

NRC TIGERS
IN PARTNERSHIP WITH THE
NORWEGIAN FEDERATION OF AMERICAN SPORTS
AND
EUROPEAN CHEER LEAGUE
HAS THE PLEASURE OF INVITING YOU TO THE 10TH

NORWEGIAN OPEN 2023

NOVEMBER 18. - 19.
NOVA SPEKTRUM IN LILLESTRØM, NORWAY



NORWEGIAN OPEN

Welcome to Norwegian Open 2023 – this year at the Nova Spektrum in Lillestrøm!

The arena opens for warm-up at 07:30 both days.

The competition starts at 09:00 both days (subject to change).

Saturday: Youth and Junior cheerleading will compete, as well as the Open Category.

Sunday: Senior cheerleading and all the Performance Cheer categories will compete.

*We will **not** offer Groupstunt and Partnerstunt categories at this event. This is because of the capacity in the schedule. We expect a higher number of participating teams than previous years, since the increase of levels and team categories in Norway, as well of a growth in number of clubs and teams.*

The competition is part of the European Cheer League (ECL) and is open to international teams. Read more about ECL [here](#).

CATEGORIES

The competition will have the following categories:

CHEERLEADING

Youth Intermediate All Girl & Coed (Level 2)

Youth Median All Girl & Coed (Level 3)

Youth Advanced All Girl & Coed (Level 4)

Junior Intermediate All Girl & Coed (Level 2)

Junior Median All Girl & Coed (Level 3)

Junior Advanced All Girl & Coed (Level 4)

Junior Elite All Girl & Coed (Level 5)

Senior Intermediate All Girl & Coed (Level 2)

Senior Median All Girl & Coed (Level 3)

Senior Advanced All Girl & Coed (Level 4)

Senior Elite All Girl & Coed (Level 5)

Senior Premier All Girl & Coed (Level 6)

Open Category Median (Level 3)

PERFORMANCE CHEER

Youth Hip Hop

Youth Pom

Junior Hip Hop

Junior Pom

Senior Hip Hop

Senior Pom

NB! In the case of 3 or fewer teams in one category, categories will be merged in all girl and coed at the same level, if this is appropriate.

REGULATIONS

Only teams registered with an ECU member federation are eligible to participate in this competition.

The rules for the competition are the ECU Competition Rulebook 2023. Complete rules can be found [here](#).

In addition to the ECU rulebook, there are some adaptations for the Norwegian teams regarding age limits etc. These regulations will not apply to the international teams competing, which will follow the ECU rulebook on all parts.

Any questions regarding rules and regulations can be placed to the following email address: rules@naifcheer.no

ACCREDITATION

The athletes will not need to show ID to compete at this competition. The accreditation will follow this procedure:

The athletes line up alphabetically according to their last name. When checked every athlete will say their full name, then they will be checked for piercings/jewelry.

Any questions regarding accreditation can be placed to: cheer@naifcheer.no

REGISTRATION

Use the attached Excel form for registration and e-mail it to norwegianopen@nrctigers.no. You will receive a confirmation when the registration is completed.

October 8th - Deadline for registration of club, teams, athletes, coaches and team leaders.

November 5th - Last chance to make any changes to the registration.

LATE REGISTRATIONS OR CHANGES:

Any registrations or changes to the list after the 5th of November will be charged with NOK 100,- per change. This include changing of names to teams and/or athletes.

Please deliver on time before the deadline.

REGISTRATION FEES

TEAM FEES:

Performance Cheer and Cheerleading teams: NOK 900,- per team

PARTICIPATION FEE PER ATHLETE/COACH/TEAM LEADER:

Youth/Junior/Senior: NOK 375,-.

The fee also includes a t-shirt and lunch on the competition day.

LUNCH

There will be served lunch for the athletes/coaches/team leaders. There will also be an gluten free alternative for those with gluten allergy, as well as a vegetarian alternative. All meals will be free of nuts. If there are any other allergies/food preferences, please bring your own food.

You will register the different allergies in the registration form.

ADDITIONAL INFORMATION

MUSIC

All teams must bring their music on a CD or play directly from their phone/music player connecting with an AUX cable. Please put your phone on flight mode if you choose to use your phone.

ARENA AND HOW TO GET THERE

The competition will be held at Nova Spektrum in Lillestrøm. The arena is just a few minutes' walk from the train and bus station in Lillestrøm. It's easily accessed by train from both Oslo city or Oslo Airport.

Venue address: Nova Spektrum, Messeveien 8, 2004 Lillestrøm.

Please be aware there are a limited amount of parking space at the arena. We encourage everyone to travel by train or bus if possible.

Check out www.vy.no for information and timetable for the train.

Check out www.ruter.no for information and timetable for the bus.

ACCOMMODATION

We recommend booking accommodation in Lillestrøm or Oslo City Centre to find the best transportation options to the venue. If you need help getting accommodation or booking hotel, please contact chirsten@nrctigers.no.

TICKET PRICES

Adults: NOK 200,-

Retired/students: NOK 150,-

Children 5-15 years: NOK 50,-

Family ticket – 2 adults + 2 children: NOK 400,-

Children under 5 years: Free

FURTHER INFORMATION

If you have any questions regarding the event, please contact us by email to norwegianopen@nrctigers.no

You can also find information on our home page <https://www.nrctigers.no/norwegian-open>. Updates will be published there closer to the competition.

Welcome to Norwegian Open 2023!

Greetings NRC Tigers