

# APPENDIX A

# CONTENT RESTRICTION NATIONS CUP (ONLY)

<b>Artistic Team Content Restrictions</b> applying to one or all team members  Acrobatic movements are allowed (considered as major body move)		
CATEGORY	Level B	Level A
<b>Spins</b>	<ul style="list-style-type: none"> <li>1 -2 spins</li> </ul> <b>Baton</b> Releases No Restrictions Reception No Restrictions	<ul style="list-style-type: none"> <li>1 - 3 spins</li> </ul> <b>Baton</b> Releases No Restrictions Reception No Restrictions
<b>Aerial Acrobatics</b> (considered major body moves)	<ul style="list-style-type: none"> <li>Not allowed with or without toss</li> </ul>	<ul style="list-style-type: none"> <li>Not allowed with or without toss</li> </ul>
<b>Stationary Complex &amp; Traveling Complex</b>	<ul style="list-style-type: none"> <li>Single major body move under the toss</li> </ul> <b>Baton</b> Releases No Restrictions Reception No Restrictions	<ul style="list-style-type: none"> <li>Single major body move with 1 spin under toss</li> </ul> <b>Baton</b> Releases No Restrictions Reception No Restrictions
<b>Double Element Tricks</b>	<ul style="list-style-type: none"> <li>Not Allowed <b>under the toss</b></li> </ul>	<ul style="list-style-type: none"> <li>Not Allowed <b>under the toss</b></li> </ul>
<b>Rolls</b>	<ul style="list-style-type: none"> <li>No continuous front neck rolls (with or without hands)</li> <li>No front neck figure 8's</li> <li>No monster rolls (partial or complete)</li> </ul>	<ul style="list-style-type: none"> <li>No Restrictions</li> </ul>
<b>Contact Material</b>	<ul style="list-style-type: none"> <li>No Restrictions</li> </ul>	<ul style="list-style-type: none"> <li>No Restrictions</li> </ul>

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.

