

BLUME GRAN CANARIA

XII INTERNATIONAL CUP RHYTHMIC GYMNASTICS

- More than 50 countries from all 5 continents have participated
- Combine your participation with the international workshops with instructors from 15 different nations
- More than 20 gymnastics festivals in the island

GYMNASTICS WEEK

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International Rhythmic Gymnastics in GRAN CANARIA? YES, WE CAN

BLUME GRAN CANARIA is pleased to cordially invite you to the **12th International Cup Rhythmic Gymnastics 2026** for groups, individuals and exhibitions, that will take place on Saturday, November 28th, 2026.

Within the program of the **64th International Gymnastics Festival BLUME GRAN CANARIA** and in the spectacular sports hall of GRAN

CANARIA ARENA in the capital of the island, Las Palmas de Gran Canaria our main objective is to



Gymnastics in BLUME GRAN CANARIA

share "*the Canarian gymnastics party*" during one day specially dedicated to the nice discipline of the rhythmic

gymnastics.

We will enjoy the international event with the participation of many nations and offers all categories for groups and individuals as well as the special festival. With our directives we are confident to offer our gymnasts the best participation possibilities in this competition. The registration deadline is till November 5th, 2026 and can be done via mail to office@blumegrancanaria.com.

Why, when & how to register?

An aesthetic attraction at BLUME GRAN CANARIA 2026 International Gymnastics Festival will be the rhythmic gymnastics competitions. As the most feminine sport of all, marked individuality, dynamism with emotions, elegance with extraordinary agility and control of the body.

Your team or gymnasts can choose any of the categories of the X International Cup that will take place on Saturday, November 28th, 2026 in GRAN CANARIA ARENA, where BLUME GRAN CANARIA repeats history for the third time. Training will be offered to teams and gymnasts on Friday, November 27th at San Fernando sports hall in Maspalomas.

Rhythmic Gymnastics INDIVIDUAL



8 nations participated
filling with rhythmic
gymnastics the island
sports halls

Start the competition with the variety of devices in the individual category of the international rhythmic gymnastics cup.

Following the current regulations of the FIG for the period 2025-2028 we will get excited with the seniors and juniors routines, as well as admire the

progression in the younger ages. It is a unique opportunity to share the results of so many hours of training and effort with the international atmosphere that is breathed during the International Cup of Rhythmic Gymnastics. We have prepared some surprises so that

the gymnasts can enjoy their idols during the photoshop and autographs session at BLUME GRAN CANARIA.

Polideportivo Jesús Telo

Saturday, 28.11.2026

09:00-10:00 Training

10:00-13:00 Competition

Rhythmic Gymnastics GROUPS

*“The International Cup
BLUME GRAN
CANARIA is a unique
opportunity for our
gymnasts to compete in
Spain during winter”*
Ursel Born,
GR German Federation

A very special fascination dominates the competition in the category of groups: five gymnasts with five identical or two different devices together. The precise coordination where at each moment "they have to trust blindly" is

achieved with a lot of training and personal talent.

With a maximum duration of two and a half minutes, a real effects firework is presented, which is the special attraction of the group exercises. The seem-

ingly effortless handling of various devices captivates the audience and complete the competition day.

Polideportivo Jesús Telo

Saturday, 28.11.2026

13:30-14:30 Training

14:30-17:30 Competition

Rhythmic Gymnastics FESTIVAL

International rhythmic gymnastics in Gran Canaria?

YES, ... in
BLUME
GRAN
CANARIA



During the individual and group competition we will enjoy the exhibitions of the participating gymnasts and groups.

Register your participation with time enough, so that the public can share with us the Canarian Gymnastics Festival in the incomparable event hall of the island Gran Canaria.

Polideportivo Jesús Telo

Saturday, 28.11.2026

18:00- 20:00 Festival

CUPS - Gimnasia Rítmica, TeamGym, Aerobic, Trampolín



XII International Cup Rhythmic Gymnastics BLUME GRAN CANARIA

Pol. Jesús Telo
27.11 10–13 Training
28.11 10-13 Individual
28.11 14–18 Groups

XIV International Cup Teamgym BLUME GRAN CANARIA

Maspalomas, El Tablero
28.11 9–10 Training
28.11 10-16 Competition

VI International Cup Aerobic BLUME GRAN CANARIA

Pol. Jesús Telo
28.11 17-19 Training
28.11 12-16 Competition

International Open Trampolin BLUME GRAN CANARIA

Maspalomas, El Tablero
28.11 17–19 Training
28.11 14–18 Competition

Locations & Transport



BLUME GRAN CANARIA not only offers stages near our beaches on the island, but also hosts the XI GR BGC International Cup in GRAN CANARIA ARENA, the largest multipurpose Sports Palace of the Canary Islands. It is our

International reference events hall and BLUME GRAN CANARIA is making again history offering for the gymnasts this incomparable gym stage for our participants. The teams that so require in their registration will be

picked up with BLUME GRAN CANARIA buses from their accommodations and will be transported to the event and at the end will be transported back to their accommodation.

