



33rd International Frivolten Cup

In Trampoline and Double Mini Tramp

May 6th – 7th 2016

FIG-sanction pending for Junior and Open classes



Event ID: 14815

DIRECTIVES

Frivolten Cup will be held Ascension-Day Weekend May 6th - 7th 2016.

We would like to welcome all athletes, coaches, judges and supporters to Herrljunga and the 33rd edition of Frivolten Cup. All FIG federations in good standing are invited! Please visit www.frivolten.com/frivoltencup.

Organizing club

GK Frivolten, c/o Mats Samuelsson Sagré, Ginstgatan 4, 441 58 Alingsås, Sweden,
info@frivolten.com

Host Federation

Svenska Gymnastikförbundet, Idrottens Hus, 114 73 Stockholm, Sweden, +46-8-699 60 00,
info@gymnastik.se

Venue

Herrljunga Sim & Idrottshall, Herrljunga, Sweden; Östra Parkgatan, 524 30 Herrljunga, Sweden,
+46-513-174 31; audience capacity ca 500

Location

Arriving/departing Gothenburg. (Landvetter airport)

Herrljunga, situated 90 km from Gothenburg, on the main railroad Gothenburg - Stockholm.

- Use airport bus (Airport - Gothenburg "Nils-Ericson Terminal" (located at the train station)).
www.flygbussarna.se. Use Train (Gothenburg C – Herrljunga), <http://www.sj.se/>
- GK Frivolten also arrange limited transfer from Gothenburg airport to a self-cost price.
Transport can only be arranged after 6 PM Wednesday May 4th and before 12 AM Sunday May 8th,
and you might have to wait for other arrivals/departures.
Please book transfer with your entry and keep in contact with us for information.

Classes, Trampoline Individual and Double Mini-Tramp (DMT)

A competitor may only participate in one trampoline event and one DMT event.	Junior, born 1999-2003 Open, born 1999 or earlier
Trampoline Individual, Junior, first routine as per FIG B in valid Code of Points	Trampoline Individual, Open, first routine as per FIG A in valid Code of Points
Double Mini Tramp classes: Each skill must have at least 360° of somersault rotation	

FIG Gymnast Licence – IMPORTANT!

Please note that all gymnasts participating in the Junior and Open classes must have a valid FIG Gymnast Licence.

Rules

The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives.

- Statutes
- Technical Regulations

- Code of Points and relevant Newsletters
- General Judges' Rules
- Specific Judges' Rules
- Doping Control Rules & Anti Doping Rules
- Medical Rules
- License Rules
- Media Rules
- Apparatus Norms
- FIG Rules for Sanctioning (approval) of International Events
- Advertising and Publicity Rules
and subsequent decisions of the FIG Executive Committee

Finalists and Final

The best eight (8) competitors from the qualifications will participate in the final, Finals from 0.

Equipment

Eurotramp Premium/Ultimate (art.no. 03200) 4x4 and Eurotramp Ultimate DMT 6x6. (art.no.23000). In addition to that, there will be at least two warm-up trampolines in the same models in another part of the hall.

Judges must be entered as follows,

All judges must have a current valid FIG brevet

- Clubs/federations entering competitors in the Junior or Open categories must bring at least one judge with FIG judges current valid brevet.
- 2-10 competitors = 1 judge, 11-20 competitors = 2 judges, 21-30 competitors = 3 judges and 31+ competitors = 4 judges.
- When all entries are known, teams entering competitors from mixed clubs may be asked to bring additional judges to be allowed to participate. The organizers have the right to demand additional judges from any club, to ensure a professional competition.
- The name of the judge/s must be announced with the entry, and all changes must be reported to the organizer immediately.
- **A Club or Federation that doesn't bring judges as stated, will be penalized to pay the full extra cost it takes the organizer to replace each missing judge (minimum SEK 2000) or will NOT be allowed to participate.**

Prizes

First, second and third in each class will receive a medal. All competitors will receive a Diploma.

