



AFRICAN
SYNCHRO | TRAMPOLINE
GYMNASTICS
CHAMPIONSHIPS
TSHWANE | SOUTH AFRICA

20
26




19th African Championships
Tshwane, South Africa
5 - 6 May 2026
Trampoline Gymnastics
Senior
Individual & Synchro



DIRECTIVES

Event ID: 18481

Dear UAG affiliated Member Federation,
The African Gymnastics Union in collaboration of Gymnastics South Africa has the pleasure to invite your Federation to participate in the Trampoline African Championships.

DISCIPLINE	Trampoline Gymnastics (TRA)	
HOST FEDERATION	Gymnastics South Africa (RSA) 18 Edwards Road Eldoraigne, Centurion, 0017 +27 10 140 1761 e-mail: info@saqf.co.za Website: www.gymnasticssa.co.za	
LOCAL ORGANIZING COMMITTEE	Contact Person: Caron Henry + 27 82 327 3823 e-mail: region5@saqf.co.za	
LOCATION	Tshwane, South Africa	
DATE	5 - 6 May 2026	
VENUE	Heartfelt Arena 1000 Voortrekker Road Thaba-Tshwane, Pretoria www.heartfeltarena.co.za	
APPARATUS SUPPLIER	Please refer to the attached apparatus list	
RULES AND REGULATIONS	<p>The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives:</p> <ul style="list-style-type: none"> • Statutes • Code of Ethics • Code of Conduct • Technical Regulations • Code of Discipline • Code of Points and relevant Newsletters • General Judges' Rules • Specific Judges' Rules • Anti-Doping Rules • Licence rules (except for non-competitive events) • Policy and Procedures for Safeguarding and Protecting Participants in Gymnastics • FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events • FIG Medical Guidelines for FIG Competitions and Events • Media Rules 	

