



International Cheerleading Championship in Krakow

PSCh Polish Grand Prix 2026
07.03.2026

Organizer:

Cheerleaders Krakow, Janusz Korczak Youth Culture Centre,
os. Kalinowe 18, 31-814 Krakow





RULES AND REGULATIONS

**Tournament name: International Cheerleading Championship in Krakow
POLISH GRAND PRIX CHEERLEADERS PSCh 2026**

Organizer: Stowarzyszenie Cheerleaders Krakow, Janusz Korczak Youth Culture Centre, os. Kalinowe 18, 31-814 Krakow

Date: 07.03.2026

Venue: Sport Hall “Suche Stawy”, Ptaszyckiego 4 street, Kraków

1. Registration

Formal registration requires fulfilling the following simultaneously:

- Complete the registration form in the PSCh database by 16.02.2026
- Pay the relevant entry fees specified in the regulations.
- Participants and coaches must be current members of the Polish Cheerleaders Association (PSCh) with a paid membership for the current year (annual or one-time license, per PSCh 2026 fee table). New teams or those with outstanding fees must pay into the PSCh account:

PKO BP: 21 1440 1299 0000 0000 0234 1662

2. Divisions

Tournament will be played in 3 divisions:

PERFORMANCE CHEER:

- Freestyle Pom – teams, duets
- Cheer Hip Hop – teams, duets

- Cheer Jazz – teams, duets

POM DANCE:

- Pom Dance Basic – teams
- Pom Dance Elite – teams, duets
- Pom Dance Premier – teams, duets

CHEER:

- Cheer (Children L1, Younger Junior L2)
- Cheer All Girl (Youth L3, Junior L4/L5, Senior L5/L6)
- Cheer Coed (Youth L3, Junior L4/L5, Senior L5/L6)
- Group Stunt (Children L1, Younger Junior L2)
- Group Stunt All Girl (Youth L3, Junior L4/L5, Senior L6)
- Group Stunt Coed (Youth L3, Junior L4/L5, Senior L5/L6)
- Partner Stunt (Junior L5, Senior L6)

3. Age categories and team sizes

- PERFORMANCE CHEER

	Birth group	PERFORMANCE CHEER
Children	2017 and later	TEAMS 6 to 24 athletes (max 5 reserves and max 5 coaches)
Younger junior	2012 – 2018	DUETS 2 athletes (max 1 reserve and max 1 coach)
Youth	2011 – 2014	
Junior	2007 – 2011	
Senior	2010 and earlier	

- POM DANCE

	Birth group	POM DANCE
Children	2017 and later	TEAMS 6 to 24 athletes (max 5 reserves and max 5 coaches)
Younger junior	2012 – 2018	DUETS 2 athletes (max 1 reserve and max 1 coach)
Youth	2011 – 2014	
Junior	2007 – 2011	
Senior	1996 – 2010	
Masters	1996 and earlier	

- CHEER

	Birth group	CHEER
Children	2017 and later	TEAMS 6 to 24 athletes (max 5 reserves and max 5 coaches)
Younger junior	2012 – 2018	STUNTS 4 to 5 athletes (max 2 reserves and max 2 coaches)
Youth	2011 – 2014	PARTNER STUNTS

Junior	2007 – 2011	(only for Junior L5 or Senior L6) 2 athletes (max 1 reserve and max 2 coaches)
Senior	2010 and earlier	

**The year of birth is taken into account.*

**The age in years refers to the athlete being that age at any point during the calendar year of the respective competition.*

4. The tournament will be conducted in accordance with the Tournament Regulations of the Polish Cheerleaders Association, effective from 01.01.2026, available at www.psch.pl.

5. The tournament will be conducted in accordance with the applicable guidelines of the GIS, MZ, and MEN for organizers of sports events.

6. Each entity submitting a start list with personal data of its members must provide the details of an adult individual who will serve as the official representative (manager) of the entity during the tournament. The team manager must be a member of the PSCh.

- Each team participating in the tournament must ensure supervision for all minor athletes throughout the duration of the event (1 supervisor per 15 athletes).
- Each athlete must have a valid school ID or another photo ID as well as an athlete card stamped for the current year
- During registration, athletes may be verified based on the application form and the athlete card together with a photo ID.

