



GYMNASTIKA

JUNIOR

SOLO CUP

May 14-18, 2026
Dubai, United Arab Emirates

 Al Raya Girl's School

INVITATION

International teams and UAE teams will compete for an impressive **prize fund of \$10,000** in two separate rankings: International and UAE National

Title sponsor
SOLO



PRIZE FUND:
10000 \$



DEAR CLUBS,

GYMNASTIKA RG CLUB invites you to take part in the international tournament GYMNASTIKA SOLO CUP JUNIOR, which will be held in **DUBAI (UNITED ARAB EMIRATES)** from **May 14 to 18, 2026**.

Discipline:

Rhythmic Gymnastics

Organizer:

GYMNASTIKA RG CLUB

HEAD COACH OF GYMNASTIKA RG CLUB,
CHIEF ORGANIZER AND SECRETARY OF THE TOURNAMENT

Natallia Kalinina

+371 200 08 083 (WhatsApp) (English, Russian)

HEAD JUDGE

Liubou Charkashyna – Olympic bronze medalist (London 2012)

+375 29 691 84 45 (WhatsApp) (English, Russian)

EVENT COORDINATOR

Maria Shulyakevich

+971 52 545 58 84 (WhatsApp) (English, Russian)

Video about Gymnastika Cup

[GYMNASTIKA CUP VIDEO](#)

Date & Time:

May 14-18, 2026 (detailed schedule to follow)

Venue:

Al Raya Girl's School

[View on Map](#)

Age Categories:

Gymnasts born in 2021 and earlier

Participants:

Maximum 500 gymnasts will be registered for the competition

Judging Requirements:

1 judge per club is mandatory

TOURNAMENT HIGHLIGHTS 2026

TEAM COMPETITION



Alongside the individual all-around competition, the UAE Cup will take place.

International teams and UAE teams will compete for an impressive prize fund of \$12,000 in two separate rankings: International and UAE National.

Team competition criteria:

- 2 highest scores from Junior or Senior categories
- 3 highest scores from 2012-2014 category
- 3 highest scores from 2015-2016 category
- 4 highest scores from 2017-2021 category

The total sum of these scores will determine the team champions.

PROFESSIONAL JUDGING

The competition will be judged by Liubou Charkashyna, Olympic bronze medalist (London 2012). Her extensive experience and impeccable reputation ensure fair and transparent judging. Competition protocols will be provided immediately after performances.

INNOVATIVE TECHNOLOGY & LIVE STREAMING

The tournament will incorporate the latest judging technology to ensure objective evaluation. **High-quality live streaming will be available on Rutube and YouTube**, allowing gymnastics fans worldwide to watch the competition in real-time.



● SPONSORS & PRIZES

Leading sponsors will provide **unique gifts** to participants, fostering inspiration and motivation for success. The **UAE Ministry of Sports** has prepared an **exclusive prize for the champions**—valuable awards and opportunities that will serve as an essential step in young gymnasts' careers. Expect a **wide range of prizes and exciting surprises**, creating a truly festive atmosphere.

● EXCLUSIVE OPPORTUNITY FOR UAE CLUBS



One of the **grand prizes for UAE clubs** is the opportunity to study at the prestigious **BC Academy UAE**, an international school of architecture and design.

● RGM COMMUNITY

The tournament will serve as a **platform for volunteer engagement**, involving parents and participants in the competition's atmosphere. **RGM Community members will organize professional activities**, making them an essential part of the event's sports celebration.

● ENTERTAINMENT PROGRAM

- **Luxurious Banquet:** A special banquet for coaches, judges, and gymnasts, featuring exquisite cuisine and entertainment.
- **Professional Animators:** Keeping children entertained while waiting for the awards ceremony, adding excitement and joy to the event.
- **Grand Award Ceremonies:** Conducted at the highest level, highlighting the prestige and significance of the competition.

● TOURISTIC EXPERIENCE

We offer **exciting sightseeing programs across Dubai for participants and guests**. Dubai is a city of celebration, famous for its luxurious hotels, unique architecture, and cultural attractions. Visiting this extraordinary city will be an unforgettable experience for all tournament guests.

ABOUT THE PREVIOUS TOURNAMENT



750 gymnasts from 25 countries

6,000+ spectators in the stands

Prize fund: €10,000

Featured in top sports media

10,000,000+ views worldwide

The tournament was supported by leading sponsors and partners, with official broadcasts attracting millions of viewers globally.

The event concluded with a spectacular gala show, where gymnasts showcased their skills in unique exhibition performances.

We are proud of this achievement and remain committed to creating world-class tournaments.

[Video about Gymnastika Solo](#)



RULES

The event will be conducted in accordance with the following FIG rules, as valid in the year of the competition, except for deviations mentioned in these directives:

- Technical Regulations and Code of Points
- General Judges' Rules and Specific Judges' Rules
- FIG Rules for the Sanctioning of International Events

VISA

The organizing committee is pleased to assist each delegation member with an official invitation letter, provided that the request is submitted by March 15, 2026.

Contact Number:
+971 52 545 5884
(Maria Shulyakevich)

REGISTRATION FEE

- 600 AED (165 €) per gymnast
- 1200 AED (310 €) per group
- 700 AED (180 €) per duet or trio
- 300 AED (75 €) per D-light General Physical Preparation

JUDGES AND JURY

Each team must provide a judge. In case of absence, a penalty of 2000 AED (500 €) per competition day will be applied.

Please note that registration fees are partially refundable only until specific dates:

- Cancellation after April 15, 2026 – 50% refund
- Cancellation after April 25, 2026 – No refund

ACCOMMODATION & TRANSPORTATION

We are pleased to announce that the tournament will be hosted in partnership with three official hotels. Special partner rates (below public prices) will be available for participants. Detailed pricing information will be announced separately.

