

**WORLD BATON TWIRLING FEDERATION**

**WBTF  
SHORT PROGRAM**

**SECTION 3.0**

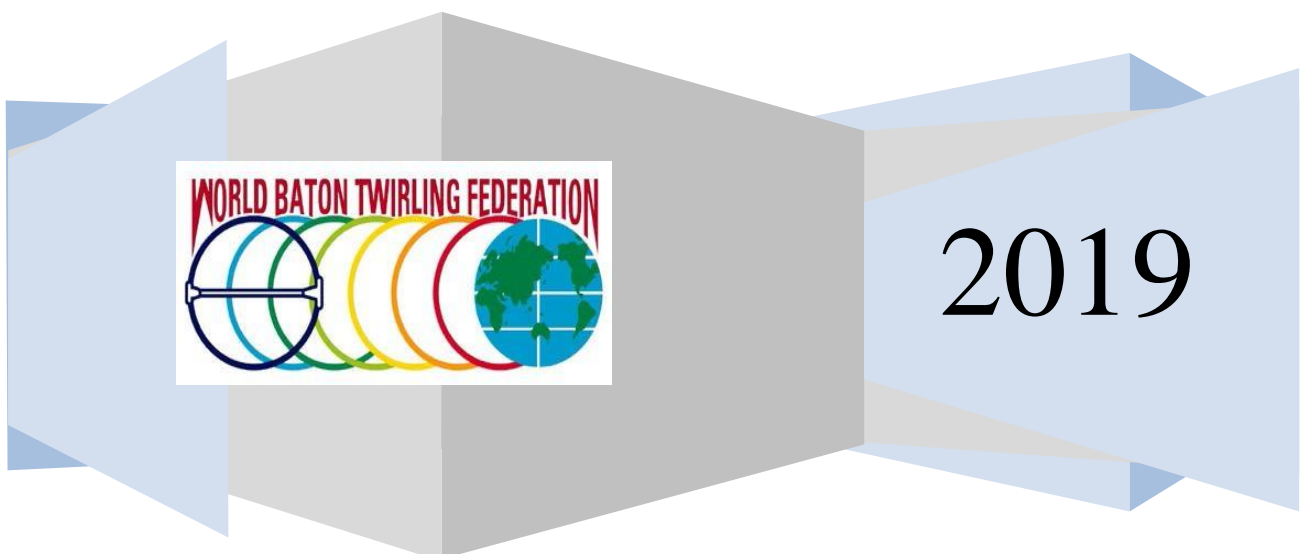


Table of Contents

WBTF SHORT PROGRAM FOR JUNIORS..... 3

- 1.0 CONCEPT ..... 3
- 2.0 PHILOSOPHY STATEMENT FOR JUNIORS..... 3
- 3.0 PRIMARY FOCUS ..... 3
- 4.0 ELIGIBILITY AND MUSIC ..... 3

WBTF SHORT PROGRAM FOR SENIORS ..... 4

- 1. CONCEPT..... 4
- 2. PHILOSOPHY STATEMENT FOR SENIORS ..... 4
- 3. PRIMARY FOCUS..... 4
- 4. ELIGIBILITY AND MUSIC ..... 4

JUDGING & SCORING SHORT PROGRAM ..... 5

GENERAL RULES FOR JUNIOR SHORT PROGRAM ..... 5

GENERAL RULES FOR SENIOR SHORT PROGRAM ..... 5

COSTUMING ..... 5

REQUIRED ELEMENTS ..... 6

- 1. TRAVELING COMPLEX - Revised 8/10/2015, Clarification 9/15/15 ..... 6
- 2 VERTICAL RH THUMB TOSS, 1 ½ SPIN TO LEFT, LH BLIND CATCH..... 7
- 3. 4 CONTINUOUS ELBOW ROLLS WITH RIGHT ARM LAY OUT Revised Summer 2008..... 7
- 4. 2 ½ CONTINUOUS FLAT NECK ROLLS..... 8
- 5. HORIZONTAL LH TOSS, 1 ½ SPIN TO RIGHT, RIGHT HAND FLAT BACK CATCH 8
- 6. CONTACT MATERIAL (24 COUNTS) (revised March 2016) ..... 9
- 7. STATIONARY COMPLEX – REVERSE ILLUSION ..... 10
- 8. VERTICAL RH THUMB TOSS, 2 SPIN LEFT, LEFT HAND CATCH..... 11

