

# Selecting the appropriate level for your routine

Teams from all kinds of youth organizations attend the New England Cheer and Dance Competition so we try to make the division restrictions as broad as possible while still attempting to offer a somewhat level playing field. The divisions and levels at this competition may not match those of your particular organization so please use the guidelines below to help you determine how to register your team. Our goal is to have a fun, relaxed atmosphere, yet provide an exciting venue where teams get to compete against someone other than who they traditionally come up against at their league or regional tournament.

Coaches of cheer division teams from the Mitey Mites, Mites, Pee Wees, Junior High and 18U age groups need to choose between the Bronze, Silver, Gold, Platinum and Diamond levels. We aim to allow teams presenting similar skills to compete against each other, and coaches to focus on clean, safe execution rather than feeling pressure to attempt difficulty with their often first-year athletes. We have created these division guidelines based on the accepted partner stunt and tumbling progressions set out by AACCA and supported by the NFHS. As you know your squad's choreography, please examine your routine closely to determine which category it belongs in this year. No matter which level you choose, squads are limited to what their individual organizations allow. You must follow the guidelines set out by your program.

Bronze level routine restrictions:

- no single-leg skills at extended level
- no unbraced two legged skills at extended level (must be braced on at least one side by stunt/s at shoulder level or below with hand-to-hand/arm connection only)
- no unbraced single leg skills at shoulder level (bracer on one side must be on the ground, in a stunt below shoulder level or a two-leg stunt at shoulder level with hand-to hand/arm connection only)
- no inversions
- no basket tosses
- twisting transitions, entries and dismounts are limited to  $\frac{1}{4}$  turn
- no release-style transitions in any stunts/pyramids above thigh level, and these require constant contact with a base/spotter (except those involved in cradles/cradle re-loads/flatbacks)

- advanced/elite tumbling limited to 25% of team (any number may perform rolls, cartwheels, round-offs and walkovers)

#### Silver level routine restrictions:

- no unbraced single leg skills at extended level
- no inversions in stunts (inverted dismounts from horizontal positions with hands going directly to the performing surface are allowed as are entrances to below prep level stunts)
- straight ride baskets only
- twisting transitions, entries and dismounts are limited to  $\frac{1}{2}$  turn to/from two-legged stunts at prep level and below
- no full-ups, half-ups limited to two-legged prep level or below
- no release-style transitions in vertical stunts/pyramids above prep level, and these require constant contact with a base/spotter (except those involved in cradles or Swedish Falls/cradle positions)
- advanced/elite tumbling limited to 25% of team (any number may perform rolls, cartwheels, round-offs and walkovers)

#### Gold level routine restrictions:

- no unbraced single leg skills at extended level
- inversions in stunts limited to entrances, dismounts from horizontal positions with hands going directly to the performing surface, and ground-to-ground inversions with continuous flow (ex. double cartwheel, chorus-line flip)
- no two-skill or twist baskets tosses
- single twist cradles from prep level from two legs only, no doubles
- no full-ups, half-ups limited to two-legs at extended level
- express-ups/switch-ups limited to prep level
- no release transitions in unbraced stunts (except those involved in cradles or cradle positions)
- no braced flips in pyramids, non-inverted release transitions allowed
- advanced/elite tumbling limited to 50% of team (any number may perform rolls, cartwheels, round-offs and walkovers)

#### Platinum level routine restrictions:

- no release inversions or fold-overs in stunts
- no kick twist baskets tosses
- single twist cradles from extended level from two legs only, no doubles
- full-ups limited to prep level

- no release transitions in unbraced stunts above prep level
- braced flips (released inversions) in pyramids allowed if flyer is braced on both of their arms
- advanced/elite tumbling limited to 75% of team (any number may perform rolls, cartwheels, round-offs and walkovers)

Diamond level routine restrictions:

Teams must follow the rules set out for them by their individual organizations.

We will have level judges in the warm-up area to help ensure that all teams are in the appropriate divisions before they hit the competition floor. Any post-performance concerns must be addressed privately between the coaching staff and head judge prior to the awards ceremony, if possible.

General expectations for routines:

Here is a sample of what elements the judges are anticipating seeing at the different levels. **“Possibly”** means if you have them in your routine, great, if not, don’t worry about it, they’re not imperative at that level. **“A few”** means less than 25% of the team. Please call Lisa at 413-531-2095 with questions if you are unsure about what level your routine fits into!

