



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

## In Trampoline and Double Mini Tramp

### May 31<sup>st</sup> – June 1<sup>st</sup> 2019

**Frivolten Cup will be held Ascension-Day Weekend May 31<sup>st</sup> – June 1<sup>st</sup> 2019.**

We would like to welcome all athletes, coaches, judges and supporters to Herrljunga and the 36<sup>th</sup> edition of Frivolten Cup. The competition is organized to be the very best international youth class competition, as well as a Junior and Elite competition for the very best athletes.

Please visit [www.frivolten.com/frivoltencup](http://www.frivolten.com/frivoltencup).

#### Organizing club

GK Frivolten

#### Venue

Herrljunga Sim & Idrottshall, Sweden

#### Location

Arriving/departing Gothenburg/Göteborg. (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](http://www.flygbussarna.se). Use Train (Gothenburg C – Herrljunga), <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 May 29<sup>th</sup> and before 12 AM Sunday June 2<sup>nd</sup> and you might have to wait for other arrivals/departures. Please book transfer with your entry and keep in contact with us for information.
- Prices for bus transfer is 185 SEK one way per person

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

A competitor may only participate in one trampoline event and one DMT event.	U12, born 2007-2012 U13-14, born 2005-2006 U15-16, born 2003-2004 Junior, born 2002-2006 Open, born 2002 or earlier
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#### Compulsory skills

<b>U12 Trampoline, compulsory skills *)</b> <ul style="list-style-type: none"> <li>• Back somersault, tucked (o)</li> <li>• Front somersault, piked (&lt;) or barany, free</li> <li>• One skill landing on the back or front</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 (&lt;)</li> <li>• Back somersault, tucked (o)</li> <li>• Barany, free</li> <li>• One skill landing on the back or front</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 (&lt;)</li> <li>• Back somersault, straight (/)</li> <li>• Barany, free</li> <li>• 3/4 somersault, to back or front</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 <b>Exceptions – In U12 and U13-14 you are allowed to repeat one (1) somersault in the preliminaries and another one in the finals.</b>	

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

## 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
- Media Rules
- Apparatus Norms
- FIG Rules for Sanctioning (approval) of International Events
- Advertising and Publicity Rules

## Finalists and Final

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

## Equipment

Eurotramp Premium/Ultimate 4x4 and Eurotramp Ultimate DMT 6x6.

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 current valid brevet.  
Clubs/Federations only entering competitors in youth classes 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.
- 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.**

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

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

## 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](http://www.frivolten.com/frivoltencup))

Latest January 1 <sup>st</sup> 2019	<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 30<sup>th</sup> 2019</b>	<ul style="list-style-type: none"><li>• Definitive Entry. (change of name and/or class will be accepted until April 20<sup>th</sup>)</li><li>• 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>April 30<sup>th</sup> 2019</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 300 per competitor competing in one event.</li><li>• SEK 400 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 SE6280000830480031360647  
Swift code SWEDSESS  
For Swedish clubs : Bankgiro 5731-7943

**Please note !!!** Payment must be received on our account not later then **May 22<sup>nd</sup> 2019**  
If not – you need to pay cash on arrival !!!

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. <http://www.herrljungahotell.se/>
- The nearest other hotel is in Vårgårda, situated 15 km from Herrljunga, <http://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 from the venue.

### Floor Accommodation

- Accommodation will be arranged from Wednesday May 29<sup>th</sup> - Sunday June 2<sup>nd</sup>, 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
Caravan spot	75 SEK/Night			

### Meals

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

Prices per person						
Thursday	Breakfast	60 SEK	Lunch	80 SEK	Dinner	80 SEK
Friday	Breakfast	60 SEK	Lunch	80 SEK	Dinner	80 SEK
Saturday	Breakfast	60 SEK	Lunch	80 SEK	Dinner & Disco	250 SEK
Sunday	Breakfast	60 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, by e-mail. 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
	Skype:	trampolinalex1
	Mobile+:	+46 730 213 219
	E-mail:	<a href="mailto:info@frivolten.com">info@frivolten.com</a>

### 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) or Facebook Frivolten Cup 2019

## **PRELIMINARY PROGRAM**

### **Wednesday 29<sup>th</sup> May**

Evening                      Arrival of delegations, accreditation from 17:00 Hrs

### **Thursday 30<sup>th</sup> May**

All day                      Arrival of delegations  
10.00-21.00                Open training  
21.00                        Information meeting for coaches and judges

### **Friday 31<sup>st</sup> 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 1<sup>st</sup> June**

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 2<sup>nd</sup> June**

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.

# ***Very Welcome !***