



Canadian Baton Twirling Federation La Fédération Canadienne De Báton Sportif

Effective 01January2021

https://youtu.be/TgoGJ8IodKc

	Mid Fair	Mid Average	Mid Good	Low Excellent
	0.7 - 1.3	2.9 - 3.7	5.3 - 6.0	7.1 - 7.6
Compulsory 1	Flourish missing on video Lacking lunge turnout Improper crossover at back Pattern off Coordination off	Good baton technique Lacking lunge turnout No eye contact on 1-2 fingers Pattern off in 8 fingers	Good consistent speed Pull fingers down across legs between 1-2 & 2-1 Crossover more at back Plie and more turn out in 2nd	Good Posture Proficient footwork Could plie more in 2nd and turn out support foot
Compulsory 4	Coordination of baton and body needs attention Off pattern throughout Missing loops between 1-2 & 2-1 fingers	Baton technique good Add turnout to 2nd lunge Path of fingertwirls should be vertically aligned	Smooth flow Add turnout to 2nd lunge Slight off pattern on 8 finger	Speed well maintained Add turnout to support leg Slight off pattern on 8 finger
Compulsory 6	Whip technique & pattern off Leaning forward during fishtail Pushed speed Drop	Good tracking Square shoulders to R side Balance off	Consistent speed Whip off pattern Leaning forward during roll	Excellent baton technique Small break after whip Movements a little stiff
Compulsory 8	Tracking off Coordination not precise Incomplete Roll	Fluidity good Wrist twirls should be at center body Roll should track centre of neck	Good tracking Stretch arms Little overrotated on roll	Good posture Excellent pattern Could figure 8 higher Stronger tracking would add smoothness
Compulsory 9	Body and baton technique needs precision Aerial placement off Off pattern exit	Free hand not on hip Timing slightly off Work on softer catches with timing	Good body technique Head back on spin Pull R foot to L ankle on spin	Good Baton & body technique Slight hang time on aerial Nice soft catch
Compulsory 11	Whip technique Aerial not a full revolution R arm not placed on hip Off centre reception Posture and timing not precise	Posture off during whip Aerial caught in box Pushed timing	Strong baton technique Watch alignment and balance on reception	Excellent timing of reception LH fingers apart on hip Nice 4th position turnout but add more plie
Compulsory 14	Off pattern Recepiton positon not accurate Lacking lunge turnout	Alignment & turnout not precise No eye contract during reception Not lowering in a plie	Good pattern and posture Hesitation on catch, should lower with fluidity	Smooth execution Started to lower arm after catch but could do even more
Compulsory 15	Entrance off pattern Match hand pass not crisp Baton placement off causing body alignment errors in attempt to catch baton Bad break on reception	Freehand placement on hip not precise Add precision to reception position Plie more on reception	Consistent speed maintained Extend arms on opening MHP Need body extension on reception	Good posture and coordination Consistent speed Slight off center release