



# 27<sup>th</sup> International Frivolten Cup

Sparbanken  
Alingsås



In Trampoline and Double Mini Tramp  
May 14<sup>th</sup> – 15<sup>th</sup> 2010

FIG-sanction ID 6771 for Junior and Open classes

**Frivolten Cup will be held Ascension-Day Weekend May 14<sup>th</sup> – 15<sup>th</sup> 2010.**

We would like to welcome all athletes, coaches, judges and supporters to Herrljunga and the 27<sup>th</sup> edition of Frivolten Cup in Individual Trampoline and DMT. The competition is organized to be the very best international youth class competition, as well as a FIG sanctioned Junior and Elite competition for the very best athletes. The competition is open for all FIG federations and/or their clubs. Please visit [www.frivolten.com](http://www.frivolten.com) for coming detailed information.

Organizing club	Date	Venue
GK Frivolten	May 14 <sup>th</sup> – 15 <sup>th</sup> , 2010	Herrljunga Sim & Idrottshall, Sweden

## Location and Airports

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

Arriving/departing Gothenburg Landvetter Airport or Gothenburg City Airport:

- Use airport bus (Airport - Gothenburg "Nils-Ericson Terminal" (located at the train station)). [www.flygbussarna.se](http://www.flygbussarna.se). Use Train (Gothenburg C – Herrljunga), [www.sj.se](http://www.sj.se).
- GK Frivolten also arranges limited transfer from Gothenburg airports to a self-cost price. Transport can only be arranged after 6 PM Wednesday 12th and not after 12 AM Sunday 16th, and you might need 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.	U12, born 1998- or earlier U13-14, born 1996-1997 U15-16, born 1994-1995 Junior, born 1993-1997 Open, born 1993 or earlier
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## Compulsory skills

<b>U12 Trampoline, compulsory skills *)</b> <ul style="list-style-type: none"> <li>• Back somersault, tucked (C)</li> <li>• Front somersault, piked (B) or barany, free</li> <li>• One skill landing on the back</li> <li>• Straddle jump</li> </ul> At least three (3) of the total skills in the compulsory routine must have at least 270° of somersault.	<b>U13-14 Trampoline, compulsory skills *)</b> <ul style="list-style-type: none"> <li>• Back somersault, piked (B)</li> <li>• Back somersault, tucked (C)</li> <li>• Barany, free</li> <li>• One skill landing on the back</li> </ul> At least four (4) of the total skills in the compulsory routine must have at least 270° of somersault.
<b>U15-16 Trampoline, compulsory skills *)</b> <ul style="list-style-type: none"> <li>• Back somersault, piked (B)</li> <li>• Back somersault, straight (A)</li> <li>• Barany, free</li> <li>• 3/4 front, to back drop</li> </ul> At least six (6) of the total skills in the compulsory routine must have at least 270° of somersault.	<b>Junior Trampoline, compulsory routine</b> as per FIG B in valid Code of Points (FIG B) FIG-sanction pending
	<b>Open Trampoline, compulsory routine</b> as per FIG A in valid Code of Points (FIG A) FIG-sanction pending
<b>All Double Mini Tramp classes:</b> Each skill must have at least 360° of somersault rotation	

\*) Missing required element or changed competition card handled according to valid Code of Points

## Rules

According to valid FIG Code of Points, with the exceptions found in this invitation.

## Finalists and Final

The best eight (8) competitors from the preliminaries will participate in the final

## Equipment

At least four Eurotramp GM Exclusive trampolines (4x6 mm bed) and one Eurotramp DMT. In addition to that, there will be at least two warm-up trampolines in another part of the hall.

## Judges must be entered as follows,

- 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.
- Clubs/federations entering competitors in the Open categories must bring at least one judge with FIG judges education. Clubs/Federations entering competitors in any other event must bring a judge with at least a current national judge's brevet.
- Each judge will receive a judge-fee of SEK 200. Note that the organizer does not pay food and lodging for the judges.
- The name of the judge/s must be announced with the entry form, 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 1000) or will not be allowed to participate.

