

2021 IBTF BATON TWIRLING RULEBOOK

7 NATIONS

2021 COMPETITION RULES



INTERNATIONAL BATON TWIRLING FEDERATION

January Update 2020

Note: All October clarification updates are in Blue Text

All December clarifications & updates are in Red Text

All January 2020 clarifications are in Purple Text

2021 IBTF WORLD BATON TWIRLING CHAMPIONSHIP & NATIONS CUP

GENERAL INFORMATION

1. The World Baton Twirling Championship & Nations Cup shall be open to athletes who are members of the organization whose Association/Federation are members of the World Baton Twirling Federation and/or the World Federation of National Baton Twirling Associations. All athletes must hold a valid passport (or a valid National Identity Card, for European nations) in their own name from the country he/she represents as proof of their citizenship and age.
2. Certified judges from both the World Baton Twirling Federation (WBTF) and the World Federation of National Baton Twirling Associations (WFBTA) will judge IBTF competitions, and will utilize the IBTF judging system.
3. As well as this document, Athletes and Coaches should also refer to the Competition Handbook.
4. As 2021 is the inaugural IBTF World Championships & Nations Cup, the rules incorporate the majority of events from both WBTF & WFBTA federations. Following these competitions, rules may be revised.

2021 NATIONS CUP

A TIER II COMPETITION FOR THE DEVELOPMENT OF ATHLETES AROUND THE WORLD

IBTF'S PHILOSOPHY STATEMENT FOR AN EQUITABLE COMPETITION AMONG NATIONS CUP ATHLETES

There will be 2 Levels of competition in the Nations Cup: Level B and Level A which are determined by Content Restrictions.

It is the responsibility of the coach and athlete to enter the appropriate level in the Nations Cup based on the athlete's true proficiency of skills and experience. The IBTF expects that all member countries will respect and honor these levels in order to uphold the integrity of International competition and promote an honest competitive environment.

By reviewing the Content Restrictions that are in place, athletes should enter the appropriate level based on their proficiency and competitive achievement. Athletes who compete at higher levels throughout the year in their respective countries, **SHOULD NOT** have routines "watered-down" in order to meet the content restriction requirement to compete at a lower level competition.

Any athlete who has placed in the semi-finals/finals at a World Championship in any discipline may not compete in any B Level discipline at the IBTF Nations Cup.

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GENERAL COMPETITION RULES

1. DISCIPLINES

The disciplines offered at the World Baton Twirling Championship & Nations Cup shall be as follows:

Women's Divisions

- Solo
- Two-Baton
- Three-Baton
- Artistic Twirl
- X-Strut

Men's Divisions

- Solo
- Two-Baton
- Three-Baton
- Artistic Twirl
- X-Strut

Mixed Divisions

- Duet
- Artistic Pair
- Twirling Team
- Artistic Team
- Twirling Corps
- Artistic Group

Majorette Divisions

- Traditional Majorettes Corps
- Exhibition Majorette Corps
- Parade Corps
- Showtwirl Accessories Corps

A Duet or Artistic Pair may be comprised of female/female, male/female, male/male.

A Twirl Team, Artistic Team, Twirling Corps, Artistic Group, and any of the Majorette Corps may be comprised of any combination of men and women, including all female or all male. **The introduction of the alternate cannot change the age division.**

2. AGE DIVISIONS

Where age divisions apply, an athlete's age shall be determined as the age as at December 31st of the competition year, 2021. **Minimum age of all competitors is 12 yrs.** Ages apply to the World Baton Twirling Championship and Nations Cup Levels A & B.

INDIVIDUAL COMPETITION WOMEN

Youth	12 years of age to 14 years of age
Junior	15 years of age to 17 years of age
Senior	18 years of age to 21 years of age
Adult	22 years of age or older

INDIVIDUAL COMPETITION MEN

Junior	12 years of age to 17 years of age
Senior	18 years of age or older

DUET	Combined age of Duet members
Junior	24 -35 yrs
Senior	36 yrs+

ARTISTIC PAIR	Age division that corresponds with the age of the oldest athlete.
Junior	12 yrs – 17 yrs
Senior	18 yrs +

TWIRL TEAM, ARTISTIC TEAM, TWIRLING CORPS & ARTISTIC GROUP:

One Age Group Only - Minimum age is 12 years old / no maximum

MAJORETTE CORPS

Junior -	Average Age = 12 yrs – 16.9 yrs
Senior -	Average Age = 17 yrs +

IBTF WORLD BATON TWIRLING CHAMPIONSHIP & NATIONS CUP 2021			
Age as at DECEMBER 31, 2021			
WOMENS SOLO, 2-BATON, 3-BATON, ARTISTIC TWIRL & X-STRUT			
YOUTH 12-14		12 – 14 yrs	
JUNIOR 15-17		15 – 17 yrs	
SENIOR		18 – 21 yrs	
ADULT		22 yrs +	
MENS SOLO, 2-BATON, 3-BATON, & ARTISTIC TWIRL & X-STRUT			
JUNIOR		12 – 17 yrs	
SENIOR		18 yrs+	
DUET		Combined age to be used	
JUNIOR		24 – 35 yrs	
SENIOR		36 yrs +	
ARTISTIC PAIR		Must enter the age division that corresponds with the age of the oldest athlete.	
JUNIOR		12 – 17 yrs	
SENIOR		18 yrs +	
TWIRLING TEAM, ARTISTIC TEAM, TWIRLING CORPS & ARTISTIC GROUP		One age division 12 yrs minimum / no maximum	
MAJORETTE CORPS: TRADITIONAL, EXHIBITION, PARADE AND SHOW TWIRL ACCESSORIES CORPS		Average age Junior 12 – 16.9 yrs Senior 17 yrs +	

3. LEVELS OF COMPETITION OFFERED:

WORLD BATON TWIRLING CHAMPIONSHIP LEVELS:

All World Baton Twirling Championship Disciplines are Championship Level ONLY.

