



18th Annual New England Interscholastic Spirit Championship

Saturday, March 21, 2026

Worcester State University

486 Chandler St, Worcester, MA 01602

<https://www.worcester.edu/Directions/>

Presented by the Council of New England Secondary School Principals' Association
19 Golden Meadow Rd., Hampstead, NH 03841

Executive Director: Jim Davis, jim.davis@cnesspa.org

President: Michael Bisson, MPA

Check www.cnesspa.org for additional information and updates.
The competition will be held regardless of weather conditions.

Time: 10:30 AM Session I – Divisions 2 & 3
TBD Session II – Divisions 1, 4 & Coed

Meet Director: Jennifer Cloutier (jloutier@msaa.net)

Entry Limits: Each team is permitted to enter a maximum of 20 athletes for competition. The entry fee includes admission for up to 20 athletes. Additional athletes listed on the official roster, such as alternates, will be charged an additional fee (see below). Each state will be permitted to enter up to three teams in each of the following divisions: 1, 2, 3, 4 and Coed.

Entry Fee: \$150.00 per team (includes up to 20 athletes and 2 coaches). Each additional athlete/alternate/coach will be charged \$10.00 per person which may be included in the payment submitted at registration. There will be no refunds and no purchase orders will be accepted, check or cash only. **Checks should be made payable to the CNESSPA and submitted at registration on the day of the meet, along with the signed Music Copyright Compliance Form.**

Note: Only those listed on the official roster will be allowed through the competitor gate. All others will be required to proceed to the spectator entrance and pay admission there. Only competitors and coaches with the proper credentials will be allowed in the warm-up area.

Filing of Entries: One representative from each state association should submit state qualifying teams on the enclosed entry form. Rosters must be submitted for each team competing. All entries and competitor names must be emailed by **noon, Monday, March 16, 2026** to Jennifer Cloutier at jloutier@msaa.net.

**Registration/
Packet Pick-up/
Programs:**

Teams must check in at registration upon arrival and **NO LATER THAN** their designated registration time. Registration time will be staggered based on the order of appearance.

The CNESSPA website will provide session, registration, warm-up, and competition times at a later date. Registration Packets will be presented upon check-in and will contain CNESSPA pins and certificates for all athletes listed on the official roster.

Programs: A program will be posted online at www.cnesspa.com a day or two prior to the event.

Arrival:

Buses should enter campus through the North Entrance and drop teams at the Registration entrance located at the Wellness Center. Spectators will not be permitted to enter through the North Gate. Further instructions for bus parking will be provided upon arrival. **COACHES must have the cell phone number of their driver.**

**Music
Compliance:**

All competing teams must complete the enclosed Music Copyright Compliance Form in order to compete. Form must be submitted at Registration. Additional music information is also enclosed.

**General
Admission:**

\$10.00 for all spectator. Spectator gate will open at 8:30AM. **We will only be using ONLINE TICKETS** and there will be no cash accepted at the gate

The online ticket link is: <https://gofan.co/event/5406581?schoolId=CNESSPA>

Or see **QR code flyer** on the last page.

Awards:

Plaques will be awarded to the first, second, and third place teams in each division. Individual medals will also be awarded to those teams.

Schedule:

There will be multiple sessions being conducted throughout the day. The final schedule for each Division will be determined once all the entries have been collected. Teams will be allowed to check in starting two hours prior to the start of their session. Please note, that starting times maybe adjusted due to the number of teams entered in each session. Make sure you check the CNESSPA website for a finalized order of appearance for each session.

Coaches:

Coaches are reminded that they are not to approach any official during or after the competition concerning a rule violation or score. At no point should a coach approach the judges' hospitality room. Should you have an issue please contact Jennifer Cloutier with the CNESSPA. All results are final and no changes will occur in the scoring.

**Information for
Teams:**

Teams needing taping for non-emergency situations must provide their own supplies for the on-site trainer.

