

Age Groups

SFBT General Events

Age will be determined on the 31st December of the following year

i.e. for the 11/12 season the age will be determined as of the 31st December 2012.

Tiny Tots - 3 years to 7 years Beginner level

Juvenile One - 8 years to 9 years Beginner & Novice level

Juvenile Two - 10 years to 11 years Beginner & Novice level

Junior One - 12 years to 13 years Beginner, Novice & Intermediate level

Junior Two - 14 years to 16 years Beginner, Novice, Intermediate & Advanced level

Senior - 17 years + Novice, Intermediate & Advanced levels

SFBT Freestyle Individual/Pairs/Team

Age will be determined on the 31st December of the following year

i.e. for the 11/12 season the age will be determined as of the 31st December 2012.

Juvenile - 3 years to 11 years Level Two

Junior - 12 years to 16 years Level Two, One & International

Senior - 17 years + Level Two, One & International

Pairs age group is calculated by the oldest member.

Freestyle Team age group is calculated by the average age of the team

SFBT Duo's

All duos must perform in the section of the eldest participant

SFBT Novelty Team

No ability level or age group

Age as at 31/12/2011	General Events Age Group	Freestyle Events Age Group
3	Tiny Tots	Juvenile
4	Tiny Tots	Juvenile
5	Tiny Tots	Juvenile
6	Tiny Tots	Juvenile
7	Tiny Tots	Juvenile
8	Juvenile One	Juvenile
9	Juvenile One	Juvenile
10	Juvenile Two	Pre Junior
11	Juvenile Two	Pre Junior
12	Junior One	Pre Junior
13	Junior One	Junior
14	Junior Two	Junior
15	Junior Two	Junior
16	Senior	Junior
17	Senior	Senior
18	Senior	Senior
19	Senior	Senior
20 +	Senior	Senior

Ability Levels & Restrictions

Beginner

Basic Strut will only be offered to Beginner level Age Groups Tiny Tots, Juvenile One & Juvenile Two athletes.

Fancy Strut Maximum of a one spin with any catch (must not complete another turn. Gymnastics (including illusion) can only be used as a follow-through.

Solo Twirl AERIAL WITH 1 SPIN – Maximum 1 spin may be executed – any release, any reception. Body may turn for the reception but must not complete another revolution.

CONTACT / CONNECTING MATERIAL – No limitations but a natural progression of difficulty within the levels through chosen material, speed and structure.

ROLLS – All basic rolls. Basic combined rolls – hand, wrist, elbow, shoulder, leg, neck, long arm. Any number of rolls within the combinations reflecting a balanced development for level.

GYMNASTICS – Can only be used as a follow through or with full hand contact material i.e. finger twirls, loops, lobs

Two Baton This event will NOT be offered to beginner athletes.

Dance Twirl Maximum 1 spin, 1 chaine turn or a single pirouette may be performed under an aerial – any release, any reception. Body may turn for reception but must not complete another revolution.

Gymnastics can only be used a follow through and with full hand contact material i.e. finger twirls, loops, etc.

Novice

Basic Strut will only be offered to Beginner level Age Groups Juvenile One & Juvenile Two athletes.

Fancy Strut Maximum of a two spin with any catch (must not complete another turn. Gymnastics (including illusion) can only be used as a follow-through.

Solo Twirl & Two Baton AERIAL WITH SPIN – Maximum 2 spins may be executed – any release, any reception. Body may turn for the reception but must not complete another revolution.

CONTACT / CONNECTING MATERIAL – No limitations but a natural progression of difficulty within the levels is expected through speed, variety and structure.

ROLLS – Rolls – should demonstrate progression from beginner level in combinations. There can be a number of rolls within combinations reflecting a balanced development for level.

GYMNASTICS – Gymnastics and illusions can be used as a follow through, they cannot be made under an aerial but can be used with contact / connections.

Dance Twirl Maximum 2 spins, 2 chaine turns or a double pirouette may be performed under an aerial – any release, any reception. Body may turn for reception but must not complete another revolution.

Gymnastics can only be used a follow through and with full hand contact material i.e. finger twirls, loops, etc.

Intermediate

Fancy Strut Maximum of a three spin with any catch (must not complete another turn. A single element aerial may be used such as an illusion or cartwheel – but must not be combined with a spin.

