



CBTF Level BA Short Program

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Table of Contents

Purpose & Objective	2
Concept	2
Philosophy Statement	2
Primary Focus	2
Eligibility and Music	2
General Rules	2
Costuming	3
Required Element Descriptions	4
Element 1 – Travel Complex: Chassé-Step-Grande Jeté	4
Element 2 – RH Vertical Thumb Toss, ½ Turn Left, LH Blind Catch	5
Element 3 – Double Elbow Roll, R Arm Layout	6
Element 4 – 1 ½ Continuous Back Neck Rolls	7
Element 5 – LH Horizontal Toss, ½ Turn R, Catch RH On Back	8
Element 6a – Vertical Contact Series	9
Element 6b – Horizontal Contact Series	10
Element 7 – Stationary Complex: Reverse Illusion	11
Element 8 – RH Vertical Thumb Toss, 1 Spin L, Catch LH	12
Judging Notes	13
Sample Scoresheets	16
Tabulation Notes	16
Tabulation Steps	16
Requirements for Provincial and Canadian Winner/Championship	16

Purpose & Objective

Concept

Short Program is structured from required elements that are derived from 5 categories of twirls (spins, stationary complex, travelling complex, rolls and contact material) which must be strictly performed as prescribed. It is performed to a standard musical selection and the elements must be performed on specific counts.

When the WBTF introduced Short Program, it was a Seniors-only event that replaced Compulsory Moves in the Freestyle competition. They have recently introduced a Junior version of the Short Program, and it has now replaced Compulsory Moves for Junior.

With Compulsory Moves now gone from the A Level, this seems like a natural time to consider introducing a form of Short Program to our B level Freestyle athletes. It would form a natural progression from the SDP Gold Pin through B Level Freestyle and into A Level Freestyle. This project will apply that idea, using the B Level Compulsory Moves as the basis for the B Level Short Program Required Elements, modified to accommodate the music and to provide a natural progression to the A Level movements.

Philosophy Statement

Level BA Short Program introduces the foundation of skills that are needed for the Level A Short Program. When executing the 8 Required Elements, technique of body and baton are expected to be correct. Music is a factor in that athletes must execute the elements on specific counts of the music.

Primary Focus

- It is mandatory that the execution of the required elements be as prescribed, in the same order and with the prescribed start and end positions.
- Prime consideration will be given to the Technique of body and baton during the execution of eight required elements derived from the three Modes of Twirling (aerials, rolls, and contact material).
- The Short Program Required Elements must be performed at specific points in the music. Athletes will have an approximate 8 count break between elements, at which point they will return to the center of the floor.

Eligibility and Music

Men and Women will perform to different musical selections, as prescribed by WBTF. All age divisions use the same music selection.

BA Short Program is for BA Freestyle Athletes and will comprise 25% of the final mark for BA Freestyle athletes at both Provincial and National Winner Events.

General Rules

- a) All Required Elements must be performed as prescribed, including the prescribed start and end positions.
- b) While executing Required Elements, the baton must rotate in standard direction of twirl.
- c) Short Program may use between 1/3 and 1/2 of the competition floor or can take place in a competition lane.
- d) All Required Elements must begin on count #1 but may end before the 8-count phrase is finished, depending on the athlete's proficiency.
- e) If the required element is completed in less than 8 counts: the athlete will stop and wait for the next required element to begin on Count 1.

- f) Facial expressions while executing Required Elements are acceptable and will be expected to match the music.

Costuming

Women will wear a plain black bodysuit/leotard or the official CBTF Compulsory Suit with skin coloured tights and skin coloured jazz shoes. Men will wear black pants with a black or white short sleeve or tank style top, or the official CBTF Compulsory Suit with black jazz shoes.

Required Element Descriptions

Element 1 – Travel Complex: Chassé-Step-Grande Jeté

This is a new element, based on the Level A Short Program Element 1. This element can be done on either the R leg or the L leg. This element is **bodywork only** – there is no toss with this element.

