



Declaration of interest

“Invitation draft”

37th International Frivolten Cup

In Trampoline and Double Mini Tramp

May 22nd – 23rd 2020

Frivolten Cup will be held Ascension-Day Weekend May 22nd – 23rd 2020.

We would like to welcome all athletes, coaches, judges and supporters to Herrljunga and the 37th edition of Frivolten Cup. Please visit <http://frivolten.com/frivoltencup> for coming detailed information.

Organizing club

GK Frivolten

Venue

Herrljunga Sim & Idrottshall, Sweden

Location - Arriving/departing Gothenburg/Göteborg airport. (Landvetter airport)

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

Classes

Trampoline Individual		Double Mini Tramp (DMT)	
U12, born 2008-2013	U12 compulsory skills.	U12, born 2008-2013	Each skill must have at least 360° of somersault rotation
U13-14, born 2006-2007	U13-14 compulsory skills.	U13-14, born 2006-2007	
U15-16, born 2004-2005	U15-16 compulsory skills.	U15-16, born 2004-2005	
Junior, born 2003-2007	FIG B	Junior, born 2003-2007	
Open, born 2003 or earlier	FIG A	Open, born 2003 or earlier	
Compulsory routines will be posted in the detailed invitation. A competitor may only participate in one trampoline event and one DMT event.			

Entry and Declaration of interest

- Clubs declaring interest to participate in Frivolten Cup 2020 before January 1st 2020 will receive a 10% discount of the normal entry fee.
To make a Declaration of Interest, please e-mail the name of the club, name of a contact person and an e-mail address to info@frivolten.com
Later on you will receive a password for your registration.
Please do not use our website for this, it's under construction.

To help us plan for the very best competition, we want to know your interest in participating in Frivolten Cup 2020.

Your declaration of interest is NOT conclusive, but it makes it easier for us to organize!

In case of more competitors then we can handle (appr. 500), a complete entry (including specified judges) and the date of received “Declaration of Interest” will count. “FIRST COME, FIRST SERVED”

- A detailed invitation will be posted on <http://frivolten.com/frivoltencup> November 2019 at latest.
- You can register via your password from Januari 1st – April 26th 2020.
- We are expecting your final entry not later then 26th of April 2020.

Questions and contact information

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PRELIMINARY PROGRAM 2020**Wednesday 20th May**

Evening Arrival of delegations, accreditations from 17.00 Hrs

Thursday 21st May

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

Friday 22nd 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 and DMT 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 23rd 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 24th 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.

Requirements Frivolten Cup

Double Mini Trampoline

All skills in all classes must have at least 360 degrees of somersault rotation, otherwise there will be a penalty of 3.0 from the D score for each occurrence.

Exceptions – in U12 and U 13-14 you are allowed to repeat one skill in the preliminaries and another one in the finals. Maximum difficulty is 0.7 for the repeated skill.

Example ;

4 – 0 4 1 /
 4 – 0 4 3 /
 4 - < 4 1 <
 4 - < 8 – 1 0

Trampoline

U 12

- Back somersault in tucked position
- Front somersault in piked position or Barany in free position
- One skill landing on front or back
- At least 3 of the skills must have at least 270 degrees somersault rotation

U 13-14

- Back somersault in tucked position
- Back somersault in piked position
- Barany in free position
- One skill landing on front or back
- At least 4 of the skills must have at least 270 degrees somersault rotation

U 15-16

- Back somersault in piked position
- Back somersault in straight position
- Barany in free position
- $\frac{3}{4}$ somersault to back or front
- At least 6 of the skills must have at least 270 degrees somersault rotation

Junior - FIG B

Open - FIG A

Please mark your difficulty skills on the competition card, otherwise skill # 1-4 will be counted in the first routine.