



**Pharaoh's cup**  
**Cairo, Egypt**  
**2 - 3 May 2025**  
**Rhythmic gymnastics (Senior – Junior)**  
**Individual & Group**



## DIRECTIVES

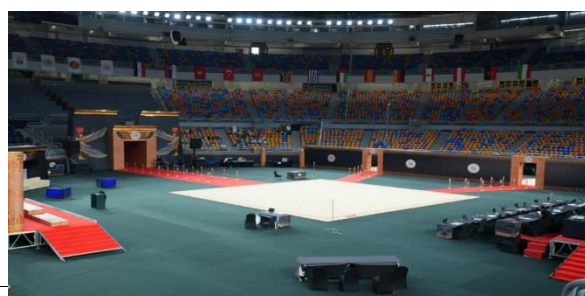
**Event ID: 18134**

**Update 25 March**  
**Accommodation**  
**Accreditation**

Dear FIG affiliated Member Federation,


The Gymnastics Federation of **Egypt** has the pleasure to invite your Federation and clubs to participate in the aforementioned official FIG International Event Pharaoh's cup.

<b>DISCIPLINE</b>	<b>Rhythmic Gymnastics</b>
<b>HOST FEDERATION</b>	<b>Egyptian Gymnastics Federation (EGF)</b> El Estad El Bahary St. Olympic Feds Buildings, Nasr City, Cairo, Egypt Tel: 002-02240250002 002-0224025027 e-mail: <a href="mailto:egypt@egyptgymnastics.com">egypt@egyptgymnastics.com</a> Website: <a href="http://www.egyptgymnastics.com">www.egyptgymnastics.com</a>
<b>LOCAL ORGANIZING COMMITTEE</b>	Contact Person : <b>Abdallah MAHMOUD</b> Address: Cairo international stadium Alestad Nasr city, Cairo-Egypt Tel: +201277710716 e-mail: <a href="mailto:pharaohscup@gmail.com">pharaohscup@gmail.com</a> <a href="mailto:egypt@egyptgymnastics.com">egypt@egyptgymnastics.com</a>
<b>LOCATION</b>	<b>Cairo, Egypt</b>
<b>DATE</b>	<b>2 - 3 May 2025</b>
<b>VENUE</b>	Cairo International stadium, AlEstad , Nasr city , Cairo Government +201111155413 / +20222607863 <a href="http://www.cairostadium.com">www.cairostadium.com</a>



<b>APPARATUS SUPPLIER</b>	<b>Please refer to the attached apparatus list.</b>
<b>RULES AND REGULATIONS</b>	<p>The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives:</p> <ul style="list-style-type: none"> <li>• Statutes</li> <li>• Code of Ethics</li> <li>• Code of Conduct</li> <li>• Technical Regulations</li> <li>• Code of Discipline</li> <li>• Code of Points and relevant Newsletters</li> <li>• General Judges' Rules</li> <li>• Specific Judges' Rules</li> <li>• Anti-Doping Rules</li> <li>• Licence rules (except for non-competitive events)</li> <li>• FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events</li> <li>• FIG Medical Guidelines for FIG Competitions and Events</li> <li>• Media Rules</li> <li>• Apparatus Norms</li> <li>• Rules for Sanctioning (approval) of International Events</li> <li>• Advertising and Publicity Rules</li> <li>• Regulations for Award Ceremonies</li> <li>• Accreditation Rules</li> </ul> <p><i>and subsequent decisions of the FIG Executive Committee</i></p>
<b>FEDERATIONS INVITED</b>	The Organizing Member Federation will invite all Member Federations according to the following: <b>All affiliated federation with good standing and clubs</b>
<b>AGE LIMITS</b>	<p><b><u>RG Ages:</u></b></p> <p><b>Junior:</b> as per FIG Technical Regulations</p> <p><b>Senior:</b> as per FIG Technical Regulations</p> <p><b>All gymnasts must have a valid FIG licence until the end of the event</b></p>
<b>JUDGES AND JURIES</b>	<p><b>All judges must have a current valid FIG brevet at the time of the event, for the respective discipline.</b></p> <p>Each federation or Club must bring min. 1 judge per discipline.</p> <p>The LOC will apply a fine of <b>300 Euro</b> per missing judge</p>
<b>ENTRY FEES</b>	<ul style="list-style-type: none"> <li>• International Delegations and International Clubs who will <b><u>Book</u></b> their Accommodation through LOC: <ul style="list-style-type: none"> <li>◦ Individuals: 50 Euros per gymnast (Non-Refundable)</li> <li>◦ Groups: 200 Euros per group (Non-Refundable)</li> </ul> </li> <li>• International Delegations and International Clubs who will <b><u>Not Book</u></b> their Accommodation through LOC : <ul style="list-style-type: none"> <li>◦ Individuals: 200 Euros per Apparatus (Non-Refundable)</li> <li>◦ Groups: 500 Euros per group (Non-Refundable)</li> </ul> </li> <li>• Egyptian National Clubs: <ul style="list-style-type: none"> <li>◦ Individuals: 5,000 EGP per Apparatus (Non-Refundable)</li> </ul> </li> </ul>
<b>ACCREDITATION</b>	<p>Each federation will be taken to the accreditation desk upon arrival. In order to accelerate the accreditation procedure, please send to the Local organizing committee by email: <a href="mailto:egypt@egyptgymnastics.com">egypt@egyptgymnastics.com</a> &amp; <a href="mailto:pharaohscup@gmail.com">pharaohscup@gmail.com</a> a photo of each delegation member together with the Nominative registration. The specification of the photo should be as follows:</p> <p>Files format: JPG, JPEG</p> <p>File name: NOC/Club_Surname_Firstname</p> <p>Note: the LOC will be checking the validity of the gymnast's licences.</p> <p>During the accreditation the Head of Delegation must present the following:</p> <ul style="list-style-type: none"> <li>• All passports /FIG license/Medical insurance of the registered gymnasts.</li> </ul>