Counts	Leap on Right Leg	Leap on Left Leg
	<u>Starting Position</u>	
	<ul style="list-style-type: none"> Arms in low "V" RF tendu devant, facing Corner 2 Baton in RH (TTB) 	<ul style="list-style-type: none"> Arms in low "V" LF tendu devant, facing Corner 1 Baton in RH (TTB)
	<u>Entrance</u>	
1&2	<ul style="list-style-type: none"> Extend L arm to the side at shoulder level, R arm forward at shoulder level, with a reverse vertical Figure 8 during the chassé R Chassé R: Step RF, gallop LF, step RF. Travel forward - the Gallop is performed in a down, up, down motion showing 3rd or 5th position in air on the "and" count 	<ul style="list-style-type: none"> Extend L arm to the side at shoulder level, R arm forward at shoulder level, with a reverse vertical Figure 8 during the chassé L Chassé L: Step LF, gallop RF, step LF. Travel forward - the Gallop is performed in a down, up, down motion showing 3rd or 5th position in air on the "and" count
	<u>Nucleus</u>	
3	<ul style="list-style-type: none"> Step L: Reach out with the ball of the foot – not the heel 	<ul style="list-style-type: none"> Step R: Reach out with the ball of the foot – not the heel
4	<ul style="list-style-type: none"> R Grande Jeté. Swing arms in opposition during the leap, with a single reverse loop. Head is forward in the direction of travel. 	<ul style="list-style-type: none"> R Grande Jeté. Swing arms in opposition during the leap, with a single reverse loop. Head is forward in the direction of travel.
5	<ul style="list-style-type: none"> Land on the RF 	<ul style="list-style-type: none"> Land on the LF
	<u>Exit</u>	
6	<ul style="list-style-type: none"> LF step forward into 4th position plié 	<ul style="list-style-type: none"> RF step forward into 4th position plié
7	<ul style="list-style-type: none"> RF step forward up to 4th Position on Demi-Pointe, L arm moves down next to L side of body. R arm follows swings clockwise 	<ul style="list-style-type: none"> LF step forward up to 4th Position on Demi-Pointe, L arm moves down next to L side of body. R arm follows swings clockwise
&		<ul style="list-style-type: none"> Take a R step to 4th Position on Demi-Pointe
	<u>Ending Position</u>	
8	<ul style="list-style-type: none"> 4th position on demi-pointe, with RF forward L arm forward and slightly above the shoulder, R arm behind and slightly below the shoulder. The L arm and R arm should form a straight line from LH fingertip to RH fingertip. Both palms down. 	<ul style="list-style-type: none"> 4th position on demi-pointe, with RF forward L arm forward and slightly above the shoulder, R arm behind and slightly below the shoulder. The L arm and R arm should form a straight line from LH fingertip to RH fingertip. Both palms down.

Element 2 - RH Vertical Thumb Toss, ½ Turn Left, LH Blind Catch

This is based on the Level B Compulsory #11.

Starting Position

- Arms in low "V"
- RF tendu devant, facing Wall 5
- Baton in RH (TTB)

Entrance

- RH Flourish Whip combination (extending R arm on Flourish, bending arm and hiding whip behind back)
- Step forward with RF on RH Flourish-Whip, pull LF into RF to 5th position relevé; L arm extended at shoulder level to L side
- Step forward on R toe into 4th position relevé
- Head, shoulders, and hips are square to the front

Nucleus

- RH Thumb Toss from center of B and body (1-2 revolutions) while extending RF to the front
- Push off with ball of RF to complete a 1/2 turn to face the back
- Both hands placed at sides of hips, palms against body, fingers together in downward position
- Slide RL back to execute a LL lunge in 4th position facing back
- LH blind catch (LH above LS close to L ear, L arm bent, last eye contact with B is off RS) center B
- RH remains on hip

Exit

- MHP while turning R to face front
- Flourish (extending RA on Flourish) while stepping on RF to R side, L arm extended to form a "V" with palms out

Ending Position

- Arms in a high "V" with palms out
- LF tendu to the side
- Facing Wall 5

Element 3 – Double Elbow Roll, R Arm Layout

This is based on the Level B Compulsory #7.

Starting Position

- Arms in low “V”
- Feet in RF tendu devant, facing Wall 5
- Baton in RH (TTB)

Entrance

- RH Flourish (extending R arm on Flourish)
- Draw RF into LF in 5th position relevé with flourish; R arm extended at shoulder level to L side
- Head, shoulders, and hips are square to the front

Nucleus

- Athlete remains in 5th position relevé during the double elbow roll
- Continue circling B clockwise under L arm, which is bent and lifted parallel to floor, fingertips touching the RS
- Double elbow roll into R arm layout (must be between Corner 1 and Wall 8) while stepping RF to R side. LA extends to L side (Wall 6), palm up, curved.

Exit

- None

Ending Position

- RH (TTT), palm up, curved arm, extended to Wall 8
- Head erect
- LF tendu to the side, facing Wall 5

Element 4 – 1 ½ Continuous Back Neck Rolls

This is based on the Level B Compulsory #8.

