



PARA TWIRL & TWIRL **IN** MANUAL

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With permission, this document has been produced taking some parts from the UTE ParaTwirl Rules.

INTRODUCTION

Paratwirl competitions are separate competitions for athletes who due to their disability or condition are unable to compete in the mainstream competitions. They run alongside the standard competition during the Nations Cup event and/or the Continental Commission events.

1. LEVELS

The competition will be offered at 2 levels:

- ⇒ Competitive level (PARATWIRL)
- ⇒ Amateur level/Inclusive (**TWIRL IN**)

- **PARATWIRL:**

The rules of the events are the same as the events provided for the Technical Nations Cup competition following the content restrictions of the B level.

Content restrictions are in a separate document.

What you expect to see depends on the disability of the athlete.

- **TWIRL IN:**

Twirl In is expected to have a mixed participation of able-bodied athletes and para athletes. The goal of Twirl In is to include athletes with physical, learning intellectual, social, emotional and mental health difficulties, in sports activities, involving them in creative, imaginative, innovative group movements, through rhythm and music.

The B level content restrictions will be followed.

Twirl In is not just a competition. The first goal is a real inclusion of Para athletes in a group, whether pair or team.

2. CLASSIFICATIONS

There will be 3 Classifications.

When deciding which classification a para athlete should enter, the following should be considered. What is the main reason for not accessing the standard competition? Would it be the physical needs, learning needs or social emotional needs that affect the athlete the most?

Physical Disability

- A physical disability is a “limitation on a person’s physical functioning, mobility, dexterity or stamina”. It has a “substantial” and long-term negative effect on a person’s ability to do daily activities.
- Physical disabilities may include but are not exhaustive of: degenerative neurological conditions, traumatic brain injury (physical and birth), chromosome disorders, musculoskeletal conditions, limb differences, complex medical needs.
- The disability may impede an athlete’s ability to move or walk in a coordinated way. It may affect fluidity of movement, balance, strength and stamina. It can affect one or more limb. The athlete may require a walking aid which allows them to move and walk independently.

Learning/Intellectual Disability

- A learning or intellectual disability affects the way a person learns new things throughout their life. A person’s cognition will be affected. Cognition is a term for the mental processes that take place in the brain, including thinking, attention, language, learning, memory and perception. Such a disability may cause an athlete to have difficulties comprehending, processing and retaining information (visual and directory) that is presented to them, resulting in a slower level of understanding and attainment.
- Learning/intellectual disabilities may include but are not exhaustive of: chromosome disorders, degenerative conditions, global developmental delay and traumatic brain injury.

Social Emotional and mental Health (SEMH)

- Social, Emotional and Mental Health Difficulties (SEMH) are a specific type of Special Educational Need and Disability (SEND). Children and young adults with SEMH have severe difficulties in managing their emotions and behaviour.
- This may be due to a number of conditions including Autism spectrum condition, ADHD, Tourette’s social anxiety disorder, personality disorder and mood affective disorders.
- The SEMH condition may/will impede an athlete's ability to interact with others, communicate, behave and manage themselves in social setting situations.

- Athletes with SEMH needs may have an additional learning or physical disability. When deciding which classification a para athlete should enter, as stated above it should be considered whether it is the physical needs, learning needs or social emotional needs that affect the athlete the most. If support is required when deciding please liaise with Paratwirl Director who can advise.

ELIGIBILITY IN ORDER TO COMPETE

Athletes will only be eligible for entry to the Paratwirl competitions by submitting the following:

- disability certificate issued by an authorized body with the diagnosis
- certificate of suitability for competitive practice

Medical certificates may be written in the language of the athlete's country. The IBTF will provide a summary form to be filled in by the country that will assume responsibility for it.

Athletes with the above named disabilities/conditions do NOT have to compete in the Paratwirl competition, if they are able and willing to compete in standard competition.

Once selected where to compete, they must stay for the duration of the competition season.

3. AGE DIVISION

The minimum age to compete is 12

Solo and Freestyle Solo Individual event

Junior: from 12 years of age to 17 years of age during the year of the Nations Cup event

Senior: 18 years of age or older during the year of the Nations Cup event

Pair event

Junior Pair

2 Athletes members. Athletes who will be 12 years of age during the year of the Nations Cup event from January 1 through December 31. Both athletes must be Junior age.

A Pair may consist of 2 female athletes, 1 male and 1 female or 2 male athletes. A junior athlete may not compete in both the junior and senior Pairs divisions with a different pair partner at the same competition.

Senior Pair

2 athletes members. Athletes who will be 18 years of age or older during the year of the Nations Cup event, from January 1 through December 31.

