the performances. Therefore, the speaker must be brief, giving ~~Best solution is to put all info on the screen:~~ the name of the group and the country they represent as well as a few important explanations to allow the public to understand the content of the performance (sometimes groups try to tell a story).
The announcements must be made in English and, in addition, the language of the organising country may also be used.

Art. 13.7 Sound

Professionally installed and controlled equipment (sound technician) must be provided~~, with CD and USB facilities~~.
Wireless microphones/headsets must also be available. Loudspeakers must be designed to transmit speeches and music in excellent quality.
The sound level (music and announcements) must be lower than 80 dB at a frequency of 1.000 Hertz (Hz).

Art. 13.8 Lighting

Professionally installed and managed equipment is necessary to ensure an event of high quality (light technician).
The lighting during the performances must be well discussed and agreed on with the performing groups. Inquiries should be made well in advance. A detailed schedule/description of the lighting for each different group performance has to be established before the beginning of the event.

Art. 13.9 Screens

Video screen/s must be available to project information, live images and to support the performances.

Art. 13.10 Equipment

Basic apparatus according to the needs of the groups (to be defined and written down on a form provided by the LOC).
Other material apart from sound and lighting equipment needed by the organisers of the event for special effects.
A hard disk covering all the performances in the right order to be given to European Gymnastics before December 1st following the event.

Art. 13.11 Group Leader meeting for the Gala Closing

~~A meeting with the group leaders should be organised on Wednesday morning. The groups will be informed regarding all details~~
A meeting with the group leaders must be organised. The groups will be informed which one of the two stages they can use. The type of performance is one criteria for allocating a group to a certain stage, but the final allocation will depend on the overall set of groups performing, their types and their needs.

Art. 13.12 Volunteers

Volunteers are essential during the rehearsals and Gala to handle the gym material, to control the groups, to work with sound equipment, first aid etc.

Art. 14 Closing Ceremony

The closing ceremony takes place on the last day, immediately after the GAGF Gala. The duration of the official part is maximum 10 minutes and is organised according to the following programme:

- Parade of ~~national delegation representatives (max. 2 per country) behind their~~ national flags, in the same order as during the Opening Ceremony
- Closing speech by the President of the LOC or/and representative of the city
- Closing speech by the President of European Gymnastics or his/her representative or by the President of the TC-GfA
- Lowering of the European Gymnastics flag, accompanied by music
- Handing over of the European Gymnastics flag to the next organiser
- ~~The delegations march out.~~

During the official closing part the LOC of the next GAGF can present and promote his event (max. 5 minutes).
The Gala Closing is mainly a final "get together" and (once the official part is finished) a party for all the GAGF participants.

~~The concept of this final gathering with all the participants should be created by the LOC and involve (for example) the highlights of the week, a representation of some workshops, fun activities and games (example: look for your twin) …The LOC must think about a festive programme that surprises the participants and creates an evening to remember!~~

The programme of the Gala Closing requires the approval of the TC-GfA.

Volunteers are essential for the assembly, the ceremony, to help with equipment, etc.

~~**Art. 13.14 Flags and signs**~~

~~Flags of all participating nations and signs with the name of each country, placed on the stage or another suitable place. Volunteers are essential for the assembly, the ceremony, to carry the flags and signs in and out from the stages.~~

~~**Art. 13.15 Advance information to the NF**~~

~~The NF receive a list with the following information:~~

- ~~Size of the performance area~~
- ~~Floor area material and colour~~
- ~~Basic equipment available.~~

~~The selected groups must be asked to give the following information prior to their arrival at the event:~~

- ~~Title of the music, description of the performance and exact length (max. 3 minutes in and out)~~
- ~~Mode to enter the stage (with music or without music)~~
- ~~Number of gymnasts and sex of the group members~~
- ~~Colours of the costumes (important for lighting and choice of surface for the stage)~~
- ~~Apparatus used and floor plan~~
- ~~Whether or not the group will need help when preparing the stage.~~

~~To have a well-prepared event, the OC should also ask in advance for the music used for the performance, a short description of the programme as well as a photo of the group. This may avoid uncertainties and increases significantly the quality of the entire event.~~

Art. 15 Educational Forum

An Educational Forum for coaches shall be held for the discussion of themes related to the GAGF programme. The programme is composed by the LOC in agreement with the TC-GfA.

