



EAST CUP & OLYMPIC STARS

**VIII- International
Rhythmic Gymnastics Tournament
and GRAND PRIX series**

INVITATION

**Dubai, UAE
8-10 May 2026**



Dear Friends,
We have the great pleasure to invite you to International
Rhythmic Gymnastics Tournament and Grand Prix series, which
will be hold
May 8-10, 2026 –Dubai, UAE.

We are look forward to seeing you in unique Dubai.

Organizer: International Association of sport clubs,
MFSOO “Youth talent”

Date and place:
May 8-10

Al Safa Sports Hall, 40 B Street, Al Wasl, Dubai, UAE

Delegation:

The delegation consists of:

- judge 1 (200 \$ dollar per day without judge)
- coach 1
- gymnasts (unlimited)
- head of delegation 1

Schedule:

8 May – arrival of the delegations and accommodation, technical Meeting for judges

9 May – competitions for individual and group exercises
Award ceremony, Gala, banquet

10 May – competitions for individual and group exercises
Award ceremony, Gala, banquet

11 May – Departure of delegations

Entries:

Definitive Registration **25.02.2026**

Visa Request Form **10.03.2026**

Accommodation Form **20.03.2026**

Nominative Registration **10.04.2026**

Travel Schedule Form **10.04.2026**



Music:

send to e-mail: alazizabdullaev76@gmail.com and USB for each routine (According to the FIG Code of Points, 2025-2028)

Entry fee:

Voluntary membership fee individual and group **180 \$ USD per gymnast** (+20\$ USD for group if stays in both level)

For group D voluntary membership fee **130 \$ USD per gymnast**

Entrance to the stands is by ticket only **30 \$ USD** - two days ticket

Accommodation: Hotel “**Holiday Inn Express**”- **80 \$ USD** per day per person twin room, **70 \$ USD** per day per person triple (with breakfast). Organizers provide transport service airport-hotel-airport only who stay in this hotels.

Note: All expenses have be paid by the participants upon arrival to organizing committee

Awards:

The 1st places in all around will receive Cups, Diploma, Medals and gifts.
The 2nd -3d places in all around will receive Cups, Diploma, Medals and gifts.

The 1st -3d places receive a Diploma and Medals in each apparatus

Grand Prix

The 1st places Cups in level A (Juniors and Seniors money price, coaches of winners will get money price too).

The 2nd -3d places receive Medals (Juniors and Seniors money price, coaches of winners will get money price too).



Note:

Grand Prix competition will be only in level **A**, but only one best results from each country will be in the classification

All the participants will receive presents, and special winners:

Miss Original, Miss Smile, Miss Artistic, Miss Gracious

Gymnasts are welcome to participate in the Gala – program with performance of max 3 minutes

The organizers have the right to participate with unlimited number of gymnasts.

P.S. Check if Visa is necessary, please send us the following information until 10 March, 2026:

Name of the gymnast/judge/coach. Date of birth.

Passport number and date of issue, date of expiry and issuing office.

Home address

Insurance:

All participants should have their own Health & Accident insurance as the organizer is not responsible.

Contacts:

Director of tournament:

Abdullaeva Zarrina Azamovna

e-mail: zarrinotchka@rambler.ru

mob: +99890 3511072 WhatsApp (Russian, English)



Individual exercises

	Level A	Level B	Level C
Mini baby born 2020 – and later	Without apparatus	Without apparatus	Without apparatus
Baby 2019	2 exercises: W/A App. by choice	W/A	W/A
Mini 2018	3 exercises: W/A App. by choice	2 exercises: W/A App. by choice	W/A
Children 2017	3 exercises: W/A App. by choice	2 exercises: W/A App. by choice	W/A
Children 2016	3 exercises: 3 App. by choice	2 exercises: App. by choice	2 exercises: W/A App. by choice
Children 2015	3 exercises: App. by choice	2 exercises: App. by choice	2 exercises: W/A App. by choice
Children 2014	3 exercises: App. by choice	3 exercises: App. by choice	2 exercises: App. by choice
Junior 2013-2011	3 exercises: App. by choice	3 exercises: App. by choice	
Seniors 2010-and older	3 exercises: App. by choice	3 exercises: App. by choice	

Group exercises, trios and duets

Mini baby born 2020 – and later	Without apparatus	FIG program
Baby 2019-2018	Without apparatus	FIG program
Mini 2018-2017	Without apparatus	FIG program
Children 2016-2015	Without apparatus	FIG program
Children 2014-2015	W/A + 1 App. by choice	FIG program
Children 2014-2013	2 App. by choice	FIG program
Junior 2011-2013	FIG program	FIG program
Seniors 2010-and older	FIG program	FIG program

Level D

1. Fold/Pike;
2. Small basket (laying on your stomach, lean back, bend your knees, reach your head with your feet);
3. Bridge (laying or standing);
4. Forward somersault (roll);
5. Backward somersault (roll);
6. Split with right leg;
7. Middle split;
8. Split with left leg;
9. "Passe" balance with the right and left leg;
10. High jump in place with pivot, (Chupa chups)



REGISTRATION FORM

CLUB -----

CONTACT NAME -----

ADDRESS -----

CITY -----

TEL. -----

E-MAIL -----

Name of gymnast	Date of Birth	Category	Apparatus	
Head of the delegation				
Judge				
Coach				
Support				

Date and time of arrival (flight details)_____

Date and time of departure: _____

Notice