

# INSTRUCTIONS FOR COACHES AND ATHLETES

Participants must follow these separate documents:

- Competition Sheet PCO 2025
- [Age Groups and Open Division Schedule 2024/25](#) (*Věkové skupiny a Plán otevíraných divizí 2024/25*),
- [Soutěžní řád ČACH](#) and [Obecná pravidla ČACH](#) (CACH Competition Rules)
- [ICU Sport of Cheer Rules & Guidelines 2025](#)
- [Score Sheets](#)

Current versions of all documents are available at [www.cach.cz](http://www.cach.cz).

(Note: Czech rule documents follow ECU Rules, Levels and Scoresheets.)

## CONTACTS

In case of any doubt during the day:

Marie Cerhová +420 721 570 875

Michaela Rom Tisarová +420 775 477 885

Registrations and arrivals: Renata Štefanová +420 603 374 880

## MUSIC

March 14th, 2025 – Deadline for MUSIC **upload in an MP3 format** via ERS2 or via email [registrace@cach.cz](mailto:registrace@cach.cz)

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

## REGISTRATION

Registration of competition groups will take place **from 7:30 am to 4 pm**.

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

If you are interested in a later team registration, please arrange a specific time with Renata Štefanová.

If you will have any problem with arriving, please **contact Renata Štefanová +420 603 374 880**.

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 registered will be checked – bring ID or passport with you!

**Accreditation for competitors who compete only on Sunday** and are interested in coming to the hall to cheer on Saturday (or competitors on Saturday who will cheer on Sunday) can be **picked up by one contact person per the club at registration**.

## NON-COMPETITIVE ENTOURAGE – TEAM STAFF

Into the backstage area can enter only competitors and their entourages (see Competition rules) with identification stamp. 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)!

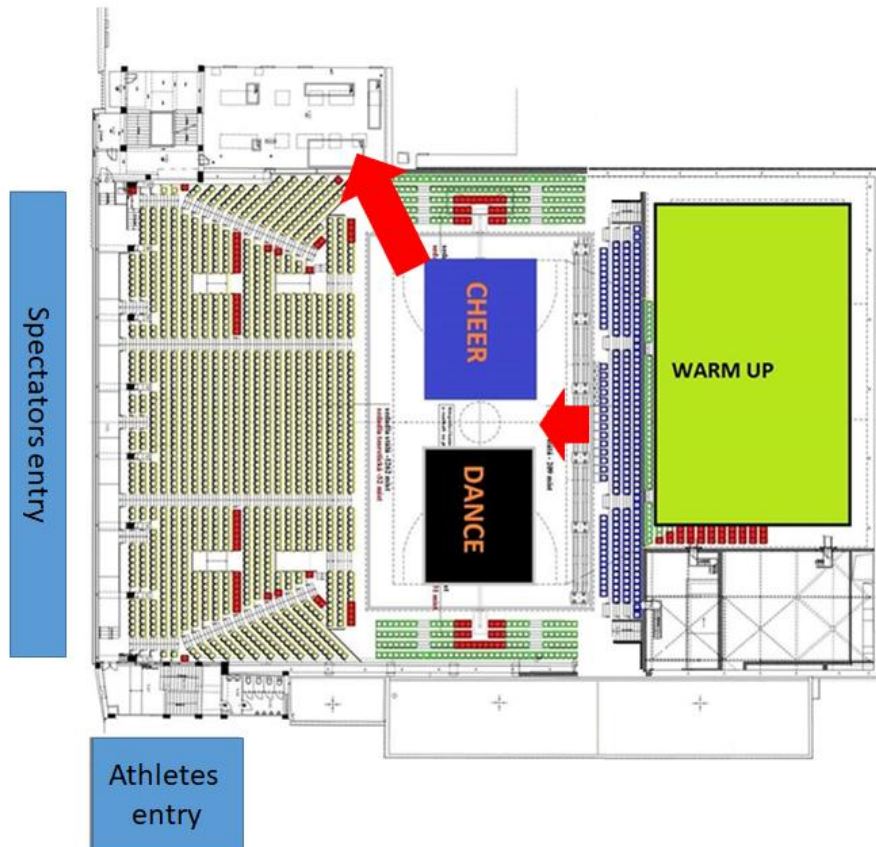


# INSTRUCTIONS FOR COACHES AND ATHLETES

## 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

The warm-up hall is a space where you can try out your competition routine to music on the competition area. The warm-up time will be scheduled according to the schedule 60 minutes before the performance itself. The schedule includes three times - time 1 for entering the warm-up area, time 2 for rehearsing the routine without music, and time 3 for performing with music (small divisions 2 minutes, performance team 3 minutes, cheer team 3.5 minutes). The music will be played from the files you provide, **we recommend that you bring music on a backup media**.

