

Invitation

The 20th Nordic Trampoline Championships

2026

Uppsala GF and the Swedish Gymnastics Federation welcome you to the 20th Nordic Trampoline Championships on October 16 to 17, 2026 in Uppsala, Sweden.

Information

Contact information

Uppsala GF

Anne Borgklint

+46 73 9039636

anne.borgklint@gmail.com

Swedish Gymnastics Federation

Anna Gustafsson

+46 8 699 64 83

trampolin@gymnastik.se

Deadlines

16th of July

Definitive registration closes

Week 33

Work Plan and time schedule

16th of September

Nominative registration closes

Organising committee (OC)

This event is being jointly organized by the Swedish Gymnastics Federation and the local club Uppsala GF.



Uppsala
Gymnastikförening

Registration for the competition

Complete this form for definitive registration by Wednesday, July 15th - [Definitive registration](#).

Event

Competition classes

The Nordic Championships in trampolin and DMT will be held in the following classes:

Senior, born 2009 or earlier:

- Trampoline individual women
- Trampoline individual men
- Trampoline synchro women
- Trampoline synchro men
- Double-Mini Trampoline women
- Double-Mini Trampoline men

Junior, born 2009-2013:

- Trampoline individual girls
- Trampoline individual boys
- Trampoline synchro girls
- Trampoline synchro boys
- Double-Mini Trampoline girls
- Double-Mini Trampoline boys

Un-official Nordic Trampoline competition

Nordic youth open in trampoline and DMT will be held in the following classes:

Youths, born 2015-2013:

- Trampoline individual girls
- Trampoline individual boys
- Double-Mini Trampoline girls
- Double-Mini Trampoline boys

Requierments

The Nordic Championships:

Junior girls and boys FIG B
Senior women and men FIG A

Nordic youth open:

Trampoline:

The first exercise consists of 10 different elements, only two (2) elements 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 landing on the front of the body,
- 2) One (1) element landing on the back of the body,
- 3) One (1) element with a minimum of 360° twist and a minimum of 360° somersault rotation.

DMT:

At least one combination in each round must have a total difficulty of at least 1.5. No repetition of skills are allowed in the same round.

Venue

Fyrishov Arena, the venue is situated appropriately 2km from the city center, train station and hotels.

Address: Idrottsgatan 3, 753 33 Uppsala, Sweden.

Place of the venue is Uppsala 70 km north of Stockholm. The nearest airport is Arlanda Airport. and from there take the train or bus straight to Uppsala.



Dates and preliminary schedule*

Thursday 15th of October: Arrival
Evening Open training

Friday 16th of October: Qualification day

Saturday 17th of October: Finals
 Banquet

Sunday 18st of October: Departure

**A detailed schedule will be available after definitive registration is closed, at the latest week 33.*

Apparatus

We will provide competition equipment as followed:

Four (4) Trampolines	Eurotramp Ultimate 4x4
One (1) DMT	Eurotramp Ultimate 6x6

Airport information and transportation

The city of Uppsala is situated 7 miles from Stockholm, Close to Arlanda Airport where you can take the train or bus to central Uppsala. In Uppsala you can take local busses to and from the train station, hotels and arena. For more information and tickets please visit:

- Bus: www.ul.se
- Train: www.ul.se

Competition format

The competition rules will be according to the Nordic Championships Trampoline Gymnastics Technical Regulations.

Judges

Judges with a FIG brevet

A Nordic country participating in any of the official Nordic Championship events senior and/or junior are obliged to send 3 judges holding a valid FIG brevet.

Total number of judges

Regardless of the above, all federations and clubs with participants are obliged to send judges as follows:

Trampoline, men and women (all classes)

- | | |
|---------------------------|--|
| - 1 participant or more | 1 judge (national brevet or FIG brevet) |
| - 10 participants or more | 2 judges (national brevet or FIG brevet) |
| - 30 participants or more | 3 judges (national brevet or FIG brevet) |

The same judge can be assigned as both Trampoline and DMT

Please note that the organizer will not pay for travel costs, food or accommodation for the judges.

Judges' Panels

The Judges' panels will be announced no later than one week before the competition.

Accommodation & meals

Elite Hotel Academia - <https://www.elite.se/hotell/uppsala/>

(Same hotel as the banquet — more information will follow.)

Address:

Suttungs gränd 6, 753 19 Uppsala

Discount code: **PROFEST20**

Other hotels

Scandic Uplandia - <https://www.scandichotels.com/sv/hotell/scandic-uplandia>

Address:

Dragarbrunnsgatan 32, 753 20 Uppsala

More information about meals and banquet will be sent out in July.

Entry fees and late entries

- 3.1 The host NF/LOC has the right to charge entry fees according to the following:
- Participation per gymnast: max €50/gymnast

In the case of none participation, the entry fee will not be reimbursed

- 3.2 The fees for late entries are specified in article 6 in Chapter I.
3.3 Failure to register or provide a judge: €200/required judge.

General Data Protection Regulation (GDPR)

By registering for the competition, the association approves that the contact details for the association and the person responsible for the registration are processed and stored by the Swedish Gymnastics Federation.

Purpose of processing personal data in connection with competition registration: Competition administration, federation and association administration, fee management, license administration. The storage time for your personal data varies depending on what the information is needed for. The starting point is that information should not be stored longer than necessary for the current purpose

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