

9. APPENDIX A- CONTENT RESTRICTIONS

APPENDIX A: CONTENT RESTICTIONS NATIONS CUP (ONLY)

Solo Content Restrictions		
A maximum of only 2 acrobatic movements are allowed, with or without a toss		
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>
ACROBATICS	<p>A Single acrobatic movement under the toss for a maximum of 2 (only) acrobatic movements Aerial acrobatics are not allowed with or without the toss.</p> <p>Baton Releases No Restrictions Receptions No Restrictions</p>	<p>A maximum of only 2 acrobatic movements are allowed, with or without a toss. The 2 movements may be combined, or the two moves may be done separately. Only one aerial cartwheel is permitted if selected as one of the 2 acrobatic moves permitted.</p> <p>Other Double major body moves are also allowed under a toss, either traveling or stationary Baton Releases No Restrictions Receptions No Restrictions</p>
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 moves 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 Baton Releases No Restrictions Receptions 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
Contact Material	<ul style="list-style-type: none"> • No Restrictions 	<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.

APPENDIX A: CONTENT RESTRICTIONS NATIONS CUP (ONLY)

2 Baton Content Restrictions Acrobatics movements are not permitted.		
Category	Level B	Level A
Spins	1 spin Baton Releases No Restrictions Reception No Restrictions	2 spins Baton Releases No Restrictions Reception No Restrictions
Stationary & Traveling Complex Acrobatics are not allowed	Single major body under the toss(s) Baton 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) Baton Releases No Restrictions Receptions No Restrictions **Double major body move is NOT allowed under the toss, either traveling or stationary
Rolls	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
Contact Material	<ul style="list-style-type: none"> • No Restrictions 	<ul style="list-style-type: none"> • No Restrictions
**Double Releases	<ul style="list-style-type: none"> • Only two aerial double release allowed 	<ul style="list-style-type: none"> • No Restrictions
<p>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</p> <p>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.</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

APPENDIX A: CONTENT RESTRICTIONS NATIONS CUP (ONLY)

3 Baton Content Restrictions Acrobatics movements are not permitted		
Category	Level B (not offered)	Level A
Spins		** 1 spin Baton Releases No Restrictions Reception No Restrictions
Stationary/Traveling Complex Acrobatic are not allowed		** Single Major Body move only allowed under toss(s). Baton Releases No Restrictions Reception No Restrictions Double Element Tricks are NOT allowed Acrobatics are not allowed
Rolls		Partial monster roll is allowed, making 360-degree rotation around one arm
Contact Material		No Restrictions
Triple Tosses		** Two sequential triple tosses allowed (either basic or high triple tosses) Baton Releases No Restrictions Reception No Restrictions
<p>**NOTE: Definition of a Triple Toss - A Triple Toss may be executed in two ways:</p> <p>Sequential Triple Toss - the execution of 3 Batons released sequentially (one at a time) into the air before one of the 3 Batons is caught. Catches may be in any order. Basic Triple Toss - Medium, low, high. High Triple Toss - high, high, high Simultaneous Triple Toss - the execution of 3 Batons released simultaneously (together), into the air before one of the 3 Batons is caught. Catches may be in any order.</p>		

**One major body move is allowed under a tosses in Level A. It is NOT allowable to add minor body moves after the toss or before the catch at either level.

**Indicates updates in Content Restrictions from 2023.

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.

APPENDIX A: CONTENT RESTRICTIONS NATIONS CUP (ONLY)

Duet Content Restrictions Acrobatics movements are not permitted. applying to one or all Duet members		
Category	Level B	Level A
Spins	Spins: 2 Spin Maximum with no restrictions on release or catch and 3 Spin maximum allowed with standard release and catch only.	Spins: 3 Spin Maximum with no restrictions on release or catch and 4 Spin maximum allowed with standard release and catch only.
Stationary & Traveling Complex Acrobatics are not allowed	Single major body move under the toss Baton Releases No Restrictions Reception No Restrictions	Single major body move with 2 spins under the toss Baton Releases No restrictions. Reception No Restrictions Double major body moves are allowed under the toss, either stationary or traveling Baton Releases No Restrictions Reception No Restrictions Triple Major body moves are NOT allowed, either Stationary or Travelling.
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.

