

2026 Twirl Fest Florida Baton Twirling Championships



January 24, 2026

St. Teresa Catholic School

208 Ojibway Ave.

Titusville, FL 32780

Entry RECEIVED Deadline: Friday, January 5th, 2026

Mail Entries to: Rhapsody Baton and Dance
C/O Tessah Ceballos
5374 Majestic Oak Circle
St. Cloud, FL 34771

Please do not send entry via any method that requires signature upon delivery

Sanctioned by: The United States Twirling Association

Competition sponsored by: Rhapsody Baton and Dance

Competition Director: Tessah Ceballos *Phone -321-402-4695 or Tessah22@comcast.net*

Directions to St Teresa Catholic School:

From North Florida: Take I-95 South to
Exit 220 (FL-406 Titusville) Turn left onto FL-406/Garden St. Three miles and turn right onto S
Hopkins Ave/US-1. Take US-1 for 2.4 mile and turn right onto Ojibway. School will be on the left.

From Orlando: Take FL-528 E/Martin Anderson Beachline Expy/Beachline Expy toward
Cocoa/Kennedy Space Center. Merge onto FL-407/Challenger Memorial Pkwy via EXIT 37. Turn
right onto Columbia Blvd/FL-405 and after 2 miles merge onto US-1 N/FL-A1A/FL-5/S Washington
Ave toward Titusville. After 4 miles, Turn left onto Ojibway Ave. School will be on the left.

From South Florida: Take I-95 North. Take the FL-407 exit, EXIT 212, toward Kennedy Space
Center. Turn right onto Columbia Blvd/FL-405 and after 2 miles merge onto US-1 N/FL-A1A/FL-5/S
Washington Ave toward Titusville. After 4 miles, Turn left onto Ojibway Ave. School will be on the
left.

Host Hotel: Fairfield Inn and Suites Titusville,

4735 Helen Hauser Blvd. Titusville, FL 32780, US

Link to be announced on TwirlFest Florida Facebook Page or call direct "TwirlFest" code

Rules and Regulations

1. USTA Judges, rules, and music are used. (Please refer to current "USTA Information, Procedures, and Rules" manual) All "OPEN" unsanctioned events are marked with "*"
2. The competition will be run on a set system.
3. **No late entries will be accepted.** All entries must be **RECEIVED** by January 5th, 2026.
4. **MONEY ORDERS AND CASHIERS CHECKS ONLY** payable to: **Rhapsody Baton. Please remember ALL money orders must be signed when mailed.**
5. All athletes MUST be members of USTA or pay the "Intro Membership(Local Contest only)" in order to compete. Include your member number with entry. Every contestant entering a USTA contest, including team members, must have some form of USTA membership or pay the **Intro Membership** Fee. Membership available at: www.ustwirling.com. * **Intro Membership** Fee for this contest is being covered for all Non USTA members by Rhapsody Baton and Dance.
6. **Intro Membership(Local Contest only): Allows athletes to enter on the contest entry form per contest. This membership is \$7 per contest and is not available on the USTA Member Portal.** • **Intro Membership** fee allows athletes to enter disciplines offered at the Novice, Beginner, Intermediate, and Advanced levels at local competitions. Not valid for state, regional, or national competitions, including Open and Festival of the Future.
7. Contest Director reserves the right to divide or combine age groups as the entries warrant.
8. NO REFUNDS WILL BE GIVEN FOR ANY REASON.
9. Please double check entry for proper age, correct events entered, and that the facility fee is added in entry fee. Errors caused by incorrect information or entry blanks will not be corrected the day of the competition and the athlete or group will not be permitted to perform.
10. Groups will be critiqued on a digital recorder.
11. ABSOLUTELY NO FLASH PHOTOGRAPHY IN THE GYM.
12. USTA, the Contest Director, and the school are not responsible for injuries, or lost or stolen articles.
13. No smoking, vaping and E-Cigarettes in the building.
14. Concessions arrangements have been made for the day of the competition.
15. **AGE RULE: THE CONTESTANT WILL ENTER THE AGE HE/SHE IS AS OF AUGUST 31, 2026.**
16. Novice athletes are those who have won less than 3 competitive first places in a particular event. Beginner athletes have won less than 5 competitive first place awards. Intermediate athletes have won less than 10 competitive first place awards. Advanced athletes have won 10 or more competitive first place awards. Competitive first places are those in which the athlete was in competition against at least one other athlete. Athletes must count first places won at a higher level of competition in total number of wins.
17. Contestants can enter more than one division if they are eligible (i.e. Beg & Int or Int & Adv), but contestants may enter only ONE level above their proficiency level.
18. **ALL CONTEST WINS COUNT, REGARDLESS OF ASSOCIATION.**
(Exception: First place wins with no competition do not count towards progression. In an event where there is only Beginner and Advanced classes, 5 first place wins moves the contestant to the Advanced class. This will also apply to *unsanctioned events.)
19. **Duets/artistic pairs:** List both names, ages, and birthdates. Send as one entry with both fees included.
20. All members of a Tiny Tot Dance Twirl Team must be 7 years of age or under.
21. **FACILITY FEES:** Each athlete will be charged a \$20.00 facility fee per family. (only one twirler per family pays the facility surcharge fee) There will be NO door fee at the contest.
22. Doors will open at 7:00 AM. Contest begins at 8:00 AM.
23. If you have questions about the competition, please contact **Tessah Ceballos— Phone 321-402-4659 or Tessah22@comcast.net.**
24. **Music**—Music for all groups must be submitted via email to tricia.terrelltm@gmail.com prior to the event (Music Deadline: January 12th) Please bring CD or MP3 as back up.***
25. ***NEW FOR 2026* Twirl Fest Featured Twirler-Middle school, High school, College Twirl Routine**
26. **We highly encourage emailing a copy of your entry to Tessah22@comcast.net**

