

# Vedlegg til

## Konkurransereglement Sportsdrill



# NORGES DANSEFORBUND

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## Innholdsfortegnelse

<b>VEDLEGGSPAKKE REGLEMENT .....</b>	<b>3</b>
Vedlegg 1: Tabell med forklaring av krav til gradering: .....	3
Vedlegg 2: Karakterskala for solo one baton: .....	4
Vedlegg 3: Oversikt over ulovlig materiale i ulike nivåer i solo one baton: .....	5
Vedlegg 4: Karakterskala for solo two baton: .....	6
Vedlegg 5: Oversikt over ulovlig materiale i ulike nivåer i solo two baton: .....	7
Vedlegg 6: Oversikt over ulovlig materiale i Artistic Twirl, Artistic Pair, Artistic Team og Artistic gruppe: .....	8
<b>OBLIGATORISKE ELEMENT REKRUTT OG JUNIOR LEVEL B .....</b>	<b>12</b>
KORT BESKRIVELSE AV KONSEPTET .....	12
FILOSOFIEN .....	12
HOVEDFOKUS .....	12
OVERSIKT OVER ELEMENT .....	13
DETALJERT BESKRIVELSE AV ELEMENTENE .....	13
<b>KORTPROGRAM JUNIOR LEVEL A/ELITE .....</b>	<b>19</b>
KORT BESKRIVELSE AV KONSEPTET .....	19
FILOSOFIEN BAK KORTPROGRAM FOR JUNIOR A/ELITE .....	19
HOVEDFOKUS .....	19
MUSIKK .....	19
BESKRIVELSE AV ELEMENTENE .....	20
GENERELT .....	21
DETALJERT BESKRIVELSE AV ELEMENTENE (ENGELSK ETTER WBTF) .....	21
<b>KORTPROGRAM SENIOR LEVEL B/A/ELITE .....</b>	<b>27</b>
KORT BESKRIVELSE AV KONSEPTET .....	27
FILOSOFIEN BAK KORTPROGRAM FOR SENIOR .....	27
HOVEDFOKUS .....	27
MUSIKK .....	27
BESKRIVELSE AV ELEMENTENE .....	28
GENERELT .....	29
DETALJERT BESKRIVELSE AV ELEMENTENE (ENGELSK ETTER WBTF) .....	29
Tilleggsøvelser .....	34
Definisjoner .....	34
<b>ARTISTISK GRUPPE .....</b>	<b>36</b>
DE FIRE DELKARAKTERENE BLIR BEDØMT SOM FØLGER: .....	36
KARAKTERSKALA FOR ARTISTISK GRUPPE .....	36
<b>ANBEFALINGER FOR PROGRAMLAGING I ALLE KLASSER: .....</b>	<b>38</b>
FREESTYLE INDIVIDUELL KONKURRANSE .....	38
FREESTYLE PAR KONKURRANSE .....	38
FREESTYLE TROPP KONKURRANSE .....	38
SOLO ONE BATON .....	39
SOLO TWO BATON .....	39
<b>FAGUTRYKK .....</b>	<b>40</b>

## VEDLEGGSPAKKE REGLEMENT

### Vedlegg 1: Tabell med forklaring av krav til gradering:

#### Graderingstabell

Klasse	Krav om ferdighetsmerke (1-4)	Obligatoriske element/kortprogram	Krav om teknisk gradering (6-1) <i>Kun for de som er født i 2005 eller senere</i>
Rekrutt individuell level B		Elementer med kropp (hjul, splitthopp, one turn og illusion)	
Rekrutt individuell level A	Ferdighetsmerke 1	Obligatoriske elementer	Gradering 6 og 5
Rekrutt par level B			
Rekrutt par level A			Gradering 6 og 5
Rekrutt tropp			
Junior individuell level B		Obligatoriske elementer	
Junior individuell level A	Ferdighetsmerke 1 og 2	Kortprogram for junior level A/Elite	Gradering 6, 5 og 4
Junior individuell level Elite	Alle ferdighetsmerkene (1-4)	Kortprogram for junior level A/Elite	Alle graderingene (6-1)
Junior par level B			
Junior par level A			
Junior par level Elite	Alle ferdighetsmerkene (1-4)		
Senior individuell level B		Kortprogram for senior	
Senior individuell level A	Ferdighetsmerke 1 og 2	Kortprogram for senior	Gradering 6, 5, 4 og 3
Senior individuell level Elite	Alle ferdighetsmerkene (1-4)	Kortprogram for senior	Alle graderingene (6-1)
Senior par level B			
Senior par level A			Gradering 6, 5, 4 og 3
Senior par level Elite	Alle ferdighetsmerkene (1-4)		Alle graderingene (6-1)
Tropp jr/sr level B			
Tropp jr/sr level A			Gradering 6, 5 og 4
Tropp jr/sr level Elite	Alle ferdighetsmerkene (1-4)		Alle graderingene (6-1)

- Regionale/lokale konkurranser: alle level
- Nasjonale konkurranser og NM: Level A og Elite + Rekrutt tropp
  - Det kan åpnes for level B under enkelte nasjonale konkurranser, det vil da bli informert om dette i invitasjonen

## Vedlegg 2: Karakterskala for solo one baton:

WBTF Role Models - 2011			Qual	Low	Mid	High	Range	Concept
Solo			Q1	0.00 - 0.19	0.20 - 0.39	0.40 - 0.59	1	Participation
Fair	1.2	Young Japanese (Red/White)	Q2	0.60 - 0.79	0.80 - 0.99	1.00 - 1.19	2	Growth
Average	3.4	Japanese Royal Blue	Q3	1.20 - 1.39	1.40 - 1.59	1.60 - 1.79	3	Special Ach.
	3.8	Canadian Red	Q4	1.80 - 1.99	2.00 - 2.19	2.20 - 2.39	4	Outstanding Ach.
Good	5.5	European Junior Male	Q5	2.40 - 2.59	2.60 - 2.79	2.80 - 2.99	5	Mastery
	6.1	European Girl in Skirt	Q6	3.00 - 3.13	3.14 - 3.26	3.27 - 3.39	1	Participation
Excellent	7.8	Japanese Girl in Black	Q7	3.40 - 3.53	3.54 - 3.66	3.67 - 3.79	2	Growth
	8.1	USA Girl Sarah Lovelace	Q8	3.80 - 3.93	3.94 - 4.06	4.07 - 4.19	3	Special Ach.
Superior	9.3	Tina Escamia	Q9	4.20 - 4.33	4.34 - 4.46	4.47 - 4.59	4	Outstanding Ach.
	9.7	Seishi Inagaki	Q10	4.60 - 4.73	4.74 - 4.86	4.87 - 4.99	5	Mastery
2-Baton			Q11	5.00 - 5.13	5.14 - 5.26	5.27 - 5.39	1	Participation
Average	4.20 - 4.33	Makenzie Snyder	Q12	5.40 - 5.53	5.54 - 5.66	5.67 - 5.79	2	Growth
Good	6.07 - 6.19	Amber Carlson	Q13	5.80 - 5.93	5.94 - 6.06	6.07 - 6.19	3	Special Ach.
Excellent	7.94 - 8.06	Lizette Perez	Q14	6.20 - 6.33	6.34 - 6.46	6.47 - 6.59	4	Outstanding Ach.
Superior	9.35 - 9.41	Amanda Book	Q15	6.60 - 6.73	6.74 - 6.86	6.87 - 6.99	5	Mastery
3-Baton			Q16	7.00 - 7.13	7.14 - 7.26	7.27 - 7.39	1	Participation
Average	4.20 - 4.33	Heidi Stratemeyer	Q17	7.40 - 7.53	7.54 - 7.66	7.67 - 7.79	2	Growth
Good	6.07 - 6.19	Rebecca Miller	Q18	7.80 - 7.93	7.94 - 8.06	8.07 - 8.19	3	Special Ach.
Excellent	7.94 - 8.06	Amy Mockbee	Q19	8.20 - 8.33	8.34 - 8.46	8.47 - 8.59	4	Outstanding Ach.
Superior	9.70 - 9.76	Corrie Jordan	Q20	8.60 - 8.73	8.74 - 8.86	8.87 - 8.99	5	Mastery
			Q21	9.00 - 9.06	9.07 - 9.13	9.14 - 9.20	1	Participation
			Q22	9.21 - 9.27	9.28 - 9.34	9.35 - 9.41	2	Growth
			Q23	9.42 - 9.48	9.49 - 9.55	9.56 - 9.62	3	Special Ach.
			Q24	9.63 - 9.69	9.70 - 9.76	9.77 - 9.83	4	Outstanding Ach.
			Q25	9.84 - 9.90	9.91 - 9.95	9.96 - 10.0	5	Mastery

## Vedlegg 3: Oversikt over ulovlig materiale i ulike nivåer i solo one baton:

<b>Solo Content Restrictions</b>		
<b>A maximum of only 2 acrobatic movements are allowed, with or without a toss</b>		
CATEGORY	Level B	Level A
<b>Spins</b>	<b>1 - 3 Spins</b> <b>Baton</b> Releases No Restrictions Reception No Restrictions	<b>1 - 4 Spins</b> <b>Baton</b> Releases No Restrictions Reception No Restrictions
<b>ACROBATICS</b>	A single acrobatic movement under the toss for a maximum of 2 (only) acrobatic movements Aerial acrobatics are not allowed with or without the toss. <b>Baton</b> Releases No Restrictions Receptions No Restrictions	A maximum of only 2 acrobatic movements are allowed, with or without a toss. The 2 movements may be combined or the two moves may be done separately. Only one aerial cartwheel is permitted if selected as one of the 2 acrobatic moves permitted.  Other Double major body moves are also allowed under a toss, either traveling or stationary <b>Baton</b> Releases No Restrictions Receptions No Restrictions
<b>Stationary Complex &amp; Traveling Complex</b>	Single major body move under the toss  <b>Baton</b> Releases No Restrictions Reception No Restrictions	Single major body move with 2 spins under toss  <b>Baton</b> Releases No Restrictions Reception No Restrictions  Double major body move is allowed under the toss, either traveling or stationary <b>Baton</b> Releases No Restrictions Receptions No Restrictions
<b>Rolls</b>	<ul style="list-style-type: none"> <li>• No continuous front neck rolls (with or without hands)</li> <li>• No front neck figure 8's</li> <li>• No monster rolls (partial or complete)</li> </ul>	<ul style="list-style-type: none"> <li>• No Restrictions</li> </ul>
<b>Contact Material</b>	<ul style="list-style-type: none"> <li>• No Restriction</li> </ul>	<ul style="list-style-type: none"> <li>• No Restrictions</li> </ul>

Clarification: One major body move is allowed under a toss in Level B. Two major body moves are allowed under a toss in Level A. It is NOT allowable to add minor body moves after the toss or before the catch at either level.