NATIONS CUP LEVELS:

Women's Divisions

- Solo Level B , Level A
- Two-Baton Level B , Level A
- Three-Baton Level B , Level A
- Artistic Twirl Level B , Level A
- X-Strut Level B , Level A

Men's Divisions

- Solo Level B , Level A
- Two-Baton Level B , Level A
- Three-Baton Level B , Level A
- Artistic Twirl Level B , Level A
- X-Strut Level B , Level A

Mixed Divisions

- Duet Level B , Level A
- Artistic Pair Level B , Level A
- Twirling Team Level B , Level A
- Artistic Team Level B , Level A
- Twirling Corps Level B , Level A
- Artistic Group ONE Level Only

Majorette Divisions

- Traditional Majorettes Corps ONE Level Only
- Exhibition Majorette Corps ONE Level Only
- Parade Corps ONE Level Only
- Showtwirl Accessories Corps ONE Level Only

See APPENDIX A to determine athlete level by required content restrictions.

4. NUMBER OF COMPETITORS

a) WORLD BATON TWIRLING CHAMPIONSHIPS

Solo, Two-Baton, Three-Baton, Artistic Twirl & X-Strut

Three (3) athletes, plus 1 alternate (reserve) allowed per discipline / per age group / per federation

Duet and Artistic Pair

Three (3) pairs, plus one (1) alternate (reserve) per discipline / per age group / per federation.

Twirl Team, Artistic Team, Twirling Corps, Artistic Group, Traditional Majorettes Corps, Exhibition Majorette Corps, Parade Corps, Showtwirl Accessories Corps

One (1) Team / Corps / Group per federation. Two (2) alternate athletes allowed.

Alternates (reserves) are considered as part of a federation's contingent.

EVENT	FEMALE	MALE	EITHER	ALTERNATES
WOMEN'S SOLO, 2-BATON, 3-BATON, ARTISTIC TWIRL, X-STRUT				
YOUTH 12-14	3			1 athlete
JUNIOR 15-17	3			1 athlete
SENIOR	3			1 athlete
ADULT	3			1 athlete
MEN'S SOLO, 2-BATON, 3-BATON, ARTISTIC TWIRL, X-STRUT				
JUNIOR		3		1 Pair
SENIOR		3		1 Pair
DUET & ARTISTIC PAIR				
JUNIOR			3	1 Pair
SENIOR			3	1 Pair
TWIRLING TEAM, ARTISTIC TEAM, TWIRLING CORPS, ARTISTIC GROUP,				
ONE DIVISION			1	2 athletes
Traditional Majorettes Corps, Exhibition Majorette Corps, Parade Corps, Showtwirl Accessories Corps				
JUNIOR			1	2 athletes
SENIOR			1	2 athletes

If a country has only one member federation (one WBTF, one WFNBT or Unified), that federation may elect to bring up to six (6) athletes per discipline / per age group in Solo, Two-Baton, Three-Baton, Artistic Twirl & X-Strut, Duet & Artistic Pair and up to two (2) Twirling Teams, Artistic Teams, Twirling Corps, and Artistic Group, **Traditional Majorettes Corps, Exhibition Majorette Corps, Parade Corps, Showtwirl Accessories Corps.**

If two federations in a country are both participating, and one of the federations cannot fill all positions, it is permissible to use athletes from the other federation to fill the available spots.

b) NATIONS CUP

Solo, Two-Baton, Three-Baton, Artistic Twirl & X-Strut

Three (3) athletes allowed per discipline / per age group / per level / per federation

Duet and Artistic Pair

Three (3) pairs per discipline / per age group / per level / per federation.

Twirl Team, Artistic Team, Twirling Corps and Artistic Group

One (1) Team / Corps / Group per level / per federation. Two (2) alternate athletes allowed.

Alternates (reserves) are considered as part of a federation's contingent.

EVENT	FEMALE	MALE	EITHER	ALTERNATES
WOMEN'S SOLO, 2-BATON, 3-BATON, ARTISTIC TWIRL, X-STRUT				
YOUTH 12-14	3			1 athlete
JUNIOR 15-17	3			1 athlete
SENIOR	3			1 athlete
ADULT	3			1 athlete
MEN'S SOLO, 2-BATON, 3-BATON, ARTISTIC TWIRL, X-STRUT				
JUNIOR		3		1 athlete
SENIOR		3		1 athlete
DUET & ARTISTIC PAIR				
JUNIOR			3	1 pair
SENIOR			3	1 pair
TWIRLING TEAM, ARTISTIC TEAM, TWIRLING CORPS, ARTISTIC GROUP				
ONE DIVISION			1	2 athletes

If a country has only one member federation (one WBTF, one WFNBT or Unified), that federation may elect to bring up to six (6) athletes per discipline / per age group in Solo, Two-Baton, Three-Baton, Artistic Twirl & X-Strut, Duet & Artistic Pair and up to two (2) Twirling Teams, Artistic Teams, Twirling Corps, and Artistic Groups.

If two federations in a country are both participating, and one of the federations cannot fill all positions, it is permissible to use athletes from the other federation to fill the available spots.

5. MUSIC & TIME LIMITS

Athletes shall perform to the IBTF World Baton Twirling Championship prescribed music selection for these events that are timed to the following time limits:

Solo	=	2:00 minutes max
Two-Baton & Three Baton	=	1:45 minutes max
Artistic Twirl & Artistic Pair	=	1:45 minutes max
Duet	=	2:00 minutes max
X-Strut	=	2:00 minutes max
Twirl Team	=	3.00 minutes max

There is no minimum time limit therefore athletes may complete their routines prior to the completion of the music. Judges will not assess penalties or give credit to material presented after the music ends. Judging shall discontinue at the conclusion of the music. IBTF World Baton Twirling Championship music will be available on the IBTF, WBTF & WFNBTAs websites.

The following events are performed to own choice music, with the following time limits:

Artistic Team	=	3:00 – 3:30 mins max (no leeway)
Twirling Corps	=	4:00 – 5:00 mins max
Artistic Group	=	3:00 – 3:30 mins max (no leeway)
Traditional Majorettes Corps	=	2:00 - 3:00 mins max
Exhibition Majorette Corps	=	2:00 - 3:00 mins max
Parade Corps	=	3:00 – 4:00 mins max
Showtwirl Accessories Corps	=	3:00 – 4:00 mins max

6. TWIRL TEAM

SIZE OF TEAM 6 to 8 members, with max 2 alternates (reserves)

MUSIC Teams shall perform to the IBTF World Baton Twirling Championship prescribed music selection (Gloria)

TIME LIMITS 3:00 minutes max. Timing & judging will start on the first salute and end on the final salute being shown. [Failure to salute is a 0.5 penalty](#)

TIMING PENALTY Undertime/Overtime - 0.1 per second (deducted from each Judge's Score)

RULES SPECIFIC TO TWIRL TEAM

1. Two alternates for team are considered as part of a federation's contingent.
2. A Team may only be comprised of members who are residents of the same country.
3. No props allowed
4. [Acrobatics are not allowed](#)
5. Teams shall enter from the judge's left and exit to the judges' right.
6. [See Appendix A for restriction details](#)

7. ARTISTIC TEAM

SIZE FOR TEAM 6 to 8 members, with max 2 alternates (reserves)

MUSIC Shall be the choice of the team. All Teams must submit their music file using the online submission system by the entry deadline.

