



Welcome to the

# 41st Mälarcupen

and to

## Mälarcupen Future Stars

31 October- 3 November 2024  
in Stockholm

We are happy to invite new and former participants, gymnasts, coaches and judges to the largest international team competition in Artistic Gymnastics in Sweden. This year we have almost 350 participants from 9 countries.

### COMPETITION ARENA

The competition will take place in the Sports Arena Åkeshovshallen. Åkeshovshallen is located 10 minutes' walk from Brommaplan. From the City Central Railway station, you take the subway (T), green line no 17, 18 or 19 in the direction of Hässelby, Vällingby or Åkeshov to the arena. The station at the arena is called Åkeshov. The competition hall, and the training hall, are directly connected. Please note that only gymnasts who are competing during the weekend are allowed in the training hall.

### LUNCH

Mälarcupen will not cater for lunch for participants except for judges on Saturday. Lunch can be bought at the café in Åkeshov.

### JUDGES

We wish that all judges can bring their own mobile devices and chargers to use for scoring during the competition.

### TECHNICAL MEETING FOR MÄLARCUPEN

The meeting starts Friday at 20:00 (8:00pm) and will be held at Scandic Alvik, situated 10 minutes by metro (T) from the arena to city (stop at T-station Alvik, direction Farsta Strand, Hagsätra or Skarpnäck).

The competition system will be presented. Information and start-numbers will be handed out (for those of you who didn't get them in the competition hall at the information desk during the training.) All clubs are requested to be represented at the technical meeting. Please submit all changes like cancellation of gymnast or apparatus in your team as soon as possible upon arrival.

The starting order within each team will be kept the same throughout the competition for all WAG-gymnasts. For the first time the MAG-teams will be able to decide the starting order within the teams which can be different on all apparatus. We will send all MAG-teams a formula to fill in and hand over to the organization at the technical meeting.

All remaining questions will be sorted out here.

### FLOOR EXERCISE MUSIC

Please send all floor music in mp3-format and could you name it like this example: Nation.Club.Full name.mp3 and send it to [malarcupen.music@gmail.com](mailto:malarcupen.music@gmail.com), not later than October 25.

### 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).

### WARMING UP

The gymnasts are allowed to warm up in the training hall all Friday, Saturday and Sunday. There could be limited access to certain apparatus.

Each team/gymnast can only attend their "podium"-training in the competition hall on Friday at the specific time that corresponds to their designated competition subdivision. We have many competitors in each subdivision and if more competitors are added the warm-up time/gymnast and apparatus will be too short.

### COMPETITION RULES

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

### MÄLARCUPEN

International team competition (4/4/3), individual all-around competition and event finals for both men and women. A team may consist of 3-4 competitors from the same club or national team, independent of age.

MAG	Youth	Junior Y	Junior O	Senior
Age	-11/-12/-13	-09/-10	-07/-08	-06 and earlier
Rules	Modified	CoP Junior	CoP Junior	CoP Senior
Comp.	AA	AA	AA	AA
Saturday	Team (4/4/3) may consist of participants from all age groups			
Comp.	Apparatus finals.			
Sunday	Top eight results from each class on each apparatus will qualify.			

WAG	Youth	Junior	Senior
Age	-12/-13	-09/-10/-11	-08 and earlier
Rules	Modified	CoP Junior	CoP Senior
Comp.	AA	AA	AA
Saturday	Team (4/4/3) may consist of participants from all age groups		
Comp. Sunday	Apparatus finals. Top eight results from each class on each apparatus will qualify.		

**Mälarcupen Future Stars:** featuring two competitions.

A) Swedish compulsory programs Level 5, 6 and 7 (Svenska Stegserierna) **for girls**

B) Optional programs i.e. modified FIG CoP **for girls** with no upper age limit (see detailed program and requirements at <http://www.malarcupen.se>) with Team\*, All Around (AA) and Event Finals.

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

WAG	Level 5	Level 6	Level 7	Optional
Age	Free	Free	Free	Min 11 years during calendar year
Rules	Compulsory	Compulsory	Compulsory	CoP Modified
Comp.	AA	AA	AA	AA
Friday	Team, four (4) best placements. Consist of participants from all age groups			
Comp. Sunday	Apparatus finals for the eight best, only for Optional class. Top three results from each class on each apparatus will have medals.			

## RECEPTION/BANQUET

Don't miss the success from last year: enjoy a delicious buffet and mingle with us at Hotel Scandic Alvik.

It is still possible to book tickets for the Reception on Saturday evening for 265 SEK per person if you book before 18<sup>th</sup> of October online. If there are remaining places after 18<sup>th</sup> of October, you can buy tickets online for 300 SEK or directly from Peter Gustafsson during the competition.

