PERFORMANCE CHEER

GRAND FINAL

ARIAKE COLISEUM, TOKYO JAPAN
JANUARY 24, 2027

Information

PERFORMANCE CHEER GRAND FINAL

IMPORTANT INFORMATION

Performance Cheer Grand Final is for "Performance Cheer divisions ONLY" and Japanese teams had gotten their GF bids in national championships which are organized by Japan Cheer Dance Association (JCDA) , Cheer and Dance education (CDE) as well as teams nominated by NFs affiliated with ICU are eligible to participate in this competition.

Cheerleading divisions will be held as "JAPAN OPEN Cheerleading Championship".
Please refer the "JAPAN OPEN Cheerleading Championship Information".

GENERAL INFORMATION

NOTE:

All teams must be permitted to compete in Performance Cheer Grand Final 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, JAPAN OPEN Cheerleading Championship (You can watch these two events from the Athletes' area) * Please contact us if your team would like On-site registration on 23rd.

Jan. 24th :

On-site registration, Performance Cheer Grand Final

Venue : ARIAKE COLISEUM, Tokyo

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

NOTE:

- Age Groups (Junior, Senior and Open) and Team Sizes are set by JAPANESE STANDARDS. Please confirm these in advance.
- Maximum number of Team divisions per country for each division and age groups is two(2).
  Ex. Six(6) of Pom teams will be the maximum per country.
  (2 Junior Pom, 2 Senior Pom and 2 Open Pom)
- The maximum total number of teams for the Doubles Pom and Doubles Hip Hop categories combined is two(2) teams. Please note that this is not a total of four teams.
  (Any of the following: 1 Doubles Pom and 1 Doubles Hip Hop, 2 Doubles Pom, 2 Doubles Hip Hop)
- Each NF shall control the number of participating teams from your country in accordance with the maximum allowable limit.

Division	Age Group & Age *			Team Size	Maximum Number of Teams per Country (Exception: Japan)
	Junior	Senior	Open		
	11-15 yrs old	13-18 yrs old	14yrs old & older		
Pom	○	○	○	16-24 athletes	2 teams / 1 Age Group
Hip Hop	○	○	○	16-24 athletes	2 teams / 1 Age Group
Jazz	-	○	○	16-24 athletes	2 teams / 1 Age Group
Doubles Pom	-	-	○	2 athletes	2 teams / 1 Country (1 Pom and 1 Hip Hop or 2 Pom or 2 Hip Hop)
Doubles Hip Hop	-	-	○	2 athletes	

* Age of athlete within the year of the Performance Cheer Grand Final must meet each Age Group the regulation.

PERFORMANCE CHEER GRAND FINAL

III. Time of Routine

Team Divisions Music portion: Two minutes(2:00)

Doubles Divisions Music portion: One minute, thirty seconds (1:30)

IV. Performance Floor

42 feet x 42 feet (Approx. 12.8 meters x 12.8 meters)

V. Division Rules & Regulations

SPORT OF CHEER RULES & GUIDELINES -PERFORMANCE CHEER- 2026
(Pom Premier / Hip Hop Premier / Jazz Premier)
https://cheerunion.org/wp-content/uploads/2025/09/ICU_2026_Rules_CH-PC.pdf

NOTE:

- In addition to the ICU Rules & Regulations, please adhere to the specific rules of the Performance Cheer Grand Final mentioned below. (See Performance Cheer Grand Final Original <Additional General Rules>)
- Regarding violations:
  1. If a team violates the provisions stated in the ICU Rules & Regulations General Rules, a deduction of 3 points will be imposed.
  2. Violations of the following Performance Cheer Grand Final Original <Additional General Rules> will result in the specified deductions, disqualification, or exclusion from awards.
  3. Teams that violate the contents specified in the ICU Rules & Regulations Rules by Genre will incur a deduction of 1 point per violation.

Performance Cheer Grand Final Original <Additional General Rules

- Division Definition (Pom):

  A deduction of 3 points will be imposed if the use of Pom is not observed throughout the entire routine.

- Time of Routine:

  Team Divisions: Two minutes(2:00) *Minimum 1 minute and 30 seconds recommended

  Doubles Divisions: One minute, thirty seconds (1:30) *Minimum 1 minute and 15 seconds recommended

  ◆ A deduction of 3 points will be imposed if the performance time exceeds 5 seconds the regulation.

  NOTE:

  1. Timing of Routine Measurement
     The routine time begins with the first choreographed movement or the start of the music, and ends with the final movement or the end of the music.

