



**WORLD
GYMNASTICS**



**GYMNASTICS FOR ALL
COLLOQUIUM 2026**

BOOK OF ABSTRACTS

In partnership with



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INTRODUCTION

The annual gathering of the Gymnastics for All (GFA) community is more than a meeting—it is a celebration of shared passion, purpose, and possibility. Bringing together participants from across the globe, it creates a vibrant space for exchanging ideas, experiences, and good practices that inspire collective growth.

Building on the momentum of previous editions, the 2026 GFA Colloquium continued to explore the profound social impact of Gymnastics for All. This year's presentations invited participants to look even deeper into how gymnastics can foster inclusion, strengthen communities, and enhance well-being worldwide - demonstrating that Gymnastics has the power to connect, uplift, and transform lives.

Held once again in partnership with UNESCO, the Colloquium reaffirmed the vital role of sport as a catalyst for positive social change. As UNESCO highlights, "sport is a powerful enabler of sustainable development," contributing to education, gender equality, social inclusion, and peacebuilding. It also reminds us that "access to sport is a fundamental right for all," a principle that lies at the very heart of Gymnastics for All.

Guided by this shared vision, the GFA community continues to turn ideas into action - where grassroots initiatives and international collaboration come together to create meaningful, lasting impact. Through movement and participation, individuals are empowered, connections are strengthened, and communities are brought closer together.

It is relevant to address that World Gymnastics published two news articles on the Mexico Colloquium, available at the link below.

[Gymnastics for All Colloquium in Mexico: Promoting Inclusion and Peace through Sport](#)
[Mexico Hosts Gymnastics for All Colloquium: Highlighting Gymnastics as a tool for social impact.](#)

Indeed, the "Book of Abstracts" was first developed in 2025, during the Colloquium held in Azerbaijan. The discussion can be accessed via the link below.

[FIG Gymnastics for All Colloquium 2025 Book of Abstracts](#)

This Abstracts Book reflects that journey. It gathers the voices, insights, and innovations shared throughout the Colloquium, inviting readers not only to revisit these moments, but also to carry them forward - fuelling new ideas, new collaborations, and continued progress in the years to come.

Rogério Valério
President of the Gymnastics for All Committee of the International Gymnastics Federation

SPORT AS A DRIVER OF WELL-BEING AND INCLUSION

UNESCO Mexico presents the “Fit for Life” program during the World Gymnastics – Gymnastics for All Colloquium in Mexico City

- The presentation was delivered as part of the practical workshops held within the framework of this distinguished Colloquium, with the participation of all the world leaders of “Gymnastics for All.”
- The presentation was led by Ms. Beatriz Guzmán, representing Ms. Paola Cícero, a specialist linked to the physical education, physical activity, and sport programs of the UNESCO Office in Mexico.
- The session encouraged meaningful reflection on sport as a tool to promote health, equality, inclusion, and social cohesion.
- The session concluded with several international initiatives focused on physical and mental well-being, youth leadership, and resilient communities.
- As a result of this dialogue among managers, coaches, and sports leaders, important contributions emerged to strengthen the social impact of sport within our communities.

As part of the practical workshops held during the World Gymnastics - Gymnastics for All Colloquium, celebrated in Mexico City at Club Deportivo Chapultepec on Wednesday, March 18, the presentation of the program **“Fit for Life: A Partnership to Improve Well-being and Equality through Sport”** took place; an initiative promoted by UNESCO Mexico.

The presentation was delivered by Ms. Beatriz Guzmán, representing Paola Cícero, a specialist linked to the physical education, physical activity, and sport programs of the UNESCO Office in Mexico, who shared the vision and objectives of this important international strategy, which recognizes sport and physical activity as key tools to promote overall well-being, social inclusion, and equal opportunities.

During the session, it was highlighted how the **“Fit for Life”** program promotes collaboration among governments, sports organizations, educational institutions, and civil society to create healthier, safer, and more inclusive environments, especially for girls, youth, and vulnerable groups. The importance of strengthening public policies and community projects that use sport to foster physical and mental health, youth leadership, social cohesion, and the development of resilient communities was also discussed.

The presentation allowed attendees to reflect on the transformative role of sport beyond competition, understanding its potential as a driver of social development, education, equity, and collective well-being. This space enriched the dialogue among leaders, coaches, sports managers, and Colloquium participants, reinforcing the need to build sports initiatives with a more human, inclusive, and sustainable approach.

Content Summary:

The UNESCO **“Fit for Life”** program is a global initiative that uses sport and physical activity as tools to promote well-being, social inclusion, and equality.

Its main objective is to encourage investments and public policies that harness the potential of sport to address issues such as sedentary lifestyles, mental health challenges, inequality, and social exclusion.

What does it seek to achieve?

“Fit for Life” focuses on three main goals:

Improve physical and mental well-being through the promotion of physical activity and healthy lifestyles.

Reduce inequalities by encouraging the participation of women, youth, people with disabilities, and vulnerable groups in safe and inclusive sports environments.

Strengthen social cohesion and resilience by using sport as a vehicle for peace, education, and community development.

How does it work?

The initiative works through:

Partnerships among governments, sports organizations, the private sector, and civil society.

Generation of evidence and data to design better sports policies.

Training and youth leadership programs.

Community projects based on sport and quality physical education.

Campaigns to increase public and private investment in sport with social impact.

Priority Areas

“Fit for Life” especially promotes:

- Gender equality.
- Inclusion of people with disabilities.
- Prevention of violence and discrimination.
- Mental health.
- Youth leadership.
- Quality physical education.
- Safe and accessible sport.

“Fit for Life” in Mexico

In Mexico, UNESCO has promoted actions linked to the program to strengthen youth well-being and community development through sport.

Some recent initiatives seek to:

- Support young athletes.
- Work with local governments.
- Promote football and other disciplines as tools for social inclusion.
- Connect sport, education, and sustainable development.

Core Idea of the Program

UNESCO proposes that sport should not only be seen as competition or entertainment, but also as a strategic tool to:

- Improve public health.
- Strengthen communities.
- Create opportunities.
- Promote values.
- And build more inclusive, peaceful, and resilient societies.

UNESCO Participation Report – Mexico City, May 5th, 2026.

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MEXICO AT A GLANCE...

Mexico... a country where the ancient and the contemporary coexist every day.
A land of diversity, identity, and community.

Mexico has a population of 126 million, according to the 2020 Census. And demographic projections estimate that its population will reach more than 133 million by 2026.

With a surface area of almost two million square kilometres, Mexico is a large, vast, diverse, and geographically privileged country, made up of 32 states, each with its own identity. Our diversity is also expressed in language and culture. In Mexico, 68 indigenous linguistic groups, and more than 360 language variants coexist, reflecting a living cultural richness and constant creativity.

Mexico is World Heritage!

It has 36 sites included in the UNESCO World Heritage List, and 13 elements recognized as Intangible Cultural Heritage, including oral traditions such as mariachis and bolero, as poetic representations of emotions; social practices such as the Day of the Dead, the Parachicos of Chiapa de Corzo; craft techniques such as Talavera pottery from Puebla, etc.

And how can we not mention our traditional cuisine, also recognized by UNESCO and world-famous for its contributions and its many colours, flavours, and enormous variety, which is much more than just food; it is culture, community, and the passing down of knowledge between generations.

Art and physical expression are also part of Mexican identity. Music, dance, and movement have always been languages of social cohesion and collective expression.

Mexico is one of the most visited countries in the world.

It consistently ranks among the Top 10 most important international tourist destinations, placing 4th in 2025 and receiving more than 40 million visitors a year.

Its attractions include:

- Internationally renowned beaches
- Beautiful colonial cities
- Majestic ancient archaeological sites...
- and large modern cities, such as Mexico City, all of which confirm its role as a meeting point between cultures.

Today, Mexico opens its doors to the world with its energy and hospitality, to host an important international event: **The World Gymnastics Colloquium – GFA 2026**

Welcoming the world of Gymnastics to Mexico, is an opportunity to share not only an event, but also a cultural, human, and collective experience, in a place where community is at the centre and where movement—in all its forms—is part of everyday life.

In Mexico, we conceive of movement as an identity.

It is a way of expressing ourselves, of living together, and building communities.

And within that identity, gymnastics occupies a fundamental place.



Gymnastics in Mexico is a meeting point.

A space where movement, education, and health come together to shape individuals and strengthen communities at all stages of life.

