



## UTE UK OPEN 2024 - SUMMARY

As we come together to make one association United Twirl England are excited to bring to you the UK Open 2024.

As we go through a period of change we want to build on this exciting opportunity and bring this fantastic competition to everyone. There are no restrictions on who can enter and we looking forward to welcoming clubs from both the BB TSA, NBTA, the rest of the twirling community.

United Twirl England will be issuing a full rule book ready for the 2025 season but please refer to this document for all rules relating to the UK Open 2024.

### EVENTS FOR THE COMPETITION:

Basic Strut  
Pom Strut  
Fancy Strut  
Military Strut  
Solo  
2Baton  
3Baton  
X Strut  
Poise/Lyrical  
Freestyle  
Freestyle Pair  
Duet  
Trio  
Artistic Dance  
Artistic Pair  
Twirl Team  
Pom Team/Group  
Freestyle Team  
Artistic Group

All events are open to everyone. NBTA athletes can qualify for the NBTA National Finals at this competition.

Entries to be submitted using the UTE UK Open entry form, apart from NBTA members who should input entries via their online system.

Age to be determined as at 31st December 2024.

Team and Group ages will be determined by the average age.



## UTE UK OPEN 2024 - STRUTS

### BASIC STRUT

- \* Basic Strut to be performed in a square to the left.
- \* 8 counts per side are suggested but not restricted.
- \* Athletes to perform one at a time.
- \* Athletes to enter at their current Basic level.
- \* If athletes don't have a current level, enter based on the majority of their twirling events ie. An athlete in Beginner solo, dance and fancy but Novice 2Baton would enter Beginner Basic.
- \* If athletes twirling events are Intermediate, please enter Novice for basic.
- \* [To be performed to the Basic Strut music. DOWNLOAD HERE](#)

### FANCY STRUT

- \* Fancy Strut will be performed in a square.
- \* NBTA rules will be adhered to. Please refer to the NBTA rule book.
- \* Please note this is NOT the BBTSA fancy strut event.
- \* NBTA athletes to enter based on their current Fancy Strut level.
- \* [To be performed to the Fancy Strut music. DOWNLOAD HERE](#)

### POM STRUT

- \* Pom Strut to be performed in a square or a tee pee.
- \* Athletes to perform one at a time.
- \* Athletes to enter at their current Pom Strut level.
- \* If athletes don't have a current level, enter based on the majority of their twirling event ie. An athlete in Beginner solo, dance and fancy but Novice 2Baton would enter Beginner Pom Strut.
- \* [To be performed to the Fancy Strut music. DOWNLOAD HERE](#)

### MILITARY STRUT

- \* NBTA rules will be adhered to. Please refer to the NBTA rule book.
- \* NBTA athletes to enter based on their current Military Strut level.
- \* If athletes don't have a current level, enter based on the majority of their twirling events ie. An athlete in Beginner solo, dance and fancy but Novice 2Baton would enter Beginner Basic.
- \* [To be performed to the Military Strut music. DOWNLOAD HERE](#)



## UTE UK OPEN 2024 - INDIVIDUAL EVENTS

### RESTRICTIONS FOR SOLO, FREESTYLE, FREESTYLE PAIR, DUET, ARTISTIC DANCE, ARTISTIC PAIR & TRIO

- \* All athletes to enter based on their current level.
- \* Para Twirl athletes to follow Level C (NBTA Beginner) restrictions.
- \* BBTSA Beginner athletes to enter Pre-Beginner sections and adhere to Pre-Beginner/Beginner/First Time Twirl restrictions.

