

CONTENT RESTRICTION CHART FOR TWIRL TEAMS					
CATEGORY	NOVICE	A	AA	AAA	ELITE
Spins (includes Interrupted Spins when interrupted with a MINOR body move)	<ul style="list-style-type: none"> 1 Spins Releases & Receptions: No Restrictions Baton or Body 	<ul style="list-style-type: none"> 1 -2 Spins Releases & Receptions: No Restrictions Baton or Body 	<ul style="list-style-type: none"> 1-3 Spins Releases & Receptions: No Restrictions Baton or Body 	<ul style="list-style-type: none"> 1-3 Spins Releases & Receptions: No Restrictions Baton or Body 4 Spins Releases & Receptions: Standard, No Restrictions on Body 	<ul style="list-style-type: none"> No Restrictions
Gymnastic Moves (Applicable to All Other Categories)	<ul style="list-style-type: none"> No aerial gymnastics 	<ul style="list-style-type: none"> No aerial gymnastics 	<ul style="list-style-type: none"> No aerial gymnastics 	<ul style="list-style-type: none"> Aerial cartwheels permitted Aerial cartwheels cannot be used in combination with any other body move or itself 	<ul style="list-style-type: none"> No Restrictions
Stationary Complex & Travelling Complex (Includes Interrupted Spins when interrupted with a Major Body Move)	<ul style="list-style-type: none"> None allowed 	<ul style="list-style-type: none"> Single Major Body Move under the toss Releases & Receptions: Releases/Receptions Standard, No Restrictions on Body No Double Element tricks 	<ul style="list-style-type: none"> Single Major Body Move with 1 spin under the toss Releases & Receptions: Releases/Receptions Standard, No Restrictions on Body No Double Element tricks 	<ul style="list-style-type: none"> Single Major Body Move with 2 spins under the toss Releases & Receptions: No Restrictions Baton or Body. Double Major Body Move is allowed under the toss either Stationary Complex or Travelling Complex. Releases & Receptions: No Restrictions Baton or Body. 	<ul style="list-style-type: none"> No Restrictions
Rolls	<ul style="list-style-type: none"> Single element 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 	<ul style="list-style-type: none"> No Restrictions 	<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 	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions
Chart was amended in September 2019					