

RESTRIKSJONER

*** Akrobatikk er ikke tillatt**

*basert på internasjonale IBTF regler.

Solo 1 Baton

Kategori	Level 1	Level 2	Level 3	Level 4
Spins	No restrictions	3 spin Releases No Restrictions Reception No Restrictions Max 4 spin Reception left or right – standard	2 spin Releases No Restrictions Reception No Restrictions Max 3 spin Reception left or right – standard	Releases No Restrictions Reception No Restrictions Max 1 spin Reception left or right hand – standard.
Aerial Acrobatics	Not allowed	Not allowed	Not allowed	Not allowed
Traveling Complex	No restrictions	Single major body moves 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	Single major body move under the toss Baton Releases No Restrictions Reception No Restrictions	Not allowed.

		Baton Releases No Restrictions Receptions No Restrictions		
Rolls	No restrictions	No restrictions	<ul style="list-style-type: none"> • No continuous front neck rolls (with or without hands) • No front neck figure 8's • No monster rolls (partial or complete) 	<ul style="list-style-type: none"> • No continuous front neck rolls (with or without hands) • No front neck figure 8's • No monster rolls (partial or complete)
Contact Material	No restrictions	No restrictions	No restrictions	No restrictions

Clarification: One major body move is allowed under a toss in Level 3. Two major body moves are allowed under a toss in Level 2. It is NOT allowable to add minor body moves after the toss or before the catch at either level.

Solo 2 Baton

Kategori	Level 1	Level 2	Level 3	Level 4
Spins	No restrictions	2 spins Baton Releases No Restrictions Reception No Restrictions	1 spin Baton Releases No Restrictions Reception No Restrictions	No spins allowed under toss.
Aerial Acrobatics	Not allowed	Not allowed	Not allowed	Not allowed
Traveling Complex	No restrictions	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*	Single major body under the toss(s) Baton Releases No Restrictions Reception No Restrictions Note – open hand releases are considered “Standard”	Not allowed

Rolls	No restrictions	Partial monster roll is allowed, making 360degree rotation around one arm.	<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) 	<p>Only two "sammensatte" rolls allowed under toss. F.eks elbow elbow/ elbow wrist. Handrolls, elbow rolls allowed with contact material in feks left hand allowed with no restrictions.</p> <p>Fugimies not allowed.</p>
Contact Material	No restrictions	No restrictions	No restrictions	No restrictions
*Double Releases	No restrictions	No restrictions	Only two aerial double release allowed	Only one aerial double release allowed.

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

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.

Clarification: One major body move is allowed under a toss in Level 3. **One major body move with one spin is allowed under a toss in Level 2. It is NOT allowable to add minor body moves after the toss or before the catch at either level.

Solo 3 Baton

Kategori	Level 1	Level 2	Level 3	Level 4
Spins	No restrictions	1 spin Baton Releases No Restrictions Reception No Restrictions	1spin Thumb toss/open hand	Not allowed
Aerial Acrobatics	Not allowed	Not allowed	Not allowed	Not allowed
Traveling Complex	No restrictions	** 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	Not allowed	Not allowed
Rolls	No restrictions	Partial monster roll is allowed, making 360-degree rotation around one arm	Only vertical rolls allowed	One lay out/ elbow roll allowed
Contact Material	No restrictions	No restrictions	No restrictions	Bowlin pins not allowed.

Triple Tosses	No restrictions	<p>** Two sequential triple tosses allowed (either basic or high triple tosses)</p> <p>Baton Releases No Restrictions Reception No Restrictions</p>	<p>Two high low tricks allowed (aerial with two baton trick under toss) One double toss allowed. No triple toss.</p>	<p>Only one high low tricks allowed (aerial with two baton trick under toss) No triple or double tosses allowed.</p>
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**NOTE: Definition of a Triple Toss - A Triple Toss may be executed in two ways:

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.

One major body move is allowed under a tosses in Level 2. It is NOT allowable to add minor body moves after the toss or before the catch at either level.