



International Rhythmic Gymnastics Tournament
«ALEM CUP»
for Junior and Senior – Astana, Kazakhstan
8-10 March 2026



DIRECTIVES

Event ID: 18509

Dear FIG Affiliated Member Federation,

The National gymnastics federation of Kazakhstan is pleased to invite your Federation to participate in the International Rhythmic Gymnastics Tournament «ALEM CUP» for Junior and Senior, an official FIG International Event, as referenced above.

We look forward to your participation and to welcoming your delegation to this prestigious event.

DISCIPLINE	Rhythmic Gymnastics
HOST FEDERATION	National gymnastics federation of Kazakhstan: contact person: Rabbani ASHIMBEKOV full address: Abay ave. 48; 050072 Almaty, Kazakhstan phone number: +7 727 292 37 57 e-mail: gymnastic.kz@mail.ru
LOCAL ORGANIZING COMMITTEE	Alem Rhythmic Gymnastics Academy contact person: Assem AKHMETZHANOVA full address: Turan avenue, 59, Astana, Kazakhstan phone number: +77018078883 e-mail: academy.alem2018@gmail.com
LOCATION	Astana, Kazakhstan
DATE	From 8-10 March, 2026
VENUE	<div style="display: flex; align-items: flex-start;"><div style="flex: 1;"></div><div style="flex: 1; padding-left: 10px;"><p>«Qazaqstan» athletic complex Turan avenue, 59 Astana, Kazakhstan</p><p>The multifunctional «Qazaqstan» athletic complex offers all necessary sports facilities for big sport events.</p><ul style="list-style-type: none">- Very good sound system-unique acoustic of hall</div></div> <ul style="list-style-type: none">- 2 training carpet- 1 competition carpet
APPARATUS SUPPLIER	Please refer to the attached apparatus list
RULES AND REGULATIONS	<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">• Statutes• Code of Ethics• Code of Conduct• Technical Regulations• Code of Discipline• Code of Points and relevant Newsletters• General Judges' Rules• Specific Judges' Rules• Anti-Doping Rules• License rules

	<ul style="list-style-type: none"> • FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events • Medical Organization of FIG Competitions and Events • Media Guidelines • Apparatus Norms • Rules for Sanctioning (approval) of International Events • Rules for Advertising and Publicity • Rules for Awards Ceremonies • Accreditation Rules <p><i>and subsequent decisions of the FIG Executive Committee</i></p>				
FEDERATIONS INVITED	The Organizing Member Federation will invite all FIG member federation in good standing.				
AGE LIMITS	<p>Juniors, as per FIG technical regulations</p> <p>Seniors, as per FIG technical regulations</p> <p>All gymnasts must have a valid FIG licence until the end of the event.</p>				
JUDGES AND JURIES	<p>All judges must have a current valid FIG brevet at the time of the event, for the respective discipline.</p> <p>There will be a 200 € charge if a delegation does not present a judge.</p>				
REGISTRATION DEADLINES	<table border="1"> <tr> <td>Definitive registration:</td><td>1 February 2026</td></tr> <tr> <td>Nominative registration</td><td>15 February 2026</td></tr> </table>	Definitive registration:	1 February 2026	Nominative registration	15 February 2026
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ENTRY FEES	<p>If accommodation is booked through the LOC, the cost of the entry fee will be 50 EUR per gymnast.</p> <p>If accommodation is not booked through the LOC, the cost of the entry fee will be 150 EUR per gymnast.</p>				
ACCREDITATION	<p>The accreditation procedure will take place at the competition hall.</p> <p>Heads of delegations must keep the accreditation schedule, which will be distributed by LOC before the official date of arrival.</p> <p>Heads of delegation have to bring to the accreditation office:</p> <ul style="list-style-type: none"> — Passports of all participants — Passport copies of all participants – <u>on paper</u> — National anthem — National flag — 1 CD or USB per music <p>Certificate of insurance for all delegation members covering illness, accidents and repatriation – <u>on paper</u>.</p> <p>Proof for full payment towards the LOC</p> <p>Separate declarations for use of personal data – <u>on paper and signed</u></p> <p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p>				
EVENT FORMAT	<p><u>Junior RGI (FIG Rules)</u></p> <p>ALL-AROUND AND QUALIFICATION FOR FINALS</p> <p>Each gymnast performs 4 exercises.</p> <p>Each Federation can participate with more than 2 gymnasts. However, in the final ranking only 2 gymnasts per Federation will be included (these with the best results).</p> <p>APPARATUS FINAL – Finals (the best 8 gymnasts per apparatus – max 2 per federation)</p> <p><u>Senior RGI (FIG Rules)</u></p> <p>ALL-AROUND AND QUALIFICATION FOR FINALS</p> <p>Each gymnast performs 4 exercises.</p> <p>Each Federation can participate with more than 2 gymnasts. However, in the final ranking only 2 gymnasts per Federation will be included (these with the best results).</p> <p>APPARATUS FINAL – Finals (the best 8 gymnasts per apparatus – max 2 per federation)</p>				

