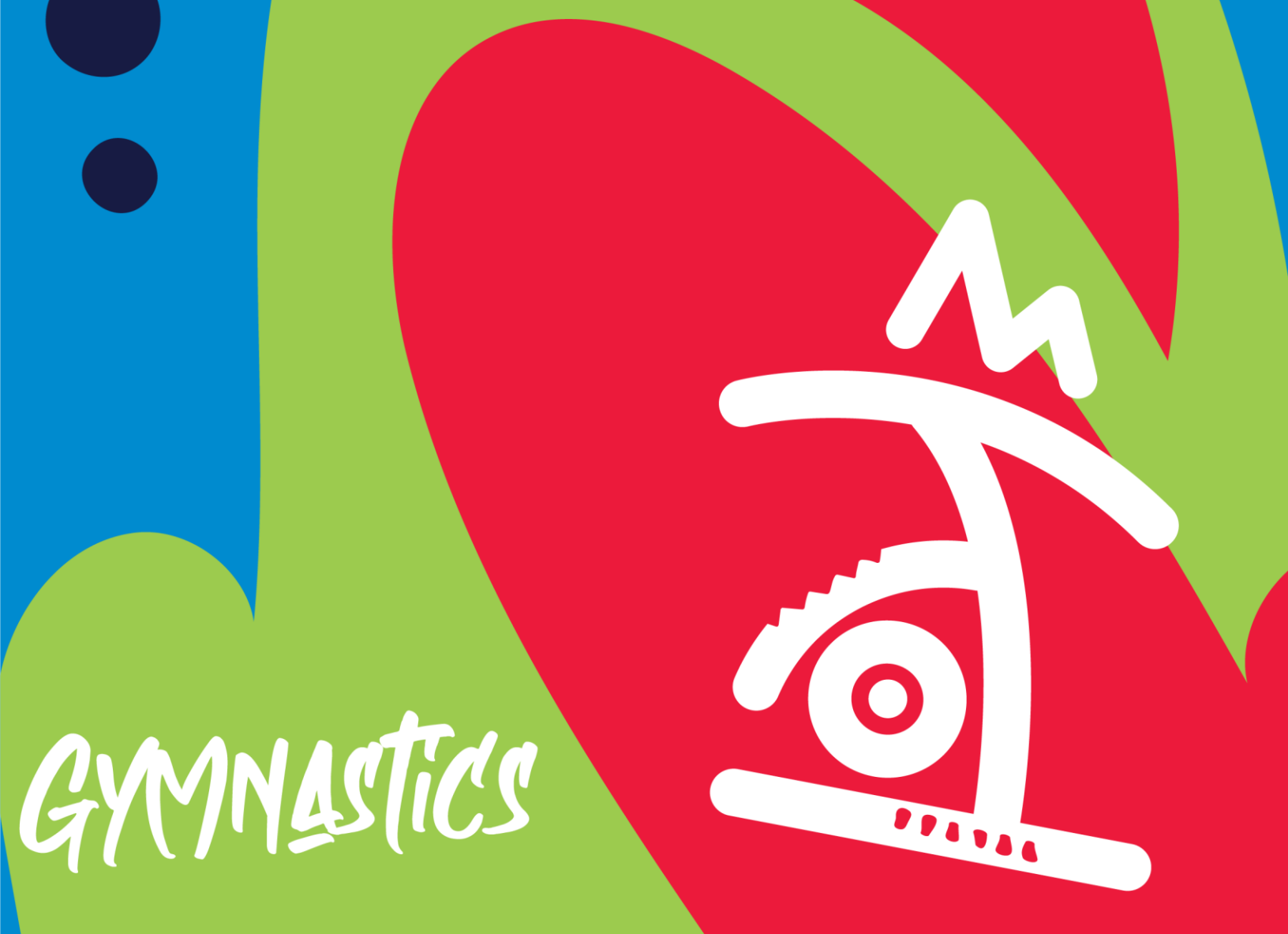


CHANGES CONTROL

DATE	CHANGES	REASON
01/12/2026	Content 15: Sport Schedule Appendix	Change of competition dates
02/24/2026	Content 6: Competition Program and Medals	Complete Competition Program Appendix
	Content 11: Equipment - Uniform - Facilities	Link to Brand Usage Manual for uniforms



GYMNASTICS

TECHNICAL MANUAL

GYMNASTICS



A OTRO
NIVEL

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1. WELCOME

On behalf of the National Government of the Republic of Panama, the Panamanian Sports Institute, and the Panamanian Olympic Committee, we extend a warm welcome to the IV South American Youth Games Panama 2026.

