

# NBTA Team Rules 2011

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## TWIRLING TEAM

A **Twirling team** is four or more members using one baton per member performing in unison accompanied by the NBTA INTERNATIONAL record. The routine will have an entrance, variety in twirling, exchanges, changes in floor patterns, and an exit within the time allowed

### A. Divisions

1. Tiny Tot – average 0 – 5.999
2. Juvenile – average 6 – 8.999
3. Preteen – average 9 – 11.999
4. Junior – average 12 – 14.999
5. Senior – average 15 +

A contestant's age on September 1 will determine his or her competitive age for the entire contest year from September 1 through August 31.

- a. All team directors must be able to produce "proof of age" for each individual competing in team.
- b. Birth certificates, baptism record, and/or driver's license are all acceptable.
- c. Requests for "proof of age" are by contest director and/or chief judge.

### B. Status Levels of Competition – In areas where contest entries warrant – the contest director may offer **Beginner** and **Advanced**.

1. **Beginner** – A Twirling team that has more than half of the total members classified as Beginner team members. A Beginner team member is an individual twirler who has less than five first place Twirling team wins.
2. **Advanced** – A Twirling team that has at least half of the total members classified as Advanced Twirling team members. An Advanced team member is an individual twirler who has five or more first place Twirling team wins.

All 1st place Twirling team wins count toward advancement for an individual twirling in Twirling team competition regardless of Twirling team classification or contest affiliation. No more than ten uncontested wins can be achieved before advancement to higher level becomes automatic and mandatory of a Twirling team member.

**1<sup>st</sup> Place Team Protection Rule** – In areas where there is a small number of teams, should a Beginner or Advanced team not demonstrate first place ability, it is recommended the judges use the 1<sup>st</sup> Place Protection Rule to prevent win from counting towards status level advancement of individual team members. After a judges' panel conference, each judge must clearly record '1<sup>st</sup> Place Protection' on score sheet. Tabulation will clearly record 1<sup>st</sup> Place Protection on team score sheet. Awards will be presented as advertised.

A Twirling team classified as a Beginner Twirling team may enter the Beginner Twirling team competitions and the Advanced Twirling team competitions on the local level. They may not enter **both** competitions on the State, Regional, or National level.

When a Twirling team is competing for a State championship title, more than half of the team must reside in that state. If only half of the team resides in the same state, the team must choose the State championship they wish to compete in. A Twirling team may compete in only one State championship each year. This rule also applies for regional championship titles.

When a team is representing his/her country in world title championship competitions, all team members must be citizens and reside in the country they are representing. A team with members that are citizens and/or reside in different countries will be eligible to enter the Class A International Open contests only.

### C. Size of Teams

1. Small – 4-8 members
2. Large – 9 or more members

If participation in the area warrants the necessity of having three team divisions, the contest director may offer a very large division – 14 or more members. This will be permitted only on Local, State, and regional levels of competition.

### D. Entry Fee – It is suggested that teams have a blanket entry fee. Suggested fees: (to be used only as guidelines for contest directors) Small – minimum of \$15 and maximum of \$35; Large – minimum of \$30 and maximum of \$50

### E. Time Limit – Minimum of two minutes, maximum of three minutes. Timing begins with the leader's salute on the starting line (back boundary line) and ends with leader's salute on the finish line (back boundary line). Leader may take no more than the distance of four basic marching steps off the back boundary line for opening and closing salute.

### F. Music – Twirling teams will be accompanied by the NBTA INTERNATIONAL march record during its competition performance.

### G. Size of Competition Floor – Full-size basketball court – 50'x84'

### H. Props and Special Effects

1. No scenery or backdrops allowed.
2. No props may be used during performance.
3. No team may use pyrotechnics, discharge of arms, pressurized canisters, dangerous materials, inflammable liquids, etc.
4. No team may use auxiliary power sources (electric, battery, transistor, etc).

I. Eligibility – A team member may not compete against himself/herself. Example: a team member may not compete in two Juvenile Small Twirling teams. At State, Regional, National/world championships, an individual may compete as a member of a Beginner twirl team or as a member of an Advanced twirl team, but not both regardless of size and age category.

#### J. General Rules

1. Starting line – The far boundary line directly across from the judge’s table  
Finish line – return to the starting line.
2. Novelty batons may not be used for Twirling team competitions. The use of “novelty batons” or a second baton classifies the team as a Half-Time Show Team. (Note: Refer to Half-Time Show Team rules.)
3. Each Twirling team member must enter competition floor with baton in hand.
4. Baton: Grounding of baton not allowed. Grounding is interpreted to mean the placement of a baton in such a manner that it is out of the possession of the twirl team member and could remain so without danger of its moving or changing position indefinitely. Penalty: same as a drop.
5. Gymnastics prohibited. Penalty: disqualification.
  - a. NBTA INTERNATIONAL Safety First Rule (for all Teams, Solos and Corps) – In the interest of safety for all contestants and to help preserve the integrity of baton twirling as a freestanding art/sport/physical activity, only the following gymnastics stunts will be disallowed from all NBTA INTERNATIONAL sanctioned contest:
    - i. body aerials
    - ii. walkovers
    - iii. cartwheels
    - iv. butterflies
    - v. somersaults on floor

Explanation for duets, trios, teams and corps: The five disallowed gymnastics stunts are not permitted with or without the assistance of another person.

*Cheerleading-type body mounts and body tosses are also disallowed. An illegal mount is defined as any body toss or form that is two stories or more. A story is defined as a person’s height. A ½ story is defined as a person kneeling, sitting, or lunging.*

#### **PENALTY: DISQUALIFICATION**

K. A Twirl team will be judged on:

1. Twirling: 20 points – minimum number of team members must be twirling one baton per person to be considered team twirling to receive points under **twirling** caption on score sheet.
2. Teamwork: 20 points
3. Production: 20 points
4. Technique and quality of performance: 20 points
5. Appearance, showmanship, presentation: 20 points

#### L. Judging

1. Twirling teams will be judged by two or more judges at Local, State, Regional, and National/World championships.
2. Each judge will judge a full score sheet.
3. It is recommended when using three or more judges that two of the judges will judge with full score sheet and when scheduling permits, cassette recorders will be used for comments. The third judge will judge penalties only. Penalty judge will total the penalty box and relate total penalties to each judge judging a full score sheet. Each judge will subtotal then deduct penalties from final score.
4. It is recommended that all Twirling teams be judged from the bleachers, not floor level.
5. If the judges view the performance as a routine not specifically constructed as a Twirling routine, a 2.0 penalty may be assessed by each judge.
6. A twirl team may not perform one time only for two contest events. Example: when offered at a state/regional competition, a twirl team may enter open twirl team and state/regional twirl team. When doing so, the twirl team must perform once for open twirl team and once again for state/regional twirl team. When offered at a local competition, a twirl team may enter a twirl team competitive event and a twirl team rating event. The twirl team must perform once for the rating event and once again for the twirl team competitive event.
7. A twirl team judge is responsible for his/her own stopwatch and cassette recorder.
8. USA/National and World Championship judging
  - a. A twirl team judge of team preliminaries and final will be asked to sign a form stating that they have no involvement with team, team members, or teams within the division assigned.
  - b. Results of the twirl team finals will be determined by placement of scores. Numeric point totals will be used to break ties in placement scores.

