



Winter 2023
Central/West Regional Championship
& Game Day State Championship
Sunday, March 5th
Shepherd Hill Regional High School



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 March 6th. 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:** all participants must be listed on the competing team roster (including alternates). Participants not listed on the roster submitted to the MSAA are ineligible for competition. Only bona fide team members are allowed to enter the competition free of charge. All other members (including junior varsity members) will be required to proceed to the spectator entrance and pay admission. (See MSSAA Rules & Regulations, Rule 13A.)
 - **ONLY 3 COACHES** will be allowed to enter with the team at no cost. All other coaches, choreographers, support staff, etc. will be required to proceed to the spectator entrance and pay admission.
 - **PERSONAL BELONGINGS:** All athletes are required to leave **all** personal belongings (warm-ups, backpacks, etc.) on the bus – athletes will not be granted entrance into the school with any type of personal belongings. Coaches will be permitted to have a back-pack/the like. Please note we will permit appropriate Game Day Props.
- **BUS PARKING:** Buses should park in the upper lot farthest away from the school entrance
- No banners/posters/seat 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 34.)
- 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.



Winter 2023
Central/West Regional Championship
& Game Day State Championship
Sunday, March 5th
Shepherd Hill Regional High School

MUSIC UPLOAD INSTRUCTIONS

- Coaches of Central, West, and Game Day Teams **MUST** follow this link to upload music: <https://www.basseventproductions.com/msaa>
- Music must be submitted in .mp3format
- Music should be submitted **no later than Wednesday, March 1st by 2:00 p.m. EST**
- **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 basseventproductions@gmail.com

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



Winter 2023
Central/West Regional Championship
& Game Day State Championship
 Sunday, March 5th
 Shepherd Hill Regional High School

PLEASE NOTE ALL SPECTATORS MUST PURCHASE TICKETS IN ADVANCE THROUGH THE MSAA GO FAN PAGE

Order of Appearance

Spectator Entrance: 9:45 AM

Start time: 10:00 AM

Division	Team	Registration	Warm-up
Central/West Division 1	Blackstone Valley Reg Voc/Tech HS	9:00 AM	9:30 AM
Central/West Division 1	Tantasqua Reg Senior High School	9:05 AM	9:35 AM
Central/West Division 1	Wachusett Regional High School	9:10 AM	9:40 AM
Central/West Division 1	Shepherd Hill Regional HS	9:15 AM	9:45 AM
Central/West Division 1	Algonquin Reg. High School	9:20 AM	9:50 AM
Central Division 4	Millbury Mem.Jr./Sr.H.S.	9:35 AM	10:05 AM
Central Division 4	Narragansett Reg. High School	9:40 AM	10:10 AM
Central Division 4	Hopedale Jr./Sr. High School	9:45 AM	10:15 AM
Central Division 4	David Prouty High School	9:50 AM	10:20 AM
Central Division 4	Quaboag Regional Middle/High School	9:55 AM	10:25 AM
Awards Session: Central Division 1 & 4			
Central Division 2	Bay Path RVT High School	10:25 AM	10:45 AM
Central Division 2	Oakmont Regional High School	10:30 AM	10:50 AM
Central Division 2	Auburn High School	10:45 AM	11:05 AM
Central Division 3	Blackstone-Millville Reg HS	10:50 AM	11:10 AM
Central Division 3	Clinton High School	10:55 AM	11:15 AM
Central Division 3	Uxbridge High School	11:00 AM	11:20 AM
Central Division 3	Gardner High School	11:05 AM	11:25 AM
Central Large Coed	Leominster High School	11:20 AM	11:40 AM
Central Large Coed	Montachusett RVT High School	11:25 AM	11:45 AM
Central Small Coed	Southbridge Middle/High School	11:30 AM	11:50 AM
West Small Coed	Holyoke High School	11:35 AM	11:55 AM
West Small Coed	Easthampton High School	11:40 AM	12:00 PM
West Large Coed	Chicopee Comprehensive HS	11:55 AM	12:15 PM
West Division 2	Agawam High School	12:00 PM	12:20 PM
West Division 2	West Springfield High School	12:05 PM	12:25 PM
West Division 4	Hoosac Valley High School	12:10 PM	12:30 PM
West Division 4	Monson High School	12:15 PM	12:35 PM
West Division 3	Springfield Int'l Charter School	12:20 PM	12:40 PM
Awards Session: Central Division 2, 3, Large & Small Coed; West Division 2, 3, 4, Large & Small Coed			



Winter 2023
Central/West Regional Championship
& Game Day State Championship
Sunday, March 5th
Shepherd Hill Regional High School

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, March 5, 2023.

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:

- Band Chant: Stunting and Tumbling are NOT allowed
- Situational Sideline: Stunting and Tumbling IS 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, IF it repeats.
- 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



Winter 2023
Central/West Regional Championship
& Game Day State Championship
Sunday, March 5th
Shepherd Hill Regional High School

PLEASE NOTE ALL SPECTATORS MUST PURCHASE TICKETS IN ADVANCE THROUGH THE MSAA GO FAN PAGE

○

GAME DAY STATE CHAMPIONSHIP
Order of Appearance

Spectator Entrance: 9:45 AM

Start time: 1:45 PM

Team	Registration	Warm-up
Lexington High School	12:50 PM	1:20 PM
Bristol-Plymouth Reg. Tech. High School	12:55 PM	1:25 PM
Leominster High School	1:00 PM	1:30 PM
Hudson High School	1:05 PM	1:35 PM
Chicopee High School	1:10 PM	1:40 PM
Mansfield High School	1:15 PM	1:45 PM
North Attleborough High School	1:20 PM	1:50 PM
Worcester Tech High School	1:25 PM	1:55 PM
Tri-County Reg. Voc. Tech. High School	1:30 PM	2:00 PM
Wahconah Regional High School	1:35 PM	2:05 PM
Millbury Memorial Jr/Sr High School	1:50 PM	2:20 PM
South Hadley High School	1:55 PM	2:25 PM
Tantasqua Regional High School	2:00 PM	2:30 PM
Nauset Regional high School	2:05 PM	2:35 PM

Awards Immediately following the last performance.



CHEER/DANCE/GAME DAY TEAM (circle one)
Sportsmanship Award

This form is to be filled out by coaches, athletic directors, game officials, or school administrators to report outstanding acts/incidents of good sportsmanship. The reporting and acknowledgment of good sportsmanship will help promote and encourage others to replicate such behavior. The form is to be signed by the person reporting the instance of good sportsmanship. A copy should be forwarded to the principal, MSAA office, and the submitting party should retain a copy.

School: _____ Division: _____

City/Town: _____

Phone: _____ Fax: _____

Principal: _____

Athletic Director: _____ School Phone: _____

Home Phone: _____

Coach: _____ Home Phone: _____

Please provide a brief statement with regard to the reasons for this nomination below!

Your Name _____ **Signature** _____

Position _____ **School** _____

Date _____ **Phone** _____

**APPLICATIONS MUST BE RECEIVED THE MONDAY PRIOR TO THE FALL AND/OR WINTER
STATE TOURNAMENTS – Fax 508-541-9888 or email blemote@mssaa.org**