



Judging Rules

ROCK'N'ROLL

GUIDELINES FOR TECHNICAL OBSERVERS

Version : 1.0

Date : 13/08/2023

Author(s) : Sport Commission

Date of WRRC Presidium approval: 15/10/2023

Visa :

on behalf of WRRC Presidium
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Version	Description of modifications
1.0	Initial version

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1 Introduction

The aim of this document is to provide clear guidelines to the WRRC observers in order to support them in all aspects to do an efficient, fair and correct judgment with full transparency according to the WRRC Regulations.

1.1 Main principle

The WRRC observers have to observe competitors while they dance and ensure that all WRRC-Regulations are being met. The general points of the WRRC observers' work are described in tournament rules document – Ref.No. SR_0001 – chapter 6.2. (Please check the actual version of the rules on WRRC home page).

1.2 Obligations

Obligations and responsibilities of the WRRC observers are described in tournament rules document – Ref.No. SR_0001 – chapter 6.2. They are responsible to act according all the connected rules and regulations valid on the day of the event.

The Observer has to supervise all regulations:

- Judges' code of conduct and standards of ethics document – Ref.No. JR_0001
- Tournament rules document – Ref.No. SR_0001
- Dress code document – Ref.No. SR_0002
- Rock'n'Roll rules document – Ref.No. TR_0001
- Scoring the acrobatics in Rock'n'Roll Main Class Free Style document – Ref.No. TR_0002
- Scoring the acrobatics in Rock'n'Roll Main Class Contact Style document – Ref.No. TR_0003
- Scoring the dance document – Ref.No. TR_0004
- Acrobatic Rock'n'Roll Safety levels document – Ref.No. TR_0005
- Scoring formations document – Ref.No. TR_0006
- Acrobatic Rock'n'Roll elements code of points document – Ref.No. TR_0009
- Deductions at violations of regulations

The WRRC observers express their decisions using WRRC LPS software or by judging on paper if electronic judging is prevented:

For general rules WRRC Observer expresses his decision by awarding colored cards :

- Green card means no violation of rules
- Yellow card small violation and no deduction
- Red card big violation and deduction – must be confirmed

For Rock'n'Roll Main Class acrobatics the WRRC observers express their decision by confirming the value or deduction according to the rules.

The WRRC observers use a specific button to count the number of required group 1 elements e.g. basic steps in formations.

The WRRC observers use specific buttons to time of performance.

1.3 Limitations of responsibility

The WRRC observers are not responsible and/or authorized to supervise the judges on competitions.

The WRRC observers are not responsible and/or authorized to supervise the organizer of the competition.

In the event of violations observed, the WRRC observers notify them to the WRRC supervisor.

1.4 General behavior during tournament

The WRRC observers have to be present in competition hall at least two (2) hours before the event.

The WRRC observers must be available for consultations with dancers and trainers during the warm up time.

The WRRC observers are responsible to control the performance of couple(s) for which they were assigned.

The WRRC observers are responsible to take notes about all observed mistakes/non-rule compliance of couple.

The WRRC observers are responsible to fully explain the reason of a yellow/red card or any other deduction of points when such an explanation is requested by the dancers or coaches.

The WRRC observers are responsible to send a report to WRRC Sports Director latest 5 days after the event using the standardized form.

1.5 What to control

1.5.1 Dancing time/music

The WRRC observers have to follow the rules as set in Rock'n'Roll rules document – Ref.No. TR_0001 Chapter 1.

For couples, the stopwatch starts with the first movements and stops at final movement or final pose.

For formations, the stopwatch starts when music starts and stop it when the music ends.

1.5.2 Personal music in Final

The couples can only use WRRC Approved music or the music from Approved WRRC CDs.

WRRC Office prepares and distributes the music to the organizer. The couple/formation is not allowed to bring its own music directly to the DJ.

If there is no approved music, the couple/formation selects one from the WRRC playlist.

In case of the violation of this rule, the couple/formation gets a red card.

