

DISCIPLINES OF THE INTERNATIONAL BATON TWIRLING FEDERATION



**INTERNATIONAL
BATON TWIRLING
FEDERATION**

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THE SOLO DISCIPLINE

Discipline Description

The solo discipline is a stationary one-baton discipline performed to standard music incorporating the 3 twirl modes of aeriels, rolls, and contact/connecting material.

Discipline Focus

1. Content:

The primary focus of the solo discipline is the representation of the 3 twirl modes, integrated and executed in various planes, patterns and directions with ambidexterity, varied body work enhancements, and an emphasis on continuity, consistency and flow. Difficulty/demand is created through speed, follow through, intricacy, timing and inherent depth of each of the 3 modes represented.

2. Execution:

The skills presented in the solo discipline should be seamless in connection and demonstrate an effortless degree of continuity and flow. Skill and quality of execution through smooth and seamless transitions determine the overall degree of excellence and successful mastery of the program in proportion to the inherent depth of skills presented.

Speed relates to the rate of revolution of the baton in coordination with the motion of the body during the performance. Control and consistency throughout the performance indicates the athlete's authority in regulating the speed and handling of the baton. Revolutions and speed control for the duration of the performance is reflective of the proficiency achievement of the athlete. Rate of revolutions and overall control of the speed is an important indication of the athlete's proficiency achievement.

Presentation qualities of the solo discipline exist in the detailing of facial communication, eye contact, body expressiveness, performance energy, confidence, and a total commitment by the athlete to the program's effectiveness.

THE TWO BATON DISCIPLINE

Discipline Description

The Two Baton discipline is the simultaneous manipulation of two batons by one athlete.

Discipline Focus

1. Content:

The primary focus of the two baton discipline is the representation of the 3 twirl modes (2-baton aerals, 2-baton rolls, 2-baton contact material), integrated and executed in various planes, patterns and directions with ambidexterity, varied body work enhancements, and an emphasis on continuity, consistency and flow. Difficulty/demand is created through the interrelationship and intricacy of the two batons. Multi-patterns, planes, and oppositional direction of the three modes are woven into a “textured” routine where both batons are of equal priority.

2. Execution:

The skills presented in the two-baton discipline should be seamless in connection and demonstrate an effortless degree of continuity and flow with both batons having equal priority. Skill and quality of execution through smooth and seamless transitions will contribute to the overall degree of excellence and successful mastery of the program in proportion to the inherent depth of skills presented.

Speed relates to the consistent rate of revolution of both batons in coordination with the motion of the body during the performance. Control and consistency throughout the performance indicates the athlete’s authority in regulating the speed and handling of the batons. Revolutions and speed control for the duration of the performance is reflective of the two-baton proficiency achievement of the athlete. There is a mastery and authority of the batons in terms of spatial awareness, which is inherent to two-baton training and execution. This authority is a distinguishing factor that yields value to this discipline and makes it different than solo twirling.

Presentation qualities of the two-baton discipline exist in the detailing of control, correct posturing and body enhancements along with performance energy, confidence, and a total commitment by the athlete to the program’s effectiveness.

THE THREE BATON DISCIPLINE

Discipline Description

The Three Baton discipline is the simultaneous manipulation of three batons by one athlete.

Discipline Focus

1. Content:

The primary focus of the three-baton discipline is the representation of the 3-baton aerial mode complimented with rolls and contact material. The bases of the 3-baton aerial mode is represented by various sequences: pendulums in opposition, crescent tosses, box tosses, bowling pins, double/single and single/double tosses, triple tosses, and showers to name a few. Difficulty/demand is created through the interrelationship and intricacy of the three batons. Multi-patterns, planes, and oppositional direction of the three-baton aerial mode are woven into a “textured” routine where all three batons are of equal priority. The modes of rolls and contact material are embedded within the sequences to create depth and thus, create more difficulty/demand.

2. Execution:

The skills presented in the three-baton discipline should be seamless in connection and demonstrate an effortless degree of continuity and flow with all three batons having equal priority. Skill and quality of execution through smooth and seamless transitions will contribute to the overall degree of excellence and successful mastery of the program in proportion to the inherent depth of skills presented. There should be an obvious rhythm of juggling execution that is evident with good quality timing. The quickness of releases and receptions, spatial awareness, and continuity and flow will be a trained technique that substantiates the 3-baton performance.

