

RHYTHMIC GYMNASTICS COMPETITION

TAMARA CUP

INTERNATIONAL

TOKYO
AUGUST
14-16



JAPAN
2026



II Tamara Cup Japan 2026

Tamara Cup Organizing Committee has the pleasure of inviting you and your delegation to participate in the 2nd Tamara Cup Japan 2026.

The competition will take a place in the exciting city of TOKYO, JAPAN
on August 14-16, 2026

1. GENERAL INFORMATION

The **Tamara Cup** is an International Competition which is open to clubs, regional, national, and international teams.

2. ORGANIZING COMMITTEE CONTACT INFORMATION

Tamara Cup

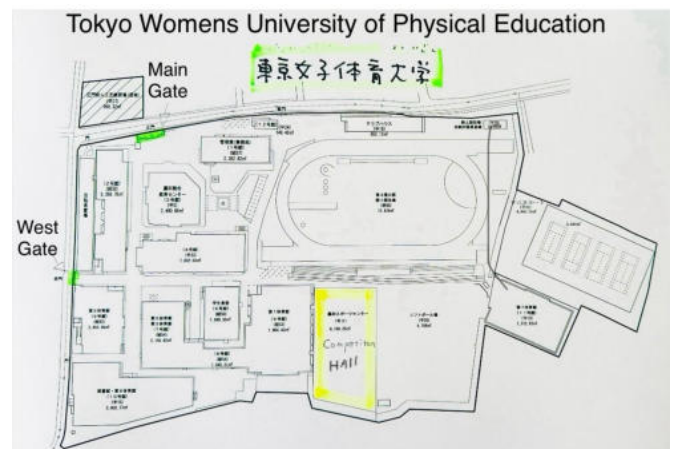
6980 W. Warm Springs #190, Las Vegas, Nevada, 89113, USA

Phone Number: +1(702)-462-8020,

Email: tamara.cup@yahoo.com

3. COMPETITION VENUE

**TOKYO WOMEN'S COLLEGE
OF PHYSICAL EDUCATION (SPORT CENTER FUJIMURA ARENA A)**
Address: 30-1, Fujimidai 4-Chome, Kunitachi, Tokyo, Japan 186-0003



**1 Competition Carpet
4 Warm up Carpets
Ceiling height is 16 meters (52 feet)**

4. PRELIMINARY SCHEDULE - (Subject to Change)

Thursday, August 13	Arrival
Friday, August 14	Competition Day 1
Saturday, August 15	Competition Day 2
Sunday, August 16	Competition Day 3
Monday, August 17	Departure

5. REGISTRATION

Delegations are responsible for covering travel, accommodation, meals and entry fees.

All entries must be completed through the KSIS registration website. **D FORMS ARE NOT REQUIRED.**

https://rgform.eu/event.php?id_prop=9348

6. ENTRY FEES

Category	Fee
International Individual	\$185 USD
International Group per routine	\$185 USD
地元の日本人新体操選手 Local (Japanese Gymnasts) Individual	\$110 USD
Local Group	\$110 USD

Entries are limited & registration will be closed when it reaches full capacity. Registration won't be confirmed until payment is made.

Entry fees are non-refundable

7. DEADLINES FOR ENTRIES AND FINANCIAL OBLIGATIONS

Payment	At the time of Registration but not later then May 14th, 2026	\$25 late fee per athlete after Deadline
Visa Form	April 14th, 2026	Deadline for visa Application
Accreditation Headshot Photo	June 14th, 2026	\$25 late fee per athlete after Deadline
Music	July 14th, 2026	\$25 late fee per athlete after Deadline

In order to manage the competition with reasonable hours, the total number of participants is limited. Entries will be accepted on a first registered, including entry fees, first served basis.

PAYMENT OPTIONS

OPTION 1: WIRE TRANSFER

Please send in **US Dollars ONLY** (transfer fees must be paid by Sender).

Bank: Bank of America

Address: 7280 S. Rainbow Blvd, Las Vegas, NV 89113 Tel: +1(702) 837-9228

Routing Number: 026009593

Account: 501028445256

Swift Code

-US Dollars: BOFAUS3N

Account Holder: Tamara Cup, LLC

Address: 6635 Relic Rock Ave, Las Vegas, NV, 89139 Tel: +1(702) 462-2080

Please,specify your **TEAM NAME** and **EMAIL** tamara.cup@yahoo.com **TO CONFIRM.**

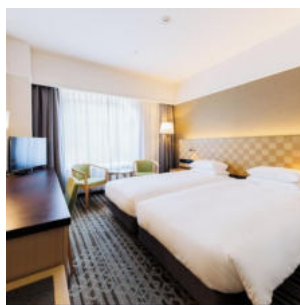
OPTION 2: ZELLE for USA Teams

ZELLE: tamara.cup@yahoo.com

8. OFFICIAL HOTEL:

Hotel Nikko Tachikawa

Booking Link: <https://kitos-001.jp/RGC-TOKYO2026/Entry/RegTop.aspx>



9. JUDGES

- At least 1 judge is mandatory for all delegations with 6 or more competitors.
- There will be a **\$315 USD** penalty if a delegation does not present a judge.
- The nominated judge must be available to judge all sessions of competition and all levels

- If the judge does not show up for an assigned session a \$170 USD penalty will apply.
- Delegations with less than 10 competitors may combine with another small delegation to share the expenses of one Judge.
- All judges must have a current valid FIG Brevet or Local National Judge Certification

10. COMPETITION TECHNICAL RULES

FIG: FIG Code of Points:

https://www.gymnastics.sport/publicdir/rules/files/en_1.1%20-%20RG%20Code%20of%20Points%202025-2028.pdf

