

NORDIC
CHEERLEADING
CHAMPIONSHIP
2026 TURKU
2026 FINLAND

# **COMPETITION INFO**

NORDIC CHAMPIONSHIP

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#### Welcome to the Nordic Championships at Gatorade Center, 31.1 - 1.2.2026!

Thank you for registering for the Nordic Championships! A total of 4,283 participants from 52 clubs and 4 countries have registered for the competition! To ensure a successful event – for participants, spectators, and organizers – it is important that all competition participants read this letter carefully and follow the given instructions.

### **CANCELLATION TERMS**

Cancellations must be sent in writing or electronically to the federation. The cancellation must be received no later than two (2) weeks before the competition, or within one month after registration has closed. You can cancel your participation free of charge up to one month before the competition.

If you cancel 14–30 days before the event after registration has closed, 50% of the participation fee will be refunded. If you cancel less than 14 days before the event after registration has closed, no refund will be given.

Clubs and teams should check the minimum number of participants required for each category and plan ahead in case some team members are unable to take part.

If the competition is cancelled due to force majeure (for example, a strike, war, or epidemic), and the organizers could not have predicted or prevented the cancellation, no participation fees will be refunded. The organizers are also not responsible for any other costs or losses caused by the cancellation.

### ANTI-DOPING AND EXEMPTIONS

Athletes should always tell their doctor that they are subject to doping control. This is important so that the doctor can check, together with the athlete, that the planned treatment does not include any substances or methods that are prohibited in sports. The check can be done using the list of prohibited substances and methods in Finland or WADA's List of Prohibited Substances and Methods. This helps ensure that prescribed medicine is allowed in sports.

In some cases, there may be no permitted alternative to treat an illness, or a prohibited medicine or method may be medically necessary. In these situations, it may be possible to use the treatment through a Therapeutic Use Exemption (TUE). More information about the exemption process is available on the SUEK website: <a href="https://suek.fi/en/anti-doping-activities/athletes-therapeutic-use-exemption/">https://suek.fi/en/anti-doping-activities/athletes-therapeutic-use-exemption/</a>

Athletes who compete only at national level and are not included in SUEK's sport-specific classification do not need to apply for an exemption in advance. However, if they are tested, they must apply for a retroactive exemption afterwards. The athlete must show that there were valid medical reasons for using the prohibited substance or method. Applying for an exemption is always the athlete's own responsibility.

If you have any questions about anti-doping matters, you can contact the federation office at <a href="mailto:office@scl.fi">office@scl.fi</a> or contact SUEK directly.

### REQUIRED DOCUMENTS

We require the following safeguarding actions from all coaches and team guardians moving with the team on the arena level:

- Present a criminal background check upon arrival
- Present a certificate from the IOC online course:
   <a href="https://www.olympics.com/athlete365/learning/safeguarding-athletes-from-harassment-and-abuse">https://www.olympics.com/athlete365/learning/safeguarding-athletes-from-harassment-and-abuse</a>
- Read and adhere to the SCL Code of Ethics and Code of Conduct. By attending the competition, you agree to follow our guidelines. (The guidelines can be found at the end of this document.)

In any case of technical difficulties with the IOC training please contact <a href="mailto:support@learningpool.com">support@learningpool.com</a>

### PRE-ORDERED LUNCH

Teams who have ordered lunch during registration must reserve a mealtime for their teams. Meals are served in the Gatorade Center, Business Club, 2nd floor.

Friday 16:00 - 19:00 Saturday 11:00 - 18:00 Sunday 11:00 - 18:00

Mealtimes must be reserved by January 16, 2026 by 12:00 through the following link here.

Please do not add rows or remove information from other teams on the form. The form does not need to be saved, as it will be saved automatically.

**NOTE!** The whole team needs to enter the restaurant at the same time. Meal tickets are not used. Instead, access to the competition lunch is granted by the competition official by the restaurant. The competition officials by the restaurant are aware of the number of people of the teams who have ordered the competition lunch. In case of any uncertainty, please contact the competition office.