BLUME GRAN CANARIA -

*The giant event hall
Gran Canaria Arena
The biggest sports
hall of the Canary
Islands for over
10.000 spectators*

Registration



With the entry + transport card the participants can reach and visit all gymnastics events during BLUME – GRAN CANARIA 2026.

The special Festival bus service will take the participants from the hotels to the sports halls, where the gymnastic team will participate. The entrance + transport-ticket costs per person during the Festival week including team gym tournament are:

Inscription	participants	visitors
BLUME GRAN CANARIA Festival + Cup	45 €	50 €
BLUME GRAN CANARIA Cup (*)	20 €	25 €
<i>for children (till 6 years old) the entrance + transport ticket is free</i>		

(*) certified judge by the group

Accommodation in Maspalomas

Our office BLUME GRAN CANARIA in the south of the island is located in the 3 * Hotel Beverly Park during the week of the Festival.

The accommodation of the participants in the



hotel offers participants short distances to events, transport to events quickly and conveniently, as well as personal attention to the needs of the coaches.

BLUME GRAN CANARIA recommends accommodation including the half board (breakfast & dinner) at the 3 * Hotel official **until September 1st, 2026**.

Of course the teams are free to decide alternative accommodation with their local travel agencies.

“short distances and economic alternatives in Gran Canaria to participate in our international events”

Accommodation in Las Palmas de Gran Canaria

The official accommodation of the tournament is the 4 * AC Hotel Iberia Las Palmas located in the vicinity of the sports halls and the historic center of the capital. Each room has air conditioning, minibar, plasma TV and equipped

toilets. Enjoying the additional fitness gym options, access to Wi-Fi, continental breakfast and the outdoor pool.

Booking through CO BGC airport transportation and events are included.



Flight, insurance, visa

The Organizing Committee BLUME GRAN CANARIA recommends booking flights in advance to access the economic offers for groups. More than 80 European airports are directly connected to Gran Canaria airport. The 2 main airports to travel to Gran Canaria in Spain are Madrid and Barcelona. The low cost airlines allows flight prices in the winter time starting with 120 €.

Each participant in the BLUME GRAN CANARIA must be insured throughout their time of action in the Cup and Festival. The organization does not assume any responsibility for consequences derived

from its incorrect application. For the management of your visas please send us 3 weeks before the event your applications in Word format, which after processing will be processed.



BLUME GRAN CANARIA	DIRECTIVES ■ XII COPA INTERNACIONAL DE GIMNASIA RITIMICA	
FECHA ■ DATE	27 - 28 de noviembre 2026	
LUGAR DE COMPETICIÓN ■ COMPETITION HALL	Polideportivo Jesús Telo C. Coronel Rocha, s/n 35008 Las Palmas de Gran Canaria, SPAIN	
ORGANIZADOR ■ COMPETITION HALL	BLUME GRAN CANARIA Juan Manuel Duran, 17 35007 Las Palmas de Gran Canaria, SPAIN e-mail: office@blumegrancanaria.com web site: www.blumegrancanaria.com	
RESPONSABLE ■ CONTACT PERSON	(ESP) Fabiola Rodríguez Cerpa e-mail: office@blumegrancanaria.com	
EQUIPAMIENTO ■ RG FLOOR	GYMNOVA (beige)	
PROGRAMA ■ SCHEDULE	<p>Jueves/Thursday 26.11.2026 Llegada de los participantes / Arrival of delegations</p> <p>Viernes / Friday 27.11.2026 10:00 - 12:00 Entrenamiento I / Training I Acreditaciones / Accreditations Pabellón San Fernando</p> <p>Sábado/Saturday 28.11.2026 09:00 - 10:00 Individual Training II / Entrenamiento II 10:00 - 13:00 Individual competition / Competición individual 13:30 - 14:30 Group Training III / Entrenamiento conjuntos III 14:30 - 17:30 Competición conjuntos / Group competition 17:30 - 18:00 Entrega de medallas / Award ceremony</p> <p>Domingo / Sunday 29.11.2026 11:00 - 13:00 Participación en Festival BLUME / Participation in BLUME Festival / Departure of delegations</p>	
INSCRIPCIÓN ■ REGISTRATION DEADLINE	<p>Inscripción definitiva / Definitive registration 05.11.2026 Inscripción nominativa / Nominative registration 20.11.2026 per mail: office@blumegrancanaria.com</p>	
MÚSICA ■ MUSIC	<p>Group leader shall (1) bring music copies to the competition and (2) send one mp4-copy per mail till 20.11.2025 Entrenadores (1) deben llevar una copia de seguridad de la música a la competición y (2) enviar copias en formato mp4 al correo hasta el 20.11.2026 office@blumegrancanaria.com</p> <p>Se permiten músicas cantadas con palabras, en uno de los ejercicios. It is allowed to use musics with voice in one of the exercises.</p>	
EXHIBICIÓN LIBRE ■ EXHIBITION ROUTINES	Grupos/individuales podrán participar con una coreografía de duración máxima de 5 min Groups/Individuals can participate with a maximum duration of 5 minutes	
SEGURO MÉDICO ■ HEALTH INSURANCE	Cada participante debe tener presente su propio seguro médico / All participants shall have their own health insurance	
VISADO ■ VISA	BLUME GRAN CANARIA assists each delegation's member with an official letter contacting our OC BGC in office@blumegrancanaria.com	

