



Pharaoh's cup
Cairo, Egypt
18-21 September 2025
Artistic Gymnastics
Seniors – Juniors – **WAG Youth**



DIRECTIVES




Event ID: 18223

Update 6 June 2025

New age category: WAG Youth

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.

DISCIPLINE	Artistic Gymnastics
HOST FEDERATION	Egyptian Gymnastics Federation (EGF) El Estad El Bahary St. Olympic Feds Buildings, Nasr City, Cairo, Egypt Tel: 002-02240250002 002-0224025027 e-mail: egypt@egyptgymnastics.com Website: www.egyptgymnastics.com
LOCAL ORGANIZING COMMITTEE	Contact Person : Abdallah MAHMOUD Address: Cairo international stadium Alestad Nasr city, Cairo-Egypt Tel: +201277710716 e-mail: pharaohscup@gmail.com egypt@egyptgymnastics.com
LOCATION	Cairo, Egypt
DATE	18 - 21 September 2025
VENUE	Cairo International stadium, AlEstad, Nasr city, Cairo Government +20111155413 / +20222607863 www.cairostadium.com   

APPARATUS SUPPLIER	Please refer to the attached apparatus list.
RULES AND REGULATIONS	<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"> • 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 • FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events • Medical Organization of FIG Competitions and Events • Media Guidelines • Apparatus Norms • Rules for Sanctioning (approval) of International Events • Rules for Advertising and Publicity • Rules for Awards Ceremonies • Accreditation Rules <p><i>and subsequent decisions of the FIG Executive Committee</i></p>
FEDERATIONS INVITED	The Organizing Member Federation will invite all Member Federations according to the following: All affiliated federation with good standing and clubs
AGE LIMITS	<p>Junior: as per FIG Technical Regulations Senior: as per FIG Technical Regulations WAG Youth: please see additional information</p> <p>Note for MAG: NF or Club must declare whether their 18-year-old gymnasts will compete as junior or senior prior to their first competition in 2025</p> <p>All gymnasts must have a valid FIG licence until the end of the event</p>
JUDGES AND JURIES	<p>All judges must have a current valid FIG brevet at the time of the event, for the respective discipline. Each federation or Club must bring min. 1 judge per discipline.</p> <p>The LOC will apply a fine of 300 Euro per missing judge</p>
ENTRY FEES	<ul style="list-style-type: none"> • Seniors & Juniors: <ul style="list-style-type: none"> ○ International Delegations and International Clubs who will Book their Accommodation through LOC: <ul style="list-style-type: none"> ▪ Individuals: 50 Euro per gymnast (Non-Refundable) ○ International Delegations and International Clubs who will Not Book their Accommodation through LOC: <ul style="list-style-type: none"> ▪ Individuals: 100 Euro per Apparatus (Non-Refundable) ○ Egyptian National Clubs: <ul style="list-style-type: none"> ▪ Individuals: 5,000 EGP per Apparatus (Non-Refundable) • WAG Youth Programme: <ul style="list-style-type: none"> ○ International Delegations and International Clubs who will Book their Accommodation through LOC: <ul style="list-style-type: none"> ▪ Individuals: 100 Euro per Gymnast (Non-Refundable) ○ International Delegations and International Clubs who will Not Book their Accommodation through LOC: <ul style="list-style-type: none"> ▪ Individuals: 200 Euro per Gymnast (Non-Refundable) ○ Egyptian National Clubs:

