



**EUROPEAN  
CHAMPIONSHIPS**  
ARTISTIC GYMNASTICS  
ZAGREB 2026  
PRESENTED BY  
**DOBRO**



**CRO  
GYMNASTICS**



**HRVATSKI GIMNASTIČKI SAVEZ**  
Slavonska avenija 2, 10000 Zagreb, Hrvatska  
OIB: 03887717590  
IBAN: HR522360000-1101481673 SWIFT: ZABHR2X  
+385 1 3012 324 / hgs@hgs.hr / www.echzagreb2026.com  
Facebook i Instagram: @crogymnastics

## **International scientific-professional conference “Smarter Gymnastics”** Zagreb, Croatia | August 21-23, 2026

### **ABOUT THE CONFERENCE**

The *Smarter Gymnastics – Scientific and Professional Conference* is organized by the **Croatian Gymnastics Federation** in cooperation with the **University of Zagreb Faculty of Kinesiology**, within the framework of the [European Artistic Gymnastics Championships Zagreb 2026](#)

The primary goal of the conference is to connect scientists, coaches, practitioners, and institutions in the field of gymnastics, fostering collaboration and the exchange of knowledge between science and practice.

The conference aims to:

- strengthen cooperation between academic institutions and the gymnastics community
- promote the application of scientific knowledge in coaching and training
- encourage interdisciplinary research and innovation in gymnastics
- create a platform for international networking and future partnerships

### **CONFERENCE TOPICS**

The conference welcomes scientific and professional contributions related to the following gymnastics disciplines (recognized by World Gymnastics and European Gymnastics):

- Men's Artistic Gymnastics
- Women's Artistic Gymnastics
- Rhythmic Gymnastics
- Trampoline Gymnastics
- Aerobic Gymnastics
- Acrobatic Gymnastics
- Parkour
- TeamGym
- Gymnastics for All

Submissions may address topics related to elite sport, recreational sport, coaching methodology, motor learning, biomechanics, performance analysis, injury prevention, sports medicine, training technology, and other interdisciplinary scientific and professional aspects within gymnastics.



**EUROPEAN  
CHAMPIONSHIPS**  
ARTISTIC GYMNASTICS  
ZAGREB 2026  
PRESENTED BY  
**DOBRO**



**CRO  
GYMNASTICS**



**HRVATSKI GIMNASTIČKI SAVEZ**  
Slavonska avenija 2, 10000 Zagreb, Hrvatska  
OIB: 03887717590  
IBAN: HR522360000-1101481673 SWIFT: ZABHR2X  
+385 1 3012 324 / hgs@hgs.hr / www.echzagreb2026.com  
Facebook i Instagram: @crogymnastics

## CONFERENCE PROGRAMME

<b>Day 1 – Friday, August 21, 2026</b>		
<b>TIME</b>	<b>ACTIVITY</b>	<b>VENUE</b>
All day	Arrival of participants and registration	Hotel
16:00 – 16:30	Poster setup	Arena Zagreb
17:00 – 20:30	Watching the Finals	Arena Zagreb
21:00 – 22:00	Dinner	Hotel
<b>Day 2 – Saturday, August 22, 2026</b>		
09:00 – 09:30	Opening Ceremony	Hotel
09:30 – 10:30	Round Table	Hotel
10:30 – 11:00	Coffee break	Hotel
11:00 – 12:00	Plenary Lecture – <b>Prof. Flavio Bessi</b> <i>Are we training in line with current scientific evidence? A reflection on our ritual practices.</i>	Hotel
12:00 – 13:00	Oral presentations	Hotel
13:00 – 14:00	Lunch	Hotel
15:00 – 16:00	Poster session	Arena Zagreb
16:30 – 19:00	Watching the Finals	Arena Zagreb
20:00 – 21:00	Dinner	Hotel
<b>Day 3 – Sunday, August 23, 2026</b>		
09:00 – 10:00	Plenary Lecture – <b>Prof. Ivan Čuk</b> <i>Mens Sana in Corpore Sano: Past, Present, and Future</i>	Hotel
10:00 – 10:30	Coffee break	Hotel
10:30 – 11:30	Oral presentations	Hotel
11:30 – 12:00	Closing Ceremony & Awards	Hotel
12:00 – 13:00	Lunch	Hotel
13:30 – 17:00	Watching the Finals	Arena Zagreb
20:00 – 21:00	Dinner	Hotel
<b>Day 4 – Monday, August 24, 2026</b>		
All day	Departure of participants	Hotel



