



Welcome to the  
**38th Mälarcupen**  
and to  
**Mälarcupen Future Stars**  
5-7 November 2021  
in Stockholm

We are glad to welcome new and former participants; gymnasts, coaches and judges to the largest international team competition in Artistic Gymnastics in Sweden. This year we have almost 300 participants from four 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. We recommend that you download the app "Res i Sthlm".

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.

Because of the Covid-19 pandemic, the competition may be limited, and specific directions may apply in order to meet local regulations, in order to ensure the safety of participating gymnasts, coaches, judges and audience. We will follow the development of the pandemic closely and keep all participants informed of any changes in the competition schedule. Please also note that we reserve the right to cancel the competition if required by local authorities.

#### **LUNCH**

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

#### **JUDGES**

We wish that all judges can bring their own iPads or smartphones to use for scoring during the competition.

## TECHNICAL MEETING FOR MÄLARCUPEN

The meeting starts at 20:00 (8 pm) 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.

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 of each team will be the same on each apparatus and cannot be changed after the 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 photocopy 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.

## ORGANIZERS

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

## 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) , **First hotel** <https://www.firsthotels.se> or **Mornington Hotel** <http://www.mornington.se>

## COMPETITION RULES

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

## MÄLARCUPEN

International team competition (5/5/3), 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	-08/-09/-10	-06/-07	-04/-05	-03 and earlier
Rules	Modified	CoP Junior	CoP Junior	CoP Senior
Comp.	AA	AA	AA	AA
Comp. Saturday	Team (5/5/3) 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	-09/-10	-06/-07/-08	-05 and earlier
Rules	Modified	CoP Junior	CoP Senior
Comp.	AA	AA	AA
Comp. Saturday	Team (5/5/3) may consist of participants from all age groups		
Comp. Sunday	Apparatus finals. Top four results from each class on each apparatus will qualify.		

**Mälarcupen Future Stars:** featuring two competitions

A) Swedish compulsory programs (2021) “Tvåan”, “Trean” and “Fyran” for boys and Level 5, 6 and 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 at <http://www.malarcupen.se>) 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	Tvåan	Trean	Fyran	Femman
Age	Free	Free	Free	Free
Rules	Compulsory	Compulsory	Compulsory	CoP Modified
Comp.	AA	AA	AA	AA
Comp. Friday	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
Comp. Friday	Team, four (4) best placements. Consist of participants from all age groups			
Comp. Sunday	Apparatus finals <b>only</b> for Optional class. Top three results from each class on each apparatus will have medals.			

## COMPETITION SCHEDULE

### Friday November 5th – Mälarcupen Future Stars

- 08.00 The training hall opens for participants in **Mälarcupen** and **Mälarcupen Future Stars**  
08.15 General warm up in the competition hall for **Mälarcupen Future Stars A**  
08.15 Technical meeting at the competition arena for **Mälarcupen Future Stars A**  
08.30 Judges' meeting at the competition arena judges Competition A  
08.30 Warm up on apparatus in the competition hall for **Mälarcupen Future Stars A**  
09.30 **Competition A:** Swedish compulsory programs Girls Level 5-6
- 11.50 Technical meeting at the competition arena for **Mälarcupen Future Stars B**  
12.00 Warm up on apparatus in the competition hall for **Mälarcupen Future Stars B**  
12.00 Judges' meeting at the competition arena judges Competition B  
13.00 **Competition B:** FIG CoP modified Girls Optionals and level 7  
<15.45 Awards ceremony for **Mälarcupen Future Stars girls:** Team and AA  
16.00 Competition hall open for training for participants in **subdivision 1 Mälarcupen**  
17.30 Competition hall open for training for participants in **subdivision 2 Mälarcupen**  
19.00 Competition hall open for training for participants in **subdivision 3 Mälarcupen**  
20.00 Technical meeting for **Mälarcupen** and **Boys Future Stars** at hotel Scandic Alvik

### Saturday November 6th – The 38th Mälarcupen

- 08.00 The training hall opens for participants in **Mälarcupen** and **Boys Mälarcupen Future Stars**  
08.30 Judges' meeting at the competition arena  
09.30 **Competition subdivision 1** – All around and Team, Men and Women  
<11.45 Awards ceremony for **Mälarcupen Future Stars boys:** Team and AA  
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 **Mälarcupen:** Team and AA  
21.00 RECEPTION for all coaches, judges and officials at hotel Scandic Alvik  
We will provide some soft drinks and snacks.

### Sunday November 7th – Finals

- 09.00 The competition hall opens for the finalists  
10.00 Judges' meeting at the competition arena  
10.00 Warm up for the finalists  
11.00 Mälarcupen Event Finals: MAG, WAG and WAG Future Stars Optionals  
The top four (4) on each apparatus  
13.30 Prize ceremony

## Welcome to Stockholm!

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

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