Exception: a junior athlete may compete in a senior pair.

No alternate allowed in Pair.

Free Style Team

1 category of age

From 3 to 6 Athlete members. 1 individual alternate allowed.

4. PARATWIRL EVENTS:

- Para Solo
- Para Freestyle solo
- Para Freestyle Pair (both the athletes must be para athletes)
- Para Freestyle Team (from all the athletes must be para athletes).

The para events will be open to all Para athletes, following the content restrictions of the Nations Cup B level. Content restrictions are in a separate document.

5. TWIRL IN EVENTS:

- Twirl In Pair (at least 1 member must be a para athlete)
- Twirl In Team (at least one member must be a para athlete)

The Twirl In events will be open to all Para athletes, following the content restrictions of the Nations Cup B level. Content restrictions are in a separate document.

6. ASSISTANCE

A para-athlete may have a support person if required when competing in any para individual event. This should be limited to one person.

7. COSTUME & BATON

Costuming is free, bearing in mind this is a sporting event. Any costume deemed inappropriate or indecent will result in disqualification.
Gymnastic shoes must be worn.

The baton must be made of a metal shaft and rubber ball and tip and be of the appropriate length for the athlete. No lights, glitter, or other attachments other than grip for more than 50% of the baton shaft is permitted.

8. MAKE UP

Natural feature enhancing make up is permitted but no drawing, glitter or attachments allowed.

9. AWARD

ALL athletes in a para division will receive awards
These will be presented on the same day of the competition.

10. TIME LIMITS

Para Solo: standard music 1' 15" approx.

Para Freestyle solo: free music - from 1'00 to 1'15"

Para Freestyle Pair: free music – from 1'00" to 1'15"

Para Freestyle Team: free music – from 1'00 to 1'30"

Twirl In Pair: free music – from 1'00" to 1'15"

Twirl In Team: free music – from 1'00 to 1'30"

11. JUDGING METHOD

a. Para twirl events

The judges will follow the same scoring system as the standard competition athletes.

We appreciate that some athletes may compete and perform their routine in a different way that is in line with their disability.

This may be their ability to present showmanship or the use of both arms for example.

Our judging team will be undertaking specific webinars and training that focus on how the parawirl athletes may perform. This will aim to educate our judges on how to analyse these sections and how to support the development of para athletes.

b. Twirl In events

The main purpose of these events is to create choreography in which para athletes are involved as a fundamental part of it.

Keywords: inclusion, synchronicity, fantasy, show.

JUDGING METHOD

There are 4 skill levels:

Average (score 30 – 40)
good (score 50 – 60)
excellent (score 70- 80)
superior (score 90 – 100)

Once the ability range has been identified, choose one of the 2 scores.

Tabulation:

- sum of the scores divided by the number of the ranges (4) to obtain the judge average
- sum the judges average and divide by the number of the judges

Drop penalty: 1 point deducted from the final average score

Ranking and rewards:

Average score	from 30 to 40	BRONZE
	from 41 to 75	SILVER
	from 76 to 100	GOLD

PARA TWIRL										
TWIRL IN										
SCORE SHEET										
EVENT: PAIR- TEAM	ABILITY RANGE									
	AVERAGE	GOOD	EXCELLENT	SUPERIOR						
	final 40%	50% - 60%	70% - 80%	90% - 100%						
	SCORE									
VOICES OF JUDGEMENT	30 - 40	50 - 60	70 - 80	90 -100						
CORRECT TECHNIQUE										
VARIETY OF MOVEMENTS										
SKILL within the athletes' ability/ potential										
COLLABORATION										
COMPOSITION										
PERFORMANCE										
TOTAL										
AVERAGE										
PENALTIES										
SCORE										
<p>Once the ability range has been identified, choose one of the two scores below</p> <p>Drop penalty: 1 point deducted from the judges average score</p> <p>Tabulation:</p> <p>Sum of the scores divided by the number of the ranges (4) to obtain the judge average score</p> <p>Sum the judges average score divided the number of the judges to obtain the final average score</p> <p>Ranking and rewards. Score:</p> <table style="width: 100%; margin-top: 10px;"> <tr> <td style="width: 50%; border-right: 1px solid black; padding-right: 10px;">from 30 to 40</td> <td style="padding-left: 10px;">BRONZE</td> </tr> <tr> <td style="border-right: 1px solid black; padding-right: 10px;">from 41 to 75</td> <td style="padding-left: 10px;">SILVER</td> </tr> <tr> <td style="border-right: 1px solid black; padding-right: 10px;">from 76 to 100</td> <td style="padding-left: 10px;">GOLD</td> </tr> </table>					from 30 to 40	BRONZE	from 41 to 75	SILVER	from 76 to 100	GOLD
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Para Solo and Freestyle solo