Teams will be provided limited prep space in the Multipurpose Gym upon arrival. The CNESSPA and Worcester State University (WSU) are not responsible for lost or stolen items or valuables. Stunting outside the matted area is prohibited. No stunting on the grass, parking lot, or concrete outside the facility. No glitter application is allowed inside WSU.

Sportsmanship Student-athletes, coaches, administrators, spectators, contest officials and all other persons connected directly or indirectly with a member school shall adhere to the principles of good sportsmanship and the ethics of competition before, during and after all interscholastic events in which they participate and/or attend. Any violation of these principles will be addressed by the CNESSPA. Participants are subject to removal should an incident occur.

Concessions: Limited concessions will be available.

T-Shirts: Official New England Spirit Championship apparel will be sold on site. Apparel can be pre-ordered at <https://www.grrteesmsp.com/> until the Thursday before the competition and post-ordered beginning on Monday after the competition.

Video Access: CNESSPA shall own the copyright of all broadcasts (live and delayed, film, videotapes, web casts, other electronic reproductions and recordings). Any broadcast or rebroadcast in any form without written consent of CNESSPA is strictly prohibited.

Hotels: It is very important that when calling to make a reservation that you tell the clerk you are with the **“NEW ENGLAND CHEERLEADING / SPIRIT CHAMPIONSHIP”** to get the group rate. Confirm the rate listed on this page.

HOLIDAY INN EXPRESS

10-12 Johnson Street Free breakfast buffet
Auburn, MA 01501
Phone **508-832-2500** Complimentary parking
Cut off Date 3.16.26
Call the Hotel direct to book your room

Rate: \$133.00 plus taxes
is Good for **3/20/26 only**

HAMPTON INN

736 Southbridge St
Auburn, MA 01501
Phone **771-221-0055** Complimentary parking
Cut off Date 3/13/26
Booking Link: <https://group.hamptoninn.com/bxfbbq>

Rate \$161.00 plus taxes
Free breakfast
Group Name: 2026 New England
HS Spirit Championship Group
Block
Booking Code: **90U**

HILTON GARDEN INN

35 Major Taylor Blvd.
Worcester, MA 01608
Cut off Date: **2/27/26**
Booking Link

Rate: \$199.00 plus taxes
Parking Fee: \$14.95 per night
Booking Code: **CNESSP**

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=BEDWOGI&groupCode=CNESSP&arrivaldate=2026-03-20&departuredate=2026-03-22&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>



New England Interscholastic Spirit Championship

STATE QUALIFIERS

STATE:	Date of State Championship:
Name of Individual Submitting Form:	Title:

Rosters for each team listed below must be submitted to jcloutier@msaa.net.

DIVISION 1			
NO.	SCHOOL	HEAD COACH	EMAIL
1			
2			
3			
DIVISION 2			
NO.	SCHOOL	HEAD COACH	EMAIL
1			
2			
3			
DIVISION 3			
NO.	SCHOOL	HEAD COACH	EMAIL
1			
2			
3			
DIVISION 4			
NO.	SCHOOL	HEAD COACH	EMAIL
1			
2			
3			
COED DIVISION			
NO.	SCHOOL	HEAD COACH	EMAIL
1			
2			
3			



