

ABSTRACT

An ethylene- α -olefin copolymer obtained by a gas phase polymerization method in the presence of a catalyst, wherein the copolymer satisfies the following conditions

(A-1) to (A-4):

(A-1) Melt flow rate (MFR): 0.3 to 5.0 g/10 minutes

(A-2) Melt flow rate ratio (MFRR): 20 or more

(A-3) Density (d): 0.910 to 0.930 g/cm³

(A-4) Cold xylene-soluble portion (CXS) (wt%) is in the range defined by the formula (1):

$$1.5 \times 10^{-4} \times d^{-1.25} \times \text{MFR}^{0.5} + 0.3 \geq \text{CXS} \quad \text{formula (1)}.$$