HANDBOOK


SYNCHRONIZED SKATING
BavariaCup
March 28 & 29, 2026
Servus on ice
EIS- UND SCHWIMMSPORT-CLUB
ESC
HOCHSTADT A.D. AISCH E.V.
Interclub Competition for
Synchronized Skating
Icerink Hoechstadt a.d. Aisch
www.bavariacup.eu

Dear Teams,

We are very happy to welcome you to the:

3rd Bavaria Cup 2026 – "Servus on Ice!"

For our third competition, we are proud to welcome **64 teams from 12 nations** here in **Höchstadt**. With around 1,000 athletes and more than 100 coaches and team officials, our rink will be filled with energy, passion and the shared love for synchronized skating.
This year is especially meaningful for us. We are honored to host the very first **Deutschlandpokal im Synchroneiskunstlaufen** for the German teams, and we are also delighted to present the **International Mixed Age Trophy**, bringing together teams from many different countries.
We are also proud to make synchronized skating accessible to everyone. Thanks to **free admission** and a **free livestream**, people from near and far will be able to experience this wonderful sport together with us.
It is particularly special for us to see such a strong response to this year's event, even though we had to take a **one-year break due to renovation works** at the rink. Now we are very happy to welcome you all back to **a newly renovated stadium** here in Höchstadt.
Events like this are only possible because many people work together behind the scenes. We would therefore like to express a heartfelt **thank you to our more than 120 volunteers**. Their dedication, enthusiasm and countless hours of work make the Bavaria Cup possible, and we are deeply grateful for their support.
It means a lot to us to welcome so many teams from near and far and to celebrate our beautiful sport together.

*We wish all teams the **very best of luck for the competition**, wonderful performances on the ice and a memorable stay in **beautiful Bavaria**.*

*We are truly happy to have you here - **Servus and welcome to BavariaCup 2026!***

Your Organizing Committee

Nadja Müller
1st President ESC Höchstadt
Competition Organization

Trixi Meier
2nd President ESC Höchstadt
Competition Organization

*with sporty support from the **City of Höchstadt***

Competition / (Un)official practice:

Icerink Höchstadt a.d. Aisch
Kieferndorfer Weg 77, 91315 Höchstadt

The ice rink in Höchstadt a. d. Aisch is located at Kieferndorfer Weg 77, not far from the town center of Höchstadt. Easy to be reached: 5 minutes by car from the highway exit (highway A3 #80). The nearby larger cities of Nuremberg, Erlangen or Forchheim are only a 20 to 30 minute drive away. Nuremberg has an international airport NUE (**www.airport-nuernberg.de/english**). For teams needing transportation between the airport, hotel and rink, we also publish a list of local bus companies and their contact information on our website (**www.bavariacup.eu**). **Please reserve a bus shuttle in time.** Teams arriving by bus may use the designated bus parking area nearby the ice rink.
The ice rink in Höchstadt an der Aisch has been comprehensively modernized in the last two years and is now fully equipped to meet contemporary standards for athletes and spectators alike. With a total capacity of 2000 visitors and an ice surface measuring 29.7 by 59.7 meters, the facility now offers significantly improved infrastructure, comfort and is now heated. The renovation project, carried out between the winter of 2023 and the 2024/2025 season, included the installation of a new roof, full enclosure of the rink, and the implementation of modern ice technology. With all planned measures now successfully completed, the venue provides a high-quality, energy-efficient environment for ice sport competitions. The grandstand is a standing terrace, therefore we recommend bringing your own seat cushions or mats. Where possible, seating benches will be provided.

Registration:

Competition office
Icerink Höchstadt a.d. Aisch, Kieferndorfer Weg 77, 91315 Höchstadt

Friday	March 27, 2026:	12:00 – 18:00
Saturday	March 28, 2026:	06:00 – 15:00
Sunday	March 29, 2026:	06:30 – 12:00



Communication:

News, results and other information will be posted on our homepage (www.bavariacup.eu) and in the Sportity app (BavariaCup2026).

Protocols:

Protocols will also be uploaded in the Sportity app and to the homepage: www.bavariacup.eu.

