

2024 Twirl Fest Florida Baton Twirling Championships



January 20, 2024

St. Teresa Catholic School

208 Ojibway Ave.

Titusville, FL 32780

Entry RECEIVED Deadline: Thursday, January 4th, 2024

Mail Entries to: Rhapsody Baton and Dance
C/O Tessah Ceballos
5374 Majestic Oak Circle
St. Cloud, FL 34771

Please do not send entry via any method that requires signature upon delivery

Sanctioned by: The United States Twirling Association
Competition sponsored by: Rhapsody Baton and Dance

Competition Director: Tessah Ceballos *Phone* -321-402-4695 or Tessah22@comcast.net

Directions to St Teresa Catholic School:

From North Florida: Take I-95 South to

Exit 220 (FL-406 Titusville) Turn left onto FL-406/Garden St. Three miles and turn right onto S Hopkins Ave/US-1. Take US-1 for 2.4 mile and turn right onto Ojibway. School will be on the left.

From Orlando: Take FL-528 E/Martin Anderson Beachline Expy/Beachline Expy toward Cocoa/Kennedy Space Center. Merge onto FL-407/Challenger Memorial Pkwy via EXIT 37. Turn right onto Columbia Blvd/FL-405 and after 2 miles merge onto US-1 N/FL-A1A/FL-5/S Washington Ave toward Titusville. After 4 miles, Turn left onto Ojibway Ave. School will be on the left.

From South Florida: Take I-95 North. Take the FL-407 exit, EXIT 212, toward Kennedy Space Center. Turn right onto Columbia Blvd/FL-405 and after 2 miles merge onto US-1 N/FL-A1A/FL-5/S Washington Ave toward Titusville. After 4 miles, Turn left onto Ojibway Ave. School will be on the left.

Host Hotel: TownPlace Suites by Marriott (321) 603-0811
4815 Helen Hauser Blvd, Titusville, FL 32780

Rules and Regulations

1. USTA Judges, rules, and music are used. (Please refer to current "USTA Information, Procedures, and Rules" manual) All "OPEN" unsanctioned events are marked with "*"
2. The competition will be run on a set system.
3. **No late entries will be accepted.** All entries must be **RECEIVED** by January 4th, 2024.
4. **MONEY ORDERS AND CASHIERS CHECKS ONLY** payable to: **Rhapsody Baton. Please remember ALL money orders must be signed when mailed.**
5. All athletes MUST be members of USTA or pay the "Non Member Fee" in order to compete. Include your member number with entry. Every contestant entering a USTA contest, including team members, must have some form of USTA membership or pay the Non-Member Fee. Membership available at: www.ustwirling.com. *Non-Member Fee for this contest is being covered for all Non USTA members by Rhapsody Baton and Dance. *You may only take advantage of Non-Membership competition for one season (Sept. 1 – Aug. 31). This is monitored by USTA.*
6. Contest Director reserves the right to divide or combine age groups as the entries warrant.
7. NO REFUNDS WILL BE GIVEN FOR ANY REASON.
8. Please double check entry for proper age, correct events entered, and that the facility fee is added in entry fee. Errors caused by incorrect information or entry blanks will not be corrected the day of the competition and the athlete or group will not be permitted to perform.
9. Groups will be critiqued on a digital recorder.
10. ABSOLUTELY NO FLASH PHOTOGRAPHY IN THE GYM.
11. USTA, the Contest Director, and the school are not responsible for injuries, or lost or stolen articles.
12. No smoking, vaping and E-Cigarettes in the building.
13. Concessions arrangements have been made for the day of the competition.
14. **AGE RULE: THE CONTESTANT WILL ENTER THE AGE HE/SHE IS AS OF AUGUST 31, 2024.**
15. Novice athletes are those who have won less than 3 competitive first places in a particular event. Beginner athletes have won less than 5 competitive first place awards. Intermediate athletes have won less than 10 competitive first place awards. Advanced athletes have won 10 or more competitive first place awards. Competitive first places are those in which the athlete was in competition against at least one other athlete. Athletes must count first places won at a higher level of competition in total number of wins.
16. Contestants can enter more than one division if they are eligible (i.e. Beg & Int or Int & Adv), but contestants may enter only ONE level above their proficiency level.
17. **ALL CONTEST WINS COUNT, REGARDLESS OF ASSOCIATION.**
(Exception: First place wins with no competition do not count towards progression. In an event where there is only Beginner and Advanced classes, 5 first place wins moves the contestant to the Advanced class. This will also apply to *unsanctioned events.)
18. **Duets/artistic pairs:** List both names, ages, and birthdates. Send as one entry with both fees included.
19. All members of a Tiny Tot Dance Twirl Team must be 7 years of age or under.
20. FACILITY FEES: Each athlete will be charged a \$15.00 facility fee per family. (only one twirler per family pays the facility surcharge fee) There will be NO door fee at the contest.
21. Doors will open at 8:00 AM. Contest begins at 8:30 AM.
22. If you have questions about the competition, please contact **Tessah Ceballos— Phone 321-402-4659 or Tessah22@comcast.net.**
23. **Music-**Music for all groups must be submitted via email to tricia.terrelltm@gmail.com prior to the event (Music Deadline: January 12th) Please bring CD or MP3 as back up.***
24. ***NEW FOR 2024*** See Attached Handout for New USTA Dance Twirl Team Rules and Content Restrictions. Please contact Tessah if you have any questions on entering teams.
25. We highly encourage emailing a copy of your entry to Tessah22@comcast.net

