

# “4th INTERNATIONAL EMIRATES CUP”

## Rhythmic Gymnastics Tournament

26 - 30th of December 2019

DUBAI, UAE

### Contacts:

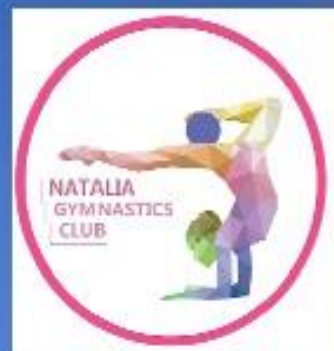
[+971544115785](tel:+971544115785) / [+971529090894](tel:+971529090894)

[\(whatsapp\)](#)

[E-mail: nataliagymnastics1](mailto:nataliagymnastics1@gmail.com)

[@gmail.com](#)

[Website: www.nataliarg.com](http://www.nataliarg.com)





*Dear friends,  
We have a great pleasure to invite you to participate in the*

## **“4th INTERNATIONAL EMIRATES CUP 2019” DUBAI, UAE**

### **1. COMPETITION SCHEDULE**

**Thursday 26/12/2019** Arrival of delegations. Registration .Warm up.

**Friday 27/12/2019** Judges and coaches meeting. 1<sup>st</sup> Competition day. Award ceremony.

**Saturday 28/12/2019** Judges and coaches meeting. 2nd Competition day. Award ceremony.  
Gala dinner.

**Sunday 29/12/2019** Masterclass with Alexandr Buklov.

**Monday30/12/2019** Departure day of delegations.

### **ORGANIZING COMMITTEE:**

*NATALIA GYMNASTIC CLUB.*

### **Contact persons:**

*Yana Shakel (Administrator): +971544115785 (whatsapp)*

*Natalia Bugai (Director-Head coach): +971529090894 (whatsapp)*

**E-mail: [nataliagymnastics1@gmail.com](mailto:nataliagymnastics1@gmail.com)**

**[@dubainataliarg](https://www.instagram.com/dubainataliarg)**

## COMMON TECHNICAL PROGRAM

☑ Dancing Steps Min. 1 (8 seconds)

☑ Min 1 R

☑ Min. 1 difficulty from each body movement group (except where FIG program applies)

**Competitions are held according to the rules of FIG 2017-2020.**

### 2. TECHNICAL PROGRAM – INDIVIDUAL EXERCISES

AGE GROUP	Category A	Category B	Category C
2014 year	FH (5elem)	-	-
2013 year	FH (9elem)	FH (5elem)	
2012 year	FH + apparatus by choice accept of ribbon	FH (9 elem.)	FH (7 elem.)
2011 year	FH + apparatus by choice accept of ribbon	FH + apparatus by choice accept of ribbon	FH (7elem.)
2010 year	2 apparatuses by choice accept of ribbon	FH + apparatus by choice accept of ribbon	1 apparatus by choice accept of ribbon
2009 year	2 apparatuses by choice accept of ribbon	FH + apparatus by choice accept of ribbon	1 apparatus by choice accept of ribbon
2008 year	3 apparatuses	2 apparatuses by choice accept of ribbon	1 apparatus by choice accept of ribbon
2007 year	3 apparatuses	2 apparatuses	1 apparatus by choice
Candidate of master sports (2006-2004 year)	3 apparatuses	2 apparatuses	-
Master sports (2003 year and older)	4 apparatuses	-	-

### 3. TECHNICAL PROGRAM – GROUP EXERCISES

<b>AGE OG GROUP</b>	<b>APPARATUSES</b>
2012-2011 year	FH
2011-2010 year	FH
2010- 2009 year	FH + apparatus by choice
2009 - 2008 year	FH + apparatus by choice
2008 - 2007 year	2 apparatuses by choice
2007 - 2006 year	2 apparatuses by choice
Candidate of master sports (2005 - 2003 year)	5 hoops and 5 ribbons

\*The organizers have right to short or change the specified program according to the rules of the competition.

#### **Date and venue:**

Competition are organizing in the United Arab Emirates (Dubai) **from 26-30<sup>th</sup> of December 2019 at the GEMS Dubai American Academy).**

**!!! Registrations process deadline will by 15<sup>th</sup> of December 2019.**

**Music must be send before 15<sup>th</sup> of December 2019 or will be uploaded**

**On website by link: [www.rgform.eu](http://www.rgform.eu)**

#### **ALL-AROUND COMPETITION**

All gymnasts must have the following documents:

- Birth Certificate
- Medical / Health / Incident Insurance Policy (copy)
- Doctor's Approval for Rhythmic Gymnastics Practice

And also the gymnasts must have all the apparatuses and leotard for the performance.