11. COMPETITION FORMAT

INDIVIDUAL EVENT / APPARATUS REQUIREMENTS

<p>YOUTH 1: (2019 and younger)</p>	<p><u>Freehand:</u></p> <ul style="list-style-type: none"> • Max 6 DB • Min 1 element from each Group of Difficulties of Body: • Jumps/Leaps • Balance • Rotations • 2 Different Full Body Waves (W) • 2 Dance Steps (S) 	<p><u>Apparatus by choice</u> (Rope / Hoop/ Ball / Clubs / Ribbon)</p> <ul style="list-style-type: none"> • Max 5 DB • Min 0, Max counted 5 DA • Min 0, max 1 Risk (R) • 1 Full Body Wave (W) • 2 Dance Steps (S) • Min 1 elements from each Group of Difficulties of Body: • Jumps/ Leaps • Balances • Rotations 	<p><u>Event:</u></p> <ol style="list-style-type: none"> 1. Freehand 2. By choice <p>Please select your routines by May 10th</p>
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<p>YOUTH 2: (2018-2017)</p>	<p><u>Freehand:</u></p> <ul style="list-style-type: none"> • Max 8 DB • 1 balance, 1 jump and 1 turn must be executed on a non-dominant leg. • Min 1 element from each Group of Difficulties of Body: • Jumps/Leaps • Balance • Rotations • 3 Different Full Body Waves (W) • 3 Dance Steps (S) 	<p><u>Apparatus by choice</u> (Rope / Hoop/ Ball / Clubs / Ribbon)</p> <ul style="list-style-type: none"> • Min 3, Max 5 DB • Min 3, Max counted 7 DA • Min 0, max counted 1 R • 1 Full Body Wave (W) • 2 Dance Steps (S) • Min 1 elements from each Group of Difficulties of Body: • Jumps/ Leaps • Balances • Rotations 	<p><u>Event:</u></p> <ol style="list-style-type: none"> 3. Freehand 4. By choice 5. By choice <p>Please select your routines by May 10th</p>
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Pre-Junior 1: (2016-2015)	Freehand:	Apparatus by choice (Rope / Hoop/ Ball / Clubs/Ribbon)	Event:
	<ul style="list-style-type: none"> • Max 8 DB • 3 Full Body Waves • 2 Dance Steps (S), no max limit S (+0.3 for every S) • Min 1 element from each Group of Difficulties of Body • Balance • Rotations 	<ul style="list-style-type: none"> • Min 3, Max 6 DB • Min 3, Max 8 counted DA • Min 1, Max 2 (R) • Min 1 Full Body Wave (W) • Min 2 Dance Steps (S) • Min 1 elements from each Group of DB • Jumps/ Leaps • Balances • Rotations 	<ol style="list-style-type: none"> 1. By choice 2. By choice 3. By choice <p>Please select your routines by May 10th</p>

Pre-Junior 2: (2014-2013)	Apparatus 3 Routines by choice (Freehand, hoop, ball, clubs, ribbon) FREEHAND - same requirements as Pre-Junior 1 APPARATUS - according to FIG Junior program
Junior : (2012, 2011)	Apparatus (Hoop/ Ball / Clubs / Ribbon) According to FIG Junior program
Senior : (2010 & Below)	Apparatus (Hoop/ Ball / Clubs / Ribbon) According to FIG Senior program

YOUTH 1 can compete 1 or 2 routines (freehand and 1 apparatus by choice).
YOUTH 2 can compete 1-3 routines (freehand and 2 apparatus by choice).
Other Categories 1-3 Routines by choice.
Please select your routines by May 10th, 2026, no changes allowed after May 10th

12. AWARDS

Top 3 individual All Around Grand Champions within each age group will be awarded Medals and prizes from our sponsors TDC by Nishohi, CHACOTT or SASAKI.

- Top 8 individual gymnasts will be awarded within each Category and Age Group (year of birth) for each event & all-around medals.
- Top 3 groups per category will be awarded for each event & all-around.

EACH PARTICIPANT ATHLETE WILL RECEIVE A GIFT and DISCOUNT CARD TO BUY RG PRODUCTS AT www.tdc-sports.jp or www.nishohi.com

13. ADMISSION

- 1,000 JPY per day

14. MEDICAL SERVICES

First Aid support will be present during training and competition.

15. MEDIA REPRESENTATIVES

Media representatives (photographers, Video) should request a special accreditation from the Organizing Committee. Please contact the OC by July 1st, 2026 to be eligible to receive Media Accreditation.

16. ACCREDITATION

For Identification & Access to Athlete Entry at the Venue, please upload a headshot photo of your athletes and coaches by June 1st, 2026 via KSIS.

At accreditation:

The Head of Delegation must pick up and distribute accreditations to athletes and coaches BEFORE the competition starts. All participants and officials are required to wear accreditation cards at all times.

The accreditation is personal, non-transferable and compulsory to control access to training and competition hall functions. Without your accreditation card, you cannot pass the security control.

17. MUSIC POLICY

Apparatus_Gymnast name ex. Floor_TamaraCup

All music files must be uploaded by July, 14th 2026

18. VISA

Please check with the Japan Embassy to see if you need a visa to travel to Japan. Please also check the length of time necessary to process the visas. If you need an official invitation to obtain a visa to travel to Japan, please fill out the visa form on KSIS *as soon as possible*, but no later than the deadline: **April 1st, 2026**. You will need to use the visa form in the KSIS system. Please make sure that the information you entered is accurate. The Tamara Cup OC will use this information to create the visa invitation for your delegation. Incorrect information will result in delays in processing.

19. GALA

There will be Gala Performances day/time TBD.

SASAKI, CHACOTT, AND TDC/PASTORELLI BRANDS WILL HAVE A POP-UP SHOPS AT THE VENUE.

THANK YOU TO OUR SPONSORS!

