



Stockholm May 2010

Invitation to the MÄLAR CUP 2010

2-3 OCTOBER

We are glad to invite new and former participants; gymnasts, coaches and judges to the largest international club team competition in artistic gymnastics in Sweden.

New for 2010 is that there is **Apparatus Finals in each class**. The best gymnasts get a chance to compete during the Finals at Sunday.

The competition is open for both male and female gymnasts in different ages with competition in team, individual and finals.

A team can consist of three to five competitors regardless competition class.

Saturday starts with a team and an individual competition for both men and women. The main attraction is the team competition where the winning team gets the desirable MälärCup title. On Sunday the competition continues with individual finals where the best gymnasts in each apparatus and each class from Saturday compete.

Our ambition is a high-quality, audience-friendly and well-organized competition.

We have so far seen, as participating nations, apart from Sweden; Norway, Denmark, Iceland, Finland, Hungary, Romania, Russia, Estonia, Latvia, Lithuania, England, Scotland, Switzerland, Belgium, Germany, Austria, Italy, Spain, Portugal, USA, Canada, New Zealand, Australia, Croatia, Jordan and Slovenia.

**Welcome with your online application and payment
no later than 3th of September,
at www.malarcupen.se**

Anders Hallquist
Chairman

WHEN

Friday Oct 1	Technical meeting
Saturday Oct 2	Judges meetings, men and women Competition individual and team, men and women Banquet with celebration highlights
Sunday Oct 3	Apparatus Finals, men and women

WHERE

The Sport Arena at Akeshov, Bromma (Stockholm, Sweden).

WHO CAN COMPETE

The MälärCup is a competition for national teams and **genuine club teams** with a minimum of three and maximum of **five** participants in each team (5-5-3). It is possible to have only three participants in the team. The three highest scores in each apparatus will lead to the team score. (5-5-3) The age of the gymnasts in the team can be different. Also individual gymnasts are welcome to compete.

The gymnasts that are competing in the MälärCup should have reached the recommended score level for:

Women:

Senior:	47p	
Junior:	45p	
Youth:	44p	(modified rules)

Men:

Senior:	74p	
Junior:	70p	
1997-1996:	67p	(modified rules)
-1998:	65p	(modified rules)

Please see detailed competition rules enclosed.

One team of maximum 5 gymnasts per country is invited to participate in the competition for free! That team together with one trainer and one judge will also get free tickets to the banquet on Saturday evening.

NOTE: Each country must jointly decide which team will be the "Official team" from that country. Please inform in the comment field in the application if your team is the official team.

Please note that you are welcome to participate with more than one team per country or per club at a cost of SEK 550 per gymnast (banquet tickets included). If more than one team will compete for a club it is necessary for you to rank the teams (the best team as no 1 etc).

RESPONSIBLE

The Mälär Cup Organisation in co-operation with the Swedish Gymnastics Federation.

REGISTRATION and PAYMENT

For registration, please use the web-form on-line at www.malarcupen.se. **New this year:** The starting fee and banquet included is SEK550 per gymnast. If only tickets for the banquet is required, the price is SEK 150. Please check our web-site for info on how to pay. The latest date for registration and payment is the 3th of September. If later registration, the starting fee will be SEK 950 per gymnast. The application is conclusive.

JUDGES

Each delegation must bring one judge per 4 gymnasts. (5-8 gymnasts = 2 judges, 9-12 gymnasts = 3 judges). Separate judges for men and women competition. The name of the judge must be presented no later than the 3th of September. Please add in the application what type of licence the judge has, for example FIG 2 and language spoken.

If a team fails to bring a judge they will be charged a fee of SEK 3.000, or will not be allowed to compete.

It is allowed to share a judge with another team as long as you follow the rule; one judge per 4 gymnasts etc. Please let the Mälarcup organisation know by marking in the comment field in the application form if you intend to share a judge. The Mälarcup is a FIG-classified competition.

ACCOMMODATION

All delegations arrange their own lodging. We recommend Scandic Hotel Bromma www.scandic-hotels.se/bromma or Flyghotellet, www.flyghotellet.se (both within walking distance from the competition hall). Please state the Mälarcup as a reference to get a lower rate.

ACCREDITATION CARDS

All gymnasts, coaches and judges will receive an accreditation card at the technical meeting and are asked to carry this card during the whole competition. The card must also be shown at the banquet.

BANQUET

On Saturday evening a banquet will take place near the competition hall.

LUNCH

Lunch can be bought at the Cafeteria at the Sports Arena.

FURTHER INFORMATION

Details, possibilities for training and time schedule will be published in a PM a few weeks before the competition.

ATTACHMENTS

1. Competition Rules Women
2. Competition Rules Men

WELCOME TO THE MÄLAR CUP 2010