Personal snacks may only be consumed in the designated Picnic Room or in the locker rooms. **Eating your own snacks in other areas is strictly prohibited!** Food deliveries from outside to the Gatorade Center are not allowed. The Picnic Room is marked on the map and is located right next to the athletes' entrance.

### REGISTRATION

Registration is at the Gatorade Center, Artukaistentie 8, 20210 Turku. (Entrance marked on the map.)

Friday 30.01.2026 at 15:00 - 20:00 Saturday 31.01.2026 at 07:45 - 20:15 Sunday 01.02.2026 at 08:00 - 15:45 On Friday, registration will primarily be for the teams competing on that day (Stunts and Pom Doubles).

At the registration desk, there will be two marked lines: one for those with an appointment and one for those without.

You can book a time slot via the link below to secure a specific time. Please note that registration may be crowded at times.

#### Reserve a time for your team to registration via this link here.

(Please do not alter other teams notes)

**Note!** Access to changing rooms, warm-up areas, and competition venue is only allowed after registration.

#### Open divisions

The entire team does not arrive at registration together. A team representative should come to the registration desk, count the access passes, and confirm that the list of participants is correct before the passes are handed over. Access passes must not be distributed at the registration desk, as this could cause disruptions in the registration process. Passes should be handed out, e.g. outside the venue. The team representative must also present the criminal record check and ICU training certificate for each coach and guardian.

Access passes must be checked and counted carefully, as new access passes will not be distributed during the day. Please take good care of your access passes, as they are the only items that grant access to the competition venue.

#### **Championships divisions**

The entire team must arrive at registration. The team will form a line in alphabetical order. At registration, each team member's photo ID will be checked. Competitors will receive an access pass and wristband which allows them to access the competition venue. The wristband must be worn until the end of the competition performance.

Access passes must be checked and counted carefully, as new access passes will not be distributed during the day. Please take good care of your access passes, as they are the only items that grant access to the competition venue.

If a wristband breaks or is damaged, a new wristband can be obtained from the competition office. To get a new wristband the competitor brings the damaged wristband to the competition office accompanied by a coach/ guardian/ team official. After the athlete is identified as a verified person listed on the competition roster a new wristband can be provided.

Teams that qualify for the finals must register again for the finals. The Top 8 teams will receive a new wristband during re-registration, which grants the right to compete in the finals. Divisions with a maximum of 8 teams may, if they wish, complete re-registration already on the semifinal day right after their performance.

#### **Pre-ordered products:**

Pre-ordered items (t-shirts and hoodies) can be collected from the competition office during registration. The products are pre-sorted by team. All items must be counted and signed for upon collection.

### COMPETITION OFFICE

The competition office entrance is by the TPS shop. Marked on a the map. The competition office is available throughout the whole competition.

WA group for competition announcements:

https://chat.whatsapp.com/CplK4WO2cidCgMebnBn89v?mode=hqrt1



In this group, information is communicated about, e.g.

- the progress of the competitions
- · matters affecting the schedule on the competition day

**We recommend** that at least one person from each team joins the WA group to ensure information flows smoothly. It is advisable **to join the group no later than Thursday before the competition** so that information from the competition venue reaches the team!

### COMPETITION DAY SCHEDULE

The schedule for the competition day can be found in the attachment.

Please note that the schedule is a plan and may deviate in either direction during the actual competition. Each team is responsible for being present, on time, for their allocated time at warm-ups, safety check, and the competitions.

Before entering the competition platform, all athletes pass the safety check where registered competitors are counted as well as jewelry and other forbidden accessories. Without a wristband/ access pass, the athletes cannot participate. To stay on schedule, we ask the teams to move swiftly on to and off the competition platform.

It is not necessary for the teams to arrive to the competition venue when the competition starts; you can arrive according to your own schedule.

