



STOCKHOLM TEAMGYM OPEN

INTERNATIONAL TEAMGYM
COMPETITION



UP TO 20
GYMNASTS
PER TEAM
AND
ROUND

SEMI-
SOFT-
LANDINGS
AND
FLOOR
FEEDBACK

OCTOBER 3-4 2026

ENSKEDEHALLEN - STOCKHOLM - SWEDEN
www.stockholm-top.se

INFORMATION

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REGISTRATION

Registration for Code of Points opens June 1st
Registration link: <https://forms.gle/QrZNGUVdXnKhkrgM7>

Registration for Trean and Fyran opens July 1st
Registration link: <https://forms.gle/61UW1kaZetcS6jgc6>

Registration for Femman opens August 1st
Registration link: <https://forms.gle/k51jbvpzsScsgH1q7>

Registration will close when the competition is full, but at the latest at aug 15

INSURANCE

All participants need to have specific gymnastics insurance for training/competing/spotting
Swedish rules requires two spotters on trampet and one on tumbling. This will apply on all teams, including teams from other countries.

JUDGES

Each team need to provide at least one educated judge (minimum Swedish level 2 for teams in Femman/Fyran, minimum level 3 for teams in Trean and minimum Level 4 for Code of Points. COP for international teams) that can judge at least one class. Registration needs to be done before sep 1st. Each team will receive an extra fee of 2000 SEK per missing judge.

Judges registration link: <https://forms.gle/5gTwHmqiFWdrLtc1A>

All judges are getting an emolument. Level 2-3: 350SEK/class, judges with Code of Points education 450SEK/class.

PM 2

Further information with schedules, starting lists and team order will be sent out 2 weeks before the competition, at the latest.

Information will be published live online with a "living document" to optimize the schedule in case of deregistered teams.

Info will be posted here: <https://www.stockholm-top.se/sida/?ID=597306>

COMPETITION ARENA

Enskedehallen, Simlångsvägen 50, 120 39 Årsta, Sweden
Subway station: Gullmarsplan
Located near: Avicii Arena. 8 min subway from Stockholm city center (T-centralen)

REGISTRATION FEE

900SEK per apparatus registration per team
2000SEK in case of no registered judge/team
Registration is binding

RULES

GENERAL:

It is allowed for gymnasts to participate in more than one team.

Classes can be divided or put together due to the number of participating teams.

JUDGING

D-score: based on the last 6 gymnasts

E-score: based on the 6 gymnasts with least deductions

C-score: based on the last 6 gymnasts

Gymnasts who “obviously/purposely” does not fulfill the requirements for composition and are placed before the last 6 gymnasts cannot be counted in to the E-score. This rule includes the team round.

If the team purposely is missing 6 countable gymnasts who are not fulfilling the requirements, the E-score is based on the gymnasts who are fulfilling the requirement, divided by the amount of countable gymnast x 6.

LANDING

STG Open is arranged to so called “semi landing”. That means a landing mat on top of a covered pit. The goal is to provide a competition with less body stress and load.

A safety soft-top mat is optional for the team above the landing mat.

Note that Swedish regulations for Trean, Fyran and Femman means performing the floor program without floor mats.

CLASSES

CODE OF POINTS:

Tumbling- & trampett event cups & Floor Digital

Based on UEG Code of Points 2025-2028

COP Junior/Senior:: From 15 yrs (6-20 gymnasts)

COP Youth: From 13 yrs (6-20 gymnasts)

Youth adjustments:

Adjusted requirements tumbling: One round must be containing a double rotating salto or at least a 360° twist. The requirement must be performed by at least three gymnasts in the same round and cannot be combined with the existing twist requirement.

Adjusted requirements on trampet: One round must be containing a double rotating salto. The requirement must be performed by at least three gymnasts in the same round.

FLOOR DIGITAL (COP)

Teams competing floor digital will record and send in their performance two weeks before the competition date. Further information will be send by e-mail to participating teams. Specific feedback for floor will be sent out after the competition, along with the calculated score. No ranking or prize ceremony will be held for floor digital.

Link to COP:

https://backend.europeangymnastics.com/sites/default/files/paragraph/document/2025%20TeamGym%20CoP%20-%20English_V1.1_0.pdf

SWEDISH NATIONAL CLASSES: (Open for international teams – but based on Swedish regulations)

Link to Swedish regulations:

<https://www.gymnastik.se/verksamheter/truppgymnastik/regler/bedomningsreglementen/nivatavlingar-3-5>

<https://www.gymnastik.se/verksamheter/truppgymnastik/regler/tavlingsbestammelser>

Information for Swedish participants: OBS! Svenska lag med gymnaster under 13 år får enligt SvGFs regler anmäla sig från Region Öst eller kringliggande regioner, dock ej övriga regioner.

TREAN

From 10 years (6-20 gymnasts)

All around and/or event cups.

Due to new Swedish regulations for Trean Floor will have two options. Both options can be counted to the all around score.

- Floor can be performed live at the competition (without floor mats).
- Floor can be performed digitally (teams will send their videos in two weeks before the competition).

Swedish Regulations "Nationella Bedömningsreglementet, Trean"

FYRAN

From 10 years (6-20 gymnasts)

All around and/or event cups

Swedish Regulations "Nationella Bedömningsreglementet, Fyran"

FEMMAN

From 10 years (6-20 gymnasts)

All around and/or event cups

Swedish Regulations "Nationella Bedömningsreglementet, Femman"