

APPENDIX A: CONTENT RESTRICTIONS NATIONS CUP (ONLY)

THE FOLLOWING X STRUT CONTENT RESTRICTIONS LISTED HERE ARE FOR ALL LEVELS OF COMPETITION (Level A & World Level):

- **Acrobatic movements are not permitted.**
- **Floor contact with body parts other than the feet is not allowed.**
- **Intentional floor contact with the Baton is permitted.**
- **Tosses/rolls/fingers/any form of releases are not permitted.**

THE FOLLOWING X STRUT CONTENT RESTRICTIONS LISTED HERE ARE FOR LEVEL A ONLY:

Category	Level A
Body movements	<p>Double major body moves executed on one foot ARE permitted (i.e., double illusion or illusion into leg hold, etc.)</p> <p>Triple major body movements executed on one foot or simultaneously ARE NOT permitted stationary or traveling (i.e. triple illusion, illusion into leg hold into another illusion, double leap into illusion without changing support or landing leg etc.)</p> <p>Elements where the balance leg is changed are not restricted.</p> <p>Layback on 1 foot is allowed.</p>
Baton Movements	<p>NOTE: Baton movements are the same regardless of level (A Level or World Level)</p> <p>Refer to the X Strut Concept Summary for complete details.</p>

Clarification: In A level - double major body elements are permitted however, they may not be combined with other major, or minor body elements unless there is a definite halt with both feet on the floor before the next element is performed.

Tips for choreographers regarding spins in X-Strut:

*It is important that choreographers do not over-use elements where a pause after the element could appear abrupt or awkward. Choosing elements that flow together (even with a pause between) will promote smooth and logical transitions. That is key to a successful X strut.