



AFRICAN
RHYTHMIC GYMNASTICS
CHAMPIONSHIPS
TSHWANE | SOUTH AFRICA

20
26



20th African Championships
Tshwane, South Africa
30 April – 2 May 2026
Rhythmic
Senior



DIRECTIVES

Event ID:18477

Update 31.03.2026

Judges

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.

DISCIPLINE	Rhythmic (RG)
HOST FEDERATION	Gymnastics South Africa (RSA) 18 Edwards Road Eldoraigne, Centurion, 0017 +27 10 140 1761 e-mail: info@sagf.co.za Website: www.gymnasticssa.co.za
LOCAL ORGANIZING COMMITTEE	Contact Person: Caron Henry + 27 82 327 3823 e-mail: region5@sagf.co.za
LOCATION	Tshwane, South Africa
DATE	30 April – 2 May 2026
VENUE	Heartfelt Arena 1000 Voortrekker Road Thaba-Tshwane, Pretoria www.heartfeltarena.co.za Competition and training venue
APPARATUS SUPPLIER	Please refer to the attached apparatus list
RULES AND REGULATIONS	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: <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 (except for non-competitive events)



- FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events
 - FIG Medical Guidelines for FIG Competitions and Events
 - Media Rules
 - Apparatus Norms
 - Rules for Sanctioning (approval) of International Events
 - Advertising and Publicity Rules
 - Regulations for Award Ceremonies
 - Accreditation Rules
- and subsequent decisions of the FIG Executive Committee*

FEDERATIONS INVITED

The Organizing Member Federation will invite all Member Federations according to the following: **All affiliated to the UAG & FIG.**

PARTICIPATIONS & AGE LIMITS

RG: Senior Individual
RG: Senior Group
As per FIG Technical Regulations
All gymnasts must have a valid FIG license until the end of the event.

Function	Number
Head of Delegation	1
Judge	3
Medical/Physiotherapist	1
Coach	2
Additional Coach	1
Gymnasts Senior Individual	2-3
Gymnasts Senior Group	5-6

JUDGES AND JURIES

Each federation may bring up to 3 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 2 competitions.
 Following a decision by the Executive Committee, cat 4 judges are allowed to serve as E judges.

ENTRY FEES

The Entry fees for event are as follows:

- Participation with only one (1) gymnast: USD 50
- Participation with more than one (1) gymnast: USD 150 for the team
- The entry fee is non-refundable and payable to the UAG.

ANNUAL UAG AFFILIATION FEE:

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:

Existing Members		USD 200
New Members	Year 1	0
	Year 2	USD 100
	Year 3	USD 200

Banking Details for UAG Affiliation Fees and Entry Fees:

Payable to: Beneficiary	African Gymnastics Union الإتحاد الأفريقي للجمباز	
account	0013161399469301015	
Bank	National bank of Egypt (Main branch) 24 SHEREF ST. CAIRO	
IBAN	EG680003000131613994693010150	
SWIFT/BIC	NBEGEGCX001	

Reference Code: Country Code_UAG+Entry+RG

ACCREDITATION

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: region5@sagf.co.za a photo of each delegation member together with the Nominative registration deadline. The specification of the photo should be as follows:

Files format: JPG, JPEG

File name: NF_Surname_Firstname

Note: the LOC will be checking the validity of the gymnast's licenses.

During the accreditation the Head of Delegation must present the following:

- All passports /Medical insurance of the registered gymnasts.
- Competitor's Music must be preloaded onto a google drive – details will be provided.
- National Anthem.
- Proof of full payment of the costs due to the LOC.
- Transport – Departure.
- License of the gymnast.
- Accreditation must be worn by all gymnasts, coaches and officials at all times, as it identifies where access is permitted at the venue.

In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.

EVENT FORMAT

The competition will be conducted according to FIG Technical Regulations.

Individual

Qualification

• Federations with 2-3 Individuals: Each federation has the right to choose the number of routines to be performed per gymnast, minimum 1 and maximum 4 routines per gymnast, for a total of 8 routines per federation (2 of each apparatus) to determine the team ranking.

