

STOCKHOLM TEAMGYM OPEN

March 28th 2026

SOLLENTUNA FLOOR CUP

March 29th 2026



INFORMATION

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REGISTRATION

[Link](#) to registration

Registration will close when the competition is full, but March 1st at the latest

INSURANCE

All participants need to have specific gymnastics insurance for training/competing/spotting
Swedish rules requires two spotters in trampet and one on tumbling. This will apply on all teams, including teams from other countries. Your registration to the competition is your confirmation that all participants are insured.

JUDGES

Each registered team needs to provide at least one educated judge (minimum Swedish level 3) that can judge at least one class. Registration need to be done before March 1st

Without a registered judge to STG open
, the team will receive an extra fee of 2000 SEK

Judges registration link: [link](#)

All judges are getting an emolument.
Level 3 gets 350SEK/class
Code of Points judges gets 500SEK/class
Writing floor feedback gets 500SEK

PM 2

Further information with schedules, starting lists and team order will be sent out 2 weeks before the competition, at the latest.

Information will be published live online with a "living document" to optimize the schedule in case of deregistered teams. Link will be sent later.

COMPETITION ARENA

STG OPEN: Tumbling & Trampet
SG Floor Cup: Floor

Enskedehallen, Simlångsvägen 50, 120 39 Årsta, Sweden
Arena Satelliten, Bygdevägen 7, 191 48 Sollentuna, Sweden

REGISTRATION FEE

900SEK per apparatus registration per team
2000SEK in case of no registered judge

Registration is binding

RULES

STOCKHOLM TEAMGYM OPEN: tumbling & trampett

GENERAL:

It is allowed for 4 gymnasts per club to participate in more than one team. Classes can be divided or merged depending on the amount of registered teams.

JUDGING TUMBLING & TRAMPET

D-score: based on the last 6 gymnasts
E-score: based on the 6 gymnasts with least deductions
C-score: based on the last 6 gymnasts

Gymnasts who “obviously/purposely” does not fulfill the requirements for composition and are placed before the last 6 gymnasts cannot be counted in to the E-score. This rule includes the team round.

LANDING

STG Open is arranged to so called “semi landing”. That means a landing mat on top of a covered pit. The goal is to provide a competition with less body stress and load.

MEDALS

Medal ceremony will be held after each class

WARM UP

1. Warm up will be scheduled and possible only in the competition hall.
2. Participants will have a special section in the arena where they can wait/watch etc. during the competition, due to the lack of warm-up-space.

SOLLENTUNA FLOOR CUP: floor

GENERAL:

The main focus for the competition is that the coaches get feedback on the program from the judges. The gymnasts will also have another opportunity to practice to compete.
It is allowed for 4 gymnasts per club to participate in more than one team.

JUDGING FLOOR

D-score: judged on video after the competition, feedback
E-score: judged live at the competition, feedback
C-score: judged on video after the competition, feedback

Gymnasts who “obviously/purposely” does not fulfill the difficulty are not to be counted into the D-score.
Ex. The team is doing an aerial, one gymnast is doing a cartwheel because of injuries, will not effect the D-score for the aerial.

E-score is presented live, D-, C-score and feedback of all scores are sent out to the teams after the competition.

FLOOR AREA

Sollentuna Floor Cup is performed on floor mats (9st), according to CoP

MEDAL

A trophy will be awarded according to the E-score after each class

WARM UP

1. Warm up will be scheduled and possible in the competition hall.
2. Participants will have a special section in the arena where they can wait/watch etc. during the competition.

CLASSES

CODE OF POINTS – YOUTH

From 13 yrs (6-20 gymnasts)

Tumbling, trampet, floor – no all around

Based on UEG Code of Points 2025-2028

Adjusted requirements Tumbling:

- One round with at least two elements. Two rounds with at least three elements.
- Twisting requirement 360°
- Rotation requirement; at least 3 gymnasts performing double rotation salto in one round.

Adjusted requirements Trampet:

- Minimum of three double rotating saltos in one round
- Twisting requirement as COP

CODE OF POINTS – JUNIOR/SENIOR

Majority of gymnasts over 15 yrs (13yrs minimum)

Tumbling, trampet & floor – no all around

Based on UEG Code of Points 2025-2028

Adjusted requirements Tumbling

- One round with at least two elements. Two rounds with at least three elements.