

APPENDIX A

CONTENT RESTRICTIONS

THE FOLLOWING X STRUT CONTENT RESTRICTIONS LISTED HERE ARE FOR ALL LEVELS OF COMPETITION (Level B, Level A, & World Level):

- Acrobatic movements are not permitted.
- Floor contact with body parts other than the feet is not allowed.
- Intentional floor contact with the baton is permitted.
- Tosses/rolls/fingers/any form of releases are not permitted.

THE FOLLOWING X STRUT CONTENT RESTRICTIONS LISTED HERE ARE FOR LEVEL B AND LEVEL A ONLY:

Category	Level B	Level A
Body movements	<p>Single major body movements can be executed one at a time whether stationary or traveling. Single major body movements (illusion, leap, leg hold and layback) cannot be done in combination with each other or themselves. (i.e., no double illusions, etc.)</p> <p>A layback, if executed at the B level, must be executed with both feet on the ground.</p>	<p>Double major body moves executed on one foot ARE permitted (i.e., double illusion or illusion into leg hold, etc.)</p> <p>Triple major body movements executed on one foot or simultaneously ARE NOT permitted stationary or traveling (i.e. triple illusion, illusion into leg hold into another illusion, double leap into illusion without changing support or landing leg etc)</p> <p>Elements where the balance leg is changed are not restricted.</p> <p>Layback on 1 foot is allowed.</p>
Baton Movements	<p>NOTE: Baton movements are the same regardless of level (B Level, A Level or World Level)</p> <p>Refer to the X Strut Concept Summary on Page 38-40 for complete details.</p>	

Clarifications:

In the B level an athlete may only perform one major body move at a time. These major body moves may not be combined with other major moves or minor moves without a definite hesitation, with both feet on the floor before entering into the next element.

The B level strut aligns with Solo spin restrictions of 1-3 spins - this includes chaîne turns.

In A level - double major body elements are permitted however, they may not be combined with other major, or minor body elements unless there is a definite halt with both feet on the floor before the next element is performed.

Tips for choreographers regarding spins in X-Strut:

*In order to avoid being assessed penalties for combining major and minor body moves or two major body moves (both of which are not permitted in the B level) choreographers must make certain the athlete pauses with both feet on the ground before moving into the next element. It is this hesitation, or pause with both feet on the ground, that ensures the athlete regains their balance and control before moving onto the next element.

*It is important that choreographers do not over-use elements where a pause after the element could appear abrupt or awkward. As an example: a basic three spin in a B Level X-Strut (without achieved perfection in balance) might be difficult to stop, looking abrupt or awkward. Choosing elements that flow together (even with a pause between) will promote smooth and logical transitions. That is key to a successful X strut.