

TWIRLSPORT SCOTLAND MAJORETTES
RULE BOOK Version 1.7, FEBRUARY 2026



TwirlSport

SCOTLAND

Majorettes



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TWIRLSPORT SCOTLAND VALUES AND OATHS

Excellence – We ask all our athletes, coaches, judges, officials, and supporters to be the best they can be. It is about taking part and striving for improvement, having the drive, passion, and determination to succeed. To positively encourage others to develop their skills, creativity, and artistry within our sport. Developing excellence comes from having self-belief and confidence in yourself and those around you.



Friendship – In our sport we build on solidarity, team spirit, joy, and optimism. Being able to have trust and confidence is one of the most important requirements of a strong relationship. Being able to count on one another, care for each other and display great sportsmanship and encouragement will develop everlasting friendships.



Respect – We encourage a high level of respect, compassion, and empathy in our sport. It's important to respect our athletes, coaches, judges, officials and supporters and the important roles they play in creating a positive environment in our sport. We encourage celebrating the accomplishments of others and take ownership of our actions, leading by example. Always be kind and respectful to one another.

TWIRLSPORT SCOTLAND JUDGES OATH

We, the Judges, swear on this flag that we will judge with loyalty and impartiality. Our behaviour will be characterized by the highest righteousness and honesty and it shall be a clear example for all those who are watching and following us.

TWIRLSPORT SCOTLAND ATHLETES OATH

We the Athletes swear on this flag that we will compete with loyalty and lofty sporting attitude. We pledge ourselves to respect each other and to get on well together. Our behaviour will be characterized by the highest righteousness and honesty and it shall be a clear example for all those who are watching and following us. In the name of the sport we practise and with our correct behaviour, the competition we are going to begin will help in consolidating a lasting, fraternal and sincere friendship among all young people in the world.



TWIRLSPORT SCOTLAND MEMBERSHIP

Membership in TSSM is voluntary. Any club or group in the field of baton twirling activities that signs the accession statement, agreeing to follow the structure of TSSM can become a member of TSSM.

An individual, majorette group or club (hereinafter referred to as Member) becomes a member of TSSM after presenting a decision from the highest authority of the club or baton twirling group and signing the accession statement. An excerpt from the records of the highest authority, from which the request to join TSSM is evident, is also needed. An individual, baton twirling group or club (hereinafter referred to as Member) becomes a member of TSSM after presenting a member application form with payment of said membership fee and signing the accession statement.

The levels of registration in TwirlSport Scotland are:



Athlete

Athlete who can be involved in all athlete learning opportunities and competitions domestically and internationally.



Associate Professional Member

Actively working towards the TwirlSport Scotland professional qualifications and can be involved in all workshops, lectures and webinars for athletes and professionals.



Professional Member

For all Professional Members who hold TwirlSport Scotland professional qualifications and can be involved in all TwirlSport Scotland opportunities.

For full membership information please contact the TwirlSport Scotland Majorettes email. joanne.ritchie@ea.edin.sch.uk (further email to follow)



Our Governing body is the International Baton Twirling Federation.

TSS is a full member of the International Baton Twirling Federation, (IBTF), and Scotland founder member.

TSS is a full member of the World Federation of National Baton Twirling Associations

TwirlSport Scotland are covered by a full comprehensive insurance cover.





GENERAL ETTIQUETE AND COMPETITION RULES

Costume – There are no restrictions on costume choice for any event. Please be mindful that baton twirling is a sport, therefore costumes should not be revealing or cause disruption to the performance.

Hair & Accessories – Hair can be secured in any method bearing in mind that this is a sport. Hair accessories may be used but must not cover any part of the face below the eyebrows. Tattoos are not required to be covered but encouraged. Glasses can be worn. No jewellery or body piercings.

Make Up – Make up should be designed bearing in mind this is a sport. Athletes are not permitted to have body or face paint (including painted/false nails), additions stuck to the face or body and no drawings or stencils on the face or body.

Footwear & Legwear – Must meet the requirements of the sport. Socks or tights may be worn at athletes discretion.

Batons – Must conform to the definition of “baton”. *

Grip Tape - the use of grip tape is optional. Grip tape can cover up to ½ of the shaft, divided equally from the centre – when measuring only the shaft, not including ball and tip. Grip tape can cover up to ½ of the shaft, divided equally from the centre. Clarification: The outer quarter of each end may not be covered.

Grip tape can be applied in solid, striped or spiral fashion. Tape can be of two colour (s), black, grey or white. (One colour to wrap and the other colour to mark the centre.) A Pair, Team or Group, the grip tape must be the same for uniformity.

***Definition of baton** – A standard baton is a chrome plated steel shaft with varying size weights in either end. The weights are either pounded or pressure fitted and covered with a white rubber ball (the large end) and a small white rubber tip covering the other end. Batons have various balance points depending upon size and weight.

Venue – TSS will follow all rules and regulations regarding venue hire, venue size, venue height, discipline area size and all other venue rules from IBTF*. If you require these documents please refer directly to these policy and procedure manuals/rule books.

*IBTF – International Baton Twirling Federation

Athlete Etiquette - During presentation athletes are expected to wait quietly and remain seated while waiting on results, volunteers should be treated with respect & good manners.



Photography - No photos/videos of athletes while they are performing will be permitted unless TSS appoint an official to film specific sections- this is in line with our child protection policy.

Coaching - No coaches/adults coaching/directly instructing athletes from the side of the floor. Coaches should not be on the floor with athletes or standing behind the judge doing a full routine. Exception for a first-time athlete, coach must make technical board member aware and be visible to the judge.

The Judges Chair or the Technical Adviser may stop the competition/performance for one of the following reasons:

- ✓ If costume failure becomes hazardous, indecent, or embarrassing.
- ✓ If a shoelace becomes untied causing footwork to be dangerous.
- ✓ Loss of footwear causing danger to the athlete slipping and falling.
- ✓ Loss of ball or tip from the baton shaft.
- ✓ Baton shaft breaking.

The Technical Adviser must be contacted to handle the situation. The Technical Adviser will contact the Club Leader/ Coach and Judges. The Technical Adviser may order a restart.

If any of the above happens, Judging will commence the from beginning of program.

If any official feels that they have a conflict of interest in ruling on this matter, they should approach the Chairperson and ask for assistance in stopping the competition.



GENERAL RULES FOR THE DAY OF COMPETITION

Guidance to support the smooth running of the Competition

1. **Medal Ceremonies:**

All athletes must remain in their designated positions until every competitor has received their award and the group is formally dismissed by the announcer. Every athlete has worked hard for their placement, and leaving early is not only disrespectful but disheartening to those still awaiting recognition.

2. **Staying on the Floor:**

Athletes should remain on the floor during the medal presentation unless it is absolutely necessary to leave (e.g., needing to use the bathroom).

3. **Presentation Attire:**

When collecting awards (medals, trophies, or Boom All Catch), athletes must wear their leotards and remove tracksuit tops or any non-costume items. No athlete should appear on the podium in onesies, Crocs, or other casual attire—presentation is important.

