

VIII. ABILITY LEVELS, AGE GROUPS AND TIMING

A. Age Groups

- To calculate average ages, add all the athletes' ages together and then divide the sum by the number of athletes in the group.
- The National Competition Committee reserves the right to combine age divisions in group competition where there are fewer than five entries in an age division.

UPDATE - SOLO ONE BATON

Novice	0-6, 7-9, 10-12, 13-15, 16+	Timing: 0:30-2:00 minutes	Opening Salute – Closing Salute
Beginner	0-6, 7-9, 10-12, 13-15, 16+	Timing: 1:30-2:00 minutes	Opening Salute – Closing Salute
Intermediate	0-6, 7-9, 10-12, 13-15, 16+	Timing: 1:30-2:10 minutes	Opening Salute – Closing Salute
Advanced	0-6, 7-9, 10-12, 13-15, 16+	Timing: 2:00-2:30 minutes	Opening Salute – Closing Salute
Elite	0-6, 7-9, 10-12, 13-15, 16+	Timing: 2:00-2:30 minutes	Opening Salute – Closing Salute
Boys	0-6, 7-9, 10-12, 13-15, 16+	Timing: 0:30-2:30 minutes	Opening Salute – Closing Salute
**Collegiate Division	through age 24	Timing: 2:00-2:30 minutes	Opening Salute – Closing Salute
**Adult 21 and older	21 and older	Timing: 2:00-2:30 minutes	Opening Salute – Closing Salute
Challenger	0-6, 7-9, 10-12, 13-15, 16+	Timing: 0:30-2:00 minutes	Opening Salute – Closing Salute

UPDATE - SOLO TWO BATON

Novice	0-6, 7-9, 10-12, 13-15, 16+	Timing: 0:30-2:00 minutes	Opening Salute – Closing Salute
Beginner	0-6, 7-9, 10-12, 13-15, 16+	Timing: 1:30-2:00 minutes	Opening Salute – Closing Salute
Intermediate	0-6, 7-9, 10-12, 13-15, 16+	Timing: 1:30-2:00 minutes	Opening Salute – Closing Salute
Advanced	0-6, 7-9, 10-12, 13-15, 16+	Timing: 1:30-2:00 minutes	Opening Salute – Closing Salute
Elite	0-6, 7-9, 10-12, 13-15, 16+	Timing: 2:00-2:00 minutes	Opening Salute – Closing Salute
Challenger	0-6, 7-9, 10-12, 13-15, 16+	Timing: 0:30-2:00 minutes	Opening Salute – Closing Salute

SOLO THREE BATON

Beginner	0-9, 10-12, 13-15, 16+	Timing: 0:30-1:30 minutes	Opening Salute – Closing Salute
Advanced	0-9, 10-12, 13-15, 16+	Timing: 1:00-2:00 minutes	Opening Salute – Closing Salute
Elite	0-9, 10-12, 13-15, 16+	Timing: 1:00-2:00 minutes	Opening Salute – Closing Salute
Challenger	0-9, 10-12, 13-15, 16+	Timing: 0:30-1:30 minutes	Opening Salute – Closing Salute

MULTIPLE BATON SOLO

Novice/Beginner	0-9, 10-12, 13-15, 16+	Overall Routine time limit 1:30-2:00 minutes	Opening Pose – Closing Pose
Intermediate/Advanced/Elite	0-9, 10-12, 13-15, 16+	Overall Routine time limit 2:00-2:30 minutes	Opening Pose – Closing Pose
Beginner & Advanced		One Baton section of routine time limit 0:30- 0:45 minutes	Opening Pose – Closing Pose
Challenger	0-9, 10-12, 13-15, 16+	Overall Routine time limit 1:30-2:00 minutes	Opening Pose – Closing Pose

STRUT

Novice	0-6, 7-9, 10-12, 13-15, 16+	Timing: Max 2:00 minutes	First Movement – Closing Salute/Pose
Beginner	0-6, 7-9, 10-12, 13-15, 16+	Timing: Max 2:00 minutes	First Movement – Closing Salute/Pose
Intermediate	0-6, 7-9, 10-12, 13-15, 16+	Timing: Max 2:00 minutes	First Movement – Closing Salute/Pose
Advanced	0-6, 7-9, 10-12, 13-15, 16+	Timing: Max 2:00 minutes	First Movement – Closing Salute/Pose
Elite	0-6, 7-9, 10-12, 13-15, 16+	Timing: Max 2:00 minutes	First Movement – Closing Salute/Pose
Challenger	0-6, 7-9, 10-12, 13-15, 16+	Timing: Max 2:00 minutes	First Movement – Closing Salute/Pose

BASIC STRUT

Novice	0-6, 7-9, 10-12, 13-15, 16+
Beginner	0-6, 7-9, 10-12, 13-15, 16+
Advanced	0-6, 7-9, 10-12, 13-15, 16+
Challenger	0-6, 7-9, 10-12, 13-15, 16+

MILITARY STRUT

Novice	0-6, 7-9, 10-12, 13-15, 16+
Beginner	0-6, 7-9, 10-12, 13-15, 16+
Advanced	0-6, 7-9, 10-12, 13-15, 16+
Challenger	0-6, 7-9, 10-12, 13-15, 16+