#### M. Penalties

1. Drops (0.5)
2. Breaks (0.1) – Slips (0.1)
3. Off Pattern (0.1)
4. Unison (0.1)
5. Out of Step (0.5)
6. Undertime (0.1 per second)

7. Overtime (0.1 per second)
8. Coaching from Sideline (2.0)
9. Failure to Salute: starting line (1.0), finish line (1.0)
10. Incorrect Salute: beginning (0.5), ending (0.5)
11. Fall (0.5)
12. Failure to pick up baton within a reasonable length of time (0.5)
13. Failure to provide “proof of age” when requested by contest director and/or chief judge (2.0)
14. Any member or equipment not permitted by NBTA INTERNATIONAL rules on the floor (2.0)
15. Any team violating any rule, part of rule, or violating any tradition or custom, or breach of contest etiquettes for which there is not specific rule provided shall be assessed for each violation of not less than 2.0 points nor more than disqualification at the discretion of the chief judge.
16. Individual crossing boundary line during a team’s performance (0.1)
17. Entire team crossing out of bounds (2.0)
18. Incorrect entrance (0.1 for individual, 2.0 for entire team), exit across wrong line (0.1 for individual, 2.0 for entire team).
19. Late penalty – not reporting to contest director prior to team’s performance time (2.0)
20. Gymnastics prohibited. Penalty: Disqualification.

## DANCE TWIRL

A **Dance Twirl team** is four or more members whose performance is accompanied by recorded or taped music of their preference. The performances and the teacher should be creative in choreography as well as costume.

The routine will be a musical interpretation through movement with expression and baton, including an introduction, dynamic effects, a conclusion and possibly a theme. **It is essential** that a Dance Twirl routine have its dance steps coordinated with the music. **It will** incorporate beauty of leg work, footwork, and body work with the baton. **It must** have combinations of baton and dance material. **It will** use space properly; the floor pattern will be a design. **All forms of dance** may be used – ballet, modern, lyrical, jazz, Irish, flamenco, country, disco, Charleston, etc. – gymnastics may not be used.

The **primary goal** in dance Twirl is a routine with the minimum to maximum time limit of continuous dance while twirling with dance steps and twirling have the same degree of difficulty.

### A. Divisions

1. Tiny Tot – average 0 – 5.999
2. Juvenile – average 6 – 8.999
3. Preteen – average 9 – 11.999
4. Junior – average 12 – 14.999
5. Senior – average 15 +

A contestant’s age on September 1 will determine his or her competitive age for the entire contest year from September 1 through August 31.

- a. All team directors must be able to produce “proof of age” for each individual competing in team.
- b. Birth certificates, baptism record, and/or driver’s license are all acceptable.
- c. Requests for “proof of age” are by contest director and/or chief judge. In areas where contest entries warrant at the decision of the contest director, a **Pee Wee Division** may be offered. Average age 0-5.999.

### B. Status Levels of Competition – In areas where contest entries warrant – the contest director may offer **Beginner** and **Advanced** Dance Twirl team competition.

1. **Beginner** – A Dance Twirl team that has more than half of the total members classified as Beginner team members. A Beginner team member is an individual twirler who has less than five first place Dance Twirl team wins.
2. **Advanced** – A Dance Twirl team that has at least half of the total members classified as Advanced Dance Twirl team members. An Advanced Dance Twirl team member is an individual twirler who has five or more first place Dance Twirl team wins.

All first place Dance Twirl team wins count toward advancement for an individual twirling in Dance Twirl team competition regardless of Dance Twirl team classification or contest affiliation. No more than ten uncontested wins can be achieved before advancement to higher level becomes automatic and mandatory of a Dance Twirl team member.

**1<sup>st</sup> Place Team Protection Rule** – In areas where there is a small number of teams, should a Beginner or Advanced Dance Twirl team not demonstrate first place ability, it is recommended the judges use the 1<sup>st</sup> Place Protection Rule to prevent win from counting towards status level advancement of individual team members. After a judges’ panel conference, each judge must clearly record ‘1<sup>st</sup> Place Protection’ on score sheet. Tabulation will clearly record 1<sup>st</sup> Place Protection on team score sheet. Awards will be presented as advertised.

A Dance Twirl team classified as a Beginner Dance Twirl team may enter the Beginner Dance Twirl team competitions and the Advanced Dance Twirl team competitions on the local level. They may not enter **both** competitions on the State, Regional, or National level.

When a Dance Twirl team is competing for a State championship title, more than half of the team must reside in that state. If only half of the team resides in the same state, the team must choose the State championship they wish to compete

in. A Dance Twirl team may compete in only one State championship each year. This rule also applies for regional championship titles.

When a team is representing his/her country in world title championship competitions, all team members must be citizens and reside in the country they are representing. A team with members that are citizens and/or reside in different countries will be eligible to enter the Class A International Open contests only.

C. Size of Teams

1. Small – 4-8 members
2. Large – 9 or more members

If participation in the area warrants the necessity of having three team divisions, the contest director may offer a very large division – 14 or more members. This will be permitted only on Local, State, and regional levels of competition.

D. Entry Fee – It is suggested that teams have a blanket entry fee. Suggested fees: (to be used only as guidelines for contest directors) Small – minimum of \$15 and maximum of \$35; Large – minimum of \$30 and maximum of \$50; Very Large – minimum of \$45 and maximum of \$65.

E. Time Limit – Minimum of two minutes, maximum of three minutes. Timing begins with first movement on introduction of music and end with last movement or conclusion of music, whichever comes first. When exit is performed with music, timing continues until last member crosses boundary line or conclusion of music, whichever comes first.

