



Angels  
Gymnastics Club

DUBAI

DuGym

Aesthetic Group Gymnastics

Rhythmic Gymnastics

Gymnastics For ALL



مجلس دبي الرياضي  
DUBAI  
SPORTS COUNCIL

## INVITATION

Angels Gymnastics Club invites you to join us on 7<sup>th</sup> -8<sup>th</sup> December for the International Angels Cup in Dubai, UAE!



With Tokyo Olympic RGG GOLD Medalist, Simona Dyankova, Bulgaria

DISCIPLINE	Rhythmic Gymnastics (RGI & RGG)
DATES	<p><b>6th December</b> Podium training, Technical meeting evening</p> <p><b>7th December</b> Competition Day 1</p> <p><b>8th December</b> Competition Day 2</p> <p><b>9th December</b> New COP Seminar and Olympic Gold Medalist Masterclass</p> <p>*The final schedule will be distributed approximately 1 week prior to the event.</p>
LOCATION	<p>Location : Al Raya Sports Hall ,City Walk</p> <p><a href="https://maps.app.goo.gl/GjdepmPGysduMeZ96?g_st=iw">https://maps.app.goo.gl/GjdepmPGysduMeZ96?g_st=iw</a></p>
HOST ORGANISATION	<p>LOC: Angels Gymnastics ,DuGym</p> <p><a href="http://www.angelsgymnasticsdubai.com">www.angelsgymnasticsdubai.com</a></p> <p>Contacts: Whats up: English/Russian +971 54 575 24 24 Ms.Zulya Club Admin ,English +971 52 350 40 95 Ms.Ipek</p>
DELEGATION	<ul style="list-style-type: none"><li>• No max Limit of gymnasts registration.</li><li>• <b>First Come ,First Bases!</b> Limited place! We might close the registration before deadline when we reach the number .</li><li>• Minimum of one judge per delegation ,compulsory.</li></ul>

**JUDGES**

Competition FIG ,Superior Judges:

Efthymia Pantazidou ,GRE

Monica Garcia Fornie ,ESP

Ebru Ilgaz ,TUR

Minimum one judge per delegation. Judge registration is to be completed via KSIS .

All judges must hold a valid FIG brevet or minimum national judging category during the event.

1.000 AED Penalty for not providing the judge and missing any judge Rotation.

**RULES AND REGULATIONS**

The event follows the current 2020-2024 FIG rules and regulations.

**Individual Categories**

Age	A level category	B level category	C level category
Seniors 2008 and older	FIG 4 apparatus	2 apparatus by choice	1 apparatus by choice
Juniors 2009 2010	FIG 4 apparatus	2 apparatus by choice	1 apparatus by choice
2011	3 apparatus by choice	2 apparatus by choice	1 apparatus by choice
2012	3 apparatus by choice	2 apparatus by choice	1 apparatus by choice
2013	2 apparatus by choice	2 apparatus by choice	1 apparatus by choice
2014	2 apparatus by choice	1 apparatus by choice + Free hand	1 apparatus by choice
2015	2 apparatus by choice	1 apparatus by choice + Free hand	1 apparatus by choice OR free hand
2016	1 apparatus by choice + Free hand	1 apparatus by choice + Free hand	Free hands
2017	1 apparatus by choice + Free hand	Free hands	Free hands
2018	1 apparatus by choice + Free hand	Free hand	X
2019	Free hand	Free Hand	X
2020	Free Hand	X	

\*Apparatus by choice does not include free hands

**Difficulty Requirements ;**

**\*Senior;** Highest 9DB and 20DA and 4R and 2W

**\*Junior and Below ages ;** Highest 7DB and 15DA and 3R and 2W

**Level requirements:**

\*C level max BD element 0.30 (If the elements is higher value, will accept max.0.30)

\*B level max BD element 0.40 (If the elements is higher value, will accept max.0.40)

\*A level no limit in BD element value.

**Free Hand routines:**

- Highest 7 DB difficulties (minimum 1 of each BD );
- 2 dancing steps;
- max 2R with max of 3 rotations each.**max.1 series R.**

For example ;3 walkovers =0.5 (R3+series)

2rotations+1 cartwheel =0.4 (R3+change of axis)

**RULES AND REGULATIONS**

**Group Categories**

Age	Apparatus
2016 and younger	Free hands
2015 -2013	Free Hands <b>OR</b> Apparatus by choice
Pre Junior 2012-2011 2011-2010	Apparatus by choice
2010-2009 Junior	5 Hoops <b>OR</b> 5 Clubs
2008 and older Senior	5 Hoops <b>OR</b> 3 Balls 2 Ribbons

**AWARDING**

- Athletes will be awarded within each level by age division with medals ,diplomas and gifts. A level ;1<sup>st</sup> place with special trophy .
- All around from top 3 and all gymnasts from 4<sup>th</sup> and below.
- By each apparatus top 3 gymnasts.
- 1 routine age/level only with all around award.
- If the total score is the same , decision will made by FIG rules ( the highest execution score ) to finalize it.
- The Miss Angels Cup gymnasts will have special award from the sponsor.
- Special prize for the Miss Dance , Miss Elegance ,Miss Flexible.
- Special prize from PHOTOGRAPHER.

