



COMPETITION INVITATION: HAC LION CUP

REGISTRATION OPEN: 22.9-6.10.2025

COMPETITION DATE: 6.-7.12.2025

DATE: Saturday 6.12. and Sunday 7.12.2025

VENUE: Urhea

ADDRESS: Mäkelänkatu 47, 00550 Helsinki

DIVISIONS

This competition follows the Finnish Cheerleading Federation's Competition rules for season 2025-2026. The rules can be found from FCF's website. Participation rights are given in the order of registration entries. We hold the right to limit the participant amount of teams.

The competition offers the following divisions and age groups

Peewee level 1 (evaluation form)	Groupstunt Youth level 2
Peewee level 2	Groupstunt Youth level 3
Peewee level 3	Groupstunt Youth level 4
Youth level 1	Groupstunt Junior level 1
Youth level 2	Groupstunt Junior level 2
Youth level 3	Groupstunt Junior level 3
Youth level 4	Groupstunt Junior level 4
	Groupstunt Junior level 5
Junior level 1	
Junior level 2	Groupstunt Klassikot level 3
Junior level 3	
Junior level 4	Groupstunt Senior level 1
	Groupstunt Senior level 2
Senior level 1	Groupstunt Senior level 3
Senior level 2	Groupstunt Senior level 4
Senior level 3	Groupstunt Senior level 5
Senior level 4	Groupstunt Senior All Girl level 6
Senior level 5	
	Partnerstunt level 6
Masters level 1	Cheerdance
Masters level 2	Peewee Freestyle Pom (evaluation form)
	Youth Freestyle Pom
Junior All Girl level 5	Open Freestyle Pom
Junior Coed level 5	Combined Freestyle Pom
Senior All Girl level 6	Masters Freestyle Pom
Senior Coed level 6	Junior Freestyle Pom
	Jazz
	Hiphop
Groupstunt Peewees level 1	
Groupstunt Peewees level 2	Cheerdance doubles Senior Freestyle Pom
Groupstunt Peewees level 3	Cheerdance doubles Junior Freestyle Pom
	Cheerdance doubles Youth Freestyle Pom
	Cheerdance doubles Peewee Freestyle Pom
Groupstunt Youth level 1	

PARTICIPATION FEES

HAC Lion Cup -competition participation fees are as follows:

- 22 € / participant
- If participating in several categories 11€/participant per extra category (Extra category fee will be charged for the participants who participate in more than one competition division. The extra category fee also applies to coaches, caregivers, and spotters.)

- Club manager 35€ (only one club manager per club is enabled, they can move around with all the teams of the club.)

Note! All registered participants must have a valid competition insurance for a team to participate in the competition series. Please note that a person who does not have an insurance CANNOT enter the competition. The number of registered people can be changed until **1 month before the competition**. Registered people can be changed no later than 14 days before the competition date (**due date at the end of this document**). The list of participants must correspond to the participating team. If it appears that this is not the case, the team's performance can be rejected. **Coaches and guardians can be edited (but not added or removed) no later than 2 days before the competition. Only the coaches and guardians listed on the participants list will be allowed to accompany the team.**

An invoice for participation fees will be sent after registration, and the amounts to be invoiced are based on the information on the registration form. **Paying the invoice by the due date is a requirement for participating in the competition.**

REGISTRATION

Each club is allowed to register as many teams as they wish. See the maximum number of participants per category in the current competition rules. In addition to competitors, team rosters may include up to 10 substitutes, 4 coaches, 4 guardians, and 6 spotters. Competitors and substitutes are not distinguished on the registration form; all are registered as competitors

Registration is open via the link below, from 22.10.-6.10.2025:

<https://q.surveypal.com/Registration-for-Start-Etela-6.-7.12.2025>

NOTE! Every team member, athlete, coach, guardian, and spotter must be registered in advance for the competition event along with the team. For example, if a coach coaches two (2) different teams in the competition, they must be registered with both teams (2). If an athlete competes in one (1) team and coaches another (1) team, they must be registered with both teams. The participant list must correspond to the team participating in the competition.

Only the athletes, coaches, and guardians listed on the participant list will be allowed to accompany the team in the competition area.