TIME LIMITS [3:00](#) - 3:30 minutes [max. \(No leeway\)](#). Timing & judging begins and ends with the first and last note of music or sound, which shall include the starting beep.

TIMING PENALTY Undertime/Overtime - 5 pts (deducted from each Judge's Score)

RULES SPECIFIC TO ARTISTIC TEAM

1. Two alternates for team are considered as part of a federation's 2021 IBTF World Baton Twirling Championship contingent.
2. A Team may only be comprised of members who are residents of the same country.
3. No props allowed
4. Teams shall enter from the judge's left and exit to the judges' right.
5. [See Appendix A for restriction details](#)

8. TWIRLING CORPS

- SIZE** Min of 12 members, no max / Alternates (Reserves) - max 2
- MUSIC** Music selection shall be own choice. Countries must submit their music file using the online submission system by the entry deadline.
- TIME LIMITS** 4:00 – 5:00 minutes. Timing & Judging begins and ends with the first and last note of music or sound, which shall include the starting beep.
- TIMING PENALTY** Undertime/Overtime - 0.1 per second (deducted from each Judge's Score)

RULES SPECIFIC TO CORPS

1. A Corps may only be comprised of members of the same country.
2. No props allowed
3. [Acrobatics are not allowed](#)
4. Minimum twirl time is 1½ minutes. Twirling time counts when all batons are twirling at the same time for more than 2 revolutions. The twirling part can be at any place in the routine, fractioned throughout the routine.
5. Twirling Corps to enter from the Judges' left and exit to the Judges' right.
6. [See Appendix A for restriction details](#)

9. ARTISTIC GROUP

- SIZE** Min of 10 members, no max / Alternates (reserves) - max 2
- MUSIC** Shall be the choice of the team. Groups must submit their music file using the online submission system by the entry deadline.
- TIME LIMITS** **3:00 - 3:30 minutes max. (No leeway).** Timing & Judging begins and ends with the first and last note of music or sound, which shall include the starting beep.

TIMING PENALTY **Undertime/Overtime - 5 pts (deducted from each Judge's Score)**

RULES SPECIFIC TO ARTISTIC GROUP

- Artistic Group may only be comprised of members who are residents of the same country.
- No props allowed
- Artistic Groups to enter from the Judge's left and exit to the Judges' right.
- The Total Score of all captions is for the Artistic Group event. Drop penalties and content restrictions penalties are displayed by the penalty judges (in different colors)
- **Note: There is only one level of Artistic Group.** Artistic Groups must follow the Content Restrictions for both World Championships and Nations Cup. The content restrictions support the philosophy of the Artistic Group concept and allow coaches and judges to focus on general effect, choreography and precision.
- **See Appendix A for restriction details**

ARTISTIC GROUP CONTENT RESTRICTIONS

The following penalties deducted for including material that is more than the written restrictions below shall be assessed for each illegal element:

ARTISTIC GROUP will receive a 10 points penalty (for each infraction).

SINGLE ACROBATIC MOVEMENTS ARE ALLOWED (these are considered as Major Body moves)

10. RULES SPECIFIC TO ALL EVENTS

The use of acrobatics, though permitted, is not given extra consideration nor will its use contribute to determining the rating and ranking of the athletes. The IBTF philosophy regarding adjudication prioritizes, first and foremost, the quality and technique of aerial work, rolls, contact material and accompanying bodywork. All other enhancements to a performance such as acrobatics, floor work, dance, novelty, etc. will not supersede the qualities and skills of achieved and developed baton twirling skills.

11. PENALTIES

PENALTIES FOR ALL DISCIPLINES OF BOTH ORGANIZATIONS:

PENALTY FOR ALL INDIVIDUAL, DUET, ARTISTIC PAIR DISCIPLINES - Any athlete leaving the floor, before the end of the music has been reached (for reasons other than illness, first aid, music and costume problems*) = .2 pts. *(Deducted from each Judges Score)*

PENALTY FOR ALL TEAMS, GROUPS & CORPS - Athlete(s) leaving the floor, before the minimum time has been reached (for reasons other than illness, first aid, music and costume problems*) = 5 pts. *(Deducted from each Judges Score)*

DISQUALIFICATION: Any athlete(s) leaving the floor, before or after the end of the music has been reached due to an unsportsmanlike attitude of disgust, anger, disappointment, unprofessionalism, etc. is cause for DISQUALIFICATION (NO score). The assessment of the judges panel as to which type of departure is taken should be their decision.

COSTUME / FOOTWEAR / EQUIPMENT FAILURE - ALL EVENTS:

The Technical Chair or the Judges' Chair may stop the competition for reasons listed under the header on the Timing/Penalty Sheet: (See page 24)

CONTENT RESTRICTION PENALTIES:

- ✓ For NATIONS CUP - All disciplines
- ✓ For WORLD BATON TWIRLING CHAMPIONSHIP - Artistic Group ONLY

For NATIONS CUP Individual, Duet, and Artistic Pair disciplines:

- WBTF - A 1 point deduction per infraction per judge will be assessed for including material that violates the written content restrictions on a 10 point scale.
- WFNBT - A 10 point deduction per infraction per judge for including material that violates the written content restrictions on a 100 point scale .

For NATIONS CUP Team, Group & Corps disciplines:

- A 10 point deduction per infraction per judge for including material that violates the written content restrictions on a 100 point scale.

For WORLD BATON TWIRLING CHAMPIONSHIP – Artistic Group ONLY :

- A 10 point deduction per infraction per judge for including material that violates the written content restrictions on a 100 point scale.

DISPLAY OF PENALTIES:

Penalty judges are designated to display the content restriction penalties and the number of drops assessed following each performance for both organization's judges.

The IBTF Timing & Penalty Sheet will be used to record Nations Cup content restriction penalties, drops and any other penalties that might occur. (e.g.: under time, over time, leaving floor early, etc).

