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# Guidelines for Children's and Youth Gymnastics

Approved by the Federal Board on February 25th, 2022  
Revised March 31st, 2023.

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# Introduction

**Gymnastics for children and youth, both training and competition, must be conducted from the perspective of the rights of the child and comply with the UN Convention on the Rights of the Child. These guidelines are, together with the *Swedish Gymnastics development model* and *Gymnastics code of conduct*, the foundation for how we live our vision, values and for our guiding principles outlined in *Strategy 2028* within Swedish Gymnastics.**

*Guidelines for children's and youth gymnastics* aims to be a detailed help to guide clubs, coaches, and individual members on how to implement *the development model*, *the code of conduct* and the UN Convention into practice. The intention is that this guide should function both as a manual and as instructions to be followed. They should provide guidance on various issues, but above all open up conversations about how the club's activities should be designed.

Sports for children up to the age of 18 years, elite-oriented or not, shall be characterized by long-term perspective and be conducted in line with the Swedish Gymnastics Federation's guidelines for children's and youth gymnastics. Children and youth should be given opportunities to influence their own sports participation and thus their sporting development.

## UN Convention on the Rights of the Child

The UN Convention on the Rights of the Child (UNCRC) became Swedish law on January 1st, 2020, and is a legally binding international agreement setting out the rights of every child. Since then, all activities for children and youth in the Swedish sports movement have been covered by the UNCRC, which has complemented and strengthened the values of sport. The UNCRC defines a child as a person below the age of 18. The purpose of the UNCRC is to influence and improve the situation of children around the world.

To ensure that the basic principles of the UNCRC are complied with, the following questions can be asked; Which children and young people are being heard? What groups of children and young people are we listening to? Have we considered the best interests of the child/youth? What do we as adults do with the information and knowledge we get from children and youth? Are we prepared to change our view of how sports should be conducted based on the opinions of children and youth?

## The Swedish Sports Confederation's (RF) guidelines for children's and youth sports

The Swedish Sports Confederation's (RF) guidelines for children's and youth sports are intended to be a guide in the application of the Swedish Sports Confederation's statutes. RF's guidelines are based on RF's statutes as well as current research and practical experience. The *Guidelines for children's and youth gymnastics* serves as the Swedish Gymnastics Federation's clarification of what is required of Swedish Gymnastics to ensure that RF's regulations and the UNCRC are being followed.

The five main points in the Swedish Sports Confederation's guidelines are:

1. **Safety and security:** Create safe and welcoming environments
2. **Involvement:** Offer involvement and influence
3. **Fulfilment:** Promote internal motivation and long-term development
4. **Versatility:** Enables diverse and playful sports
5. **Health:** Contribute to long-term health and well-being.

## Gymnastics activities for children and youth

Children's gymnastics refers to gymnastics up to and including the year the child turns 12. Play is central to children's gymnastics, but children should also be getting the opportunity to try out different sports. Giving children the opportunity for comprehensive sports development is essential. Competition is part of children's play and should always take place on the children's terms.

Youth gymnastics refers to gymnastics from the age of 13 up to and including the year the child turns 18.

The division into children's and youth gymnastics is the Swedish Gymnastics Federation's own. This has no bearing on the fact that every person is a child until they are 18 years old. The term 'youth' is thus not used in the UN Convention on the Rights of the Child.

All Swedish Gymnastics members should have the opportunity to learn and grow. However, for practical reasons, not everyone can be in the same training group or club. The composition of the activities must be based on what is feasible for the club, such as, availability of coaches and their training level, facilities, and financial considerations.

Social and sporting values must be balanced in children's and youth gymnastics.

In a cohort of participants born in the same year, the degree of physical, cognitive, social, and emotional maturity can vary considerably (up to 5 years in relation to physical age). In a well-functioning club, all these aspects are considered in the planning and organization of activities.

As decided at the biannual meeting of the Gymnastics Federation (Förbundsmötet) April 23-24, 2022, these *Guidelines for Children's and Youth Gymnastics* should be implemented fully after 2024.

Together, we create safe and sustainable environments within Swedish Gymnastics.

