

10/11 and 12th April

2026

Gymnase de Boutron
31 Rue du Grand Champ
73000 Chambéry
FRANCE



5th
KYOLIS
CUP

International **RHYTHMIC** and
AEROBIC gymnastics tournament

INVITATION



Dear Friends,

The AEB Gym Chambéry are happy to organize their 5th edition of the Kyolis Cup ! Big thanks to our sponsor Kyolis for the help for the organization. We're looking forward to see you again and share great moments together. You can find all the information in this document.

Don't hesitate to contact us if you have a question or have difficulties with registration.

Kind regards,
AEB Gym Chambéry

ORGANISER	AEB GYM CHAMBERY 2631 Avenue des Landiers 73000 Chambéry www.aebgym.fr aebgymtournaments@gmail.com https://www.instagram.com/aebgym https://www.facebook.com/AEB-GYM-Chambery-101032208802875
SPONSOR	KYOLIS https://kyolis.com/en
PLACE OF EVENT	Gymnase de la Boutron 31 Rue du Grand Champ 73000 Chambéry FRANCE
DATE	April 10th, 11th and 12th 2026
START FEE	<u>For rhythmic gymnastics :</u> For level C/Fed (et B2020) : 50€ For level A/B : 60€ 60€ per duo 100€ per groups <u>For aerobic gymnastics :</u> 35€ per solo 40€ per mixpair/trio 50€ per group
REGISTRATION	Registration must be done before March 29th , online on rgform.eu : RG : https://www.rgform.eu/event.php?id_prop=9154 Aerobic : https://www.rgform.eu/event.php?id_prop=9155

	<p>Please make the payment before March 29th and specify “5th Kyolis Cup – NAME OF YOUR TEAM”.</p> <p>You can find our bank account information at the bottom of the page. The registration will be only confirmed after receiving the payment. 1 payment per delegation.</p>
CONTACT	<ul style="list-style-type: none"> • aebgymtournaments@gmail.com • Pamela MANUSE (French, italian): +33 6 16 48 76 50 (Whatsapp) pamela.manuse@sfr.fr • Louna BOUFAMA (French, english): +33 6 76 13 84 63 (Whatsapp) louna_b73@yahoo.fr <ul style="list-style-type: none"> • Olesya DELOCHE (French, russian) +33 6 49 29 22 41(Whatsapp) oblagova@yahoo.com
COMPETITION & AWARDS	<p>Competition from Friday afternoon to Sunday afternoon (depending on the number of entries). All gymnasts will receive a medal and a gift for participation. The rankings will be done by year of birth for all categories.</p> <p><u>For rhythmic gymnastics :</u> Ranking for all around and also for each apparatus, for individuals categories level A and level B. Ranking for each apparatus only for level C.</p> <p><u>For aerobic gymnastics :</u> Ranking for all around. For level A, if categories have more than 12, an 8-person final will be held the following day.</p>
JUDGES	<p>1 judge per club. All judges will conduct judging on tablets using KSIS. Judge meeting before the start of the competition.</p>
MUSICS	<p>Music have to be uploaded before April 5th on the registration page of the gymnast on rgform.eu :</p> <p>RG : https://www.rgform.eu/event.php?id_prop=9154</p> <p>Aerobic : https://www.rgform.eu/event.php?id_prop=9155</p> <p>Please also take the music with you on a USB stick for any problem.</p>

PUBLIC	6 Euros for 1 day. 10 Euros for 2 days.
SNACK	On site you will find snacks: sandwich, salad, fries, crepes and fruit as well as hot and cold drinks.
PHOTOGRAPH	Our partner Photografeuz will be there for all the competition.
INSURANCE	AEB Gym Chambéry disclaims all liability for accidents or damage to persons or property that may occur before, during or after the holding of the event. All participants must have insurance coverage.

INDIVIDUAL COMPETITION RHYTHMIC GYMNASTICS

FIG 2025-2028

Individual Level A		
2020	1 WA (free hands) + 1 Apparatus of choice	FIG Junior
2019	1 WA (free hands) + 2 Apparatus of choice	FIG Junior
2018		
2017		
2016	1 WA (free hands) + 3 Apparatus of choice	FIG Junior
2015		
2014	4 Apparatus of choice	FIG Junior
2013		
2012		
2011		
2010 and older	4 Apparatus of choice	FIG Senior

