



**B.B.T.S.A**

**BRITISH BATON TWIRLING  
SPORTS ASSOCIATION**

**Competition Rules and Regulations  
2022/2023 Edition**

**Version: Issue 2**



ATHLETE and JUDGES OATHS

*Athlete's Oath*

*We the Athletes swear on this flag that we will compete with a loyal and sporting attitude. We pledge ourselves to respect each other and to get on well together.*

*Our behaviour will be characterised by the highest righteousness and honesty, and it shall be a clear example for all those who are watching and following us.*

*In the name of the sport we practise and with our correct behaviour, the competition we are going to begin will help in consolidating a lasting and sincere friendship among all young people in Great Britain.*

*Judge's Oath*

*We the Judges swear on this flag that we will judge with loyalty and impartiality.*

*Our behaviour will be characterised by the highest righteousness and honesty, and it shall be a clear example for all those who are watching and following us.*



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## 1. GENERAL COMPETITION RULES

### 1.1 BBTSA EVENT RULES

- 1.1.1 Allocation of judges for all BBTSA national events will be made by the Judges co-ordinator/ Technical Director.
- 1.1.2 All BBTSA competitions must use BBTSA official scoresheets and music which are available on the BBTSA drop box – for access please email [competition@bbtsa.org.uk](mailto:competition@bbtsa.org.uk)
- 1.1.3 All Regional/Area/National/virtual individual competitions the guidance is where a section has 1-15 athletes competing this will be a final only. 16-30 will have a prelim and a final with a max of 15. 31 and over will have a prelim, semi final (max 20) and a final (max 15). For teams and groups if there are 9 or more teams there will be a prelim with a final of 6.

### 1.2 INTERFERENCE

- 1.2.1 If an athlete's performance is interrupted in any way it is at the judge's discretion if the athlete can re-compete
- 1.2.2 Any athlete who intentionally interferes with another athlete during his/her performance will be DISQUALIFIED

### 1.3 RE COMPETING

- 1.3.1 If an athlete is unable to compete because of an obstruction or other unforeseen circumstances, that athlete will be able to re-compete at the discretion of the judging panel.
- 1.3.2 In the event of a music/costume failure the performance may be stopped and the athlete/s allowed to re-compete immediately. Judging to commence from the point of failure. Only one re-run is allowed unless the failure is due to the sound equipment.

### 1.4 HEALTH

- 1.4.1 Athletes that have an injury, are sick or Pregnant do so at their own risk. BBTSA will not be held responsible for such an athlete taking the floor. If an athlete is taken ill or injured during their performance the judge will score on what has been performed.
- 1.4.2 If an athlete is taken ill or injured prior to a competition, a written request for dispensation must be submitted to the National Competition officer. If the competition is a national's qualification event the BBTSA National competition officer will inform the area competition officer of the outcome.

### 1.5 DISQUALIFICATION

- 1.5.1 Any unsportsmanlike conduct or interference during a competition from any athlete/club leader/parent or any other person will be dealt with by the competition director. This may lead to disqualification of an athlete or club from the competition and any future competitions.
- 1.5.2 Any athlete or club deemed to have provided false information to the competition director will be disqualified.
- 1.5.3 An athlete who is observed being coached from the side-lines will be disqualified.

### 1.6 GENERAL RULES

- 1.6.1 Changes to the competition rules must be advised to the membership at least 12 weeks prior to any national competition. Under exceptional circumstances, The NEC reserve the right to alter any rules with less notice if it is deemed to be of benefit to the athletes.
- 1.6.2 An appeals period of 30 minutes will open from the end of the last performance of an event, during which any issues with that event must be notified to the Competition Director and/or Technical director. Appeals will be accepted from Club Leaders or the athlete's coach. After the appeals period has passed, the judge's result will stand.
- 1.6.3 All Athletes must have competed at the area competition to be able to compete at nationals.
- 1.6.4 An athlete may compete at Areas without committing him/herself to Nationals. Area competition officers must be informed prior to the Area competition if athletes are not going to be taking their place at Nationals.
- 1.6.5 Age sections may be combined/split at the discretion of the Competition Officer due to the Number of entries for each event.



