



Welcome to the  
**40th Mälarcupen**  
 and to  
**Mälarcupen Future Stars**  
 3-5 November 2023  
 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.

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

**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.

<b>MAG</b>	<b>Youth</b>	<b>Junior</b>	<b>Junior 2</b>	<b>Senior</b>
<b>Age</b>	-10/-11/-12	-08/-09	-06/-07	-05 and earlier
<b>Rules</b>	Modified	CoP Junior	CoP Junior	CoP Senior
<b>Comp.</b>	AA	AA	AA	AA
<b>Saturday</b>	Team (5/5/3) may consist of participants from all age groups			
<b>Comp. Sunday</b>	Apparatus finals. Top six results from each class on each apparatus will qualify.			

<b>WAG</b>	<b>Youth</b>	<b>Junior</b>	<b>Senior</b>
<b>Age</b>	-11/-12	-08/-09/-10	-07 and earlier
<b>Rules</b>	Modified	CoP Junior	CoP Senior
<b>Comp.</b>	AA	AA	AA
<b>Saturday</b>	Team (5/5/3) may consist of participants from all age groups		
<b>Comp. Sunday</b>	Apparatus finals. Top six 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. Friday	AA	AA	AA	AA
Comp. Sunday	Team, four (4) best placements. Consist of participants from all age groups			
	Apparatus finals <b>only</b> for Optional class. Top three results from each class on each apparatus will have medals.			

## PRELIMINARY COMPETITION SCHEDULE

### Friday November 3 – Mälarcupen Future Stars

- 07.30 The training hall opens for participants in **Mälarcupen** and **Mälarcupen Future Stars**
- 07.45 Technical meeting at the competition arena for **Mälarcupen Future Stars Competition A**
- 08.00 Judges' meeting for Competition A at the competition arena
- 09.00 **Competition A:** Swedish compulsory programs **Girls Level 5 and 6**
- 11.45 Technical meeting at the competition arena for **Mälarcupen Future Stars Competition B**
- 12.00 Judges' meeting for Competition B at the competition arena
- 13.00 **Competition B:** FIG CoP modified **Girls Optionals and Level 7**
- 15.45 Awards ceremony for **Mälarcupen Future Stars: Team and AA**
- 16.00 Competition hall open for training for participants in **Mälarcupen, subdiv 1**
- 17.30 Competition hall open for training for participants in **Mälarcupen, subdiv 2**
- 19.00 Competition hall open for training for participants in **Mälarcupen, subdiv 3**
- 20.00 Technical meeting for **Mälarcupen**

### Saturday November 4 – The 40th Mälarcupen

- 08.00 The training hall opens for participants in **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' meeting 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**
- 20.30 RECEPTION / BANQUET

## **Sunday November 5 – 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 Optional class  
The top six (6) on each apparatus will compete
- 14.00 Prize ceremony

## **COMPETITION FORMAT**

Please see detailed competition rules at: [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 club must cover all costs for their judges except lunch on Saturday. The name of the judge must be presented in the team registration. Please add to the registration what type of license the judge has: *FIG Brevet* or *National judge* and languages spoken.

The judges are expected to judge the entire competition, including the finals on Sunday.

Please note: no judge = no start.

## **WAG**

**Judges on Friday for Mälarcupen Future Stars** judging girls level 5-6 must have at least Swedish National category 2. Level 7 and Optional class requires judges capable of judging according to Code of Points.

## **MAG**

Because there is a huge interest to take part in Mälarcupen this year we have the ambition to run the competition on six apparatus. Therefore clubs that enlists D-judges (FIG Brevet or National Judges who are prepared and able to act in the D-panel) will have priority to be accepted into the competition and will not have to pay entry fee for 4 gymnasts.

## **REGISTRATION and PAYMENT**

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

The starting fee is SEK 700 per gymnast for Mälarcupen and 600 per gymnast for the Mälarcupen Future Stars. Please check our website for instructions on how to make payment.

The latest date for registration and payment is September 14th. In case of late registration, the starting fee will be SEK 1000 per gymnast. The application is final.

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**

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 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. All details, start lists and final time schedule will be published in a PM three weeks before the competition.

Please submit your registration and make payment at: <http://www.malarcupen.se>

If we reach the maximum limit for participating gymnasts for Mälarcupen, international guests will be prioritized.

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



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**Welcome to Stockholm!**

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