F. Music

1. A Dance Twirl team's performance is accompanied by recorded or taped music of their own choice. A Dance Twirl team member is responsible for the quality of his/her team's recorded or taped music – as well as volume power.
2. To perform to recorded or taped music, a Dance Twirl team may use sound equipment of their own or the sound system provided by the contest director. Should a power failure occur during a team's performance, the team will have a choice of continuing from place of power failure or starting over from the beginning.
3. Testing of recorded or taped music must be done prior to the beginning of Dance Twirl team competition. A Dance Twirl team director is responsible for music volume control. Excessive volume can result in a penalty of not less than 2.0 points nor more than team disqualification at the discretion of the chief judge and contest director.

G. Size of Competition Floor – Full-size basketball court – 50'x84'

H. Props and Special Effects

1. No scenery or backdrops allowed.
2. No props allowed.
3. If part of a costume is removed during a performance and used as a prop (example: cape, hat, glasses, scarves), the Dance Twirl will be assessed a 2.0 penalty. Penalty will be assessed only one time regardless of number of number of members using props.
4. No Dance Twirl team may use pyrotechnics, discharge of arms, pressurized canisters, dangerous materials, inflammable liquids, etc.
5. No Dance Twirl team may use auxiliary power sources (electric, battery, transistor, etc).

I. Eligibility – A team member may not compete against himself/herself. Example: a team member may not compete in two Juvenile Small Dance Twirl teams. At State, Regional, National/world championships, an individual may compete as a member of a Beginner Dance Twirl team or as a member of an Advanced Dance Twirl team, but not both regardless of size and age category.

J. General Rules

1. **Entrance** – A Dance Twirl will enter competition floor from far boundary line directly across from the judge's table. A team may position themselves anywhere they choose on the competition floor before the music starts. **Entrance** may be done with or without music. All Dance Twirl teams entering competition floor without music will be noted but not scored.
2. **Exit** – A Dance Twirl team will exit to the judge's right to leave the competition floor. **Exit** may be done with or without music. All Dance Twirl teams exiting competition floor without music will exit to judge's right immediately following the last note of music. This exit will be noted but not scored.
3. **Batons** - Grounding of baton not allowed in Dance Twirl team competition. Penalty: same as drop. Grounding is interpreted to mean the placement of a baton in such a manner that it is out of the possession of the twirl team member and could remain so without danger of its moving or changing position indefinitely.
4. Gymnastics prohibited. Penalty: disqualification.
  - b. NBTA INTERNATIONAL Safety First Rule (for all Teams, Solos and Corps) – In the interest of safety for all contestants and to help preserve the integrity of baton twirling as a freestanding art/sport/physical activity, only the following gymnastics stunts will be disallowed from all NBTA INTERNATIONAL sanctioned contest:
    - i. body aerials
    - ii. walkovers
    - iii. cartwheels
    - iv. butterflies
    - v. somersaults on floor

Explanation for duets, trios, teams and corps: The five disallowed gymnastics stunts are not permitted with or without the assistance of another person.

*Cheerleading-type body mounts and body tosses are also disallowed. An illegal mount is defined as any body toss or form that is two stories or more. A story is defined as a person's height. A ½ story is defined as a person kneeling, sitting, or lunging.*

#### **PENALTY: DISQUALIFICATION**

#### **K. Dance Twirl team will be judged on:**

1. Twirling: 20 points – minimum number of team members must be twirling one baton per person to be considered team twirling to receive points under **twirling** caption on score sheet.
2. Dancing: 20 points – minimum number or more in team must be dancing to receive points under **dancing** caption on score sheet.
3. Production: 20 points
4. Technique and quality of performance: 20 points
5. Appearance, showmanship, presentation: 20 points

#### **L. Judging**

1. Dance Twirl teams will be judged by two or more judges at Local, State, Regional, and National/World championships.
2. Each judge will judge a **full** score sheet.
3. It is recommended when using three or more judges that two of the judges will judge with full score sheet and when scheduling permits, cassette recorders will be used for comments. The third judge will judge penalties only. Penalty judge will total the penalty box and relate total penalties to each judge judging a full score sheet. Each judge will subtotal then deduct penalties from final score.
4. It is recommended that all Twirling teams be judged from the bleachers, not floor level.
5. If the judges view the performance as a routine not specifically constructed as a Dance Twirl routine, a 2.0 penalty may be assessed by each judge.
6. A Dance Twirl team may not perform one time only for two contest events. Example: when offered at a state/regional competition, a Dance Twirl team may enter open Dance Twirl team and state/regional Dance Twirl team. When doing so, the Dance Twirl team must perform once for open Dance Twirl team and once again for state/regional Dance Twirl team. When offered at a local competition, a Dance Twirl team may enter a Dance Twirl team competitive event and a Dance Twirl team rating event. The Dance Twirl team must perform once for the rating event and once again for the Dance Twirl team competitive event.
7. A Dance Twirl team judge is responsible for his/her own stopwatch and cassette recorder.
8. USA/National and World Championship judging
  - a. A Dance Twirl team judge of team preliminaries and final will be asked to sign a form stating that they have no involvement with team, team members, or teams within the division assigned.
  - b. Results of the Dance Twirl team finals will be determined by placement of scores. Numeric point totals will be used to break ties in placement scores.

#### **M. Penalties**

1. Drops (0.5)
2. Breaks (0.1) – Slips (0.1)
3. Off Pattern (0.1)
4. Unison (0.1)
5. Undertime (0.1 per second)
6. Overtime (0.1 per second)
7. Fall (0.5)
8. Failure to pick up baton within a reasonable length of time (0.5)
9. Coaching from Sideline (2.0)
10. Failure to provide “proof of age” when requested by contest director and/or chief judge (2.0)
11. Any member or equipment not permitted by NBTA INTERNATIONAL rules on the floor (2.0)
12. Crossing boundary line during a team's performance (0.1 for individual, 2.0 for entire team)
13. Incorrect entrance (0.1 for individual, 2.0 for entire team), exit across wrong line (0.1 for individual, 2.0 for entire team).
14. Use of props (2.0). Penalty will be assessed only one time regardless of number of members using props.
15. Late penalty – not reporting to contest director prior to team's performance time (2.0)
16. Any team violating any rule, part of rule, or violating any tradition or custom, or breach of contest etiquettes for which there is not specific rule provided shall be assessed for each violation of not less than 2.0 points nor more than disqualification at the discretion of the chief judge.
17. Gymnastics prohibited. Penalty: Disqualification.

