

To:

- * Danish Gymnastics Federation, att: Max Andersen
- * Finnish Gymnastics Federation, att: Janniina Väänänen
- * Icelandic Gymnastics Federation, att: Olga Bjarnadóttir
- * Swedish Gymnastics Federation, att: Sofia Svegander

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- * Danish Gymnastics Federation, att: Ole Holmskov
- * Finnish Gymnastics Federation, att: Sonia Solismaa
- * Icelandic Gymnastics Federation, att: Helga Svana Ólafsdóttir
- * Swedish Gymnastics Federation, att: Janina Åhs

Oslo, November 14th 2025

Invitation

Nordic Championship TeamGym junior

April 18th 2026, Sola Norway

Dear friends of TeamGym,

The Norwegian Gymnastics Federation is pleased to invite your federation with teams, judges and officials to the Nordic Championship TeamGym juniors 2026. We are pleased to give you this invitation with important information.

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1. Date and provisional time schedule

Thursday April 16th

- Arrival
- 16:00-22:00 Accreditation.
- 18:00-22:00 Meeting of the Nordic Technical Committee TeamGym (NTC-TG).

Friday April 17th

- Arrival
- 11:00-18:00 Accreditation
- 09:00-12:30 Meeting of NTC-TG (continued if needed)
- 14:00-21:00 Training for the teams
- 20:00 Information meeting for Head of delegation, coaches and judges
- 20:30 Judges meeting (if necessary)

Saturday April 18th

- 08:00 General warm-up Mixed teams
- 09:00 Warm-up Mixed teams (8 min/team/apparatus)
- 09:00-10:00 Judges' meeting for the Mixed competition
- 10:10-10:30 Opening ceremony
- 10:30 Competition Mixed teams
- 12:00 Warm-up Women's' teams (8 min/team/apparatus)
- 12:00-13:30 Judges' meeting for the Women's competition
- 13:30 Competition Women's teams
- 15:30 Warm-up Men's teams (8 min/team/apparatus)
- 15:30-16:30 Judges' meeting for the Men's competition
- 16:30 Competition Men's teams
- 18:00 Award ceremony
- 20:00 Banquet

Sunday April 19th

- All day Departure

2. Venue

- Name: [Sola Arena](#). Full name "Vår Energi Arena Sola" (due to the sponsorship name)
- Address: Åsnutveien 44B, 4055 Sola, Norway
- Capacity: 980 seats. Whit 775 seats in the main area surrounding the field of play.
- This is a multievent arena which facilitates both gymnastics and a bicycle velodrome daily.



Provisional drawings of the field of play during the championships:



3. Travel information

Airport information

The nearest airport is Stavanger Airport (Sola). The airport is situated 4,2 km from the arena.

Local transportation

Local transportation will be provided both from the airport, between the hotels and venue and to the airport at departure. The exception is if some of the hotels are in walking distance from the airport or shuttle buses are available from the airport to the hotels at arrival and departure. More information and booking of transportation will be provided together with the definitive registration.

4. Hotels

The hotels reserved for the delegations are located close to the airport or in the city of Stavanger. The LOC will use Quality Airport Hotel Sola and Clarion Hotel Air Sola as Championship hotels.

5. Competition format

The competition will be organized according to:

- A. Technical regulations (TR) for Nordic TeamGym Championships valid until 31.12.2025 until updated regulation are distributed.
- B. Code of points (by the UEG). See appendix in TR for the Nordic adaptations.
- C. Directives for Equipment - TeamGym (by the UEG). See appendix in TR for the Nordic Adaptations.
- D. The rules of the Statutes of UEG will be applied in all situations, which are not foreseen in the regulations. See TR VII Appendices, art. 18.3.
- F. If extraordinary situations should occur, the necessary decisions will be made by the NTC-TG or the representatives of each country present at the competition.
- G. The statutes and regulations of the FIG are valid in all matters of protocol.

6. List of apparatus

The Equipment used will be from PE-Redskaber. The list of apparatus can be updated in the work plan.

Floor

PE 14 x 2 meter carpets, 8 pcs.

