



29th International Frivolten Cup

In Trampoline and Double Mini Tramp

May 18th – 19th 2012

FIG-sanction Pending for Junior and Open classes

Sparbanken
Alingsås



Frivolten Cup will be held Ascension-Day Weekend May 18th - 19th 2012.

We would like to welcome all athletes, coaches, judges and supporters to Herrljunga and the 29th 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 for coming detailed information.

Organizing club	Date	Venue
GK Frivolten	May 18 th – 19 th , 2012	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. Use Train (Gothenburg C – Herrljunga), 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 16th and not after 12 AM Sunday 20th, 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 2000- or earlier U13-14, born 1998-1999 U15-16, born 1996-1997 Junior, born 1995-1999 Open, born 1995 or earlier
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Compulsory skills

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

Finalists and Final

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

Equipment

Each class can chose from two FIG-approved trampolines, where at least one is World Cup status. (We now plan for Eurotramp Premium 4x4), At least 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,

- Clubs/federations entering competitors in the Junior or 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.
- 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.
- 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, 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 (Use ON-Line entry on www.frivolten.com/frivoltencup)

Latest January 1 st 2012	<ul style="list-style-type: none"> • Declaration of interest to get a 10% discount of the normal entry fee.
Latest April 15 th 2012	<ul style="list-style-type: none"> • Definitive Entry. (change of name and/or class will be accepted until June 2nd) • No refund of entry fee after this date. • Entries arriving later, if accepted, will be charges double entry fee.
Latest May 4 th 2012	<ul style="list-style-type: none"> • Last day for changing Food and Lodging. No refund after this date.
Entry fees	<ul style="list-style-type: none"> • SEK 200 per competitor competing in one event. • SEK 300 per competitor competing in both trampoline and DMT

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	Please note !!! Payment must be received on our account not later then May 4th 2012 . 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.

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 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, 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.

Floor Accommodation

- Accommodation will be arranged from Wednesday 16th May - Sunday 20th May, 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 70 SEK Dinner 70 SEK
Friday	Breakfast	55 SEK	Lunch 70 SEK Dinner 70 SEK
Saturday	Breakfast	55 SEK	Lunch 70 SEK Dinner & Disco 200 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:

Organization, food and lodging etc	Competition, rules, routines etc
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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 or www.herrljunga.se

PRELIMINARY PROGRAM**Wednesday 16th May**

Evening Arrival of delegations

Thursday 17th May

All day Arrival of delegations

10.00-21.00 Open training

21.00 Information meeting for coaches and judges

Friday 18th May

07.00-08.30 Open training for today's events

08.30-09.30 Open training for competitors in Work pass 1.

09.30-12.30 Prelims Work pass 1 (Trampoline and DMT U-classes)

12.30-14.00 Open training for competitors in Work pass 2.

14.00-16.00 Prelims Work pass 2 (Trampoline U-classes)

16.00-17.00 Open training for competitors in Work pass 3.

17.00-19.00 Prelims Work pass 3 (Trampoline U-classes and DMT Junior / Open)

19.00-21.00 Open training for tomorrows events

Free swimming in the pool

Saturday 19th May

07.00-10.00 Free training for Junior and Open trampoline

10.00-13.00 Prelims for Trampoline Junior and Open

13.00-15.00 Open training for finalists

15.30 Finals for all events

21.00 Banquet dinner and disco

Sunday 20th May

07.00-09.00 Breakfast

Departure of delegations

Please note! This preliminary program is based on last year's 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.