PROGRAMME FOR INDIVIDUAL	A Level	B Level	National Nivel Escolar
MINI BENJAMÍN 2018 <i>and younger</i> *WA RULES ANNEX	1 exercise-ML Without Apparatus Code FIG Junior 2025/28	1 exercise-ML Without Apparatus Code FIG Junior 2025/28	1 exercise-ML Without Apparatus Código FIG Junior. Normativa FIGGC
PRE BENJAMÍN 2017 *WA RULES ANNEX Ball Min. 15 cm. Hoop Min. 60 cm.	1 exercise-ML Without Apparatus Code FIG Junior 2025/28	1 exercise-ML Without Apparatus Code FIG Junior 2025/28	1 exercise-ML Without Apparatus Código FIG Junior. Normativa FIGGC
BENJAMÍN 2016/2017 *WA RULES ANNEX Ball Min. 15 cm. Hoop Min. 70 cm.	1 exercise with one apparatus by choice. Code FIG Junior 2025/28	1 exercise-ML Without Apparatus Code FIG Junior 2025/28	1 exercise-ML Without Apparatus Código FIG Junior. Normativa FIGGC
ALEVÍN 2014/2015 *WA RULES ANNEX Ball Min. 15 cm. Hoop Min. 70 cm.	1 exercise with one apparatus by choice. Code FIG Junior 2025/28	1 exercise with one apparatus by choice. Code FIG Junior 2025/28	1 exercise-ML Without Apparatus Código FIG Junior. Normativa FIGGC
INFANTIL 2012/2013 Clubs Min. 35 cm. Ribbon Min. 4.5 m.	1 exercise with apparatus by choice: Code FIG Junior 2025/28	1 exercise with one apparatus by choice. Code FIG Junior 2025/28	1 exercise with one apparatus by choice. Código FIG Junior. Normativa FIGGC
JUNIOR 2010/2011 Ribbon Min. 5 m.	1 exercise with apparatus by choice: Code FIG Junior 2025/28	1 exercise with apparatus by choice: Code FIG Junior 2025/28	1 exercise with one apparatus by choice. Código FIG Júnior. Normativa FIGGC
SENIOR 2009 and older Ribbon Min. 6 m.	1 apparatus by choice Code FIG Junior 2025/28	1 exercise with apparatus by choice: Code FIG Junior 2025/28	1 exercise with one apparatus by choice. Código FIG Junior. Normativa FIGGC

- The FIG Junior Code in force will be applied, for the Categories Benjamín, Alevín, Infantil and Junior.
- There is no classification by devices. Being the first three classified, the three gymnasts who obtain the highest grade with the chosen device.
- In the event that the number of registrations is very large, there is the possibility of limiting the number of participants, in order of registration.
- Each individual** will participate with only one exercise, with the device they have chosen during registration.

