

ACROBATICS CATALOG MAIN CLASS FREE STYLE 2019

ACROBATIC ELEMENTS FOWARD	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
front tucked	41000	1	A	4	A'	1	N
front piked	41005	1	B	5	B'	1,5	N
front straight	41010	1	C	6	C'	2	N
front tucked reversed	41015	1	B	5	B'	1,5	N
front piked reversed	41020	1	C	6	C'	2	N
front straight reversed	41025	1	D	7	D'	2,5	N
1/2 turn front tucked	41030	1	C	6	C'	2	N
1/2 turn front piked	41035	1	D	7			N
1/2 turn front straight	41040	1	E	8			N
1/2 turn front tucked, landing on the arms, exit between the legs behind the partner	41032	1	E	8			N
1/2 turn front piked, landing on the arms, exit between the legs behind the partner	41037	1	F	9			N
1/2 turn front straight, landing on the arms, exit between the legs behind the partner	41041	1	G	10			N
1/2 turn front tucked with 1/2 twist	41045	1	D	7			Y
1/2 turn front piked with 1/2 twist	41050	1	E	8			Y
1/2 turn front straight with 1/2 twist within	41055	1	F	9			Y
1/2 turn front tucked with 1/1 twist	41042	1	E	8			Y
1/2 turn front piked with 1/1 twist	41043	1	F	9			Y
1/2 turn front straight with 1/1 twist within	41044	1	G	10			Y
1/2 turn front tucked with 1/1 twist, landing on the arms, exit between the legs behind the partner	41042	1	G	10			Y
1/2 turn front piked with 1/1 twist, landing on the arms, exit between the legs behind the partner	41043	1	H	11			Y
1/2 turn front straight with 1/1 twist within, landing on the arms, exit between the legs behind the partner	41044	1	I	12			Y
1/2 turn 3/2 front tucked landing on chest	41110	1	G	10			N
1/2 turn 3/2 front piked landing on chest	41115	1	H	11			N
1/2 turn 3/2 front tucked, landing on back, exit between legs (only from Bettarini)	41116	1	G	12			N
1/2 turn 3/2 front tucked, 1/2 turn of the standing partner, landing on back, exit between the legs - KOZLOVA	41120	1	IS	14			N
front tucked with 1/2 twist	41057	1	B	5	B'	1,5	Y
front piked with 1/2 twist	41058	1	C	6	C'	2	Y
front straight with 1/2 twist within	41059	1	D	7	D'	2,5	Y
front tucked with 1/1 twist	41060	1	C	6	C'	2	Y
front piked with 1/1 twist	41061	1	D	7	D'	2,5	Y
front straight with 1/1 twist within	41062	1	E	8	E'	3	Y

ACROBATIC ELEMENTS FOWARD	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
front tucked with 1/1 twist, landing on the arms, exit between the legs	41063	1	E	8	E'	3	Y
front piked with 1/1 twist, landing on the arms, exit between the legs	41064	1	F	9	F'	3,5	Y
front straight with 1/1 twist within, landing on the arms, exit between the legs	41065	1	G	10	G'	4	Y
front tucked with 3/2 twist	41072	1	E	8	E'	3	Y
front piked with 3/2 twist	41073	1	F	9	F'	3,5	Y
front straight with 3/2 twist within	41074	1	G	10	G'	4	Y
front tucked with 2 twists	41075	1	G	10			Y
front piked with 2 twists	41080	1	H	11			Y
front straight with 2 twists within	41085	1	I	12			Y
3/2 front tucked landing on chest	41090	1	E	8	E'	3	N
3/2 front piked landing on chest	41095	1	F	9	F'	3,5	N
3/2 front straight landing on chest	41096	1	G	10	G'	4	N
3/2 front tucked landing on back, exit between the legs	41100	1	G	10	G'	4	N
3/2 front piked landing on back, exit between the legs	41105	1	I	12	I'	5	N
3/2 front straight landing on back, exit between the legs - IVAN-OLGA	41106	1	IS	14			N
From Bettarini, 3/2 front tucked, exit between the legs, 1/2 turn of the dancer during the landing - BLUHL	41100	1	I	12			N
3/2 front tucked with 1/1 twist within	41125	1	IS	14			Y
double front tucked	41130	1	G	10			N
double front piked	41135	1	I	12			N
1/2 turn double front tucked	41136	1	I	12			N
front tucked, landing in the arms, exit with forward dive	41140	1	C	6			N
front piked, landing in the arms, exit with forward dive	41145	1	D	7			N
front straight, landing in the arms, exit with forward dive	41150	1	E	8			N
+ front tucked from the waist, landing on shoulders + rolling dive	41226	1			C'	2	N
+ front piked from the waist, landing on shoulders + rolling dive	41227	1			D'	2,5	N
+ front straight from the waist, landing on shoulders + rolling dive	41228	1			E'	3	N
B - front tucked	41800	1	A''	1			N
B - front piked	41805	1	B''	1,2			N
B - front straight	41810	1	C''	1,4			N
B - front tucked 1/2 twist	41815	1	B''	1,2			Y
B - front piked 1/2 twist	41820	1	C''	1,4			Y
B - front straight 1/2 twist within	41825	1	D''	1,6			Y