4. **Noise Levels During Presentations:**

Parents, supporters, and athletes should keep conversations to a minimum during the medal presentation so that names can be clearly heard. While it's absolutely fine to cheer when your athlete is recognized, excessive noise makes it difficult for others to hear and enjoy their moment.

5. **Respecting the Competition Floor:**

Please do not cross the performance floor while an athlete is competing. Always use the outer edge of the space to move around. This continues to be an issue at many events and can be particularly distracting for younger or less experienced competitors. Announcements will be made on the day of the Competition/Championships as a polite reminder

6. **Communicating with Judges:**

No parent/carer/supporter should approach a judge directly under any circumstances. If there are any questions or concerns, these must be raised through your club coach, who will direct the query to the Chairperson or Technical Adviser as appropriate. The judge's decision is final.



Competition Disciplines, Age Divisions & Levels

Individual Events for both Men & Woman

1. Solo One Baton
2. Solo Two Baton
3. Artistic Performance
4. Basic Strut
5. Fancy Strut

Individual Events - Age division is determined by the age of the athlete on the 31st December of the competition year.

Solo One Baton

Section	Age Division	Levels
Peewee	4 years & under	D
Tiny Tot	5-6 years	D
Pre-Juvenile	7-8 years	D & C
Juvenile	9-11 years	D & C
Youth	12-14 years	D & C
Junior	15-17 years	D & C
Senior	18+ years	

Solo Two Baton

Section	Age Division	Levels
Pre-Juvenile	7-8 years	C
Juvenile	9-11 years	C
Youth	12-14 years	C
Junior	15-17 years	C
Senior	18+ years	C



Artistic Performance

Section	Age Division	Levels
Peewee	4 years & under	B
Tiny Tot	5-6 years	B
Pre-Juvenile	7-8 years	B
Juvenile	9-11 years	B
Youth	12-14 years	B
Junior	15-17 years	B
Senior	18+ years	B

At any point, sections may be merged at competition. This decision will be made by competition organisers discretion and will be communicated with members.

Multiple athlete events – Age division is determined by... on the 31st December of the competition year.

Multiple Athlete Events for both Men, Woman or Mixed

Duet

The duet and pair events age are determined by the eldest member's age.

Section	Age division	Levels
Tiny Tot	0-6	C
Pre Juvenile	7-8	C
Juvenile	9-11	C, B
Youth	12-14	B, A/Elite
Junior	15-17	B, A/Elite
Senior	18+	B, A/Elite



Music & Timing

The time limits are as follows.

Artistic Performance music is a running playlist of lyrical, slow paced music.

Minimum Time Limits – There is no minimum time requirement for athletes in prescribed music events. Judges will assess the execution of content, variety and performance, and score accordingly.

A large, light blue watermark of the TwirlSport Scotland logo is centered on the page. It features a stylized baton with a circular motion effect behind it, and the text "TwirlSport" in a large, sans-serif font above "SCOTLAND" in a smaller, all-caps font.

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Basic Strut/Fancy Strut

Section	Age Division	Levels
Peewee	4 years & under	D & C
Tiny Tot	5-6 years	D & C
Pre-Juvenile	7-8 years	D & C
Juvenile	9-11 years	D & C
Youth	12-14 years	D & C
Junior	15-17 years	D & C
Senior	18+ years	D & C

Music

Athletes shall perform to the TwirlSport Scotland Majorette official music selection or their own choice for events. The time limits are as follows.

Solo 1 Baton	Official Music
Solo 2 Baton	Official Music
Duet	Official Music
Artistic Performance	Official Music
Basic Strut	Official Music
Fancy Strut	Official Music
Trio	Own Music
Solo Dance	Own Music
Dance Duo	Own Music

Minimum Time Limits – There is no minimum time requirement for athletes in prescribed music events. Judges will assess the execution of content, variety and performance, and score accordingly.



TIMINGS



Solo 1 Baton	= 1:45 minutes
Solo 2 Baton	= 1:30 minutes
Solo 3 Baton	= 1:30 minutes
Duet	= 1:45 minutes
Artistic Performance	= 0:40 seconds (max)
Solo Dance (Pre Juvenile)	= 1:00 - 2:00 minutes (10 second leeway each way)
Solo Dance (Juvenile, Youth & Junior)	= 1:30 - 2:00 minutes (10 second leeway each way)
Solo Dance (Senior)	= 2:00 - 2:30 minutes (10 second leeway each way)
Dance Duo (Tiny Tots)	= 1:00 - 2:00 minutes (10 second leeway each way)
Dance Duo (Juvenile & Junior)	= 1:30 - 2:00 minutes (10 second leeway each way)
Dance Duo (Senior)	= 2:00 - 2:30 minutes (10 second leeway each way)
Traditional Majorette Corps	= 2:00 – 3:00 minutes max
Exhibition Majorette Corps	= 2:00 – 3:00 minutes max
Parade Corps	= 3:00 – 4:00 minutes max
Parade Accessories Corps	= 3:00 – 4:00 minutes max
Showtwirl Accessories Corps	= 3:00 – 4:00 minutes max
Flag Baton Team	= 3:00 minutes max
Trios	= 2 minutes (max)



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SOLO 1 BATON

THE SOLO DISCIPLINE

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

Discipline Focus

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.

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 score received for the Solo discipline is out of a possible ONE HUNDRED points which then is converted to a 10- point scale in tabulation.

Penalties:

Level C, D

- A 1% penalty which equals a (1) point penalty per drop will be deducted from each judge's score.
- A 10 -point deduction per infraction per judge will be assessed including material that is more than the written restrictions.
-

Category	Level D	Level C	Level B	Level A
Spins	1 spin maximum allowed. Only one	1 spin Maximum with no restrictions	2 spin Maximum with no restrictions	3 spin Maximum with no restrictions

				
	<p>non-standard release or one non-standard reception allowed with a spin</p>	<p>on release or catch 2 spin maximum allowed. Only one non-standard release or one non-standard or one non-standard reception</p>	<p>on release or catch 3 spin maximum allowed standard release and catch only.</p>	<p>on release or catch 4 spin maximum allowed standard release and catch only.</p>
<p>Acrobatics</p>	<p>A maximum of two acrobatic movements without a toss. NOT allowed with toss.</p>	<p>A maximum of two acrobatic movements, only one is permitted with a toss, please see stationery complex rules below.</p>	<p>A single acrobatic movement under the toss for a maximum of two (only) acrobatic movements. Aerial acrobatics are not allowed with or without the toss. Baton Releases and Receptions - No restrictions.</p>	<p>A maximum of only two acrobatic movements are allowed, with or without a toss. The 2 movements may be combined or the 2 moves may be done separately. Once 1 aerial cartwheel is permitted if selected as one of the 2 acrobatic moves permitted. The aerial cartwheel cannot be used in combination with any other body move. Other double major body moves are also allowed under a toss either travelling or stationery. Baton Releases & Reception – No restrictions</p>

Stationary Complex	Not allowed	Athletes may perform, in the entire routine ONLY ONE single major body move, under a high toss, standard release and standard reception.	Single major body move under the toss Baton Releases & Receptions: No restrictions	Single Major Body move with two spin under toss Body & Baton Releases & Receptions: No Restrictions Double major body move is allowed under the toss, either traveling or stationary Baton Releases & Receptions: No restrictions
Rolls	No continuous front neck rolls (with or without hands) No front neck figure. No monster rolls – partial or complete	No continuous front neck rolls (with or without hands) No front neck figure. No monster rolls – partial or complete	No continuous front neck rolls (with or without hands) No front neck figure. No monster rolls – partial or complete	No Restrictions
Contact Material	No Restrictions	No Restrictions	No Restrictions	No Restrictions



SOLO

Clarification:

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

Standard Reception – (refers to type of catch) Vertical or Horizontal RH or LH catch or RH or LH grab.