TENTATIVE SCHEDULE FOR SATURDAY, January 24th, 8:00 AM

All Corps, Groups, Trios, Freestyles, Short Programs
Show Twirls, TwirlFest Featured Twirler, Collegiate,
Modeling
Basic Strut, Military, *Military Box, Parade March, Presentation
*Open Strut, USTA Strut,
Solo, Two Baton, Three Baton, Duet,
Artistic Twirl, and Artistic Twirl Pairs
(Compulsories throughout the day)

EVENTS

MODELING/SPECIAL: (**=non sanctioned**) Tiny Tot 0-6 Primary 0-9, Juvenile 10-13, Junior 14-17, Senior 18+
 (Contest Director reserves the right to divide or combine age groups as the entries warrant)

BASIC STRUT	Nov, Beg, Adv – 32 Count Square, Baby Division 0-4*
MILITARY L	Nov, Beg, Adv – 32 Count L-shaped pattern
MILITARY BOX**	Nov, Beg, Adv– 32 Count Square, Baby Division 0-4*
PRESENTATION	Nov, Beg, Int, Adv – 32 Count open pattern
PARADE MARCH	Nov, Beg, Int, Adv - 40-count music with 32-count forward progression march beginning on second count of 8
ARTISTIC TWIRL	Music available on ustwirling.com
USTA STRUT	1 1/2 min, USTA Strut Music
USTA SOLO	1 1/2 min for Nov/Beg/Int, 1:44 min for Adv, USTA Solo Music
2 BATON	1 1/2 min, USTA Music for all levels
3 BATON	1 1/2 min, USTA Music for all levels
OPEN SOLO**	Any upbeat music supplied by contest director
OPEN STRUT** (X or Line)	2 1/2 min max. (Time after Time music will be used)
SOLO DUET	1 1/2 min for Nov/Beg/Int, 1:44 min for Adv, USTA Solo Music
ARTISTIC TWIRL PAIRS	Music available on ustwirling.com
COLLEGIATE EVENT	must show proof of college enrollment: ex: official or unofficial transcript, copy of schedule) 2:00-2:30 min
FREESTYLE	2:40 Maximum, Evaluative
COMPULSORIES	C, B, BI, BII, A, AA, AAA, Elite
MOVEMENT	C, B, BI, BII, A, AA, AAA, Elite
SHORT PROGRAM	Elite (Jr. & Sr. Only)

