



GYMNASTICS FOR ALL PAN AMERICAN GYMNAESTRADA REGULATIONS

The PAN AMERICAN GYMNASTICS UNION will organize, under the name PAN AMERICAN GYMNAESTRADA, a large-scale Gymnastics for All event, including group demonstrations that exclude any competition.

GYMNASTICS FOR ALL, THROUGH ITS VARIED ACTIVITIES, PROMOTES HEALTH, PHYSICAL FITNESS, SOCIAL INTEGRATION, PHYSICAL AND PSYCHOLOGICAL WELLBEING, ESTABLISHING GYMNASTICS FOR ALL PRACTICE AS A SOCIAL AND CULTURAL PHENOMENON.

Gymnastics for All (GfA) is a discipline of the International Gymnastics Federation (FIG), with **no competitions**. By offering a non-competitive experience, GfA becomes a very important tool for social and athletic integration and inclusion. Therefore, it is extremely important to develop, promote, and disseminate its participation throughout the Pan American Continent.

One of the tasks of the PAGU Gymnastics for All Committee is to grow the participation in our discipline in all the countries of the Pan American Gymnastics Union. One of the strategies for realizing this is cultivating the growth of regional and Pan American GYMNAESTRADAS. This growth will spread the principles and practice of GfA, offer a tangible goal to all participants and assist in making the FIG's objective of integration and diversity a reality.



HOW TO PARTICIPATE:

- **CREATE** a group choreography (5 or more people).
- **AGE:** There is no age requirement for participation in the Pan American Gymnaestrada.
- **MAXIMUM** OF 2 CHOREOGRAPHIES/GROUPS PER COUNTRY.
- **THEME:** Free or may be proposed by PAGU Gymnastics for All Committee.
- **MOVEMENTS:** The movements that Gymnastics for All allows are from any of the FIG disciplines (Artistic, Rhythmic, Trampoline, etc.), as well as all dance styles and circus activities. (Shoes with heels or stilts are not permitted).
- **APPARATUS:** Various apparatus may be used, conventional gymnastics equipment or hand apparatus, or non-conventional apparatus such as pots, backpacks, umbrellas, chairs, etc. Apparatus of an artisanal manufacture or original use are also welcome.
- **DURATION:** The *maximum* time for the routine is **5:00 minutes**. This includes set up and take down of equipment (clear floor to clear floor).
There is no *minimum* time. It is important to respect these time limits.
- **MUSIC:** The music must be relevant to the theme with good sound quality and MP3 format.

HOW TO REGISTER:

Registration will be carried out through the National Federations, who will be responsible for submitting the Registrations to the PAGU



THE PERFORMANCE SPACE:

PAGU Affiliated federations wishing to host this event must consider the suitability of the designated venue with regards to the space and equipment requirements as well as the availability of nearby hotel accommodation and local transport.

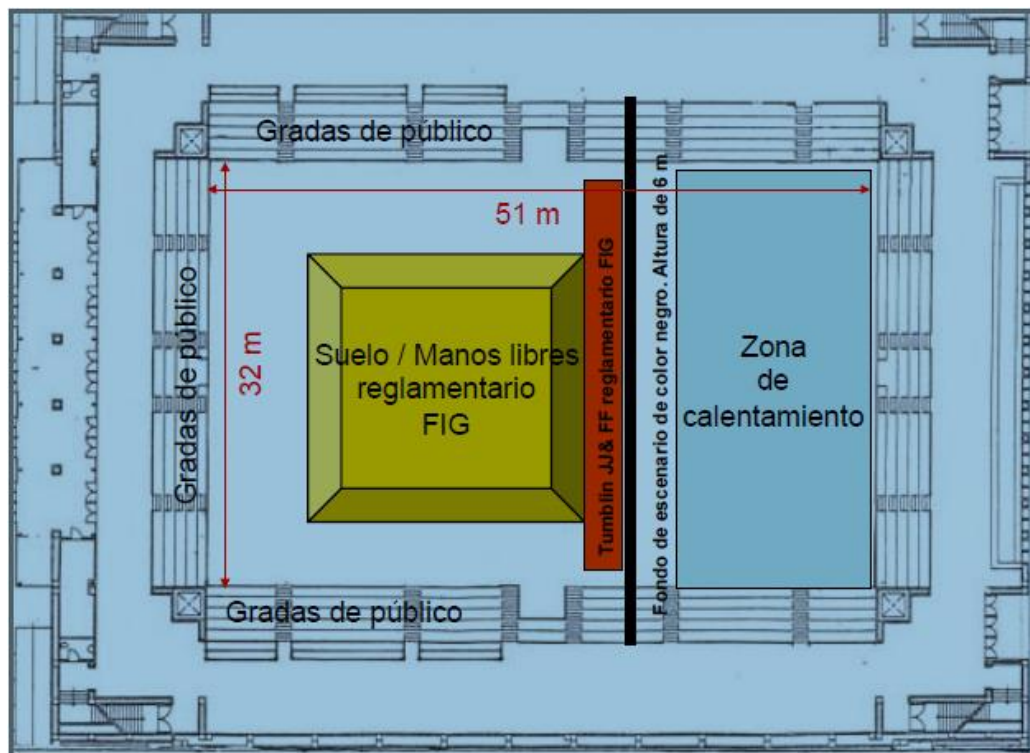
The hosting PAGU affiliated Federation must establish a Local Organizing Committee (LOC). The LOC will collaborate continuously with the PAGU Gymnastics for All Committee to present the Event.

