




**International Rhythmic Gymnastics Tournament
"Qatar Cup"
22-27 April 2026
Doha, Qatar**

DIRECTIVES

Dear Sports Friends,
Alem International Academy has the pleasure to invite you to the "Qatar Cup" in Rhythmic Gymnastics to be held in Doha, Qatar on April 22-27, 2026.
This competition will be under the patronage of Qatar Gymnastics Federation

INTERNATIONAL ORGANIZING COMMITTEE (IOC)	Alem International Academy contact person: Assem Akhmetzhanova phone number: +7 701 807 8883 Whats App e-mail: academy.alem.2018@gmail.com
LOCAL ORGANIZING COMMITTEE (LOC)	Rhythmic Gymnastics for Sports Trading w.l.l contact person: Loay Dalis phone number: +974 7112 0935 - +974 3137 7055 WhatsApp: +974 7112 0935 e-mail: info@rhythmicgymnastics.qa
COMPETITION DATE	22-27 April 2026
VENUE	Name of the Event Hall: Thani bin Stadium, Al-Gharafa Club, Al-Rayyan Adress: 8CRV+X5, Ar Rayyan, Qatar 
INVITED CLUBS/ COUNTRIES	"Alem" International Academy is pleased to invite the representatives of the clubs wishing to join to the tournament.
PROVISIONALE SCHEDULE	April 22: Arrival of delegations April 23: Podium training April 24: Competition day 1 April 25: Competition day 2 April 26: Competition day 3 April 27: Departure of delegations





**COMPETITION
FORMAT**

Individual exercises

2010 and older – as per FIG Rules

Category A: Hoop, ball, clubs, ribbon

Category B: 2 apparatus by choice

Category C: 1 apparatus by choice

2011 born – as per FIG Rules

Category A: 3 apparatus by choice

Category B: 2 apparatus by choice

2012 born – as per FIG Rules

Category A: 3 apparatus by choice

Category B: 2 apparatus by choice

Category C: 1 apparatus by choice

2013 born – as per FIG Rules

Category A: 3 apparatus by choice

Category B: 2 apparatus by choice

Category C: 1 apparatus by choice

2014 born – as per FIG Rules

Category A: 2 apparatus by choice

Category B: 1 apparatus by choice

Category C: W/A (6 DB)

2015 born – as per FIG Rules

Category A: 2 apparatus by choice

Category B: 1 apparatus by choice

Category C: W/A (6 DB)

2016 born – as per FIG Rules

Category A: 2 apparatus by choice

Category B: 1 apparatus by choice

Category C: W/A (6 DB)

2017 born – as per FIG Rules

Category A: without apparatus (6 DB) +apparatus by choice

Category B: 1 apparatus by choice

Category C: W/A (6 DB)

2018 born – as per FIG Rules

Category A: without apparatus (6 DB) +apparatus by choice

Category B: 1 apparatus by choice

Category C: W/A (6 DB)

2019 born

Category A: without apparatus (6 DB)

Category B: without apparatus (6 DB)





	<p>2020 born Category A: without apparatus (6 DB) Category B: without apparatus (6 DB)</p> <p>Group exercises 2010 born and older Category A: 5 balls, 3 hoops/2 clubs</p> <p>2011-2013 born Category A: 5 balls, 5 ribbons</p> <p>2014-2016 born Category A: 5 balls, 5 ribbons Category B: 5 balls</p> <p>2017-2018 born Category A: W/A, 1 apparatus by choice Category B: W/A</p> <p>2018-2020 born Category A: W/A</p> <p>W/A requirements: DB max.6 DA (collaborations) - min. 3, max 12. Artistry and Execution will be judge by FIG Rules.</p>												
SIZE OF DELEGATION	<table border="1"> <thead> <tr> <th></th> <th>Individual</th> <th>Group</th> </tr> </thead> <tbody> <tr> <td>Coach</td> <td>No limit</td> <td>No limit</td> </tr> <tr> <td>Gymnasts</td> <td>No limit</td> <td>No limit</td> </tr> <tr> <td>Judges</td> <td colspan="2">max.2 per club</td> </tr> </tbody> </table>		Individual	Group	Coach	No limit	No limit	Gymnasts	No limit	No limit	Judges	max.2 per club	
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JUDGES AND JUDGES' PANELS	<p>Judges having at least sport, 1 category or National or international judging category in the current 2025-2028 Olympic Cycle can judge at the competition.</p> <p>The fine for participation without judge is 150 EUR.</p>												
ENTRY FEES	<p>The non-reimbursable cost for Entry Fee is:</p> <p>150 EUR per individual gymnast (each) 300 EUR per group</p>												





ACCOMODATION	<ul style="list-style-type: none"> - Ezdan Palace Hotel https://www.ezdanpalace.qa - Al Messila Resort https://shorturl.at/ac7Gn - Primer Inn Education City https://shorturl.at/S2T6o - Sheraton Doha https://shorturl.at/BcdZR - Hilton Doha https://shorturl.at/m3BHN - Four Seasons Doha https://shorturl.at/azryR 														
BANK ACCOUNT	<p>Account Number: 1114-217992-001 IBAN: QA65 QIIB 0000 0000 1114 2179 9200 1 Swift Code: QIIBQAQAXXX Bank: Qatar International Islamic Bank Beneficiary: Rhythmic Gymnastics Sports Address: Doha - Qatar</p>														
REGISTRATION	<p>Applications for participation are accepted on a standard form until April 1,2026 to the e-mail: academy.alem.2018@gmail.com</p> <p>Send music by April 10 to the email: musicalem10@gmail.com</p>														
DEADLINES SUMMARY	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Visa Request Form</td> <td style="padding: 2px;">15 March 2026</td> </tr> <tr> <td style="padding: 2px;">Nominative Registration</td> <td style="padding: 2px;">1 April 2026</td> </tr> <tr> <td style="padding: 2px;">Accommodation Form</td> <td style="padding: 2px;">1 April 2026</td> </tr> <tr> <td style="padding: 2px;">Travel Schedule Form</td> <td style="padding: 2px;">1 April 2026</td> </tr> <tr> <td style="padding: 2px;">Meals Form</td> <td style="padding: 2px;">1 April 2026</td> </tr> <tr> <td style="padding: 2px;">All payments</td> <td style="padding: 2px;">1 April 2026</td> </tr> <tr> <td style="padding: 2px;">Music</td> <td style="padding: 2px;">10 April 2026</td> </tr> </table>	Visa Request Form	15 March 2026	Nominative Registration	1 April 2026	Accommodation Form	1 April 2026	Travel Schedule Form	1 April 2026	Meals Form	1 April 2026	All payments	1 April 2026	Music	10 April 2026
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