TENTATIVE SCHEDULE FOR SATURDAY, January 20, 8:30 AM

All Groups and Corps, Freestyles, *Show Twirls, Collegiate Event

*Modeling

Basic Strut, Military, *Military Box, Parade March, Presentation,*Open Strut, USTA Strut,

Solo, Two Baton, Three Baton, Duet,

Artistic Twirl, and Artistic Twirl Pairs

EVENTS

Tiny Tot 0-6 Primary 0-9, Juvenile 10-13, Junior 14-17, Senior 18+
(Contest Director reserves the right to divide or combine age groups as the entries warrant)

MODELING/SPECIALTY: (**=non sanctioned)

Twirl Fest Pageant*	Modeling in costume, Strut(f/s, x-strut, or line, basic-Nov), Solo (Solo determines level & tie breaker)
Twirl Fest Strutter*	Modeling in costume, Basic, Military (Military determines level & tie breaker)
TWIRL FEST ALL AROUND CHAMP*	USTA Strut, Solo, & Two Baton (Two baton determines level & tie breaker) The All Around will follow USTA ages 0-9,10-13, 14-17, 18+
Twirl Fest Modeling*	Model with or without a baton & costume. No dress 1:30 max

OTHER INDIVIDUALS:

BASIC STRUT	Nov, Beg, Int, Adv - 32 Count Square
MILITARY	Nov, Beg, Int, Adv - 32 Count L-shaped pattern
MILITARY BOX*	Nov, Beg, Int, Adv- 32 Count Square
PARADE MARCH	Nov, Beg, Int, Adv - 40-count music with 32-count forward progression march beginning on second count of 8
PRESENTATION	Nov, Beg, Int, Adv - 32 Count open pattern
x- Strut/FANCY** or STRAIGHT LINE*	2 ½ min max. (Time after Time music will be used)
USTA STRUT	1 ½ min, USTA Strut Music
TWO BATON	1 ½ min, USTA Solo Music
THREE BATON	1 ½ min, USTA Solo Music
USTA SOLO	1 ½ min for Nov/Beg/Int, USTA Solo Music
USTA SOLO	2 min for Adv, USTA Solo Music
OPEN SOLO*	Nov, Beg, Int, Adv - any upbeat music supplied by director
DUET	1 ½ min BEG/ 2 Min ADV (combined ages)
ARTISTIC TWIRL	avail on ustwirling.com
ARTISTIC TWIRL PAIRS	avail on ustwirling.com
COLLEGIATE EVENT	(Music of twirlers choice)
SHOW TWIRL**	BEG, ADV 2:00 min max. (Music of twirlers choice)

TWIRL FEST FLORIDA- GROUP EVENTS

Tiny Tot 0-6.99 Primary 0-9.99, Juvenile 10-13.99, Junior 14-17.99, Senior 18+ (Combined Average Age of Member)

