



AFRICAN  
RHYTHMIC TRAMPOLINE  
GYMNASICS  
CHAMPIONSHIPS  
TSHWANE | SOUTH AFRICA

20  
26



20<sup>th</sup> African Championships

Tshwane, South Africa

30 April – 2 May 2026

Rhythmic  
Junior



## DIRECTIVES

Event ID: 18478

Dear UAG affiliated Member Federation,

The African Gymnastics Union in collaboration of Gymnastics South Africa has the pleasure to invite your Federation to participate in the Rhythmic African Championships.

<b>DISCIPLINE</b>	<b>Rhythmic (RG)</b>
<b>HOST FEDERATION</b>	<p><b>Gymnastics South Africa (RSA)</b>            18 Edwards Road            Eldoraigne, Centurion, 0017            +27 10 140 1761            e-mail: <a href="mailto:info@sagf.co.za">info@sagf.co.za</a>            Website: <a href="http://www.gymnasticssa.co.za">www.gymnasticssa.co.za</a></p>
<b>LOCAL ORGANIZING COMMITTEE</b>	<p>Contact Person: Caron Henry            + 27 82 327 3823            e-mail: <a href="mailto:region5@sagf.co.za">region5@sagf.co.za</a></p>
<b>LOCATION</b>	<b>Tshwane, South Africa</b>
<b>DATE</b>	<b>30 April – 2 May 2026</b>
<b>VENUE</b>	<p><b>Heartfelt Arena</b>            1000 Voortrekker Road            Thaba-Tshwane, Pretoria  <a href="http://www.heartfeltarena.co.za">www.heartfeltarena.co.za</a></p> <p>Competition and training venue</p> 
<b>APPARATUS SUPPLIER</b>	Please refer to the attached apparatus list
<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>• License 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> </ul>

	<ul style="list-style-type: none"> <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> <li><i>and subsequent decisions of the FIG Executive Committee</i></li> </ul>																						
<b>FEDERATIONS INVITED</b>	The Organizing Member Federation will invite all Member Federations according to the following: <b>All affiliated to the UAG &amp; FIG</b>																						
<b>PARTICPATIONS &amp; AGE LIMITS</b>	<p><b>RG: Junior Individual</b>  <b>RG: Junior Group</b>  <b>As per FIG Technical Regulations</b>  <b>All gymnasts must have a valid FIG license until the end of the event.</b></p> <table border="1"> <thead> <tr> <th>Function</th><th>Number</th></tr> </thead> <tbody> <tr> <td>Head of Delegation</td><td>1</td></tr> <tr> <td>Judge</td><td>2</td></tr> <tr> <td>Medical/Physiotherapist</td><td>1</td></tr> <tr> <td>Coach</td><td>2</td></tr> <tr> <td>Additional Coach</td><td>1</td></tr> <tr> <td>Gymnasts Junior Individual</td><td>4</td></tr> <tr> <td>Gymnasts Junior Group</td><td>5-6</td></tr> </tbody> </table>	Function	Number	Head of Delegation	1	Judge	2	Medical/Physiotherapist	1	Coach	2	Additional Coach	1	Gymnasts Junior Individual	4	Gymnasts Junior Group	5-6						
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<b>JUDGES AND JURIES</b>	<p>Each federation may bring up to 2 judges.  All judges must have a current valid FIG brevet at the time of the event for the respective discipline RG.  All judges must be minimum Cat III. These Continental Championships are considered as group 3 competitions.  Any Cat IV judges registered can only be used as Judges Assistants (Time or Line judges)</p>																						
<b>ENTRY FEES</b>	<p>The Entry fees for event are as follows:</p> <ul style="list-style-type: none"> <li>Participation with only one (1) gymnast: USD 50</li> <li>Participation with more than one (1) gymnast: USD 150 for the team</li> <li>The entry fee is non-refundable and payable to the UAG.</li> </ul> <p><b>ANNUAL UAG AFFILIATION FEE:</b>  Federations that have not yet paid their annual affiliation fee for 2026 to the UAG must also make payment to the UAG before they will be allowed to participate in the competition, as follows:</p> <table border="1"> <tbody> <tr> <td>Existing Members</td><td></td><td>USD 200</td></tr> <tr> <td>New Members</td><td>Year 1</td><td>0</td></tr> <tr> <td></td><td>Year 2</td><td>USD 100</td></tr> <tr> <td></td><td>Year 3</td><td>USD 200</td></tr> </tbody> </table> <p><b>Banking Details for UAG Affiliation Fees and Entry Fees:</b></p> <table border="1"> <tbody> <tr> <td><b>Payable to: Beneficiary</b></td><td>African Gymnastics Union الاتحاد الأفريقي للجمباز</td></tr> <tr> <td><b>account</b></td><td>0013161399469301015</td></tr> <tr> <td><b>Bank</b></td><td>National bank of Egypt ( Main branch ) 24 SHEREF ST. CAIRO</td></tr> <tr> <td><b>IBAN</b></td><td>EG680003000131613994693010150</td></tr> <tr> <td><b>SWIFT/BIC</b></td><td>NBEGEGCX001</td></tr> </tbody> </table>	Existing Members		USD 200	New Members	Year 1	0		Year 2	USD 100		Year 3	USD 200	<b>Payable to: Beneficiary</b>	African Gymnastics Union الاتحاد الأفريقي للجمباز	<b>account</b>	0013161399469301015	<b>Bank</b>	National bank of Egypt ( Main branch ) 24 SHEREF ST. CAIRO	<b>IBAN</b>	EG680003000131613994693010150	<b>SWIFT/BIC</b>	NBEGEGCX001
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Reference Code: Country Code\_UAG+Entry+RG