Individual Level B		
2020	1 WA (free hands)	FIG Junior
2019	1 WA (free hands) + 1 Apparatus of choice	
2018		
2017		
2016		
2015		
2014		
2013		
2014 GOLD 2013 GOLD 2012 2011	2 Apparatus of choice	FIG Junior
2010 and older	2 Apparatus of choice	FIG Senior
2012 GOLD 2011 GOLD	3 Apparatus of choice	FIG Junior
2010 and older GOLD		FIG Senior

Individual Level C		
2020 2019 2018 2017	1 adapted WA (free hands)*	FIG Junior
2016 2015 2014 2013 2012 2011 2010 and older	1 Apparatus of choice	FIG Junior

*Arabesque (flat foot), passé balance, passé rotation, stag leap

Individual Level Fed		
2016 2015 2014 2013 2012 2011 2010 and older	1 Apparatus of choice	FIG Code adapted from federal programs

Code Federal

Body difficulties: maximum 0.20 pts

Risks: maximum 2

DA: maximum 10

Groups

FIG 2025-2028

Group of 4 to 5 gymnasts

4 possible categories:

- National - 15 years old (FIG Junior Program)
- National + 15 years old (FIG Senior Program)
- Federal - 15 years old (Adapted Federal Code)
- Federal + 15 years old (Adapted Federal Code)

Multiple groups per club are allowed.

DUO

Group of 2 gymnasts

4 possible categories:

- National - 13 years old (FIG Junior Program)
- National + 13 years old (FIG Senior Program)
- Federal - 13 years old (Adapted Federal Code)
- Federal + 13 years old (Adapted Federal Code)

LEVEL A AEROBIC GYMNASTICS

- National development (9-11yo) : Individual men, individual women, mixed pair, trio and group.
- Youth (12-14yo) : Individual men, individual women, mixed pair, trio and group.
- Junior (15-17yo) : Individual men, individual women.
- Senior (18yo and +) : Individual men, individual women.
- Junior/Senior (15yo and older) : mixed pair, trio and group.

If a 14yo athlete wishes to participate in a category for 15 and older, this is only possible with special permission.

PROGRAM

- National development (FIG) : 7 elements ranging from 0.1 to 0.4 : push-up, air turn, straddle support, 1 passé turn (en dedans), a push-up/split reception maximum, no split reception for men.
Music : 1m15 (more or less than 5)
- Youth (FIG) : 7 elements ranging from 0.2 to 0.6 : 2 maximum receptions, no split reception for men.
Music : 1m15 (more or less than 5)
- Junior (FIG) : 7 elements ranging from 0.2 to 0.7: 3 maximum receptions, no split reception for men.
Music : 1m25 (more or less than 5)
- Senior (FIG)/15 and older synchro : 8 elements ranging from 0.3 to 1 point : 3 maximum receptions, no split reception for men.
Music : 1m25 (more or less than 5)

















































































Acrobatics : FIG Code

Combinations : FIG Code

APPENDIX 09 – DIFFICULTY CHART

GROUP A	A 0.1	B 0.2	C 0.3	D 0.4	E 0.5	F 0.6	G 0.7	H 0.8	I 0.9	J 1.0
Family 1 – Dynamic Strength (Base Name: Push-Up, A-Frame, Straddle Cut, Explosive High-V, Explosive Capoeira)										
100	A101	A102	A103	A104	A105	A106	A107	A108	A109	A110
110	A110	A112	A113	A114	A115	A116	A117	A118	A119	A120
120	A121	A122	A123	A124	A125	A126	A127	A128	A129	A130
130	A131	A132	A133	A134	A135	A136	A137	A138	A139	A140
140	A141	A142	A143	A144	A145	A146	A147	A148	A149	A150
150	A151	A152	A153	A154	A155	A156	A157	A158	A159	A160
160	A161	A162	A163	A164	A165	A166	A167	A168	A169	A170
170	A171	A172	A173	A174	A175	A176	A177	A178	A179	A180
Family 2 – Static Strength (Base Name: Support, V-Support, Planche)										
200	A201	A202	A203	A204	A205	A206	A207	A208	A209	A210
210	A211	A212	A213	A214	A215	A216	A217	A218	A219	A220
220	A221	A222	A223	A224	A225	A226	A227	A228	A229	A230
230	A231	A232	A233	A234	A235	A236	A237	A238	A239	A240
240	A241	A242	A243	A244	A245	A246	A247	A248	A249	A250
250	A251	A252	A253	A254	A255	A256	A257	A258	A259	A260
260	A261	A262	A263	A264	A265	A266	A267	A268	A269	A270
270	A271	A272	A273	A274	A275	A276	A277	A278	A279	A280
Family 3 – Leg Circle (Base Name: Flair, Helicopter)										
300	A301	A302	A303	A304	A305	A306	A307	A308	A309	A310
310	A311	A312	A313	A314	A315	A316	A317	A318	A319	A320
320	A321	A322	A323	A324	A325	A326	A327	A328	A329	A330
330	A331	A332	A333	A334	A335	A336	A337	A338	A339	A340
340	A341	A342	A343	A344	A345	A346	A347	A348	A349	A350
350	A351	A352	A353	A354	A355	A356	A357	A358	A359	A360



