JAPAN OPEN

Cheerleading Championship



ARIAKE COLISEUM
TOKYO JAPAN

JANUARY 23, 2027

Information

Cheer Japan

Japan Federation for Sport Cheer & Dance

JAPAN OPEN Cheerleading Championship

IMPORTANT INFORMATION

JAPAN OPEN is a “Cheerleading divisions ONLY” competition.
Performance Cheer divisions will take place at “Performance Cheer Grand Final”.
Please refer the “Performance Cheer Grand Final Information”.

GENERAL INFORMATION

NOTE:

All teams must be permitted to compete in JAPAN OPEN by its own National Federation (NF) in advance and need to submit a letter from your NF.

I. Tentative Schedule of Events / Venue

Jan. 22nd (FRI):

<Night> Open Rehearsal at Ariake Elementary School GYM

Jan. 23rd (SAT):

Cheer Japan GROUP STUNTS COMPETITION(*), On-Site Registration, JAPAN OPEN Cheerleading Championship

* GROUP STUNTS COMPETITON: Only Japanese teams can compete. You can watch the events from the Athletes’ area.

Jan. 24th (SUN):

Performance Cheer Grand Final (You can watch the events from the Athletes’ area)

Competition Venue : ARIAKE COLISEUM, Tokyo

II. Division / Age Group & Age of Athlete / Team Size (Number of athletes per team)

NOTE: Age Groups and Team Sizes are set by JAPANESE STANDARDS. Please confirm these in advance.

Division	Age Group	Age *1	Team Size
Novice	Mini *2	7-10yrs old	10-24 athletes
	Youth *2	7-12yrs old	
Intermediate	Youth *2	7-12yrs old	
	Junior *2	7-15yrs old	
Median	Junior *2	7-15yrs old	
	Senior *2	11-18yrs old	
Advanced	Senior	11-18yrs old	
All Girl Elite *3	Open	14yrs old & older	
Coed Elite *3	Open	14yrs old & older	
All Girl Premier *4	Open	17yrs old & older	
Coed Premier *4	Open	17yrs old & older	

*1 : Ages within the year of the JAPAN OPEN Cheerleading Championship must meet the regulation.

*2 : Two age groups in a same division will be combined and awarded if only one team compete in each age group.

*3 and *4 : All Girl and Coed will be combined and awarded if only one team compete in each division.

- Skills of its division and under are allowed to execute.

III. Time of Routine

Cheer Portion: Can be placed in the beginning or middle of routine. Cheer portion minimum time requirement is thirty(30) seconds.
Maximum time between Cheer and Music portion: Twenty (20) seconds.
Music portion: Two minutes (2:00)

IV. Cheer Portion of Routine

For the Cheerleading Divisions, a Cheer must be included in the beginning or middle of routine. Use of native language in the Cheer and using a more national or team pride style cheer is encouraged. The Cheer portion of the routine is worth 10 points (of 100 points) and is based on the ability to lead the crowd for the team's nation or team, use of signs, poms, flags, megaphones, and practical use of stunt/pyramids to lead the crowd. Native language (including sign language) is encouraged.

V. Performance Surface

No spring floor, standard foam mat surface. (9 strips/42 feet x 54 feet or 12.8 meters x 16.5 meters).
Note: For the reason of accessibility, cost, and ICU objective of grassroots growth of cheerleading within every nation, a standard foam mat was selected for all Cheerleading Divisions.
Items not used in the performance (e.g., team-specific center markers, stuffed animals, banners) are not permitted on the floor.

VI. Division Rules & Regulations

SPORT OF CHEER RULES & GUIDELINES -CHEERLEADING- 2026
(https://cheerunion.org/wp-content/uploads/2025/09/ICU_2026_Rules_CH-PC.pdf)

NOTE:

- In addition to the ICU Rules & Regulations, participants must adhere to the following specific rules of JAPAN OPEN. (See JAPAN OPEN <Additional General Rules>)
- Violations of the JAPAN OPEN <Additional General Rules> listed below will result in specified point deductions, exclusion from awards, or disqualification.

