



Info-Abend EUROGYM & EGFL 29.07.2025

Allgemeine Infos

Ansprechpartner*innen

Agnes Hartmann (DTB)



Marco Hirsch (DTJ) & Janine Ongyerth (DTJ)



Allgemeine Infos

- EGFL → **09. - 12.07.2026**
- Eurogym → **11. - 17.07.2026**
- Provisional Registration bis **13.11.2025**
- Definitive Registration bis **13.03.2026**
- Anzahlung (10%) bis **13.12.2025**
- Restzahlung voraussichtlich bis **13.04.2026**
- E-Mail: eurogym2026@gmail.com , Website: info@eurogym2026.com

PISTOIA

GREEN CAPITAL

6.000 HECTARES OF NURSERIES
38 MILLION PLANTS PRODUCED PER YEAR
MORE THAN 1.500 COMPANIES
SPECIMENS EXPORTED ALL OVER THE WORLD

Nurserymen, landscapers and architects from all over the world come to Pistoia to see and choose plants that are placed at the entrance to the Louvre Museum as well as in the gardens of Buckingham Palace, at the Olympic stadium in Baku and at the court of the King of Jordan.



The history of Pistoia's nurseries has its roots in the 17th century, when local agriculture began to specialize in the cultivation of ornamental and garden plants. During the nineteenth century, thanks to the growing demand for trees and shrubs for aristocratic villas and gardens, the sector experienced significant expansion. However, it was in the twentieth century that Pistoia's nurseries established themselves as national excellence, with

the introduction of modern cultivation techniques and a progressive orientation towards the international market. Today Pistoia is considered the Italian capital of nursery farming, with thousands of cultivated hectares and an economy based on innovation and sustainability. The Pistoia nurseries export plants all over the world, contributing to the enhancement of urban greenery and the protection of the environment.

WELCOME TO PISTOIA-ITALY

- SURFACE: 236 SQUARE KM
- INHABITANTS: 88.871
- DENSITY: 376 INHABITANTS/SQUARE KM

About 30 kilometers from the center of Florence (only 25 minute by train) Pistoia and its Province are located in the **heart of Tuscany**, ideal location to reach the other famous cities in the region.

Small, easy to get around, less crowded and less expensive than the more famous destinations, **Pistoia** is a quiet and welcoming city of art: the

Ideal destination for slow tourism away from mass tourist itineraries.

The city and its surrounding area offer interesting and prestigious artistic itineraries, nature and gastronomy.

With a day trip you can visit cities of art and villages, you can relax at the spa, you can sunbathe on the beaches of Versilia, go skiing in Abetone or trekking in the nearby hills.



HOW TO REACH PISTOIA

BY PLANE

- International Florence Airport 30 Km
- International Pisa Airport 49 km
- International Bologna Airport 110 Km

BY TRAIN

The Central Station of Pistoia is a large railway station serving the city of Pistoia and it is located on the Florence-Lucca-Viareggio line.

BY BUS/AUTO main distances from:

- Firenze 30 Km
- Pisa 50 Km
- Bologna 100 Km
- Genova 195 Km
- Milano 315 Km
- Roma 310 Km

The LOC will offer to the groups, a shuttle service with special prices to and from the airports and train station of Pisa, Florence, Bologna, Rome and Milan.