ACCESSORY MATERIAL FOR SENIOR SHORT PROGRAM..... 12

## **WBTF SHORT PROGRAM FOR JUNIORS**

### **1.0 CONCEPT**

Short Program for Juniors is a structured event that is a display of required skills that are composed of the short program elements. It is performed to a standard musical selection and the elements must be performed on specific counts. Short Program is structured from required elements that are derived from 5 categories of twirls (spins, stationary complex, travelling complex, rolls and contact material) which must be strictly performed as prescribed.

### **2.0 PHILOSOPHY STATEMENT FOR JUNIORS**

Short Program for Juniors introduces the foundation of skills that are needed for the Short Program for Seniors. When executing the 8 required elements, technique of body and baton are expected to be correct. Music is a factor in that athletes must execute the elements on specific counts of the music.

### **3.0 PRIMARY FOCUS**

- It is mandatory that the execution of the required elements be as prescribed, same order and facing front.
- Prime consideration will be given to the Technique of body and baton during the execution of eight required elements derived from the three Modes of Twirling (aerials, rolls and contact material).
- Short Program requires the additional responsibilities of performing the required elements at specific points in the music. Athletes will have an approximate 8 count break between elements, at which point they will return to the center of the floor.

### **4.0 ELIGIBILITY AND MUSIC**

Junior Men and Junior Women will perform to different musical selections.

# **WBTF SHORT PROGRAM FOR SENIORS**

## **1. CONCEPT**

Short Program for Seniors is the 'bridge' to the 'freedom' of Freestyle. It is performed to standard music and combines qualities from both events, weaving a Program of required moves into a creative musical production that is shorter than Freestyle requirements and more entertaining than the Compulsory requirements. Short Program is structured from required elements that are derived from 5 categories of twirls (spins, stationary complex, travelling complex, rolls and contact material) which must be strictly performed as prescribed.

## **2. PHILOSOPHY STATEMENT FOR SENIORS**

Short Program lays the foundation of skills needed for the Freestyle Program when focusing on qualities such as musical interpretation, and composition and performance. When executing the 8 required elements and during the accessory material, technique of body and baton are expected to be correct. Musicality is a factor developing rhythmic variation, use of accents, conforming to the style of the music, and musical phrasing. Design concepts of staging, logic, contrast and dynamics are introduced.

## **3. PRIMARY FOCUS**

- It is mandatory that the execution of the required elements be as prescribed, **in same order and facing front.**
- Prime consideration will be given to the Technique of body and baton during the execution of eight required elements derived from the three Modes of Twirling (aerials, rolls and contact material).
- Short Program requires the additional responsibilities of conforming to the Music and displaying performance skills and develops musical interpretation, simultaneous responsibility, movement in space, staging, and continuity. These factors will be considered in composition & performance.

## **4. ELIGIBILITY AND MUSIC**

- Senior Men and Senior Women will perform to different musical selections.

## JUDGING & SCORING SHORT PROGRAM

See Section 10 – World Championships of WBTF Policy & Procedure Manual

### GENERAL RULES FOR JUNIOR SHORT PROGRAM

- a) All required elements must be performed facing the front and as prescribed.
- b) While executing required elements, the baton must rotate in standard direction of twirl.
- c) Short Program will use between  $\frac{1}{3}$  and  $\frac{1}{2}$  of the competition floor.
- d) All required elements must begin on count #1, but may end before the 8 count phrase is finished, depending on the athlete's proficiency.
- e) If the required element is completed in less than 8 counts, the athlete will stop and wait for the next required element to begin on Count 1.
- f) Facial expressions while executing Required Elements are acceptable and will be expected to match the music.