1.5.3 Dress code

The WRRC observers check the dress code of the competitors. If the costume is not appropriate related to the rules, the WRRC observers warn the couple with a yellow card. The couple has a chance to change the costume for the next round.

If the couple does not change the costume, the WRRC observers sanctions with a red card.

1.5.4 Accessories

The WRRC observers warn the couple using accessories which are not allowed by WRRC rules. The WRRC observers give card.

The WRRC observers have to refer to the valid Dress code document – Ref.No. SR_0002 – on the day of the competition to decide about the accessories and other special items.

1.5.5 How to control

The WRRC observers seat together with other judges in the middle of the stage.

They receive a special start list with:

- The detailed acrobatic program for concerned categories
- Existing yellow cards

They have to write down all remarks about performing couples.

If there are more than two couples on the floor, the WRRC observers supervise the couples and shall warn them if they perform out of the rules.

When the WRRC observers notice a violation of the rules, they give a card.

The round completed, the WRRC observers is available for explanation of the cards awarded.

2 Dance part

2.1 Limitation of dance figures

Rotations of more than 180° around the body's width or depth axis are not allowed.

Excluding the final pose, figures are allowed only if one partner can perform them alone or if there is permanent contact between the ground and at least one foot.

Any variant of solo walkover or cartwheel or any similar figure is allowed.

All kinds of drops are allowed even if a person can't do it alone providing that at least one foot is on the ground.

Any kind of lift is forbidden.

During the Final Pose any acrobatics is not allowed, but a couple can perform a lift or similar

- > Exception – in RR Children and RR Juveniles categories also the final pose must be inside the regulations from the beginning of the paragraph.

Following the limitations rules, the WRRC observers award a YELLOW/RED card in case of violations

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2.2 Obligatory elements GROUP 1 for couples/numbers of basic steps for formations

The WRRC Observers count the number of group 1 elements for couples.

The WRRC Observers count number of basic steps for formation.

They must strictly follow the requirement set in the rules and explanation of correct execution of the group 1 elements.

Following the limitation rules, the WRRC observers award a YELLOW/RED card in case of violations.

Basic step – elements from group 1

The basic step is counted if there is a grip on at least two of three kicks inside the figure

3 Acrobatics part

3.1 Juniors

3.1.1 Number of Acrobatic figures

The required number of acrobatic elements is 4. There is no restriction on the number of performed combinations and acrobatic element inside.

Everything outside the limitations of paragraph 2 is considered as acrobatics.

3.1.2 Combinations

DEFINITION:

- changing firm grip or constant grip during the acrobatic element
- landing on the floor between the acrobatic element
- repeating an acrobatic element twice.

EXCEPTION:

- teller, spiral («Kegel») – without any changing in between each repetition.

3.1.3 Limitation of allowed Acrobatic elements

The WRRC Observers follow the respect of Safety Level 3 rules during the performance of couples.

The detailed description and interpretation of limitation of figures are specified in Acrobatic Rock'n'Roll Safety levels document – Ref.No. TR_0005.

Following the limitation rules, the WRRC observers award a YELLOW/RED card in case of violations.

3.2 Couple Dance Show

3.2.1 Number of Acrobatic elements

The allowed number of acrobatic elements is 0 to 5.

Everything outside the limitation of paragraph 2 is considered as acrobatics.

3.2.2 Limitation of allowed Acrobatic figures

The WRRC Observers follow the respect of Safety Level 2 rules during the performance of couples.

The detailed description and interpretation of limitation of figures are specified in Acrobatic Rock'n'Roll Safety levels document – Ref.No. TR_0005.