New England Interscholastic Spirit Championship

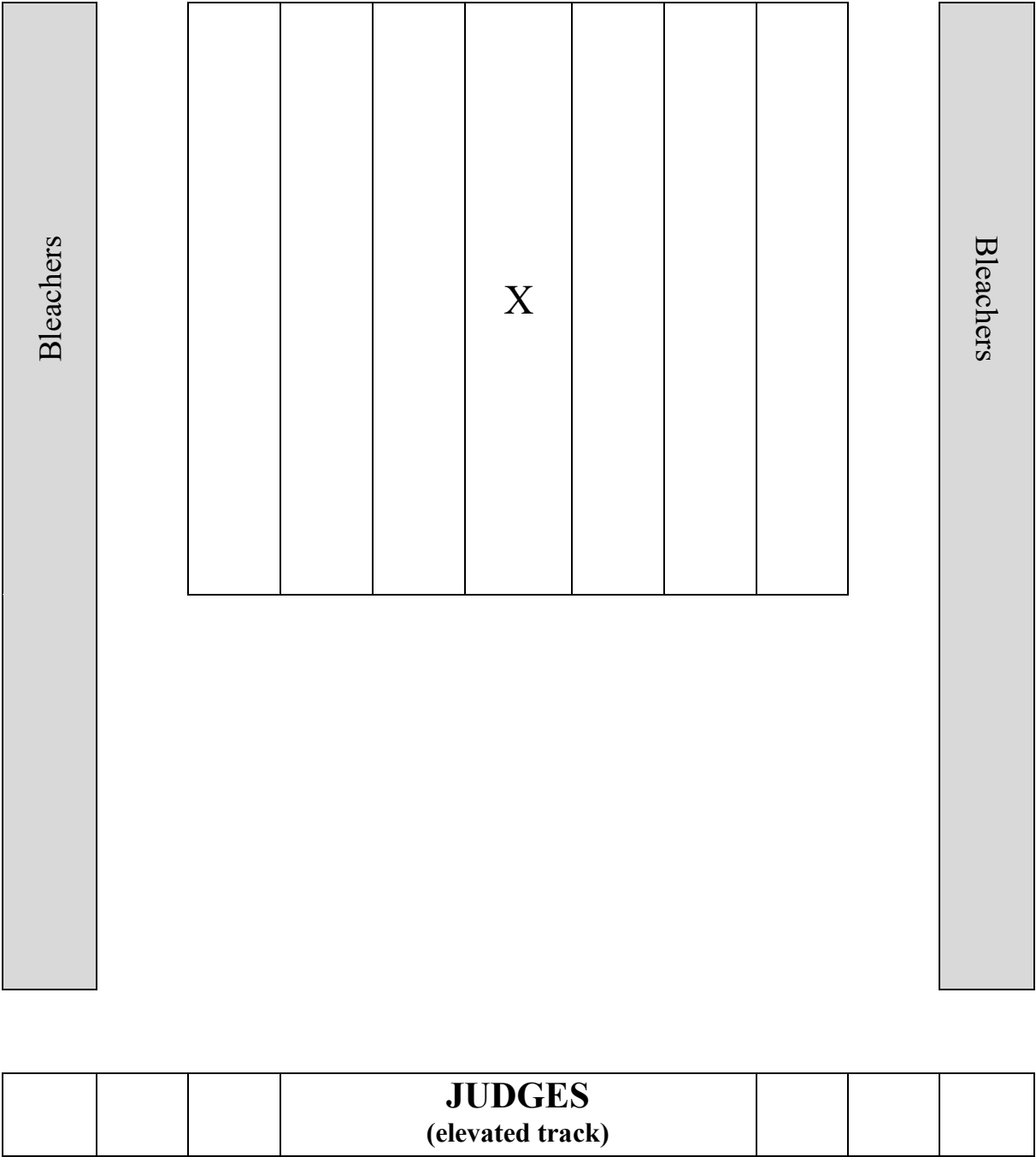
Music Submission Information

- Music must be submitted in .mp3 format
- Music should be submitted no later than Tuesday, March 17th.
- Tracks should be sent to Nespiritmusic@gmail.com
- Music must be saved using the following format "SCHOOL-State" (For example, Lowell High School of Lowell, Massachusetts would submit their music as "Lowell-MA")
- A return email will be sent confirming receipt of your music
- You must bring to the DJ table for your team's performance a backup copy of your music on a Portable Device (iPhone, etc.). This person must stay with the DJ and be prepared to indicate when to start/stop the music. He/she must be familiar with their team's music and be able to identify any issues.

