International Cup of Clubs

TeamGym

TECHNICAL REGULATIONS 2026-2027

ABBREVIATIONS

CoP	Code of Points
EG	European Gymnastics
ICC	International Cup of Clubs
LO	Local Organizers
NF	National Federation
TC-ICC	Technical Committee of ICC
TG	TeamGym
TR	Technical Regulations

I GENERAL REGULATIONS

1.0 Organization and terminology

International Cup of Clubs (ICC) is a **club competition** organized as a 6-months or 12-months cycle. Each cycle consists of several competitions (steps) organized in a different location. Competition is divided into **TEAM** and **MICROTEAM**.

ICC club is based on the TeamGym competition format.

ICC is organized under the heading of FISAC (Italian Federation of Acrobatic and Choreographic Sports) with sponsorship of Academy Village in Cesenatico, Italy, represented by Franca Casadei as ICC director.

The organizer (LO) of each step is agreed by the ICC director (ICC Technical Committee not yet established). LO can be represented by any club, federation or country organization that guarantees fulfilment of IC Technical Regulations (ICC TR).

Competition dates of each step are shared and published on the official ICC web page.

2.0 Right to participate

ICC is an **open competition**, not limited to any sport organization or National Federation registration. ICC is not restricted to European gymnasts and teams from other continents may participate.

No restriction for athletes competing at Nordics Championship.

Participation of gymnast in respective ICC cycle is **not allowed** if:

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

Italian sports clubs must be affiliated with FISAC.

3.0 Allocation and dates

ICC director (TC-ICC) decides which country may host a given step of ICC cycle each year. There is no fee required to include competition

into ICC. Formal written agreement nevertheless is required to ensure fulfillment of TR in a given step.

In case of not respecting TR specified in this document, the ICC director (TC-ICC) is allowed to decide to skip affected steps from ICC cycle (including ranking of participating teams).

4.0 Conditions for participation

4.1 Composition of teams

TEAM: 6-10 gymnasts (with max. 2 reserves more), 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 (with max. 2 reserves more) 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.

4.2 Age of participants*

YOUTH II:	from 8 to 10 years	(born 2017 – 2019*)
YOUTH I:	from 11 to 13 years	(born 2014 - 2016)
JUNIOR:	from 14 to 17 years	(born 2013 – 2010)
SENIOR:	17 years and older	(born 2010 and older)
OPEN:	8 years and older	(born 2019 and older)

*8 years old already at the time of the competition

For OPEN age competition it is mandatory to compose a 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.

YOUTH I: half of team can be gymnasts from 8 to 10 years

JUNIOR: half of team can be gymnasts from 11 to 13 years

SENIOR: half of team can be gymnasts from 14 to 16 years

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.

4.3 The participating clubs are responsible for:

- The correct age of their gymnasts*
- The club membership of their gymnasts
- Valid insurance of their gymnasts*

*The correct age and valid insurance will be checked at the accreditation (bring passport or another kind of identification card with photo)

4.4 Size of the delegation

- Maximum 3 coaches per team with guaranteed access to field of play
- Maximum 12 gymnasts per TEAM (including reserves)
- Maximum 6 gymnasts per MICROTEAM (including reserves)
- **Minimum 1 judge** with National or International brevet (preferable)
- Maximum 1 physiotherapists/doctor or similar function with guaranteed access to field of play
- Other team's functions (head of delegation, chaperon etc.) should be specified by the club during registration for each ICC step

5.0 Registration and work plan

Each ICC step organizer is responsible for invitation and registration forms shared and published on ICC official web pages at least 2 months prior to the competition date.

Workplan should be shared and published on ICC official web page and sent to registered teams at least 2 weeks prior to the competition date.

Invitation and workplan requires formal approval of ICC Director (ICC Technical Committee).

6.0 Replacement of injured gymnasts

All gymnasts within each team must perform on the floor. If a gymnast is injured during the competition prior to the floor, the following disposition will be applied: Reserves may only be used in case of injury or illness confirmed by the official doctor of each IC competition step. The affected gymnast can then be replaced with an accredited reserve for this team.

