



Stockholm August 4<sup>th</sup> 2014

## **Invitation to the MÄLAR CUP 2014**

**1-2 NOVEMBER**

We are glad to invite new and former participants; gymnasts, coaches and judges to the largest international club team competition in artistic gymnastics in Sweden.

The competition is open for both male and female gymnasts in different ages. A team may consist of 3-5 competitors from the same club independent of age. 3 gymnasts count in the team competition.

Saturday starts with a team and an individual competition for both men and women. The main attraction is the team competition where the winning team gets the desirable Mälär Cup title. On Sunday the competition continues with individual finals in each apparatus.

Our ambition is a high-quality, audience-friendly and well-organized competition.

We have so far seen, as participating nations, apart from Sweden; Norway, Denmark, Iceland, Finland, Hungary, Romania, Russia, Estonia, Latvia, Lithuania, England, Scotland, Switzerland, Belgium, Germany, Austria, Italy, Spain, Portugal, USA, Canada, New Zealand, Australia, Croatia, Jordan and Slovenia.

**Welcome with your online application and payment  
no later than 6th of October 2014, at  
[www.malarcupen.se](http://www.malarcupen.se)**

David Ahlin  
Chairman

## SCHEDULE

Friday	October 31th	Training in competition hall, technical meeting
Saturday	November 1 <sup>st</sup>	Judges meetings, men and women Competition individual and team, men and women Banquet with celebration highlights
Sunday	November 2 <sup>nd</sup>	Apparatus Finals, men and women

## WHERE

The Sport Arena at Akeshov, Bromma (Stockholm, Sweden).

## WHO CAN COMPETE

The Mälars Cup is a competition for **genuine club teams** with a maximum of **five** participants in each team. It is possible to have only three participants in the team. The three highest scores in each apparatus will lead to the team score (5-5-3). The age of the gymnasts in the team can be different. Also individual gymnasts are welcome to compete.

The gymnasts that are competing in the Mälarscup should have reached the recommended score level for:

### Women:

Senior:	47p	
Junior:	45p	
Youth:	44p	(modified rules)

### Men:

Senior:	76p	
Junior:	72p	
Youth:	64p	(modified rules)

Please see detailed competition rules enclosed.

One team of maximum 5 gymnasts per country is invited to participate in the competition for free! That team together with one trainer and one judge will also get free tickets to the banquet on Saturday evening.

NOTE: Each country must jointly decide which team will be the "Official team" from that country. Please inform in the comment field in the application if your team is the official team.

Please note that you are welcome to participate with more than one team per country or per club at a cost of SEK 550 per gymnast (banquet tickets included). 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).

## ORGANIZERS

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

## REGISTRATION and PAYMENT

For registration, please use the web-form on-line at [www.malarcupen.se](http://www.malarcupen.se). **Notice:** The starting fee and banquet included is SEK550 per gymnast. If only tickets for the banquet are required, the price is SEK 150. Please check our web-site for info on how to pay. The latest date for registration and payment is the 6th of October. If later registration, the starting fee will be SEK 950 per gymnast. The application is conclusive.

## JUDGES

Each delegation must bring one judge per 4 gymnasts. (5-8 gymnasts = 2 judges, 9-12 gymnasts = 3 judges). Separate judges for men and women competition. The name of the judge must be presented no later than the 19th of October. Please add in the application what type of licence the judge has, for example FIG 2 and language spoken.

**If a team fails to bring a judge they will be charged a fee of SEK 3.000**

It is allowed to share a judge with another team as long as you follow the rule; one judge per 4 gymnasts etc. Please let the Mälarcup organisation know by marking in the comment field in the application form if you intend to share a judge.

## ACCOMMODATION

All delegations arrange their own lodging. We recommend Scandic Hotel Bromma [www.scandic-hotels.se/bromma](http://www.scandic-hotels.se/bromma) or Flyghotellet, [www.flyghotellet.se](http://www.flyghotellet.se) (both within walking distance from the competition hall). Please state the Mälarcup as a reference to get a lower rate.

## 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 whole competition. The card must also be shown at the banquet.

## BANQUET=POOLPARTY!

On Saturday evening a banquet/**poolparty** will take place near the competition hall. Bring your swimsuit if you would like to jump into the pool. ☺

## LUNCH

Lunch can be bought at the Cafeteria at the Sports Arena.

## FURTHER INFORMATION

Details, possibilities for training and time schedule will be published in a PM a few weeks before the competition.

**WELCOME TO THE MÄLAR CUP 2014 – 31 years this year!**