INTERNATIONAL CLUBS LEAGUE

TALENTS PLANET CUP



1-2 MARCH 2026

INTERNATIONAL CLUBS LEAGUE

ЛИГА ТАЛАНТОВ

Принцесса

FRUIT MONSTERS KIDS

FOR MORE INFORMATION:
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KAZAN
CENTRE GYMNASTICS

APPROVED:

Representative of the Association in the Republic of Tatarstan

_____ M.E. Gordeeva

AGREED:

Director of the Association of Rhythmic Gymnastics Sports Clubs

_____ E.S. Kapranova

REGULATIONS

on the Organization and Conduct of the International Club League

“TALENTS PLANET CUP”

1. PURPOSES AND OBJECTIVES:

- Promotion and development of rhythmic gymnastics.
- Awarding ICL ranking points.
- Identification of the strongest gymnasts among the participants.
- Exchange of professional experience among coaches and judges.



2. DATE AND VENUE:

March 1–2, 2026

Russia, Kazan
6 Syrtlanova Street
Gymnastics Center

3. MANAGEMENT OF THE COMPETITION:

The overall management and organization of the competition shall be carried out by the Representative of the Association of Sports Clubs of Rhythmic Gymnastics (ASCRG) in the Republic of Tatarstan and the Autonomous Non-Profit Organization “Development and Implementation of Sports Projects ‘League of Talents’.” The direct organization of the competition shall be entrusted to the Main Panel of Judges.



Chief Jyudge: Maria Eduardovna Gordeeva,

Representative of ASCRG in the Republic of Tatarstan,
All-Russian Category Sports Judge
(Kazan)

4. COMPETITION PROGRAM:

The tournament shall be conducted in accordance with the current FIG Rules (2025–2028), in compliance with the rules of the sport “Rhythmic Gymnastics,” approved by Order No. 1330 of the Ministry of Sport of the Russian Federation dated December 25, 2024, in individual routines and group exercises.

INDIVIDUAL ROUTINES

ГОД	A prof (🏅1st-6th)	A	B	C	D
2021	Free hands	Free hands	Free hands	Free hands	GPT
2020	FH + 1 apparatus	1 apparatus	Free hands	Free hands	GPT
2019	FH + 1 apparatus	1 apparatus	Free hands	Free hands	GPT
2018	FH + 1 apparatus	1 apparatus	Free hands	Free hands	GPT
2017	2 apparatus	2 apparatus	1 apparatus	Free hands	GPT
2016	2 apparatus	2 apparatus	1 apparatus	1 apparatus	
2015	2 apparatus	2 apparatus	1 apparatus	1 apparatus	
2013-2014	2 apparatus	2 apparatus	1 apparatus	1 apparatus	
2010-2012	2 apparatus	2 apparatus	1 apparatus	1 apparatus	
2010 и старше	2 apparatus	2 apparatus	1 apparatus		





GROUP EXERCISES

ГОД	ВИД ПРОГРАММЫ
2019-2018	Free hands
2018-2017	Free hands
2016-2015	Free hands + 1 apparatus
2014-2012	2 apparatus
2010-2012 Junior	2 apparatus: (5 balls; 5 ribbons)
2010 and older Seniors	2 apparatus: (5 balls; 3 hoops +2 pairs of clubs)

GENERAL PHYSICAL TRAINING (GPT)

Program includes the following elements:

ГОД	2021	2020	2019	2018	2017
Pike Position	+	+	+	+	+
Butterfly Stretch (Forward Bend)	+	+	+	+	+
Split on both legs	+	+	+	+	+
Side split	+	+	+	+	+
Bridge from lying position	+	+			
Bridge from standing position			+	+	+
Backbend from kneeling position, arms raised		+	+	+	+
Seal pose stretch	+	+	+	+	+
Arch	+	+	+	+	+
Front passé balance, knee forward	+	+	+	+	+
Balance with leg to the side			+	+	+
Cartwheel			+	+	+

5. REQUIREMENTS FOR PARTICIPANTS:



Delegations: An unlimited number of athletes, 1 coach, and 1 judge. (A team consisting of four (4) or more members that does not provide a judge shall be subject to a fine of 10,000 RUB / 100 USD.)

Each participant must carry the originals of their birth certificate or passport, as well as a valid accident, life, and health insurance policy. The Organizers shall not be held liable for any injuries or health damage sustained by participants during the competition.

For admission to the competition, an individual or collective medical clearance certificate confirming the athlete's state of health and eligibility for participation must be submitted.

6. AWARDING:

Gymnasts in the A Pro category shall compete under the competitive principle: Participants placing 1st–3rd in the all-around and in individual events shall be awarded a medal, diploma, and gift.
Participants placing 4th–6th in the all-around shall be awarded a diploma and gift. The absolute winner in the A Pro category shall be awarded a branded trophy.

Gymnasts in the A, B, C, and GPT categories shall compete under the friendly principle: All participants shall be awarded a medal, diploma, and gift.
The absolute winner in each category shall be awarded a trophy.



7. FINANCIAL CONDITIONS:

All expenses related to accommodation, meals, and transportation of tournament participants shall be borne by the visiting teams.

Individual Program / Group Exercises / GPT

60 USD

Participation in two program categories

100 USD

8.APPLICATIONS:

Preliminary applications shall be sent by email to:
liga_talantov_rg@mail.ru
no later than February 16, 2026

Contact person:
+7 (950) 313-44-08 — Angelina



9. MUSIC:

Each gymnast's musical composition must be recorded on a separate flash drive.

10. NOTE:

Demonstration performances at the Gala are welcome (one routine per team, duration not exceeding 2 minutes).



We look forward to welcoming you to the tournament!