

APPENDIX A

CONTENT RESTRICTION NATIONS CUP (ONLY)

Artistic Twirl & Artistic Pair Content Restrictions Acrobatic movements are allowed (considered as major body movements)		
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
Aerial Acrobatic	Not Allowed with or without the toss.	Aerial cartwheels ONLY (1) under the toss Baton Releases No Restrictions Reception No Restrictions Body <ul style="list-style-type: none"> Minor body moves on release only are allowed Reception No Restrictions Aerial Cartwheels cannot be used in combination with any other body move No other aerial acrobatic moves allowed
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. No limited number. Baton Releases No Restrictions Reception 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

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.