



Partner



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International Łochów Cup 2026

28.11.2026 Łochów, Poland

Date & place

28.11.2026 Saturday

Hala Sportowo-Widowiskowa im. M Dziecioła w Łochowie

Wyspiańskiego 20, 07-130 Łochów, Poland /85 km from Warsaw Chopin Airport/

Divisions:

Cheerleading :

- All Girl/Coed teams (Tiny L1, Minis L2 , Youth L3, Junior L4, Junior L5, Senior L5, Senior L6)
- Group stunts (Tiny L1, Minis L2, Youth L3, Junior L4, Senior L5)
- Partner Stunt (Junior L4 and Senior L5)

Performance Cheer teams and doubles

- Pom Premier (Tiny, Minis, Youth, Junior and Senior)
- Cheer Hip Hop (Tiny, Minis, Youth, Junior and Senior)

- Cheer Jazz (Tiny, Minis, Youth, Junior and Senior)

Pom Dance teams

- Pom Elite (Tiny, Minis, Youth, Junior, Senior and Masters)
- Pom Premier (Tiny, Minis, Youth, Junior, Senior and Masters) -category with a theme

Age categories:

	Year of birth
TINY	2017 and later
MINIS	2012 – 2018
YOUTH	2011– 2014
JUNIOR	2007 – 2011
SENIOR	2010 and before
MASTERS /only Pom Dance/	1996 and before

Rules:

We follow ICU Rules 2026 in cheer and performance cheer divisions.

Number of athletes:

	Number of Athletes	Substitutes	Coaches/Entourage
Cheer All Girl/Coed	16 - 24	Max 5	Max 5
Group Stunt All Girl/Coed	4 - 5	Max 2	Max 2
Partner Stunt Coed	2	Max 2	Max 2

	Number of Athletes	Substitutes	Coaches/Entourage
Team Performance Cheer and Pom Dance	6 – 24	Max 5	Max 5
Doubles Performance Cheer	2	Max 2	Max 2

Judges:

The competition will be judged by International Judges /ICU/ and Polish Judges /PCSA/.

Dimensions of the floor/mat:

Cheer division – cheer mat 14m x 14m

Performance Cheer & Pom dance – ballet floor 14m x 14m

Registration and participation fee:

Early Registration 01.10.2026 till 20.10.2026 - 30 euro/per athlete/per division and 20 euro/per coach (max 5 people with a team)

Late registration 21.10 - 10.11.2026 - 40 euro/per person /per division and 25 euro/per coach (max 5 people with a team)

Bank account:

Klub Sportowy Cheerleaders Iskra

Ul. Wyspiańskiego 20

07-130 Łochów

SWIFT: BIGBPLPW

IBAN PL 87 1160 2202 0000 0005 0514 5944

Transfer title: **“ILC 2026 - team name, division , number of athletes, number of coaches/entourage”**

Let us know if you need invoice.

Registration process: <https://baza.psych.pl/login>

Log in to our base and register your team.

Contact person: Anna Polatowska-Zegar

a.polatowska-zegar@pzsc.pl

photos from last years:

https://www.pzsc.pl/556,International_Lochow_Cup___ECU_ECL_2025.html

https://www.pzsc.pl/520,International_Lochow_Cup_-_ECU_ECL_2024.html