7. Rules for participation in various divisions:

1. Within one entity, athletes may compete only in one age category.
2. Each athlete in the Performance Cheer division may compete in different disciplines available within the same age category (e.g., Junior Freestyle Pom duo and Junior Cheer Jazz team).
3. Each athlete in the Pom Dance Basic discipline may compete **only** in a Pom Dance Basic team and in **one** age category.
4. Each athlete in the Pom Dance division may compete in different disciplines available within the same age category (e.g., Pom Dance Elite Junior teams and Pom Dance Elite Junior duo).
5. Each athlete in the Cheer division may compete in different age categories and in different disciplines, provided that their age complies with the specific age category (e.g., in a Junior Younger Cheer All Girl team and in a Junior All Girl Group Stunt), **in accordance with the current PSCh Tournament Regulations**.
6. It is prohibited for the same athlete in the Cheer division to compete in different age categories within the same discipline (e.g., Cheer All Girl Youth and Cheer All Girl Junior — not allowed).
7. It is allowed for the same athlete to compete in different divisions under the following conditions:
 - An athlete from the Performance Cheer division may compete in the Cheer division.
 - An athlete from the Pom Dance division may compete in the Cheer division.
 - An athlete from the Performance Cheer division may not compete in the Pom Dance division, and vice versa.

8. Props

1. In the Freestyle Pom discipline, the only permitted and mandatory prop is pom-poms. The use of pom-poms is required throughout the entire choreographic performance.
2. In the Pom Dance division, the only permitted and mandatory prop is pom-poms. The use of pom-poms is required throughout the entire choreographic performance.

EXCEPTION: Pom-poms may be set aside in order to perform elements involving hand support, where holding pom-poms is prohibited, or in the Pom Premier discipline to emphasize the theme.

3. Each athlete is required to use two pom-poms during the dance performance.
 - 3.a. Boys/men are exempt from the obligation to use pom-poms.
4. Currently, there are no defined requirements regarding the size, material, or color of pom-poms.
5. In the Cheer Hip Hop and Cheer Jazz disciplines, **the use of props is not permitted**. Any items that are or are not part of the costume are prohibited.
6. In the Cheer division, the **only permitted** props are: flags, banners, boards, pom-poms, megaphones, and pieces of fabric.

9. Duration of the dance performance:

1. In the Pom Dance and Performance Cheer team disciplines – **max 2 minutes**.
2. In the Pom Dance and Performance Cheer duo disciplines – **max 1 minute 30 seconds**.
3. In the Cheer All Girl and Cheer Coed disciplines, the total performance time may be **max 3 minutes and consists of 3 parts**:
 - a. Cheer section: preferably at the beginning of the choreographic routine (not at the end), lasting **min 30 sec – max 40 sec**.
 - b. The time between the Cheer section and the music section may be **max 20 sec**.
 - c. Music section: **max 2 minutes**.
4. In the Group Stunt All Girl and Group Stunt Coed disciplines – **max 60 sec**.
5. In the Partner Stunt discipline – **max 60 sec**.
6. In the Cheer Solo discipline – **max 60 sec** (combined Cheer section + music section).

10. The specifics of each division and discipline, as well as costume characteristics listed in the PSCh Tournament Regulations, clearly define the elements permitted in choreographic performances.

11. If members of an entity fail to comply with PSCh regulations, the Head Judge of the Tournament is obliged to assign penalty points or disqualify the entity.

12. The following tournament rounds are distinguished:

- elimination round (official practice)
- final round (final)

Depending on the number of entities, the decision regarding the number of rounds in the tournament will be announced after the registration period closes!

13. Presentations performed by entities in the elimination round must be repeated in the final round, if qualified.

14. FLOOR REHEARSAL – The Organizer does not plan to conduct a floor rehearsal.

15. The Organizer does not plan to hold a team leaders' briefing; all necessary information will be provided in advance to all entities registered for the tournament, sent via email to the address provided in the registration form.