	<p><u>Junior RGG (FIG Rules)</u> ALL-AROUND AND QUALIFICATION FOR FINALS Each Group performs 2 exercises APPARATUS FINAL – Finals (the best 8 Groups per apparatus – max 1 per federation)</p> <p><u>Senior RGG (FIG Rules)</u> ALL-AROUND AND QUALIFICATION FOR FINALS Each Group performs 2 exercises APPARATUS FINAL – Finals (the best 8 Groups per apparatus – max 1 per federation)</p>
PROVISIONAL SCHEDULE	<p>March 6 – Arrival of the delegations and accreditation</p> <p>March 7 – Podium Training. Orientation meeting</p> <p>March 8 – Junior&Senior (2 apparatus) and Junior&Senior Group (1routine)</p> <p>March 9 – Junior&Senior (2 apparatus) and Junior&Senior Group (1routine). Award Ceremonies for All-Around Individual and Group</p> <p>March 10 – Apparatus Finals Individual (4) and Group (2) Award Ceremonies for Apparatus Finals</p> <p>March 11 – Departure of the delegations</p>
EVENT MANAGER	Assem AKHMETZHANOVA
MEDICAL SERVICES	First aid staff will be available at the venue, and will assist with further needs.
VISA	<p>Please, verify immediately with your travel agent or Kazakhstan Embassy or Consulate in your country if a visa is required for your travel to Kazakhstan. The Organizing Committee will be happy to assist each Delegation member with an official invitation letter, provided that the is made by 15 February to the LOC.</p> <p>To request an invitation letter, please send the following information to the LOC: Full Name, Gender, Date of Birth, Citizenship, Passport Number, Passport Expiry Date, Function/Role within the Delegation, Arrival and Departure Dates, City where the visa application support letter should be sent. Please ensure that all information is complete and accurate to avoid delays in visa processing.</p>
INSURANCE	<p>The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in the event of accidents, illness (including COVID-19), repatriation, or similar occurrences.</p> <p>In accordance with the FIG Technical Regulations, all participating Federations are responsible for ensuring that all Delegation Members have valid insurance coverage for illness, accidents, and repatriation during the entire duration of their stay.</p> <p>It is mandatory that Delegation Members are covered by basic insurance (covering sickness, accident, and repatriation) in their country of residence, in order to benefit from coverage by the FIG IMSSA subsidiary insurance.</p> <p>For detailed information regarding the FIG IMSSA insurance for Athletes and Judges, please refer to: https://www.gymnastics.sport/site/pages/medical-insurance.php</p> <p>The LOC will verify insurance coverage upon arrival. Each Delegation must present either a cover note or a photocopy of the valid insurance policy. The policy must be valid starting from the day of arrival and must remain valid for the entire duration of the stay.</p> <p>If a Federation cannot provide proof of valid insurance, the LOC will offer insurance coverage at the Federation's own expense, at a cost of: 25 EUR per person/day.</p>