Bronze:

- Expected skills include one or two-legged stunts at thigh level, two-legged stunts at shoulder level
- Possibly pyramids with braced one-legged shoulder level or two-legged extended level
- Rolls, cartwheels, round-offs, possibly walkovers or more advanced tumbling skills performed by a few team members

Silver:

- Expected skills include one or two-legged stunts at thigh and shoulder level, possibly extended freestanding stunts on two legs, possibly inversions on dismounts
- Pyramids with braced one or two-legged extensions
- Rolls, cartwheels, round-offs, possibly walkovers or handsprings, or possibly more advanced tumbling skills performed by a few team members

Gold:

- Expected skills include one or two-legged stunts at thigh and shoulder level,

extended free-standing stunts on two legs, possibly inversions on entrances or dismounts

- Pyramids with extended one legged stunts, possibly non-inverted releases
- Rolls, cartwheels, round-offs, some walkovers or handsprings, or possibly more advanced tumbling skills performed by a few team members

Platinum:

- Expected skills include extended freestanding one and two legged stunts, creative entrances/exits to stunts, basic inversions, twist cradles from two legs
- Possibly pyramids with inverted non-release transitions
- Rolls, cartwheels, round-offs, walkovers, handsprings and more advanced/elite tumbling skills performed by some team members

Diamond:

- Expected skills include release transitions, full-ups, twisting dismounts from extended one-legged stunts, two-skill baskets, inversions
- Pyramids with release inversions
- Rolls, cartwheels, round-offs, walkovers, handsprings and more advanced/elite tumbling skills performed by many team members

Feel free to contact Lisa Moskow at 413-531-2095 or [moskow\\_lisa@yahoo.com](mailto:moskow_lisa@yahoo.com) with any questions on your squad's routine components. We will be happy to work with you to help you make any necessary adjustments to your choreography or determine the best fit for your team.

Here are some frequently asked questions about the levels:

**Q) "Most of our stunts and pyramids are done at shoulder height or below. We have 3 of our 15 cheerleaders doing standing back-handsprings. Can we still enter the Bronze level since most of our stunts are thigh and shoulder level?"**

**A)** Yes, 3 out of 15 is below the 25 % allowed in the Bronze level. This will not elevate your tumbling score enough to be an unfair advantage over other teams in that division who may be performing only beginning level tumbling.

**Q) "Our team has 20 cheerleaders. Our tumbling includes about half the team doing back handsprings or round-off back handsprings and most of our stunts are at shoulder level with a few extensions. Should we enter Gold or Silver?"**

**A)** Gold. With the difficulty level of your tumbling that is where you'll want to enter your team, as your stunting would fit into either level.

**Q) "Our program doesn't allow us to do basket tosses, if other teams are doing them how can we compete?"**

**A)** Our judges are scoring your routine based on what skills you do perform, not what you don't, and execution is their primary driver. Specific stunts are not listed on the scoresheet, so you won't be deemed to be 'missing' an element. Remember that it's likely the team doing a basket in their routine is not allowed to, for example, perform an inverted entry into a stunt, which your program might permit. One stunt, no matter how beautifully performed, is not going to make or break the results, especially with 90 points in other categories being distributed.

**Q) "Our team of 16 has great stunting, we have 4 groups twisting from extended heel stretches and a cool release flipping transitional pyramid. Unfortunately we don't have strong tumbling, only 7 have back handsprings and 5 have round-off back handspring back tucks. The rest of the team is doing cartwheels and forward rolls. Should we water down our stunts and enter Platinum?"**

**A)** No, you should keep in the skills you've worked so hard on. Tumbling is only worth 5 points and since it's category judging, that's from just one judge. If what they do is well executed and creatively choreographed, your score won't be so far behind a team with more advanced tumbling that you can't make it up in the other 95 points up for grabs on the scoresheet.

The primary goal of this tournament is to offer teams an opportunity to show off their routines and be recognized for the hard work they have put into preparing them. Squads from many different organizations attend, and they all have different rules and requirements. We have tried to create more categories to reduce the need for teams to make big changes to their choreography while still offering a somewhat level playing field. We make adjustments each year based on feedback from the coaches who've attended, and will welcome yours after the event!

If you have any questions about the levels, please don't hesitate to call Lisa Moskow, judge's coordinator, at 413-531-2095 for more information or clarification.

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# THE ANNUAL NEW ENGLAND CHEER AND DANCE CHAMPIONSHIP

The New England Cheer and Dance Championship will be held on Saturday, November 8, 2025 at the Reggie Lewis Track Center located in Boston near Northeastern University. The Reggie Lewis Center is the number one track facility in the United States. The field house, which has over 100,000 square feet, seats 3,000 spectators and will enable you to sit with your cheerleading teams in comfort. The separate warm-up area contains three full-size basketball courts. We will be offering two regulation competition mats (please see the diagram on the web site for the velcro layout) plus an additional strip on either end of each floor, for a 42 x 54 total surface for the cheer teams and two Marley regulation dance floors 42 x 42 for the dancers.

