

1-Baton/Solo Quick Reference Guide

Ave Novice 11-11.4	Ave Beg. 13.5-13.9	Ave Int. 15.5 - 15.9	Ave Adv. 17-7.5	Superior 19+
<i>Complete Variety</i>				
Very limited variety, low level use of ambidexterity.	Beginning to blend bodywork with easy baton movements. Some variety of receptions and releases. Developing rolls combination. Some creativity in the connection of elements.	Variety of releases and catches within the contact material. More consistency in rolls linked in longer series. Balanced difficulty. Smoothly moves from one twirling mode to another.	Intricate routine is created through all modes. All is balanced in levels of difficulty and variety.	Novelty trick(s), releases, receptions demonstrated with ease. Routine has developed releases and catches into all areas.
<i>Difficulty</i>				
Increased level of contact material. Few rolls linked. A bit of variety in receptions and some combined tricks. Uncontrolled placement/pattern	Difficulty increasing in all three modes of twirling. Follow through with basic twirls.	More complex series of all 3 modes. Entrance and exit of twirls is more blended. More consistency in following through, intricacy and timing throughout the routine.	More demanding full hand/contact material and rolls accomplished with an element of risk. Difficulty achieved through follow-through displayed. Timing almost perfect.	Seamless blending in all modes of twirling and their connections. Element of surprise or combination perfectly executed.
<i>Speed and Control</i>				
Quite good baton pattern. Not always consistent rate of speed. Coordination body/baton is poor.	Tighter placement on aerials. Fewer breaks, more follow through on less demanding material.	Placement/control demonstrated throughout some of the routine. Misplacements on combination tricks. Rapidity and timing demonstrated, slight hesitations may occur.	Consistent baton speed. Clean patterns. Bodywork is good, but may be lost at times due to baton errors.	Fluidity created through perfect timing. Excellent baton speed with strong revolution throughout the routine. Smoothly executed directional and pattern changes. Strong coordination between baton and body.
<i>Smoothness & Gracefulness</i>				
Follow through achieved on some receptions. some attention to posture and body lines. Some hesitations.	Implements some body work. Free arm is used but not styled. Routine flows with fewer breaks. More positive body lines and posture.	Flow of baton is developing to gain good general handling. Grace of execution. Some breaks in body lines on releases/receptions or when baton is not placed correctly.	Blending of body and baton work, showing good extension and control of movements. Accomplishes continuous motion. Good body technique and awareness of all the body parts.	Synchronization of body and baton work will be interconnected. NO breaks. Flawless routine. NO hesitations. Excellent body technique.
<i>Showmanship</i>				
Posture developing. Occasional eye contact, occasional smile.	Awareness of projection. Performance skills are starting to develop.	Occasional confidence. Eye contact made with the judge at particular times of the routine.	Demonstrating consistent projection and enthusiasm. Connection made between the athlete and judge. Good Confidence shown.	Strong audience appeal. A professional presence on the floor. Confident in own ability and delivery of routine. The athlete draws the audience into their performance.