

APPENDIX A

CONTENT RESTRICTIONS NATIONS CUP (ONLY)

2 Baton Content Restrictions Acrobatics movements are not permitted		
Category	Level B	Level A
Spins	1 spin Baton Releases No Restrictions Reception No Restrictions	2 spins Baton Releases No Restrictions Reception No Restrictions
Stationary & Traveling Complex Acrobatics are not allowed	Single major body under the toss(s) Baton Releases No Restrictions Reception No Restrictions Note – open hand releases are considered “Standard”	Single Major Body move with one spin under toss(s) (this is not considered a double element trick) Baton Releases No Restrictions Receptions No Restrictions Double major body move is allowed under the toss, either traveling or stationary Baton Releases No Restrictions Receptions No Restrictions
Rolls	No continuous front neck rolls (with or without hands) No front neck figure 8’s No monster rolls (partial or complete)	Partial monster roll is allowed, making 360 degree rotation around one arm
Contact Material	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions
<p>Note - spins may be executed under 1 or 2 batons. This includes both single and double releases, from one or both hands.....high/low, high/high, dual plane, dual pattern, opposition</p> <p>Note - Body Move may be executed under 1 or 2 batons. This includes both single and double releases, from one or both hands.....high/low, high/high, dual plane, dual pattern, opposition.</p>		

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.

