

Polisens IF Simhopp invites to

GAMMA CUP

26 February – 1 March 2026,
Eriksdalsbadet, Stockholm

www.polisensimhopp.se





Venue: Eriksdalsbadet
Hammarby slussväg 20, 118 60, Stockholm

The Pool Area

Our pool offers a high-class diving environment designed to inspire and challenge athletes of every level

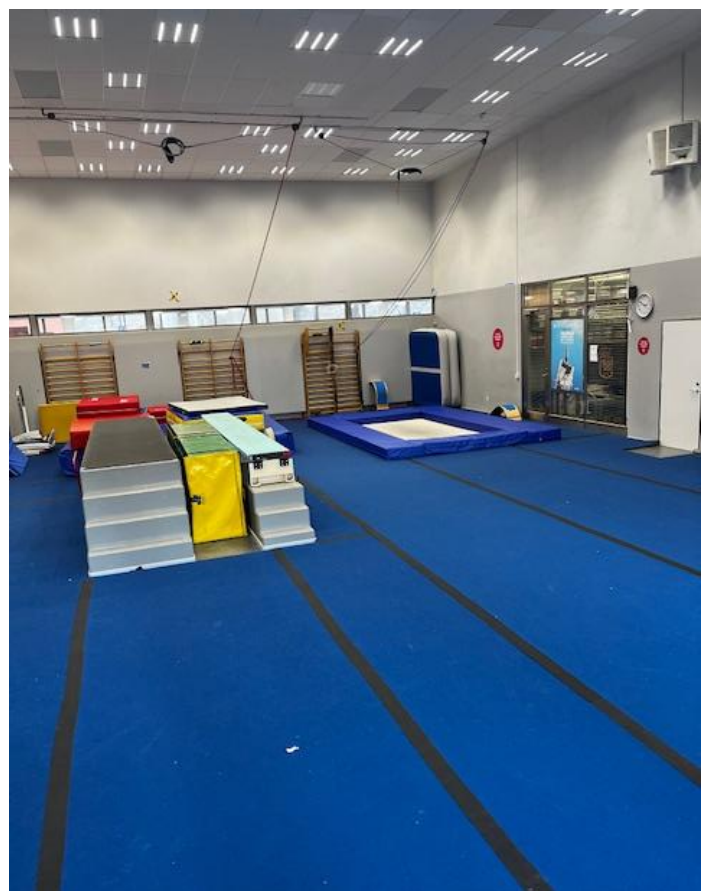
- **Four 1-meter springboards**
- **Three 3-meter springboards,**
- **A full tower with 1m, 3m, 5m, 7,5m and 10m**



The Dryland Training Area

To ensure athletes can train smarter, safer, and stronger, our dryland facilities include:

- **One springboard**
- **One trampoline,**
- **Two double mini-trampolines (DMT)**
- **Four small airtracks,**
- **One platform**



Gamma Cup



Events and conditions:

- Seniors: events from 1m, 3m and platform for women and men according to the WORLD AQUATICS rules. (2007 and earlier)
- Group A: events from 1m, 3m and platform for girls and boys according to the A-group rules. WORLD AQUATICS (2008-2010)
- Group B: events from 1m, 3m and platform for girls and boys according to the B-group rules. WORLD AQUATICS (2011-2012)
- Group C1 - born 2013: events from 1m, 3m and platform for girls and boys according to the C-group WORLD AQUATICS rules.
- Group C2 – born 2014 and younger: events from 1m, 3m and platform for girls and boys according to the C-group WORLD AQUATICS rules.
- Group D: Swedish national Group D-program, **mixed genders, all ages**. 1m and 3m, 100 + 200 + 4 free dives from 3 different group
- Open: events from 1m and 3m, **mixed genders, all ages**. 100 + 200 + 1 free dive (line ups are allowed)
- Synchro 3m and platform: WORLD AQUATICS junior program (2+3 dives from 4 different groups). (All ages, senior – C-group)
- Mixed synchro 3m: WORLD AQUATICS mixed junior synchro rules will apply, (2+3 dives from 4 different groups). (All ages, senior – C-group)
- Mixed synchro platform: WORLD AQUATICS mixed junior synchro rules will apply, (2+3 dives from 4 different groups) (All ages senior – C-group)
- Masters 18-99 years: Event from 3m, 6 different dives. It's not allowed to repeat the same dive in different position.
- Masters Novice 18-99 years: Event from 3m, 4 different dives. maximum 1,5 rotations. Maximum 1,7 difficulty per dive. Line ups are not allowed. 100 and 200 are allowed to be used. It's not allowed to repeat the same dive in different position.

It is allowed for A groups to compete in senior. D-group are allowed to compete in C-group platform. Divers can mix 1m and 3m in open and D-group.(ex open in 3m and D-group in 1m)

Divers 2013 and younger (C younger and D group) and divers over age in D-group

In this group the results will be presented in a alphabetical order and there is no competing about medals 1-3, all divers will be given a medal.