- 1.6.6 Overall Champions. Athletes must compete in the stated events to qualify for an overall title. These events must be the highest divisions available in their relevant age group. Microtots:- Solo, Dance Twirl and poise, Tiny Tots: Solo, Dance Twirl and Fancy Strut. Juvenile 1 to Senior: - Solo, Two Baton, Dance Twirl and Fancy Strut.
- 1.6.7 Overall Champions will be decided on the accumulated place points across the events stated above. 7 points will be awarded for 1st place, 6 points for 2nd place, 5 points for 3rd place and so on to 7th place. The points awarded to each athlete will be totalled and the athlete with the highest points will be awarded overall champion in their relevant age
- 1.6.8 Ties will only be broken for 1st Place these will be broken by penalties and the Athlete with the least number of penalties will be placed 1st (All penalties will be considered.). If there is still a tie then the points from the judges will be considered. At the British Open if penalties do not break the tie then the judges placing will be considered.
- 1.6.9 DROP Baton contacts the floor - unintentionally - completely free of hand or body contact. In the event that an athlete drops the baton and upon retrieving it fumbles and drops again this shall be considered as 2 drops - Applies to all events.
- 1.6.10 Prior to entry to competition arena, current membership cards OR proof of application must be verified at any Region/Area/National competitions.
- 1.6.11 The BBTSA Rule book is available on the BBTSA website and will be updated with the current version when any new changes are made.
- 1.6.12 THE TOP SEVEN National Medallists in the BEGINNER and NOVICE group will go up a section the following year EXCEPT MICROTOTS & TINY TOTS. In exceptional circumstances the Technical Director will review the section if the judges feel that promotion is not relevant.
- 1.6.13 THE TOP THREE National Medallists in the Intermediate groups will go up the following year. In exceptional circumstances the Technical Director will review the section if the judges feel that promotion is not relevant.
- 1.6.14 For all events with set music judging will stop at the end of the music and anything performed after will not be judged.
- 1.6.15 When an athlete advances into the next age group they take their competition level with them, unless they have been promoted from the previous championships, in which case they take their new level with them.
- 1.6.16 The pre-beginner sections will not be classed as a National Title.
- 1.6.17 Athletes may not compete in the pre-beginner sections of the national championships for more than 1 year.
- 1.6.18 Athletes competing at Pre-Beginner level cannot compete in Two Baton, 3 Baton, Dance, Fancy, or duet.
- 1.6.19 Athletes joining the BBTSA from other twirling associations will compete at the equivalent BBTSA ability level to their current competition level. If an athlete wishes to compete at a lower level, this must first be agreed with the Technical Director and National Competition Officer.
- 1.6.20 Athletes may select a higher level to compete in if they have not won the right to move up.
- 1.6.21 Athletes may not move down a competition level without being granted dispensation by the competition officer and Technical director
- 1.6.22 If entering an event for the first time an athlete must enter the same or one level below their highest event level.
- 1.6.23 If entering duet the athletes must enter the age section of the oldest athlete and ability based on the highest solo level ie. A junior novice soloist competing in duet with a senior advanced soloist means the duet enters senior advanced.
- 1.6.24 For all individual events an athlete must have completed the full grade syllabus as laid out below. All relevant grades for the ability level directly before the level the athlete is competing in must be completed before the area competition and the athlete must be working towards and have passed the relevant grades for the level in which they are competing before 31 December in the year of competition if an athlete wishes to qualify for the National Championships.

# BRITISH BATON TWIRLING SPORTS ASSOCIATION

FOUNDER: AUDREY O'NEILL MBE

PRESIDENT: JOAN FISHER



<b>Competition Ability Level</b>	<b>Must have passed by Area Competition</b>	<b>Must work towards and pass by 31 December in year of competition</b>
Pre-beginner & Micro Tot & Paratwirl	no grade requirements	
Tiny Tot		Tiny Tot grade or Beginner Bronze
Juvenile One Beginner	Tiny Tot grade (if previously competed in Tiny Tots)	Beginner Bronze and Beginner Silver
All other beginner sections	Tiny Tot grade or Beginner Bronze (if previously competed in Juvenile One or Tiny Tots)	Beginner Bronze, Beginner Silver and Beginner Gold
All Novice sections	Beginner Bronze, Beginner Silver and Beginner Gold	Novice Bronze and Novice Silver
All Intermediate sections	Beginner Bronze, Beginner Silver, Beginner Gold, Novice Bronze, Novice Silver	Novice Gold and Intermediate Gold
All Advanced sections	Beginner Bronze, Beginner Silver, Beginner Gold, Novice Bronze, Novice Silver, Novice Gold, Intermediate Gold	Advanced Gold