**EUROPEAN  
CHAMPIONSHIPS**  
ARTISTIC GYMNASTICS  
ZAGREB 2026  
PRESENTED BY  
**DOBRO**



**CRO  
GYMNASTICS**



**HRVATSKI GIMNASTIČKI SAVEZ**  
Slavonska avenija 2, 10000 Zagreb, Hrvatska  
OIB: 03887717590  
IBAN: HR522360000-1101481673 SWIFT: ZABHR2X  
+385 1 3012 324 / hgs@hgs.hr / www.echzagreb2026.com  
Facebook i Instagram: @crogymnastics

## PLENARY SPEAKERS

### **Prof. Flavio Bessi, University of Freiburg Institute of Sport and Sport Science, Germany**



Prof. Flavio Bessi is a gymnastics expert and researcher at the Institute of Sport and Sport Science at the University of Freiburg, Germany. His work focuses on artistic gymnastics, coach education, motor learning, and the biomechanics of gymnastic movements. In addition to his academic role, he has served as a national coach for junior gymnastics teams in Germany and has been involved as an expert in the FIG Coaching Academy and the German Olympic Sports Confederation. He is also the founder and long-time organizer of the International Freiburg Gymnastics Congress and author of several books and scientific publications on gymnastics training and methodology.

### **Prof. Ivan Čuk, University of Ljubljana Faculty of Sport, Slovenia**



Prof. Ivan Čuk is a professor of gymnastics at the Faculty of Sport at the University of Ljubljana, Slovenia. He is an internationally recognized researcher in the field of artistic gymnastics and the founder and editor-in-chief of the Science of Gymnastics Journal. His research focuses on gymnastics biomechanics, judging and performance analysis. Throughout his career he has significantly contributed to the development of gymnastics science and education and has received several honours from the University of Ljubljana for his impact on the field.



**EUROPEAN  
CHAMPIONSHIPS**  
ARTISTIC GYMNASTICS  
ZAGREB 2026  
PRESENTED BY  
**DOBRO**



**CRO  
GYMNASTICS**



**HRVATSKI GIMNASTIČKI SAVEZ**  
Slavonska avenija 2, 10000 Zagreb, Hrvatska  
OIB: 03887717590  
IBAN: HR522360000-1101481673 SWIFT: ZABHR2X  
+385 1 3012 324 / hgs@hgs.hr / www.echzagreb2026.com  
Facebook i Instagram: @crogymnastics

## **ABSTRACT SUBMISSION GUIDELINES**

Participants are invited to submit abstracts related to the scientific fields covered by the conference topics. Each participant may submit a **maximum of two abstracts**. However, a participant may serve as **first author on only one submission**. All abstracts must be submitted in **English**. All abstracts must be submitted via email to [conference@echzagreb2026.com](mailto:conference@echzagreb2026.com) at the time of registration. Late submissions will not be accepted.

### **Technical Requirements**

- Abstracts must be submitted in Microsoft Word format (.doc or .docx)
- Font: Times New Roman; Font size: 12 pt; Single spaced; Justified
- Immediately after the title, please provide:
  - Full name(s) of the author(s)
  - Institutional affiliation(s) (Institution / Department / City / Country)

### **Abstracts must be structured under the following headings:**

- Title (centred, bold, max. 15 words)
- Introduction / Purpose (Briefly describe the background, rationale, and aim of the study)
- Methods (Describe study design, participants, procedures, instruments, and data analysis)
- Results (Present main findings concisely)
- Conclusions (Summarize the implications and relevance of the results)
- Keywords (up to 6, separated by commas)
- References (maximum 3 references) should be formatted according to APA 7<sup>th</sup> edition

The abstract must not exceed 350 words.

