



INTERNATIONAL FRIENDSHIP COMPETITION NORWAY 2026

Dear old and new Gymnastics Friends...





Lørenskog Gymnastikklag is pleased to invite you to our International Friendship Competition in Artistic Gymnastics, IFC. Last year, we had the pleasure of hosting the second International Friendship Competition in Norway, and this was an unforgettable experience. We hope you share those memories and are as excited as we are to reunite with returning friends and welcome new ones.

The IFC is a Friendship Competition for Para- and Special Olympics gymnasts from around the world. The competition is held according to Special Olympics rules for both men and women, and the Para-rules. The event will take place September 25 –30, 2026, and is open to gymnasts aged 13 and older. The event will take place in “Kjennhallen”, Mailandveien 24, 1470 Lørenskog.

For more details about the program and plans, please see information below:

Friday 25th September 2026 - Travelling day

Gymnasts, coaches, judges and official delegates, will arrive in Norway.

Saturday 26th September 2026- 1st day of the competition

The first official day of competition.

Women’s Artistic Gymnastics will compete on two apparatuses, while men’s Artistic Gymnastics will compete in three apparatuses. The competition will be conducted in accordance with the applicable regulations and competition schedule.

Sunday 27th September 2026- 2nd day of the competition

The second day of competition will feature the remaining apparatuses for both women’s and men’s artistic gymnastics. This day will be closed off by the award ceremony.

The same night there will be arranged a banquet for all participants at Thon Hotel Arena.

Monday 28th September- Training camp and coaches meeting

An organized training camp will take place during the day in the competition venue. In the afternoon, a structured coaches’ forum will be held, providing an opportunity for coaches to exchange professional experiences and best practices in dialogue with judges.

It is possible to buy lunch in the hall during the day.

Tuesday 29th September- Training Day, Trampoline Competition, and social activities

The day will include additional training sessions for both gymnasts and coaches. A friendly trampoline competition will be organized, followed by planned social activities aimed at strengthening cooperation and networking among participants.

Wednesday 30th September- Open Hall and sightseeing

The competition venue will remain open for optional training sessions.

In addition, participants will be offered a guided sightseeing program in Oslo, including transportation by bus.



General information:

The competition will be open to all levels: Special Olympics Level A-4! SO gymnasts must compete at the same level for all apparatus. Para is individual apparatus only and has three levels to choose from.

The competition venue is Kjennhallen, [Mailandveien 24, 1470 Lørenskog](#).

The competition for both Para- and SO-gymnast WAG and MAG will be arranged together on Saturday and Sunday.

Closing date for entries is Friday 29th May 2026.

Options for participation:

Participants will have to cover accommodation and travel expenses themselves. Lørenskog Gymnastikklag will arrange transportation from the hotel to the competition venue. We have different options for the International Friendship Competition.

Option 1: Full Package (All Days Included)

This option includes participation in the entire event from Friday, 25th September to Wednesday, 30th September 2026.

Saturday, 26 September: Competition Day 1

Sunday, 27 September: Competition Day 2 and closing banquet.

Monday, 28 September: Training camp and coaches' forum

Tuesday, 29 September: Training sessions, trampoline competition, and social program

Wednesday, 30 September: Open training hall and sightseeing in Oslo.

Gymnast: 160 euro

Coaches: 100 euro

Option 2: Competition and Training Package

Saturday, 26 September: Competition Day 1

Sunday, 27 September: Competition Day 2 and closing banquet.

Monday, 28 September: Training camp and coaches' forum.

Tuesday, 29 September: Training sessions, trampoline competition, and social program

Gymnast: 145 euro

Coaches: 90 euro

Option 3: Competition and training camp

Saturday, 26 September: Competition Day 1

Sunday, 27 September: Competition Day 2 and closing banquet.

Monday, 28 September: Training camp and coaches' forum

Gymnast: 130 euro

Coaches: 80 euro

Option 4: Competition Only

Saturday, 26 September: Competition Day 1

Sunday, 27 September: Competition Day 2 and closing banquet.

Gymnast: 120 euro

Coaches: 70 euro



Registration after May 29th will incur an additional cost of 50 euros.

Venue Information:

Lørenskog Gymnastikklag,
Kjennhallen, [Mailandveien 24, 1470 Lørenskog](#).

Contact Information:

Mail: ifc@lorenskoggyim.no
Phone: +47 46895985

Judging:

All clubs with more than three participating gymnasts are required to have a qualified judge in the competition. If this is a problem, please let us know.

Music:

Set Music from Special Olympics Routines levels A, B, C, 1 and 2, we have a copy of. Any music for Special Olympics levels 3 and 4, and Para, please send music to ifc@lorenskoggyim.no 2 weeks advance.

Competition timetable:

The competition timetable will be sent out no later than 2 weeks prior to competition date. For spectators, ticket information:

Euro 10 Adults

Euro 7 Concessions (Children under 16 and Adults 65+)

FREE Children under ten

Payment:

The registration form and the corresponding settlement statement will be provided, detailing the total amount to be paid. The registration will constitute the basis for payment

An invoice and information regarding the payment method will be sent after the registration deadline on 29 May and must be paid within a week after invoice date.

