



THE NATION'S LEADING  
SPORT BATON TWIRLING  
ORGANIZATION

# 2025-26 PARENTS' GUIDE

*SANCTIONED BY:*  
The United States Twirling Association

*PRODUCED BY:*  
The USTA Parents Commission

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[WWW.USTWIRLING.COM](http://WWW.USTWIRLING.COM)

**USTA Parents' Guide**  
**An introduction for being successful in USTA**

Welcome to the United States Twirling Association (USTA) Parents' Guide - your introduction to USTA and the vibrant, challenging, and inspiring world of baton twirling. Whether your child is just beginning their twirling journey or advancing into higher levels of competition, this guide is designed to help you understand the sport, support your athlete, and feel confident navigating practices, performances, and USTA events. Inside, you'll find clear explanations, practical tips, and a warm community spirit that reflects what makes twirling such a meaningful and empowering activity for young athletes across the country.

Sincerely,  
The USTA Parents Commission

**The USTA Parents Commission**  
**2025-26 Members**

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## 1. USTA Key Links

Website Address:	<a href="https://www.ustwirling.com">https://www.ustwirling.com</a>
Membership Portal:	<a href="https://ustwirling.justgo.com/">https://ustwirling.justgo.com/</a>
USTA Rulebook:	<a href="https://ustwirling.justgo.com/">https://ustwirling.justgo.com/</a> Menu Tab Documents Tab
USTA Code of Ethics:	Found in USTA Rulebook
USTA Social Media Policy:	<a href="https://ustwirling.justgo.com/">https://ustwirling.justgo.com/</a> Menu Tab Documents Tab
Positive Coaching Alliance:	<a href="https://positivecoach.org/">https://positivecoach.org/</a>

*The above links are for a quick reference. Please see the sections below for a more detailed explanation of the various links.*

## 2. USTA Website Overview

([www.ustwirling.com](http://www.ustwirling.com))

<b><u>Section</u></b>	<b><u>Description</u></b>
What is Twirling?	Descriptions of recreational and competitive twirling
About USTA	Mission & History, Board of Directors, USTA Leadership, Grand National Champions, Hall of Fame, and Giving Back
About USA Baton Twirling	IBTF Events, US Qualifying Events, Memberships, News
News	Latest USTA News, News archives, Catch It! eZine
Calendar	Upcoming Competitions, Upcoming Events, U.S. National Championships
Resources	Find a Coach, State and Regional Councils, Tips on Twirling & Training, Collegiate Twirling
Get Involved	How to Become a USTA Coach, How to Become a USTA Judge, Volunteer Opportunities
Join	Memberships
Contact Us Form	Form to contact USTA
USTA Member Services Contact	Phone and Email
USTA Subscriptions	Subscribe to USTA News & Views
Social Media Links	Facebook, Instagram, YouTube, Twitter, LinkedIn

### 3. USTA Membership Types

<u>Membership</u>	<u>Description</u>
Intro Membership	New to USTA. Try USTA local sanctioned competitions.
Step-Up	Steppingstone from recreational to competitive twirling.
Athlete (U21)	Competitive twirling at local, state, regional, and national competitions. For athletes under age 21.
Athlete (21+)	Competitive twirling at local, state, regional, and national competitions. For athletes 21 and older. <b>Requires annual background check.</b>
Organizational (U21)	Studio or club to compete as a group. For athletes under age 21.
Organizational (21+)	Studio or club to compete as a group. For athletes 21 and older. <b>Requires annual background check.</b>
Professional	For coaches and judges. <b>Requires coach or judge certification and annual background check</b>
Alumni Affiliate	For former athletes and parents, and retired coaches and judges.

*A complete description of each membership and its benefits can be found on the USTA website ([www.ustwirling.com](http://www.ustwirling.com)) under the “Join” tab. Memberships must be purchased annually. If a member turns 21 during the competition year, they must complete a background check.*

*Memberships can be purchased on the USTA Member Portal. You do not need to have a membership to create an account on the USTA Member Portal. To register for an account, click the “Sign Up” tab on the Member Portal homepage ([www.ustwirling.justgo.com/](http://www.ustwirling.justgo.com/))*

## 4. Membership Portal Overview

([www.ustwirling.justgo.com/](http://www.ustwirling.justgo.com/))