~ Please call with any questions ~

Scott Elias
(781) 589-8194

Competition Mat Format
(42' x 42')



2026 New England Spirit/Dance Championship

Music Copyright Compliance Form

In order to protect the Council of New England Secondary School Principals' Association (CNESSPA) Spirit/Dance Championship and its participants, we are requiring that all participating teams provide proof of music copyright compliance prior to the competition.

By signing this form, you are verifying that all copyright requirements were met prior to you obtaining your music from your producer.

I, _____, verify that all copyright permissions
Coach's Name
were properly and completely obtained by _____,
Music Mixer's Name
prior to production of the 2026 CNESSPA Spirit/Dance Championship routine music for the
_____ team from _____.
School's Name *Class and Region*

These permissions can be verified by certification document(s) **available upon request.**

I acknowledge that this form will be kept on file by CNESSPA, and **I will need to keep my certification documents on file** for a minimum of THREE (3) years.

By signing this form, I confirm that the information above is complete and accurate. I also acknowledge that my signing of this form releases the CNESSPA of any liability pertaining to my use of copy written music in my routine.

Coach Name (Printed): _____

Coach Signature: _____

Date: _____

Administrator Name (Printed): _____

Title: _____

Administrator Signature: _____

Date: _____

NOTE: THIS FORM MUST BE COMPLETED AND RETURNED AT REGISTRATION FOR THE NEW ENGLAND SPIRIT/DANCE CHAMPIONSHIP ALONG WITH THE REGISTRATION FEE IN ORDER TO COMPETE.



WORCESTER STATE UNIVERSITY

Directions/GPS Address:

Detailed directions can be found at <https://www.worcester.edu/Directions/>. The street address for Worcester State University is **486 Chandler Street, Worcester MA**. Personal vehicles can park in any lot with exception to the Wellness Center Lot ("Bus Parking"). The garage may also be used for parking.



Wellness Center/Campus Map:

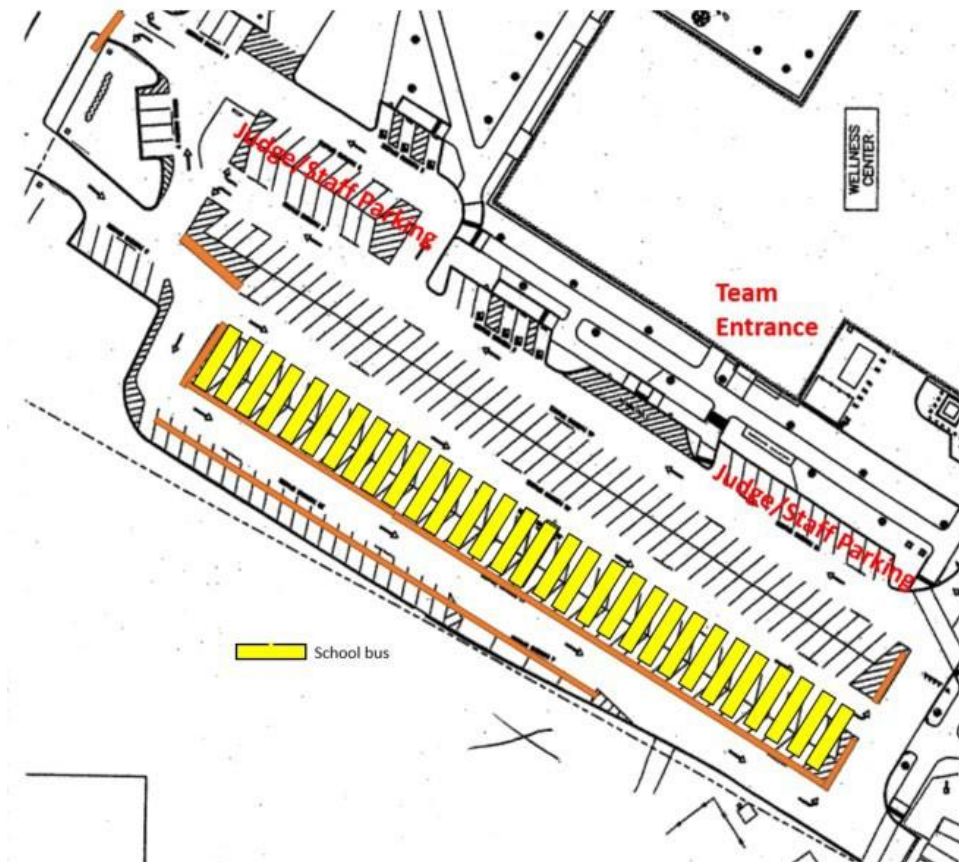
The Wellness Center is indicated above by the star. For a printable campus map, please visit