Trio: 3 Members, Small: 4-8 Members, Large: 9+ Members, *Winter Guard: 4-30 Members, All Corps 10+ members; **Entertainment corps New ages:** Primary/Juvenile-Average Age of 13.9 or younger, Junior/Senior- Average age of 14.0 or older

DANCE TWIRL TEAM	2-3 Minutes (must adhere to new USTA Dance Twirl Team Rules)
	See Attached Handout for New Dance Twirl Team Rules and Content Restriction
*OPEN DANCE TWIRL TEAM	2-3 Minutes
TWIRL TEAM	2-3:30 Minutes
TRIO	2-3 Minutes
PARADE CORPS	2-3 Minutes 1 level
SHOW TEAM	2-3 Minutes -Small: 4-8 members, Large: 9+ members
ENTERTAINMENT CORPS	4-6 Minutes 1 level
ARTISTIC GROUP	Min. of 10 Members
*POM/DANCELINER/SCHOOL TEAM	2-5 Minutes (all members must attend same school for school team) 2-3 min
*WINTERGUARD	4-9 Minutes (Follow WGI and/or FBA rules)
(Have specialty teams not listed? Let us know. We can add them.)	
*CORPS: *Show w/scenery, *Street Parade, *Twirling	

A LIST OF ALL TEAM MEMBERS' NAMES, AGES, BIRTH DATES AND GYM FEE MUST BE SENT WITH TEAM ENTRIES. **EACH TEAM MEMBER MUST ALSO SIGN A PARTICIPATION WAIVER.** YOUR USTA MEMBERSHIP NUMBER OR ORGANIZATIONAL MEMBER NUMBER MUST ALSO BE INCLUDED WITH YOUR ENTRY.

AWARDS

- **Teams:** 1st and 2nd Awards
- **Twirl Fest Events:** 1st- Banner & Special Award, 2nd-5th Awards
- **Individuals:** 1st - Award, 2nd - 3rd Medallions

T-SHIRTS

T-Shirt (pre-order only): \$20 Please circle size(s): YS YM YL AS AM AL AXL AXXL
Total # of T-Shirts: _____ x \$20 → _____

**2024 TWIRL FEST FLORIDA
BATON TWIRLING CHAMPIONSHIPS
INDIVIDUAL ENTRY FORM**

Contestant Name: _____

USTA#: _____ or Check here & for non-member Birthdate: ____/____/____ Age on 08/31/24: _____

Note: Athletes who are not current USTA members will have their non-Member fee paid by Rhapsody Baton..

Address: _____ City: _____ State: _____ Zip: _____

Phone: (____) _____ Email: _____

List all coaches (required to avoid judging conflicts): _____

Primary coach's email: _____ ***Indicates a non-USTA sanctioned event**

EVENTS	*Twirl Fest Pageant Solo, Strut, Modeling. Solo level determines division Novice Pageant: Solo, Basic, Modeling (in costume) \$35.00 Nov. Miss Twirl Fest Beg. Miss Twirl Fest Int. Miss Twirl Fest Adv. Miss Twirl Fest	*Twirl Fest Strutter: Basic, Military and Model in costume (Military determines division): \$30.00 Nov. Twirl Fest Strut Queen Beg. Twirl Fest Strut Queen Int. Twirl Fest Strut Queen Adv. Twirl Fest Strut Queen	*Twirl Fest All Around Champ USTA Solo, USTA Strut, & Two Baton Solo level determines division \$35.00 Beg. Twirl Fest All Around Champ Int. Twirl Fest All Around Champ Adv. Twirl Fest All Around Champ	
	* Modeling (costume) Nov. \$10 Beg. \$10 Adv. \$10	BASIC STRUT Nov. Basic Strut \$10 Beg. Basic Strut \$10 Int. Basic Strut \$10 Adv. Basic Strut \$10	MILITARY "L" STRUT Nov. Military L \$10 Beg. Military L \$10 Int. Military L \$10 Adv. Military L \$10	*MILITARY BOX Nov. Military Box \$10 Beg. Military Box \$10 Int. Military Box \$10 Adv. Military Box \$10
COMPETITIVE	PRESENTATION Nov. Pres. \$10 Beg. Pres. \$10 Int. Pres. \$10 Adv. Pres. \$10	USTA STRUT Nov. USTA Strut \$10 Beg. USTA Strut \$10 Int. USTA Strut \$10 Adv. USTA Strut \$10	*OPEN X-STRUT Nov. Open Strut \$10 Beg. Open Strut \$10 Int. Open Strut \$10 Adv. Open Strut \$10	USTA SOLO Nov. Solo \$10 Beg. Solo \$10 Int. Solo \$10 Adv. Solo \$10
	2-BATON Nov. 2-Baton \$10 Beg. 2-Baton \$10 Int. 2-Baton \$10 Adv. 2-Baton \$10	3-BATON Nov. 3-Baton \$10 Beg. 3-Baton \$10 Int. 3-Baton \$10 Adv. 3-Baton \$10	ARTISTIC TWIRL Nov. Art. Twirl \$10 Beg. Art. Twirl \$10 Int. Art. Twirl \$10 Adv. Art. Twirl \$10	ART. TWIRL PAIRS Nov. (per pair) \$20 Beg. (per pair) \$20 Adv. (per pair) \$20
	*Show Twirl/Novelty Beg. Show Twirl \$15 Adv. Show Twirl \$15	FREESTYLE-critique only Level _____ \$15	USTA Collegiate Collegiate Event \$15 College/University: _____	*OPEN SOLO Nov. Open Solo \$10 Beg. Open Solo \$10 Int. Open Solo \$10 Adv. Open Solo \$10
				PARADE MARCH Nov. Parade \$10 Beg. Parade \$10 Int. Parade \$10 Adv. Parade \$10
				DUET Nov. (per pair) \$20 Beg. (per pair) \$20 Adv. (per pair) \$20