PROGRAM

	July 9th THURSDAY	July 10th FRIDAY	July 11th SATURDAY	July 12nd SUNDAY	July 13th MONDAY	July 14th TUESDAY	July 15th WEDNESDAY	July 16th THURSDAY	July 17th FRIDAY
	NO BREAKFAST	BREAKFAST AT SCHOOLS							
<i>Morning 7-12 am</i>	Arrivals	EUROPEAN GYM FOR LIFE CHALLENGE	EUROPEAN GYM FOR LIFE CHALLENGE Arrivals	Arrivals	Head of delegation Meeting ----- Workshops	Head of delegation Meeting ----- Workshops	Head of delegation Meeting ----- Workshops	Head of delegation Meeting ----- Workshops	Departures
	NO LUNCH	LUNCH							NO LUNCH
<i>Afternoon 12 am - 6 pm</i>	Arrivals	EUROPEAN GYM FOR LIFE CHALLENGE	EUROPEAN GYM FOR LIFE CHALLENGE Arrivals	Orientation Meeting for HOD, Group Leaders and Gala coaches EUROGYM	City performances	City performances	City performances	EG Gala rehearsal	Departures
	NO DINNER	DINNER							NO DINNER
<i>Evening 6 pm - 11 pm</i>	HOD and Group leaders Meeting EUROPEAN GYM FOR LIFE CHALLENGE		Arrivals ----- EUROPEAN GYM FOR LIFE PARTY	Parade and Opening Ceremony ----- EUROGYM WELCOME PARTY	EUROGYM PARTY	Educational Forum ----- EUROGYM PARTY	EUROGYM PARTY	EG Gala and Closing Ceremony ----- GOODBYE PARTY	Departures



European Gym for Life Challenge

Infos EGFL

- Ab 12 Jahren & älter
- Minimale Gruppengröße = 6
- Maximalvorführdauer = 5 min
- Feedback von Choreograf*innen
- Kriterien der Bewertung:
 - Unterhaltungswert & Gesamteindruck
 - Innovation & Originalität
 - Technik, Qualität & Sicherheit
 - Vielfalt & Diversität

WHAT IS EUROPEAN GYM FOR LIFE CHALLENGE 5TH EDITION

The European Gym for Life Challenge is organized by European Gymnastics and is held every two years the days before EUROGYM.

The EUROPEAN GYM FOR LIFE CHALLENGE will last for 1-3 days, depending on the number of groups. The Challenge is open for everyone from 12 years and older.

The TC-GFA and the LOC can take a random test during the event, and if there are participants younger than 12 years old, the group can be disqualified.

Groups consisting of a minimum of 6 gymnasts can participate in this gymnastics for all event and have their program evaluated.

The aim is to improve the quality of group performances by giving an evaluation and feedback, including advice on how to improve.

The duration of the performance can be max. 5 minutes.

Each performance will be evaluated according to the following criteria:

- Entertainment value and overall impression
- Innovation and originality
- Technique, quality and safety
- Variety and diversity

The evaluation will be carried out by a panel of 4 experts who are experienced in the fields of performance, artistry, technique and choreography.

Feedback will be given directly to the coach by a skilled choreographer.

You will find more information in the EUROPEAN GYM FOR LIFE CHALLENGE Regulations at the link below:

PROVISIONAL PROGRAM

EUROPEAN GYM FOR LIFE CHALLENGE

	July 9th THURSDAY	July 10th FRIDAY	July 11th SATURDAY	July 12th SUNDAY
	NO BREAKFAST	BREAKFAST AT SCHOOLS		
Morning 7-12 am	Arrivals	EUROPEAN GYM FOR LIFE CHALLENGE	EUROPEAN GYM FOR LIFE CHALLENGE	Departures
	NO LUNCH	LUNCH		NO LUNCH
Afternoon 12 am - 6 pm	Arrivals	EUROPEAN GYM FOR LIFE CHALLENGE	EUROPEAN GYM FOR LIFE CHALLENGE	Departures
	NO DINNER	DINNER		NO DINNER
Evening 6 pm - 11 pm	HOD and Group leaders Meeting EUROPEAN GYM FOR LIFE CHALLENGE		FunZone EUROPEAN GYM FOR LIFE PARTY	

ACCOMMODATION SCHOOLS

The participants will be accommodated in schools near or in the city center, from which they can easily reach all the event venues.

Even though Pistoia is a very safe city, all the schools will have 24 hour security.

The schools will be cleaned every day.

It will be possible to buy mattresses (more infos and prices will be provided in Bulletin #2).

Each HoD is responsible for the conditions of the school where their groups stay.