All national teams, stars, and invited guests will stay at the official partner hotels. We strongly recommend booking accommodation through these hotels to be part of the tournament atmosphere. In addition, selected welcome and farewell events of the tournament will take place at the partner hotels.

Official Hotel Partners:

- Rove City Walk
- Rove La Mer Beach
- Holiday Inn Express Dubai – Safa Park (by IHG)

Further details regarding room rates, conditions, and booking procedures will be shared soon.



for booking contact
+971525455884 (rus, eng).

COMPETITION PROGRAM

Rules and regulations FIG 2025-2028 Code of Points

	A	B	C	D
2022	F/H	F/H	F/H	
2021	F/H / By Choice	F/H	F/H	
2020	F/H / By Choice	F/H / By Choice	F/H	
2019	F/H / By Choice	F/H / By Choice	F/H	
2018	F/H + By Choice	F/H +By Choice	F/H	
2017	F/H / By Choice + By Choice	F/H +By Choice	F/H	F/H
2016	F/H / By Choice + By Choice	F/H / By Choice + By Choice	F/H / By Choice	F/H
2015	F/H / By Choice + By Choice	F/H / By Choice + By Choice	F/H / By Choice	F/H
2014	By Choice + By Choice + By Choice	By Choice + By Choice	F/H / By Choice	F/H
2013	By Choice + By Choice	F/H / By Choice + By Choice	F/H / By Choice	F/H
2012	By Choice + By Choice	By Choice + By Choice	F/H / By Choice	F/H
2011	By Choice + By Choice + By Choice	By Choice + By Choice	F/H / By Choice	F/H
2010	By Choice + By Choice + By Choice	By Choice + By Choice + By Choice	By Choice + By Choice	By Choice
2009 and older	By Choice + By Choice + By Choice	By Choice + By Choice	By Choice	

COMPETITION PROGRAM

Rules and regulations FIG 2025-2028 Code of Points

GOLD

2013	HOOP + BALL+ CLUBS + RIBBON
2012	HOOP + BALL + CLUBS + RIBBON
2011	HOOP + BALL + CLUBS + RIBBON
2010	HOOP + BALL + CLUBS + RIBBON
SENIOR	HOOP + BALL + CLUBS + RIBBON

DUET & TRIO

2018-2017	F/H
2017-2015	F/H / By Choice
2014-2013	By Choice + By Choice
2012-2010	By Choice + By Choice

GROUPS

2018-2017 (A)	F/H
2017-2015 (B)	F/H / By Choice
2017-2014 (B)	F/H / By Choice
2014-2013 (A)	By Choice + By Choice
2015-2013 (B)	F/H / By Choice
2012-2010 (A)	By Choice + By Choice
2009 и старше (A)	By Choice + By Choice

D-LIGHT GENERAL PHYSICAL PREPARATION

D-LIGHT 2023-2016

PERFORMANCE PROGRAM:

D-light General Physical Preparation
(2016 and younger):

1. "The Fold" – hold 3 sec
2. "Butterfly" with a forward tilt — hold 3 sec
3. "Frog" with a backward tilt — hold 3 sec
4. Twine on the right and left legs — hold 3 sec
5. Cross twine — hold 3 sec
6. Bridge from a prone position — hold 3 sec
7. Bend back on your knees, arms up — hold 3 sec
8. "Basket" — hold 3 sec
9. "The Boat" — hold 3 sec
10. Chest stand — hold 3 sec
11. Roll front
12. Roll back
13. Roll side
14. Balance pass, knee forward — hold 3 sec
15. Balance with one leg to the side — hold 3 sec
16. Wheel
17. Scissors jump, alternating straight legs forward
18. "Chupa-Chups" jump, up with a 360° turn, using both legs



AWARDS

Each participant of the tournament will receive a **medal, diploma, and a commemorative gift** in recognition of their participation and achievements.

+ GRAND CASH PRIZE

- **\$10,000** for the winners of the team competitions (International and UAE rankings)
- **Training opportunity** at BC Academy UAE for UAE clubs

REGISTRATION & PAYMENT

Preliminary Registration	until March 15, 2025
Final Registration	until April 15, 2025
Music Submission (MP3)	until April 15, 2025
Payment Deadline	until April 15, 2025

SCHEDULE

May 14	Arrival of delegations, accreditation
May 15	Competition Day 1
May 16	Competition Day 2
May 17	Competition Day 3 / Gala Show / Banquet
May 18	Departure of delegations

All payments must be made via bank transfer before the start of the competition.

GYMNASTIKA CLUB DUBAI

Bank Details:

Account Name: GYMNASTICS CLUB

Account Number:

IBAN

SWIFT CODE

Branch Details

Bank

GYMNASTIKA CESKA

3708440321601

AE070340003708440321601

BOMLAEAD

SH ZAYED BRANCH [047]

Bank Emirates Islamic bank

Participating clubs are responsible for covering any bank fees associated with the transfer. Please indicate the country/club name in the payment reference (Gymnastika Solo Youth Cup 2025).

REGISTRATION LINK:

<https://rgform.eu>

Insurance is mandatory for each participant.

All judges, coaches, and delegation members are invited to the banquet (time and location to be announced separately). **Banquet Fee:** AED 300 per person. **Age Requirement:** 14+ (Coaches are responsible for their underage gymnasts).

We look forward to welcoming you to Dubai!
Best regards, Anastasiya Zakreuskaya CEO of GYMNASTIKA RG CLUB