(APPARATUS)	COMPONENTS OF DIFFICULTY	MINI BENJAMÍN - PREBENJAMÍN	BENJAMÍN	ALEVÍN	INFANTIL/CADETE/JUVENIL	SENIOR A and B
0					FIG Code	FIG Code 2025/2028
1	Body Difficulty (Connected with technical elements of the device)	NOT ALLOWED DB COMBINED	NOT ALLOWED DB COMBINED	NOT ALLOWED DB COMBINED		
2	Device Difficulty	Max 5 DB Max Value 0.50	Max 5 DB Max Value 0.60	Max 6 DB Max Value 0.60	Max 6 DB	
3	DA (in order of execution)	Min 1 Max 5	Min 1 Max 6	Min 1 Max 8	Min 1 Max 12	
4	Body Difficulty Groups	Min 1 Jump Min 1 Balance Min 1 Rotation	Min 1 Jump Min 1 Balance Min 1 Rotation	Min 1 Jump Min 1 Balance Min 1 Rotation	Min 1 Jump Min 1 Balance Min 1 Rotation	
5	Dynamic Elements with Rotation (R)	Max 2	Max 2	Max 3	Max 3	
(HANDS-FREE)	COMPONENTS OF DIFFICULTY	MINI BENJAMÍN - PREBENJAMÍN	BENJAMÍN	ONLY FOR LEVEL A PARTICIPANTS. If, at the closing of the registration period, the number of participants allows it in time, the organization will notify the clubs, in case they wish to make a second pass or another device. Therefore, when registering for level A, you must choose the first device and the optional second device, in case there is time. Before starting the competition, the clubs will be notified of the possibility or not of carrying out 1 or 2 devices for level A.		
7	Body Difficulty	NOT ALLOWED DB COMBINED	NOT ALLOWED DB COMBINED			
8	Difficulty	Max 5 DB Max Value 0.50	Max 5 DB Max Value 0.60			
9	Body Difficulty Groups	Min 1 Jump Min 1 Balance Min 1 Rotation	Min 1 Jump Min 1 Balance Min 1 Rotation			

PROGRAMME GROUPS	A Level	B Level	NORMATIVA
MINI BENJAMÍN 2018 and younger *WA RULES ANNEX	1 exercise: Without apparatus Code FIG Junior 2025/2028. 1.45" to 2.00"	1 exercise: Without apparatus Código FIG Junior 2025/2028. 1.45" a 2.00"	DB: min. 3, max. 5 Min 1 body group Max Value 0.50 DC: mín:5max. 6 1CL/2CC/2CR
PREBENJAMÍN 2016 and 2017 *WA RULES ANNEX	1 exercise: Without apparatus Code FIG Junior. 1.45" to 2.00"	1 exercise: Without apparatus Código FIG Junior 2025/2028. 1.45" to 2.00"	DB: min. 3, max. 5 Min 1 body group Max Value 0.50 DC: mín:5max. 6 1CL/2CC/2CR
BENJAMÍN 2016 and 2017 *WA RULES ANNEX <i>Ball Min. 15 cm</i>	1 exercise with one apparatus by choice. Code FIG Junior 2025/2028. 1.45" to 2.00"	1 exercise: Without apparatus Código FIG Junior 2025/2028. 1.45" a 2.00"	DB: min. 3, max. 5 Min 1 body group Max Value 0.60 DC: mín:6max. 10 1CL/2CC/2CR
ALEVÍN 2014-2015- 2016 <i>Hoop Min. 70 cm.</i>	1 exercise with one apparatus by choice. Code FIG Junior 2025/2028. 1.45" to 2.00"	1 exercise with one apparatus by choice. Código FIG Junior 2025/2028. 1.45" a 2.00"	DB:min. 3/DE: MIN.2 Min 1 body group Max Value 0.60 DC: mín:6max. 8 2CM/2CC/2CR
INFANTIL 2012-2013-2014 <i>Clubs Min. 35 cm</i> <i>Ribbon Min. 4.5 m.</i>	1 exercise with one apparatus by choice. Code FIG Junior 2025/2028. 2.15" to 2.30"	1 exercise with one apparatus by choice. Código FIG Junior 2025/2028. 1.45" a 2.00"	FIG JUNIOR 2025/2028
JUNIOR 2010-2011-2012 <i>Ribbon Min. 5 m.</i>	1 exercise with one or two apparatus by choice. Code FIG Junior 2025/2028. 2.15" to 2.30"	1 exercise with one apparatus by choice. Código FIG Junior 2025/2028. 2.15" a 2.30"	FIG JUNIOR 2025/2028

*WA RULES ANNEX GROUPS

TYPES OF HANDS-FREE COLABORATIONS VALOR

CC [0,20]: The 5 gymnasts in the ensemble create a relationship, either directly (by contact with the gymnast(s) and/or step through, over or under without body rotation. The list(s) can be made jointly or by subgroups. This type of collaboration includes relationships made with a minimum of 3 actions identical to bodily relations, carried out in succession.