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.

APPENDIX A: CONTENT RESTRICTIONS NATIONS CUP (ONLY)

Artistic Pair Content Restrictions Acrobatic movements are allowed (considered as major body movements) applying to one or all Artistic Pair members		
CATEGORY	Level B (not offered)	Level A
Spins		Spins: 3 Spin Maximum with no restrictions on release or catch and 4 Spin maximum allowed with standard release and catch only.
Aerial Acrobatic		Aerial cartwheels ONLY (1) under the toss Baton Releases No Restrictions Reception No Restrictions Body <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		Single major body move with 2 spins under toss Baton Releases No Restrictions Reception No Restrictions Double major body move is allowed under the toss, either traveling or stationary. No limited number. Baton Releases No Restrictions Reception No Restrictions
Rolls		<ul style="list-style-type: none"> • No Restrictions
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.		

APPENDIX A: CONTENT RESTRICTIONS NATIONS CUP (ONLY)

DanceTwirl Team Content Restrictions applying to one or all team members		
Acrobatic movements are allowed (considered as major body move)		
CATEGORY	Level B	Level A
Spins	<ul style="list-style-type: none"> • 1 -2 spins <p>Baton Releases No Restrictions Reception No Restrictions</p>	<ul style="list-style-type: none"> • 1 - 3 spins <p>Baton Releases No Restrictions Reception No Restrictions</p>
Aerial Acrobatics (considered major body moves)	<ul style="list-style-type: none"> • Not allowed with or without toss 	<ul style="list-style-type: none"> • Not allowed with or without toss
Stationary Complex & Traveling Complex	<ul style="list-style-type: none"> • Single major body move under the toss <p>Baton Releases No Restrictions Reception No Restrictions</p>	<ul style="list-style-type: none"> • Single major body move with 1 spin under toss <p>Baton Releases No Restrictions Reception No Restrictions</p>
Double Element Tricks	<ul style="list-style-type: none"> • Not Allowed under the toss 	<ul style="list-style-type: none"> • Not Allowed under the toss
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
Contact Material	<ul style="list-style-type: none"> • No Restrictions 	<ul style="list-style-type: none"> • No Restrictions

Clarification: One major body move is allowed under a toss in Level B.
One major body moves 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.

APPENDIX A: CONTENT RESTRICTIONS NATIONS CUP (ONLY)

Twirl Team Content Restrictions applying to one or all team members Acrobatic movements are not permitted.		
CATEGORY	Level B	Level A
Spins	<ul style="list-style-type: none"> • 1 -2 spins <p>Baton Releases No Restrictions Reception No Restrictions</p>	<ul style="list-style-type: none"> • 1 - 3 spins <p>Baton Releases No Restrictions Reception No Restrictions</p>
Stationary Complex & Traveling Complex	<ul style="list-style-type: none"> • Single major body move under the toss <p>Baton Releases No Restrictions Reception No Restrictions</p>	<ul style="list-style-type: none"> • Single major body move with 1 spin under toss <p>Baton Releases No Restrictions Reception No Restrictions</p>
Double Element Tricks	<ul style="list-style-type: none"> • Not Allowed under the toss 	<ul style="list-style-type: none"> • Not Allowed under the toss
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
Contact Material	<ul style="list-style-type: none"> • No Restrictions 	<ul style="list-style-type: none"> • No Restrictions

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.

APPENDIX A: CONTENT RESTRICTIONS NATIONS CUP (ONLY)