Draw:

The starting order for the competition will be drawn prior to the competition on **Sunday March 22nd, 2026**. The results of the draw will be published no later than **Sunday March 22nd, 2026** at 24:00 on the competition website **www.bavariacup.eu** and in the app.

TV Livestream:

We proudly provide a world-wide livestream free of charge. The event will be streamed via SportEurope.TV. The streaming link will be published on the Bavaria Cup homepage and in the app.

Extra practice ice on Friday, March 27, 2026:

The extra practice schedule has been sent to the teams concerned and is uploaded to the app. The music can be played with a music reproduction device (Bluetooth/Aux [mobile phone]) directly at the ice by the team.

Parking for cars/buses/camper:

There will be extra bus parking lots on both sides of the road of Kieferndorfer Weg for team buses. Volunteers will be there when you arrive to arrange parking. For teams travelling with cars, please use the parking lot for cars 1-3. **Please do not enter car parking 1-3 with team buses**. There is also a reserved parking slot for campers (no electricity etc.). All parking slots can be seen in the following picture, which gives an overview of the whole area. **Please make sure not to park on the marked parking lots for employees and our shuttle cars.**

➔ *Please check the file "Overview Map" in the Sportity app!*

Meals (Pre-Order Buffet) and Ice Rink Kiosk:

Meals for teams who reserved their meal tickets in advance will be provided at the restaurant of the sport centre ("Freibadgaststätte") on both competition days from 11:30 to 20:00. The seating capacity is 100 persons at the same time so there will be no fixed time slots. Please, stay informed at the OC office. Teams will receive the pre-ordered food vouchers during accreditation.

In addition the kiosk inside the ice rink building will be open on Saturday and Sunday starting at 7:30 a.m (offerings include: hot beverages, breakfast snacks (croissants, pretzels, sandwiches, fruit), snacks throughout the day, warm food available from lunchtime until the end of the competition).
Outside, in front of the swimming pool entrance, there will also be a hut with outdoor seating. They will offer snacks, sandwiches, waffles and soup there. Card payment is possible at both sales points – inside the ice rink and outside.

Places to rest & Lockers:

As it will be two long days for everyone we provide space for teams to rest, do hair and make-up. You can use the Dressing Rooms at the warm-up area on both days. Please make sure to always keep your belongings with you, as these designated spaces shall be used by many teams and are not to be used as a storage place. We ask for your understanding that if this is the case, our volunteers will put these things aside. **Rooms and spaces are to be shared by more (!) than one team.**
It is possible to use the **lockers at the outdoor pool**, see detailed map. However, you will need to bring your own lock. No liability is accepted for the lockers.

Warm-up areas:

There are 4 warm-up areas (WU) at the gym. All rooms are signposted. The warm-up spaces are designated as such and assigned in the detailed schedule. Please do not use big boom boxes in respect for the other teams! Or at least talk to your fellow coaches about the usage of loud music. **Please do not enter the warm-up areas with outdoor street shoes. Please bring extra clean trainers or just wear thick socks or similar.** The volunteers will take care of this, as the gym must not be entered with dirty outdoor shoes, so that the floor is not damaged. Please check the walking route how to get to the warm-up areas.
We recommend: If the weather conditions allow it, you can use the space outside. Upon good weather it is also permitted to use the swimming pool ("Freibad") surroundings. But please note it is in the team manager's or coaches' responsibility to supervise their group during the stay there. **It is not permitted to be near/in the water pools.** There will be no extra guard from ESC Höchstadt.

Dressing rooms:

There are 6 dressing rooms (DR). Please check the detailed map, which gives you an **overview of the whole ice rink and the walking routes** how to get to the ice entry.

Please note: DR 1/3/4 use the main entrance of the ice rink ("Eisstadion"). For DR 2/5/6, please use the main entrance for the outdoor swimming pool ("Freibad"). Mirrors are provided in every dressing room. Only accredited persons are granted access to the team area with the dressing rooms via the two team entrances.

➔ *Please check the file "Detailed Map" in the Sportity app!*

Officials and judges:

The official panel is located on the **east side of the rink** (see detailed map). There will be a heated room for judges and technical panel on the backside of the panel places in the new ESC building. The composition of the Official Panel will be published on the homepage/app.

Official practice:

The official practice will start on **Saturday and Sunday, March 28th and 29th, 2026** approximately around 7:00 a.m. on Saturday and 8:00 a.m. on Sunday (the schedule is subjected to change!). Pre-Juvenile, Juvenile, Non ISU Basic Novice, Advanced Novice, Adult and Masters Teams team will be allowed a 10 (ten) minute period of official practice ice. Mixed Age and Junior teams will be allowed an 11 (eleven) and Senior and Senior Elite 12 teams a 12 (twelve) minute period for their official practice ice for their free skating. Junior, Senior and Senior Elite 12 teams will be allowed a 10 (ten) minute period for their official practice ice for their short program. No other music but short program and free skating music will be played during the official practice segments. Once the music has started (after 2 (two) minutes at the latest) it will be played through in its entirety with no interruption. The music will be played twice during each official practice session.

Opening ceremony on ice:

The main opening ceremony will take place on ice on **Saturday, March 28 at 15:30 p.m**. Every team (**all teams competing on Saturday & Sunday!)** may appoint no more than 2 skaters to take part in the ceremony. **Please meet at the new Zamboni entrance at 15:15 p.m. latest, already with your skates on.**

Every team receives a sign with their team name on it. All teams will enter the ice sorted as follows: by country (English A-Z) and by team name (A-Z). Please hand the sign back to the volunteers when you exit the ice after the ceremony (we will distribute them again at the award ceremony).

There will be a small opening ceremony **on Sunday, March 29 at 14:45 p.m.** as well including a small show and the presentation of the flags (no teams on the ice).

Award ceremony:

The first three places of each category will receive awards and each skater receives a medal. This year in addition, there will be three award ceremonies for: the Bavaria Cup, the "Deutschlandpokal im Synchroneiskunstlaufen" (German teams only), and the International Mixed Age Trophy. The podium at the award ceremony will be on the north side of the ice rink. Please enter the ice from the south and east side (use all entries!) when the ceremony begins. All teams please line up by category in rows of two skaters. On the ice you will find skaters with signs for the respective category. There you will be handed out your team signs again. **After the award ceremony on Saturday, we will present thank-you fireworks in the outdoor pool area. Please come to the area of the DR2/DR5 on the east side of the ice rink/the entrance area of the swimming pool. The teams from Saturday and Sunday are of course invited, as well as all guests.**

Party on ice:

We invite you to celebrate the day with the whole synchro family on ice at the "Party on ice" following the award ceremony on both days and at the fireworks on Saturday.

Photos:

To make your memories last we will provide a photo booth for you inside the ice rink (see map). All pictures will be uploaded to the homepage afterwards and can be downloaded there for free. During the competition and the award ceremony, pictures will be taken by a professional photographer. He will publish these on his Flickr account: https://www.flickr.com/photos/139189681@N08/albums.

Liability and publicity waiver:

In accordance with ISU rule 119 p2, the ESC e.V. (organizer) accepts no liability for injury or damage sustained by competitors or officials. The organizer will not provide participant insurance coverage for the event. The organizer will provide emergency medical services for all participants during the competition and official practice.

Each individual waives any and all rights to financial refund or other compensation for the use and reproduction of their images or likeness, and grants permission to the OC of the competition to use the same prior to, during and following the Bavaria Cup in Höchstadt a.d. Aisch, Germany.

Contact:

Organizing committee:

- Mail: info@bavariacup.eu
- Nadja Müller: +49 172 8131469
- Trixi Meier: +49 176 55595008

Emergency call:

- Germany (EU): 112

Taxi:

- Taxi Max: +49 9193 9214

Thank you for your participation in the 3rd Bavaria Cup 2026!



The pictures/videos will be available on the homepage after the competition.

We hope you had a successful competition and a great day in Höchstadt and we hope to see you again next year for the 4th Bavaria Cup 2027. So stay tuned!

You will still find the latest information on social media and on the homepage and we will stay in contact with you.

We wish all teams an injury-free summer season!
See you soon somewhere in the synchro world:

Nadja & Trixi