ACROBATIC ELEMENTS BACKWARD	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
back tucked	42000	2	A	4	A'	1	N
back piked	42005	2	B	5	B'	1,5	N
back straight	42010	2	C	6	C'	2	N
back tucked with 1/2 twist	42030	2	B	5	B'	1,5	Y
back piked with 1/2 twist	42032	2	C	6	C'	2	Y
back straight with 1/2 twist within	42035	2	D	7	D'	2,5	Y
back tucked with 1/1 twist	42040	2	C	6	C'	2	Y
back piked with 1/1 twist	42041	2	D	7	D'	2,5	Y
back straight with 1/1 twist within	42050	2	E	8	E'	3	Y
back tucked with 3/2 twist	42060	2	E	8	E'	3	Y
back straight with 3/2 twist within	42070	2	G	10	G'	4	Y
back tucked with 2 twists	42065	2	G	10			Y
back straight with 2 twists within	42075	2	I	12			Y
auerbach tucked	42015	2	B	5	B'	1,5	N
auerbach piked	42020	2	C	6	C'	2	N
auerbach straight	42025	2	D	7	D'	2,5	N
auerbach tucked, landing on the arms, exit between partner's legs	42026	2	D	7			N
auerbach piked, landing on the arms, exit between partner's legs	42027	2	E	8			N
auerbach straight, landing on the arms, exit between partner's legs	42028	2	F	9			N
auerbach tucked with 1/1 twist	42045	2	D	7	D'	2,5	Y
auerbach straight with 1/1 twist within	42055	2	F	9	F'	3,5	Y
3/2 back tucked	42080	2	E	8			N
3/2 back piked	42085	2	F	9			N
3/2 back straight	42090	2	G	10			N
From Bettarini, 3/2 back tucked, half turn of the standing partner during flying phase	42080	2	G	10			N
From Bettarini, 3/2 back piked, half turn of the standing partner during flying phase	42085	2	H	11			N
From Bettarini, 3/2 back straight, half turn of the standing partner during flying phase	42090	2	I	12			N
From Bettarini, 3/2 back tucked, half turn of the standing partner during flying phase + rolling to dive	42110	2	H	11			N
From Bettarini, 3/2 back piked, half turn of the standing partner during flying phase + rolling to dive	42120	2	I	12			N
1/2 turn, back tucked	42860	2	C	6			N
1/2 turn, back piked	42865	2	D	7			N
1/2 turn, back straight	42870	2	E	8			N
1/2 turn, 3/2 back tucked	42875	2	G	10			N
1/2 turn, 3/2 back piked	42880	2	H	11			N