## **2. GENERAL RULES and PROCEDURES for NATIONAL TEAM EVENTS**

### **2.1 GENERAL RULES AND PROCEDURES**

- 2.1.1 Athletes can compete in more than one team but are not allowed to compete against themselves i.e They can compete in a junior freestyle team and a senior freestyle team, but not 2 junior freestyle teams.
- 2.1.2 If during the performance one or more members leave the floor that team will receive a 20 point penalty. If, however one or more members leaves the floor during the performance leaving less than the minimum required number then the team will be DISQUALIFIED. If the reason for member/s leaving the floor is first aid, there will be NO PENALTY.
- 2.1.3 All team music must be submitted to the Dropbox account designated by the BBTSA. Versions of this music may be changed no later than 10 days before the competition and must be notified to the Competition Director and Dropbox Co-ordinator.
- 2.1.4 Two reserves are permitted, and these must be named on entry.
- 2.1.5 Composite Teams/Groups are allowed at National Championships and British Open. Freestyle/ dance teams to have minimum of 4 members to maximum of 9 (plus 2 reserves).
- 2.1.6 Pom team to have a Minimum of 4 members with maximum of 6. Pom Group to have a minimum of 7 with no Maximum (plus 2 named reserves)
- 2.1.7 Only one standard baton per member to be used for all Twirling events.

### **2.2 MOVEMENT OF ATHLETES TO DIFFERENT AREAS FOR NATIONAL QUALIFICATION**

- 2.2.1 All competition dates, venues, contact person must be with the National competition officer by the date agreed by the NEC for that year of competition- these will then be published on the BBTSA website.
- 2.2.2 If an athlete wishes to compete at another area for qualification purpose or floor time, they must pay the entry fees for the area they are entering. The athlete will not be awarded a place.
- 2.2.3 The Host Area must inform the national competition officer of qualification.

### **2.3 TABULATION**

- 2.3.1 National Title events shall be tabulated using the majority placing system with 3 or 5 judges.
- 2.3.2 British Open tabulation process is per IBTF tabulation system
- 2.3.3 Foundation Cup tabulation is per BBTSA Majority placings and IBTF tabulation for international events.

### **2.4 COSTUMING RULES**

- 2.4.1 There shall be no restrictions on costume choice for any of the events bearing in mind that it should be in good taste and reflect that this is a sport.
- 2.4.2 Jewellery to be worn at athlete's own risk.
- 2.4.3 The use of grip tape is optional. Grip tape can cover up to ½ of the shaft, divided equally from the centre. Grip tape can be applied in solid, striped or spiral fashion. Tape can be of any colour(s). Inside a Pair, Team or Group, the grip tape must be the same.

## **3. BRITISH OPEN ENTRY REQUIREMENTS**

- It is the responsibility of the coach and athlete to enter the appropriate level in the British open based on the athlete's true proficiency of skills and experience. The BBTSA expects that all athletes will respect and honor these levels in order to uphold the integrity of the competition and promote an honest competitive environment. By reviewing the Content Restrictions that are in place, athletes should enter the appropriate level based on their proficiency and competitive achievement. Athletes who compete at higher levels throughout the year in their respective countries, SHOULD NOT have routines "watered-down" in order to meet the content restriction requirement to compete at a lower level competition. Any athlete who has placed in the semi-finals/finals at a World Championship in any discipline may not compete in any B Level discipline at the British open.





- Athletes may compete in any discipline at one level only; A level, B level or Elite

## 4. GENERAL RULES FOR INTERNATIONAL COMPETITIONS-

- Rulebook for all international competitions can be found on the IBTF website

## 5. ENGLISH SELECTIONS FOR WORLD AND EUROPEAN CHAMPIONSHIPS

For England selection rules please refer to the IBTF website.

In addition to IBTF rules:

- Any athlete that enters the English selections to gain experience can indicate this on their application. These athletes will not be considered for selection and this will not impact their level for the British Open
- All freestyles, individuals, pairs, teams and groups entering international competitions must compete at the British Open.
- All freestyle athletes wishing to be considered for Selections must complete their programme at an Area competition.
- All solo, 2 baton, 3 baton, athletes entering international competitions must compete at the National championships.

## 6. PARATWIRL CATEGORY

### 6.1 QUALIFICATION

- 6.1.1 To qualify in the Equality and Diversity classes, the athletes must have a letter of diagnosis or statement of special educational needs – these must be in writing by a health professional/paediatrician and sent to the National Competition officer by the closing date of entry.