JAPAN OPEN <Additional General Rules>

- Performance Time/Entrance and Exit
  The performance from entrance to exit on the performance floor must be completed within 3 minutes.
- Penalties for exceeding the music portion time limit:
  5–10 seconds over time: 1-point deduction / 11+ seconds over time: 3-point deduction
- Number of Athletes
  Disqualification will occur if the number of athletes on the floor exceeds the regulation.
  If the minimum number of athletes is not met, the team will be excluded from awards.
- Interruption of Performance
  - ◆ Change in Performance Order; Changes to the performance order before the start of the performance on the day of the competition.
  - ◆ Interruption of Performance: When the performance stops after "performance start" (music or movement initiation).

1. The organizer has the right to change the performance order and interrupt the performance if it is deemed necessary for safety or event management.
2. The treatment for changing the performance order or interrupting the performance will depend on the cause. All decisions will be made by the organizer, and even if a re-performance is allowed, the organizer will determine when and where the performance will take place. Re-performance is only allowed once.
   i. Trouble due to unforeseen circumstances; Issues such as malfunctions in sound equipment or facilities that are not caused by the team.
      a. If the performance cannot start at the scheduled time: The team can request a change in the performance order.
      b. If the performance is interrupted or obstructed: The team can request a re-performance. The team performs the routine again in its entirety, full out, but judging resumes from the point at which the interruption occurred as determined by the event organizers. Scoring and point deductions accumulated to that point carry over. If a team is permitted to perform again but fails to perform the routine in its entirety, it is at the discretion of the event organizer how that team's scores will be affected.
   ii. Trouble caused by injury; Injury occurring before or during the performance.
      a. The following individuals have the authority to request a pause in the routine due to the injury:
         1) the event organizer (Trainers, Competition directors), 2) a representative of the team (a person

in charge of music), and 3) the injured person themselves.

b. If the performance cannot start at the scheduled time: The organizer will decide if the team can withdraw or request a change in the performance order.

c. If the performance is interrupted or obstructed: The team has the option to withdraw or request a change in performance order. The team performs the routine again in its entirety, full out, but judging resumes from the point at which the interruption occurred as determined by the event organizers. Scoring and point deductions accumulated to that point carry over. If a team is permitted to perform again but fails to perform the routine in its entirety, it is at the discretion of the event organizer how that team's scores will be affected. An injured athlete cannot return to perform without the approval of 1) the organizer or team's medical personnel and 2) the team leader or guardian.

iii. Trouble caused by team responsibility: Equipment, costume, or music-related issues or troubles caused by the team's responsibility.

a. Only the following individuals have the authority to request a pause in the performance:

1) the event organizer (Competition Directors) , 2) the team leader (the person in charge of music) and the team

b. If the performance cannot start at the scheduled time: The team has the option to withdraw or request a change in performance order, with a deduction of 3 points imposed.

c. If the performance is interrupted: The team has the option to withdraw or request a re-performance immediately after the interruption, with a deduction of 3 points imposed. Judging will discard the previous assessment and evaluate the routine as a whole. If a team continues to perform even in the event of a problem that is clearly the team's responsibility, such as an inadequate sound source, the judging will also continue.

- Dedicated Spotter for Competition

To ensure the safety of participating athletes at JAPAN OPEN, teams are allowed to prepare dedicated spotters (up to 3 spotters) from their own team as needed. This is intended to provide a safe competitive environment, so the spotter's skills should match the team's abilities.

However, in the Premier - Lv.7 teams must have a dedicated spotter from their own.

◆ A Dedicated Spotter is separate from an athlete and is not considered a required spotter for safety rules purposes.

◆ A Dedicated Spotter must meet the following conditions:

1. Who is deemed by a representative of the team to be able to be a dedicated spotter
2. Must be at least 18 years old and have at least 3 years of cheerleading competitive experience. However, a person under 17 years of age may also be a dedicated spotter if he/she meets the following conditions.
   i. Must be a member of the same team.
   ii. Must be at least 12 years old (Not elementary school students). In addition, must be over the youngest age of the grid regulations of each division.
   iii. Must be included a person aged 18 or over who can make responsible decisions.
   iv. If all dedicated spotters are 17 years old or younger, a representative of the team must be able to make a decision as a responsible person.
4. All dedicated spotters must wear the same attire that is clearly distinguishable from the athletes in terms of design and color.
5. The dedicated spotters must wear clothing that is not a safety problem.
6. The dedicated spotters are only to prevent falling stunts to the floor and not allowed to join stunts or talk to athletes. (e.g., advising athletes, assisting stunts, clapping, etc.)

