

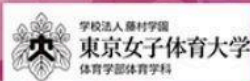
RHYTHMIC GYMNASTICS COMPETITION

# TAMARA CUP

INTERNATIONAL

TOKYO  
MAY 2-4 2025

JAPAN



# Tamara Cup Japan 2025

Tamara Cup Organizing Committee has the pleasure of inviting you and your delegation to participate in Tamara Cup Japan 2025.

The competition will take a place in the exciting city of TOKYO, JAPAN  
on May 2 - 4, 2025

## 1. GENERAL INFORMATION

The **Tamara Cup** is an International Competition which is open to clubs, regional, national, and international teams.

## 2. ORGANIZING COMMITTEE CONTACT INFORMATION

Tamara Cup

6980 W. Warm Springs #190, Las Vegas, Nevada, 89113, USA

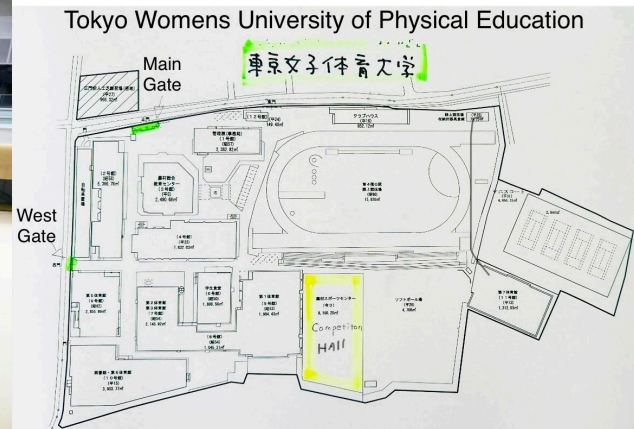
Phone Number: +1(702)-462-8020,

Email: [tamara.cup@yahoo.com](mailto:tamara.cup@yahoo.com)

Website: <https://www.tamaracup.com>

## 3. COMPETITION VENUE

**TOKYO WOMEN'S COLLEGE  
OF PHYSICAL EDUCATION (SPORT CENTER FUJIMURA ARENA A)**  
Address: 30-1, Fujimidai 4-Chome, Kunitachi, Tokyo, Japan 186-0003



**2 Competition Floors**  
**4 Warm up Floors**  
**Separate Pre warm up Hall**  
**Ceiling height is 16 meters (52 feet)**

#### 4. PRELIMINARY SCHEDULE - (Subject to Change)

Thursday, May 1	Arrival
Friday, May 2	Podium Training for International Teams Competition Day 1 - half day
Saturday, May 3	Competition Day 2
Sunday, May 4	Competition Day 3
Monday, May 5	Departure

#### 5. REGISTRATION

Delegations are responsible for covering travel, accommodation, meals and entry fees. All entries must be completed through the KSIS registration website.

[https://rgform.eu/event.php?id\\_prop=7276](https://rgform.eu/event.php?id_prop=7276)

FULL DATE OF BIRTH for all gymnasts must be entered in KSIS upon registering.

#### 6. ENTRY FEES

Category	Fee
Youth & Pre-Junior 1	15,000 JPY (\$105 USD)
Pre-Junior 2, Juniors and Seniors	20,000 JPY (\$140 USD)
Group per routine	20,000 JPY (\$140 USD)

Entries are limited & registration will be closed when it reaches full capacity. Registration won't be confirmed until payment is made.

**Entry fees are non-refundable**

#### 7. DEADLINES FOR ENTRIES AND FINANCIAL OBLIGATIONS

Payment	<b>ON or BEFORE January 2, 2025</b>	\$25 late fee per athlete after Deadline
Visa Form	<b>February 2, 2025</b>	Deadline for visa Application
Accreditation Headshot Photo	<b>March 2, 2025</b>	\$25 late fee per athlete after Deadline
Music	<b>April 2, 2025</b>	\$25 late fee per athlete after Deadline

In order to manage the competition with reasonable hours, the total number of participants is limited. Entries will be accepted on a first registered, including entry fees, first served basis.

