

APPENDIX A: CONTENT RESTRICTIONS NATIONS CUP (ONLY)

Duet Content Restrictions Acrobatics movements are not permitted. applying to one or all Duet members		
Category	Level B	Level A
Spins	Spins: 2 Spin Maximum with no restrictions on release or catch and 3 Spin maximum allowed with standard release and catch only.	Spins: 3 Spin Maximum with no restrictions on release or catch and 4 Spin maximum allowed with standard release and catch only.
Stationary & Traveling Complex Acrobatics are not allowed	Single major body move under the toss Baton Releases No Restrictions Reception No Restrictions	Single major body move with 2 spins under the toss Baton Releases No restrictions. Reception No Restrictions Double major body moves are allowed under the toss, either stationary or traveling Baton Releases No Restrictions Reception No Restrictions Triple Major body moves are NOT allowed, either Stationary or Travelling.
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

Clarification: One major body move is allowed under a toss in Level B. Two major body moves are allowed under a toss in Level A. It is NOT allowable to add minor body moves after the toss or before the catch at either level.