

Partners



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GMINA ŁOCHÓW



## International Łochów Cup – ECU ECL 2024

07.12.2024 Łochów, Poland

### Organizers



POLSKI ZWIĄZEK SPORTOWY  
CHEERLEADINGU



## **Date & place**

07.12.2024 saturday

Hala Sportowo-Widowiskowa im. M Dziecioła 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
- Cheerleading - Team Coed Advanced, Youth
- Cheerleading - Team All Girl Advanced, Youth
- Performance Cheer - Team Cheer Freestyle Pom, Youth

## **Additional divisions:**

Cheerleading :

- All Girl/Coed teams (Tiny L1, Minis L2 , Youth L3, Junior L4, Senior L5)
- Group stunts (Tiny L1, Minis L2, Youth L3, Junior L4, Senior L5)
- Partner Stunt (Junior L4 and Senior L5)

Performance Cheer teams and doubles

- Pom (Tiny, Minis, Youth )
- Cheer Hip Hop (Tiny, Minis, Youth)
- 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:

	Year of birth
<b>TINY</b>	2015 and later
<b>MINIS</b>	2010 – 2016
<b>YOUTH</b>	2009 – 2012
<b>JUNIOR</b>	2005 – 2009
<b>SENIOR</b>	2008 and before
<b>MASTERS</b> /only Pom Dance/	1994 and before

### Rules:

We follow ECU Rules 2024 in cheer and performance cheer divisions and PCSA rules in Pom Dance divisions.

### Number of athletes:

	Number of Athletes	Substitutes	Coaches/Entourage
<b>Cheer All Girl/Coed</b>	16 - 24	Max 5	Max 5
<b>Group Stunt All Girl/Coed</b>	4 - 5	Max 2	Max 2
<b>Partner Stunt Coed</b>	2	Max 2	Max 2

	Number of Athletes	Substitutes	Coaches/Entourage
<b>Team Performance Cheer and Pom Dance</b>	6 – 24	Max 5	Max 5
<b>Doubles Performance Cheer</b>	2	Max 2	Max 2

\*only teams with min 16 athletes will be registered in ECU ECL rankings

### Judges:

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

**Dimensions 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 15.10.2024 till 31.10.2024** - 25 euro/per person

Every additional division + 10 euro/per person

**Late registration 1 - 15.11.2024** - 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:

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