**Note!** Being ahead of or behind in the competition schedule will be communicated throughout the days in the competition's <u>WhatsApp group.</u>

You may leave the competition venue after your performance if you wish, and attendance at the award ceremony is not mandatory. Any possible prizes and certificates can be delivered separately to absent teams. Please inform the competition office if you will not attend the award ceremony!

### GENDER DIVERSITY AND INCLUSION IN CHEERLEADING

Here are the guidelines for competing as a transgender athlete. We want everyone to have a chance to compete. <3

https://www.scl.fi/app/uploads/2025/12/Gender-diversity-and-transgender-athletes-competing-in-Nordic-Championships.pdf

### SAFER SPACE PRINCIPLES

The principles of a Safe Space are applied in all competitions under the Finnish Cheerleading Federation. Each competition has a designated harassment contact person. During the competition, you can get in touch with the harassment contact person if you experience any inappropriate behavior. Let's all make sure that cheerleading competitions are safe for everyone.

#### PRINCIPLES OF A SAFER SPACE

The principles and practices of a safer space aim to create an environment where everyone strives, through their actions, to build an equal, respectful, and open atmosphere and dialogue. Together, we take care of every member of the cheer family. We celebrate successes in competitions—both our own and those of others. The strength of the sport lies in encouragement and joy, and we should show this to each other within the sport community as well.

**Respect another person's personal physical and mental space.** Do not touch someone without permission; you cannot know another person's boundaries without asking them.

- Do not mock, discriminate, belittle, exclude, or embarrass anyone with your words, behavior, or actions. Do not criticize anyone's appearance or speak about anyone in a negative tone.
- **Apologize** if you have hurt others intentionally or unintentionally. Speak openly if you feel hurt. This allows others to apologize to you.

Read more: https://yknuoret.fi/en/principles-for-a-safer-space/

The harassment contact person for the Nordic Championships 2026 is Inka Laitinen, +358503845438 <a href="mailto:inka.laitinen@scl.fi">inka.laitinen@scl.fi</a>

### **EVENT SECURITY**

The event is organized in accordance with the prevailing situation and official guidelines regarding event arrangements. All participants should only attend the event in good health. Please maintain good hand hygiene and be considerate of other participants by following the general instructions at the venue.

The event organizers are responsible for the safety together with event security personnel. Please follow the instructions given by the organizers and security staff. Contact event personnel if you encounter any problems. In situations that pose a general safety threat, please contact a security officer immediately.

In case of emergencies, follow the instructions given by the security personnel and the Head of Security. Please follow the instructions during any disruptions and remain calm.

In case of a fire or other alarm, the assembly point is **the parking area in front of the main entrance**. The general emergency number is **112**.

### FIRST AID

First aid personnel will be present in the warm-up hall and competition arena in case of injuries during practice or competition. Teams should remember that first aid staff are not there to tape or treat old sports injuries. Each team is responsible for ensuring that the guardians or coaches listed on the team roster have the skills to tape their own athletes.

The federation may invoice clubs for first aid supplies if the material costs charged by first aid services are significant.

The First Aid Room is marked on the venue map. If you need to contact first aid in other public areas, you can do so through the nearest security officer.

### **CHANGING ROOMS**

Changing rooms are available throughout the warm-up cycle. The time for vacating the changing room is found in the warm-up schedule. When vacating the changing room all belongings must be taken to the cloakroom for storage for the rest of the competition day. You may bring your belongings to the cloakroom immediately upon arrival if your changing room time is later.

There are a limited number of changing rooms and many teams – please respect other teams both in the changing rooms and in the hallways!

You do not need to arrive at the venue when the competition begins; you can come according to your own schedule.

**NOTE!** Any possible delays or changes to the competition schedule will be communicated throughout the day in the competition WhatsApp group.

Please take care of your valuables and do not leave them unattended. We kindly ask that you bring only essential items to the venue and store luggage on your team bus, hotel room, or other storage areas whenever possible.

