



October 3(Sat) and 4(Sun), 2026

Komazawa Olympic Park Gymnasium

October 3(Sat)

Cheerleading / Game Day

Performance Cheer Doubles – All Divisions

October 4(Sun)

Performance Cheer – All Divisions

Note: Non-Japanese teams are welcome to participate as showcases in other divisions. Please contact us.

# CDE Cheerleading Championship 2026

## Event Guide

Please note that, depending on circumstances requiring consideration, including infectious diseases, there may be changes to the event, such as whether it will be held, how it will be operated, and the competition rules.

We appreciate you're understanding and cooperation.

**Organizer:** Cheer & Dance Education (General Incorporated Association)

Note: Red text within the document indicates revisions from the 2025 edition.

Created in June 2026  
(1.1)

## <Event Participation Agreement>

By submitting an entry, all participants (or their parents/guardians, in the case of minors) and all team-related personnel are deemed to agree to the following terms:

1. Participants fully acknowledge and understand that cheerleading and dance involve inherent risks, including the possibility of injury, illness, or other harm. Participants agree that, with respect to any physical injury, illness, property damage, or other losses sustained during participation in the event, they will not hold the event organizer or the event venue liable, whether such damages are caused by the fault of a team or individual, or occur unavoidably despite the organizer's judgments, decisions, or instructions.
2. Participants agree that any athlete who sustained a concussion prior to the event will be prohibited from participating in the event and will be treated as a non-participant if, by the date of the event, they do not meet the following conditions:
  1. If the athlete has sustained a concussion for the first time, at least one week must have passed since all symptoms completely resolved.
  2. If the athlete has sustained multiple concussions in the past, at least two months must have passed without symptoms since the most recent concussion.

Note: The definition of concussion shall be in accordance with the following criteria.

[Concussion Guidelines \(English\)](#)
3. Participants acknowledge that, during participation in the event, unforeseen circumstances such as natural disasters may result in accidents, injuries, or possible exposure to infectious diseases or infected individuals. Participants agree not to hold the event organizer or the event venue liable for any physical or psychological harm arising from such circumstances.
4. Participants agree not to hold the event organizer or the event venue liable for any theft, loss, or missing property occurring during participation in the event, regardless of whether caused by themselves or by others.
5. Participants agree that photographs and videos taken during the event by the organizer or media organizations authorized by the organizer may be used in the organizer's promotional materials and in media publications for reporting purposes, and they waive any claims relating to portrait rights or similar rights. Participants further agree not to hold the organizer liable for any unauthorized publication by media outlets not approved by the organizer.

6. Participants agree that the competition results, including scores and rankings, as determined by the judges, are final and not subject to review or reconsideration. Each team acknowledges the need for judges to make prompt and fair decisions during the competition and therefore waives any right to seek review, appeal, or reconsideration of such decisions through any procedure.
7. Participants agree that any fees paid, including participation fees, are non-refundable, and that no claims may be made for accommodation costs, transportation expenses, or any other related costs in the event that the competition is not held at the venue.

<Use of Personal Information>

Participants agree that the organizer may use entry information for the following purposes:

1. To provide information regarding promotional materials, printed materials, and other notices related to the organizer's business activities.
2. To conduct market research and product development related to the organizer's business activities.

# 1 Participation in the Competition

All athletes and all team affiliates (including coaches, directors, and parents/guardians) must understand and comply with the following guidelines when participating in this competition. If any conduct that violates or fails to comply with these guidelines is discovered, participation may be denied.

## 1.1 Competition Participation Guidelines

1.1.1 All participants must conduct themselves in accordance with good sportsmanship. Any conduct deemed to be seriously contrary to sportsmanship may result in disqualification.

1.1.2 Coaches and instructors are responsible for determining performance levels based on the abilities of each athlete and the team as a whole, prioritizing athlete safety over technical advancement.

1.1.3 During the competition period, teams must be accompanied by appropriate supervisors, directors, or coaches.

1.1.4 Advisors, directors and coaches must ensure that parents/guardians and all related parties behave appropriately. In the event of injury or sudden illness of an athlete, prompt and proper action must be taken.

1.1.5 Athletes (or their parents/guardians in the case of minors) and all team-related personnel must comply with the “Event Participation Agreement on the previous page.