- Concussion-Related Eligibility

In the event that any actions or symptoms suggestive of a concussion are identified, it is a mandatory requirement that the individual be examined and diagnosed by a physician.

<Concussion Diagnosed Prior to Competition Day>

◆ Athletes may participate only with medical clearance for return to competition, as determined by a physician.

<Observation of Actions or Symptoms Indicative of Concussion on Competition Day>

◆ Upon confirmation, the competition staff shall contact the medical room, and the athlete must undergo an examination by the attending physician. If the physician diagnoses a concussion or a suspected concussion, the athlete shall not be permitted to continue with any further practice or performance.

*For guidelines regarding concussion, refer to the following.

Guidelines for the Medical Management of Concussions

[Inquiry Regarding Rules]

For inquiries regarding the rules in general, please contact the following email address, clearly stating your team name and contact information.

*For inquiries regarding safety regulations through video, please send an email attachment or provide a URL link to the following email address.

* Please allow sufficient time for confirmation, as it may take some time to process inquiries.

E-mail: technical@jfscheer.org

VII. Exhibition

Teams can participate in "Exhibition (No judging, No scoring)" as long as these following regulations.
Routines can be performed in only case being based on competition divisions.

<Team Size> 5 athletes and more

<Age> 4yrs old and older

<Routine> All levels

- Contents of routines should be followed each competition divisions' rules and regulations (including safety guidelines).
- Need to execute skills which is met one's age if a team is consisted of different age groups members.
- Athletes of 4-6yrs old will be permitted to execute Novice skills only.
- Need to read the rules and regulations and be aware of your teams' safety.
- Cheer will be included in the beginning or middle of routine.
- Each exhibition team will be provided a comments sheet about their performance.

VIII. Awards

Teams won the 1st, 2nd and 3rd place will be given trophies. (See P.1 II. Division/Age Group & Age of Athlete/ Team Size for your information about combining.)

IX. Crossovers

Crossovers between divisions will be allowed as long as following these regulations below. Interval will be considered, however must be aware that it depends on the event schedule.

- Each athlete cannot entry in the same division AND the same age group.
  NOTE: 1. Crossovers between same level of All Girl and Coed will be prohibited since those two divisions may be combined by the number of teams. (See II. Division / Age Group & Age of Athlete / Team Size)
  2. Crossovers within two age group of same level will be prohibited since those two age groups may be combined by the number of teams. (See II. Division / Age Group & Age of Athlete / Team Size)
- Each athlete can register from one school/gym/studio. (school/gym/studio crossover is NOT allowed.)
- Each athlete can entry in 2 divisions at maximum.
- Each routine can NOT perform in multiple Age Group.

X. Disqualification

Teams do not meet the rules and regulations can be disqualified and have the award and the place taken away. In addition, the rights of competing will be deprived.

XI. ICU Anti-Doping Rules and Regulations

The ICU is committed to doping free sport, and strictly follows the enclosed guidelines and procedures of the ICU WADA approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our sport.

XII. ICU Rules and Regulations against Illegal Betting and Competition Fixing

The ICU is committed to fair play for our athletes and the integrity of the sport, and follows rules and regulations in the fight against illegal betting and competition fixing.

PACKAGES

HOTEL PACKAGES

[Hotel Packages for Athletes, Coaches and NF staff]

Including… Competition participation fee, Official T-shirt,
Admission to Competition Venue at Athletes Area (both JAPAN OPEN and Grand Final)
Accommodation Fee (No Breakfast), Lunch-box (Jan. 23rd)

Number of nights	4 Nights 5 Days	3 Nights 4 Days
	Jan. 21st-25th	Jan. 21st-24th
Far East Village Hotel Tokyo Ariake/Sotetsu Grand Fresa Tokyo-Bay Ariake		
Twin (2 per room) price per person	¥ 83,900	
Single (1 per room) price per person	¥ 111,900	
Washington Hotel Tokyo Bay Ariake		
Triple (3 per room) or Twin (2 per room) price per person		¥ 72,500
Single(1 per room) price per person		¥ 78,700
Hotel JAL City Toyosu		
Twin (2 per room) price per person	¥ 91,900	¥ 75,900
Single(1 per room) price per person	¥ 136,500	¥ 111,600