It is forbidden to consume alcohol and drugs in schools grounds.

Not following the rules will have consequences.

The accreditation card will be withdrawn and the Head of Delegation is then responsible for finding a hotel room or the first flight home for the person not following the rules.

EUROGYM20
EUROPEAN GYM FOR
LIFE CHALLENGE **26**
PISTOIA ITALY JULY 9-17

- WALKING DISTANCE FOR WORKSHOPS AND EXHIBITION AREAS
- 10/15 PEOPLE PER CLASSROOM, WITH SANITARY FACILITIES
- BREAKFAST SERVED AT EACH SCHOOL
- 24 HOUR VIGILANCE SECURITY SERVICE AT SCHOOL
- ALL SCHOOLS ARE INSPECTED BY THE FIRE AUTHORITIES
- ALL PARTICIPANTS MUST BRING THEIR OWN SLEEPING MATTRESS AND SLEEPING BAG

CATERING

The breakfast will be served in the schools.

Lunch and dinner will be served in HEAD QUARTER EXHIBITION CENTER LA CATTEDRALE.

We will serve nutritious and tasty italian food and

of course, there will be a vegetarian option upon request.

Please remember to check the boxes for allergies in the registration form.

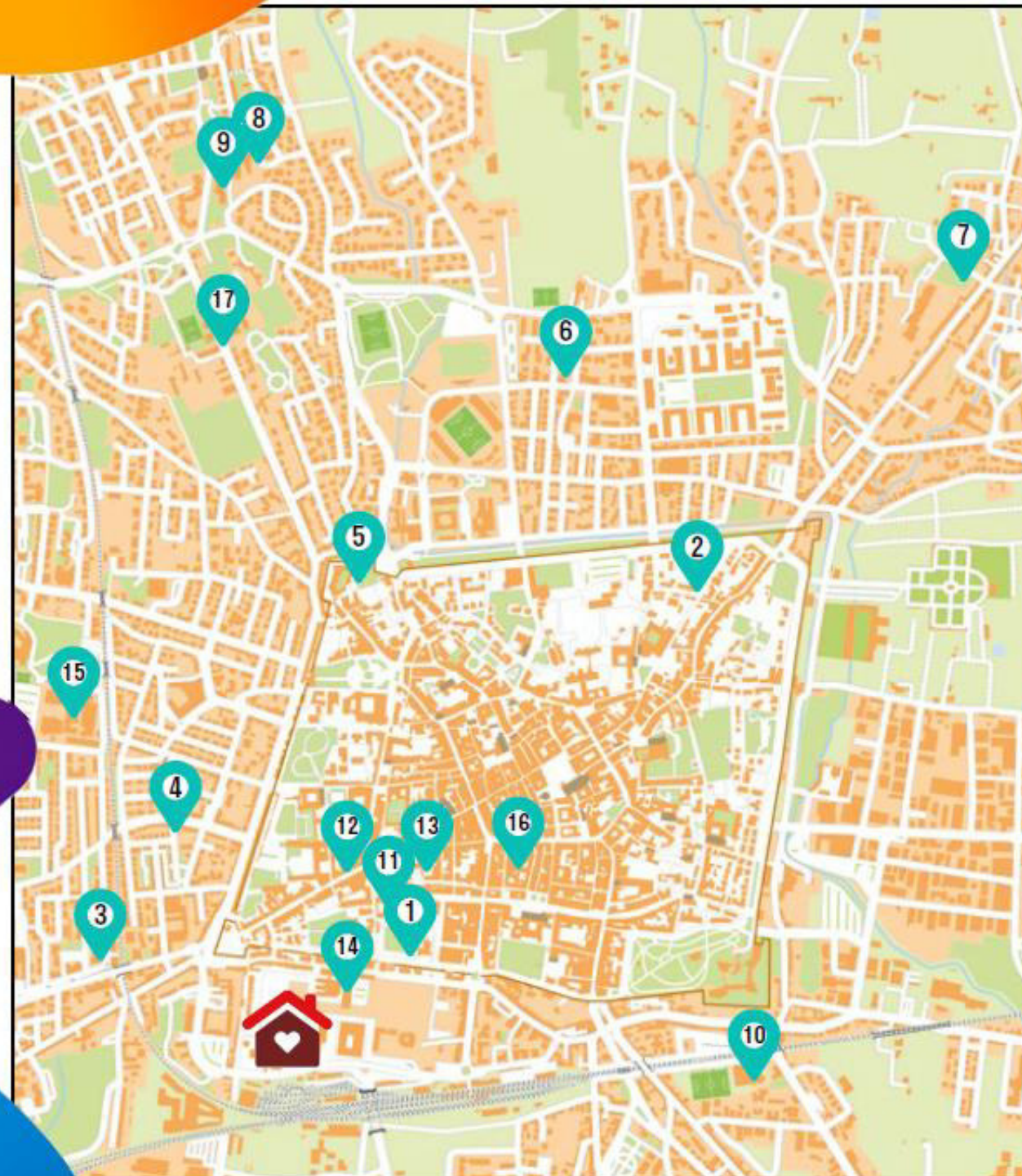


ACCOMMODATION SCHOOLS

17 SCHOOLS	CLASSROOM	PLACES
7 HIGH SCHOOLS	246	3690/4920
10 PRIMARY AND SECONDARY SCHOOLS	175	2625/3500
TOTAL	421	6315/8420



wifi



Infos EGFL

- Performance Dauer max. 5 min
- 20 x 30m Performance Area
- Bewertung von 4 Expert*innen
- Insgesamt 20 Punkte pro Kriterium --> 4 Kriterien

ABOUT THE EUROPEAN GYM FOR LIFE CHALLENGE PERFORMANCES

The groups present a performance of a maximum of 5 minutes.

This is the maximum performance time, entry and exit is not included.

If large apparatus are used, the group may use one minute for placing and removing the equipment.

This minute is to be without music and is used ONLY for moving the equipment/apparatus. It is not considered part of the performance.

The music must be delivered to the LOC two months in advance in order to be checked for quality and duration.