Tumbling	Trampet
Type Size: 15 x 2 x 0,35m. Colour: Black. Description: PE.	Type 1 Size: 1,24 x 1,24 x 0,65-0,80m. Colour: Black. Description: PE Dorado 36 & 40 springs.
Run-up Size: 16 x 1m. Colour: Black. Description: 8 pcs of run-up blocks 2 x 1 x 0,35m. PE.	Type 2 Size: 1,24 x 1,24 x 0,65-0,80m. Colour: Black. Description: PE Dorado 36 springs.
Tumbling track Size: 15 x 2 x 0,35m. Colour: Black. Description: PE.	Type 3 Size: 1,24 x 1,24 x 0,65-0,80m. Colour: Black. Description: PE 40 springs.
Side safety mats Size: 4 x 0,5 x 0,35m /side. Colour: Black Description: 4 pcs of mats 2 x 0,5 x 0,35m. PE.	Run-up Size: 25 x 1m. Colour: Gray. Description: PE.
Landing area Size: 7 x 4 x 0,35. Colour: Black with red landing-zone. Description PE.	Vaulting table Size: 1,2 x 0,95 x 1,1-1,7m. Colour: Black / Red Description: Adjustable distance to the trampet PE.
Additional safety mat Size: 4 x 2 x 0,1m. Colour: Red. Description: PE, with stretch fabric on top.	Double landing area Size: 7,2 x 7 x 0,35m. Colour: Black with red landing-zone. Description: PE.
	Additional safety mat Size: 4 x 2 x 0,1m. Colour: Red. Description: PE, with stretch fabric on top.

7. The organizing committee (LOC)

This event is being jointly organized by the Norwegian Gymnastics Federation and the local club Sola Turn.

8. Contact information

Norwegian Gymnastics Federation

Adviser: Ole Kristian Storsve

E-mail: OKHS@gymogturn.no

Sola Turn - Local Organizing Committee (LOC)

Chair: Terje Hopen

E-mail: terje@ensign.no; post@solaturn.no

9. Website

Web: Solaturn.no

10. Registration and deadlines

Deadlines

November 21th	Provisional registration
February 21 st	Definitive registration
March 21 th	Work plan
March 28 th	Nominative registration

Provisional registrations form

Link to the provisional registration form you can find here:

<https://forms.office.com/e/AQD7pCPxB0>

The deadline for entry is **November 21st**.

Definitive registration

The definitive registration form will be sent January 24th at latest.

The deadline for entry is **February 21st**.

Work plan

Will be sent out to the participating federations at latest **March 21st**.

Nominative registration

The nominative registration form will be sent at latest March 7th.

The deadline for entry is **March 28th**.

The nominative registration must include:

- Surname and forename.
- Date of birth (year) of the gymnasts.



11. Distribution of official information

NORDIC TECHNICAL COMMITTEE TEAMGYM (NTC-TG)

Denmark	Max Andersen	max@gymdanmark.dk
Finland	Janniina Väänänen	janniina.vaananen@gmail.com
Iceland	Olga Bjarnadóttir	olgabjarna@me.com
Norway	Jan Magne Cederstrøm	Jan.Cederstrom@uib.no
Sweden	Sofia Svegander	sofia.svegander@gymnastik.se

NATIONAL FEDERATIONS

Denmark	Ole Holmskov	ohh@gymdanmark.dk
Finland	Sonia Solismaa	sonia.solismaa@voimistelu.fi
Iceland	Helga Svana Ólafsdóttir	helga.svana@fimleikasamband.is
Norway	Ole Kristian Heien Storsve	OleKristianHeien.Storsve@gymogturn.no
Sweden	Janina Åhs	trupp@gymnastik.se

We look forward to seeing you in Sola Norway!

Yours sincerely
Norwegian Gymnastics Federation

Torgeir Røinås Pedersen
President
(sign.)

Ole Kristian Storsve
Advisor
(Sign.)

Jan Magne Cederstrøm
Chair, Technical Committee TeamGym
(Sign.)

Tony Machin
Chair, Sola Turn
(Sign.)

