

ESTONIAN CHEER OPEN 2025 RULES

Date: 01.06.2025 Saku Valla Spordikeskus ([Tallinna mnt 10, Saku, 75501 Harju maakond](#))

The arena opens for warm-up at 09:00 (subject to change).

The competition starts at 10:00 (subject to change).

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

Organizer: Estonian Cheerleading Union (cheer.emv@gmail.com)

PARTICIPATION FEE

Registration 1st March - 30. April 30 eur/athlete*

Every additional routine is 5 eur/athlete.

*Athletes who are members of different clubs must register per club and will therefore have to pay the registration fee twice.

Routines should be entered at the latest 30.04.2025 at 22.00 (GMT +3), please enter the routines with the right name to the right division.

For registration please send email to cheer.emv@gmail.com.

CANCELLATION AND SUBSTITUTES

In case an athlete is not competing, the registration fee will not be refunded after the registration deadline (30.04.25).

The club has the right to substitute athletes until 20th May.

CROSS-OVERS

Division Cross-overs

Each athlete may only compete in one team in a specific team division.

Cheerleading: Cross-overs to other team divisions are not allowed.

Performance Cheer: Cross-overs to other divisions are allowed.

Age Group Cross-overs

Cheerleading: Each athlete may only compete in one age group. Cross-overs to other age groups are not allowed.

Performance Cheer: Cross-overs to other age groups are allowed, as long as the age eligibility criteria are met.

ARENA AND HOW TO GET THERE

The competition will be held at Saku Valla Spordikeskus. The arena is just a few minutes' walk from the train and bus station in Saku. It's easily accessed by train from Tallinn.

Venue address: Tallinna mnt 10, Saku 75501 Harju maakond.

MUSIC

ECU 2025 rules apply for music used at this competition.

Each club is responsible for playing its own music on the day of the competition (press "play" and "stop"). We ask the team representative to be ready in the music desk 2 routines beforehand. Music should be played on their own device with AUX compatibility. To avoid notifications and other distractions, we recommend that you put Flight Mode on. The sound of the device must be on the maximum sound level.

RULES

The rules for the competition are the ECU Competition Rulebook 2025 and European Cheer League Rules 2025. Complete rules can be found [ECU rules](#) and [ECL 2025 rules](#). For clarity, the cheerleading levels are understood as follows: L1 - Novice, L2 - Intermediate, L3 - Median, L4 - Advanced, L5 - Elite, L6 - Premier.

All trainers, athletes and assistant personnel are required to follow the [ICU antidoping rules](#). Athletes may be subjected to doping tests during competitions. They are requested to follow the procedure for obtaining exemption for therapeutic use, for those who use drugs on WADA's list of prohibited drugs.

Competitors must follow all the safety rules of the sport of Cheerleading.

Please send all the questions about the rules and regulations until 30.04.2025 to cheer.emv@gmail.com. Please include a video of the stunt/element.

ACCREDITATION

The athletes will need to show ID to compete at this competition. The accreditation will follow this procedure: The athletes line up alphabetically according to their first name. When checked every athlete will say their full name, then they will be checked for piercings/jewelry.

AWARDS

The top 3 teams of the division get a trophy and a diploma. All the top 3 teams athletes get medals. All the participating teams get a diploma.

JURY AND SCORE SHEETS

There is a separate jury for cheerleading and performance cheer. Results will be publicly available at www.estonianopen.cheer.ee after the competition. Each team will receive their score sheets by email.

DIVISIONS

The competition will have the following divisions:

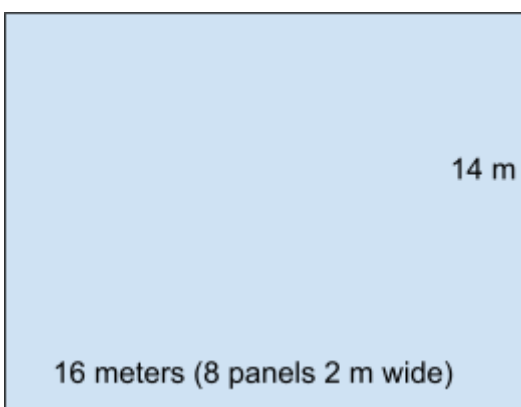
[ECO25 Age Groups and Divisions](#)

***The Organizer has the rights to merge and dismiss divisions if there are less than 3 participants.
ECL divisions will not be dismissed even with fewer participants.*

ADAPTIONS

Cheerleading

1. Competition area for Cheerleading divisions is covered with matts 16 meters x 14 meters (Width x Depth).



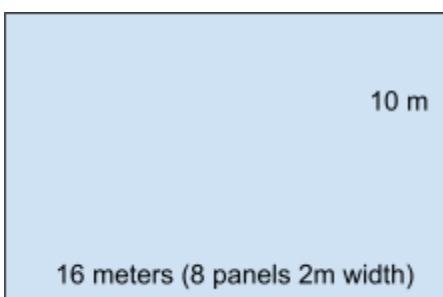
2. The length of the Group Stunt ja Partner Stunt routine is 1 minute +/- 10 seconds. The time will be measured and the routine that is longer or shorter than required, will get deduction points.
3. No Cheer Portion is needed in Level 1 and 2 Team routines as this will not be evaluated.
4. Using music in Partner and Group Stunts is optional.
5. The spotter is mandatory in Partner Stunt divisions. In partner stunt routines, the athletes must not switch between spotter/flyer/base roles.
6. Group Stunt division is open for 4-5 athletes: 1 flyer with 3 bases and 1 additional spotter that can also switch in as flyer/base (optional).

7. Teams that compete in Team divisions we allow some age differences:
 - a. Teams with up to 10 athletes are allowed 1 younger or older athlete (maximum 2 years).
 - b. Teams with 11-15 athletes are allowed up to 2 athletes (maximum 2 years) younger or older.

NB: Partner stunts and ECL Team categories do not follow the same rule.
8. Partner Stunt and Group Stunt - athletes can compete in several divisions (e.g. group stunt, partner), but only at the same level. For example, athletes can compete in Level 4 Partner and Level 4 Group Stunt. Athletes cannot compete at Level 2 Group Stunt and Level 4 Partner/Group.
9. Competing at the Group Stunt/Partner Stunt and Team divisions are allowed and do not follow the same rule as described in the previous point.

Performance Cheer

1. Competition floor: marley floor with measurements 16 meters x 10 meters (Width x Depth).



2. It is possible to compete with small teams (6-24).
3. In small teams that compete in Team divisions we allow some age differences:
 - a. Teams with up to 10 athletes are allowed 1 younger or older athlete (maximum 2 years).
 - b. Teams with 11-15 athletes are allowed up to 2 athletes (maximum 2 years) younger or older.

NB: Doubles and ECL Team divisions do not follow the same rule.