## Vedlegg 4: Karakterskala for solo two baton:

WBTF Role Models - 2011			Qual	Low	Mid	High	Range	Concept																															
Solo			Q1	0.00 - 0.19	0.20 - 0.39	0.40 - 0.59	1	Participation																															
Fair	1.2	Young Japanese (Red/White)	Q2	0.60 - 0.79	0.80 - 0.99	1.00 - 1.19	2	Growth																															
Average	3.4	Japanese Royal Blue	Q3	1.20 - 1.39	1.40 - 1.59	1.60 - 1.79	3	Special Ach.																															
	3.8	Canadian Red	Q4	1.80 - 1.99	2.00 - 2.19	2.20 - 2.39	4	Outstanding Ach.																															
Good	5.5	European Junior Male	Q5	2.40 - 2.59	2.60 - 2.79	2.80 - 2.99	5	Mastery																															
	6.1	European Girl in Skirt	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td rowspan="5" style="writing-mode: vertical-rl; transform: rotate(180deg);">Fair</td> <td>Q6</td> <td>3.00 - 3.13</td> <td>3.14 - 3.26</td> <td>3.27 - 3.39</td> <td>1</td> <td>Participation</td> </tr> <tr> <td>Q7</td> <td>3.40 - 3.53</td> <td>3.54 - 3.66</td> <td>3.67 - 3.79</td> <td>2</td> <td>Growth</td> </tr> <tr> <td>Q8</td> <td>3.80 - 3.93</td> <td>3.94 - 4.06</td> <td>4.07 - 4.19</td> <td>3</td> <td>Special Ach.</td> </tr> <tr> <td>Q9</td> <td>4.20 - 4.33</td> <td>4.34 - 4.46</td> <td>4.47 - 4.59</td> <td>4</td> <td>Outstanding Ach.</td> </tr> <tr> <td>Q10</td> <td>4.60 - 4.73</td> <td>4.74 - 4.86</td> <td>4.87 - 4.99</td> <td>5</td> <td>Mastery</td> </tr> </table>						Fair	Q6	3.00 - 3.13	3.14 - 3.26	3.27 - 3.39	1	Participation	Q7	3.40 - 3.53	3.54 - 3.66	3.67 - 3.79	2	Growth	Q8	3.80 - 3.93	3.94 - 4.06	4.07 - 4.19	3	Special Ach.	Q9	4.20 - 4.33	4.34 - 4.46	4.47 - 4.59	4	Outstanding Ach.	Q10	4.60 - 4.73	4.74 - 4.86	4.87 - 4.99	5	Mastery
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## Vedlegg 5: Oversikt over ulovlig materiale i ulike nivåer i solo two baton:

<b>2 Baton Content Restrictions</b> Acrobatics movements are not permitted		
<b>Category</b>	<b>Level B</b>	<b>Level A</b>
<b>Spins</b>	1 spin <b>Baton</b> Releases No Restrictions Reception No Restrictions	2 spins <b>Baton</b> Releases No Restrictions Reception No Restrictions
<b>Stationary &amp; Traveling Complex</b>  <i>Acrobatics are not allowed</i>	Single major body under the toss(s)  <b>Baton</b> Releases No Restrictions Reception No Restrictions  Note – open hand releases are considered “Standard”	Single Major Body move with one spin under toss(s) (this is not considered a double element trick) <b>Baton</b> Releases No Restrictions Receptions No Restrictions  Double major body move is allowed under the toss, either traveling or stationary  <b>Baton</b> Releases No Restrictions Receptions No Restrictions
<b>Rolls</b>	No continuous front neck rolls (with or without hands)  No front neck figure 8’s  No monster rolls (partial or complete)	Partial monster roll is allowed, making 360 degree rotation around one arm
<b>Contact Material</b>	<ul style="list-style-type: none"> <li>• No Restrictions</li> </ul>	<ul style="list-style-type: none"> <li>• No Restrictions</li> </ul>
<p><b>Note - spins may be executed under 1 or 2 batons. This includes both single and double releases, from one or both hands.....high/low, high/high, dual plane, dual pattern, opposition</b></p> <p><b>Note - Body Move may be executed under 1 or 2 batons. This includes both single and double releases, from one or both hands.....high/low, high/high, dual plane, dual pattern, opposition.</b></p>		

Clarification: One major body move is allowed under a toss in Level B. Two major body moves are allowed under a toss in Level A. It is NOT allowable to add minor body moves after the toss or before the catch at either level.

## Vedlegg 6: Oversikt over ulovlig materiale i Artistic Twirl, Artistic Pair, Artistic Team og Artistic gruppe:

<b>Artistic Twirl &amp; Artistic Pair Content Restrictions</b> Acrobatic movements are allowed (considered as major body movements)		
CATEGORY	Level B	Level A
<b>Spins</b>	1 - 3 Spins <b>Baton</b> Releases No Restrictions Reception No Restrictions	1 - 4 Spins <b>Baton</b> Releases No Restrictions Reception No Restrictions
<b>Aerial Acrobatic</b>	Not Allowed with or without the toss.	Aerial cartwheels ONLY (1) under the toss <b>Baton</b> Releases No Restrictions Reception No Restrictions <b>Body</b> <ul style="list-style-type: none"> <li>Minor body moves on release only are allowed</li> <li>Reception No Restrictions</li> <li>Aerial Cartwheels cannot be used in combination with any other body move</li> <li>No other aerial acrobatic moves allowed</li> </ul>
<b>Stationary Complex &amp; Traveling Complex</b>	Single major body move under the toss <b>Baton</b> Releases No Restrictions Reception No Restrictions	Single major body move with 2 spins under toss <b>Baton</b> Releases No Restrictions Reception No Restrictions  Double major body move is allowed under the toss, either traveling or stationary. <b>No limited number.</b>  <b>Baton</b> Releases No Restrictions Reception No Restrictions
<b>Rolls</b>	<ul style="list-style-type: none"> <li>No continuous front neck rolls (with or without hands)</li> <li>No front neck figure 8's</li> <li>No monster rolls (partial or complete)</li> </ul>	<ul style="list-style-type: none"> <li>No Restrictions</li> </ul>

Clarification: One major body move is allowed under a toss in Level B. Two major body moves are allowed under a toss in Level A. It is NOT allowable to add minor body moves after the toss or before the catch at either level.





<h2 style="text-align: center;">Artistic Team Content Restrictions</h2> <h3 style="text-align: center;">applying to one or all team members</h3> <p style="text-align: center;">Acrobatic movements are allowed (considered as major body move)</p>		
CATEGORY	Level B	Level A
<b>Spins</b>	<ul style="list-style-type: none"> <li>1 -2 spins</li> </ul> <p><b>Baton</b>                      Releases No Restrictions                      Reception No Restrictions</p>	<ul style="list-style-type: none"> <li>1 - 3 spins</li> </ul> <p><b>Baton</b>                      Releases No Restrictions                      Reception No Restrictions</p>
<b>Aerial Acrobatics                      (considered major                      body moves)</b>	<ul style="list-style-type: none"> <li>Not allowed with or without toss</li> </ul>	<ul style="list-style-type: none"> <li>Not allowed with or without toss</li> </ul>
<b>Stationary Complex                      &amp;                      Traveling Complex</b>	<ul style="list-style-type: none"> <li>Single major body move under the toss</li> </ul> <p><b>Baton</b>                      Releases No Restrictions                      Reception No Restrictions</p>	<ul style="list-style-type: none"> <li>Single major body move with 1 spin under toss</li> </ul> <p><b>Baton</b>                      Releases No Restrictions                      Reception No Restrictions</p>
<b>Double Element                      Tricks</b>	<ul style="list-style-type: none"> <li>Not Allowed <b>under the toss</b></li> </ul>	<ul style="list-style-type: none"> <li>Not Allowed <b>under the toss</b></li> </ul>
<b>Rolls</b>	<ul style="list-style-type: none"> <li>No continuous front neck rolls (with or without hands)</li> <li>No front neck figure 8's</li> <li>No monster rolls (partial or complete)</li> </ul>	<ul style="list-style-type: none"> <li>No Restrictions</li> </ul>
<b>Contact Material</b>	<ul style="list-style-type: none"> <li>No Restrictions</li> </ul>	<ul style="list-style-type: none"> <li>No Restrictions</li> </ul>

Clarification: One major body move is allowed under a toss in Level B.  
 One major body moves with one spin is allowed under a toss in Level A. It is NOT allowable to add minor body moves after the toss or before the catch at either level.