<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:region5@sagf.co.za">region5@sagf.co.za</a> a photo of each delegation member together with the Nominative registration deadline. The specification of the photo should be as follows:</p> <p>Files format: JPG, JPEG File name: NF_Surname_Firstname</p> <p>Note: the LOC will be checking the validity of the gymnast's licenses. During the accreditation the Head of Delegation must present the following:</p> <ul style="list-style-type: none"> <li>• All passports /Medical insurance of the registered gymnasts.</li> <li>• Competitor's Music must be preloaded onto a google drive – details will be provided.</li> <li>• National Anthem.</li> <li>• Proof of 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 gymnasts, coaches and officials at all 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>														
<b>EVENT FORMAT</b>	<p>The African Championships shall be conducted in Junior Individual (RGI) and Junior Group (RGG) categories and will include All-Around, Apparatus Finals and Team Ranking.</p> <p><b>Qualification Competition</b></p> <ul style="list-style-type: none"> <li>• The Qualification Day shall serve as the All-Around Ranking and medals and also determine the Team Ranking.</li> <li>• For the Team Ranking, the three (3) highest scores per apparatus obtained by gymnasts from the same Federation shall count toward the team result.</li> </ul> <p><b>Participation and Medals</b></p> <ul style="list-style-type: none"> <li>• A maximum of two (2) gymnasts per Federation may qualify for and participate in each Individual Apparatus Final.</li> <li>• A maximum of two (2) gymnasts per Federation may receive a medal in the Individual All-Around Final.</li> </ul> <p><b>RGG:</b></p> <p>If less than three (3) National Federations participate in the competition, no RGG apparatus finals will be held. In such cases, the apparatus rankings shall be determined based on the qualification results.</p>														
<b>PROVISIONAL SCHEDULE</b>	<p><b>The schedule may change depending on definitive registrations.</b></p> <table border="1"> <thead> <tr> <th data-bbox="446 1507 775 1540"><b>Date</b></th><th data-bbox="775 1507 1503 1540"><b>Activity</b></th></tr> </thead> <tbody> <tr> <td data-bbox="446 1540 775 1574">Tuesday 28 April</td><td data-bbox="775 1540 1503 1574">Delegation Arrivals</td></tr> <tr> <td data-bbox="446 1574 775 1697">Wednesday 29 April</td><td data-bbox="775 1574 1503 1697">Orientation meeting Judges Instruction Podium training</td></tr> <tr> <td data-bbox="446 1697 775 1776">Thursday 30 April</td><td data-bbox="775 1697 1503 1776">Qualification –Junior Individual – 2 apparatus Qualification –Junior Group – 1 routine (5 Balls)</td></tr> <tr> <td data-bbox="446 1776 775 1855">Friday 1 May</td><td data-bbox="775 1776 1503 1855">Qualification –Junior Individual – 2 apparatus Qualification –Junior Group – 1 routine (5 Ribbons)</td></tr> <tr> <td data-bbox="446 1855 775 1888">Saturday 2 May</td><td data-bbox="775 1855 1503 1888">Finals apparatus</td></tr> <tr> <td data-bbox="446 1888 775 1922">Sunday 3 May</td><td data-bbox="775 1888 1503 1922">Delegation Departures</td></tr> </tbody> </table>	<b>Date</b>	<b>Activity</b>	Tuesday 28 April	Delegation Arrivals	Wednesday 29 April	Orientation meeting Judges Instruction Podium training	Thursday 30 April	Qualification –Junior Individual – 2 apparatus Qualification –Junior Group – 1 routine (5 Balls)	Friday 1 May	Qualification –Junior Individual – 2 apparatus Qualification –Junior Group – 1 routine (5 Ribbons)	Saturday 2 May	Finals apparatus	Sunday 3 May	Delegation Departures
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<b>EVENT MANAGER</b>	Caron Henry +27 82 327 3823 <a href="mailto:region5@sagf.co.za">region5@sagf.co.za</a>														
<b>MEDICAL SERVICES</b>	A medical service will be available throughout the period of the competition during this event.														