SPECIAL EVENTS

Twirl Fest Twirler**	1Min Modeling in costume, Strut(f/s, x-strut, or line, basic-Nov), Solo (Solo determines level & tie breaker)
Twirl Fest Strutter**	1Min Modeling in costume, Basic, Military (Military determines level & tie breaker) Baby Division 0-4
Twirl Fest All Around Champ**	USTA Strut, Solo, & Two Baton (Solo determines level & tie breaker) age Divisions 0-9,10-13, 14-17, 18+
Twirl Fest Princess**	Model with or without a baton in costume. Hair in Bun is suggested. No dress 1:30 max
Twirl Fest Featured Twirler**	School Routine to own music (2-2:30 minutes)
Show Twirl/Novelty**	Three Age Levels: Middle School, High School, Collegiate Entertainment routine to twirler's choice of music with twirling equipment and/or props. One level 1:30-2:00

TWIRL FEST FLORIDA- GROUP EVENTS

Tiny Tot 0-6.99 Primary 0-9.99, Juvenile 10-13.99, Junior 14-17.99, Senior 18+ (**Combined Average Age of Member**)

Trio: 3 Members, Small: 4-8 Members, Large: 9+ Members, All Corps: 10+ Twirling Members
 Entertainment Corp Youth – Average Age of 13.9 or younger • Junior - Average age of 14.0 – 16.99 • Senior – Average age of 17.0 or older

<u>EVENT</u>	<u>DESCRIPTION</u>
USTA Dance Twirl Team	2-3 Minutes (must adhere to USTA Dance Twirl Team Rules)
Open Dance Twirl Team**	2-3 minutes
USTA Twirl Team	2-3:30 Minutes (must adhere to USTA Twirl Team Rules)
Open Twirl Team**	2-3:30 minutes
Show Team	2-3 minutes (One Level) Small: 4-8 members, Large: 9+ members
Trio	2-3 minutes
Parade Corp	2-3 Minutes (Youth, Junior, Senior) 10+ members (One Level)
Entertainment Corp	3-5 Minutes (Youth, Junior, Senior) 10+ members (One Level)
Artistic Group	3:00- 3:30 Minutes with ten second leeway (2:50-3:40) (One Level/Age Group) 10+ members
Street Parade**	2-3 Minutes -Down the floor once with routine street parade appropriate
Pom/Dance Team**	2-5 minutes
School Teams**	Elementary, Middle High School (all members must attend same school for school team)

(Have specialty teams not listed? Let us know. We can add them.)

A LIST OF ALL TEAM MEMBERS' NAMES, AGES, BIRTH DATES AND FACILITY FEE MUST BE SENT WITH TEAM ENTRIES (unless paid with individual entry). **EACH TEAM MEMBER MUST ALSO SIGN A PARTICIPATION WAIVER.** PLEASE INCLUDE YOUR USTA MEMBERSHIP NUMBER OR ORGANIZATIONAL MEMBER NUMBER WITH YOUR ENTRY.

AWARDS

- **Teams:** 1st -3rd Awards
- **Twirl Fest Events:** 1st- Banner & Special Award, 2nd-5th Awards
- **Twirl Fest Princess:** 1st- Banner & Tiara, 2nd-5th Awards
- **Individuals:** 1st - Award, 2nd – 3rd Medallions

T-SHIRTS

T-Shirt (pre-order only): \$24
 Please circle size(s):
 YS YM YL AS AM AL AXL AXXL
 Total # of T-Shirts: ___ x \$24 → ___

This Years shirt design coming soon!

2026 TWIRL FEST FLORIDA
BATON TWIRLING CHAMPIONSHIPS

INDIVIDUAL ENTRY FORM

Saturday, January 24th, 2026

USTA Number _____ or Intro Member _____

Birthdate ____/____/____

Twirler Name _____

Age as of August 31, 2026 _____

Address _____

State _____ Zip code _____

E-Mail _____

Phone _____

List all coaches (required to avoid judging conflicts) _____

* Athletes who are not current USTA members will have their Intro membership fee paid by Rhapsody Baton.

