



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. This year we have more than 400 participants from 15 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 mobile devices to use for scoring during the competition.

#### **TECHNICAL MEETING FOR MÄLARCUPEN**

**The meeting starts Friday at 20:45 (8:45pm)** 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.** 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 (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	-10/-11/-12	-08/-09	-06/-07	-05 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 six results from each class on each apparatus will qualify.			

WAG	Youth	Junior	Senior
Age	-11/-12	-08/-09/-10	-07 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 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			
Comp. Sunday	Apparatus finals (top six results on each apparatus) <b>only</b> for Optional class. Top three results from each class on each apparatus will have medals.			

## COMPETITION SCHEDULE

### Friday November 3 – Mälarcupen Future Stars

- 07.15 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**
- 07.55 Warm up on apparatus in the competition arena
- 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 Warm up on apparatus in the competition arena
- 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**
- 20.45** Technical meeting for **Mälarcupen** at hotel Scandic Alvik

### Saturday November 4 – The 40th Mälarcupen

- 07.10 The training hall opens for participants in **Mälarcupen**
- 07.20 General warm up in the competition hall
- 07.40 Warm up on apparatus in the competition hall for **Mälarcupen**
- 07.45 Judges' meeting at the competition arena
- 08.45 **Competition subdivision 1** – All around and Team, Men and Women
- 11.50 Warm up on apparatus in the competition hall for **Mälarcupen**
- 13.00 **Competition subdivision 2** – All around and Team, Men and Women
- 16.05 Warm up on apparatus in the competition hall for **Mälarcupen**
- 17.05 Opening ceremony
- 17.10 **Competition subdivision 3** – All around and Team, Men and Women
- 20.10 Awards ceremony for **Mälarcupen:** Team and AA
- 20.30 RECEPTION / BANQUET for pre booked participants at hotel Scandic Alvik

## 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

## 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>

## FURTHER INFORMATION

Never have we had so many registered teams and gymnasts, both in the MAG and WAG competitions. However, this also creates some challenges, which must be solved. First, we are at the very limit of how many gymnasts can finish a competition in one day. We even considered rejecting some teams (the last to register, or team 2, 3, and so on, from the same club). Finally, we decided to take in all registered teams and gymnasts. But this comes with consequences, of which some are not quite optional:

The time-schedule had to be adjusted to the new situation. We must start the first subdivision on Saturday much earlier than previously planned. The third subdivision on Saturday will end later than previously mentioned. The scheduled time for warming up at each apparatus will be quite limited for each gymnast. The warm-up on FX must be with men and women together. Needless to say, the gymnasts must be super-efficient during their warm-up-training. We ask all coaches to help their gymnasts with that and also to cooperate with each other.

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



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**Welcome to Stockholm!**

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