Entry (Use ON-Line entry on www.frivolten.com/frivoltencup)

Latest January 1 st 2016	<ul style="list-style-type: none"> • Declaration of interest to get a 10% discount of the normal entry fee.
Latest April 1st 2016	<ul style="list-style-type: none"> • Definitive Entry. (change of name and/or class will be accepted until May 4th) • No refund of entry fee after this date. • Entries arriving later, if accepted, will be charges double entry fee.
Latest April 22nd 2016	<ul style="list-style-type: none"> • Last day for changing Food and Lodging. No refund after this date.
Entry fees	SEK 200 per competitor competing in one event. SEK 300 per competitor competing in both trampoline and DMT

Home-page

At our home page you will get updated information about the competition, see results from last year and get other valuable information and links about Herrljunga and Sweden. Take a look at www.frivolten.com or www.herrljunga.se

Money / Payment

Entry fees, lodging and accommodation etc. are to be paid in SEK (Swedish kronas)

Sparbanken i Alingsås IBAN account SE1380000830481231174317 Swift code SWEDSESS	Please note !!! Payment must be received on our account not later then April 27th 2016 If not – you need to pay cash on arrival !!!
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Please note that **YOU** are responsible for covering all bank fees in connection with bank / wire transfers. **No cheques whatsoever will be accepted!** On request, the organizer may accept cash payment upon arrival.

Insurance

The Host Federation, the Organizing Committee and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like.

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 LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). Delegation members with insufficient insurance cover must inform the LOC in advance.

Hotels and Youth Hostel

There are a number of rooms available at the only hotel in Herrljunga, Herrljunga Hotel. Please make reservations direct to the hotel. www.herljungahotell.se

The nearest other hotel is in Vårgårda, situated 15 km from Herrljunga, www.mathias-kok-o-rum.se
Please note that the organizer does NOT supply any transportation from Vårgårda.

The floor lodging in the school and Herrljunga Hotel are located within walking distance.

Floor Accommodation

Accommodation will be arranged from Wednesday May 13th - Sunday May 17th, in the school adjacent to the sport hall. **Bring your own sleeping bag, pillow and mattress!**

(Mattresses may be rented for those of you travelling by air. **Please note!** You have to order mattresses together with your floor accommodation order. Sleeping bag and pillow can **not** be rented)

Prices per person			
Floor lodging	Wednesday-Thursday	70 SEK	+ Mattress rental (for you travelling by air) 25 SEK
Floor lodging	Thursday-Friday	70 SEK	+ Mattress rental (for you travelling by air) 25 SEK
Floor lodging	Friday-Saturday	70 SEK	+ Mattress rental (for you travelling by air) 25 SEK
Floor lodging	Saturday-Sunday	70 SEK	+ Mattress rental (for you travelling by air) 25 SEK

Meals

Breakfast, lunch and dinner will be served in a next door school.

Prices per person			
Thursday	Breakfast 55 SEK	Lunch 75 SEK	Dinner 75 SEK
Friday	Breakfast 55 SEK	Lunch 75 SEK	Dinner 75 SEK
Saturday	Breakfast 55 SEK	Lunch 75 SEK	Dinner & Disco 250 SEK
Sunday	Breakfast 55 SEK		

Visas

For those of you that need a specified invitation to get a Visa for Sweden, please send us a list with full name, date of birth and passport numbers for all delegation members, as soon as possible, to

fax, e-mail or address given under quires. Don't forget to tell us where to send the invitation for Visa.
(Name / Address, regular post, email or fax etc.)

Questions

Please feel free to contact:	Name:	Alex Frejemark
	Phone	+46 730 21 32 19 , CET 1600-2200
	Direct E-mail:	alex@frivolten.com
	E-mail:	info@frivolten.com

Sincerely Yours,

Stockholm 2016-03-05

Federation



Secretary General Swedish Gymnastics

Johan Frykberg