



Rules & Restrictions

Dutch Open 2024



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1 Events, age divisions & levels

1.1 Solo 1 Baton

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 have at 31 December 2024.

1.2 Solo 2 Baton

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 have at 31 December 2024.

1.3 Solo 3 Baton

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 have at 31 December 2024.

1.4 Artistic Twirl

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 have at 31 December 2024.

1.5 Short Program

No Levels - Junior 12-17, Senior 18+
Age the athlete will have at 31 December 2024.

1.6 Freestyle/Rhythmic Twirl

Level B - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18+
Level A - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18+
Elite - Juvenile 9-11, Youth 12-14, Junior 15-17, Senior 18+
Age the athlete will have at 31 December 2024.



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 have at 31 December 2024.

1.8 Artistic Pair

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

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

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

Age the OLDEST athlete will have at 31 December 2024.

1.9 Freestyle Pair

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

Age the OLDEST athlete will have at 31 December 2024.

1.10 Artistic Team

No Levels - Junior 8-17.9, Senior 18+

AVERAGE age all the athletes will have at 31 December 2024.

1.11 Artistic Group

No Levels - Junior 8-17.9, Senior 18+

AVERAGE age all the athletes will have at 31 December 2024.



2 Content Restrictions

2.1 Solo 1 Baton

CATEGORY	Level B	Level A
Spins	<p>1-2 Spins</p> <p>Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions</p> <p>3 Spins</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p>	<p>1-2-3 Spins</p> <p>Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions</p> <p>4 Spins</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p>
Aerial Gymnastic	Not Allowed with or without the toss.	<p>Aerial cartwheels ONLY (1) under the toss</p> <p>Baton Releases No Restrictions Reception No Restrictions Body Minor body moves on release only are allowed Reception No Restrictions Aerial Cartwheels cannot be used in combination with any other body move No other aerial gymnastic moves allowed</p>
Stationary Complex & Traveling Complex	<p>Single major body move under the toss</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p>	<p>Single major body move with 2 spins under toss</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p> <p>Double major body move is allowed under the toss, either traveling or stationary</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p> <p>Double Major Tricks are allowed, either Stationary or Travelling. No limited number</p>
Double Element Tricks	Not Allowed under the toss	<p>Double major body moves are allowed under the toss, either traveling or stationary</p> <p>No limited number</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p>
Rolls	<ol 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) 	<ol style="list-style-type: none"> No Restrictions
Contact Material	No Restriction	<ol style="list-style-type: none"> No Restrictions

Elite knows no restrictions



2.2 Solo 2 Baton

Category	Level B	Level A
Spins	<p>1 spin</p> <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p>	<p>2 spins</p> <p>Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions</p>
Stationary & Traveling Complex	<p>Single major body under the toss(s)</p> <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p> <p>Note – open hand releases are considered “Standard”</p>	<p>Single Major Body move with one spin under toss(s) (this is not considered a double element trick)</p> <p>Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions</p> <p>One double element trick allowed with double major body move under toss(s)</p> <p>Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions</p> <p>No aerial gymnastics allowed</p>
Rolls	<p>No continuous front neck rolls (with or without hands)</p> <p>No front neck figure 8’s</p> <p>No monster rolls (partial or complete)</p>	<p>Partial monster roll is allowed, making 360 degree rotation around one arm</p>
Contact Material	No Restrictions	1. 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, dual plane, dual pattern, opposition.</p>		

Elite knows no restrictions



2.3 Solo 3 Baton

Category	Level B	Level A
Spins	1 spin Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions	2 spins Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions
Stationary & Traveling Complex	Single major body under the toss(s) Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions Note – open hand releases are considered “Standard One triple toss is allowed	Single Major Body move with one spin under toss(s) (this is not considered a double element trick) Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions Two Triple tosses are allowed Double Element Tricks are not allowed Aerial Gymnastics are not allowed
Rolls	i No continuous front neck rolls (with or without hands) i No front neck figure 8’s i No monster rolls (partial or complete)	Partial monster roll is allowed, making 360 degree rotation around one arm
Contact Material	No Restrictions	No Restrictions
<p>NOTE: Definition of triple toss - Triple Tosses - all 3 batons are released sequentially, one at a time, before the first one is caught, OR, all 3 batons are released at the same time. For both types of triple tosses, catches can be in any order. (Clarification from Summer Meeting 2018)</p>		