- ✓ Drops will be recorded and the number of drops will be displayed by the designated Timing/Penalty Judge following the athlete's performance to the scoring judges, athlete and audience.
- ✓ Content Restrictions will be recorded and the penalty will be displayed by the designated Content Restriction Judge following the athlete's performance to the scoring judges, athlete and audience.

A yellow card with black numbers indicates content restriction penalties. A white card with red numbers indicates the number of drops assessed.

OTHER PENALTIES:

Penalties Specific to WBTF Judges

- The score received is out of a possible TEN points for Solo, 2-Baton, 3-Baton, X-Strut, Artistic Twirl, Duet & Artistic Pair disciplines and out of a possible ONE HUNDRED points for Teams, Groups, & Corps disciplines
- All penalties are recorded separately by designated penalty judges and are not reflected in the score given by the WBTF scoring judges. Penalties are deducted from gross score in tabulation to compute the final net score.
- Drop Penalty value:
 - ✓ A 1% penalty which equals a one tenth of one point (0.1) penalty per drop for Solo, 2-Baton, 3-Baton, X-Strut, Artistic Twirl, Duet & Artistic Pair will be deducted from each judges score on a 10 pt. scale.
 - ✓ A 1% penalty which equals a one full point tenth (1.0) penalty per drop for Team, Groups & Corps will be deducted from each judges score on a 100 pt. scale.
- All other penalties are assessed in the athlete's proficiency and execution

Penalties Specific to WFNBTA Judges

- The score received for Solo, 2-Baton, 3-Baton, X-Strut, Artistic Twirl, Duet & Artistic Pair disciplines is out of a possible ONE HUNDRED points which then is converted to a 10 point scale in tabulation. The score received for Teams, Groups and Corps is out of a possible ONE HUNDRED points.
- The following penalties are deducted by WFNBTA scoring judges at the completion of the performance from each judges score on a 100 pt. scale, and are reflected in the final score given:
 - Drop Penalty value:
 - ✓ A 0.5 % penalty which equals (0.5) point penalty per drop, fall or two-handed catch for Solo, 2-Baton, 3-Baton, X-Strut, Artistic Twirl, Duet & Artistic Pair deducted from each judge's score.
 - ✓ A 0.2 % which equals (0.2) point penalty per drop, fall or two-handed catch for Teams, Groups and Corps will be deducted from each judges score
 - ✓ **Penalties specific to X Strut** will be deducted from each judges score:
 - A 0.5 % penalty which equals (0.5) point penalty per out of step, twirling more than 2 revolutions, omitting required basic, floor contact with any part of body other than feet
 - A 1% penalty which equals (1.0) point penalty for incorrect floor pattern
 - A 0.5 % penalty for failure to salute
- The following penalties are recorded separately by designated penalty judges and are given to the WFNBTA judges to deduct from their gross score:
 - ✓ Drops will be recorded and the number of drops will be displayed by the Timing/Penalty Judge following the athlete's performance
 - ✓ Content Restrictions will be recorded and the penalty will be displayed by the Content Restriction Judge following the athlete's performance
- All other penalties are assessed in the athlete's proficiency and execution

Tabulation shall use the IBTF Computer Tabulation Programs

12. RULES AND DESCRIPTIONS SPECIFIC TO MAJORETTE CORPS

1. TRADITIONAL (DRILL) CORPS

A corps routine which shows the majorette tradition. The emphasis of this event is marching and manoeuvring using any chosen style of marching. The corps should include a wide variety of shapes and formations. Only basic dance steps executed in step may be included. **Precision, Unison and Perfection** are key to the event. The team may use a drum major or leader, there will be no separate score for this member. Every member of the group must use a baton.

Only basic baton handling and twirls are permitted (i.e. full hand material, finger-twirls, loops and swings, **NO releasing/tossing of the baton is permitted, NO release/catch exchanges, ONLY hand to hand exchanges permitted.**) Kneeling is not allowed.

RULES SPECIFIC TO TRADITIONAL CORPS

COSTUME

Style of Costume is optional (free choice.) Hats are optional. Must follow footwear rule. Costume should be appropriate to the age/style/music.

TIMING

2-3 minutes

PENALTIES WHICH APPLIES TO TRADITIONAL DRILL CORPS

PENALTY BOX	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0
Drop										
Out of Step										
Acrobatics										
Kneeling										
Exceeding Material										
PENALTY BOX	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
Unison										
*Over/Under Time										

*Over/Undertime = 0.1 per second

Exceeding the allowed Entry / exit time = 2.0

2. EXHIBITION CORPS

The emphasis of this discipline is a corps performing a routine with marching and changing formations, with timing, perfection and precision. The routine may begin and end anywhere on the floor. The choreography should be a mix of various style of marching and dancing with the emphasis being on the drill design, maneuvering, staging and creating pictures and patterns. All modes of twirling, exchange work and dance footwork are permitted. The choreography should display good quality of twirling skills and concepts. Continual changing of formations and precision and unison are the key elements during the entire routine.

RULES SPECIFIC TO EXHIBITION FREESTYLE MARCHING CORPS

- All members must use one baton.
- More than two-baton work is not allowed.
- Exchanges are permitted
- No floor movements are permitted with exceptions of opening and final position
- No props permitted
- No acrobatics allowed
- Maximum of 2 spins permitted
- Illusions not permitted
- Kneeling is ONLY allowed at the beginning and close poses

COSTUME

Style of Costume is optional (free choice.) Hats are optional. Must follow footwear rule. Costume should be appropriate to the age/style/music.

TIMING

2-3 minutes

No music for entry and exit

PENALTIES WHICH APPLY TO EXHIBITION FREESTYLE CORPS

PENALTY BOX	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0
Drop										
Out of Step										
Acrobatics										
Exceeding Material										
Kneeling during Routine										
PENALTY BOX	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
Unison										
*Over/Under Time										

*Over/Undertime = 0.1 per second

Exceeding the allowed Entry / exit time = 2.0

3. PARADE CORPS

The concept of a Parade Corps routine should be suitable for a street parade, maintaining continuous foot movement throughout entire performance. Limited props that can be carried in a parade, e.g. pompons, flags, hoops, banners, streamers, sabers, etc. are permitted but at least 10 members of the corps must use a baton. All modes of twirling and dance footwork are permitted. A maximum of 2 spins is permitted.

