



ÅLAND INTERNATIONAL

Åland 8th-10th of May 2026

*Welcome to a competition on the Åland Islands!
We are excited to invite you all to the 8th Åland Invitational. This time offering prize money for the winners in the FIG CoP division.*



Organiser: Gymnastics Åland r.f.

Date: Friday 8th - Sunday 10th of May 2026

Place: GymnastikArena Åland, Verkaregränd 2, 22120 Mariehamn

Competition format: Easy FIG rules (younger and older division) and FIG CoP rules (juniors and seniors, normal Code of Points). The all around finals and qualifications to the event finals will be held on Friday (Easy FIG) and Saturday (FIG CoP). The event finals will take place on Sunday. The top six gymnasts on each apparatus from each competition and age group will make it to the event finals. Team competition separate for Easy FIG and FIG CoP. More details to follow in PM1. We accept 10 gymnasts in the easy division and 10 gymnasts in the FIG CoP division per club. If more gymnasts from one club wish to attend, they will be placed on a waiting list up until the last registration date.

There will be prize money for the winners in the FIG CoP all around competition for seniors (500€) and juniors (200€).

Competition rules: Attached below.

Competition Fee: 60€ per gymnast

Insurance: All competitors must have valid insurance for competition.

Apparatus: Gymnova vault (FIG approved), Gymnova bars (FIG approved), Gymnova balance beam (FIG approved), Diony sprung floor (FIG approved).

Judges: 1 judge / 1-6 gymnasts per competition format (Easy FIG/FIG CoP). The judges need to have successfully completed a national level judges course. The penalty for not bringing a judge is 250€ for each competition format. We will prioritize clubs bringing a judge. Judges need to be available both for AA and finals.

Registration:

- Finnish clubs through <http://kisanet.fi>
- Swedish clubs through <http://tavlingsanmalan.gymnastik.se>
- Clubs from any other country, please register by sending an email to gymnasticsaland@gmail.com, including names of gymnasts, years of birth, club and competition format. Also include names and level of judges.

In the case of high demand, we will use first come, first served.

Registration opens on the 1st of October. Deadline two months before, on the 8th of March. Late registrations will be charged a double fee.

Preliminary schedule for the weekend:

Thursday, Easy FIG: open training.

18.00 Scheduled training day for Easy FIG. All participating clubs are welcome to train in the gym. Slots will be communicated in PM 1.

Friday, Easy FIG: all around competition and event final qualifying. FIG CoP: open training. Times might change depending on the number of gymnasts.

9.30 General warm up Easy FIG Sub 1

10.00 Apparatus warm up Easy FIG Sub 1

11.00 March in and competition start Easy FIG Sub 1

13.00 End of competition Easy FIG Sub 1

13.00 General warm up Easy FIG Sub 2

13.30 Apparatus warm up Easy FIG Sub 2

14.30 March in and competition start Easy FIG Sub 2

16.30 End of competition Easy FIG Sub 2

17.00 Award ceremony Easy FIG All around and Team

18.00 Scheduled training day for FIG CoP. All participating clubs are welcome to train in the gym. Slots will be communicated in PM 1.

Saturday, FIG CoP all around competition and event final qualifying (times might change depending on number of gymnasts), social event in the evening

9.30 General warm up FIG CoP Sub 1

10.00 Apparatus warm up FIG CoP Sub 1

11.00 March in and competition start FIG CoP Sub 1

13.00 End of competition FIG CoP Sub 1

13.00 General warm up FIG CoP Sub 2

13.30 Apparatus warm up FIG CoP Sub 2

14.30 March in and competition start FIG CoP Sub 2

16.30 End of competition FIG CoP Sub 2

17.00 Award ceremony FIG CoP All around and Team

19.00-21.30 social event + dinner for the delegations

After the medal ceremony a social gathering will be held. All gymnasts, coaches and judges are invited. More details will be sent out with the first PM.

Sunday, apparatus finals

8.50 General warm up
9.20 Apparatus warm up
10.20 March in
10.30 Competition starts
13.00 End of competition and medal ceremony

Times are preliminary. Please note that divisions into sub groups are subject to the number of entries.

For the best deals traveling to Åland, please contact sportaland@vikingline.com and for accommodation sales@alandhotels.fi. Make sure to mention that you are traveling for the Åland International 2026. The closest international airport is Stockholm Arlanda. It is possible to fly into the local airport from Stockholm or Helsinki.

For more information and/or any questions, please do not hesitate to contact us:

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COMPETITION RULES ÅLAND INTERNATIONAL 8-10.5 2026

Easy FIG Rules

The Easy FIG competitors will be divided into a younger and older division. Separate finals for the different age groups. Gymnasts born 2011 will make the older division and gymnasts born 2012 and later will make the younger division.

Only A-, B- and C-elements from CoP to make up DV. Elements above C-value will have a value of 0.3. No extra points for CV (connection values). Execution score as per CoP.

VAULT

FIG vaulting table with springs, height 115 or 125 cm (Easy FIG younger) and 125 cm (Easy FIG older). In order to qualify for apparatus finals, gymnasts need to perform 2 vaults.

- The two vaults must have different vault numbers
- The first vault will be for the individual overall title. The second vault will be averaged with the first vault for the apparatus medals.
- Vault tariffs will be taken from the code of points at time of competition.

UNEVEN BARS

FIG bars set up. The gymnast is allowed to use a springboard for mounts.

Short routine deductions: 8-6 elements = no deduction. 5 elements = -2,0 points. 4 elements = -3,0 points. 3 elements = -4,0 points. 2 elements = -5,0 points. 1 element = -6.0 points.

CR

- | | |
|--|-----|
| • Element to/through handstand | 0.5 |
| • Circle element with B-value | 0.5 |
| • Another circle element from the code | 0.5 |
| • Dismount containing a salto | 0.5 |

BEAM

Beam set up according to FIG rules. The gymnast is allowed to use a springboard for mounts.

All CR must be performed on the beam (not as mounts or dismounts).

- Combination of two gymnastic leaps or jumps, with at least one leap/jump showing split 0.5.
- A turn, roll or flare from the CoP (group 3) 0.5.
- A combination of two acrobatic elements one being a flight element (same or different) 0.5.
- Acrobatic elements on the beam forward/sideways and backwards 0.5.

FLOOR

The routine is performed on a 12x12 m floor. The routine is performed to music.

CR

- A dance passage with at least one of the leaps showing split 0.5
- An acrobatic combination of at least two flight elements, one being a salto with at least B-value 0.5
- An acrobatic combination of at least two flight elements, one being a salto forward. 0.5
- An acrobatic combination of at least two flight elements, one being a salto backward. 0.5

FIG CoP Rules

The FIG competitors will be divided into juniors (born 2011 or later) and seniors (born 2010 and earlier). Separate finals for juniors and seniors.

The rules will be based on the Fédération Internationale de Gymnastiques WAG Code of Points 2025-2028.