All groups will get rehearsal time. The rehearsal time for each group depends on the number of groups taking part.

The Contest will take place indoor with a performance area of 20 x 30 meters in total.

CATEGORIES

The main objective of the EUROPEAN GYM FOR LIFE CHALLENGE is to improve the quality of performances.

The TC-GFA focuses on the "show effect" which means attractiveness for the spectators.

The number of categories depends on the number

of groups participants to EUROPEAN GYM FOR LIFE CHALLENGE.

The TC-GFA can change the format of categories depending on the number of registrations (e.g. large groups/small groups, etc. with or without apparatus).

EVALUATION

Each performance will be evaluated according to the following criteria:

- Entertainment value and overall impression
- Innovation and originality
- Technique, quality and safety
- Variety and diversity

All parts have equal value, up to 5 points per criteria.

The evaluation will be carried out by a panel of 4 experts who are experienced in the fields of performance, artistry, technique and choreography.

This panel is invited by the TC-GFA.

The Evaluators will be directed by a supervisor before, during and after the event.

The supervisor is appointed by the TC-GFA. Each Evaluator has a total of 20 points, 5 per criteria.

After each performance the Evaluators give the 4 scores/criteria and the total score.

All scores are given independently. The 4 scores are added (max. score is therefore 80).

Infos EGFL

- Feedback an die Gruppenleiter*innen nach der Performance
- Die Gruppen bekommen:
 - Trophäe
 - Medaillen & Urkunden
- Feedback Inhalt:
 - Positive Aspekte
 - Verbesserungsvorschläge und Empfehlungen

FEEDBACK

The Contest will have a minimum of 3 Feedbackers, who must be experienced in choreography.

The experts giving feedback will be appointed by the TC- GfA.