  2. Entrance to the Performance Floor
     To ensure the competition proceeds on schedule, teams must enter the performance floor as quickly as possible. Choreographed entrances or exits are not permitted.

- 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.

- Costume/Uniform:

  All costumes should be appropriate for a family-friendly audience, safe, and designed to cover the entire body, particularly the front of the torso. If a costume malfunction results in unintended exposure of a team member's body, the team may be subject to disqualification.

  Note: When wearing short-length costumes, it is recommended that tights be worn underneath.

  Note (Male Participants): Male athletes are recommended to wear a shirt (sleeveless permitted) or ensure that the front buttons or zipper of their costume are fastened.

  Wearing accessories as part of the costume is permitted. However, accessories that may fall off during the performance or pose a risk of injury—such as metal items—are prohibited.

  (Violation will result in a deduction of 3 points)

Rhinestones that are securely affixed to the uniform are permitted.

Rhinestones applied directly to the skin or hair, as well as nail tips, must not be used, as any items that fall onto the competition floor may cause injury to athletes.

Shoes

Athletes must wear shoes on both feet that are appropriate for the age group and division, and suitable for the technical requirements of the routine. The shoes must cover the toes and provide adequate safety measures, including protection against friction and injury. Performing barefoot, wearing only socks, or using shoes that may damage the floor is prohibited.

(Violation will result in a deduction of 3 points)

Other Supportive Equipment

When an athlete must wear medical equipment such as a cast, brace, or corset that is rigid, non-flexible, or has uneven surfaces due to injury or other circumstances, the equipment must be properly covered with suitable material. However, athletes wearing hard casts (e.g., plaster, fiberglass splints) or walking boots may not participate in choreography that could potentially injure or endanger other athletes.

(Violation will result in a deduction of 3 points)

- Props/Accessories:

  Props refer to any items used as part of the choreography that are not attached to the costume

  1. In the Pom division, poms are regarded as part of the costume.

     Clarification: <Definition of Pom> A spherical or tassel-like object that can be manipulated by hand and is made of safe materials that do not harm the skin.

     <Hands-Free Poms> Hands-free poms are permitted. (Definition: Items specially designed to be worn without gripping. Items merely tied with rubber bands, strings, or pom strands are not considered hands-free poms.)

     For movements where body weight is placed on the hands (e.g., tumbling), the bar must not rest on the palm; only the rubber band may be held between the fingers.

     (Violation will result in a deduction of 3 points)

  2. Prohibited Props and Use of Costume Items Hand-held or free-standing props are prohibited in all categories.

     Costume items (e.g., necklaces, jackets, hats) may not be used as props. Additionally, costume items must not be used to emphasize choreography, enhance movements, or create visual shapes or images as part of staging.

     All costume items and accessories must be worn throughout the performance. They must not be removed or discarded during the routine.

     Clarification: (Pom Division): Creating letters or shapes using poms is permitted. However, creating visual shapes using strings, rubber bands, or similar attachments fixed to the poms is prohibited.

     (Violation will result in a deduction of 3 points)

  3. Large Free-Standing Props

     Large free-standing props such as chairs, stools, benches, boxes, steps, platforms, ladders, bars, seats, and any similar items that can stand upright without support are prohibited in all divisions. Any item capable of supporting an athlete's body weight is considered a free-standing prop and is therefore not permitted.

     (Violation will result in a deduction of 3 points)

- 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) the representative of the team (the 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 representative of the team 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) and 2) the representative of the team (the person in charge of music).
      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.

- 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

VI. 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.
- Each athlete can register from one school/gym/studio. (school/gym/studio crossover is NOT allowed.)
- Each athlete can entry in 2 performances at maximum.
  (exception: Allowed up to 3 performances if you include a doubles division)
- Each routine can NOT perform in multiple Age Group.

VII. Awards

Teams won the 1st, 2nd and 3rd place of each division and age group will be given trophies.
Top 5 teams from all Team divisions (not including Doubles divisions) will be announced and perform once again in order to select a "Grand Prix" team.
Top 5 teams will be given “Top 5 banner” and a Grand Prix team will be given a trophy.

VIII. 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.

IX. 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.

X. 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. 24th)

Number of nights	4 Nights 5 Days Jan. 21st-25th	3 Nights 4 Days 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 and Spectators]

Including… Accommodation Fee (No Breakfast)

Number of nights	4 Nights 5 Days Jan. 21st-25th	3 Nights 4 Days 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.

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. 24th)

24,000 JPY / 1 person

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

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) 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.

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NOTE

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 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 audio 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).