



INTERNATIONAL RHYTHMIC
GYMNASTICS TOURNAMENT

ALEM CUP & MASTER CLASS

WITH A PARTICIPANT OF THE OLYMPIC GAMES
IN RIO 2016 VARVARA FILIOU

19-22 DECEMBER 2024 | UAE, DUBAI



ACADEMY OF
RHYTHMIC GYMNASTICS

+7 708 211 3683

academy.alem.2018@gmail.com

alem.academy



This is an official invitation!

Dear Sports Friends!

Alem International is pleased to invite you to take part in International Rhythmic Gymnastics Tournament — Alem Cup 2024 , which will be held in Dubai, UAE, on December 19-22.

The competition's directives has been enclosed for your reference. You might also download the directives and forms via link below:

https://www.rgform.eu/event.php?id_prop=6653

Should you have any questions in mind, please do not hesitate to contact us.RG schools worldwide from more than 25 countries will join us this winter, and we will be delighted to have your team on the list.

Thank you for your time and hope to hear from you soon.

Best regards,
Assem Akhmetzhanova





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DATE 19-22 December, 2024

LOCATION Al Safa High School
57R2+6MX - 10 45th St - Al Wasl -
Dubai - UAE

HOST ORGANIZATION ALEM ACADEMY
email: academy.alem.2018@gmail.com

☎ +7 701 807 8883 – Assem

☎ +48 515 568 951 – Alla (all questions about the program)

Head Judge: Alla Hordiienko
Head Secretary: Issakova Anna

DELEGATION No limit of gymnasts
1 coach and min. 1 judge
If the club will not be able to provide judge,
the club will be charged a penalty of (200 EUR)

ENTRY FEES 150 EURO participation fee per individual gymnasts.
300 EURO participation fee per group.
150 EURO master class participation (gymnasts who take
part in the tournament Alem Christmas Cup, the cost
of the master class will be 100 EURO)
All payments must be settled before start of competition.

RULES AND REGULATIONS All participant have to follow the FIG rules and
regulations for 2022-2024

PHOTOGRAPHY Photo will provide by organizer. More details
will be share soon.



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JUDGES/JURY PROTESTS

All issues and protests are submitted and considered in accordance with the current rules of the International Gymnastics Federation FIG. Protests are accepted after the gymnast or group has finished performing and the score has been posted on the scoreboard for 4 (four) minutes to be assessed by the team assessing the difficulty of the body (DB) and the difficulty of the apparatus (DA). The competition stops, and a video of the gymnast or group's performance is shown on the laptop at the main judge's table. The Head judge of the competition, a representative of the technical committee, judges of the DB and/or DA take part in the consideration of the protest. The final decision is made by the Head judge of the competition. In case of a negative decision on the protest, the team representative pays a fine of 150 euro.

REGISTRATION DEADLINE

Definitive registration: 15.11.2024
Music - 15.11.2024
Payment of the Entry Fee: 15.11.2024

MEDICAL SERVICES

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

INSURANCE

All delegations are responsible for organizing travel and health insurance for members of the delegation. The organizer of the competition is not responsible for accidents, illness or similar situations. If necessary, first aid will be organized.



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AWARDS

All participants will receive a medal, diploma and gift.

+ Gymnasts in category "A", "B" – First 3 places in every apparatus will be awarded by medals.

*The gymnasts with the best score of the year will be awarded with cups from the sponsor.

*Special prize for the team coaches from the sponsor.

*Special prize for the Miss Tournament, Miss Smile, Miss Elegance.

*Special prize from **PHOTOGRAPHER**

MUSIC DETAILS

STRONGLY RECOMENDED

sign the track according to the example:

STEPANOVA_SVETLANA_2012_RIB

NON – (Without apparatus)

HOP – (HOOP)

BAL – (BALL)

CLB – (CLUBS)

RIB – (RIBBON)

alem.arg.media@gmail.com

BANK DETAILS

You can make the bank transfer:

Wio Debit Card details

Card number: 4098 8728 5003 8958

Account holder: ALEM INTERNATIONAL DMCC

IBAN: AE750860000009569476684

BIC: WIOBAEADXXX

Business address:

1 JLT-Nook-100 , na, Dubai, United Arab Emirates

PROVISIONAL SCHEDULE

December 18 – Arrival day of the delegations

December 19 – Competition (1 Day)

December 20 – Competition (2 Day)

December 21 – Competition (3 Day)

December 22 – Competition (4 Day) & Master Class

December 23 – Departure of the delegations



Individual Category

Upon registration write apparatus that gymnast choose!

Age Group	A	B	C (DB max 0,4)
2020 and younger	WA (DB: max 9, 2W , CDB: there is no)		
2019-2017	WA (DB: max 9, 2W , CDB: max 1) + 1 app. by choice	WA (DB: max 9, 2W, CDB: there is no)	WA (DB: max 7, 2W, CDB: there is no)
2016-2015	2 app. by choice	WA (DB: max 9, 2W, CDB: max 1) + 1 app. by choice	WA (DB: max 7, 2W, CDB: there is no)
2014	3 app. by choice	2 app. by choice	WA (DB: max 7, 2W, CDB: there is no)/ OR 1 app. by choice
2013	FIG	2 app. by choice	WA (DB: max 7, 2W, CDB: there is no)/ OR 1 app. by choice
2012	FIG	2 app. by choice	WA (DB: max 7, 2W, CDB: there is no)/ OR 1 app. by choice
2011-2009	FIG	2 app. by choice	1 app. by choice
2008 and older	FIG	2 app. by choice	—



Group Category

Age Group	Category A	Category B
SENIORS 2008 and older	FIG (5 Hoop, 3 Ribbon+2Ball)	—
JUNIORS 2009-2011	FIG (5 Hoop, 10 Clubs)	—
Pre-juniors 2012-2014	5 Hoop, 10 Clubs	5 Hoop, 5 Ball
2015-2016	5 Hoop, 5 Ball	WA + 1 app- by choice
2017 and younger	WA (DB: max 9, 2W, CDB: there is no CC, CR, CL not limited)	WA (DB: max 7, 2W, CDB: there is no CC, CR, CL not limited)

THE NUMBER OF PARTICIPANTS IS LIMITED!
The competition organizer can change the program.



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MASTER CLASS

Master Class will be held on Sunday 22* of December 2024 after the end of the competition with Varvara Filiou from Greece.

Her Results:

2016 Rio Olympian ,
4th and 8th World Champion ,
6th European Champion ,
2th Mediterranean Games ,
Participate in many world Cups, Grant Prix,
European Olympic Games and universiade games with many qualifications in finals for multiply times.

She has done Over 280 master classes and training camps in different clubs and national teams all over the world, As Egypt, Puerto Rico , Costa Rica , India , Greece and Australia (make routines and prepared them for competitions)

DATE

22 December, 2024

MASTER CLASS PROGRAM

- Warm Up
- Waves and Specific Conditioning for stabilization of the muscles
- Preparation for Body difficulties
- DA,DB - FIG rules and regulations for new season 2024-2028
- Cool tricks with hoop, ball, clubs and ribbon
- Autograph Sessions

All participants will receive diplomas, autographs from Varvara Filiou, photos and prizes.

ENTRY FEES

150 EURO master class participation (gymnasts who take part in the tournament Alem Christmas Cup, the cost of the master class will be 100 EURO)
Coaches who register their gymnasts participate for free.

REGISTRATION

email: academy.alem.2018@gmail.com

***The number of places is limited!
We will be happy to have you with us!***