### GENERAL RULES FOR SENIOR SHORT PROGRAM

- a) All required elements must be performed facing the front and as prescribed.
- b) While executing required elements, the baton must rotate in standard direction of twirl.
- c) Short Program will use between  $\frac{1}{3}$  and  $\frac{1}{2}$  of the competition floor.
- d) All required elements must begin on count #1, but may end before the 8 count phrase is finished, depending on the athlete's proficiency.
- e) If the required element is completed in less than 8 counts, the athlete may continue with accessory material.
- f) All dance movements are allowed.  
Acrobatic moves that are allowed include: cartwheels (1 or 2 hands), illusions, walkovers (1 or 2 hands, front or back), splits and floor rolls. All other acrobatic movements are not allowed such as: aerial gymnastic moves  
Clarification Nov. 2017: Handstands are allowed
- g) Accessory material is used between required elements. See definition at end of Required Element Descriptions.
- h) Facial expressions while executing Required Elements are acceptable and will be expected to match the music.

### COSTUMING

Athletes (men and women) must perform in the Official **Short Program** Leotard/Uniform of their country.  
(See Official WBTF Policies & Procedures Manual for details.)

## REQUIRED ELEMENTS

General Statements:

- a. The head remains upright during the execution of all required elements.
- b. Facial expressions while executing Required Elements are acceptable and will be expected to fit the music.
- c. The “counts” listed for Required Element #1 and #7 are for learning purposes only. The athlete may execute the move in less than 8 counts.

### **1. TRAVELING COMPLEX - Revised 8/10/2015, Clarification 9/15/15**

#### **Right leg**

1 – 2 Body direction facing L front oblique (head, hips, and shoulders facing L oblique); R chassé with RH reverse figure 8, L arm extended shoulder level to L side

3 Step Left, Right thumb release into a vertical toss

4 R grand jeté (développé or straight leg) (+ landing). Left arm moves down next to the left side of the body (en bas), then up to Third Arabesque position (arm straight out in front of the body, slightly above shoulder level, palm down) while the right arm moves in a natural movement to the right side - Arabesque Third.

The shoulders and hips must be square and perpendicular to the leg during the leap. The head will be positioned to spot the baton.

5 Step L (demi plié) catch (RH standard catch). The Left arm will move to a la second (straight out to the left side at shoulder level, palm down).

6 Step R on toe in 4th position. Left arm moves down next to the left side of the body (en bas). Baton loops to follow through to a locked position on the right arm. Right arm continues to circle in a clockwise direction (from the athlete's point of view).

7 Finish in relevé in 4th position, right leg in front. Arms finish in Third Arabesque (Left arm straight in front slightly above shoulder level, Right arm to the back slightly below shoulder level, both arms palm down).

#### **Left leg**

1 – 2 Body direction facing R front oblique (head, hips, and shoulders facing R oblique); L chassé with RH reverse figure 8, L arm extended shoulder level to L side

3 Step Right, Right thumb release into a vertical toss

4 L grand jeté (développé or straight leg) (+ landing). Right arm moves in a natural movement to Third Arabesque position (arm straight out in front of the body, slightly above shoulder level, palm down) while the left arm stays extended shoulder level to L side.

The shoulders and hips must be square and perpendicular to the leg during the leap. The head will be positioned to spot the baton.

5 Step R (demi plié) catch (RH standard catch). The Left arm will remain to the side.

6 Step on L toe in 4th position. Left arm moves down next to the left side of the body (en bas). Baton loops to follow through to a locked position on the right arm. Right arm continues to circle in a clockwise direction (from the athlete's point of view).

7 Take R step, continuing in the direction of the leap, into 4th position relevé, right leg in front. Arms finish in Second Arabesque (Left arm straight in front, slightly above shoulder level, Right arm to the back slightly below shoulder level, both arms palm down).