Content Restrictions

A maximum of only 2 acrobatic movements are allowed, with or without a toss

Level B

Spins	<p>Spins:</p> <p>2 Spin Maximum with no restrictions on release or catch and 3 Spin maximum allowed with standard release and catch only.</p>
ACROBATICS	<p>A Single acrobatic movement under the toss for a maximum of 2 (only) acrobatic movements</p> <p>Aerial acrobatics are not allowed with or without the toss.</p> <p>Baton</p> <p>Releases No Restrictions Receptions No Restrictions</p>
Stationary Complex & Traveling Complex	<p>Single major body move under the toss</p> <p>Baton</p> <p>Releases No Restrictions Reception No Restrictions</p>
Rolls	<ul style="list-style-type: none"> • No continuous front neck rolls (with or without hands) • No front neck figure 8's • No monster rolls (partial or complete)
Contact Material	<ul style="list-style-type: none"> • No Restrictions • No Restrictions

Clarification: One major body move is allowed under a toss in Level B.

It is NOT allowable to add minor body moves after the toss or before the catch at either level.

PARA TWIRL FREESTYLE PAIR & TWIRL IN PAIR

Content Restrictions

applying to one or all pair members

Level B

Spins	Spins: 2 Spin Maximum with no restrictions on release or catch and 3 Spin maximum allowed with standard release and catch only.
Stationary & Traveling Complex Acrobatics are not allowed	Single major body move under the toss Baton Releases No Restrictions Reception No Restrictions
Rolls	<ul style="list-style-type: none"> • No continuous front neck rolls (with or without hands) • No front neck figure 8's • No monster rolls (partial or complete)

Clarification: It is NOT allowable to add minor body moves after the toss or before the catch at either level.

Para Freestyle Team & Twirl In Team

Content Restrictions

applying to one or all team members

Acrobatic movements are allowed (considered as major body move)

Level B

Spins	<ul style="list-style-type: none">• 1 -2 spins Baton Releases No Restrictions Reception No Restrictions
Aerial Acrobatics (considered major body moves)	<ul style="list-style-type: none">• Not allowed with or without toss
Stationary Complex & Traveling Complex	<ul style="list-style-type: none">• Single major body move under the toss Baton Releases No Restrictions Reception No Restrictions
Double Element Tricks	Not allowed under the toss
Contact Material	No restrictions
Rolls	<ul style="list-style-type: none">• No continuous front neck rolls (with or without hands)• No front neck figure 8's• No monster rolls (partial or complete)

Clarification: One major body move is allowed under a toss in Level B

It is NOT allowable to add minor body moves after the toss or before the catch at either level.

PARAMAJORETTES EVENTS

Minimum age to compete: 10 years old.

The para majorettes events will be open to all Para athletes.

- Para Flag Baton Solo

Age divisions:

Youth = 10 and 11 years old

Junior = 12 to 17 years old
Senior = 18 years old and over

- Para Flagbaton Duet (both the athletes must be para athletes)

Age divisions:

Sum of the age

Youth = 20 to 23 years old

Junior = 24 to 35 years old

Senior = 36 years old and over

Competition Requirements

Music: IBTF Para Majorettes Solo/Duet music will be used.

Time: 1 minute approx.

Performance area

The competition performance area should be approximately 6 x 6 meters for Solos and approximately 6 x 10 meters for Duets and must be physically demarcated from adjoining lanes or walkways. This can be by use of dividers or tape, or simply markers for the corners.

- Para Flagbaton Team (all the athletes must be para athletes)

- Para Traditional Team (all the athletes must be para athletes)

From 3 to 6 members – one age division

Music: free choice of music

Time: from 1'00" to 1'30

MAJORETTES IN

Minimum age to compete: 10 years old

Events:

☑ MAJORETTES IN - FLAGBATON DUET

2 members (one member must be a para-athlete)

Music: free

Time: from 1'00" to 1:15"

☑ MAJORETTES IN – FLAGBATON TEAM

from 3 to 6 members (minimum two members must be a para-athlete)

Music: free

Time: from 1'00" to 1'30

☑ MAJORETTES IN – TRADITIONAL TEAM

from 3 to 6 members (minimum two members must be a para-athlete)

Music: free

Time: from 1'00" to 1'30

The main purpose of these events is to create choreographies in which para-athletes are involved as a fundamental part of it.

Keywords: inclusion, synchronicity, fantasy, show, teamwork

JUDGING METHOD: same as TWIRL IN