

CONTENT RESTRICTIONS **LEVEL B**

Solo, Artistic Twirl, Artistic Pairs and Teams/Groups		
AERIALS	SPINS	<ul style="list-style-type: none"> • 2 Spins <ul style="list-style-type: none"> ◦ Releases – standard ◦ Reception – no restrictions • 1 Spin <ul style="list-style-type: none"> • no restrictions on releases and receptions
	AERIAL GYMNASTIC	NOT ALLOWED
	STATIONARY COMPLEX TRAVELING COMPLEX	<p>Single major body move under toss:</p> <ul style="list-style-type: none"> ◦ Releases – standard ◦ Reception – standard <p><i>I.E. :</i></p> <ul style="list-style-type: none"> • toss/illusion • toss /needle • toss /arabesque' <p>Single major body move under toss with minor body move on release and/or catch.</p> <p><i>I.E.:</i></p> <ul style="list-style-type: none"> ◦ chasse, hop/skip, step-step) ◦ Releases – standard ◦ Receptions – standard
<p>**Walkovers can be front or back DEFINITION OF TERMS: <i>Standard Reception</i> – (refers to type of catch) Vertical or Horizontal RH or LH catch or RH or LH grab. <i>Standard Release</i> – Vertical RH or LH thumb toss. Vertical RH or LH backhand toss or Horizontal RH or LH toss. <i>Major Body Moves</i>: A move that requires significant control, flexibility, strength, amplitude and extension. This classification includes any body move desired and includes moves such as: Illusions, walkovers, leaps, or jumps (of any type), sauté arabesque, attitude, grand battement, saute de basque, tour jeté, cabriole.. These moves will be approximately 3 or more counts in duration. <i>Minor Body Moves</i>: A move that does not require significant control, flexibility, strength, amplitude, or extension and additionally does not require horizontal or vertical reorientation to the baton (no body rotations <turns>) or maneuvering the body upside down (illusions, bows, etc). These moves will be approximately 2 counts in duration. This classification includes moves such as: hop, skip, chassé, piqué, step-step, and coupé, sauté. This category will often be used as preparation or follow through movements. Refer to the for definition of terms not defined in this chart</p>		
EXECUTION OF ANY DISALLOWED MOVES WILL RESULT IN A PENALTY TO BE ASSESSED FOR EACH VIOLATION OF CONTENT RESTRICTIONS		
ROLLS		<p>Single, high density rolls or combination of the same kind of rolls longer in duration (continuous rolls)</p> <p><i>I.E.:</i></p> <ul style="list-style-type: none"> • fishtails, • back neck rolls, • angel roll • continuous elbow rolls • elbow rocking, • pops • double elbow roll – layout <ul style="list-style-type: none"> • No continuous front neck rolls (with or without hands) • No front neck figure 8's <ul style="list-style-type: none"> • No monster rolls (partial or complete)
CONTACT MATERIAL		<p>Simple series with varieties of higher density catches with additional body work</p> <p><i>I.E.:</i></p> <ul style="list-style-type: none"> • Flip/illusion <p>There are no restrictions</p>

2 Baton Content Restrictions

Spins	<ul style="list-style-type: none"> 1 Spin <ul style="list-style-type: none"> ◦ Release – No Restriction ◦ Reception – No Restrictions 2 Spin <ul style="list-style-type: none"> ◦ Release – Standard ◦ Reception – Standard • Note – open hand releases are considered “Standard”
Stationary & Traveling Complex	<ul style="list-style-type: none"> • Single major body under toss <ul style="list-style-type: none"> ◦ Release – Standard ◦ Reception – Standard • Note – open hand releases are considered “Standard”
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)
Contact Material	<ul style="list-style-type: none"> • No Restrictions

3 Baton Content Restrictions

Spins	<ul style="list-style-type: none"> • 1 Spin <ul style="list-style-type: none"> ◦ Release – Standard ◦ Reception – Standard • Note – open hand releases are considered “Standard”
Stationary & Traveling Complex	<ul style="list-style-type: none"> • Single major body move under toss <ul style="list-style-type: none"> ◦ Release – Standard ◦ Reception – Standard • Note – open hand releases are considered “Standard”
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)
Contact Material	<ul style="list-style-type: none"> ◦ No Restrictions