REGISTRATION	<p>Registration MUST be completed via KSIS at: <a href="https://www.rgform.eu/event.php?id_prop=6834">https://www.rgform.eu/event.php?id_prop=6834</a></p> <p><b>Preliminary Registration Deadline:</b> 31<sup>st</sup> October 2024</p> <p><b>Definitive Registration Deadline:</b> 6<sup>th</sup> November 2024 First come first basis, Limited place!</p> <p>We might close the registration before deadline when we reach the number.</p> <ul style="list-style-type: none"> <li>• Individual: 600Aed per Gymnasts ,</li> <li>• Group : 1.000Aed per Group</li> <li>• Masterclass with Tokyo Olympic Gold Medalist,,BUL 500Aed per gymnasts</li> <li>• New COP seminar fee : 500Aed for Angels Cup registered judges/coaches</li> <li>• New COP seminar fee :750Aed from outside participants</li> <li>• 60 Aed podium training per gymnast; Deadline for podium training booking is 6<sup>th</sup> November 2024.</li> <li>• Entry fees are NON-REFUNDABLE</li> <li>• Cancellation before 7<sup>th</sup> -10<sup>th</sup> November 50% refund applied and after 10<sup>th</sup> November no refund applied.</li> </ul> <p>Please note the additional charge for the registrations after the deadline is RGI 200 AED per gymnasts / RGG 300AED per group . If space available we can accept.</p> <p><b>Payment Deadline</b> Bank Transfer: 6<sup>th</sup> November 2024</p>
MUSIC	<ul style="list-style-type: none"> <li>• All music must be submitted via ksis by: 6<sup>th</sup> November 2024</li> <li>• Music files must be submitted in MP3</li> <li>• Please prepare a USB Flash drive for the music back up</li> <li>• Late music fee :150Aed for each music.</li> </ul>
PAYMENT	<ul style="list-style-type: none"> <li>• All payments must be in AED. Not accept any other currency. All additional bank fees, charges for bank transfer will be cover by delegations.</li> <li>• All payment by bank ;please send paid bank transfer slip to admin.Deadline : 6<sup>th</sup> November 2024 .</li> <li>• Bank Name: Emirates NBD ,Umm Squeim Branch , Bank Adress: Ground Floor, Spinneys Al Wasl Branch, Umm Suquiem Road, Dubai - UAE BankTel: 00 971 600 540000 Fax: 00 971 4 2221839</li> <li>• The Account name: Premier Sports Services , Adress:Shop 13.C12,International City,PO Box 212779 Dubai -UAEAccount Number: 1014778228002 Iban no:AE030260001014778228002 SWIFT CODE: EBILAEAD</li> </ul>
VISA	<p>Confirm visa requirements with your travel agent or the UAE Embassy/Consulate. To get an official invitation letter, request it before 6<sup>th</sup> November 2024, by completing Visa Form online: <a href="https://www.rgform.eu/event.php?id_prop=6237">https://www.rgform.eu/event.php?id_prop=6237</a></p>
HOTEL	<p>Delegations will have to book accommodation by them self where they want. <a href="http://www.booking.com">www.booking.com</a> . If you prefer you can book with a special discounted Hotels %20 only for our competition. All delegations will do all booking by themselves.</p> <p><b>4* Arjaan Hotel by Rotana ,Media City</b></p>

	<p>Contact person ,Arjaan Reservations Manager: Moustafa Ghonim, email: <a href="mailto:Moustafa.ghonim@rotana.com">Moustafa.ghonim@rotana.com</a> Number: 04 436 0128</p> <p><b>3* Centro Rotana ,Al Barsha</b></p> <p>Contact person ,Centro Reservations Supervisor: Safwaan Sheikh, email: <a href="mailto:Safwaan.sheikh@rotana.com">Safwaan.sheikh@rotana.com</a> Number: 04 704 0288</p>	
<b>TRANSPORTATION</b>	Delegations will arrange their airport transfer and transportation from their hotel to hall . You can use Uber or Careem with reasonable prices.	
<b>MEALS</b>	Food courts will be available with healthy snacks and meals at the hall. You can purchase.	
<b>INSURANCE</b>	LOC will not be held responsible for any liabilities in case of accidents, illness, repatriation, and the like. All participating delegations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their delegation. The LOC will verify the insurance upon arrival of the delegation members (e.g., cover note or photocopy of the valid policy).	
<b>MEDICAL SERVICES</b>	The LOC will provide first medical aid assistance.	
<b>PHOTOGRAPHY, VIDEOGRAPHY</b>	Photos and videos can be purchased upon request. More details will be send closer date.	
<b>SOCIAL MEDIA</b>	<a href="https://www.instagram.com/angelsgymnasticsdubai/">https://www.instagram.com/angelsgymnasticsdubai/</a> <a href="https://www.facebook.com/AngelsGymnasticsDubai/">https://www.facebook.com/AngelsGymnasticsDubai/</a> <a href="https://www.angelsgymnasticsdubai.com/">https://www.angelsgymnasticsdubai.com/</a>	
<b>DEADLINES FOR ENTRIES</b>	<b>Preliminary Registration Deadline</b>	31 <sup>st</sup> October 2024
	<b>Definitive Registration Deadline</b>	6 <sup>th</sup> November 2024 *We might close before!
	<b>Payment Deadline</b>	6 <sup>th</sup> November 2024
	<b>Music and Visa Form Submit Deadline</b>	6 <sup>th</sup> November 2024



Look forward to seeing you... Angels Gymnastics Team!