



Biedrība "Latvijas Karsēju sporta federācija"
Registration No.: 40008258221
Address: Mārupe, Kurpnieku iela 13

Latvian Open Cheerleading Championship 2023

EVENT PLACE AND TIME

- **Place:** Siguldas Sporta centrs, Ata Kronvalda iela 7a, Sigulda
- **Date:** 18. March, 12.00, entrance and practice from 10.00

REGISTRATION:

- Registration by sending email to info@karseji.lv.
- Registration form needs to be sent to info@karseji.lv until March 1st.

PARTICIPATION FEE:

- Registration until 20.02 – 20 Eur per person
- Registration after 20.02 – 30 Eur per person

NOMINATIONS*:

Cheerleading**

Category	Year of birth	Athletes per team
Level 2 Group Stunt (Primary advanced)	2010-2015	4-5
Level 2 Group Stunt (Youth + Junior)	2004-2011	4-5
Level 2 Group Stunt (Senior)	2007 and older	4-5
Level 2 Team (Youth + Junior + Senior)	2011 and older	9-24
Level 4 All girl Group Stunt (Senior)	2007 and older	4-5
Level 4 Partner stunt (Senior)	2007 and older	3
Level 5 Partner Stunt (Senior)	2007 and older	3
Level 5 All girl Group Stunt (Senior)	2007 and older	4-5
Level 5 Team (Senior)	2007 and older	9-24

Performance Cheer Doubles**

Category	Year of birth	Athletes per team
Doubles Cheer Freestyle Pom (Mini + Primary advanced)	2010-2018	2
Doubles Cheer Freestyle Pom (Youth + Junior)	2004-2011	2
Doubles Cheer Freestyle Pom (Senior)	2007 and older	2
Cheer Doubles Hip Hop (Mini + Primary advanced)	2010-2018	2
Cheer Doubles Hip Hop (Youth + Junior)	2004-2011	2
Cheer Doubles Hip Hop (Senior)	2007 and older	2
Doubles Cheer Jazz (Mini + Primary advanced)	2010-2018	2
Doubles Cheer Jazz (Youth + Junior)	2004-2011	2
Doubles Cheer Jazz (Senior)	2007 and older	2

Performance Cheer Team**

Category	Year of birth	Athletes per team
Freestyle pom Team (Mini + Primary advanced)	2010-2018	8-24
Freestyle Pom Team (Youth + Junior)	2004-2011	8-24
Freestyle Pom Team (Senior)	2007 and older	8-24
Cheer Jazz Team (Mini + Primary advanced)	2010-2018	8-24
Cheer Jazz Team (Youth + Junior)	2004-2011	8-24
Cheer Jazz Team (Senior)	2007 and older	8-24
Cheer Hip Hop (Mini + Primary advanced)	2010-2018	8-24
Cheer Hip Hop (Youth + Junior)	2004-2011	8-24
Cheer Hip Hop Team (Senior)	2007 and older	8-24

*** if category has less than 4 teams, LKSF can combine different age categories**

**** each team can have one person that does not match the required age**

GENERAL RULES:

- Each team will have assigned training times and changing area.
- All athletes, coaches and staff must follow antidoping rules.
- Competition is based on [ECU rules](#).
- Performance outfit must cover all private parts and needs to be generally acceptable.
- By registration, you acknowledge to be filmed and photographed during the event and that these materials can be used for marketing purposes.

- Information about music uploading for competition will be sent out after 1st of March. Music has to be in mp3 format, and can't contain inappropriate language.

CHEERLEADING:

- The length of the Group Stunt and Partner Stunt routine is 1 minute +/- 10 seconds.
- Team routines have to be up to 2 min and 15 sec long
- The time will be measured and the routine that is longer will get deduction points.
- Using music is optional.
- The spotter is mandatory in Partner Stunt categories.
- In Cheerleading TEAM category small teams (5-15 athletes) up to 10 athletes are allowed 1 younger or older athlete (maximum 2 years), in case of 10-15 athletes up to 2 athletes (maximum 2 years) younger or older are allowed.
- Performance area for cheerleading will be covered with mats 15x10 m

PERFORMANCE CHEER:

- Competition floor: parquet floor with measurements 15 meters x 12 meters (W x D).
- Max length of Team routines is 2 minutes and 15 seconds.
- Max length of the Doubles routine is 1 minute and 30 seconds.
- The time will be measured and the routine that is longer will get deduction points.
- Athletes are allowed to compete in several performance cheer categories.
- In small teams up to 10 athletes are allowed 1 younger or older athlete (maximum 2 years), in case of 10-15 athletes up to 2 athletes (maximum 2 years) younger or older are allowed. Doubles do not follow the same rule.

JURY:

- Performance will be judged by five people panel. There is a separate jury for cheerleading and performance cheer.
- Results will be publicly available at www.karseji.lv after the competition.