Artistic Team Content Restrictions applying to one or all team members		
Acrobatic movements are allowed (considered as major body move)		
CATEGORY	Level B	Level A
Spins	<ul style="list-style-type: none"> • 1 -2 spins <p>Baton Releases No Restrictions Reception No Restrictions</p>	<ul style="list-style-type: none"> • 1 - 3 spins <p>Baton Releases No Restrictions Reception No Restrictions</p>
Aerial Acrobatics (considered major body moves)	<ul style="list-style-type: none"> • Not allowed with or without toss 	<ul style="list-style-type: none"> • Not allowed with or without toss
Stationary Complex & Traveling Complex	<ul style="list-style-type: none"> • Single major body move under the toss <p>Baton Releases No Restrictions Reception No Restrictions</p>	<ul style="list-style-type: none"> • Single major body move with 1 spin under toss <p>Baton Releases No Restrictions Reception No Restrictions</p>
Double Element Tricks	<ul style="list-style-type: none"> • Not Allowed under the toss 	<ul style="list-style-type: none"> • Not Allowed under the toss
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
Contact Material	<ul style="list-style-type: none"> • No Restrictions 	<ul style="list-style-type: none"> • No Restrictions

Clarification: One major body move is allowed under a toss in Level B. One major body moves 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.

APPENDIX A: CONTENT RESTRICTIONS WORLD CHAMPIONSHIP (ONLY)

Artistic Group Content Restrictions	
CATEGORY	One level Only
Spins	<ul style="list-style-type: none"> • 1-2 spins <p>Baton Releases No Restrictions Reception No Restrictions</p>
Aerial Acrobatic	Not allowed with or without toss
Stationary Complex & Traveling Complex	<ul style="list-style-type: none"> • Single major body move under the toss <p>Baton Releases No Restrictions Reception No Restrictions</p>
Double Element Tricks	Not Allowed under the toss
Rolls	<p>No continuous front neck rolls (with or without hands) No front neck figure 8's No monster rolls (partial or complete)</p>
Contact Material	No Restrictions

Clarification: One major body move is allowed. It is NOT allowable to add minor body moves after the toss or before the catch.

TWIRLING CORPS

ACROBATIC MOVEMENTS ARE NOT PERMITTED
applying to one or all Corps members

10. PENALTIES

The WBTF or WFNBT A base score is normalized in the tabulation program to a 10-point value. (e.g.: For the individual disciplines of Solo, 2 Baton, and 3 Baton a score on a 100-point scale is converted to a 10-point scale.) See the IBTF Competition 'Policy Handbook for all detailed information related to penalties.

Penalty	Description	Deduction
DROP OR A FALL Solo, 2 Baton, 3 Baton, Artistic Twirl and Artistic Pair disciplines	A (0.1) penalty per drop or fall will be deducted from each judge's score by the Penalty judge. Tabulation converts the penalty from a 100 pt. Scale to a 10 point scale to normalize the penalty to 0.1 pt.	0.1 pts.per infraction (Deducted from each Judges Score)
DROP OR A FALL X-Strut, Duet, DanceTwirl Team, Twirl Team, Artistic Team and Artistic Group disciplines	A (1.0) penalty per drop or fall deducted from each judges score by the Penalty judges from a 100 pt. Scale.	1.0 pts. per infraction (Deducted from each Judges Score)
DROP OR A FALL Twirling Corps	A (0.5) penalty per drop or fall deducted from each judges score by the Penalty judges on a 100 pt. Scale.	0.5 pts per infraction. (Deducted from each Judges Score)
TIMING PENALTY – DanceTwirl Team, Artistic Team & Artistic Group	Undertime/Overtime - 5 pts (deducted from each Judge's Score)	5.0 pts per infraction. (Deducted from each Judges Score)
TIMING PENALTY – Twirl Team	Overtime. Timing & judging will start on the first salute and end on the final salute being shown.	0.1 pt per second (Deducted from each Judges Score)
TIMING PENALTY – Twirling Corps	Overtime. Timing & judging will start on the first note of the music and end on the last note of music.	0.1 pt per second (Deducted from each Judges Score)
TWIRLING TIME PENALTY Twirling Corps	Undertime: 0.1 penalty per second undertime (deducted from each Judge's Score)	0.1 pt per second (Deducted from each Judges Score)
FAILURE TO SALUTE at the beginning and/or the end of the performance.in Twirl Team	A 0.5 pt. deduction per infraction will be deducted from each judge's score by the Penalty judges from a 100 pt. Scale.	0.5 pts per infraction (Deducted from each Judges Score)
FAILURE TO SALUTE at the beginning and/or the end of the performance.in X-Strut	A 1.0 pt. deduction per infraction will be deducted from each judge's score by the Penalty judge. from a 100 pt. Scale.	1.0 pt.per infraction (Deducted from each Judges Score)
Penalties specific to X-Strut for the following:	A 0.5 pt. deduction per infraction will be deducted from each judge's score by the Penalty judge from a 100 pt. Scale for the following: <ul style="list-style-type: none"> • Out of Step • Twirling (per violation) • Omitted basic strut per section. • Floor contact of Baton or body • Performing after final salute • Improper salute 	0.5 pts per infraction (Deducted from each Judges Score)