SAFEGUARDING	<p>From the official day of arrival until the official day of departure, all participants — including gymnasts, coaches, judges, and other Delegation Members — will have the possibility to contact the LOC Safeguarding Officer by phone or email in case of:</p> <ul style="list-style-type: none"> • Harassment • Abuse of any kind • Any situation where they feel uncomfortable or unsafe <p>The contact information for the LOC Safeguarding Officer will be provided to all Delegations upon arrival on site.</p> <p>As part of the FIG's commitment to athlete welfare and youth protection, posters of the “10 Golden Rules of Gymnastics”, part of the FIG's awareness campaign, must be clearly displayed in several key areas, including:</p> <ul style="list-style-type: none"> • Training Halls • Warm-Up Areas • Public Zones <p>These measures are in place to ensure a safe, respectful, and supportive environment for all participants throughout the event.</p>
INTERNATIONAL TRANSPORTATION	<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 15 February.</p>
LOCAL TRANSPORTATION	<p>Local transportation will be provided by the LOC for those who will choose accommodation through the LOC.</p>
ACCOMMODATION	<p>The invited participating federations must pay for accommodation expenses of their delegation members. The costs for additional persons and/or days are the same.</p> <p>The costs per room and per night (including the local transportation) are as follows:</p> <p>Hotel “Park Inn by Radisson” Saryarka avenue, 8a Phone number: +7 (7172) 67 0000</p> <p>75 EUR (single room, including breakfast) 100 EUR (double room, including breakfast)</p> <p>Hotel “Radisson Hotel Astana” Saryarka avenue, 4 Phone number: +7 (7172) 67–07–77, +7–778–016–77–77</p> <p>110 EUR (single room, including breakfast) 150 EUR (double room, including breakfast)</p> <p>The Accommodation Form must be returned to the LOC by 15 February 2026 at the very latest.</p> <p>The LOC does not guarantee the hotel reservation if the payment is after the deadline.</p> <p>The price for accommodation includes the local transportation (i.e. from/to the airport, railway station and/or bus station as well as from/to the hotel and the Venue).</p>
MEALS	<p>The invited participating federations must pay for accommodation expenses of their delegation members. The costs for additional persons and/or days are the same.</p> <p>The costs per person and per meal (including the local transportation) are as follows: Lunch: 25 EUR Dinner: 25 EUR</p>

	The Meals Form must be returned to the LOC by 15 February 2026 at the very latest.																		
CANCELATION POLICY	In case of cancellation, costs will be refunded as follows: Until March 1: 50% of the total amount After March 1: no refund																		
FINAL BANQUET	The Local Organizing Committee is pleased to organize in the evening of 10 March 2026 a free final banquet for all accredited members in the delegations.																		
BANK ACCOUNT INFORMATION	Company name: TOO "AKADEMIYA ALEM" Address: Prospekt Kabanbay Batyr, 16, Apt./office 10, Astana, Kazakhstan Bank name: Kaspi Bank JSC SWIFT: CASPKZKA Account (IBAN): KZ09722S000042505468 Correspondent bank: RAIFFEISEN ZENTRALBANK OESTERREICH AG, VIENNA, AUSTRIA SWIFT: RZBAATWW Account: 000-55.050.157 Correspondent bank: COMMERZBANK AG, FRANKFURT, GERMANY SWIFT: COBADEFF Account: 400 8870180 01 EUR Correspondent bank: SOCIETE GENERALE, PARIS, FRANCE SWIFT: SOGEFRPP Account: 001014847650																		
MARKETING	FIG advertising and publicity norms must be respected																		
MEDIA	Insert information on your communication policy as well as the name and contact details of your Media Officer																		
SOCIAL MEDIA	Instagram: alem.academy																		
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Sincerely Yours,

Astana, 26.01.2026



R. Ashimbekov
Secretary General