www.worcester.edu/campus-map/

Bus Entrance/Parking:

Buses should enter campus through the North Entrance across from the Chandler Magnet School. For more accurate GPS directions to the North Entrance, an address of **525 Chandler Street, Worcester** can be used.

Bus Parking will be in the Wellness Lot adjacent to the Wellness Center. Signs will mark the entrance to the "Bus Parking" and a parking attendant will direct buses to the unloading and parking area. Additional lots are available should the primary lot become full.

**Carpooling/Fan Buses:**

Carpooling and fan buses are strongly encouraged to reduce the amount of vehicles coming to campus. Spectators on a fan bus must walk around to the spectator entrance for admission to the venue.



BUY TICKETS ONLINE

*USE THE QR CODE BELOW, OR
VISIT [GOFAN.CO](https://www.gofan.co) & SEARCH*

CNESSPA



SPIRIT CHAMPIONSHIP

MARCH 21, 2026 | 10:30 AM

CATEGORY JUDGING

JUDGE 1

* PYRAMIDS – DIFFICULTY	10
PYRAMIDS – TECHNIQUE	5
TRANSITIONS/FLOW OF ROUTINE	5
OVERALL IMPRESSION	5

JUDGE 2

* PARTNER STUNTS – DIFFICULTY	10
PARTNER STUNTS – TECHNIQUE	5
VOICE	5
OVERALL IMPRESSION	5

JUDGE 3

* TUMBLING – DIFFICULTY	10
TUMBLING – TECHNIQUE.....	5
* JUMPS – DIFFICULTY	5
JUMPS – TECHNIQUE	5
OVERALL IMPRESSION	5

JUDGE 4

* MOTIONS – DIFFICULTY	5
* DANCE – DIFFICULTY	5
MOTIONS/DANCE – TECHNIQUE	5
FORMATIONS & SPACING	5
OVERALL IMPRESSION	5

TOTAL105

NFHS Rules Will Be Followed

2 Safety/Penalty Judges

No Safety Check or Coaches Meeting

3 Minutes per Routine

NFHS Violations or Overtime = 3 Point Penalty

Tenths of a Point Will Be Used in Judging

Tiebreaker = Combined Total of * Categories

Pyramids – Difficulty

Routine must have a minimum of 3 different skills using most of the team to be placed in a particular range. Groups must demonstrate control at the extended point of the executed stunt for full credit. Skills are not limited to those listed below.