## **TEAM PRINCE/PRINCESS**

See Corps Prince/Princess rules for guidelines. All rules and procedures are applicable for Team Prince/Princess with the exception of Juvenile, 10-12 Preteen, 13-15 Junior, 16+ Senior; Boys – No one than one for each division.

## **HALF-TIME SHOW TEAMS and SCHOOL TEAMS**

A **Half-Time Show Team** has four or more members whose performance is accompanied by recorded or taped music of their preference. A **Half-Time Show routine** will be choreographed for the purpose of entertainment and it shall be appropriate for performances at school athletic events and other school or civic functions. The **ultimate goal** in a Half-Time Show is a routine with a high entertainment value which enables the young people of today to have the training and experience necessary to give an impressive performance before the public.

#### A. Divisions

1. Elementary – average 6 – 10.999
2. Junior High – average 11 – 13.999
3. Senior High – average 14 and over.
4. College – average age 18 and over. All members of a College Half-Time Show team must be attending a college, university, or professional school and/or furthering their education with either full-time or part-time active enrollment.  
\* In areas where contest entries warrant at the decision of the contest director, a Kinder Division may be offered. Average age 0-7.999, therefore changing Primary - average age becomes 8-10.999.
5. A contestant's age on September 1 will determine his or her competitive age for the entire contest year from September 1 through August 31.
  - a. All team directors must be able to produce "proof of age" for each individual competing in team.
  - b. Birth certificates, baptism record, and/or driver's license are all acceptable.
  - c. Requests for "proof of age" are by contest director and/or chief judge.

B. Size of Teams – 4 or more. All Half-Time Show teams that qualify for a specific division will compete regardless of the number of members in the team. Exception: If contest entries warrant, contest director may divide the division into small and large. This will be the contest director's decision only. Small = 4-8 members - Large = 9 or more members.

C. Entry Fee – Suggested fees: (to be used only as guidelines for contest directors) Minimum of \$3 to a maximum of \$5 per person.

D. Time Limit – Minimum of two minutes, maximum of three minutes. Timing begins with first movement on introduction of music and end with last movement or conclusion of music, whichever comes first. When exit is performed with music, timing continues until last member crosses boundary line or conclusion of music, whichever comes first.

#### E. Music

1. A Half-Time Show team's performance is accompanied by recorded or taped music of their own choice.
2. To perform to recorded or taped music, a Half-Time Show team may use sound equipment of their own or the sound system provided by the contest director. Should a power failure occur during a team's performance, the team will have a choice of continuing from place of power failure or starting over from the beginning.
3. Testing of recorded or taped music must be done prior to the beginning of Half-Time Show team competition. A Half-Time Show team director is responsible for music volume control. Excessive volume can result in a penalty of not less than 2.0 points nor more than team disqualification at the discretion of the chief judge and contest director.

F. Size of Competition Floor – Full-size basketball court – 50' x 84'

#### G. Props and Special Effects

1. No scenery or backdrops allowed.
2. Props may be used by those Half-Time Show teams specifying the use of props under the optional events. Penalties will be assessed in penalty box.
3. Decorative holder for props/equipment will be permitted. Warning: anything over 3½ feet will be considered scenery.
4. No Dance Twirl team may use pyrotechnics, discharge of arms, pressurized canisters, dangerous materials, inflammable liquids, etc.

H. Eligibility – A team member may not compete against himself/herself. Example: a team member may not compete in two Primary Half-Time Show teams.

#### I. General Rules

1. **Entrance** – A Half-Time Show will enter competition floor from far boundary line directly across from the judge's table. A team may position themselves anywhere they choose on the competition floor before the music starts. **Entrance** may be done with or without music. All Dance Twirl teams entering competition floor without music will be noted but not scored.
2. **Exit** – A Half-Time Show team will exit to the judge's right to leave the competition floor. **Exit** may be done with or without music. All Half-Time Show teams exiting competition floor without music will exit to judge's right immediately following the last note of music. This exit will be noted but not scored.
3. Each Half-Time Show team member may enter the floor with or without prop/equipment in hand. The setup of prop/equipment on the competition floor must be done quickly and efficiently. All props/equipment on competition floor must be used at some time during a team's performance.

**Team Etiquette:** Props/equipment must be removed in a reasonable amount of time following completion of a team's performance. Each team is responsible for its own clean-up detail as the floor **must** be clean for the next competing team.

- a. NBTA INTERNATIONAL Safety First Rule (for all Teams, Solos and Corps) – In the interest of safety for all contestants and to help preserve the integrity of baton twirling as a freestanding art/sport/physical activity, only the following gymnastics stunts will be disallowed from all NBTA INTERNATIONAL sanctioned contest:
  - 1) body aerials
  - 2) walkovers
  - 3) cartwheels

- 4) butterflies
- 5) somersaults on floor

Explanation for duets, trios, teams and corps: The five disallowed gymnastics stunts are not permitted with or without the assistance of another person.

*Cheerleading-type body mounts and body tosses are also disallowed. An illegal mount is defined as any body toss or form that is two stories or more. A story is defined as a person's height. A ½ story is defined as a person kneeling, sitting, or lunging.*

**PENALTY: DISQUALIFICATION**

**J. Judging**

1. Half-Time Show teams will be judged by two or more judges at Local, State, Regional, and National/World championships.
2. Each judge will judge a **full** score sheet. Final placement will be determined by adding each judge's final score.
3. It is recommended when using three or more judges that two of the judges will judge with full score sheet and when scheduling permits, cassette recorders will be used for comments. The third judge will judge penalties only. Penalty judge will total the penalty box and relate total penalties to each judge judging a full score sheet. Each judge will subtotal then deduct penalties from final score.
4. If the judges view the performance as a routine not specifically constructed as a Half-Time Show routine, a 2.0 penalty may be assessed by each judge.
5. 1<sup>st</sup> Place Protection Rule is not applicable for Half-Time Show Teams.
6. A Half-Time Show team judge is responsible for his/her own stopwatch and cassette recorder.
7. A Half-Time Show team may not perform one time for two contest events. See example given under twirling Teams L. Judging Rule #6.

## OPTIONAL EVENTS

Contest directors may offer one or more of the events listed below that will best benefit the public/private schools, recreational programs and fine arts studios in the area.