	▪ Individuals: 10,000 EGP per Gymnast (Non-Refundable)											
ACCREDITATION	<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: egypt@egyptgymnastics.com & pharaohscup@gmail.com 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</p> <p>Note: the LOC will be checking the validity of the gymnast’s licences.</p> <p>During the accreditation the Head of Delegation must present the following:</p> <ul style="list-style-type: none">• All passports /FIG license/Medical insurance of the registered gymnasts.• Competitor's Music 2 CD Copy or USB.• Proof for full payment of the costs due to the LOC.• Transport – Departure.• License of the gymnast.• Accreditation must be worn by all coaches and officials at all the times as it identifies where access is permitted at the venue. <p>In addition, the LOC will distribute information regarding the gymnasts’ safeguarding plan.</p>											
EVENT FORMAT	<ul style="list-style-type: none">• <u>Seniors & Juniors:</u> Qualifications and Apparatus Finals (Individual apparatus). <p><u>Qualifications:</u></p> <ul style="list-style-type: none">▪ Participation is limited to 5 gymnasts per NF or Club per each apparatus.▪ FIG rules for Apparatus Final will be applied for vault.▪ 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. <p><u>Finals:</u></p> <ul style="list-style-type: none">▪ The best eight gymnasts per apparatus from the qualifications qualify for the Finals▪ Participation is limited to 2 gymnasts per NF or Club on each apparatus.▪ FIG rules for Apparatus Final will be applied for vault. <p><u>Note:</u> 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">• <u>WAG Youth Programme:</u> <p><u>1-day competition</u> All Around & apparatus finals, maximum 4 gymnast for all around of apparatus finals per NF/club for each Youth.</p> <p><u>Technical regulations: as per FIG YOUTH RULES & REGULATIONS 2025</u></p> <p><u>Refer to the additional information below.</u></p>											
PROVISIONAL SCHEDULE	<p><u>Seniors & Juniors:</u></p> <table><tr><td>Date</td><td>Activity</td></tr><tr><td>Tuesday, Sep 16</td><td>Arrival of delegation Scheduled Training (Training can be offered upon request through LOC)</td></tr><tr><td>Wednesday, Sep 17</td><td>Orientation meeting, Judges Instruction, Podium training</td></tr><tr><td>Thursday, Sep 18</td><td>Qualifications MAG</td></tr><tr><td>Friday, Sep 19</td><td>Qualifications WAG</td></tr></table>		Date	Activity	Tuesday, Sep 16	Arrival of delegation Scheduled Training (Training can be offered upon request through LOC)	Wednesday, Sep 17	Orientation meeting, Judges Instruction, Podium training	Thursday, Sep 18	Qualifications MAG	Friday, Sep 19	Qualifications WAG
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	Saturday, Sep 20	Finals MAG FX-PH-SR WAG VT-UB
	Sunday, Sep 21	Finals MAG VT-PB-HB WAG BB-FX
	Monday, Sep 22	Departure of the delegations
	WAG Youth Programme:	
	Date	Activity
	Wednesday, Sep 17	Arrival of delegation
	Thursday, Sep 18	Podium training
	Friday, Sep 19	Competition day 1 AGE CATEGORY – 14 YEARS
	Saturday, Sep 20	Competition day 2 AGE CATEGORY – 13 YEARS
	Sunday, Sep 21	Competition day 3 AGE CATEGORY – 12 YEARS
	Monday, Sep 22	Departure of the delegations
EVENT MANAGER	Yasser Zayed +201063376883 yasotheone@gmail.com	
MEDICAL SERVICES	A medical service will be available throughout the period of the competition During this event.	
COVID 19	A medical Guide specific for the event will be distributed just before the event regarding to standard changes by health authorities in Egypt at the time of the event.	
VISA	Please verify immediately with your travel agent or the Egyptian Embassy or Consulate in your country if a visa is required for your travel to Egypt . The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 28 Aug 2025 to the LOC. 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.	
INSURANCE	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. The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and repatriation for all the members of their Delegation. Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to https://www.gymnastics.sport/site/pages/medical-insurance.php for additional information regarding the FIG IMSSA insurance for Athletes and Judges. The LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay The LOC will subsequently offer insurance at the Federations own charge as follows: 100 EUR per person/day.	
SAFEGUARDING	From the official event day of arrival until the official day of departure, participants (gymnasts, coaches, judges and any other delegation members) have the possibility to contact by phone or e-mail the LOC Safeguarding Officer in case of harassment and abuse of any type or if they are worried and do not feel comfortable. The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations on site. In addition, posters of the "10 Golden Rules of Gymnastics", the FIG campaign to raise awareness about youth protection in Gymnastics, will have to be displayed in several locations, including training and warm-up halls and public zones.	
INTERNATIONAL TRANSPORTATION	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 28 Aug 2025 .	

