



Declaration of interest

“Invitation draft”

40th International Frivolten Cup

In Trampoline and Double Mini Tramp

May 15th – 16th 2026

Frivolten Cup will be held Ascension-Day Weekend May 15th – 16th 2026.

We would like to welcome all athletes, coaches, judges and supporters to Herrljunga and the 40th 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 2014-2017 U13-14, born 2012-2013 U15-16, born 2010-2011 Junior, born 2009-2012 Open, born 2009 or earlier	U12 compulsory skills. U13-14 compulsory skills. U15-16 compulsory skills. FIG B FIG A	U12, born 2014-2017 U13-14, born 2012-2013 U15-16, born 2010-2011 Junior, born 2009-2012 Open, born 2009 or earlier	FIG WAGC rules with difficulty limits, except open no limit, see page 3.
Compulsory routines (see below on page 3), they will also 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 2026 before January 1st 2026 will receive a 10% discount of the normal entry fee.

To make a Declaration of Interest, please use our website www.frivolten.com/frivoltencup and follow the instructions.

Later on you will receive a password for your registration.

To help us plan for the very best competition, we want to know your interest in participating in Frivolten Cup 2026.

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 2025 at latest.
- You can register via your password from Januari 1st – April 19th 2026.
- We are expecting your final entry not later then 19th of April 2026.

Questions and contact information

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PRELIMINARY PROGRAM 2026**Wednesday 13th May**

Evening Arrival of delegations, accreditations from 17.00 Hrs

Thursday 14th 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 15th 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
 Free swimming in the pool

Saturday 16th 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 17th 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.

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 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 - 2 voluntary routines – best count