FEATURED EVENTS

Twirl Fest Twirler*	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	\$35
Twirl Fest Strutter*	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	\$30
Twirl Fest All Around Champ*	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	\$35
Twirl Fest Princess*	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	\$15
Twirl Fest Featured Twirler*	<input type="checkbox"/> Middle School	<input type="checkbox"/> High School	<input type="checkbox"/> Collegiate	<input type="checkbox"/> Advanced	\$25
Show Twirl/Novelty*	<input type="checkbox"/> Beginner	<input type="checkbox"/> Beginner	<input type="checkbox"/> Advanced	<input type="checkbox"/> Advanced	\$25

Featured Event Total: \$ _____

FOUNDATION EVENTS: BASIC, MILITARY, PRESENTATION, & PARADE MARCH \$10.00 per event. May only enter one level up

BASIC STRUT	<input type="checkbox"/> Baby Basic*	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced
MILITARY L	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> Advanced
MILITARY BOX*	<input type="checkbox"/> Baby Military*	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced
PRESENTATION	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> Advanced
PARADE MARCH	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> Advanced

You may only enter 1 level up per event.

Number of All Ind Events _____ x \$10.00 = _____

INDIVIDUAL EVENTS: NOV. BEG. INT. ADVANCE \$12.00 PER EVENT May only enter one level up and up to 1 critique

ARTISTIC TWIRL	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> Critique * [Unsanctioned]
USTA STRUT	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> Critique * [Unsanctioned]
SOLO	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> Critique * [Unsanctioned]
2 BATON	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> Critique * [Unsanctioned]
3 BATON	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> Critique * [Unsanctioned]
OPEN SOLO*	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> Critique * [Unsanctioned]
OPEN STRUT*	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> Critique * [Unsanctioned]

of Events _____ x \$12.00 = _____

DUET \$24.00 PER EVENT ONLY ONE PERSON SENDS IN ENTRY May only enter one level up and up to 1 critique

DUET	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> Critique * [Unsanctioned]
ARTISTIC TWIRL PAIRS	<input type="checkbox"/> Novice	<input type="checkbox"/> Beginner	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Advanced	<input type="checkbox"/> Critique * [Unsanctioned]

Partner USTA # _____ Partner Name: _____ Partner date of birth ____/____/____

of Events _____ x \$24.00 = _____

USTA COLLEGIATE FREESTYLE Evaluative only. Verbal critiques will be provided. _____ College/University
 Evaluative only. A AA AAA Elite

of Events _____ x \$25.00 = _____

(CAS) COMPETITIVE ACHIEVEMENT EVENTS \$10.00 PER EVALUATION

COMPULSORIES C B BI BII A AA AAA Elite
 MOVEMENT TECHNIQUE C B BI BII A AA AAA Elite

SHORT PROGRAM Elite (Junior and Senior only)

Compulsory book is required for evaluation. If no book is presented, only comments will be given.

Per USTA rules, Athletes may test and pass up to two levels or Compulroies and Movement Technique per competition.

of CAS eval _____ x \$10.00 = _____

PLEASE DON'T FORGET TO SIGN NEXT PAGE

Twirler Name _____

Individual Entry Fees Due

Intro-member fee if you do not have a current USTA membership PD BY Rhapsody Baton.

Featured Events: _____
Foundation Events: _____
Individual Events: _____
CAS Evaluations: _____
T-shirt (pre order only): _____
Facility surcharge: _____ **\$20.00**

**Contest Facility Fee Surchage
to be paid with entry fees/ NO admission fee at door.
ONLY 1 Per Family, not per twirler.**

TOTAL DUE: _____

DON'T FORGET TO SIGN HERE BELOW

WAIVER/INDEMNITY OF LIABILITY: I agree to assume the risk of any injury that may happen to me (or my child) because of participation in a USTA sanctioned event. I further agree to indemnify and hold the United States Twirling Association, Tessah Ceballos, St. Teresa's Catholic School, and their agents, or employees harmless from any loss sustained as a result of injury to me (or my child) as a result of participation in USTA events. I have read the "Parents/Legal Guardians Responsibilities" in Section 1 of the current edition of the USTA Information, Procedures and Rules manual. As a condition for USTA's acceptance of my (or my child's) entry in a USTA event, I agree to abide by and perform each of the duties set forth in that Section. By participating in a USTA event, I give USTA permission to use photos and video of myself (or my children) taken in conjunction with a USTA event. **FORM MUST BE SIGNED.**