Standard Release – Vertical RH or LH thumb toss. Vertical RH or LH backhand toss or Horizontal, RH or LH forward or reverse.

Major Body Move: A move that requires significant control, flexibility, strength, amplitude and extension. This classification includes any selected body move desired and includes moves such as: Illusions, walkovers, leaps, or jumps (of any type), sauté arabesque, attitude, grand battement, sauté de basque', tour jeté, cabriole, forward or reverse. These moves will be approximately 3 or more counts in duration.

Minor Body Moves: A move that does not require significant control, flexibility, strength, amplitude, or extension and additionally does not require horizontal or vertical reorientation to the Baton (no body rotations <turns>) or manoeuvring the body upside down (illusions, bows, etc.). These moves will be approximately 2 counts in duration. This classification includes moves such as: hop, skip, chassé, piqué, step-step, and coupé, sauté. This category will often be used as preparation or follow through movements. Refer to the definition of terms not defined in this chart.

ATTENTION: The chaine' turn is in the same classification as spin. Ex. Single chaine' turn = 1 spin; double chaine' turn = 2 spins

REMINDER: Acrobatics are considered a Content Restriction in "disciplines that only allow a specific number or do not allow them and are subject to a content restriction penalty.

Definitions

- Drop: when unintentionally the baton leaves the hand of the athlete and simultaneously one end of the shaft (tip and/or ball) touches the floor. If the baton is in the hand and one end touches the floor, that is not a drop.
- Fall: total loss of control that results in unintentional contact of the body with the floor

THE TWO BATON DISCIPLINE Discipline Description - The Two Baton discipline is the simultaneous manipulation of two batons by one athlete.

Discipline Focus

Content: The primary focus of the solo 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.

Execution: The skills presented in the solo 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 score received for the 2-Baton discipline is out of a possible ONE HUNDRED points which then is converted to a 10- point scale in tabulation.

Penalties:

Level B - Elite

- A 1% penalty which equals a (0.1) point penalty per drop will be deducted from each judge’s score.
- A 1-point deduction per infraction per judge will be assessed including material that is more than the written restrictions.

Level C

- A 1% penalty which equals a (1) point penalty per drop will be deducted from each judge’s score. A 10 -point deduction per infraction per judge will be assessed including material that is more than the written restrictions.



TSS SOLO TWO BATON CONTENTS RESTRICTIONS				
Category	Level D	Level C	Level B	Level A
Spins	No spins permitted under the toss Baton Releases & Receptions: No Restrictions	1 spin Baton Releases & Receptions: No Restrictions	1 spin Baton Releases & Receptions: No Restrictions	2 Spin Baton Releases & Receptions: No Restrictions
Stationary Complex Acrobatics are not allowed for all levels	No major body elements permitted	No major body elements permitted	Single major body move under the toss(s) Baton Releases & Receptions: No Restrictions 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 & Receptions: No Restrictions Double major body move is NOT allowed under the toss(s)
Rolls	No continuous front neck rolls (with or without hands) No front neck figure 8's No monster rolls (partial or complete)	No continuous front neck rolls (with or without hands) No front neck figure 8's No monster rolls (partial or complete)	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	No Restrictions	No Restrictions	No Restrictions	No Restrictions
Double Tosses	No Restrictions	No Restrictions	Only two aerial double release allowed	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>				

Clarification:

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

THE ARTISTIC PERFORMANCE DISCIPLINE

Discipline Description - 40 second performance of dance where the baton can be used to compliment the body (**no twirling**). Analysing body technique and performance skills.

Discipline focus

Content: Body technique of the movements created within the choreography. Fundamentally focusing on turnout, extension, strength, flexibility, control & balance. Work within the athlete's capabilities to produce an aesthetically pleasing performance maintained throughout. Quality over quantity will be rewarded and is pivotal in the athlete's development and progression.

Execution: Athletes must possess great coordination and have the ability to work different parts of the body together. They must have a developed kinaesthetic awareness in order to know and control the position and state of their body. Having control over weight and balance in motion and develop an awareness of space.

The athlete must be able to project clarity of movement and make it's expressive qualities intelligible to the audience & judge. Grace, fluidity, and harmony of body are desired. Developing emotion and performance through the body and face, having a strong sense of rhythm and an appreciation of the soft music in which the athlete performs too.

Penalties:

All Levels

- A 1-point deduction per infraction per judge will be assessed including material that is more than the written restrictions in level B, twirling a full rotation of the baton or drop.
- A 1-point deduction per second that the athlete performs over the 5 second leeway. EG 46 sec = -1.0
47 sec = -2.0



TSS ARTISTIC PERFORMANCE CONTENTS RESTRICTIONS		
Category	Level B	Level A
Spins	<p>Only 1 full 360 rotation can be performed at any one time.</p> <p>You can have more than one choreographed in the performance.</p>	NO RESTRICTIONS
Aerial Acrobatics	Aerial Acrobatics are not allowed	
Acrobatics/ Gymnastics	<p>Athletes may perform, in the entire routine ONLY ONE of the elements/variation of element below within the performance</p> <p>Illusion Walkover Cartwheel</p>	

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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

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.

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 multitextured 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 score received for the Duet discipline is out of a possible ONE HUNDRED points which then is converted to a 10- point scale in tabulation.

Penalties:

Level B - Elite

- A 1% penalty which equals a (0.1) point penalty per drop will be deducted from each judge’s score.
- A 1-point deduction per infraction per judge will be assessed including material that is more than the written restrictions.

Level C, D

- A 1% penalty which equals a (1) point penalty per drop will be deducted from each judge’s score.
- A 10 -point deduction per infraction per judge will be assessed including material that is more than the written restrictions.

TSS DUET CONTENTS RESTRICTIONS				
Category	Level C	Level B	Level A	Elite
Spins	1 - 2 Spins Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions	1 - 3 Spins Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions	1 - 4 Spins Baton Releases No Restrictions Reception No Restrictions Body No Restrictions	NO RESTRICTIONS
Stationary Complex <u>Acrobatics are NOT allowed</u>	Single major body move without the baton only.	Single major body move under the toss Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions	Single Major Body move with two spin under toss Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions Double major body move is allowed under the toss, either traveling or stationary Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions Double Major Tricks are allowed, either Stationary or Travelling. No limited number	
Rolls	No continuous front neck rolls (with or without hands) No front neck figure 8's No	No continuous front neck rolls (with or without hands) No front neck figure 8's No		

	monster rolls (partial or complete)	monster rolls (partial or complete)	
Contact Material	No Restrictions	No Restrictions	No Restrictions



THE BASIC STRUT DISCIPLINE

Discipline Description: Basic Strut is designed to establish the discipline, correct body technique and strength of the athlete in a military style march in forward motion.