UPDATE - HOOP

Beginner	0-9, 10-12, 13-15, 16+	Timing: 0- 2:00 minutes max
Advanced	0-9, 10-12, 13-15, 16+	Timing: 0- 2:00 minutes max
Challenger	0-9, 10-12, 13-15, 16+	Timing: 0- 2:00 minutes max

FLAG

Beginner	0-9, 10-12, 13-15, 16+	Timing: 0-2:00 minutes max
Advanced	0-9, 10-12, 13-15, 16+	Timing: 0-2:00 minutes max
Challenger	0-9, 10-12, 13-15, 16+	Timing: 0-2:00 minutes max

SOLO FREESTYLE (Two gymnastic tricks and a variety of twirling equipment allowed, see rules)

5-9, 10-12, 13-15, 16+, Collegiate	Timing: 1:30-3:00 minutes	First Movement to music – Ending pose
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SOLO DANCE TWIRL (Two gymnastic tricks allowed, see rules)

5-9, 10-12, 13-15, 16+, Collegiate	Timing: 1:30-3:00 minutes	First Movement to music – Ending pose
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UPDATE - TWIRLING DUETS (combined ages)

Beginner	0-18, 19-24, 25-30, 31+	Timing: 1:30-2:00 minutes	Opening Salute – Closing Salute
Advanced	0-18, 19-24, 25-30, 31+	Timing: 2:00-2:30 minutes	Opening Salute – Closing Salute
Challenger	0-18, 19-24, 25-30, 31+	Timing: 1:30-2:00 minutes	Opening Salute – Closing Salute

TWIRLING TRIOS (average ages)

Beginner, Advanced, Challenger	0-12, 13+	Timing 1:30-2:30 minutes	Opening Salute – Closing Salute
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UPDATE - TWIRLING TEAMS (average ages) Small: 3-8 members Large: 9 & more members

Juvenile 0-9 (10-18 members)	Timing: 2:00-3:00 minutes	Opening Salute – Closing Salute
Junior 10-13 (12-20 members)	Timing: 2:00-3:00 minutes	Opening Salute – Closing Salute
Senior 14+ (12-20 members)	Timing: 2:00-3:00 minutes	Opening Salute – Closing Salute

UPDATE - *DANCE TWIRL TEAMS (average ages) Small: 3-8 members Large: 9 & more members

Juvenile 0-9 (10-18 members)	Timing: 2:00-3:00 minutes	1 st movement or 1 st note of music – Ending pose or last note of music
Junior 10-13 (12-20 members)	Timing: 2:00-3:00 minutes	1 st movement or 1 st note of music – Ending pose or last note of music
Senior 14+ (12-20 members)	Timing: 2:00-3:00 minutes	1 st movement or 1 st note of music – Ending pose or last note of music

UPDATE - *NOVELTY SHOW TWIRL TEAM (Approved gymnastic tricks allowed, see rules)

Juvenile 0-9 (10-18 members)	Timing: 2:00-3:00 minutes	1 st movement or 1 st note of music – Last note of music & final pose
Junior 10-13 (12-20 members)	Timing: 2:00-3:00 minutes	1 st movement or 1 st note of music – Last note of music & final pose
Senior 14+ (12-20 members)	Timing: 2:00-3:00 minutes	1 st movement or 1 st note of music – Last note of music & final pose

STREET PARADE TEAM

0-9, 10-13, 14+	Timing: 2:30 maximum	1 st movement – Last person crossing Finish Line
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SMALL TWIRLING CORPS (average ages)

Juvenile 0-9 (10-18 members)	Timing 5:00-7:00 minutes/ Twirling Time: 2:00 Minimum	1 st movement or 1 st note of music – Last note of music & final pose
Junior 10-13 (12-20 members)	Timing 7:00-9:00 minutes/ Twirling Time: 3:00 Minimum	1 st movement or 1 st note of music – Last note of music & final pose
Senior 14+ (12-20 members)	Timing 7:00-9:00 minutes/ Twirling Time: 3:00 Minimum	1 st movement or 1 st note of music – Last note of music & final pose

LARGE TWIRLING CORPS (average ages)

Juvenile 0-9 (19+ members)	Timing 5:00-7:00 minutes/ Twirling Time: 2:00 Minimum	1 st movement or 1 st note of music – Last note of music & final pose
Junior 10-13 (21+members)	Timing 7:00-9:00 minute/ Twirling Time: 3:00 Minimum	1 st movement or 1 st note of music – Last note of music & final pose
Senior 14+ (21+ members)	Timing 7:00-9:00 minutes/ Twirling Time: 3:00 Minimum	1 st movement or 1 st note of music – Last note of music & final pose

UPDATE - SMALL PARADE CORPS (average ages) 10-16 members

0-9, 10-13, 14+	Timing: Maximum of 4 minutes	1 st movement or 1 st note of music– Last person crossing Finish Line or last note of music and final pose
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UPDATE - LARGE PARADE CORPS (average ages) 17 & more members

0-9, 10-13, 14+	Timing: Maximum of 4 minutes	1 st movement or 1 st note of music – Last person crossing Finish Line or last note of music and final pose
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UPDATE - SHOW TWIRL TEAM

0-9, 10-13, 14+	Timing: Min 3:30 Max 9:00	1 st note of music or 1 st movement and final pose
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UPDATE - AUXILIARY TEAM

0-9, 10-13, 14+	Short program no under time 4:00 minutes max time	Long program 4:00 - 8:00 minutes
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