



**Pharaoh's cup  
Cairo, Egypt  
17-20 September 2026  
Artistic Gymnastics  
Seniors – Juniors – WAG Youth**



**DIRECTIVES**

**Event ID: 18561**

Dear FIG affiliated Member Federation,

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

<b>DISCIPLINE</b>	<b>Artistic 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>	17 - 20 September 2026
<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>
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<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</li> <li>• Policy and Procedures for Safeguarding and Protecting Participants in gymnastics</li> <li>• FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events</li> <li>• Medical Organization of FIG Competitions and Events</li> <li>• Media Guidelines</li> <li>• Apparatus Norms</li> <li>• Rules for Sanctioning (approval) of International Events</li> <li>• Rules for Advertising and Publicity</li> <li>• Rules for Awards Ceremonies</li> <li>• Accreditation Rules</li> </ul> <p><i>and subsequent decisions of the FIG Executive Committee</i></p>
<b>FEDERATIONS INVITED</b>	<p>The Organizing Member Federation will invite all Member Federations according to the following: <b>All affiliated federation with good standing and clubs</b></p>
<b>AGE LIMITS</b>	<p><b>Junior:</b> as per FIG Technical Regulations <b>MAG &amp; WAG</b>  <b>Senior:</b> as per FIG Technical Regulations <b>WAG only</b>  <b>WAG Youth program:</b> please see additional information</p> <p><b><u>Note for MAG:</u></b>  <b>NF or Club must declare whether their 18-year-old gymnasts will compete as junior or senior prior to their first competition in 2026</b></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>  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>• <b>Seniors &amp; Juniors:</b> <ul style="list-style-type: none"> <li>○ International Delegations and International Clubs who will <b>Book</b> their Accommodation through LOC: <ul style="list-style-type: none"> <li>▪ Individuals: <b>50 Euro per gymnast</b> (Non-Refundable)</li> </ul> </li> <li>○ International Delegations and International Clubs who will <b>Not Book</b> their Accommodation through LOC: <ul style="list-style-type: none"> <li>▪ Individuals: <b>100 Euro per Apparatus</b> (Non-Refundable)</li> </ul> </li> <li>○ Egyptian National Clubs: <ul style="list-style-type: none"> <li>▪ Individuals: <b>5,000 EGP per Apparatus</b> (Non-Refundable)</li> </ul> </li> </ul> </li> <li>• <b>WAG Youth Programme:</b> <ul style="list-style-type: none"> <li>○ International Delegations and International Clubs who will <b>Book</b> their Accommodation through LOC: <ul style="list-style-type: none"> <li>▪ Individuals: <b>100 Euro per Gymnast</b> (Non-Refundable)</li> </ul> </li> <li>○ International Delegations and International Clubs who will <b>Not Book</b> their Accommodation through LOC: <ul style="list-style-type: none"> <li>▪ Individuals: <b>200 Euro per Gymnast</b> (Non-Refundable)</li> </ul> </li> <li>○ Egyptian National Clubs:</li> </ul> </li> </ul>

<p><b>ACCREDITATION</b></p>	<p>o Individuals: <b>10,000 EGP per Gymnast</b> (Non-Refundable)</p> <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: Files format: JPG, JPEG File name: NOC/Club_Surname_Firstname Note: the LOC will be checking the validity of the gymnast's licences. 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> <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>																
<p><b>EVENT FORMAT</b></p>	<ul style="list-style-type: none"> <li>• <b>Seniors &amp; Juniors:</b> Qualifications and Apparatus Finals (Individual apparatus).</li> </ul> <p><b>Qualifications:</b></p> <ul style="list-style-type: none"> <li>▪ Participation is limited to 5 gymnasts per NF or Club per each apparatus.</li> <li>▪ FIG rules for Apparatus Final will be applied for vault.</li> <li>▪ In case of a tie at any place (i.e. for gymnasts with the same final score), the tie-breaking rules as set up in the Technical Regulations, Section 2 shall be applied.</li> </ul> <p><b>Finals:</b></p> <ul style="list-style-type: none"> <li>▪ The best eight gymnasts per apparatus from the qualifications qualify for the Finals</li> <li>▪ Participation is limited to 2 gymnasts per NF or Club on each apparatus.</li> <li>▪ FIG rules for Apparatus Final will be applied for vault.</li> </ul> <p><b>Note:</b> In case that there are less than 9 participants for any Category □ Finals event for this category will be performed without qualifications. Results will be directly from finals event.</p> <ul style="list-style-type: none"> <li>• <b>WAG Youth Programme:</b> <b>1-day competition</b> All Around &amp; apparatus finals, <b>maximum 4 gymnast</b> for all around of apparatus finals per NF/club for each Youth.</li> </ul> <p><b>Technical regulations: as per FIG YOUTH RULES &amp; REGULATIONS 2025</b> Refer to the additional information below.</p>																
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<b>EVENT MANAGER</b>	Gasser Ahmed +20 12 86718334 <a href="mailto:g_edessa@hotmail.com">g_edessa@hotmail.com</a>														
<b>MEDICAL SERVICES</b>	A medical service will be available throughout the period of the competition During this event.														
<b>VISA</b>	<p>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 will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before <b>15 July 2026</b> 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.</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 the event of accidents, illness (including COVID-19), repatriation, or similar occurrences.</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 <b>cover note</b> or a <b>photocopy of the valid insurance policy</b>. The policy must be valid starting <b>from the day of arrival</b> and must remain valid for the <b>entire duration of the stay</b>.</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> </ul>														

