

APPENDIX A: CONTENT RESTRICTIONS NATIONS CUP (ONLY)

Artistic Twirl Content Restrictions Acrobatic movements are allowed (considered as major body movements)		
CATEGORY	Level B	Level A
Spins	<p>Spins:</p> <p>2 Spin Maximum with no restrictions on release or catch and 3 Spin maximum allowed with standard release and catch only.</p>	<p>Spins:</p> <p>3 Spin Maximum with no restrictions on release or catch and 4 Spin maximum allowed with standard release and catch only.</p>
Aerial Acrobatic	<p>Not Allowed with or without the toss.</p>	<p>Aerial cartwheels ONLY (1) under the toss</p> <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body</p> <ul style="list-style-type: none"> • Minor body moves on release only are allowed. • Reception No Restrictions • Aerial Cartwheels cannot be used in combination with any other body move. • No other aerial acrobatics moves allowed
Stationary Complex & Traveling Complex	<p>Single major body move under the toss</p> <p>Baton Releases No Restrictions Reception No Restrictions</p>	<p>Single major body move with 2 spins under toss</p> <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Double major body move is allowed under the toss, either traveling or stationary. No limited number.</p> <p>Baton Releases No Restrictions Reception No Restrictions</p>
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

Clarification: One major body move is allowed under a toss in Level B. 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 at either level.