Starting Position

- Arms in low "V"
- LF tendu devant, facing Corner 2
- Baton in RH (TTB)

Entrance

- RH swings out horizontally from the R side to center front of body at shoulder level
- L arm extended at shoulder level to L side
- Center body RH Horizontal Figure 8 (loop "under" at waist level and "over" head)
- Head, shoulders, and hips face Corner 2

Nucleus

- All steps during roll are in relevé,
- Step with LF to Corner 2 while placing B on L side of neck
- 1½ continuous back neck rolls (starting from L side of neck, to R side of neck, to L side of neck, to R side of neck)
- Footwork (3 steps: L, R, L) done in an arc, arms extended back at sides, all steps during roll are in relevé
- Grab B palm down with the LH at RS, (facing Corner 4), extend R arm at R side, parallel to floor at shoulder level
- Finish in 2nd position relevé

Exit

- None

Ending Position

- Baton in LH palm down at R shoulder with R arm parallel to floor
- Feet in 2nd position on demi-pointe (natural turnout), facing Corner 4

Element 5 – LH Horizontal Toss, ½ Turn R, Catch RH On Back

This is based on the Level B Compulsory #15.

Starting Position

- Baton LH (TTB), held at center of body with bent elbow at shoulder height
- R Arm extended at shoulder level to R side, parallel to floor
- LF tendu devant, facing Wall 5

Entrance

- Draw LF into RF in 5th position relevé; R arm extended at shoulder level to R side
- Center body LH Horizontal Figure 8 (loop "over" head and "under" at waist level)
- R arm remains extended at shoulder level to R side, parallel to floor
- Head, shoulders, and hips are square to the front

Nucleus

- Step LF forward to 4th Position on Demi-Pointe while executing a LH Horizontal Toss (2-3 revolutions) center body and B
- Place both hands on hips (wrist straight and fingers together)
- ½ turn to the R
- Slide LL back to finish in a RL lunge in 4th position facing back
- Catch B in RH, center body and center back
- L arm extended forward (diagonally upward)

Exit

- Step on LF turning R to face front while executing a Vert. Flourish (extending R arm on Flourish)
- Step R on RF

Ending Position

- RH (TTB or TTT), arms in high "V" with palms out
- LF tendu to the side, facing Wall 5

Element 6a – Vertical Contact Series

This is based on the Level B Compulsory #1.

Starting Position

- Arms in low “V”
- RF tendu devant, facing Wall 6
- Baton in RH (TTB)

Entrance

- Raise L arm to shoulder height at side of body, Raise R arm to shoulder height in front of body
- RH reverse Figure 8 while sliding RF through Ballet 1st using whole foot to 4th position lunge derriere

Nucleus

- L arm remains at shoulder height extended at side of body throughout element
- Fingers 1-2 reverse pull over head (LS to RS) while shifting weight to a RL lunge in 2nd position facing front
- Fingers 2-1 on the inside of the R arm below hip level at the back while turning R on ball of RF and crossing LF in front of RF when facing the back. Head and torso pulled up. Continue turning R by pivoting on balls of both feet.
- Step out with RF into R lunge in 2nd position facing front
- Fingers 1-8 with the R arm extended in the athletes’ “1 o’clock” position

Exit

- Catch baton into full hand grip

Ending Position

- Hold the R lunge in 2nd position facing Wall 5
- Hold the R arm extended in the athletes’ “1 o’clock” position, L arm extended to L side parallel to floor
- Baton in RH (TTB)

Element 6b – Horizontal Contact Series

This is based on the Level B Compulsory #4.

Starting Position

- LH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH swings out horizontally from the R side to center front of body at shoulder level
- MHP in front at chest (elbows bent and over top of B)
- Center body LH Horizontal Figure 8 (loop "over" head and "under" at waist level)
- R arm is extended to side throughout entire compulsory move (wrist straight and fingers together)
- Head, shoulders, and hips are square to the front throughout the entire compulsory move

Nucleus

- Lift B upwards, shifting weight to LF (flat foot), placing RF tightly against the L ankle in the spin position with the R toe touching the floor, Fingers 1-8 with hand directly over head

Exit

- Catch baton into full hand grip

Ending Position

- Baton in LH (TTB), overhead
- R arm extended to R side
- LF flat on floor, RF held tightly against the L ankle in the spin position with the R toe touching the floor and the R heel lifted

Element 7 – Stationary Complex: Reverse Illusion

This is a new element, based on the Level A Short Program Element 7. This element can be done on either the R leg or the L leg. This element is **bodywork only** – there is no toss with this element.