### 6.2 DEFINITION

- 6.2.1 Learning Disability - a significantly reduced ability to understand new/complex information or to learn new skills, along with a reduced ability to cope in social situations independently.
- 6.2.2 Physical Disability – a physical disability which impedes an athlete's ability to move or walk in a coordinated way, this also may affect one or more limb. The athlete may require an aid which allows them to move independently

### 6.3 EVENTS

- 6.3.1 Solo Twirl, Dance Twirl, Basic Strut and Poise.  
(The athlete may not compete in the standard class for any event not available in the equality and diversity programme except for team/group events)

### 6.4 RESTRICTIONS

- 6.4.1 All BBTSA General Competition Rules/timings apply except for those listed below:
- As per Beginner for Solo Twirl and Dance Twirl
  - Paratwirl Under 13 will perform to the Junior Dance Music
  - Paratwirl Over 13 will perform to the Senior Dance Music
  - GYMNASTICS are not permitted in any of the Para Twirl Classes.

Event	Category	ParaTwirl
Solo Twirl Dance Twirl	Spins/chaîné turns/pirouette	1 spin/chaîné turn/pirouette Baton: Any release Any reception



## 7. GENERAL TIMING RULES

Age Division	Section	Timing	Event
Under 13 Paratwirl Over 13 Paratwirl	Beginner	0.50 to 1.10	Solo Twirl
Juvenile One, Juvenile Two, Junior One	Pre-Beginner	Maximum 1.0	Solo Twirl
Micro Tots, Tiny Tots,	Beginner	Set Music maximum 1.20	Solo Twirl
ALL	Beginner	Set Music maximum 1.20	Solo Twirl 2 Baton
ALL	Novice	Set Music maximum 1.30	Solo Twirl 2 Baton
ALL	Intermediate Advanced	Set Music Full Duration	Solo Twirl 2 Baton Duet X strut
Tiny Tots, Juvenile 1	Beginner	Set Music maximum 1.20	Duet
Juvenile 2 Junior 1 Junior 2	Beginner / Novice Duet	Set Music maximum 1.30	Duet
Senior	Novice/intermediate	Set Music may use Full Duration	Duet
All age divisions	All Sections	40 seconds	Poise
All age divisions	All sections	First to last note of music	Dance Twirl
All age divisions		No min or max	Fancy Strut
Tiny Tots	All Levels	1.00 – 2.00	Individual Freestyle
Juvenile, Youth and Junior	All Levels	1.30 – 2.00	Individual Freestyle
Senior	Level C	1.30 -2.00	Individual Freestyle
Senior	Level B, A, Elite	2.00 – 2.30	Individual Freestyle
Juvenile, Junior	All Levels	1.30 – 2.00	Freestyle Pairs
Senior	All Level	2.00 – 2.30	Freestyle Pairs
<b>Team Events</b>			
All age divisions			
All sections		Time is from first to last note of music (10 second leeway)	
Freestyle Team			
Age division	Section	Timing	
Juvenile	Novice	Max 2.00	
Junior	Novice	Max 3.30	
Senior	Open		
Dance Teams			
Pre-Juvenile	Beginner	1.00 – 1.30	
Juvenile, Junior, Senior	Beginner/Novice	1.30 – 2.00	
Junior, Senior	Novice, Open	1.30 – 2.30	
<b>Pom Teams/Groups</b>			
All age groups	All sections	Max 2.30	



## 8. AGE DIVISIONS

Individual age determined as on 31st December in the year of the event.

Age Divisions	
All domestic individual events	Age range
Microtots	0 – 5
Tiny Tots	6 – 7
Juvenile 1	8 – 9
Juvenile 2	10 – 11
Junior 1	12 – 14
Junior 2	15 – 17
Senior	18 and Over
Paratwirl Learning and Physical Disability	Under 13
Paratwirl Learning and Physical Disability	13 and over
All Domestic team events	
Pre-Juvenile team	Up to 8 years
Juvenile team	8.1-12
Junior team	12.1-16
Senior team	16.1 and over
British Open events	
Tiny Tots	0-7
Juvenile	8-11
Age 12 and upwards	As per IBTF age divisions
Team Juvenile	
Team 12 and over	As per IBTF age divisions

Team is based on average age -To arrive at the average age, add the years of each member and divide by the total number in the team. For this purpose, it is important to include the correct 2 reserves for each team. Reserves must not alter the division.