Additional Division (per 1 Division, per 1 Athlete)	+ ¥ 4,400
Additional Competition (Grand Final, per 1 Athlete/Coach/NF Staff)	+ ¥ 6,900

NOTE:

- Hotel rooms are available on a first-come, first-served basis. Extensions of stay may be arranged upon request.
- Hotel breakfast is available upon request as an optional service.
- Coach Bus between Airport and your hotel is available upon request as an optional service.
- Athletes and coaches wishing to watch from the Spectators' seats must purchase a separate ticket. (The Athletes' Area is located at the sides or backside of the performance floor.)

[Hotel Packages for Family/Spectators and Dedicated Spotters]

Including… Accommodation Fee (No Breakfast)

Number of nights	4 Nights 5 Days	3 Nights 4 Days
	Jan. 21st-25th	Jan. 21st-24th
Far East Village Hotel Tokyo Ariake/Sotetsu Grand Fresa Tokyo-Bay Ariake		
Twin (2 per room) price per person	¥ 62,000	
Single (1 per room) price per person	¥ 90,000	
Washington Hotel Tokyo Bay Ariake		
Triple (3 per room) or Twin (2 per room) price per person		¥ 50,600
Single(1 per room) price per person		¥ 56,800
Hotel JAL City Toyosu		
Twin (2 per room) price per person	¥ 70,000	¥ 54,000
Single(1 per room) price per person	¥ 114,600	¥ 89,700

NOTE:

- Hotel rooms are available on a first-come, first-served basis. Extensions of stay may be arranged upon request.
- Hotel breakfast is available upon request as an optional service.
- Please enter the personal information in the Rooming List of the Registration Form, and select the role as either "Family" or "Spotter." (For Spectators, please select "Family")

COMMUTER PACKAGES

Including… Competition participation fee, Official T-shirt,
Admission to Competition Venue at Athletes Area (both JAPAN OPEN and Grand Final)
Lunch-box (Jan. 23rd)

24,000 JPY / 1 person

Additional Division (per 1 Division, per 1 Athlete)	+ ¥ 4,400
Additional Competition (Grand Final, per 1 Athlete/Coach/NF Staff)	+ ¥ 6,900

NOTE:

- For Dedicated Spotter who doesn't register either athlete or coach needs to enter your personal information in the Team Dedicated Spotter List.

TICKETS for Family & Spectators

TBA

NOTE:

- Family and Spectators are NOT permitted in the Athletes' area.
- Athletes, coaches, and NF staff will be assigned seats in the Athletes' Area. A separate ticket must be purchased to have a seat in the Spectators' Area.

Optional Orders

Information regarding the collection of these Option Orders will be provided at a later date.
Additional T-shirt order, Lunch-box Additional order, Parking requests at the competition venue (for coach buses arranged solely by your team), Ticket order, Hotel Breakfast order, Coach bus (Airport-Hotel) order for Hotel PKG.

REGISTRATION PROCESS

* Please find the enclosed "Registration Form".

- **Applications from international teams shall be managed by Nankai Travel International.**

Please complete the registration form (Team Registration sheet, Team Roster sheet (and Hotel PKG_Preference-Rooming sheet (If your team selects the Hotel Package)) and submit the excel file along with a recommendation letter from your NF via email to cheernti@geo-nti.co.jp

- You may submit Visa Application sheet (If you are required visa) and Commuter_Spotter sheet at a later time.

Please use the following subject header "<Your Team Name> Registration" for the email.
E.g. ABC Studio Registration

The registration process will complete only when ALL required information is submitted and the full payment of the registration fee is received.
The deadline for submitting the documents is **November 10th (TUE) 2026.**

PAYMENT PROCEDURE

Please ensure that payment is made by the due date specified on your invoice. (The final payment deadline is January 8th (FRI) 2027.) If payment is not confirmed by the due date, your entry may be canceled. You are not required to transfer any payment prior to receiving the e-invoice in the contact person's email.

