



HELLENIC CHEERLEADING  
FEDERATION

[www.cheerleading.gr](http://www.cheerleading.gr)

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# DIAMOND CHEER OPEN CHRISTMAS CUP

## 17 & 18 DECEMBER 2022

### AVLONA ATTICA GREECE

#### 1. COMPETITION DATES

17 & 18 DECEMBER 2022

#### 2. COMPETITION VENUE

INDOOR SPORST GYM AVLONA ATTICA (Elpidas Str., Zip Code 19011) ([google maps link](#)).

#### 3. ELIGIBLE TO PARTICIPATE ARE ALL THE FOLLOWING SPORTS ENTITIES:

Sports and Cultural Associations/Clubs, Public and Private Schools, Gyms, Dance Schools, Independent teams

#### 4. DIVISIONS

TEAM CHEER FREESTYLE POM

TEAM CHEER HIP

TEAM CHEER JAZZ

DOUBLE CHEER POM

DOUBLE CHEER HIP HOP

DOUBLE CHEER JAZZ

SOLO POM (**Diamond Queen**)

#### 5. AGE GROUPS

##### SENIOR

2007, 2006, 2005, 2004, 2003, 2002, 2001, 2000 and before

##### JUNIOR

2008, 2007, 2006, 2005, 2004

##### YOUTH

2011, 2010, 2009, 2008

##### PRIMARY

2015, 2014, 2013, 2012, 2011, 2010

- Athletes of younger age groups **can** participate in older age group teams



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ΑΘΛΗΤΙΚΟΥ ΟΜΑΔΙΚΟΥ ΧΟΡΟΥ  
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Ηφαίστου 4, Βάρη 16672, τηλ. 2108979685 - 6937265306

- Athletes from older age groups **cannot** participate in younger age group teams.
- At Diamond Cheer Open Cup **is allowed**.

#### **6. NUMBER OF ATHLETES PER TEAM**

**SENIOR** – 5 to 24 athletes

**JUNIOR** – 5 to 24 athletes

**YOUTH** – 5 to 24 athletes

**PRIMARY** – 5 to 24 athletes

#### **7. ATHLETES' ID CHECK**

All athletes that will participate in the competition should display an ID card or passport at the athletes' control before competing.

Adult athletes and parents of minor athletes will also need to sign a consent form regarding the athlete's health condition.

#### **8. NUMBER OF PARTICIPATING TEAMS**

Each entity (club, school, gym, etc.) can participate in the competition in as many divisions as they want and with as many teams as they want.

#### **9. WAY OF CONDUCT OF DIAMOND CHEER OPEN CHRISTMAS CUP**

Every team will compete with its own choreography, following the rules and regulations of the cheerleading sport.

- TIME FOR TEAM ROUTINES: minimum 1 minute, maximum 2 minutes.
- TIME FOR DOUBLES' ROUTINES minimum 45", maximum 1 minute.
- TIME FOR SOLO ROUTINES: minimum 45", maximum 1 minute.

#### **10. REGISTRATION**

Registration Deadline is **5 December 2022**. After this date no entity (clubs, schools, etc.) will be allowed to register.

The Federation club-members will register through the **CHEER ON LINE** program.

**Non-member entities** (schools, gyms, etc.) who are interested in participating at **Diamond Cheer Open Christmas Cup 2022**, need to send their request at [info@helleniccheerleadingfederation.gr](mailto:info@helleniccheerleadingfederation.gr), stating their contact information (Club/School/Gym/etc. Name, Contact Person, Mobile Phone, email).

The Federation will provide further information about the **Cheer Open Creta Cup 2023** to those who will express an interest in participating in the competition.

#### **11. AWARDS**

At **Diamond Cheer Open Christmas Cup 2022**, the winning teams are separated in **GOLD, SILVER & BRONZE**, depending on the score they will receive.



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## 12. PARTICIPATION FEE FOR THE DIAMOND CHEER OPEN CHRISTMAS CUP 2022

Team Routines: 30 euros per athlete

Doubles: 40 euros / 20 euros per athlete-per division

Solo: 40 euros per athlete

The EUROPEAN CHEER LEAGUE competition, which will take place on Sunday 18 December 2022 is included)

[ECL\\_Rules\\_2022.pdf \(cheerunion.eu\)](#)

## SPECIAL TERMS

1. HCF reserves the right to change the date, the location and the time of the competition in case of serious issues regarding the participation (minimum number of participating athletes and clubs) or in case of organizational issues caused by unforeseen weather conditions.
2. Updates on this announcement and further information regarding the competition will be announced on a regular basis. The club-members and other interested entities (non-member clubs, schools, gyms, etc.) will need to follow the federation website ([www.cheerleading.gr](http://www.cheerleading.gr)) regularly in order to be getting informed of the respective updates until the competition dates.

Regards,

The President

The Secretary General

Michael Fountedakis



Evangelia Kritikou