When leaving the changing room, please ensure it is as clean as when you arrived. Each team's coach is responsible for the cleanliness. Any extra cleaning fees will be invoiced to the club(s) using the changing room. Please send **a photo** of the changing room when you vacate it via WhatsApp to Inka Laitinen at **+358 44 299 1459**.

**A reminder about hair sprays**: they may only be used **outdoors**! Using sprays indoors can trigger the fire alarm.

### WARM-UP

Warm-up areas are located in the Artukainen hall. The hall is located approximately 200 meters from Gatorade Center. Access via outdoor route, so weather-appropriate clothing and outdoor shoes/ shoe covers are recommended. Please bring your own shoe covers!

#### Warm-up circuit, Cheer:

• Changing room: 18 min

• Transition to Artukainen hall: 15 min

• Area 1 warm-up: 22min NO SHOES!

• Area 2 Cheer mat 8,5 m x 12 m: 12 min

Area 3 Cheer mat 12 m x 18,5 m: 4 min

• Area 4 Technical judges 16 m x 14 m: 4 min

• Transition to Gatorade Center: 20min

#### Warm-up circuit, Dance:

Dressing room: 18 min

Transition to Artukainen hall: 15 min

Warm-up area: 20 min

Dance mat area 6 m X 14 m: 20 min

Dance mat area 16 m x 14 m: 8 min, last 4 min with technical judges present

• Transition to Gatorade Center: 20 min

#### Warm-up circuit, Stunts and Pom Doubles:

• Dressing room: 18 min

• Transition to Artukainen hall: 15 min

Body warm-up area: 20 min

• Dance mat area 6 m X 14 m 12 min/Cheer matt 8,5 m x 12 m: 12 min

• Technical Judges: Dance mat area 16 m x 14 m 4 min/ Cheer mat 16 m x 14 m 4 min

• Transition to Gatorade Center: 15min

Teams have 20 minutes and Stunts and Pom Doubles have 15 minutes to transition from Artukainen hall to Gatorade Center to ensure a calm and unhurried transition. Teams must arrive at the safety check 10 minutes before their scheduled competition time. At Gatorade Center, there will be one long mat strip available for final acrobatics practice – please note that no specific time has been allocated for this in the schedule.

Great team spirits and good manners are expected between teams in the warm-up area! If a team member (including a competitor, alternate, spotter, coach, or team official) behaves inappropriately, the competition organizer may interrupt the warm-up circuit of the entire team. Coaches are asked to carefully ensure that warm-ups are conducted safely and with consideration for other teams.

### WARM UP RENTAL

Extra training facilities may be rented in the Warm-up Area at **Artukainen hall** The hall offers three separate mat areas available for rent:

- **Area 1:** Competition floor size (16 m x 14 m), price 85€/ hour (taped to competition size, actual length 18.5 m)
- Area 2: 6-mat area (12 m x 18.5 m), price 65€/ hour
- **Area 3:** 25.5 m x 12.5 m, price 75€/ hour

#### Available time slots:

- Thursday, January 29, 2026, 18:30 21:00
- Friday, January 30, 2026, 10:00 14:00

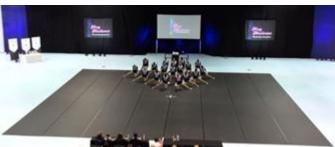
Please send your booking by **January 8, 2026** to **nordics@scl.fi**. Spaces will be allocated on a first-come, first-served basis.

Time slots will be confirmed no later than January 9, 2026, but we aim to communicate them as soon as possible after registration. (Please note that there might be a delay in answering the emails during the Christmas and New Year holidays)

### ARENA AND COMPETITION STANDS

The competition area will be 8 cheer mats (2m wide) and 14m long. 16m x 14m in total. Such as in the picture below. Same area for performance cheer.





Competing teams arrive to the competition arena through the warm-up circuit. All athletes pass the safety check before competing. Latest at this point, all jewelry must be removed. From this point onward, only the team's music operator and the people registered on the team's roster are allowed to move forward.

