

COMPETITION INFO



International Cheerleading Tournament

NORTHERN PALMIRE 2021

Date: 03.04.2021

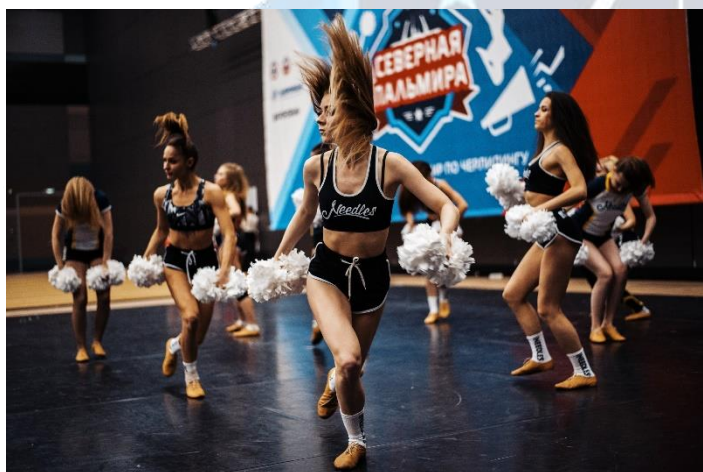
**Location: Russia, Saint-Petersburg, Peterburgskoye ave., 64, block 1,
lit.A. «ExpoForum»**



International Cheerleading Tournament “NORTHERN PALMIRE 2021”

International Cheerleading Tournament “Northern Palmire 2021”

Northern Palmire is a traditional international tournament with vast history and one of the most significant brands in Russian cheer-sport. It takes place in Saint-Petersburg on such large locations as “Yubileyniy” stadium or International exhibition center “ExpoForum”, which will host the competition in 2021 once again! The tournament is organized by Saint-Petersburg Cheerleading Federation being the part of the Russian Cheerleading Federation. At the moment “Northern Palmire” is one of the championships that is attended by the international teams from Kazakhstan, Latvia, Ukraine, Finland, Japan, where athletes from compete with the best teams from Saint-Petersburg and all over Russia. The event hosts up to 2000 athletes, however in 2021 we are expecting to have more than 2500 participants from Saint-Petersburg, Leningrad region, Moscow, Novgorod as well as from other regions and countries.



<https://www.cheerleading.spb.ru/>

<https://vk.com/cheerspb>

https://www.instagram.com/cheerleading_spb/



International Cheerleading Tournament “NORTHERN PALMIRE 2021”

The competition is held in all age categories and disciplines according to the existing rules of cheerleading and cheer sport approved by the Ministry of sports of the Russian Federation, on professional sports mats with standard sizes as given in the rules.

Age groups and disciplines

The tournament is open for all teams from the Russian Federation and other countries in the following age categories:

Age Category	Discipline
Baby (3-6 y.o.) Born in 2018–2015	CHEER DANCE POM-STYLE
Mini (6-8 y.o.) Born in 2015-2013	CHEER DANCE POM-STYLE
Youth (8-12 y.o.) Born in 2013-2009	CHEER CHEER CO-ED DANCE POM-STYLE GROUP STUNT GROUP STUNT CO-ED CHEER DANCE SHOW
Juniors (12-16 y.o.) Born in 2009-2005	CHEER CHEER CO-ED DANCE POM-STYLE GROUP STUNT GROUP STUNT CO-ED PARNTER STUNT CHEER DANCE SHOW OLYMPIC CHEER
Seniors (from 15 y.o.) Born in 2006 and older	CHEER CHEER CO-ED GROUP STUNT GROUP STUNT CO-ED PARNTER STUNT CHEER DANCE SHOW FAMILY CHEER
Seniors (from 14 y.o.) Born in 2007 and older	DANCE POM-STYLE DANCE JAZZ DANCE HIP-HOP

Discipline	Main squad		Back-up	
	min	max	min	max
CHEER CHEER CO-ED	12	24	0	5
GROUP STUNT GROUP STUNT CO-ED	3	5	0	2
PARNTER STUNT	2	2	0	2
DANCE POM-STYLE DANCE HIP-HOP DANCE JAZZ CHEER DANCE SHOW FAMILY CHEER	6	24	0	5
OLYMPIC CHEER	8	24	0	5

One team is allowed to compete in several sports disciplines within its age category.



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CODES OF CATEGORIES AND DISCIPLINES



Baby

- BC BABY (3-6 y.o.) - CHEER
- BDP BABY (3-6 y.o.) – DANCE POM-STYLE

Mini

- MC MINI (6-8 y.o.) - CHEER
- MDP MINI (6-8 y.o.) - DANCE POM-STYLE

Youth

- YC YOUTH (8-11 y.o.) - CHEER
- YCC YOUTH (8-11 y.o.) - CHEER CO-ED
- YGS YOUTH (8-11 y.o.) - GROUP STUNT
- YGSC YOUTH (8-11 y.o.) - GROUP STUNT CO-ED
- YDP YOUTH (8-11 y.o.) - DANCE POM-STYLE
- YDS YOUTH (8-11 y.o.) – CHEER DANCE SHOW