You must register for the competition by 06.10.2025 at 8:00 pm. The registration must be sent by the due date. If there is any issue with registration, please contact the Competition Coordinator of Finnish Cheerleading Federation, FCF (contact information at the end of this document)

The organizing club or FCF are not responsible for missing registrations or registrations that did not arrive. The competition order, competition schedule and other competition information will be sent to the registered teams later.

CANCELLATION FEES

Possible cancellation must be made in writing or electronically to the organizing club and it needs to be two (2) weeks before competitions or registration date. Cancellation can be done without fee until the end of registration date. Cancellation 14-30 day before competitions 50%

participation fee. Cancellation under 14-day 100% participation fee – no refund.

Clubs and teams should consider the minimum participation requirements for each category as stated in the competition rules and make proactive plans for participation in case part of the team is unable to attend.

If the competition is cancelled for pandemic, war, or walkout which the organizer cannot predict, the participation fees will not be refunded, or possible damages caused by cancellation will not be compensated.

By ordering possible T-shirts or other competition products (hoodies, lunch, baggage storage, photographs) the club commits to the purchase upon registration. Cancellation of the lunch order is only possible until a specific deadline, which can be found at the end of this document. After this deadline, the club is committed to paying for their lunch according to their order.

LICENSE / INSURANCE

Please make sure that each competitor, substitute, spotter, and coach has a valid sports license and insurance that covers cheerleading as a sport. The organizer is not responsible for any possible injury during the competition and/or practice time.

An approved identity document is required from all registered participants.

In addition, the competition organizer and FCF may request additional documents (e.g. insurance certificates, criminal record extracts, etc.) from participants.

ANTIDOPING AND EXCEPTION

The athlete should always primarily ask the doctor for treatment according to the permitted substances. If there is no permitted medication available for maintaining health or treating an illness, a different exemption for the medication can be applied for.

Athletes outside FINCIS's sport-specific level definition do not need to apply for exemption in advance. After a possible doping test, they must apply for exemption retroactively to demonstrate that there were medical grounds for the use of prohibited substances or methods required to grant exemption.

Applying for exemption is the athlete's own responsibility.

For questions related to anti-doping, you can contact the federation's office (office@scl.fi) or directly to FINCIS.

COMPETITION RULES & SCORE SHEETS

The competition rules and judging forms of the European Cheer Union and Finnish Cheerleading Federation are valid for the competitions, which can be found on the website of the Finnish Cheerleading Federation at <https://scl.fi/kilpailutoiminta/kilpailusaannot/>

We hope that the coaches of the teams will ensure the regularity of the programs in good time before the competition according to the FCF competition rules.

SAFETY

We recommend clubs and teams to include in the program the skills and elements that the team is sure to master. Skills are presented safety first!

The aim is to guarantee a safe environment for the people participating in the event. We require that everyone participates in the event only in good health.

If the competition must be canceled or the competition concept is modified due to government regulations, FCF and the organizing club reserve the right to modify the competition concept or cancel the competition.

All competitions under the federation follow the principles of Safer Space. Each competition has a designated harassment contact person, whose contact details will be provided in the competition info. During the competition, you can reach out to the harassment contact person if you experience any inappropriate behavior. Let's all ensure that everyone feels safe at cheerleading competitions <3

Coaching that supports mental well-being creates a strong foundation for young people in both sports and life. A sports club can be the community that teaches mental well-being skills. Act for the benefit of young people. Implement the Mental well-being for young athletes.

<https://mieli.fi/en/mental-well-being-for-young-athletes/>

PRINCIPLES OF A SAFER PLACE

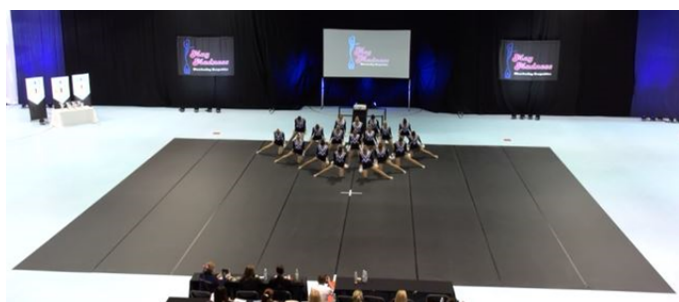
The principles and practices of a Safer Space aim to create an environment where everyone contributes through their actions to building an equal, respectful, and open atmosphere and dialogue. Let's take care of every member of the cheer family together. Let's celebrate successes at competitions—both our own and others'. The strength of the sport lies in encouragement and joy, so let's share that with each other in the community as well.