## 9. ABILITY LEVELS

Event	Ability	Age Group
Basic Strut	Open	All age groups above
Solo Twirl	Pre-Beg	Juv 1, Juv 2, Jun 1
	Beg	Micro, Tiny, Juv 1, Juv 2, Jun 1, Jun 2, Sen, ParaTwirl
	Nov	Juv 2, Jun 1, Jun 2, Sen
	Int	Jun 1, Jun 2, Sen
	Adv	Jun 2, Sen
	Level C, B, A & Elite offered throughout the year based on IBTF	
	2 Baton	Beg
Nov		Juv 2, Jun 1, Jun 2, Sen
Int		Jun 1, Jun 2, Sen
Adv		Jun 2, Sen
Level C, B, A & Elite offered throughout the year based on IBTF		
Poise	Pre-Beg	Juv 1, Juv 2, Jun 1
	Open	Micro, Tiny, Juv 1, Juv 2, Jun 1, Jun 2, Sen, ParaTwirl
Fancy	Beg	Tiny, Juv 1, Juv 2, Jun 1, Jun 2, Sen
	Nov	Juv 2, Jun 1, Jun 2, Sen
	Int	Jun 1, Jun 2, Sen
	Adv	Jun 2, Sen
Duet	Beg/Nov	Tiny, Juv 1, Juv 2, Jun 1, Jun 2
	Nov/Int	Sen
	Int/Adv	Juv 1, Jun 2,
	Adv	Sen
3 Baton	Open	Youth, Junior, Senior, Adult
Dance Twirl	Beg	Micro, Tiny, Juv 1, Juv 2, Jun 1, Jun 2, Sen, ParaTwirl
	Nov	Juv 2, Jun 1, Jun 2, Sen
	Int	Jun 1, Jun 2, Sen
	Adv	Jun 2, Sen
X Strut	Level B	Youth, junior, Senior, Adult
	Level A	Youth, junior, Senior, Adult
	Elite	Youth, junior, Senior, Adult
Individual Freestyle	Tiny Tots	Level C
	Juvenile	Level C & B
	Youth	Level C & B
	Junior	Level C, B, A & Elite
	Senior	Level C, B, A & Elite

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Freestyle Pair	Juvenile	Level C
	Junior	Level B, Open
	Senior	Level B, Open
Freestyle Team	Open	Juvenile, Junior, Senior, International



## 10. CONTENT RESTRICTION CHART – NATIONAL EVENTS

Event	Category	Beginner	Novice	Intermediate	Advanced
Solo Dance Fancy 2 Baton Duet	Spins/Chainè Turn/Pirouette	Maximum 1 spin/chaîné turn/pirouette  Baton: Any release Any reception	Maximum 2 spin/chaîné turns/pirouettes  Baton: Any release Any reception	Maximum 3 spin/chaîné turns/pirouettes  Baton: Any release Any reception	No restrictions
Solo Dance Fancy 2 Baton Duet	Illusions and Gymnastic moves	As a follow through movement or with full hand material only	Baton may be caught inside gymnastic move i.e. flip catch inside illusion, 1 spin catch inside illusion	1 gymnastic move can be done under an aerial	No restrictions
Event	Category	Pre-Beginner			
Solo Twirl	Other	Full Hand material ONLY – no releases of any kind are allowed			
Solo Twirl	Gymnastics	Not allowed			

Content restrictions for Level C, B & A events			
Level	Spins	Acrobatics	Stationary & Travelling complex
C	1-2 Spins Baton: Releases No Restrictions Reception No Restrictions	Aerial acrobatics are not allowed with or without the toss.	Single Major body move under the toss Baton: Releases No Restrictions Reception No Restrictions Body move must not be a gymnastic move or involve the body going upside down Example of moves NOT allowed Illusion, Cartwheel, Walkover  Moves ALLOWED; Jumps, kicks, leaps
B	Refer to IBTF rulebook on IBTF website		
A	Refer to IBTF rulebook on IBTF website		
<p><b>Combined Levels:</b> If sections are combined, then the higher level becomes the restriction for the combined level. i.e. a combined level of Novice/Intermediate will take the Intermediate Restrictions for the combined level.</p> <p><b>Rolls:</b> Rolls are not restricted at any level, but should progress throughout each level and should be balanced within the level that the athlete is competing in.</p>			