## PAYMENT OPTIONS

### OPTION 1: WIRE TRANSFER

**Bank: Bank of America**  
**Address: 7280 S. Rainbow Blvd, Las Vegas, NV 89113 Tel: +1(702) 837-9228**  
**Account: 501028445256**  
**Swift Code**  
**-US Dollars: BofAUS3N**  
**-Foreign Currency: BofAUS6S**  
**Account Holder: Tamara Cup, LLC**  
**Address: 7381 Elbridge Way, Las Vegas, NV, 89113 Tel: +1(702) 462-2080**  
**Please, specify your TEAM NAME**

### OPTION 2: ZELLE for USA Teams

ZELLE: [tamara.cup@yahoo.com](mailto:tamara.cup@yahoo.com)

## 8. HOTELS:

Hotel Emisia Tokyo Tachikawa (1 mile or 1.6km from the Venue)

<https://www.hotel-emisia.com/tokyotachikawa/en/>

Shinjuku Prince Hotel (Tokyo Center 18 miles or 29 km from the Venue)

<https://www.princehotels.com/shinjuku/>

More hotel choices are coming soon.

## BUS SCHEDULE DIRECT FROM NARITA AIRPORT TO TACHIKAWA STATION >

Tachikawa Station is a 5 min drive (1mile) to the Venue.

短編・立川→成田空港 Timetable To Narita Airport									
運行会社	立川バス	東京空港交通	成田空港交通	立川バス	東京空港交通	立川バス	成田空港交通	成田空港交通	東京空港交通
経路	拝島線車庫	4:10	—	—	8:45	—	12:50	—	—
経路	Hajima Bus Garage	4:10	—	—	8:45	—	12:50	—	—
経路	成田線立江	4:25	—	—	9:05	—	13:10	—	—
経路	Akishima Station	4:25	—	—	9:05	—	13:10	—	—
経路	フォレスト・イン相模原 Forest Inn Showakan	4:30	—	—	9:10	—	13:15	—	—
立川地区	立川バス上野原駅前 Tachikawa Bus	—	5:20	6:20	—	11:50	—	15:25	—
立川地区	Josui Bus Garage	—	5:20	6:20	—	11:50	—	15:25	—
立川地区	立川駅東口 Tachikawa Station	5:00	5:45	6:45	9:45	12:15	13:50	15:50	19:15
立川地区	パレスホテル立川 Palace Hotel Tachikawa	5:05	5:50	6:50	9:50	12:20	13:55	15:55	19:20
	↓	↓	↓	↓	↓	↓	↓	↓	↓
成田空港3ターミナル Narita Airport Terminal 3	7:12	7:57	9:22	12:22	14:52	16:27	18:27	21:52	22:52
成田空港2ターミナル Narita Airport Terminal 2	7:15	8:00	9:25	12:25	14:55	16:30	18:30	21:55	22:55
成田空港1ターミナル Narita Airport Terminal 1	7:20	8:05	9:30	12:30	15:00	16:35	18:35	22:00	23:00

成田空港→立川・短編 Timetable To Tachikawahiba and Akishima									
運行会社	立川バス	東京空港交通	成田空港交通	立川バス	東京空港交通	立川バス	東京空港交通	成田空港交通	成田空港交通
成田空港3ターミナル Narita Airport Terminal 3	7:25	8:55	11:05	14:45	15:45	16:45	17:45	18:45	20:15
成田空港2ターミナル Narita Airport Terminal 2	7:30	9:00	11:10	14:50	15:50	16:50	17:50	18:50	20:20
成田空港1ターミナル (南翼) Narita Airport Terminal 1 (South Wing)	7:35	9:05	11:15	14:55	15:55	16:55	17:55	18:55	20:25
成田空港1ターミナル (北翼) Narita Airport Terminal 1 (North Wing)	7:40	9:10	11:20	15:00	16:00	17:00	18:00	19:00	20:30
	↓	↓	↓	↓	↓	↓	↓	↓	↓
立川駅東口 Tachikawa Station	10:20	11:50	13:35	17:35	18:35	19:35	20:30	21:20	22:35
パレスホテル立川 Palace Hotel Tachikawa	10:25	11:55	14:00	17:40	18:40	19:40	20:35	21:25	22:40
立川上野原駅前 Tamagawa Josui Station	10:39	↓	14:14	17:54	18:54	↓	↓	21:39	22:54
立川バス上野原駅前 Tachikawa Bus Josui Bus Garage	10:40	↓	14:15	17:55	18:55	↓	↓	21:40	22:55
経路	フォレスト・イン相模原 Forest Inn Showakan	—	12:20	—	—	—	20:05	21:00	—
経路	成田線立江	—	12:23	—	—	—	20:08	21:03	—
経路	Akishima Station	—	12:23	—	—	—	20:08	21:03	—
経路	拝島線車庫 Hajima Bus Garage	—	12:40	—	—	—	20:25	21:20	—

