# Preliminary Time Frame for Saturday, November 7, 2026

This is a tentative schedule for this year's competition to assist you in planning your day. The times are based on last year's attendance. Please also examine the "Sample Grid Formats" in the forms on the website to see how your team will progress from registration to awards. Once this year's schedule is finalized it will be posted on the website for coaches, team members and spectators to view. You must check the website: ayosinoffcheerdancecamps.com on Friday, November 6th to confirm YOUR team's check-in, warm-up, competition and awards time slots.

If you have any questions, please contact Andy Yosinoff at (617) 877-8049 or Lisa Moskow at (413) 531-2095.

10:00 am: Registration times begin for all **Dance** divisions including **Mighty Mites, Mites, Pee Wees, Jr. High** AND **all Tiny Mites/6U and Mighty Mites/8U Cheer** teams.

10:45 am: Competition begins for **Dance** and **Tiny Mites/6U and Mighty Mites/8U Cheer** teams.

12:15 pm: Registration times begin for **Mites/10U Cheer** teams.

12:40 pm: Awards for all **Dance**, **Tiny Mites/6U and Mighty Mites/8U Cheer** divisions.

1:15 pm: Competition begins for **Mites/10U Cheer** teams.

3:00 pm: Registration times begin for **Pee Wees/12U Cheer** teams.

3:15 pm: Awards for all **Mites/10U Cheer** Divisions.

4:00 pm: Competition begins for **Pee Wees/12U Cheer** teams.

5:00 pm: Registration times begin for **Junior High/14U, Mixed Level, 18U** and **College Cheer** teams.

5:30 pm: Awards for **Pee Wees/12U Cheer** Divisions.

6:00 pm: Competition begins for **Junior High/14U, Mixed Level, 18U** and

**College Cheer** teams.

8:00 pm:  Awards for **Junior High/14U, Mixed Level, 18U** and **College Cheer** teams.

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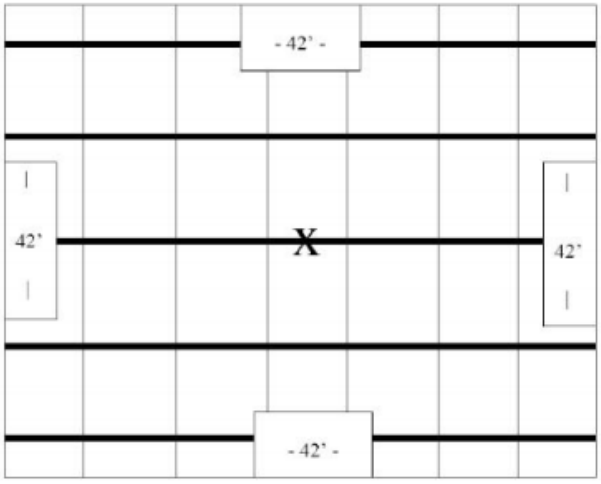
# Mats Layout Diagram

The mats will be laid out exactly as shown in the diagram below.  There will be seven rolls of mat (6 feet by 42 feet each) extending vertically from the judges table, with five strips of velcro crossing them horizontal to the judges table.  There will also be an additional roll of mat on each end, attached to the main 42×42 square by a strip of velcro running along the length of the seam.  This will make a 54 by 42 foot rectangle, though teams can remain within the traditional 42×42 square area if they choose.  There are no penalties for going off the mat.

## CHEERLEADING MAT

**The mat will be set up as noted below:**

1. The dimensions of the mat are 42 feet by 42 feet.
2. Mats will placed up and down and are represented in the diagram by the thin lines (vertically). Seven mats will be used.
3. Five velcro strips should be used. They should be placed 10 feet apart from each other and the first strip should be placed in the center of the mat. The velcro strips are represented in the diagram by solid lines (horizontally).
4. There should be an X placed in the middle of the mat.




JUDGES

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# RULES FOR CHEER COMPETITION

(Teams competing in the Bronze, Silver, Gold, Platinum and Diamond divisions, plus College)

1. Routine length is limited to 3 minutes with no more than 2 minutes and 30 seconds of music.
2. Timing will begin with the first organized motion, word, or note of music and end with the last organized motion, word, or note of music.
3. Squads must adhere to the National Federation Spirit Rules Guidelines (www.nfhs.org) (AACCA for College teams – AACCA.org) or any specific restrictions or allowances their individual organization requires.
4. All squads must use the mat provided to perform their routine. Squads will be performing on an official competition mat. All stunts and gymnastics must be performed on the matted area.
5. Safety Judges will evaluate all stunts in the practice room for compliance with the rules, but it is ultimately the coaches responsibility to ensure the legality of all skills in their team's routine. Safety Judges will assist teams in eliminating or changing illegal and/or out-of-level skills in the warm-up area prior to competing their routine. Teams with out-of-level skills will also have the option of moving up into a higher level which allows the skills they are performing, rather than changing them. Any illegal or out-of level skills done during the competition will result in that sequence being ignored by the judges, as though it had not been performed. No points will be accrued for those skills.