	<ul style="list-style-type: none"> • Apparatus Norms • Rules for Sanctioning (approval) of International Events • Advertising and Publicity Rules • Regulations for Award Ceremonies • Accreditation Rules <p><i>and subsequent decisions of the FIG Executive Committee</i></p>																											
FEDERATIONS INVITED	The Organizing Member Federation will invite all Member Federations according to the following: All affiliated to the UAG & FIG																											
PARTICIPATIONS & AGE LIMITS	<p>Senior Individual (Men and Women) Senior Synchro (Men and Women)</p> <p>As per FIG Technical Regulations All gymnasts must have a valid FIG license until the end of the event.</p> <table border="1"> <thead> <tr> <th>Function</th> <th>Number (Men)</th> <th>Number (Women)</th> </tr> </thead> <tbody> <tr> <td>Head of Delegation</td> <td></td> <td>1</td> </tr> <tr> <td>Team Manager (In case of a-team)</td> <td></td> <td>1</td> </tr> <tr> <td>Judge</td> <td></td> <td>2</td> </tr> <tr> <td>Medical/Physiotherapist</td> <td></td> <td>2</td> </tr> <tr> <td>Coach Individual</td> <td>1</td> <td>1</td> </tr> <tr> <td>Coach Synchro</td> <td>1</td> <td>1</td> </tr> <tr> <td>Gymnasts Senior Individual</td> <td>4</td> <td>4</td> </tr> <tr> <td>Gymnasts Senior Synchro (must be selected from Individual gymnasts)</td> <td>2 (1 pair)</td> <td>2 (1 pair)</td> </tr> </tbody> </table>	Function	Number (Men)	Number (Women)	Head of Delegation		1	Team Manager (In case of a-team)		1	Judge		2	Medical/Physiotherapist		2	Coach Individual	1	1	Coach Synchro	1	1	Gymnasts Senior Individual	4	4	Gymnasts Senior Synchro (must be selected from Individual gymnasts)	2 (1 pair)	2 (1 pair)
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JUDGES AND JURIES	<p>Each federation may bring up to 2 judges. All judges must have a current valid FIG brevet at the time of the event for the respective discipline TRA. All judges must be minimum Cat III, those Continental championships are considered as group 2 competitions. Each participating country must provide a minimum of one (1) judge.</p>																											
ENTRY FEES	<p>The Entry fees for event are as follows:</p> <ul style="list-style-type: none"> • Participation with only one (1) gymnast: USD 50 • Participation with more than one (1) gymnast: USD 150 for the team <p>The entry fee is non-refundable and payable to the UAG.</p> <p><u>ANNUAL UAG AFFILIATION FEE:</u> Federations that have not yet paid their annual affiliation fee for 2026 to the UAG must also make payment to the UAG before they will be allowed to participate in the competition, as follows:</p> <table border="1"> <tbody> <tr> <td>Existing Members</td> <td></td> <td>USD 200</td> </tr> <tr> <td rowspan="3">New Members</td> <td>Year 1</td> <td>0</td> </tr> <tr> <td>Year 2</td> <td>USD 100</td> </tr> <tr> <td>Year 3</td> <td>USD 200</td> </tr> </tbody> </table> <p><u>Banking Details for UAG Affiliation Fees and Entry Fees:</u></p> <table border="1"> <tbody> <tr> <td>Payable to: Beneficiary</td> <td>African Gymnastics Union الإتحاد الأفريقي للجمباز</td> </tr> <tr> <td>account</td> <td>0013161399469301015</td> </tr> <tr> <td>Bank</td> <td>National bank of Egypt (Main branch) 24 SHEREF ST. CAIRO</td> </tr> <tr> <td>IBAN</td> <td>EG680003000131613994693010150</td> </tr> <tr> <td>SWIFT/BIC</td> <td>NBEGEGCX001</td> </tr> </tbody> </table>	Existing Members		USD 200	New Members	Year 1	0	Year 2	USD 100	Year 3	USD 200	Payable to: Beneficiary	African Gymnastics Union الإتحاد الأفريقي للجمباز	account	0013161399469301015	Bank	National bank of Egypt (Main branch) 24 SHEREF ST. CAIRO	IBAN	EG680003000131613994693010150	SWIFT/BIC	NBEGEGCX001							
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	Reference Code: Country Code_UAG+Entry+TRA												
ACCREDITATION	<p>Each federation will be taken to the accreditation desk upon arrival. In order to accelerate the accreditation procedure, please send to the Local organizing committee by email: region5@saqf.co.za a photo of each delegation member together with the Nominative registration deadline. The specification of the photo should be as follows: Files format: JPG, JPEG File name: NF_Surname_Firstname Note: the LOC will be checking the validity of the gymnast's licenses. During the accreditation the Head of Delegation must present the following: All passports /Medical insurance of the registered gymnasts. National Anthem. Proof of full payment of the costs due to the LOC. Transport – Departure. License of the gymnast. Accreditation must be worn by all gymnasts, coaches and officials at all times, as it identifies where access is permitted at the venue. In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p>												
EVENT FORMAT	<p>As per TRA Code of Point (2025-2028) The African Championships will consist of All-Around Qualification, Finals and Team Ranking in Senior Individual and Synchro. Team ranking will be taken from qualifications results</p> <p>If less than three (3) National Federations participate in the Synchro competition, no finals will be held. In such cases, the rankings shall be determined based on the qualification results.</p>												
PROVISIONAL SCHEDULE	<p>The schedule may change depending on definitive registrations.</p> <table border="1"> <thead> <tr> <th>Date</th> <th>Activity</th> </tr> </thead> <tbody> <tr> <td>Sunday 3 May</td> <td>Delegation Arrivals, Accreditation</td> </tr> <tr> <td>Monday 4 May</td> <td>Orientation meeting Judges Instruction Podium training</td> </tr> <tr> <td>Tuesday 5 May</td> <td>Qualification – Trampoline & Synchro Men and Women</td> </tr> <tr> <td>Wednesday 6 May</td> <td>Final – Trampoline & Synchro Men and Women</td> </tr> <tr> <td>Thursday 7 May</td> <td>Delegation Departures</td> </tr> </tbody> </table>	Date	Activity	Sunday 3 May	Delegation Arrivals, Accreditation	Monday 4 May	Orientation meeting Judges Instruction Podium training	Tuesday 5 May	Qualification – Trampoline & Synchro Men and Women	Wednesday 6 May	Final – Trampoline & Synchro Men and Women	Thursday 7 May	Delegation Departures
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EVENT MANAGER	<p>Caron Henry +27 82 327 3823 region5@saqf.co.za</p>												
MEDICAL SERVICES	<p>A medical service will be available throughout the period of the competition during this event.</p>												
ANTI-DOPING	<p><u>Doping controls</u> Doping controls will be organized by the International Testing Agency (ITA) on behalf of the FIG and according to the World Anti-Doping Code (WADC), the international standards enacted by the World Anti-doping Agency (WADA) and FIG Anti-Doping Rules.</p>												
VISA	<p>Please verify immediately with your travel agent or the South African Embassy or Consulate in your country if a visa is required for your travel to South Africa. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 31 March 2026 to the LOC. To request an invitation letter, please send the following information to the LOC: Full Name, Gender, Date of Birth, Citizenship, Passport Number, Passport Expiry Date, Function/Role within the Delegation, Arrival and Departure Dates, City where the visa application support letter should be sent. Please ensure that all information is complete and accurate to avoid delays in visa processing.</p>												