Continuous foot movement: defined as the placement on the floor of the whole foot by stepping, tapping, jumping, or hopping at least every second count. Parade corps must incorporate continuous foot motion throughout the entire performance, but is NOT required to always be moving forward. Maximum 16 counts without marching for presentation/beginning of the street parade is allowed.

Allowable:

- Marking time with On beat-foot hitting every count of music.
- Half-time foot hitting every 2nd count.
- Double time-foot hitting twice every beat.
- Twirling: while twirling, individual must maintain continuous foot movement.
- Marching: half steps, step kicks, etc., may be used as long as unit keeps moving continuously.
- All members must start continuous foot movement within 16 counts after timing begins

Required Structure of Routine:

1. Parade Corps must enter from the judges' left and exit to the judges' right.
2. Parade Corps may present a 16-count introduction with the music before stepping off into the forward movement section of the routine.

Explanation:

Forward: meaning ahead, front, up front

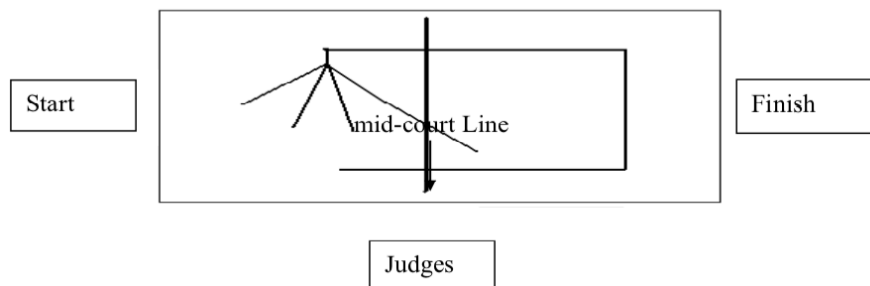
- **Movement:** meaning action, transit, change, motion.

This requirement applies to all members, including auxiliary units.

Types of moves which can be executed during forward continuous foot movement:

- Any type of footwork or dance work combination that allows the group to continue moving in unison. It is possible to utilize half steps, step ball changes, pas de bourrée steps, step kicks, etc. It is also possible to turn around and march or step backwards and still continue moving.
- When standard marching procedure is utilized, it is proper procedure to step on the left foot on the odd counts of the beat and the right foot on the even counts of the beat.
- Drill design work should be constructed in a manner which allows all members of the group to continuously advance.
- Exchange work may be choreographed provided it does not inhibit movement.

STREET PATTERN: Corps must stay within the approximate 25' alley through three left turns to the reviewing stand section. The 3rd left corner may not be executed until after the front line of the of the corps passes the mid court line. Once a member turns the 3rd corner, that individual can move anywhere on the floor.



AFTER COMPLETING THE STREET PATTERN – the corps may use the entire gym floor provided the corps maintains drill movement within their program.

Parade corps may only execute a 2-Spin and single element stationary or traveling complex moves. Immediately upon completion of the spin or complex move, the parade corps must step off on the correct count and resume continuous foot movement in step to the beat of the music.

The corps has to follow the street pattern as mentioned. All members must cross the mid court line to the judges right for the end of the performance.

COSTUME

Free choice. Must follow footwear rule
 Costume should be appropriate to the age/style/music.

TIMING

3-4 minutes

PENALTIES WHICH APPLY TO PARADE CORPS

PENALTY BOX	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0
Drop										
Out of Step										
Acrobatics										
Kneeling										
Exceeding Material										
Incorrect Street Pattern										
PENALTY BOX	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
Unison										
*Over/Under Time										

*Over/Undertime = 0.1 per second
 Exceeding the allowed Entry / exit time = 2.0

4. SHOW TWIRL ACCESSORIES CORPS

The emphasis of this event is on entertainment and balance between the use of baton and chosen props. The main importance is the baton and dance combinations.

Props/equipment must be included to compliment the chosen theme of the program to create musical interpretation and visual effectiveness. Any number of props/equipment can be included but a baton and a minimum of 2 accessories is obligatory. Accessories have to be used, held, touched or manipulated at sometime during the performance. Every athlete has to use a baton or accessory during the entire performance. Exception: Member(s) can be without a baton or accessory for a short time (maximum period of 16 counts) when changing from one piece of equipment to another. All competitors must start and finish touching an accessory or baton with a part of the body.

Backdrops and scenery can be included but are not mandatory. All modes of twirling and bodywork are permitted, acrobatics are not permitted. Athletes are permitted to do floor moves in this event.

Members' responsibilities include:

All members should twirl together during a part of the routine.

- Synchronic twirling
- Exchange work
- Teamwork
- Staging (utilization of floor, design patterns, creating pictures to music with all props including batons)
- Seamless transitions between equipment
- Precision and unison of all members with all props including batons
- Creative handling of all equipment chosen to be used as props
- Musical interpretations with all equipment chosen as props

The corps has 2 min to enter the floor and 1 ½ min to exit the floor. This time includes the introduction and removal of all equipment, props/equipment, scenery and backdrops.

COSTUME

Free choice. Costume should be appropriate to the age/style/music.

TIMING

3-4 min

PENALTIES WHICH APPLY TO ENTERTAINMENT SHOW CORPS

PENALTY BOX	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0
Drop										
Out of Step										
Acrobatics										
Exceeding Material										
PENALTY BOX	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
Unison										
*Over/Under Time										

*Over/Undertime = 0.1 per second

Exceeding the allowed Entry / exit time = 2.0

13. PROTESTS AND APPEALS

Judges decisions are considered final and their scores cannot be appealed.

The exception is penalties.

Penalties incorrectly assessed for drops and/or content restrictions may be challenged ONLY if the appeal is submitted to the technical director within the 30 minutes following the announcement that the results have been posted and before the next round of competition is to take place or before the final placements are announced at awards ceremonies.

An appeal must be submitted by an official delegate of the Federation (for example: Technical Advisor, Judges Representative, or President).

Appeal of an incorrectly assessed drop penalty or content restriction involves the technical director and judge's chair ability to review an officially sanctioned video which clearly displays the error.

Protests MAY NOT be submitted by a competitor (or the competitor's coach and/or technical advisor against another competitor.

POLICY/PROTOCOL FOR CORRECTING MISTAKES MADE IN ANNOUNCING AND AWARDING OF WRONG ATHLETE: (How to correct and award the correct athlete, how to stage re-presentation, how to correct award picture.)