Stockholm March 31st, 2023

Gymnastics Federation

Pia Josephson  
Acting Secretary General

# 1. Guideline for conducting gymnastics training for children and youth

**“At first glance, it may appear easy to group young people within their sport, with groupings based on age and level of ambition. At the same time, it is extremely important not to simply group according to year of birth or based on assumptions about ambition. Rather, groupings should be carefully considered, not seen as permanent and the adults' aim must be to group based on the best interests of each individual.”**

## **- The Swedish Sports Confederation's (RF) guidelines for children's and youth sports**

The guidelines for how we conduct children's and youth gymnastics regulate training within the Swedish Gymnastics Federation and are binding on its member clubs.

## **For children's and youth activities (i.e., under the age of 18 years) the following applies:**

1. The rights of the child are at the forefront of training conducted by the club, which means that children and youth are offered, as far as possible, comprehensive training, the possibility to have influence over, and the responsibility for their sports, plus the opportunity to practice several different sports.
2. Children and youth active in gymnastics are given the opportunity to play sports together, regardless of gender, transgender identity or expression, ethnicity, religion or other belief, sexual orientation, or disability. It is the duty of the club to ensure that the wishes of the active members are being carried out to the greatest possible extent. Joint training is an obvious alternative when dividing into training groups.

*By joint training we mean training in mixed groups regardless of gender, transgender identity, or expression. Joint training can also involve training opportunities with athletes from several clubs.*

3. The club recognizes Swedish Gymnastics' development model and plans its activities accordingly in order to conduct age-appropriate training.

*By age-appropriate training we mean the right type of training, adapted to the biological age and psychosocial maturity of the gymnast.*

4. The club ensures that all coaches follow the *Swedish Gymnastics Code of Conduct*.
5. The club requests a limited register extract from the disclosure and barring service (judicial register) from anyone employed or volunteering in the club and/or who has direct and regular contact with children. References/background checks are recommended for new coaches.
6. The club follows the Swedish Gymnastics Federation's current educational requirements for its coaches regarding ages and qualifications.
7. The club adjusts the number of coaches and assistant coaches according to the group's level and size.

By "level" we mean both the level of maturity and ambition of the participants as well as the level of difficulty in the exercise.

8. The club has at least one adult (over 18 years old) present at every training session and competition.
9. The club has a responsibility to pay attention to the physical and mental health of active gymnasts and coaches. Growing bodies and one-sided training increases the risk of repetitive strain injuries. Balance between exercise, rest and other leisure activities is necessary.
10. The club appoints a responsible adult (responsible for children and youth) who manages issues related to children's rights in accordance with the Swedish Gymnastics Federation's *Guidelines for performance-oriented club environments*.
11. The club ensures that children and youth activities have a documented and active support and reporting system to ensure the safety of both participants and young leaders.
12. The club avoids situations where one coach/adult is alone with one or more children and/or youth in situations that may be perceived as sensitive or inappropriate for integrity reasons. The club is also aware of how private contact (both physical contact and contact via social media) takes place between coaches and individual children and youth.

## Articles of the Convention on the Rights of the Child linked to this guideline:

Article 2: All children are equally valuable and have the same rights. No one may be discriminated against.

Article 6: Children have the right to life, survival and development.

Article 12: Children have the right to express their opinion and be heard in all matters concerning the child. The child's opinions must be taken into account, based on the child's age and maturity.

Article 13: Children have the right to freedom of expression; to think and express their opinions, with respect for other people's rights.

Article 19: Children shall be protected against all forms of physical or psychological violence, injury or abuse, neglect or negligent treatment, abuse or exploitation, including sexual abuse.

Article 24: Children have the right to the best possible health, access to health care and rehabilitation. Traditional practices that are harmful to children's health should be abolished.

Article 31: Children have the right to play, rest and leisure.

## 2. Guideline for conducting gymnastics competitions for children and youth

**"According to many children and youth, an important part of sports is to work hard, use the body and be challenged in relation to both oneself and others. It is the struggle in the moment which matters for the feeling of enjoyment, rather than achieving sporting success in the long run. The experience of feeling excited about how it will go, overcoming their nervousness and experiencing feelings of joy and disappointment are for many important parts of the sports experience. The end result thus becomes important and should be allowed to be so. On the other hand, it is of the utmost importance that we do not allow the end result to have long-term consequences or affect the individual child or young person's opportunities for sporting development."**

### **- The Swedish Sports Confederation's (RF) guidelines for children's and youth sports**

The guidelines for how we conduct children's and youth gymnastics training apply to all competitions within the Swedish Gymnastics Federation and are binding on its member clubs.