Founded in 1926, the Mexican Gymnastics Federation has accompanied our country since its first Olympic participation in 1932, evolving alongside Mexican society and adapting to new challenges in sports and wellness.

Today, Mexico has approximately 23,000 registered gymnasts active in different types of gymnastics. This number not only represents volume, but also diversity, commitment, and a clear social vocation.

Out of the total number of registered gymnasts:

- 52% participate in Women's and Men's Artistic Gymnastics,
- 26% in Rhythmic Gymnastics,
- and the remaining 18% are distributed among Aerobic Gymnastics, Acrobatic Gymnastics, Trampoline, and Parkour.
- Significantly, 4% participate exclusively in Gymnastics for All, reflecting that gymnastics in Mexico is not limited to competition, but also embraces inclusion, expression, and a sense of belonging.

The structure of our federation reflects an encouraging reality.

- 65% of our gymnasts are under 18 years old, which consolidates a solid foundation and enormous future prospects.
- At the same time, 34% are over 18 years old, mainly concentrating between the ages of 18 and 30, encouraging us to strengthen continuity and permanence programs.

Mexico is now one of the few countries on the continent, working in an organized manner across all eight official disciplines recognized by FIG, using a comprehensive, long-term approach.

- Gymnastics For All
- Women's Artistic Gymnastics
- Men's Artistic Gymnastics
- Rhythmic Gymnastics
- Trampoline Gymnastics
- Aerobic Gymnastics
- Acrobatic Gymnastics
- and Parkour

Our development plans are aligned with Olympic values and with the philosophy promoted by Gymnastics for All:

- fun,
- fitness,
- fundamentals,
- friendship

and a practice that can last a lifetime. **(FUN, FITNESS, FUNDAMENTALS, FRIENDSHIP, FOREVER)**

Mexican gymnastics is developed through 375 affiliated clubs and around 2,200 coaches throughout the country.

About 400 of whom are formally certified, which points to a clear area of opportunity:

- Investing in training,
- Knowledge,
- And professionalization of our sport.



The Mexican Gymnastics Federation comprises 35 affiliated associations, representing the 32 states, as well as national institutions such as UNAM, IPN, and IMSS.

All of which educate and train professionals in different fields of human knowledge but are also very interested in the field of gymnastics.

This structure strengthens the social and educational reach of gymnastics.

Every year, Mexico organizes around 38 national events, and 90 invitation-only competitions, as well as festivals, exhibitions, courses, and certifications in all disciplines.

At an international level, Mexico hosts an average of eight events per year, organized in collaboration with World Gymnastics, the Pan American Union, Olympic Solidarity, and other sports-related organizations.

Events such as this Colloquium reflect our commitment to the global development of gymnastics and our enthusiasm for growth.

In Mexico, gymnastics can be competition, but it can also be wellness, togetherness, and expression.

Every path is valid. Every goal has meaning.

Gymnastics represents the heart of our vision.

Because gymnastics is inclusive by nature.

And movement... sets us apart and, at the same time, brings us together.

So, welcome to Mexico!

Welcome to this International Colloquium.

We want you to feel at home, because as we say in Mexico:

"My home is your home."

PROGRAMME

Schedule Definition for the GFA Colloquium



	TUE 17	WED 18	THU 19	FRI 20	SAT 21	
07:00	ARRIVAL DAY	BREAKFAST at the hotel	BREAKFAST at the hotel Participants must be ready at 8:30 in the hotel lobby for departure.	BREAKFAST at the hotel	BREAKFAST at the hotel	
08:30		Official Opening & programme presentation & UNESCO	TOUR TO ARCHAEOLOGICAL SITE "TEOTIHUACAN" Sunscreen, hat and a water bottle are required.	Opening and Recap	PARTICIPANTS DEPARTURE	
09:00		Mexican Welcome to the Colloquium 2026		GFA Social impact BRA, IRL (lifelong), AUS, SUI, BEL		
09:30		COFFEE BREAK		Group discussion		
10:00		World Gym for Life Challenge 2025 - Sharing experiences		COFFEE BREAK		
10:30		World Gym for Life Challenge 2025 - Evaluation		Continental Presentation: Europe, Africa, Asia, Oceania, Pan-America		
11:00		Group discussion: World Gym for Life Challenge - Ideas for the future		Group work: How to enrol more countries?		
11:30		LUNCH at the hotel	LUNCH at the hotel	LUNCH at the hotel		
12:00		Group discussion conclusions		GfA all around the World (on spot, only oral)		
12:30		World Gym for Life Challenge 2029 - Sofia, BUL	Opening and Recap	GFA Colloquium 2027		
13:00		World Gymnaestrada 2027 - Lisbon, POR: Information and next steps, questions & answers	GfA all around the World (with technical support) POL, ITA, URU, GRE, BRA, SUI, IRL, EGY	Recap and Conclusion		
13:30		World Gymnaestrada: Participation process & 2031 bid cities	COFFEE BREAK	Free time Walking tour of Polanco and nearby points of interest		
14:00		COFFEE BREAK	COFFEE BREAK			
14:30		UNESCO AND MEXICO GFA PRESENTATION & PRACTICAL WORKSHOP	GFA Social impact NOR, IRL (teenagers), IND, UAG (inclusivity)			
15:00		WELCOME RECEPTION by the Mexican Gymnastics Federation	DINNER at the hotel	DINNER at the hotel		CLOSING DINNER for WG Colloquium Please dress in business casual attire. (no jeans, no sneakers)
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						
18:30						
19:00						
19:30						
20:00						
20:30						
21:00						

PARTICIPANTS

Federation	Participant's Family name	Participant's Given name
ALB	LULAJ	Leonard
ARG	ROMANICIO	María Eugenia
AUS	PENTER	Kiri
AUS	HAYES	Justin
AZE	EYVAZOV	Ruslan
BEL	ARYS	Ilse
BEL	MARGUILLER	Lore
BRA	STADNIK	Adriana
BRA	MENEGALDO	Fernanda
BUL	ANGELOVA	Yoanna
CAN	PERIN	Katia
CHI	RODRIGUEZ	Ximena
CRC	ROJAS CAMPOS	María Esmeralda
CRO	KROSNJAR	Nives
CZE	REHOROVA	Renata
EG	LIMA	Ricardo
EGY	ELNADY	Hesham
FIN	TAMMINEN	Päivi
FIN	KOSTILAINEN	Panu
FRA	GRANDJEAN	Valérie
GBR	HARDMAN	Kayla Jaye
GRE	Dragouni	Olympia
GRE	KARAEVANGELOU	Eleni
GUA	DIEGUEZ PILONA	Lilian Patricia
GUA	PORTALES	Edna
IRL	BAKER	Aimi
IRL	GRIFFITH	Angela
ITA	POLINI	Emiliana
ITA	MONACO	Simone
LTU	POVILIONIENE	Vilma
MEX	RESENDIZ MARTINEZ	Yessica
MEX	DESENTIS PICHARDO	Isabel Cristina
MEX	DE LA LANZA HERNANDEZ	Nashla
MEX	CHAVEZ VELEZ	Silvia
MEX	RIVERA DE LA LANZA	Nashla
MEX	DEL RIO CARRERA	Virginia



MEX	CARBAJAL VILLANUEVA	Rosario
MEX	RESENDIZ MARTINEZ	Pilar Grissel
MEX	WOLOSKY ALVAREZ	Rebeca
MEX	ANGOA GONZALEZ	Victor Hugo
MEX	FORZAN PACHECO	Arje
NOR	Solem	Irina
PAGU	HERRERA	Kenia
PAGU	BARROS	Claudia
PER	RODRIGUEZ	Ynkil
POL	DYJAS	Weronika
POL	SZAFRAN	Maciej
ROU	Iordache	Florica
RSA	MURPHY	Barbara
SUI	BOOS	Bernhard
SVK	KOSTIALOVA	Laura
TTO	LAMBERT	Sarah
UAG	HERI	Marti
URU	SUÁREZ	Nestor
USA	KOREPIN	Stefanie
VEN	ROJAS	Aida Rebeca
WGfLC 2029	Pantazis	Konstantinos
WORLD GYMNASTICS	VALERIO	Rogerio
WORLD GYMNASTICS	HUEBSCHER	Jérôme
WORLD GYMNASTICS	ITOH	Yumiko
WORLD GYMNASTICS	SISKOVA	Monika
WORLD GYMNASTICS	LAZNOVSKY	Lori
WORLD GYMNASTICS	CARBINATTO	Michelle