It is an honor for our country to host this sporting event, which celebrates the talent, discipline, and passion of the new generation of athletes in our region. These Games are an opportunity to reaffirm the values that unite us: excellence, friendship, unity, and the Olympic spirit that inspires every participant.

The organizing committee reaffirms its commitment to providing an event that promotes youth sports development, cultural exchange, and integration among the ODESUR member countries. We are working with enthusiasm and dedication to ensure that every detail reflects the pride and hospitality of the Panamanian people.

To all participating delegations, we wish you great success. May this experience in Panama be an opportunity to compete with dedication, learn with humility, and share with joy, in an atmosphere of respect and camaraderie.

Welcome to Panama 2026, where South American youth unite, inspire, and leave their mark in sports history!

Anamae Orillac
General Director
IV South American Youth Games Panama 2026

2. GENERAL INFORMATION ABOUT PANAMA

Panama City is the capital of Panama, an amazing country located in Central America, known for its rich cultural diversity, geography, and strategic role in international trade. Panama City is the only capital city in the world that has a protected rainforest within its city limits. It is a city of contrasts, where the modern blends with the traditional, offering a unique experience for visitors and residents alike. It has impressive skyscrapers, reflecting the economic growth and urban development of recent decades

a. Number of inhabitants

Panama City is the largest and most populous city in the country with 1,439,575 inhabitants in 2023, according to the National Institute of Statistics and Census. It is home to a population rich in ethnicities and traditions. It is a place where you can find a large number of immigrants of different nationalities from all over the world.

b. Location

The Republic of Panama is located in the central part of the American continent, bordered by the Caribbean Sea to the north, The Pacific Ocean to the south, Colombia to the east, and Costa Rica to the west.

c. Altitude

The altitude of Panama City rises to an average of 30 meters above sea level, covering an average area of 100 km². Its highest point is Cerro Ancon, where the Panamanian flag flies at the summit, which can be seen from the city

d. Climate

Panama has a tropical climate, characterized by warm and humid temperatures:

No.	CLIMATE	PANAMA RANGE
1	Temperature:	30/25°C
2	Relative Humidity:	82.40%
3	Precipitation:	223 mm
4	Altitude above sea level:	15 m
5	Sunrise:	6:15
6	Sunset:	18:28
7	Solar noon:	11 a.m.

Source: Instituto de Meteorología e Hidrología de Panamá

e. Currency of Panama

The official currency is the Balboa, which has the same value as the US Dollar and, according to Panamanian law, circulates freely and is used without restrictions in commercial and

financial transactions.

3. SPORTS ORGANIZATIONS AND LEADERS

a. National Olympic Committees

The fifteen (15) Olympic Committees that are part of ODESUR come from the following countries:

ARGENTINA	ARG		COLOMBIA	COL		PARAGUAY	PAR	
ARUBA	ARU		CURAZAO	CUR		PERU	PER	
BOLIVIA	BOL		ECUADOR	ECU		SURINAM	SUR	
BRASIL	BRA		GUYANA	GUY		URUGUAY	URU	
CHILE	CHI		PANAMA	PAN		VENEZUELA	VEN	

b. Organización Deportiva Suramericana (ODESUR)

Phone number: 595 (21) 649 650 – Email: info@odesur.org

Executive Committee 2022 – 2026

NAME	ROLE	COUNTRY
Camilo Pérez López Moreira	President	Paraguay
Mario Moccia	1st Vice President	Argentina
Paulo Wanderley	2nd Vice president	Brasil
Miguel Angel Mujica	Secretary General	Chile
Marco Arze Mendoza	Treasurer	Bolivia
Damaris Young	Vocal	Panamá
Wanda Broeksema	Vocal	Aruba
Jose Luis Echeverry	Vocal	Colombia
Inés Remersaro	Chair of the Athlete's Commission	Uruguay

Technical Commission

NAME	ROLE	COUNTRY
Mario Moccia	President	Argentina
Jorge Delgado	Member	Ecuador
María Delgado	Member	Venezuela
Juan Carlos Orihuela	Member	Paraguay
Rodrigo Moreno	Member	Chile
Francisco Barreto	Member	Brasil
Victor Grouppierre	ACODESU Member	Argentina
Fabio Ramírez García	Technical and Development Director	Colombia