Entry & payment for a pair/duet event should be sent on only one member's entry .

Partner name: _____ Birthdate ____/____/____
Partner name: _____ Birthdate ____/____/____

Judge Voice Critiques Available For The Following Events. Critiques will be emailed to the participant following the event. Critiques are non-competitive. Individual events are \$10.00 each, Duet/Paris are \$20.00 each

USTA Strut Open Strut* USTA Solo Open Solo* 2 Baton 3 Baton Artistic Twirl Artistic Twirl Pairs Duet

CAS	CAS EVALUATIONS**	**CAS Records required to participate in these events. You must bring your USTA record book to the contest.
	Compulsories \$10 Circle level(s): C B BI BII A AA AAA Elite	Check here if your compulsory evaluation is for comments only. (Level should still be circled.) _____
	Movement Tech. \$10 Circle level(s): C B BI BII A AA AAA Elite	
	Short Program (critique) \$10 (Elite level only) # entries: x1 x2	

Individual Entry Fees Due
Competitive Events: _____
CAS Evaluations: _____
T-shirt (pre order only): _____

Non-member fee if you do not have a current USTA membership PD BY Rhapsody Baton.
Contest Facility Fee Surcharge to be paid with entry fees/ NO admission fee at door.

1 Per Family

Facility surcharge: \$15.00

TOTAL DUE: _____

DON'T FORGET TO SIGN HERE BELOW

Waiver/Indemnity of Liability: I agree to assume the risk that may occur to me, my child or my group as a result of participation in a USTA sanctioned event. I further agree to indemnify and hold the SER Baton Council, the United States Twirling Association, Tessah Ceballos, Director, Rhapsody Baton, TWIRLFEST, St. Teresa's Catholic School and their/ its collective agents or employees harmless from any loss they may sustain as a result of injury to me (or my child or my group) as a result of my participation in USTA events. I have read the "Parents/Legal Guardians Responsibilities" and as a condition for the USTA's acceptance of my child's (or my) entry in a USTA event, I agree to abide by and perform each of the duties that are set forth in that statement. FORM MUST BE SIGNED.

SIGNATURE: _____ (Guardian) DATE: _____

*******ENTRY RECEIVED BY DEADLINE JANUARY 4TH, 2024*******

MAIL ENTRIES PAYABLE TO: Rhapsody Baton, 5374 Majestic Oak Circle, St. Cloud, FL 34771

2024 TWIRL FEST FLORIDA BATON TWIRLING CHAMPIONSHIPS
TEAM ENTRY FORM
Saturday, January 20, 2024

1. All entries must be **RECEIVED** by January 4th, 2024. PLEASE DO NOT SEND ENTRY BY ANY METHOD THAT REQUIRES SIGNATURE ON DELIVERY. We highly encourage emailing a copy of your entry to Tessah22@comcast.net

2. **No personal checks accepted. Make Cashier's Checks or Money Orders payable to: RHAPSODY BATON ***SENDER MUST SIGN ALL MONEY ORDERS*****

3. Group entries must include USTA member ID number OR a group /organization membership ID number OR—(non-member fee paid by RHAPSODY BATON)

4. Group entries must include the group roster showing all members' names, ages (as of 08/31/24), birthdates, and name/division of other groups the member will compete in.

