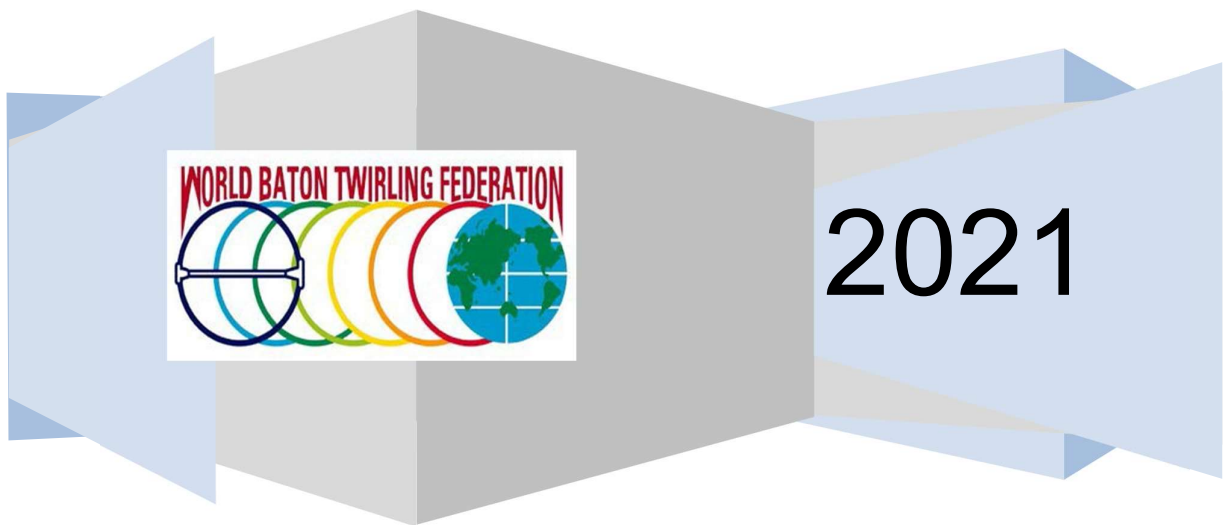


WORLD BATON TWIRLING FEDERATION

WBTF SHORT PROGRAM

SECTION 13



UPDATED JANUARY 2021

Table of Contents

WBTF SHORT PROGRAM FOR JUNIORS	3
CONCEPT	3
PHILOSOPHY STATEMENT FOR JUNIORS	3
PRIMARY FOCUS	3
ELIGIBILITY AND MUSIC	3
The Junior Men will perform to the WBTF Men's Short Program Music.....	3
The Junior Women will perform to the WBTF Women's Short Program Music.....	3
WBTF SHORT PROGRAM FOR SENIORS	4
CONCEPT	4
PRIMARY FOCUS	4
ELIGIBILITY AND MUSIC	4
The Junior Men will perform to the WBTF Men's Short Program Music.....	4
The Junior Women will perform to the WBTF Women's Short Program Music.....	4
JUDGING & SCORING SHORT PROGRAM	5
GENERAL RULES FOR JUNIOR SHORT PROGRAM	5
GENERAL RULES FOR SENIOR SHORT PROGRAM	5
REQUIRED ELEMENTS	6
2. VERTICAL RH THUMB TOSS, 1 ½ SPIN TO L, LH BLIND CATCH	8
7. STATIONARY COMPLEX – REVERSE ILLUSION *	12
Juniors: starting position – facing the front with arms in a low V and R tendu'	12
8. VERTICAL RH THUMB TOSS, 2 SPIN L, L HAND CATCH	12
Juniors: starting position – facing the front with arms in a low V and R tendu	12
ACCESSORY MATERIAL FOR SENIOR SHORT PROGRAM	13

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WBTF SHORT PROGRAM FOR JUNIORS

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 five (5) categories of twirls (spins, stationary complex, travelling complex, rolls and contact material) which must be strictly performed as prescribed.

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 eight (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.

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.

ELIGIBILITY AND MUSIC

The Junior Men will perform to the WBTF Men's Short Program Music
The Junior Women will perform to the WBTF Women's Short Program Music.

WBTF SHORT PROGRAM FOR SENIORS

CONCEPT

Short Program is the 'bridge' to the 'freedom' of Freestyle. It is performed to the WBTF Short Program 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 five (5) categories of twirls (spins, stationary complex, travelling complex, rolls and contact material) which must be strictly performed as prescribed.