A small administration fee will be added (100 nok).

Please complete the attached excel document for registration to ifc@lorenskoggyim.no

Rules:

SO: <https://www.specialolympics.org/what-we-do/sports/artistic-gymnastics>

Para: <https://gymogturn.no/wp-content/uploads/2025/08/Paragym-Draft-Rules-for-Friendly-Competitions-2025-V1-amd-002.pdf>



Arrival and hotel information:

Airport:

Remember to use “Oslo Airport: Gardermoen” as airport, and not “Torp.”

Hotel:

Thon Hotel Arena, Lillestrøm.

Address: [Nesgata 1, 2004 Lillestrøm](#)

You can choose between single- or double rooms. If you need a bigger room (more than three persons), please send an e-mail to: jane.andersen@olavthon.no

Single room: 1095 nok (per night).

Double room: 1295 nok (per night).

Link for hotel registration:

<https://www.thonhotels.no/event/lorenskog-gymnastikklag---pabweb/>

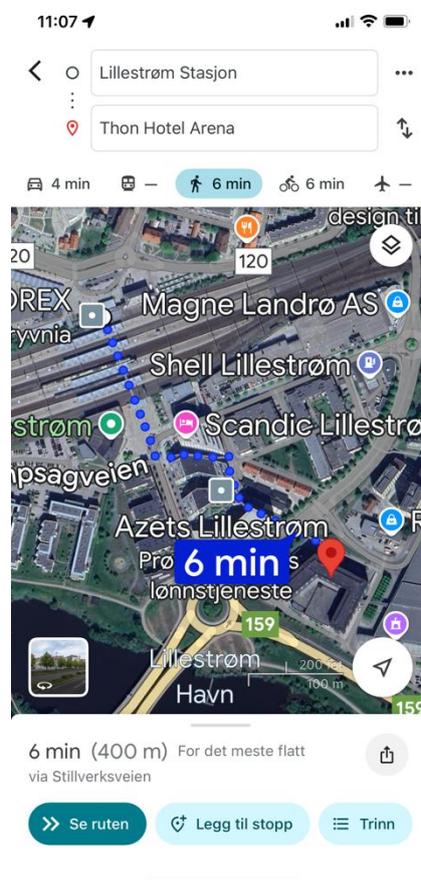
The hotel is in the middle of Lillestrøm, a small city in Norway. It´s a five minutes’ walk from the train station to the hotel.

The location of the hotel makes it possible for you to get an easy trip to Oslo. Only ten minutes by train from Lillestrøm.

The hotel has a swimming pool and sauna their guest can use for free. So, bring your bathing suit!!

The hotel has “Coupons” you can buy for drinks, soda etc. You can buy Coupons at the reception.

The banquet will take place at Thon Hotel Arena Sunday night. Here tacos will be served, before disco with good music. We are excited!





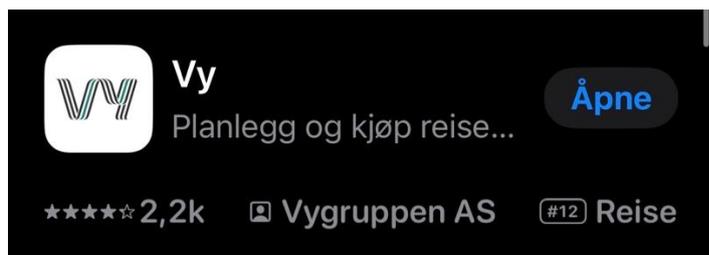
Transportation from the airport to the hotel:

From the airport you can take the train to Lillestrøm. You have different options.

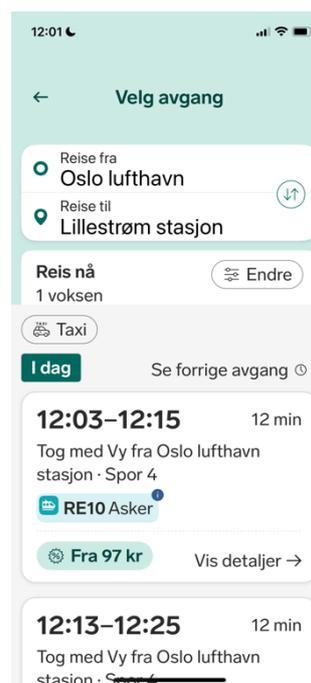
Option 1: Take “Flytoget”. You can order tickets at the airport or online.

<https://flytoget.no>

Option 2: Download the “Vy” app.



- When you open the app, you can change the language to English (under profile → setting).
- You need to choose payment method.
- Go to “Search and buy.”
- Then: From: “Oslo lufthavn (Gardermoen),” and to: “Lillestrøm stasjon.”
- See when and where the train will arrive in the app.



You can also go to <https://www.vy.no/tog/oslo-gardermoen> and order your tickets online.

Option 3:

You can also ask the people at Gardermoen to help you, at the service desk. Here you can get a ticket and pay for the trip.

From the Hotel to the gymnastic hall for gymnasts and coaches:

Lørenskog Gymnastikklag will arrange buses for transportation from the hotel to the gymnastic hall both Saturday and Sunday for the competition, and for the training camp 28-30th September.

We are looking forward to seeing you all!