5. All coaches must sign a waiver of liability to participate. Group entries should include signed waivers for all members who are not also participating in the individual competition.

Group/Org USTA # _____ Team Director's Name: _____ Name of Group: _____

Address: _____ City: _____

State: _____ Zip code: _____ Email _____

NOTE: Confirmations will only be sent by email AND only if a legible email address is provided.

Phone: _____

List all instructors to avoid judging conflicts. Primary coach name and email: _____

Note: Each group entry requires a separate entry form unless the exact same group is entering more than one division.

COMPETITION TEAMS

Group Name: _____ **Total Average Age (08/31/24)** _____

Title(s) of Musical Selection(s)

\$8.00 per athlete per team

Please select event and Circle age division, team size, and level.

*Open Dance Twirl Team	Age: Tiny Tot Primary Juvenile. Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Dance Twirl Team Level: ELITE	Age: Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Dance Twirl Team Level: AAA	Age: Juvenile Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Dance Twirl Team Level: AA	Age: Tiny Tot Primary Juvenile Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Dance Twirl Team Level: A	Age: Tiny Tot Primary Juvenile Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Dance Twirl Team Level: Novice	Age: Tiny Tot Primary Juvenile Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Twirl Team Level: Elite	Age: Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Twirl Team Level: AAA	Age: Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Twirl Team Level: AA	Age: Juvenile Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Twirl Team Level: A	Age: Primary Juvenile. Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Twirl Team Level: Novice	Age: Primary Juvenile. Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Trio	Level: Beg. Int. Adv. Age: Primary Juvenile. Junior Senior		# of Twirlers: ___x 8.00 = _____
Pom/Danceline	Age: Primary Juvenile. Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Winterguard	Level: Beg. Adv Age: Primary Juvenile. Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
School Team	Age: Elementary Junior Senior College.	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Artistic Group	(One level; content restrictions apply)		# of Twirlers: ___x 8.00 = _____
Show Team	Age: Primary Juvenile. Junior Senior	Size: Small or Large	# of Twirlers: ___x 8.00 = _____
Entertainment Corps	Age: Primary/Juvenile Junior/Senior		# of Twirlers: ___x 8.00 = _____
Parade Corps (One Level)	Age: One age category		# of Twirlers: ___x 8.00 = _____
*Show Corps w/Props & Scenery			# of Twirlers: ___x 8.00 = _____
* Street Parade Corps			# of Twirlers: ___x 8.00 = _____

*** indicates a Non-USTA sanctioned event.**

GROUP ENTRY FEES TEAM FEE SUBTOTAL: _____

***EACH COMPETITOR MUST PAY \$ 15.00 CONTEST/FACILITY SURCHARGE**

Non-Member Fee: Covered by Rhapsody

(If twirler is on more than one team or paid as individual...

please only pay once) No admission fees at the door.

Facility fee # Of Competitors _____ x \$15.00= \$ _____

TOTAL ENTRY DUE: \$ _____

All team participants must have a signed Participant Waiver
at bottom of this page below
DON'T FORGET TO SIGN BELOW!!!

Waiver/Indemnity of Liability: I agree to assume the risk that may occur to me, my child or my group as a result of participation in a USTA sanctioned event. I further agree to indemnify and hold the SER Baton Council, the United States Twirling Association, Tessah Ceballos, Director, Rhapsody Baton, TWIRLFEST, St. Teresa's Catholic School and their/ its collective agents its agents or employees harmless from any loss they may sustain as a result of injury to me (or my child or my group) as a result of my participation in USTA events. I have read the "Parents/Legal Guardians Responsibilities" and as a condition for the USTA's acceptance of my child's (or my) entry in a USTA event, I agree to abide by and perform each of the duties that are set forth in that statement. **FORM MUST BE SIGNED.**