The music operator moves from the safety check to the music point along with the preceding team.

Any team-specific cheer chants should be performed immediately after the previous team's competition performance. The announcer calls the teams onto the competition floor.

After the performance, we ask teams to move swiftly from the competition area so that the event can proceed on schedule.

A **Play back** area is offered for teams to watch their own performance. The area is marked on the map.

Teams can watch the rest of the performances from the athlete's stands, which are located on both sides of the arena on the 3<sup>rd</sup> floor. Occupying seats in the audience stands without a ticket is prohibited.

Competition performances can be watched throughout the weekend. Please note that the registration has to be completed before entering the venue.

### MUSIC

The team's music must be uploaded no later than 23.01.2026. https://q.surveypal.com/Music-for-the-Nordic-Championship-2026!

The file must be named: club\_team

A representative from an external service provider is responsible for the operation of the sound equipment. The music is played from the arena level, and a team representative **must be present** at the music station during the performance. This person is responsible for pushing "play" and "stop" for the team. It is very important that each team has a music operator who ensures that the music starts at the correct time to avoid deductions.

All music will be checked in advance by the service provider.

In case of technical difficulties, teams should be prepared to play the music at the competition venue as a precaution. It is recommended to have the music stored on your phone. Please make sure to bring your own adapters if your phone has a less common connection.

### OPENING CEREMONY, AWARDS CEREMONY AND TROPHYS

**The opening ceremony** will be held on Saturday, January 31, 2026. Full teams will not be brought into the arena for the opening ceremony. Each country will be represented by two (2) athletes. The representatives are selected by each country's federation.

On Friday, the Stunts and Pom Doubles will feature LIVE scoring.

#### **Awards Ceremony**

The top 3 teams will be awarded medals and trophies. All participating teams will receive a certificate of recognition.

The arena will be filled in order of arrival. Teams do not need to be grouped by club. However, if you wish your club's teams to sit next to each other, please arrive at the competition platform at the same time.

During the awards ceremony, placements are announced in the order of 3rd, 2nd, and 1st. Teams may move to their designated placement spots on the mat when announced by the host. Once the competitors are in position, the award presenters will come to them. The award presenters remain in place, and the competitors form a line to receive their medals. It is not the responsibility of the award presenters to search for competitors without medals.

Please: no personal belongings are to be brought to the arena during the award ceremony!

#### Award ceremony - Open divisions

The top 8 teams will be invited into the arena to receive their awards and certificates. Teams placed from 8<sup>th</sup> onward may follow the awards ceremony from the competitor stands.

The top 8 teams will be announced on the Gatorade Center media cube and in the WhatsApp group. Please ensure that at least one representative from your team is a member of the group.

The top 8 teams will enter the arena. Teams will begin entering approximately 10 minutes before the awards ceremony via the safety check route. Teams will line up along the outer edge of the mat. The host will give permission to sit down. Please note that the entire team, including coaches, and team officials, etc., must be seated if they are in front of the paying audience or the streaming cameras.

Teams placed 8th and onward may collect their certificates from the competition office after the awards ceremony.

<u>Please:</u> no personal belongings are to be brought to the arena during the award ceremony, for <u>safety reasons!</u> Items can be left either in the cloakroom or on the sprint track before entering the arena.

#### Award ceremony - Championship divisions

The top 8 teams advance to the finals on Sunday. The teams' advancing will be announced at the arena at the end of the semifinal at 20:00. Teams will not be brought into the arena at that time. Semifinal judges' feedback will be sent as soon as possible after the results are published to the club's designated contact person via email.

Eliminated teams may collect their certificates from the competition office immediately after the results are published or the next day.

All teams that qualify for the finals will attend the awards ceremony in the arena on the final day. Teams will begin entering the arena approximately 10 minutes before the awards ceremony via the safety check point. Teams will line up along the outer edge of the mat. The host will give permission to sit down. Please note that the entire team, including coaches, team officials, etc., must be seated if they are in front of the paying audience or the streaming cameras.

