

13. APPENDIX A – CONTENT RESTRICTIONS

APPENDIX A

CONTENT RESTRICTIONS 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	1 - 3 Spins Baton Releases No Restrictions Reception No Restrictions	1 - 4 Spins Baton Releases No Restrictions Reception No Restrictions
ACROBATICS	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. Baton Releases No Restrictions Receptions No Restrictions	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. Other Double major body moves are also allowed under a toss, either traveling or stationary Baton Releases No Restrictions Receptions No Restrictions
Stationary Complex & Traveling Complex	Single major body move under the toss Baton Releases No Restrictions Reception No Restrictions	Single major body move with 2 spins under toss Baton Releases No Restrictions Reception No Restrictions Double major body move is allowed under the toss, either traveling or stationary Baton Releases No Restrictions Receptions No Restrictions
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 Restriction 	<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.