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WORLD GYM FOR LIFE CHALLENGE: GENERAL ASPECTS AND EVALUATION

Rogério Valério; Jérôme Huebscher; Christopher Muchatuta; Yumiko Itoh; Monika Siskova; Lori Laznovsky; Michele Vivienne Carbinatto

World Gymnastics - Gymnastics for All Committee

The 5th edition of the World Gym for Life Challenge (WGFLC), held in Lisbon in July 2025, marked a record-breaking milestone in the history of the event. A total of 3,698 participants from 28 countries, plus 3 observer nations, took part, representing all five continents. The event featured 139 contest groups and 101 show performances, supported by 200 volunteers and 82 LOC staff members. Ticket distribution included 4,499 public tickets and 2,585 participant tickets. The largest delegation was Germany with 747 participants, while the smallest was Romania with 3 participants. Participants ranged from 2 to 79 years old, with 3,092 female and 607 male gymnasts. The competition included four categories: Gymnastics & Dance (Large and Small Groups) and Gymnastics on or with Large Apparatus (Large and Small Groups). In total, 3,205 gymnasts competed across categories, with 48 large dance groups, 63 small dance groups, 20 large apparatus groups, and 8 small apparatus groups. Due to the high number of entries, particularly 63 small dance groups, the rehearsal schedule was adjusted, adding an additional training session before the Opening Ceremony. All main contest activities were centralized at MEO Arena, which provided 5,000 seats, one presentation area with a 30x20 meter wooden floor, five warm-up areas, media zones, a medical centre, offices, and dining facilities. The event also included outdoor show performances at the Pala de Portugal, where 101 groups performed over three mornings. The accreditation process operated from July 19 to 22, serving all delegations in two stages: administrative confirmation and material distribution. Five award ceremonies were conducted, culminating in the Gala and Closing Ceremony, where 17 groups performed. The Bruno Grandi Trophy was awarded to the Swiss team Welsch Master Team. Workshops were attended by 2,901 participants and covered Acrobatic Gymnastics, Traditional Dance, Circus Arts, Traditional Games, and City Orienteering. Each workshop lasted between 25 and 30 minutes due to the high number of attendees. Accommodation was distributed among 1,812 participants in 9 schools, 365 in youth hostels and a university residence, and 284 in hotels categorized in three levels. Additionally, 1,301 participants used other accommodation options. The LOC sold 400 sleeping kits and rented 42 camping beds. Transport services included 2,669 airport transfers, 3,000 daily public transport tickets, and services for 60 groups from 18 countries. Meals were served over five days, totalling 14,435 requested meals, with surplus food donated to social organizations.

Keywords: World Gymnastics; Sporting Events; Gymnastics for All.

COACHES' PERCEPTIONS OF THE WORLD GYM FOR LIFE CHALLENGE 2025

Rogério Valério; Jérôme Huebscher; Christopher Muchatuta; Yumiko Itoh; Monika Siskova; Lori Laznovsky; Michele Vivienne Carbinatto

World Gymnastics- Gymnastics for All Committee

This report analyses 117 responses from coaches representing 25 of the 28 eligible countries who participated in the World Gym for Life Challenge (WGfLC) 2025, organized by the International Gymnastics Federation. The data provide a comprehensive overview of how coaches experience, interpret, and evaluate the event within the framework of Gymnastics For All (GfA). The average respondent was approximately 40 years old (median birth year: 1985), and the majority were women (77.8%). Most coaches guided groups composed primarily of young gymnasts aged 13–19 years (65.8%), reflecting a strong youth presence in the event. Notably, nearly half of the respondents (46.2%) were participating in WGfLC for the first time, while others reported experience mainly in national-level Gym for Life events. When evaluating the official criteria—entertainment value, innovation, originality, technical quality, safety, and overall impression—coaches consistently rated all aspects as highly important that reveals an understanding of performance as a balanced integration of artistic creativity and structural rigor. However, qualitative comments nuance this consensus. A recurring theme was the demand for greater clarity and transparency in the evaluation process. Coaches requested detailed written criteria in advance, explicit explanations of scoring procedures, clearer apparatus regulations, and a structured “red line” document to guide choreographic development. These requests reflect not only a technical concern but also a pedagogical one: coaches seek tools that allow them to prepare their gymnasts coherently and ethically. A central tension emerged between the celebratory ethos of Gymnastics for All and the format of the Challenge. Some respondents advocated for removing the contest dimension (medals) to preserve inclusivity and artistic exchange. Others defended medals as a mechanism for recognition, institutional legitimacy, and motivation—particularly in contexts where official results enhance funding and community support. This divergence illustrates an ongoing debate within GfA. Logistical challenges—such as transportation limitations, accommodation conditions, and lighting issues—were mentioned, yet these critiques coexisted with strong expressions of gratitude toward the organizing committee. Coaches proposed improvements in a constructive spirit, including earlier workshops to foster interaction, expanded award ceremony participation, clearer medal distribution quotas, and enhanced feedback mechanisms (as they consider it formative). Overall, the findings portray the WGfLC as a multifaceted space where celebration, contest, pedagogy, and cultural expression intersect.

Keywords: FIG; World Gymnastics; Gymnastics For All; Coach Education; Event

VOLUNTEERING AS BELONGING AND LEARNING: SOCIAL ENGAGEMENT AT THE WORLD GYM FOR LIFE CHALLENGE 2025

Rogério Valério; Jérôme Huebscher; Christopher Muchatuta; Yumiko Itoh; Monika Siskova; Lori Laznovsky; Michele Vivienne Carbinatto

World Gymnastics- Gymnastics For All Committee

This report presents an analysis of 114 volunteer responses (57% of the approximately 200 active volunteers) collected during the World Gym for Life Challenge 2025, organized by the International Gymnastics Federation. The high response rate itself indicates a strong level of engagement and identification with the event, suggesting that volunteering was experienced not merely as logistical support but as meaningful participation in a collective project. The volunteer profile reveals a predominantly young and highly educated group. With an average age of 27 years (average birth year 1998), most respondents were women and either enrolled in or already holding higher education degrees. A significant proportion had previous experience in gymnastics—as gymnasts or coaches—which shaped their involvement. Rather than external helpers detached from the sport, these volunteers were emotionally and experientially connected to gymnastics. For many, volunteering represented a way of remaining within the gymnastics community, even if no longer actively competing. Motivational data highlight the centrality of human relationships. The highest-rated reasons for volunteering were associated with social interaction, meeting new people, collaborating in a team environment, and feeling part of something meaningful. The event was perceived as a space of intercultural exchange, shared energy, and collective celebration. In contrast, motivations linked to national pride, symbolic representation, or material benefits (such as uniforms or free access to shows) received significantly lower ratings. The experience was thus driven primarily by relational and affective dimensions rather than external rewards. Learning also emerged as a key theme. Volunteers recognized the experience as an informal educational process through which they developed practical skills, organizational competencies, communication abilities, and professional insights. For many young adults at early career stages, participation functioned as a formative opportunity—an experiential learning environment that combined responsibility with personal growth. In this sense, volunteering operated at the intersection of service and self-development. Qualitative comments reinforce this interpretation. Words such as “incredible,” “enriching,” “unforgettable,” and “educational” were recurrent. Volunteers emphasized gratitude for the opportunity to connect with people from different cultures, witness performances, and contribute to an atmosphere described as energetic, joyful, and full of solidarity. Many expressed a desire to participate again in future editions or related gymnastics events. At the same time, constructive criticisms were voiced. Recurring concerns included accommodation conditions, insufficient breakfast for early shifts, uneven distribution of work hours and occasional lack of clear communication. Nevertheless, these critiques were generally articulated without resentment, often framed as suggestions for improvement rather than complaints. Overall, the findings portray volunteering at the WGfL as a socially driven, emotionally meaningful, and educationally rich experience.