<b>CONTENT RESTRICTIONS CHART FOR ARTISTIC GROUP CATEGORY</b> <i>(One Level Only)</i>	
<i>Category</i>	
<i>Spins</i>	<ul style="list-style-type: none"> <li>• <b>1-2 spin</b></li> </ul> <p><u>Baton:</u>                      Releases No Restrictions                      Reception No Restrictions</p> <p><u>Body:</u>                      No Restrictions</p> <p><u>Body:</u>                      No Restrictions</p>
<i>Aerial gymnastic</i>	Aerial Gymnastic Not allowed with or without toss
<i>Stationary Complex &amp; Traveling Complex</i>	<ul style="list-style-type: none"> <li>• <b>Single major body move under the toss</b></li> </ul> <p><u>Baton:</u>                      Releases No Restrictions                      Reception No Restrictions</p> <p><u>Body:</u>                      No Restrictions</p>
<i>Double Element Tricks</i>	Not Allowed under the toss
<i>Rolls</i>	No front neck rolls (partial or complete) No monster rolls (partial or complete)
<i>Contact Material</i>	No Restrictions
<p>• Walkovers can be front or back                      DEFINITION OF TERMS: Standard Reception – (refers to type of catch) Vertical or Horizontal RH or LH catch or RH or LH grab. Standard Release – Vertical RH or LH thumb toss. Vertical RH or LH backhand toss or Horizontal RH or LH toss.                      Major Body Moves: A move that requires significant control, flexibility, strength, amplitude and extension. This classification includes any body move desired and includes moves such as: Illusions, walkovers, leaps, or jumps (of any type), sauté arabesque, attitude, grand battement, sauté de basque, tour jeté, cabriole.. These moves will be approximately 3 or more counts in duration.                      Minor Body Moves: A move that does not require significant control, flexibility, strength, amplitude, or extension and additionally does not require horizontal or vertical reorientation to the baton (no body rotations &lt;turns&gt;) or maneuvering the body upside down (illusions, bows, etc). These moves will be approximately 2 counts in duration. This classification includes moves such as: hop, skip, chassé, piqué, step-step, and coupé, sauté. This category will often be used as preparation or follow through movements. Refer to the definition of terms not defined in this chart</p>	
<p>• <b>ATTENTION:</b> The chaine turn is in the same classification as spin. Ex. Single chaine turn = 1 spin; double chaine turn = 2 spins</p>	



• EXECUTION OF ANY DISALLOWED MOVES WILL RESULT IN A PENALTY TO BE ASSESSED FOR EACH VIOLATION OF CONTENT RESTRICTIONS.

## OBLIGATORISKE ELEMENT REKRUTT OG JUNIOR LEVEL B

### KORT BESKRIVELSE AV KONSEPTET

- Obligatoriske element for rekrutt og junior level B bygger på øvelsene fra kortprogram, og viser et sett av nødvendige ferdigheter innenfor sportsdrill. Obligatoriske element er strukturert etter fem kategorier innenfor drill (spins, stationary complex, travelling complex, rolls and contact material). Disse elementene må utføres som beskrevet under. Elementene utføres uten musikk.

### FILOSOFIEN

- Obligatoriske element for rekrutt og junior level B skal introdusere basisferdighetene som er nødvendig for kortprogrammet i junior level A og elite. Når utøverne utfører de 8 obligatoriske elementene, forventes det at kroppsteknikken og drillteknikken er korrekt.

### HOVEDFOKUS

- De 8 obligatoriske elementene skal utføres som beskrevet under, samme rekkefølge og med fronten mot dommerne.
- Under bedømmingen vil det legges mest vekt på kropps- og drillteknikk under gjennomføringen av de 8 obligatoriske elementene
- Følgende punkter vektlegges under bedømmingen av de 8 obligatoriske elementene:
  - Flyt i elementene.
  - Holdning - perfekt holdning må opprettholdes i alle piruetter (turns). Hodet skal være i linje med kroppen, når en spinner rundt.
  - Farten må være konstant innen hvert obligatorisk element, men kan variere fra et obligatorisk element til et annet.
  - Hånd- og arm posisjoner må opprettholdes i alle piruetter (turns).
  - Stavrotasjoner må opprettholdes under alle kast (aerials).
  - Fra trykk (push off) fot i piruetter (turns) skal være høyre fot når en spinner til venstre og omvendt.
  - Hendene skal plasseres i henhold til beskrivelsen - fingrene sammen.
  - Turn out av hofter og føtter (utvridding/turn out) er viktig.
  - Alle høyre hånds vipper (whips) begynner i hoftehøyde, og slutter i midjehøyde.
  - Alle horisontale åttetall (figure eights) skal strekkes fra midjen, til over hodet.

## OVERSIKT OVER ELEMENT

Telling	Innhold
8	1. Travelling Complex (chassè, grand Jetè)
8	2. Vertical ½ spin, blind catch, matched hand pass, RH vertical flourish to front
8	3. Open arm roll
8	4. ½ flat neck rolls
8	5. Horizontal LH toss, ½ spin to right, RH flat back catch, vertical RH flourish to front
24	6. Contact Material (Detailed description found in required Element Descriptions)
8	7. Reverse illusion
8	8. Vertical RH thumb toss, 1 spin L, LH catch (Comp. No 9; follow through)

## DETALJERT BESKRIVELSE AV ELEMENTENE

### **Element 1: TRAVELLING COMPLEX (CHASSÈ, GRAND CHATÈ)**

(Basert på travelling complex i kortprogram for senior)

#### **Høyre fot:**

Telling	Beskrivelse
<b>START POSITION</b>	Start in right corner of floor. Stand in 5 <sup>th</sup> position, right foot front, body direction facing left front oblique (head, hips, and shoulders facing left oblique)
<b>1-2</b>	Right chassé with right arm extended shoulder level to right side (baton in a locked position), left arm in third Arabesque position (arm straight out in front of the body, slightly above shoulder level, palm down)
<b>3</b>	Step left foot
<b>4</b>	Right grand jeté (développé or straight leg) (+ landing).
<b>5</b>	Step left foot (demi plié).
<b>6</b>	Step right on toe in 4th position. Left arm moves down next to the left side of the body. Right arm continues to circle in a clockwise direction (from the athlete's point of view).
<b>7-8</b>	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).

**Venstre fot:**

Telling	Beskrivelse
<b>START POSITION</b>	Start in left corner of floor. Stand in 5 <sup>th</sup> position, left foot front, body direction facing right front oblique (head, hips, and shoulders facing right oblique)
<b>1-2</b>	Left chassé, left arm extended shoulder level to left side, right arm in third Arabesque position (arm straight out in front of the body, slightly above shoulder level, palm down) Baton in right arm in a locked position
<b>3</b>	Step right foot
<b>4</b>	Left grand jeté (développé or straight leg) (+ landing).
<b>5</b>	Step right foot (demi plié).
<b>6</b>	Step on left toe in 4th position. Left arm moves down next to the left side of the body. Right arm continues to circle in a clockwise direction (from the athlete's point of view).
<b>7-8</b>	Take right step, continuing in the direction of the leap, into 4th position relevé, 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).

**Element 2: VERTICAL RIGHT HAND THUMB TOSS, 1/2 SPIN TO LEFT, LEFT HAND BLIND CATCH MATCHED HAND PASS, RIGHT HAND VERTICAL FLOURISH TO FRONT**

(Basert på gamle nasjonale obligatorisk øvelse nr. 11 og vertical right hand thumb toss, 1 ½ spin to the left, left hand blind catch I kortprogram for senior)

<b>START POSITION</b>	Feet in 3 <sup>rd</sup> position right foot front, right arm straight down holding baton, left arm extended to left side (shoulder level)
<b>BEGIN</b>	Right hand vertical flourish, step forward on right foot. Whip – pull left foot into right foot to 5 <sup>th</sup> position releve’.
	Left arm extended at shoulder level to left side
	Step forward on right toe into 4 <sup>th</sup> position relevé
	Right hand thumb release (centre of baton, centre of body); 2-3 revolutions of baton
	Push off into ½ spin left on ball of left foot (right foot closes against left 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 left in 4th position by pushing right foot back (against floor) toward judge
	Left hand blind catch thumb to ball or thumb to tip with left hand above left shoulder close to left ear, left arm bent, centre of baton (last eye contact with baton is off right shoulder). Right hand remains at side of hip for reception
<b>FOLLOW THROUGH</b>	Swing left arm down in back to a matched hand pass down in back (elbows straight) while turning right to face front
<b>FINISH</b>	Right hand vertical flourish while stepping right foot to right side; arms passing through in ‘V’ position with palm facing left side Tendu left in 2nd position

### Element 3: OPEN ARM ROLLS

(Basert på gamle nasjonale obligatorisk øvelse nr. 7)

<b>START POSITION</b>	Feet in 3 <sup>rd</sup> position right foot front, right arm straight down holding baton, left arm extended to left side (shoulder level)
<b>BEGIN</b>	Right hand vertical flourish thumb to ball (extending right arm), extended to left side (shoulder level), step in to 5 <sup>th</sup> position relevé Swing baton down across legs (while moving right hand down from center on baton) and change to left front oblique pattern Step on left foot relevé to left front oblique; body direction facing left front oblique (head, hips and shoulders to L oblique); begin roll on left elbow (oblique pattern)  Double elbow roll left-right-R with matching feet left-right. Right foot steps directly to right side into Tendu left in 2 <sup>nd</sup> position.
<b>FOLLOW THROUGH</b>	Right arm lay out roll (directly to right side); opening left arm with palm up; shoulders and hips facing front; head to front, weight is on right foot
<b>FINISH</b>	Tendu' left in 2 <sup>nd</sup> position (both arm out, palm up, extended at shoulder level)

### Element 4: 1/2 FLAT BACK NECK ROLL

(Basert på gamle nasjonale obligatorisk øvelse nr. 8)

<b>START POSITION</b>	Feet in 3 <sup>rd</sup> position right foot front, right arm extended out to right side (shoulder level) holding baton in locked position, left arm extended to left side (shoulder level) Both palms down.
<b>BEGIN</b>	Step into 5 <sup>th</sup> position right foot front  One horizontal reverse figure 8 (loop under, over) with Chainè turn left to left front oblique with baton in front of body between width of shoulders, stepping left, right on turn to left front oblique.
<b>FOLLOW THROUGH</b>	Move right hand slightly down from center on baton while swinging baton across body (oblique pattern downward) to left side of neck. As baton is placed on left side of neck body direction is facing left front oblique (shoulders, hips and head facing left oblique). Release and roll from left side of neck to right side of neck, catching in left hand (right hand moves straight out to right side after releasing), palm down. Two counts on the roll from right hand release to left hand reception (coordinating roll with matching feet, left-right). Left foot stepping to left oblique and right foot stepping to right side (feet in 2 <sup>nd</sup> position relevé with equal turn out)
<b>FINISH</b>	Finish in right 2 <sup>nd</sup> position tendu to front, catch baton on left side of neck, left arm extended out shoulder level to left.

