

INVITATION
International Cup of Clubs

TEAMGYM 2026

Tallinn, 11.04.2026. – 12.04.2026, Estonia



A/ GENERAL INFORMATION

2.1 Organizer

Sportclub Trefoil. Contact Email: trefoil@trefoil.ee **Telephone:** +372 5646 9095;
+372 5800 1728

2.2 Date

11.04.2026. – 12.04.2026

2.3 Venue

Sport Club Trefoil Akadeemia tee 30, 13126 Tallinn, Estonia.

2.4 LOC

The Local Organizing Committee (to be confirmed in the Work Plan):

- **Competition Director:** Vladislav Semjonov/Gogoladze, Olga Gogoladze
- **Executive:** [Name Placeholder]

2.5 Registration

Preliminary registration till 28.03.2026.

Registration link: <https://www.rgform.eu/menu.php?akcia=MP>

2.6 Meals

Teams are responsible for their own meals.

2.7 Accommodation

Teams are responsible for their own accommodation.

2.8 Travel Costs

All travel and transportation costs are the responsibility of the participating clubs/teams.

2.9 Important Dates

Action	Deadline
Preliminary Registration	28.03.2026
Definitive Registration	04.04.2026

Nominative Registration / Names of Judges	04.04.2026
Payment of Entry Fee	05.04.2026
Providing Music / Tariff Forms	05.04.2026 (via Work Plan instructions) 09.04.2026
Drawing of Starting Order	10.04.2026

B/ TECHNICAL STATEMENTS

3.1 Regulations

The competition is governed by the [International Cup of Clubs TeamGym Technical Regulations](#), the specific directives within this Invitation, and the subsequent Work Plan.

3.2 Apparatus

Discipline	Apparatus Requirements	Notes
TEAM: 6-10 gymnasts	Floor, Tumble, Trampet	Max 2 reserves permitted, gymnasts may represent a maximum of three clubs and be part of one team and competition (the same gymnast cannot participate in TEAM and MICROTEAM competition)
MICROTEAM: 3-5 gymnasts	Tumble, Trampet	Max 2 reserves permitted, gymnasts may represent a maximum of three clubs and be part of one team and competition. The same gymnast cannot participate in both TEAM and MICROTEAM competition.

3.3 Competition Equipment

The following FIG/EG-standard equipment will be provided:

- **Floor Carpet:** 16 x 14 m (reduced to 14 x 14 m for YOUTH II, YOUTH I, and OPEN categories).
- **Tumble Track:** 15 m track, 16 m run-up, landing area with additional landing mats.
- **Trampet:** Choice of Dorado , MD Super G 36, or Eurotramp 32; 25 m run-up, landing area with additional mats.
- **Vaulting Table:** Adjustable height from 130 cm to 165 cm.

Note: The specific height for the vaulting table and the selection of the trampet model must be declared by the team during the accreditation process.

3.4 Warm-up

General and apparatus warm-ups will be conducted at a dedicated, separated area within the competition hall, according to the schedule provided in the Work Plan.

3.5 Eligibility (National Team Participation)

Participation in the International Cup of Clubs (ICC) is restricted to club gymnasts. A gymnast is **not allowed** to participate if:

- The gymnast competed for a National Team at European or Continental Championships in the previous calendar year.
- The gymnast has been selected for a National Team to participate in European or Continental Championships in the current calendar year.

3.6 Teams and Age Categories

Age is determined by the year the gymnast reaches the required age. The organizer reserves the right to verify age via official ID.

Age categories

- **YOUTH II: from 8 to 10 years (born 2016 – 2018*)**
- **YOUTH I: from 11 to 13 years (born 2013 - 2015)**
- **JUNIOR: from 14 to 17 years (born 2012 - 2009)**
- **SENIOR: 17 years and older (born 2009 and older)**
- **OPEN: 8 years and older (born 2018 and older**)**

*** 8 years old already at the time of the competition**

**** For OPEN age competition it is mandatory to compose team with at least two**

(2) gymnasts from YOUTH categories, and for microteam a gymnast (1) from YOUTH is mandatory.