The feedback includes positive points from the performance and recommendations on how the performance can be improved.

The feedback will only be given to a coach or a choreographer.

The feedback will be given directly after the performance.

Each coach/choreographer will meet the Feedbacker in a place indicated at the Coaches/ Head of Delegation meeting.

RESULTS

The scores will be used to establish an internal ranking list which will not be distributed.

All groups receive a trophy, all gymnasts receive a medal and a diploma.

European Gymnastics will also hand out some special diplomas.

The results will be announced and the prizes will be handed out after the Contest.

APPARATUS

It will be provided standard portable gymnastics apparatus such as:

- Springboard
- Roller mats
- Tumbling track
- Landing area Teamgym
- Vaulting table
- Vault runway
- Trampette – Teamgym incl. rear guard
- Trampette – open incl. rear guard
- Trapezium – foam
- Safety mats
- Landing mats
- Airtrack

The groups may ask for other standard gymnastics equipment in the registration form, and the LOC will provide the equipment if it's possible.

Smaller props or special equipment must be brought by the groups.

More information and pictures of all the apparatus will be provided in Bulletin #2.

Please contact us if you need any storage for small apparatus, or if you have any questions.

mail to: info@eurogym2026.com

Infos EGFL



- Vorläufige Liste
- Bei Registrierung dann angeben

APPARATUS PROVISIONAL LIST

Following apparatus will be available at the stages.



- | | | | | |
|-------------------------------|------------------------|---------------|-------------------------|--------------------|
| • AIRTRACK | • LANDING AREA TEAMGYM | • ROLLER MATS | • TRAMPETTE - OPEN INCL | INCL. REAR GUARD |
| • FLOOR MATS - ROLL UP TRACKS | • LANDING MATS | • SAFETY MATS | REAR GUARD | • TRAPEZIUM - FOAM |
| | • PEGASUS | • SPRINGBOARD | • TRAMPETTE - TEAMGYM | • VAULT RUNWAY |



PALA CARRARA SPORT HALL



- EGFL in Pala Carrara Sport Hall
- Warm-Up Bereich in Zelten nebenan
- La Cattedrale = Akkreditierungscenter und Lunch & Dinner (ca. 3-4 km entfernt)

VENUES



HEADQUARTER

EXHIBITION CENTER LA CATTEDRALE



SPORT FACILITY

PALA CARRARA SPORT HALL

HEAD QUARTER EXHIBITION CENTER LA CATTEDRALE

The Main Venue will be in EXHIBITION CENTER LA CATTEDRALE.

This will be the area for accreditation and info-desk.

This will be also the main catering area.

EUROPEAN GYM FOR LIFE CHALLENGE MAIN VENUE

The contest will take place at
PALA CARRARA SPORT HALL.

WARM-UP

The warm-up for the contest will be held at
PALA CARRARA SPORT HALL.



Eurogym

Infos EUROGYM

- Alter 12-18 Jahre
- 2 Jahreszyklus
- Kein Wettbewerb sondern ein Festival für den Turnsport
- Zahlreiche Workshops
- City Performances der Gruppen
- Je nach Größe sind ältere oder jüngere TN zulässig
- Bezug Tabelle = nur TN

WHAT IS EUROGYM?

Eurogym is an international event that brings together young gymnasts from different European countries.

It is organized by European Gymnastics and is held every two years.

Eurogym is not a competition but rather a non-competitive gymnastics festival that focuses on promoting the sport of gymnastics and fostering friendship and cultural exchange between young athletes from different countries.

The event typically includes gymnastics performances, workshops, cultural activities, and social events.

Eurogym is open to gymnasts between the ages of 12 and 18 who are members of European Gymnastics-affiliated national gymnastics federations.

The event is hosted by a different European city each time, with the host city responsible for organizing the various activities and providing accommodation and transportation for participants.

Overall, Eurogym is a great opportunity for young gymnasts to develop their skills, make new friends, and experience different cultures while promoting the sport of gymnastics at an international level.