## 9. JUDGES

- At least 1 judge is mandatory for all delegations with 6 or more competitors.
- There will be a **45,000 YEN** penalty if a delegation does not present a judge.
- The nominated judge must be available to judge all sessions of competition and all levels
- If the judge does not show up for an assigned session a 25,000 YEN penalty will apply.
- Delegations with less than 10 competitors may combine with another small delegation to share the expenses of one Judge.
- All judges must have a current valid FIG Brevet / Local National Judge Certification

## 10. COMPETITION TECHNICAL RULES

FIG: FIG Code of Points:

[https://www.gymnastics.sport/publicdir/rules/files/en\\_1.1%20-%20RG%20Code%20of%20Points%202025-2028.pdf](https://www.gymnastics.sport/publicdir/rules/files/en_1.1%20-%20RG%20Code%20of%20Points%202025-2028.pdf)

## 11. COMPETITION FORMAT

### Requirements

#### INDIVIDUAL EVENT / APPARATUS

<p><b>YOUTH:</b> <b>8, 7, 6 Years Old</b> <b>(2017, 2018, 2019)</b></p>	<p><b><u>Freehand:</u></b></p> <ul style="list-style-type: none"> <li>• Min 3, Max 7 DB</li> <li>• Min 2 Full Dance Steps (S), no max limit S (+0.3 for every S)</li> <li>• Min 1 element from each Group of Difficulties of Body</li> <li>• Jumps/Leaps</li> <li>• Balance</li> <li>• Rotations</li> </ul>	<p><b><u>Apparatus by choice</u></b> (Rope / Hoop/ Ball / Clubs / Ribbon)</p> <ul style="list-style-type: none"> <li>• Min 3, Max 5 DB</li> <li>• Min 0, Max 3 DA</li> <li>• Min 1 Throw (No Risks)</li> <li>• Min 1 Full Body Waves (W)</li> <li>• Min 2 Dance Steps (S)</li> <li>• Min 1 elements from each Group of Difficulties of Body</li> <li>• Jumps/ Leaps</li> <li>• Balances</li> <li>• Rotations</li> </ul>	<p><b><u>Event:</u></b></p> <ol style="list-style-type: none"> <li>1. Freehand</li> <li>2. Ball</li> <li>3. By choice</li> <li>4. By choice</li> </ol>
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**Athletes of all ages can compete 1- 4 Routines!**