PHILOSOPHY STATEMENT

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 eight (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.

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 and performance.

ELIGIBILITY AND MUSIC

The Junior Men will perform to the WBTF Men's Short Program Music
The Junior Women will perform to the WBTF Women's Short Program Music.

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 FOR JUNIOR & SENIOR

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:

- The head remains up during the execution of all required elements.
- Facial expressions while executing required elements are acceptable and will be expected to fit the music.
- 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.
- **ALL THE REQUIRED ELEMENTS MUST BE PERFORMED FACING FRONT AS PRESCRIBED.**

1. TRAVELING COMPLEX – Revised 8/10/2015. Clarification 9/15/15

R leg

Juniors: starting position – facing the L oblique with arms in a low V in a R tendu'

- 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 L, R thumb release into a vertical toss
- 4 R grand jeté développé or straight leg) (+ landing). L arm moves down next to the L 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 R arm moves in a natural movement to the R side – third arabesque'.
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 L arm will move to a la second (straight out to the L side at shoulder level, palm down).
- 6 Step R on ball of foot in 4th position. L arm moves down next to the L side of the body (en bas). Baton loops to follow through to a locked position on the R arm. R arm continues to circle in a clockwise direction (from the athlete's point of view).
- 7 Finish in relevé in 4th position, R leg in front. Arms finish in third arabesque' (L arm straight in front slightly above shoulder level, R arm to the back slightly below shoulder level, both arms palm down).

L leg

Juniors: starting position – Facing the R oblique with arms in a low V and a L tendu'

- 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 R, R thumb release into a vertical toss
- 4 L grand jeté (développé or straight leg) (+ landing). R 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 L 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 L arm will remain to the side.
- 6 Step on L on ball of foot in 4th position. L arm moves down next to the L side of the body (en bas). Baton loops to follow through to a locked position on the R arm. R 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, R leg in front. Arms finish in third arabesque' (L arm straight in front, slightly above shoulder level, R 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 L, LH BLIND CATCH

Juniors: starting position – facing the front with arms in a low V and R tendu'

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

Step forward on R toe into 4th position relevé

RH thumb release (center of baton, center 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 4th 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 2nd position.

3. FOUR (4) CONTINUOUS ELBOW ROLLS WITH R ARM LAYOUT Revised Summer 2008

Juniors: starting position – Facing the front with arms in a low V and R tendu

Feet in 5th 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 center on baton) and change to L front oblique pattern.

Step on L foot to L front oblique; body direction facing L front oblique (head, 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 hesitation 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 2nd position.

4. TWO and ONE HALF (2 ½) CONTINUOUS **BACK** NECK ROLLS

Juniors: starting position – facing the L oblique with arms in a low V and L tendu'

One horizontal reverse figure 8 with chaîné 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 center 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 2nd position relevé.

5. HORIZONTAL LH TOSS, 1 ½ SPIN TO R, R HAND FLAT BACK CATCH

Juniors: starting position – facing front R arm extended out R shoulder level, LH at chest with baton shoulder level (elbow bent), L tendu.

Pull the R foot into L foot into 5th position releve',

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

LH horizontal toss (center of baton, center 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 (center of baton, center of waist), (last eye contact with baton over L shoulder) while pushing L foot back (against floor) toward judge into R 4th 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 2nd position releve' 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 2nd position, L arm remains diagonal to form a V in front with flourish, palm facing L side.