II TECHNICAL ORGANISATION

7.0 Competition format

International Cup of Clubs (ICC) consists of the following gender sections for each age category:

- Women
- Men
- Mixed (50% Women, 50% Men, with exceptions specified below)

TEAM competition, minimum number of gymnasts of opposite gender is required to compose Mixed team for respective category

- YOUTH II category, minimum 1 gymnast (in this case the gymnast must compete in all rounds on Tumble and Trampet)
- YOUTH I category, minimum 2 gymnasts (in this case both gymnasts must compete in all rounds on Tumble and Trampet)
- JUNIOR, SENIOR category, minimum 3 gymnasts (in this case two gymnasts must compete in all rounds on Tumble and Trampet)

MICROTEAM competition, all age categories: minimum 1 gymnast of opposite gender is required to compose Mixed team (in this case the gymnast must compete in all rounds on Tumble and Trampet)

No gender sections for OPEN age category (both TEAM and MICROTEAM)

The following disciplines are compulsory for every participating team:

- Floor (only for TEAM competition, see par. 10.2)
- Tumble
- Trampet

All competing gymnasts of the team must participate in the Floor program. In case of illness or injury, see 6.0.

8.0 Competition program

8.1 The competition is organized usually over the weekend (Saturday as a main competition date) but the last choose is from each LO.

8.2 Training at apparatus must be provided for all sections and age categories prior competition.

8.3 If there are more than 13 teams, training and competition for this section should be split for two or more slots to avoid long waiting time for the teams

8.4 In case of less teams, more sections can be combined within one training and competition slot, ensuring rule 7.3 is respected; in general, not more than 10 teams are recommended within one slot if not necessary

8.5 A separate space for warming up should be provided

9.0 Equipment

9.1 Competition hall layout should follow European Gymnastics Directives for Equipment – Edition 2023 with some specifics given by conditions at the place of respective step approved by ICC Director (Technical Committee), namely:

- Size of Floor area 14x14m (recommended especially for YOUTH II and YOUTH I age groups)
- Trampet: One landing area and run-up both for elements with vaulting table and without vaulting table
- Additional soft trampet with 32 springs available for YOUTH II and YOUTH I categories
- Tumble: Usage of AirTrack (necessary to specify pressure to be used for each age group)

9.2 Available equipment set up should be specified within the official Invitation to given ICC step

10.0 Code of Points, ICC specifics

10.1 TeamGym Code of Points (CoP)

In general ICC competition follows European Gymnastics Code of Points 2025 – 2028 with adjusted requirements respecting level of participating teams and the vision of competition both for beginners and advanced gymnasts.

10.2 Number of performing gymnasts

TEAM: **6 -10 gymnasts** perform on Floor

MICROTEAM: **NO Floor** competition

TEAM: **4 gymnasts** perform in each round on Tumble/Trampet

MICROTEAM: **3 gymnasts** perform in each round on Tumble/Trampet

10.3 ICC Composition and Difficulty requirements on Floor

YOUTH II	See Appendix A1
YOUTH I OPEN	See Appendix A1
JUNIOR	According to TeamGym Code of Points See Appendix A1
SENIOR	According to TeamGym Code of Points See Appendix A1

10.4 ICC Composition and Difficulty requirements on Tumble

YOUTH II	See Appendix A2
YOUTH I OPEN	See Appendix A2
JUNIOR	According to TeamGym Code of Points No twist and double salto requirements See Appendix A2
SENIOR	According to TeamGym Code of Points No twist and double salto requirements See Appendix A2

10.5 ICC Composition and Difficulty requirements on Trampet

YOUTH II	See Appendix A3
YOUTH I OPEN	See Appendix A3
JUNIOR	According to TeamGym Code of Points No twist and double/triple salto requirements See Appendix A2
SENIOR	According to TeamGym Code of Points No twist and double/triple salto requirements

	See Appendix A2

11.0 Technical tasks

11.1 Responsibility

The organizer (LO) of each step is responsible for the technical organisation and running of the competition. Competition order should always be decided with a draw. The draw is the responsibility of the LO, and the running order must be stated in the Work Plan.

11.2 Comply with the Code of Points

Organisation, fulfilment, and direction of the competition must comply with the Code of Points (European Gymnastics) and with specifics stated in the ICC Technical Regulations

12.0 The juries and judging panels

12.1 Judges

All judges must be at least judges for national competitions in their own country or holders of the European Gymnastics TeamGym brevet for the corresponding cycle. Judges with head judge positions (E1 and CD1) should be preferably selected from holders of the European Gymnastics TeamGym brevet nominated by participating teams.

12.2 Nomination of judges

Each participating team is obliged to nominate 1 judge. If the requirement cannot be fulfilled, then the penalty fee stated within Invitation must be paid to LO, if no exception allowed (e.g., for the new countries without any national TeamGym judges' courses in place)

12.3 Judges meeting

All judges must participate at the judges meeting prior to the competition. Tariff forms will be distributed to the judges latest at the judges meeting. Each LO can use a Sport Event System.