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### **For competitions in children's and youth gymnastics, the following applies:**

1. Children can participate in competitions from the year they turn 7, initially in the local area and in simple forms.
2. Youth can participate in national competitions from the year they turn 13.

However, it is important to facilitate opportunities to meet other gymnasts, even for disciplines with few practitioners spread across the country. Therefore, younger gymnasts (but not younger than 7 years old) in certain disciplines are allowed to participate in national competitions if:

- the competition has rules adapted for the target group and
- it is not possible to arrange regional competitions.

National competitions for younger athletes shall be evaluated annually to actively work to create opportunities to meet locally for the younger children with the long-term goal that national competitions should take place in accordance with point 2.

3. According to the *Swedish Sports Confederation's guidelines for children's and youth sports*, the 13-year age limit applies for participation in national championships (USM, JSM, SM), national competitions that require qualification, tryouts for national teams and international competitions.

Comment:

In exceptional cases, athletes under the age of 13 may be allowed to participate in an international competition if it has rules adapted to the target group and if:

- conditions are considered better (such as geographical proximity), or
  - special justification is given for why participation should be allowed (e.g., social contexts).
4. Adapted rules, including assessment regulations, for children and youth must be included in all disciplines. Responsibility for this belongs to the national competition committees. The work should be carried out in close cooperation with regional committees or working groups where available.
  5. An alternative competition league (in addition to the Swedish Championship leagues) for children and youth will eventually be available in all disciplines. Responsibility for this belongs to the national competition committees. The work should be carried out in close cooperation with regional committees or working groups where available.
  6. Children should encounter competition and results gradually. Results are not given much attention in competitions for children, but as the gymnast develops, the results may receive more attention. Competitions and rules are designed in a way that creates equal opportunities for every child, and not limiting the participation of gymnasts or excluding them. It is crucial, at all levels of competition, how coaches and adults talk with the children about the competition and performance before, during and after the competition. Rather than being compared with others, children and youth need the help from adults to see their own personal progress and improvement and be encouraged to be happy for others' success.

Children should be introduced to results in the following steps:

1. **Beginner level – focus is on getting to know the concept of competition, experience the joy of competing and see the challenge of participating in a competition. The next step should be to experience assessment as feedback on their own individual development, and not as a comparison with.**
  - a. No points are given during the competition.
  - b. No ranking of teams/participants is made.
  - c. No results are presented at the award ceremony or on the internet.
  - d. The coaches may receive a complete results list (without ranking) after the competition. A great responsibility is placed on the coaches to ensure that the child/children still have a positive experience from the competition and will experience it as described above, despite the existence of this list.
  - e. All gymnasts are to be recognized and appreciated for participating in the competition. Any certificates and/or medals are given to all participants.
  - f. Indicative age: 7-9 years.
2. **After that, the child is ready to learn that competition means being challenged both in relation to oneself and others, and thus begin to face some results reporting and performance rating.**
  - a. Points may be given during the competition.
  - b. No results are reported on the internet.
  - c. The coaches receive a complete list of results (without ranking, except for first, second, and third place) after the competition.
  - d. Only the first, second and third places are presented at the award ceremony, while the rest place fourth and are presented in alphabetical order. If the class

- only has four starters, only the first and second places are presented, and the others share third place.
- e. All gymnasts are to be recognized and appreciated for participating in the competition. Any certificates and/or medals are given to all participants.
  - f. Indicative age: 10-12 years.
3. **After gradually encountering competition and results as described above, the child is ready to face a complete result reporting. However, the focus continues to be on the learning process and not just the end result.**
- a. Indicative age: 13 years +

## Reflections on result handling

We want children to learn that competition is fun and about personal development, not about performance and comparison with others. And, when children are young, we want to highlight and acknowledge their performance of the day - instead of giving medals only to first, second, and third place. We also want children to receive feedback on their own individual development in various ways. Being on top of the podium may be important and a significant affirmation for some children, but it should not be at the expense of other children's experience.

