

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

<b>2 Baton Content Restrictions</b> Acrobatics movements are not permitted.		
Category	Level B	Level A
<b>Spins</b>	1 spin <b>Baton</b> Releases No Restrictions Reception No Restrictions	2 spins <b>Baton</b> Releases No Restrictions Reception No Restrictions
<b>Stationary &amp; Traveling Complex</b>  Acrobatics are not allowed	Single major body under the toss(s)  <b>Baton</b> Releases No Restrictions Reception No Restrictions  Note – open hand releases are considered “Standard”	Single Major Body move with one spin under toss(s) (this is not considered a double element trick)  <b>Baton</b> Releases No Restrictions Receptions No Restrictions  **Double major body move is <b>NOT</b> allowed under the toss, either traveling or stationary
<b>Rolls</b>	No continuous front neck rolls (with or without hands)  No front neck figure 8's  No monster rolls (partial or complete)	Partial monster roll is allowed, making 360-degree rotation around one arm
<b>Contact Material</b>	<ul style="list-style-type: none"> <li>• No Restrictions</li> </ul>	<ul style="list-style-type: none"> <li>• No Restrictions</li> </ul>
<b>**Double Releases</b>	<ul style="list-style-type: none"> <li>• Only two aerial double release allowed</li> </ul>	<ul style="list-style-type: none"> <li>• No Restrictions</li> </ul>
<p><b>Note - spins may be executed under 1 or 2 Batons. This includes both single and double releases, from one or both hands.....high/low, high/high, dual plane, dual pattern, opposition</b></p> <p><b>Note - Body Move may be executed under 1 or 2 Batons. This includes both single and double releases, from one or both hands.....high/low, high/high, high/low, dual plane, dual pattern, opposition.</b></p>		

Clarification: One major body move is allowed under a toss in Level B. \*\*One major body move with one spin is 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.

\*\* Indicates updated Content Restriction from 2023