



## COMPLETE COMPETITION RULEBOOK

Last update: October 2021.

## TWIRLING CATEGORIES

Category	Age Categories	TIME	AREA	Number of Competitors	Music
<b>CHILDREN TWIRL</b>	-children up to 7 years of age	1:00-2:00	Full floor area	Min. 1	Free of Choice (Official music may be used)
<b>SOLO 1 BATON</b>	-cadet -junior -senior	1:15-1:50	Lane	1	Official
<b>SOLO 2 BATON</b>	-cadet -junior -senior	1:15-1:50	Lane	1	Official
<b>SOLO 3 BATON</b>	-junior -senior	1:15-1:50	Lane	1	Official
<b>SHOW TWIRL</b>	-cadet -junior -senior	1:15-2:00	Full floor area	1	Free of choice
<b>RHYTHMIC TWIRL</b>	-cadet -junior -senior	1:15-2:30	Full floor area	1	Free of choice
<b>FREESTYLE</b>	-cadet -junior -senior	1:15-2:30	Full floor area	1	Free of choice
<b>ARTISTIC SOLO</b>	-cadet -junior -senior	1:15-1:45	Lane	1	Official
<b>PAIR</b>	-cadet -junior -senior	1:15-2:30	Full floor area	2	Free of choice

<b>ARTISTIC DUO</b>	-cadet -junior -senior	1:15-1:45	Lane	2	Official
<b>TEAM</b>	-cadet -junior -senior	1:15-3:30	Full floor area	4-8	Free of choice
<b>ARTISTIC TEAM</b>	-cadet -junior -senior	1:15-1:45	Full floor area	4-8	Official
<b>GROUP</b>	-cadet -junior -senior	2:00-3:30	Full floor area	Min. 9	Free of choice

**\*RESTRICTION TABLES FOR ALL CATEGORIES, PENALTIES AND RECCOMENDED ELEMENTS ARE LISTED BELOW**



# CONTENT RESTRICTION CHART

## Rhythmic twirl

Category	Beginner	Intermediate	Advanced	Professional
Spins	<b>-1 spin</b> <b>Baton</b> Releases and Receptions No Restrictions <b>Body</b> No Restrictions  <b>-2 Spins</b> <b>Baton</b> Standard Releases and Receptions <b>Body</b> No Restrictions	<b>-1,2 spins</b> <b>Baton</b> Releases and Receptions No Restrictions <b>Body</b> No Restrictions  <b>-3 Spins</b> <b>Baton</b> Standard Releases and Receptions <b>Body</b> No Restrictions	<b>-1,2,3 spins</b> <b>Baton</b> Releases and Receptions No Restrictions <b>Body</b> No Restrictions  <b>-4 Spins</b> <b>Baton</b> Standard Releases and Receptions <b>Body</b> No Restrictions	-no restrictions
Gymnastics	Not allowed with or without the toss	Not allowed with or without the toss	Not allowed with or without the toss	Not allowed with or without the toss
Stationary Complex & Travelling Complex & Double element tricks	Single major body move where the athlete always has the baton in sight (ex. Stag jump, Jete, grand battement...) Exception: Body Rolls are allowed (front, back, side...) - Jumps with turns are not allowed <b>Baton</b> Standard Releases and Receptions <b>Body</b>	Single major body move <b>Baton</b> Releases and Receptions No Restrictions <b>Body</b> No Restrictions	Single major body move with 2 spins <b>Baton</b> Standard Releases and Receptions <b>Body</b> No Restrictions  2 major body moves <b>Baton</b> Standard Releases and Receptions <b>Body</b> No Restrictions  <b>Double Major Tricks are allowed,</b>	-no restrictions

	No Restrictions - Single minor body move <b>Baton</b> Standard Releases and Receptions <b>Body</b> No Restrictions		either Stationary or Travelling. No limited number	
Rolls	-No continuous front neck rolls (with or without hands) -No front neck figure 8's -No monster rolls (partial or complete)	-No continuous front neck rolls (with or without hands) -No front neck figure 8's -No monster rolls (partial or complete)	no restrictions	-no restrictions
Contacts	-no restrictions	-no restrictions	-no restrictions	-no restrictions

## CONTENT RESTRICTION CHART

Freestyle, Artistic solo, Solo 1 baton

Category	Beginner	Intermediate	Advanced	Professional
Spins	<b>-1 spin</b> <b>Baton</b> Releases and Receptions No Restrictions <b>Body</b> No Restrictions	<b>-1,2 spins</b> <b>Baton</b> Releases and Receptions No Restrictions <b>Body</b> No Restrictions	<b>-1,2,3 spins</b> <b>Baton</b> Releases and Receptions No Restrictions <b>Body</b> No Restrictions	-no restrictions
	<b>-2 Spins</b> <b>Baton</b> Standard Releases and Receptions <b>Body</b> No Restrictions	<b>-3 Spins</b> <b>Baton</b> Standard Releases and Receptions <b>Body</b> No Restrictions	<b>-4 Spins</b> <b>Baton</b> Standard Releases and Receptions <b>Body</b> No Restrictions	