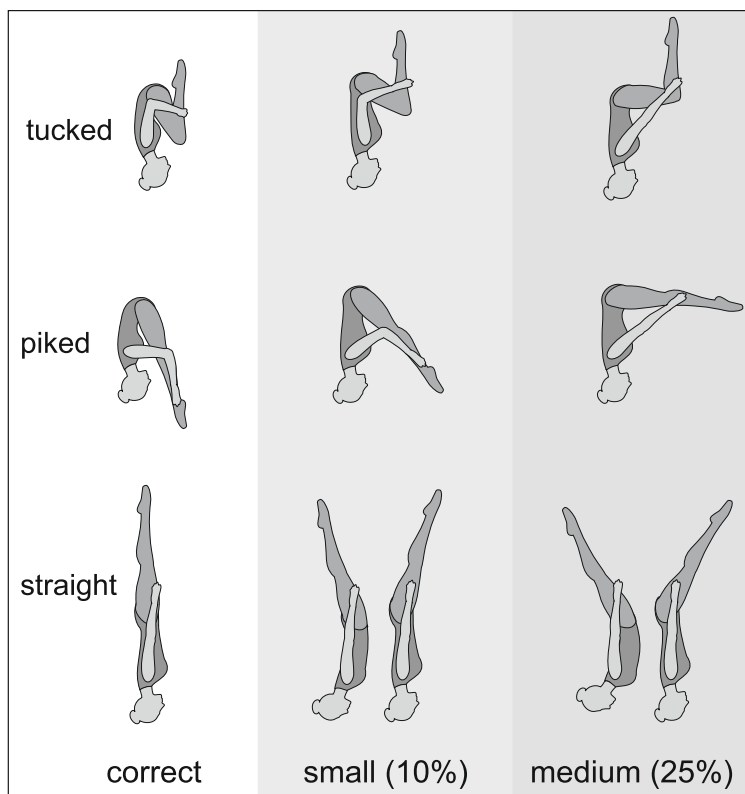
Following the limitations rules, the WRRC observers award a YELLOW/RED card in case of violations.

3.3 Main Class categories

3.3.1 Incorrect body positions

- Tucked* instead of piked = -1 pt (2 clicks " – " in the tablet)
- Piked* instead of straight = -1pt (2 clicks " – " in the tablet)
- Tucked* instead of straight = -2pts (4 clicks " – " in the tablet)
- Straight instead of piked if the final score would be more than maximum allowed in total – CARD!

* Tucked and piked body positions are specific in RR Main Class Free Style (MCFs) and RR Main Class Contact Style (MCCS) categories. The WRRC observers analyze the correct body position and control each tolerance of allowed angles



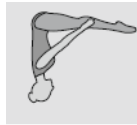
Following these drawings below from MCFS and applied tolerances for MCCS:

**MCFS Tucked
with 10% OF REDUCTION**



OK for MCCS

**MCFS Piked
with 25% OF REDUCTION**



OK for MCCS

**MCFS Straight
with 10% OF REDUCTION**



OK for MCCS

If the announced body position receives more than 25% of reduction following the allowed angles, the technical observer will apply a reduction of 1 point (Piked position instead of Straight position, Tucked position instead of Picked position)

Tucked instead of piked, and Tucked instead of straight

- When the dancer tilts her chest and bends her knees frontwards with a hip flexion, the body position is clearly TUCKED:
 - ➔ Tucked instead of Piked: -1 pt (2 clicks " – " in the tablet)
- When the dancer bends her knees rearwards without a hip flexion, the main part of the body position is straight: it's an execution error (strong bending from Acrobatics judges)
- When the dancer bends her knees rearwards with a hip flexion, the body position is considered as TUCKED:
 - ➔ Tucked instead of Straight: -2 pts (4 clicks " – " in the tablet)

3.3.2 NON-FLYING ACROBATIC ELEMENTS / ROTATIONS

The WRRC observers reduce to 0 (Zero) following these cases of incorrect execution stated below:

The couple performs 1 rotation or 2 rotations

- ➔ 100% of reduction, (Click on " X " in the tablet)
- ➔ Structural group is recognized by the WRRC observers

The couple performs 2+2 instead of 4 rotations

- ➔ 100% of reduction, (Click on " X " in the tablet)
- ➔ Structural group is recognized by the WRRC observers

