

ROD EXERCISES

- ◆ Competitors own choice of music which should vary in tempo.
- ◆ The choreography **MUST** complement the music.
- ◆ Arrangement should include Rod positions with basic and advanced legwork.
- ◆ Include movement of rod through a variety of twists and grips.
- ◆ Optional entry / exit.
- ◆ Consider use of performance area.
- ◆ No banned or dangerous movements.
- ◆ No throwing of apparatus.

CLUB SWINGING

- ◆ Competitors own choice of music which should vary in tempo
- ◆ The choreography **MUST** complement the music.
- ◆ Arrangement must include appropriate swings through various directions.
- ◆ Include closed and open swings.
- ◆ Foot and leg work to be included.
- ◆ Optional entry / exit.
- ◆ Consider use of performance area.
- ◆ No banned or dangerous movements.
- ◆ No throwing of apparatus.