

CIPA Twirling Rules and Events Handbook

Individual Events

Solo- Routine utilizing one baton only. Salute or pose at the beginning and end of the routine. Timing starts and stops with the salute or pose. Gymnastics are allowed.

Solo Time Limits (for all grade levels):

- Novice-Beginner 0:30-2:00
- Intermediate-Advanced 1:45-2:30
- College 1:45-2:30

Solo routines should consist of the following:

- Verticals
- Finger twirls
- Rolls
- Horizontals
- Variety of catches and body.

Show Twirl (Artistic/Freestyle)

Time limit for all: 0:30 to 2:30 minutes maximum.

Perform to music of choice. A routine consisting mostly of one or multiple batons and may or may not use novelty equipment or props, that portrays a feeling or interprets a thematic or character style approach to the selected music of the competitor's choice. Costuming should reflect the theme or character portrayed. Gymnastics permitted. Timing starts when music starts.

Props and backdrops are allowed and are optional. If props or back drops are used, they must be transported to and from the competition floor quickly, and without possibility of damaging, scratching, or leaving any type of substance on the floor.

Approved equipment for Showtwirl- One and/or multiple batons, ribbon/streamers, hoop baton, flag baton, LED batons, and swing flag.

NO knives, glow stick batons, fire batons, or anything that could cause damage to the floor.

CIPA TWIRLING CHAMPION

To qualify for this event, the competitor must register for CIPA Twirling Champion and

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compete in both Solo and Show Twirl. The competitors' scores in both events will be combined to determine the overall champion. In case of a tie, the Solo score will determine the winner.

CIPA TWIRLING GRAND CHAMPION (at Championships)

To qualify for this event, the competitor must compete in 2 previous CIPA Competitions prior to championships and register and compete for "CIPA TWIRLING GRAND CHAMPION" at CIPA championships. The competitor will compete in Solo and Showtwirl and scores will be combined.

Team Events:

Gameday- A routine utilizing one baton only. Music should be school spirited. For example: School fight song, pep tunes, and songs that are traditionally played at your school sporting events. Routines can be similar to what would be performed at pregame, or any type of pep rally or school event. Chanting is allowed and encouraged. Gymnastics are allowed.

Time limit for Gameday:

- Middle School - 0:30-1:30
- High School - 1:00-3:00
- College - 2:00-4:00

Costume for Gameday should be a school uniform in your school colors.

Show Twirl Team (Artistic/Freestyle) - Team will perform to music of choice. A routine consisting mostly of one or multiple batons and may or may not use novelty equipment or props, that portrays a feeling or interprets a thematic or character style approach to the selected music of the team's choice. Costuming should reflect the theme or character(s) portrayed. Gymnastics permitted. Timing starts when music starts.

Props and backdrops are allowed and are optional. If props or back drops are used, they must be transported to and from the competition floor quickly, and without possibility of damaging, scratching, or leaving any type of substance on the floor.

Approved equipment for Show twirl- One and/or multiple batons, ribbon/streamers, hoop baton, flag baton, LED batons, and swing flag.

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NO knives, glow stick batons, fire batons, or anything that could cause damage to the floor.

Time limits for team Show twirl:

- Middle School- 1:00-2:00
- High School- 2:00-3:00
- College- 3:00-4:00

CIPA TWIRLING TEAM CHAMPIONS

To qualify for this event, the team must register for CIPA Twirling Champion and compete in both Gameday and Team Showtwirl. The team scores in both events will be combined to determine the overall champion. In case of a tie, the Showtwirl score will determine the winner.

CIPA TWIRLING TEAM GRAND CHAMPIONS (at Championships)

To qualify for this event, the team must compete in 2 previous CIPA Competitions prior to championships and register and compete for “CIPA TWIRLING TEAM GRAND CHAMPION” at CIPA championships. The team will compete in Gameday and Showtwirl and scores will be combined.

CIPA Competition Etiquette and Warm up

While a competitor or team is on the floor, no one will be permitted to enter or exit the spectator viewing area. Cell phones should be turned to vibrate or silent. Talking is discouraged while a competitor is performing, however cheering and clapping is encouraged! There will be a time between performances when you may enter and exit.

There will be no warming up or standing on the side of the competition floor area. A designated warm up area and warm up time will be given to all competitors and teams upon check-in.

Individual warm up- Each individual will be given a designated location and time for warm up. You may not enter the warm up area before or after your designated warm up time. Individuals will get 15 minutes of uninterrupted warm up time.

Team warm up- Each Team will be given a designated location and time for warm up. You may not enter the warm up area before or after your warm up time. Teams will receive 7 minutes of body warm up (like running your routine without batons and focusing on drill, posture, dance, feet etc.) and 7 minutes of twirling warm up.

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If you would like any extra warm-up time, you are welcome to find an area outside, away from vehicles and pedestrians.

GUIDELINES FOR CHOOSING YOUR LEVELS FOR SOLO COMPETITION

The following is simply a guide to help you enter the correct skill level for the competition. For example, a High School twirler with the ability to catch consecutive 4 spins and 1-spin illusions should not enter in Novice-Beginner High School. Judges reserve the right to move the competitor up or down a level if needed.

NOVICE-BEGINNER MIDDLE SCHOOL (little to no competition experience)

- 1 spins with various catches
- One 2 spin
- Single illusions without tosses
- Two gymnastic moves with no tosses

INTERMEDIATE-ADVANCED MIDDLE SCHOOL (has some competition experience)

- 2 spins with various catches
- One 3 spin
- One toss illusion
- Gymnastic moves with or without tosses

NOVICE- BEGINNER HIGH SCHOOL (has little to none competition experience)

- 1-2 spins with various catches
- One 3 spin
- Single illusions with or without tosses
- Gymnastic moves with or without tosses

INTERMEDIATE-ADVANCED HIGH SCHOOL (has some competition experience)

- 3 or 4 spins with various catches
- One 4 or 5 spin
- One Spin illusion or One double illusion
- Two single gymnastic moves with release

INTERMEDIATE-ADVANCED COLLEGE

- 3 or 4 spins with various catches
- One 4 or 5 spin
- One Spin illusion or One double illusion
- Two single gymnastic moves with release

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ELITE-COLLEGE

- 5 or more spins with various catches
- Double illusions with spins and/or various catches
- Triple illusion
- Various gymnastic moves with releases and catches
- Continuous rolls of 8 or more

In the spirit of Good Sportsmanship, these guidelines should be followed as closely as possible to determine your level of competition.

- CIPA is an independent performing arts organization designed to promote and encourage the performing arts.
- Advancement in skill levels at CIPA do not count for advancement in any other organization.
- Judges for twirling at CIPA are carefully selected and are knowledgeable and experienced, with certifications in judging and/or coaching baton.
- The Judge reserves the right to move a competitor up or down a skill level.