The minimum requirements for the Venue are:

- ✓ A multi-sport court with synthetic surfacing on a cement base or parquet floor.
- ✓ A ceiling height of more than 10 m.
- ✓ Bleachers arranged around the court in a "U" shape.
- ✓ A curtained area behind the court will house a warm-up area.

The PAGU Gymnastics for All Committee must be consulted if the proposed venue does not meet all of the requirements above

ILLUSTRATION OF A SUITABLE VENUE LAYOUT



Public Stands - Gradas de Publico

FIG Regulation Floor (Carpet bonded Foam rolls) - Suelo/Manos Libres reglamentario FIG

Black back drop Curtain, 6m high - Fondo de escenario de color negro. Alturo de 6m.

FIG Regulation Tumble Track - Tumblin JJ&FF reglamentario FIG

Warm Up Area - Zona de Calentamiento



IMPORTANT INFORMATION

Registrations:

Registrations must be submitted no less than 120 days before the event through the PAGU administrative management system.

The required information is:

- Total number of participants.
- Title of the Performance or of each performance if more than one.
- Type of Gymnastics (Gymnastics with apparatus/ Gymnastics without apparatus/ Gymnastics and Dance).
- Type of equipment to be used and quantities for each type
- Exact duration of the choreography(s) (minutes and seconds).

Music:

Music be sent via email to PAGU no less than 60 days before the event (in MP3 format) The MP3 file must be named:

Country- Group Name- Title of music

Example: **ARG- The Committee- We are all in this together(MFY)**

Use non copyright/royalty free music or properly licensed music whenever possible. Use music with or without lyrics. Lyrics must be in good taste and free of violent, racist, or sexual connotations.



TECHNICAL INFORMATION

Performances

Each participating Federation may prepare one to two performances with **a maximum duration of 5.00 (five) minutes each.**

The 5.00 (five) minutes will include the time for setting up the apparatus, as well as for the group's entry and exit.

The performance may not be interrupted for costume changes or music and must be continuous.

Number of Participants

Individual performances are not permitted. Only group performances of 5 (five) or more gymnasts will be performed.

The maximum number of participants in a choreography will be as many as can perform safely within the regulatory 12x12 space or in the entire space available on the court with a safe distance from the public stands.

Attire

Free attire. Any attire is permitted, subject to ethical standards and the use of props (hats, canes, scarves, etc.).



ORGANIZATION AND STRUCTURE OF THE PAN AMERICAN GYMNAESTRADA

The organization of the Event will be the responsibility of the Local Organizing Committee (LOC) of the AFFILIATED FEDERATION and the GYMNASTICS FOR ALL COMMITTEE OF PAGU.

- The Invitation sent to the PAGU member Federations will give information about the Venue, Accommodation Reservations and Transport from LOC.
- This Invitation will also include a detailed list of the equipment that will be provided by the LOC for the groups to use.
Groups must confirm with the LOC which equipment they will use 60 days before the Event. This does not apply to groups that are bringing their own equipment
- **The music will be sent to the LOC, from PAGU, 60 days before the Event by email.** The music will be in MP3 format and labeled as detailed on page 4
- The Group Performance order will be established by the Local Organizing Committee.

THE PAN AMERICAN GYMNAESTRADA will ultimately include:

- Opening Ceremony
- Group Performances
- City Performances
- Pan American Gymnaestrada Gala
- Workshops
- Closing Ceremony

The Performances of the different participating Federations must be in a group format and respect the objectives and deadlines of the PAN AMERICAN GYMNAESTRADA.



THE OPENING CEREMONY

Will be held at the beginning of the first day of the Event and will include:

- Fanfares or musical accompaniment.
- Parade of participants by Federation in alphabetical order of their country, each preceded by the National flag of the Federation. The LOC will provide signs with the Name of the country e.g. CAN, MEX, ARG.
- Address by a PAGU Official.
- Address by the corresponding Local Authorities who will open the Event.
- The participants will march out in the order they entered.

DURATION OF GYMNAESTRADA

- The Organizers will establish a "Program" with the times and locations of the Group performances, City performances, Pan American Gymnaestrada Gala and Workshops.
- The Performances may be held in one or several venues simultaneously, with participating groups divided into several sessions.
- Each session must not last more than two hours

THE CLOSING CEREMONY

Will be held on the last day of the Event and will include:

- Fanfares or musical accompaniment.
- Parade of participants by Federation in alphabetical order, each preceded by their Federation's flag. The LOC will provide signs with the Name of the country e.g. CAN, MEX.
- Closing address by a PAGU Official.
- Closing address by the corresponding Local Authorities who will close the Event.
- The participants will march out in any order.



GYMNASTICS FOR ALL WORKSHOPS

The PAGU Gymnastics for All Committee suggests that the LOC include a day of workshops related to different aspects of Gymnastics for All for all participants, led by the coaches of the participating Federations.

These workshops should not last more than an hour and a half with several workshops held simultaneously, provided there is sufficient space.

If a coach who is not participating with a group wishes to teach a workshop, they must register themselves for the Pan American Gymnaestrada.

The objective of these workshops is to facilitate a greater exchange of knowledge between coaches and participants from different countries, strengthening bonds of friendship.

IMPORTANT:

The PAGU Gymnastics for All Committee reserves the right to modify or revise these Pan American Gymnaestrada Regulations as may be necessary. All modified or revised versions will be communicated to the PAGU member Federations in a timely manner

THE PAN AMERICAN GYMNASTICS UNION GYMNASTICS FOR ALL COMMITTEE

July 2025

President: Claudia A. Barros (Argentina)

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