Discipline Focus: This should encourage the discipline and strength of the body and the ability to march in forward motion to a continuous military marching beat. Emphasis is on correct technique throughout the strut.

Content: There is a set style with specific body movements that the athlete should demonstrate; head, arms, hands, torso, legs and feet.

All athletes perform the strut in a square (Level D) and an L Shape (Level C) where they will demonstrate the use of corners.

LEVEL D – ATHLETES

The salute will be performed using 8 counts

March forward for 16 counts commencing on the left foot, corner on count 16 using the right foot

March forward for 16 counts, turning on count 16 (right foot)

March for 16 counts, turning on count 16 (right foot)

March for 16 counts, turning on count 16 (you should be back to where you started)

Salute for 8 counts and finish facing the judge



LEVEL C – ATHLETES

The salute will be performed using 8 counts

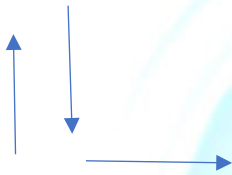
March forward for 16 counts commencing on the left foot, corner on count 16 using the right foot

March forward for 12 counts, **step on right foot on count 12 and turn**

March back for 12 counts, step on the left foot on 11 turn 12 right foot

March back for 12 counts, then turn to the left side count 13-14, then turn to the front count 15-16

Final salute 8 counts and finish facing the judge



Execution: The athlete should be able to identify the continual beat of the rhythm using the left and right feet simultaneously in keeping with the required style. The Head is held in an upright position, chin slightly raised, eyes facing forward. Arms are raised to shoulder level in opposition to the knee lift, swinging back beyond the body without distorting upper body movement. The body should be straight, no arched back or protruding backside. With shoulders lowered and open chest. Diaphragm raised with minimal upper body movement. Hands can be clenched fists or straight fingers. Supporting leg to be straight and locked at the knee, knee lifted to a 90 degree angle in front of body in line with hip, foot and toes extended to floor. On placing foot to floor feet is extended forward toe first, then ball, then heel. Feet and toes are point when leg is raised to the 90 degree angle.

Poor technique is identified when kicking of the lower leg forward and out of line with the knee is visible or when the lower leg is pulled back from the 90 angle towards the backside creating a cycling motion.

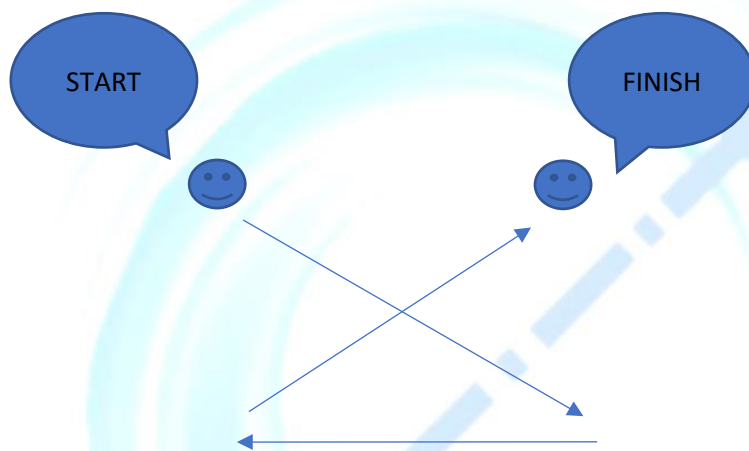
Body: Good muscle control and balance will enhance the overall effect of the strut

Baton: The baton is used to demonstrate an 8 count salute and then returned to the attention position. Here it should be cradled over the right arm and held in a pencil grip, thumb to ball, with extended fingers, resting on upper arm. It is swung straight with the arm in forward motion.

Costuming: An appropriate costume in Military style should be worn. This may be a two piece, dress or a leotard. Hats of a military style may be worn but are not compulsory. THE FANCY STRUT DISCIPLINE

Discipline Description: Fancy Strut is a combination of body and baton moves performed within the chosen style of the athletes, in a forward motion. The routine must be constructed in a logical manner. Strong technique is required of both body and baton and the aesthetic aspect should be considered.

Structure: Fancy strut must be performed in the shape of an X shape in order to obtain the most effective staging. The viewers are then able to see all angles of the body and the choreographer can therefore become more inventive and original and consequently create a uniqueness that would enhance the performance / athlete. Forward motion should be maintained at all times and no Stationery demonstrations should be seen on corners. A 4 count stationary complex is permitted at the end of the routine to present to the Judge.



Content: Stationary complexes must be avoided. All twirls modes are not necessarily required although a balanced routine should be performed. Sureness, cleanness and clearness are essential as all of these are appealing to the eye. Remember quality rather than quantity. A gradual progression to the more difficult material is much safer, also prevents unnecessary injury, than hard material being performed but with bad technique of both body and baton.

Technique: The correctness of the material in relationship to its execution within this category. Body – posture, extension, flexibility, range, turnout, commitment, attitude, clean lines, complete control to the ultimate level. Baton - Twirling restrictions are the same as for the equivalent level of Solo Twirl Co-ordination Baton and body working together in a smooth harmony.

Smoothness Uninterrupted flow.

Content : A balanced combination of material, which must be suitable for Follow-through. Both baton and body must blend and complement each other. There should be a variety of movement adding dimension to the routine. Whilst, especially in the higher divisions, the emphasis is normally on travelling complex moves it must be remembered that this section must not

be all aerials but should show a variety of connecting contact material in order to facilitate the smooth flow and balance.

Execution: Smooth controlled continuation on entrance and or exit.

Showmanship, grace, enthusiasm, projection, professionalism and detailed performance.

Not only to the extent to which each move is intricate to perform but how they develop into a series and to what extent it is difficult to execute the material whilst travelling in a continuous forward motion.

The routine should be balanced and focus on QUALITY RATHER THAN QUANTITY

Category	Level D	Level C	Level B	Level A
Spins (Travelling)	1 spin maximum allowed. Only one non-standard release or one non-standard reception allowed with a spin	1 spin Maximum with no restrictions on release or catch 2 spin maximum allowed. Only one non-standard release or one non-standard or one non-standard reception	2 spin Maximum with no restrictions on release or catch 3 spin maximum allowed standard release and catch only.	3 spin Maximum with no restrictions on release or catch 4 spin maximum allowed standard release and catch only.
Acrobatics	A maximum of two acrobatic movements without a toss. NOT allowed with toss.	A maximum of two acrobatic movements, only one is permitted with a toss, please see stationery complex rules below.	A single acrobatic movement under the toss for a maximum of two (only) acrobatic movements. Aerial acrobatics are not allowed with or without the toss. Baton Releases and Receptions - No restrictions.	A maximum of only two acrobatic movements are allowed, with or without a toss. The 2 movements may be combined or the 2 moves may be done separately. Once 1 aerial cartwheel is permitted if selected as one of the 2 acrobatic moves permitted. The aerial cartwheel cannot be used in combination with any other body move. Other double major body