**Element 5: HORIZONTAL LEFT HAND TOSS, 1/2 SPIN TO RIGHT, RIGHT HAND FLAT BACK CATCH VERTICAL, RIGHT HAND FLOURISH.**

(Basert på horizontal left hand toss, 1 1/2 spin i kortprogram for senior)

<b>START POSITION</b>	Feet in 3 <sup>rd</sup> position left foot front, right arm extended to left side (shoulder level). Left arm in front of chest, hold baton horizontal with left arm, locked under elbow.
<b>BEGIN</b>	Feet in left 5 <sup>th</sup> position relevé, left hand horizontal figure 8 (loop over, under), thumb to ball; right arm extended shoulder level to right side Step forward on L toe into 4 <sup>th</sup> position relevé
	Left hand horizontal toss (centre of baton, centre of body); 2 -3 revolutions of baton. Push off into ½ spin right on ball of right foot (close left foot to right ankle in spin; erect posture maintained, head in line with body on spin; hands on hips with fingers together on spin)
<b>FOLLOW THROUGH</b>	Right hand horizontal back catch (centre of baton, centre of waist); (last eye contact with baton over left shoulder); while pushing left foot back (against floor) toward judge into right 4 <sup>th</sup> position lunge and simultaneously extending left arm diagonally up to back (head in line with arm, back straight, upper body in line with extended leg)
<b>FINISH</b>	Step on left foot to right side; turn right to face front with right hand vertical flourish (extending right arm) while stepping right foot to right side facing front; tendu left in 2 <sup>nd</sup> position, left arm remains diagonal to form a 'V' in front with flourish; palm facing left side.

**Element 6: CONTACT MATERIAL**

	<b>Beskrivelse</b>
<b>START POSITION</b>	Left 4 <sup>th</sup> position tendu (head, hips and shoulders squared to left side). Baton in right arm, straight down thumb to ball. Left arm extended at shoulder level to back.
<b>BEGIN</b>	Right hand vertical reverse figure eight, (starting on outside and loop inside) – continue right arm up, in front of body, stop to judges 11 o'clock (while simultaneously trading weight to a right 2 <sup>nd</sup> position tendu; head hips and shoulders squared to front (legs and feet turned out with left arm extended at shoulder level [moving left arm level from back to left side] 1-2-3-4, (right arm extended, elbow straight, to right side) and roll over back of first three fingers into full hand grip. (Head faces straight forward, shoulders and hips squared to front, right 2 <sup>nd</sup> position tendu).
	Twirl down with loop in front of body, continue baton with a loop to back executed in a low arc from left side of body to right side of body, facing back, baton moving down while turning to right on ball of right foot and pulling left foot into right foot. Stop in right 2 <sup>nd</sup> position tendu (when facing back), left arm remains extended at shoulder level while moving left arm across front and around to back.
	From right 2 <sup>nd</sup> position tendu to back, turn shoulders and hips facing left side (in to a right 4 <sup>th</sup> position tendu), release one revolution right hand thumb flip to front with body (shoulders and hips) facing left side.



	Left arm following down in a natural movement to catch baton in front on left side. (Right arm straight down). Catch left arm (Pivot right to back with weight remaining on right foot) continue left arm with a flourish facing back (body, hips, shoulders facing back). Right arm straight down to right side. Shift weight to left foot 2 <sup>nd</sup> position tendu
	One revolution left thumb flip in centre of body (facing back). Catch right hand in center of body, left arm to right side (extended at shoulder level).
	Pull baton down while turning to left side, on left foot, stepping forward on right foot into right plié, Pull left foot into right foot 5 <sup>th</sup> position relevé (right foot front) Right flourish with left arm extended shoulder level to left Turn on left foot. Lower left foot into right 4 <sup>th</sup> position lunge [facing left side] while lowering left arm [extended at shoulder level]
	Slide baton down to end while stepping back on right foot, square shoulders to left side, left arm extended shoulder level to back left shoulder wrap, Catch right hand backhand [center of baton, centre of body line], lifting left foot into arabesque plié in 4 <sup>th</sup> position to left side, left arm extended diagonally up [right arm straight line from left finger tips to right finger tips, looking front over right shoulder on catch]
	Follow through into horizontal pattern  Step onto left foot, lowering left arm to shoulder level, spin on left foot, by pulling right foot into left foot (close right foot into left ankle) with one right horizontal wrist twirl (beginning twirl to right side of body and finishing in the front in 2 <sup>nd</sup> position)
	Finish spin in 3 <sup>rd</sup> position right foot front. Matched hand pass to left hand in front at chest, shoulder level [elbows bent]
<b>FINISH</b>	(Baton in left arm moves in natural curve with baton in front of body and between width of shoulders (not directly over head). Right hand extended to right side. Move 1-2-3-4, above head level (not directly over head) roll over back of first three fingers into full hand grip. Feet in 3 <sup>rd</sup> position right foot front.

**Element 7: STATIONARY COMPLEX - REVERSE ILLUSION**  
(Basert på stationary complex i kortprogram for senior)

Right supporting leg:

<b>Telling</b>	<b>Beskrivelse</b>
<b>Begin</b>	Feet in 3 <sup>rd</sup> position right foot front (left arm extended to left side shoulder level, right arm straight down, baton in a locked position)
2-3	Step forward or at a slight diagonal to left side (maintaining turn out) on right toe into 4 <sup>th</sup> position relevé (left arm extended to left side, shoulder level)
4-5-6-7-8	Right 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 right side, feet in 5 <sup>th</sup> position releve (right foot front) Rotate body to face front in 5 <sup>th</sup> position releve (feet close together)

Left supporting leg: samme som ved right supporting leg, men avsluttes i 5. relevé med venstre foten i front.

**Element 8: VERTICAL RIGHT HAND THUMB TOSS, LEFT HAND CATCH**

(Basert på vertical right hand thumb toss, 2 spin left, left hand catch i kortprogram for senior)

**For utførelse se filmer laget av TKSD.**

<b>Telling</b>	<b>Beskrivelse</b>
<b>START POSITION</b>	Feet in 3 <sup>rd</sup> position right foot front, right hand vertical flourish, (extending right arm) thumb to ball; left arm extended at shoulder level to left side
<b>BEGIN</b>	Step forward on right foot; whip – pull left foot into right foot to 5 <sup>th</sup> position relevé; Step forward on right toe into 4 <sup>th</sup> position relevé Right hand thumb release (centre of baton, centre of body); 2-3 revolutions of baton
<b>FOLLOW THROUGH</b>	Stay in 4 <sup>th</sup> position Relevé right foot front; hands on hips, fingers together
<b>STOP</b>	Left hand catch (thumb to ball or thumb to tip) in right lunge 4 <sup>th</sup> position facing front; (right foot forward, left foot back) (center lunge by stepping on right foot slightly in front of left foot while sliding left foot back (against floor) into right 4 <sup>th</sup> position lunge); right hand extended to right side, shoulder level

## KORTPROGRAM JUNIOR LEVEL A/ELITE

### KORT BESKRIVELSE AV KONSEPTET

Kortprogram for junior level A og elite er en strukturert øvelse som viser et sett av nødvendige ferdigheter innenfor Sportsdrill. Det er satt sammen av elementene fra kortprogram senior. Utøverne skal gjennomføre programmet til en standard musikk og til fastsatte tellinger. Kortprogrammet er strukturert etter fem kategorier innenfor drill (spins, stationary complex, travelling complex, rolls and contact material). Disse elementene må utføres som beskrevet under.

### FILOSOFIEN BAK KORTPROGRAM FOR JUNIOR A/ELITE

Kortprogram for junior level A og elite skal introdusere basisferdighetene som er nødvendig for kortprogrammet i seniorklassen. Når utøverne utfører de 8 obligatoriske elementene, forventes det at kroppsteknikken og drillteknikken er korrekt. Musikken er kun en faktor for å bestemme tellingene. Det er ingen krav om musikalitet.

### HOVEDFOKUS

De 8 obligatoriske elementene skal utføres som beskrevet under, samme rekkefølge og med fronten mot dommerne.

Under bedømmingen vil det legges mest vekt på kropps- og drillteknikk.

Kortprogram krever også en utfører elementene på riktig telling på musikken. Utøverne vil ha om lag 8 tellinger (avhengig av når utøveren er ferdig med elementet) pause mellom elementene. Under disse tellingene skal utøveren finne tilbake til senter av gulvet.

Dersom utøveren mister staven under elementet skal utøveren fullføre følgende element uten stav, unntak: Kontakt serien, her skal utøveren ta opp igjen staven å fortsette i henhold til musikken.

### MUSIKK

Kvinnenes musikk tittel: *Into the Splendid World* (1 Minutt, 17 Sekunder)

Mennenes musikk tittel: *Challenge to the Future* (1 Minutt, 17 sekunder)

## BESKRIVELSE AV ELEMENTENE

<b>Counts</b>	<b>Contents</b>
16	Stand and wait for music
8	1. Travelling Complex (vertical right hand release, chassè, grand Jetè, right hand standard catch).
8	Find back to center of floor
8	2. Vertical 1 ½ spin, blind catch, matched hand pass, right hand vertical flourish to front
8	Find back to center of floor
8	3. 4 continuous elbow rolls with right arm layout
8	Find back to center of floor
8	4. 2 ½ continuous flat neck rolls
8	Find back to center of floor
8	5. Horizontal left toss, 1 ½ spin to right, right hand flat back catch, vertical right hand flourish to front
8	Find back to center of floor
8	6. Contact Material Vertikal
8	Find back to center of floor
8	7. Contact Material Horisontal
8	Find back to center of floor
8	8. Vertical right release, reverse illusion, right hand standard catch
8	Find back to center of floor
8	9. Vertical right hand thumb toss, 2 spin, left hand catch
8	Find back to center of floor
8	Stand and wait for music

## GENERELT

Hodet forblir oppreist under utøvelsen av elementene  
Ansiktsuttrykk er akseptert

## DETALJERT BESKRIVELSE AV ELEMENTENE (ENGELSK ETTER WBTF)

Tellingene listet opp for element 1 og 7 er kun for innlæring, utøveren kan gjennomføre elementet på færre tellinger hvis mulig.