## 11. PENALTIES

Sliding Scale Penalty for Baton Drops			
Individual Events		Team Events	
1 to 3 drops	0.5 penalty point per drop	1 to 6 drops	0.5 penalty point per drop
4 to 5 drops	1.0 penalty point per drop	7 to 10 drops	1.0 penalty point per drop
6+ drops	1.0 penalty point per drop plus 10 further penalty points	11+ drops	1.0 penalty point per drop plus 10 further penalty points

### Paratwirl drop penalty & 3 Baton drop penalty - 0.5 penalty per drop with no sliding scale

Event specific penalties		
Basic Strut	Out of step	1.0 Point
	Off beat	1.0 Point
Fancy strut	Retracing steps	1.0 – 2.0 depending on severity
	Static display	1.0 – 2.0 depending on severity
	Exceeding performance area	10 points (except Tiny tots)
Poise	Over time first 5 secs	0.1
	Overtime 6 secs and over	0.1 per sec plus a 10 penalty (except Paratwirl)
	Twirling in final round	5.0
Pom Strut/Pom Team	Hazardous move	5.0 Points
	Dropped Pom	1.0 Point
British open Level C Freestyle & Pairs	Exceeding material	5.0 Points
British open Level B Freestyle & Pairs	Exceeding material	0.5 points
British open Level A Freestyle	Exceeding material	0.5 points
British Open Individual Freestyle Level C	Deduction per drop from the combined average score	2.0 points
British Open Individual Freestyle Level A and B	Deduction per drop from the combined average score	0.2 points
British Open Individual Freestyle Elite	Deduction per drop from the combined average score	0.2 points
British Open Freestyle Pair and Teams	Deduction per drop from the final combined score	1.0 point



## 12. DEFINITION OF EVENTS

Basic Strut	<p>Basic Strut is a military march in forward motion performed to a continuous marching beat. Emphasis is on correct technique throughout- it is expected that the chin is horizontal to the floor, All age groups will perform a square in anti - clockwise direction for both elimination and final round. 8 counts on each side of the square (32 counts in total). Corners down to own discretion. athletes must be in step with the music, so the left foot hits the heavy beat of the music.</p>
Fancy Strut	<p>Fancy strut is the continual combination of body/dance and baton moves choreographed for their ability to maintain forward motion. The routine must be constructed in a logical manner, showing a good balance of “relevant” material, (material that lends itself to forward motion) performed with strong technique of body and baton which is maintained throughout.</p> <p>Fancy strut should show excellent technique and flexibility of the body, be staged to show beautiful bodylines with head and arms choreographed to compliment the performance.</p> <p>Moves should be a natural blend from one to the other. Smoothness and flow are essential, along with rhythm, timing and pace. The routine should contain good variety, originality and should be of equal tempo throughout. The focus of this event is “forward motion”. Any stationary material will not be credited and will incur additional penalties.</p> <p>Fancy strut must be performed in the shape of a tee pee and should be no larger than an average size badminton court.</p>
Pom Strut	<p>Pom Strut is the continual combination of body/dance and baton moves choreographed for their ability to maintain forward motion. The routine must be constructed in a logical manner and be performed with strong technique of body which is maintained throughout.</p> <p>Pom strut should show excellent technique and flexibility of the body, be staged to show beautiful bodylines with Pom movements choreographed to compliment the performance.</p> <p>The routine should contain good variety, originality and should be of equal tempo throughout. The focus of this event is “forward motion”. Any stationary material will not be credited and will incur additional penalties.</p> <p>Pom strut must be performed in the shape of a tee pee.</p> <p>Pom moves should be selected to incorporate both lower and upper body movements to create effective patterns, pictures with the aim to entertain the Judges and audience.</p> <p>Gymnastic moves are permitted when the athletes supporting hand(s) are not holding poms.</p> <p>Any Hazardous move will incur a penalty.</p>
Poise	<p>The Poise event is designed to develop correct body technique, strength and flexibility of the athlete and to allow for the performance of a variety of movements without the restriction of twirling. It allows the opportunity to promote great body technique, flexibility, posture, flow of movement, the utilisation of space with a combination of all varying dance genres such as ballet, Acro, lyrical, contemporary and many more styles, whilst using the baton only as an extension of the body.</p> <p>The emphasis is on dance combinations allowing the athlete to demonstrate confidence and correct technique of body throughout the choreography.</p> <p>It is athletes that demonstrate great technique, a variety of dance combinations while utilising the space, aesthetically pleasing choreography with fluidity, smooth transitions and confident performance skills that will reflect the artistry of this event.</p> <p>The poise event is designed to be able to use the space provided and should move around the floor.</p>