WHO CAN ATTEND EUROGYM?

- **Participants**
- **Coaches**
- **Group leaders**
- **Head of delegation**

EUROGYM is open to young people aged 12 to 18 years old.

A group that has 10 participants (or more) can include younger participants (10 and/or 11 years old) and older participants (19 and/or 20 years old) according to the table below.

Coaches may not take part in a performance as gymnasts.

Guests that don't have an accreditation are not allowed in the schools.

PARTICIPANTS PER GROUP		# PARTICIPANTS ALLOWED THAT ARE YOUNGER AND/OR OLDER
FROM	UNTIL	
6	9	0
10	15	1
16	25	2
26	35	3
36	45	4
46	55	5
56	56	6

PROGRAM EUROGYM

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Afternoon 12 am - 6 pm	Arrivals	Orientation Meeting for HOD, Group Leaders and Gala coaches	City performances	City performances	City performances	Eurogym Gala rehearsal	Departures
	NO DINNER	DINNER					NO DINNER
Evening 6 pm - 11 pm	Arrivals	Parade and Opening Ceremony ----- Welcome Party	Funzone EUROGYM PARTY	Educational Forum ----- Funzone EUROGYM PARTY	Funzone EUROGYM PARTY	Eurogym Gala and Closing Ceremony ----- Goodbye Party	Departures



VENUES

HEAD QUARTER EXHIBITION CENTER LA CATTEDRALE

The Main Venue will be in EXHIBITION CENTER LA CATTEDRALE. This will be the arena for accreditation and info-desk.

This will be also the catering area.

EUROGYM GALA

EUROGYM Gala will take place in MARCELLO MELANI STADIUM on July 16th. The performance area will be 20x20m, and the roller mats will be 14x20m.

We will announce the theme for the Gala in the Bulletin #2.

OPENING AND CLOSING CEREMONY

The parade for the Opening Ceremony will be through the streets of Pistoia, and will end at MARCELLO MELANI STADIUM with an exceptional Opening Ceremony for EUROGYM 2026.

The Closing Ceremony will be held in the MARCELLO MELANI STADIUM, and will be followed by a unforgettable farewell party.

CITY PERFORMANCES - GROUPS EXHIBITION

The city performances will take place at three different stages in the main squares of Pistoia's city center, and give the groups the opportunity to show what they have prepared at home.

All performance levels are acceptable and everybody can participate.

Each group will present their performance twice during the week.

A group has to consist of minimum 6 gymnasts, and each performance can last a maximum of 5 minutes, excluding preparation of the venue and marching in and out.

Participants can visit the stages in the morning, but there will be no opportunity for rehearsals at the stages before the city performances.

Stage 1: (performance area: 14 x 20 meters)

Stage 2: (performance area: 14 x 14 meters)

Stage 3: (performance area: 14 x 14 meters)

- 3 Bühnen für die City Performances
- EG-Gala im Marcello Melani Stadium
- Minimale Gruppengröße = 6 Personen
- Maximale Vorführdauer = 5 min

