



Welcome to the  
**34rd Mälär Cup**  
 and to  
**Mälarcup Future Stars**  
 3-5 November 2017  
 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.

The competition is open for both male and female gymnasts in different age-groups.

**The Mälär Cup:**

International team competition (5/3/3), individual all-around competition and event finals for both men and women. A team may consist of 3-5 competitors from the same club or national team independent of age.

MAG	Youth	Junior	Junior 2	Senior
Age	-06/-05/-04	-03/-02	-01/-00	-99 and earlier
Rules	Modified	CoP Junior	CoP Junior	CoP Senior
Comp.	AA	AA	AA	AA
Comp. Saturday	Team (5/3/3) may consist of participants from all age groups			
Comp. Sunday	Apparatus finals. Top four results from each class on each apparatus will qualify.			

WAG	Youth	Junior	Senior
Age	-06/-05	-04/-03/-02	-01 and earlier
Rules	Modified	CoP Junior	CoP Senior
Comp.	AA	AA	AA
Comp. Saturday	Team (5/3/3) may consist of participants from all age groups		
Comp. Sunday	Apparatus finals. Top four results from each class on each apparatus will qualify.		

**Mälarcup Future Stars:** featuring two competitions

A) Swedish compulsory programs RM1,2 and 3 for boys and Level 5,6 and 7 (Svenska Stegserierna) for girls

B) POKALEN modified FIG CoP for boys and girls with no age limits (see detailed program and requirements on the web site) with Team\*, All Around (AA) and Event Finals.

\* Best male/female club according to the four (4) best placements in competition A and B.

MAG	RM1	RM2	RM3	Pokalen
Age	Free	Free	Free	Free
Rules	Compulsary	Compulsary	Compulsary	CoP Mod.
Comp.	AA	AA	AA	AA
Friday	Team, four (4) best placements. Consist of participants from all age groups			
Comp. Sunday	Apparatus finals <b>only</b> for Pokalen class. Top four results on each apparatus will qualify.			

WAG	Level 5	Level 6	Level 7	Pokalen
Age	Free	Free	Free	Free
Rules	Compulsary	Compulsary	Compulsary	CoP Mod.
Comp.	AA	AA	AA	AA
Friday	Team, four (4) best placements. Consist of participants from all age groups			
Comp. Sunday	Apparatus finals <b>only</b> for Pokalen class. Top four results on each apparatus will qualify.			

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

**We look forward to welcome you to Stockholm!**

The Mälär Cup organizing committee

David Ahlin  
Chairman the Mälär Cup  
Competition director Men  
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Sara Rumbutis  
Competition director Women  
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## PRELIMINARY COMPETITION SCHEDULE

### Friday November 3rd – Mälarcup Future Stars

08.00	The training hall opens for participants in The Mälär Cup and Mälarcup Future Stars
08.30	Technical meeting at the competition arena for <b>Mälarcup Future Stars</b>
09.00	Judges meeting at the competition arena
10.00	<b>Competition A:</b> Swedish compulsory program Boys RM1-3 and Girls Level 5-7.
14.00	<b>Competition B:</b> FIG CoP modified Boys and Girls Pokalen,
16.45	Awards ceremony for <b>Mälarcup Future Stars:</b> Team and AA
17.00	Competition hall open for training for participants in The Mälär Cup
20.00	Technical meeting for The Mälär Cup at Scandic Alvik.

### Saturday November 4th – The 34rd Mälär Cup

08.00	The training hall opens for participants in The Mälär Cup
08.30	Judges meeting at the competition arena
09.30	Competition subdivision 1 - All-around and Team, Men and Women
13.00	Competition subdivision 2 - All-around and Team, Men and Women
17.00	Competition subdivision 3 - All-around and Team, Men and Women
19.30	Awards ceremony for The Mälär Cup: Team and AA
21.00	RECEPTION for all coaches, judges and officials at Scandic Alvik hotel

### Sunday November 5th – Finals

09.00	The competition hall opens for the finalists
10.00	Judges meeting at the competition arena
11.00	Event Finals, The 34rd Mälär Cup, Men and Women and Future Stars Pokalen

## ORGANIZERS

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

## COMPETITION FORMAT

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

## 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. Please let the organization know by marking in the comment field in the registration form if you intend to share a judge.

**Judges for the Mälarcup Future Stars** judging girls level 5-6 must have at least National level 2.

Level 7 and Pokalen demands judges capable for CoP (In Sweden level 3). For the boys, judges should have experience from judging on National level or similar.

## **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 Mälars Cup and 450 per gymnast for the Mälarscupen 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 etc).

## **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 Alvik** [www.scandic-hotels.se](http://www.scandic-hotels.se) , **Flyghotellet**, [www.flyghotellet.se](http://www.flyghotellet.se) or **Mornington Hotel** [www.mornington.se/Mornington---Bromma---SE/Hem.aspx](http://www.mornington.se/Mornington---Bromma---SE/Hem.aspx)

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. 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 renovation 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)