				<p>moves are also allowed under a toss either travelling or stationary.</p> <p>Baton Releases & Reception – No restrictions</p>
Stationary Complex	Not allowed	Athletes may perform, in the entire routine ONLY ONE single major body move, under a high toss, standard release and standard reception.	<p>Single major body move under the toss</p> <p>Baton Releases & Receptions: No restrictions</p>	<p>Single Major Body move with two spin under toss</p> <p>Body & Baton Releases & Receptions: No Restrictions</p> <p>Double major body move is allowed under the toss, either traveling or stationary</p> <p>Baton Releases & Receptions: No restrictions</p>
Rolls	<p>No continuous front neck rolls (with or without hands)</p> <p>No front neck figure.</p> <p>No monster rolls – partial or complete</p>	<p>No continuous front neck rolls (with or without hands)</p> <p>No front neck figure.</p> <p>No monster rolls – partial or complete</p>	<p>No continuous front neck rolls (with or without hands)</p> <p>No front neck figure.</p> <p>No monster rolls – partial or complete</p>	No Restrictions
Contact Material	No Restrictions	No Restrictions	No Restrictions	No Restrictions

THE SOLO DANCE DISCIPLINE

SOLO DANCE (Formerly known as Freestyle)

Discipline Description - The Individual Solo Dance 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

Content: The programme 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.

Execution: The skills presented in this 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.

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**SOLO DANCE
RESTRICTIONS**

TSSM SOLO DANCE CONTENTS RESTRICTIONS					
Category	Level D	Level C	Level B	Level A	Elite
Spins	1 spin Body & Baton Releases & Receptions: No Restrictions	2 spin Body & Baton Releases & Receptions: No Restrictions	1 - 3 Spins Body & Baton Releases & Receptions: No Restrictions	1 - 4 Spins Body & Baton Releases & Receptions: No Restrictions	NO RESTRICTIONS
Aerial Acrobatics	Not allowed with or without toss	Not allowed with or without toss	Not allowed with or without toss	Aerial cartwheels ONLY (1) under the toss Baton Releases & Receptions: No Restrictions Body 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.	

Stationary Complex	Not allowed	<p>Athletes may perform, one element from each list below under a high toss standard release and standard reception.</p> <p>LIST 1</p> <ul style="list-style-type: none"> • Leap • Jump • Teddy Bear Roll • Tour Jete • Hop <p>LIST 2</p> <ul style="list-style-type: none"> • Illusion • Walkover • Cartwheel • Back Walkover • Cartwheel onto knees 	Single major body move under the toss Baton Releases & Receptions: Standard only Body No restrictions	Single Major Body move with two spin under toss Body & Baton Releases & Receptions: No Restrictions Double major body move is allowed under the toss, either traveling or stationary Baton Releases & Receptions: Standard only Body No restrictions
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THE SOLO DANCE DUO DISCIPLINE

Discipline Description - The Solo Dance Duo 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 Solo Dance Duo concept.

Discipline Focus

Content: The programme is the ultimate display of the athletes' technical achievements encased in an artistic program that interprets the chosen music with the modes of aerials, rolls, contact material, travel complex and exchange moves. The programme 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 Solo Dance Duo 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.



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TSSM DANCE DUO CONTENTS RESTRICTIONS				
Category	Level C	Level B	Level A	Elite
Spins	1 - 2 Spins Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions	1 - 3 Spins Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions	1 - 4 Spins Baton Releases No Restrictions Reception No Restrictions Body No Restrictions	NO RESTRICTIONS
Stationary Complex <u>Acrobatics are NOT allowed</u>	Single major body move without the baton only.	Single major body move under the toss Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions	Single Major Body move with two spin under toss Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions Double major body move is allowed under the toss, either traveling or stationary Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions Double Major Tricks are allowed, either Stationary or Travelling. No limited number	
Rolls	No continuous front neck rolls (with or without hands) No front neck figure 8's No monster rolls (partial or complete)	No continuous front neck rolls (with or without hands) No front neck figure 8's No monster rolls (partial or complete)		

Contact Material	No Restrictions	No Restrictions	No Restrictions	
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MILITARY DRILL CORPS

The emphasis for this event is military bearing in marching and manoeuvring using a variance of marching styles in combination with arm swings and Military style baton work, e.g. military drill, lobs, dead sticks, loops, salutes.) No dance footwork allowed. Every member of the group must use a baton. The team may use a drum major or leader, there will be no separate score for this member.

The routine should be created to include original choreography, a variety of manoeuvres, balanced formations with seamless transitions fully covering the entire floor space. Movement should not be a separate entity but combined throughout. Position changes should flow logically and be mostly continuous throughout the routine.

The majority of transitions should be created with relationship to all members, e.g. not using members as markers. The expectation is the majority of the routine will be non-static and should be adapted to ensure formations remain balanced/logical, for missing members.

Precision, Unison and Perfection are key to the event, with weighting of the overall score based on the drill design and variety in marching styles.

Baton work is optional, and if included should be of a basic level, performed with correct technique. Inclusion of more complex twirls are not allowed.

No exchanges, No release/catch/aerials, spins, or rolls are allowed in military routines.

Continuity of style: Be mindful when selecting music choices and corresponding march styles and bodywork interpretation, to ensure regularity of style is maintained. Consideration of age appropriateness is important.

RULES SPECIFIC TO MILITARY DRILL CORPS

Minimum No of Athletes : 4

COSTUME

Military style uniform or traditional country uniform/costume (skirt, trousers, jacket, dress. Hats are optional. Must follow footwear rule. Costume should be appropriate to the age/style/music.

TIMING

2-3 minutes

PENALTIES WHICH APPLIES TO MILITARY DRILL CORPS

PENALTY BOX	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0
Drop										
Out of Step										
Acrobatics										
Exceeding Material										
PENALTY BOX	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0



POM POM TEAM

The goal of the Pompons is to have a balance of pompon and body blended together as a work of art, choreographed to the music using effects, manoeuvres and floor designs that is performed by a group of athletes and set to the music of choice.

Minimum Number of Athletes : 4

Performance Area

Total floor area

Music

Personal choice

Salute

A Salute is not required

Timing

2:00 -3:00 minutes

Acrobatics

Acrobatics and Mounts are not permitted

Content

Pom Poms corps should specifically make use of the pompons and include special effects, dance series, manoeuvres and teamwork in line with the theme of the music.

No props are permitted

Costumes can be in line with the theme of the music

Exchanges are not permitted.

Tossing of pom poms to another team member or to oneself is not permitted.

Each member must hold at least one pom pom at all the times with the exception of during lifts, where another member may hold their pompons.

Only Passes of pom poms from one member to another are permitted

All forms of dance are permitted

MAJORETTE CORPS/TEAMS DISCIPLINE

Judges will not assess penalties or give credit to material presented after the music ends. Judging shall discontinue at the conclusion of the music.

Traditional Majorettes Corps	=	2:00 - 3:00 mins max
Exhibition Majorette Corps	=	2:00 - 3:00 mins max
Parade Corps	=	3:00 – 4:00 mins max
Parade Accessories Corps	=	3:00 – 4:00 mins max
Showtwirl Accessories Corps	=	3:00 – 4:00 mins max
Flag Baton Team	=	3:00 mins max

All majorette Corps/Teams use own choice of music.