LOCAL TRANSPORTATION	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																							
ACCOMMODATION	**** Hotel Accommodation fees: Single room: 150 Euros per person per night full board Double room: 120 Euros per person per night full board 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.																							
CANCELATION POLICY	Any cancellations after 28 Aug 2025 will incur a penalty of 100% of total amount due.																							
BANK ACCOUNT INFORMATION	Bank account Holder's : <i>EGYPTIAN GYMNASTICS FEDERATION EL-ESTAD EL- BAHARY ST., OLYMPIC FED BUILDING , NASR CITY NATIONAL BANK OF EGYPT</i> • Bank Name: <i>NATIONAL BANK OF EGYPT</i> • Bank Address: <i>MAIN BRANCH 24 SHERIF ST. DOWNTOWN CAIRO</i> • BIC/Swift Code: <i>NBEGEGCX001</i> • Account Number: <i>0013060698236700012</i> • IBAN: <i>0013060698236700012</i> The participating federation is responsible for covering all bank fees in Connection with the bank transfers.																							
MARKETING	FIG advertising and publicity norms must be respected																							
SOCIAL MEDIA	Egyptian gymnastics federation official page																							
DEADLINES SUMMARY	Definitive Registration	31 July 2025																						
	Nominative Registration	28 Aug 2025																						
	Accommodation Form	28 Aug 2025																						
	Travel Schedule Form	28 Aug 2025																						
	Visa Request Form	31 July 2025																						
	Payment of the Entry Fee	28 Aug 2025																						
	Payment of the Accommodation Costs	28 Aug 2025																						
ADDITIONAL INFORMATION	WAG Youth Programme <table><tr><th colspan="5">AGE CATEGORY – 14 YEARS</th></tr><tr><td>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E & higher = 0.40</td><td colspan="4">Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028 Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise FIG Execution penalties will be applied BARS/BEAM/FLOOR – 7 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 1 optional element</td></tr><tr><td></td><td>Vault</td><td>Bars</td><td>Beam</td><td>Floor</td></tr><tr><td>Apparatus</td><td>Vault table at 125cm • FIG landing mats</td><td>FIG Bars regulations with: • FIG landing mats</td><td>FIG Beam regulations with: • FIG landing mats</td><td>FIG Floor regulations</td></tr></table>				AGE CATEGORY – 14 YEARS					A = 0.10 B = 0.20 C = 0.30 D = 0.40 E & higher = 0.40	Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028 Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise FIG Execution penalties will be applied BARS/BEAM/FLOOR – 7 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 1 optional element					Vault	Bars	Beam	Floor	Apparatus	Vault table at 125cm • FIG landing mats	FIG Bars regulations with: • FIG landing mats	FIG Beam regulations with: • FIG landing mats	FIG Floor regulations
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Requirements	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 0.20 bonus for a vault with a salto	Gymnasts must perform 4 out of 6 requirements (max 2.00 P.) 1. 1 x close bar circle element to handstand 2. Non flight element with 360° 3. Different grip 4. Flight element (HB to LB) 5. Flight element (LB to HB) 6. Flight element (Same Bar) Dismount must be included in counting elements 0.10 bonus for dismount with salto	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> 2. Minimum 1/1 (360°) pirouette 3. Acrobatic series with [min] 2 flight elements performed on the beam 0.20 bonus if 1 is a salto 4. Acro elements in different directions [fwd/swd & bwd] Dismount must be included in counting elements	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> 2. Stretched salto with 360° LA twist - forward or backward in an acro line 0.10 bonus for 720° LA twist 3. Salto bwd and salto fwd (no aerals) in the same or different acro line 0.10 bonus for 720° BA salto 4. Any 'B' pirouette Dismount must be included in counting elements