Our competition has been the most successful one in New England because it is low stress and places the emphasis on fun! Every squad will win a trophy. Helpful oral critiques of your team's routine will be emailed to you immediately following their performance by the technology of DJ Justin O'Hallaran. There will be no more than seven teams in any given cheer division, and these are broken up by age, skill level, and squad size. Dance divisions are broken up by age, squad size, and routine style.

The deadline for competition entry is Saturday, November 2, 2025, but register before October 26th to take advantage of our early bird pricing! Teams needing to register late (11/3) please also email [moskow\\_lisa@yahoo.com](mailto:moskow_lisa@yahoo.com) to be sure your registration has been received.

Over 140 cheer and dance teams competed in our competition in 2023 and we hope to have a similar turn-out this year. The competition will include divisions for all ages: Tiny Mites, Mighty Mites, Mites, Pee Wees, Mixed Level, Junior High-age and 18U Cheer divisions, College cheer teams, and Dance, Step and Hip Hop Divisions for Mites, Pee Wees, Junior High and All Star.

Coaches of cheer teams from the Mighty Mites, Mites, Pee Wees, Junior High and 18U have the option of placing their squad in the Bronze, Silver, Gold, Platinum

or Diamond divisions.

Our goal is to offer as level a playing field as possible, allowing teams presenting similar skill levels to compete against each other. As you know your squad's routine elements, please examine your routine closely to determine which category it belongs in this year.

Please see the "Cheer Division's Level Restrictions" form for a list of specific restrictions, additional critical details, and choreographic recommendations.

We realize that things may change for your team in the weeks between your registration for the tournament and the big day. The week prior to the competition, we will be emailing each team to confirm the age group they have registered in, an email address to send their oral critique to, an update on the number of cheerleaders competing, and a final declaration of their division (Bronze, Silver, Gold, Platinum or Diamond). Based on this up-to-the-minute information (response required by Sunday, November 5th) we will set the schedule. Once the final grid has been released, NO CHANGES will be allowed unless WE have inadvertently listed your team in the wrong place.

We will have Level Judges in the warm-up area to help ensure that all teams are in the appropriate divisions before you hit the competition floor. Any post-performance concerns will be addressed privately between the coaching staff and the head judge prior to the awards ceremony, if possible.

Feel free to contact judge's coordinator Lisa Moskow at 413-531-2095 or [Moskow\\_lisa@yahoo.com](mailto:Moskow_lisa@yahoo.com) with any questions or to assist you in evaluating your cheer routine elements.

Each cheer team will have the opportunity to warm up their stunts, pyramids and tumbling prior to the competition and have them checked out by a safety judge. This will be done during a four-minute time frame on a matted section of floor in the warm-up gym. Dance teams will perform on the cheer mats. They will have the opportunity to have their routine checked by a safety judge and run spacing on the surface they will be competing on prior to the start of the tournament.

Tentative check-in, warm-up and competition times for each division are available in the "Projected Registration, Warm-up and Competition Times" form on our web page. A listing of your team's exact arrival, practice, competition and awards time

will be posted on our website by Friday, November 7th, 2025 (or earlier in the week, if possible) in the format of the "Sample Cheer Grid" and "Sample Dance Grid" currently displayed.

Please see the "Cheer and Dance Rules" form available on our website for specific routine guidelines. Cheer Divisions maximum routine length is remaining at three minutes, and the maximum length of the music portion is two and one-half minutes.

We also have a 'Club' Division for our Rec cheer squads who do not regularly cheer for games. Coaches must check off the "Club" box on the Registration Form to ensure that their team is correctly entered in these divisions.

An entry fee of \$100.00 must be paid for each squad entering the competition (except for teams entering the new "Tiny Mites" exhibition division who have older teams from their same program registering for competitive divisions in the tournament).

Please register your team by October 26th for this special early-bird rate! Teams registering after October 26th will pay \$120 per team. However, as payment is not due at time of registration - sign up now!

Please make checks payable to:

New England Cheer & Dance Competition

PO Box 1995 c/o Andy Yosinoff

Brookline, MA 02446.

We are excited that Fine Designs, one of the largest clothes merchandisers in the country with over twenty years of experience will be joining us as our vendor for t-shirts, sweatpants, tank-tops, shorts, sweatshirts, etc.. Personalized onsite souvenir apparel will also be offered.

Flowers for Dream will again provide their services and you can Pre-Order your flowers by going to [w.w.w.flowersfordream.com/cheerdance](http://w.w.w.flowersfordream.com/cheerdance).

Judges will be provided by the Universal Cheerleaders Association, Universal Dance Association, YCADA and the MSAA.



Sponsors of the event are: Fine Designs, The Best Western Inn at Longwood, Varsity Spirit, Lubin's Trophies, Children's Hospital Sports Medicine, Flowers for Dream and Midcoast Photo.