GROUP	A	B	C	D	E	F	G	H	I	J
B	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
Family 4 – Dynamic Jump / Leap (Base Name: Air Turn, Axel, Free Fall, Gainer, Scale, Butterfly, Off Axis) Compulsory for IM										
400	B401	B402	B403 	B404	B405 	B406	B407	B408 	B409	B410
410	B410	B412	B413	B414	B415 	B416	B417 	B418	B419	B420 
420	B421	B422	B423	B424 	B425	B426 	B427 	B428 	B429 	B430 
430	B431	B432	B433	B434	B435 	B436	B437 	B438	B439 	B440
440	B441	B442	B443	B444	B445	B446 	B447	B448	B449 	B450
450	B451	B452	B453	B454	B455 	B456 	B457 	B458 	B459 	B460 
460	B461	B462	B463	B464	B465	B466 	B467 	B468 	B469 	B470 
Family 5 – Dynamic Jump (Base Name: Tuck, Cossack, Pike, Straddle / Frontal Split) Note: All the elements in Family 5: If performed from one foot take off, the element will be downgraded by -0.1										
500	B501	B502 	B503	B504 	B505	B506 	B507	B508	B509	B510
510	B511	B512	B513 	B514 	B515 	B516 	B517 	B518	B519	B520
520	B521	B522	B523	B524 	B525 	B526 	B527 	B528 	B529	B530
530	B531	B532	B533 	B534	B535 	B536	B537 	B538	B539	B540
540	B541	B542	B543	B544 	B545 	B546 	B547 	B548 	B549	B550
550	B551	B552	B553	B554	B555 	B556 	B557 	B558 	B559 	B560
560	B561	B562	B563	B564 	B565	B566 	B567	B568 	B569	B570
570	B571	B572	B573	B574	B575 	B576 	B577 	B578 	B579 	B580
580	B581	B582	B583	B584	B585	B586 	B587 	B588 	B589 	B590 
590	B591	B592	B593	B594 	B595	B596 	B597	B598 	B599	B5100
5100	B5101	B5102	B5103	B5104	B5105 	B5106 	B5107 	B5108 	B5109 	B5110
5110	B5111	B5112	B5113	B5114	B5115	B5116 	B5117 	B5118 	B5119 	B5120 



GROUP	A	B	C	D	E	F	G	H	I	J
B	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
Family 6 – Split Jump / Leap (Base Name: Switch Split, Scissors Leap, Sagittal Split)										
600	B601	B602	B603	B604	B605	B606	B607	B608	B609	B610
610	B611	B612	B613	B614	B615	B616	B617	B618	B619	B620
620	B621	B622	B623	B624	B625	B626	B627	B628	B629	B630
630	B631	B632	B633	B634	B635	B636	B637	B638	B639	B640
640	B641	B642	B643	B644	B645	B646	B647	B648	B649	B650
650	B651	B652	B653	B654	B655	B656	B657	B658	B659	B660
660	B661	B662	B663	B664	B665	B666	B667	B668	B669	B670
670	B671	B672	B673	B674	B675	B676	B677	B678	B679	B680
680	B681	B682	B683	B684	B685	B686	B687	B688	B689	B690
690	B691	B692	B693	B694	B695	B696	B697	B698	B699	B700

GROUP	A	B	C	D	E	F	G	H	I	J
C	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
Family 7 – Turn (Base Name: Passé Turn, Horizontal Turn, Illusion) Compulsory for IW										
700	C701	C702	C703	C704	C705	C706	C707	C708	C709	C710
710	C711	C712	C713	C714	C715	C716	C717	C718	C719	C720
720	C721	C722	C723	C724	C725	C726	C727	C728	C729	C730
730	C731	C732	C733	C734	C735	C736	C737	C738	C739	C740
Family 8 – Flexibility (Base Name: Split, Vertical Split, Balance) Not allowed for IM										
800	C801	C802	C803	C804	C805	C806	C807	C808	C809	C810
810	C811	C812	C813	C814	C815	C816	C817	C818	C819	C820
820	C821	C822	C823	C824	C825	C826	C827	C828	C829	C830



LEVEL B

- National 9-11yo : Individual men, individual women, mixed pair, trio and group.
- National 12-14yo : Individual men, individual women, mixed pair, trio and group.
- National Junior 15-17yo : Individual men, individual women.
- National Senior 18yo and older : Individual men, individual women
- National Junior/National Senior (15yo and older) : mixed pair, trio and group.