The couple announced 3+3 in the same direction and performed 3+3 with change of direction

- ➔ -1 pt (2 clicks on " – " in the tablet)

The couple announced 3+3 in the same direction and performed only 3 rotations, or 3+2, or 3+1, or 2+3 or 1+3. The WRRC observers must give the new value of the acrobatics performed:

- 3x Shoulder ball rotations: 6 points (-4pts, 8 clicks on " – " in the tablet)
- ➔ 3x Dulaine rotations: 6 points (-4pts, 8 clicks on " – " in the tablet)
- 3x Tie rotations: 5 points (-5pts, 10 clicks on " – " in the tablet)

The couple announced 3+3 with change of direction and performed only 3 rotations, or 3+2, or 3+1, or 2+3 or 1+3. The WRRC observers must give the new value of the acrobatics performed:

- 3x Shoulder ball rotations: 6 points (-3pts, 6 clicks on " – " in the tablet)
- 3x Dulaine rotations: 6 points (-3pts, 6 clicks on " – " in the tablet)
- 3x Tie rotations: 5 points (-4pts, 8 clicks on " – " in the tablet)

The WRRC observers write with symbols the specific non-flying acrobatic elements during the performance to assign the correct values to the acrobatics performed.

3.3.3 REPETITIONS

An acrobatic element is reduced by the WRRC observers because of distinct incorrect body position (tucked, piked, straight), or incomplete technique.

The acrobatic element becomes a new one, with a new value.

In case of repetition of single element:

- ➔ 100% of reduction

In case of combination of acrobatics:

- ➔ 100% of reduction for the repeated acrobatic element
- ➔ Calculation of the new value of combination as below :
 - The repeated acrobatics is in second position
 - 100% of reduction
 - New value for the first acrobatics without extra bonus for specific landing
 - The repeated acrobatics is in third position
 - 100% of reduction
 - New value for the second acrobatics without extra bonus for landing
 - The repeated acrobatics is in first position
 - 100% of reduction
 - New value for the second one with the value of second board

In any case, the WRRC observers must follow these criteria.

3.3.4 Acrobatics with Twist within

- ➔ Backward somersault with 3/2 twist within instead of 2/1 twists within
 - ➔ -1 points (2 clicks on " – " in the tablet)
- ➔ Backward somersault with 1/1 twist within instead of 3/2 twist within
 - ➔ -1 points (2 clicks on " – " in the tablet)
- ➔ Forward somersault with 3/2 twist within instead of 2/1 twists within
 - ➔ -1 point (2 clicks on " – " in the tablet)
- ➔ Forward somersault with 1/1 twist within instead of 3/2 twist within
 - ➔ -1 point (2 clicks on " – " in the tablet)
- ➔

The observers will reduce the value of acrobatics with 5/2 twists and 3/1 twists within following these specific criteria:

INCOMPLETE TWISTS

- ➔ Backward somersault with 2/1 twists within instead of 5/2 twists within
- ➔ -2 points (4 clicks on " – " in the tablet)
- ➔ Backward somersault with 5/2 twists within instead of 3/1 twists within
- ➔ -2 points (4 clicks on " – " in the tablet)
- ➔ Forward somersault with 2/1 twists within instead of 5/2 twists within
- ➔ -2 points (4 clicks on " – " in the tablet)

3.3.5 GROUP 3 / DIVES / Main Class FREE STYLE

The dive is recognized with following specific criteria below:

- AIRBORNE PHASE
- FLYING PHASE
- LANDING

The WRRC observers reduce the value of dive if the announced body position is incorrect during FLYING PHASE as the same reductions stated below:

- Piked instead of straight
- ➔ -1 pt. (2 clicks on " – " in the tablet)
- Tucked instead of straight
- ➔ -2 pts (4 clicks on " – " in the tablet)

The observers reduce the value of dive following these situations:

- ➔ The dancer lands on the partner's back, the head down while the heels and legs are above the horizontal plane during the landing, **without exit between legs**:
- ➔ Value: 100% of reduction
- ➔ The WRRC observers recognize the structural group.