INSURANCE	<p>The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in the event of accidents, illness (including COVID-19), repatriation, or similar occurrences.</p> <p>In accordance with the FIG Technical Regulations, all participating Federations are responsible for ensuring that all Delegation Members have valid insurance coverage for illness, accidents, and repatriation during the entire duration of their stay.</p> <p>It is mandatory that Delegation Members are covered by basic insurance (covering sickness, accident, and repatriation) in their country of residence, in order to benefit from coverage by the FIG IMSSA subsidiary insurance.</p> <p>For detailed information regarding the FIG IMSSA insurance for Athletes and Judges, please refer to:</p> <p>https://www.gymnastics.sport/site/pages/medical-insurance.php</p> <p>The LOC will verify insurance coverage upon arrival. Each Delegation must present either a cover note or a photocopy of the valid insurance policy. The policy must be valid starting from the day of arrival and must remain valid for the entire duration of the stay.</p> <p>The LOC will subsequently offer insurance at the Federations own charge as follows: 100 EUR per person/day.</p>
SAFEGUARDING	<p>From the official day of arrival until the official day of departure, all participants — including gymnasts, coaches, judges, and other Delegation Members — will have the possibility to contact the LOC Safeguarding Officer by phone or email in case of:</p> <ul style="list-style-type: none"> • Harassment • Abuse of any kind • Any situation where they feel uncomfortable or unsafe <p>The contact information for the LOC Safeguarding Officer will be provided to all Delegations upon arrival on site.</p> <p>As part of the FIG's commitment to athlete welfare and youth protection, posters of the "10 Golden Rules of Gymnastics", part of the FIG's awareness campaign, must be clearly displayed in several key areas, including:</p> <ul style="list-style-type: none"> • Training Halls • Warm-Up Areas • Public Zones <p>These measures are in place to ensure a safe, respectful, and supportive environment for all participants throughout the event.</p>
INTERNATIONAL TRANSPORTATION	<p>The invited participating federations must pay for the travel costs of their delegation members</p> <p>The Travel Schedule Form must be returned to the LOC by 31 March 2026.</p>
LOCAL TRANSPORTATION	<p>The Organising committee will provide transportation from OR Tambo International Airport to the Hotel for the delegations who have booked their accommodation through the LOC. Transportation between the official hotel and competition venue will be provided by LOC</p>
ACCOMMODATION AND MEALS	<p><u>Protea Hotel Hatfield</u> *** 3 star rating <u>Accommodation fees:</u> Single room: 140 Euros. <u>per person per night full board</u> Double room: 120 Euros <u>per person per night full board</u></p> <p>The prices charged for the hotel rooms will not exceed the usual hotel rates.</p> <p>While the Accommodation Form must be returned to the LOC by 31 March 2026 at the very latest, the Hotel rooms will be allocated on a "first come, first served" basis. The participating federations must pay for the accommodation expenses of their delegation members.</p>
CANCELATION POLICY	<p>Any cancellations after 31 March 2026 will incur a penalty of 100% of total amount due.</p>

BANK ACCOUNT INFORMATION	Bank account Holder: SOUTH AFRICAN GYMNASTICS FEDERATION <ul style="list-style-type: none"> • Bank Name: <i>INVESTEC BANK</i> • Bank Address: <i>100 GRAYSTON DRIVE, JOHANNESBURG</i> • BIC/Swift Code : <i>IVESZAJJXXX</i> • Account Number : <i>40005049271</i> Reference for payments: Federation abbreviation and invoice number Example: EGY Sen 2224 The participating federation is responsible for covering <u>all bank fees</u> in Connection with the bank transfers.		
MARKETING	FIG advertising and publicity norms must be respected		
SOCIAL MEDIA	Gymnastics South Africa official page UAG official page		
DEADLINES SUMMARY	Provisional Registration	31 January 2026	
	Definitive Registration	03 March 2026	
	Nominative Registration	31 March 2026	
	Accommodation Form	31 March 2026	
	Travel Schedule Form	31 March 2026	
	Visa Request Form	31 March 2026	
	Payment of the Entry Fee	31 March 2026	
	Payment of Accommodation Costs 100%	31 March 2026	

Sincerely Yours,



Adele Heine
 Adele Heine
 President

12 February 2026