

## APPENDIX A: CONTENT RESTRICTIONS NATIONS CUP (ONLY)

| <b>Artistic Pair Content Restrictions</b><br>Acrobatic movements are allowed (considered as major body movements)<br><b>applying to one or all Artistic Pair members</b> |                       |   |
|--|-----------------------|---|
| CATEGORY   | Level B (not offered) | Level A   |
| <b>Spins</b>   |                       | <b>Spins:</b><br><br><b>3 Spin</b> Maximum with no restrictions on release or catch and <b>4 Spin</b> maximum allowed with standard release and catch only.   |
| <b>Aerial Acrobatic</b>  |                       | Aerial cartwheels ONLY (1) under the toss<br><b>Baton</b><br>Releases No Restrictions<br>Reception No Restrictions<br><b>Body</b> <ul style="list-style-type: none"> <li>• Minor body moves on release only are allowed</li> <li>• Reception No Restrictions</li> <li>• Aerial Cartwheels cannot be used in combination with any other body move</li> <li>• No other aerial acrobatics moves allowed</li> </ul> |
| <b>Stationary Complex &amp; Traveling Complex</b>  |                       | Single major body move with 2 spins under toss<br><b>Baton</b><br>Releases No Restrictions<br>Reception No Restrictions<br><br>Double major body move is allowed under the toss, either traveling or stationary.<br><b>No limited number.</b><br><br><b>Baton</b><br>Releases No Restrictions<br>Reception No Restrictions  |
| <b>Rolls</b>   |                       | <ul style="list-style-type: none"> <li>• No Restrictions</li> </ul>   |
| Clarification: Two major body moves are allowed under a toss in Level A. It is NOT allowable to add minor body moves after the toss or before the catch.                 |                       |   |