6. Medical release forms for all participating cheerleaders must be turned in to the registration table on the day of the competition.

# Sportsmanship

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the contest. The advisor and/or captain of each team is responsible for seeing that team members, coaches, parents, and any other persons affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.

# DANCE RULES

1. Time limit will be a maximum of 2 minutes and 30 seconds. This does not include entrances; exits and positioning which will not be judged. If music is used for the entrance and/or exit, it will be timed in the 2:30 minutes as part of the routine. Timing will start with the first note of music.
2. Teams must adhere to the safety guidelines required by their organization or presented by the National Federation specifically for dance teams. These rules can be found online at www.NFHS.org. Dance teams will also follow rules set out by UDA for their routine choreography: http://uda.varsity.com/Competitions/Rules-Divisions-Scoresheets
3. Teams can choose to perform their routines on the marley floor laid on the rubberized surface of the field house or on the cheer mats (see diagram on website). Teams must signify their choice when registering for the competition, not the day of the tournament.

# Sportsmanship

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## Greetings to all Cheerleading Coordinators and Coaches!

This year's tournament will again be held at the Reggie Lewis Track and Field Center, the number 1 indoor track arena in the United States. Cheerleaders can be dropped off right at the entrance, and ample parking is available between 100 and 500 yards away, with signs to direct you and security personnel on hand to assist you and your fans.

Arrival/check-in, warm-up and competition times will be assigned during the week prior to the competition and will be available for viewing on our website by Thursday, November 5th at (ayosinoffcheerdancecamps.com). An example of how the scheduling grid looks is currently available online.

- As your team arrives to check-in, there will be two locker rooms available to them, as well as two separate bathrooms. Please arrive on time, teams who are delayed in their arrival may be placed at the end of their division.
- The practice gym is divided into two sections. Side 1 is where squads report for their assigned Stretch times, Side 2 is for the safety judges to work with teams during their assigned Warm-up times. No teams will be permitted on Side 2 until their assigned Warm-up time. Squads are welcome to arrive and begin their warm-ups and stretching on Side 1 whenever they choose but MUST check in with the staff there at their assigned Stretch time. There will be small sound systems available for your use in the back gym if you'd like to play your music during your assigned Warm-up time on Side 2.
- Once a team has completed their Stretching and Warm-up (Safety checks) on the Stunt mat, they will be escorted to the competition area where they will be seated in lines by their competition mat. After they have performed they may move to the other side of their mat to view the rest of the competition. We have two panels of judges to minimize downtime for the cheerleaders and fans. The mats are set back-to-back (though separated by a number of yards) and each mat has its own panel of judges seated with their backs to the crowd. This set-up allows fans to be in front of their teams as they perform. Signs will be posted (visible upon entering the facility) indicating which divisions will be facing which sides, so fans can select where to sit. If your team is assigned to compete on the 'West' mat, instruct your fans to turn left upon entering the field house, the 'East' mat will be to the right.
- We realize that things may change for your team in the weeks between your registration for the tournament and the big day. Two weeks 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 level (Bronze, Silver, Gold, Platinum or Diamond). Based on this up-to-date information (response required by Sunday, November 1st) 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.

**You must check the web site (ayosinoffcheerdancecamps.com) on Thursday, November 5th for the finalized schedule or call 617-877-8049 to confirm your check-in and competition times.**

To decide which division to enter, a coach should look at what grades the majority of cheerleaders on their roster are in. If, for example, the majority of them are in 3rd or 4th grade, they would enter the Mites division. If the majority of them are in 7th, 8th or 9th grade they would enter the Midget (JH) division. If it's evenly split between, say, 2nd and 3rd graders, the coach can decide which division to enter based on the amount of experience her team has. If most of them are new this year, it might be best to enter them as Mitey Mites, while if many are returners they could go into the Mites division. We are again offering a 'Mixed Level' division this year for teams comprised of cheerleaders ranging from 5th through 8th grade.

