



MIDDLE EAST

Stryx Sports Cup

By: FLi



21-23 MAY 2026



DOHA, QATAR

MIDDLE EAST

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Dear Clubs and Academies,

STRYX SPORTS has the pleasure to invite you to participate in “MIDDLE EAST Stryx Sports Cup by Fly”, held in Doha, Qatar on 21st – 23rd of May 2026. Special guests of the tournament — Olympic gymnast, World and European Champions and medalists (will be announced soon).

DISCIPLINE

Rhythmic Gymnastics

ORGANIZER

STRYX SPORTS

HEAD COACH AND TECHNICAL DIRECTOR

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OPERATION COORDINATOR

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LOCATION

Doha, Qatar

DATES

AND TIMINGS

21st – 23rd of May 2026

VENUE

Doha Sports City, Aspire Ladies Sports Hall



RULES AND
REGULATIONS

The event will be organized under the FIG rules and regulations for 2025-2028 Code of Points

AGE LIMITS

Gymnasts: from 2022 year of birth and older

DELEGATION

There is no limit to the number of participants per team, but must be one judge for every 15 gymnasts.

JUDGES

The Head Judge of the tournament, a World International-Level judge with Brevet Category (will be announced soon).

1 Judge per team minimum. All judges should have a valid FIG Brevet or National judging category.

Judge penalty is Riyal 700 (EUR 170) per judge, per day

REGISTRATION, REGISTRATION FEES

Registration should be completed via KSIS at
https://www.rgform.eu/event.php?id_prop=9536
or through the tournament organizers
Participation fees:

Riyal 600 (EUR 150) per gymnast



COMPETITION PROGRAM

INDIVIDUAL CATEGORY: FIG code of points for **2025-2028**

YEAR OF BIRTH	CATEGORIES			
	A Gold	A	B	C
2022	-	F/H	F/H	F/H
2021	-	F/H	F/H	F/H
2020	-	F/H or 1 Apparatus by choice	F/H	F/H
2019	-	FH +1 Apparatus by choice	1 Apparatus by choice or FH	F/H
2018	-	FH +1 Apparatus by choice	1 Apparatus by choice or FH	F/H
2017	2 Apparatus by choice	2 Apparatus by choice	FH +1 Apparatus by choice	1 Apparatus by choice or FH
2016	2 Apparatus by choice	2 Apparatus by choice	FH +1 Apparatus by choice	1 Apparatus by choice or FH
2015	3 Apparatus by choice	3 Apparatus by choice	2 Apparatus by choice	1 Apparatus by choice
2014	3 Apparatus by choice	3 Apparatus by choice	2 Apparatus by choice	1 Apparatus by choice
2013	3 Apparatus by choice	3 Apparatus by choice	2 Apparatus by choice	1 Apparatus by choice
2012/2011 FIG Junior	4 Apparatus	3 Apparatus	2 Apparatus by choice	1 Apparatus by choice
2010 & older FIG Senior	4 Apparatus	3 Apparatus	2 Apparatus by choice	1 Apparatus by choice

GROUP CATEGORY

FIG code of points for **2025-2028**

CATEGORIES

YEAR OF BIRTH

APPARATUS

SENIORS

2010 and older

Min1, Max 2 Routines

JUNIORS

2012-2011

1Min, Max 2 Routines

PRE-JUNIORS

2014-2013

1Min, Max 2 Routines

2015 and younger

1Min, Max 2 Routines

DUET AND TRIO CATEGORY

FIG code of points for **2025-2028**

CATEGORIES

YEAR OF BIRTH

APPARATUS

SENIORS

2010 and older

Min1, Max 2 Routines

JUNIORS

2012-2011

1Min, Max 2 Routines

PRE-JUNIORS

2014-2013

1Min, Max 2 Routines

2015 and younger

1Min, Max 2 Routines

LIMITATIONS AND REQUIREMENTS

For C Level, the max value for each of the body difficulties is 0.4
“Apparatus by choice” **does not include free hands**

FREE HANDS REGULATIONS:

- 6 body difficults (minimum of each BD group);
- 2 dance steps;
- Rotations and acrobatics are not required and won't be evaluated

AWARDS

- All gymnasts will be awarded within each level by age category in all-around.
- Apparatus awards will be given to the top three places.
- Categories with one routine will be awarded by apparatus only (all gymnast will be awarded)
- In The A Gold category, only the top 3 gymnasts in the all-around and the top 3 gymnasts on each apparatus will be awarded (best results all around will be additionally awarded by spetial gifts from tournament partner FLY SPORTS).
- Special awards: Miss Tournament, Miss Elegant, Miss Smile, Miss Beautiful, Miss Expression, Miss Flexibility, , Miss Dance, Miss Risk from the competition organizers.

The decision of the Head Judge is final; protests will not be accepted during the tournament.



PROVISIONAL SCHEDULE

- 20th Arrival of delegations
- 21st Arrival of delegations, podium training, accreditation
- 22nd Competition Day 1
- 23rd Competition Day 2
- 24th Departure of delegations

REGISTRATION DEADLINES, MUSIC

- Nominative registration: 23rd of April 2026
- Definitive registration: 1st of May 2026
- Attention: spots will be limited. Once the required number of gymnasts is reached, registration may close earlier than the deadline.
- Music: 1st of May 2026

Musicsic in MP3 format. The music should be uploaded to KSIS or sent via email to: **gymnastics@stryxsports.com**
The track must be signed according to the example in LATIN LETTERS!

2012_Dmitrieva_Ekaterina_ball



MEDICAL SERVICES

The Organizing Committee will provide a first medical aid service.

INSURANCE

Organizers are not responsible for any liability in case of accident; therefore all participants are advised to look for and provide their own cover.

VISA

The organizers will be happy to assist each delegation member with an official invitation letter, provided that the request is made before 1st of May 2026

ACCOMMODATION & TRANSFERS

Teams may arrange their own accommodation and transportation. If assistance is needed, please contact the organizer.

PAYMENTS

All payments must be settled before start of competition.

Stryx Sports Bank details:

Account Name
Account number
IBAN
SWIFT CODE
Branch Details

STRYX SPORTS FZ LLC
010994712213
AE270330000010994712213
BOMLAEAD
SH ZAYED BRANCH [047]

Bank

Mashreq

The participating clubs are responsible for covering all bank fees in connection with the bank transfers. Please state the name of the Country/Club the payment purpose on the transfer (Dubai Dream Cup 2025)

PAYMENTS DEADLINE: 1ST OF MAY 2026

PHOTO/VIDEO

The tournament will be photographed and filmed by a professional photographer and videographer. Contact details will be provided closer to the tournament date.

STYLIST

A professional team of stylists will be available at the tournament. Contact information will be provided closer to the tournament date.



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STRYXGYMNASTICS



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