Control and consistency throughout the performance indicates the athlete’s authority in regulating the flow of the batons. There is a mastery and authority of the batons in terms of spatial awareness, which is inherent to three-baton training and execution. The lack of collecting the batons shows a high proficiency and adds value to the rhythm, continuity and flow.

Presentation qualities of the three-baton discipline exist in the detailing of control, correct posturing and body enhancements along with performance energy, confidence, and a total commitment by the athlete to the program’s effectiveness.

THE X-STRUT DISCIPLINE

Discipline Description

The X-Strut discipline is a unique discipline incorporating movement forms and military style marching with restrictive, yet complimentary, baton work rhythmically executed on a prescribed "X" formation to prescribed march music.

Discipline Focus

1. Content:

The X-Strut discipline is a body dominate discipline that has movement choreography displayed rhythmically enhanced with creative, yet restrictive, baton work that may never leave the hand. Creative and varied passes, slides, loops, swings, etc will act as a "third dimension" to the rhythmically displayed body routine. A variety of leaps, kicks, lunges, spins/turns and poses will compliment the fluid choreography along with other appropriate forms of movement skills. Timing and continued rhythmic flow will be seamless and clarity of body and baton is of utmost importance. Proper training and execution of body and baton technique is paramount and the athlete will display moves that are compatible with the achieved skill set of the athlete. The "X" formation is the staging of the routine with the required 4 basic marching steps to begin the first, second, third, and fifth "legs" of the "X" formation. Timing of the X-Strut routine begins with the first movement and ends with the final salute.

2. Execution:

The skills presented in the X-Strut discipline should be seamless in connection and demonstrate a priority of proper body and baton technique and reflect the prescribed timing responsibility as dictated by the music. Although not musically interpretive, the X-Strut routine must conform to the rhythm, phrasing, and timing structure of the music. The required basic marching steps must be executed beginning with the left foot and accenting the downbeat of the music. When not in basic march mode, the athlete will display a "free form" series of movements that must reflect the beat and rhythm of the music. The athlete will perform with consistent projection, eye contact, confidence and enthusiasm. The entertainment value increases when the athlete is able to draw the audience into the performance with positive energy and excitement.

THE ARTISTIC TWIRL DISCIPLINE

Discipline Description

The Artistic Twirl discipline is the interpretive performance of an individual to a standard musical selection encompassing the technical and artistic blending of the baton and the body, prioritizing a choreographed work that could stand alone as musically reflective.

Discipline Focus

1. Content:

The artistic twirl discipline is a body-dominant discipline that has dance/movement choreography as its base. Embedded within the choreography will be representations of the 3 twirl modes to enhance the choreography. In addition, the “travel mode” will be represented and will enhance the use of space and proper staging, therefore giving the performance depth. A broad base of skills of baton and body with respect to the music will be consistently present. Various “styles” of approach are possible with this discipline. The consistency and detailing of the chosen style should be a common “thread” of connection within the choreography.

2. Execution:

The skills presented in the artistic twirl discipline should be seamless in connection and demonstrate a priority of proper body and baton technique. The base of skills within the choreography should be musical. “Token” moves/sections with little to no regard for the music will receive little to no credit. The artistic twirl routine will be choreographically paced with impact moments, highs and lows, contrasts of dynamic performance qualities, and expression that yields an artistic and entertaining program. The athlete and his/her “characterization” via the routine should embody the essence of the musical composition in phrasing, rhythm, and emotion. If a specific style of movement is selected (ballet, jazz, contemporary, modern, character, for example), the athlete will adhere to that style throughout the performance. The ultimate artistic twirl performance will create an “aura of performance” that transcends a mere demonstration of varied and blended skills into an entertaining art form.

THE ARTISTIC PAIR DISCIPLINE

Discipline Description

The Artistic Pair discipline is the interpretive performance of two athletes to a standard musical selection encompassing the technical and artistic blending of the baton and the body, prioritizing a choreographed work that could stand alone as musically reflective and interdependent on each other.

Discipline Focus

1. Content:

The artistic pair discipline is a body-dominant discipline that has movement choreography as its base motivated by “pair aesthetics”. Embedded within the choreography will be representations of the 3 twirl modes and exchanges to enhance the choreography. In addition, the “travel mode” will be represented and will enhance the use of space and proper staging of the two athletes, therefore giving the performance depth. A broad base of skills of baton and body with respect to the music will be consistently present and each athlete will be dependent on each other to fully present a vision of pair choreography. Various “styles” of approach are possible with this discipline as long as the routine preserves the integrity of the pair discipline.

