



# Welcome to the

# 37th Mälarcupen

and to

## Mälarcupen Future Stars

30<sup>th</sup> October – 1<sup>st</sup> November 2020

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. Because of the Covid-19 pandemic the competition will be limited, and specific directions will apply in order to meet local regulations, all for the safety of participating gymnast, coaches and judges. No audience will be present, however we will provide digital solution to follow the competitions.

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

### Mälarcupen:

International team competition (5/5/3) and individual all around competition (but this year no event finals) for both men and women. However, we will hand out medals for the top three best apparatus results in all classes. 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	-07/-08/-09	-05/-06	-03/-04	-02 and earlier
Rules	Modified	CoP Junior	CoP Junior	CoP Senior
Comp.	AA	AA	AA	AA
Saturday	Team (5/5/3) may consist of participants from all age groups			
Comp. Sunday	<p style="text-align: center;"><b>No apparatus finals 2020.</b></p> <p style="text-align: center;">Top three results from each class on each apparatus will have medals.</p>			

WAG	Youth	Junior	Senior
Age	-08/-09	-05/-06/-07	-04 and earlier
Rules	Modified	CoP Junior	CoP Senior
Comp.	AA	AA	AA
Saturday	Team (5/5/3) may consist of participants from all age groups		
Comp. Sunday	<p style="text-align: center;"><b>No apparatus finals 2020.</b></p> <p style="text-align: center;">Top three results from each class on each apparatus will have medals.</p>		

### Mälarcupen Future Stars: featuring two competitions

A) Swedish compulsory programs RM2 and 3 for boys and Level 7 (Svenska Stegserierna) for girls

B) Optional programs i.e. modified FIG CoP for boys and girls with no upper age limit (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	Optional
Age	Free	Free	Free	Min 11 years during calendar year
Rules	Compulsory	Compulsory	Compulsory	CoP Modified
Comp.	AA	AA	AA	AA
<b>Sunday</b>	Team, four (4) best placements. Consist of participants from all age groups			
Comp. Sunday	No apparatus finals for boys in Mälarcupen Future Stars			

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
<b>Sunday</b>	Team, four (4) best placements. Consist of participants from all age groups			
Comp. Sunday	<del>Apparatus finals only for Optional class.</del> Top three results from each class on each apparatus will have medals.			

Welcome with your registration and payment at: <http://www.malarcupen.se>

International guests will be prioritized if we reach the maximum limit for participating gymnasts for Mälarcupen. We reserve the right to prioritize the teams to participate.

Please also note that we reserve the right to cancel the competition if required by local authorities.

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



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Chairman Mälarcupen

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## PRELIMINARY COMPETITION SCHEDULE

### Friday October 30th – Mälarcupen warm up in the competition hall

- 08.00 The training hall opens for participants in **Mälarcupen**
- 08.00 The competition hall opens for participants in **Mälarcupen**  
The schedule will be announced in pm 1
- 20.00 Technical meeting for **Mälarcupen**

### Saturday October 31<sup>st</sup> – The 37th Mälarcupen

- 08.00 The training hall opens for participants in **Mälarcupen**
- 08.00 Judges meeting at the competition arena
- 09.00 Competition subdivision 1 – All around, Team and Apparatus, Women
- 12.00 Competition subdivision 2 – All around, Team and Apparatus, Women
- 15.00 Competition subdivision 3 – All around, Team and Apparatus, Men
- 18.00 Competition subdivision 4 – All around, Team and Apparatus, Men
- 20.30 Awards ceremony for **Mälarcupen**: Team, AA and Apparatus, Women and Men

### Sunday November 1<sup>st</sup> – Mälarcupen Future Stars

- 08.00 The competition hall opens for participants in **Mälarcupen Future Stars**
- 08.00 Judges meeting at the competition arena
- 08.30 Technical meeting at the competition arena for **Mälarcupen Future Stars**
- 09.00 **Competition girls**: Swedish compulsory programs for girls Level 7 and girls CoP modified
- 12.00 Awards ceremony in the training hall for **Mälarcupen Future Stars girls**: Team, AA and Apparatus
- 12.00 **Competition boys**: Swedish compulsory programs Boys RM2-3 and FIG CoP modified
- 14.30 Awards ceremony for **Mälarcupen Future Stars boys**: Team, AA and Apparatus

## 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 in the team registration. Please add to the registration what type of license the judge has, for example FIG 2 Brevet 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 Mälarcupen Future Stars** judging girls level 5-6 must have at least National level 2.

Level 7 and Optionals requires judges capable of judging according to Code of Points. For the boys, judges should have experience from judging on National level or similar.

## **REGISTRATION and PAYMENT**

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

The starting fee is SEK 600 per gymnast for Mälarcupen and 500 per gymnast for the Mälarcupen Future Stars. Please check our website for instructions on how to pay.

The latest date for registration and payment is October 14th. If later registration, the starting fee will be SEK 1000 per gymnast. The application is conclusive.

Please note that you are welcome to participate with more than one team per country or per club at a cost of SEK 600 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 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>

## **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, 18 and 19 direction 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. All details, start lists and final time schedule will be published in a PM two weeks before the competition.

**Welcome to Stockholm!**

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