### (1) HALF-TIME SHOW TWIRL TEAM

To fulfill the requirements for a Half-Time Show Twirl Team, 50 percent of its members must twirl some type of twirling equipment used for twirling or spinning purposes containing a baton shaft or color guard equipment (flags, rifles, sabers) at the same time at some point within the performance. A reasonable length twirling or Dance Twirl section should be choreographed and performed to give the judges the opportunity to evaluate without question that the team is classified a Half-Time Show Twirl Team.

Any props or equipment with entertainment value is acceptable as part of a Half-Time Show Twirl routine. Example: Pom poms, ribbons, ropes, hats, canes, chairs, ladders, stools, scarves, umbrellas, balls, etc. Gymnastics may not be incorporated into a Half-Time Show Twirl routine. All forms of dance may be used – ballet, modern, lyrical, jazz, traditional dances from other countries, Charleston, clogging, disco, rock and roll, etc. **SPECIAL NOTE:** *A single baton by itself used by all members throughout the performance is considered a Dance Twirl team routine. A Dance Twirl team routine performed in Half-Time Show Twirl team competition will receive only 10 points in routine content, teamwork, and production captions on score sheet. Team will not receive a placement award nor points for high point team award.*

**A. Dance Twirl team will be judged on:**

1. Routine Content: 20 points
2. Teamwork: 20 points
3. Production: 20 points
4. Technique and quality of performance: 20 points
5. Appearance, showmanship, presentation: 20 points

**B. Penalties**

1. Drops (0.2) – baton, prop or other special effects equipment
2. Breaks (0.1) – Slips (0.1)
3. Off Pattern (0.1)
4. Unison (0.1)
5. Undertime (0.1 per second)
6. Overtime (0.1 per second)
7. Coaching from Sideline (2.0)
8. Fall (0.2) Out of Step (0.2)
9. Failure to pick up baton within a reasonable length of time (0.2)
10. Use of gymnastics - Disqualification.
11. Failure to provide "proof of age" when requested by contest director and/or chief judge (2.0)
12. Crossing boundary line during a team's performance (0.1 for individual, 2.0 for entire team)
13. Incorrect entrance (0.1 for individual, 2.0 for entire team), exit across wrong line (0.1 for individual, 2.0 for entire team).
14. Use of scenery (2.0).
15. Any person on the floor illegally (2.0)

16. Late penalty – not reporting to contest director prior to team’s performance time (2.0)
  17. Failure to use some type of twirling equipment or color guard equipment by 50 percent of members at the same time at some point within the Half-Time Show Twirl team routine (2.0)
  18. Any team violating any rule, part of rule, or violating any tradition or custom, or breach of contest etiquettes for which there is not specific rule provided shall be assessed for each violation of not less than 2.0 points nor more than disqualification at the discretion of the chief judge.
- C. In areas where contest entries warrant at the decision of the contest director, a contest may offer two divisions for Half-Time Show Twirl Teams – Small 4-8 members, Large 9 or more members.

### (2) HALF-TIME SHOW POM PON TEAM

Team’s performance shall display the ability to use pom pons with precision and grace combining the changing of floor patterns, group designs, and dance steps for maximum audience appeal.

#### A. Special Effects and Props

1. No scenery or backdrops allowed.
2. Props are not allowed.
3. If part of a costume is removed during a performance and used as a prop (example: cape, hat, glasses, scarves), the Pom Pon will be assessed a 2.0 penalty. Penalty will be assessed only one time regardless of number of number of members using props.

#### B. General Rules

1. The Pom Pon team is allowed to ground pom pons during any part of the routine, but the use of pom pons is necessary to fulfill the requirements of the routine.
2. Gymnastics prohibited. Penalty: disqualification.

#### C. Pom Pon team will be judged on:

1. Routine Content: 20 points
2. Teamwork: 20 points
3. Production: 20 points
4. Technique and quality of performance: 20 points
5. Appearance, showmanship, presentation: 20 points

#### D. Penalties

1. Dropped equipment (0.2)
2. Unison/out of step (0.2)
3. Undertime (0.1 per second)
4. Overtime (0.1 per second)
5. Loss of balance (0.1)
6. Fall (0.2)
7. Coaching from Sideline (2.0)
8. Failure to provide “proof of age” when requested by contest director and/or chief judge (2.0)
9. Crossing boundary line during a team’s performance (0.1 for individual, 2.0 for entire team)
10. Incorrect entrance (0.1 for individual, 2.0 for entire team), exit across wrong line (0.1 for individual, 2.0 for entire team).
11. Use of scenery (2.0).
12. Any person on the floor illegally (2.0)
13. Late penalty – not reporting to contest director prior to team’s performance time (2.0)
14. Use of gymnastics - Disqualification.
15. Any team violating any rule, part of rule, or violating any tradition or custom, or breach of contest etiquettes for which there is not specific rule provided shall be assessed for each violation of not less than 2.0 points nor more than disqualification at the discretion of the chief judge.

### (3) HALF-TIME SHOW DANCELIN TEAM

Team’s performance shall display the ability to dance with uniformity in style, precision, and grace using changes in floor patterns, group designs, and change of pace for maximum audience appeal. The Dancelin should also expand the variety and difficulty of the routine. Gymnastics\* may not be used. The Dancelin should get into character of the style of dancing, not only using feet and legs but also using the upper body and facial expressions. The goal of the dancelin should be to execute a precision routine of intricate footwork, legwork and body work.

#### A. Special Effects and Props

1. No scenery or backdrops allowed.
2. Props are allowed.

#### B. General Rules

1. Gymnastics are not allowed. **Stunts are not allowed.** (Stunts being two-story or pyramids.) Penalty: disqualification.

#### C. Dance Twirl team will be judged on:

1. Dance Routine Content: 20 points

2. Teamwork: 20 points
3. Production: 20 points
4. Technique and quality of performance: 20 points
5. Appearance, showmanship, presentation: 20 points

#### D. Penalties

1. Unison/out of step (0.2)
2. Overtime (0.1 per second)
3. Undertime (0.1 per second)
4. Loss of balance (0.1)
5. Fall (0.2)
6. Failure to provide “proof of age” when requested by contest director and/or chief judge (2.0)
7. Crossing boundary line during a team’s performance (0.1 for individual, 2.0 for entire team)
8. Incorrect entrance (0.1 for individual, 2.0 for entire team), exit across wrong line (0.1 for individual, 2.0 for entire team).
9. Use of scenery (2.0).
10. Any person on the floor illegally (2.0)
11. Coaching from Sideline (2.0)
12. Late penalty – not reporting to contest director prior to team’s performance time (2.0)
13. Use of gymnastics - Disqualification.
14. Any team violating any rule, part of rule, or violating any tradition or custom, or breach of contest etiquettes for which there is not specific rule provided shall be assessed for each violation of not less than 2.0 points nor more than disqualification at the discretion of the chief judge.

