

30.11 - 04.12
2026

Moscow Region, Lyubertsy



GYMNASTICS — MY LIFE

Regulations of the International
Rhythmic Gymnastics
Competition





GYMNASTICS — MY LIFE



*Rhythmic gymnastics tournament
in memory of the
Honored Coach of Russia,
Coach of the Highest Category,
a coach who left a lasting mark on the history
of world rhythmic gymnastics,
a coach who devoted herself entirely
to the work she loved*

Elena Lvovna Karpushenko

GOALS AND OBJECTIVES

- 🌙 promoting and further developing rhythmic gymnastics;
- 🌙 engaging children and teenagers in physical education and sports;
- 🌙 promoting a healthy lifestyle;
- 🌙 identifying the strongest and most promising gymnasts;
- 🌙 sharing experience among teams and improving athletic skills;
- 🌙 strengthening cultural, creative and friendly ties between sports schools and teams of the Russian Federation and of countries near and far.

The competition is held in accordance with the 2026 Calendar Plan of physical culture and sports events of the Physical Culture and Sports Society of Trade Unions "Rossiya", under the international WG rules (2025–2028), as an individual championship in the individual program and group exercises. The competition is held to develop and popularize rhythmic gymnastics.

VENUE AND DATES

30.11 - 04.12

2026

Moscow Region,
Lyubertsy

Russian Federation, Moscow Region,
Lyubertsy, 4 Smirnovskaya St.,
Triumph Sports Palace



COMPETITION SCHEDULE:

NOVEMBER 30
2026:

- Arrival day, accreditation of participants

DECEMBER 1
2026:

- First day of competition, awards ceremony
- Opening ceremony

DECEMBER 2
2026:

- Second day of competition, awards ceremony

DECEMBER 3
2026:

- Third day of competition, awards ceremony
- Closing ceremony

DECEMBER 4
2026:

- Departure day

COMPETITION MANAGEMENT

The organizational preparation of the competition is carried out by the Organizing Committee of the Physical Culture and Sports Society of Trade Unions "Rossiya". The co-organizers of the competition are the Moscow Regional Public Organization "Rhythmic Gymnastics Federation", the Association of Sports Clubs of the Moscow Region, and the Rhythmic Gymnastics Federation of the Lyubertsy Urban District. The competition is conducted by the Chief Panel of Judges.

COMPETITION PROGRAM AND PARTICIPANTS

The competition is held as an individual championship in the individual program and group exercises according to the following programs:

INDIVIDUAL PROGRAM:

Year of birth	Group "A"	Group "B"	Group "C"
SENIORS 2010 and older	3 apparatus of choice	2 apparatus of choice	1 apparatus of choice
JUNIORS 2011 2012	3 apparatus of choice	2 apparatus of choice	1 apparatus of choice
PRE-JUNIORS 2013 2014	3 apparatus of choice	2 apparatus of choice	1 apparatus of choice
2015	3 apparatus of choice	2 apparatus of choice	Without apparatus + 1 apparatus of choice
2016	3 apparatus of choice	2 apparatus of choice	Without apparatus + 1 apparatus of choice
2017	Without apparatus + 2 apparatus of choice	Without apparatus + 1 apparatus of choice	1 apparatus of choice
2018	Without apparatus + 2 apparatus of choice	Without apparatus + 1 apparatus of choice	1 apparatus of choice
2019	Without apparatus + 2 apparatus of choice	Without apparatus + 1 apparatus of choice	1 apparatus of choice
2020	Without apparatus + 1 apparatus of choice	1 apparatus of choice	Without apparatus
2021	Without apparatus + 1 apparatus of choice	1 apparatus of choice	Without apparatus

"Apparatus of choice" does not include "Without apparatus".

GROUP EXERCISES:

Year of birth	Group "A"	Group "B"
SENIORS 2010 and older	5 balls + 3 hoops/2 pairs of clubs	1 apparatus of choice
JUNIORS 2011 2012	5 balls + 5 ribbons	1 apparatus of choice
PRE-JUNIORS 2013 2014	2 apparatus of choice	1 apparatus of choice
2015	2 apparatus of choice	1 apparatus of choice
2016	1 apparatus of choice + Without apparatus	1 apparatus of choice
2017 2018 2019	Without apparatus	–
2020 2021	Without apparatus	–

"Apparatus of choice" does not include "Without apparatus".

The organizers reserve the right to shorten the program.

PAYMENT TERMS

Individual program, Group "A"	5 000 RUB
Individual program, Group "B"	5 000 RUB
Individual program, Group "C"	5 000 RUB
Group exercise	20 000 RUB PER TEAM

Travel, meals and accommodation expenses of coaches, athletes, judges and representatives are covered by the sending organizations. The competition is financed by the Physical Culture and Sports Society of Trade Unions "Rossiya" and by sponsorship funds.

CONDITIONS AND ENTRY APPLICATIONS

Athletes of municipalities, sports schools and sports clubs of the constituent entities of the Russian Federation, as well as of countries near and far, who compete in this program and have the appropriate qualification and medical clearance, are admitted to the competition. The competition is held under WG rules as an individual championship in the individual program and group exercises.

DOCUMENTS REQUIRED BY THE COMPETITION REGULATIONS:

-  **Nominative entry form** certified by a doctor and the sending organization (original);
-  **Parental consent for the child's participation in the competition** (original);
-  **Accident insurance policy** (original/copy);
-  **Payment of the entry fee;**
-  **Identity document** (original/copy);

- A high-quality recording of the music for the routines must be provided on USB drives for each performance (according to WG rules).
- Each team must provide one judge for all days of the competition.
- Preliminary entries for the competition are accepted no later than November 10, 2026, by email:

csfsoprus@gmail.com

DETERMINATION OF WINNERS AND AWARDS

Winners are determined in each age group and in each subgroup by the highest total score. Winners and medalists of the competition in the individual program and group exercises are awarded medals, diplomas and commemorative gifts from the Physical Culture and Sports Society of Trade Unions "Rossiya".



Coaches who trained the winners of the competition are awarded diplomas of the Physical Culture and Sports Society of Trade Unions "Rossiya" and commemorative prizes.



Every participant in the competition is awarded commemorative gifts from the Physical Culture and Sports Society of Trade Unions "Rossiya".

PROCEDURE FOR FILING AND REVIEWING PROTESTS

Protests are filed and reviewed in accordance with the adopted Technical Regulations (2025–2028) of World Gymnastics (WG).

MEDICAL SUPPORT

First aid to participants is provided by the competition doctor. The organizers are not responsible for injuries or damage to health sustained by participants during the competition. This responsibility rests with the athletes themselves and their parents.

CONTACTS:

ORGANIZING COMMITTEE:

Alexandra (preliminary entries)
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ACCOMMODATION:

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These regulations constitute an official invitation to the competition.