1 – 4	4 – 6	6 – 8	8 – 10
<ul style="list-style-type: none"> • Prep level structures and below • Switch-up to prep level • Inverted entry to below prep • Half up to prep • Flipping transitions braced on 2 sides landing at prep level or below 	<ul style="list-style-type: none"> • True Full-up to prep • Full-up variations to extension • Inverted entry to prep • Braced non-release transitions • Inverted stunts (non-release) to any position braced on both sides • Release transitions (non-twisting) to any level braced on both sides • Release transitions to prep or below braced on 1 side • Switch-up landing extended lib • Rolling transitions braced on 2 sides • Flipping transition landing at prep level or below (braced on 1 side) 	<ul style="list-style-type: none"> • Single based skills originating from ground braced on 1 or 2 sides • Single based high-high braced on 2 sides • Single based switch up braced on 2 sides • Full-up variations (cross legs; bases moving) to extended single leg • True Full-up (bases remain stationary & flyer rotates) to extension or lib • 1+ up to extend lib • Inverted stunts (non-release) to extended position braced on 1 side • Rolling transition to extended position braced on 1 side • Inversion released to extended position braced on 2 sides • Release transition landing extended braced on 1 side (low-to-high; high-to-high; quick toss) • Switch-up landing in extended immediate body position • Switch-up (1/4 twist) to extended position • Release transitions involving full twisting/spinning that land prep level or below • Side sumi landing below prep level • Flipping transition braced on 2 sides landing extended 2-leg stunt OR extended single leg 	<ul style="list-style-type: none"> • Single based high-high braced on 1 side • Single based switch up braced on 1 side • True Full-up (bases remain stationary & flyer rotates) to immediate body position • True full around to extended level (prep to extended or extended to extended) • 1+ up to extended immediate body position • Inversion released to extended position braced on 1 side • Release transitions involving twisting/spinning that land extended (minimum of ½ turn required ex. switch up with ½ twist) • Flipping transition braced on 1 side landing extended 2-leg stunt OR extended single leg • Flipping transition starting at prep or above, landing extended • Side sumi landing at prep or above • Flipping transitions landing extended with minimal bases • Flipping transitions with a full twist landing below prep level/cradle

* **Body positions** include: stretch, bow & arrow, arabesque, scale, scorpion, etc.; Lib and platform are not considered body positions

- The following are considered when scoring difficulty: OVERALL degree of difficulty; Percentage of team participation (full participation will score higher); Variety and number of transitions; Pace and speed of skills performed, and when the top becomes braced (from the ground up vs. during the skill vs. at the completion of the skill). **Use of front spots will decrease the skill's value**
- **Bracer Support:** A flyer facing a bracer and braced with both arms is considered braced on 2 sides. A bracer lifting/holding a flyer up at waist level or leaning into back support is considered braced on both sides.

Pyramids – Technique

1-2	2-4	4-5
Below average technique – less than majority demonstrated excellent precision, form, and synchronization	Average technique – majority demonstrated excellent precision, form, and synchronization	Above average technique – most demonstrated excellent precision, form, and synchronization

Technique = A team's effectiveness in demonstrating proper form (flyer flexibility, body position of bases, spotters and flyers, control of stunt including entry, dismount, and transitions), timing, uniformity, and precision

Transitions/Flow of Routine

1-2	2-4	4-5
Major issues during transitions (bumping; excessive travel) & Minimal incorporation of skills during transition Choppy, lacks cohesion, excessive down time	Some issues during transitions (bumping; excessive travel) & Average incorporation of skills during transition Average coordination among all elements of the routine	Clean transitions & excellent incorporation of skills during transitions Uncluttered changes between segments Strong coordination among all elements of the routine

Stunts – Difficulty

Routine must have a minimum of 3 different skills performed by majority to be placed in a particular range. For majority, groups must show the skill at the same time (either rippled or synchronized) without recycling athletes. Groups must demonstrate control at the extended point of the executed stunt for full credit. Skills are not limited to those listed below.

1 – 4	4 – 6	6 – 8	8 – 10
<ul style="list-style-type: none"> • Prep • Thigh stand • Shoulder stand • Shoulder sit • Pop up splits • Straddle press • Liberty and liberty variations at prep level • Switch up to prep level • Inverted entry to below prep level • Non-release inversion from prep level to below prep level • Non-twisting cradles 	<ul style="list-style-type: none"> • Prep level single based stunts • Full-up including variations to prep level • ½ up to extended position • 1+ up to prep level • Switch up to extended lib • Quick toss to prep level • Released inversions from prep level to below prep level • Non-release inversion to extension • Non-release inverted entry to prep level • Single skill non-twisting tosses • Twisting dismounts from prep level or extension 	<ul style="list-style-type: none"> • Single based extension • True Full-up to extension • Full-up variations to extended position • 1+ up to extended lib • Switch up to immediate extended single leg body position* • ¼ twisting switch up to extended position • Quick toss to extension • Low-High lib • Released inversions from prep level to prep level • Non-release inversion from prep level to extended single leg • Multi-skill (non-twisting) or single twist tosses • Twisting dismounts from extended single leg position 	<ul style="list-style-type: none"> • Single based extended single leg • True Full up to extended single leg • 1+ up to immediate extended single leg body position* • ½ twisting switch up to extended position • Quick toss to extended single leg • Low-High to immediate body position* • High-High • Released inversion to extended position • Twisting ground inversion to extended position • Skill + twist tosses • Kick+Full dismount