2. Execution:

The skills presented in the artistic pair discipline should be seamless in connection and demonstrate a priority of proper body and baton technique and reflect a pair “thought process” in concept. The base of skills within the choreography should be musical. “Token” moves/sections with little to no regard for the music will receive little to no credit. The artistic pair routine will be choreographically paced with impact moments, highs and lows, contrasts of dynamic performance qualities, interrelationship, interaction and expression that yields an artistic and entertaining program. The athletes’ and his/her “characterization” via the routine should embody the essence of the musical composition in phrasing, rhythm, and emotion. If a specific style of movement is selected (ballet, jazz, contemporary, modern, character, for example), the athletes will adhere to that style throughout the performance. The ultimate artistic pair will have an innate/trained sense of the partner’s awareness as if they are “communicating” without speaking. The ultimate artistic pair performance will create an “aura of performance” that transcends a mere demonstration of varied and blended skills into an entertaining art form. It will have professional qualities that one would see similar to pair ice dancing or pair ballroom.

THE DUET DISCIPLINE

Discipline Description

The Duet discipline is the simultaneous twirling of two athletes utilizing the 3 twirl modes with the addition of exchanges, multiple baton, interrelated choreography and an interdependent approach, all performed to standard music.

Discipline Focus

1. Content:

The primary focus of the Duet discipline is the execution of the 3 twirl modes of aeriels, rolls, and contact material with the added demands associated with the team discipline including exchanges, multiple baton work, movement, synchronicity, layered elements, all in partnership and interdependent on each other. The program will be seamless in connection and the athletes will demonstrate an equal and compatible skill set. Working together to convey one unified concept is key.

2. Execution:

The skills presented in the Duet discipline should demonstrate a priority of proper body and baton technique and reflect the idea of “two twirling as one” both in synchronicity and multi-textured disciplines within the choreography. Although the Duet discipline is not a musically interpretive discipline per say, it is, however, a program that demonstrates timing, rhythm, uniformity, coordination and unison, all inherent within the choreography and skill set of the athletes. The 3 twirl modes, along with exchanges, are seamlessly connected with the interdependence of correct technique, proper staging to best showcase the skills, and fluid movement in transitions. Expressively, the duet will utilize the elements of facial communication, both with the audience/judges and appropriately with each other, body details that enhance the aesthetics of the work, and a confident aura over the performance.

THE TWIRLING TEAM DISCIPLINE

Discipline Description

The Twirling Team discipline is a group of athletes performing a unified, rhythmic and timing-based program showcasing the three twirl modes and exchanges to a prescribed standard musical selection (presently “Gloria”).

Discipline Focus

1. Content:

- a. Variety and Difficulty of the 3 twirl modes both stationary and traveling executed by all members equally.
- b. Exchanges, form changes, and multiple baton work integrated and executed interdependently.
- c. Unity of style and execution of all members is paramount.

2. Execution:

The skills presented in the twirling team discipline should be seamless in connection, demonstrating a priority of proper body and baton technique and reflecting the 3 twirl modes in concept.

The base of skills within the choreography should be rhythmic and conform to the timing considerations of the music. The program has an emphasis on musical timing and not interpretation as an Artistic Team or Freestyle Team would. Trained and unified baton skills with complimentary bodywork are paramount.

The Twirling Team should appear to twirl and move as “one” which stems from trained baton, body, and teamwork skills.

The Twirling Team routine will be choreographically paced with impact moments, highs and lows, contrasts of dynamic performance qualities, interrelationship, interaction and expression that yields quality handling and depth of baton skills that has an aesthetic result in performance.

THE ARTISTIC TEAM DISCIPLINE

Discipline Description

The Artistic Team discipline is a group of athletes performing a musically interpretive program showcasing the artistry of choreography via the blending of body and baton to music of choice.

Discipline Focus

1. Content:

- a. Blending of the 3 twirl modes both stationary and traveling executed musically with logical and interpretive bodywork. Creativity, artistry and innovation will serve as the motivation of the program.
- b. Exchanges and multiple baton work integrated and executed interdependently that aligns with the artistic vision of the program.
- c. Performance qualities and “mastery of the message” is inherent within the concept of the choreography.
- d. Staging, floor coverage, forms and evolution of forms/transitions is the “blueprint” of the program and will be used to showcase blended baton/body skills and conceptual “vision” of the program.