	PRE BEGINNER/ BEGINNER/ FIRST TIME TWIRL	LEVEL C (NBTA BEGINNER)	LEVEL B (NBTA NOVICE)	LEVEL A (NBTA INTERMEDIATE)	LEVEL ELITE (NBTA ADVANCED)
<b>SPINS</b>	Maximum 1 spin: Releases - No Restrictions Receptions - No Restrictions	Maximum 2 spins: Releases - No Restrictions Receptions - No Restrictions	Maximum 3 spins: Releases - No Restrictions Receptions - No Restrictions	Maximum 4 spins: Releases - No Restrictions Receptions - No Restrictions	No Restrictions
<b>ACROBATICS</b>	Aerial Acrobatics not allowed with or without the baton	Aerial Acrobatics not allowed with or without the baton	Aerial Acrobatics not allowed with or without the baton. Single Acrobatic move Releases - No Restrictions Receptions - No Restrictions	Only 1 aerial cartwheel under the toss.  Double acrobatic move  Releases - Standard  Receptions - Standard	No Restrictions
<b>STATIONARY &amp; TRAVELLING COMPLEX</b>		Single major body move under toss but must not be a gymnastic/ acrobatic move or involve the body going upside down:  Releases - No Restrictions Receptions - No Restrictions  Examples not allowed: Cartwheel, Illusion, Walkover Examples allowed: Jumps, kicks, leaps	Single major body move under the toss:  Releases - No Restrictions Receptions - No Restrictions	Single major body move with 2 spins under the toss:  Releases - No Restrictions Receptions - No Restrictions  Double major body move under the toss (travelling or stationary):  Releases - No Restrictions Receptions - No Restrictions	No Restrictions
<b>ROLLS</b>	No continuous front neck rolls (with or without hands) No front neck figure of 8s No monster rolls (partial or complete)	No continuous front neck rolls (with or without hands) No front neck figure of 8s No monster rolls (partial or complete)	No continuous front neck rolls (with or without hands) No front neck figure of 8s No monster rolls (partial or complete)	No Restrictions	No Restrictions
<b>CONTACT MATERIAL</b>	No Restrictions	No Restrictions	No Restrictions	No Restrictions	No Restrictions

**Standard Reception** – (refers to type of catch) Vertical or Horizontal RH or LH catch or RH or LH grab.

**Standard Release** – Vertical RH or LH thumb toss. Vertical RH or LH backhand toss or Horizontal, RH or LH forward or reverse.

\* Solo to be performed to the Solo Twirl music. [DOWNLOAD HERE](#)

\* Freestyle and Freestyle Pair to be performed to athletes own music of choice.

\* Music to be submitted to [competition@unitedtwirlengland.org](mailto:competition@unitedtwirlengland.org)

\* Duet to be performed to the Duet music. [DOWNLOAD HERE](#)

\* Artistic Dance & Artistic Pair to be performed to the NBTA Artistic music NOT the BBTSA/IBTF music. [DOWNLOAD HERE](#)

\* Trio to be performed to the Trio music. [DOWNLOAD HERE](#)

### RESTRICTIONS FOR 2 BATON

\* All athletes to enter based on their current level.

\* [To be performed to the 2 Baton music. DOWNLOAD HERE](#)

	LEVEL C (NBTA BEGINNER)	LEVEL B (NBTA NOVICE)	LEVEL A (NBTA INTERMEDIATE)	LEVEL ELITE (NBTA ADVANCED)
<b>SPINS</b>	Maximum 1 spin: Releases - No Restrictions Receptions - No Restrictions	Maximum 1 spin: Releases - No Restrictions Receptions - No Restrictions	Maximum 2 spins: Releases - No Restrictions Receptions - No Restrictions	No Restrictions
<b>STATIONARY AND TRAVELLING COMPLEX</b>	A major body move is not permitted under the toss.	Single major body move under the toss:  Releases - No Restrictions Receptions - No Restrictions	Single major body move with one spin under the toss:  Releases - No Restrictions Receptions - No Restrictions Double major body move under the toss (travelling or stationary):  Releases - No Restrictions Receptions - No Restrictions	No Restrictions
<b>ROLLS</b>	No continuous front neck rolls (with or without hands) No front neck figure of 8s No monster rolls (partial or complete)	No continuous front neck rolls (with or without hands) No front neck figure of 8s No monster rolls (partial or complete)	No Restrictions	No Restrictions
<b>CONTACT MATERIAL</b>	No Restrictions	No Restrictions	No Restrictions	No Restrictions

**Note** – open hand releases are considered “Standard”

**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, dual plane, dual pattern, opposition.

#### RESTRICTIONS FOR 3 BATON

\* No restrictions.