## 4. MUSIC

Music for the competition must be sending in **MP3 format ONLY** on email: [nataliagymnastics1@gmail.com](mailto:nataliagymnastics1@gmail.com) or uploaded on website.

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## 5. GALA

If you would like to participate in the gala, please indicate the names of participants in the application form.

### \*\*\* Awards:

The participants will awarded presents, diplomas, cups and medals.

### MAIN PRIZE:

**Winners of 1, 2, 3 place will receive money certificate!**

## JUDGES

Each delegation must include 1 judge, 1 coach, 10 gymnasts in individual program and 1 team of group exercises.

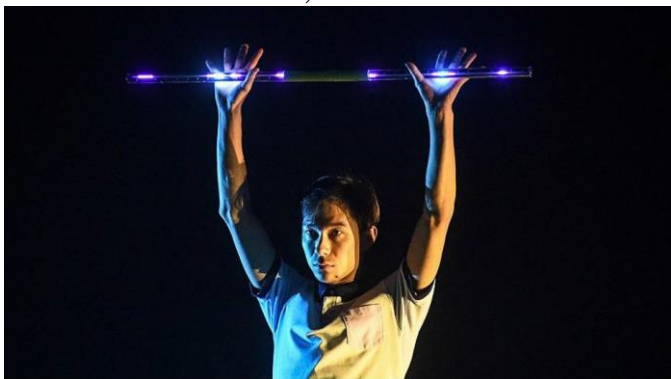
**!!! No judge-fine 100\$.**

## 6. INVITED GUESTS:

- Member of the national team of Estonia. Estonian champion in group exercises. Winner of the title "Miss Valentine" 1995 in Tartu. Rhythmic gymnastics head coach and founder of the Tip-Top sports school in Estonia. International Judge FIG –**Elena Agafontseva.**



-Three-time World Champion in men's rhythmic gymnastics, participant of TV shows of projects such as "Bez Strahovki", Alina Kabaeva`s, the annual participant of the “Alina Festival”, and the main organizer of the festival "Live to Win" - **Alexander Buklov;**



- Russian rhythmic gymnast, part of the team of the Russian National team, European Champion (2016), a multiple winner of the largest competitions, the master of sports of Russia of international level - **Ermolova Alina**



## 7. ACCOMMODATION HOTEL/ TRANSPORTATION

As we are sponsored by Hotel Apartment Property L.L.C., we will be glad to arrange for your accommodation during the competition period.

We offer fully furnished studios at the good 3, 4, 5 stars hotels with nice service.

**Entry fee for gymnasts living in the UAE - \$ 100 (obligatory is attending the master class with Alexander Buklov)**

**Stay for 1 person **TOURPACKAGE** from Natalia Gymnastics Club for 4 nights Adult / Child:**

**2 bedroom or 3 bed room – 500 \$**

**4 bedroom - 600 \$**

**Children under 5 years free**

**\*\*\* ALL INCLUSIVE TOURPACKAGE includes:**

**-participation fee**

**-accommodation**

**- buffet (breakfast, lunch, dinner)**

**-transfer go-back (hotel / airport and hotel / competition hall)**

**To confirm your reservation, you need to do deposit payment of amount 50% of the deposit of your accommodation is made, you pay the rest of the amount upon arrival.**

The duration of the transfer from the hotel to the sport hall is 15 - 20 minutes.

**NOTE! For those who do not live in our hotels cost:**

**Participation fee for 1 gymnast: 200 \$**

### VISA ASSISTANCE

We can provide an official invitation for participants requiring visa. The request must include the full name and date of birth of all delegation members.

## **GRAND BELLE VUE HOTEL APARTMENT DUBAI**

**Address:** Barsha Heights,

Near Gulf Oasis Hotel, Al Barsha 3 - Dubai

**Tel:** +971 4 449 9444

**Web:** [www.bellevue-hotels.com](http://www.bellevue-hotels.com)



### UNIT FEATURES :

- FREE Wi-Fi in the room and lobby
- Fully Kitchen with stuff for kitchen.
- En-suite bathroom.
- TV with FREE International Channels.
- Washing machine with dryer.
- Swimming pool, gym, sauna, steam Room.
- Covered Parking.
- House Keeping service.
- Room Service.
- Laundry

All information about accommodation please contact us for reservations :

**Moussa Elmahdy**  
**General Manager HAP**

m: +971 52 6412644

Tel: +971 4 449 9444

e: [m.elmahdy@hotelapartmentproperty.com](mailto:m.elmahdy@hotelapartmentproperty.com)



## **BANK DETAILS**

Name : Natalia Gymnastics Club LLC  
Bank: Commercial Bank International (CBI)  
Account # 100170026584  
Branch : Electra Branch  
IBAN: AE280220000100170026584  
Swift Code: CLBIAEAD



*3<sup>rd</sup> INTERNATIONAL EMIRATES CUP 2019*