12.4 Interpretation of the Code of Points

If there is any non-clarity between the judges at the judges' meeting when it comes to the interpretation of the Code of Points, the case will be handled by present judges in the respective discipline and lead judge and if no agreement, majority vote to be applied. All judges are obliged to follow these decisions during competition.

All such decisions made during competition should be noted for follow up and/or request to ICC Director (ICC Technical

Committee not yet established yet) via head judges or lead judges. Official clarification to be shared as a guideline for next ICC competitions.

It's still the head judge in the respective discipline who's responsible for making decisions regarding the Code of Points during the competition.

12.5 Competition jury

The competition jury consists of:

- Competition director
- Appointed lead judge (supervising competition) / ICC Technical Committee member present at the competition (TC note established yet)
- The head judge (E1/CD1) in the respective discipline

12.6 Inquiries

Inquiry for the team's own difficulty score is only allowed, if made verbally immediately after the score is presented or announced or at the very latest before the end of the exercise of the following team. For the last team of a session, this limit is one (1) minute after the score is shown on the scoreboard or announced by the speaker. Late verbal inquiries will be rejected.

The inquiry will have to be confirmed as soon as possible in writing, but within 4 minutes at the latest after the verbal inquiry. Should the inquiry not be confirmed in writing within 4 minutes, then the procedure will become obsolete.

Every inquiry will be examined by the Competition Jury.

12.7 Apparatus Juries

Floor Jury
E Panel – E1, E2, E3 & E4
CD Panel – CD1, CD2, CD3 & CD4

Tumble/Trampet Jury
E Panel – E1, E2, E3 & E4
CD Panel – CD1 & CD2

Head judges will be appointed from the list of attending judges. The other judging positions will be allocated by a draw during the judges meeting. This will be the responsibility of the lead judge (if appointed).

Each judge is guaranteed to judge at least one competition.

In case of not reaching all apparatus juries positions, it is up to appointed lead judge / ICC Technical committee member to decide composition of judging panels for the competition. Nevertheless, on Floor the final panel D score should always be based on input from four judges. It is recommended to reduce the number of E panel judges first, taking into consideration the possibility to merge E1 with one CD judge position.

III RANKING, CEREMONIES AND AWARDS

13.0 Ceremonies

13.1 Opening

Participants must march in wearing team uniform or competition attire (gymnasts) and team uniform (coaches). Details can be described in the Work Plan.

13.2 Award and closing ceremonies

All participants must march in wearing competition attire for gymnasts and club uniform for coaches.

14.0 Ranking

14.1 Total score

The total score of the team is the sum of final scores of all three disciplines.

14.2 Winning club

A winning club will be announced for each of the sections and competition (TEAM, MICROTEAM).

14.3 ICC Finals

Everybody can participate in the ICC finals, but only teams in all the sections and categories, that have participated in at least one (1) step of the ICC before the finals, can be included at the final ranking. The final step is always organized at Accademia Village, Cesenatico, Italy.

15.0 Cups, medals and diplomas (provided by LO)

15.1 1st place

All participating gymnasts (including reserves) and coaches from the winning club receive a gold medal. The team also received a trophy and diploma.

15.2 2nd place

All participating gymnasts (including reserves) and coaches from the winning club receive a silver medal. The team also received a diploma.

15.3 3rd place

All participating gymnasts (including reserves) and coaches from the winning club receive a bronze medal. The team also received a diploma.

16.0 Equality of points

In case of equality of the total score, the tie breaker rule will be applied from the European TeamGym Technical Regulations. In case of 3 or more teams with the same total score, the teams are compared two at a time before being ranked.

- The Team getting 2 apparatus wins when compared with the other team, gets the highest ranking. This is not the sum of the two highest Final Apparatus Scores but winning two of the apparatus over the other team.
- In case of further equality:
  The Team with the highest final score in any of the apparatus gets the highest ranking.
- In case of further equality:
  Art. 9.3 The Team with the second highest final score in any of the apparatus gets the highest ranking.
- In case of further equality:
  The Team with the highest E score in any of the apparatus gets the highest ranking.
- In case of further equality:
  The Team with the 2nd highest E score in any of the apparatus gets the highest ranking.
- In case of further equality:
- The Team with the highest total E score in all three apparatus gets the highest ranking.
- In case of further equality Teams will keep their achieved ranking and receive medals as appropriate.

17.0 Complete results and complete list of results

When the competition (step) is finished, the LO is obliged to distribute a copy of the complete results to the IC director, and by email to teams' contact persons.