- *Respect the personal physical and mental space of others. Do not touch someone without asking for permission. Remember, you cannot know someone's boundaries without asking.*
- *Do not mock, discriminate, demean, exclude, or embarrass anyone through your words, actions, or behavior. Do not criticize anyone's appearance or speak negatively about anyone.*
- *Apologize if you have intentionally or unintentionally hurt others. Speak openly if you feel offended. This way, you allow others the opportunity to apologize.*

SIZE OF THE PERFORMANCE AREA

The size of the competition area is 14 m (W) x 16 m (L).

Illustrative images of the competition platforms below: cheer-divisions will be competed on a cheer mat and dance on a dance mat. You can see the location of the lines and the central mark in the pictures.



MUSIC

The team's music must be emailed to kilpailut@hac.fi by 24.11.2025.

A person represented by an external service provider is responsible for the operation of the sound system. The music is played from the arena level, and a team representative must come to the music station for the duration of the performance.

A team representative will be directed at the music playback station by the competition organizer. All music will be checked in advance by the service provider.

You must also be prepared to play the music at the competition venue yourself just in case. We recommend having the music stored on your phone with you. Please take care of your own adapters if your phone has a less common connection.

WARM UP

There is a possibility for short warm ups at the competition venue. Dance divisions have been delegated their own warm up "studio" at the end of the running track in Urhea. Cheer teams are provided a chance for warm up on spring floor in addition to the running track, only a couple of cheer mats provided. Each team has a chance to warm up at HAC Training Center for 40€ / 30 min. For cheer teams there is a full competition mat area available. Note: there are no dance mats at HAC Training Center at this time. Booking will be made via a google Forms which will be provided in the Competition info-letter.

Transportation to the competition venue Urhea from HAC Training Center is possible by bus number 59, but we recommend booking transportation in advance. Please note the limited parking area at the competition venue, the nearest parking area that requires payment is Velodromi.

The competition venue **does not** provide a chance for a full competition area to warm up with competition music.

We encourage a positive team spirit and good manners among the teams in the warm-up area! If a team member (including competitor, substitute, spotter, coach, or guardian) behaves inappropriately, the competition organizer has the right to interrupt the entire team's warm-up.

LUNCH & DINNER

Food is ordered per team via the registration link by 06.10.2025:

<https://q.surveypal.com/Registration-for-Start-Etela-6.-7.12.2025>

The link will open correctly on 22.09.2025. Lunch is 16€/per person.

Saturday & Sunday

Lunch is provided by lunch restaurant 91.1 in Kumpulantie 7, approximately 5min walk from Urhea. The amount of diners, all special diets and allergies must be informed in the Forms sheet. Please provide specific amount of different options chosen: meat, gluten free, All food is lactose free. Note! The order is binding and no refunds are given. Invoices will be sent after 6.10.

Please also note that the team can order lunch and dinner for both Saturday and/or Sunday as food is available from 10am to 8pm.

COMPETITION'S SECONDARY PRODUCTS



The official competition T-shirt can be pre-ordered via the registration link: <https://q.surveypal.com/Registration-for-Start-Etela-6.-7.12.2025> (published on 22.09.2025). The order is binding. Any questions: kilpailut@hac.fi

The competition shirt is black and features the competition logo on the front and Start-logo on the left sleeve. Possible event sponsor logos might be included in the back. The pre-order price is €23. Available sizes are: 122-128cm, 134-146cm, 152-164cm, XS, S, M, L, XL, XXL, 3XL, and 4XL.

The shirts will be available for pick up at the competition office on the morning of competition date. **T-shirts are not sold at the competition venue.** Pre-orders must be confirmed and checked on-site before signing.