	<ul style="list-style-type: none"><li>• Competitor's Music 2 CD Copy or USB.</li><li>• Proof for full payment of the costs due to the LOC.</li><li>• Transport – Departure.</li><li>• License of the gymnast.</li><li>• Accreditation must be worn by all coaches and officials at all the times as it identifies where access is permitted at the venue.</li></ul> <p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p>																				
EVENT FORMAT	<p>➤ <b>RGI: Juniors &amp; Seniors</b></p> <table><tr><th>Age</th><th>Allowed Apparatus</th><th>Routines</th><th>Requirements</th></tr><tr><td>Juniors</td><td>Hoop - Ball - Clubs - Ribbon</td><td>Min. 1 - Max. 4</td><td><b>FIG Rules</b></td></tr><tr><td>Seniors</td><td>Hoop - Ball - Clubs - Ribbon</td><td>Min. 1 - Max. 4</td><td><b>FIG Rules</b></td></tr></table> <ul style="list-style-type: none"><li>- <b>Participation:</b> Minimum 1 Apparatus - Maximum 4 Apparatus</li><li>- <b>Delegation:</b> Maximum 4 Routines in each apparatus per club or NF</li><li>- <b>Finals:</b> Best 8 in each apparatus - Only 1 gymnast per club or NF</li><li>- <b>Awards:</b><ul style="list-style-type: none"><li>▪ Will be by apparatus in finals</li><li>▪ No all around</li><li>▪ Teams Ranking will be the total of The best 4 scores per apparatus (Hoop, Ball, Clubs, Ribbon) in RGI Juniors from Qualifications. + the best 4 scores per apparatus (Hoop, Ball, Clubs, Ribbon) in RGI Seniors from Qualifications. + the sum of both RGG Juniors exercises from Qualifications.</li></ul></li></ul> <p>➤ <b>RGG: Juniors Only</b></p> <table><tr><th>Age</th><th>Allowed Apparatus</th><th>Routines</th><th>Requirements</th></tr><tr><td>Juniors</td><td>5 Hoops 5 Clubs</td><td>Min. 1 - Max. 2</td><td><b>FIG Rules</b></td></tr></table> <ul style="list-style-type: none"><li>- <b>ONLY National Federation Team can participate in Group Competition - No Clubs allowed.</b></li><li>-</li></ul>	Age	Allowed Apparatus	Routines	Requirements	Juniors	Hoop - Ball - Clubs - Ribbon	Min. 1 - Max. 4	<b>FIG Rules</b>	Seniors	Hoop - Ball - Clubs - Ribbon	Min. 1 - Max. 4	<b>FIG Rules</b>	Age	Allowed Apparatus	Routines	Requirements	Juniors	5 Hoops 5 Clubs	Min. 1 - Max. 2	<b>FIG Rules</b>
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EVENT MANAGER	Yasser Zayed +201063376883 <a href="mailto:yasotheone@gmail.com">yasotheone@gmail.com</a>																				
MEDICAL SERVICES	A medical service will be available throughout the period of the competition During this event.																				
COVID 19	<b>A medical Guide specific for the event will be distributed just before the event regarding to standard changes by health authorities in Egypt at the time of the event.</b>																				
VISA	Please verify immediately with your travel agent or the <b>Egyptian</b> Embassy or Consulate in your country if a visa is required for your travel to <b>Egypt</b> . The LOC																				

