

APPENDIX A

CONTENT RESTRICTION NATIONS CUP (ONLY)

<p style="text-align: center;">Twirl Team Content Restrictions applying to one or all team members Acrobatic movements are not permitted</p>		
CATEGORY	Level B	Level A
Spins	<ul style="list-style-type: none"> • 1 -2 spins <p>Baton Releases No Restrictions Reception No Restrictions</p>	<ul style="list-style-type: none"> • 1 - 3 spins <p>Baton Releases No Restrictions Reception No Restrictions</p>
Stationary Complex & Traveling Complex	<ul style="list-style-type: none"> • Single major body move under the toss <p>Baton Releases No Restrictions Reception No Restrictions</p>	<ul style="list-style-type: none"> • Single major body move with 1 spin under toss <p>Baton Releases No Restrictions Reception No Restrictions</p>
Double Element Tricks	<ul style="list-style-type: none"> • Not Allowed under the toss 	<ul style="list-style-type: none"> • Not Allowed under the toss
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. One major body move 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.