Keywords: FIG; World Gymnastics; Gymnastics For All; Volunteering; Event

WORLD GYM FOR LIFE CHALLENGE – GROUP DISCUSSION

Rogério Valério; Jérôme Huebscher; Christopher Muchatuta; Yumiko Itoh; Monika Siskova; Lori Laznovsky; Michele Vivienne Carbinatto

World Gymnastics- Gymnastics For All Committee

The World Gym for Life Challenge (WGFLC), organized by World Gymnastics, is a key international event within Gymnastics For All, designed to celebrate group performance, creativity, and cultural exchange. As the event continues to evolve, this discussion explored opportunities to enhance its structure, accessibility, and overall participant experience. A primary theme identified was the need to refine participation categories. Participants suggested introducing classifications based on age, group size, and ability level, such as beginner and advanced divisions, to improve inclusivity and reduce intimidation for newer groups. Greater clarity around apparatus categorization and evaluation guidelines was also highlighted as essential to ensuring fairness and transparency. The awards system was recognized as a strong motivational component of the event. However, participants recommended expanding recognition beyond gala groups to include categories such as most innovative and most inclusive. Increasing the diversity of evaluators and reconsidering the necessity of an overall gala award were also proposed to enhance equity and engagement. Side events, including performances and workshops, were viewed as critical to the identity and success of WGFLC. These elements help bring gymnastics to a broader audience and provide valuable educational opportunities for participants and coaches. To maximize impact, careful consideration should be given to the number, structure, and target audiences of these offerings. The event's strongest attributes include its role as an educational platform through feedback, its ability to foster international connection, and its capacity to motivate participants to represent their countries. The balance of performance and light competition was seen as a positive feature that supports growth and engagement within Gymnastics For All. Despite these strengths, several barriers to participation were identified. Cost remains a significant challenge, alongside limited awareness and understanding of the event in some regions. Additionally, the perception that performances are highly advanced may discourage entry-level groups. Increased media visibility and clearer communication could help address these challenges. Finally, participants emphasized the importance of strengthening inclusion and sustainability efforts. This includes expanding opportunities for individuals with disabilities, encouraging participation across all age groups, and addressing environmental considerations such as food waste. Overall, the World Gym for Life Challenge is a valuable and impactful event with strong global relevance. Strategic enhancements to structure, accessibility, and recognition systems will be essential to support continued growth, broaden participation, and reinforce its role as a unifying platform within Gymnastics For All.

Keywords: Gymnastics For All, World Gym for Life Challenge, inclusion, participation, event structure, international gymnastics

GYMNASTICS FOR ALL IN POLAND

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POLAND

This presentation outlines the development, structure, and strategic direction of Gymnastics For All (GfA) within the Polish Gymnastics Association (PZG), emphasizing its role as a central pillar alongside high-performance sport. It situates GfA not merely as a complementary practice, but as a driving force for participation, inclusion, and community engagement in Poland's gymnastics landscape. The presentation highlights a deliberate and evolving development strategy, supported by international collaboration, mentoring initiatives, and alignment with broader European Gymnastics frameworks. A significant portion of the presentation is dedicated to reporting recent achievements, including the establishment of a dedicated GfA department, expansion of partnerships—particularly within corporate social responsibility (CSR)—and increased international presence through events such as the World Gym for Life Challenge and EuroGym. These actions reflect a commitment to both organizational strengthening and global integration. The implementation of a national strategy and the planned creation of a GfA Committee further demonstrate efforts toward institutional consolidation and long-term sustainability. The core of the presentation focuses on the concrete (free of charge) grassroots projects organized by PZG with support of the Ministry of Sport and Tourism of the Republic of Poland and business partners, structured around four main components: systematic sport classes, large-scale participatory events, comprehensive promotion, and equipment support for project partners. Regular classes conducted across numerous clubs and regions form the backbone of the program, offering structured, progressive, and inclusive opportunities for children. These are complemented by nationwide events designed to foster community, joy, and emotional engagement, reinforcing the social dimension of gymnastics. The diversity of activities—including corrective gymnastics, cheerleading elements, and parkour—illustrates a flexible and adaptive approach to movement practices. In addition, the presentation underscores the importance of infrastructure and communication in supporting GfA expansion. Investments in equipment, uniforms, and facilities contribute to professionalization, while a multifaceted communication strategy—encompassing podcasts, mobile applications, comics, and educational materials—enhances visibility and accessibility. The introduction of the “Gymnastics Zone” mobile application exemplifies innovation in engaging younger audiences and modernizing program delivery. Overall, the presentation portrays GfA in Poland as a dynamic, growing field characterized by strategic planning, institutional commitment, and a strong emphasis on participation, education, and community-building. It suggests that the future of gymnastics lies not only in elite performance but in inclusive, creative, and widely accessible forms of movement that resonate with diverse populations.

Keywords: Gymnastics; Management; Poland.



"PIT-SPORT"

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ITALY

The project was sponsored by the Italian Gymnastics Federation and will be developed by two professors from the Campus University and University of Turin. The research aims to raise awareness about enjoyment, socialization, relationships, and feeling part of a wider European gymnastic community. In addition, fitness tests will be carried out to investigate the involvement of athletes and their mental and physical well-being. The primary focus, therefore, is movement as a joyful experience rather than performance. The project will be presented for the first time during Eurogym and the European Gym for Life Challenge in Pistoia. It is a type of laboratory created in Italy to encourage all European federations to promote this gymnastics section. The main objective is to promote an inclusive, unified vision of youth sport in Europe through movement as participation and social connection. Secondary objectives: Track well-being throughout the event to understand the psychosocial contribution of participation; Compare results by age group, gender, country/region, and sport discipline; Provide updated benchmarks to support education, prevention, and health promotion.

Keywords: Common language; Enjoyment; Socializing; Relationships; Belonging; European community



“MOVING TOGETHER, GROWING TOGETHER”: GYMNASTICS FOR ALL AS NATIONAL STRATEGIC DEVELOPMENT PLAN

Néstor Suárez

URUGUAY

My presentation is about our short journey in GFA since I first encountered the discipline in 2017 when I completed the Fundamentals Academy in Santo Domingo, Dominican Republic. Since then, I have been working to develop this gymnastic discipline in Uruguay. The biggest problem we have encountered with the commission I am part of is: The lack of knowledge about, what gymnastics for all is and how it could be useful to us? I want to briefly share what our strategic plan is about to combat certain problems we have due to the lack of knowledge about GFA in Uruguay. Problem such as: This lacks knowledge leads to a weak modality with little social reach difficulty in integrating non-competitive modalities, which leads to the devaluation of a practice with great inclusive potential and limited access to it. Limited educational training of coaches, that causes loss of valuable educational opportunities. My plan to solve some of these problems focuses on 3 lines of action: Institutional articulation; Territorial decentralization; Innovation and improvement of our national festival. To form working alliances with state organizations such as the national sports secretariat and allow us to participate in community sports programs. In the University of the Republic and its teacher training courses in physical education; 2. To conduct a national mapping of institutions and their facilities as potential locations for developing the. GFA. Seek more support from departmental governments to work with their communities; 3. To gain more international support, to give more legitimacy to this modality. An academy of foundations, instructors from DGI of Denmark.

Keywords: Gymnastics; Coach Education; Management.



WHEN MOVEMENT BECOMES ART: THE ARTISTIC DIMENSION OF GYMNASTICS FOR ALL

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HELLAS / GREECE

Gymnastics For All is a unique discipline where sport meets art. Through movement, music, and choreography, gymnasts transform physical exercise into artistic expression. In Greece, Gymnastics For All has developed into a vibrant community bringing together thousands of participants of all ages. Teams create thematic choreographies that combine elements of gymnastics, dance, and acrobatics, often using music, costumes, and props to express ideas and emotions. This presentation highlights how choreography transforms movement into art and how creativity, synchronization, and teamwork create meaningful group performances that inspire athletes and audiences alike.

Keywords: Gymnastics For All, Art, Choreography, Creativity, Teamwork.



