



GYMNASTIKA

CUP IN RHYTHMIC GYMNASTICS

NOVEMBER 21-22, 2026

Dubai, United Arab Emirates



THE AGENDA

Organizer: Gymnastika RG Club

Title partner: SOLO



DEAR CLUBS,

GYMNASTIKA RG CLUB invites you to take part in the international tournament **GYMNASTIKA SOLO CUP 2026**, which will be held in **DUBAI** (UNITED ARAB EMIRATES) from **November 21-22, 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)

EVENT COORDINATOR

Maria Shuliakevich

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

Video about Gymnastika Solo Cup

[GYMNASTIKA SOLO CUP VIDEO](#)

Date & Time:

November 21-22, 2026

(detailed schedule to follow)

Location:

Agendal, Dubai

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



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.



Video about Gymnastika Solo



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



GYMNASTIKA
SOLO CUP IN RHYTHMIC GYMNASTICS

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

REGISTRATION FEE

- 700 AED (170 €) per gymnast
- 1300 AED (310 €) per group
- 800 AED (190 €) per duet or trio
- 350 AED (85 €) 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 €) will be applied.

VISA

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

The organizing committee is pleased to assist each delegation member with an official invitation letter.



COMPETITION PROGRAM

FIG Rules and Regulations 2025-2028 Code of Points

	GOLD	A	B	C	D
2022		F/H	F/H	F/H	F/H
2021		BY CHOICE	F/H	F/H	F/H
2020		BY CHOICE	BY CHOICE	F/H	F/H
2019		BY CHOICE	BY CHOICE	F/H	F/H
2018		BY CHOICE + BY CHOICE	F/H + BY CHOICE	F/H	F/H
2017		BY CHOICE + BY CHOICE	BY CHOICE + BY CHOICE	F/H	F/H
2016		BY CHOICE + BY CHOICE	BY CHOICE + BY CHOICE	BY CHOICE	F/H
2015		BY CHOICE + BY CHOICE	BY CHOICE + BY CHOICE	BY CHOICE	F/H
2014		BY CHOICE + BY CHOICE + BY CHOICE	BY CHOICE + BY CHOICE	BY CHOICE	F/H
2013	HOOP + BALL + CLUBS + RIBBON	BY CHOICE + BY CHOICE	BY CHOICE + BY CHOICE	BY CHOICE	F/H
2012	HOOP + BALL + CLUBS + RIBBON	BY CHOICE + BY CHOICE	BY CHOICE + BY CHOICE	BY CHOICE	F/H
2011	HOOP + BALL + CLUBS + RIBBON	BY CHOICE + BY CHOICE + BY CHOICE	BY CHOICE + BY CHOICE	BY CHOICE	F/H
SENIOR (2010 and older)	HOOP + BALL + CLUBS + RIBBON	BY CHOICE + BY CHOICE + BY CHOICE	BY CHOICE + BY CHOICE	BY CHOICE	

DUET & TRIO		GROUPS	
2018-2016	F/H / BY CHOICE	2018-2016	F/H / BY CHOICE
2017-2014	F/H / BY CHOICE	2017-2014	F/H / BY CHOICE
2015-2013	F/H / BY CHOICE	2015-2013	F/H / BY CHOICE
2012-2010	F/H / BY CHOICE + BY CHOICE	2012-2010	F/H / BY CHOICE + BY CHOICE
SENIOR (2009 and older)	BY CHOICE + BY CHOICE	SENIOR (2009 and older)	BY CHOICE + BY CHOICE

D-LIGHT GENERAL PHYSICAL PREPARATION

2023-2022	2021-2020	2020-2019	2018-2017	2016
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PERFORMANCE PROGRAM:

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

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



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

REGISTRATION & PAYMENT

Preliminary Registration	October 20, 2026
Final Registration	November 1, 2026
Music Submission (MP3)	November 1, 2026
Payment Deadline	November 1, 2026

SCHEDULE

November 20	Arrival of delegations, accreditation
November 21	Competition Day 1
November 22	Competition Day 2
November 23	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 Cup 2025).

REGISTRATION LINK:

www.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