



**Pharaoh's cup  
Cairo, Egypt  
04-08 December 2022**

**Aerobic gymnastics (National development 9 - 11 Years)**

**DIRECTIVES**

Dear FIG affiliated Member Federation and clubs.  
The Gymnastics Federation of Egypt has the pleasure to invite your Federation and sports club participate in the aforementioned official FIG International Event.

<b>DISCIPLINE</b>	<b>Aerobic Gymnastics (National development 9 - 11 Years)</b>
<b>HOST FEDERATION</b>	<b>Egyptian Gymnastics Federation</b> Elestad Elbahary St. Olympic Feds Buildings, Nasr city, Cairo , Egypt 002 02 240 250 24 002 02 240250 27 <a href="mailto:egypt@egyptgymnastics.com">egypt@egyptgymnastics.com</a> <a href="http://www.egyptgymnastics.com">www.egyptgymnastics.com</a>
<b>LOCATION</b>	<b>Cairo, Egypt</b>
<b>DATE</b>	04-08 December 2022
<b>VENUE</b>	<b>Cairo International stadium ,</b> 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>PARTICIPATIONS AND AGE LIMITS</b>	<b>ND (9-11Years)</b> <b>No licences requires</b>
<b>JUDGES AND JURIES</b>	<b>Each federation or Club must bring minimum up to 2 judges if more than 4 gymnast.</b>
<b>ENTRY FEES</b>	The Entry fees for the different categories in each Age Group are as follows: <b>Category Entry Fee</b> Individual Women 30 Euro Individual Men 30 Euro Mixed Pairs 40 Euro Trios 50 Euro Groups 60 Euro 100% of the Entry fee must be paid to the LOC not later than <b>1<sup>st</sup> November 2022</b> (the deadline for the Nominative entry).  <b><i>For delegation did not booked their accommodation through the LOC and national club</i></b> <b>Category Entry Fee</b> Individual Women 120 Euro Individual Men 120 Euro Mixed Pairs 240 Euro Trios 350 Euro Groups 560 Euro

<b>ACCREDITATION</b>	<p>Regarding the accreditation procedures for all participating delegation members , electronic ID photographs must be sent via email to LOC within the deadline set for nominative registration</p> <p>Note: the LOC will be checking the validity of the gymnast's licences.</p>																																	
<b>EVENT FORMAT</b>	<table border="1"> <tr> <td></td> <td style="text-align: center;"><b>National Development</b></td> </tr> <tr> <td style="text-align: center;"><b>AGE</b></td> <td style="text-align: center;">9-11 in the year of the competition</td> </tr> <tr> <td style="text-align: center;"><b>CATEGORIES</b></td> <td style="text-align: center;">IM, IW, MP, TR, GR</td> </tr> <tr> <td style="text-align: center;"><b>COMPETITION PROGRAMME</b></td> <td></td> </tr> <tr> <td style="text-align: center;"><b>EXCEPTIONS</b></td> <td style="text-align: center;">No 1 arm push up No 1 arm support</td> </tr> <tr> <td style="text-align: center;"><b>MUSIC LENGTH</b></td> <td style="text-align: center;">1 minute 15 seconds (+/- 5 sec)</td> </tr> <tr> <td style="text-align: center;"><b>DIFFICULTY ELEMENTS</b></td> <td style="text-align: center;">Maximum: 7 elements</td> </tr> <tr> <td style="text-align: center;"><b>ACROBATIC ELEMENTS</b></td> <td style="text-align: center;">2 elements from A1 to A2 (optional)</td> </tr> <tr> <td style="text-align: center;"><b>COMBINATION OF DIFF ELEMENTS</b></td> <td style="text-align: center;">No combination</td> </tr> <tr> <td style="text-align: center;"><b>COEFFICIENT DIFF</b></td> <td style="text-align: center;">The total score will be divided by 2 points for all categories</td> </tr> <tr> <td style="text-align: center;"><b>COMPETITION SPACE</b></td> <td style="text-align: center;">IM / IW / MP / TR: 7 X 7 GR: 10 X 10</td> </tr> <tr> <td style="text-align: center;"><b>COMPULSORY ELEMENTS (Must be performed at the same time <u>without</u> any combination)</b></td> <td style="text-align: center;">           3 elements            (PU / W-PU: no minimum requirements)            - PU or Wenson PU            - Straddle Support            Air Turn         </td> </tr> <tr> <td style="text-align: center;"><b>ELEMENTS ALLOWED VALUE</b></td> <td style="text-align: center;">0.1 – 0.4</td> </tr> <tr> <td style="text-align: center;"><b>PUSH UP / SPLIT LANDING</b> (Difficulty Elements (Group B) / Acrobatic Elements)</td> <td style="text-align: center;">           &lt;IM&gt;            • No PU and Split landing            &lt; IW/MP/TR/GR &gt;            • No PU landing            Maximum 1 element landing in SPLIT         </td> </tr> <tr> <td style="text-align: center;"><b>COLLABORATIONS</b></td> <td style="text-align: center;">Minimum 1 collaboration</td> </tr> <tr> <td style="text-align: center;"><b>ATTIRE</b></td> <td style="text-align: center;">FIG Code of Points (no make-up) Optional tights Form fitting body shorts allowed (boys and girls).</td> </tr> </table>			<b>National Development</b>	<b>AGE</b>	9-11 in the year of the competition	<b>CATEGORIES</b>	IM, IW, MP, TR, GR	<b>COMPETITION PROGRAMME</b>		<b>EXCEPTIONS</b>	No 1 arm push up No 1 arm support	<b>MUSIC LENGTH</b>	1 minute 15 seconds (+/- 5 sec)	<b>DIFFICULTY ELEMENTS</b>	Maximum: 7 elements	<b>ACROBATIC ELEMENTS</b>	2 elements from A1 to A2 (optional)	<b>COMBINATION OF DIFF ELEMENTS</b>	No combination	<b>COEFFICIENT DIFF</b>	The total score will be divided by 2 points for all categories	<b>COMPETITION SPACE</b>	IM / IW / MP / TR: 7 X 7 GR: 10 X 10	<b>COMPULSORY ELEMENTS (Must be performed at the same time <u>without</u> any combination)</b>	3 elements (PU / W-PU: no minimum requirements) - PU or Wenson PU - Straddle Support Air Turn	<b>ELEMENTS ALLOWED VALUE</b>	0.1 – 0.4	<b>PUSH UP / SPLIT LANDING</b> (Difficulty Elements (Group B) / Acrobatic Elements)	<IM> • No PU and Split landing < IW/MP/TR/GR > • No PU landing Maximum 1 element landing in SPLIT	<b>COLLABORATIONS</b>	Minimum 1 collaboration	<b>ATTIRE</b>	FIG Code of Points (no make-up) Optional tights Form fitting body shorts allowed (boys and girls).
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<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>10 February 2021</b>.</p>																																	

