



37th International Frivolten Cup

In Trampoline and Double Mini Tramp

May 22nd – May 23rd 2020

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

We would like to welcome all athletes, coaches, judges and supporters to Herrljunga and the 37th 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.

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. Use Train (Gothenburg C – Herrljunga), <http://www.sj.se/>
- If you're in need of transfer from the airport, please contact us in good time.

Classes, Trampoline Individual and Double Mini Tramp (DMT)

A competitor may only participate in one trampoline event and one DMT event.	U12, born 2008-2013 U13-14, born 2006-2007 U15-16, born 2004-2005 Junior, born 2003-2007 Open, born 2003 or earlier
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Compulsory skills

U12 Trampoline, compulsory skills *) <ul style="list-style-type: none"> • Back somersault, tucked (o) • Front somersault, piked (<) or barany, free • One skill landing on the back or front 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 (<) • Back somersault, tucked (o) • Barany, free • One skill landing on the back or front 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 (<) • Back somersault, straight (/) • Barany, free • 3/4 somersault, to back or front 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)
Open Trampoline, compulsory routine as per FIG A in valid Code of Points (FIG A)	
All Double Mini Tramp classes: Each skill must have at least 360° of somersault rotation Exceptions – In U12 and U13-14 you are allowed to repeat one (1) somersault in the preliminaries and another one in the finals.	

*) 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.frivoltten.com/frivoltencup) On-Line entry is available from January 1st.

Latest January 1 st 2020	<ul style="list-style-type: none"> • Declaration of interest to get a 10% discount of the normal entry fee.
Latest April 26th 2020	<ul style="list-style-type: none"> • Definitive and Nominative Entry • No refund of entry fee after this date. • Entries arriving later, if accepted, will be charges double entry fee.
Latest April 26th 2020	<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 300 per competitor competing in one event. • SEK 400 per competitor competing in both trampoline and DMT

Money / Payment

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

After deadline (April 26th), we will email you an invoice according to your entry.

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 14th 2020 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. <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 20th - Sunday May 24th, 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	80 SEK	+ Mattress rental (for you travelling by air) 30 SEK
Floor lodging	Thursday-Friday	80 SEK	+ Mattress rental (for you travelling by air) 30 SEK
Floor lodging	Friday-Saturday	80 SEK	+ Mattress rental (for you travelling by air) 30 SEK
Floor lodging	Saturday-Sunday	80 SEK	+ Mattress rental (for you travelling by air) 30 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
	WhatsApp	
	Mobile	+46 730 213 219
	E-mail:	info@frivolten.com

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 or Facebook Frivolten Cup 2020

PRELIMINARY PROGRAM

Wednesday 20th May

Evening Arrival of delegations, accreditation 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 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 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 !