STRATEGIES TO STRENGTHEN GYMNASTICS FOR ALL IN BRAZIL

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BRAZIL

This presentation describes the strategies implemented by the Paraná's Gymnastics Federation Gymnastics For All (GfA) Committee and the Brazilian Gymnastics Federation GfA Committee to strengthen the GfA discipline in Paraná and throughout Brazil. The discussion focuses on two main initiatives that have effectively incorporated GfA into important Rhythmic Gymnastics events—one at the national level and the other at the international level. The first initiative was conducted in Paraná, a region renowned for its strong gymnastics' tradition. During the 2023 Brazilian Rhythmic Gymnastics Championship in Curitiba, the Opening Ceremony was purposefully crafted to foster unity and inclusion within a high-performance environment. A central highlight was the collective GfA choreography themed "The Four Seasons," which brought together 353 gymnasts from various specialties and technical levels. Elite athletes, as Maria Eduarda Alexandre and Bárbara Domingos took part symbolically, bridging the gap between competitive and non-competitive branches of gymnastics. The event drew significant attention, with 2,000 participants attending in person and over 10,000 viewers watching online, demonstrating the GfA's capacity to engage audiences. Building on this success, the national festival Gym Brasil began to be held alongside the Championship, offering better infrastructure and increased visibility for GfA. The second initiative took place during the 41st FIG World Rhythmic Gymnastics Championships in 2025 in Rio de Janeiro. This event united a diverse range of participants, including clubs, federations, samba schools, and gymnasts of different ages and skill levels. The Opening Ceremony featured 124 gymnasts from five clubs of the Rio de Janeiro's Gymnastics Federation and 30 participants from the Viradouro Samba School. Additionally, the Gala Ceremony included notable performances by Érika Coimbra and Carolina Limongi—well-known Brazilian gymnasts in Adapted Rhythmic Gymnastics—alongside other distinguished figures in both Brazilian and international Rhythmic Gymnastics. These initiatives led to several positive outcomes: high satisfaction among GfA participants (including gymnasts, coaches, family members, and managers), increased media exposure, greater institutional support—which reinforced the Brazilian Gymnastics Confederation's trust in the GfA Committee—and the encouragement of creativity and diversity in an environment that traditionally emphasizes competition.

Keywords: Gymnastics For All, Inclusion, Events, Visibility, Diversity.



SWITZERLAND GYMOTION 2026

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Switzerland

With Gymotion 2026, the Swiss Gymnastics Federation has created an event that brings gymnastics to life in a whole new dimension. The aim is to present "Gymnastics For All" as an emotional overall experience combining movement, music and artistic staging, thereby inspiring and engaging a broad audience in a lasting way. Gymotion stands out through its unique combination of top-level athletic performance and live entertainment. In collaboration with musicians and carefully selected gymnastics groups, a modern and dynamic show is created that goes far beyond traditional performances. The Swiss Gymnastics Federation deliberately focuses on quality, creativity and professionalism. The strong response confirms this concept: more than 14,000 spectators attended the two shows in January 2026 in Zurich. The careful selection from numerous groups and gymnastics clubs ensures a consistently high level of performance on stage. An important element of further development is the audience survey. It shows that entertainment value, overall staging and the quality of performances are perceived as key factors. At the same time, the positively rated value for money plays a decisive role in overall satisfaction. The high willingness of visitors to attend the next Gymotion also highlights the event's lasting impact. These insights are being used by the Swiss Gymnastics Federation to further develop the next edition on Saturday, 15 January 2028. The goal is to build on existing strengths, introduce new impulses and tailor the experience even more closely to audience expectations. Gymotion thus offers an attractive platform for partners, sponsors and participants. The combination of sporting excellence, emotional staging with high-quality live music, and the continuous development of the show concept makes this event a unique highlight within the Swiss sports and event landscape.

Link:

<https://video.stv-fsg.ch/album/2191/gymotion-2026>

Keywords: GYMOTION, Gymnastics Show with Live-Music.



GYMNASTICS FOR ALL THROUGH THE DISABILITY GYMNASTICS LENS

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IRELAND

Gymnastics for all through the Disability Gymnastics Lens is a presentation on Gymnastics Ireland Disability Gymnastics initiative GymABLE. The presentation starts by introducing the 5 key millstones that was presented at the Gfa Colloquium in 2025. Before introducing the 3 main models of disability sports: The Functional Model, The Medical Model, and the Social Model. Through storytelling, the power of the social aspect of inclusion will be discovered, as we learn about how 1 gymnasts' journey in gymnastics changed her life, her coach's life, her club, her community, and her family's life. This story is a prime example of how impactful gymnastics for all is and how the social aspect can affect the lives of many. The presentation ends with the Question - What story will you tell when GfA through the Disability Gymnastics Lens?

Keywords: GymABLE, Inclusion, Social, GfA.



GYMNASTICS FOR ALL PROGRAMS IN INDONESIA

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INDONESIA

Indonesia: A Symphony of Motion and Culture: Indonesia, the world's largest archipelago and a home to the vibrant population of over 285 million, has long been a global magnet for its breathtaking tourism—from the spiritual heart of Bali to the high-energy pulse of Jakarta. Adding to the magical tapestry of thousands of languages and cultures, Indonesia stretches from West to East across three time zones, bridging continents and oceans with its unrivalled diversity. Indonesia is not only known for the beauty of its landscape, but it also offers the warmth of hospitality and the wonderful smiles. This warmth isn't just a service—it's a cultural philosophy known as "keramahtamahan" (friendliness/hospitality). Today, this nation is transforming its legendary hospitality into a new arena: Elite Sport Tourism. 2024 Milestone: 1st Indonesia Gymnaestrada: Indonesia Gymnastics Federation, in line of the World Gymnastics, officially recognized Gymnastics For All (GfA) as one of its core disciplines in year 2012. The discipline started to organize the GfA local events ever since and occasionally by the Federation and later in January 2023. The journey reached a historic turning point in 2024 when the Federation launched 1st Indonesia Gymnaestrada in Jakarta, a festival that proved gymnastics were not just a competitive sport, but a lifestyle by bringing together 200 participants aged 6 to 75, the event broke barriers, showcasing that movement is a universal language of joy, health, and community. Following the successive of 53rd FIG Artistic Gymnastics World Championships, Asian Gymnastics Union, upon the recommendation of the Gymnastics Association of Thailand (THA), elected Indonesia to host the 1st Asian Gym for Life Challenge, due to the unforeseen circumstances in Thailand. This decision was approved unanimously on the Executive Committee of the Asian Gymnastics Union convened on 29 January 2026 in Kuching, Malaysia. 2026: The 1st Asian Gym for Life Challenge": Indonesia, following the decision of Executive Committee of the Asian Gymnastics Union, will proudly host the 1st Asian Gym for Life Challenge on 15-19 October 2026 in Yogyakarta. The event will beautifully blend modern gymnastics with local cultural elements—incorporating traditional music, regional colours, and local art. This will be more than just a sports festival but a cultural celebration uniting diversities of Asia. In the continuation of the 2025 Artistic Gymnastics World Championships in Jakarta, this challenge carries the same theme, "Move to Inspire," aimed at making gymnastics a lifestyle for all generations.

Keywords: GfAIndonesia, AsianGFLChallenge2026, Yogyakarta, Move to Inspire.

GYMNASTICS FOR ALL IN EGYPT

Dr Hesham El Nady

EGYPT

Describe of the steps for developing gymnastics for all in Egypt: a. under the umbrella of the Egyptian Gymnastics Federation. Through the measures to address the challenges of Gymnastics For All in Egypt, the number of qualified coaches has increased by at least 45% of the total number of coaches registered and accredited by the Egyptian Gymnastics Federation. Similarly, the number of teams participating in Gymnastics For All festivals has increased by more than 30%, reaching approximately 40 teams representing a diverse range of ages and abilities. Furthermore, the number of practitioners has increased by more than 25%, reaching nearly 4,000 participants. B. For school students: The Egyptian Gymnastics Federation and the Ministry of Education collaborated to promote gymnastics for all. This collaboration involved the Technical Committee working with the Ministry's Physical Education Division through numerous training courses, workshops, and supervision of gymnastics festivals in various governorates. Financial, technical, and moral support was provided to all participants, including students, physical education teachers, supervisors, and parents. This resulted in a 20% increase in school student participation compared to the last statistics from 2025; c. For university students: The Egyptian Gymnastics Federation collaborates with the Egyptian Universities Sports Federation through a project to promote gymnastics for all in Egyptian universities. This project involves the necessity of forming a team consisting of 16 students from the college who will perform a simple 4-minute presentation showcasing the students' physical and technical levels. They will be evaluated, and the distinguished teams will be promoted to represent the university in the Egyptian Universities Festival for Gymnastics For All. d. For the Ministry of Youth and Sports: The Egyptian Gymnastics Federation also collaborates with the Ministry of Youth and Sports, represented by the Central Administration for Youth Development, which is concerned with children up to the age of 18, and a program has been established to cooperate with it to attract children from clubs and youth centres to participate in gymnastics for all activities through an annual sports artistic program; e. Kids Show: developing gymnastics for ALL in Egypt- school students- university students- Ministry of Youth and Sports

Keywords: Education; Gymnastics Development; Sporting events.