You as a coach, know how the gymnasts in your group best receive feedback on their competition. Someone might need to hear that the cartwheel went better than at the previous competition, and that the judges also noticed that. Someone else might need to hear how they should challenge themselves even more for the next time, in order to take the next steps in their development. As a coach, you set the standard for what the athletes will expect and measure themselves against. Try to find different goals before the competition: the goal is to have fun and do what we have practiced and trained for, or the goal is for you to feel less nervous when you step up on to the apparatus and to enjoy competing.

- 7. Ranking lists should not appear in children's gymnastics.
- 8. The Swedish Gymnastics Federation is working towards further compliance over time with the *Swedish Sports Confederation's guidelines for children and youth sports* and has a restrictive approach when it comes to exceptions that are allowed. All divisions in different national competitions and disciplines are stated in the *Swedish Gymnastics Federation's technical regulations*.

## **Articles of the Convention on the Rights of the Child linked to this guideline:**

Article 2: All children are equally valuable and have the same rights. No one may be discriminated against.

Article 6: Children have the right to life, survival and development.

Article 13: Children have the right to freedom of expression; to think and express their opinions, with respect for other people's rights.

Article 19: Children shall be protected against all forms of physical or psychological violence, injury or abuse, neglect or negligent treatment, abuse or exploitation, including sexual abuse.

Article 24: Children have the right to the best possible health, access to health care and rehabilitation. Traditional practices that are harmful to children's health should be abolished.

Article 31: Children have the right to play, rest and leisure.

# 3. Guidelines regarding training groups divided by age and/or skills, selection and drafting

**"Permanent level division and early selection have been shown to have a negative effect on both the feeling of belonging and competence, regardless of the level in which the practitioner is placed."**

*- The Swedish Sports Confederation's guidelines for children's and youth sports*

The guidelines for how we conduct children's and youth gymnastics training regulates training within the Swedish Gymnastics Federation and are binding on its member clubs.

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## Guideline for children's gymnastics (i.e., up to the age of 12)

**Children's expectations and ambitions of their sports need to vary over time. Every child and youth needs to have the opportunity to find new motivation and goals, but also to have the right not to be able or willing to formulate any sporting goals at all."**

*- The Swedish Sports Confederation's guidelines for children's and youth sports*

1. Selection and drafting should not occur in children's gymnastics. Permanent grouping, a fixed group structure which lacks the possibility to change or modify its composition, is similar to selection.
2. Dividing gymnasts into training groups should be done with great awareness, and with focus on the best interest of each child and youth, with the goal of keeping as many as possible for as long as possible. All children have the right to express their opinions and have them considered and should therefore be given the opportunity to influence which group they belong to. The club should strive to provide all children equal conditions in terms of training times, access to adapted and accessible facilities, and trained coaches.

When dividing athletes into training groups:

- Be clear and transparent
- Take social aspects into consideration
- Talk with the children/guardians and listen to their wishes and ambitions
- Communicate with guardians/parents both before and after a grouping/division
- Remember that with level and individual adaptation, training can be conducted to suit all children in the training group regardless of how the group is composed, with the division of the group in certain exercises. Consider interests, skill level, knowledge, and maturity level of the gymnast.

- Challenge the traditional way of training (each group trains x times a week, for x hours) if practical conditions prevent the club from meeting the demand of more/less training for children than the group logic allows.
- Consider competition rules so that the group can participate in competitions where all children can be involved as much as possible (the level of competition should not dictate the grouping, but competitions should be chosen so that all children can participate).

Sports have a tradition of dividing children by age, ambition, and gender:

- When dividing by age, it is important to consider that children born the same year have various levels of development and rates of progress in terms of physical, cognitive, and emotional maturity.
- When dividing by ambition, it is important to ensure that ambition can vary over time and that there are conditions for it.
- To create an equal and inclusive environment it is of the outmost importance that children's and youth sports are not dividing individuals by gender out of old habit. However, joint training, in this context: training in gender-mixed groups, is not a guarantee of equality, and the coach's attitude and competence are crucial in creating an equal and inclusive environment.

In summary, the clubs should consider all the perspective and aspects listed above and not base the grouping of children up to 12 years old solely on their skills/knowledge level.

3. Elite-oriented gymnastics does not feature as a phenomenon or a concept in activities for children under 13 years of age.

