

## APPENDIX A: CONTENT RESTRICTIONS NATIONS CUP (ONLY)

3 Baton Content Restrictions		
Acrobatics movements are not permitted		
Category	Level B (not offered)	Level A
<b>Spins</b>		** 1 spin <b>Baton</b> Releases No Restrictions Reception No Restrictions
<b>Stationary/Traveling Complex</b> Acrobatic are not allowed		** Single Major Body move only allowed under toss(s). <b>Baton</b> Releases No Restrictions Reception No Restrictions  Double Element Tricks are NOT allowed Acrobatics are not allowed
<b>Rolls</b>		Partial monster roll is allowed, making 360-degree rotation around one arm
<b>Contact Material</b>		No Restrictions
<b>Triple Tosses</b>		** Two sequential triple tosses allowed (either basic or high triple tosses)  <b>Baton</b> Releases No Restrictions Reception No Restrictions
<b>**NOTE: Definition of a Triple Toss - A Triple Toss may be executed in two ways:</b>  <b>Sequential Triple Toss</b> - the execution of 3 Batons released sequentially (one at a time) into the air before one of the 3 Batons is caught. Catches may be in any order. <b>Basic Triple Toss</b> - Medium, low, high. <b>High Triple Toss</b> - high, high, high <b>Simultaneous Triple Toss</b> - the execution of 3 Batons released simultaneously (together), into the air before one of the 3 Batons is caught. Catches may be in any order.		

\*\*One major body move is allowed under a tosses in Level A. It is NOT allowable to add minor body moves after the toss or before the catch at either level.

\*\*Indicates updates in Content Restrictions from 2023.