Medical Commission

NAME	ROLE	COUNTRY
Dr. José Veloso	President	Uruguay
Dr. Hugo Rodríguez Papini	Member	Argentina
Juan Diego Parraga	Member	Colombia
Victor Carpio	Member	Perú
Luciano Rezende	Member	Brasil
Gerardo Acosta	Legal Adviser	Paraguay

Follow-up Committee for the IV South American Youth Games 2026

NAME	ROLE	COUNTRY
Marco Arce Mendoza	President	Bolivia
Wanda Broeksema	Member	Aruba
María Soto	Member	Venezuela
Benjamín Hockin	Member	Paraguay
Mario Cilenti	ODESUR Executive Director	Argentina
Fabio Ramírez	ODESUR Technical and Development Director	Colombia

c. INTERINSTITUTIONAL TECHNICAL COMMITTEE

ENTITY	ROLE	NAME
Director of Pandeportes	President	Mr. Miguel Angel Ordoñez
President of Panamenian Olympic Committee	Executive Secretary	Mrs. Damaris Young
Minister of Presidency	Member	Juan Carlos Orillac
Panama City Municipal Government	Member	Mayer Mizrachi
Minister of Culture	Member	Maruja Herrera
Minister de Economy and Finance	Member	Felipe Chapman
Panama Tourism Authority	Member	Gloria María de León
Promptur	Member	Salomón Shamah
Athlete's Representative	Member	Mrs. Daniela Rodríguez

Organizing Committee of the IV South American Youth Games Panamá 2026

General Director
 Anamae Orillac
 E-mail: anamae.orillac@jsjpanama2026.com

Technical Director
 Emilio Wong
 Email: emilio.wong@jsjpanama2026.com

d. Confederación Sudamericana de Gimnasia

President: Juan Navor Medina Lopez
 Address: Calle 14 #10-72 oficina 301/ Sogamoso - Colombia
 Phone number: +573208494393
 E-mail: juanmedinapresidente@gmail.com

e. Federación Panameña de Gimnasia

President: Carlos Antonio Herrera Correa
 Phone Number: +50764803929
 E-mail: presidencia@fpgimnasia.org ; fn-gimnasia@copanama.com

f. International Technical Officials

The Confederación Sudamericana de Gimnasia will appoint the international technical officials.

International Technical Delegate (ITD): Juan Navor Medina Lopez

E-mail: juanmedina@gmail.com

Phone Number: +573208494393

4. IV SOUTH AMERICAN YOUTH GAMES PANAMÁ 2026, IN NUMBERS

- 15 countries
- 22 sports – one guest sport (Chess)
- + 1.500 participating athletes
- 13 days of competition
- 20 sporting venues

5. INFORMATION ABOUT COMPETITION

The gymnastics competition for the IV South American Youth Games Panama 2026 will be held from **April 16th to the 18th 2026** in the venue Figali Convention Center.

6. COMPETITION PROGRAM AND MEDALS

Date	Sessions	Time	Stage
16-apr	S1	9:00	General and Specific Warm-up MAG SUB 1, WAG SUBD 1
	S1	9:50	MAG SUB 1 Competition: Floor, Pommel Horse and Rings
	S1	9:50	WAG SUB 1 Competition: Vault, Uneven Bars
	S2	11:00	General and Specific Warm-up MAG SUB 2, WAG SUBD 2
	S2	11:50	MAG SUB 2 Competition: Floor, Pommel Horse and Rings
	S2	11:50	WAG SUB 2 Competition: Vault, Uneven Bars
17-apr	S1	9:00	General and Specific Warm-up MAG SUB 1, WAG SUBD 1
	S1	9:50	MAG SUB 1 Competition: Vault, Parallel Bars and Horizontal Bar
	S1	9:50	WAG SUB 1 Competition: Balance Beam and Floor
	S2	11:00	General and Specific Warm-up MAG SUB 2, WAG SUBD 2
	S2	11:50	MAG SUB 2 Competition: Vault, Parallel Bars and Horizontal Bar
	S2	11:50	WAG SUB 2 Competition: Balance Beam and Floor
		13:45	MAG and WAG All-Around and Team Awards Ceremony
18-apr	S1	9:30	General and Specific Warm-up - Finals (1)
	S1	10:35	Apparatus Finals MAG and WAG
		13:15	MAG and WAG Awards Ceremony (1)
	S2	16:30	General and Specific Warm-up - Finals (2)
	S2	17:35	Apparatus Finals MAG and WAG
		20:15	MAG and WAG Awards Ceremony (2)