All tabulated results are considered final 48 hours after the close of the competition. Errors in tabulation or score calculation identified within the immediate timeframe of the competition are to be reported to the competition organizers, who will investigate and correct immediately as necessary.

In this case, to officially correct an error, the following procedure should be implemented:

- Have all competitors in the category/age division who placed report to the competition director with their medallions
- Explain the error to the competitors, award ceremony coordinator, and announcer
- Schedule, as quickly as possible, a public corrected awards presentation of the division
- An official picture of the corrected final placement is taken for historical documentation.
- In the event all competitors cannot be contacted and/or present for a publicly corrected awards presentation for the division, the process stated below will take place:
 - The corrected placements will be announced
 - The official photographer will need to "photoshop" the official picture with the athletes standing in their proper final placement

14. ACROBATIC CONTENT RESTRICTIONS

Definition of an Acrobatic Move

A move will be considered acrobatic in a baton twirling program when the intent of the movement is for both feet to leave the floor, travel over the head and land on the floor on the opposite side. The feet can leave the floor or land on the floor either at the same time or one at a time. This applies when the move is executed on:

- the hand(s) (e.g. a cartwheel done on the hand(s))
- the arm(s) (e.g. a cartwheel done on the forearm(s))
- in the air with the support of another person's body (e.g. a cartwheel done while supporting the body on the leg(s) of another person)

Typical examples are: front or back walkovers, cartwheels, etc

Definition of an Aerial Acrobatic Move

A stunt in which the athlete turns completely over in the air without being supported or touching hands on the floor

Examples:

- In the air without support of the body (eg side aerial; back flip; aerial walkover)

NOTE: A horizontal butterfly (where the feet do not go over your head) is not considered an aerial acrobatic move. It is considered a major body move.

ALLOWANCES FOR SPECIFIC DISCIPLINES

WORLD CHAMPIONSHIP

- * A maximum of 2 (only) acrobatic movements are allowed in Solo, **with or without a toss**. The movements may be combined or the two moves may be done separately.
- * Acrobatic movements are not allowed in 2-Baton, 3-Baton, X-Strut, Duet, Twirl Team, or Twirling Corps
- * Acrobatic movements are permissible in Artistic Twirl, Artistic Pair and Artistic Team
- * Single Acrobatic movements are permissible in Artistic Group. No aerial acrobatic moves are allowed.

NATIONS CUP

See Appendix A for restrictions applying to specific events.

Illusions are allowed in all disciplines

15. COSTUME, FOOTWEAR & BATON GUIDELINES

Costume - there shall be no restrictions on costume choice for any of the events bearing in mind that it should be in good taste and reflect that this is a sport.

Footwear

Footwear must meet the requirements of the facility.

Batons

Batons must conform to the definition of “baton”. Shafts may be of any color.

DEFINITION OF A BATON

A standard baton is a chrome-plated steel shaft with varying size weights in either end. The weights are either pounded or pressure fitted and covered with a white rubber ball (the large end) and a small white rubber tip covering the other end.

Various batons have various balance points depending upon size and weight.

Most batons come in sizes from 14 – 32 inches and are either 3/8 inch in diameter or 7/16 inch in diameter. Some batons are available in 5/16 inch diameter.

IN METERS: Most batons come in sizes from 35.56 cm to 81.28 cm and are either 0.9525 cm in diameter or 1.11125 cm in diameter. Some batons are available in 0.79375 cm diameter.

The normal standard baton weighs around 8 ounces (or 0.226796 kilograms) – however the length would also enter into the weight.

USE OF GRIP TAPE ON BATONS

The use of grip tape is optional, may be used bearing in mind that this is a sport.

Grip tape can cover up to ½ of the shaft, divided equally from the center – when measuring only the shaft, not including ball and tip.

Grip tape can cover up to ½ of the shaft, divided equally from the center.

Clarification: The outer quarter of each end may not be covered.

Grip tape can be applied in solid, striped or spiral fashion.

Tape can be of two color (s), black, grey or white. (One color to wrap and other color to mark the center.)

Inside a Pair, Team or Group, the grip tape must be the same.

COSTUME / FOOTWEAR / EQUIPMENT FAILURE - ALL EVENTS

The Chief Judge, the Technical Chair or the Judges' Chair may stop the competition if a costume/footwear/equipment failure occurs. Examples of situations that might warrant this stoppage are, but not limited to;

- If costume failure becomes hazardous or indecent
- If a shoe lace becomes untied causing footwork to be dangerous
- Loss of footwear causing danger to the athlete slipping and falling
- Loss of ball or tip from the baton shaft
- Baton shaft breaking

The Technical Chair must be called upon to handle the situation and will be responsible to involve other members of the IBTF technical executive as needed. After the issue has been resolved, one of the IBTF Technical Chairs may order a restart with performance to commence at the beginning.

16. IMPORTANT DEFINITIONS THAT APPLY TO THE CONTENT RESTRICTION CHARTS IN APPENDIX A:

Standard Reception – (refers to type of catch) Vertical or Horizontal RH or LH catch or RH or LH grab.

Standard Release – Vertical RH or LH thumb toss. Vertical RH or LH backhand toss or Horizontal, RH or LH forward or reverse.

Major Body Move: A move that requires significant control, flexibility, strength, amplitude and extension. This classification includes any body move desired and includes moves such as: Illusions, walkovers, leaps, or jumps (of any type), sauté arabesque, attitude, grand battement, sauté de basque, tour jeté, cabriole, forward or reverse. These moves will be approximately 3 or more counts in duration.

Minor Body Moves: A move that does not require significant control, flexibility, strength, amplitude, or extension and additionally does not require horizontal or vertical reorientation to the baton (no body rotations <turns>) or maneuvering the body upside down (illusions, bows, etc). These moves will be approximately 2 counts in duration. This classification includes moves such as: hop, skip, chassé, piqué, step-step, and coupé, sauté. This category will often be used as preparation or follow through movements. Refer to the definition of terms not defined in this chart.

