

9. APPENDIX A- CONTENT RESTRICTIONS

APPENDIX A: CONTENT RESTICTIONS NATIONS CUP (ONLY)

Solo Content Restrictions		
A maximum of only 2 acrobatic movements are allowed, with or without a toss		
CATEGORY	Level B	Level A
Spins	<p>Spins:</p> <p>2 Spin Maximum with no restrictions on release or catch and 3 Spin maximum allowed with standard release and catch only.</p>	<p>Spins:</p> <p>3 Spin Maximum with no restrictions on release or catch and 4 Spin maximum allowed with standard release and catch only.</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 Receptions No Restrictions</p>	<p>A maximum of only 2 acrobatic movements are allowed, with or without a toss. The 2 movements may be combined, or the two moves may be done separately. Only one aerial cartwheel is permitted if selected as one of the 2 acrobatic moves permitted.</p> <p>Other Double major body moves are also allowed under a toss, either traveling or stationary Baton Releases No Restrictions Receptions 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>Single major body moves with 2 spins under toss.</p> <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Double major body move is allowed under the toss, either traveling or stationary Baton Releases No Restrictions Receptions No Restrictions</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 Restrictions 	<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.