No music for entry and exit.

Music must be respectful, keeping in mind this is a sport. Foul language, violence, political views and similar are not permitted.

ACROBATICS AND MOUNTS:

Acrobatic movements and mounts are not allowed in any of the Majorette disciplines and are cause for disqualification.

ACROBATIC CONTENT RESTRICTIONS

Definition of an Acrobatic Move

A movement will be considered acrobatic in a MAJORETTES program when the intent of the movement is for both feet to leave the floor, travel over the head and land on the floor on the opposite side. The feet can leave the floor or land on the floor either at the same time or one at a time. This applies when the move is executed on:

- the hand(s) (e.g. a cartwheel done on the hand(s))
- the arm(s) (e.g. a cartwheel done on the forearm(s))
- the head (e.g. a headstand)
- in the air with the support of another person's body (e.g. a cartwheel done while supporting the body on the leg(s) of another person)

Typical examples are: front or back walkovers, cartwheels, etc

Definition of an Aerial Acrobatic Move

A body movement in which the athlete turns completely over in the air without being supported or touching hands on the floor Examples:

- In the air without support of the body (eg side aerial; back flip; aerial walkover)

Definition of a Mount

Mounts are defined as any body toss or form that is two stories or more. A story (as in 10-story building) is defined as a person's height. 1/2 story is defined as a person kneeling/sitting or lunging. Stacking one person on top of another to achieve a pyramid shape or similar form is not permitted.

NOTE: A horizontal butterfly (where the feet do not go over your head) is not considered an aerial acrobatic move. It is considered a major body move.

COSTUME, FOOTWEAR & BATON GUIDELINES

Costume - there shall be no restrictions on costume choice for any of the disciplines bearing in mind that it should be in good taste and reflect that this is a sport.

Footwear

Footwear must meet the requirements of the facility.

Batons

Batons must conform to the definition of "baton".

Penalty for non-conformance.

DEFINITION OF A BATON

A standard baton is a chrome-plated/silver steel shaft with varying size weights in either end. The weights are either pounded or pressure fitted and covered with a white rubber ball (the large end) and a small white rubber tip covering the other end. Various batons have various balance points depending upon size and weight.

Most batons are between 14 to 32 inches (35.5 to 81.5 cm) in length and are either 3/8 inch (10 mm), 5/16 inch (8 mm), or 7/16 inch (11 mm) in diameter. The normal standard baton weights about 8 ounces (or 227 grams) – the length and diameter do also factor into the weight.

USE OF GRIP TAPE ON BATONS

The use of grip tape is optional, may be used bearing in mind that this is a sport. Grip tape can cover up to ½ of the shaft, divided equally from the center – when measuring only the shaft, not including ball and tip.

Clarification: The outer quarter of each end may not be covered.
Grip tape can be applied in solid, striped or spiral fashion.

Tape can be of two colour (s), black, grey or white. (One colour to wrap and other colour to mark the centre.) Inside a Majorette Corps, the grip tape must be the same.

If the baton has a coloured shaft and/or coloured tips, it will be considered as an accessory.

DEFINITION OF A PROP

A prop is part of theme development (cape, hat, glasses, scarf, etc.). If removed and used, a one time 2.0 will be assessed regardless number of members using props. Props are only to be used/manipulated in the Showtwirl Accessories events. Limited props may be used in Parade Corps competition (Pompons, Flags, Banners.....)

COSTUME / FOOTWEAR / EQUIPMENT FAILURE - ALL DISCIPLINES

The Technical Lead or the Judges' Chair may stop the competition if a costume/footwear/equipment failure occurs. Examples of situations that might warrant this stoppage are, but not limited to;

- If costume failure becomes hazardous or indecent
- If a shoe lace becomes untied causing footwork to be dangerous
- Loss of footwear causing danger to the athlete slipping and falling
- Loss of ball or tip from the baton shaft
- Baton shaft breaking

The use of resin on the competition floor is forbidden.

DISQUALIFICATION

Will be enforced for:

- Speaking badly or causing injury to a person (judge, clerk, organizer)
- Interfering with a competitor or equipment during a performance
- Falsification of a name or age
- A show of temper at the placing after the announcement of the results on the part of the competitor
- Acrobatics performed during any routine (body aerials, walkovers, cartwheels, butterflies)
- Mounts and body tosses
- Stacking one person on top of another to achieve a pyramid shape or similar form

RULES AND DESCRIPTIONS SPECIFIC TO EACH CATEGORY OF MAJORETTE CORPS

TRADITIONAL MAJORETTE CORPS

This is a routine which shows the majorette tradition, choreographed to personal choice of music. Main focus to be Marching and Manoeuvring choreographed to the musical phrases, tempo and rhythm. The routine must be presented with proper technique and appropriate performance qualities. Simple dance series may accompany the marching. Variety of choreography and manoeuvring is required. Only basic baton handling and twirls are permitted (i.e. full hand material, finger-twirls, loops and swings), **NO** releasing/tossing of the baton is permitted, **NO** release/catch exchanges, **ONLY** hand to hand exchanges permitted.

Emphasis is to be placed on precision of marching & manoeuvring, floor coverage, teamwork and effects throughout the entire program. Kneeling is not allowed.

The team may use a drum major or leader, there will be no separate score for this member. Every member of the group must use a baton. The rules apply to both the baton and mace. No intentional grounding of the baton is permitted. In the event of a drop, competitors must retrieve the baton as quickly as possible.

The routine is judged on precision of marching & manoeuvres, floor coverage, teamwork and effects.

A salute is to be given at the beginning and the end of the routine by one or more members.

Number of Members

Minimum of 4 members

Costume

Style of Costume is optional (free choice.) Hats are optional. Must follow footwear rule. Costume should be appropriate to the age/style/music.

Timing

2-3 minutes. 1st note to last note of music. Entrance must be from the left of the judges and exit to the right. Should be simple, quick and without music.

Total Caption Marking = 100 points

Marching & manoeuvring	20 points
Teamwork	20 points
Execution & General Effect	20 points
Production & Special Effects	20 points
Entertainment Value	20 points

PENALTIES WHICH APPLIES TO TRADITIONAL MAJORETT CORPS

Drop	1.0
Fall	1.0
Out of Step	0.5
Break	0.1
Off Pattern	0.1
Unison	0.1
Time under/over per second	0.1 point per second
Incorrect Salute	0.5
Failure to Salute	1.0
Rule Violation	2.0
Acrobatics and Mounts	Disqualification

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EXHIBITION CORPS

The emphasis of this discipline is a corps performing a routine with marching and changing formations, with timing, perfection and precision. The routine may begin and end anywhere on the floor. The choreography should be a mix of various style of marching and dancing with the emphasis being on the drill design, maneuvering, staging and creating pictures and patterns. The choreography should display good quality of twirling skills and concepts. Continual changing of formations and precision and unison are the key elements during the entire routine.