### **Oral Presentation Guidelines**

- **Eligibility:** Only accepted abstracts are eligible for presentation at the conference. The Scientific Committee will determine whether a submission will be assigned as an oral or poster presentation.
- **Presentation Time:** Each oral presentation will last 12 minutes (10 minutes for the presentation and 2 minutes for questions and discussion).
- **Language:** Presentations should be delivered in English.
- **Format:** Authors are encouraged to use PowerPoint or a similar presentation format.
- **Content & Structure:** The presentation should clearly present the purpose of the study, methods, key results, and main conclusions.
- **Time Management:** Presenters are kindly asked to strictly adhere to the allocated time to ensure the smooth running of the session.
- **Presentation File Submission:** Presenters should upload their presentation at least 30 minutes before the session.
- **Moderation:** Each session will be chaired by a moderator, who will manage timing and discussion.



**EUROPEAN  
CHAMPIONSHIPS**  
ARTISTIC GYMNASTICS  
ZAGREB 2026  
PRESENTED BY  
**DOBRO**



**CRO  
GYMNASTICS**



**HRVATSKI GIMNASTIČKI SAVEZ**  
Slavonska avenija 2, 10000 Zagreb, Hrvatska  
OIB: 03887717590  
IBAN: HR522360000-1101481673 SWIFT: ZABHR2X  
+385 1 3012 324 / hgs@hgs.hr / www.echzagreb2026.com  
Facebook i Instagram: @crogymnastics

### Poster Preparation Guidelines

- **Eligibility:** Only accepted abstracts are eligible for poster presentation. The Scientific Committee will determine whether a submission will be assigned as an oral or poster presentation.
- **Poster Presentation Time:** Authors presenting a poster will have 5 minutes to briefly present their work during the poster session.
- **Dimensions:** Posters should ideally measure 70 cm (width) × 100 cm (height).
- **Orientation:** Posters should be in portrait format.
- **Display:** Posters will be displayed during the conference poster session.
- **Content & Structure:** The poster's structure should include:
  - Title
  - Author(s) and affiliation(s)
  - Introduction / Purpose
  - Methods
  - Results
  - Conclusions
  - References (up to 3)
- **Readability:** All text, figures, and tables must be legible from a distance of at least 2 meters.
- **Design Responsibility:** Authors are fully responsible for the layout, formatting, and overall design of their poster.
- **Arrive Early:** Authors should arrive at their poster at least 10 minutes before the session.
- **Moderation:** Poster sessions will be led by a moderator.

### CONFERENCE AWARDS

To recognize and promote excellence in scientific research and presentation, awards will be presented for outstanding contributions during the conference. The awards are intended to highlight high-quality research and encourage the active participation of researchers and students.

- **Best Oral Presentation and Scientific Paper Award** – Presented to the author of the most outstanding oral presentation and scientific contribution at the conference. The award includes the opportunity to publish the paper in the *Science of Gymnastics Journal*.
- **Best Student Scientific Paper Award** – Presented to the student author of the most outstanding scientific paper presented at the conference. The award consists of a book or a scientific publication.



**EUROPEAN  
CHAMPIONSHIPS**  
ARTISTIC GYMNASTICS  
ZAGREB 2026  
PRESENTED BY  
**DOBRO**



**CRO  
GYMNASTICS**



**HRVATSKI GIMNASTIČKI SAVEZ**  
Slavonska avenija 2, 10000 Zagreb, Hrvatska  
OIB: 03887717590  
IBAN: HR522360000-1101481673 SWIFT: ZABHR2X  
+385 1 3012 324 / hgs@hgs.hr / www.echzagreb2026.com  
Facebook i Instagram: @crogymnastics

## **REGISTRATION**

All participants must register through this [>>>LINK](#)

All abstracts must be submitted via email to [conference@echzagreb2026.com](mailto:conference@echzagreb2026.com) at the time of registration. Late submissions will not be accepted.