Please: no personal belongings are to be brought to the arena during the award ceremony, for safety reasons! Items can be left either in the cloakroom or on the sprint track before entering the arena.

## SAFETY DURING COMPETITION PERFORMANCES

We encourage clubs and teams to include skills and elements in their program that the team can confidently perform. Skills should be presented with safety first!

Please remember that the same rules and dress code apply to both competitors as well as potential spotters, meaning no hoodies, jeans, or other inappropriate clothing. The spotter's outfit must not be part of a similar competition uniform of the same club. Check the rules for spotters in the competition regulations.

It is the team's responsibility to remove jewelry, regardless of the safety inspectors.

We are exploring the possibility of arranging spotters for competitions through the federation. Please inform us in advance if you need spotters so we can assess the demand. You can submit your spotter request via this link: <a href="https://q.surveypal.com/Spotter-needs-">https://q.surveypal.com/Spotter-needs-</a>

We will confirm whether spotters can be provided through the federation by January 9, 2026.

### HIT REVIEW

HIT goes Nordic - encouraging safe, clean and confident routines!

The HIT review is a safety initiative by the Finnish Cheerleading Federation aimed at promoting safety in the sport and fostering experiences of success. The HIT review encourages clubs and teams to create safe competition routines that match their appropriate skill level. A HIT routine refers to a deduction-free, technically clean, and synchronized competition performance. The HIT review will also be applied at the Nordic Championships, where teams that receive a HIT will be awarded unique Nordic HIT pins. All teams competing on Saturday and Sunday will automatically be included in the HIT review process.

After each performance, the competition's HIT reviewer raises the HIT Potential sign to indicate that the routine may qualify as a HIT. The routine's technical cleanliness and deduction-free execution are then verified by the technical judges during scoring. If the performance is confirmed to be deduction-free, the team's HIT achievement is announced during the awards ceremony, and the team receives their HIT pins. Raising the HIT Potential sign does not guarantee a HIT result, as the performance may contain technical errors that the HIT reviewer did not observe in real time.

The evaluation conducted at the Nordic Championships is not part of the official HIT review in Finland and is not included in the HIT percentage calculated for Finnish teams and clubs.

### PHOTOGRAPHY

Photography during the competition is allowed from your own seat, provided that it does not disturb other spectators. The use of tripods and standing/ sitting in the aisles is prohibited! A person who causes disruption with their photography may be removed from the stands.

The Finnish Cheerleading Federation has the right to use and store photographic material. Clubs and teams participating in the competitions must ensure that the athletes registered for the competition or the parents of minors are aware of the photography and have given permission for it. By registering for the competitions, teams accept photography.

### TICKET SALES

Ticket sales for the event have opened on 17 December 2025 at 10:00 at www.lippu.fi

#### **Ticket prices:**

	Ticket type	Ticket price
FRIDAY	Adult	15,50 €
1DAY TICKET	Child (under 13 years old)	8,50 €
	Wheelchair user + assistant	15,50 €
SATURDAY / SUNDAY	Adult	27,50 €
1DAY TICKET	Child (under 13 years old)	15,50 €
	Wheelchair user + assistant	27,50 €
WEEKEND	Adult	55,00 €
3DAY TICKET	Child (under 13 years old)	31,00 €
	Wheelchair user + assistant	55,00 €

Children under 3 years can enter free of charge when sitting on an adult's lap.

Ticket prices 8.50€–55.00€ + service fees (from 1.50€ + 0.65% per order at www.lippu.fi)

We will also provide information about ticket sales on the event website as well as on Instagram. There are a limited number of tickets available for the event, so please inform your fans to purchase their tickets for the competitions in a good time!

