

## Two-Baton

**\*\*Will take effect NOVEMBER 1<sup>st</sup>\*\***

1. Contact material: Any twirls kept tight and close to the body. Examples would be: finger twirls; one revolution flips with a variety of catches, rolls, wraps, and full-hand twirls.
2. Patterns: Horizontal/flat. Vertical/perpendicular. Dual Patterns: Trick contains a combination of vertical and horizontal tosses, rolls, finger twirls, etc.
3. Showers: Continuous releases from one hand with all catch in the other hand and there is always a pass involved.
4. Juggles: Continuous releases from one hand that are always caught in the same hand.
5. High/Low Tricks: Involves a high aerial with some sort of contact material performed under it. Examples: High toss, then 3 elbows; High toss, then 1 revolution release. High vertical toss, then a low horizontal release; High horizontal release, and finger twirls with the other hand.
6. Double Toss Tricks: Both batons are thrown into the air at the same time.
7. High/High Trick: Batons are thrown consecutively while spins or other body moves are done under the batons. Can be vertical, horizontal, or dual pattern in continued releases.
8. A complex trick would be a variety of the above-mentioned releases in continuous releases in vertical, horizontal, or dual patterns.

## Three-Baton

1. Cascades: Continuous alternating releases with no passes. Can be in any pattern. Examples: Bowling Pins, Pendulums.
  - a. Bowling Pins: Can be done vertically or horizontally. Vertically they are one- revolution tosses that are caught in the opposite hand and are usually done with the toss turning toward the twirler. (There are no passes)
  - b. Pendulums: tosses are in opposite directions and are caught in the other hand. (There are no passes)
2. Crescents: An inside release with one hand and an outside release with the other hand. Examples: Time toss right and a backhand release left.
3. Showers: All tosses are with one hand and all catches are with the other with passes in between. Example: Vertical Basic Box and Horizontal Basic Box.
4. Juggles: All releases and catches are in the same hand. Example: Continuous open-hand or thumb releases with the right hand while the left does reverse figure

- 8's. Or it could be continuous vertical open-hand or thumb releases while the left does horizontals, which would make it a dual pattern trick.
5. Stacks: Two high releases with some sort of contact material performed underneath with the 3<sup>rd</sup> baton.
  6. Double toss/single toss combinations: Example: Tossing two batons vertically at the same time from the right hand and then doing a single toss from the other hand. Can also be done horizontally or in dual patterns.
  7. Triple Toss: Three continuous tosses, any pattern, with all of them getting into the air before the twirler starts to catch.
  8. High/Low Trick: Either a vertical or horizontal high release with a low 2-baton trick performed underneath the high toss.

In both two and three-baton, the batons must have continuous movement. Tricks performed while just holding one or more batons is not a multiple trick.