- Salute is not required
- All members must use one baton.
- More than two-baton work is not allowed.
- All modes of twirling, exchange work and dance footwork are permitted.
- No floor movements are permitted with exceptions of opening and final position
- No props permitted
- No acrobatics or mounts allowed
- Maximum of 2 spins permitted
- Illusions are not permitted
- Kneeling is ONLY allowed at the beginning and end positions

Number of Members

Minimum of 4 members

Costume

Style of Costume is optional (free choice) traditional majorette style is recommended. Hats are optional. Must follow footwear rule. Costume should be appropriate to the age/style/music.

Routine Timing

2-3 minutes. 1st note to last note of music. Entrance must be from the left of the judges and exit to the right. Should be simple, quick and without music.

Total Caption Marking = 100 points

Marching	20 points
Formation & Manoeuvring	20 points
Twirling & Body Movements	20 points
General Effect	20 points
Showmanship & Presentation	20 points

Penalties

Drop	1.0
Fall	1.0
2 hand catch	0.5
Out of Step	0.5
Break	0.1
Off pattern	0.1
Unison	0.1
Under / Over Time	0.1 point per second
Rule Violation	2.0
Acrobatics and Mounts	Disqualification

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PARADE CORPS

The concept of a Parade Corps routine should be suitable for a street parade, maintaining continuous foot movement throughout entire performance. Limited props that can be carried in a parade, e.g. pompons, flags, hoops, banners, streamers, sabers, etc. are permitted **but some members of the corps must use a baton**. All modes of twirling and dance footwork are permitted. A salute is not required.

Continuous foot movement: defined as the placement on the floor of the whole foot by stepping, tapping, jumping, or hopping at least every second count. Parade corps must incorporate continuous foot motion throughout the entire performance, but is NOT required to always be moving forward. Maximum 16 counts without marching for presentation/beginning of the street parade is allowed.

Allowed:

- Marking time with On beat-foot hitting every count of music.
- Half-time foot hitting every 2nd count.
- Double time-foot hitting twice every beat.
- Twirling: while twirling, individual must maintain continuous foot movement.
- Marching: half steps, step kicks, etc., may be used as long as unit keeps moving continuously.
- All members must start continuous foot movement within 16 counts after timing begins
- One illusion is permitted. For illusion: only clear full single illusion under aerial without any other body movements combined is permitted;
- Maximum of 2 spins permitted. Exchanges with baton are permitted.

Not Allowed:

- Kneeling during continuous foot motion.
- No grounding of batons or limited props during the entire production
- Spin(s) before or after an illusion.

Required Structure of Routine:

Parade Corps must enter from the judges' left and exit to the judges' right. Parade Corps may present a 16-count introduction with the music before stepping off into the forward movement section of the routine.

Explanations:

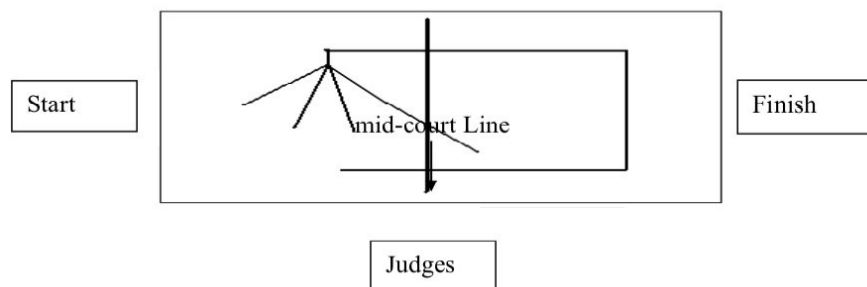
- **Forward:** meaning ahead, front, up front
- **Movement:** meaning action, transit, change, motion.

This requirement applies to all members, including auxiliary units.

Types of moves which can be executed during forward continuous foot movement:

- Any type of footwork or dance work combination that allows the group to continue moving in unison. It is possible to utilize half steps, step ball changes, pas de bourrée steps, step kicks, etc. It is also possible to turn around and march or step backwards and still continue moving.
- When standard marching procedure is utilized, it is proper procedure to step on the left foot on the odd counts of the beat and the right foot on the even counts of the beat.
- Drill design work should be constructed in a manner which allows all members of the group to continuously advance.
- Exchange work may be choreographed provided it does not inhibit movement.

STREET PATTERN: Corps must stay within the approximate 25' alley through three left turns to the reviewing stand section. The 3rd left corner may not be executed until after the front line of the of the corps passes the mid court line. Once a member turns the 3rd corner, that individual can move anywhere on the floor.



AFTER COMPLETING THE STREET PATTERN – the corps may use the entire gym floor provided the corps maintains drill movement within their program.

Parade corps may only execute a 2-Spin and single element stationary or traveling complex moves. Immediately upon completion of the spin or complex move, the parade corps must step off on the correct count and resume continuous foot movement in step to the beat of the music.

The corps has to follow the street pattern as mentioned. All members must cross the mid court line to the judges right for the end of the performance.

As a guideline it is advised that the Reviewing Stand Section not exceed approximately 1:30 in length.

Number of Members

Minimum of 4 members

Costume

Free choice. Must follow footwear rule

Costume should be appropriate to the age/style/music. A traditional majorette style is recommended

Timing

3-4 minutes. 1st note to last note of music

Entrance must be from the left of the judges and exit to the right. These should be simple, quick and without music.

Total Caption Marking = 100 points

Variety and Diff of Twirling Content	20 points
Marching and Manoeuvring	20 points
Execution and Special Effects	20 points
General Effect & Production	20 points
Entertainment Value	20 points

Penalties

Drop	1
Fall	1
2 hand catch	0.5
Out of Step	0.5
Off pattern	0.1
Unison	0.1
Break	0.1
Under / Over Time	0.1 point per second
Crossing Incorrect Finish Line	2.0
Incorrect Street Pattern	2.0
Exceeding 2 spins	2.0
Kneeling	2.0
Continuous Foot Motion Violation	2.0 per unit
Continuous Foot Motion Violation	0.1 point per individual
Rule Violation	2.0
Acrobatics and Mounts	Disqualification



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SHOW TWIRL ACCESSORIES CORPS

The emphasis of this event is on entertainment and balance between the use of baton and chosen props. The main importance is the baton and dance combinations and simultaneous blending of body and baton should be demonstrated while displaying a wide range of skills in all modes of twirling and bodywork.

Allowed:

- 3 Spin maximum
- One Illusion only under a toss with baton or prop (no other body movement combined).
- Floor moves.

Not Allowed:

- Acrobatics and mounts.
- Spin(s) before or after illusions.

Accessories (props/equipment) must be included to compliment the chosen theme of the program to create musical interpretation and visual effectiveness. Any number of props/equipment can be included but a baton and a minimum of 2 accessories of props/equipment is obligatory.

Accessories have to be used, held, touched or manipulated at sometime during the performance. Every athlete must use a baton or accessory during the entire performance. Exception: Members can only be without a baton or accessory for a short time (maximum period of 16 counts) when changing from one piece of equipment to another. All competitors must start and finish touching an accessory or baton with a part of the body.