<u>Section</u>	<u>Description</u>
My Profile	Details of current USTA membership and twirling credentials
Membership	Membership status and details
Events & Courses	<ul style="list-style-type: none"><li>• Sign up for various events/courses, workshops/seminars, and clinics/conventions offered by USTA</li><li>• Purchase official USTA CAS Record Book (for Compulsories and Movement Technique)</li></ul>
Shop	For contest directors to purchase items for official USTA competitions
Menu: Member Area	Includes sections above, along with Cart, Payment History, Documents (ie: manuals, policies, contest resources, & other documents)

*You do not need to have a membership to create an account on the USTA Member Portal. To register for an account, click the “Sign Up” tab on the Member Portal homepage ([www.ustwirling.justgo.com/](http://www.ustwirling.justgo.com/)).*

## 5. Competitions - What to Expect

- The general competition rules and procedures that govern all USTA sanctioned local, state, regional, and national competitions can be found in the official USTA Rulebook. The USTA Rulebook is available at no cost on the USTA Member Portal (<https://ustwirling.justgo.com/>). After you've logged in to the Member Portal, click on the Menu Tab and then the Documents Tab. Search for "Manuals" to bring it up quickly. You will then be able to download the USTA Rulebook.
- The **USTA Rulebook Sections** include:
  - Membership requirements for participating in individual, pair, duet, and group events.
  - Age Eligibility
  - Name Change Policy
  - Sanctioned Events - what they are and a description of each
  - Music and Timing requirements
  - Competition Environment and Conditions
  - Special Circumstances - a request can be made to run a non-competitive division for athletes with special needs
  - USTA format for state, regional and national Championship Events
  - Eligibility Rules for individual events that include competition age calculation and residency rules
  - Foundation Events - what they are and a description of each
  - Championship Events - what they are and a description of each
  - Group Events and Rules
  - Non-Sanctioned (referred to as Other Events) USTA Events - what they are and a description of each
- The **Competition Achievement System** has been created as a progressive skill development system organized into a series of levels of achievement and competition. This system governs the advancement of individual athletes through Compulsories and Movement Technique from the C to Elite level. The USTA Rulebook includes an overview, major concepts and procedures, and performance procedures of the Competition Achievement System.
- Competitions can be found all over the country almost year around.
  - Local contests are typically organized by individuals or baton clubs. Entries for these competitions will be submitted to the contest director.
  - State competitions are organized and directed by the corresponding USTA state council. State Competition General Rules and Procedures can be found in the USTA Rulebook. Entries are submitted to the corresponding USTA state council.

- Athletes who live in the state and compete at the advanced level in championship events have the opportunity to compete for state titles.
    - An athlete must enter the state of their residency. In the event an athlete attends school in a different state than their residency, they may compete in the state of their school, however they can only enter one USTA state competition level event each year. Ex: The athlete can only compete for a state title in one state but may enter open events in other states.
  - Regional competitions are organized and directed by the corresponding USTA regional council. Regional Competition General Rules and Procedures can be found in the USTA Rulebook, as well as a list of the regions and the states included in each. Entries are submitted to the corresponding USTA regional council.
    - Athletes who live in the region and compete at the advanced level in championship events can compete for regional titles.
    - An athlete must enter the region of their residency. In the event an athlete attends school in a different region than their residency, they may compete in the region of their school however they can only enter one USTA regional competition level event each year. Ex: The athlete can only compete for a regional title in one region but may enter open events in other regions.
  - The U.S. National Championships and Festival of the Future (FOF) are organized and directed by the USTA Board of Directors and national championship coordinator. These two competitions run simultaneously in the same location during the same week. General Rules and Procedures can be found in the USTA Rulebook. All National and FOF entries are submitted via the USTA Member Portal.
    - The FOF includes Novice, Beginner, and Intermediate individual and group disciplines.
    - The National Championship is the Advanced level Championship for individual and group disciplines.
- **Representing yourself after winning a title:**
  - Individual state, regional, and national titles are reserved for Advanced level athletes competing in Championship Events. The athlete who secures 1st place in their **advanced** age group in the national level event will hold the title of their age group National Champion. Ex: an athlete who wins the 16-year-old national category has earned the title of (year) USTA 16-year-old (event) Champion. The athlete who secures 1st place in their age division in a national level event will hold the title of their age division

National Champion. Ex: an athlete who wins the national juvenile category has earned the title of (year) USTA National Juvenile (event) Champion. The single athlete who wins the finals round of a specific event has earned the title of Grand National Champion. Ex: an athlete who wins the final round of a Championship Event at Nationals has earned the title of (year) USTA Grand National (event) Champion. The same goes for those who win their particular state or regional age group, age division, or event final rounds.