<p>Solo Twirl</p>	<p>Solo Twirl is the use of the baton to perform great variety and balance of all the three modes of twirling (contact aerals and rolls) whilst demonstrating correct bodywork to highlight the twirling material. Correct technique establishes a basic standard through which we can see good pattern, plane, wrist flexibility, fluidity, clean lines, complete control, accuracy, consistent speed and the ultimate level of excellence. The routine should demonstrate great ambidexterity and use of patterns, with great fluidity smoothness and control. A variety of footwork should be incorporated demonstrating co-ordination of baton and body.</p> <p>Solo Twirl is primarily a stationary event and should not move too much around the floor</p>
<p>2 Baton</p>	<p>2 Baton is the continuous and simultaneous manipulation of 2 batons by one person. It combines a mastery of timing, coordination, concentration, control, dexterity and pattern/plane treatment. 2 Baton should demonstrate balance within all three modes of twirling, but not necessarily the same duration for each mode. Both batons should have constant movement throughout the programme together with consistent revolution and speed. The batons should interrelate throughout the programme, showing variety and originality.</p> <p>2 Baton should show excellent technique of both body and baton together with precise execution of the chosen material.</p> <p>2 batons is primarily a stationary event and should not move too much around the floor</p>
<p>3 Baton</p>	<p>The 3-baton event is the continuous uninterrupted manipulation of 3 batons at the same time by one individual.</p> <p>It combines the techniques and skills of baton twirling along with using” juggling moves”.</p> <p>It develops from the solo twirl, 2 baton and then into the 3-baton event.</p> <p>It demonstrates the mastery of perfect timing, coordination, concentration, control, spatial awareness, and manual dexterity.</p> <p>The 3-baton event is an aerial dominant programme, but should include contact, aerals and rolls with a variety of patterns and planes, forward and reverse direction, releases and receptions.</p> <p><b>THE ATHLETE SHOULD BE ABLE TO “TWIRL” ALL 3 BATONS AND NOT JUST “JUGGLE”</b></p>
<p>Dance twirl</p>	<p>Dance Twirl has been created to enable athletes to demonstrate great variety within dance and baton combinations whilst showing great visual musicality. You should be able to see what you are hearing, and if the music was turned off you should know what the speed, tempo and even style of what the music would be.</p> <p>The Emphasis is on dance and baton combinations that are executed with correct technique and that maintain maximum performance skills throughout the routine.</p> <p>Dance twirl does not expect to see a balance of all three modes, but variety of material performed as dance and baton combinations. Isolated Twirling material performed without dance/footwork will not be credited.</p> <p>Dance Twirl draws on all dance forms that are appropriate to the music, the age and ability of the athlete.</p> <p>It is athletes that demonstrate a variety of dance twirl combinations, good visual musicality, great technique and performance skills combined with a clean and clear logical programme that will really show the full beauty and intricacy of this event.</p> <p>The Dance twirl event is designed to be able to use the space provided and should move around the floor.</p>