CATEGORIES SUMMONED			MEDALS TO BE AWARDED					
CATEGORIES	MALE	FEMALE	MALE			FEMALE		
			GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE
Floor Exercise	☐		1	1	1			
Pommel Horse	☐		1	1	1			
Still Rings	☐		1	1	1			
Vault	☐		1	1	1			
Horizontal Bar	☐		1	1	1			
Parallel Bar	☐		1	1	1			
Individual All-Around	☐		1	1	1			
Team All-Around	☐		1	1	1			
Vault		☐				1	1	1
Uneven Bars		☐				1	1	1
Balance Beam		☐				1	1	1
Floor Exercise		☐				1	1	1
Individual All-Around		☐				1	1	1
Team All-Around		☐				1	1	1
TOTAL	8	6	8	8	8	6	6	6

The training schedule will be established by the Organizing Committee after receiving all numerical registrations and will be confirmed upon the arrival of the delegations.

For a category to be held, a minimum of four (4) athletes from four (4) different NOCs must participate.

The competition schedule for each category will be established according to the logistics defined after the registration period begins.

In accordance with ODESUR regulations, the prizes will be awarded as follows:

- First place: gold medal.
- Second place: silver medal.
- Third place: bronze medal

All competitors will receive a certificate of participation.

The prizes will be awarded once the competition is over, following the protocol rules of ODESUR, and the official uniform representing their country must be worn.

7. PARTICIPANTS

All athletes from countries whose Olympic Committees are affiliated with ODESUR and

whose National Federations are affiliated with the International Gymnastics Federation (FIG) as of the date of the competition are eligible to participate.

Each NOC may compete with five (5) male athletes and five (5) female athletes.

The number of team officials in a delegation may not exceed 40% of the total number of athletes.

8. ELEGIBILITY

To be eligible and participate in the IV South American Youth Games Panama 2026, the athlete must comply with the ODESUR statutes and the rules of the Confederación Suramericana de Gimnasia.

a. Competitors' Nationality

Any competitor participating in the IV South American Youth Games Panama 2026 must have the nationality of the country of the NOC that registered them, which will be responsible for that registration. The nationality and eligibility of the competitor is determined in accordance with ODESUR regulations.

b. Age of Competitors

Male athletes born between **January 1st 2009, and December 31st 2010** (ages 16–17), and female athletes born between **January 1st 2011 and December 31st 2012** (ages 14–15), will be eligible to participate

9. REGISTRATION

a. Intention to Participate

All National Olympic Committees' must submit their intention to participate by **October 1st 2025**, at 11:59:59 p.m. (Panama Time), using the official forms that the Organizing Committee will send out in due course. They must indicate the sports in which they will participate for the IV South American Youth Games Panama 2026. Forms will be published on the official website.

b. Numerical Registration

Numerical Registration Forms (individual and team) will indicate, without specifying names, the number of officials, technical staff, competitors, and support personnel that will make up the delegation. These forms must be submitted through the respective National Olympic Committee (NOC) and received by the Organizing Committee of the IV South American Youth Games Panama 2026 no later than **November 30th 2025**, at 11:59:59 PM (Panama

time).

c. Long List Registration

the long list of athletes, team officials, technical staff, administrative, and auxiliary personnel must be sent to the Organizing Committee of the IV South American Youth Games Panama 2026 no later than **January 20th 2026**, at 23:59:59 (Panama Time). The long list may be submitted by email in order to meet the deadline.

d. Final Nominal Registration

The nominal list for gymnastics must be submitted no later than **March 12th 2026**, at 23:59:59 (Panama time).

The final list of athletes, team officials, technical staff , administrative and support personnel will be reviewed by the Head of Mission or a representative authorized by the NOC and representative of the Organizing Committee (Registrations – Accreditations - Technical, etc.) during the “Delegation Registration (PRE DRM DRM) ” meetings, which will be held virtually on the following dates: February 20th, 2026, and March 20th, 2026, and an in-person DRM starting on April 6th, 2026 which will take place at the organizing Committee’s office.

At the time of Final Registration, no new registrations may be included; registration will be limited to the names listed in the Nominal List – Long List and may not exceed the number of athletes indicated in the Technical Instructions (Technical Manual) for each sport.