## Warm up on competition equipment immediately prior to competition.

- Junior and Open trampoline and all DMT classes will have warm-up prior to all passes.
- Trampoline U12, U13-14 and U15-16 will only have warm up on the competition trampolines prior to the final pass, **not** preliminary pass.

## Prizes

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

## Entry (download entry form from [www.frivolten.com/frivoltencup](http://www.frivolten.com/frivoltencup))

Latest <b>December 1<sup>st</sup> 2009</b>	<ul style="list-style-type: none"> <li>• Declaration of interest to get a 10% discount of the normal entry fee.</li> </ul>
Latest <b>April 15<sup>th</sup> 2010</b>	<ul style="list-style-type: none"> <li>• Definitive Entry. No refund of entry fee after this date.</li> <li>• Entries arriving later, if accepted, will be charges double entry fee.</li> </ul>
Latest <b>May 5<sup>th</sup> 2010</b>	<ul style="list-style-type: none"> <li>• Last day for changing Food and Lodging. No refund after this date.</li> </ul>
Entry fees	<ul style="list-style-type: none"> <li>• SEK 200 per competitor competing in one event.</li> <li>• SEK 300 per competitor competing in both trampoline and DMT</li> </ul>

## Money / Payment

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

Sparbanken i Alingsås IBAN account SE128000008304831360647 Swift code SWEDSESS	<b>Please note !!!</b> Payment must be received on our account not later then <b>May 5<sup>th</sup> 2010</b> . 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

This is compulsory and the responsibility of each participant. GK Frivolten or the Swedish Gymnastics Federation will not accept any responsibility whatsoever.

**Accommodation**

- Accommodation will be arranged from Wednesday 12<sup>th</sup> May - Sunday 16<sup>th</sup> May, in the school adjacent to the sport hall. Use the food and lodging form to book this accommodation.
- **Bring your own sleeping bag, pillow and mattress!** ( Mattresses may be rented for those of you travelling by air. Please fill in the food and lodging form if you need to rent mattresses. Sleeping bag and pillow can **not** be rented !!!

**Hotels and Youth Hostel**

- There are a number of rooms available at the only hotel in Herrljunga, Hotel Gyllene Kärven. Please make reservations direct to the hotel at mail: [info@gyllenekarven.com](mailto:info@gyllenekarven.com) phone: +46 (0)513 222 40 or fax: +46 (0)513 222 44.
- The nearest other hotel is Hotel Vårgårda Wårdshus, situated 15 km from Herrljunga, phone +46 (0)322 62 30 20.
- Also available is the Youth Hostel Tånga Hed. Located in Vårgårda, email: [info@tangahed.se](mailto:info@tangahed.se), phone: +46 (0)322 60 06 00, +46 (0)322 62 43 11 or fax: +46 (0)322 60 09 60

Please note that the organizer does NOT supply any transportation from Vårgårda. The floor lodging in the school and the Hotel Gyllene Kärven are located within walking distance.

**Meals**

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

**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:

<b>Organization, food and lodging etc</b>	<b>Competition, rules, routines etc</b>
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**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](http://www.frivolten.com) or [www.herrljunga.se](http://www.herrljunga.se)

**PRELIMINARY PROGRAM****Wednesday 12<sup>th</sup> May**

Evening	Arrival of delegations
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**Thursday 13<sup>th</sup> May**

All day	Arrival of delegations
10.00-21.00	Free training
18.00	Free swimming in the pool
21.00	Information meeting for coaches and judges

**Friday 14<sup>th</sup> May**

07.00-09.30	Free training for today's events.
10.00-18.00	Prelims for Trampoline and DMT; U12, U13-14, U15-16, Junior and Open
18.00-21.00	Free training for tomorrows events

**Saturday 15<sup>th</sup> May**

07.00-10.00	Free training for today's events
10.00	Prelims for Trampoline Junior and Open
15.30	Finals for all events
21.00	Banquet dinner and disco

**Sunday 16<sup>th</sup> May**

07.00-09.00	Breakfast
	Departure of delegations

Please note! This preliminary program is based on last years competition, and may change when the number of competitors in each class is known.

Some of the Junior or Open classes might compete Friday evening if the number of participants is too big for Saturday competition only.