

INTERNATIONAL RHYTHMIC GYMNASTICS COMPETITION

LONDON CUP



LONDON, UK
12-13 DECEMBER
2026



Dear Friends,



You are cordially invited to the
International Rhythmic Gymnastics Competition

LONDON CUP 2026



London Sport Academy is delighted to welcome gymnasts, coaches, judges and clubs from around the world to London for two unforgettable days of sport, friendship and excellence.

Join us on 12-13 December 2026 and experience a truly international competition in one of the world's most iconic cities.



LONDON,
UNITED KINGDOM



12-13
DECEMBER 2026



INTERNATIONAL
COMPETITION



INDIVIDUAL
COMPETITION



4 LEVELS
A • B • C • D



We look forward to welcoming you to London!



London Sport Academy Team

PLACE OF COMPETITION:	University of East London, SportsDock, E16 2RD, London, UK
ORGANISER:	London Sport Academy
CONTACT DETAILS:	londonsportacademy@yahoo.co.uk +447595744628 RUS / ENG
VENUE INFORMATION:	• World-Class Sports Arena • Spacious training area with 2 full size carpets • Changing rooms equipped with showers • Disabled Accessibility • Free parking up to 400 vehicles • Cafeteria with hot food and drinks • RG shop • Professional Technical Support System • Live Streaming • Professional Photographer
DELEGATION:	Delegation must provide 1–5 gymnast (1 coach and 1 judge) 6+ gymnasts (1 coach and 2 judges). <i>Delegation without a qualified judge will be charged 150 uk pounds per judge per day.</i>
LEVELS:	A, B, C, D
ENTRANCE FEE:	Individual gymnasts: 1 routine – £55, 2 routines – £75, 3 routines – £90 Tickets for spectators can be purchased at the entrance. £15, children under age 5 – free.
PAYMENT:	Bank: SANTANDER Account Name: LONDON SPORT ACADEMY Account Number: 62007255 Sort Code: 09-01-28 BIC: ABBYGB2LXXX IBAN: GB46ABBY09012862007255
TRANSFER/ACCOMMODATION:	Not provided
INSURANCE:	Organisers are not responsible for any liability in case of accident; therefore all participants are advised to look for and provide adequate insurance cover.
VISA:	Please check on time if your delegation needs a visa for the entry to London, UK. *We are happy to prepare personal invitation for the Embassy.

REGISTRATION:	ONLY at www.rhythmicvision.eu «International London Cup 2026»
REGISTRATION DEADLINE:	1st October, 2026 If the maximum number of competitors is reached, registration will close before the deadline stated above.
PAYMENT DEADLINE:	10th October, 2026 Teams that fail to submit full payment by the deadline will be removed from the competition entry list.
MUSIC:	All music files should be uploaded to the website www.rhythmicvision.eu
AWARDS:	- The award ceremony is carried out separately for each age category, level, apparatus accordingly. - All gymnasts will be awarded. - Miss Flexibility - Miss Difficulty - Miss Smile - Miss Artistry - Miss Beauty - Miss London Cup
ATTENTION:	Please bear in mind that we expect clubs to abide by the tournament rules. This includes the relevance of the announced gymnast training level with the respect to the levels outlined above. Organisers reserve the right for the Head Judge to re-assign the gymnast results to another level should the announced gymnast level be found inadequate.
CHECK-IN:	Upon arrival each gymnast is asked to check-in (registration). This is a very quick procedure during which we mark that particular gymnast has arrived. There is a dedicated person on the gates with a laptop running a check-in software who will assist gymnasts with the procedure. We will let every gymnast or coach to listen to their music in order to make sure that the correct soundtrack is allocated to each routine. All the withdrawals that are not yet reflected in the running order must be reported at this stage so that they are properly announced.

AGE CATEGORY	LEVEL A	LEVEL B	LEVEL C	LEVEL D
2020	Free	Free	Free	Free
2019	Free	Free	Free	Free
2018	2 routines – free and hoop	2 routines – free and hoop	2 routines – free and hoop	1 routine – free or hoop
2017	2 routines – free and ball	2 routines – free and ball	2 routines – free and ball	1 routine – free or ball
2016	2 routines – ball or clubs or hoop	2 routines – ball or clubs or hoop	2 routines – ball or clubs or hoop	1 routine – hoop or ball
2015	2 routines – ball or clubs or ribbon	2 routines – ball and clubs	2 routines – ball or clubs or ribbon	1 routine – hoop or ball
2014	2 routines – hoop or clubs, or ribbon	2 routines – clubs and ribbon	2 routines – clubs and ribbon	1 routine – hoop or clubs
2013	3 routines – hoop or clubs or ribbon or ball	2 routines – hoop or clubs or ribbon or ball	2 routines – hoop or clubs or ribbon or ball	1 routine – hoop or clubs
2012-2011	3 routines – hoop or clubs or ribbon or ball	2 routines – hoop or clubs or ribbon or ball	2 routines – hoop or clubs or ribbon or ball	1 routine – hoop or clubs
2010 AND OLDER	3 routines – hoop or clubs or ribbon or ball	2 routines – hoop or clubs or ribbon or ball	2 routines – hoop or clubs or ribbon or ball	1 routine – hoop or clubs



WE LOOK FORWARD TO WELCOMING YOU TO LONDON!

Join us for an unforgettable experience filled with outstanding performances,
international friendship and the magic of London.

We wish all gymnasts the best of luck and look forward to
seeing you at London Cup 2026!

See you in London! ♥



GYMNASTICS UNITES – LONDON INSPIRES