SOCIAL IMPACT IN SPORT

Monika Siskova

World Gymnastics – Gymnastics For All Committee

Sport has increasingly been recognized not merely as a competitive or recreational activity, but as a powerful social phenomenon capable of generating meaningful impacts across individual, community, and societal levels. This presentation explores the concept of social impact in sport, emphasizing its role in promoting health, fostering social inclusion, and supporting personal and collective development. Anchored in contemporary policy frameworks—particularly the European Union Work Plan for Sport (2024–2027)—the discussion highlights how sport is strategically positioned within broader agendas of social cohesion, equity, and sustainable development. The presentation examines three central priority areas outlined by the European Commission, through the Directorate-General for Education, Youth, Sport, and Culture (DG EAC). The first dimension focuses on integrity and values in sport, addressing key issues such as the creation of safe environments, the fight against hate speech, anti-doping measures, gender equality, and the protection of athletes' rights. These elements are framed as essential to ensuring ethical and inclusive sporting practices, reinforcing sport as a space of respect, fairness, and democratic values. The second dimension concerns the socio-economic and sustainable aspects of sport, highlighting the growing importance of innovation, digitalization, and environmentally sustainable practices within the sport sector. This includes the development of sustainable sport facilities, responsible spatial planning, and the strategic organization of major sporting events. Additionally, the presentation underscores the role of sport policymaking and investment in strengthening the resilience of the sport sector, particularly in response to contemporary global challenges. The third-dimension addresses participation in sport and health-enhancing physical activity, emphasizing the need to create accessible opportunities for all generations. In this context, sport is positioned as a key driver for improving physical health, supporting mental well-being, and promoting lifelong engagement in active lifestyles. The discussion also reflects on how inclusive sport initiatives can reduce inequalities and expand access for marginalized populations. By articulating these interconnected dimensions, the presentation advocates for a holistic understanding of sport as a vehicle for social transformation. It invites reflection on how policies, programs, and practices can be designed to maximize the positive social impact of sport, while also encouraging the sharing of resources, research, and experiences that contribute to the advancement of this field.

Keywords: social impact in sport, European Commission, inclusive sport

GYMNASTICS FOR TOMORROW: ATTRACTING AND RETAINING YOUNG ATHLETES

Irina Solem

NORWAY

Norwegian sports are currently facing a concerning trend: an increasing number of young people are dropping out of organized activities, including gymnastics. In response, the Norwegian Gymnastics Federation (NGTF) has made youth engagement a strategic priority in its long-term plan through 2028, with an ambitious goal of recruiting 3,000 new young members. This target includes not only athletes, but also coaches, judges, and young leaders. To support this effort, a dedicated project manager was appointed in March 2025. Based on analysis of participation statistics and youth feedback, NGTF has developed a set of targeted initiatives aimed at reducing dropout and strengthening youth involvement. A key measure is the Youth Workshop, to be implemented in clubs between January and June 2026. The workshop is designed to gather direct input from young participants through video-based reflection tasks and group discussions. It requires no special preparation and is supported financially to create a social and inclusive atmosphere. The objective is to translate youth perspectives into concrete club-level actions starting in autumn 2026. Preliminary youth feedback highlights performance pressure, injuries, lack of mastery, boredom, and time constraints as major reasons for dropout. At the same time, young people express a strong desire for stronger social environments and greater influence within their clubs. The workshop model emphasizes co-determination, belonging, and community-building as central retention factors. Complementing the workshops, four national youth gatherings (ages 15–26) across Norway will provide knowledge about sports governance, leadership development, and practical tools for influence and project work. With up to 200 participants in total, these gatherings will be led largely by young leaders and aim to strengthen the youth voice within gymnastics structures and contribute to sustainable organizational development. Although the project is still in its early implementation phase, this initiative represents a structured, youth-driven approach aligned with the core values of Gymnastics For All: inclusion, community, participation, and lifelong engagement.

Keywords: Gymnastics For All, Youth engagement, Dropout prevention, Youth empowerment, Co-determination, Youth leadership, Youth voice, Volunteer development, Participation and inclusion



GYMNASTICS FOR TOMORROW: KEEPING TEENAGE GIRLS IN GYMNASTICS

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IRELAND

In 2022, thanks to a funding investment from the Sport Ireland Women in Sport programme, Gymnastics Ireland, working in partnership with Women in Sport UK, engaged in the largest member-based piece of research to date “Keeping Teenage Girls in Gymnastics”. This presentation highlights 3 of the main question asked in the research and the findings that Gymnastics Ireland has implemented the findings to further develop pathways and initiatives to retain and maintain lifelong engagement in gymnastics for teenage girls. The presentation concludes with updates of programmes, and initiatives as well as the development of the social side of GfA in Ireland since commissioning the research, and our next steps.

Keywords: Teenage girls in Gymnastics, drop out, engagement, retainment, research, lifelong development.



INCLUSION IN GFA: SOCIAL IMPACT OF GFA LEADERS TRAINING FOR ADAPTATION OF COACHING PEOPLE WITH SPECIAL NEEDS IN SOUTHERN AFRICA-GYMNASTICS FOR TOMORROW

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SOUTH AFRICA AND AFRICAN CONTINENTAL UNION (UAG GFA)

A pioneering regional training program took place from 21–23 November 2025 in Johannesburg, South Africa, bringing together coaches and educators from across Southern Africa to strengthen inclusivity in sport through Gymnastics For All (GfA) and Para Gymnastics initiatives. The training forms part of the Union Africaine de Gymnastique (UAG) Academy and was supported by the UAG Gymnastics For All Technical Committee. Funded through the World Gymnastics development program, this initiative aimed to build capacity among coaches to make gymnastics accessible for people of all abilities. Objective: To train facilitators for workshops and courses to enhance inclusivity in gymnastics, participation in gymnastics for all events and to promote the growth of Para Gymnastics across the Southern African region (Zone 3). Outcomes: Adaptation of programs and training for different age groups and ability; Develop strategies for inclusion including communication and safety; Train participants to coach individuals and teams for fundamental movement, physical literacy and display gymnastics with modified programs and adapted training for people with special needs, such as: Physical, intellectual, sensory impairment (hearing and or visual); Children with health issues (diabetes, asthma, allergies, obesity, epilepsy) ; Older adults (senior citizens). Participants: Target Group: Qualified gymnastics coaches and course facilitators interested in developing programs for individuals with special needs were selected by their relevant federation. Zone 3 federations: A total of 14 people from eight Southern African countries attended the leaders training full time from Angola, Botswana, Eswatini, Lesotho, Mozambique, Namibia, Zimbabwe, and South Africa. The invitation was extended to teachers from LSEN (Learners with Special Educational Needs) schools and clubs from Gauteng province to attend the practical sessions and presentations as observers. The course was designed and led by Marti Heri, Development Manager at Gymnastics South Africa (GSA) and member of the UAG Gymnastics For All Technical Committee including a team expert: Special field experts: Dr. Greg Pienaar, Educational Psychologist specialized in neurodiversity with 20 years of experience ; Dr. Muya Koloko, founder of; UCT Para Sport, Psychologist- disability sport ; Claude Mulungwa, disability sports physiotherapist and Chairperson of the Gauteng Sport Association for Physical Disabilities (GSAPD); Sister Lebogang Mokwana, nurse at LSEN schools; Kanyisa Buso, HOD Senior Phase- Ekurhuleni School for the Deaf. Leading Experts from Gymnastics South Africa: Barbara Murphy, international foundation course expert, senior participation specialist and World Gymnaestrada development leader; Allan Chadwick, high-performance coach and mentor of Down Syndrome world champion Charles Phillips; Marti Heri, international foundation course expert, physical education specialist and qualified movement therapist ; Caron Henry, international foundation course expert, high performance coach and club owner with accessibility to modified gymnastics programs for children with special needs. Program: Presentations were delivered by all the experts on the different aspects of inclusion; the main characteristics of the different special needs followed by interactive discussions and practical sessions on the adaptation of communication, motivation, physical preparation, skills training and evaluation or assessment methods. On the final day a planning session as held for the Southern African countries to set goals and timelines for inclusivity training courses, participation in different events and attaining resources to grow Gymnastics For All in Africa.

Keywords: inclusivity, adaptation of activities, modified programs, special needs, accessibility, growth, and development for allege groups and abilities.

GYMNASTICS ACROSS THE LIFESPAN: HOW TO ENHANCE LIFELONG PARTICIPATION?