* **Body positions** include: stretch, bow & arrow, arabesque, scale, scorpion, etc.; Lib and platform are not considered body positions

- **Twisting** – the following are considered when determining difficulty: minimum movement of bases, limited number and type of connections between bases and top person's beginning and ending position, and completion of skill.
- **Inversions** – Credit for inversions will only be received if weight of the top person is held in the upper portion of the top and is still inverted at the dip (the top person's legs should be higher than their upper body).

- The following are considered when scoring difficulty: OVERALL degree of difficulty; Percentage of team participation including number of stunt groups; Variety of entries, inversions, dismounts, and transitions; Pace and speed of skills performed. **Use of front spots (N/A for tosses) or less than majority participation will decrease the skill's value.**

MAJORITY

ATHLETES	STUNT GROUPS
16 – 20	3
12– 15	2
11 or less	1

Stunts – Technique

1-2	2-4	4-5
Below average technique – less than majority demonstrated excellent precision, form, and synchronization	Average technique – majority demonstrated excellent precision, form, and synchronization	Above average technique – most demonstrated excellent precision, form, and synchronization

Technique = A team's effectiveness in demonstrating proper form (flyer flexibility, body position of bases, spotters and flyers, control of stunt including entry, dismount, and transitions), timing, uniformity, and precision

Voice

1-2	2-4	4-5
Below average pitch and clarity/enunciation Below average volume relative to number of athletes	Average pitch and clarity/enunciation Average volume relative to number of athletes	Excellent pitch and clarity/enunciation Above average volume relative to number of athletes

Tumbling – Difficulty			
1 – 4	4 – 6	6 – 8	8 – 10
Basic skills: <ul style="list-style-type: none"> • Forward Rolls • Round-Offs • Cartwheels • Walkovers Less than majority of team with handspring(s) and limited tucks	Majority of team with handspring skills (standing, running, and/or series) AND/OR Minimal tucks (standing or running) or above	Most of team with handspring skills (standing, running, and/or series) AND/OR Majority of team with tucks (standing or running) or above	Most of team with tucks (standing or running) or above AND/OR Majority of team with layouts, fulls, or specialty passes ending in tuck or above

Combining skills (jump-back handspring/tuck, series back handsprings, back handspring-tuck, etc.) will increase difficulty and score higher within the ranges.

SPECIALTY PASS = Running tumbling with entries, including front walk-over/handspring, aerial, or punch front, ending in a tuck or higher; or running tumbling involving skills such as back handspring step outs, whips, or Arabians ending in a tuck or higher

Tumbling – Technique		
1-2	2-4	4-5
Below average technique – less than majority demonstrated excellent precision, form, and synchronization	Average technique – majority demonstrated excellent precision, form, and synchronization	Above average technique – most demonstrated excellent precision, form, and synchronization

Technique = A team's effectiveness in demonstrating proper form (body position and control, landings), timing uniformity and precision

MAJORITY/MOST QUANTITY TABLE												
# OF ATHLETES	9	10	11	12	13	14	15	16	17	18	19	20
MAJORITY	5	6	6	7	7	8	8	9	9	10	10	11
MOST	7	8	8	9	10	11	11	12	12	13	14	15

