

CONTENT RESTRICTION CHART

Freestyle

CATEGORY	Level C	Level B	Level A	Elite
Spins	<p>1 Spins</p> <p>Baton</p> <p>Releases No Restrictions</p> <p>Receptions No Restrictions</p> <p>Body</p> <p>Releases No Restrictions</p> <p>Receptions No Restrictions</p> <p>2 Spins</p> <p>Baton</p> <p>Standard Release</p> <p>Standard Reception</p> <p>Body</p> <p>No Restrictions</p>	<p>1-2 Spins</p> <p>Baton</p> <p>Releases No Restrictions Reception No Restrictions</p> <p>Body</p> <p>Releases No Restrictions Reception No Restrictions</p> <p>3 Spins</p> <p>Baton</p> <p>Standard Release Standard Reception</p> <p>Body</p> <p>No Restrictions</p>	<p>1-2-3 Spins</p> <p>Baton</p> <p>Releases No Restrictions</p> <p>Reception No Restrictions</p> <p>Body</p> <p>Releases No Restrictions Reception No Restrictions</p> <p>4 Spins</p> <p>Baton</p> <p>Standard Release Standard Reception</p> <p>Body</p> <p>No Restrictions</p>	No Restrictions
Aerial Gymnastic	Not Allowed	Not Allowed	<p>Aerial cartwheels ONLY (1) under the toss</p> <p>Baton</p> <p>Releases No Restrictions</p> <p>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 gymnastic moves allowed 	No Restrictions
Stationary Complex & Traveling Complex	<p>Single major body move under the toss with standard release and reception. Body move cannot be a gymnastic move or a move that involves the body going upside down.</p> <p>Examples of major body moves NOT allowed include:</p> <ul style="list-style-type: none"> • Illusion • Cartwheel • Walkover <p>Examples of major body moves allowed include:</p> <ul style="list-style-type: none"> • Leaps • Jumps • Kicks 	<p>Single major body move under the toss</p> <p>Baton</p> <p>Standard Release Standard Reception</p> <p>Body</p> <p>No Restrictions</p>	<p>Single major body move with 2 spins under toss</p> <p>Baton</p> <p>Standard Release Standard Reception Body</p> <p>No Restrictions</p> <p>Double major body move is allowed under the toss, either traveling or stationary</p> <p>Baton</p> <p>Standard Release Standard Reception</p> <p>Body</p> <p>No Restrictions</p> <p>Double Major Tricks are allowed, either Stationary or Travelling. No limited number</p>	No Restrictions
Double Element Tricks	Not Allowed	Not Allowed	<p>Double major body moves are allowed under the toss, either traveling or stationary</p> <p>No limited number</p> <p>Baton</p>	No Restrictions

			Standard Release Standard Reception Body No Restrictions	
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 continuous front neck rolls (with or without hands) • No front neck figure 8's • No monster rolls (partial or complete) 	No Restrictions	No Restrictions
Contact Material	No Restrictions	No Restrictions	No Restrictions	No Restrictions