Solo Twirl & Two Baton AERIAL WITH SPIN – Maximum 3 spins may be executed – any release, any reception. Body may turn for the reception but must not complete another revolution.

ROLLS – NO restrictions.

GYMNASTICS – One gymnastic move can be performed under an aerial. No other move can be incorporated. Body may turn for the reception but must not complete another revolution.

CONTACT /CONNECTING MATERIAL – NO limitations but a natural progression within the levels is expected through speed, variety and structure.

element NOT a gymnastic move.

Maximum of 1 gymnastic move under an aerial – any release, any reception. Body may turn for reception but must not complete another revolution. One other dance element – MUST NOT be a spin, turn or pirouette.

Advanced

No restrictions in any event.

SFBT Duo

All duos must perform in the section of the eldest participant

The essence of duo is teamwork

Duo members must be from the same club

A substitute may be used if an athlete leaves the club providing the athlete's membership card or a declaration is presented as proof. The substitute must be from the same club.

SFBT Novelty Team

One age division.

No gymnastics allowed other than illusions and butterflies.

Pom poms are not to leave the hand and should be in full handgrip throughout. No aerials or exchanges.

No part of the midriff should be exposed. Skin colour body stocking may be used for effect. Costumes should be suitable for relevant age group.

SFBT Freestyle International

Athletes who have been selected to represent their country in the year of competition, or who have represented their country in the previous 3 years.

SFBT Freestyle Level One

Athletes who have competed in previous European Selection Heats or who have been placed top 6 in any National Freestyle Competition at any level and who are deemed to be established freestyle athletes.

SFBT Freestyle Level Two

Level aimed at athletes to develop freestyle, athletes should not have been placed top 6 in any National Freestyle competition and are not established freestyle athletes.

Event Timings, Music & Structures

Basic Strut

Background Military style music

Event will be completed in a square comencing straight forward from the Judge's left hand side corner

8 counts to salute at the beginning

8 counts on each side

8 counts to salute at the end

Poise & Personality

Background slow music

30– 40seconds

Fancy Strut

Background Dance Music

Event will be completed in a tee-pee comencing diagonally forward from the Judge's left hand side corner

Each line will be a maximum of 16 counts

No stationary elements permitted at any point in the strut

Solo Twirl

Background Dance Music

Beginner & Novice - 1:00min – 1:10min

Intermediate & Advanced - 1:20min – 1:30min

Two Baton

Background Dance Music

Novice - 1:00min – 1:10min

Intermediate & Advanced - 1:20min – 1:30min

Dance Twirl

Three set pieces of music - Juvenile, Junior & Senior - please ensure you have the current SFBT tracks.

Juvenile Music - Tiny Tots, Juvenile One Beginner & Novice & Juvenile Two Beginner & Novice & Advanced

Senior Music - Senior One Novice, Intermediate & Advanced

Duo's

Background Dance Music

Tiny Tots - 50secs - 1:00min

Juvenile - 1:20min – 1:30min

Junior - 1:30min – 1:40min

Senior - 1:40min – 1:50min

SFBT Freestyle Individual & Pairs

Athletes own music choice

Juvenile -1:00min – 2:00min with a 10 second leeway

Junior -1:30min – 2:00min with a 10 second leeway

Senior - 2:00min – 2:30min with a 10 second leeway

SFBT Freestyle Team

Athletes own music choice

There will be two divisions for this event

Beginner & Novice - 1:30min – 2:30min

Internatinal & Advance - 2:00min - 3:30min

SFBT Novelty Team

Athletes own music choice

There is one division for this event

Maximum of 2:00min

SFBT PRICES

SFBT General Events

£4.50 per Beginner athlete entering 3 events or less (£2.00 per event if entering 4 + events)

£2.50 per all other athletes per general event

SFBT Individual Freestyle

£7.00 per athlete

SFBT Pairs

£3.50 per athlete

SFBT Novelty & Freestyle Team

£12.00 per team

Non SFBT registered athletes

£4.00 per athlete

Door Entry

Free of charge to all current SFBT Registered Athletes, General & Technical Members

£6.00 per adult

£4.00 per concession