	<p>will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before <b>04 April 2025</b> to the LOC.</p> <p>The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.</p>
<b>INSURANCE</b>	<p>The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.</p> <p>The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and repatriation for all the members of their Delegation.</p> <p>Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to <a href="https://www.gymnastics.sport/site/pages/medical-insurance.php">https://www.gymnastics.sport/site/pages/medical-insurance.php</a> for additional information regarding the FIG IMSSA insurance for Athletes and Judges. The LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay</p> <p>The LOC will subsequently offer insurance at the Federations own charge as follows: <b>100 EUR</b> per person/day.</p>
<b>SAFEGUARDING</b>	<p>From the official event day of arrival until the official day of departure, participants (gymnasts, coaches, judges and any other delegation members) have the possibility to contact by phone or e-mail the LOC Safeguarding Officer in case of harassment and abuse of any type or if they are worried and do not feel comfortable.</p> <p>The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations on site.</p> <p>In addition, posters of the "10 Golden Rules of Gymnastics", the FIG campaign to raise awareness about youth protection in Gymnastics, will have to be displayed in several locations, including training and warm-up halls and public zones.</p>
<b>INTERNATIONAL TRANSPORTATION</b>	<p>The invited participating federations must pay for the travel costs of their delegation members</p> <p>The Travel Schedule Form must be returned to the LOC by <b>04 April 2025</b>.</p>
<b>LOCAL TRANSPORTATION</b>	<p>The Organising committee will provide transportation from Cairo international Airport to Hotel for the delegation booked their accommodation through the LOC.</p> <p>Also transportation between hotel, training, warm up and competition venue will be provided by LOC</p>
<b>ACCOMMODATION</b>	<p><b>Tolip El Galaa Hotel</b></p> <p>Address: El Orouba St, Sheraton Al Matar, El Nozha, Cairo</p> <p>Phone: +2 02 22698144</p> <p><a href="http://www.tolipelgalaa.com">www.tolipelgalaa.com</a></p> <p>Website: <a href="http://www.tolipelgalaa.com">www.tolipelgalaa.com</a></p> 

	<b>Accommodation fees:</b> Single room: 150 Euros per person per night full board Double room: 120 Euros per person per night full board  <b>Full Board accommodation of 1 Double Room or 1 Single Room will be arranged free of charge by the LOC for 1 or 2 Judges per delegation.</b>	
<b>CANCELATION POLICY</b>	Any cancellations after <b>04 April 2025</b> will incur a penalty of 100% of total amount due.	
<b>BANK ACCOUNT INFORMATION</b>	<b>Bank account Holder's :</b> EGYPTIAN GYMNASTICS FEDERATION EL-ESTAD EL- BAHARY ST., OLYMPIC FED BUILDING , NASR CITY NATIONAL BANK OF EGYPT • <b>Bank Name:</b> NATIONAL BANK OF EGYPT • <b>Bank Address:</b> MAIN BRANCH 24 SHERIF ST. DOWNTOWN CAIRO • <b>BIC/Swift Code :</b> NBEGEGCX001 • <b>Account Number :</b> 0013060698236700012 • <b>IBAN :-</b> 0013060698236700012 The participating federation is responsible for covering all bank fees in Connection with the bank transfers.	
<b>MARKETING</b>	FIG advertising and publicity norms must be respected	
<b>SOCIAL MEDIA</b>	<b>Egyptian gymnastics federation official page</b>	
<b>DEADLINES SUMMARY</b>	Definitive Registration	<b>07 March 2025</b>
	Nominative Registration	<b>04 April 2025</b>
	Accommodation Form	<b>04 April 2025</b>
	Travel Schedule Form	<b>04 April 2025</b>
	Visa Request Form	<b>07 March 2025</b>
	<b>Payment of the Entry Fee</b>	<b>04 April 2025</b>
	<b>Payment of the Accommodation Costs</b>	<b>04 April 2025</b>
<b>ADDITIONAL INFORMATION</b>	For RG Young Ages, please refer to LOC for more details <a href="mailto:pharaohscup@gmail.com">pharaohscup@gmail.com</a>  <b>Young Ages: 10, 11, 12, 13 Years old (born 2015 , 2014, 2013, 2012)</b>	

Sincerely Yours,

Cairo, 13 Feb 2025



Signature of the President or  
Secretary General of the FIG affiliated NF

**Ehab ESAWY**  
**EGF PRESIDENT**