PENALTIES (CONTINUED)		
Penalties specific to X-Strut for Incorrect Floor Pattern.	A 1.0 pt. deduction per infraction will be deducted from each judge's score by the Penalty judge. from a 100 pt. Scale.	1.0 pt. per infraction (Deducted from each Judges Score)
NATIONS CUP IBTF - RESTRICTED CONTENT for Solo, 2 Baton, 3 Baton, Artistic Twirl and Artistic Pair disciplines	A 1.0 pt. deduction per infraction from each judge's score by the Penalty judge. Tabulation converts the penalty from a 100 pt. Scale to a 10-point scale to normalize the penalty to 1.0 pt.	1.0 pt. per infraction (Deducted from each Judges Score)
NATIONS CUP WFNBTA - RESTRICTED CONTENT For Duet, and X- Strut disciplines	A 10-point deduction per infraction per judge will be assessed for including material that violates the written content restrictions on a 100-point scale.	10 pt. per infraction (Deducted from each Judges Score)
NATIONS CUP RESTRICTED CONTENT DanceTwirl Team, Artistic Team, Twirl Team	A 10-point deduction per infraction per judge for including material that violates the written content restrictions on a 100-point scale.	10 pts. per infraction (Deducted from each Judges Score)
WORLD CHAMPIONSHIP RESTRICTED CONTENT for Twirling Corps	A 10-point deduction per infraction per judge will be assessed for including material that violates the written content restrictions on a 100-point scale.	10 pts. per infraction (Deducted from each Judges Score)
WORLD CHAMPIONSHIP RESTRICTED CONTENT for Artistic Group Corps ONLY	A 10-point deduction per infraction from the gross score for including material that violates the written content restrictions on a 100-point scale.	10 pts. per infraction (Deducted from the gross Score)
ACROBATIC MOVES All levels	NOTE for Clarification: December 2022 The penalty for executing more acrobatic moves than what is allowed in the rules for any discipline is considered a content restriction and will be assessed a 10-point penalty per judge on the 100-point scale and a 1.0 point penalty per judge on the 10-point scale.	See 11. ACROBATIC CONTENT RESTRICTIONS
COSTUME / FOOTWEAR / EQUIPMENT FAILURE - All Events	The Technical Advisor or the Judges' Chair may stop the competition for reasons listed under the header on the Timing/Penalty Sheet	--
LEAVING THE FLOOR - Unsportsmanlike Behavior	Any athlete(s) leaving the floor, before or after the end of the music has been reached due to an unsportsmanlike attitude of disgust, anger, disappointment, unprofessionalism, etc. is cause for DISQUALIFICATION (NO score). The assessment of the technical/judges chairs as to which type of departure is taken should be their decision.	DISQUALIFICATION (NO score)
REGULATION OF BATON APPARATUS	A 10-point deduction from each judges' score for non-conformance of using a standard Baton. See Baton definition on page 22.	1.0 point penalty per judge on the 10-point scale. 10.0 point penalty per judge on the 100-point scale
ROsin, POWDER, CHALK OR LIQUIDS TO ABSORB MOISTURE ON HANDS	The use of rosin, powders, chalk or other substances are permitted as long as they are not released onto the competition floor. The use of these substances must not become a danger for the following competing athletes. If any substance used on the hands leaves residue on the floor, a penalty will be assessed. Floor monitors will check the athletes' hands before entering the floor and if there are visible traces on the floor, the penalty will be applied.	1.0 point penalty per judge on the 10-point scale. 10.0 point penalty per judge on the 100-point scale