



Welcome to the  
**33rd Mälär Cup**  
and to  
**Mälarcupen Future Stars**  
4-6 November 2016  
in Stockholm

We are glad to invite new and former participants; gymnasts, coaches and judges to the largest international team competition in artistic gymnastics in Sweden.

**News: We have a brand new floor for the competition and event finals are back on Sunday!**

The competition is open for both male and female gymnasts in different age-groups. A team may consist of 3-5 competitors from the same club or national team independent of age. The best 3 scores per apparatus count in the team competition.

**The Mälär Cup:** International team competition, individual all-around competition and event finals for both men and women.

**Mälarcupen Future Stars:** featuring two competitions

A) the Swedish compulsory programs (all-around and team) and

B) modified FIG COP (boys) and modified FIG COP junior (girls) with no age limits (see detailed program and requirements on the web site) with team, all-around and event finals.

Welcome with your registration and payment at [www.malarcupen.se](http://www.malarcupen.se)

**Welcome to Stockholm!**

The Mälär Cup organizing committee

## COMPETITION SCHEDULE

### Friday November 4th – Mälarcupen Future Stars

10.00 Swedish compulsory program Boys RM1-3 and Girls Steg 5-7

Team- and All-around competition.

Technical meeting at the competition arena Friday morning November 4<sup>th</sup> at 08.30.

14.00 FIG COP modified Boys and Girls (Pokalenkrav, see detailed program on website) no age limit

Team- and All-around competition (event finals on Sunday) open for all countries.

18.00 Competition hall open for training for participants in The Mälär Cup

20.00 Technical meeting The Mälär Cup at Scandic Brommaplan

### Saturday November 5th – The 33rd Mälär Cup

Women: Senior, Junior and Youth according to FIG COP (modified for Youth)

Men: Senior, Junior I (99, 00), Junior II (01, 02), Youth according to FIG COP

10.00 All-around and Team, Men and Women - Subdivision 1

14.00 All-around and Team, Men and Women - Subdivision 2

19.30 Banquet

### Sunday November 6th – Finals

10.00 Event Finals, The 33rd Mälär Cup, Men and Women

14.00 Event Finals, Mälarcupen Future stars (only group B, modified FIG COP), Men and Women

## ORGANIZERS

The Mälär Cup Organization in co-operation with the Swedish Gymnastics Federation.

## COMPETITION FORMAT

Please see detailed competition rules at [www.malarcupen.se](http://www.malarcupen.se)

The gymnasts that are competing in the Mälär Cup should have reached the recommended score levels for **Women:** Senior: 47p Junior: 45p and **Men:** Senior: 76p Junior: 72p

## **JUDGES**

Each delegation must bring one judge per 4 gymnasts. (5-8 gymnasts = 2 judges, 9-12 gymnasts = 3 judges). The name of the judge must be presented no later than 4th of October in the team registration. Please add in the registration what type of license the judge has, for example FIG 2 and languages spoken.

### **PLEASE NOTE: NO JUDGE=NO START**

It is OK to share a judge with another team as long as you follow the rule; one judge per

4 gymnasts et c. Please let the organization know by marking in the comment field in the registration form if you intend to share a judge. For the Mälarcupen Future Stars judges judging girls step 5-6 can be level 2. Step 7 and Sverigepokalen demands judges level 3. For the boys, judges should have experience from judging RM, Rikscupen or similar level.

## **REGISTRATION and PAYMENT**

For registration, please use the on-line registration form at [www.malarcupen.se](http://www.malarcupen.se)

The starting fee is SEK 550 per gymnast for the Mälar Cup and 450 per gymnast for the Mälarcupen Future Stars. Please check our web-site for instructions on how to pay.

The latest date for registration and payment is the 4th of October. If later registration, the starting fee will be SEK 950 per gymnast. The application is conclusive.

One team of maximum 5 gymnasts per country is invited to participate in the competition for

free. NOTE: Each country must jointly decide which team will be the "Official team" from that country. Please inform in the comment field in the application if your team is the official team.

Please note that you are welcome to participate with more than one team per country or per

club at a cost of SEK 550 per gymnast. If more than one team will compete for a club, it is necessary for you to rank the teams (the best team as no 1 et c).

## **ACCREDITATION CARDS**

All gymnasts, coaches and judges will receive an accreditation card at the technical meeting and are asked to carry this card during the competition.

## **ACCOMMODATION**

All delegations arrange their own lodging. We recommend Scandic Hotel Brommaplan [www.scandic-hotels.se/bromma](http://www.scandic-hotels.se/bromma) or Flyghotellet, [www.flyghotellet.se](http://www.flyghotellet.se) (both within walking distance from the arena). Please state the Mälars Cup as a reference to get a lower rate.

## **INSURANCE**

The Host Federation or the Organizing Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and similar situations. 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 for repatriation for all the members of their delegation. The Organizing Committee will verify the insurance upon arrival of the delegation members (e.g. cover note or photo copy of the valid policy).

## **FURTHER INFORMATION**

The competition will take place in the Sports Arena Åkeshovshallen, situated 10 minutes' walk from Scandic Hotel Brommaplan. From the City Central Railway station, you take the subway (T), green line no 17 or 18, direction Hässelby, Vällingby or Åkeshov to the arena. The station at the arena is called Åkeshov. Due to renovations work, the normal entrance to the arena is closed and we will have to welcome all participants through the entrance on the back of the arena. The competition hall, Bollhallen, and the training hall, Gymnastikhallen, are directly connected. Please note that only gymnasts who are competing during the weekend are allowed in the training hall. All details, start lists and final time schedule will be published in a PM a few weeks before the competition.

**Welcome to Stockholm!**

[www.malarcupen.se](http://www.malarcupen.se)