Gamma Cup is for everyone.

Officials are available for all children under Gamma for questions and concerns, or if something doesn't feel right.

Coaches and leaders in a club who wish to register a diver 12 years or younger should assess whether the diver is technically, mentally, and physically prepared to participate in a event with regulations or not. Special consideration should be taken to the divers interest and wishes.'

When in doubt always choose an event without regulations (open or D-group)

Events/dates:

Prel. times for the start times of each event will be posted after the final entry date. Some events can be performed simultaneously, depending on the number of entries. Events can be moved to another day, depending on entries for each event. We will have a 15 min break between each event when the price ceremony takes place. Medals for places 1-3 in all groups except open, D-group and C2-group younger, they all get a medal and diploma.

<u>Thursday 26/2</u>	<u>Friday 27/2</u>	<u>Saturday 28/2</u>	<u>Sunday 1/3</u>
Practice 15.00-18.45	Practice kl. 07.00 – 09.00 Competition start 09.00	Practice kl. 07.30 – 09.00 Competition start 09.00:	Practice kl. 07.30 – 09.00 Competition start 09.00:
Masters starts 19.00	Boys C1 + C2 3m Girls B 3m Boys B 1m Open 1m A-group Platform Girls C1 + C2 3m Seniors 1m D-group 1m Synchro 3m Mix synchro 3m	Seniors 3m Girls C1 + C2 1m D-group 3m Boys C1 + C2 1m Girls B Platform Girls A 1m Open 3m Boys A 3m Boys B 3m Synchro platform	Mix synchro platform Boys C1 + C2 Platform Girls B 1m Boys B Platform Boys A 1m Girls A 3m Girls C1 + C2 Platform Seniors Platform
	Day end approx. 18.30	Day end approx. 18.00	Day end approx. 15.30

Practice:

Tuesday 08.00-10.00 and 15.00-17.00 (12 euro/per person/per training)

Wednesday 08.00-10.00 and 15.00-17.00 (12 euro/per person/per training)

Thursday 27/2: 15.00 – 18.45 (Free of charge)

Friday 27/2 07.00 – 09.00

Saturday 28/2: 07.30 – 09.00

Sunday 1/3: 07.30 – 09.00

Dry land area:

Only to be used for warm up.

Entry to the Pool:

Competitors and spectators are to enter through the door next to the revolving door by the car park at the pools backside. The door will be open from 07:30 until last event during competition days and from 15.00 – 18.45 on Thursday 26/2.

Judges:

We will use five judges in the individual events and seven judges in synchro. Judges should wear a white t-shirt. All clubs or federations needs to have one judge/day or pay a cost of 300 skr/day.

Meals:

Dinner for Thursday, Friday and Saturday and Lunch for Friday, Saturday and Sunday can be booked by Polisens IF Simhopp. Lunch will be served a 3 minutes walk from the pool at a food truck.

Dinner will be served at the pools cafeteria.

Please specify in your entry how many meals you would like to order for each day.

Lunch ca 125 skr/meal

Dinner ca 135 skr/meal

Livestream:

The competition will be livestreamed on youtube – swedishdiving



Gamma Cup T-shirt

In the entry form you can order Gamma Cup 2025 T-shirts at a cost of 200skr each
Please note that it is different T-shirts for divers and coaches/judges

Accommodation:

All participating clubs arrange their own accommodation.
Here are some suggestions:

Clarion (2 minutes walk to the pool)

Skanstulls Vandrarhem (Hostel) (5 minutes walk to the pool)

www.skanstullsvandrarhem.se

Motel L Hammarby Sjöstad (10-15 min walk to the pool)

<https://ligula.se/motel-l/hammarby-sjostad/>

Quality Globe Hotel (20 minutes walk to the pool)

www.globehotel.se

Zinkensdamms Hotel (20-25 minutes walk to the pool)

www.vandrarhemmetzinkensdamm.com

Entry:

E-mail your entry to info@polisensimhopp.se

No later than Monday 26 January 2026. Your entry shall contain:

- Team name
- Full name, sex and year of birth of all participating divers
- Licensnr for ALL SWEDISH COMPETITORS!
- The events in which each diver shall participate
- Full name of team leaders, coaches and judges
- Meal specification (if wanted).
- Invoice address (we need your post address for booking of the invoice, but we can e-mail you the invoice to the e-mail address of your choice).

Entry fees:

200 skr/diver and event. Synchro 200 skr/ team. The entry fee can be paid at your arrival at the pool or via invoice. Please enter your invoice address in your entry.

Entry for masters:

E-mail your name, sex, license number (for Swedish competitors) to Info@polisensimhopp.se

Dive sheets:

www.diverecorder.co.uk will be used during the competition. Instructions on how to enter dive sheets electronically will be submitted in a competition - PM after the final entry date.

Questions:

Send an E-mail to: info@polisensimhopp.se

A WARM WELCOME TO STOCKHOLM AND GAMMA CUP 2026!