

**NRC TIGERS**  
IN PARTNERSHIP WITH THE  
**NORWEGIAN FEDERATION OF AMERICAN SPORTS**  
AND  
**EUROPEAN CHEER LEAGUE**  
HAS THE PLEASURE OF INVITING YOU TO THE 10<sup>TH</sup>

# **NORWEGIAN OPEN 2023**

**NOVEMBER 18. - 19.**  
**NOVA SPEKTRUM IN LILLESTRØM, NORWAY**



## NORWEGIAN OPEN

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Welcome to Norwegian Open 2023 – this year at the Nova Spektrum in Lillestrøm!

The arena opens for warm-up at 07:30 both days.

The competition starts at 09:00 both days (subject to change).

**Saturday:** Youth and Junior cheerleading will compete, as well as the Open Category.

**Sunday:** Senior cheerleading and all the Performance Cheer categories will compete.

*We will **not** offer Groupstunt and Partnerstunt categories at this event. This is because of the capacity in the schedule. We expect a higher number of participating teams than previous years, since the increase of levels and team categories in Norway, as well of a growth in number of clubs and teams.*

The competition is part of the European Cheer League (ECL) and is open to international teams. Read more about ECL [here](#).

### CATEGORIES

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The competition will have the following categories:

#### CHEERLEADING

Youth Intermediate All Girl & Coed (Level 2)

Youth Median All Girl & Coed (Level 3)

Youth Advanced All Girl & Coed (Level 4)

Junior Intermediate All Girl & Coed (Level 2)

Junior Median All Girl & Coed (Level 3)

Junior Advanced All Girl & Coed (Level 4)

Junior Elite All Girl & Coed (Level 5)

Senior Intermediate All Girl & Coed (Level 2)

Senior Median All Girl & Coed (Level 3)

Senior Advanced All Girl & Coed (Level 4)

Senior Elite All Girl & Coed (Level 5)

Senior Premier All Girl & Coed (Level 6)

Open Category Median (Level 3)

#### PERFORMANCE CHEER

Youth Hip Hop

Youth Pom

Junior Hip Hop

Junior Pom

Senior Hip Hop

Senior Pom

***NB! In the case of 3 or fewer teams in one category, categories will be merged in all girl and coed at the same level, if this is appropriate.***

## REGULATIONS

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Only teams registered with an ECU member federation are eligible to participate in this competition.

The rules for the competition are the ECU Competition Rulebook 2023. Complete rules can be found [here](#).

In addition to the ECU rulebook, there are some adaptations for the Norwegian teams regarding age limits etc. These regulations will not apply to the international teams competing, which will follow the ECU rulebook on all parts.

Any questions regarding rules and regulations can be placed to the following email address: [rules@naifcheer.no](mailto:rules@naifcheer.no)

## ACCREDITATION

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The athletes will not need to show ID to compete at this competition. The accreditation will follow this procedure:

The athletes line up alphabetically according to their last name. When checked every athlete will say their full name, then they will be checked for piercings/jewelry.

Any questions regarding accreditation can be placed to: [cheer@naifcheer.no](mailto:cheer@naifcheer.no)

## REGISTRATION

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Use the attached Excel form for registration and e-mail it to [norwegianopen@nrctigers.no](mailto:norwegianopen@nrctigers.no). You will receive a confirmation when the registration is completed.

**October 8<sup>th</sup> - Deadline for registration of club, teams, athletes, coaches and team leaders.**

**November 5<sup>th</sup> - Last chance to make any changes to the registration.**

## LATE REGISTRATIONS OR CHANGES:

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Any registrations or changes to the list after the 5th of November will be charged with NOK 100,- per change. This include changing of names to teams and/or athletes.

Please deliver on time before the deadline.

## REGISTRATION FEES

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### **TEAM FEES:**

Performance Cheer and Cheerleading teams: NOK 900,- per team

### **PARTICIPATION FEE PER ATHLETE/COACH/TEAM LEADER:**

Youth/Junior/Senior: NOK 375,-.

The fee also includes a t-shirt and lunch on the competition day.

## LUNCH

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There will be served lunch for the athletes/coaches/team leaders. There will also be an gluten free alternative for those with gluten allergy, as well as a vegetarian alternative. All meals will be free of nuts. If there are any other allergies/food preferences, please bring your own food.

You will register the different allergies in the registration form.

## ADDITIONAL INFORMATION

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### MUSIC

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All teams must bring their music on a CD or play directly from their phone/music player connecting with an AUX cable. Please put your phone on flight mode if you choose to use your phone.

### ARENA AND HOW TO GET THERE

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The competition will be held at Nova Spektrum in Lillestrøm. The arena is just a few minutes' walk from the train and bus station in Lillestrøm. It's easily accessed by train from both Oslo city or Oslo Airport.

**Venue address: Nova Spektrum, Messeveien 8, 2004 Lillestrøm.**

Please be aware there are a limited amount of parking space at the arena. We encourage everyone to travel by train or bus if possible.

Check out [www.vy.no](http://www.vy.no) for information and timetable for the train.

Check out [www.ruter.no](http://www.ruter.no) for information and timetable for the bus.

## ACCOMMODATION

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We recommend booking accommodation in Lillestrøm or Oslo City Centre to find the best transportation options to the venue. If you need help getting accommodation or booking hotel, please contact [chirsten@nrctigers.no](mailto:chirsten@nrctigers.no).

## TICKET PRICES

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Adults: NOK 200,-

Retired/students: NOK 150,-

Children 5-15 years: NOK 50,-

Family ticket – 2 adults + 2 children: NOK 400,-

Children under 5 years: Free

## FURTHER INFORMATION

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If you have any questions regarding the event, please contact us by email to [norwegianopen@nrctigers.no](mailto:norwegianopen@nrctigers.no)

You can also find information on our home page <https://www.nrctigers.no/norwegian-open>. Updates will be published there closer to the competition.

***Welcome to Norwegian Open 2023!***

***Greetings NRC Tigers***