Payment information on our website: [www.malarcupen.se](http://www.malarcupen.se)

## COMPETITION SCHEDULE

### Thursday October 31 – Mälarcupen Future Stars, Girls level 5-7

- 08.00 The training hall opens for participants in Mälarcupen and Mälarcupen Future Stars
- 08.00 Warm up in the competition hall for Mälarcupen Future Stars Competition A
- 08.30 Warm up on apparatus in the competition hall for Mälarcupen Future Stars Competition A
- 08.45 Technical meeting at the competition arena for Mälarcupen Future Stars Competition A
- 09.00 Judges' meeting for Competition A (for Girls level 5 and 6) at the competition arena
- 09.40 **Competition A:** Swedish compulsory programs **Girls Level 5 and 6**
- 12.30 Warm up in the competition hall for Mälarcupen Future Stars Competition A Level 7
- 12.45 Technical meeting at the competition arena for Mälarcupen Future Stars Competition A Level 7
- 13.00 Warm up on apparatus in the competition hall for Mälarcupen Future Stars Competition A Level 7
- 13.00 Judges' meeting for Competition A (for Girls Level 7) at the competition arena
- 13.40 **Competition A:** Swedish compulsory programs **Girls Level 7**
- 16.00 Awards ceremony for Mälarcupen Future Stars: AA Level 5-7
- 17.30-20.30 Warm up in the competition hall for Mälarcupen Future Stars Competition B

## Friday November 1 – Mälarcupen Future Stars, CoP Optional

- 08.00 The training hall opens for participants in Mälarcupen and Mälarcupen Future Stars
- 08.00 Warm up in the competition hall for Mälarcupen Future Stars Competition B
- 08.30 Warm up on apparatus in the competition hall for Mälarcupen Future Stars Competition B
- 08.45 Technical meeting at the competition arena for Mälarcupen Future Stars Competition B
- 09.00 Judges' meeting for Competition B at the competition arena
- 09.55 **Competition B**: FIG CoP modified **Girls Optionals**
- 12.30 Awards ceremony for Mälarcupen Future Stars: AA CoP Optional and **Team Future Stars**
- 13.30 Competition hall open for training for participants in **Mälarcupen, subdiv 1**
- 15.30 Competition hall open for training for participants in **Mälarcupen, subdiv 2**
- 17.30 Competition hall open for training for participants in **Mälarcupen, subdiv 3**
- 20.00 Technical meeting for Mälarcupen at hotel Scandic Alvik

## Saturday November 2 – The 41st Mälarcupen

- 07.30 The training hall opens for participants in Mälarcupen
- 08.00 Warm up on apparatus in the competition hall for WAG, MAG Mälarcupen
- 08.00 Judges' meeting at the competition arena
- 09.05 **Competition subdivision 1** – All around and Team, Men and Women
- 11.30 Warm up on apparatus in the competition hall for WAG, MAG Mälarcupen
- 11.30 Lunch for judges in the arena
- 12.35 **Competition subdivision 2** – All around and Team, Men and Women
- 15.00 Warm up on apparatus in the competition hall for WAG, MAG Mälarcupen
- 16.00 Opening ceremony
- 16.10 **Competition subdivision 3** – All around and Team, Men and Women
- 18.40 Awards ceremony for Mälarcupen: Team and AA
- 20.00 RECEPTION / BANQUET for pre booked participants at hotel Scandic Alvik

## Sunday November 3 – Finals

- 09.00 The competition hall opens for the finalists
- 09.30 Judges' meeting at the competition arena
- 09.30 Warm up for the finalists
- 10.30 Mälarcupen Event Finals: MAG, WAG and WAG Future Stars Optional class  
The top eight (8) on each apparatus will compete
- 13.45 Prize ceremony

### ACCREDITATION

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

### ACCOMMODATION

All delegations arrange their own accommodation.

We recommend **Scandic Hotel Alvik** [www.scandic-hotels.se](http://www.scandic-hotels.se), **First hotel** <https://www.firsthotels.se> or **Mornington Hotel** <http://www.mornington.se>

## VERA SPORT

All orders of clothes for 2024 Mälarcupen are to be picked up at the competition arena. Examples will be on display in the arena. <https://www.verasport.se/eventklader/malarcupen/>

## NEWS THIS YEAR

This year we reduced the team from five to four, we also limited the number of the participants and the training on the apparatus during the competition day is shorter than before. For the finals we welcome eight gymnasts on each apparatus and class.

We hope these changes will be successful for all!

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



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**Welcome to Stockholm!**

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