



**SUNDAY NOVEMBER 3, 2024**

**BUFFALO, NY**

*\*Rings for overall Grand Champions\**

*\*Hoodies for all First Place Teams\**

*Join us for this fun filled event, where the focus is on the athletes, coaches and directors. We are committed to running an ON TIME, high energy competition, where our teams will be celebrated and make forever memories.*

## EVENT DETAILS

**November 3, 2024**

**Buffalo, NY**

*(venue will be announced by September 15)*

## SCHEDULE

- Doors Open 1 hour prior to the first team's performance
- Coaches Check in 30 minutes prior to the first team's warm up
- Tentative Block schedule (subject to change)

10:00am – 1:00pm      Tiny & Mini  
12:00pm – 3:00pm      Freshman  
1:00pm – 4:00pm      JV & Varsity

*\*Performance order will be emailed to coaches Monday October 28*

## 5 STATION WARM-UP

Teams will move through a 5 Station Warm up to give them ample time to feel confident before they compete. Each rotation will be 5 minutes in length:

- Stretch
- Stunt
- Tumble
- Full Floor
- Water

## AWARDS

### TROPHIES

First, second and third place trophies will be awarded for each division

### HOODIES

First place teams in every division will receive a hoodie for every athlete!

### RINGS

Overall Grand Champions will receive **Grand Champion rings!!**

## COACH'S HOSPITALITY

We will have a coach's room at this event with snacks and refreshments

## PRIORITY SEATING

There will be priority seating provided for the spectators of the performing team. Coaches will have a designated seating area at the front of the performance mat.

## ROUTINE REQUIREMENTS

- All music **MUST** be emailed to EliteHeatMusic@gmail.com
- One representative from each team/gym will be responsible for running (starting & stopping) your music at the music table. **The music person should report to the music table as the team is on deck.**
- Recreation routines must not exceed 3 minutes in length. Routines that go over the allotted time will be assessed a penalty.

## DIVISIONS

Divisions will be determined by the average age of the total athletes on the roster

Tiny	5 years and under
Mini	6-7 years old
Freshman	8-9 years old
JV	10-11 years old
Varsity	12-15 years old

## SCORING

Teams will be scored using the Hot Cheer Rec Grand Championship scoring system. Scoring rubric can be found [HERE](#)

## SAFETY AND LEGALITY QUESTIONS

All Rec teams will follow the NFHS safety guidelines. Visit [NFHS.org](http://NFHS.org) for rule updates.

## TEAM REGISTRATION

Cost per athlete: \$15  
Register online [HERE](#)

*2 coaches per team are Free. After that, additional coaches will be invoiced at \$15 per coach. Only registered coaches, athletes, and alternates will be allowed into the warmup area with each team.*

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