- ➔ The dancer lands on the partner's arms, with head up, heels and legs below the horizontal plane (no LANDING PHASE)
- ➔ 100% of reduction, NO STRUCTURAL GROUP (Click on " X " in the tablet)
- ➔ The WRRC observers assign card if the obligatory group requirement isn't fulfilled

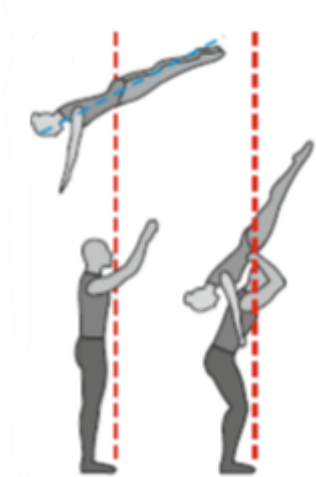
- ➔ The dancer lands on the partner's back, the head down while the heels and legs are above the horizontal plane during the landing, **falls down before** the exit between legs
- ➔ 100% of reduction, the STRUCTURAL GROUP 3 is recognized (Click on " X " in the tablet)
- ➔ -30 FALL

3.3.6 3/2 SOMERSAULT FORWARD / Main Class FREE STYLE

The 3/2 FRONT SOMERSAULT is recognized following the specific criteria described below:

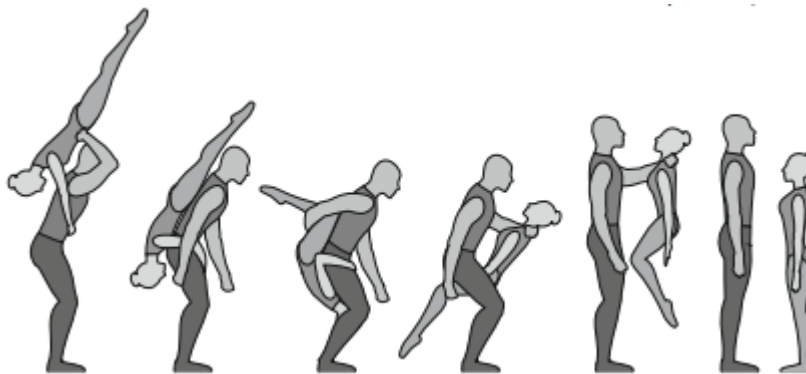
➔ FLYING PHASE of ACROBATICS

After the 3/2 forward somersault, the WRRC observers recognize the element as below, considering the phases of opening and landing connected.



➔ LANDING on partner

The WRRC observers evaluate the 3/2 forward somersault's ending as below.



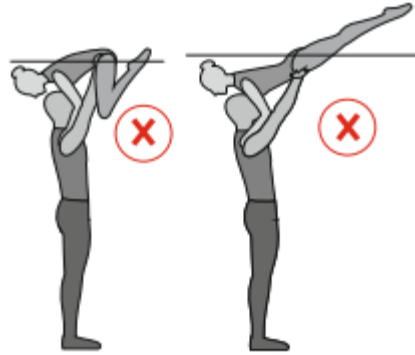
< Ending of 3/2 somersault >*

<Exit between legs till standing up position>**

*Ending of 3/2 somersault

The WRRC observers valid the 3/2 forward somersault when this ending is achieved.

EXTREME MISTAKES DURING OPENING AND LANDING



For both cases, the WRRC observers consider the 3/2 forward as unfinished.