The Best Western Inn at Longwood - Host hotel of The New England Cheer and Dance Competition. Stay in comfort and close to the action. The Inn is conveniently located on Longwood Avenue on the edge of Boston's Back Bay. With 161 rooms and a full-service restaurant, The Inn will surely make your next trip to Boston a great one.

Admission to the competition is \$12.00 for adults and \$3.00 for children (6 and under).

**DON'T FORGET TO DOWNLOAD THE COMPETITION FORMS YOU NEED!**

Please contact me if you should have any questions and/or need additional information. I look forward to seeing you at the Reggie Lewis Track & Field Center on Saturday, November 8, 2025.

Sincerely,  
Andrew Yosinoff  
Competition Director

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## **AYC and the New England Cheer and Dance Competition**

Teams from all kinds of youth organizations attend the New England Cheer and Dance Competition so we try to make the division options as broad as possible while still attempting to offer a somewhat level playing field. The levels at this competition do not match up exactly with AYC's, so please use the guidelines below to help you determine how to register your team. Our goal is to have a fun, relaxed atmosphere, yet provide an exciting venue where teams get to compete against someone other than who they traditionally come up against at their league or regional tournament.

There are five different levels to choose from, based on the difficulty of the elements in the routine. Anyone competing at level 4 with AYC would want to enter the Diamond level (the scoresheet is friendly to both cheer-music and all-music routines). Coaches competing level 3 can decide whether to enter Gold or Platinum depending on the components in their routine. Level 2 teams would most likely enter the Silver division and Level 1 teams the Bronze. We ask that the coach examine the elements in their team's routine compared to the description of the five levels to see which one will be the best fit. For a complete listing of restrictions at each level, please see the "Cheer Division's Level Restrictions" form on the website.

General expectations for routines:

"Possibly" means if you have them in your routine, great, if not, don't worry about it, they're not imperative at that level. "A few" means less than 25% of the team.

Bronze:

- Expected skills include one or two-legged stunts at thigh level, two-legged stunts at shoulder level
- Possibly pyramids with braced one-legged shoulder level or two-legged extended level
- Rolls, cartwheels, round-offs, possibly walkovers or more advanced tumbling skills performed by a few team members

Silver:

- Expected skills include one or two-legged stunts at thigh and shoulder level, possibly extended freestanding stunts on two legs, possibly inversions on dismounts
- Pyramids with braced one or two-legged extensions
- Rolls, cartwheels, round-offs, possibly walkovers or handsprings, or possibly more advanced tumbling skills performed by a few team members

Gold:

- Expected skills include one or two-legged stunts at thigh and shoulder level, extended free-standing stunts on two legs, possibly inversions on entrances or dismounts
- Pyramids with extended one legged stunts, possibly non-inverted releases
- Rolls, cartwheels, round-offs, some walkovers or handsprings, or possibly more advanced tumbling skills performed by a few team members

Platinum:

- Expected skills include extended freestanding one and two legged stunts, creative entrances/exits to stunts, basic inversions, twist cradles from two legs
- Possibly pyramids with inverted non-release transitions
- Rolls, cartwheels, round-offs, walkovers, handsprings and more advanced/elite tumbling skills performed by some team members

Diamond:

- Expected skills include release transitions, full-ups, twisting dismounts from extended one-legged stunts, two-skill baskets, inversions
- Pyramids with release inversions
- Rolls, cartwheels, round-offs, walkovers, handsprings and more advanced/elite tumbling skills performed by many team members

Please contact Lisa Moskow, judge's coordinator at 413-531-2095 with any questions and we look forward to seeing your team this year!

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## **NEW ENGLAND CHEER & DANCE COMPETITION PROGRAM BOOK AD ORDER FORM**

**Please return no later than  
Saturday, November 7th**

Company Name (if applicable) \_\_\_\_\_

Contact Person \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

( ) Full Page - 7 ½ wide x 8 1/2 high \$400

( ) Half Page - 7 ½ wide x 4 1/4 high \$200

( ) Quarter Page -3 ¾ wide x 4 1/4 \$100

Amount enclosed with Contract \$ \_\_\_\_\_ ( ) Check

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Make Check or Money Order Payable to:

New England Cheer and Dance Competition

PO Box 1995

Brookline, MA 02446

\*All proceeds will go to the Emmanuel College Women's Basketball team\*

PLEASE DO ONE OF THE FOLLOWING:

1) Attach PDF Format

2) Attach an ad that you want enlarged to a larger size

3) Type the copy for an ad and we will make the ad - PLEASE CHECK ALL SPELLING.

4) Send your business card to Fenway Printers at 870 Commonwealth Ave, Boston, Mass 02215 C/O Todd Nugent

5) E-mail any of the above to antz@mmpbrookline.com and call Todd at (617) 226-1900 at Fenway Printers, or Andy Yosinoff (617) 877-8049, if you have any questions.