



WFNBTA Rules INSPIRATION CUP

Edition 5.2026

COMPETITION RULES PRODUCTIONS

Chapter:

1.	INSPIRATION CUP PURPOSE AND PHILOSOPHY	3
2.	INSPIRATION CUP ELIGIBILITY	3
3.	INSPIRATION CUP CATEGORIES	4
4.	INSPIRATION CUP DISCIPLINES	4
5.	AGE CATEGORIES	5
6.	DISCIPLINE TIME LIMITS	5
7.	WFNBTA SALUTE	6
8.	CONTENT RESTRICTIONS	6
9.	MAXIMUM COUNTRY ENTRIES FOR THE INSPIRATION CUP	7
10.	FINALS	7

1. INSPIRATION CUP PURPOSE and PHILOSOPHY

The purpose of the Inspiration Cup is to provide an opportunity for developing athletes and developing countries to have an avenue to expose their athletes to International competition and inspire them to strive towards the proficiency level required for World level competition.

The philosophy of the Inspiration Cup is one based in honor and integrity. This is not an event for elite athletes who are simplifying their routines in order to compete at a lower level and avoid the world level competition. The spirit of this event is one of growth and development where the athletes all share a common desire to compete in the spirit of goodwill and sportsmanship.

2. Inspiration Cup Eligibility

An athlete may only enter one level of competition per discipline during the WFNBTATwon Twirling Championships or Inspiration Cup.

For example:

- An athlete may enter the World Baton Twirling Championship for solo and the Inspiration Cup for strut or they may compete in the World Championships for Strut but in the Inspiration Cup for 2 baton etc.
- An athlete may not compete in solo in the World Baton Twirling Championships and solo in the Inspiration Cup etc.

Note to coaches, club directors and member countries:

The WFNBTATwon are aware that there are countries that have much more depth in their Advanced/Elite level divisions than other countries. The purpose of the Inspiration Cup is to give less advanced, developing athletes within highly developed/experienced countries and athletes in developing countries an opportunity to be exposed to World competition.

Therefore, the WFNBTATwon would like to express the following examples to assist coaches in determining if their athletes are the appropriate level for the Inspiration Cup:

- If your athlete has competed at the highest level that our sport currently offers, then that athlete is not the appropriate level for the Inspiration Cup
- If you have an athlete that consistently can do four spins, or double illusions, multiple elbow pops and/or a monster roll, then that athlete is not an appropriate level for the Inspiration Cup as athletes should not be simplifying their more advanced routines to be able to compete in the Inspiration Cup.
- If you have a twirling team and that team placed in the top 3 in the highest division in your country, then your team is not an appropriate level for the Inspiration Cup. In some

countries, even the top five twirling teams would be more advanced than what would be acceptable for the Inspiration Cup.

- If a twirling team in competition prior to the Inspiration Cup is executing double illusions, 4 spins or multiple elbow pops or monster rolls then they are not the appropriate level for the Inspiration Cup.
- The Inspiration Cup is not a competition where a country can simply send their 4th, 5th and 6th place from their advanced World qualifiers.
- Any athletes who have competed and placed in the top 10 at other international competitions in A or elite level (eg Nations Cup A level) are not the appropriate level for the Inspiration Cup.

These are only several examples of how we are hoping coaches and countries will evaluate carefully which of their athletes and/or teams have the appropriate skill level for the Inspiration Cup.

If true Inspiration Cup level athletes are forced to compete against athletes who have manipulated their proficiency level in order to compete in the Inspiration Cup, it destroys the integrity and philosophy of the competition.

Please choose wisely, do not act unethically and do not bring dishonour to your country by manipulating athletes' levels of proficiency in order to win awards. Good sportsmanship is mandatory.

3. INSPIRATION CUP CATEGORIES

3.1. Individual, Duet and Team Categories

These are events that prioritise excellence of twirling skills and technique and, in some cases, musical interpretation.

4. INSPIRATION CUP DISCIPLINES

4.1. Individual

Solo 1 Baton
Solo 2 Baton
X-Strut

4.2. Duet/Team

Duet
Twirl Team

5. AGE CATEGORIES

The WFNBT year commences on 1st September and finishes on 31st August of the next year. Age is determined as at 1st September approx. 18 months preceding the competition i.e. for World Championship at Easter 2027, the date of reference is 1st September 2025.