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BRAZIL

Ensuring that people not only enter sport, but remain engaged throughout their lives, has become one of the most pressing challenges for sport systems worldwide. Global initiatives such as UNESCO's Fit for Life Programme and the WHO Global Action Plan on Physical Activity reflect a growing international commitment to promoting sport as a key tool for health and social inclusion across the lifespan. Despite this recognition and political endorsement, dropout rates remain high across different ages and contexts. Moving beyond participation growth, federations are increasingly seeking to strengthen long-term impact, social relevance, and alignment with global development agendas. For sport managers and federation leaders, this raises a strategic question that goes beyond recruitment: What conditions truly sustain participation across the lifespan? Lifelong sport participation refers to continuous involvement in physical and sport activities across different stages of life, understood as a dynamic process that demands adaptation to people's changing interests, capacities, and life circumstances. Sustained participation depends not only on individual motivation, but on how programmes, federations, leadership styles, and institutional cultures respond to life transitions. In contemporary societies marked by accelerated lifestyles and the search for immediate results, programmes focused primarily on performance, aesthetics, or short-term health gains may struggle to maintain engagement over time. What sustains participation appears to be less the promise of results and more the quality of the experience and relationships built within the activity. In this context, Gymnastics For All (GfA), guided by its 5Fs, offers a powerful framework for lifelong engagement. More than a physical activity, GfA is conceived as a social and human experience that can promote cooperation, commitment, belonging, and respect. Openness to individuals of all ages and ability levels fosters meaningful and sustained engagement over time. Initial studies reinforce this perspective. Research conducted with participants of international gymnastics festivals indicates that individuals who return to multiple editions over many years report sustained or even increased levels of motivation, especially related to social affiliation. The social dimension emerges as one of the strongest factors associated with long-term commitment. Other studies involving gymnasts and coaches further suggest that the quality of interpersonal relationships and the sense of being part of a gymnastics group are central to permanence. These findings indicate that the social dimension in GfA is not merely an outcome of participation, but a self-sustaining condition that shapes long-term engagement. Relationships, belonging, and shared experiences actively sustain lifelong involvement. Recognizing this dynamic is essential for the entire system — federations, clubs, group leaders, coaches — to foster sustainable participation, strengthening not only lifelong retention but also the broader social impact of GfA.

Keywords: life course, lifelong sport participation, group gymnastics

DEVELOPMENT OF LIFELONG ENGAGEMENT IN GFA FOCUSING ON ADULTS

Aimi Baker

IRELAND

The most popular sports in Ireland are a mix of traditional Gaelic games and international favourites, with soccer and rugby leading in participation. Other key sports include walking, swimming, and cycling. Milestone 1: Gymnastics did not become a formalized sport in Ireland until 1964 with the formation of the Irish Amateur Gymnastics Association (IAGA). Currently, the IAGA was predominantly focusing on competitive gymnastics for young athletes. "Recreational" gymnastics i.e., for fun, was for the very young gymnasts at the start of their journey. The name "Gymnastics For All" was not used at this time in Ireland. Gymnastics was not seen as a sport for adults. The typical pathway for a gymnast at this time was to start with fun (aged 5-6yrs); start competing 7yrs+; finish career at 16-18yrs and either become a coach or judge; leave and concentrate on studies/ exams; leave sport altogether. Milestone 2: 2000-2010. In the early 2000's, the Irish Amateur Gymnastics Association (IAGA) rebranded to become Irish Gymnastics (IG). This also saw the gradual appearance of term "Gymnastics For All" in Ireland revolving around display gymnastics, predominantly for gymnasts up to the age of approx. 18yrs. Gymnastics was still seen as a young person sport. Milestone 3: 2010+. In 2013-2014 Irish Gymnastics was rebranded as Gymnastics Ireland (GI) and at this point "participation" programs began to grow at club and national level, seeing the age profile for recreational gymnasts increase to mid-teens, and competitive gymnasts staying around until early 20's. This time also saw the evolution of CrossFit, and with this an interest in gymnastics for adults for strength and fitness. This motivated some clubs to start looking at running adults' classes for fitness and strength, with specific focus on what CrossFit members wanted. This was the start of an interest and a focus on adult gymnastics in Ireland, at club level. Milestone 4: 2020+ Hyrox joins CrossFit as another fitness brand looking to utilize gymnastics, and this provided another boost to the interest in adult gymnastics. Post Covid, clubs were also looking to diversify and look for new target markets to support the financial model of their clubs, and adult gymnastics classes started to grow. Still no "formal" adult gymnastics program in Gymnastics Ireland. Milestone 5: 2026: Gymnastics Ireland starts the journey of developing the first national program for adult gymnastics. The program involves national level and club level initiatives. Watch this space!!!!

Keywords: Milestone; Adults; Gymnastics For All; Recreation; Participation; First national program; Hyrox; CrossFit; Competitive; Irish Amateur Gymnastics Association; Irish Gymnastics; Gymnastics Ireland; Covid; Gaelic Games.

GYMNASTICS FOR TOMORROW: GYMNASTICS FOR ALL – SOCIAL IMPACT

Beni Boos

SWITZERLAND

The Swiss Federal Gymnastics Festival (ETF) 2025 in Lausanne demonstrated how sport can create meaningful social impact. With around 65,000 gymnasts, more than 300,000 visitors and over 1,300 clubs involved, the event became a large social meeting space where people from different generations, regions and backgrounds came together to celebrate movement, community and club culture. The foundation of this impact lies in the concept of “Gymnastics For All”, which focuses on participation, accessibility and community rather than elite performance. The social value emerges not only during competitions, but already in the long preparation phase within clubs, as well as through shared experiences, encounters and celebrations during the festival itself. The event connects generations: children gain memorable experiences and social skills, parents experience community and support, and older members remain active while contributing as volunteers or mentors. At the same time, the festival promotes exchange between different language regions and cultures, strengthening national cohesion. Volunteering is another key element. Thousands of volunteers make the event possible while developing responsibility, organizational skills and leadership within clubs. ETF shows that gymnastics creates connection, belonging and lasting social impact far beyond sport.

Keywords: Social Impact, Club Community, Generations.

GYMNASTICS FOR TOMORROW: UNDERSTANDING DROPOUT TO BUILD STRATEGIES FOR LIFELONG PARTICIPATION

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BELGIUM

Between the age of 10 and 18, we lose 32% of our gymnasts, exactly when lifelong engagement should begin. This uncomfortable truth formed the starting point of a dropout study conducted by Gymfed, the Dutch speaking part of the Royal Belgian Gymnastics Federation. The key myth breaker emerging from the study is that dropout is rarely about one single reason, it happens when several small mismatches add up. The research was initiated because clubs were telling they had difficulties in retaining teenagers and recruiting young coaches. And because lifelong participation is the ambition of the federation, understanding why young people leave becomes as important as attracting new members. To explore this, a large-scale survey was conducted among gymnasts aged 10–18 who had stopped participating in gymnastics within the previous two years. The results show that dropout reasons vary across age, gender, and level of participation. Up to around age 14, leaving gymnastics is mainly linked to switching to another sport or experiencing training sessions as repetitive. From age 13 onwards, social belonging becomes increasingly important, while from age 15 practical constraints, injuries, and the relationship with the coach play a decisive role. The importance of coach relationship clearly increases with age. Differences are also visible across gender and level of participation. Boys more often leave when the available offer is limited or when peer connections are lacking, whereas girls' decisions are more strongly influenced by how they feel within the sport environment and by insufficient challenge. Competitive gymnasts report at least twice as often stress, fear, injuries, and coach-related factors, while participants in Gymnastics For All mainly refer to repetition and lack of challenge. These findings demonstrate that dropout is rarely about one single reason and not the same for everyone — it differs by age, gender, and level of participation. Gymfed is currently translating these insights into action by raising awareness within the gymnastics community and establishing a working group with clubs to develop a concrete action plan supporting lifelong participation, through a holistic approach. While these findings reflect the Belgian context, the presentation invites everyone to share whether similar surveys or patterns exist elsewhere - and to exchange strategies to actively promote lifelong participation. Because lifelong participation in gymnastics is something we build together.