• **ATTENTION:** The chaine' turn is in the same classification as spin. Ex. Single chaine turn = 1 spin; double chaine turn = 2 spins

APPENDIX A **CONTENT RESTRICTIONS**
NATIONS CUP (ONLY)

Solo Content Restrictions		
CATEGORY	Level B	Level A
Spins	<p>1 - 3 Spins</p> <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p>	<p>1 - 4 Spins</p> <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p>
ACROBATICS	<p>A single acrobatic movement under the toss for a maximum of 2 (only) acrobatic movements Aerial acrobatics are not allowed with or without the toss.</p> <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body No Restrictions</p>	<p>A maximum of 2 (only) acrobatic movements are allowed, with or without a toss. The movements may be combined or the two moves may be done separately. Only 1 aerial cartwheel under the toss. These are considered major body moves.</p> <p>Double major body move is allowed under the toss, either traveling or stationary</p> <p>Baton Standard Release Standard Reception</p> <p>Body No Restrictions</p>
Stationary Complex & Traveling Complex	<p>Single major body move under the toss</p> <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p>	<p>Single major body move with 2 spins under toss</p> <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p> <p>Double major body move is allowed under the toss, either traveling or stationary</p> <p>Baton Standard Release Standard Reception</p> <p>Body Standard Release Standard Reception</p>
Rolls	<ul style="list-style-type: none"> No continuous front neck rolls (with or without hands) No front neck figure 8's No monster rolls (partial or complete) 	<ul style="list-style-type: none"> No Restrictions
Contact Material	<ul style="list-style-type: none"> No Restriction 	<ul style="list-style-type: none"> No Restrictions

APPENDIX A

**CONTENT RESTRICTIONS
NATIONS CUP (ONLY)**

2 Baton Content Restrictions Acrobatics movements are not permitted		
Category	Level B	Level A
Spins	1 spin Baton Releases No Restrictions Reception No Restrictions Body No Restrictions	2 spins Baton Releases No Restrictions Reception No Restrictions Body No Restrictions
Stationary & Traveling Complex <i>Acrobatics are not allowed</i>	Single major body under the toss(s) Baton Releases No Restrictions Reception No Restrictions Body No Restrictions Note – open hand releases are considered “Standard”	Single Major Body move with one spin under toss(s) (this is not considered a double element trick) Baton Releases No Restrictions Reception No Restrictions Body No Restrictions One double element trick allowed with double major body move under toss(s) Baton Releases No Restrictions Reception No Restrictions Body No Restrictions
Rolls	No continuous front neck rolls (with or without hands) No front neck figure 8’s No monster rolls (partial or complete)	Partial monster roll is allowed, making 360 degree rotation around one arm
Contact Material	<ul style="list-style-type: none"> • No Restrictions 	<ul style="list-style-type: none"> • No Restrictions
<p>Note - spins may be executed under 1 or 2 batons. This includes both single and double releases, from one or both hands.....high/low, high/high, dual plane, dual pattern, opposition</p> <p>Note - Body Move may be executed under 1 or 2 batons. This includes both single and double releases, from one or both hands.....high/low, high/high, dual plane, dual pattern, opposition.</p>		

APPENDIX A

CONTENT RESTRICTION
NATIONS CUP (ONLY)

3 Baton Content Restrictions Acrobatics movements are not permitted		
Category	Level B	Level A
Spins	1 spins Baton Releases No Restrictions Reception No Restrictions Body No Restrictions	2 spins Baton Releases No Restrictions Reception No Restrictions Body No Restrictions
Stationary/Traveling Complex <i>Acrobatics are not allowed</i>	Single major body under the toss(s) Baton Releases No Restrictions Reception No Restrictions Body No Restrictions Note – open hand releases are considered “Standard <i>One triple toss is allowed</i>	Single Major Body move with one spin under toss(s) (this is not considered a double element trick) Baton Releases No Restrictions Reception No Restrictions Body No Restrictions <i>Two Triple tosses are allowed</i> <i>Double Element Tricks are not allowed</i> <i>Acrobatics are not allowed</i>
Rolls	<ul style="list-style-type: none"> • No continuous front neck rolls (with or without hands) • No front neck figure 8's • No monster rolls (partial or complete) 	Partial monster roll is allowed, making 360 degree rotation around one arm
Contact Material	<ul style="list-style-type: none"> • No Restrictions 	<ul style="list-style-type: none"> • No Restrictions
<p>NOTE: Definition of triple toss - Triple Tosses - all 3 batons are released sequentially, one at a time, before the first one is caught, OR, all 3 batons are released at the same time. For both types of triple tosses, catches can be in any order.</p>		

APPENDIX A

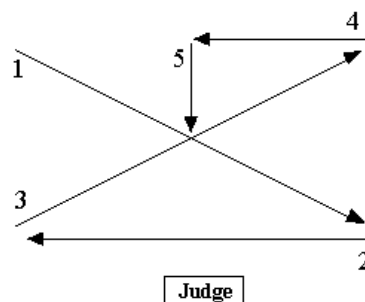
CONTENT RESTRICTIONS APPLY TO BOTH NATIONS CUP & WORLD CHAMPIONSHIP

Strutting Content Restrictions

Acrobatics movements are not allowed / Floor/Grounding movements are not allowed
Tosses are not allowed

Category	Level B	Level A
Spins	<p>1 - 2 spins/turns (one spin or double spins)</p> <p>Stationary Spin/turn(s) executed on 1 foot</p> <p>Traveling Spin/turn(s) executed on both feet while moving and travelling</p>	<p>Multiple spins/turns (one spin or more)</p> <p>Stationary Spin/turn(s) executed on 1 foot Spin/turn(s) with change of foot</p> <p>Traveling Spin/turn(s) executed on both feet while moving and travelling</p>
Body movements	<p>Single major body movement only</p> <p>Stationary Lunge, Piqué, Kick, Battement Pose, Leg hold..... Illusion</p> <p>Layback with both feet on the floor (layback on 1 foot is not allowed)</p> <p>Traveling Marching steps, Chassé, Jump, Leap...</p> <p>Single major Body movements are allowed, either Stationary or Travelling. No limited number. One Double major Body movements is allowed, either Stationary or Travelling.</p>	<p>Single and Double major Body movements</p> <p>Stationary Lunge, Piqué, Kick, Battement Pose, Leg hold.... Illusion</p> <p>Layback on 1 foot is allowed.</p> <p>Traveling Marching steps, Chassé, Jump, Leap...</p> <p>Single and Double major Body movements are allowed, either Stationary or Travelling. No limited number One multiple major Body movements, either Stationary or Travelling is allowed.</p>
Baton Movements	<p>Fingers, Rolls, Contact materials, Tosses/Aerials are Not Allowed- at any time</p> <p>Loops (end-loops) and Swings are allowed – no limit number. Center of Baton: Maximum of 2 revolutions per trick are allowed – no limit number</p>	<p>Fingers, Rolls, Contact materials, Aerials are Not allowed – at any time</p> <p>Loops (end-loops) and Swings are allowed – no limit number. Center of Baton: Maximum of 2 revolutions per trick are allowed– no limit number</p>
Floor Pattern	<p>The "X" pattern realized in forward motion only to cover the floor space. Retracing on the lines is not allowed.</p>	<p>The "X" pattern realized in forward/backward motion to cover the floor space. Retracing on the lines is allowed.</p>

NOTE: The required basics are 4 basic marching steps with complimentary baton work that occur at the start of the 1st, 2nd, 3rd and 5th legs of the X pattern.