1.1.6 Expressions inappropriate for an athlete’s age, elements contrary to public order and morals (such as violence, obscenity, or discrimination), and performances or choreography suggestive of antisocial groups, war, or weapons are strictly prohibited.

1.1.7 Music containing lyrics involving violence, obscenity, discriminatory language, or similar content is prohibited. Music obtained through illegal downloading, including sample music from music providers, is also prohibited.

1.1.8 If age restriction violations or participation by individuals other than registered members are discovered, the team may be excluded from judging or have its entry canceled.

1.1.9 In addition to the above, if any conduct that seriously violates social rules, manners, or the association’s rulebook is discovered, and the organizer deems action necessary, appropriate disciplinary measures may be imposed, including

warnings, exclusion from judging, cancellation of entry, or suspension from future competitions. If such facts are discovered after the competition, the same measures may apply, including forfeiture of rankings or awards.

- 1.1.10 Any athlete who sustains a concussion on the day of the competition shall be prohibited from participating in the competition.

- 2.1 The divisions offered at this event are as follows:  
 (Notation: [ ]=Division ●=Categories •=Eligible Athletes/Age Group)
- For all divisions, teams must be formed in accordance with the specified minimum and maximum age limits for team members.
  - The participant must be of one of the ages listed below at any time between April 2, 2026 and April 1, 2027.
  - School-based teams must be enrolled during the 2026 academic year (April 2026 – March 2027).

**[Cheerleading]**

Division		Age Range	Team Size
●Novice	Mini	•Ages 7-10	5-24 athletes
	Youth	•Ages 7-12	
●Intermediate	Youth	•Ages 7-12	
	Junior	•Ages 7-15	
●Median	Junior	•Ages 7-15	
	Senior	•Ages 11-18	
●Advanced	Senior	•Ages 11-18	
●All Girl Elite*	Open	•Ages 14 and over	
●Coed Elite*	Open	•Ages 14 and over	
●All Girl Premier*	Open	•Ages 17and over	
●Coed Premier*	Open	•Ages 17 and over	
●Middle School		•Middle school student	5-30 athletes
●High school		•High school student	
●College		•College student	5-24 athletes

\*All Girl:All athletes are female. Coed:Teams may consist of both male and female athletes. **The divisions shown in blue bold text are open for non-Japanese teams.**

## 【Performance Cheer】

Division	Team Composition/Age Range							Team Size
	Youth	Junior	Senior	Open	Middle School	High School	College	
	9~12	11~15	13~18	14~	Middle School	High School	College	
●Team Hip Hop	○	○	○	○	○	○	○	3 athletes or more
●Team Pom	○	○	○	○	○	○	○	
●Team Jazz	○	○	○	○	○	○	○	

\*The divisions shown in blue bold text are open for non-Japanese teams.

### ●Doubles Pom/Hip Hop

Eligible Categories and Age Ranges:

·Junior(Ages 11-15) ·Senior(Ages 13-18) ·Open(Ages 14 and over)

【Game Day - Cheer】 Team Size : 5-30 athletes

●Youth (Ages 7-12) ●Junior (Ages 7-15) ●Senior (Ages 11-18) ●Open (Ages 14 and over) ●Middle School ●High School ●College

【Game Day - PC】 Team Size : 5-30 athletes

●Youth (Ages 9-12) ●Junior (Ages 11-15) ●Senior (Ages 13-18) ●Open (Ages 14 and over) ●Middle School ●High School ●College

### 【Showcase – Non-Judged Divisions】

A limited number of entries may be accepted after the entry period for judged performance divisions has concluded.

Teams must consist of three (3) or more athletes.

【Showcase- Cheerleading】 Ages 7 and older

【Showcase - PC】 Ages 9 and older

Performance content should be planned with careful consideration for the abilities of each athlete and the overall team, with appropriate attention given to safety.

Note: Non-Japanese teams are welcome to participate as showcases in other divisions. Please contact us.