	<ul style="list-style-type: none"> <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>15 August 2026</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. Also transportation between hotel, training, warm up and competition venue will be provided by LOC</p>																				
<b>ACCOMMODATION</b>	<p><b>**** Hotel</b></p> <p><b>Accommodation fees:</b>          Single room: 200 Euros per person per night full board          Double room: 150 Euros per person per night full board</p> <p><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></p>																				
<b>CANCELATION POLICY</b>	<p>Any cancellations after <b>15 August 2026</b> will incur a penalty of 100% of total amount due.</p>																				
<b>BANK ACCOUNT INFORMATION</b>	<p><b>Bank account Holder's : EGYPTIAN GYMNASTICS FEDERATION EL-ESTAD EL- BAHARY ST., OLYMPIC FED BUILDING , NASR CITY NATIONAL BANK OF EGYPT</b></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>	<p>FIG advertising and publicity norms must be respected</p>																				
<b>SOCIAL MEDIA DEADLINES SUMMARY</b>	<p><b>Egyptian gymnastics federation official page</b></p> <table border="1"> <tr> <td>Definitive Registration</td> <td><b>15 July 2026</b></td> </tr> <tr> <td>Nominative Registration</td> <td><b>15 August 2026</b></td> </tr> <tr> <td>Definitive Accommodation Form (no. of rooms)</td> <td><b>15 July 2026</b></td> </tr> <tr> <td>Nominative Accommodation Form (with names)</td> <td><b>15 August 2026</b></td> </tr> <tr> <td>Travel Schedule Form</td> <td><b>15 August 2026</b></td> </tr> <tr> <td>Visa Request Form</td> <td><b>15 July 2026</b></td> </tr> <tr> <td><b>Payment of the Entry Fee</b></td> <td><b>15 July 2026</b></td> </tr> <tr> <td><b>Payment of the Accommodation Costs</b></td> <td><b>15 August 2026</b></td> </tr> </table>	Definitive Registration	<b>15 July 2026</b>	Nominative Registration	<b>15 August 2026</b>	Definitive Accommodation Form (no. of rooms)	<b>15 July 2026</b>	Nominative Accommodation Form (with names)	<b>15 August 2026</b>	Travel Schedule Form	<b>15 August 2026</b>	Visa Request Form	<b>15 July 2026</b>	<b>Payment of the Entry Fee</b>	<b>15 July 2026</b>	<b>Payment of the Accommodation Costs</b>	<b>15 August 2026</b>				
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	<p><b>Requirements</b></p> <p>Best score of 2 vaults performed Any FIG vaults from the CoP</p> <p>Note: Gymnast may perform only 1 vault Q to and VT Final: 2 different vaults (same or different groups) Average of the 2 vaults</p> <p><b>0.20 bonus for a vault with a salto</b></p>	<p><b>Gymnasts must perform 4 out of 6 requirements (max 2.00 P.)</b></p> <ol style="list-style-type: none"> <li>1 x close bar circle element to handstand</li> <li>Non flight element with 360°</li> <li>Different grip</li> <li>Flight element (HB to LB)</li> <li>Flight element (LB to HB)</li> <li>Flight element (Same Bar)</li> </ol> <p><b>Dismount must be included in counting elements</b></p> <p><b>0.10 bonus for dismount with salto</b></p>	<ol style="list-style-type: none"> <li>Connection of minimum 2 different dance elements <i>To include 1 leap or jump with 180° split (cross or side) or straddle position</i></li> <li>Minimum 1/1 (360°) pirouette</li> <li>Acrobatic series with [min] 2 flight elements performed on the beam <b>0.20 bonus if 1 is a salto</b></li> <li>Acro elements in different directions [fwd/swd &amp; bwd]</li> </ol> <p><b>Dismount must be included in counting elements</b></p>	<ol style="list-style-type: none"> <li>Dance passage of minimum 2 different leaps or hops <i>To include 1 leap or hop with 180° split (cross or side) or straddle position</i></li> <li>Stretched salto with 360° LA twist - forward or backward in an acro line <b>0.10 bonus for 720° LA twist</b></li> <li>Salto bwd and salto fwd (no aerials) in the same or different acro line <b>0.10 bonus for 720° BA salto</b></li> <li>Any 'B' pirouette</li> </ol> <p><b>Dismount must be included in counting elements</b></p>
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	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	<p>Vault table at 120cm</p> <ul style="list-style-type: none"> <li>FIG landing mats</li> </ul>	<p>FIG Bars regulations with:</p> <ul style="list-style-type: none"> <li>FIG landing mats</li> </ul>	<p>FIG Beam regulations with:</p> <ul style="list-style-type: none"> <li>FIG landing mats</li> </ul>	<p>FIG Floor regulations</p>
<b>Requirements</b>	<p>Best score of 2 vaults performed Any FIG vaults from the CoP</p> <p>Note: Gymnast may perform only 1 vault Q to and VT Final: 2 different</p>	<p><b>Gymnasts must perform 4 out of 6 requirements (max 2.00 P.)</b></p> <ol style="list-style-type: none"> <li>1 x close bar circle element to handstand</li> <li>Another close bar circle element to 30°</li> </ol> <p><b>0.10 bonus if in</b></p>	<ol style="list-style-type: none"> <li>Connection of minimum 2 different dance elements <i>To include 1 leap or jump with 180° split (cross or side) or straddle position</i></li> <li>Minimum 1/1 (360°) pirouette</li> <li>Acrobatic series with [min] 2 flight</li> </ol>	<ol style="list-style-type: none"> <li>Dance passage of minimum 2 different leaps or hops <i>To include 1 leap or hop with 180° split (cross or side) or straddle position</i></li> <li>Stretched salto with 360° LA twist - forward or</li> </ol>

