

UAE CUP 2024



**GET READY FOR THE ULTIMATE DISPLAY
OF TALENT & GRACE AT THE
UAE CUP 2024 PRESENTED BY
ARAM RHYTHMIC GYMNASTICS
IN DUBAI THIS NOVEMBER**

ARAM GYMNASTICS CLUB PRESENTS

22-24

**NOVEMBER 2024
AL NASR CLUB HALL**

**For More inquires please contact us on the following
Email: uaecup.aramgc@gmail.com, ninayeresko1988@gmail.com
Cell: +97158 530 3190**



DIRECTIVES

Dear Friends in Rhythmic Gymnastics,

Aram Gymnastics Club has the pleasure to invite your Federation and Club to participate in our VII International Rhythmic Gymnastics Competition – UAE Cup 2024.

| | |
|----------------------------|---|
| DISCIPLINE | RHYTHMIC GYMNASTICS |
| HOST CLUB | Aram Gymnastics Club Emarat Atrium Office 32, Ground Floor Block B Al Wasl Area PO Box 8206 Dubai, United Arab Emirates Contact No.: +97152 823 3829 e-mail: info.aramgc@gmail.com |
| LOCAL ORGANIZING COMMITTEE | Contact Person: NINA YERESKO Emirates Contact No.: +97158 530 3190 e-mail: uaecup.aramgc@gmail.com ninayeresko1988@gmail.com |
| LOCATION | DUBAI, UNITED ARAB EMIRATES |
| DATE | 22 NOVEMBER – 24 NOVEMBER 2024 |
| VENUE | Al Nasr Club Hall, 11th St, Oud Metha Dubai, United Arab Emirates, https://ae.arabplaces.com/dubai/al-nasr-club-378805 http://www.alnasrclub.com/ |



| | |
|------------------------------|---|
| RULES AND REGULATIONS | <p>The event will be organized under the following FIG rules, as valid in the</p> <ul style="list-style-type: none">• Statues• Code of Ethics• Code of Conducts• Technical Regulations• Code of Discipline• General Judges' Rules• Apparatus Norms• Regulations for Award Ceremonies |
| AGE LIMITS | 2020 and older |
| JUDGES AND JURIES | <p>All judges must have a current valid FIG brevet or national at the time of the event, for the respective discipline.</p> <p>If no Judge: A penalty will be applied which is 1000 AED (272 USD)</p> |
| ENTRY FEES | <ul style="list-style-type: none">• 500 AED (138 USD) for one to two apparatus per person• 700 AED (192 USD) for three to four apparatus per person• Podium Training will be 100 AED (28 USD) per person <p>Important Note:</p> <ul style="list-style-type: none">• These fees are exclusively applicable to International teams & gymnasts who have booked their accommodation through the organizers. |
| EVENT FORMAT | <p>Participation:</p> <ul style="list-style-type: none">• All gymnasts can participate minimum of 1 routine & maximum of 4 apparatus.• Junior, senior and profy will receive an award of a cash prize.• All gymnasts will receive diploma of participation.• Awards will be distributed by year level and per apparatus 1st, 2nd, and 3rd place medals |



INDIVIDUAL CATEGORY

| AGE | PROFY | ABSOLUTE | ELITE | BASE | ROUTINES |
|--------------------|---|--|---|--|--|
| 2020 2018 | Freehand – Hoop - Ball | Freehand – Hoop - Ball | Freehand | Freehand | Minimum 1 – maximum 3 |
| 2017 2015 | Freehand – Rope – Hoop – Ball – Clubs | Freehand – Rope – Hoop – Ball - Clubs | Freehand – Rope – Hoop – Ball - Clubs | Freehand – Rope – Hoop – Ball - | Minimum 1 – Maximum 3 By Choice |
| 2014 2013 | Freehand – Rope – Hoop – Ball - Clubs | Freehand – Rope – Hoop – Balls – Clubs | Freehand Rope – Hoop – Ball - Clubs | Freehand Rope – Hoop – Ball - | Minimum 1 – Maximum 3 By Choice |
| 2012 2011 | Hoop – Ball – Clubs - Ribbon | Hoop – Ball – Clubs - Ribbon | Hoop – Ball – Clubs – Ribbon | | Minimum 1 – Maximum 3 By Choice |
| Junior & Senior | Hoop – Ball – Clubs - Ribbon | Hoop – Ball – Clubs - Ribbon | Hoop – Ball – Clubs – Ribbon | | Minimum 1 – Maximum 4 By Choice |

