



THE FLOOR 2026 GUIDELINES

3rd Edition

EVENT DETAILS	
1. Date	Saturday 30th May 2025 & Sunday 31st May 2026 <i>Please note: We are currently planning for the Floor 2026 to be a 2-day event. If this is not feasible, the Floor 2026 will take place on Sunday 31st May 2026. To be confirmed.</i>
2. Venue	National Indoor Arena (NIA) National Sports Campus Blanchardstown, Dublin 15 Ireland
EVENT ENTRIES	
3. Entry Process	Provisional Registration should be completed via the Microsoft Form emailed to clubs Definitive Registration should be done online via Gymnastics Ireland's event entry system Please Note: By your club entering this event, you agree to comply with its rules including upholding Gymnastics Ireland Codes of Conduct.
4. Provisional Registration	Monday 12th January - Friday 27th February
5. Definitive Registration	Monday 9th March - Monday 30th March
6. Late Registration Deadline	Friday 24th April (5 weeks before event as per National Events Policy)
7. International Teams Entry	Please email angela@gymnasticsireland.com for more information.
8. Entry Fee	Available on the Gymnastics Ireland calendar Gymnastics Ireland Events & Results

9. Performance Video Submission	24th April 2026 Five (5) weeks prior to the event. Note: Clubs are requested to submit a video of their display routine five weeks before the event (smart phone/ tablet quality is fine), the purpose of which is to facilitate sequencing of routines i.e., to create a spread of performance types throughout the day.
10. Withdrawals and substitutions	Please refer to the GI National Events Policy. Gymnastics Ireland National Events Policy
11. Eligibility of Entry	All participants must be GI members, unless participating as an international team (please see special requirements below). Note: - Clubs must ensure that they have received all relevant medical information in relation to any participant with/without a disability, to ensure they are well enough physically, intellectually, and emotionally to take part in this event. - Clubs must ensure that any participant who has any of the following disabilities: Down Syndrome, Spinal Cord Injury, Spinal Fusion, Spinal Stenosis, Dwarfism or any other condition which may increase the risk of injury due the nature of gymnastic activities, has provided medical clearance prior to participating in this event.
12. International Teams – Special Requirements	Gymnastics Ireland places a high importance on the welfare of children. International clubs must ensure that the adult delegation travelling and listed on the official entry form comply with the following: a) Are members of your Federation b) Have successfully completed vetting/policy check and c) Hold valid Safeguarding training Code of Conduct: All chaperones (Helpers) travelling as part of the delegation must sign and submit a Gymnastics Ireland code of conduct with the team entry form. Insurance: International Teams must provide proof of Insurance cover prior to travelling to the event. For more information, please contact angela@gymnasticsireland.com

GENERAL RULES AND GUIDELINES

13. Coaches

- All coaches must be members of Gymnastics Ireland, unless part of an international team in which case they must be members of their National Federation.
- Coaches must make adequate provision for the supervision of their gymnasts upon arrival at the venue. There is no limit to the number of coaches participating. Gymnasts must not begin warm up without a coach present.

Important Safety Information:

The coaches attending the event must be qualified to coach the skills being performed. The safety of the gymnast is paramount, and all coaches should continue to conduct risk assessments prior to attempting any skill(s) in the routine.

Gymnastics Ireland has the right to remove any skill(s) they deem unsafe or a dangerous element.

Coaches are permitted to spot during the routine at the event e.g., when using trampette or vault. Additional landing mats may also be used. Please contact Gymnastics Ireland if you require additional information or support.

***Introduced in 2024.**

- A three-person high pyramid, with only one base, can only be performed in a display routine if there is a suitably qualified coach with a level 3+ acrobatics coaching qualification. The base must also be a minimum of 19yrs old, in line with FIG Acrobatics rules.
- Any group that is performing a three-person high pyramid, with two or more bases, must submit a video of the skill a minimum of 4 weeks before an event, and it will be reviewed by a GI panel of experts. The bases must also be a minimum of 18 years of age.

NEW 14. Choreographers	All choreographers must be members of Gymnastics Ireland, unless part of an international team in which case they must be members of their National Federation. Choreographers can be registered as 'Club Supporters'. All choreographers must: 1. Be appropriately vetted by their clubs via their National Federation's vetting policy or equivalent. 2. Complete Safeguarding 1 course 3. Be 16+ yrs of age 4. Complete a GI Code of Conduct for Choreographers and submit when requested. Note: - Choreographers are at the event in a dance capacity only and are under no circumstances allowed to coach/spot gymnast skills at any time. - Choreographers must wear club attire (i.e. be identifiable as part of the club group)
14. Chaperones	All chaperones must be members of Gymnastics Ireland, unless part of an international team in which case they must be members of their National Federation. All chaperones must: 1. be appropriately vetted by their clubs via their National Federation's vetting policy or equivalent. 2. be 18+ years of age 3. Complete Safeguarding 1 refresher course 4. complete a GI Code of Conduct and submit with club entry form Note: - Clubs will have to plan in terms of knowing who the chaperones are and ensure vetting is concluded prior to the event. - Chaperones are at the event in an organisational capacity and are under no circumstances allowed on the main floor, or to coach gymnasts at any time. - Chaperones must wear club attire (i.e. be identifiable as part of the club group)
15. Registration	All coaches, choreographers, chaperones and gymnasts must be registered on the day. Clubs may only register teams when all the gymnasts have arrived.