<b>ANTI-DOPING</b>	<p><b><u>Doping controls</u></b></p> <p>Doping controls will be organized by the International Testing Agency (ITA) on behalf of the FIG and according to the World Anti-Doping Code (WADC), the international standards enacted by the World Anti-doping Agency (WADA) and FIG Anti-Doping Rules.</p>
<b>VISA</b>	<p>Please verify immediately with your travel agent or the South African Embassy or Consulate in your country if a visa is required for your travel to <b>South Africa</b>. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before <b>31 March 2026</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> <p>Please ensure that all information is complete and accurate to avoid delays in visa processing.</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>In accordance with the <b>FIG Technical Regulations</b>, 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 <b>basic insurance</b> (covering sickness, accident, and repatriation) in their country of residence, in order to benefit from coverage by the <b>FIG IMSSA subsidiary insurance</b>.</p> <p>For detailed information regarding the FIG IMSSA insurance for Athletes and Judges, please refer to:</p> <p> <a href="https://www.gymnastics.sport/site/pages/medical-insurance.php">https://www.gymnastics.sport/site/pages/medical-insurance.php</a></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>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 <b>official day of arrival</b> until the <b>official day of departure</b>, all participants — including <b>gymnasts, coaches, judges, and other Delegation Members</b> — will have the possibility to <b>contact the LOC Safeguarding Officer</b> by phone or email in case of:</p> <ul style="list-style-type: none"> <li>• Harassment</li> <li>• Abuse of any kind</li> <li>• Any situation where they feel uncomfortable or unsafe</li> </ul> <p>The <b>contact information</b> for the LOC Safeguarding Officer will be <b>provided to all Delegations upon arrival</b> on site.</p> <p>As part of the FIG's commitment to athlete welfare and youth protection, <b>posters of the "10 Golden Rules of Gymnastics"</b>, part of the FIG's awareness campaign, must be <b>clearly displayed</b> in several key areas, including:</p> <ul style="list-style-type: none"> <li>• Training Halls</li> <li>• Warm-Up Areas</li> <li>• Public Zones</li> </ul> <p>These measures are in place to ensure a <b>safe, respectful, and supportive environment</b> for all participants throughout the event.</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>31 March 2026</b>.</p>
<b>LOCAL TRANSPORTATION</b>	<p>The Organising committee will provide transportation from OR Tambo International Airport to the Hotel for the delegations who have booked their accommodation through the LOC. Transportation between the official hotel and competition venue (which includes the training venue) will be provided by LOC</p>

<b>ACCOMMODATION AND MEALS</b>	<p><b>Protea Hotel Hatfield</b>  <b>*** 3 star rating</b>  <b>Accommodation fees:</b>  Single room: 140 Euros. <u>per person per night full board</u> Double room: 120 Euros <u>per person per night full board</u></p>																
<b>CANCELLATION POLICY</b>	Any cancellations after <b>31 March 2026</b> will incur a penalty of 100% of total amount due.																
<b>BANK ACCOUNT INFORMATION</b>	<p><b>Bank account Holder: SOUTH AFRICAN GYMNASTICS FEDERATION</b></p> <ul style="list-style-type: none"> <li>• <b>Bank Name: INVESTEC BANK</b></li> <li>• <b>Bank Address: 100 GRAYSTON DRIVE, JOHANNESBURG</b></li> <li>• <b>BIC/Swift Code : IVESZAJJXXX</b></li> <li>• <b>Account Number : 40005049271</b></li> </ul>																
	<p><b>Reference for payments: Federation abbreviation and invoice number</b></p>																
	<p><b>Example: EGY Jun 2045</b></p>																
	<p>The participating federation is responsible for covering <b>all bank fees</b> in connection with the bank transfers.</p>																
<b>MARKETING</b>	FIG advertising and publicity norms must be respected																
<b>SOCIAL MEDIA</b>	<p><b>Gymnastics South Africa official page</b>  <b>UAG official page</b></p>																
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