



Latvian Open Cheerleading Championship 2025

EVENT PLACE AND TIME

- **Place:** International Exhibition Center, [Kīpsalas iela 8, Kurzemes rajons, Rīga, LV-1048](#)
- **Date:** 3rd of May, 2025
- 09.00 - Venue opens for participants (subject to change)
- 10.00 – Competition starts and opening ceremony (subject to change)

REGISTRATION:

- Registration by sending email to info@karseji.lv.
- Registration form needs to be sent to info@karseji.lv until 20th of April.

PARTICIPATION FEE:

- Registration until 20.04 – 30 EUR per person
- Every additional division cost is 5 EUR per person per additional division.
- Every team will receive 1 coach's bracelet for free. If there are more than 20 participants from a club, the club will receive 1 coaches' bracelet for every 20 registered athletes.

General information:

- The competition is part of the European Cheer League (ECL) and both ECL categories and other categories are open to international teams.
- There will be an opportunity to book training times in the venue in May 2nd evening.
- ECU 2024 rules apply for music used at this competition.
- Music needs to be sent to organizer e-mail after the registration from 20th of April till 28th of April. More information will be sent to the participants after registration.
- Competition will be streamed live, and every team will have an opportunity to see their performance after the start in the video replay area.
- Photos and video content will be filmed during the competition. By filling the registration form, participants comply that their photos and videos can be used for marketing purposes in LKSF social media accounts.

- Official event photos will be available after the competition for public use.

NOMINATIONS:**Cheerleading**

Category	Year of birth	Athletes per team
Level 1 Group Stunt (Primary advanced)	2012-2017	4-5
Level 2 Group Stunt (Youth + Junior)	2006-2013	4-5
Level 3 Group Stunt (Youth + Junior)	2006-2013	4-5
Level 4 Group Stunt (Youth)	2010-2013	4-5
Level 3 Group Stunt (Senior)	2009 and older	4-5
Level 4 Partner Stunt (Senior)	2009 and older	3
Level 5 Partner Stunt (Senior)	2009 and older	3
Level 5 All girl Group Stunt (Junior)	2006-2010	4-5
Level 5 All girl Group Stunt (Senior)	2009 and older	4-5
Level 1 Team (Primary advanced)	2012-2017	8-24
Level 2 Team (Open age)	2013 and older	8-24
Level 3 Team (Youth +Junior)	2006-2013	8-24
Level 4 Team (Youth)* ECL	2010-2013	16-24
Level 5 Team (Junior)* ECL	2006-2010	16-24
Level 5 Team (Senior)	2009 and older	8-24
Level 6 Team (Senior)* ECL	2009 and older	16-24

CHEERLEADING:

- Competition floor: standard gymnastics roll mats a16x12 m / 8 mattresses.
- 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 cheer part.
- 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.

Performance Cheer Doubles

Category	Year of birth	Athletes per team
Doubles Cheer Freestyle Pom (Mini)	2016-2020	2
Doubles Cheer Freestyle Pom (Primary advanced)	2012-2017	2
Doubles Cheer Freestyle Pom (Youth)	2010-2013	2
Doubles Cheer Freestyle Pom (Junior)	2006-2010	2
Doubles Cheer Freestyle Pom (Senior)	2009 and older	2
Cheer Doubles Hip Hop (Mini)	2016-2020	2
Cheer Doubles Hip Hop (Primary advanced)	2012-2017	2
Cheer Doubles Hip Hop (Youth)	2010-2013	2
Cheer Doubles Hip Hop (Junior)	2006-2010	2
Cheer Doubles Hip Hop (Senior)	2009 and older	2
Doubles Cheer Jazz (Mini)	2016-2020	2
Doubles Cheer Jazz (Primary advanced)	2012-2017	2
Doubles Cheer Jazz (Youth)	2010-2013	2
Doubles Cheer Jazz (Junior)	2006-2010	2
Doubles Cheer Jazz (Senior)	2009 and older	2

Performance Cheer Team

Category	Year of birth	Athletes per team
Freestyle pom Team (Mini)	2016-2020	8-24
Freestyle pom Team (Primary advanced)	2012-2017	8-24
Freestyle Pom Team (Youth)	2010-2013	8-24
Freestyle Pom Team (Junior)	2006-2010	8-24
Freestyle Pom Team (Senior)	2009 and older	8-24
Cheer Jazz Team (Mini)	2016-2020	8-24
Cheer Jazz Team (Primary advanced)	2012-2017	8-24
Cheer Jazz Team (Youth)	2010-2013	8-24
Cheer Jazz Team (Junior)	2006-2010	8-24
Cheer Jazz Team (Senior)	2009 and older	8-24
Cheer Hip Hop (Mini)	2016-2020	8-24
Cheer Hip Hop (Primary advanced)	2012-2017	8-24
Cheer Hip Hop (Youth)	2010-2013	8-24
Cheer Hip Hop (Junior)	2006-2010	8-24
Cheer Hip Hop Team (Senior)	2009 and older	8-24

*** if less than 4 teams apply for the category, the Latvian Sports Federation reserves the right to combine senior and junior teams in one category.**

****each team is allowed 1 exception for a person who does not match the age category**

PERFORMANCE CHEER:

- Competition floor: vinyl dance 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.

Spectator entry to the event is free. The flow of people will be regulated by LKSF volunteers. If the grandstand area is overcrowded, LKSF reserves the right not to allow additional spectators into the hall.