

Olympic Stars  
Rhythmic Gymnastics Cup 2024  
Doha, Qatar

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Olympic Stars

## Directives

**Olympic Stars, Professional Center of Rhythmic Gymnastics in Qatar is pleased to invite rhythmic gymnasts from around the world to visit Doha and take part in our friendly competition.**

<b>Organizers and contacts</b>	<p>Tatiana Yakimova, head coach of Olympic Stars +974 7066 8495 (WhatsApp and phone, Russian and English)</p> <p>Secretary of Olympic Stars +974 7066 8493 (WhatsApp and phone, only English)</p> <p>Instagram: <a href="https://www.instagram.com/gymnasticsqatar">https://www.instagram.com/gymnasticsqatar</a> Email: <a href="mailto:OlympicStarsCup@gmail.com">OlympicStarsCup@gmail.com</a> <a href="http://www.OlympicStarsDoha.com">www.OlympicStarsDoha.com</a></p>
<b>Place</b>	<p>Doha, Qatar Sport hall, University of Doha for Science and Technology <a href="https://maps.app.goo.gl/ai1eqCex4EXhqKuP9">https://maps.app.goo.gl/ai1eqCex4EXhqKuP9</a> - link to the gym location</p>
<b>Dates</b>	<p>12 December – podium training, accreditation 13 December – first day of the competition 14 December – second day of the competition</p>
<b>Delegation</b>	<p>Unlimited number of gymnasts Every delegation should have a qualified judge If no judge then fine 200 USD</p>
<b>Registration deadlines</b>	<p>Preliminary registration 1 November 2024 Definitive registration 10 November 2024 Music until 30 November 2024 Fees payment until 16 November 2024, non-refundable</p> <p>Registration for the event will be closed before 10 November, in case 250 gymnasts are registered.</p>
<b>Fees</b>	<p>Fees for participation: Individual gymnast – 120 USD Group – 200 USD</p> <p>Fees for individual gymnasts registered in the clubs of Qatar (except Olympic Stars) – 1200 QAR</p>
<b>Visas and insurance</b>	<p>A lot of nationalities do not need visa in order to enter Qatar (for example, EU countries, Russia, Ukraine, GCC countries, Turkey, India, Azerbaijan, Georgia, etc.) <a href="https://en.wikipedia.org/wiki/Visa_policy_of_Qatar">https://en.wikipedia.org/wiki/Visa_policy_of_Qatar</a></p> <p>In case a delegation needs help with visas – the organizers will be happy to provide an invitation.</p> <p>There are some cases where visitors of Qatar should present an insurance issued by a Qatari insurance company (standard price is 50 QAR, around 14 USD), organizers will be happy to assist with that.</p>
<b>Registration format</b>	<p>Registration in KSIS Link: <a href="http://ksis - Olympic Stars Rhythmic Gymnastics Cup (rgform.eu)">ksis - Olympic Stars Rhythmic Gymnastics Cup (rgform.eu)</a></p>
<b>Transportation</b>	<p>Bus “gym-hotel-gym” will be provided for those who booked hotel through the organizers. Without additional charge. If your delegation needs transportation from/to the airport – inform in advance. (additional fee depending on the number of people)</p>

<b>Payments</b>	All the payments: competition fees, hotel booking – shall be done until without delay. <i>Bank:</i> Qatar National Bank, QNB <i>IBAN:</i> QA 15 QNBA 0000 0000 0260 0738 4200 1 <i>Company name:</i> Olympic Stars <i>Address:</i> Qatar, Doha, Barwa Tower 1, Al Sadd, Office No. 20 <i>Swift code:</i> QNBAQQA
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### **Accommodation and transportation**

Competition participants may choose and book the hotels by themselves. Transportation from hotel to the hall and back is not provided by the organizers. Note that Uber-Qatar works great.

Transportation from the airport and back is not provided. Please note, that it is impossible to book Uber from the airport, you need to take the taxi in the airport or book a transfer prior. Uber to airport works great.

Organisers can provide information regarding companies in Qatar, which can organize pick up, transportation in Doha and Doha tours.

### **Gala-show**

All the delegations are invited to take part in **the Gala show (around 6 pm, 14 December)** after the competition with gala performances. Every club can prepare limited number of dances (1-3 dances). National dances, character dances or gymnastics routines with outstanding execution are welcomed. Gala performances should not be longer than 2.5 minutes.

## Program of the competition

**Gymnasts may use routines composed according to the old rules (CoP 2022-2024) or according to the new rules (CoP 2025-2028). For this they should register in KSIS category accordingly.**

Year of birth	A level (old rules)  A level (new rules)  No limit in difficulty	B level (old rules)  B level (new rules)	C level (old rules)  B level (new rules)	D level (old rules)  D level (new rules)	Gymnastics for all
2019 and younger	Free or apparatus by choice	Free Max. D – 3.0	Free Max. D – 2.0		
2018	Free or apparatus by choice	Free Max. D – 3.0	Free Max. D – 1.5		
2017	Free and apparatus by choice	1 apparatus Max. D – 4.0	Free Max. D – 3.0	Free Max. D – 2.0	
2016	Free and apparatus by choice	1 apparatus Max. D – 4.0	Free Max. D – 3.0	Free Max. D – 2.0	Gymnastics for all Free Max. D – 1.5
2015	2 apparatus by choice	Free and 1 apparatus Max. D – 5.0	1 apparatus Max. D – 4.0	Free Max. D – 3.0	Gymnastics for all Free Max. D – 1.5
2014	2 apparatus	2 apparatus Max. D – 5.0	Free and 1 apparatus Max. D – 5.0	Free Max. D – 3.0	Gymnastics for all Free Max. D – 2.0
2013	2 apparatus	2 apparatus Max. D – 6.0	Free and 1 apparatus Max. D – 5.0	Free Max. D – 4.0	Gymnastics for all Free Max. D – 2.0
2012	3 apparatus	2 apparatus Max. D – 6.0	Free and 1 apparatus Max. D – 6.0	Free Max. D – 4.0	Gymnastics for all Free Max. D – 2.0
2011 (only according to old rules)	3 apparatus	2 apparatus Max. D – 7.0	Free and 1 apparatus Max. D – 6.0	Free Max. D – 4.0	Gymnastics for all Free Max. D – 2.5
Juniors	3 apparatus	2 apparatus Max. D – 7.0	1 apparatus Max. D – 7.0	1 apparatus Max. D – 6.0	
Seniors	3 apparatus	2 apparatus Max. D – 8.0	1 apparatus Max. D – 7.0	1 apparatus Max. D – 6.0	
<ul style="list-style-type: none"> <li>• for all categories, except Juniors or Seniors, it is possible to choose between rope, hoop, ball, clubs or ribbon</li> <li>• for Juniors and Seniors, it is possible to choose any apparatus except rope</li> <li>• “Gymnastics for all category” is for gymnasts practicing gymnastics recreationally (3-6 hours a week). They can perform only Free hands</li> <li>• <b>Rhythmic gymnastics groups are accepted with any apparatus or free according to information provided by their coach</b></li> <li>• the program is a subject for change depending on the number of gymnasts registered in every category</li> <li>• Maximum D (difficulty) means that regardless of executed difficulty, maximum D score will not be higher than the score herein. For the purposes of honest level division.</li> </ul>					