

3 Baton Content Restrictions Acrobatics movements are not permitted		
Category	Level B	Level A
Spins	1 spins Baton Releases No Restrictions Reception No Restrictions	2 spins Baton Releases No Restrictions Reception 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 <i>Note – open hand releases are considered “Standard” 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 <i>Two Triple tosses are allowed Double Element Tricks are not allowed 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) 	<i>Partial monster roll is allowed, making 360 degree rotation around one arm</i>
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>		

Clarification: One major body move is allowed under a toss in Level B. One major body moves with one spin is 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.