2.1.1 For all Divisions, the Middle School, High School, and College Categories must consist solely of athletes from the same school and must be officially recognized school clubs or sports organizations established in accordance with the School Education Act and its related regulations, as

defined below:

- Middle School: Middle schools (including the lower secondary level of combined secondary schools) and schools equivalent in both age range and duration of study.
- High School: High schools (including upper secondary programs of combined secondary schools) and schools equivalent in age range and duration of study.
- College: Universities, junior colleges, colleges of technology (4th and 5th year programs), and graduate students

※ Mixed-school teams are not permitted. However, students from integrated middle and high schools may form a combined team and compete in the High School division. Teams consisting of students from middle school, high school, and college are not permitted, even within an integrated institution that includes all three levels.

## 2.2 Multiple Entries

An athlete may enter up to two (2) competition divisions, plus one (1) additional division from either **【Showcase】** or **【Life Performance-time CDE】**. \*If entering a Doubles division, athletes may enter up to three (3) competition divisions.

### **【Cheerleading】 【Performance Cheer】**

An athlete may enter up to two different ● = divisions, provided the entries are in different categories/divisions.

Permitted Examples:

✧ **【Performance Cheer】 ●Team Hip Hop and 【Performance Cheer】 ●Team Jazz**

✧ **【Cheerleading】 ●Intermediate and 【Cheerleading】 ●Advanced**

Not Permitted Example:

✧ **【Performance Cheer】 ●Team Pom Youth and 【Performance Cheer】 ●Team Pom Junior**

✧ **【Cheerleading】 ●Novice Mini and 【Cheerleading】 ●Novice Youth**

## 2.3 Category Consolidation

### **【Cheerleading】**

Categories with a small number of entries may be combined with other divisions within the same category.

Example:

**【Cheerleading】 ●Novice Mini and 【Cheerleading】 ●Novice Youth may be combined into a single 【Cheerleading】 ●Novice division.**

### 【Performance Cheer】

Divisions with a small number of entries may be combined to form an Open division.

Example:

- 【Performance Cheer】 Team Hip Hop Youth and 【Performance Cheer】
- Team Pom Youth may be combined into a single 【Performance Cheer】
- Open Youth division.

## 3 Entry

3.1 To participate in the competition, both the organization and all participating athletes must complete registration as an “A Member” or “Open Member” with Japan Cheer Family. For details, please refer to the “JCF User Guide.”

([https://jfscheer.lolipop.jp/jcf links 2026/jcf guide 2026.pdf](https://jfscheer.lolipop.jp/jcf%20links%202026/jcf%20guide%202026.pdf) )

**Note: This section won't apply for non-Japanese teams.**

### 3.2 Entry Period

【Performance Cheer】●Doubles Hip Hop/Pom

Thursday, July 23, 2026, 1:00 PM JST – Wednesday, July 29, 2026, 4:00 PM JST

【Cheerleading】

【Performance Cheer】 All Competition Categories Except ●Doubles Hip Hop / Pom

Thursday, July 23, 2026, 1:00 PM JST – Tuesday, August 4, 2026, 4:00 PM JST

### 3.3 Entry Fees

【Performance Cheer】●All divisions except Doubles Hip Hop/Pom

Teams of 3-5 members: JPY 22,000 (tax included) per team, per entry

Teams of 6 or more members: JPY 4,400 (tax included) per person, per entry

【Performance Cheer】 ●Doubles Hip Hop/Pom:

Final Round (On-site): JPY 16,500 (tax included) per entry (fee for 2 participants)

3.4. Participants must acknowledge and agree that, as a general rule, all entry fees once paid are non-refundable under any circumstances.

#### 4.1 Performance Floor

**【Cheerleading】【Game Day – Cheer】【Showcase – Cheerleading】**

For on-site competitions:

A cheerleading mat (non-spring floor), 9 panels, measuring 42 ft × 54 ft (12.8 m × 16.5 m)

For virtual divisions: A non-spring cheerleading mat (9 panels), measuring 42 ft × 54 ft (12.8 m × 16.5 m), is preferred. If this is difficult to prepare, teams must secure a performance area of 42 ft × 54 ft (12.8 m × 16.5 m) and comply with the following rules:

- For all levels, mats must be used when performing technical skills (stunts, pyramids, tosses, tumbling). Mats do not need to be cheerleading-specific, provided that safety is ensured. Spring floors are not permitted.
- The mats do not need to cover the entire performance floor (9 panels, 42 ft × 54 ft (12.8 m × 16.5 m)); however, teams must exercise caution if any level differences occur along movement paths.