Jump – Difficulty			
1 – 2	2 – 3	3 – 4	4 – 5
Basic jump sequences consisting of basic jumps with or without an immediate connection	2 advanced connected jumps performed by most of the team	3 advanced connected jumps performed by most of the team OR 2 advanced connected jumps performed by most of the team plus 1 additional advanced jump by majority Connected jumps must be synchronized and include variety	4 advanced connected jumps performed by most of the team OR 3 advanced connected jumps performed by most of the team plus 1 additional advanced jump by majority Connected jumps must be synchronized and include variety

All approaches within the jumps must use a whip approach to be considered connected. Most of the team performing an advanced jump/tumble combination will increase the difficulty and score higher within the ranges. Each skill will be judged in its respective category. The following are considered when scoring difficulty: Degree of difficulty; Percentage of team participation; Variety; Additional skills; Synchronization

ADVANCED JUMPS = Pike, Right/Left Hurdlers (front or side), Toe Touch, Double Nine

BASIC JUMPS = Spread Eagle, Tuck Jump

Jump – Technique		
1-2	2-4	4-5
Below average technique – less than majority demonstrated excellent precision, form, and synchronization	Average technique – majority demonstrated excellent precision, form, and synchronization	Above average technique – most demonstrated excellent precision, form, and synchronization

Technique = A team's effectiveness in demonstrating proper form (height, flexibility, landing, body position, pointed toes), timing, uniformity, and precision

Scores are based on performances at that day's event compared to other teams in your division.

Motions		
1-2	2-4	4-5
Little to no formation changes, transitions, and level changes Little to no variety of motion Lack of movement during transitions Below average use of floor (footwork, floor work, visual effect, etc.) Basic choreography and/or creativity	Minimal formation changes, transitions, and level changes Some variety of motion Minimal movement during transitions Average use of floor (footwork, floor work, visual effect, etc.) Some original and visual material Average choreography and/or creativity	Multiple advanced formation changes, transitions, and level changes Excellent variety of motion Difficult foot and body movement during transitions Excellent use of floor (footwork, floor work, visual effect, etc.) Excellent choreography and/or creativity

Dance		
1-2	2-4	4-5
Below average energy, musicality, rhythm, and pace of music ("and" counts) Little to no formation changes, basic transitions, and level changes Little to no variety of motion Below average use of floor (footwork, floor work, visual effect, etc.) Basic choreography and/or creativity	Average energy, musicality, rhythm, and pace of music ("and" counts) Minimal formation changes, transitions, and level changes of average complexity Some variety of motion and use of floor (footwork, floor work, visual effect, etc.) Average choreography and/or creativity	High energy, musicality, rhythm, and pace of music ("and" counts) Multiple advanced formations, transitions, and level changes Excellent variety of motion and use of floor (footwork, floor work, visual effect, etc.) Excellent choreography and/or creativity

Motion & Dance - Technique		
1-2	2-4	4-5
Below average quality of movement – many with bent wrists and/or poor placement Below average timing & synchronization	Average quality of movement- some bent wrists and/or placement off Average timing & synchronization	Excellent quality of movement – proper placement, sharp precision Excellent timing & synchronization

Technique = Proper body positioning, placement, and alignment; clear movements; controlled balance, flow, and connection from one skill to the next; powerful and sharp movement

Formations & Spacing		
1-2	2-4	4-5
Unclear formations Little variety Spacing off throughout routine	Formations demonstrate some good use of floor, alignment, and symmetry Some variety Minor problems in spacing	Clear, visually effective formations Large variety of formations Minimal/No spacing errors

Overall Impression		
1 – 2 BELOW AVERAGE	2 – 4 AVERAGE	4 – 5 ABOVE AVERAGE
The following are considered foreach category when scoring:		
Overall Impression:	A team’s effectiveness in performing a comprehensive and positive memorable experience	
Creativity/Choreography:	A team’s effectiveness to implement innovative, visual, unique, and intricate ideas, incorporations, and music	
Showmanship:	A team’s effectiveness in demonstrating genuine enthusiasm and confidence, and ability to capture the crowd	
Overall Performance:	A team’s effectiveness to properly execute elements of the routine	