In addition to the t-shirt, we are also providing the chance to order a competition hoodie!



The competition logo will be at the back of the hoodie.

The hoodie can also be ordered via the registration link: <https://q.surveypal.com/Registration-for-Start-Etela-6.-7.12.2025>. The order is binding. The available sizes are: XS, S, M, L, XL, XXL, 3XL, 4XL, 5XL. The pre-order price is 35€.

The hoodies will be available for pick up at the competition office on the morning of competition date. **T-shirts are not sold at the competition venue.** Pre-orders must be confirmed and checked on-site before signing.

TICKETS, LIVE STREAM, PHOTOGRAPHY VALOKUVAUS

Ticket sales will begin with Early bird-campaign at the end of October. More details about the start of ticket sales and specific information will be provided in the competition info and on social media (Instagram @hac1onevents), as well as on the organizing club's website: www.hac.fi
Ticket prices will be detailed in the competition info.

Team and individual photos

Teams are offered the opportunity to pre-order team, friend and individual photos from Kuvaverkko. The photoshoot will be organized on the 2nd floor at the competition venue. More details in the competition info. Each photo costs 8,90€.

The photoshoot itself is free for teams and athletes to attend at the competition and does not sign participants to buy the images. Each attendee receives a link to their own photo and has a chance to order their own photos through a website. Interested in getting your team or individual photos, inform your interest via email: kilpailut@hac.fi.

The competition organizer (HAC) will be forming a schedule for the teams attending the photoshoot. Include the information whether you will be taking only a team photo or also individual/group photos.

All individuals attending the photoshoot will need to sign up via the following link:

<https://kuvaverkkokauppa.fi/TTDLVKP/sign-up>

General photographing

The competition event will be photographed and can be livestreamed. Helsinki Athletics Cheerleader HAC ry and the Finnish Cheerleading Federation hold the rights to keep and use the material. All participating clubs and teams must ensure that the participating athletes and under aged athletes' guardians are informed of the photographing and have been given the rights to film the event. By attending the events, teams accept the photo and video shooting.

CHANGING ROOMS AND BAGGAGE STORAGE

As always, locker room facilities are limited and should only be used for changing clothes. We offer teams the opportunity to store luggage/items in a supervised storage area at a cost of **3€/athlete**. Luggage must be delivered and collected as a team, no later than the end of the award ceremony of your competition block. Storage is block-specific. Storage can be booked through the registration link <https://q.surveypal.com/Registration-for-Start-Etela-6.-7.12.2025>

The order will be invoiced together with the competition invoice.

Please take care of your valuables and do not leave them in an unlocked space. We kindly ask that you bring only the most essential items to the competition venue and store other luggage, for example, on the team bus, in the hotel room, or in designated storage areas. When leaving the locker room, make sure it is left just as clean as it was upon arrival. Each team's coach is responsible for this, and any extra cleaning will be charged to the club that used the space!

IMPORTANT DATES

- **6.10.2025 klo.20.00** Last registration date and secondary product's order date (lunch/dinner, t-shirt, hoodie, storage) via the SurveyPal link
- **20.10.2025** Ticket sales for audience begins with Early Bird campaign
- **6.11.2025** Last DL to cancel lunch/dinner and storage orders.
- **6.11.2025 klo.23.59** Last DL for adding or deleting participants
- **24.11.2025** Last day of sending the music to kilpailut@hac.fi
- **22.11.2025 klo.23.59** Last DL for editing competitors (14days)
- **4.12.2025 klo. 23.59** Last DL for editing coaches and guardians (2days)
- **6.-7.12.2025** Competition date: HAC Lion Cup - Start Etelä -competition, Urhea-venue

CONTACT INFORMATION

GENERAL COMPETITION ARRANGEMENTS

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FINNISH CHEERLEADING FEDERATION & REGISTRATIONS FOR INTERNATIONAL PARTICIPANTS

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LISENSSIT JA SEURASIIROT

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JUDGING OR FORM-RELATED QUESTIONS

JUDGING COMMITTEE

TUOMARIVALIOKUNTA@SCL.FI

