



Fall 2025
Central/West Regional Championship
& Game Day State Championship
Sunday, November 16, 2025



MSAA TRANSITIONS TO MOBILE TICKETING:

Fans **MUST** purchase tickets in advance of the event via the MSAA GoFan page: <https://gofan.co/app/school/MSAA>

Ticket prices: \$11.50 general admission

Coaches are required to read and adhere to the following:

- **Sportsmanship Award** nomination forms ([click here](#)) are due to the MSAA by Monday, November 17th. This award is open to all MSAA sanctioned schools. Please submit your team nomination today.
- **REGISTRATION:** Teams will **only** be allowed entrance at their **designated check-in time & in full uniform ready to compete**, teams arriving early will not be permitted entrance.
 - **Rostered Athletes:** Only athletes listed on the official roster submitted to the MSAA will be granted entrance with the team. All others, including junior varsity members, must enter through the spectator entrance and pay admission. (See MSAA Rules & Regulations, Rule 21.).
 - **Rostered Coaches:** The MSAA permits **three (3) rostered coaches** to enter with the team at no cost. All other staff must enter through the spectator entrance. Rostered coaches will receive a band granting access to athlete-only areas.
 - **PERSONAL BELONGINGS:** Athletes must leave all personal items (warm-ups, backpacks, etc.) on the bus. Coaches may bring a small bag. Appropriate Game Day props are permitted.
- An Athletic Trainer is available in the gym for medical assistance. Schools needing taping for non-emergency situations must provide their own tape for the on-site trainer.
- **BUS INSTRUCTIONS:** should drop off athletes in the main school circle and then proceed to park across the street at the Junior High School. Teams will enter through the cheerleader entrance located in the cafeteria. Upon arrival, bus drivers will be directed by event staff to the appropriate parking area. Coaches are asked to ensure they have contact information for their **driver** for pickup coordination.
- No banners/posters/seal savers/etc. will be permitted
- **GENERAL:** Student-athletes, coaches, administrators, spectators, officials and all other persons connected directly or indirectly with a participating school shall adhere to the principles of good sportsmanship and the ethics of competition before, during and after the event. A violation of this rule may result in disciplinary action. (See MSSAA Rules & Regulations, Rule 49.)
- An Athletic Trainer is available in the gym for medical assistance. The trainer will not be available for pre- competition tape please plan accordingly.
- Coaches & team be reminded that timing starts with the 1st choreographed motion/word. Routines are not permitted to exceed 2:30 for performance teams and 3:00 for game day teams. Lengthy choreographed entrances will be timed and teams exceeding the allotted time will be penalized.



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IMPORTANT - MUSIC UPLOAD INSTRUCTIONS

- Coaches of Central, West, and Game Day Teams **MUST** follow this link to upload music: <https://bdj.events/uploads>
- Music must be submitted in .mp3format
- Music should be submitted **no later than THURSDAY, NOVEMBER 13TH AT 10:00 AM**
- **DAY OF EVENT**: A designated person from your team **MUST** bring a backup copy of your music (CD or Portable Device) to the DJ table for your team's performance. ***This person must stay with the DJ and be prepared to indicate when to start/stop the music. They must be familiar with their team's music and be able to identify any issues.***

~ FOR MUSIC UPLOAD QUESTIONS **ONLY**, please email ~
Justin O'Halloran cheer@BDJ.events

For all tournament related questions please reach out to the tournament director, Melissa Zwang
MelissajZwang@gmail.com



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ATTENTION GAME DAY COACHES

**GAME DAY COACHES PLEASE EMAIL MELISSJZWANG@GMAIL.COM
IF YOU ARE NO LONGER PARTICIPATING OR IF YOU ARE NOT LISTED**

It is imperative that coaches review and understand the Game Day Rules for the Game Day State Championship this Sunday, November 16, 2025

At the state championship penalties will be assessed in accordance to the [MSAA Game Day Rules](#) and the [NFHS Spirit Rules](#).

A few reminders on the Game Day Guidelines:

- **Timing:** The routine limit is 3 minutes, beginning with the first choreographed action. Teams will have a 20-second grace period to stage props and enter the mat before the timing begins.
- **Band Chant:** Stunting and Tumbling are **NOT** allowed
- **Crowd Leading:** Stunting and Tumbling **IS** allowed
- **Fight Song:** Stunting and Tumbling **IS** allowed however it is **limited to 3 consecutive 8-counts**. Timing of the 8-counts will begin at the start of the first skill (sit for a back handspring or set for a stunt). **IF** the fight song repeats you **CAN** repeat the exact incorporate again.
- Other Rules:
 - No Tosses
 - No Inversions
 - No Twisting Released Dismounts
 - Single Leg stunts are limited to libs and hitches (no body positions)
 - No Running Tumbling
 - Standing Tumbling limited to ONE tumbling skill with max difficulty of a back tuck

GAME DAY STATE CHAMPIONSHIP

Order of Appearance

Spectator Entrance: 10:00 AM

Approximate Start time: 1:15 PM

Division	Team	Registration	Report to Warm-up
Large School Division	Barnstable High School	12:30 PM	12:50 PM
Large School Division	Concord-Carlisle High School	12:35 PM	12:55 PM
Large School Division	Tantasqua Regional Senior High School	12:40 PM	1:00 PM
Large School Division	Bristol-Plymouth Reg Voc Tech	12:45 PM	1:05 PM
Large School Division	Belmont High School	12:50 PM	1:10 PM
Large School Division	Bridgewater-Raynham Reg High School	1:05 PM	1:25 PM
Large School Division	Leominster High School	1:10 PM	1:30 PM
Large School Division	Oliver Ames High School	1:15 PM	1:35 PM
Large School Division	Worcester Technical High School	1:20 PM	1:40 PM
Large School Division	Acton-Boxborough Reg H.S.	1:25 PM	1:45 PM
Large School Division	Tri-County RVT High School	1:40 PM	2:00 PM
Small School Division	Keefe Technical HS	2:30 PM	2:50 PM
Small School Division	Dighton-Rehoboth Regional HS	2:35 PM	2:55 PM
Small School Division	South Hadley High School	2:40 PM	3:00 PM
Small School Division	Lunenburg High School	2:45 PM	3:05 PM
Small School Division	Fitchburg High School	2:50 PM	3:10 PM
Small School Division	Wahconah Regional High School	3:05 PM	3:25 PM
Small School Division	Oxford High School	3:10 PM	3:30 PM
Small School Division	Hull High School	3:15 PM	3:35 PM
Small School Division	Norwell High School	3:20 PM	3:40 PM
Small School Division	Arlington Catholic High School	3:25 PM	3:45 PM
Small School Division	Millbury Mem.Jr./Sr.H.S.	3:40 PM	4:00 PM
Small School Division	Ludlow High School	3:45 PM	4:05 PM
Small School Division	Falmouth High School	3:50 PM	4:10 PM

Awards Immediately following the last performance