



Rules & Restrictions

Dutch Open 2025



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1 Events, age divisions & levels

1.1 Solo 1 Baton

Women

Level B - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+

Level A - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+

Elite - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+

Men

Level B - Junior 12-17, Senior 18+

Level A - Junior 12-17, Senior 18+

Elite - Junior 12-17, Senior 18+

Age the athlete will be on December 31, 2025.

1.2 Solo 2 Baton

Women

Level B - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+

Level A - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+

Elite - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+

Men

Level B - Junior 12-17, Senior 18+

Level A - Junior 12-17, Senior 18+

Elite - Junior 12-17, Senior 18+

Age the athlete will be on December 31, 2025.

1.3 Solo 3 Baton

Women

Level A - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+

Elite - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+

Men

Level A - Junior 12-17, Senior 18+

Elite - Junior 12-17, Senior 18+

Age the athlete will be on December 31, 2025.



1.4 Artistic Twirl

Women

- Level B - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+
- Level A - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+
- Elite - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+

Men

- Level B - Junior 12-17, Senior 18+
- Level A - Junior 12-17, Senior 18+
- Elite - Junior 12-17, Senior 18+

Age the athlete will be on December 31, 2025.

1.5 X-Strut

Women

- Level A - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+
- Elite - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+

Men

- Level A - Junior 12-17, Senior 18+
- Elite - Junior 12-17, Senior 18+

Age the athlete will be on December 31, 2025.

1.6 Freestyle/Rhythmic Twirl

Women

- Level B - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+
- Level A - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+
- Elite - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+

Men

- Level B - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+
- Level A - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+
- Elite - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18-21, Adult 22+

Age the athlete will be on December 31, 2025.



1.7 Duet Twirling

Level B - Juvenile 18-23, Junior 24-35, Senior 36+

Level A - Juvenile 18-23, Junior 24-35, Senior 36+

Elite - Juvenile 18-23, Junior 24-35, Senior 36+

Sum of the ages the athletes will be on December 31, 2025.

1.8 Artistic Pair

Level A - Juvenile 9-11, Junior 12-17, Senior 18+

Elite - Juvenile 9-11, Junior 12-17, Senior 18+

Age the OLDEST athlete will be on December 31, 2025.

1.9 Freestyle Pair

No Levels - Juvenile 9-11, Junior 12-17, Senior 18+

Age the OLDEST athlete will be on December 31, 2025.

1.10 Artistic Team

Level B - Junior 8-17.9, Senior 18+

Level A - Junior 8-17.9, Senior 18+

Elite - Junior 8-17.9, Senior 18+

Only athlete in Junior age on December 31, 2025 can be member of a junior team.

1.11 Twirl Team

Level B - One age division

Level A - One age division

Elite - One age division

1.12 DanceTwirl Team

Level B - One age division

Level A - One age division

Elite - One age division

1.13 Twirling Corps

No levels – One age division

1.14 Artistic Group

No Levels - One age division.

2 Content Restrictions

2.1 Solo 1 Baton

| 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</p> <p>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</p> <p>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 |

Elite knows no restrictions



2.2 Solo 2 Baton

| 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.

Elite knows no restrictions



2.3 Solo 3 Baton

| 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.

Elite knows no restrictions

2.4 Artistic Twirl

| Artistic Twirl Content Restrictions Acrobatic movements are allowed (considered as major body movements) | | |
|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. |
| Aerial Acrobatic | Not Allowed with or without the toss. | 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 under the toss Baton Releases No Restrictions Reception No Restrictions | 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 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.

Elite knows no restrictions



2.5 X-Strut

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 | Double major body moves executed on one foot ARE permitted (i.e., double illusion or illusion into leg hold, etc.) 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.) Elements where the balance leg is changed are not restricted. Layback on 1 foot is allowed. |
| Baton Movements | NOTE: Baton movements are the same regardless of level (A Level or World Level) Refer to the X Strut Concept Summary for complete details. |

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.

Elite knows no restrictions

2.6 Freestyle/Rhythmic twirl

| 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.

Elite knows no restrictions

2.7 Duet Twirling

| <p align="center">Duet Content Restrictions Acrobatics movements are not permitted. applying to one or all Duet members</p> | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Category | Level B | Level A |
| <p>Spins</p> | <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> |
| <p>Stationary & Traveling Complex</p> <p>Acrobatics are not allowed</p> | <p>Single major body move under the toss</p> <p>Baton</p> <p>Releases No Restrictions Reception No Restrictions</p> | <p>Single major body move with 2 spins under the toss</p> <p>Baton</p> <p>Releases No restrictions. Reception No Restrictions</p> <p>Double major body moves are allowed under the toss, either stationary or traveling</p> <p>Baton</p> <p>Releases No Restrictions Reception No Restrictions</p> <p>Triple Major body moves are NOT allowed, either Stationary or Travelling.</p> |
| <p>Rolls</p> | <ul style="list-style-type: none"> • No continuous front neck rolls (with or without hands) • No front neck figure 8's <p>No monster rolls (partial or complete)</p> | <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.

2.8 Artistic Pair

| 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. | | |

Elite knows no restrictions

2.9 Freestyle Pair

There are no restrictions

2.10 Artistic Team

| 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 Baton Releases No Restrictions Reception No Restrictions | <ul style="list-style-type: none"> 1 - 3 spins Baton Releases No Restrictions Reception No Restrictions |
| 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 Baton Releases No Restrictions Reception No Restrictions | <ul style="list-style-type: none"> Single major body move with 1 spin under toss Baton Releases No Restrictions Reception No Restrictions |
| 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.

Elite knows no restrictions

2.11 DanceTwirl Team

| 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 Baton Releases No Restrictions Reception No Restrictions | <ul style="list-style-type: none"> 1 - 3 spins Baton Releases No Restrictions Reception No Restrictions |
| 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 Baton Releases No Restrictions Reception No Restrictions | <ul style="list-style-type: none"> Single major body move with 1 spin under toss Baton Releases No Restrictions Reception No Restrictions |
| 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.

Elite knows no restrictions

2.12 Twirl Team

| <p style="text-align: center;">Twirl Team Content Restrictions applying to one or all team members Acrobatic movements are not permitted.</p> | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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.

2.13 Twirling Corps

Acrobatic moves are not permitted.

2.14 Artistic Group

| 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.