## Reflections on group division

Sometimes grouping is necessary; some children are new, some wants to train more, there are various levels of ambition and starting points. Think through and have good reasons for why something is done in a certain way! Include children and youth as much as possible in the decisions!

Cecilia Åhl, Unicef

In team disciplines, it may be appropriate to compete with more than one team, at the same or at different competing levels. If this is the case, the teams should be put together based on criteria other than elitism. The goal should be to include as many as possible in all disciplines, ensuring that everyone has an active role.

If there are different opinions on what is best for the child, we advocate for clarity regarding the effects of the different choices. "We believe that you/your child would thrive best in the blue group. We know that you/your child would prefer to be with your best friend in the green group. From a training perspective, we believe in the blue group to give you/your child the best opportunity to develop. Here we focus even more on the basics, which overall will lead to your/your child developing to the level they want. The choice is yours."

# Guideline for youth gymnastics (i.e., between 13-18 years old)

**"In early adolescence, it is especially important to safeguard cohesion and to actively counteract various forms of selection and exclusion. This requires a flexible approach that is willing to try to meet the needs of each individual practitioner."**

*- The Swedish Sports Confederation's guidelines for children's and youth sports*

1. Selection and drafting should not occur in youth gymnastics. Permanent grouping, a fixed group structure which lacks the possibility to change or modify its composition, is similar to selection.
2. Level grouping based on skills/knowledge level occurs, but training should primarily continue to be adapted to individual circumstances: interests, development, safety aspects, and any competition rules.

## Reflections on selection and drafting

The basic principles of the UN Convention on the Rights of the Child state that all children have equal value and should not be discriminated against. This means that selection is not compatible with the UN Convention, nor with the basic principle of what is best for children. According to research and guidelines for children's and youth sports, children should be included, experience joy and a sense of community - and we want children to participate in sports for a long time. Not to be eliminated or being selected out!

Cecilia Åhl, Unicef

The focus should continue to be on lifelong sports participation and long-term development rather than short-term results. In youth gymnastics, it is possible that some members of the group do not participate to the same extent in competitions as other members of the same group. If everyone is included and welcomed to participate according to their level and in the safest way possible, it is possible to let gymnasts compete at various levels or on different numbers of apparatus/classes/rounds.

The youths' best interest should always guide every decision, and the gymnasts themselves should be given the opportunity to be involved and to influence the decisions. For the club, the guiding principle should be to continuously invest in the well-being of its members to ensure they stay in the club for as long as possible.

In team disciplines, it may be appropriate to compete with more than one team from the same training group at the same or different levels. The goal should be to include as many as possible in all disciplines, ensuring that everyone has an active role. This may mean that it is sometimes advantageous to divide into multiple teams.

## Guideline for activities at JSM and SM level, as well as a specialized team appointed by the Swedish Gymnastics Federation

**"A few years into adolescence, some of those who, still or for the first time, dream of engaging in elite sports need to gain sufficient knowledge of what it means to make an elite investment in the sport in question."**

*- The Swedish Sports Confederation's guidelines for children's and youth sports*

13. Selection or drafting based on ability may occur.

14. Permanent level grouping may occur.

Tryouts may occur on certain conditions for a specialized team appointed and managed by the Swedish Gymnastics Federation. These terms and conditions must be clearly communicated to everyone involved.

15. Elite-oriented gymnastics does not feature as a phenomenon or a concept, in activities for children under 13 years of age.

Comment:

The club must carefully consider how any selection should be carried out based on keeping as many members as possible, for as long as possible. As a club, you must have clear guidelines regarding selection and drafting based on ability, which members and parents/guardians should be well informed about. The club must also always be able to offer training even for those who do not reach JSM, SM level or do not want to be at that level. Here, collaboration between different clubs can be a solution.

In team disciplines, another solution may be to set up competitions at various levels within the same training group to motivate and keep people engaged for as long as possible.

For elite athletes under the age of 18, it is the parent/guardian who is responsible for the conditions if the active person is to be included in such activities. The club members decide whether elite-oriented training should exist or not and how it should be organized and conducted, within the framework of the club's statutes and *Swedish Gymnastics – Ambitions and Aspirations*. Elite commitment, according to RF's definition, means demanding, specialized and organized sports activities with stated performance and result goals.