<p>Duet</p>	<p>Duet is a twirling performance by 2 athletes each with one standard baton. The focus of the performance is on the synchronisation of 2 athletes performing as one using all the twirling modes of a solo twirl but with the addition of exchanges, transitions, partner sequences and formations. Interaction between the 2 athletes should be included to add interest to the overall visual effect but it must be remembered that the emphasis of duet is on the synchronic twirling and exchanges. In duet both athletes should be of the same level of ability. Technique and presentation skills should be maintained to the highest degree and the athletes should perform a clean, clear and flawless programme in harmony with each other throughout. The duet event can demonstrate both stationary material and use movement to create formations and creativity in duet work.</p>
<p>X Strut</p>	<p>The X-Strut discipline is a unique discipline incorporating movement forms and military style marching with restrictive, yet complimentary, baton work rhythmically executed on a prescribed “X” formation to prescribed march music. The X-Strut discipline is a body dominate discipline that has movement choreography displayed rhythmically enhanced with creative, yet restrictive, baton work that may never leave the hand. Creative and varied passes, slides, loops, swings, etc will act as a “third dimension” to the rhythmically displayed body routine. A variety of leaps, kicks, lunges, spins/turns and poses will complement the fluid choreography along with other appropriate forms of movement skills. Timing and continued rhythmic flow will be seamless and clarity of body and baton is of utmost importance. Proper training and execution of body and baton technique is paramount, and the athlete will display moves that are compatible with the achieved skill set of the athlete. The “X” formation is the staging of the routine with the required 4 basic marching steps to begin the first, second, third, and fifth “legs” of the “X” formation. Timing of the X-Strut routine begins with the first movement and ends with the final salute.</p>
<p>Freestyle Team</p>	<p>The freestyle Team discipline is a group of athletes performing a musically interpretive program showcasing the artistry of choreography via the blending of body and baton to music of choice. a. Blending of the 3 twirl modes both stationary and traveling executed musically with logical and interpretive bodywork. Creativity, artistry and innovation will serve as the motivation of the program. Exchanges and multiple baton work integrated and executed interdependently that aligns with the artistic vision of the program. Performance qualities and “mastery of the message” is inherent within the concept of the choreography. d. Staging, floor coverage, forms and evolution of forms/transitions is the “blueprint” of the program and will be used to showcase blended baton/body skills and conceptual “vision” of the program.</p>
<p>Individual Freestyle</p>	<p>The INDIVIDUAL FREESTYLE discipline is the interpretive performance of an athlete to music of the athlete’s choice, encompassing the 3 twirl modes along with travel complex, all embedded in a program that displays the highest level of achieved technical and artistic skills of the athlete. The Individual Freestyle program is the ultimate display of an athlete’s technical achievements encased in an artistic program that interprets the chosen music with the modes of aeriels, rolls, contact material, and travel complex moves. The program should be balanced appropriately within various musical dynamics of the chosen music. Musicality/Interpretation is a must in order to receive maximum credit for the modes as the musical component distinguishes this discipline from others. The program will be meticulously and logically choreographed with appealing staging, floor coverage and paced disciplines that create a range of dynamic “highs and lows” and theatrics. Execution</p>



<p>Freestyle Pair</p>	<p>The FREESTYLE PAIR discipline is the interpretive performance of two athletes to music of the athletes' choice, encompassing the 3 twirl modes along with travel complex and exchanges, all embedded in a program that displays the highest level of achieved technical and artistic skills of the athletes, reflective of the Freestyle Pair concept. The Freestyle Pair program is the ultimate display of the athletes' technical achievements encased in an artistic program that interprets the chosen music with the modes of aeriels, rolls, contact material, travel complex and exchange moves. The program should be balanced appropriately within various musical dynamics of the chosen music. Musicality/Interpretation is a must in order to receive maximum credit for the modes. The Freestyle Pair should have an interrelationship and interdependency built within the choreography, which is the essence of the discipline. The program will be meticulously and logically choreographed with appealing staging, floor coverage and paced disciplines that create a range of dynamic "highs and lows" and theatrics</p>
<p>Dance Team</p>	<p>A dance team is a group whose entire performance is accompanied by recorded music of their own preference. The routine should incorporate dance steps, or a series correlated with the music, utilising the beauty of leg and footwork, body and baton, free arm and head. It must take into consideration the floor design and combination of baton and material. It should include highs and lows, changes of pace and demonstrate an interrelation of all elements, baton, dance, individual members, and the team as one unit. Emphasis for this event: - MUSICALITY, INTERPRETATIVE TWIRLING AND DANCE COMBINATIONS.</p>
<p>Pom Team</p>	<p>The entire performance is accompanied by a recording of music of their own choice. The routine should be designed to include a variety of manoeuvres and motions using dance and Pom moves that incorporate both lower and upper body movements to create effective patterns, pictures and transitions. Any style of dance may be used the routine should utilise the entire floor space, whilst interpreting the music and entertaining the audience. Every movement should be created with relationship of all members, except when split/separate parts are necessary. The main objective is to entertain the judges and audience. Poms may leave the hand, but most of the routine must be performed with each athlete using a pair of poms in full hand grip. Poms may be placed on the floor or held in 1 hand. Gymnastic moves are permitted when the athletes supporting hand(s) are not holding poms. Athletes may be lifted or supported if anyone lifting or supporting are not holding poms in the same hand as supporting/lifting with- Athletes must be adequately supported. Any Hazardous move will incur a penalty. The above should only be done where the move enhances the routine and adds to the overall performance /creativity / visual effect of the routine bearing in mind that the use of the poms is the focus of the routine.</p>