PROVISIONAL SCHEDULE

| DATE | ACTIVITY | CATEGORY |
|------------|--------------------------|--------------------|
| 21-11-2024 | Arrival of delegation | |
| 22-11-2024 | Competition day 1 | Base and Elite |
| 23-11-2024 | Competition day 2 | Absolute and Profy |
| 24-11-2024 | Competition day 3 | Absolute and Profy |
| 25-11-2024 | Departure of delegations | |

EVENT MANAGEMENT & OPERATIONS CONTACT:

For Arabic Speakers:

Hamza Mahi: +97 1 52 589 6970, hamza@atlantisholidays.com

For English Speakers:

Inamul Hassan + 971 52 655 2562, hassan@atlantisholidays.com

For Russian Speakers:

Renata Kairbekova: +971 58 952 2823, renata@atlantisholidays.com

PARTICIPATION REGISTRATION OF GYMNASTS & MUSIC

For online registration you may use this link

https://www.rgform.eu/event.php?id_prop=6413



REGISTRATION
FOR
FLIGHT TICKETS,
VISA,
HOTEL
ACCOMMODATION
& TRANSPORTATION

Kindly register through the link: <https://atlantisholidays.com/aram2024>

Accommodation Options include:

1- Khalidia Palace Hotel Dubai 5*

Location: Al Maktoum Rd - Deira - Dubai

Rate: 230\$ Double Room / Per night (tax & breakfast included)

2- Occidental Al Jaddaf 4*

Location: 326 Al Khail Rd - Al Jaddaf - Dubai

Rate: 170\$ Double Room / Per night (tax & breakfast included)

3- DoubleTree by Hilton Dubai Al Jaddaf 4*

Location: Al Jaddaf - Dubai

Rate: 150\$ Double Room / Per night (tax & breakfast included)

4- FORM Hotel Dubai, a member of Design Hotels 4*

Location: Al Jaddaf - Dubai Canal - Al Jaddaf - Jaddaf Waterfront - Dubai

Rate: 130\$ Double Room / Per night (tax & breakfast included)

5- IntercityHotel Al Jaddaf Waterfront 3*

Location: Al Jaddaf - Jaddaf Waterfront - Dubai

Rate: 140\$ Double Room / Per night (tax & breakfast included)

Note:

- **All teams must register through the link or they will be unable to participate in the competition.**

TOURS & EXCURSION
REGISTRATION

To inquire about our UAE Tours & Excursion kindly explore this link
<https://atlantisholidays.com/destination/the-uae?locale=en>

INSURANCE

All parties must have insurance.

MEDICAL SERVICES

Medical team will be available throughout the period of the competition during the event.

MEALS

In competition hall there will be cafeteria where you can buy healthy food, drinks and snack.

SOCIAL MEDIA

Aram Gymnastics Club Instagram official page

https://instagram.com/aram_gymnastics_club?igshid=MzRIODBiNWFIZA

PAYMENT
OPTIONS

Payments can be done through:

1- Bank Transfer:

Bank Name: Emirates NBD

Account Name: ATLANTIS Holidays LLC

Account Number: 101-21166145-01

IBAN: AE970260001012116614501

2- Payment Link

The payment link will be provided upon registration & confirmation of participants

The participating Federation or Club is responsible for covering all bank fees in connection with the bank transfers & link payments



DEADLINES
SUMMARY

| | |
|------------------------------------|-------------------------|
| Definitive Registration | 22-10-2024 |
| Nominative Registration | 22-10-2024 |
| Accommodation Form | 9-8-2024 |
| Travel Schedule Form | 9-8-2024 |
| Visa Request Form | 2 Weeks before travel |
| Payment of the Accommodation Costs | 40 Days before check-in |

- * Registration will be closed regardless of the deadline when we reached 500 participants.
- * No participant will be accepted for the competition unless they book their accommodation with the event organizers.

Sincerely Yours,



Nina Yeresko

Club Owner and Director of Competition