Right Leg	Left Leg
<u>Starting Position</u>	
<ul style="list-style-type: none"> Arms in low “V” RF tendu devant, facing Wall 5 Baton in RH (TTB) 	<ul style="list-style-type: none"> Arms in low “V” LF tendu devant, facing Wall 5 Baton in RH (TTB)
<u>Entrance</u>	
<ul style="list-style-type: none"> Vertical RH Whip Flourish combination (hiding whip behind back and extending R arm on Flourish) Step forward on RH Flourish-Whip, pull LF into RF to 5th position relevé; L arm extended at shoulder level to L side Head, shoulders and hips are square to the front 	<ul style="list-style-type: none"> Vertical RH Whip Flourish combination (hiding whip behind back and extending R arm on Flourish) Step forward on RH Flourish-Whip, pull RF into LF to 5th position relevé; L arm extended at shoulder level to L side Head, shoulders, and hips are square to the front
<u>Nucleus</u>	
<ul style="list-style-type: none"> R reverse illusion – arms extended in low “V” 	<ul style="list-style-type: none"> L reverse illusion – arms extended in low “V”
<u>Exit</u>	
<ul style="list-style-type: none"> Finish illusion in 5th position relevé 	<ul style="list-style-type: none"> Finish illusion in 5th position relevé
<u>Ending Position</u>	
<ul style="list-style-type: none"> 5th position relevé, with RF forward, facing Wall 5 Arms in low “V” Baton in RH (TTB) 	<ul style="list-style-type: none"> 5th position relevé, with LF forward, facing Wall 5 Arms in low “V” Baton in RH (TTB)

Element 8 – RH Vertical Thumb Toss, 1 Spin L, Catch LH

This is based on the Level B Compulsory #9.

Starting Position

- Arms in low “V”
- RF tendu devant, facing Wall 5
- Baton in RH (TTB)

Entrance

- RH Flourish Whip combination (extending R arm on Flourish, bending arm, and hiding whip behind back)
- RF Step forward onto Demi-Pointe RH Flourish-Whip, pull LF into RF to 5th position relevé; L arm extended at shoulder level to L side
- Head, shoulders, and hips are square to the front

Nucleus

- RH Thumb Toss from center of B and body (2-3 revolutions) while extending RF to the front
- Push off with ball of RF to complete a one (1) spin (RF placed tightly against L ankle in the spin position) to the L
- Both hands on hips during spin (wrists straight and fingers together)
- Catch B in LH center B and body while stepping forward on the RF and sliding the LF back into a RL lunge in 4th position facing front
- RH extends to side on reception

Exit

- Follow through from catch by shifting weight to LF and spinning L (pulling RF into L ankle during the spin position)
- LH Flourish (extending L arm on Flourish) at the back. R arm follows L arm.
- Step R onto RF with tendu L with arms in low “V”

Ending Position

- Arms in low “V”
- LF tendu to the side
- Facing Wall 5

Judging Notes

Only WBTF Master Judges are eligible to judge the Level BA Short Program. As with the WBTF Level A Short Program:

- the existing Compulsory judging system will be used as a basis to judge the Required Elements

The CBTF Level BA Short Program is scored on the same proficiency scale as the Level A Short Program.

WBTF Compulsory Moves and Short Program Elements are all judged using a Degree of Proficiency model – sometimes referred to as a the 'Success Rate'. That approach is easily applied to the Level BA Short Program elements – even though they are slightly different from the element they are based on (Level B Compulsory or Level A Short Program), **the judge will assess the proficiency of the movement performed against the expectation from the written description and score according to the degree of success achieved.**

- Utilizing the build-up process in analyzing an athlete's level of proficiency, violations are then deducted from a possible score of 10.
- The more skills an athlete exhibits correctly and the better the skills are executed, the higher his/her level of proficiency is - thus the higher the score should be.
- Other factors which need to be considered include smoothness, strength, flexibility, control and discipline.
- Reasons for deficiencies could be caused by the demand of the move itself.
- The level of tolerance is dependent on the degree of demand.
- The age of the athlete can make a difference in their development of control and discipline and maturity of movement. Body structure (i.e. size, length of limbs, shoulder width, weight) may cause other problems.
- All errors are not equal. One must evaluate the cause of the technical deficiency. The judge's tolerance for an error that is instantaneous to the performance should be much higher than one that is caused by technical deficiencies.