ACCESSORIES DESCRIPTION

Accessories are limited to 2.5 meters high and 3.0 meters long maximum (accessories may extend during the production: after the first note of music till the last note of music but must meet the maximum limit to enter and exit the floor). Scenery, backdrops are not allowed. The use of hazardous or pyrotechnics props is strictly prohibited along with any product or equipment that has the ability to set off fire alarms or compromise the health and safety of anyone in attendance to the competition.

Credit will be given for accessories (props/equipment) used in an appropriate manner to which they are intended, highlighting the story or theme of the routine. The story or theme of the routine should be displayed in respectful and tasteful manner; keeping in mind that this is a sport.

Members' responsibilities include:

- Teamwork

- Staging (utilization of floor, design patterns, creating pictures to music with all props including batons)
- Seamless transitions between equipment
- Precision and unison of all members with all props including batons
- Creative handling of all equipment chosen to be used as props
- Musical interpretations with all equipment chosen as props

Number of Members

Minimum of 4 members

Costume

Free choice. Costume should be appropriate to the age/style/music.

Timing

Routine: 3-4 min. 1st note to last note of music

The corps has 1 min to enter the floor and 1 min to exit the floor. This time includes the introduction and removal of all equipment, props, scenery and backdrops.

Entrance must be from the left of the judges and exit to the right. Should be simple, quick and without music.

Total Caption Marking = 100 points

Choreography	20 points
Twirl Content	20 points
Twirl Technique	20 points
Dance Technique	20 points
Showmanship & Presentation	20 points

Penalties

Drop	1
Fall	1
2 hand catch	0.5
Break	0.1
Off pattern	0.1
Unison	0.1
Under / Over Time	0.1 point per second
Overtime for accessories set up and removal	0.1 point per second
Rule Violation	2.0
Acrobatics and Mounts	Disqualification



TwirlSport
SCOTLAND

FLAG BATON TEAM

A Flag Baton Team performs a routine with marching and dancing combined with twirling a flag baton and choreographed to personal choice of music. The main focus is the combination of Marching and flag-baton twirling. The choreography should display good foundations of flag- baton twirling and excellence of basic flag-baton twirling concepts. Variety of manoeuvres, floor patterns and effects are required. Changing of formations is expected. The competitors have to finish the choreography by holding the equipment.

Allowed:

- Salute is not required
- Groundings, with exceptions of opening and final positions (maximum of 16 counts)
- Maximum of 2 spins
- Exchanges

Not Allowed:

- Illusions are not allowed
- No other material is allowed as qualified equipment other than a flag baton
- Flag Batons must not be intentionally be placed on the floor

Equipment:

Flag is one piece of material attached to a flagpole (a special baton) and used as a flag. The flagpole must have only one flag. Swivels on the baton are recommended. Material on chains, ropes or clothing are not permitted. The length of one-ended pole is maximum 82 cm long; Width of flag-material on Flag Baton should be according to the length of the pole. There are no restrictions for the flag size. No other equipment is allowed in the FLAG BATON competition program.

Number of Members

4 +members

Costume

A traditional majorette style is recommended

Time

3.00 minutes max. 1st note to last note of music. Entrance must be from the left of the judges and exit to the right. Should be simple, quick and without music.

Total Caption Marking = 100 points

Choreography	20 points
Teamwork	20 points
Production & General Effects	20 points
Technique & Performance	20 points
Showmanship & Presentation	20 points

Penalties

Drop	1
Fall	1
2 hand catch	0.5
Out of Step	0.5
Break	0.1
Off pattern	0.1
Unison	0.1
Under / Over Time	0.1 point per second
Rule Violation	2.0
Acrobatics and Mounts	Disqualification

TwirlSport
SCOTLAND

TRADITIONAL POM POM CORP

Definition Pom Poms Corps performing a routine with marching combined with the use of Pompons and choreographed to personal choice of music. The choreography should include special effects, manoeuvres and teamwork set to the musical phrases, tempo and rhythm. The routine must be presented with proper technique and appropriate performance qualities. Changings of formations are expected and encouraged.

Costume

A traditional majorette style is recommended.

Content

A corps performing a routine with marching combined with the use of Pompoms and choreographed to the music. The choreography should include special effects, manoeuvres and teamwork in line with the music. Changing of formations is encouraged. Standing/stationary should be limited to waves and general effects and must not exceed 16 counts. All members have to use one pair of Pom Pom Poms.

All Pom Pom should be the same size and type. No props or accessories are allowed. Exchanges and passes are not permitted.

Tossing Pom Poms to another team member or to oneself is not permitted.

Grounding is not permitted with exceptions of opening and final position. If starting pose on the floor.

Maximum of 8 counts in order to stand up. Maximum of 8 counts at the end in order to go on the floor/finish on the floor. Illusions are not allowed throughout the entire choreography.

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Total Caption Marking = 100 points

Marching & Manoeuvring	20 points
Teamwork	20 points
Production & General Effects	20 points
Execution & Special effects	20 points
Appearance, Showmanship & Presentation	20 points

Penalties

Drop	1
Fall	1
2 hand catch	0.5
Out of Step	0.5
Break	0.1
Off pattern	0.1
Unison	0.1
Under / Over Time	0.1 point per second
Rule Violation	2.0
Acrobatics and Mounts	Disqualification

TwirlSport
SCOTLAND

THE TRIO DISCIPLINE

Discipline Description - The Trio discipline is the simultaneous twirling of three athletes utilizing the 3 twirl modes with the addition of exchanges, multiple baton, interrelated choreography and an interdependent approach, all performed to selected music.

Discipline Focus

Content: The primary focus of the Trio 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.

Execution: The skills presented in the Trio discipline should demonstrate a priority of proper body and baton technique and reflect the idea of “three twirling as one” both in synchronicity and multitextured disciplines within the choreography. Although the Trio 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 score received for the Trio discipline is out of a possible ONE HUNDRED points which then is converted to a 10- point scale in tabulation.

Penalties:

Level B - Elite

- A 1% penalty which equals a (0.1) point penalty per drop will be deducted from each judge’s score.
- A 1-point deduction per infraction per judge will be assessed including material that is more than the written restrictions.

Level C, D

- A 1% penalty which equals a (1) point penalty per drop will be deducted from each judge’s score.
- A 10 -point deduction per infraction per judge will be assessed including material that is more than the written restrictions.

TSS TRIO CONTENTS RESTRICTIONS				
Category	Level C	Level B	Level A	Elite
Spins	1 - 2 Spins Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions	1 - 3 Spins Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions	1 - 4 Spins Baton Releases No Restrictions Reception No Restrictions Body No Restrictions	NO RESTRICTIONS
Stationary Complex Acrobatics are NOT allowed	Single major body move without the baton only.	Single major body move under the toss Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions	Single Major Body move with two spin under toss Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions Double major body move is allowed under the toss, either traveling or stationary Baton Releases: No Restrictions Reception: No Restrictions Body No Restrictions Double Major Tricks are allowed, either Stationary or Travelling. No limited number	
Rolls	No continuous front neck rolls (with or without hands) No front neck figure 8's No	No continuous front neck rolls (with or without hands) No front neck figure 8's No		

	monster rolls (partial or complete)	monster rolls (partial or complete)	
Contact Material	No Restrictions	No Restrictions	No Restrictions