HEAD QUARTER EXHIBITION CENTER LA CATTEDRALE



MARCELLO MELANI STADIUM



VILLONE PUCCINI PARK



DUOMO SQUARE



MONTOLIVETO PARK



RANA PARK

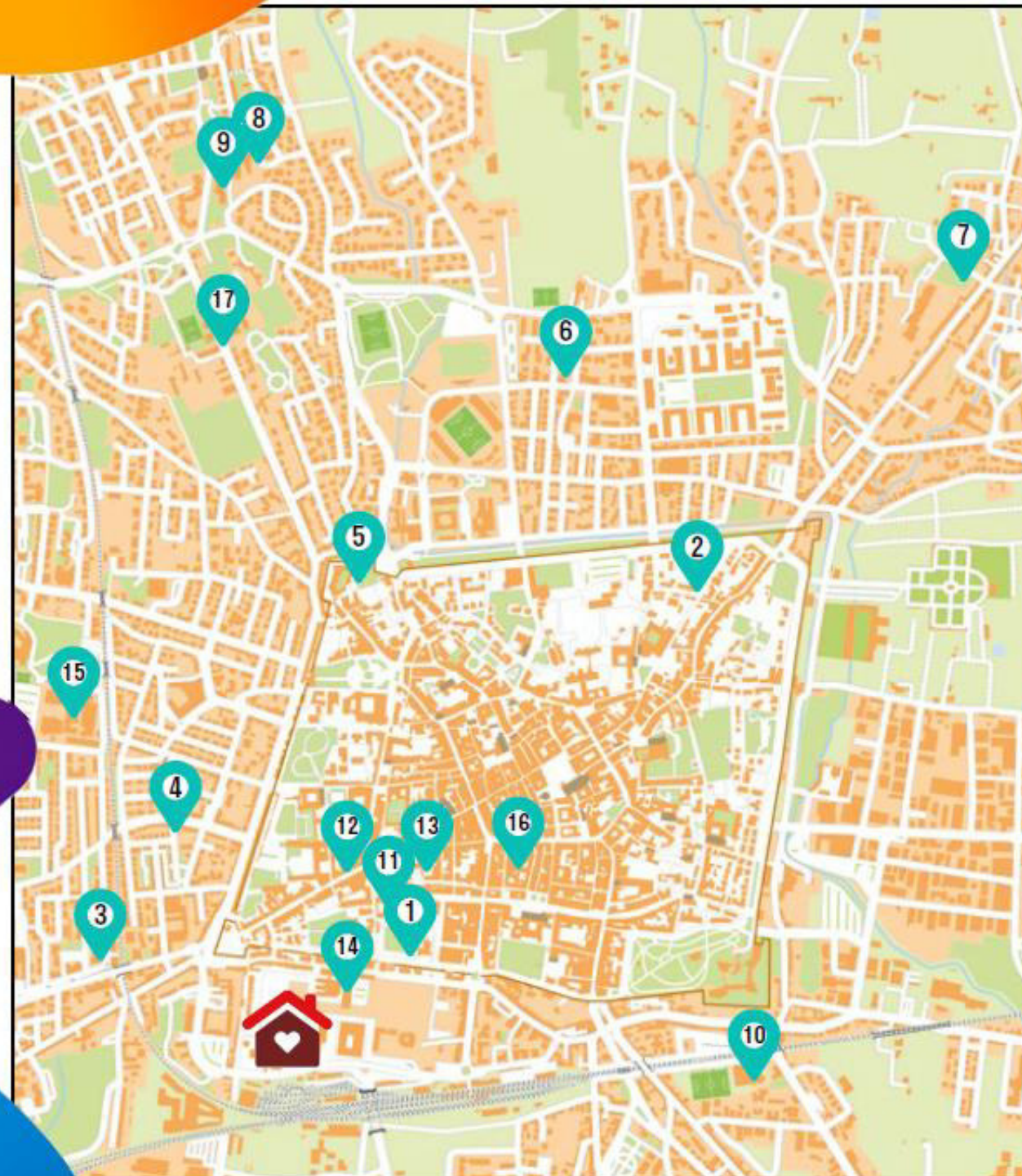


ACCOMMODATION SCHOOLS

17 SCHOOLS	CLASSROOM	PLACES
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Infos EUROGYM

- Vorläufige Liste
- Bei Registrierung dann angeben



APPARATUS PROVISIONAL LIST

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| | • PEGASUS | • SPRINGBOARD | • TRAMPETTE - TEAMGYM | • VAULT RUNWAY |



Infos EUROGYM

- Jede Gruppe kann 4 Workshops auswählen
- Jede Gruppe bekommt aus diesen 4 dann 2 zugeteilt

WORKSHOPS PROVISIONAL LIST

We will provide a lots of different workshops during the week, and all groups will be provided with four different workshops. This is the provisional list with workshops that we want to provide. Changes might be done to the complete list before the registration for workshops begins.