Aerial Gymnastics	Not allowed with or without the toss	Not allowed with or without the toss	<b>ONLY 1 aerial Cartwheel under the toss</b> <b>Baton</b> Releases and Receptions No Restrictions <b>Body</b> Aerials cannot be used in combination with any other moves Reception No restrictions NO OTHER AERIAL GYMNASTIC MOVES ARE ALLOWED	-no restrictions
Stationary Complex & Travelling Complex & Double element tricks	Single major body move where the athlete always has the baton in sight (ex. Stag jump, Jete, grand battement...) Exception: Body Rolls are allowed (front, back, side...) - Jumps with turns are not allowed <b>Baton</b> Standard Releases and Receptions <b>Body</b> No Restrictions - Single minor body move <b>Baton</b> Standard Releases and Receptions <b>Body</b>	Single major body move <b>Baton</b> Releases and Receptions No Restrictions <b>Body</b> No Restrictions	Single major body move with 2 spins <b>Baton</b> Standard Releases and Receptions <b>Body</b> No Restrictions  2 major body moves <b>Baton</b> Standard Releases and Receptions <b>Body</b> No Restrictions  <b>Double Major Tricks are allowed, either Stationary or Travelling. No limited number</b>	-no restrictions

	No Restrictions			
Rolls	-No continuous front neck rolls (with or without hands) -No front neck figure 8's -No monster rolls (partial or complete)	-No continuous front neck rolls (with or without hands) -No front neck figure 8's -No monster rolls (partial or complete)	no restrictions	-no restrictions
Contacts	-no restrictions	-no restrictions	-no restrictions	-no restrictions

<b>CONTENT RESTRICTION CHART</b> <b>Solo 2 batons, Duo (Pair), Artistic Duo, Artistic Team, Team, Group</b>		
Category	Lower level	Upper level
Spins	<b>-1,2 spins</b> <b>Baton</b> Releases and Receptions No Restrictions <b>Body</b> No Restrictions	-no restrictions
Stationary & Traveling Complex	Single Major Body move with one spin under toss(s) (this is not considered a double element trick) <b>Baton</b> Releases No Restrictions Reception No Restrictions <b>Body</b> Releases No Restrictions Reception No Restrictions	-no restrictions
Rolls	-No continuous front neck rolls (with or without hands) -No front neck figure 8's -No monster rolls (partial or complete)	-no restrictions

Contacts	-no restrictions	-no restrictions
<p><i>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</i></p> <p><i>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.</i></p>		

## CONTENT RESTRICTION CHART

Solo 3 baton, Show Twirl, Children Twirl

Category	Unique
Spins	-no restrictions
Aerial Gymnastics	-no restrictions
Stationary Complex & Travelling Complex & Double element tricks	-no restrictions
Rolls	-no restrictions



Contacts	-no restrictions
<p><i>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</i></p> <p><i>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.</i></p>	