2. Execution:

The skills presented in the artistic team discipline should be seamless in connection, demonstrating a priority of proper body and baton technique, reflecting the modes and exchanges within the Artistic Team concept.

The base of body and baton skills within the choreography should share equal emphasis, one not over-shadowing the other. The program has an emphasis on musical interpretation via baton and body that results in a “message” that is complete and comprehensible. The program and athletes should be “one” with the music with their prescribed characterization ever-present.

The Artistic Team routine will be choreographically paced with impact moments, highs and lows, contrasts of dynamic performance qualities, interrelationship, interaction and expression that yields quality artistic approaches with the body and baton simultaneously.

THE TWIRLING CORPS DISCIPLINE

Discipline Description

The Twirling Corps discipline is a group of athletes performing a musically rhythmic and/or interpretive program showcasing twirling, maneuvering, and bodywork that results in visual effectiveness of quality precision and unison of the trained skills.

Discipline Focus

1. Content:

- a. Trained and quality baton handling, exchanges, and movement are the emphasized components of this discipline. Multiple baton, though not required, can enhance the depth of baton content credit when completed by a minimum of 12 members
- b. Precision, unison, and teamwork are paramount.
- c. Performance qualities and mastery of the trained skills will yield the highest level of general effect.
- d. Staging, floor coverage, forms and evolution of forms/transitions is the “blueprint” of the program and will be used to showcase a controlled and uniform display of baton and body skills.

2. Execution:

The skills presented in the twirling corps discipline should be seamless in connection, demonstrating a priority of proper body and baton technique, reflecting the modes and exchanges within the Twirling Corps concept.

The program has an emphasis on twirling in unison with limited use of featured athletes or vignettes. The program and athletes should be “one” with their timing responsibilities and demonstrate a uniform approach to execution.

The Twirling Corps routine will be choreographically paced with impact moments, highs and lows, contrasts of dynamic performance qualities, interrelationship, interaction and expression that yields quality entertainment value via an authoritarian approach of baton and body skills.

THE ARTISTIC GROUP DISCIPLINE

Discipline Description

The ARTISTIC GROUP discipline is an ensemble of baton twirling athletes that prioritizes EFFECT and ENTERTAINMENT as the cornerstone for the discipline. The Artistic Group achieves this through the use of effective characterization, interesting staging, creativity, artistic detailing, and a keen sense of musical interpretation, all interlaced to create an entertaining production value.

Discipline Focus

1. Content: Captions

- a. General Effect: is worth 40 points. "GE" is how the athletes "bring the show to life." Important GE components include characterization, visual perfection, surprise and/or clever moments, emotion, musicality and audience reaction/engagement.
- b. Design/Choreography: is worth 30 points. This is the "blueprint" of the program and relies heavily on the designer's ability to stage and choreograph for success. The "written" program is assessed via geometric drills/movement/floor coverage and body and baton vocabulary.
- c. Body: is worth 15 points. This is a quality of the body vocabulary used to enhance the program. The technique development of the body as well as the range and depth of body elements are considered in this caption.
- d. Baton: is worth 15 points. This is a unique caption for the Artistic Group discipline as it is NOT judged based on content or demand. Here, the baton is assessed as only a complimentary enhancement to the program. Content restrictions limit the use of "tricks". Creative shapes as a third dimension of the body should be the focus of the baton caption. Timing, consistency, uniformity and overall perfection are paramount.

2. Execution:

The skills presented in the Artistic Group discipline should be seamless in connection, demonstrating perfection and uniformity throughout. The Artistic Group will perform as "one" with the music and be always visually effective.

The program has an emphasis on ENTERTAINMENT and will be accessible and appealing to a vast audience. MANY approaches of entertainment are possible and all are potentially successful. Creativity and originality should be the motivation of the Artistic Group programs.

THE INDIVIDUAL FREESTYLE DISCIPLINE

Discipline Description

The INDIVIDUAL FREESTYLE discipline is the interpretive performance of an athlete to music of the athlete's choice, encompassing the 3 twirl modes along with travel complex, all embedded in a program that displays the highest level of achieved technical and artistic skills of the athlete.