The WRRC Observers reduce the value as below:

Announcement is 3/2 tucked somersault forward

Click on " – " in the tablet to achieve the new value of somersault

- **4 points (Front tucked)**
- If there is a repetition because of this, the WRRC Observers reduce the value to 0pt

Announcement is 3/2 piked somersault forward

Click on " – " in the tablet to achieve the new value of somersault

- **5 points (Front piked)**
- If there is a repetition because of this, the WRRC Observers reduce the value to 0pt

Announcement is 1/2 turn 3/2 tucked somersault forward 1/2 turn of dancer

Click on " – " in the tablet to achieve the new value of somersault

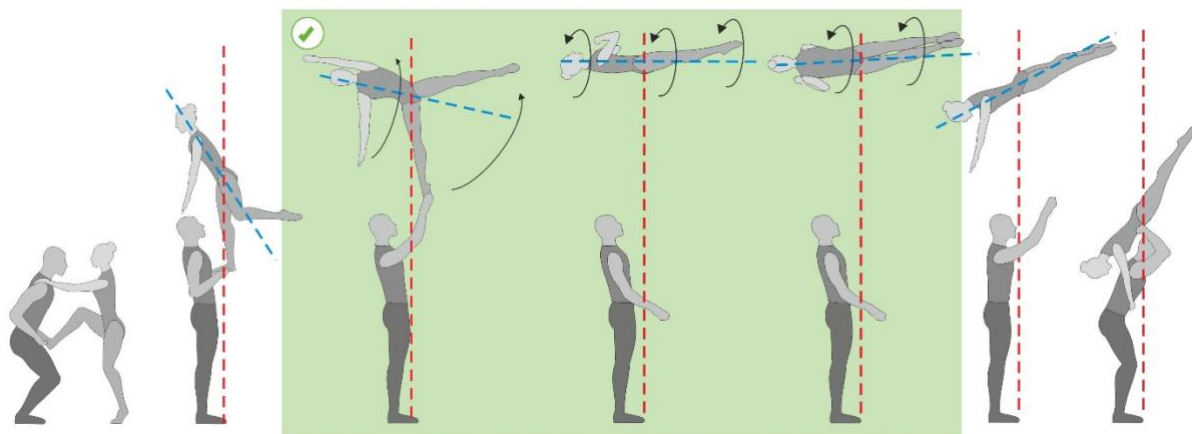
- ➔ **6 points (1/2 turn Front tucked)**
- ➔ If there is a repetition because of this, the WRRC Observers reduce the value to 0pt

3.3.7 SPECIFIC REQUIREMENTS FOR LESLIE DIVE / Main Class FREE STYLE

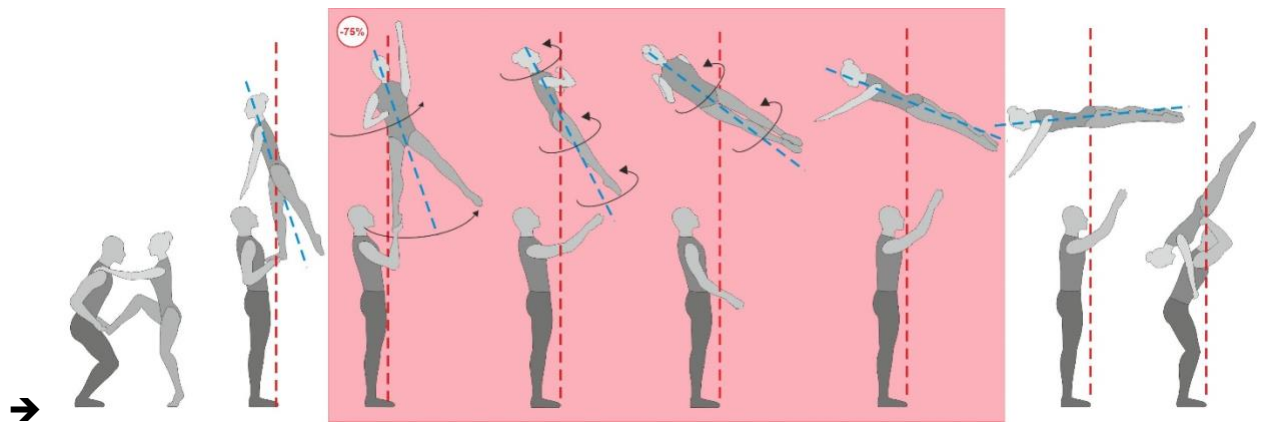
AIRBORNE PHASE

FLYING PHASE 1/1 TWIST WITHIN

LANDING



- ➔ The full twist within must be performed during the flying phase, with a straight body position.



