41st International Frivolten Cup

In Trampoline and Double Mini Tramp

May 7th – May 8th 2027

Frivolten Cup will be held Ascension-Day Weekend May 7th – May 8th 2027.
We would like to welcome all athletes, coaches, judges and supporters to Herrljunga and the 41st 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 2015-2018 U13-14, born 2013-2014 U15-16, born 2011-2012 Junior, born 2010-2015 Open, born 2010 or earlier

Compulsory skills

U12 Trampoline, compulsory skills *) • 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 *)** • 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 *) • 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 WAGC in valid Code of Points **Open Trampoline, 2 routines – best count** as per FIG A in valid Code of Points (FIG A)
Double Mini Tramp classes: Open – FIG A without a Q2 and no kickout in the finals Youth and Junior classes – WAGC rules Please see attached file Requirements for Frivolten Cup	

***) Missing required element, deduction according to valid Code of Points**

Rules
The event will be organized under the following WG 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
- WG 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.
Starting order in final are made by draw.

Equipment
Eurotramp 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) On-Line entry is available from January 1st.

Latest January 1st 2027	• Declaration of interest to get a 10% discount of the normal entry fee.
Latest **April 11th 2027**	• 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 11th 2027**	• Last day for changing Food and Lodging including Caravans. No refund after this date.
Entry fees	• SEK 350 per competitor competing in one event. • SEK 500 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 11th), 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 **April 29th 2027** If not – you need to pay 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.
- www.mosslanda.se

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 5th - Sunday May 9th , in the school adjacent to the sport hall. **Bring your own sleeping bag, pillow and mattress (mattresses may not be wider than 90 cm)!**
  (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	150 SEK/Night		

Meals

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

Prices per person – this will updated Jan 1st 2026			
Thursday	Breakfast 85 SEK	Lunch 115 SEK	Dinner 135 SEK
Friday	Breakfast 85 SEK	Lunch 115 SEK	Dinner 135 SEK
Saturday	Breakfast 85 SEK	Lunch 115 SEK	Dinner & Disco 350 SEK
Sunday	Breakfast 85 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:	frivoltencup@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 2026

Requirements Frivolten Cup

Double Mini Trampoline

Same requirements as stated for FIG WAGC
Preliminaries – 2 passes, no repetition at the same place.
Finals – 2 passes, no repetition at the same place, passes from the prelims are allowed.

Limitations to the difficulty in a single element will be applied;

U 12 – 4.0
U 13-14 – 4.6
U 15-16 – 4.6
Junior – 5.2
Open – no limit and FIG rules without a Q2 and without kickout after the 1:st pass in final.

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 somersaul in piked position
- Back somersault in straight position
- Barany in free position
- ¾ somersault to back or front
- At least 6 of the skills must have at least 270 degrees somersault rotation

Junior – FIG B The first exercise consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
1. one (1) element to front or back,
2. one (1) element from front or back – in combination with requirement N°1,
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and a maximum of 450° somersault rotation.

Open – FIG A - 2 voluntary routines – best count

PRELIMINARY PROGRAM

Wednesday 5th May

Evening	Arrival of delegations, accreditations from 17.00 Hrs

Thursday 6th May

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

Friday 7th 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 classes)
16.00-17.00	Open training for competitors in Work pass 3.
17.00-19.00	Prelims Work pass 3 (Trampoline Open classes)
19.00-21.00	Open training for saturday events
19.00-20.00	Free swimming in the pool

Saturday 8th May

07.00-10.00	Open training for competitors in Work pass 4
10.00-13.00	Prelims Work pass 4
13.00-15.00	Open training for finalists
15.30	Finals for all events
21.00	Banquet dinner and disco

Sunday 9th May

07.00-09.00	Breakfast
	Departure of delegations

Please note! This preliminary program is based on a Q2 for Open trampoline, and may change when the number of competitors in each class is known.

Very Welcome !