- 1 gymnast performing the same action a minimum of 3 times in a row
- Multiple gymnasts performing an identical action in succession for a total of one Minimum of 3 shares.

CR [0,20]: Collaboration with body rotation. If more than one gymnast rotates, they must be identical. It is possible to perform the rotation with or without the help of the partners, with or without passing through above, through, or below.

The value will be increased by 0.10 for each gymnast who performs the main action (Maximum 3 gymnasts per forming the body risk)
There may be no repetition of rotation or inversions or verticals. The passage will not be subsidized through/over

CL [0,20]: It is a specific type of collaboration in Joint exercises, carried out by raising and holding the gymnast at an elevated level.
The lift can be performed with several positions of the gymnast held in the space, raised above the hip level of the partner being in a standing position.

VERY IMPORTANT PARTICIPANTS:

Delegation during competition = 7 persons max. (5 gymnasts, 1 coach, 1 judge).

IN EACH CATEGORY THERE MUST BE A MINIMUM OF 3 GYMNASTS OR 3 REGISTERED SETS.

in the event that, in any of the categories, at the different levels, there is no minimum of 3 gymnasts or sets, the organization of the cup reserves the right to group them, in the way it deems most appropriate, for the competition.

CLOSING DEADLINE FOR REGISTRATION AND RECEPTION OF MUSIC, UP TO 7 DAYS BEFORE THE DAY OF THE COMPETITION.

WA RULES

FINAL CLASSIFICATION:

The final classification will be, the three best grades, of the participating gymnasts in each category / year. These will occupy the first three positions of the podium.

Gymnasts with the 4th, 5th and 6th best grades will also be named and highlighted.

All participants will obtain diplomas for their participation.

The final grade of each gymnast is obtained as follows: The final grade of your only exercise.

SENDING MUSIC:

The music of each exercise **must be sent and checked its correct reception**, by the organization, to the indicated email address and **one week before the competition**.

You must indicate in Spanish or English, country, club, name of the gymnast or group, apparatus and duration. IF THE DORSAL NUMBER IS KNOWN.

In addition, it will be necessary **to bring a backup copy (on a CD for each exercise or Pen drive, perfectly identified)** on the day of the competition, the coach or responsible must be next to the music, with the copy, attentive, in case it is necessary to use it.

NO INDIVIDUAL OR GROUP MAY PARTICIPATE, who is not registered within the indicated period and WHOSE MUSIC HAS NOT BEEN RECEIVED within the period and conditions indicated. (FIG regulations).

DEVICES.

Devices around the practicable: FIG code respecting the measurements of the devices according to the categories.

If the trainer deems it necessary, she will give it to the hostess, before starting the exercise, for placement.

Measurements of apparatus FIG code for individual mode and Sets, except:

Category Benjamin: Ball Minimum ball 15 cm in diameter

Juvenile category: Hoop minimum 70 cm in diameter

Clubs' minimum 35 cm long

Children's Category: Hoop minimum 70 cm in diameter

Clubs' minimum 35 cm. long

Ribbon Minimum tape 4.5 meters.

Junior, Cadete and Youth Category: Ribbon Minimum belt 5 meters.

TECHNICAL.

The number of technicians who can register per club and category will be two.

In the competition track can only be present, 2 ACCREDITED people responsible, for each participating club and only 2 hours before their participation.

The rest of the time, you must stay in the stands arranged for the athletes.

Failure to respect this rule will carry a penalty of 0.50 points, which will be deducted from all gymnasts and teams of the offending club.

ALL PARTICIPANTS must respect the rest of the athletes, organization and their indications, facilities, cleanliness and order. We remind the Technicians how important these events are to practice sporting values and friendship.

It is they who are responsible for their gymnasts and in case of any problem, their presence will be required.

We want everyone to enjoy, that day, gymnastics, regardless of classification.

RULES OF JURY DURING THE COMPETITION.

SEE FIG RULES FOR COMPETITIONS, ALSO, REMIND THEM:

The participating judges must have the appropriate qualification (National Brevet / FIG Brevet 2025/2028) last updated and federated in the federation to which they belong.

They will come perfectly uniformed.

Attendance at the meeting of judges, prior to the competition, is mandatory.

During the competition you must keep an appropriate and respectful behavior at all times, complying with the instructions that the superior jury indicates.

Avoiding communication with other judges, gymnasts, technicians, etc.

The use of mobile phones during the competition and at judges' meetings is strictly prohibited.

Once the competition has begun, each judge will occupy the place assigned to him and may not **get up, without the authorization of the superior jury**.

The judge should **pass your note quickly** and make sure your ballot is properly completed.

Thank you for your support!