The Forum must give educational opportunities for the group leaders, coaches, assistant coaches and other interested participants to learn about technical issues, about teaching seniors, and share their own experiences. The topics should be discussed together with the TC-GfA. The subject of the presentations should be mainly related to activities of GfA, fitness and health. Participants must be encouraged to ask questions, to exchange experiences and to tell about their own countries. A certificate of attendance must be provided by the OC.
The Forum is also open to people who are not participating in the GAGF. In that case the OC can request a participation fee.

The Forum must be well scheduled within the week's programme. ~~The Forum may be included on the Golden Age schedule as "Workshop Forum".~~ The location of the Forum must be centrally situated.

The topics must be discussed together with the TC-GfA. The subject of the presentations should be related to activities of GfA, fitness and health.

In every Forum there has to be a theoretical input followed by a practical demonstration or exercise. The lecture is given in English. The speeches must be related to and explained or specified by practical demonstrations or exercises with a group of selected people or English-speaking volunteers.

On the Internet a short overview of the speeches must be published prior to the event, or a precise description of the goals of the practical demonstration. Texts must be handed out or be available on a USB key or on Internet after the Forum.

A possible cooperation with a local University may be a way to promote and develop the Forum and to increase the quality of the event.

English speaking volunteers must be present for technical support, for information and to help in case of emergencies.

Art. 15.1 Venue, Equipment

The OC must provide an Auditorium for audio-visual presentations combined with a gymnasium or a practical area (at least a small area like a podium, where practical examples can be shown) with about 100 seats.
Another option is to have the Forum in the main hall so that the participants and group leaders can easily attend the Forum.

There must be a screen with projector. The texts, graphics and inputs must be well visible.

If the forum is orientated on practical topics, a well-equipped practice area and a small podium with ~~approximately 30~~ seats according to the registration is required.

Art. 16 Cultural and social activities

The joined activities for the participants include cultural activities (e.g. theatre, music, arts, etc.), and possibilities for social activities adapted to senior gymnasts (e.g. folk dances, singing, visit to theatres, museums) and social parties ("get together" or theme parties during the event) which are exclusively for accredited participants. The programme is composed by the OC in agreement with the TC-GfA.

The cultural activities must be focused on local culture and can be a way of promoting the local tourism. The programme is composed by the LOC in agreement with the TC-GfA.

The social activities are a very important part of the GAGF. The OC must guarantee a social programme that includes socialising opportunities between the participants during the entire event.

It would be nice to have a "GAGF Garden" or a "GAGF Coffee" or a "GAGF Bar" where participants can socialise daily, drink, dance, make friends, etc.

The social activities are part of the GOLDEN AGE spirit. The transport system must also consider the social activities.
Excursions and cultural activities for participants should be provided by the OC.

Art. 17 Accommodation

The accommodation must be organised mainly in Hotels and Hostels, private or other not expensive accommodation.
Accommodation must be available for 1500 to 2500 (or even more!) seniors in tourist resorts, with low season prices. All accommodation must be in the same area to allow the participants to socialize and to simplify transport.

The LOC must offer accommodation at a good price. The groups that book hotel accommodation through the LOC get a discount on the Participant Card.

However, delegations can take care of their own accommodation, without any discount.
The LOC must also provide hotel accommodation for European Gymnastics delegates, workshop instructors and NF officials.

The hotels must be of at least a "3 stars" standard and be located not far away from the stages and workshops places. In view of the high requirements on the atmosphere, it is assumed that the OC chooses an appropriate environment, close to the city centre, if possible.

Art. 18 Catering

Meals will be taken at hotels / restaurants and must consider the workshops, presentations, shows and social activities schedule, in order to facilitate the daily programme.

The costs for the meals at the hotels must be included in the accommodation fee. The participants may chose the options: full board, half board or bed and breakfast.

The OC should try to make arrangements with local restaurants in order to get special menus at a competitive price for GAGF participants. The participants must be informed in advance on the restaurants involved.

Art. 19 Transport

The LOC must provide information about local transportation and organise a local transport system to assure a good mobility of all participants.
This system can use the public transport and/or special transport. At the end of big shows there must be enough transportation for all participants.

For the duration of the event, a regular bus service must be guaranteed between the different event places and official accommodation. The participants must have easy access to the transport information (in written form).
~~It is strongly recommended that all participants have free access to public transports during the event as well.~~

Art. 20 Live-Stream, Recordings, TV-production

The LOC must livestream the Opening Ceremony and the Gala & Closing Ceremony. The livestream must be available for European Gymnastics to be used for its platforms.