6. SHORT PROGRAM CONTACT SERIES - Vertical 8-Count Series

Red Text indicates – Updates September 2018

Blue Text indicates – Updates August-September 2019

Green text indicates – Updates December 2020

Purple Text indicates – Updates January 2021

Juniors: starting position – facing the L side in a low V and a R tendu

Count	Body	Baton
Start Position	Face L side RF tendu devant (to the front of body) arms in low V	Baton in RH, TTB
1	Step back with R foot through first position using whole foot, to 4th position derriere on demi pointe	RH reverse Figure-8 at shoulder height
2	Extend LF back to tendu derriere, lowering R heel, finishing in 4th position lunge on RF with LF stretched	RH thumb flip (1 to 1.5 rev), catch LH palm up, R arm in low V on reception
3, 4	Transferring weight to LF, RF tendu to side	LH flourish to L (back plane) facing back wall, R arm remains in low V
5, 6	1/4 turn to look over L shoulder to front, weight remains on LF RF remains in tendu to side (same position as ending of count 4) During in the flips (counts 5-6 and 7-8) the body is turned according to the shoulder flexibility of the athlete to maintain the correct pattern on the baton	LH BH flip (1 to 1.5 rev) Catch RH in back catch in front plane. The flip should be released and caught in the center of the back.
7, 8	Still facing back wall, look over R shoulder for thumb release, look over L shoulder for RH catch (Flash Back) Weight remains on L foot with R foot in tendu to side	RH flip (1.5 to 2 rev), catch RH in back catch (flash back) front plane, arms finish in low V. The flip should be released and caught in the center of the back. Both flips (count 5-6 and 7-8) should be in the same position.

Note: the definition of flourish states the arm is straight

- Junior athletes will have 8 counts of music between the vertical and horizontal series.
- Senior athletes will have 8 counts of accessory material between the vertical and horizontal series.

SHORT PROGRAM CONTACT SERIES - Horizontal 8-Count Series

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Green text indicates – Updates December 2020

Purple Text indicates – Updates January 2021

Juniors: starting position – facing the R oblique in a low V and a R tendu'

Count	Body	Baton
Start Position	Facing R front corner RF tendu to R front corner Arms in Low V	Baton in RH, TTB
1 and	Step forward RF, Step forward LF (to ballet 4th position) with LF in front on demi- pointe. L arm extended from shoulder to 2nd position (body remains facing R front corner)	One RH horizontal loop under R arm
2	L arm remains extended from shoulder. On reception, body remains facing R front corner.	RH horizontal thumb flip in high horizontal plane (1 rev) catch R in front above head level overhead
3, 4	L arm remains extended from shoulder to L side (2nd position) On LH reception, R arm extends from shoulder to R side (2nd position) Note: the LH reception is in front above head level facing front	RH horizontal thumb flip in high horizontal plane (1 rev). Step LF to L (facing front) catch in front above head level (fingers up with the palm of the LH facing toward the body) in LH
5, 6	Turn L to face back wall, weight remains on L leg throughout turn. R leg extended	From LH catch, 1/2 horizontal loop under L arm
7, 8	Facing Back Wall, Lunge to R, LF in tendu to 2nd position arms finish extended back in V, Level with waist	LH release, eyes and head facing back (palm up) in front plane (back of body) in waist-high horizontal pattern to RH BH catch in front plane (back of body) (1 to 1.5 revolutions)

Note: the definition of flourish states the arm is straight

- Junior athletes will have 8 counts of music between the vertical and horizontal series.
- Senior athletes will have 8 counts of accessory material between the vertical and horizontal series.

7. STATIONARY COMPLEX – REVERSE ILLUSION *

Juniors: starting position – facing the front with arms in a low V and R tendu’.

R Leg (R supporting leg):

Vertical RH whip – step forward on RF

Flourish – pull LF into RF to 5th position relevé.

Either pivot slightly on the R foot to the L side (without stepping) OR take a slight step with the R foot to the L side (while maintaining turn out) while releasing the baton in the RH. The L arm should be extended to the L side at shoulder level.

R reverse illusion – the path of the body (shoulder and hips) on the illusion starts rotating to the athlete’s L side and finishes to the athlete’s R side. The arms should be extended beside the body in a low V.

The illusion finished facing front in a R 5th position (R foot in front) relevé (feet close together); spot baton

Catch RH – with arms down to side in low V.

L Leg (L supporting leg):

Vertical RH whip – step forward on LF

Flourish – pull RF into LF to 5th position relevé

Either pivot slightly on the L foot to the R side (without stepping) OR take a slight step with the L foot to the R side (while maintaining turn out) while releasing the baton in the RH. The L arm should be extended to the L side at shoulder level.

L reverse illusion – the path of the body (shoulder and hips) on the illusion starts rotating to the athlete’s R side and finishes to the athlete’s L side. The arms should be extended beside the body in a low V.

The illusion finished facing front in a L 5th position (L foot in front) relevé (feet close together); spot baton

Catch RH – with arms down to side in low V

8. VERTICAL RH THUMB TOSS, 2 SPIN L, L HAND CATCH

Juniors: starting position – facing the front with arms in a low V and R tendu’.

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

Step forward on R toe into 4th position relevé

RH thumb release (center of baton, center 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 4th 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 4th 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 2nd position – with arms down to sides in low V.

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.