**GRAND JETE FOR MEN: Body work - the quality is more concentrated around power, strength and height.**

**GRAND JETE FOR WOMEN: Body work - the quality is based on lightness, elegance, elevation, flexibility**

## **2. VERTICAL RH THUMB TOSS. 1 ½ SPIN TO LEFT. LH BLIND CATCH**

RH vertical flourish, (extending R arm) TTB or TTT, – step forward on RF Whip – pull LF into RF to 5<sup>th</sup> position releve'; L arm extended at shoulder level to L side

Step forward on R toe into 4<sup>th</sup> position releve'

RH thumb release (centre of baton, centre of body); 2-3 revolutions of baton Push off into 1 ½ spin L on ball of L foot

(R foot closes against L ankle), erect posture maintained with head in line with body on spin; hands placed at sides of hips, palms against body, fingers together in downward position)

Finish spin facing back lunging L in 4<sup>th</sup> position by pushing R foot back (against floor) toward judge

LH blind catch TTB or TTT with LH above L shoulder close to L ear, L arm bent, center of baton (last eye contact with baton is off R shoulder); RH remains at side of hip for reception

Swing L arm down in back to a matched hand pass down in back (elbows straight) while turning R to face front, RH vertical flourish while stepping R foot to R side; arms passing through in 'V' position with palm facing L side

Tendu' L in 2<sup>nd</sup> position

## **3. 4 CONTINUOUS ELBOW ROLLS WITH RIGHT ARM LAY OUT Revised** **Summer 2008**

Feet in 5<sup>th</sup> position releve' [RF front]; RH vertical flourish (extending R arm), TTB; L arm extended shoulder level to L side; swing baton down across legs (while moving RH down from centre on baton) and change to L front oblique pattern

Step on L foot to L front oblique; body direction facing L front oblique (heads, hips and shoulders to L oblique); begin roll on elbow (oblique pattern)

Footwork executed in an arc (semi-circle) as follows:

Step #1 with L foot, hips to L oblique (elbow # 1) step #2 is a turn on R foot (elbow #2), step #3 is a step toward the front onto L foot with hips facing R side (elbow #3), a slight esitation will occur between steps #3 and #4 (with elbow #4, head, hips, shoulders facing front)

step #4 is on R foot directly to R side (or slightly forward), R toe may be facing diagonal R side on step, hips are facing front; slight hesitation will occur between steps #3 &

#4

R lay out roll [R arm opens directly to R side, shoulder level, opening L arm with palm up; shoulders and hips facing front; head to front, weight is on R foot, Tendu' L in 2<sup>nd</sup> position

#### **4. 2 ½ CONTINUOUS FLAT NECK ROLLS**

One horizontal reverse figure 8 with chainé turn L (loop under, over) with baton in front of the body between width of shoulders, LH extended shoulder level to L side of body; stepping L, R on turn to L front oblique  
Move RH slightly down from centre on baton while swinging baton across body (oblique pattern downward) to L side of neck

As baton is placed on L side of neck body direction is facing L front oblique (shoulders, hips and head facing L oblique)

2 ½ continuous back neck rolls (oblique baton pattern); footwork for entire roll executed in an arc (semi-circle); both arms down and away from torso during the neck roll (elbows straight); palms facing down,; thumbs of free hands at same level of other fingers

Roll Count 1 – baton released at L side of neck; step LF to L oblique corner (head, hips, shoulders facing L oblique)

Roll Count 2 – baton on R side of neck; step R with 'turning' step

Roll Count 3 – baton on L side of neck, step L with body facing R side Roll Count 4 – baton on R side of neck; step R with 'turning' step

Roll Count 5 – baton on L side of neck; step L directly to L side with body facing back; slight hesitation before receiving baton LH palm down at R shoulder with R arm parallel to floor; body direction is directly to the back, feet in 2<sup>nd</sup> position relevé

#### **5. HORIZONTAL LH TOSS. 1 ½ SPIN TO RIGHT. RIGHT HAND FLAT BACK CATCH**

Feet in 5<sup>th</sup> position relevé, LF front; LH horizontal figure 8 (loop over, under), TTB; R arm extended shoulder level to R side  
Step forward on L toe into 4<sup>th</sup> position relevé

LH horizontal toss (centre of baton, centre of body); 2 -3 revolutions of baton Push off into 1 ½

spin R on ball of R foot

(close L foot to R ankle in spin; erect posture maintained, head in line with body on spin; hands on hips with fingers together on spin)

RH horizontal back catch (centre of baton, centre of waist); (last eye contact with baton over L shoulder); while pushing L foot back (against floor) toward judge into R 4<sup>th</sup> position lunge and simultaneously extending L arm diagonally up to back (head in line with arm, back straight, upper body in line with extended leg)

Step on L foot [to 2<sup>nd</sup> position relevé] R side; turn R to face front with RH vertical flourish (extending R arm) while stepping R foot to R side facing front; tendu L in 2<sup>nd</sup> position, L arm remains diagonal to form a 'V' in front with flourish; palm facing L side.



