



Welcome to the
39th Mälarcupen
and to
Mälarcupen Future Stars
4-6 November 2022
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 more than 300 participants from seven 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. 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 Friday 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. 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 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.

MODIFIED RULES REGARDING EXTRA LANDING MATS

The "crash-mats" in Åkeshovshallen are in very poor shape. Therefore, the gymnasts are allowed to use extra "crash-mats", or other extra mats (including thick soft-mats) on all landings, except Pommel Horse. However, There is ongoing competition for both men and women (i.e. a vast number of apparatus) at the same time, so all teams must cooperate with the limited amount of mats that are available in Åkeshovshallen.

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 , **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

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	-09/-10/-11	-07/-08	-05/-06	-04 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	Apparatus finals. Top four results from each class on each apparatus will qualify.			

WAG	Youth	Junior	Senior
Age	-10/-11	-07/-08/-09	-06 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	Apparatus finals. Top four results from each class on each apparatus will qualify.		

Mälarcupen Future Stars: featuring two competitions

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

B) Swedish compulsory programs Level 7 (Svenska Stegserierna) for girls and

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 only for Optional class. Top three results from each class on each apparatus will have medals.			

COMPETITION SCHEDULE

Friday November 4th – Mälarcupen Future Stars

- 07.45 The training hall opens for participants in **Mälarcupen** and **Mälarcupen Future Stars**
- 08.00 General warm up in the competition hall for **Mälarcupen Future Stars A**
- 08.00 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
- ≈15.30 Awards ceremony for **Mälarcupen Future Stars girls:** Team and AA
- 16.15 Competition hall open for training for participants in **subdivision 1 Mälarcupen**
- 17.45 Competition hall open for training for participants in **subdivision 2 Mälarcupen**
- 19.15 Competition hall open for training for participants in **subdivision 3 Mälarcupen**
- 20.00 Technical meeting for **Mälarcupen** at hotel Scandic Alvik

Saturday November 5th – The 39th Mälarcupen

- 07.30 The training hall opens for participants in **Mälarcupen**
- 07.45 General warm up in the competition hall for **Mälarcupen**
- 08.15 Warm up on apparatus in the competition hall for **MAG Mälarcupen**
- 08.30 Warm up on apparatus in the competition hall for **WAG Mälarcupen**
- 08.30 Judges' meetings at the competition arena
- 09.30 **Competition subdivision 1** – All around and Team, Men and Women
- 11.45 Warm up on apparatus in the competition hall for **MAG Mälarcupen**
- 12.00 Warm up on apparatus in the competition hall for **WAG Mälarcupen**
- 13.00 **Competition subdivision 2** – All around and Team, Men and Women
- 15.40 Warm up on apparatus in the competition hall for **MAG Mälarcupen**
- 16.00 Warm up on apparatus in the competition hall for **WAG Mälarcupen**
- 16.55 Opening ceremony, one MAG and one WAG gymnast from each club
- 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 6th – Finals Mälarcupen and WAG Future Stars Optional class

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

Welcome to Stockholm!

www.malarcupen.se

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