ACROBATIC ELEMENTS BACKWARD	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
1/2 turn, 3/2 back straight	42885	2	I	12			N
3/2 back tucked with 1/1 twist	42095	2	G	10			Y
3/2 back straight with 1/1 twist within - JACEK-ANNA	42100	2	IS	14			Y
3/2 auerbach tucked, landing on partner back, exit between the legs	42105	2	IS	14			N
3/2 back tucked + rolling to dive	42110	2	F	9			N
3/2 back piked + rolling to dive	42120	2	G	10			N
3/2 back straight + rolling to dive	42130	2	H	11			N
3/2 back tucked + rolling to dive with 1/1 twist within dive	42115	2	G	10			Y
3/2 back piked + rolling to dive with 1/1 twist within dive	42125	2	H	11			Y
3/2 back straight + rolling to dive with 1/1 twist within dive	42135	2	I	12			Y
3/2 back tucked + rolling to front tucked	42175	2	F	9			N
3/2 back tucked + rolling to front piked	42175	2	F	9,5			N
3/2 back piked + rolling to front tucked	42175	2	G	10			N
3/2 back piked + rolling to front piked	42175	2	G	10,5			N
double back tucked	42140	2	G	10			N
From Bettarini, double back tucked	42140	2	I	12			N
double back piked	42145	2	I	12			N
double auerbach tucked	42150	2	G	10			N
double auerbach piked	42155	2	I	12			N
back tucked, landing between partner's legs + rolling dive	42160	2	B	5			N
back piked, landing between partner's legs + rolling dive	42165	2	C	6			N
back straight, landing between partner's legs + rolling dive	42170	2	D	7			N
B - back tucked	42800	2	A"	1			N
B - back piked	42805	2	B"	1,2			N
B - back straight	42810	2	C"	1,4			N
B - back tucked 1/2 twist	42815	2	B"	1,2			Y
B - back piked 1/2 twist	42820	2	C"	1,4			Y
B - back straight 1/2 twist	42825	2	D"	1,6			Y
B - back to back tucked to handstand	42830	2	D"	1,6			N
B - back to back piked to handstand	42835	2	E"	1,8			N
B - back to back straight to handstand	42840	2	F"	2			N
B - back to back tucked with 1/2 twist	42845	2	E"	1,8			Y
B - back to back piked with 1/2 twist	42850	2	F"	2			Y
B - back to back straight with 1/2 twist	42855	2	G"	2,2			Y

ACROBATIC ELEMENTS - DIVES	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
front dive tucked, landing on the partner's chest	43020	3	A	4			N

ACROBATIC ELEMENTS - DIVES	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
front dive piked, landing on the partner's chest	43025	3	B	5			N
front dive straight, landing on the partner's chest	43030	3	C	6			N
dive tucked landing on the partner's back, exit between legs	43000	3	C	6			N
dive piked landing on the partner's back, exit between legs	43005	3	D	7			N
dive straight landing on the partner's back, exit between legs	43010	3	E	8			N
3/4 turn front dive with tucked body during the flying, landing on the partner's chest	43066	3	C	6			N
3/4 turn dive with tucked body during the flying, landing on the partner's back, exit between legs - MIGUEL-DOROTHEE	43066	3	E	8			N
1/2 turn and front dive with tucked body during the flying, landing on the partner's chest	43055	3	C	6			N
1/2 turn and front dive with piked body during the flying, landing on the partner's chest	43060	3	D	7			N
1/2 turn front dive with straight body during the flying, landing on the partner's chest	43065	3	E	8			N
1/2 turn and dive with tucked body during the flying, landing on the partner's back, exit between legs	43040	3	E	8			N
1/2 turn and dive with piked body during the flying, landing on the partner's back, exit between legs	43045	3	F	9			N
1/2 turn dive with straight body during the flying, landing on the partner's back, exit between legs	43050	3	G	10			N
1/2 turn dive with tucked body during the flying and 1/2 turn for the partner before the landing	43070	3	F	9			N
1/2 turn dive with piked body during the flying and 1/2 turn for the partner before the landing	43075	3	G	10			N
1/2 turn dive with straight body during the flying and 1/2 turn for the partner before the landing	43080	3	H	11			N
1/2 turn during Bettarini and 1/1 twist within straight dive, landing on the partner's back, exit between legs	43016	3	I	12			Y
1/2 turn dive with straight body with 1/1 twist within and 1/2 turn for the partner before the landing, landing on the partner's back, exit between legs - KOVINT	43081	3	IS	14			Y
front dive with 1/1 twist within straight dive, landing on the partner's chest	43035	3	E	8			Y
1/1 twist within straight dive, landing on the partner's back, exit between legs - LESLIE	43015	3	G	10			Y
2/1 twist within straight dive, landing on the partner's back, exit between legs - GUSAROVA	43017	3	IS	14			Y