**【Performance Cheer】【Game Day – PC】【Showcase – PC】**

As a general rule, the performance floor shall be a standard gymnasium floor measuring 42 ft × 42 ft (12.8 m × 12.8 m).

#### 4.2 Performance Time

**【Cheerleading】**

The Cheer Criteria\* must be performed either at the beginning or in the middle of the routine. A clear separation must be maintained between the Cheer Criteria and the music portion, with an interval not exceeding 20 seconds.

Cheer Criteria\*

To clearly distinguish cheerleading from other sports, the Cheer Criteria performed at the beginning or in the middle of the routine represents a globally unique element of this discipline.

This portion is evaluated based on the team's ability to engage and lead the audience in supporting the team, and on the effective use of sign boards, poms, stunts, pyramids, and tumbling to lead the crowd.

- Cheer Criteria: Minimum 30 seconds
- Music portion: Up to 2 minutes

The total time from entering to exiting the performance floor must not exceed 3 minutes

【Performance Cheer】 ● Team Hip Hop / Pom / Jazz

Between 1 minute 45 seconds and 2 minutes 00 seconds

【Performance Cheer】●Doubles Hip Hop/Pom

Within 1 minute 30 seconds

【Game Day】

Within 3 minutes 00 seconds (including transitions)

※ Please note that some divisions have specific time limits for each routine component. Be sure to review the rulebook in conjunction with this guideline.

【Showcase】

Within 2 minutes 00 seconds

4.2.1 Timing of the performance shall begin with the first movement of the choreography or the start of the music, and shall end with the final movement of the choreography or the end of the music.

4.2.2 Teams must enter and exit the performance area promptly. Choreography during entrance or exit is not permitted.

## 5 Performance Rules / Regulations / Score Sheets

**Note: Please refer to ICU website for detailed rule for non-Japanese team**

**Score sheet:** <https://cheerunion.org/education-schedule/scoresheets/>

**Safety Rule:** <https://cheerunion.org/education-schedule/rules-agegrid/>

**Game Day Guideline:**

<https://cheerunion.org/education-schedule/gameday/>

### 5.1 Performance Rules

Performance rules are set forth in the “Division-Specific Rulebooks” (see the “**Rulebook**” button on the website).

5.2 The rules and score sheets for each team composition and division are provided in the “Division-Specific Rulebooks” (see the “Rulebook” button on the website).

### 5.3 【Game Day】 Game Situations and Situational Sideline

On the day of competition, an audio cue indicating either “Defense” or “Offense” will be announced. Teams may select “Defense” or “Offense”

at the time of entry.

## 6 Judging, Awards, and Nominations

6.1 Evaluation shall be conducted based on scores.

6.2 The top three teams in each division shall be recognized as placing teams and will be awarded accordingly.

6.2.1 In the event of a tie for first place, the team with the higher overall ranking as determined by the judges' rankings shall be declared the winner.

6.3 Judging Method

**【Cheerleading】:** The final score will be determined by the average of the total scores from all judges (each judge scores out of 100 points).

**【Performance Cheer】● Team Hip Hop / Pom / Jazz**

The final score will be determined by the average of the total scores from all judges (each judge scores out of 100 points).

**【Performance Cheer】 ●Doubles Hip Hop/Pom**

Preliminary Round: The total combined scores from all judges (each judge scores out of 100 points)

Final Round: The average of the total scores from all judges (each judge scores out of 100 points)

**【Game Day】:**The final score will be determined by the average of the total scores from all judges (each judge scores out of 100 points).

**【Showcase】A comment sheet will be provided for each performance (no rankings or awards)**

**【Life Performance-time CDE】**No evaluation by score or comment sheets, and no rankings

**6.4 The final score shall be determined by deducting any penalties from the average score, and rankings shall be determined based on this final score.**

If your team cannot be accommodated within any of the listed divisions, or if the division you wish to enter is not available on your preferred competition day, please contact us at [cde-events@cheer-edu.org](mailto:cde-events@cheer-edu.org) with any questions or requests.

The event guidelines may be updated after publication. Please be sure to check the latest version.

**【Contact Information】**

General Incorporated Association Cheer & Dance Education Event Office

E-mail: [cde-events@cheer-edu.org](mailto:cde-events@cheer-edu.org) / Tel: 03-5216-5596 (Weekdays 10am-4pm)