### (4) HALF-TIME SHOW DRILL TEAM

A Half-Time Show Drill Team has 12 or more members displaying the ability to move and maneuver without the use of props/equipment.

#### A. Special Effects and Props

1. No scenery or backdrops allowed.
2. Props are not allowed. Examples: batons, pompons, rifles, flags, sabers, scarves, capes, etc.

#### B. General Rules

1. Drill team shall perform without the accompaniment of recorded music.
2. Drill Team will enter competition floor to the judge’s left and exit to the judge’s right.
3. Gymnastics are not allowed. Stunts are not allowed.
4. Floor pattern is optional.
5. Time Limit – 2:00 to 3:00 minutes. Timing begins with the first movement of drill team and ends when last member crosses the finish line.
6. Performance area – 50’ x 84’
7. Performance procedure – Drill Team is a) called to attention by commanding officer, b) commanding officer gives courtesy salute or bow to judges’ panel, c) followed by a command for team to start their performance, d) after completion of drill, commanding officer may give an optional courtesy salute or bow.

#### C. Divisions

##### 1. Military

- a. Verbal guidelines – Verbal commands allowed by commander/officers throughout performance. Halt allowed during performance.
- b. Tempo guidelines – Every team member must display the ability to stay in step with tempo. The commander/officer’s sets basic tempo standard for entire performance. No change of tempo/pace is allowed.
- c. Footwork guidelines – Military basic marching only. No dance steps allowed – examples: step ball, etc.
- d. Judging Guidelines – The Military Drill Team will be judged on the changing of floor patterns, alignment, spacing, and intervals while performing forward marching, backwards marching, to the rear, columns, and flanks. Other options: pinwheels and company front. The routine may incorporate high mark time, low mark time, side steps and change of length of stride but must maintain constant left-right tempo. The judges are to consider the uniformity of marching style (heel placement, toe placement, knee height) and the uniformity of head and hand movements while at the same time noting with scrutiny an individual’s military bearing, posture, chin level, eye level, ability to perform sharp pivots and corners. Facial expression should be military (serious – no smile).
- e. Penalties – Same as dancelines with the addition of interval (0.1), distance (0.1), alignment (0.1) and flase stops and starts (0.2).

##### 2. Free Style

- a. Verbal Guidelines – Chants, verbal commands, and vocal accompaniment allowed from team members and commanders/officers. Halt is allowed during performance time.
- b. Tempo guidelines – Every team member must display the ability to stay in step with the tempo. The commander.office starting performance command sets basic tempo standard. A change of tempo or pace is allowed – double time, one-half time, three-fourth time.

- c. Footwork guidelines – Drill Team routine may incorporate footwork that enhances performance style but does not hinder the ability to stay in time with the tempo. Examples: step ball change, step skip step hop, step skip step dig, jazz runs. “Special footwork” may be used as long as a team member’s line of direction is maintained.
- d. Judging guidelines – The Free Style Drill Team will be judged on the changing of floor patterns, alignment, spacing, and intervals while performing forward marching, backwards marching, to the rear, columns, and flanks. Other options: pinwheels, company fronts, and pictures. The routine may incorporate high mark time, low mark time, side steps, change of length of stride but must maintain tempo. The judges are to consider the uniformity of marching style (heel placement, toe placement, knee height) and the uniformity of head, body, and arm movements while at the same time scrutinizing an individual’s commitment to posture, chin level, eye level, ability to perform sharp pivots and corners. A change of facial expression can be used with a change of mood while performing (from pleasant to serious to happy). When judging, special credit should be given to a team with costume and drill team complimenting each other that displays a theme to the audience and judge’s panel. Examples: Name of team – Suzie’s Sweethearts; Costume – Fabric of Hearts; Heart hairpieces; Part of drill design – A heart. Name of team – Swing ‘n Country Stars; Costume – Pinafore, Petticoats, Puffy sleeve leotard. Hair in doggy ears. Freckles on face; Part of drill design – Clogging or How down for 16 counts to get into a formation of a star.
- e. Penalties – Same as dance lines with the addition of interval (0.1), distance (0.1), alignment (0.1) and false stops and starts (0.2), out of step (0.2)

### (5) HALF-TIME SHOW CHEERLEADING TEAM

Team’s performance shall display the ability to use body and voice with precision and grace combining the changing of floor patterns and vocal cheers for maximum audience appeal.

#### A. Special Effects and Props

1. No scenery or backdrops allowed.
2. Props are allowed.

#### B. General Rules

1. Gymnastics are not allowed. Stunts are allowed. (Stunts being no more than two-story high or pyramids no more than three high with the bottom level with hands and knees on floor.)
2. Cheerleading teams may incorporate music within their routines. Maximum music time limit: 1½ minutes.

#### C. Cheerleading Teams will be judged on:

1. Routine Content: 20 points
2. Teamwork: 20 points
3. Production: 20 points
4. Technique and quality of performance: 20 points
5. Appearance, showmanship, presentation: 20 points

#### D. Penalties

1. Dropped Equipment (0.2)
2. Unison/out of step (0.2), Loss of balance (0.1)
3. Overtime (0.1 per second)
4. Undertime (0.1 per second)
5. Coaching from Sideline (2.0)
6. Fall (0.2)
7. Use of gymnastics – disqualification.
8. Failure to provide “proof of age” when requested by contest director and/or chief judge (2.0)
9. Crossing boundary line during a team’s performance (0.1 for individual, 2.0 for entire team)
10. Incorrect entrance (0.1 for individual, 2.0 for entire team), exit across wrong line (0.1 for individual, 2.0 for entire team).
11. Use of scenery or backdrop (2.0).
12. Any person on the floor illegally (2.0)
13. Late penalty – not reporting to contest director prior to team’s performance time (2.0)
14. Any team violating any rule, part of rule, or violating any tradition or custom, or breach of contest etiquettes for which there is not specific rule provided shall be assessed for each violation of not less than 2.0 points nor more than disqualification at the discretion of the chief judge.