→ - Not the job of the observers to evaluate the technical performance, it is the job of the Judges: reduction of 75%!

4 Non-sportive behavior

Leaving the floor before the end of music

- Not applicable in case of injured
- Any other reason: disqualified – SUPERVISOR'S DECISION!
- Card from the WRRC Observers if the program was not long enough

If the couple doesn't follow the limitation rules, the SUPERVISOR is responsible to award him a YELLOW/RED or BLACK card depending of the round of the competition.

5 Filling out the Observer sheet

Junior Acrobatics

- H Limitation of height
- F Flying (no grip)
- SL Limitation of figures = forbidden acro

Other criteria:

- Violations must be described (e.g. dancing 1:25, music speed 54 t/min...)
- Following the violation, the appropriate sign for the card must be written in corresponding line

Observer's decision:

- The sign for one of the cards must be written
- If there is no violation - > **G – green card**
- Only one Y violation - > **Y – yellow card**
- More than one Y violation - > **R – red card**
- At least one R violation - > **R – red card**

6 Cards for specific violations

The cards for first (1) violations are described. Mostly for the first violation a yellow card is shown.

A further yellow card during the same tournament means deduction of points for the round in which the second yellow card was shown, even if the reason for the second yellow card is a different one.

For some bigger violations of the rules and for finals sometimes also first violation means a red card. If a competitor already has an active yellow card, it is not deleted when the second card is red.




























If Yellow card was given in one of the previous rounds, there will be a remark on the observer's sheet in the upper left corner, and the button for the yellow card will be hidden.












TABLE OF CARD REASONS IN LPS PROGRAM:

CODE	DESCRIPTION	DISCIPLINE
RRE1	Dancing time	Rock'n'Roll
RRE2	Dress Code	Rock'n'Roll
RRE3	Accessories	Rock'n'Roll
RRE13	Face or body painting	Rock'n'Roll
RRE5	Violation of safety level	Rock'n'Roll
RRE4	Acro in FW	Rock'n'Roll
RRE6	Lift in FW	Rock'n'Roll
RRE7	End pose	Rock'n'Roll
RRE8	To many acros	Rock'n'Roll
RRE9	To many acro combinations	Rock'n'Roll
RRE10	Missing acro group	Rock'n'Roll
RRE12	Dance group 1 - not enough	Rock'n'Roll
RRE11	Not appearing on the floor	Rock'n'Roll

7 Acrobatic elements Symbolic writing

The WRRC observers must be able to evaluate the performance using the symbolic writing stated below.

DESCRIPTION	SYMBOLIC	DESCRIPTION	SYMBOLIC	DESCRIPTION	SYMBOLIC
Front somersault		on the waist		Piked	
Back somersault		On the shoulders		Straight	
3/2 Front somersault		Sitting in the arms		Same direction	
3/2 Back somersault		To handstand		Change of direction	
Double Front		Deviation of allowed angles		FALL	
Double back		Staff		Step / Hop	
1/2 twist		Bettarini		Rolling Forward	
1/1 twist		Tessarini		Landing on the arms, legs apart	
3/2 twist		Dulain		Landing on the chest	

DESCRIPTION	SYMBOLIC	DESCRIPTION	SYMBOLIC	DESCRIPTION	SYMBOLIC
2/1 twist		Shoulderball	SB	LESLIE	
Tucked body DIVE		Tie	TI	Straight body DIVE	
AIRBORNE PHASE		Berliner	BR	Piked body DIVE	
LANDING PHASE		Belt	BE	GUSAROVA	
Exit between partner's legs		Half somersault /dive		Rolling backward	