<b>LOCAL TRANSPORTATION</b>	The Organising committee will provide transportation from <b>Cairo</b> international airport for the delegation booked their accommodation through the LOC.		
<b>ACCOMMODATION</b>	<p><b>**** Hotel</b>  <b><u>Accommodation fees:</u></b>  <b>Single room: 150 Euros. <u>per person per night full board</u></b>  <b>Double room: 100 Euros <u>per person per night full board</u></b></p> <p><b><u>The accommodation will be arranged free of charge by the LOC for 3 persons per delegation and must include 1 judge.</u></b></p>		
<b>BANK ACCOUNT INFORMATION</b>	<p>NATIONAL BANK OF EGYPT</p> <ul style="list-style-type: none"> <li>• <b>Bank Name:</b> NATIONAL BANK OF EGYPT</li> <li>• <b>Bank Address:</b> MAIN BRANCH 24 SHERIF ST. DOWNTOWN CAIRO</li> <li>• <b>BIC/Swift Code :</b> NBEGEGCX001</li> <li>• <b>Account Number :</b> 0013060698236700012</li> <li>• <b>IBAN :-</b> 0013060698236700012</li> </ul> <p>The participating federation is responsible for covering all bank fees in Connection with the bank transfers.</p>		
<b>MARKETING</b>	<b>FIG advertising and publicity norms must be respected</b>		
<b>SOCIAL MEDIA</b>	<b>Egyptian gymnastics federation official page</b>		
<b>DEADLINES SUMMARY</b>	Definitive Registration	<b>1<sup>ST</sup> October 2022</b>	
	Nominative Registration	1 <sup>st</sup> November 2022	
	Accommodation Form	1 <sup>st</sup> November 2022	
	Travel Schedule Form	1 <sup>st</sup> November 2022	
	Visa Request Form	<b>1<sup>ST</sup> October 2022</b>	
	<b>Payment of the Entry Fee</b>	1 <sup>st</sup> November 2022	
	Payment of the Accommodation Costs	1 <sup>st</sup> November 2022	
	Definitive Registration	<b>1<sup>ST</sup> October 2022</b>	

Sincerely Yours