DANCE

AERIAL DANCE
BODY PERCUSSIONS
BREAK DANCE
CHEERLEADING
COUNTRY DANCE
FLAG POLE
HIP HOP
ITALIAN TRADITIONAL DANCE
JAZZ GYMNASTICS
MODERN DANCE
ZUMBA

MARTIAL ARTS

KARATE
JUDO
TAEKWONDO

GYMNASTICS

ACROBATIC GYMNASTICS
ARTISTIC GYMNASTICS
PARKOUR
RHYTHMIC GYMNASTICS
SPECIAL COREOGRAPHY
TEAM GYM
TRAMPOLINE

EXPRESSIVE ACTIVITIES

FLAG WAVING
HAIR AND MAKE UP

NATURAL SPORT

ARCHERY
HIKING
MOUNTAIN BIKE
NORDIC WALKING
ORIENTEERING
ULTIMATE FRISBEE

SPORT GAMES

AEROBIC
ATHLETICS
BASKET
BUBBLE FOOTBALL
CALISTHENICS
CROSS-FIT
FIELD HOCKEY
FITBALL
FUNCTIONAL TRAINING
FUTSAL
GAG
JUGGLING
LAUGHT YOGA
PADEL
PILATES
RUGBY
SKATING
SLACKLINE
TENNIS
VOLLEY

Infos EUROGYM

- Abendprogramm (FunZone)
- Betreuung durch Volunteers
- Themen-Partys
- Italien Corner mit Snacks

FUNZONE EVENING PARTIES

Every night there will be a FunZone, organized by EUROGYM 2026's young leaders.

Different theme parties will happen each evening, and we want to provide activities for every taste and activity level.

There will be a Italian corner with snacks, where you will get to know the Italian culture more.

More informations on Bulletin #2.



EUROGYM20
EUROPEAN GYM FOR
LIFE CHALLENGE **26**
PISTIA ITALY JULY 9-17th



Infos EUROGYM

- Für Gruppenleitende
- Theoretischer Teil
- Praktischer Teil
- Professioneller Speaker vor Ort

EDUCATIONAL FORUM

The LOC is working on some challenging topic suggestions for the FORUM.

These are some topics we would like to propose for:

- GYMNASTICS PSYCHOLOGY AND MENTAL PERFORMANCE COACHING.
- EMOTIONAL MANAGEMENT IN GYMNASTICS, TECHNIQUES AND STRATEGIES FOR GYMNASTS AND COACHES.

We will invite some experts to address these issues in a dynamic way hoping to match your interest.

The FORUM will have both a theoretical and a practical part.

More informations on Bulletin #2.



REGISTRATION TO PERFORM AT THE EUROGYM GALA

Groups who would like to be in the Gala can apply through their National Federation (European Gymnastics will provide the NF's with an application form).

There is no limit to how many applications each federation can send. The maximum duration of one Gala-performance is 3 minutes.

Members of the European Gymnastics TC-GFA will choose the groups. LOC choreographer will script the show.

Each performance will be evaluated by the TC-GFA according to the following criteria:

- Entertainment value and overall impression
- Innovation and originality
- Technique, quality and safety
- Variety and diversity

More specific information about this application will be sent to the National Federations in a due time.

- Gala Performance = maximal 3 Minuten
- Jede Eurogym Gruppe kann sich bewerben
- Letztes Jahr wurde eine deutsche Gruppe ausgewählt (AkroLaVida)
- EG wählt die Gruppen aus – Einsendeschluss war 2024 der 31.12.2023
- Gruppen bekommen Feedback nach der Aufführung



Anmeldung

Interessensbekundung Eurogym &
European Gym for Life Challenge
2026



Allen Gruppen, welche die Interessensbekundung ausfüllen werden wir dann weitere Infos zur Anmeldung zukommen lassen sobald diese freigeschaltet wird.