

**NEW**

**AGES FOR 2019**

**NOVICE, BEGINNER, INTERMEDIATE & ADVANCE**

**Miss TM, Best Appearing, Basic, Military, Strut, Solo, 2-Baton, 3-Baton**

0-6	7-9	10-11	12-13	14-15	16+
TINY TOT	JUVENILE	PRE-TEEN	DEBUTANTE	JUNIOR	SENIOR

**ROUTINE GUIDELINE FOR CHOOSING YOUR LEVELS FOR 2019**

**NOVICE, BEGINNER, & INTERMEDIATE**

**For Solo, 2-Baton, 3-Baton, Freestyle & Dance Twirl**

<b>NOVICE</b>	<b>BEGINNER</b>	<b>INTERMEDIATE</b>
Limited to 2 spins with various catches.	Limited to 3 spins with various catches.	Limited to 4 spins with various catches.
Limited to One 3 spin. Only RH thumb release, RH plain catch.	Limited to One 4 spin. Only RH thumb release, RH plain catch.	Limited to One 5 spin only RH thumb release, RH plain catch.
Limited to Two single illusions. Limited to 2 gymnastic moves with no releases.	Limited to One double illusion Limited to Two single gymnastic moves with release.	Limited to double <u>elements</u> only Limited to Two double gymnastic moves with release.
Limited to Four continuous rolls, before changing to another continuous roll .	Limited to Eight continuous rolls, before changing to another continuous roll.	Limited to Ten continuous rolls, before changing to another continuous roll.

**In combination with your organizational wins and the spirit of Good Sportsmanship these guidelines should be followed to determine your level of competition.**

**TWIRL MANIA'S MOTTO**  
**“SPORTSMANSHIP & FRIENDSHIP”**