Hard disk copies of video recordings of the Opening Ceremony and the Gala & Closing ceremony must be given to European Gymnastics on site by the end of the event.

If applicable, hard disk copies of any national/international TV signal and highlight production of the event must be given to European Gymnastics on site by the end of the event.

Art. 21 Miscellaneous

Official meetings and receptions with politicians, local authorities and press etc. must be previously scheduled on the weekly programme. Any changes must only be done with the agreement of the TC-GfA.

An official reception must take place for the Heads of Delegation, OC and European Gymnastics officials.

Art. 21.1 First aid and Health-accident insurance

First aid is requested at every venue in case of emergencies, with specialised staff and with fast access to a doctor.
The LOC must also guarantee an easy access of the participants to the local health system, which has to be fully informed about the event and its number of participants.

The LOC must check during the accreditation process that participants have an adequate insurance in case of illness and accident.

The LOC has to offer an adequate insurance to participants who have no sufficient insurance; the resulting costs have to be paid by the participants.
The insurance must cover medical costs during the stay at the site of the event and transportation costs back to the home of the person injured or fallen ill.

Art. 21.2 Obligation of the participating National Federations to assist at the Meeting with the Heads of Delegation / Team Leaders

The LOC and European Gymnastics provide very important information during this meeting.

It is mandatory for all Heads of Delegation/Team Leaders of the federations to attend. Unjustified failure to attend will result in a sanction against the federation of Euro 500.- payable to European Gymnastics within one month after the meeting. The LOC must include this information in the official information Bulletins.

Art. 21.3 Daily meetings and Information Desk

Daily meetings with the Heads of Delegation must be organised. The participation of the Heads of Delegation is compulsory. Unjustified failure to attend will result in a sanction against the federation of a fine of € 250.-/per meeting payable to European Gymnastics within one month after the meeting. The LOC must include this information in the official information Bulletins.

The OC must provide an information desk for the participants and information boxes for each delegation leader at the secretariat of the event.
However, the OC is also encouraged to use Internet/social networks/WhatsApp Groups to distribute information to groups in order to avoid to use too much paper.

Art. 21.4 **Speeches of the European Gymnastics President or his/her representative and of the OC representative**

If the speeches are not held in English, the organiser must provide a translation into this language. Because it is the objective to have as many local spectators as possible, the speeches should also be translated (if possible simultaneously onto a screen) into the language of the hosting country. Speeches should be no longer than 3 minutes.

Art. 21.5 **Hoisting of the European Gymnastics flag with music**

The European Gymnastics flag will have to be ordered from the European Gymnastics office in Lausanne.

Description of the fitting tools: the top of the flag finishes with an open-sided hem enabling the introduction of a wooden or metallic stick for its suspension.
Different sizes are available upon request.

Art. 21.6 **Volunteers**

English speaking volunteers are essential for the whole event: the assembly, the show, to help with equipment, etc.

Art. 22 Concluding Remarks

With regard to any questions not covered by these regulations, the European Gymnastics Statutes shall apply.

The present regulations were approved by the Executive Committee on October 30th & 31st, 2026. They come into operation on November 1st, 2026

EUROPEAN GYMNASTICS

The President	The President TC-GfA
Dr Farid Gayibov	Ricardo Lima

Appendix 1

TIMELINE

Timeline prior to the event

36 months	The contract between European Gymnastics and the hosting federation is signed
20 months	Invitation to the NF + invitation to the Info meeting 1st European Gymnastics Task Force Meeting
16 months	Bulletin 1
12 months	Info meeting for the NF
12 months	Notification of interest
12 months	2nd European Gymnastics Task Force meeting
8 months	Provisional registration and 10% participation fee Submit a budget to European Gymnastics
8 ~~6~~ months	Bulletin 2
7 months	3rd Task Force Meeting
6 months	Definitive registration and payment of the remaining participation fee
5 – 4 months	Deadline for Gala application
4 months	Decision about the European Gymnastics Gala performances
1 month	Online Event Guide

On site and following the event

On site at the event	Hard disc copies of live-stream recordings and (if applicable) TV production to be given to European Gymnastics
1st of December	A final report (incl. final accounts) addressed to the European Gymnastics Authorities ~~+ hard disk of the Gala~~