18.0 Prizes

The prizes are at the discretion of the individual organizers of each step. In the final step, the following awards are offered by the Academy Village:

1. **TeamGym** - Youth (Combined), Junior (M, W and Mix) , Senior (M, W and Mix) and Open
    - 1st place: 6 persons completely free, the remaining of the team 50% discount for one-week stay at A.V. at the (Academy Village, Cesenatico, Italy)

2. **Micro Teams** - Youth (Combined), Junior (M, W and Mix), Senior (M, W and Mix) and Open.
    - 1st place: 3 person completely free,the remaining of the 50% discount for one-week stay at the A.V.

    For all TEAM and MICROTEAM sections and age categories, **the offer above will be valid only in case of 3 or more teams participating at the final step.**

VII APPENDICES

Appendix A – Difficulty and compositions specific requirements

APPENDIX A1 – General, Difficulty and Composition specific requirements FLOOR (1/2)

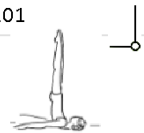
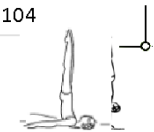
	YOUTH II	YOUTH I, OPEN	JUNIOR, SENIOR
GENERAL	Time limit **1:00 - 1:45** Instrumental music is not required (**lyrics allowed**)	Time limit **1:30 - 2:30** Instrumental music is not required (**lyrics allowed**)	Time limit **2:15 - 2:45** Instrumental music only (**No lyrics**)
DIFFICULTY	**4 difficulty elements:** 1x Balance elements 1x Jumps/Hops/Leaps* 1x Acrobatic elements* 1x Flexibility Element *NO difficulty value increase by adding movements in and out Additional difficulty elements can be used (see tables 3/3 in APPENDIX A1). At least **two** difficulty elements must be performed after 1:00 Handstand (HB1001) is not required	**6 difficulty elements:** 1 or 2 Balance elements 1 or 2 Jumps/Hops/Leaps* 1x Acrobatic elements* 1x Group Element* 1x Flexibility Element *Difficulty value can be increased 0.2 by adding movements in and out At least **three** difficulty elements must be performed after 1:00 One balance must be the handstand (static position 2s is **not required**, see HB401)	**8 difficulty elements:** 2 or 3 Balance elements 1 or 2 Jumps/Hops/Leaps* 1 or 2 Acrobatic elements* 1x Group Element* 1x Flexibility Element *Difficulty value can be increased 0.2 by adding movements in and out At least **three** difficulty elements must be performed after 1:30 One balance must be the handstand (HB1001, static position 2s is **required**). All balances must be from different rows in the difficulty table. If two jumps are performed, one must be a leap. If two acro performed, they must be from different groups

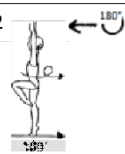
			(forward, backward or sideways).

APPENDIX A1 – General, Difficulty and Composition specific requirements FLOOR (2/3)

	YOUTH II	YOUTH I, OPEN	JUNIOR, SENIOR
COMPOSITION	Rhythmic Sequence Planes Backwards or Sideways **4 different formations** (including 1x Large formation,1x Small formation, 1x Moving curved formation) No tempo change requirement in Rhythmic Sequence	Rhythmic Sequence Planes Backwards Planes Sideways **5 different formations** (including 1x Large formation,1x Small formation, 1x Moving curved formation) No tempo change requirement in Rhythmic Sequence	Rhythmic Sequence Planes Backwards Planes Sideways **8 different formations** (including 1x Large formation,1x Small formation, 1x Moving curved formation) No tempo change requirement in Rhythmic Sequence

APPENDIX A1 – General, Difficulty and Composition specific requirements FLOOR (3/3) – YOUTH II addition

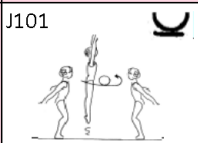
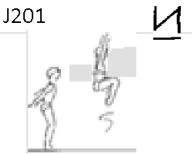
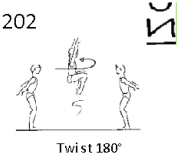
1 Balances			
1.1 Hand Supportive Balances	**0.1**	**0.2**	**0.4**
HB101: Stand on shoulder blades, no support of the hips with your arms is allowed **HB104:** Handstand, no static position (2s) required, shape must be clearly shown by all gymnasts	HB101 		HB104  No static position (2s)
HB104: Pike sitting on the floor, legs together, no hands support allowed	HB401  Legs together		

1.2 A Dynamic Balances - Pirouettes	**0.1**	**0.2**	**0.4**
Forwards	DB101 		
Backwards	DB102 		

APPENDIX A1 – General, Difficulty and Composition specific requirements FLOOR (3/3) – YOUTH II addition