### Element 1: TRAVELING COMPLEX

#### Høyre fot:

Telling	Beskrivelse
<b>START POSITION</b>	Start in right corner of floor facing the left oblique with arms in a low V and a right 4th position Tendu
<b>1-2</b>	Body direction facing left front oblique (head, hips, and shoulders facing left oblique); Right chassé with right hand reverse figure 8, left arm extended shoulder level to left side
<b>3</b>	Step left, right thumb release into a vertical toss
<b>4</b>	Right 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.
<b>5</b>	Step left (demi plié) catch (right hand standard catch). The left arm will move to a second (straight out to the left side at shoulder level, palm down).
<b>6</b>	Step right 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).
<b>7-8</b>	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).

#### Venstre fot:

Telling	Beskrivelse
<b>START POSITION</b>	Start in left corner of floor facing the right oblique with arms in a low V and a left 4th position Tendu

1-2	Body direction facing right front oblique (head, hips, and shoulders facing right oblique); left chassé with right hand reverse figure 8, left arm extended shoulder level to left side
3	Step right, right thumb release into a vertical toss
4	Left 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 left 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 right (demi plié) catch (right hand standard catch). The left arm will remain to the side.
6	Step on left 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).
7-8	Take right 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).

**Splitthopp for menn: Body work - the quality is more concentrated around power, strength and height.**

**Splitthopp for kvinner: Body work - the quality is based on lightness, elegance, elevation, flexibility**

**Element 2: VERTICAL RIGHT HAND THUMB TOSS, 1 ½ SPIN TO LEFT, LEFT HAND BLIND CATCH**

<b>START POSITION</b>	Start facing the front with arms in a low V and a right 4th position tendu
<b>BEGIN</b>	Right hand vertical flourish (extending right arm) thumb to ball or thumb to – step into relevé 4 <sup>th</sup> position on right foot, whip – pull left foot into right foot to 5 <sup>th</sup> position releve’; Left arm extended at shoulder level to left side Step forward on right toe into 4 <sup>th</sup> position relevé Right hand thumb release (centre of baton, centre of body); 2-3 revolutions of baton Push off into 1 ½ spin left on ball of left foot (right foot closes against left 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 left in 4th position by pushing right foot back (against floor) toward judge
	Left hand blind catch thumb to ball or thumb to tip with left hand above left shoulder close to left ear, left arm bent, centre of baton (last eye contact with baton is off right shoulder). Right hand remains at side of hip for reception



<b>FOLLOW THROUGH</b>	Swing left arm down in back to a matched hand pass down in back (elbows straight) while turning right to face front
<b>STOP</b>	Right hand vertical flourish while stepping right foot to right side; arms passing through in 'V' position with palm facing left side Tendu left in 2nd position

**Element 3: 4 CONTINUOUS ELBOW ROLLS WITH RIGHT ARM LAY OUT**

<b>START POSITION</b>	Start facing the front with arms in a low V and a right 4th position tendu
<b>BEGIN</b>	<p>Step into relevé 4<sup>th</sup> position on right foot, pull left foot into right foot to 5<sup>th</sup> position relevé; right hand vertical flourish (extending right arm arm), thumb to ball; left arm extended shoulder level to left side; swing baton down across legs (while moving right hand down from centre on baton) and change to left front oblique pattern</p> <p>Step on left foot to left front oblique; body direction facing left front oblique (heads, hips and shoulders to left oblique); begin roll on elbow (oblique pattern)</p> <p>4 continuous elbows, left-right-left-right with matching feet turning on ball of each foot (coordinating elbows with feet)                  Footwork executed in an arc (semi-circle) as follows:                  Step # 1 with left foot, hips to left oblique,                  step # 2 is a turn on right foot,                  step # 3 is a step toward the front onto left foot with hips facing right side,                  step # 4 is on right foot directly to right side (or slightly forward), right toe may be facing diagonal right side on step, hips are facing front; slight hesitation will occur between steps #3 and #4</p>
<b>FINISH</b>	Right arm lay out roll (directly to right side); opening left arm with palm up; shoulders and hips facing front; head to front, weight is on right foot ,Tendu' left in 2nd position

**Element 4: 2 ½ CONTINUOUS FLAT NECK ROLLS**

<b>START POSITION</b>	Start facing the left oblique with arms in a low V and a left 4th position tendu
<b>BEGIN</b>	<p>One horizontal reverse figure 8 with chaîné turn left (loop under, over) with baton in front of the body between width of shoulders, left hand extended shoulder level to left side of body; stepping left, Ron turn to left front oblique.</p> <p>Move right hand slightly down from centre on baton while swinging baton across body (oblique pattern downward) to left side of neck. As baton is placed on left side of neck body direction is facing left front oblique (shoulders, hips and head facing left oblique)</p> <p>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</p>



	<p>during the neck roll (elbows straight); palms facing down; thumbs of free hands at same level of other fingers</p> <p>Roll Count 1 – baton released at left side of neck; step left foot to left oblique corner (head, hips, shoulders facing left oblique)</p> <p>Roll Count 2 – baton on right side of neck; step right with ‘turning’ step</p> <p>Roll Count 3 – baton on left side of neck, step left with body facing right side</p> <p>Roll Count 4 – baton on right side of neck; step right with turning’ step</p>
<b>FINISH</b>	<p>Roll Count 5 – baton on left side of neck; step left directly to left side with body facing back; slight hesitation before receiving baton. Left hand palm down at right shoulder with right arm parallel to floor; body direction is directly to the back, feet in 2nd position relevé.</p>

**Element 5: HORIZONTAL LEFT HAND TOSS, 1 ½ SPIN TO RIGHT, RIGHT HAND FLAT BACK CATCH**

<b>START POSITION</b>	<p>Start facing front, right arm out from shoulder left 4th tendu. Pull up into 5<sup>th</sup> position sous sous. Baton horizontal in left arm, arm in front of chest.</p>
<b>BEGIN</b>	<p>Feet in 5<sup>th</sup> position releve’, left front front; left hand horizontal figure 8 (loop over, under), thumb to ball; right arm extended shoulder level to right side.</p> <p>Step forward on left toe into 4<sup>th</sup> position relevé.</p> <p>Left hand horizontal toss (centre of baton, centre of body); 2 -3 revolutions of baton</p> <p>Push off into 1 ½ spin right on ball of right foot (close left foot to right ankle in spin; erect posture maintained, head in line with body on spin; hands on hips with fingers together on spin)</p> <p>Right hand horizontal back catch (centre of baton, centre of waist); (last eye contact with baton over left shoulder); while pushing left foot back (against floor) toward judge into right 4<sup>th</sup> position lunge and simultaneously extending left arm diagonally up to back (head in line with arm, back straight, upper body in line with extended leg)</p>
<b>FINISH</b>	<p>Step on left foot to right side; turn right to face front with right hand vertical flourish (extending right arm) while stepping right foot to right side facing front; tendu left in 2<sup>nd</sup> position, left arm remains diagonal to form a ‘V’ in front with flourish; palm facing left side.</p>

**Element 6: CONTACT MATERIAL: Vertical 8-Count Series Count Body Baton**

<p><b>Start Position:</b> Face L side RF tendu devant (to the front of body) Arms in low ‘V’ Baton in RH, TTB</p>
<p>1 Body: Step back with R foot through first position using whole foot, to 4th position derriere on demi pointe Baton: RH reverse Figure-8 at shoulder height</p>



2	Body: Extend LF back to tendu derriere, lowering R heel, finishing in 4th position lunge on RF with LF stretched Baton: RH thumb flip (1 to 1.5 rev), catch LH palm up, R arm in low 'V' on reception
3, 4	Body: Transferring weight to LF, RF tendu to side Baton: LH flourish to L (back plane) facing back wall, R arm remains in low 'V'
5, 6	Body: 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) Baton: LH BH flip (1 to 1.5 rev) Catch RH in Back Catch in Front Plane
7, 8	Body: 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 Baton: RH flip, catch RH in Back Catch (Flash Back) Front Plane (1.5 to 2 rev) Arms finish in low 'V'

**Element 7: CONTACT MATERIAL: Horizontal 8-Count Series Count Body Baton**

<b>Start Position:</b>	Body: Facing R front corner RF tendu to R front corner Arms in Low 'V' Baton: Baton in RH, TTB
1	Body: 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). Baton: One RH Horizontal loop under R arm
2	Body: L arm remains extended from shoulder. On reception, body remains facing R front corner. Baton: RH Horizontal thumb flip in High Horizontal Plane (1 rev) Catch overhead in R
3, 4	Body: Left 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 overhead, facing front Baton: RH Horizontal thumb flip in High Horizontal Plane (1rev ). Step LF to L (facing front) Catch overhead (fingers up) in LH
5, 6	Body: Turn Left to face back wall, weight remains on L leg throughout turn. Baton: From LH catch, 1/2 horizontal loop under L arm
7, 8	Body: Facing Back Wall, Lunge to R, LF in tendu to 2nd position Arms finish extended back in 'V' Baton: LH release (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)

### **Element 8: STATIONARY COMPLEX – REVERSE ILLUSION**

Right supporting leg:

Telling	Beskrivelse
<b>1</b>	Vertical right hand whip – step forward on right foot
<b>2-3</b>	Flourish – pull left foot into right foot to 5 <sup>th</sup> position relevé
<b>4-5-6</b>	Step forward or at a slight diagonal to left side (maintaining turn out) on right toe into 4 <sup>th</sup> position relevé with release (left arm extended to left side, shoulder level) Right 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 right side, feet in 5 <sup>th</sup> position releve (right foot in front), rotate body to face front in 5 <sup>th</sup> position relevé (feet close together)
<b>7</b>	Spot baton
<b>8</b>	Catch.