## Guideline for the national team and competitions at international level

**"Elite commitment, (according to RF's definition), means demanding, specialized and organized sports activities with stated performance and result goals. It is to this set of requirements, and what it entails, that the athlete with elite sport dreams need to relate."**

*- The Swedish Sports Confederation's guidelines for children's and youth sports*

1. Selection and drafting take place for the Swedish Gymnastics Federation's national team and for international championships, through tryouts. This is done based on the set requirements in each discipline.

2. Elite-oriented gymnastics does not feature as a phenomenon or a concept, in activities for children under 13 years of age.

Comment:

Within the national team and at the international competition level, performance improvement and good competition results are indicative for selection. Gymnastics is one of those sports where the amount of training many times, even at a relatively young age, can periodically be extensive, to enable athletes to reach the elite sports level in the future.

If a gymnast under the age of 18 is to be included in such activities, it is the parent/guardian who is responsible for the conditions. The club members decide whether elite-oriented training should exist or not and how it should be organized and conducted, within the framework of the club's statutes and *Swedish Gymnastics – Ambitions and Aspirations*. Elite commitment, according to RF's definition, means demanding, specialized and organized sports activities with stated performance and result goals.

## **Articles of the Convention on the Rights of the Child linked to these guidelines:**

Article 3: In all decisions concerning children, what is considered to be the child's best interests must be taken into account in the first place.

Article 12: Children have the right to express their opinion and be heard in all matters concerning the child. The child's opinions must be taken into account, based on the child's age and maturity.

Article 13: Children have the right to freedom of expression; to think, think and express their opinions, with respect for other people's rights.

## 4. Failure to follow the guidelines for children's and youth gymnastics

**"All adults - regardless of role in sport - are responsible for children and youth in their vicinity and the activities they are part of or responsible for. Every adult is therefore expected to act when a child or youth signals that something is not right. To be able to act when a child or youth is not feeling well or when something has happened, protocols and follow-up are crucial. "**

*– The Swedish Sports Confederation's guidelines for children's and youth sports*

The sports movement itself must, at all levels, handle matters that may violate the sport's own regulations, the RF's statutes, the Swedish Gymnastics Federation's statutes and/or the sports confederation's statutes, as well as the UN Convention on the Rights of the Child.

### Raising issues with the activities of your club:

1. If you have a problem with something in your club, you should first communicate your views (perceived problems) to the responsible coach.
2. If you feel, for any reason, that you cannot reach out to the coach directly, then you should turn to the club's board. The board is responsible for initiating and maintaining a dialogue with the coach concerned. The board is responsible for the club's activities and its leaders, in accordance with the club's statutes.
3. If there are any hindrance to contacting the club's board, such as personal connections or if the concerns are linked to the club's board, then you can turn to the Swedish Gymnastics Federation nationally (*Gymnastikombudsman*) or regionally. The Swedish Gymnastics Federation can and will support the club to comply with the RF's and its own statutes and can seek help from the relevant region.
4. For support in the dialogue with the club's board or for guidance in your contact with the Swedish Gymnastics Federation, you can contact the RF/Sisu district you belong to. There are experts in children's and youth sports who can help you further.
5. If a case cannot be handled by either the club, the Swedish Gymnastics Federation or the RF/SISU district, you can contact the *Idrottsombudsmannen* at the Swedish Sports Confederation or use the anonymous and encrypted whistle blower service, where the sports ombudsman receives complaints.

## Raising issues with the Swedish Gymnastics Federation's activities

1. Communicate your views (perceived problems) to the person responsible for the activity.
2. If you are unsure of whom to contact, if you feel that you are not being listened to or if you continue to feel worried about something in the Gymnastics Federation's own activities, then you should contact the *Gymnastikombudsman*, [gymnastikombudsman@gymnastik.se](mailto:gymnastikombudsman@gymnastik.se)
3. You can also contact the sports ombudsman at the Swedish Sports Confederation or use the anonymous and encrypted whistle blower service, where the sports ombudsman receives complaints, [idrottsombudsmannen@rf.se](mailto:idrottsombudsmannen@rf.se)