# WBTF SHORT PROGRAM

## **6. CONTACT MATERIAL (24 COUNTS) (revised March 2016)**

L 4<sup>th</sup> position lunge by pushing R foot out (against floor) to R side (head, hips and shoulders squared to L side).

RH Vertical finger twirls, 1-2 reverse pull over L to R (path of baton behind heads as baton pulls over to R side), while simultaneously trading weight to a R lunge in 2<sup>nd</sup> position; head, hips & shoulders squared to front (legs and feet turned out) with L arm extended at shoulder level moving L arm level from back to L side

2-1 vertical RH finger twirl down in back (path of baton inside between R arm & body) executed in a low arc from L side of body to R side of body, facing back, baton moving down while turning to R on ball of R foot and crossing L foot in front of R foot (when facing back) and continuing to turn R by pivoting on balls of both feet, L arm remains extended at shoulder level while moving L arm across front and around to back

From 5<sup>th</sup> position relevé facing L side, release one, OR one and one half (1/2) revolution RH thumb flip to front with body (shoulders and hips) facing L side, L arm extended to back Step back on R foot into arabesque plié in 4<sup>th</sup> position to L side, catch RH backhand center of body line

L arm straight up with palm facing back, arms in diagonal line. Head facing front, looking over R shoulder

Lower L foot into R 4<sup>th</sup> position lunge (facing L side) while lowering L arm (extended at shoulder level)

1-2 revolution R thumb flip to front, shoulders and hips remain facing L side Rotate body to L into L 4<sup>th</sup> position lunge, facing R side, move L arm straight across back to R side

Catch R hand under extended L arm (shoulders and hips facing R side, head looking over L shoulder)

Follow through with one forward loop to back while transferring weight to R foot into 2<sup>nd</sup> position tendu' (facing back) with weight on RF with R supporting leg straight, L arm follows through by swinging down in a natural movement Shoulders turn slightly to front while pulling R elbow into body, head front

Release one, OR one and one half (1/2) revolution R thumb flip in front Pivot L to back with weight remaining on R foot

Catch L hand behind the neck with L elbow lifted and pointed to R side, R arm extended diagonally down to L side with head and shoulders facing back. Feet remain in 2<sup>nd</sup> position tendu left

Continue rotating L (shoulders and hips facing R side) while pulling L elbow down, turn head to look over L shoulder, R arm extended diagonally down Release LH backhand one revolution flip at waist level

Pivot R to back shifting weight to L toe

Catch RH back catch in center of back, with shoulders, hips and head facing back with feet in 2<sup>nd</sup> position tendu left. L arm diagonal down

# WBTF SHORT PROGRAM

## CONTACT MATERIAL (24 COUNTS) continued

Pull baton down while stepping forward on RF into R pli , Pull LF into RF  
5<sup>th</sup> position relev  (RF front)  
R flourish with L arm extended shoulder level to L side

Slide baton down to end into shoulder wrap (from L shoulder), while stepping back on R foot,  
square shoulders to L side, L arm extended shoulder level to back  
L shoulder wrap, head facing front, Catch RH backhand (center of baton, center of body line)  
Lifting L foot into arabesque pli  in 4<sup>th</sup> position to L side, L arm extended diagonally up (R  
arm straight line from L finger tips to R finger tips, looking front over R shoulder on catch)

Follow through into horizontal pattern  
Step onto L foot, lowering L arm to shoulder level, turning L with one  
R horizontal wrist twirl (beginning twirl to R side of body and finishing in back)

