

# **GUIDELINES FOR NEW DAYTIME CHEER DIVISIONS (BRONZE,SILVER AND GOLD)**

**Our goal is to provide a satisfying competitive experience for all teams participating. Please examine your squad's routine closely to determine which category (Bronze, Silver or Gold) it belongs in this year. Fair play is more important than winning!**

**Feel free to contact Lisa Moskow at 413-517-3998 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 determine the best fit.**

**Bronze level routines should be comprised primarily of stunts and pyramids performed at shoulder height or below and beginning level tumbling.**

**Silver level routines should be comprised primarily of stunts and pyramids performed at shoulder height or extended on two legs and beginning to intermediate level tumbling. Single leg extended stunts are permitted but should be confined to pyramid structures and there should be hand-support during the majority of standing and running tumbling skills.**

**Gold level routines should be comprised primarily of stunts and pyramids performed at extended levels and intermediate to advanced tumbling skills.**