If a 14yo athlete wishes to participate in a category for 15 and older, this is only possible with special permission.

PROGRAM

Execution/Artistic Judging FIG Code.

- National 9-11yo: 5 elements ranging from 0.1 to 0.3, including: 1 maximum split reception, no split reception for men.
Music : 1m15 (more or less than 5)
- National 12-14yo : 6 elements ranging from 0.1 to 0.4, with 2 maximum receptions, no split reception for men.
Music : 1m15 (more or less than 5)
- National Junior /National Senior /15 and older SYNCHRO : 6 elements ranging from 0.1 to 0.4, with one at 0.5 (optional): 2 maximum receptions, no split reception for men.
Music : 1m25 (more or less than 5)

Combinations : 1 of 2 elements allowed (D+D, D+A, A+D, and A+A)

(For Level B, follow the grid below only, 2 elements per family maximum)

Fantaisies	Nom de base	0,1	0,2	0,3	0,4	0,5
GROUPE A						
1 - Pompes	pompe		Pompe 1 jambe Pompe latérale Pompe version 	Pompe latérale 1 jambe Pompe version latérale 		
	Forme A				Forme A Forme A au grand écart 	Forme A version
	Capacité explosive				Capacité 1/4 tour coupe 	
2 - Forces statiques	Equerre serrée				Equerre écartée 1 tour 	Equerre V serrée
	Equerre écartée		Equerre écartée Equerre serrée 	Equerre écartée 1/2 tour Equerre serrée 1/2 tour 		
3 - Cercles	Hélicoptère				Hélicoptère 	Hélicoptère au grand écart
	Thomas					Thomas
Fantaisies	Nom de base	0,1	0,2	0,3	0,4	0,5
GROUPE C						
7 - Tours	Pivot	Pivot un tour en dehors 	Pivot un tour 	Pivot deux tours en dehors 	Pivot deux tours 	Pivot à l'horizontal
	Illusion				Illusion 	Illusion élargie
8 - Soupleuses	écart		Pancake 	Roulé x8 - écart roulé 		
	écart vertical	Grand écart vertical 		Grand écart vertical libre 		

Fantaisies	Nom de base	0,1	0,2	0,3	0,4	0,5
GROUPE B						
4 - Sauts dynamiques	Tour en l'air			Saut demi tour au grand écart Saut tour en l'air 	Saut tour en l'air au grand écart 	
	Pied fixé / Gaine				Saut droit réception pompe Saut arc - Plancher réception pompe 	Gaine
	Tour en l'air / Butte				Saut droit réception pompe Saut arc - Plancher réception pompe 	Butte
5 - Sauts avec forme*	Saut groupe	Saut groupe appel 1 pied 	Saut groupe 	Saut groupe 1 tour départ 1 pied Saut groupe au grand écart Saut groupe demi tour au grand écart appel 1 pied 	Saut groupe un tour Saut groupe demi tour au grand écart Départ 1 pied Saut groupe au grand écart 	Saut groupe un tour au grand écart
	Saut cossage		Saut cossage appel 1 pied 	Saut cossage 1/2 tour appel 1 pied Saut cossage 	Départ 1 pied Saut cossage 1 tour Saut cossage au grand écart Départ 1 pied/2 tour Saut cossage au grand écart 	Saut cossage 1 tour Saut cossage demi tour au grand écart
	Coupé écart				Saut coupé écart 	
6 - Sauts écarts	Changement de jambe					Changement de jambe
	Antéro			Saut enjambe 	Saut antéro-postérieur 	Saut antéro-postérieur au grand écart

* Pour les 21 Fantaisies de ce sous-groupe, sont attendus des sauts effectués sur une jambe ou deux jambes.

Intitulé du Compte :ASSOC. A E B GYM CHAMBERY

MAISON POUR TOUS
728 AVENUE DE LA MOTTE SERVOLEX

73000 CHAMBERY

DOMICILIATION

Code établissement	Code guichet	Numéro de compte	Clé RIB
18106	00810	84039574050	97

IBAN (International Bank Account Number)

FR76 1810 6008 1084 0395 7405 097

Code BIC (Bank Identification Code) - Code **swift**:

AGRIFRPP881

Numero de SIRET : 440 881 662 000 25