Left supporting leg: exactly the reverse, but finish in 5<sup>th</sup> relevé (left foot in front).

### **Element 9. VERTICAL RIGHT HAND THUMB TOSS, 2 SPIN LEFT, LEFT HAND CATCH**

Right hand vertical flourish, (extending right arm) thumb to ball or thumb to tip – step into relevé on right foot; whip – pull left foot into right foot to 5 <sup>th</sup> position releve'; left arm extended at shoulder level to left side.
Step forward on right toe into 4 <sup>th</sup> position relevé. Right hand thumb release (centre of baton, centre of body); 2-3 revolutions of baton.
Push off into two spins left on ball of left foot (right foot closes against left 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.
Left hand catch (thumb to ball or thumb to tip) in right lunge 4 <sup>th</sup> position facing front; (right foot forward, left foot back). (center lunge by stepping on right foot slightly in front of left foot while sliding left foot back (against floor) into right 4 <sup>th</sup> position lunge); right hand extended to right side, shoulder level
Left hand vertical reverse flourish (extending left arm), spinning left (begin spin by changing weight onto ball of left foot with slight draw-in of left foot, while swinging right arm down by leg and circling over the top of the back. Step down on right foot into tendu' left in 2 <sup>nd</sup> position (with arms down to sides).

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

For å se utførelse av elementene, følg linken:

<https://www.wbtf.org/content/junior-short-program-demonstration-video>

## KORTPROGRAM SENIOR LEVEL B/A/ELITE

### KORT BESKRIVELSE AV KONSEPTET

Kortprogram er «broen» mellom de strukturerte og klart definerte obligatoriske elementene og «friheten» i det selvvalgte programmet. Kortprogrammet er bygget opp av 8 obligatoriske elementer som har sitt utspring i de 5 kategoriene i sportsdrill (turns, stationary complex, travelling complex, rullinger og kontakt materiale. Disse må utføres som beskrevet.

Kortprogram for senior flettes sammen av de obligatoriske elementene og tilleggsøvelser i et kreativt, musikktilpasset program som er mindre krevende enn det individuelle selvvalgte programmet og samtidig mer underholdende enn obligatoriske elementer alene.

### FILOSOFIEN BAK KORTPROGRAM FOR SENIOR

Kortprogram legger det nødvendige grunnlaget til individuelt program, da det legges vekt på musikalitet, komposisjon og utførelse. Stav- og kroppsteknikken er forventet å være korrekt under gjennomføringen av de 8 obligatoriske elementene, samt tilleggs materialet. Utøveren blir utfordret på musikalitet, utnyttelse av tid, rom og opptreden. Programmet skal tilpasses musikken, og designet skal følge en logisk oppbygning, hvor flyt og myke overganger mellom de obligatoriske elementene og tilleggs materialet introduserer utøveren til prinsippet for selvvalgt program.

### HOVEDFOKUS

De 8 obligatoriske elementene skal utføres som beskrevet under, samme rekkefølge og med fronten mot dommerne.

Under bedømmingen vil det legges mest vekt på kropps- og drillteknikk under gjennomføringen av de 8 obligatoriske elementene. Øvelsene må utføres nøyaktig etter beskrivelsen.

Kortprogram krever også et annet fokus, å utføre elementene på riktig telling på musikken. Utøverne vil ha om lag 8 tellinger (avhengig av når utøveren er ferdig med elementet) pause mellom elementene. Under disse tellingene skal utøveren utføre selvvalgt tilleggs materiale.

### MUSIKK

Kvinnenes musikk tittel: *Into the Splendid World* (1 Minutt, 17 Sekunder)

Mennenes musikk tittel: *Challenge to the Future* (1 Minutt, 17 sekunder)

## BESKRIVELSE AV ELEMENTENE

Counts	Contents
16	
8	1. Travelling Complex (vertical right hand release, chassè, grand Jetè, right hand standard catch).
8	
8	2. Vertical 1 ½ spin, blind catch, matched hand pass, right hand vertical flourish to front
8	
8	3. 4 continuous elbow rolls with right arm layout
8	
8	4. 2 ½ continuous flat neck rolls
8	
8	5. Horizontal left toss, 1 ½ spin to right, right hand flat back catch, vertical right hand flourish to front
8	
8	6. Contact Material Vertikal
8	
8	7. Contact Material Horisontal
8	
8	8. Vertical right release, reverse illusion, right hand standard catch
8	
8	9. Vertical right hand thumb toss, 2 spin, left hand catch
8	
8	Stand and wait for music

## GENERELT

Hodet forblir oppreist under utøvelsen av elementene  
Ansiktsuttrykk er akseptert og vil være forventet at passer til musikken

## DETALJERT BESKRIVELSE AV ELEMENTENE (ENGELSK ETTER WBTF)

Tellingene listet opp for element 1 og 7 er kun for innlæring, utøveren kan gjennomføre elementet på færre tellinger hvis mulig.

**Element 1:** TRAVELING COMPLEX – Revised 8/10/2015, Clarification 9/15/15

### Høyre fot:

Telling	Beskrivelse
1-2	Body direction facing left front oblique (head, hips, and shoulders facing left oblique); Right chassé with right hand reverse figure 8, left arm extended shoulder level to left side
3	Step left, right thumb release into a vertical toss
4	Right 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 left (demi plié) catch (right hand standard catch). The left arm will move to a second (straight out to the left side at shoulder level, palm down).
6	Step right 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).
7-8	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).

### Venstre fot:

Telling	Beskrivelse
1-2	Body direction facing right front oblique (head, hips, and shoulders facing right oblique); left chassé with right hand reverse figure 8, left arm extended shoulder level to left side
3	Step right, right thumb release into a vertical toss
4	Left 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 left 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 right (demi plié) catch (right hand standard catch). The left arm will remain to the side.
6	Step on left 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).
7-8	Take right 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).

**Splitthopp for menn: Body work - the quality is more concentrated around power, strength and height.**

**Splitthopp for kvinner: Body work - the quality is based on lightness, elegance, elevation, flexibility**

### **Element 2: VERTICAL RIGHT HAND THUMB TOSS, 1 ½ SPIN TO LEFT, LEFT HAND BLIND CATCH**

Right hand vertical flourish (extending right arm) thumb to ball or thumb to – step into relevé 4 <sup>th</sup> position on right foot
Whip – pull left into right to 5 <sup>th</sup> position releve'
Left arm extended at shoulder level to left side
Step forward on right toe into 4 <sup>th</sup> position relevé
Right hand thumb release (centre of baton, centre of body); 2-3 revolutions of baton
Push off into 1 ½ spin left on ball of left foot (right foot closes against left 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 left in 4th position by pushing right foot back (against floor) toward judge
Left hand blind catch thumb to ball or thumb to tip with left hand above left shoulder close to left ear, left arm bent, centre of baton (last eye contact with baton is off right shoulder). Right hand remains at side of hip for reception
Swing left arm down in back to a matched hand pass down in back (elbows straight) while turning right to face front
Right hand vertical flourish while stepping right foot to right side; arms passing through in 'V' position with palm facing left side Tendu left in 2nd position

### **Element 3: 4 CONTINUOUS ELBOW ROLLS WITH RIGHT ARM LAY OUT**

Feet in 5th position relevé (right foot front); right hand vertical flourish (extending right arm), thumb to ball; left arm extended shoulder level to left side; swing baton down across legs (while moving right hand down from centre on baton) and change to left front oblique pattern
Step on left foot to left front oblique; body direction facing left front oblique (heads, hips and shoulders to left oblique); begin roll on elbow (oblique pattern)

4 continuous elbows, left-right-left-right with matching feet turning on ball of each foot (coordinating elbows with feet)
Footwork executed in an arc (semi-circle) as follows: Step # 1 with left foot, hips to left oblique, step # 2 is a turn on right foot, step # 3 is a step toward the front onto left foot with hips facing right side, step # 4 is on right foot directly to right side (or slightly forward), right toe may be facing diagonal right side on step, hips are facing front; slight hesitation will occur between steps #3 and #4
Right arm lay out roll (directly to right side); opening left arm with palm up; shoulders and hips facing front; head to front, weight is on right foot ,Tendu' left in 2nd position

**Element 4: 2 ½ CONTINUOUS FLAT NECK ROLLS**

One horizontal reverse figure 8 with chainé turn left (loop under, over) with baton in front of the body between width of shoulders, left hand extended shoulder level to left side of body; stepping left, Ron turn to left front oblique.
Move right hand slightly down from centre on baton while swinging baton across body (oblique pattern downward) to left side of neck.
As baton is placed on left side of neck body direction is facing left front oblique (shoulders, hips and head facing left 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 left side of neck; step left foot to left oblique corner (head, hips, shoulders facing left oblique)
Roll Count 2 – baton on right side of neck; step right with 'turning' step Roll Count 3 – baton on left side of neck, step left with body facing right side Roll Count 4 – baton on right side of neck; step right with 'turning' step Roll Count 5 – baton on left side of neck; step left directly to left side with body facing back; slight hesitation before receiving baton. Left hand palm down at right shoulder with right arm parallel to floor; body direction is directly to the back, feet in 2nd position relevé.