SIGNATURE: _____ (Guardian) DATE: _____

*****ENTRY RECEIVED BY DEADLINE JANUARY 5, 2026*****

MAIL ENTRIES PAYABLE TO: Rhapsody Baton, 5374 Majestic Oak Circle, St. Cloud, FL 34771

2026 TWIRL FEST FLORIDA BATON TWIRLING CHAMPIONSHIPS
 GROUP ENTRY FORM
 Saturday, January 24, 2026

Director Name _____
 Address _____
 E-Mail _____
 List all coaches (required to avoid judging conflicts) _____

USTA Number _____
 State _____ Zip code _____
 Phone _____

1. All entries must be **RECEIVED** by January 5th, 2026. PLEASE DO NOT SEND ENTRY BY ANY METHOD THAT REQUIRES SIGNATURE ON DELIVERY. We highly encourage emailing a copy of your entry to Tessah22@comcast.net
2. **Make Cashier's Checks or Money Orders payable to: RHAPSODY BATON ***SENDER MUST SIGN ALL MONEY ORDERS*****
3. Group entries must include USTA member ID number OR a group organization membership ID number OR—(intro member fee paid by RHAPSODY BATON)
4. Group entries must include the group roster showing all members' names, ages (as of 08/31/26), birthdates, and name/division of other groups the member will compete in.
5. All coaches must sign a waiver of liability to participate. Group entries should include signed waivers for all members who are not also participating in the individual competition.

\$10.00 per athlete per event. Please select event, input age division (TT, Pri, Juv, Jr, Sr) team size and level.

Group Name: _____ Total Average age (8/31/26): _____

Title(s) of music selection(s) _____

Tiny Tot 0-6.99 Primary 0-9.99, Juvenile 10-13.99, Junior 14-17.99,
 Senior 18+ (**Combined Average Age of Member**)

Youth (0-13.99) Junior (14-16.99) Senior (17 and older)

Trio: 3 Members, Small: 4-8 Members, Large: 9+ Members, All Corps: 10+ Twirling Members

Event	Age	Description	Price
USTA Dance Twirl Team		2-3 Minutes (must adhere to USTA Dance Twirl Team Rules) Novice, A, AA, AAA; Primary Juvenile Junior Senior	_____ x \$10.00 = _____
Open Dance Twirl Team*		2-3 minutes Beg. Adv. Primary Juvenile Junior Senior	_____ x \$10.00 = _____
USTA Twirl Team		2-3:30 Minutes (must adhere to USTA Twirl Team Rules) Novice, A, AA, AAA; Primary Juvenile Junior Senior	_____ x \$10.00 = _____
Open Twirl Team*		2-3:30 minutes Primary Juvenile Junior Senior	_____ x \$10.00 = _____
Show Team		2-3 minutes PRIMARY JUVENILE JUNIOR AND SENIOR	_____ x \$10.00 = _____
Trio		2-3 minutes Beg. Int. Adv.	_____ x \$10.00 = _____
Parade Corp		2-3 Minutes (One Level) 10+ members YOUTH JUNIOR SENIOR	_____ x \$10.00 = _____
Entertainment Corp		4-5 Minutes (One Level) 10+ members YOUTH JUNIOR SENIOR	_____ x \$10.00 = _____
Artistic Group		(One Level/Age Group) 10+ members	_____ x \$10.00 = _____
Pom/Dance Team*		2-5 minutes Primary Juvenile Junior Senior	_____ x \$10.00 = _____
School Team*		(Elementary, Middle, High School)	_____ x \$10.00 = _____

indicates a Non-USTA sanctioned event.

GROUP ENTRY FEES TEAM FEE SUBTOTAL:

*EACH COMPETITOR MUST PAY \$ 20.00 CONTEST/FACILITY SURCHARGE
 (If twirler is on more than one team or paid as individual...
 please only pay once) No admission fees at the door.

Intro-Member Fee: Covered by Rhapsody

Facility fee # Of Competitors _____ x \$20.00= \$ _____

TOTAL ENTRY DUE: \$ _____

All team participants must have a signed Participant Waiver located below.