Our 6U division, called "Tiny Mites" is intended for teams comprised of pre-school, kindergarten and first graders. This age group can choose to compete in Bronze or simply perform an exhibition, in which case their performance will be recognized with a participation trophy, but no score sheets or critiques. If exhibitioning, there will be no registration fee for teams in this division if older teams from the same town are also registering. If a Mitey Mite (8U) team would like to perform an exhibition rather than entering the competitive "2nd grade and under" division, they are welcome to do so as well.

We're keeping the 18U division for teams comprised of cheerleaders who are 18 or younger as of July 30th, 2026. Why should the little kids have all the fun?

Maximum overall time limit for cheer routines remains 3 minutes, with the length of the music portion limited to 2 and one-half minutes. The scoresheet is available on the website. The top category reflects points awarded to both traditional cheer/music and all-music routines – go with your team's strengths!

Please closely examine the guidelines on the website for the Bronze, Silver, Gold, Platinum, and Diamond levels to be sure your team is entered in the correct division for the skills you have in their routine this year. The specific restrictions

can be found in the “Cheer Division’s Level Restrictions” form and have been reconfigured to better match the levels offered by OCYCA and YCADA. Please call Lisa Moskow at 413-531-2095 with questions if you are unsure about what level your routine fits into.

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 strive to create broad enough categories to reduce the need for teams to make 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!

Please contact me if you should have any questions and/or need additional information and I look forward to seeing you at the Reggie Lewis Track & Field Center on Saturday, November 7, 2026.

Sincerely,
Andrew Yosinoff, Competition Director

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# Greetings to all Dance, Hip Hop, Step Coordinators and Coaches!

I hope your season is off to a great start. Would you believe it is already time to start thinking about competition?  We regret that we can only offer an opportunity to exhibit your routine on our matted surface again this year, but this is a great opportunity to get your team out in front of a crowd for a fun performance and an oral critique to assist you at future tournaments.

This year’s event will again be held at the Reggie Lewis Track and Field Center, the number one indoor track arena in the United States. Dancers can be dropped off right at the entrance, and ample parking is available between 100 and 500 yards away, with signs to direct you and security personnel on hand to assist you

and your fans.

Each team will have a warm-up time in the schedule in the back gym. This will occur shortly before they take the floor to perform. We will also still be offering the opportunity for teams to have a few minutes to set their spacing out in the field house on the actual mat where they will perform as we have done in past years. This earlier spacing time will be optional, you may choose to arrive later with your team and just use your assigned back-gym warm-up time if you prefer.

All Dance teams will be performing on the mats this year (please see the diagram posted on our website for layout and velcro striping) and will also have their spacing and warm-up on this surface.

- Arrival/check-in times, early am stretching, field house spacing, back-gym stretching, warm-up and competition times will all be assigned during the week prior to the competition and will be available for viewing on our website. Please see an example of how this flows posted online under "Sample dance grid format".
- There will be two locker rooms available to teams, as well as two separate bathrooms.
- If you are taking advantage of the early am spacing time slots, please bring your team immediately into the field house following check-in. They will have an early am warm-up/stretch time starting ten minutes prior to their field house spacing time slot. Each team will have four minutes to set their spacing on the carpeted mat cheer floor.
- Once a team has completed their field house spacing check, they are free to go until their official back-gym stretching and warm-up times arrive. This warm-up will take place 5-6 strips of mat and each team will be given four minutes.
- Teams may use music during both their early am spacing and back-gym times, though you must provide your own sound system in the field house. There will be small sound systems available for your use in the back gym.
- Once a team has completed their back-gym warm-up, they will be escorted directly to the field house and be seated in lines by their mat. After they have performed they will move to the other side of their area to view the rest of the teams and await the awards ceremony, where they will receive a trophy recognizing their routine.
- Teams who are delayed in their arrival may be placed at the end of the

division.

Performance spaces are back to back, with a couple of yards between, and each space has its own panel of judges seated with their backs to the crowd. This setup allows fans to be in front of their teams as they perform. Signs will be posted, visible upon entering the facility indicating which divisions will be facing which sides, so fans can select where to sit. If your team is assigned to compete on the 'West' side, instruct your fans to turn left upon entering the field house, the 'East' side will be to the right. This information will also be available online prior to the competition.

If you have any questions please call Lisa Moskow, judge's coordinator, at 413--531-2095 for more information.

You must check the web site (ayosinoffcheerdancecamps.com) on Thursday, November 5th for the finalized schedule or call 617-877-8049 to confirm your check-in and competition times.

Please contact me if you should have any questions and/or need additional information and I look forward to seeing you at the Reggie Lewis Track & Field Center on Saturday, November 7, 2026.

Sincerely,
Andrew Yosinoff, Competition Director