**Element 5: HORIZONTAL LEFT HAND TOSS, 1 ½ SPIN TO RIGHT, RIGHT HAND FLAT BACK CATCH**

Feet in 5 <sup>th</sup> position releve', left front front; left hand horizontal figure 8 (loop over, under), thumb to ball; right arm extended shoulder level to right side.
Step forward on left toe into 4 <sup>th</sup> position relevé.
Left hand horizontal toss (centre of baton, centre of body); 2 -3 revolutions of baton
Push off into 1 ½ spin right on ball of right foot (close left foot to right ankle in spin; erect posture maintained, head in line with body on spin; hands on hips with fingers together on spin)
Right hand horizontal back catch (centre of baton, centre of waist); (last eye contact with baton over left shoulder); while pushing left foot back (against floor) toward

judge into right 4<sup>th</sup> position lunge and simultaneously extending left arm diagonally up to back (head in line with arm, back straight, upper body in line with extended leg)

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

### **Element 6: CONTACT MATERIAL: Vertical 8-Count Series 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

Body: Step back with R foot through first position using whole foot, to 4th position derriere on demi pointe  
 Baton: RH reverse Figure-8 at shoulder height

2

Body: Extend LF back to tendu derriere, lowering R heel, finishing in 4th position lunge on RF with LF stretched  
 Baton: RH thumb flip (1 to 1.5 rev), catch LH palm up, R arm in low 'V' on reception

3, 4

Body: Transferring weight to LF, RF tendu to side  
 Baton: LH flourish to L (back plane) facing back wall, R arm remains in low 'V'

5, 6

Body: 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)  
 Baton: LH BH flip (1 to 1.5 rev) Catch RH in Back Catch in Front Plane

7, 8

Body: 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  
 Baton: RH flip, catch RH in Back Catch (Flash Back) Front Plane (1.5 to 2 rev) Arms finish in low 'V'

### **Element 7: CONTACT MATERIAL: Horizontal 8-Count Series Count Body Baton**

**Start Position**

Body: Facing R front corner RF tendu to R front corner Arms in Low 'V'  
 Baton: Baton in RH, TTB

1

Body: 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).  
 Baton: One RH Horizontal loop under R arm

2

Body: L arm remains extended from shoulder. On reception, body remains facing R front corner.  
 Baton: RH Horizontal thumb flip in High Horizontal Plane (1 rev) Catch overhead in R

3, 4

Body: Left arm remains extended from shoulder to L side (2nd position) On LH Reception, R



<p>arm extends from shoulder to R side (2nd position) Note: the LH reception is overhead, facing front                  Baton: RH Horizontal thumb flip in High Horizontal Plane (1rev ). Step LF to L (facing front)                  Catch overhead (fingers up) in LH</p>
<p>5, 6                  Body: Turn Left to face back wall, weight remains on L leg throughout turn.                  Baton: From LH catch, 1/2 horizontal loop under L arm</p>
<p>7, 8                  Body: Facing Back Wall, Lunge to R, LF in tendu to 2nd position Arms finish extended back in 'V'                  Baton: LH release (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)</p>

**Element 8: STATIONARY COMPLEX – REVERSE ILLUSION**

Right supporting leg:

Telling	Beskrivelse
<b>1</b>	Vertical right hand whip – step forward on right foot
<b>2-3</b>	Flourish – pull left foot into right foot to 5 <sup>th</sup> position relevé
<b>4-5-6</b>	Step forward or at a slight diagonal to left side (maintaining turn out) on right toe into 4 <sup>th</sup> position relevé with release (left arm extended to left side, shoulder level) Right 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 right side, feet in 5 <sup>th</sup> position releve (right foot in front), rotate body to face front in 5 <sup>th</sup> position relevé (feet close together)
<b>7</b>	Spot baton
<b>8</b>	Catch.

Left supporting leg: exactly the reverse, but finish in 5<sup>th</sup> relevé (left foot in front).

**Element 9. VERTICAL RIGHT HAND THUMB TOSS, 2 SPIN LEFT, LEFT HAND CATCH**

<p>Right hand vertical flourish, (extending right arm) thumb to ball or thumb to tip – step into relevé on right foot; whip – pull left foot into right foot to 5<sup>th</sup> position releve'; left arm extended at shoulder level to left side.</p>
<p>Step forward on right toe into 4<sup>th</sup> position relevé.                  Right hand thumb release (centre of baton, centre of body); 2-3 revolutions of baton.</p>
<p>Push off into two spins left on ball of left foot (right foot closes against left 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.</p>
<p>Left hand catch (thumb to ball or thumb to tip) in right lunge 4<sup>th</sup> position facing front; (right foot forward, left foot back).                  (center lunge by stepping on right foot slightly in front of left foot while sliding left foot back (against floor) into right 4<sup>th</sup> position lunge); right hand extended to right side, shoulder level</p>
<p>Left hand vertical reverse flourish (extending left arm), spinning left (begin spin by changing weight onto ball of left foot with slight draw-in of left foot, while swinging right arm down by leg and circling over the top of the back.</p>

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

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

## Tilleggsøvelser

Tilleggsøvelser er det materialet som utføres mellom de obligatoriske elementene og er begrenset til:

- Drill i kontakt materiale kategorien (flips, svingserier, wraps, full hand, og deadstick materiale)
- Hånd rullinger, og andre enkelt element rullinger (single element rolls) vil være tillatt.
- Kropps/danse bevegelser
- De beskrevne akrobatiske momentene

Kreativitet og utøverens egenart/stil skal komme frem gjennom disse. Tilleggsøvelsene bedømmes under komposisjon og utførelse.

## Definisjoner

- Vertikal flip: vil være alle releases (høyre/venstre hånd) hvor senter av staven, på sitt høyeste, aldri er høyere enn en arms lengde over hodet eller en 1 rotasjons flip uansett høyde.
- Horisontal flip: når staven (høyre/venstre hånd) roterer maksimum 1 ½ rotasjon i et horisontalt plan i hvilket som helst nivå.
- Single element rolls: når staven ruller på kun en del av kroppen med 1 eller færre rotasjoner på staven. Ingen kontinuerlige eller repeterende rullinger er tillatt.
  - Noen eksempler på **tillatte** rullinger er:
    - 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)
  - Noen eksempler på rullinger som **ikke er tillatt** er:
    - Hele fishtails
    - Hele angel rolls
- Alle dansebevegelser er tillatt.
- Tillatte turnmomenter er:
  - Hjul (1 eller 2 hånds)
  - Illusions
  - Brooverganger/stifter (1 eller 2 hånds, foran eller bak)
  - Spagater

- Gulv ruller
- Håndstående
- Ingen andre akrobatiske momenter er tillatt. (f.eks butterfly, smetterling, kineser (stift uten håndsett)).

## ARTISTISK GRUPPE

### DE FIRE DELKARAKTERENE BLIR BEDØMT SOM FØLGER:

#### **GENERELT INNTRYKK: 40POENG**

Perfeksjon er hovedfokus under dette kriteriet, gruppen skal opprettholde karakter, Rolle, Identitet og Stil, Demonstrere gode effektfulle formasjoner og bevegelser, Engasjere publikum gjennom ulike nivå og variasjon av bevegelser, Etablere god design i programmet med kvalitet for både artistisk inntrykk og musikalitet, Originalitet og emosjonell tilstedeværelse. Gruppen kan vise variasjon av effekter gjennom det estetiske, emosjonelle, intellektuelle og oppnå tilstedeværelse i tid og rom gjennom timing, orientering og gulvbruk.

#### **KOREOGRAFI/DESIGN: 30 POENG**

Kvaliteten i koreografien, utvikling av konsept/tema, dramaturgi og uttrykkelse av planlagte bevegelser med både kropp og stav, Bevegelse, opptreden. Visuell uttrykkelse gjennom musikk og uttrykk, kombinasjon av kropp og stav til musikk og tema, kvalitet på egenskapen til å knytte formasjoner, stav og bevegelser sammen, utnyttelse av flere «lag» av musikken.

#### **STAVTEKNIKK: 15 POENG**

Vise grunnleggende teknikk med stav, nivået av øvelsene er tilpasset “svakeste ledd” i gruppen, stav og kropp kombinert, bevegelser til musikk, Stavteknikk og utførelse av øvelsene er hovedfokus i alle tre modes.

#### **KROPPSTEKNIKK: 15 POENG**

Vise grunnleggende kroppsteknikk, nivået av øvelsene er tilpasset “svakeste ledd” i gruppen, stav og kropp kombinert, bevegelser til musikk, kroppsteknikk og utførelse av øvelsene er hovedfokus.

## KARAKTERSKALA FOR ARTISTISK GRUPPE

### **FAIR 0.00-29.9**

Dette vil være nybegynnerne i sporten vår. De har begrenset ferdighetsnivå og de basis ferdighetene de har vil være noe anstrengt. De har begrenset trening og det vil forhindre de i å være effektive. Designet på programmet vil (burde) være svært forenklet, å tillate utøverne å ha et minimum av ansvar. Flere ansvarsområder per utøver vil være ikke-eksisterende. Nivået på gruppen vil være på et innlæringsnivå. Det vil så og si være umulig for utøverne på dette nivået å vise fysisk og mentalt ferdighetsnivå samtidig.

### **AVERAGE 30.0-49.9**

Gruppen vil på dette nivået ha utøvere på ulikt nivå av læringskurven. Utøverne vil her utforske ulike sider av seg selv og sitt ferdighetsnivå. De begynner å vise variasjon av ulike ferdigheter, men vil mangle klarhet og presisjon i situasjoner som krever flere ansvarsområder. Nivået vil ikke være klart verken med kropp, stav, eller

ansvarsforståelse, men de vil gjerne vise styrke på ett av områdene. Designet vil inneholde noe arbeid som krever at utøveren kan kontrollere både det fysiske og mentale samtidig, og vi kan begynne å se at utøverne forsøker å opprettholde ansvarsområdet sitt for flere ting omgangen. Utøvernes ferdighetsnivå gjør at enkelte deler av programmet vil ha miste kvaliteten. Det vil være tekniske problemer med bevegelse av stav og kropp på same tid. Designet vil ikke ha særlig dybde, men være tilpasset utøvernes nivå.