\* [To be performed to the 3 Baton music. DOWNLOAD HERE](#)

#### RESTRICTIONS FOR POISE/LYRICAL

\* Pre Beginner open to new athletes in their first year of competition.

\* All other athletes to enter based on age.

\* [To be performed to the poise music \(playing as background music\). DOWNLOAD HERE](#)

**RESTRICTIONS FOR X STRUT**

\* All athletes to enter based on their current level.

\* To be performed to the X Strut music. [DOWNLOAD HERE](#)

	<b>LEVEL B (NBTA NOVICE)</b>	<b>LEVEL A (NBTA INTERMEDIATE)</b>	<b>LEVEL ELITE (NBTA ADVANCED)</b>
<b>SPINS</b>	Maximum 2 spins	Maximum 3 spins	No Restrictions
<b>BODY MOVEMENTS</b>	<p>Single major body move can be executed one at a time.</p> <p>Layback must have both feet on the ground.</p>	<p>Double major body move can be executed.</p> <p>Double major can be the same body move or 2 different major body moves combined.</p> <p>Example: Double illusion or Illusion into leg hold Layback on one foot is allowed</p>	No Restrictions
<b>FLOOR CONTACT</b>	Floor contact with body parts other than the feet is not allowed		
<b>BATON</b>	Tosses, Rolls, Fingers and any forms of releases are not allowed		



## UTE UK OPEN 2024 - TEAMS

Team and group ages to be determined by the average age of the athletes as at 31st December.

### RESTRICTIONS FOR TWIRL TEAM

\* [To be performed to the current IBTF Twirl Team music. DOWNLOAD HERE](#)

\* Twirl Team to have 4 to 8 members.

\* 1 athlete must salute at the start and end of the routine

	LEVEL B (NBTA NOVICE)	LEVEL A (NBTA INTERMEDIATE)	LEVEL ELITE (NBTA ADVANCED)
<b>SPINS</b>	Maximum 2 spins: Releases - No Restrictions Receptions - No Restrictions	Maximum 2 spins: Releases - No Restrictions Receptions - No Restrictions	No Restrictions
<b>STATIONARY &amp; TRAVELLING COMPLEX</b>	Single major body move under the toss:  Releases - Standard Receptions - Standard Double elements not allowed under the toss	Single major body move with one spin under the toss:  Releases - Standard Receptions - Standard Double elements not allowed under the toss	No Restrictions
<b>ROLLS</b>	No continuous front neck rolls (with or without hands) No front neck figure of 8s No monster rolls (partial or complete)	No Restrictions	No Restrictions
<b>CONTACT MATERIAL</b>	No Restrictions	No Restrictions	No Restrictions

### RESTRICTIONS FOR FREESTYLE TEAM

\* Athletes to perform to own choice of music.

\* Freestyle Team to have 4 to 9 members.

\* There are no restrictions on content.

### RESTRICTIONS FOR POM TEAM AND GROUP

\* Athletes to perform to own choice of music.

\* Pom Team/Group to have minimum of 4 members.

\* Poms may leave the hand, but most of the routine must be performed with each athlete using a pair of poms in full grip.

\* Poms may be placed on the floor or held in 1 hand.

\* Athletes may be lifted or supported if anyone lifting or supporting hand(s) are not holding poms in the same hand as lifting/supporting with

### RESTRICTIONS FOR ARTISTIC GROUP

\* Athletes to perform to own choice of music

\* Artistic Group to have a minimum of 10 members.