For both TEAM and MICRO team competition, a maximum half of the team (excluding reserves) can be composed from younger gymnasts. In these cases,

the age category is determined by the older gymnasts in the team.

For TEAM competition maximum 2 younger gymnasts are allowed to perform in each round in Tumble and Trampet.

For MICROTEAM competition only 1 younger gymnast is allowed to perform in each round in Tumble and Trampet.

The gymnasts have the right to participate if they reach the determined min/max

age during the year of the competition.

The organizer reserves the right to request age verification by means of an

official ID document.

Size of the teams:

TEAM: 6-10 gymnasts (with max. 2 reserves more), gymnasts may represent maximum three clubs and be part of one team and competition (the same gymnast cannot participate in TEAM and MICROTEAM competition).

MICROTEAM: 3-5 gymnasts (with max. 2 reserves more) may represent maximum three clubs and be part of one team and competition.

The same gymnast cannot participate in both TEAM and MICROTEAM competition

For both TEAM and MICRO team competition, maximum half of team (excluding reserves) can be composed from younger gymnasts. In these cases, the age category is determined by the older gymnasts in the team.

3.7 Team Composition and Younger Gymnast Rules

The age category of the team is determined by the oldest gymnasts. Younger gymnasts may "age up" under the following technical restrictions:

- **YOUTH I:** Maximum half of the team can be from YOUTH II.
- **JUNIOR:** Maximum half of the team can be from YOUTH I.
- **SENIOR:** Maximum half of the team can be from JUNIOR.
- **OPEN:** Mandatory to include at least two (2) Youth gymnasts for TEAM, or one (1) Youth gymnast for MICROTEAM.

Per Round Performance Restrictions:

- **TEAM Competition:** A maximum of 2 younger gymnasts are allowed to perform in each round on Tumble and Trampet.
- **MICROTEAM Competition:** Only 1 younger gymnast is allowed to perform in each round on Tumble and Trampet.

C/ FEES AND JUDGES

4.1 Entry Fees

- **MicroTeam:** 125€ per group (non-reimbursable).
- **TeamGym Group (TEAM):** 250€ per group (non-reimbursable).

MTÜ SPORDIKLUBI TREFOIL Swedbank EE712200221018234676,
[Akadeemia tee 30](#)

Payments must be made via bank transfer following the receipt of an invoice from **Spordiklubi Trefoil**. All bank fees must be covered by the participating club. If the fee is not received 2 days before the contest, participation is only permitted upon payment of 2x the fee in cash at accreditation.

4.2 Judges and Penalty Fees

All clubs are obligated to provide qualified judges (European Gymnastics TeamGym brevet or national equivalent). Head judges (E1/CD1) must hold a current EG brevet.

- **Standard Obligation:** Clubs must nominate 1 judge. If a club registers more than two (2) teams, they must nominate at least 2 judges.
- **Missing Judge Penalty:** A penalty fee of **180€** per missing judge must be paid to the LOC at accreditation.
- **Reduced Penalty:** If a club registers three (3) or more teams but only nominates one judge, the penalty for the missing judge is **100€**, payable at accreditation.

4.3 Judge Nomination Table

Number of Registered Teams	Minimum Judges to Nominate
1 Team	1–4 Judges
2–3 Teams	2–4 Judges
4–6 Teams	3–4 Judges

7-12 Teams	4 Judges
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D/ ADDITIONAL INFORMATION

5.1 Personal Data

By registering, participants acknowledge that personal data (gymnasts, coaches, judges) will be used for official results, registration platforms, the organizer's website, and social media.

5.2 Media

Registration constitutes agreement to the publication of visual materials (photos/videos). Professional equipment is restricted to accredited media; however, mobile and smart device use for personal recordings is permitted.

5.3 Anti-doping, Fair Play, and Safeguarding

Every participant must adhere to international regulations regarding anti-doping, fair play, and safeguarding protocols.

5.4 Right to Change

The Local Organizing Committee and the organizing body retain the right to modify competition arrangements and participation conditions as required for the successful running of the event.

On behalf of LOC, Sportclub Trefoil, Tallinn, Estonia