Step R foot forward 4<sup>th</sup> position relev   
Matched hand pass to LH in front of chest, shoulder level (elbows bent)

Push off into one spin on ball of L foot, R foot at L ankle on spin R arm extended  
to R side at shoulder level at start of spin

Execute horizontal 8 finger twirl over head with L arm in natural curve Catch by rolling  
over 1<sup>st</sup> finger into full hand grip  
R toe touch to floor against L foot

## 7. STATIONARY COMPLEX – REVERSE ILLUSION

### i. Right supporting leg

1. vertical RH whip – step forward on RF
2. – 3 flourish – pull LF into RF to 5<sup>th</sup> position relev 
- 4 Step forward or at a slight diagonal to L side (maintaining turn out) on  
R toe into 4<sup>th</sup> position relev  with release (L arm extended to L side, shoulder level)
- 5 – 6 R reverse illusion – arms extended to side and complete turn to front  
and finish in 5<sup>th</sup> position releve (feet close together) (– finish with body facing R side, feet in  
5<sup>th</sup> position relev  (RF front), rotate body to face front in 5<sup>th</sup> position relev  (feet close  
together);  
spot baton
7. Catch.

### ii. Left supporting leg: exactly the reverse, but finish in 5<sup>th</sup> relev  [LF front]

# WBTF SHORT PROGRAM

## 8. VERTICAL RH THUMB TOSS. 2 SPIN LEFT. LEFT HAND CATCH

RH vertical flourish, (extending R arm) TTB or TTT, – step forward on RF; whip – pull LF into RF to 5<sup>th</sup> position releve'; L arm extended at shoulder level to L side

Step forward on R toe into 4<sup>th</sup> position relevé

RH thumb release (centre of baton, centre of body) 2-4 revolutions of baton

Push off into two spin L on ball of L foot

(R foot closes against L ankle) erect posture maintained with head in line with body on spin (no extra preparation of footwork is permitted before push off); hands on hips, fingers together when spinning

LH catch (TTB or TTT) in R lunge 4<sup>th</sup> position facing front; (RF forward, LF back (center lunge by stepping on R foot slightly in front of L foot while sliding L foot back (against floor) into R 4<sup>th</sup> position lunge); RH extended to R side, shoulder level

LH vertical reverse flourish (extending L arm), spinning L (begin spin by changing weight onto ball of L foot with slight draw- in of L foot, while swinging R arm down by leg and circling over the top of the back.

Step down on RF into tendu' L in 2<sup>nd</sup> position (with arms down to sides.)

**ALL THE REQUIRED ELEMENTS MUST BE PERFORMED FACING FRONT AS PRESCRIBED.**

# WBTF SHORT PROGRAM

## ACCESSORY MATERIAL FOR SENIOR SHORT PROGRAM

Accessory material is the material executed between required elements and it is limited to:

1. Those twirls in the contact material mode (flips\*, swings, wraps, full hand, fingers, and dead stick material)
2. Body/dance moves
3. The prescribed acrobatic movements.
4. Hand rolls, and other single element rolls will be allowed.

\* Definition of Vertical flip: will be any release (RH/LH) where the center of the baton, at its greatest height, is never higher than an arm's length above the head OR a 1 revolution flip at any height.

\* Definition of Horizontal flip: when the baton (RH/LH) rotates no more than 1 ½ revolutions in a horizontal pattern in any plane.

Single element rolls: A single element roll is when the baton rolls on only one part of the body with one or less revolutions of the baton. No continuous or repetitive rolls apply.

Some examples of single element rolls are:

- arm roll
- hand roll
- leg roll
- Elbow roll
- single elbow pop
- ½ angel roll
- ½ fishtail
- shoulder wrap (roll)
- waist wrap (roll)
- neck wrap (roll)

Some examples of rolls not allowed are:

- whole fishtails
- no full angel rolls

All dance movements are allowed

Acrobatic moves that are allowed include: cartwheels (1 or 2 hands), illusions, walkovers (1 or 2 hands, front or back), splits and floor rolls and handstands.

All other acrobatic movements are not allowed such as aerial gymnastic moves.