ACROBATIC ELEMENTS - DIVES	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
half auerbach to dive, body tucked during the flying	43085	3	G	10			N
half auerbach to dive, body piked during the flying - LUDWIG	43090	3	I	12			N
staff, landing shoulders (sitting) roll backwards to the ground and unroll to dive with flying phase, straight body	43095	3	A	4			N
staff, landing shoulders (sitting) roll backwards to the ground and unroll to dive with flying phase, 1/1 twist within straight dive	43100	3	C	6			Y
from handstand position, rolling dive (straight body), exit between partner's legs	43110	3	C	6			N
B - starting from the waist	43800	3	A"	1			N
B - starting from waist and stand up with bend arms on the partner's shoulders	43805	3	C"	1,4			N
B - dive from the horizontal position (Swallow)	43810	3	E"	1,8			N
B - dive from the handstand on the male shoulders	43815	3	F"	2			N
B - rolling dive from the ground	43820	3	E"	1,8			N
B - front dive starting from the waist(girl)	43825	3	C"	1,4			N
B - front dive starting from the arms	43830	3	E"	1,8			N

NON FLYING ACROBATIC ELEMENTS - ROTATIONS	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
Dulaine 3 rotations	44000	4	C	6	C'	2	N
Dulaine 4 rotations	44000	4	D	7	D'	2,5	N
shoulderball 3 rotations	44015	4	C	6	C'	2	N
shoulderball 4 rotations	44015	4	D	7	D'	2,5	N
inversed shoulderball 3 rotations	44015	4	C	6	C'	2	N
inversed shoulderball 4 rotations	44015	4	D	7	D'	2,5	N
tie 3 rotations	44020	4	B	5	B'	1,5	N
tie 4 rotations	44020	4	C	6	C'	2	N
inversed tie 3 rotations	44020	4	B	5	B'	1,5	N
inversed tie 4 rotations	44020	4	C	6	C'	2	N
lateral tie 3 rotations	44020	4	B	5	B'	1,5	N
lateral tie 4 rotations	44020	4	C	6	C'	2	N
rotation combination 3+3 with change of direction (only Main class)	44035	4	F	9	F'	3,5	N
rotation combination 3+3 in same direction (only Main class)	44035	4	G	10	G'	4	N
B - belt 3 rotations	44800	4	H"	2			N
B - belt 4 rotations	44800	4	I"	2,2			N
B - berliner 3 rotations	44810	4	H"	2			N
B - berliner 4 rotations	44810	4	I"	2,2			N

OTHER ACROBATIC ELEMENTS	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
lateral somersault tucked (from bettarini), landing on partner's arms	47000	7	C	6			N
lateral somersault piked (from bettarini), landing on partner's arms	47005	7	D	7			N
lateral somersault straight (from bettarini), landing on partner's arms	47010	7	E	8			N

CONCEPT AND CODIFICATION for ACROBATIC ELEMENTS: PASQUALIN Fred



C

**In collaboration with Sport Commission of W.R.R.C
Revision on 19.12.2018, valid from 01.01.2019**



**This document is confidential and all rights are reserved for the WRRC ©
All question should be addressed to WRRC Sports Director, sportsdirector@wrrc.org**