Juniors

- JC JUNIOR (12-16 y.o.) - CHEER
- JCC JUNIOR (12-16 y.o.) – CHEER CO-ED
- JGS JUNIOR (12-16 y.o.) - GROUP STUNT
- JGSC JUNIOR (12-16 y.o.) – GROUP STUNT CO-ED
- JPS JUNIOR (12-16 y.o.) – PARNTER STUNT
- JDS JUNIOR (12-16 y.o.) – CHEER DANCE SHOW
- JDP JUNIOR (12-16 y.o.) – DANCE POM-STYLE
- OC OLYMPIC CHEER

Seniors

- SC SENIOR (from 15 y.o.) (cheer) - CHEER
- SCC SENIOR (from 15 y.o.) (cheer) - CHEER CO-ED
- SGS SENIOR (from 15 y.o.) (cheer) - GROUP STUNT
- SGSC SENIOR (from 15 y.o.) (cheer) - GROUP STUNT CO-ED
- SPS SENIOR (from 15 y.o.) (cheer) - PARNTER STUNT
- SDS SENIOR (from 15 y.o.) (cheer) - CHEER DANCE SHOW
- SDP SENIOR (from 14 y.o.) (performance) - DANCE POM-STYLE
- SHH SENIOR (from 14 y.o.) (performance) – DANCE HIP-HOP
- SDJ SENIOR (from 14 y.o.) (performance) - DANCE JAZZ
- FC FAMILY (from 0 y.o.) - CHEER



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Registration and entry requests

Registration for international teams and athletes should be done via email: info@cheerportal.ru. Please send us this information about your team:

Country	
City	
Club	
Team Name	
Main Coach name	
Code of discipline	
Number of athletes	
Music file	

Registration for russian teams:

The preliminary participation request should be filed using the online service on www.cheerportal.ru no later than March, 20th (11:30 pm). Prior to filing, the team should register on www.cheerportal.ru and follow the instructions. The entry request for each discipline is filed separately and should each contain the music track and registration fee payment receipt. Therefore, the team is registered only after completing all the requirements: listing all team athletes according to their age, all coaches, attaching the music-track and registering the team on the portal.

Filing the entry requests by e-mail is not allowed.

Teams that failed to file the preliminary entry requests before the 20th of March of 2021, are not allowed to participate.

In case you have any questions regarding the registration on www.cheerportal.ru portal, please use the email: info@cheerportal.ru.

Participation fees and organizational expenses

All the organizational expenses are paid by Saint-Petersburg cheerleading federation.

All teams that filed their participation requests, should transfer the registration fees. The fee amount depends on the payment date:

	Fee amount	Dates
«Early booking»	15 Euro/athlete	from 15.02.2021 to 05.03.2021
«Late booking»	25 Euro/ athlete	from 06.03.2021 to 20.03.2021

The payment date is the date when the money is received by Saint-Petersburg cheerleading federation account.

The fee should be transferred for each athlete of the team in each discipline. The payment is to be transferred totally for all the team (excl.back-up athletes).



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The copy of the receipt upon payment should be sent to the email kasaburanka@yandex.ru or info@cheerportal.ru within 3 days after the payment date.

During the registration on the competition location, the team representative should show the original version of the request (the final request), signed by the organization head, and valid medical approval for every athlete. The sportmen under 18 y.o. should have a written parental approval for participation (specify the type) with name, year of birth and passport (birth certificate) number.

Tickets for spectators

Entrance to the spectator stands is free.
Spectator seats are free.

“FAMILY CHEER COMPETITION”

The performing teams are formed of athletes' family members and/or their support group members, who know cheerleading basics, have sports background and no medical restraints from doing sports activities.

There are no age limits for this competition category. Team participants can be both male and female. Every team member can compete only in one team.

Athletes are allowed to participate only upon filing the original version of the personal request and medical approval form.

The teams should consist of 6 up to 24 athletes. The program should be based on the main cheerleading (cheer-sport) elements. The program may also contain show-elements. The program should be appealing and positive.

Athletes are allowed to use elements of all levels from 0 to 6. The external spotters are provided by the team.

All elements should be performed using the safety techniques.

Teams can use any safe accessories to enhance the visual appeal, e.g. hats, pompons, gymnastics items, etc. Athletes should wear sports shoes that do not leave any marks on competition mats. It is forbidden to use shoes on heels and platforms.

The team should wear uniforms made of soft and elastic fabric, not restraining the active moves. No underwear garments should be visible.

Due to the safety reasons, during the performance the athletes should not wear any jewelry (rings, earrings, bracelets, etc.) and medical appliances (e.g. glasses).

Performance timing should not exceed 2 minutes and 30 seconds. Additionally the program can include a cheer-block up to 30 seconds long (optional).

Teams are allowed to use any type and style of music for their performance. The music can be of any language, although the text must not promote sex and violence as well as contain some harsh language.

Cheer squads perform on cheer-mats.



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Contacts

Saint-Petersburg Cheerleading
Federation

Phone: 8 (911) 147-60-02

e-mail: kasaburanka@yandex.ru



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