16. Performance/ Routine Content	Routines with gymnastics and /or dance can be performed with or without equipment. Safety Please refer to section 10 with regards to gymnastics content, safety and coaching qualifications. Additional props, costumes, and small ancillary pieces of equipment (e.g. ribbon, hoops etc.) are welcome. Each club is responsible for their own ancillary equipment.
17. Apparatus	- The main performances will take place on a 12x12m Sprung Floor. - A warmup area will also be provided. - GI can supply safety/ landing pads upon request. Props and small ancillary pieces of equipment are allowed e.g., hoops, ribbons, scarfs, balls etc. Each team to supply their own, as per their requirements. Important: Any club wishing to bring their own additional larger equipment e.g., trampette, vault etc., OR additional props that are not traditional gymnastics equipment, must submit a Risk Assessment and Equipment Check Form prior to the event.
18. Performance Attire	Costumes and theatrical makeup are encouraged but not required. Gymnasts: - Participants can wear costumes and do not have to wear leotards <i>*clothing must be safe for the skills being performed</i> - Long hair must be tied back - All jewellery must be removed - If this is not possible, they should be taped Coaches: - Must wear a tracksuit with the club's name identified on it & wear suitable training shoes - Long hair must be tied back - All jewellery must be removed. If this is not possible, then they should be taped Please see Gymnastics Ireland Rules & Regulations for full Guidelines Click here
19. Warm Up	A warmup area will be provided. The warmup floors may not be the same size as the performance floor. Performance floor is sprung (12m x 12m).

20. Music

All routine to be performed to music - with/without vocals (please be mindful of suitable lyrics).

Approx. Routine Length:

1. Routines should be a minimum of 4 minutes in length
2. Routines should be a maximum of 6 minutes in length
3. Display groups who have a prepared routine for International Festivals/Events may have longer (see below) - up to 7 mins max

Please Note: Teams attending international festivals (e.g., FIG World Gymnaestrada) may have different music lengths than those stated above. In this instance, and in the year of the festival only, they may be permitted to extend the time if needed for their performance. Teams **must** let GI know when they submit their entry if this is the case. This will be decided on a 'case by case' basis.

Music Submission:

- Clubs will be sent submission process
- Each team should bring a USB containing a spare copy of their music in mp3 format.

Please ensure the following:

- Club Name, Display Team Name

It is extremely important that the best clarity of music possible is obtained so please avoid old 'crackly' versions of any music. **Please also ensure there are no 'pips' or 'beeps' at the start of the routine.**

21. Panel of Experts

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We will have our own 'x-factor style' panel of experts who will be sitting '**floor side**' to catch all the action up-close. These experts will give each team valuable feedback directly after their performance and create 'moments of pride' for each team in front of the audience.

22. Awards & Commendations	1. Bespoke Medal: All participants will receive a bespoke medal. 2. Club Commemorative Trophy All clubs will receive a Commemorative Trophy. 3. Star Gymnast Award: We want to award one gymnast <u>per display team</u> with a special recognition award for their contribution to your team. This gymnast will be nominated by each club in advance of the event and will receive an award on the day. This may be the hardest worker, the person who brings the most to the team, the most dedicated – you decide! Clubs will be asked to provide the participants name, and details around why you want them to receive it. 4. Club Spirit Award: We will be awarding a Club Spirit Award for club team spirit leading up to the event – more details to come. This will include photos and videos on club SM platforms, poster making, parents/ audience participation, stories where clubs/coaches/ gymnasts or parents have gone the extra mile for the team etc.
23. Video & Photography	Hello Deer Media will be present on the day. Hello Deer Media will produce a personalised performance video for each team. This will be published online via the GI YouTube account.
24. Medical Services	There will be first aid facilities available, as per all Gymnastic Ireland events.
25. Insurance	All gymnasts taking part will be Gymnastics Ireland members and must be accompanied and accounted for always by Gymnastics Ireland coaches/ club officials. International teams will have their own insurance and will provide proof prior to attending the event (as per point 9).
26. International FIG/EG Display Events	Any club wishing to take part in a FIG or EG International Display Event must take part in The Floor in the year of the international event. For 2026, this applies to the European Gymnastics, European Gym for Life Challenge and Eurogym 2026, Pistoia, Italy (July 2026).



**27. Main Point of
Contact**

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