### **GOOD 50.0-69.9**

Her vil vi i hovedsak se utøvere på good level som sammen kan oppnå gode ferdigheter med stav, kropp og bevegelse. Design og koreografi har dybde og intellekt, og vi begynner å se musikalitet og originalitet i programmet. Det vil være deler av programmet som vil vise selvsikkerhet, men fortsatt vil utøverne gjerne ha et område som er bedre utviklet enn andre. Utøverne vil her forsøke å sette sammen flere ansvarsområder, men det vil fortsatt være mangler i henhold til kvalitet hvor dette utøves. Utøveren er på et nivå hvor det er klar over sitt ferdighetsnivå og sitt ansvar.

### **EXCELLENT 70.0-89.9**

Utøverne vil her være på excellent nivå med stav og kropp. Utøveren har en klar forståelse av konseptet og egen utvikling. Stav og kropp er utført med klarhet, styrke og flyt. Designet vil være originalt, smart og ha en tydelig refleksjon av musikk og karakter. Her vil vi se utøvere som kan vise bevegelse med stav og kropp, samt gi stor underholdningsverdi gjennom musikalitet, kunstnerisk uttrykk og følelser.

### **SUPERIOR 90.0-100**

Her vil gruppen vise høyeste nivå av konsept, koreografi, design og kvalitet. En gruppe kan på dette nivået kan bestå av utøvere fra excellent eller good nivå. Men det er viktig å notere seg at en gruppe på dette nivået vil utøve alle ferdigheter som om det er en del av deres natur. Her vil vi se høyeste ferdighetsnivå av musikalitet, og den vil være konsistent og tro gjennom både stav, kropp og bevegelse. Klarhet og presisjon av høyeste kvalitet.

## ANBEFALINGER FOR PROGRAMLAGING I ALLE KLASSE:

### FREESTYLE INDIVIDUELL KONKURRANSE

- Musikken bør være tilpasset utøverens alder, stil og ferdighetsnivå.
- Målet for alle opptredener og konkurranser er at utøverne utfører sine programmer uten stavnist. Det er derfor viktig at utøvere og trenere sammen legger opp til programmer uten for store usikkerhetsmomenter som utøverne kan fremføre uten feil.
- World Baton Twirling Federation (WBTF) har laget en anbefaling om hva en koreografi i individuell freestyle bør inneholde. Det er kun en anbefaling, og ikke et krav:
  - 5-6 triks, hvor minst ett av de er horisontale.
  - Utøveren må vise variasjon i spins, stationary og travelling.
  - Contact materiale, hvor utøveren viser både horisontalt og vertikalt.
  - Rolls, hvor utøveren viser både horisontal og vertikal.

### FREESTYLE PAR KONKURRANSE

- Musikken bør være tilpasset parets alder, stil og ferdighetsnivå.
- Målet for alle opptredener og konkurranser er at parene utfører sine programmer uten stavnist. Det er derfor viktig at parene og trenere sammen legger opp til programmer uten for store usikkerhetsmomenter som parene kan fremføre uten feil.
- I par er det viktig å fokusere på:
  - Må drille som et par, ikke som 2 individuelle utøvere
  - Originalitet/koreografi over par programmet
  - Bruk av kast til hverandre (Exchanges)
  - Presisjon
  - Synkron drilling

### FREESTYLE TROPP KONKURRANSE

- Musikken bør være tilpasset troppens alder, stil og ferdighetsnivå.
- Målet for alle opptredener og konkurranser er at troppene utfører sine programmer uten stavnist. Det er derfor viktig at troppene og trenere sammen legger opp til programmer uten for store usikkerhetsmomenter som troppen kan fremføre uten feil.
- I tropp er det viktig å fokusere på:
  - Likhhet og synkronitet i troppen
  - Originalitet over koreografien
  - Exchanges til hverandre
  - Nivået i troppen bør være tilpasset alle utøverne.

## SOLO ONE BATON

Solo one baton blir bedømt som følger:

- Teknikk med kropp og stav
- Flyt og samkjøring med kropp og stav
- Bruk av drillstaven gjennom hele programmet
- Nøyaktighet (timing)
- Variasjon
- Vanskelighetsgrad
- Like ferdigheter med begge hender
- Balanse innenfor aerals, contact material og rolls
- Bruk av linjer og retninger med kropp og stav
- Tempo
- Logisk oppbygning

## SOLO TWO BATON

Solo two baton blir bedømt som følger:

- Teknikk med kropp og stav
- Flyt og samkjøring med kropp og begge stavene
- Bruk av begge drillstavene gjennom hele programmet
- Nøyaktighet (timing)
- Variasjon
- Vanskelighetsgrad
- Like ferdigheter med begge hender
- Balanse innenfor aerals, contact material og rolls
- Logisk oppbygning
- Bruk av linjer og retninger med kropp og stav
- Bruk av linjer og retninger med stavene på samme tid
- (MIXED TWIRLS)
- High-high aerals
- High-low aerals
- Realese at same time with both batons
- Blending
- Forward/reverse twirl
- On-going-elements
- Tempo

## FAGUTRYKK

AERIALS	KAST
AMBIDEXTERITY	LIKE FERDIGHETER MED BEGGE HENDER
APPEARENCE & GROOMING	UTSTRÅLING OG HARMONI
ARTISTIC EXPRESSION	KUNSTNERISK INNTRYKK
ATTENTION	RETT
AVERAGE	BRA
BACKHAND (BH)	BAKHÅND
BATON	STAV
BATON HANDLING	HÅNDTERING AV STAVEN
BATON TECHNIQUE	STAV TEKNIKK
BODYMOVE	KROPPSBEVEGELSE
CATCH	GRIP
CENTER	SENER/MIDTEN
CHEST	BRYSTKASSEN
CHOREOGRAPHY	KOREOGRAFI



CLOCKWISE	MED KLOKKEN
COMPULSORY	OBLIGATORISKE ØVELSER
CONTENT	INNHold
CONTINOUS	FORTSETTELSE
CONTINUITY & FORM DEVELOPMENT	KONTINUITET OG OPPBYGGING AV PROGRAMMET
CORREKT TECHNIQUE	KORREKT/RIKTIG TEKNIKK
DANCE TECHNIQUE	DANSETEKNIKK
DEDUCTIONS	TREKK



DEFICIENCY	MANGEL
DIFFICULTY	VANSKE/VANSKELIGHETSGRAD
ENTERTAINMENT VALUE	UNDERHOLDINGSVERDI
ENTRANCE	INNGANG
EXCELLENT	SVÆRT GODT
EXCHANGES	KAST TIL HVERANDRE
EXIT	UTGANG
EXTENDED	UTSTRAKT
FAIR	NOKSÅ BRA
FIGURE 8	ÅTTETALL
FISHTAILS	8-TALLS RULLINGER PÅ HÅNDEDD
FLASHCARD	OPPVISERBLOKKER
FLAT	FLAT
FLOURISH	ARM SIRKLES, MENS STAVEN GJØR EN LOOP PÅ DIAGONALEN

FOLLOW THROUGH	OVERGANG/FORTSETTELSE
FORWARD	FREMOVER
GENERAL EFFECT	GENERELT INNTRYKK
GOOD	GODT
GRAB	GRIPE
2 HH (HAND HOLD)	HOLDE STAVEN MED BEGGE HENDER
HAND ROLLS	HÅNDRULLING
HIP	HOFTE
HORIZONTAL	HORISONTALT
ILLUSIONS	DYKKERVENDING



INDIAN ARMS	INDIANER ARMER
INSIDE	INNSIDEN
LEFT	VENSTRE
LEFT HAND (LH)	VENSTRE HÅND
LEFT LEG (LL)	VENSTRE FOT
LEVEL	NIVÅ/PLAN
LOOP	SIRKEL M/STAVEN - ARM I BEVEGELSE
LUNGE	UTFALL M/BENA
MAJOR	STØRRE/STOR FEIL
MINOR	MINDRE/LITEN FEIL
MUSIC INTERPRETATION	MUSIKKTOLKNING
OUTSIDE	UTSIDEN
OVERALL PERFORMANCE	HELHETSINNTRYKK
PATTERN CHANGE	MØNSTER/PLANENDRING
POOR	MINDRE GODT
PRESICION & UNISON	PRESISJON & LIKHET
PUSH OFF	FRATRYKK M/FOT I PIRUETTER
RECEPTION	MOTTAK
REVERSE	BAKOVER (BAKLENGS)
REVOLUTION	OMDREINING/ROTASJON
RIGHT (R)	HØYRE
RIGHT HAND (RH)	HØYRE HÅND
RIGHT LEG (RL)	HØYRE FOT

SALUTE	HILSEN
SPEED	TEMPO

SPINS	PIRUETTER
STAGING	VIRTUOSITET
“STAND”	PODIUM
STRAIGHT	RETT
SUPERIOR	FREMAGENDE
TEAM	TROPP
TEAMWORK	SAMARBEID
TECHNICAL MERIT	TEKNISK VERDI
THUMB (T)	TOMMEL
THUMB TO BALL (TTB)	TOMMEL TIL STORE KULEN
THUMB TO TIP (TTT)	TOMMEL TIL LILLE KULEN
THUMB TOSS	TOMMEL KAST
TIMING	BEREGNING/NØYAKTIGHET
TOSS	KAST
TURN OUT	UTVRIDNING AV HOFTE OG FØTTER
URNS	PIRUETTER
UNDERHAND	UNDERARM
UNIFORMITY OF BODY POSITIONS	ENSARTEDE/LIKE KROPPSBEVEGELSER
UTILISATION OF TIME & SPACE	UTNYTTELSE AV TID OG ROM
VARIETY	VARIASJON

VERTICAL	VERTIKAL
VISUAL MUSICALITY	VISUELL/SYNLIG MUSIKALITET
WAIST	MIDJEN
WHIPS	VIPP
WRIST TWIRL	HÅNDEDD DRILL, VERTIKAL ELLER HORIZONTAL SIRKEL M/STAVEN DER ARMEN HOLDES I RO