### (6) HALF-TIME SHOW SCHOOL MAJORETTE TEAM

A school majorette team must have three or more members whose performance is accompanied by recorded or taped music of their preference. All members of a school majorette must be attending and currently enrolled in the educational institution they are representing. Example: A middle school, a high school or a college/university. A competing school must include twirlers that are representing their school. A school majorette team’s routine will be choreographed for the purpose of entertainment and the performance shall be appropriate for school band performances. To be a competing member of a college/university majorette line team, a college majorette line twirler (male or female):

1. must have graduated from high school,
2. must be attending or have been accepted to attend a college or university (undergraduate or graduate) during the calendar year.

3. must have auditioned and awarded a position on the college/university college majorette line team.
4. must have committed to be a member of the college/university majorette line team for the past performance season or the future performance season.
5. must complete and be able to show proof of enrollment or acceptance letter in order to be eligible to compete.
6. must be a resident of the USA.

#### A. Divisions

1. Middle School
2. High School
3. College/university – national championships will be held each year at AYOP for this division of competition.

#### B. Types of Competitive Events for School Majorette Lines (Teams)

1. Half-time school majorette show twirl
2. Half-time school majorette dance twirl

#### C. General Rules for All School Majorette Line (Teams)

1. Time Limit – Minimum of two minutes, maximum of three minutes. Timing begins with the first movement on introduction of music and end with last movement or conclusion of music, whichever is first. When it is performed with music, timing continues until last member crosses boundary line or conclusion of music, whichever comes first.
2. Music
  - a. A half-time school majorette team's performance is accompanied by recorded or taped music of their own.
  - b. To perform to recorded or taped music, a half-time school majorette team may use sound equipment of their own or the sound system furnished by the contest director. Should a power failure occur during team's performance, the team will have a choice of continuing from place of power failure or starting over at the beginning.
  - c. Testing of recorded or taped music and sound system must be done prior to the beginning of half-time show majorette team competition. A half-time show majorette team director /sponsor is responsible for music volume control. Excessive volume can result in a penalty of not less than 2.0 points nor more than team disqualification – at the discretion of the chief judge and contest director.

3. Size of Competition Floor – Full-size basketball court – 50'x84'

#### 4. Eligibility

A team member may not compete against himself/herself. Example: A team member may not compete in two high school majorette line (team) dance twirls.

#### 5. Entrance and Exit

**Entrance** – A Half-Time show school majorette team will enter competition floor from far boundary line directly across from the judge's table. A team may position themselves anywhere they choose on the competition floor before the music starts. Entrance may be done with or without music. Entrance without music will be noted but not scored. **Exit** – A Half-Time show school majorette team will exit to the judge's right to leave the competition floor. Exit may be done with or without music. An exit without music will be noted but not scored.

#### 6. NBTA Safety Rule First for All Teams

In the interest of safety for all contestants and to help preserve the integrity of baton twirling as a freestanding art/sport/physical activity, only the following gymnastics stunts will be disallowed from all NBTA INTERNATIONAL sanctioned contest:

- 1) body aerials
- 2) walkovers
- 3) cartwheels
- 4) butterflies
- 5) somersaults on floor

Explanation for teams: The five disallowed gymnastics stunts are not permitted with or without the assistance of another person. Cheerleading-type body mounts and body tosses are not allowed. NOTE: An mount is any lift or form that is two stories or more and/or both partners are stationary.

#### 7. Judging

- a. Half-time school majorette teams will be judged by two or more judges at State, Regional or National/World championships.
- b. Each judge will judge a full score sheet. Final placement will be determined by adding each judge's final score.
- c. It is recommended when using three or more judges that two of the judges will judge with full score sheet and when scheduling permits, cassette recorders will be used for comments. The third judge will judge penalties only. Penalty judge will total the penalty box and relate total penalties to each judge judging a full score sheet. Each judge will subtotal then deduct penalties from final score.
- d. If the judges view the performance as a routine not specifically constructed as a half-time school majorette team, a 2.0 penalty may be assessed by each judge.
- e. A twirl team judge is responsible for his/her own stopwatch and cassette recorder.

#### D. Specific Rules for Half-time School Majorette Show Twirl Team

To fulfill the requirements for a half-time school majorette show twirl, 100 percent of its members must twirl a baton at the same time at some point within the performance. Any props or equipment with entertainment value is acceptable as part of a half-time

school majorette show twirl team. Example: Pom poms, ribbons, ropes, hats, canes, ladders, stools, scarves, umbrellas, balls, two-baton, flags, hoops, rifles, sabers. All form of dance may be used.

1. Special Effects
  - a. No scenery or backdrops allowed.
  - b. Props allowed.
  - c. Decorative holder for props/equipment will be permitted. Warning: anything over 3½ feet will be considered scenery.
  - d. No high-time school majorette show twirl team may use pyrotechnics, discharge of arms, pressurized canisters, dangerous materials, inflammable liquids, etc.
2. A half-time school majorette show twirl team will be judged on the half-time show twirl team score sheet with the following captions:
  - a. Routine Content: 20 points
  - b. Teamwork: 20 points
  - c. Production: 20 points
  - d. Technique and quality of performance: 20 points
  - e. Appearance, showmanship, presentation: 20 points

3. Props and Equipment

Each team member may enter the floor with or without prop/equipment in hand. All props/equipment on competition floor must be used at some time during a team's performance. Each team is responsible for its own clean-up detail as the floor must be clean for the next competing team.

4. Penalties

- a. Drops (0.2) – baton, prop or other special effect
- b. Breaks (0.1) – Slips (0.1)
- c. Off Pattern (0.1)
- d. Unison (0.1)
- e. Undertime (0.1 per second)
- f. Overtime (0.1 per second)
- g. Out of Step (0.2)
- h. Fall (0.2)
- i. Failure to pick up baton within a reasonable length of time (0.2)
- j. Use of Gymnastics - Disqualification.
- k. Failure to provide “proof of age” when requested by contest director and/or chief judge (2.0)
- l. Crossing boundary line during a team's performance (0.1 for individual, 2.0 for entire team)
- m. Incorrect entrance (0.1 for individual, 2.0 for entire team)
- n. Use of scenery (2.0)
- o. Any person on the floor illegally (2.0)
- p. Late penalty – not reporting to contest director prior to team's performance time (2.0)
- q. Failure to use a baton by 50 percent of members at the same time at some point within the half-time school majorette show twirl team routine (2.0)
- r. Any team violating any rule, part of rule, or violating any tradition or custom, or breach of contest etiquettes for which there is not specific rule provided shall be assessed for each violation of not less than 2.0 points nor more than disqualification at the discretion of the chief judge.