• Federations with 1 Individual: 4 routines

The results obtained in the Qualification determine:

- The winner of the All-Around ranking made by adding the 4 best scores obtained in the Qualification
- The qualification for the Apparatus Finals

2026 WCH Qualification:

A ranking of total 8 routines from 2 – 3 individual gymnasts per Federation from the Qualification to decide the continental quota places for 2 – 3 individual gymnasts to the 2026 WCH.

All other federations not qualified among the quota places for 2-3 gymnasts will have the right to participate in the 2026 WCH with 1 Individual gymnast.

Apparatus Finals:

- The 8 best ranked gymnasts from Qualification participate in the Apparatus Final (max. 2 gymnasts per NF)

RGG:

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.

PROVISIONAL SCHEDULE

The schedule may change depending on definitive registrations.

Date	Activity
Tuesday 28 April	Delegation Arrivals
Wednesday 29 April	Orientation meeting Judges Instruction Podium training

	Thursday 30 April	Qualification –Senior Individual – 2 apparatus Qualification –Senior Group – 1 routine (5 Balls)
	Friday 1 May	Qualification –Senior Individual – 2 apparatus Qualification –Senior Group – 1 routine (3 Hoops+ 2 pairs of Clubs)
	Saturday 2 May	Finals apparatus
	Sunday 3 May	Delegation Departures
EVENT MANAGER	Caron Henry +27 82 327 3823 region5@saqf.co.za	
MEDICAL SERVICES	A medical service will be available throughout the period of the competition during this event.	
ANTI-DOPING	<p><u>Doping controls</u> 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>	
VISA	<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 South Africa. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 31 March 2026 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>	
INSURANCE	<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 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>The LOC will subsequently offer insurance at the Federations own charge as follows: 100 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</p>	

	<p>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 The Travel Schedule Form must be returned to the LOC by 31 March 2026.</p>																
LOCAL TRANSPORTATION	<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>																
ACCOMMODATION AND MEALS	<p><u>Protea Hotel Hatfield</u> *** 3 star rating <u>Accommodation fees:</u> 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> <p>The prices charged for the hotel rooms will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC by 31 March 2026 at the very latest, the Hotel rooms will be allocated on a “first come, first served” basis. The participating federations must pay for the accommodation expenses of their delegation members.</p>																
CANCELLATION POLICY	<p>Any cancellations after 31 March 2026 will incur a penalty of 100% of total amount due.</p>																
BANK ACCOUNT INFORMATION	<p>Bank account Holder: SOUTH AFRICAN GYMNASTICS FEDERATION</p> <ul style="list-style-type: none"> • Bank Name: <i>INVESTEC BANK</i> • Bank Address: <i>100 GRAYSTON DRIVE, JOHANNESBURG</i> • BIC/Swift Code : <i>IVESZAJJXXX</i> • Account Number : <i>40005049271</i> <p>Reference for payments: Federation abbreviation and invoice number Example: EGY Jun 2045</p> <p>The participating federation is responsible for covering <u>all bank fees</u> in connection with the bank transfers.</p>																
MARKETING	<p>FIG advertising and publicity norms must be respected</p>																
SOCIAL MEDIA	<p>Gymnastics South Africa official page UAG official page</p>																
DEADLINES SUMMARY	<table border="1"> <tr> <td>Provisional Registration</td> <td>31 January 2026</td> </tr> <tr> <td>Definitive Registration</td> <td>03 March 2026</td> </tr> <tr> <td>Nominative Registration</td> <td>31 March 2026</td> </tr> <tr> <td>Accommodation Form</td> <td>31 March 2026</td> </tr> <tr> <td>Travel Schedule Form</td> <td>31 March 2026</td> </tr> <tr> <td>Visa Request Form</td> <td>31 March 2026</td> </tr> <tr> <td>Payment of the Entry Fee</td> <td>31 March 2026</td> </tr> <tr> <td>Payment of Accommodation Costs 100%</td> <td>31 March 2026</td> </tr> </table>	Provisional Registration	31 January 2026	Definitive Registration	03 March 2026	Nominative Registration	31 March 2026	Accommodation Form	31 March 2026	Travel Schedule Form	31 March 2026	Visa Request Form	31 March 2026	Payment of the Entry Fee	31 March 2026	Payment of Accommodation Costs 100%	31 March 2026
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Sincerely Yours,



Adele Heine
 Adele Heine
 President

30 January 2026