TEAM MEMBER AND COACH WAIVER

WAIVER/INDEMNITY OF LIABILITY: I agree to assume the risk of any injury that may happen to me (or my child) because of participation in a USTA sanctioned event. I further agree to indemnify and hold the United States Twirling Association, Tessah Ceballos, St. Teresa's Catholic School, and their agents, or employees harmless from any loss sustained as a result of injury to me (or my child) as a result of participation in USTA events. I have read the "Parents/Legal Guardians Responsibilities" in Section 1 of the current edition of the USTA Information, Procedures and Rules manual. As a condition for USTA's acceptance of my (or my child's) entry in a USTA event, I agree to abide by and perform each of the duties set forth in that Section. By participating in a USTA event, I give USTA permission to use photos and video of myself (or my children) taken in conjunction with a USTA event. FORM MUST BE SIGNED.

Signature_____ Date:

Parent/Guardian if under 18

*******ENTRY RECEIVED BY DEADLINE JANUARY 5th 2026*******

MAIL ENTRIES PAYABLE TO: Rhapsody Baton, 5374 Majestic Oak Circle, St. Cloud, FL 34771

USTA Dance Twirl & Twirl Teams
Content Restrictions



CONTENT RESTRICTION CHART FOR DANCE TWIRL & TWIRL TEAMS					
CATEGORY	NOVICE	A	AA	AAA	ELITE
Spins (Includes Interrupted Spins when interrupted with a MINOR body move)	<ul style="list-style-type: none"> 1 Spins Releases & Receptions: No Restrictions Baton or Body 	<ul style="list-style-type: none"> 1-2 Spins Releases & Receptions: No Restrictions Baton or Body 	<ul style="list-style-type: none"> 1-3 Spins Releases & Receptions: No Restrictions Baton or Body 	<ul style="list-style-type: none"> 1-3 Spins Releases & Receptions: No Restrictions Baton or Body 4 Spins Releases & Receptions: Standard, No Restrictions on Body 	<ul style="list-style-type: none"> No Restrictions
Gymnastic Moves (Applicable to All Other Categories)	<ul style="list-style-type: none"> No aerial gymnastics 	<ul style="list-style-type: none"> No aerial gymnastics 	<ul style="list-style-type: none"> No aerial gymnastics 	<ul style="list-style-type: none"> Aerial cartwheels permitted Aerial cartwheels cannot be used in combination with any other body move or itself 	<ul style="list-style-type: none"> No Restrictions
Stationary Complex & Traveling Complex (Includes Interrupted Spins when interrupted with a Major Body Move)	<ul style="list-style-type: none"> None allowed 	<ul style="list-style-type: none"> Single Major Body Move under the toss Releases & Receptions: Releases/Receptions Standard, No Restrictions on Body No Double Element tricks 	<ul style="list-style-type: none"> Single Major Body Move with 1 spin under the toss Releases & Receptions: Releases/Receptions Standard, No Restrictions on Body No Double Element tricks 	<ul style="list-style-type: none"> Single Major Body Move with 2 spins under the toss Releases & Receptions: No Restrictions Baton or Body. Double Major Body Move is allowed under the toss either Stationary Complex or Traveling Complex. Releases & Receptions: No Restrictions Baton or Body. 	<ul style="list-style-type: none"> No Restrictions
Rolls	<ul style="list-style-type: none"> Single element rolls 	<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 Restrictions 	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions
Contact Material	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions 	<ul style="list-style-type: none"> No Restrictions
Chart was amended in September 2019					

**LIST GROUP MEMBERS - USTA# REQUIRED UNLESS GROUP HAS ORG.
MEMBERSHIP or TEAM MEMBER IS INTRO MEMBER FOR A DAY**

Team/Corps Name: _____

of Members: _____ # of Alternates: _____

List the name/division of other groups that the members will compete in:

Check one for each member. A signed Participant USTA waiver must be returned for EVERY athlete. Team athletes who are entering individual events should return waivers with individual entry. Waivers for athletes only participating in team events should be returned with team entry.

#	Name (put * by alternates)	Age (08/31/2026)	Birthdate	**USTA # or IM for intro-member	Waivers sent with individual entry	Waiver included with group entry
1						
2						
3						
4						
5						
6						
7						
8						
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12						
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14						
15						
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22						
23						
24						
25						

**Please write IM for those athletes who are not current USTA member