16. The starting order will be the reverse of the order in which registrations for the Tournament were received.

17. During the competition, the following bodies operate:

- Judging Committee
- Technical Committee
- Scoring Committee
- Tournament Organizational Office
- Medical services
- Security services

18. During the Tournament, the “Tournament Regulations” and “Judging Regulations” of the Polish Cheerleading Association, effective from 01.01.2026, apply. These documents are available at www.psch.pl

19. Recording the competition using video cameras is prohibited.

Routines performed during the Tournament are the property of the choreographers and the performing teams and are protected under the Act on Copyright and Related Rights (Journal of Laws No. 24, item 83 of 04.02.1994).

20. Teams participating in the Tournament travel and insure themselves at their own cost or at the cost of the delegating institution.

21. The Organizers are not responsible for items left in changing rooms or lost within the venue.

22. In disputable matters or those not covered in the Regulations or Tournament Rules, the decision is made by the Head Judge of the Tournament.



23. Each team is required to pay an entry fee of 80 PLN per participant for each discipline.

Payments must be made by **07.02.2026** to the account:

STOWARZYSZENIE CHEERLEADERS KRAKÓW
UL. REDUTA 48/7
31-421 KRAKÓW

BANK BNP PARIBAS
49 1600 1462 1837 2706 7000 0001

with the note: “name of the entity and number of athletes/coaches/chaperones”.

24. Registration for participation in the tournament must be submitted via the PSCh database at <https://baza.psch.pl/> by **16.02.2026 at 23:59.**

In case of problems with registration, information is provided by Jarosław Mazur (j.mazur@psch.pl). It is mandatory to send a scan of the confirmed entry fee payment no later than **16.02.2026** to the following addresses: mistrzostwa.krakow@gmail.com and j.mazur@psch.pl

25. A registration without confirmed payment will not be accepted. Lack of payment is equivalent to the registration not being accepted on time, resulting in the obligation to pay double the entry fee for each discipline, event, and age category.

26. Music must be submitted by 23.02.2026 to:
mistrzostwa.krakow@gmail.com

For all information, contact:
Agnieszka Tarkowska – tel. 602 617 200 – tarkowska1@o2.pl
Invoices for accreditation – Elżbieta Styczeń – elaimi@wp.pl
Meals and catering – 663 586 246 – objazdowaszama@gmail.com



The organizers of the national cheerleading teams tournament held as part of the

**International Cheerleading Championship in Krakow – GRAND PRIX
OF POLAND CHEERLEADERS PSCh 2026**

will make every effort to ensure that this cheer event becomes an unforgettable occasion, leaving positive memories with all participants and supporters for a long time.

YOU ARE VERY WELCOME TO JOIN US!!!

**WE WISH YOU A WONDERFUL EXPERIENCE AND FAIR SPORTS
COMPETITION!**

PERSONAL DATA

1. The administrator of personal data collected and processed during the implementation of the event is **Stowarzyszenie Cheerleaders Kraków**.

2. Personal data will be processed for the purpose of organizing and conducting the competition. Providing personal data is voluntary but necessary in order to participate in the competition.

The legal basis for the processing of personal data is its necessity to fulfill a legal obligation (Article 6(1)(c)) of Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons with regard to the processing of personal data and on the free movement of such data, and repealing Directive 95/46/EC, applicable as of 25.05.2018 (hereinafter referred to as “GDPR”).

3. The provided personal data will be processed for the duration of the competition, the period necessary to pursue potential claims, and the period required to carry out public-law settlements in accordance with applicable regulations.

4. For the purposes of preparation and implementation of the competition, the Administrator may entrust the processing of personal data to cooperating entities providing technical, promotional, and organizational services, or to prize sponsors, for the purpose of exercising the right to award prizes.

5. Persons who have provided their personal data have the right to:

1. access the content of their personal data and to correct or rectify it;
2. request the deletion of personal data from the Administrator’s records or the restriction of its processing, provided that such data does not prevent the fulfillment of a legal obligation (Article 6(1)(c) of the GDPR).

6. If a data subject considers that the processing of personal data by the Administrator violates the applicable regulations, they have the right to lodge a complaint with the supervisory authority.

7. Matters related to the processing of personal data by the Administrator may be addressed by an authorized person via e-mail at: tarkowska1@o2.pl