

ONLY THESE WILL BE ACCEPTED IN COMPETITIONS

BATON SALUTE

A salute, must start and finish at the attention position, with both hands on the hips, and both feet together and facing forward.

When the contestant is in the salute position, the left hand must be on the left hip, not in the air, out to the side or behind their back etc. and there should be no footwork i.e in a lunge, toe pointed out to front or on knees.

The Ball of the baton should be level with the nose and the fingers should be out stretched and three fingers down from the ball. The right elbow should be flat.

Examples of ways to get into the salute position:

1. The Basic Salute: From attention position, the baton is extended out to the front resting on the arm, then extended again out straight and then over to the salute position, with the left hand on the left hip at all times, as in the Bronze Exam. Same coming out of the salute and back to the attention position.
2. The Fancy Salute: From attention position, the baton does one revolution forwards to the front and one revolution backwards and into the salute position, with the left hand on the left hip, as in the Silver exam. Same coming out of the salute to the attention position.
3. Both of the above salutes can be done with the left arm going out to the left side as the baton is extending to the front as long as both hands have started on the hips and come onto hips at the salute position and go back to the hips at the end of the salute, at attention.

The third example can be done with pom poms if you wish or done as the basic salute.