### **Conference Fee:**

- EUR 200 – Regular participant
- EUR 150 – Student
- EUR 50 – Visitor

### **Conference Fee Includes:**

- Access to all scientific and professional sessions, opening and closing ceremony, official conference materials, and coffee and tea breaks during the conference
- Tickets for all 3 days of the European Championships Finals: August 21, 22 and 23 (not valid for Visitors)

**Abstract submission deadline:** June 31, 2026

**Registration deadline:** June 31, 2026

**Payment deadline:** July 15, 2026 (payment after receiving Invoice)

### **Important Notice:**

- Please note that failure to pay the conference fee will result in the exclusion of the contribution from the Conference Proceedings. The conference follows the principle: “one fee – one author – one paper”

### **Accommodation**

Accommodation can be booked after registration. Instructions for booking accommodation will be sent to the email address provided during registration.



**EUROPEAN  
CHAMPIONSHIPS**  
ARTISTIC GYMNASTICS  
ZAGREB 2026  
PRESENTED BY  
**DOBRO**



**CRO  
GYMNASTICS**



**HRVATSKI GIMNASTIČKI SAVEZ**  
Slavonska avenija 2, 10000 Zagreb, Hrvatska  
OIB: 03887717590  
IBAN: HR522360000-1101481673 SWIFT: ZABAHR2X  
+385 1 3012 324 / hgs@hgs.hr / www.echzagreb2026.com  
Facebook i Instagram: @crogymnastics

## CONFERENCE COMMITTEES

### ORGANIZING COMMITTEE

- Tomislav Krističević, PhD, University of Zagreb Faculty of Kinesiology, Croatia – President
- Marijo Možnik, PhD, University of Zagreb Faculty of Kinesiology, Croatia
- Lucija Milčić, PhD, University of Zagreb Faculty of Kinesiology, Croatia
- Josipa Radaš, PhD, University of Zagreb Faculty of Kinesiology, Croatia
- Kristijan Slačanac, PhD, University of Zagreb Faculty of Kinesiology, Croatia
- Zvonimir Tomac, PhD, Josip Juraj Strossmayer University of Osijek Faculty of Kinesiology, Croatia
- Petr Hedbávný, PhD, Masaryk University Faculty of Sports Studies, Masaryk University, Czech Republic
- Aleksandra Aleksić-Veljković, PhD, University of Niš Faculty of Sport and Physical Education, Serbia
- Miha Marinšek, PhD, University of Maribor Faculty of Education, Slovenia
- Muhamed Tabaković, PhD, University of Sarajevo Faculty of Sport and Physical Education, Bosnia and Herzegovina
- Snežana Bijelić, PhD, University of Banja Luka Faculty of Physical Education and Sport, Bosnia and Herzegovina

### SCIENTIFIC COMMITTEE

- Maja Pajek, PhD, University of Ljubljana Faculty of Sport, Slovenia – President
- Lucija Milčić, PhD, University of Zagreb Faculty of Kinesiology, Croatia
- Tomislav Krističević, PhD, University of Zagreb Faculty of Kinesiology, Croatia
- Marijo Možnik, PhD, University of Zagreb Faculty of Kinesiology, Croatia
- Josipa Radaš, PhD, University of Zagreb Faculty of Kinesiology, Croatia
- Sunčica Delaš, PhD, University of Split Faculty of Kinesiology, Croatia
- Karmen Šibanc, PhD, University of Ljubljana, Ljubljana Faculty of Sport, Slovenia
- Miriam Kalichova, PhD, Masaryk University Faculty of Sports Studies, Czech Republic
- Saša Veličković, PhD, University of Niš Faculty of Sport and Physical Education, Serbia
- Almir Atiković, PhD, University of Tuzla Faculty of Sport and Physical Education, Bosnia and Herzegovina