Cheer Teams: 16 x 12 m Flexi Roll mat for the whole routine, and 2 x 14 m for warm up tumbling

Cheer Stunts: 3 x 14 m Flexi Roll mat

Performance Teams: 16 x 12 m dance floor

Performance Doubles: 10 x 12 m area

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## LINE TO THE COMPETITION FLOOR

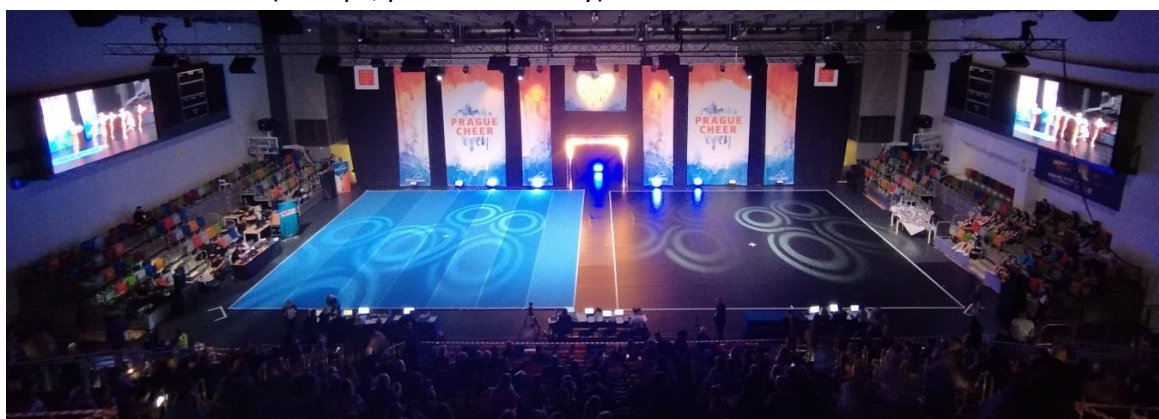
See the schedule – the time can change during the day. There must be 3 competitive teams in the line waiting for their performance. Coach is responsible for the time of waiting in the line. In case you miss your time, you may not get another chance to compete.

## IDENTIFICATION OF THE COMPETITORS

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

## COMPETITION FLOOR

16 x 12 m Flexi Roll for Cheer (8 strips, placed vertically) and 16 x 12 m dance floor for Performance divisions



(last year's photo with smaller floor 14x 14)



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## PLACE FOR COACHES IN FRONT OF THE FLOOR

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 PHOTO

After your performance take a photo of your Team, at the exit from the competition floor (you can buy printed photo later)



## 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.

## COACHES ROOM

A special meeting room will be prepared for club representatives, on the GROUND FLOOR of the HALL next to ENTRANCE 2. Light refreshments will be prepared for you during the day. Feel free to use this room for a moment together or a little rest.

## ANTIDOPING

Check the actual list of the forbidden medicaments for this year 2025 - <http://www.antidoping.cz> If you need some therapeutics exceptional write to [cach@cach.cz](mailto:cach@cach.cz) in advance.



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## VIP ENTRY FOR CLUB PHOTOGRAPHER

Register in time for VIP entry for your Club Photographer, who can go through the entire competition journey with the club, i.e. from registration through warm-up, entering the floor with a team to the performance itself. The photographer will have access to the floor (corner and outer side of the floor, please note: it's forbidden to walk in front of the judges during performance and between floors in the middle of the venue!) and he/she will have a seat in the venue, close to the floor (spectator stand C lower part) when he/she is not taking photos for his/her club. Accreditation with the photographer's name and photo will be available at ENTRANCE 1 on the day of the competition, where precise instructions will be given. We will be happy to provide a selection of photos for the purpose of presenting the club in PR materials of the Czech Cheer Association. The registration fee of 1,500 CZK/day will be added to the final invoice.

Registration of a club photographer is possible **no later than a week before the competition, 21.3.2025**. Registration is possible [here](#).

## 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