<p><b>Pre-Junior 1:</b> <b>9 - 10 Years Old</b> <b>(2016-2015)</b></p>	<p><b><u>Freehand:</u></b></p> <ul style="list-style-type: none"> <li>• Min 3, Max 8 DB</li> <li>• Min 2 Full Body Waves (W)</li> <li>• Min 2 Dance Steps (S), no max limit S (+0.3 for every S)</li> <li>• Min 1 element from each Group of Difficulties of Body</li> <li>• Jumps/Leaps</li> <li>• Balance</li> <li>• Rotations</li> </ul>	<p><b><u>Apparatus by choice</u></b> (Rope / Hoop/ Ball / Clubs/Ribbon)</p> <ul style="list-style-type: none"> <li>• Min 3, Max 6 DB</li> <li>• Min 1, Max 9 DA</li> <li>• Min 0, Max 2 (R )</li> <li>• Min 1 Full Body Waves (W)</li> <li>• Min 2 Dance Steps (S)</li> <li>• Min 1 elements from each Group of Difficulties of Body</li> <li>• Jumps/ Leaps</li> <li>• Balances</li> <li>• Rotations</li> </ul>	<p><b><u>Event:</u></b></p> <ol style="list-style-type: none"> <li>1. Freehand</li> <li>2. Ball</li> <li>3. By choice</li> <li>4. By choice</li> </ol>
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<b>Pre-Junior 2:</b> <b>11 - 12 Years Old</b> <b>(2014-2013)</b>	<b><u>Apparatus by choice</u></b> ( Freehand/ Ball /Hoop/ By choice) According to FIG Junior program
<b>Junior :</b> <b>13 - 14 Years Old</b> <b>(2012-2011)</b>	<b><u>Apparatus by choice</u></b> ( Hoop/ Ball / Clubs/ Ribbon) According to FIG Junior program
<b>Senior :</b> <b>15 Years Old &amp; Above</b> <b>(2010 &amp; Below)</b>	<b><u>Apparatus by choice</u></b> ( Hoop/ Ball / Clubs/ Ribbon) According to FIG Senior program

**Athletes of all ages can compete 1- 4 Routines!**

## 12. AWARDS

**Top 3 individual All Around Grand Champions within each age group will be awarded Medals and prizes from our sponsors TDC by Nishohi, CHACOTT or SASAKI.**

- Top 8 individual gymnasts will be awarded within each age group for each event & all-around (top 3 - medals; 5-8 place - ribbons).
- Top 3 groups per category will be awarded for each event & all-around.

**EACH PARTICIPANT ATHLETE WILL RECEIVE A GIFT and DISCOUNT CARD TO BUY RG PRODUCTS AT [www.tdc-sports.jp](http://www.tdc-sports.jp) or [www.nishohi.com](http://www.nishohi.com)**

## 13. ADMISSION

- 1,000 JPY per day

## 14. MEDICAL SERVICES

First Aid support will be present during training and competition.

## 15. MEDIA REPRESENTATIVES

Media representatives (photographers, Video) should request a special accreditation from the Organizing Committee. Please contact the OC by April 2st, 2025 to be eligible to receive Media Accreditation.

## 16. ACCREDITATION

**For Identification & Access to Athlete Entry at the Venue, please upload a headshot photo of your athletes and coaches by March 2<sup>th</sup>, 2025 via KSIS.**

At accreditation:

The Head of Delegation must pick up and distribute accreditations to athletes and coaches BEFORE the competition starts. All participants and officials are required to wear accreditation cards at all times.

The accreditation is personal, non-transferable and compulsory to control access to training and competition hall functions. Without your accreditation card, you cannot pass the security control.

## 17. MUSIC POLICY

Category\_Born\_Apparatus\_Gymnast name ex. PJ1\_2014\_Floor\_TamaraCup

**All music files must be uploaded by April 2nd, 2025**

## 18. VISA

Please check with the Japan Embassy to see if you need a visa to travel to Japan. Please also check the length of time necessary to process the visas. If you need an official invitation to obtain a visa to travel to Japan, please fill out the visa form on KSIS *as soon as possible*, but no later than the deadline: February 2nd, 2025. You will need to use the visa form in the KSIS system. Please make sure that the information you entered is accurate. The Tamara Cup OC will use this information to create the visa invitation for your delegation. Incorrect information will result in delays in processing.

**Deadline for Visa Forms is February 2nd, 2025**

## 19. OPENING CEREMONY/GALA

TBA

**SASAKI, CHACOTT, AND TDC/PASTORELLI BRANDS WILL HAVE A POP-UP SHOPS AT THE VENUE.**

## 20. TOKYO DISNEYLAND TRIP and JAPANESE CULTURAL EXPERIENCES

Japanese Cultural Experiences and a Charter Bus from Tachikawa Station to Tokyo Disneyland and back can be offered for an extra fee. More information is coming soon.



**THANK YOU TO OUR SPONSORS!**

