



GYMNASTICS REGULATIONS

Last Update: 26.05.2026

1. Organization

- a. The Sports Department of the 22nd Maccabiah will be responsible for the Gymnastics competitions of the 22nd Maccabiah.
- b. The Gymnastics competitions will be conducted under the 2025-2028 FIG code of points, FIG Statutes and Technical Regulations
- c. Participation in the competition is open to any athlete who is in possession of a Participant Card issued by the Organizing Committee of the 22nd Maccabiah and registered to the Gymnastics competitions.

2. Format of the Competition: 5/5/3

Each country may enter one team of 5 males/boys for the males'/boys' competitions, one team of 5 females/girls for the females'/girls' competition. A Team is 5 gymnasts, performing 5 exercises, 3 of them will count towards the total team score.

Countries that cannot participate with complete teams may participate with single gymnasts as follows:

- 1) Open Male: up to 2 gymnasts (2008 and older)
- 2) Open Female: up to 2 gymnasts (2010 and older)
- 3) Juniors Boys (2008-2011): up to 2 gymnasts
- 4) Junior Girls (2011-2012): up to 2 gymnasts

A country cannot participate with a full team and individuals. The participation is either of a team or individuals.

3. Venues and Times

- a. The Sport Department of the 22nd Maccabiah will determine the venues and times of the Gymnastics competitions and teams will be notified accordingly.
- b. The competitions will be held in Gymnastics halls, according to the rules of the International Gymnastic Federation.

4. Program of the Competition

- a. Competition for Open and Junior Male: Composed of one optional exercise on the 6 apparatus in accordance with the Olympic selection. Floor exercise, Pommel Horse, Rings, Vault, Parallel Bars and Horizontal Bar.
- b. Competition for Open and Junior Female: Composed of one optional exercise on the 4 apparatus in accordance with the Olympic selection. Vault, Uneven Bars, Beam and Floor exercise.





5. System of Competition

- a. Competition C1 (qualification) will decide team, individual all-around & apparatus winners (Open and Junior categories).

6. Classification

- a. Team Competition: The winning team will be decided by totaling the results of the 3 best scores on each apparatus in competition C1.
- b. All-round individual competition: The all-round champion will be decided according to the results obtained by each gymnast on all apparatus together, in competition C1.
- c. Individual apparatus- the winning gymnast will be decided according to the results obtained by the gymnasts in competition C1.
- d. Scoring will be implemented according to the regulations of the International Gymnastics Federations, code 2025-2028.

7. Judges

- a. The Sports Department will appoint a Judges' Committee, which in turn will appoint the judges of the competition (valid F.I.G brevet Judges and National level judges).
- b. Each country is invited to propose up to two (2) international judges with valid F.I.G brevet for the relevant cycle (2025-2028).
- c. It is hereby clarified that valid F.I.G brevet Judges shall be pointed as D panel judges, and national judges shall be appointed as Execution judges.

8. General

- a. These regulations are but one part of the complete 22nd Maccabiah Regulations and must be read along with the instructions found in the Maccabiah Basic Regulations.
- b. In the event of a discrepancy between the regulations written here and those appearing in the Maccabiah Basic Regulations, the regulations written here will prevail, apply and be binding.

