



IFAGG AGE CATEGORIES FOR YEAR 2025

From 1st January until 31st December 2025

Women Category: gymnasts 16 years and over

Gymnasts born 2009 or earlier

Exception for age limits: Maximum two (2) members of the group may be one (1) year younger than the given minimum age.

University students: 17 years and over (EUSA / FISU)

Gymnasts born 2008 or earlier

Exception for age limits: Maximum two (2) members of the group may be one (1) year younger than the given minimum age.

Junior Category: gymnasts between 14–16 years

Gymnasts born 2011, 2010 and 2009

Exception for age limits: Maximum two (2) members of group may be one (1) year younger or (1) year older than the minimum or maximum given age.

Competing group for Women, Junior and University students' categories

The group consists of 6–15 nominated gymnasts during the season 2025. Reserve gymnasts belong to the group. For every specific competition the group can use 6–10 gymnasts on the competition carpet from 15 nominated gymnasts. Nomination to each competition (preliminaries and/or finals) must be done among nominated gymnasts. If you nominate 15 gymnasts for the first competition – you have used all your nominations for season 2025. If you nominate less than 15 gymnasts for the first competition you may complete your group until 15 gymnasts (names).

Children category 12–14 years

Gymnasts born 2013, 2012 and 2011

Exception for age limits: Maximum two (2) members of group may be one (1) year younger or (1) year older than the minimum or maximum given age.

Children category 10–12 years

Gymnasts born 2015, 2014 and 2013

Exception for age limits: Maximum two (2) members of group may be one (1) year younger or (1) year older than the minimum or maximum given age.

Children category 8–10 years

Gymnasts born 2017, 2016 and 2015

Exception for age limits: Maximum two (2) members of group may be one (1) year younger or (1) year older than the minimum or maximum given age.

Competing group for Children categories

The group consists of 6–14 gymnasts and reserve gymnasts belong to the group.