Success Rate	Range	Sub-Range	Score Range
80-100%	Superior	High	9.8 – 10.0
		Mid	9.4 – 9.7
		Low	9.1 – 9.3
60-80%	Excellent	High	8.4 – 9.0
		Mid	7.7 – 8.3
		Low	7.1 – 7.6
40-60%	Good	High	6.1 – 7.0
		Mid	5.3 – 6.0
		Low	4.6 – 5.2
20-40%	Average	High	3.8 – 4.5
		Mid	2.9 – 3.7
		Low	2.1 – 2.8
0-20%	Fair	High	1.4 – 2.0
		Mid	0.7 – 1.3
		Low	0.0 – 0.6

ERRORS: Mistakes or anything that happens which is not planned, such as breaks, slips, loss of balance, fall, etc. Errors are taken into consideration when evaluating the athlete's proficiency in the build-up score. Consider the Success Rate.

Specific Deductions:

- Performing the wrong Element: Score for that Element would be 0.0
- Drops
 - Dropping on the entrance - Total Score would be up to a maximum of .5 point.
 - Dropping within the nucleus - Total Score must be lowered 2 points from the initial proficiency evaluation.
 - Dropping on the exit - Total Score must be lowered .5 point from the initial proficiency evaluation.
- Omitting fingers, rolls, or spins in nucleus—2.0
- Adding fingers, roll, or spins within nucleus—1.0
- Aerial Compulsories
 - Spinning in the wrong direction – score of 0.0 (incorrect compulsory)
 - Omitting spins – 2.0 (equal to a drop)
 - Adding spins – 1.0
 - Incorrect catch – 2.0 (equal to a drop)
- Roll Compulsories
 - Incomplete rolls – 2.0 (equal to a drop)
 - Adding a roll – 1.0
- Finger Compulsories
 - Omitting fingers – 2.0 (equal to a drop)
 - Adding fingers, most likely on 2 fingers – 1.0 (true violation, not as prescribed)

Drops/Errors:

- The existing Compulsory violation definition will be used to assess drops and other errors in the Required Elements.
- In the Required Elements the judge will only judge to the point at which the athlete has completed the Element (i.e., where the drop occurred or the roll was stopped) and the judge will consider the violations and errors the same as they would in Compulsories.

Contact Material Series:

- The Vertical Series (6a) and the Horizontal Series (6b) are each judged independently. Each will receive a score (out of 10) from the judge. As a tabulation process, the scores for 6A and 6B are averaged into a single Contact Material score (out of 10).
- The entire Series is the nucleus and is judged accordingly.
- If there is a drop in either contact material series, the athlete may continue, and the judge must determine how much material was completed and how successful they were.
- A 2.0 penalty, for each drop, will be deducted from the score for that series.
- If there are missed fingers or any other violation, they will be assessed as they would be in Compulsories.

Other Considerations:

- There will be a minimum score of 0.5 for an attempt of the correct Required Element.

Timing/Music Errors:

- Each Required Element must begin on the first count of the musical phrase as outlined in the Short Program description. The speed and skill level of the athlete will determine the time it takes them to complete the move. There is no minimum amount of count that the move must be completed (keeping in mind that the next element starts 16 counts after the previous element).

Sample Scoresheets

The Level BA Short Program scoresheet is adapted from the existing Junior Short Program scoresheet and posted on the CBTF.CA website in the WBTF Events section of the [Competition Score Sheet CD](#).

Tabulation Notes

The final Level BA Short Program score is a score out of 25.0.

Tabulation Steps

(Note: This is the same tabulation procedure that applies to the Level A Junior Short Program)

1. The Junior Short Program score is comprised of 8 Required Element scores, each out of 10.0, less any deductions.
2. The judge will submit 9 Required Element scores – the scores for 6A-Vertical Contact Series and 6B-Horizontal Contact Series must first be averaged to create a score for Element 6-Contact Material.
3. The 8 element scores (the calculated Element 6 plus the other 7 elements) are added together to create the Gross Short Program Score.
4. The Gross Short Program Score is divided by 80 and multiplied by 25 to create the Gross Short Program Percentage Score.
5. Any Count 1 Violations (0.1 per element) are deducted from the Gross Short Program Percentage Score to create the Net Short Program Percentage Score.
6. If the Net Short Program Percentage Score is 0 or less, report 0 as the Final Short Program Percentage Score.
7. If the Final Short Program Percentage Score is above 0, report that number as the Final Short Program Percentage Score.

Requirements for Provincial and Canadian Winner/Championship

Level BI Freestyle athletes will perform Level BI Compulsories (formerly known as Level B Compulsories).

Level BA Freestyle athletes will perform Level BA Short Program (formerly known as Level B Short Program).

Level A Freestyle athletes will perform Level A Short Program.