		<p>vaults (same or different groups) Average of the 2 vaults</p> <p><b>0.20 bonus for a vault with a salto</b></p>	<p><b>handstand</b></p> <p>3. 1 x cast to handstand</p> <p>4. 1 x giant (bwd or fwd)</p> <p>5. Non flight element with 360°</p> <p>6. Flight element (HB to LB /LB to HB / Same Bar)</p> <p><b>Dismount must be included in counting elements</b> <b>0.10 bonus for dismount with salto</b></p>	<p>elements performed on the beam <b>0.10 bonus if 1 is a salto</b></p> <p>4. Acro elements in different directions [fwd/swd &amp; bwd]</p> <p><b>Dismount must be included in counting elements</b></p>	<p>backward in an acro line <b>0.10 bonus for 720° LA twist</b></p> <p>3. Salto bwd and salto fwd (no aerials) in the same or different acro line</p> <p>4. Any 'B' pirouette</p> <p><b>Dismount must be included in counting elements</b></p>
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AGE CATEGORY – 12 YEARS				
<b>A = 0.10</b> <b>B = 0.20</b> <b>C = 0.30</b> <b>D = 0.40</b> <b>E &amp; higher = 0.40</b>	<b>Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028</b> <b>Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise</b> <b>FIG Execution penalties will be applied</b> <b>BARS/BEAM/FLOOR – 7 highest elements including dismount</b> <b>BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 1 optional element</b>			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	Vault table at 120cm FIG landing mats	FIG Bars regulations with: ● FIG landing mats	FIG Beam regulations with: ● FIG landing mats	FIG Floor regulations
<b>Requirements</b>	Best score of 2 vaults performed Any FIG vaults from the CoP  Note: Gymnast may perform only 1 vault  Q to and VT Final: 2 different vaults (same or different groups) Average of the 2 vaults  <b>0.20 bonus for a vault with a salto</b>	<ol style="list-style-type: none"> <li>1. 1 x close bar circle elements to 30° <b>0.10 bonus if in handstand</b></li> <li>2. Another close bar circle element to 30° <b>0.10 bonus if in handstand</b></li> <li>3. 1 x cast to handstand to 30° <b>0.10 bonus if in handstand</b></li> <li>4. 1 x giant (bwd or fwd)</li> </ol> <b>Dismount must be included in counting elements</b> <b>0.10 bonus for dismount with salto</b>	<ol style="list-style-type: none"> <li>1. Connection of minimum 2 different dance elements <i>To include 1 leap or jump with 180° split (cross or side) or straddle position</i></li> <li>2. Minimum 1/1 (360°) pirouette</li> <li>3. Acro series with [min] 1 flight element performed on the beam <b>0.10 bonus for 2 flight elements</b></li> <li>4. Acro elements in different directions <b>Dismount must be included in counting elements</b></li> </ol>	<ol style="list-style-type: none"> <li>1. Dance passage of minimum 2 different leaps or hops <i>To include 1 leap or hop with 180° split (cross or side) or straddle position</i></li> <li>2. Stretched salto - forward or backward in an acro line with or without twist <b>0.10 bonus for 360° LA twist</b></li> <li>3. Salto bwd and salto fwd (no aerials) in the same or different acro line</li> <li>4. Any 'B' pirouette</li> </ol> <b>Dismount must be included in counting elements</b>

Sincerely Yours,

Cairo, 24 March 2026



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

*(Handwritten signature)*