

# International Rhythmic Gymnastics Tournament Mikulas Kupa 2026



**Budapest, Hungary Verseny 5-6.12.2026**

**Sincerely yours:** "RUS RG Sport KFT" Alekszandrova Liubov  
**First judge HUN:** Alekszandrova Ljubov

|                              |                                                                                                                                                                         |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>HOST CLUB</b>             | RUS RG Sport KFT<br>Alekszandrova Ljubov<br><b>Phone:</b> +36 30 687 26 94<br>e-mail: <a href="mailto:alekluba@gmail.com">alekluba@gmail.com</a>                        |
| <b>VENUE</b>                 | Sport Hall "ANGYALFÖLDI SPORT KÖZPONT"<br>Address: 1139 Budapest, Rozsnyai utca 4.                                                                                      |
| <b>DATES</b>                 | 5-6.12.2026                                                                                                                                                             |
| <b>ENTRY FEES</b>            | Individual:<br>1 apparatus - 60 euro/<br>2 apparatus -70 euro/<br>3 apparatus-80 euro<br>Group: 250 euro (5 gymnast),<br>150 euro (3 gymnast) ,<br>100 euro (2 gymnast) |
| <b>REGISTRATION</b>          | Application form on the websit :                                                                                                                                        |
| <b>PROGRAM</b>               | 5.12.2026 – 08:00 Judges Meeting<br>Competition Individual Gala<br>6.12.2026 -8:00 Judges Meeting<br>Competition Group and Individual                                   |
| <b>AWARDS</b>                | Competition: 1st, 2nd, 3rd – medals, diplomas, present,<br>4th - 8th – medals, diplomas, present<br>all gymnasts – medals and diplomas, present!                        |
| <b>DEADLINES</b>             | Nominative registration: 25.11.2026<br>Visa application form: 25.11.2026<br>Music uploads: 01.12.2026                                                                   |
| <b>ACCOMODATION</b>          | Application form on the website                                                                                                                                         |
| <b>VISA<br/>REGISTRATION</b> | Application form on the website:                                                                                                                                        |
| <b>PHOTO &amp; VIDEO</b>     | MORVAI Tamas ( <a href="https://gymnasticmoments.com">https://gymnasticmoments.com</a> )                                                                                |

| Technical Program: Individual |                   |                    |                      |
|-------------------------------|-------------------|--------------------|----------------------|
|                               | A VSZK II<br>Gold | B VSK II<br>Silver | B light SZK<br>Bronz |

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|                              |                                                                              |                                                               |                                                     |
|------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------|
| <b>2018</b>                  | 1 or 2 or 3 appar by<br>choice apparatus<br>Without apparatus                |                                                               |                                                     |
| <b>2017</b>                  | 1 or 2 or 3 appar by<br>choice apparatus<br>Without apparatus                |                                                               |                                                     |
| <b>2016</b>                  | 1 or 2 or 3 appar by<br>choice apparatus<br>Without apparatus                | 1 or 2 or 3 appar by<br>choice apparatus<br>Without apparatus |                                                     |
| <b>2015</b>                  | 1 or 2 or 3 appar by<br>Without apparatus<br>hoop<br>ball<br>clubs           | 1 or 2 or 3 appar by<br>choice apparatus<br>Without apparatus |                                                     |
| <b>2014</b>                  | 1 or 2 or 3 appar by<br>Without apparatus<br>hoop<br>ball<br>clubs<br>ribbon | 1 or 2 or 3 appar by<br>choice apparatus<br>Without apparatus | 1 or 2 appar by<br>Without apparatus<br>hoop<br>bal |
| <b>2013</b>                  | 1 or 2 or 3 appar by<br>hoop<br>ball<br>clubs<br>ribbon                      | 1 or 2 or 3 appar by<br>choice apparatus                      | 1 or 2 appar by<br>hoop<br>bal                      |
| <b>JUNIOR 2011-<br/>2012</b> | 1 or 2 or 3 appar by<br>choice apparatus                                     | 1 or 2 or 3 appar by<br>hoop<br>ball<br>clubs                 | 1 or 2 or 3 appar by<br>hoop<br>ball<br>clubs       |
| <b>SENIOR 2010</b>           | 1 or 2or 3 appar by<br>choice apparatus                                      | 1 or 2 or 3 appar by<br>hoop<br>ball<br>clubs<br>ribbon       | 1 or 2or 3 appar by<br>hoop<br>ball<br>clubs        |

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*Примечание:*

Все категории награждаются

я отдельно / по годам рождения и по отдельным видам/ All categories are awarded separately according to the years of birth in and for individual events.

| Technical Program: Group/ Duo and Trio |      |        |       |
|----------------------------------------|------|--------|-------|
|                                        | Gold | Silver | Bronz |

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|                             |                                             |                             |                                                     |
|-----------------------------|---------------------------------------------|-----------------------------|-----------------------------------------------------|
| <b>2018-2017</b>            | Without apparatus                           | Without apparatus           | Without apparatus                                   |
| <b>2016-2015</b>            | 1 appar by choice apparatus                 | Without apparatus           | Without apparatus                                   |
| <b>2014-2013</b>            | 1appar by choice apparatus                  | 1 appar by choice apparatus | Without apparatus or<br>1 appar by choice apparatus |
| <b>Junior<br/>2011-2012</b> | 2 appar by choice apparatus<br>FIG Programm | 1 appar by choice apparatus | 1 appar by choice apparatus                         |
| <b>Senior<br/>2010</b>      | 2 appar by choice apparatus<br>FIG Programm | 1 appar by choice apparatus | 1 appar by choice apparatus                         |

Twos and threes limit from 1:30-2:00

max 3 body elements (1 jump, 1 turn, 1 balance) 2 exchanges(DE).

min 1 dance track, and 2 types ( min 2-CC,2-CR)of DA (max 8 )

Двойки и тройки ограничение по времени от 1:30-2:00

max 3 элемента тела(1 прыжок,1 поворот,1 равновесие)2 больших обмена.мин 1 танцевальная дорожка, и по 2 вида ДА (min 2-CC,2 CR)(max 8 штук)

Group rule by FIG rules

Правило по групповым упражнениям по правилам FIG