# Glossary of terms:

## GLOSSARY OF TERMS

Age	In everyday speech, it usually refers to chronological age, which is measured in the number of years and months. Chronological age is not always a relevant measure of development and maturity, therefore in sports biological age and psychosocial maturity should be taken into account.
Age-adapted training	The right training at the right age that is adapted to the biological age and psychosocial maturity.
Comprehensive training	Varied training that includes coordination, mobility, strength, speed and endurance, both physically and mentally.
Child rights perspective	The approach through which the organization in general, and the leaders in it, will work actively to protect the rights of the child in accordance with the UN Convention on the Rights of the Child and in accordance with the Swedish Sports Confederation's guidelines for children and youth sports. The child rights and child perspective (below) mean that adults in one way or another relate to how a child could feel, think or act in a certain context.
Child perspective	The approach through which the organization in general, and the leaders in it, will work actively to protect the rights of the child in accordance with the UN Convention on the Rights of the Child and in accordance with the Swedish Sports Confederation's guidelines for children and youth sports. The child rights and child perspective (below) mean that adults in one way or another relate to how a child could feel, think or act in a certain context
Child´s perspective	The child's perspective requires the adult to ask the individual child what he or she wants or feels. The Swedish Sports Confederation's guidelines for children's and youth sports also state that the sports movement at all levels must pay attention to children's and youth experiences and views. Children and youth should therefore be encouraged to give their views on the activities in which they are involved.
Competition	A specially arranged activity where several people or teams measure their skills in a particular area in order to rank the participants/teams. In a competition, there is usually one winner and one or more losers.
Elite activity	The activity that meets the requirements to be at the uppermost level in Sweden or internationally in gymnastics.
Elite commitment	Demanding, specialized and organized sports activities with stated performance and result goals.
Individual adaptation	Training adapted to everyone based on interest, skill, knowledge and maturity level. Individualized training can be carried out regardless of how the training group is composed.
Joint training	Gender mixed training. Training together regardless of gender, transgender identity or expression. Joint training can also involve training opportunities with athletes from several clubs.
Level adaptation	Training where in certain exercises the group is divided based on level of knowledge and skills.
Level grouping	Where training groups are divided based on skills, age and/or level of knowledge.

Local area	Locally in the same city/region or similar.
Not the focus of attention	Do not create unnecessarily interest in, for example, performance.
One-sided training	The opposite of comprehensive training, i.e. training that is largely focused on one or a few exercises, elements or on the development of one or a few qualities or specific skills.
Permanent level grouping	Groups which lack the possibility to change or modify its composition.
Ranking	A scale that arranges facts/people according to a given system.
Ranking list	Shows a relationship between at least two things/people where one has a higher or lower ranking than the other. Ranking can also mean being ranked equally.
Results list	A summary of all participants' results.
Results report	System for saying, showing or projecting results so participants and/or audiences can take part.
Selection and drafting	To select the best at that time or those who in the future are judged to be the best for competition, camps, teams or training groups. A form of selection that means that the best at a given time gain advantages in competitions, are selected in a team, get more training time, etc.
Training	Activities that aim to increase and/or maintain one or more capacities, both physical, mental and social. Can be both organized and non-organized.
Tryouts	Tryouts/tests for a specific task or for a specific group/team.

# References

**In preventing that the *Guidelines for children's and youth gymnastics* becomes incorrect due to websites being changed or moved, no links to documents are provided here. To read more about the rules and decisions made at any given time, please refer to the respective website.**

To read more about the *Swedish Sports Confederation's guidelines for children's and youth sports*, please refer to the Swedish Sports Confederation's website [www.rf.se](http://www.rf.se).

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The following documents can be found on the Swedish Gymnastics Federation's website [www.gymnastik.se](http://www.gymnastik.se):

- The Swedish Gymnastics Federation's statutes
- The Swedish Gymnastics Federation's code of conduct
- The Swedish Gymnastics Federation's development model
- The Swedish Gymnastics Federation's guidelines for performance-oriented club environments
- The Swedish Gymnastics Federation's technical regulations and all regulations for disciplines and competition
- The Swedish Gymnastics Federation's training requirements for leaders
- The Swedish Gymnastics Federation's guidelines for clubs' children and youth officers
- The Swedish Gymnastics Federation's recommendation on stretching