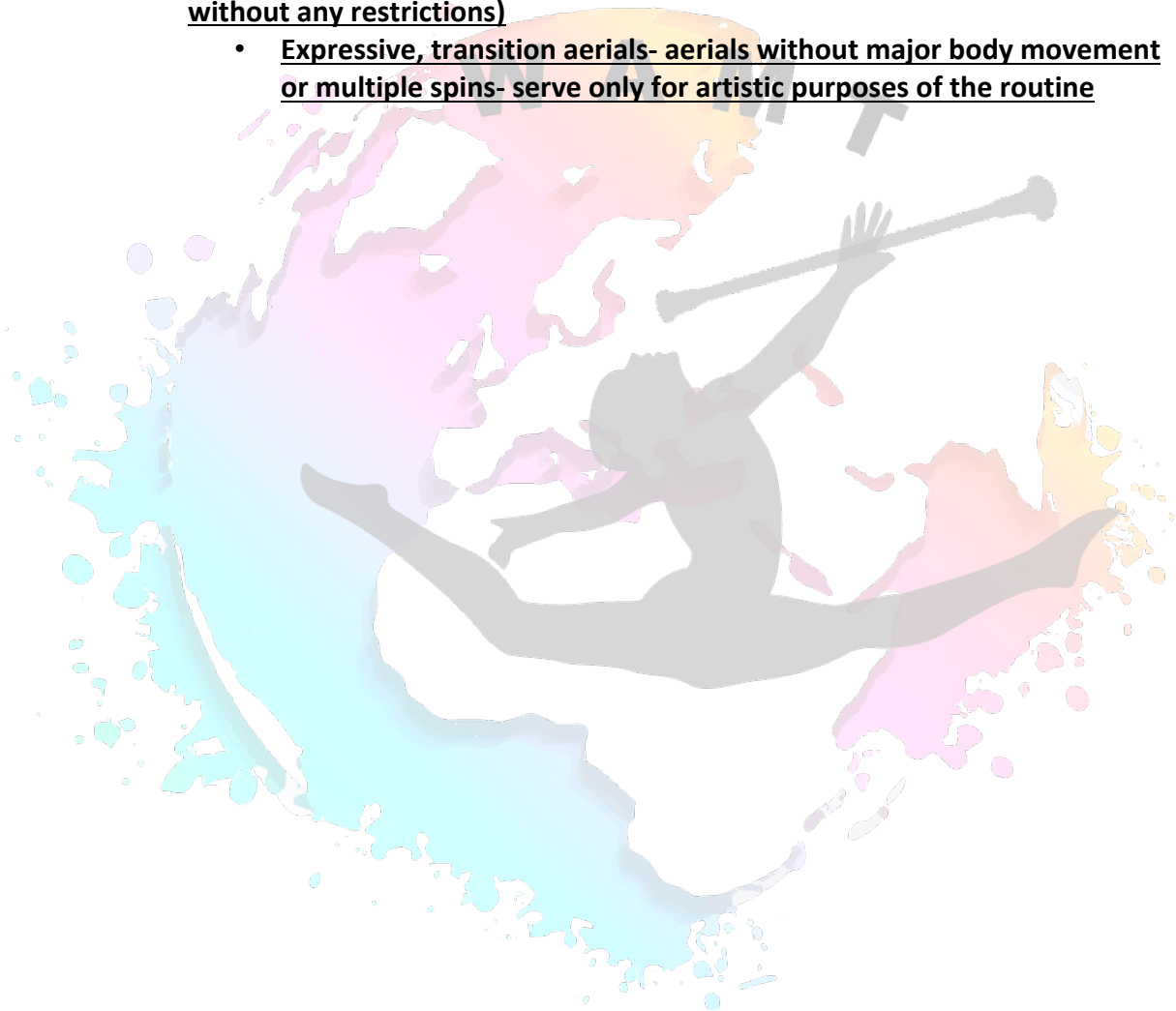
## PENALTIES

- Drop -0,05
- Fall -0,3
- Unision -0,01
- Slipping, tripping, blance check, big step -0,01
- Off pattern -0,01
- Break -0,01
- 2 hand catch -0,01
- Running to catch baton -0,03
- Fall of costume -0,1
- Time -0,05 per second
- Premature entrance to the stage (before announcement) -0,3
- Music not ready -0,1
- Musical copy of low technical quality -0,1
- Communication -0,3
- Choreography done without shoes -0,5
- **Wrong path in X-strut -5**
- **Execution of forbidden element- automatically last place**

## RECCOMENDED ELEMENTS

- Stationary complex
- Travelling complex
- Pure spin
- Horizontal
- Non-standard catch
  - Back, head, blind, grab, inside illusion, inside gymnastic element, on the back, inside roll, under leg....
- Horizontal and non-standard catch can be combined with each other or with stationary complex, travelling complex, pure spin, exchanges

- Roll section
- Contact section
  - Vertical
  - Horizontal
- Exchange- Pairs/Duos, Teams, Groups
- **All aerials must be performed from thumb flip, left back flip, or left horizontal**
  - **Additional free aerials (expressive, transition aerials can be executed without any restrictions)**
    - **Expressive, transition aerials- aerials without major body movement or multiple spins- serve only for artistic purposes of the routine**



## AGE CATEGORIES

1. CHILDREN- up to 6 years old
2. CADETS 7-11
3. JUNIORS 12-14
4. SENIORS 15+

### Age of small formations

- SOLO- age must comply with the age category of formation
- DUO- it is allowed to combine different age categories, however, the age category is determined by the oldest member of the formation
- TEAM- it is allowed to combine different age categories, however, the age category is determined by the oldest member of the formation (e.g. team consisting of 2 cadets, 3 juniors and 1 senior competes in seniors)

### Age of GROUPS/CORPS

- Number of members of the group and limit of **older** members:
  - the number 8-12 - limit 2
  - the number 13 - 17 - limit 3
  - the number 18 - 22 - limit 4
  - the number 23 - 25 limit 5
- Older participants may be older only by one age category
- **If the limit is exceeded:**
  - The group registers and starts in categories according to the oldest
  - The group changes the number of competitors
- Number of **younger** participants in the group (CAD, JUN, SEN) is not restricted, however, they can be younger only by one age category