

WORLD ASSOCIATION OF MAJORETTE-SPORT AND TWIRLING



COMPETITION RULEBOOK Discipline: Improvisation Solo

Provisional Discipline for European Championship 2024.

SOLO IMPROVISATION

Category	Age categories	Time	Space	No. of competitors
BATON	- juniors - seniors	1:15 – 1:45	12 x 12 m	1
POM POM	- juniors - seniors	1:15 – 1:45	12 x 12 m	1

STAGE ROUTINE

Composition of competition performance

- Entering, always upon an announcement by the announcer
- Salute (at least one competitor)
- Start position
- Choreography
- Stop position (4 seconds)
- Salute (at least one competitor)
- Leaving
- **Entrance Characteristics**
 - Competitors may enter the competition area only upon an announcement by the announcer.
 - It must be short, quick, and simple; it only serves for taking the initial position for the competition performance.
 - It must not be another “small choreography”.
 - The entrance ends with the stopping of the competitors; it must be clearly separated from the competition routine.
 - A salute is considered to be the taking of the basic waiting position before the actual routine, it can also be a military salute, dancing bow, head bow, arm movement, etc.
- **Time Measurement**
 - The time of the stage routine is measured without the time for the entrance.
 - The timing begins at the moment of accompanying music reproduction start.
 - The music for the competition performance must end with the end of the routine, it must not continue as the accompaniment for the exit.
- **Inclusion of Dancing, Gymnastic, and Acrobatic Elements**
 - The composition may contain elements and motives of social or folklore dances, if they correspond with the nature of the music.
 - Gymnastic elements (e. g. balance, jumps, pirouettes, translations) may be included, if they are performed without breaching the smoothness of the routine, if they are not performed purposelessly, but in connection with an equipment element, shapes and patterns.
 - If the gymnastic elements are performed by just several competitors in the

group or solo formation, other members must not be in a static, waiting position.

- **Stage exit**

- The exit must be short, quick, and simple; it only serves for leaving the competition area.
- It must not be another “small choreography”.

COSTUMES, HAIR AND MAKE-UP

- Competitors costumes, their hair style and make-up and the overall visage should comply with the age category, music character and used equipment.
- Colours and their combinations may be chosen by competitors.
- Leotards and trousers are allowed.
- Cap or its imitation is mandatory.
- Boots are not mandatory.
- Full sole shoes must be worn (no half-sole shoes or paws).
- Face painting is not allowed.

MUSIC

- List of music consists of 10 songs, which are not sent in advance to the competitors.
- Before the entrance, competitor draws 1 song
- Music cannot be 3/4 beats.

PRINCIPLES OF EVALUATION

- It is crucial for the evaluation and scoring how is the routine composed and presented. The main criteria for evaluation are work with music and choosing of elements, overall impression and contact with judges and audience.
- Choreography cannot be prepared in advance.

AREA A- CHOREOGRAPHY AND COMPOSITION

The judges evaluate:

- Element selection and variety
- Originality
- Execution
- Utilisation of dancing or gymnastics elements and their possible excessiveness
- Utilisation of baton elements
- Floor movement, coverage (passing the mandatory route)
- Artistic expression
- The choreography must flow logically, be cohesive with the rhythm and music speed
- Harmonisation between the composition choice and the overall performance - the movement expression of the music- sound accompaniment of the performed routine
- Costume and make-up

AREA B- MOVEMENT TECHNIQUE

- Body attitude - bent back, forward shoulders, movement in a forward bend, stiffness are considered an error

- Arm attitude and movements - arm movement out of rhythm, holding fingers in a fist, “passive” arms during movement and turns, raising arms forward above the shoulder level is considered an error
- Head attitude and movements - an unnatural head attitude (backward bend, sideways bend, forward bend with the sight down on the legs) is considered an error.
- Knee lifting - various national schools (styles and concepts) are respected, the knee lifting or heel lifting (kicking backwards) height is not decisive then, the knee lifting should be balanced on both sides, high lifting of the left leg and mere slight lifting of the right leg (limping), uneven lifting, accenting one leg is wrong.
- Treading performance - treading should be over the tiptoe or the fore, treading over the heel is considered an error, unless it is a dancing element.
- Foot position - the feet should be parallel
- Gymnastic and acrobatic elements - precision, range, and certainty of performance, clearness of the beginning and the end of the element, competitor’s fall, correct body, arm, leg, and head attitude during an element
- Turns, revolutions– tight standing limbs during turns in relevé, tight tiptoe, turning at one point, turn completion without a side step or a skip, the body axis must be vertical, the foot in relevé
- Balance– correct course of the movement, certainty of performance, flexibility
- Flexibility– sufficient flexibility, correct movement course, certainty of performance