- The winner of the Festival of the Future Beginner Basic Strut would be represented as (year) USTA Festival of the Future (age) Beginner Basic Strut Winner.
- The winner of an open category such as beginner Basic Strut at a state or regional competition would be represented as (year) USTA (state or region) (age) Open Beginner Basic Strut Winner.
- It is asked that you do not claim the state, regional, or national champion title if your athlete did not win the advanced level championship title out of respect for those athletes who have achieved that level of recognition.
- Competitions can be confusing and overwhelming. Do not be afraid to ask your coach for as much help as you need. They are your number one guide to making the competition successful.

## 6. Parent and Athlete Expectations

- USTA's primary goals are the development and promotion of good sportsmanship during competition. The **Sportsmanship/Code of Conduct** can be found in the USTA Rulebook located in the USTA Member Portal (<https://ustwirling.justgo.com/>). After you've logged in to the Member Portal, click on the Menu tab and then Documents tab. Then search for "Manuals" to find it quickly. You will then be able to download the USTA Rulebook. This policy governs the rules and consequences for unsportsmanlike behavior.
- **Contest Protocol for Parents:**
  - **The Biggest fan!** Your role as a parent at competitions is to be your child's biggest fan! Cheer loud, praise them for their successes, and keep them nourished throughout the day. Record their routines and let their coach do the critiquing.
  - You can help them find their sets by writing them down with their lane numbers on an index card. This will help you both stay organized because most competitions do not allow parents on the floor or in waiting areas.
  - Bring along healthy snacks and water for the day. Some athletes do not like eating big meals due to nerves. By providing small healthy snacks you can keep them nourished.
- **Contest protocol for athletes:**
  - Keep a positive mindset. Remember the quote, "Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it!" - Lou Holtz. This quote holds true. You are very capable of doing anything you practiced before the competition. Do what you have practiced and remember you are capable of being your most authentic and true self.
  - Keep up with your sets by writing them down with the lane numbers to stay organized during the day.
  - Eat healthy. Sometimes we want more energy and lean toward sugary snacks. Those snacks do not help us; they may actually hurt us during the long days ahead. Choosing a healthy snack that will give long-term energy without a crash will make for a more successful day. Drink lots of water.
  - Be kind to yourself and others. Again, speak positive words about what you have accomplished. Be sweet to your grownups who are there to support you. Remember people are watching you whether you are just starting out or have been competing for a long time.

## 7. Positive Coaching Alliance (PCA)

- The Positive Coaching Alliance (PCA) is a national non-profit working to provide all youth and high school athletes a positive, character-building sports experience. The partnership provides USTA members with access to PCA's online resources for coaches, sports parents, student-athletes, and administrators. In addition, USTA members can take PCA courses at a discounted rate.
- The PCA website is <https://positivecoach.org/>. The website includes tools and resources for parents to help “take back sports for our kids in ways that build confidence, joy, and respect.” It includes testimonials from professional athletes, a parent pledge, resources to help us engage positively with our children while they engage in youth sports, and various monthly articles.

## 8. Volunteer Opportunities

- Please consider volunteering to support our athletes at a USTA competition. These events would not be possible without the generous help of parents like you. Whether this is your first time volunteering or you've helped before, this guide will walk you through what to expect, how you can help, and the important role you play in creating a positive and well-organized competition experience.
- At USTA competitions, there are several key areas where parent volunteers are needed. Some of the most common include awards, warm-up area supervision, line-up coordination, concessions, running scores or materials, and helping with set-up or clean-up. Each of these roles is important in keeping the event on schedule and ensuring the athletes, coaches, judges, and families have a smooth experience.
- No matter your role, you should arrive on time for your scheduled shift and check in with the volunteer coordinator or at the designated table. Dress comfortably but be sure to dress appropriately, wear supportive shoes, and bring a water bottle. If your role involves direct interaction with athletes or competition materials, please avoid using your phone except for emergencies, and always respect privacy and sportsmanship expectations. All volunteers are expected to conduct themselves professionally, remain impartial, and support all athletes equally.
- Please remember that scores, judging, and competition results are managed by certified USTA officials and tabulators. Volunteers should never discuss or speculate about results or performance outcomes with parents or athletes. If you're unsure about anything during your shift, don't hesitate to ask a coach or event official – everyone is working together to support a safe, fair, and positive environment.
- In case of an emergency, know where the first aid kit is located and report any accidents or issues to the head coach, competition director, or event staff immediately. Your calm presence and quick communication can make all the difference.
- We are deeply grateful for your time and energy. Volunteering at a USTA competition not only supports your athlete, it strengthens the entire baton twirling community. Thank you for being a vital part of making the event a success.