The number of team officials in delegations may not exceed 40% of the total number of athletes confirmed in the DRM. Once the DRM is complete, the registration and accreditation process for the delegation will be finished, and it will not be possible to accredit any other participants, except in exceptional circumstances duly authorized by ODESUR.

e. Sending Information

Any information regarding registrations or other matters may be sent to: *
Email: direcciontecnicapanama2026@jsjpanama2026.com

10. GYMNASTIC RULES

a. GENERAL RULES

The competitions will be conducted in accordance with the current regulations of the International Gymnastics Federation (FIG) and will be supervised by the Confederación Suramericana de Gimnasia and the Organizing Committee. *

Matters not covered by these regulations will be resolved as follows:

- **General matters:** by the Organizing Committee of the IV South American Youth Games Panama 2026, in accordance with the regulations of CONSUGI and ODESUR.
 - **Technical matters:** in accordance with the rules of the FIG and the South American Gymnastics Confederation.
- b. COMPETITION STAFF: (JUDGES, JURORS AND TECHNICAL OFFICIALS)

The South American Gymnastics Confederation will appoint the judges and referees required for the event.

To ensure the proper execution of the competition program, the Organizing Committee, together with the South American Confederation, will appoint the necessary personnel.

No referee, judge, and/or commissaire may serve as a delegate for their team or stay with their delegation.

c. PROTESTS AND APPEALS

The Technical Committee will be composed of the President of the South American Confederation or their representative, and one member appointed by the delegates of the countries participating in the event.

The Superior Jury will be composed of the President of the Confederación Suramericana de Gimnasia (CONSUGI), the Presidents of the National Federations, and a third alternate member appointed during the Technical Meeting by the delegates of the participating countries. When a team from any member is involved in a protest, that member may not participate in the deliberation and must be replaced by the alternate member. The decisions of the Jury are final and unappealable.

All technical protests must be submitted in writing to the Appeals Jury and must be accompanied by a deposit of one hundred U.S. dollars (USD 100).

The decisions of the Appeals Jury are final and must be resolved before the start of the next day's competition.

11. EQUIPMENT - UNIFORMS – FACILITIES

The uniforms and sports equipment used by athletes and other participants in the competitions of the IV South American Youth Games Panama 2026 must comply with the regulations of the International Gymnastics Federation (FIG) and those of ODESUR.

[ODESUR - Manual for the use of manufacturer trademarks](#)

12. TECHNICAL MEETING

The Delegates' Technical Meeting will be held on a date to be confirmed at the Games Organizing Committee headquarters.

Up to two (2) representatives from each NOC may attend the Final Registration Verification, one with voting rights, along with an interpreter or assistant, if necessary.

The Final Registration Verification will include confirmation of the final participant registrations by category, confirmation of totals, the drawing to determine the order of competing countries, as well as the verification of passports and competition uniforms in accordance with International Federation of Gymnastics and ODESUR regulations.

13. MEDICAL INFORMATION

a. Doping Control

Doping control tests Will be carried out by the Medical Commission of the Organizing Committee of the IV South American Youth Games Panama 2026 under the regulations of the ODESUR Medical Commission and in accordance with its Anti-Doping Rules approved by World Anti-doping Agency (WADA).

ODESUR reaffirms its policy of rejecting, sanctioning, and discouraging the use of doping substances and prohibited methods to ensure the healthiest, safest, fairest, and most ethical environment in sports competitions during the IV South American Youth Games Panama 2026.

The selection of athletes for sample collection in accordance with the ODESUR Anti-Doping Rule Violation and may be immediately removed from the IV South American Youth Games Panama 2026 and have their credential withdrawn.

b. Medical services at competition and training sites

A medical station will be available to provide first aid to athletes and officials at each competition and training site, equipped with all necessary safety equipment for Sporting activities. Ambulances will always be available in cases where a member of the IV South American Youth Games Panama 2026 needs to be transferred to a hospital.

14. POST- COMPETITION PROCEDURES

a. Mixed Zone

At the end of each event, athletes will be instructed to leave the Competition Area by passing through the Mixed Zone, which is an area where accredited media may conduct

brief interviews after the competition.

Athletes must pass through the Mixed Zone where they will be asked to cooperate and talk with media representatives.

15. SPORTS SCHEDULE APPENDIX

Schedule

EVENT	APRIL															
	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
GYMNASTICS							■	■	■							

TECHNICAL MANUAL

GYMNASTICS



IV JUEGOS SURAMERICANOS DE LA JUVENTUD

ARGENTINA
ARUBA
BOLIVIA
BRASIL
CHILE
COLOMBIA
CURAZAO
ECUADOR
GUYANA
PANAMÁ
PARAGUAY
PERÚ
SURINAM
URUGUAY
VENEZUELA

A OTRO
NIVEL

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