- E. Specific Rules for Half-time School Majorette Dance Twirl Team

A half-time school majorette dance twirl team routine will be a musical interpretation through movement with expression and baton, including an introduction, dynamic effects, a conclusion and possibly a theme. It is essential that a Dance Twirl routine have its dance steps coordinated with the music. It will incorporate beauty of leg work, footwork, and body work with the baton. It must have combinations of baton and dance material. It will use space properly; the floor pattern will be a design. All forms of dance may be used. Gymnastics may not be used. A routine choreographed with minimum to maximum time limit of continuous dance while twirling with the dance steps and twirling having the same degree of difficulty.

1. Props and Special Effects

- a. No scenery or backdrops allowed.
  - b. No props allowed.
  - c. If part of a costume is removed during a performance and used as a prop (example: cape, hat, glasses, scarves), the Dance Twirl will be assessed a 2.0 penalty. Penalty will be assessed only one time regardless of number of members using props.
  - d. No Dance Twirl team may use pyrotechnics, discharge of arms, pressurized canisters, dangerous materials, inflammable liquids, etc.
  - e. No Dance Twirl team may use auxiliary power sources (electric, battery, transistor, etc).
2. Batons - Grounding of baton not allowed in Dance Twirl team competition. Penalty: same as drop. Grounding is interpreted to mean the placement of a baton in such a manner that it is out of the possession of the twirl team member and could remain so without danger of its moving or changing position indefinitely.
  3. Dance Twirl team will be judged on:

- a. Twirling: 20 points
  - b. Dancing: 20 points
  - c. Production: 20 points
  - d. Technique and quality of performance: 20 points
  - e. Appearance, showmanship, presentation: 20 points
4. Penalties
- a. Drops (0.5)
  - b. Breaks (0.1) – Slips (0.1)
  - c. Off Pattern (0.1)
  - d. Unison (0.1)
  - e. Undertime (0.1 per second)
  - f. Coaching from Sideline (2.0)
  - g. Fall (0.5)
  - h. Failure to pick up baton within a reasonable length of time (0.5)
  - i. Failure to provide “proof of age” when requested by contest director and/or chief judge (2.0)
  - j. Any member or equipment not permitted by NBTA INTERNATIONAL rules on the floor (2.0)
  - k. Crossing boundary line during a team’s performance (0.1 for individual, 2.0 for entire team)
  - l. Incorrect entrance (0.1 for individual, 2.0 for entire team), exit across wrong line (0.1 for individual, 2.0 for entire team).
  - m. Use of props (2.0). Penalty will be assessed only one time regardless of number of members using props.
  - n. Late penalty – not reporting to contest director prior to team’s performance time (2.0)
  - o. Any team violating any rule, part of rule, or violating any tradition or custom, or breach of contest etiquettes for which there is not specific rule provided shall be assessed for each violation of not less than 2.0 points nor more than disqualification at the discretion of the chief judge.
  - p. Use of one of the 5 prohibited gymnastics moves – disqualification of entire team.

## CHEERLEADING

### SOLO CHEERLEADING

A Solo Cheerleading performance shall display the ability to use body and voice with precision and grace combining with vocal cheers for maximum audience appeal.

#### A. Special Effects and Props

6. No scenery or backdrops allowed.
7. Props are allowed.

#### B. General Rules

3. Gymnastics are not allowed.
4. No music is allowed.

#### C. Solo Cheerleading will be judged on:

1. Showmanship: 25 points – smile, spirit, snap, posture, uniforms, color, style, flash, attitude
2. Technique: 20 points – Rhythm, gracefulness, voice – volume and clarity, footwork, follow-through, smoothness, leg lines.
3. Routine content and general effect: 25 points – Entrance and exit, change of pace, audience appeal, originality, effectiveness of routine and construction.
4. Variety: 25 points – Use of voice, variety of footwork/arm work, intricacy of movements.

#### D. Time Limit – One minute minimum, 1½ minute maximum.

#### E. Penalties

1. Dropped equipment (0.5)
2. Overtime (0.1 per second)
3. Undertime (0.1 per second)
4. Fall (0.5)
5. Use of scenery or backdrops (2.0)
6. Use of Gymnastics - disqualification.

## POM PON

### SOLO POM PON

A Solo Pom Pon performance shall display the ability to use pom pons with precision and grace combining dance steps for maximum audience appeal.

#### A. Special Effects and Props

1. No scenery or backdrops allowed.
2. Props are not allowed.

#### B. General Rules

1. Gymnastics are not allowed.

2. Each contestant must supply his or her own music on a standard cassette tape, which is clearly marked with his or her name on it. The tape must be cued and ready to go before the contestant's performance.
  3. While the contestant is allowed to place pom pons on the ground during the performance, the contestant must have the pom pons in hands at least two-thirds of entire performance.
- D. Solo Pom Pon will be judged on:
1. Showmanship: 25 points – smile, spirit, snap, posture, uniforms, color, style, flash, attitude
  2. Technique: 20 points – Rhythm, gracefulness, coordination of pom pon with music, footwork, follow-through, smoothness, leg lines.
  3. Routine content and general effect: 25 points – Entrance and exit, change of pace, audience appeal, originality, effectiveness of routine and construction.
  4. Variety: 25 points – Use of pom pons, variety of footwork/arm work, intricacy of movements, dancing.
- D. Time Limit – One minute minimum, 1½ minute maximum.
- E. Penalties
1. Dropped equipment (0.5)
  2. Overtime (0.1 per second)
  3. Undertime (0.1 per second)
  4. Fall (0.5)
  5. Use of scenery or backdrops (2.0)
  6. Out of step (0.5)
  7. Use of Gymnastics - disqualification.
    - a. NBTA Safety First Rule (for All Teams, Solos and Corps). In the interest of safety for all contestants and to help preserve the integrity of baton twirling as a freestanding art/sport/physical activity, only the following gymnastics stunts will be disallowed from all NBTA INTERNATIONAL sanctioned contest:
      - 1) body aerials
      - 2) walkovers
      - 3) cartwheels
      - 4) butterflies
      - 5) somersaults on floor