AGE CATEGORY – 13 YEARS				
Apparatus	Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028 Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise FIG Execution penalties will be applied BARS/BEAM/FLOOR – 7 highest elements <u>including</u> dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 1 optional element			
	Vault	Bars	Beam	Floor
	Vault table at 120cm • FIG landing mats	FIG Bars regulations with: • FIG landing mats	FIG Beam regulations with: • FIG landing mats	FIG Floor regulations

Requirements	<p>Best score of 2 vaults performed Any FIG vaults from the CoP</p> <p>Note: Gymnast may perform only 1 vault</p> <p>Q to and VT Final: 2 different vaults (same or different groups) Average of the 2 vaults</p> <p>0.20 bonus for a vault with a salto</p>	<p>Gymnasts must perform 4 out of 6 requirements (max 2.00 P.)</p> <ol style="list-style-type: none"> 1 x close bar circle element to handstand Another close bar circle element to 30° 1 x cast to handstand 1 x giant (bwd or fwd) Non flight element with 360° Flight element (HB to LB /LB to HB / Same Bar) <p>Dismount must be included in counting elements</p> <p>0.10 bonus for dismount with salto</p>	<ol style="list-style-type: none"> Connection of minimum 2 different dance elements <i>To include 1 leap or jump with 180° split (cross or side) or straddle position</i> Minimum 1/1 (360°) pirouette Acrobatic series with [min] 2 flight elements performed on the beam 0.10 bonus if 1 is a salto Acro elements in different directions [fwd/swd & bwd] <p>Dismount must be included in counting elements</p>	<ol style="list-style-type: none"> 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> Stretched salto with 360° LA twist - forward or backward in an acro line 0.10 bonus for 720° LA twist Salto bwd and salto fwd (no aerials) in the same or different acro line Any 'B' pirouette <p>Dismount must be included in counting elements</p>

AGE CATEGORY – 12 YEARS				
<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E & higher = 0.40</p>	<p>Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028</p> <p>Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise</p> <p>FIG Execution penalties will be applied</p> <p>BARS/BEAM/FLOOR – 7 highest elements <u>including</u> dismount</p> <p>BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 1 optional element</p>			
	Vault	Bars	Beam	Floor
Apparatus	<p>Vault table at 120cm</p> <ul style="list-style-type: none"> FIG landing mats 	<p>FIG Bars regulations with:</p> <ul style="list-style-type: none"> FIG landing mats 	<p>FIG Beam regulations with:</p> <ul style="list-style-type: none"> FIG landing mats 	<p>FIG Floor regulations</p>

		<p>Best score of 2 vaults performed Any FIG vaults from the CoP</p> <p>Note: Gymnast may perform only 1 vault</p> <p>Q to and VT Final: 2 different vaults (same or different groups) Average of the 2 vaults</p> <p>0.20 bonus for a vault with a salto</p>	<p>1. 1 x close bar circle elements to 30° 0.10 bonus if in handstand</p> <p>2. Another close bar circle element to 30° 0.10 bonus if in handstand</p> <p>3. 1 x cast to handstand to 30° 0.10 bonus if in handstand</p> <p>4. 1 x giant (bwd or fwd)</p> <p>Dismount must be included in counting elements</p> <p>0.10 bonus for dismount with salto</p>	<p>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></p> <p>2. Minimum 1/1 (360°) pirouette</p> <p>3. Acrobatic series with [min] 1 flight element performed on the beam 0.10 bonus for 2 flight elements</p> <p>4. Acro elements in different directions [fwd/swd & bwd]</p> <p>Dismount must be included in counting elements</p>	<p>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></p> <p>2. Stretched salto - forward or backward in an acro line with or without twist 0.10 bonus for 360° LA twist</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>Dismount must be included in counting elements</p>
	Requirements				

Sincerely Yours,

Cairo, 28 May 2025



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

Ehab ESAWY
EGF PRESIDENT