CANCELLATION POLICY

Cancellations received **after December 11th (FRI) 2026** will result in a **FULL FORFEITURE** of all monies paid. All cancellations must be made via e-mail to **Nankai Travel International**. We will not accept cancellations by phone.

A representative of your team must have read the cancellation policy and understand and accept its contents. He/She needs to advise all participants, parents and chaperones of your group of this.

NOTES

INSURANCE

Please be aware that Cheerleading and Performance Cheer involve the risk of injury and etc.. Each participant is required to obtain their own insurance coverage before participating in the competition.

PHOTOGRAPHY AND VIDEO RECORDING IN THE VENUE

- All individuals (athletes, coaches, NF staff, and spectators) are not allowed to take photos or videos of the performance floor during the event.
- Photos of your own team's performance will be provided later as digital data, and footage of the event will also be shared afterward.
- Each team is responsible for informing their participants and spectators, including family members, of this policy in advance.

RELEASE/WAIVER FORM (Participant Agreement)

- All participants attending the event under the HOTEL PACKAGE or COMMUTER PACKAGE are required to submit a RELEASE/WAIVER FORM (Participant Agreement). The form will be provided at a later time.

CERTIFICATES

- Certificates will be issued to participating Athletes and Coaches about one month after the competitions. Certificates are generated based on the name (First, Middle, Last Name) entered in your Team Roster. In principle, no corrections can be made after issuance. Please verify that all names and roles (Athlete/Coach) are correct.

VENUE INFORMATION

COMPETITION VENUE ARIAKE COLISEUM

https://www.tptc.co.jp/park/02_03/colosseum/04#mainbody/

OPEN REHEARSAL VENUE ARIAKE ELEMENTARY SCHOOL

FAQ

Q. If a coach is assigned to two teams, will a fee be charged for both teams?
A. If the teams participate in the same competition, the fee will be charged to one team only. If the teams participate in JAPAN OPEN and Performance Cheer Grand Final, a fee will be charged for each team.

Q. Does a spotter need to pay for a Commuter Package? *Cheerleading (JAPAN OPEN) only.
A. No. Spotters do not need to purchase a Commuter Package.
- If your team selects the Commuter Package:
  Please enter the spotter's information in the "Commuter_Spotter".
- If your team selects the Hotel Package:
  Please enter the spotter's information in the "Hotel PKG_Preference-Rooming" of the Registration Form and select "Spotter" as their Role.

Q. If a coach also serves as a spotter, does the coach need to be listed on "Commuter _Spotter"?
*Cheerleading (JAPAN OPEN) only.
A. No. A coach who also serves as a spotter does not need to be listed on "Commuter _Spotter".
Note: At least one Coach, Assistant Coach, or Manager must stay at the Music Table to handle the music during the entire performance. Please ensure that not all Coaches, Assistant Coaches, or Managers serve as spotters.

Q. Can substitute athletes be registered? Are there any additional fees?
A. At the time of registration, there is no distinction between competing members and substitutes. If a substitute will accompany the team to the competition, please register them in the same manner as the competing members ("athlete").
Basically, substitutions of registered athletes are allowed as long as they comply with the age requirements and other relevant rules. If an athlete replacement occurs due to unavoidable circumstances and a new athlete needs to be registered, no additional fees will be charged as long as the total number of athletes does not increase.
(We understand that there are currently no expected charges, but in the unlikely event that any changes incur actual costs, we may discuss the collection of additional fees.)

Q. Are event T-shirts included in the package?
A. Yes. T-shirts are included in both the Commuter Package and Hotel Package and will be distributed at the competition venue. Additional T-shirts may be purchased separately for family members or others.

Q. Can we pay by credit card? Can each participant make an individual payment?
A. Credit card payment is available upon request. However, payment must be made as one payment for the entire team. Individual payments by participants are not accepted.

Q. Is communication with Nankai Travel International, the official secretariat for international teams, available via social media or messaging apps such as WhatsApp available?
A. No. All inquiries to Nankai Travel International must be made via email.
Note: On competition days, messaging apps (e.g., WhatsApp) may be used for communication with your liaison (International Staff).