Discipline Focus

1. Content:

The Individual Freestyle program is the ultimate display of an athlete's technical achievements encased in an artistic program that interprets the chosen music with the modes of aeriels, rolls, contact material, and travel complex moves.

The program should be balanced appropriately within various musical dynamics of the chosen music. Musicality/Interpretation is a must in order to receive maximum credit for the modes as the musical component distinguishes this discipline from others.

The program will be meticulously and logically choreographed with appealing staging, floor coverage and paced disciplines that create a range of dynamic "highs and lows" and theatrics.

2. Execution:

The skills presented in the individual freestyle discipline should be seamless in connection and demonstrate a priority of proper body and baton technique, all with a musical sense and artistic approach. "Token" moves/sections with little to no regard for the music will receive little to no credit for it is the "layering" of the technical moves WITH the artistry that yields the greatest amount of value.

Technical skills within the modes are derived from quality and proper training/technique of baton and body. The simultaneous blending of baton and body is a priority.

Total control and maintenance of technical and artistic skills gives the athlete a professional "look" that transcends from athleticism to art.

THE FREESTYLE PAIR DISCIPLINE

Discipline Description

The FREESTYLE PAIR discipline is the interpretive performance of two athletes to music of the athletes' choice, encompassing the 3 twirl modes along with travel complex and exchanges, all embedded in a program that displays the highest level of achieved technical and artistic skills of the athletes, reflective of the Freestyle Pair concept.

Discipline Focus

1. Content:

The Freestyle Pair program is the ultimate display of the athletes' technical achievements encased in an artistic program that interprets the chosen music with the modes of aeriels, rolls, contact material, travel complex and exchange moves.

The program should be balanced appropriately within various musical dynamics of the chosen music. Musicality/Interpretation is a must in order to receive maximum credit for the modes. The Freestyle Pair should have an interrelationship and interdependency built within the choreography, which is the essence of the discipline. The program will be meticulously and logically choreographed with appealing staging, floor coverage and paced disciplines that create a range of dynamic "highs and lows" and theatrics.

2. Execution:

The skills presented in the freestyle pair discipline should be seamless in connection and demonstrate a priority of proper body and baton technique. It is crucial that there be an interrelationship and interdependency, all with a musical sense and artistic approach. "Token" moves/sections with little to no regard for the music will receive little to no credit for it is the "layering" of the technical moves WITH the artistry and interrelationship that yields the greatest amount of value.

Technical skills within the modes are derived from quality and proper training/technique of baton and body. The simultaneous blending of baton and body is a priority. The Freestyle Pair conveys one collective and coordinated "message" and image via pair skills and integrity of programming.

Total control and maintenance of technical and artistic skills gives the athlete a professional "look" that transcends from athleticism to art.

THE FREESTYLE TEAM DISCIPLINE

Discipline Description

The Freestyle Team discipline is a group of athletes performing a musically interpretive program showcasing the artistry of choreography via the blending of a sophisticated depth of body and baton to music of choice.

Discipline Focus

1. Content:

- a. Blending of in-depth and highest level of achievement of the 3 twirl modes both stationary and traveling, executed musically with logical and interpretive bodywork. Creativity, artistry and innovation will serve as the motivation of the program.
- b. Exchanges and multiple baton work integrated and executed interdependently and with intricacy that aligns with the artistic vision of the program.
- c. Performance qualities and “mastery of the message” is inherent within the concept of the choreography with a performance “aura” of the highest level.
- d. Staging, floor coverage, forms and evolution of forms/transitions is the “blueprint” of the program and will be used to showcase a sophisticated display a blended baton/body skills and conceptual “vision” of the program.

2. Execution:

The skills presented in the freestyle team discipline should be seamless in connection, demonstrating a priority of proper body and baton technique, reflecting the modes and exchanges within the Freestyle Team concept.

The base of body and baton skills within the choreography should share equal emphasis, one not over-shadowing the other. The program has an emphasis on musical interpretation via baton and body that results in a “message” that is complete and comprehensible. The program and athletes should be “one” with the music with their prescribed characterization ever-present.

The Freestyle Team routine will be choreographically paced with impact moments, highs and lows, contrasts of dynamic performance qualities, interrelationship, interaction and expression that yields quality artistic approaches with the body and baton simultaneously.