Lippu.fi customer service will assist with any questions related to purchasing tickets: <a href="https://www.lippu.fi/campaign/yhteystiedot/">https://www.lippu.fi/campaign/yhteystiedot/</a>

### FINCHEER.TV STREAM

The competitions will be streamed on the FincheerTV platform - fincheer.tv

Service price list:

Nordic Championships - €19.99

- includes all Nordic Championship broadcasts (Fri Sun)
- Each day with both Finnish and English streams available

### EVENT MERCHANDISE, SALES BOOTHS AND CAFETERIA

At the competition venue, event merchandise can be purchase at the federation's sales booth. A limited number of Nordic Championship T-shirts (25€) and hoodies (49€) will be available, as well as Fincheer products. Acceptable payment methods are: cash (€), card, or MobilePay.

Aura Lounge is the café with lunch options for the public.

On Saturday and Sunday, the conference Good to Great will host a Coaches' Lounge and Vierumäki will host a test area for athletes. More information about these will be published on our Instagram account.

External vendors will be present at the competitions, and information about these will be provided on the @nordiccheerchampionship Instagram account.

### **EVENT BUS**

An event bus will operate between Turku city center and competition arena's main entrance. The ride is just under 20 minutes.

More information about the route and ticket prices: <a href="https://www.foli.fi/en/timetables-and-routes/line100">https://www.foli.fi/en/timetables-and-routes/line100</a>

To provide enough capacity on the bus line we are asking teams to let us know in advance if you intend to use this bus service. The exact timetable will be confirmed once we know the demand.

Please indicate your team's need for the bus service here: <a href="https://q.surveypal.com/Foli-event-buss">https://q.surveypal.com/Foli-event-buss</a>

DL: 9.1.2026

# LOST AND FOUND

Lost and found items can be requested from the lost and found office after the competition and from the competition office during the competition. <a href="https://loytotavara.net/en/instructions-to-">https://loytotavara.net/en/instructions-to-</a> consumers/

# **IMPORTANT DATES**

29.12.2025	Last day to add or remove participants
8.1.2026	Lunch order deadline
15.1.2026	Last day to edit competitors
23.1.2026	Last day to upload the music
30.1.2026	Last day to edit guardians
30.1 - 1.2.2026	Competition days

# PROBLEMS? QUESTIONS?

#### **HEAD OF THE EVENT & HARASSMENT CONTACT PERSON**

Inka Laitinen SCL Event Producer Phone: +358503845438

email: nordics@scl.fi



Follow us on Instagram @nordiccheerchampionship and jump into the excitement with #nordiccheer2026! Stay in the loop and let's get hyped for the competition!

\* \* \* \* \* \* \* \*

We hope that coaches review with their teams all ethical guidelines and rules of conduct related to competitions.

#### **COACHES MUST**

- be responsible for their team's actions in competitions, within the competition area, and in other related events
- encourage their team and fans to have a sportsmanlike attitude toward other competitors, officials, and the audience
- respect the decisions of referees and other officials
- act as a positive role model for their team and follow the instructions they give to their team themselves
- behave in a sportsmanlike manner in both victory and defeat
- refrain from the use of tobacco, intoxicants, or substances classified as prohibited by the Finnish Anti-Doping Agency in the competition area, and guide their team to refrain from these
- ensure that the competition program is positive and sportsmanlike
- emphasizes the importance of good mental and physical condition for their team
- encourages their team in competitive situations and conveys constructive criticism within the team setting
- adheres to all ECU competition rules

#### **COMPETITORS MUST**

- demonstrate a positive athlete model both during competitions and outside of them
- respect other competitors, coaches, officials, and spectators
- refrain from offensive language, gestures, or other behavior
- refrain from the use of tobacco, intoxicants, or substances prohibited by the Finnish Anti-Doping Agency in the competition area or in any related events

In addition, all coaches, competitors, judges, and other officials participating in the competition must act and behave positively and in a way that promotes the spirit of sport.

Enjoy the competition!

On behalf of the Finnish Cheerleading Association, Competition Committee