BODY TECHNIQUE ELEMENTS

LEVEL	POSITIONS	KICKS	JUMPS	URNS	TUMBLING
1	<ul style="list-style-type: none"> - Candle - Passe - Split - Relevé - Back bend - Plie 	<ul style="list-style-type: none"> - Tuck kicks 	<ul style="list-style-type: none"> - T jump - X jump - Tuck jump - Chasse 	<ul style="list-style-type: none"> - Classic spins 	<ul style="list-style-type: none"> - Side rolls - Fwd rolls - Back rolls
2	<ul style="list-style-type: none"> - Scale - Y stand (heel stretch) 	<ul style="list-style-type: none"> - Straight leg fwd and side kicks - Scale kicks 	<ul style="list-style-type: none"> - Toe touch - Split leap - Pike - Hurdler - Stag jump - Sheep jump - Turn jump 	<ul style="list-style-type: none"> -Channe -Soutenu -Souteu Pique 	<ul style="list-style-type: none"> -Cartwheel -Cartwheel on 1 hand -Round off
3	<ul style="list-style-type: none"> - Attitude - Arabesque - Scorpion 	<ul style="list-style-type: none"> - Scorpion kick 	<ul style="list-style-type: none"> - Jete - Tilt jump - Cabriole 	<ul style="list-style-type: none"> - Pirouette 	<ul style="list-style-type: none"> -Front walkover -Back walkover -Walkovers on 1 hand
4	<ul style="list-style-type: none"> - Tilt - Toe lift 	<ul style="list-style-type: none"> -Round kick 	<ul style="list-style-type: none"> - Calypso - Firebird (Ring leap) 	<ul style="list-style-type: none"> - Illusion - Y turn 	<ul style="list-style-type: none"> -Aerials (side, front)
5	<ul style="list-style-type: none"> - Handstand 	<ul style="list-style-type: none"> - Calypso kick 	<ul style="list-style-type: none"> - Kick Jete - Tour jete 	<ul style="list-style-type: none"> - Fouette - Grand 	<ul style="list-style-type: none"> -Handspring (Fwd, Bwd),

				pirouettes - Scorpion turn - Wolf turn	-Layout stepout -Back salto (Tucked, Piked)
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AREA C- WORK WITH EQUIPMENT

LEVEL 1

All manipulation with equipment without rotation

- dead equipment (without any movement)
- slide- Roly Poly
- circles
- sway
- lifting, lowering
- invert
- combination of any mentioned above

LEVEL 2

BASIC ROTATIONS

- Horizontal rotation
- Figure 8 (Vertical rotation with one hand)
- Swing
- Sun
- Star
- Flourish whip
- All variations of these rotations, in different directions, with right or left hand
- Aerials:
 - Revolution is not required
 - Standard release- from the tip (ball), open hand, 2 hand releases, lanse
 - standard catch- palm up, L/R hand

