





**International Łochów Cup**

**02.12.2023 Łochów, Poland**

**Date & place**

02.12.2023

Hala Sportowo-Widowiskowa im. M Dzięcioła w Łochowie

Wyspiańskiego 20, 07-130 Łochów, Poland /85 km from Warsaw Chopin Airport/

**ECU ECL divisions:**

- Cheerleading - Team Coed Premier, Senior

- Cheerleading - Team All Girl Premier, Senior

- Performance Cheer - Team Cheer Freestyle Pom, Senior

- Doubles Cheer Freestyle Pom, Senior

- Doubles Cheer Hip Hop, Senior

- Cheerleading - Team Coed Elite, Junior

- Cheerleading - Team All Girl Elite, Junior

- Performance Cheer - Team Cheer Freestyle Pom, Junior

- Doubles Cheer Freestyle Pom, Junior

- Doubles Cheer Hip Hop, Junior

**Additional divisions:**

Cheerleading :

- All Girl/Coed teams (Tiny L1, Minis L2&L3, Youth L3, Junior L4, Senior L5)

- Group stunts (Tiny L1, Minis L2&L3, Youth L3, Junior L4, Senior L5)

- Partner Stunt (Junior L4 and Senior L5)

Performance Cheer teams and doubles

- Pom (Tiny, Minis and Youth)

- Cheer Hip Hop (Tiny, Minis, Youth, Junior and Senior)

- Cheer Jazz (Tiny, Minis, Youth, Junior and Senior)

Pom Dance teams

* Elite (Tiny, Minis, Youth, Junior, Senior and Masters)
* Premier (Tiny, Minis, Youth, Junior, Senior and Masters)

**Age categories:**

|  |  |  |
| --- | --- | --- |
|  | **Od 2023** | **Roczniki** |
| **TINY** | till 9 y.o. | 2014, 2015, 2016…. |
| **MINIS** | 8 – 13 y.o. | 2010 – 2015 |
| **YOUTH** | 12 – 15 y.o. | 2008-2011 |
| **JUNIOR** | 14 – 19 y.o. | 2004-2009 |
| **SENIOR** | 16 + | 2007 and before |
| **MASTERS** | 30 + | 1993 and before |

**Rules:**

**We follow ECU Rules 2023 in cheer and performance cheer divisions and PCSA rules in Pom Dance divisions.**

**Number of athletes:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Number of Athletes** | **Substitutes** | **Coaches/Entourage** |
| **Cheer All Girl/Coed** | 16 - 24 | Max 5 | Max 5 |
| **Group Stunt All Girl/Coed** | 4 - 5 | Max 2 | Max 2 |
| **Partner Stunt Coed** | 2 | Max 2 | Max 2 |
| **Cheer Solo** | 1 | - | Max 1 |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Number of Athletes** | **Substitutes** | **Coaches/Entourage** |
| **Team Performance Cheer and Pom Dance** | 6 – 24 | Max 5 | Max 5 |
| **Doubles Performance Cheer** | 2 | Max 2 | Max 2 |

**Judges:**

The competition will be judged by International Judges /ICU/ and Polish Judges /PCSA/.

**Dimentions of the floor/mat:**

Cheer division – cheer mat 14m x 14m

Performance Cheer & Pom dance – ballet floor 14m x 14m

**Registration and participation fee:**

**Early Registration 01.10.2023 till 31.10.2023**  - 20 euro/per person

Every additional division + 10 euro/per person

**Late registration 1 - 15.11.2023**  - 30 euro/per person

Every additional division + 15 euro/per person

Bank account:

Klub Sportowy Cheerleaders Iskra

Ul. Wyspiańskiego 20

07-130 Łochów

SWIFT: BIGBPLPW

IBAN PL 87 1160 2202 0000 0005 0514 5944

Transfer title: “ ECU ECL, team name, division , number of athletes”

Let us know if you need invoice 😊

More info will be posted on:

<https://www.pzsc.pl/eng/71,International_Lochow_Cup_-_ECU_ECL_2023.html>

Contact person - Anna Polatowska-Zegar

[a.polatowska-zegar@pzsc.pl](mailto:a.polatowska-zegar@pzsc.pl)"

We invite all international friends to join us and celebrate Iskra Cheerleading Club anniversary – 25 years 😊