Elite knows no restrictions



2.4 Artistic Twirl

CATEGORY	Level B	Level A
Spins	1 - 3 Spins Baton Releases No Restrictions Reception No Restrictions	1 - 4 Spins Baton Releases No Restrictions Reception No Restrictions
Aerial Acrobatic	Not Allowed with or without the toss.	Aerial cartwheels ONLY (1) under the toss Baton Releases No Restrictions Reception No Restrictions Body i Minor body moves on release only are allowed i Reception No Restrictions i Aerial Cartwheels cannot be used in combination with any other body move i No other aerial acrobatic 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	i No continuous front neck rolls (with or without hands) i No front neck figure 8's i No monster rolls (partial or complete)	i No Restrictions

Elite knows no restrictions



2.5 Freestyle/Rhythmic twirl

CATEGORY	Level B	Level A
Spins	<p>1-2 Spins</p> <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p> <p>3 Spins</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p>	<p>1-2-3 Spins</p> <p>Baton Releases No Restrictions Reception No Restrictions</p> <p>Body Releases No Restrictions Reception No Restrictions</p> <p>4 Spins</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p>
Aerial Gymnastic	<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 Minor body moves on release only are allowed Reception No Restrictions Aerial Cartwheels cannot be used in combination with any other body move No other aerial gymnastic moves allowed</p>
Stationary Complex & Traveling Complex	<p>Single major body move under the toss</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p>	<p>Single major body move with 2 spins under toss</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p> <p>Double major body move is allowed under the toss, either traveling or stationary</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p> <p>Double Major Tricks are allowed, either Stationary or Travelling. No limited number</p>
Double Element Tricks	<p>Not Allowed under the toss</p>	<p>Double major body moves are allowed under the toss, either traveling or stationary</p> <p>No limited number</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p>
Rolls	<p>1. No continuous front neck rolls (with or without hands) No front neck figure 8's</p> <p>3. No monster rolls (partial or complete)</p>	<p>1. No Restrictions</p>
Contact Material	<p>No Restriction</p>	<p>1. No Restrictions</p>

Elite knows no restrictions



2.6 Duet Twirling

CATEGORY	Level B	Level A
Spins	1 - 3 Spins Baton Releases No Restrictions Reception No Restrictions	1 - 4 Spins Baton Releases No Restrictions Reception No Restrictions
Stationary Complex & Traveling Complex <i>Acrobatics are not allowed</i>	Single major body move under the toss Baton Releases No Restrictions Reception No Restrictions	Single major body move with 2 spins under the toss Baton Releases No restrictions Reception No Restrictions Double major body moves are allowed under the toss, either stationary or traveling Baton Releases No Restrictions Reception No Restrictions Triple Major body moves are NOT allowed, either Stationary or Travelling.
Rolls	<ul style="list-style-type: none"> ï No continuous front neck rolls (with or without hands) ï No front neck figure 8's ï No monster rolls (partial or complete) 	<ul style="list-style-type: none"> ï No Restrictions

Elite knows no restrictions



2.7 Artistic Pair

CATEGORY	Level B	Level A
Spins	1 - 3 Spins Baton Releases No Restrictions Reception No Restrictions	1 - 4 Spins Baton Releases No Restrictions Reception No Restrictions
Aerial Acrobatic	Not Allowed with or without the toss.	Aerial cartwheels ONLY (1) under the toss Baton Releases No Restrictions Reception No Restrictions Body i Minor body moves on release only are allowed i Reception No Restrictions i Aerial Cartwheels cannot be used in combination with any other body move i No other aerial acrobatic 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	i No continuous front neck rolls (with or without hands) i No front neck figure 8's i No monster rolls (partial or complete)	i No Restrictions

Elite knows no restrictions

2.8 Freestyle Pair

There are no restrictions

2.9 Artistic Team

There are no restrictions



2.10 Artistic Group

CATEGORY	One Level Only
<p>Spins</p>	<p>1 spin</p> <p>Baton Releases No Restrictions Reception No Restrictions Body Releases No Restrictions Reception No Restrictions</p> <p>2. 2 Spins</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p>
<p>Aerial Gymnastic</p>	<p>Not allowed with or without toss</p>
<p>Stationary Complex & Traveling Complex</p>	<p>1. Single major body move under the toss</p> <p>Baton Standard Release Standard Reception Body No Restrictions</p>
<p>Double Element Tricks</p>	<p>Not Allowed under the toss</p>
<p>Rolls</p>	<p>1. No continuous front neck rolls (with or without hands) No front neck figure 8's 3. No monster rolls (partial or complete)</p>
<p>Contact Material</p>	<p>No Restrictions</p>