APPENDIX A

**CONTENT RESTRICTION
NATIONS CUP (ONLY)**

<p align="center">Duet Content Restrictions Acrobatic movements are not permitted</p>		
CATEGORY	Level B	Level A
<p>Spins</p>	<p>1 - 3 Spins Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions</p>	<p>1 - 4 Spins Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions</p>
<p>Stationary Complex & Traveling Complex</p> <p><i>Acrobatics are not allowed</i></p>	<p>Single major body move under the toss Baton Standard Release Standard Reception Body No Restrictions</p>	<p>Single major body move with 2 spins under toss Baton <i>Releases No Restrictions</i> <i>Reception No Restrictions</i> Body No Restrictions No Restrictions Double major body move is allowed under the toss, either traveling or stationary Baton Standard Release Standard Reception Body No Restrictions Double Major Tricks are allowed, either Stationary or Travelling. No limited number</p>
<p>Rolls</p>	<ul style="list-style-type: none"> • No continuous front neck rolls (with or without hands) • No front neck figure 8's • No monster rolls (partial or complete) 	<ul style="list-style-type: none"> • No Restrictions

APPENDIX A

**CONTENT RESTRICTION
NATIONS CUP (ONLY)**

Artistic Twirl & Artistic Pair Content Restrictions Acrobatic movements are allowed (considered as major body movements)		
CATEGORY	Level B	Level A
Spins	1 - 3 Spins Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions	1 - 4 Spins Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions
Aerial Acrobatic	Not Allowed with or without the toss.	Aerial cartwheels ONLY (1) under the toss Baton Releases No Restrictions Reception No Restrictions Body <ul style="list-style-type: none"> • Minor body moves on release only are allowed • Reception No Restrictions • Aerial Cartwheels cannot be used in combination with any other body move • No other aerial acrobatic moves allowed
Stationary Complex & Traveling Complex	Single major body move under the toss Baton Standard Release Standard Reception Body No Restrictions	Single major body move with 2 spins under toss Baton Releases No Restrictions Reception No Restrictions Body No Restrictions Double major body move is allowed under the toss, either traveling or stationary Baton Standard Release Standard Reception Body No Restrictions Double Major Tricks are allowed, either Stationary or Travelling. No limited number
Rolls	<ul style="list-style-type: none"> • No continuous front neck rolls (with or without hands) • No front neck figure 8's • No monster rolls (partial or complete) 	<ul style="list-style-type: none"> • No Restrictions

APPENDIX A

**CONTENT RESTRICTION
NATIONS CUP (ONLY)**

<p align="center">Artistic Team Content Restrictions applying to one or all team members</p> <p align="center">Acrobatic movements are allowed (considered as major body move)</p>		
CATEGORY	Level B	Level A
Spins	<ul style="list-style-type: none"> 1 -2 spins <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p>	<ul style="list-style-type: none"> 1 - 3 spins <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p>
Aerial Acrobatics (considered major body moves)	<ul style="list-style-type: none"> Not allowed with or without toss 	<ul style="list-style-type: none"> Not allowed with or without toss
Stationary Complex & Traveling Complex	<ul style="list-style-type: none"> Single major body move under the toss <p>Baton Standard Release Standard Reception</p> <p>Body No Restrictions</p>	<ul style="list-style-type: none"> Single major body move with 1 spin under toss <p>Baton Standard Release Standard Reception</p> <p>Body No Restrictions</p>
Double Element Tricks	<ul style="list-style-type: none"> Not Allowed under the toss 	<ul style="list-style-type: none"> Not Allowed under the toss
Rolls	<ul style="list-style-type: none"> No continuous front neck rolls (with or without hands) No front neck figure 8's No monster rolls (partial or complete) 	<ul style="list-style-type: none"> No Restrictions
Contact Material	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions

APPENDIX A

**CONTENT RESTRICTION
NATIONS CUP (ONLY)**

Twirl Team – Twirling Corps Content Restrictions applying to one or all team members Acrobatic movements are not permitted		
CATEGORY	Level B	Level A
Spins	<ul style="list-style-type: none"> • 1 -2 spins <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p>	<ul style="list-style-type: none"> • 1 - 3 spins <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p>
Stationary Complex & Traveling Complex	<ul style="list-style-type: none"> • Single major body move under the toss <p>Baton Standard Release Standard Reception</p> <p>Body No Restrictions</p>	<ul style="list-style-type: none"> • Single major body move with 1 spin under toss <p>Baton Standard Release Standard Reception</p> <p>Body No Restrictions</p>
Double Element Tricks	<ul style="list-style-type: none"> • Not Allowed under the toss 	<ul style="list-style-type: none"> • Not Allowed under the toss
Rolls	<ul style="list-style-type: none"> • No continuous front neck rolls (with or without hands) • No front neck figure 8's • No monster rolls (partial or complete) 	<ul style="list-style-type: none"> • No Restrictions
Contact Material	<ul style="list-style-type: none"> • No Restrictions 	<ul style="list-style-type: none"> • No Restrictions

ARTISTIC GROUP – CONTENT RESTRICTIONS WORLD CHAMPIONSHIP & NATIONS CUP (Note: Content Restrictions are the same for both events)	
CATEGORY	One level Only
Spins	<ul style="list-style-type: none"> • 1-2 spins <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p>
Aerial Acrobatic	Not allowed with or without toss
Stationary Complex & Traveling Complex	<ul style="list-style-type: none"> • Single major body move under the toss <p>Baton Standard Release Standard Reception</p> <p>Body No Restrictions</p>
Double Element Tricks	Not Allowed under the toss
Rolls	No continuous front neck rolls (with or without hands) No front neck figure 8's No monster rolls (partial or complete)
Contact Material	No Restrictions