
DIRECTIVE: To All Coaches for the 2009-10 Competition Season

Proper technique of baton and body work is a high priority for CBTF. The following elements will be given special attention and focus during the 2009-10 competitive season. CBTF wants everyone to address them immediately on all levels of twirling; from the recreational level to elite.

- **Tossing from the centre of the baton:** Must have full hand in the middle third of the baton for proper releases. Exceptions: ball and socket releases.
- **Cross over of feet on spins:** Push off foot should be directly in front of body at point of releases.
- **Double footing or Touch Downs on Spins:** No credit given with immediate double footing (doing turns, not spins). For full credit, must spin on ball of one foot.
- **Touching hand or foot down on Illusions:** Improper technique. Credit not given.

It is your responsibility to stress these points continually in training.

Background

As you all know the WBTF is implementing a new "Twirling Judges System" to be effective for 2012 World Championships. This system, at this time, is only being used for the Freestyle event. This new system is really targeting proper technique of baton and body work. The following elements are high on their priorities and CBTF wants everyone to address them immediately on all levels of twirling; from the recreational level to elite.

A Directive has been issued to the Judges to draw attention to these infractions on score sheets. While there are no specific penalties at this time, these errors do affect the athletes' overall score.

By admin at Thu, 10/15/2009 - 13:56

Source URL: <https://cbtf.ca/article/directive-all-coaches-2009-10-competition-season>