SIGNATURE: _____ (Guardian) DATE: _____

*******ENTRY RECEIVED BY DEADLINE JANUARY 4TH, 2024*******

MAIL ENTRIES PAYABLE TO: Rhapsody Baton, 5374 Majestic Oak Circle, St. Cloud, FL 34771

LIST GROUP MEMBERS - USTA# REQUIRED UNLESS GROUP OR ORG. MEMBERSHIP
or TEAM MEMBER IS MEMBER FOR A DAY

Team/Corps Name: _____ # of Members: _____ # of Alternates: _____

List the name/division of other groups that the members will compete in:

Check one for each member. A signed Participant USTA waiver must be returned for EVERY athlete. Team athletes who are entering individual events should return waivers with individual entry. Waivers for athletes only participating in team events should be returned with team entry.

#	Name (put * by alternates)	Age (08/31/2024)	Birthdate	**USTA # or NM for non-member	Waivers sent w/ind. entry	Waivers incl. w/group entry
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
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12						
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14						
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16						
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21						
22						
23						
24						
25						

**Please write NM for those athletes who are not current USTA members

NEW

USTA Dance Twirl Teams Rules & Content Restrictions



	NOVICE FOF	A FOF	AA FOF	AAA Nationals	ELITE Nationals
	Recreation	Beginner	Intermediate	Advance	Elite
Divisions Offered	Tiny Tot Primary Juvenile Junior Senior	Tiny Tot Primary Juvenile Junior Senior	Tiny Tot Primary Juvenile Junior Senior	Juvenile Junior Senior	Junior Senior
Time Limit	2:00 – 3:00	2:00 – 3:00	2:00 – 3:00	2:00 – 3:00	2:00 – 3:00
Category	Small, Large	Small, Large	Small, Large	Small, Large	Small, Large
Competitive	Yes	Yes	Yes	Yes	Yes
Content Restrictions?	Yes	Yes	Yes	Yes	No
Drop Penalty?	No	No	No	No	No

CONTENT RESTRICTION CHART FOR DANCE TWIRL TEAMS					
CATEGORY	NOVICE Recreation	A Beginner	AA Intermediate	AAA Advance	ELITE
Spins (includes Interrupted Spins when interrupted with a MINOR body move)	<ul style="list-style-type: none"> 1 Spins Releases & Receptions: No Restrictions Baton or Body 	<ul style="list-style-type: none"> 1 -2 Spins Releases & Receptions: No Restrictions Baton or Body 	<ul style="list-style-type: none"> 1-3 Spins Releases & Receptions: No Restrictions Baton or Body 	<ul style="list-style-type: none"> 1-3 Spins Releases & Receptions: No Restrictions Baton or Body 4 Spins Releases & Receptions: Standard, No Restrictions on Body 	<ul style="list-style-type: none"> No Restrictions
Gymnastic Moves (Applicable to All Other Categories)	<ul style="list-style-type: none"> No aerial gymnastics 	<ul style="list-style-type: none"> No aerial gymnastics 	<ul style="list-style-type: none"> No aerial gymnastics 	<ul style="list-style-type: none"> Aerial cartwheels permitted Aerial cartwheels cannot be used in combination with any other body move or itself 	<ul style="list-style-type: none"> No Restrictions
Stationary Complex & Traveling Complex (Includes Interrupted Spins when interrupted with a Major Body Move)	<ul style="list-style-type: none"> None allowed 	<ul style="list-style-type: none"> Single Major Body Move under the toss Releases & Receptions: Releases/Receptions Standard, No Restrictions on Body No Double Element tricks 	<ul style="list-style-type: none"> Single Major Body Move with 1 spin under the toss Releases & Receptions: Releases/Receptions Standard, No Restrictions on Body No Double Element tricks 	<ul style="list-style-type: none"> Single Major Body Move with 2 spins under the toss Releases & Receptions: No Restrictions Baton or Body. Double Major Body Move is allowed under the toss either Stationary Complex or Traveling Complex. Releases & Receptions: No Restrictions Baton or Body. 	<ul style="list-style-type: none"> No Restrictions
Rolls	<ul style="list-style-type: none"> Single element 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) 	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions
Contact Material	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions