

INSTRUCTIONS FOR COACHES AND ATHLETES

MUSIC

Please have also a backup medium (flash drive) with you.

CONTACTS IN THE DAY OF COMPETITION

In case of any doubt during the day: Marie Cerhova +420 721 570 875

Michaela Rom Tisarová +420 775 477 885

Registration and arrival: Renata Stefanova +420 603 374 880

REGISTRATION

Registration of competition groups will take place from **7:15 a.m. to 7:00 p.m.**

Only entire competition groups (teams) will be registered, **not individuals!**

Due to the busy day, we ask the competition **groups to come to the registration before their own performance (warm up). Stay in backstage only for the minimum necessary time.**

If you will have any problem with arriving, please contact **Renata Stefanova.**

For registration we request the presence of the responsible persons listed in the competitive application form for the competition. This person is required to report any possible changes regarding competitors or potential cancellations of the performances. He/she will receive the latest schedule. All competitors and team STAFF, who are listed on the application form will be checked.

NON-COMPETITIVE ENTOURAGE – TEAM STAFF

Into the backstage area can enter only competitors and their entourages (see Competition rules) with identification mark. This ID mark is the same as ticket, but it's holder doesn't have any reserved seats in audience.

Non-competing team members, parents and other viewers must purchase a ticket and can move only in designated public places (not in the backstage areas)!

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CHANGING ROOMS

Changing rooms are used for changing clothes and to get ready for stage. Please, due to the busy day, stay as little as possible in the changing areas. Use the entire space of the hall, outdoor spaces or events in your spare time around. We are not responsible for personal belongings left there - **we recommend you to save the valuables at your coach or your team STAFF.**

MAP OF THE VENUE



WARM-UP AREA

Warm up hall is the place for you to warm up and get ready for the competition floor – for both cheer and dance.

Warm-up time will be scheduled according to the schedule.

You will find 4 times in the schedule:

1. time 1 to enter the warm up hall
2. time 2 to warm up (heat up)
3. time 3 for warm-up on the competition area without music
4. time 4 for rehearsal of performance with music (small divisions 2 min, team performance 3 min, and team performance cheer division 3.5 min).

The music will be played from the files supplied by you, but **we recommend that you have a backup medium with you.**

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LINE TO THE COMPETITION FLOOR

See the schedule – the time can change during the day. There must be 3 competitive teams in the line. Coach is responsible for the time of waiting in the line. In case you miss your time, you may not get another chance to compete.

IDENTIFICATION OF THE COMPETITORS

Identification (ID) of individual competitors will be held right before entering the competition floor. Each person should proof the identity (except small children). Therefore we recommend the groups to be in this area and waiting line on time.

COMPETITION FLOOR

Competition surface: 14 x 14 m Flexi Roll for Cheer and 14 x 14 m performance floor for Performance divisions

Warm up: 14 x 14 m Flexi Roll for Cheer a 14 x 14 m linoleum for Performance divisions

PLACE FOR COACHES AND TEAM STAFF

Place for coaches during their performance is placed in the corner of the floor and only 2 coaches can get there. It's forbidden to stay in front of the judges and walk around them. Breaking this rule can lead to disqualification of the group.

TEAM ROUTINE REPLAY

After your performance you can watch your routine – find the big TV in the first floor of the venue – in shop area.

VIP COACHES ROOM

For the Club delegates there will be a special place to meet – if you enter by entrance nm. 2, go to the left.

ANTIDOPING

Check the actual list of the forbidden medicaments for this year 2024 - <http://www.antidoping.cz>
If you need some therapeutics exceptional write to cach@cach.cz in advance.

OBEČNÉ A TECHNICKÉ POKYNY

GENERAL AND TECHNICAL GUIDELINES

Entrance to the hall is possible only in CLEAN INDOOR SHOES. Coaches, also watch out for your shoes, heels, etc. In case of leaving the hall, it is necessary to change the shoes! Pollution of the competition floor or the interior of the hall will be solved by a fine or disqualification!

Due to the security and the sporting character of the event, there is forbidden to **SMOKE IN ALL AREAS OF THE COMPETITION HALL! We also ask smokers to not smoke in the immediate surroundings of the hall. Also, food and open drinks are forbidden in the audience area.**

Please keep your order and peace in changing rooms and other backstage areas. Use trash cans. Be mindful of other competitors, judges, and audience. We ask you to keep calm around the competition area - the coach is responsible for team discipline!

Thank you for your time!

ČACH