5.1. Solo 1 Baton, 2 Baton and X-Strut

Juvenile	7 to 9 years
Preteen	10 to 12 years
Junior	13 to 15 years
Senior	16 to 19 years
Adult	20 and up

Males

Junior men	7 – 15 years
Senior men	16 years +

5.2. Duet

Juvenile	combined ages 18 years & under
Preteen	combined ages 19 to 24 years
Junior	combined ages 25 to 30 years
Senior	combined ages 31 years and over

The age of a duet is determined by the addition of the respective ages of the two contestants. A duet contestant cannot enter two different duets, even if the age category is different.

5.3. Twirl Team

Junior	average age of 15 years & under
Senior	average age 16 years & over

To determine the age category of a team, the average age of all the official members (without reserves) should be calculated. It's responsibility of the coach to verify that the average age using reserves does not change if reserves are used. A team contestant cannot enter two different duets, even if the age category is different.

6. DISCIPLINE TIME LIMITS

Discipline	Time max	Start	Stop
Solo 1 Baton	2:00	1 st note	Last note
Solo 2 Baton	2:00	1 st note	Last note
X-Strut	2:00	1 st note	Last note
Duet	2:00	1 st note	Last note
Twirling Team	3:00	1 st note	Last note

7. WFNBT SALUTE

A salute is to be given at the beginning and the end of the routine. The baton to be held in the right hand up to the left shoulder with ball up. Elbow shoulder height. Knuckles touching shoulder cavity or clavicle. Body must be in standing position with both feet on ground. Foot position is optional. Body facing the judge, holding the pose for a minimum of two counts.

8. CONTENT RESTRICTIONS

For the purpose of keeping the Inspiration Cup a fair event based on a common desire of less experienced athletes to compete with athletes of similar proficiency levels, the following content restrictions are in place.

8.1. Solo, duet and team content:

8.1.1. ILLUSIONS:

- Maximum of 1 illusion under a toss.
- Single illusion may be combined with ONE additional body move (for example, a kick or a jump etc) or a spin under the toss.
- Releases and receptions are not restricted.

8.1.2. SPINS:

- Maximum of 3 spins under a toss and not combined with a body move executed under the toss.
- Releases and receptions are not restricted

8.1.3. ROLLS:

- Full Monster rolls and continuous elbow pops are not permitted.

8.2. Two Baton content:

8.2.1. ILLUSIONS:

- Maximum of 1 illusion under a toss.
- Single illusion may be combined with ONE additional body move (for example, a kick or a jump etc) or a spin under the toss.
- Releases and receptions are not restricted.

8.2.2. SPINS:

- Maximum of 2 spins under a toss and not combined with a body move executed under the toss.
- Releases and receptions are not restricted

8.2.3. ROLLS:

- Full Monster rolls and continuous elbow pops are not permitted. Not more than one (1) pop permitted at a time. Maximum 3 elbow rolls.

- ✓ THE PENALTY FOR EXECUTING ELEMENTS THAT ARE NOT PERMITTED AS DESCRIBED ABOVE IS 10 POINTS PER INFRACTION

9. MAXIMUM COUNTRY ENTRIES FOR THE INSPIRATION CUP

8.1	Solo 1 Baton	3 Athletes from each country in each age category
8.2	X-Strut	3 Athletes from each country in each age category
8.3	2 Baton	3 Athletes from each country in each age division
8.4	Duet	1 Duet from each country in each age category
8.5	Twirl Team	1 Team from each country in each age category

10. FINALS

As this is the first year that the Inspiration Cup is offered, the implementation of finals will be determined based on entries received per division. Finals will not be held unless entries warrant. The addition of finals for divisions that have adequate entries will be announced shortly after entries are received and processed.

All other rules for the Inspiration Cup are consistent with the rules for the WFNBT World Championships.

It is mandatory that coaches who are training their athletes in the hopes that they will compete in the Inspiration Cup, read and fully understand all of the WFNBT rules and procedures

- ✓ ***Please note there are no gymnastics permitted in the Inspiration Cup disciplines.***