Keywords: Lifelong participation; Large-scale survey; Dropout reasons; Retention strategies; Inspire & share

GYMNASTICS FOR ALL PROJECTS AND THEIR IMPACT IN THE AFRICAN CONTINENTAL UNION

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AFRICAN GYMNASTICS UNION (UAG) GFA COMMITTEE

There are 54 countries on the Continent of Africa, out of which 36 are members of World Gymnastics. The continent is divided into three zones with membership breakdown as follows:

Zone 1 - Northern Africa with 5 countries: Algeria, Egypt, Libya, Morocco, Tunisia

Zone 2 - Central Africa with 23 countries: Benin, Burkina Faso, Capo Verde, Cameroon, Chad, Comoros, Congo, Cote d'Ivoire, Democratic Republic of Congo, Ethiopia Guinea, Kenya, Madagascar, Mali, Mauritius, Nigeria, Rwanda, Sao Tome & Principe, Senegal, Sierra Leone, Sudan, Togo, Uganda

Zone 3- Southern Africa with 9 countries: Angola, Botswana, eSwatini, Lesotho, Mozambique, Namibia, South Africa, Zambia, and Zimbabwe.

A questionnaire in two most common languages of the continent (English and French) was sent to the member federations to find out about their GFA structure, programs, and events and to encourage them to take part in UAG academy training or WG GFA Training and events in future. 19 countries completed the questionnaire. All 5 Zone 1 countries, 8 out of 9 Zone 3 countries completed the questionnaire. Zone 2 participation was weak, out of the 23 member federations, only 5 (less than 20 %) took part in the survey.

Main outcomes:

- 12 has a GFA Committee (63%)
- 11 had a GFA event in 2025, out of which 6 were Gym for Life Challenge
- 15 would love to hold a GFA Leaders Training event in 2026 or 2027
- 15 wish to participate at the World Gymnaestrada (10 with a team, 5 as observers)

UAG GFA Committee plans 2026-2027

1. GFA meeting for UAG Federations – April 2026

2. UAG academy activities

- 2 x GFA Leaders Training / year
- 2 x Online GFL Evaluators Training
- 1 x Inclusion in GFA Training / year
- 1 x Choreography for Gym for Life
- Training / year

3. FIG GFA Foundation Course/ Zone

4. Africa Unite Team to World Gymnaestrada July 2027

5. Zone 1 and Zone 3 Gym for Life Challenge in 2027-2027

Keywords: more awareness of GFA activities and events; more development funding for leadership training; new federations should register as GFA first!



NEW PROPOSALS: GYMNASTICS FOR ALL AT THE PAN AMERICAN CHAMPIONSHIPS

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President Gymnastics for all Commission

Pan American Gymnastics Union

This document presents a formal proposal to integrate Gymnastics For All (GfA) into the Pan American Gymnastics Championships across all disciplines, with the aim of fostering a more inclusive environment. Unlike competitive disciplines, GfA focuses on health, integration, and culture as a form of social expression. The GfA Commission proposes the presentation of large-scale group choreographies during the opening and closing ceremonies to showcase the accessibility of the branch. These performances seek to unite high-performance athletes with community participants, highlighting human values such as cooperation and respect. With this format, the organization hopes to promote the global growth of gymnastics and replicate successful models used in previous major international sporting events (Rio Olympic Games).

Este documento presenta una propuesta formal para integrar la Gimnasia para Todos (GfA) en los Campeonatos Panamericanos de Gimnasia de todas las ramas, con el fin de fomentar un entorno más inclusivo. A diferencia de las disciplinas competitivas, GfA se centra en la salud, la integración, y la cultura como expresión social. La Comisión de GfA propone la presentación de coreografías grupales masivas durante las ceremonias de inauguración y clausura para mostrar la accesibilidad de la actividad. Estas presentaciones buscan unir a los atletas de alto rendimiento con los participantes de la comunidad, resaltando valores humanos como la cooperación y el respeto. Con este formato, la organización espera promover el crecimiento global de la gimnasia y replicar los modelos exitosos utilizados en importantes eventos deportivos internacionales anteriores (Juegos Olímpicos de Río).

Keywords: high performance, integration, Pan American championships



GYMNASTICS FOR ALL: EUROPEAN GYMNASTICS EVENTS AND STRATEGIC

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Europe

This presentation outlines the comprehensive framework and future strategy of the European Gymnastics "Gymnastics For All" (GfA) Committee. It details a diverse portfolio of flagship events and educational programmes designed to foster participation, innovation, and professional development across Europe. Key events include the EUROGYM youth festival, the Golden Age Gym Festival for participants aged 50+, and the European Gym for Life Challenge (EGFLC), a creative show contest focused on entertainment, innovation, and group performance. Beyond events, the document highlights institutional support mechanisms such as the Mentor Programme, which provides guidance to national federations through strategic planning and on-site visits to develop GfA locally. Educational efforts are further strengthened by Educational Long Weekends and specialized webinars focused on safeguarding and adult movement. Looking toward 2028/2029, the presentation introduces a modernized event strategy, including the inaugural European Gymnastics Games, aiming to expand the reach and visibility of gymnastics disciplines through multi-sport collaboration and digital engagement.

Keywords: Gymnastics For All, EUROGYM, Mentor Programme, EGFLC, European Gymnastics, Sports Development.



ASIAN GYM FOR LIFE CHALLENGE 2026

Yumiko ITOH, Araki Tatsuo

ASIAN GYMNASTICS UNION

The Asian Gymnastics Union (AGU) has traditionally organized the Asian Gymnaestrada as its main Gymnastics For All event. In 2026, AGU will hold the first Asian Gym for Life Challenge, introducing a contest format for the first time in Asia. This presentation has provided an overview of the Asian Gym for Life Challenge. This event serves as an international platform open to everyone, regardless of age, gender, or ability. In addition, introducing an evaluation-based format may help increase participants' motivation to take part. This time, the theme of the event is "Move to Inspire," It will take place from 16 to 18 October 2026 in Yogyakarta, Indonesia. The contest features two categories: Gymnastics and Dance Performance without Apparatus, Gymnastics and Dance Performance with Hand Apparatus. Participation is expected from Indonesia, Japan, Korea, Denmark, and Germany. Incorporating traditional music, regional colours, and local art, the event aims to become not only a sports festival but also a cultural celebration that highlights the diversity of Asia. This event will mark an important milestone, signalling a new stage in the development of Gymnastics For All in the Asian region.

Keywords: Asian Gymnastics Union, Gymnastics For All, Gym for Life Challenge.



GYMNASTICS FOR ALL IN OCEANIA

Emilene Taulu (COK); presented by Justin Hayes (AUS)

OCEANIA

With the addition of two new Federations, the Oceania Gymnastics Union covers ten island nations across the Pacific. The OGU provides support for coaches and administrators, expert visits and strengthens regional connections. The main vehicle for OGU development is via Gymnastics For All. GfA is accessible for everyone and suitable for developing nations due to its low requirement for equipment and participation opportunities, as well as celebrating culture and identity. Each Federation is running programs according to their specific needs and capabilities, with a focus on coach education to further develop local programs to grow gymnastic participation and create a positive impact within communities.

Keywords: Gymnastics For All; Oceania; participation; coach education.



EXPANDING GLOBAL PARTICIPATION IN GYMNASTICS FOR ALL EVENTS

Rogério Valério; Jérôme Huebscher; Christopher Muchatuta; Yumiko Itoh; Monika Siskova; Lori Laznovsky; Michele Vivienne Carbinatto

World Gymnastics- Gymnastics For All Committee

The group discussion highlighted a multifaceted and collaborative strategy to increase participation in Gymnastics For All (GfA) events across countries. Central to the proposals was the need to enhance visibility and communication through social media, live streaming, and promotion during major gymnastics competitions, thereby broadening awareness of GfA's inclusive and socially impactful nature. Participants emphasized the importance of articulating the benefits of engagement—such as health, social inclusion, and cultural exchange—to attract new federations and stakeholders. A recurring theme was the development of structured support systems for emerging countries, particularly through mentorship programs pairing experienced and less-experienced federations. These initiatives would include coaching exchanges, educational courses, and the establishment of local leadership structures to sustain GfA development. Intercontinental and continental collaborations were also identified as key mechanisms to foster knowledge exchange, facilitate joint initiatives, and strengthen institutional ties. Additionally, the discussion underscored the need to reduce barriers to participation by offering financial support, lowering costs, and creating accessible and attractive programs for diverse age groups. Proposals such as international gala tours, festivals, and opportunities to observe established events were suggested as ways to inspire and engage new participants. Finally, the creation of shared resources—such as open-access educational libraries and best-practice exchanges—was seen as essential for building a sustainable and globally connected GfA community.

Keywords: Group Discussion; Improve Participation; Sporting events.