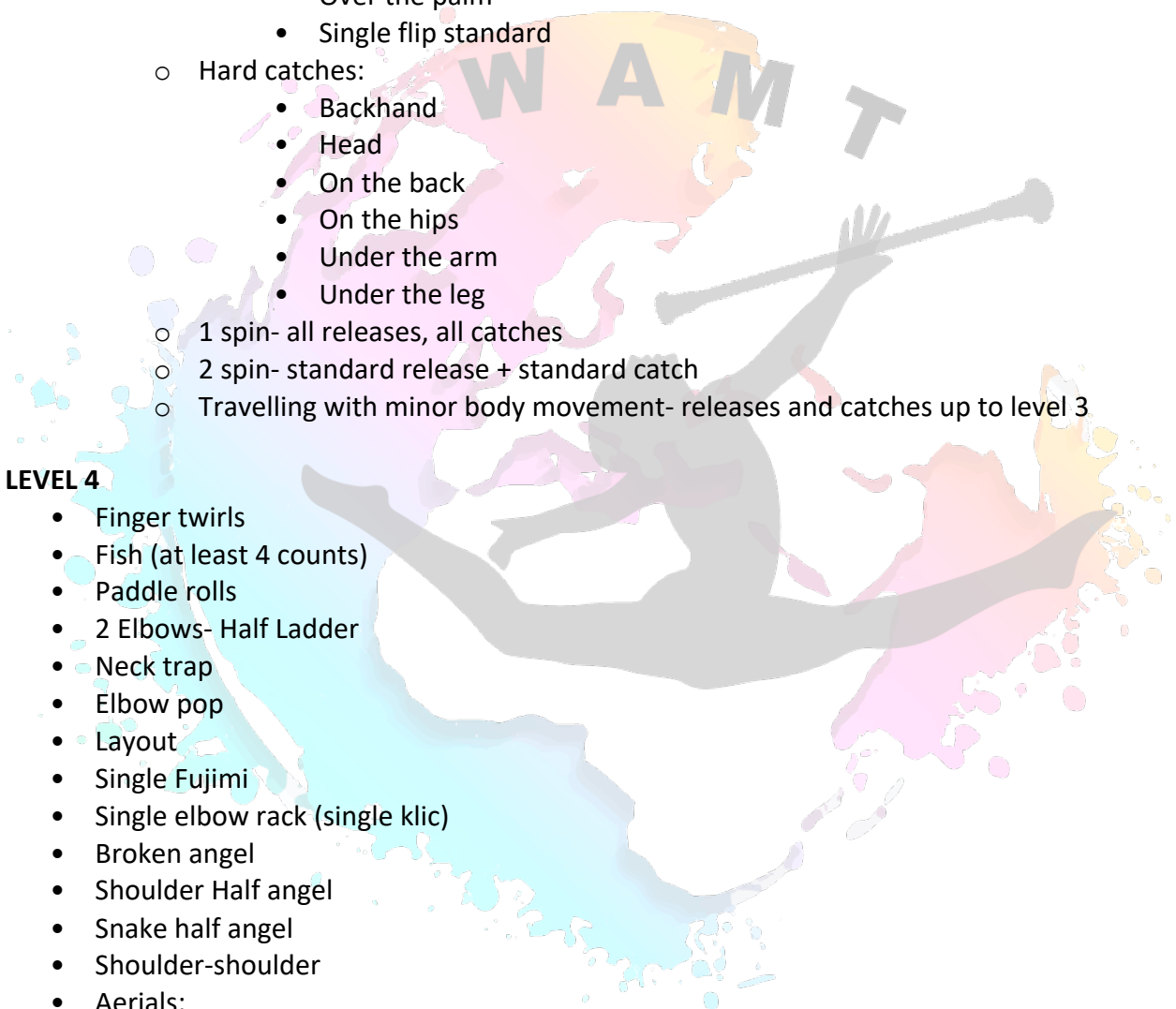
LEVEL 3

- Rotation on palm
- Rolls around (single elements):
 - Neck
 - Shoulder
 - Arm
 - Elbow
 - Wrist
 - Back (diagonal)
 - Chest (diagonal)
 - Waist
 - Leg
- Snake
- Broken angel over face/mouth

- Easy entry layout (without snake phase)
- Aerials:
 - Revolution is required
 - Hard release + standard catch
 - Standard release + hard catch
 - Hard release+ hard catch (up to level 3)
 - Hard releases:
 - Under arm
 - Under leg
 - Behind back
 - Over the palm
 - Single flip standard
 - Hard catches:
 - Backhand
 - Head
 - On the back
 - On the hips
 - Under the arm
 - Under the leg
 - 1 spin- all releases, all catches
 - 2 spin- standard release + standard catch
 - Travelling with minor body movement- releases and catches up to level 3

LEVEL 4

- Finger twirls
- Fish (at least 4 counts)
- Paddle rolls
- 2 Elbows- Half Ladder
- Neck trap
- Elbow pop
- Layout
- Single Fujimi
- Single elbow rack (single klic)
- Broken angel
- Shoulder Half angel
- Snake half angel
- Shoulder-shoulder
- Aerials:
 - Hard releases on 4th level
 - Backhand
 - Thumb flip
 - Under Shoulder
 - Hard Catches on 4th level
 - Blind
 - Grab
- 1 Spin- horizontal release, all catches
- 2 spin- all releases, all catches
- 3 spin- standard release + standard catch



- Travelling with major body movements- releases and catches up to level 3

LEVEL 5

- Angel roll
- Diamond roll
- Monster roll
- Backpack roll
- Casper- continuous neck roll
- Mouth roll- continuous front roll
- 4 elbows- Ladder
- Elbow racks (klic-klac)
- Fujimi (2 elbows)
- Continuous elbow pops
- Drop in
- Aerials:
 - 2 spins- horizontal release, all catches
 - 3 spins- all releases, all catches
 - 4+ spins- all releases, all catches
 - Travelling with major body movements- all releases, all catches

OBLIGATORY ELEMENT

- No obligatory elements

PENALTIES

- Drop -0,05
- Fall -0,3
- Out of bonds -0,1
- Slipping, tripping, balance check -0,01
- Minor error (off pattern, 2 hand catch...) -0,01
- Major error, big step -0,05
- Fall of costume -0,1
- Premature entrance to the stage (before announcement) -0,3
- Communication -0,3
- Choreography done without shoes -0,5
- Face painting -0,5
- Missing stop figure -0,4
- Missing cap or its imitation -0,4