	ARTISTIC GROUP
<b>SPINS</b>	Maximum 2 spin: Releases - No Restrictions Receptions - No Restrictions
<b>AERIAL ACROBATICS</b>	Not allowed with or without toss
<b>STATIONARY AND TRAVELLING COMPLEX</b>	Single major body move under the toss: Releases - Standard Receptions - Standard
<b>DOUBLE ELEMENT</b>	Not allowed under the toss.
<b>ROLLS</b>	No continuous front neck rolls (with or without hands) No front neck figure of 8s No monster rolls (partial or complete)
<b>CONTACT MATERIAL</b>	No Restrictions



## UTE UK OPEN 2024 - CLARIFICATIONS

### ACROBATIC MOVES

#### Definition of an Acrobatic Move

A movement will be considered acrobatic in a baton twirling program when the intent of the movement is for both feet to leave the floor, travel over the head and land on the floor on the opposite side. The feet can leave the floor or land on the floor either at the same time or one at a time. This applies when the move is

- the hand(s) (e.g. a cartwheel done on the hand(s))
- the arm(s) (e.g. a cartwheel done on the forearm(s))
- the head (e.g. a headstand)
- in the air with the support of another person's body (e.g. a cartwheel done while supporting the body on the leg(s) of another person)

Typical examples are: front or back walkovers, cartwheels, etc

#### Definition of an Aerial Acrobatic Move

A body movement in which the athlete turns completely over in the air without being supported or touching hands on the floor Examples:

- In the air without support of the body (eg side aerial; back flip; aerial walkover)

**NOTE:** A horizontal butterfly (where the feet do not go over your head) is not considered an aerial acrobatic move. It is considered a major body move.

### RELEASES & RECEPTIONS

**Standard Reception** – (refers to type of catch) Vertical or Horizontal RH or LH catch or RH or LH grab.

**Standard Release** – Vertical RH or LH thumb toss. Vertical RH or LH backhand toss or Horizontal, RH or LH

### BODY MOVES

**Major Body Move:** A move that requires significant control, flexibility, strength, amplitude and extension.

This classification includes any body move desired and includes moves such as: Illusions, walkovers, leaps, or jumps (of any type), sauté arabesque, attitude, grand battement, sauté de basque, tour jeté, cabriole, forward or reverse. These moves will be approximately 3 or more counts in duration.

**Minor Body Moves:** A move that does not require significant control, flexibility, strength, amplitude, or extension and additionally does not require horizontal or vertical reorientation to the baton (no body rotations <turns>) or maneuvering the body upside down (illusions, bows, etc). These moves will be approximately 2 counts in duration. This classification includes moves such as: hop, skip, chassé, piqué, step-step, and coupé, sauté. This category will often be used as preparation or follow through movements. Refer to the definition of terms not defined in this chart.

**NOTE:** The "chaine" turn is in the same classification as spin. Ex. Single chaine' turn = 1 spin; double chaine'



## UTE UK OPEN 2024 - TIMINGS

### TIMINGS FOR EACH EVENT

	PRE BEGINNER/ BEGINNER/ FIRST TIME TWIRL	LEVEL C (NBTA BEGINNER)	LEVEL B (NBTA NOVICE)	LEVEL A (NBTA INTERMEDIATE)	LEVEL ELITE (NBTA ADVANCED)
SOLO	Maximum 1.20	Maximum 1.30	Full Music	Full Music	Full Music
2 BATON		Maximum 1.30	Full Music	Full Music	Full Music
3 BATON (ONE LEVEL)			Full Music		
X STRUT			Full Music	Full Music	Full Music
POISE/LYRICAL (ALL LEVELS)		Maximum 40 seconds			
ARTISTIC DANCE (ALL LEVELS)		Full Music			
ARTISTIC PAIR (ALL LEVELS)		Full Music			
DUET		Maximum 1.30	Full Music	Full Music	Full Music
TRIO		1.20 - 2.00mins		1.50 - 2.30mins	
TWIRL TEAM			Full Music		
FREESTYLE - TINY TOT		1.00 - 2.00mins			
FREESTYLE - JUV/YOUTH/JUN		1.30 - 2.00mins			
FREESTYLE - SENIOR		1.30 - 2.00mins	2.00 - 2.30mins		
FREESTYLE PAIR - JUV/JUN		1.30 - 2.00mins			
FREESTYLE PAIR - SEN			2.00 - 2.30mins		
FREESTYLE TEAM JUVENILE		Maximum 2mins			
FREESTYLE TEAM JUNIOR/SENIOR		Maximum 3.30mins			
POM TEAM/GROUP		Maximum 3mins			
ARTISTIC GROUP		Maximum 3.30mins			