1.3 Standing Balances			
Standing Balances	**0.1**	**0.2**	**0.4**
SB101: Side balance without help of hand. Free leg on the side below horizontal (<90°). Body in upright position.	SB101  Leg separation <90°		

APPENDIX A1 – General, Difficulty and Composition specific requirements FLOOR (3/3) – YOUTH II addition

2 Jumps, Leaps and Hops (J)			
2.1 Jumps	**0.1**	**0.2**	**0.4**
Straight jump with twisting Body straight, straight legs togehter.	J101  Twist 180°		
Tuck jump with or without twisting Tucked position, hip and knee angle 90°.	J201 	J202  Twist 180°	
J402: Straight jump with legs split (frontal) Leg separation ≥90°, legs straight.		J402  Leg separation ≥90°	

APPENDIX A1 – General, Difficulty and Composition specific requirements FLOOR (3/3) – YOUTH II addition

3 Acrobatic Elements			
3.1 Forward Elements	**0.1**	**0.2**	**0.4**
Roll forward: all variants (tucked, piked, split legs, with flight phase)	A101 		
3.2 Backward Elements	**0.1**	**0.2**	**0.4**
Roll backward: all variants (tucked, piked, split legs)	A103 		

APPENDIX A2 – General, Difficulty and Composition specific requirements TUMBLE (1/2)

	YOUTH II	YOUTH I, OPEN	JUNIOR, SENIOR
GENERAL	Team performs **two different rounds** Each series must consist of at least **two acrobatic elements** Time limit **2:00**	Team performs **three different rounds** Two rounds can consist of only **two acrobatic elements**, one round should consist of at least **three acrobatic elements** Time limit **2:45**	Team performs **three different rounds** **Senior:** Each series must consist of at least **three acrobatic elements** **Junior**: One round can consist of only **two acrobatic elements**, the two other rounds should consist of at least **three acrobatic elements** Time limit **2:45**
DIFFICULTY	The series difficulty value is calculated from the **two different elements** with the highest difficulty values Element(s) performed after intermediate step **will be counted** under Composition and Difficulty (Execution deduction – 0.5 / gymnasts will be applied)	The series difficulty value is calculated from the **three different elements** with the highest difficulty values (except the rounds with only two elements performed where calculation is based on **two different elements**) Element(s) performed after intermediate step **will be counted** under Composition and	The series difficulty value is calculated from the **three different elements** with the highest difficulty values (except the rounds with only two elements performed where calculation is based on **two different elements**) Element(s) performed after intermediate step **will NOT be counted** under Composition and Difficulty

		Difficulty (Execution deduction – 0.5 / gymnasts will be applied)	

APPENDIX A2 – General, Difficulty and Composition specific requirements TUMBLE (2/2)

	YOUTH II	YOUTH I, OPEN	JUNIOR, SENIOR
COMPOSITION	1st Round =Team Round Correct order in 2nd Round No **repetition of the Round** (last element can be repeated) One Round Forward or Backward. The other round can be Forward, Backward or Combined Example of specific series with cartwheel: Forward: cartwheel − cartwheel Backward: cartwheel − round off Deduction for missing element: 0.5 per gymnast and element	1st Round =Team Round Correct order in 2nd and 3rd Rounds No **repetition of the Round** (last element can be repeated) At least One Round Forward At least One Round Backward **No twist and double salto requirements**	1st Round =Team Round Correct order in 2nd and 3rd Rounds No **repetition of the Round** (last element can be repeated) At least One Round Forward At least One Round Backward **No twist and double salto requirements**

APPENDIX A3 – General, Difficulty and Composition specific requirements TRAMPET

	YOUTH II	YOUTH I, OPEN	JUNIOR, SENIOR
GENERAL	Team performs **two different rounds** Time limit **2:45**	Team performs **three different rounds** Time limit **2:45**	Team performs **three different rounds** Time limit **2:45**
DIFFICULTY	---	---	---
COMPOSITION	1st Round =Team Round Correct order in 2nd Round No **repetition of the Element** **No Round with Vaulting table**	1st Round =Team Round Correct order in 2nd and 3rd Rounds No **repetition of the Element** At least One Round with Vaulting table At least One Round without Vaulting table **No twist and double/triple salto requirements**	1st Round =Team Round Correct order in 2nd and 3rd Rounds No **repetition of the Element** At least One Round with Vaulting table At least One Round without Vaulting table **No twist and double/triple salto requirements**