



CAPITAL CUP

2026

2nd International Rhythmic Gymnastics Tournament

17-20 September 2026 / Ankara, Türkiye



**The heart of the
Capital,**
the home of future stars!





twins
academy
GYMNASTICS

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ARC and TWINS Gymnastics has the pleasure to invite you to participate in
Capital Rhythmic Gymnastics Cup, which will be held in
ANKARA, TÜRKİYE on 17-20 September 2026

DISCIPLINE

Rhythmic Gymnastics

COMPETITION DATES

17 - 20 September 2026

ORGANIZATORS

ARC Sports Club & Twins Academy Sports Club

LOCATION

ANKARA - TÜRKİYE

VENUE

Gazi Mustafa Kemal Atatürk Spor Kompleksi
Yunus Emre, Çatalkaya Cad. No:5, 06170
Yenimahalle - Ankara - Türkiye

Google Maps

<https://maps.app.goo.gl/27HWycmVF7X6g4Ur9>

DEADLINES

Preliminary Entry	17 - 07 - 2026
Definitive Registration	17 - 08 - 2026
Music	01 - 09 - 2026

CONTACT INFO

Whatsapp

Ezgi Çağlar Üstüner

Mine Bayhan



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+90 554 988 03 20

E-Mail

capitalcupinfo@gmail.com

Instagram

capitalcup_rg



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CATEGORIES

Year of Birth	Category			
	A	B	C	D
2022	W/A	W/A		
2021	W/A + 1 App. Choice	W/A or 1 App. Choice	W/A	
2020	W/A + 1 App. Choice	W/A or 1 App. Choice	W/A	
2019	W/A + 1 App. Choice	W/A + 1 App. Choice	W/A	W/A
2018	W/A + 1 App. Choice	W/A + 1 App. Choice	W/A	W/A
2017	W/A + 1 App. Choice	W/A + 1 App. Choice	W/A	W/A
2016	2 App. Choices	2 App. Choices	1 App. Choices	
2015	2 App. Choices	2 App. Choices	1 App. Choices	
2014	2 App. Choices	2 App. Choices	1 App. Choices	
2013	2 App. Choices	2 App. Choices	1 App. Choices	
2012	4 App. Choices	3 App. Choices	2 App. Choices	
2011	4 App. Choices	3 App. Choices	2 App. Choices	
2010+	4 App. Choices	4 App. Choices	2 App. Choices	
Group	2020 - 2017 W/A (2 Rotations) 2016 - 2015 1 Apparatus by Choise (2 Rotations) 2014 - 2013 1 Apparatus by Choise (2 Rotations) 2012 - 2011 1 Apparatus by Choise (2 Rotations) 2010 + 1 Apparatus by Choise (2 Rotations)			



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ENTRY FEES

Before Preliminary Entry Date	110 € / Per Gymnast
After Preliminary Entry Date	140 € / Per Gymnast
Before Preliminary Entry Date	250 € / Per Group
After Preliminary Entry Date	280 € / Per Group

DELEGATIONS

All rhythmic gymnastics clubs are welcome to participate with an unlimited number of gymnasts and groups.

JUDGES

At least 1 judge is mandatory for every team. There will be a 200 € charge if a delegation does not present a judge. All judges must have a valid judge license for 2026 and comply with the RG Code of Ethics for judges.

AWARDS

Gymnast will be awarded within each level by age category in overall. Awards will be given from top to end in each category. Top 8 gymnast in each level in each category also will be awarded.

MUSIC

Musics have to be in MP3 format. And must be named like example with LATIN ALPHABET

Musics have to be in MP3 format.
And must be named like examples.

2020_Didem_Soydan_BALL.mp3

2019_Ezgi_Caglar_WA.mp3

All music have to mail "ustunerezgi@hotmail.com" until 01-09-2026.



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ACCOMODATION

All delegation are free to go with acoomodation and transfer of their choice. If delegation need help please contact with organizer.
Some of otel names closest to Hall.

CP ANKARA HOTEL	5*	4,3 KM	125 €	140 €	190 €
TZOB HOTEL	4*	4,2 KM	80 €	95 €	
VOLLEY HOTEL	4*	5,5 KM	95 €	120 €	160 €
MAD INN HOTEL	3*	6,2 KM	75 €	100 €	125 €
BAŞKENT HOTEL	3*	5,2 KM	50 €	75 €	100 €

TRANSPORTATION

All delegations are responsible for their own transfers. For Airport to hotel transfer you can contact with MINE BAYHAN whom mail address is info@eporganizasyon.com

1-3 pax / 25 €
4-6. pax / 40 €
7-15 pax / 60 €
16-24 pax / 100 €
25-45 pax / 175 €

PROVISIONAL SCHEDULE

16 September 2026
Arrival Of Delegations

17 September 2026
Accreditaions & Judge Meeting & Competitions

18 - 20 September 2026
Competitions

21 September 2026
Departure

CONTACT

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