Example with symbolic writing

FIRST ACROBATICS = COMBINATION





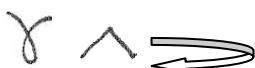





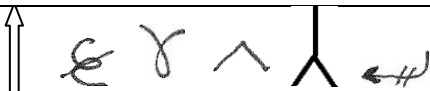





Front TUCKED with 1/2 twist landing on the waist














Front straight

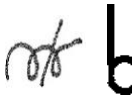
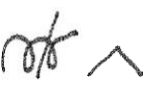










$$4 + 2 + 1 = 7 + 2$$


VALUE = 9 points













ACROBATIC ELEMENTS FORWARD	SYMBOLIC WRITING
front tucked	
front piked	
front straight	
front tucked reversed	
front piked reversed	
front straight reversed	
1/2 turn front tucked	
1/2 turn front piked	
1/2 turn front straight	
1/2 turn front tucked, landing on the arms, exit between the legs behind the partner	
1/2 turn front piked, landing on the arms, exit between the legs behind the partner	
1/2 turn front straight, landing on the arms, exit between the legs behind the partner	
1/2 turn front tucked with 1/2 twist	
1/2 turn front piked with 1/2 twist	














ACROBATIC ELEMENTS FORWARD	SYMBOLIC WRITING
1/2 turn front straight with 1/2 twist within	↑ ε γ - ε
1/2 turn front tucked with 1/1 twist within	↑ ε γ ε
1/2 turn front piked with 1/1 twist within	↑ ε γ ^ ε
1/2 turn front straight with 1/1 twist within	↑ ε γ - ε
1/2 turn front tucked with 1/1 twist, landing on the arms, exit between the legs behind the partner	↑ ε γ ε ← #
1/2 turn front piked with 1/1 twist, landing on the arms, exit between the legs behind the partner	↑ ε γ ^ ε ← #
1/2 turn front straight with 1/1 twist within, landing on the arms, exit between the legs behind the partner	↑ ε γ - ε ← #
1/2 turn 3/2 front tucked landing on chest	↑ ε π t
1/2 turn 3/2 front piked landing on chest	↑ ε π t
1/2 turn 3/2 front tucked, landing on back, exit between legs (only from Bettarini)	B ↑ ε π t ← #
1/2 turn 3/2 front tucked, 1/2 turn of the standing partner, landing on back, exit between the legs - KOZLOVA	↑ ε π t ↓ ε ← #
front tucked with 1/2 twist	γ ε
front piked with 1/2 twist	γ ^ ε



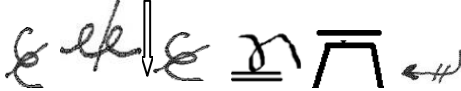
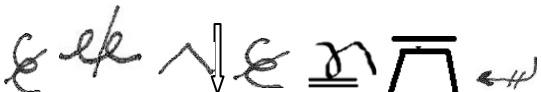









ACROBATIC ELEMENTS FORWARD	SYMBOLIC WRITING
front straight with 1/2 twist within	
front tucked with 1/1 twist	
front piked with 1/1 twist	
front straight with 1/1 twist within	
front tucked with 1/1 twist, landing on the arms, exit between the legs	
front piked with 1/1 twist, landing on the arms, exit between the legs	
front straight with 1/1 twist within, landing on the arms, exit between the legs	
front tucked with 3/2 twist	
front piked with 3/2 twist	
front straight with 3/2 twist within	
front tucked with 2 twists	
front piked with 2 twists	
front straight with 2 twists within	

ACROBATIC ELEMENTS FORWARD	SYMBOLIC WRITING
3/2 front tucked landing on chest	
3/2 front piked landing on chest	
3/2 front straight landing on chest	
3/2 front tucked landing on back, exit between the legs	
3/2 front piked landing on back, exit between the legs	
3/2 front straight landing on back, exit between the legs – IVAN-OLGA	
3/2 front tucked with 1/1 twist within	
double front tucked	
double front piked	
1/2 turn double front tucked	
front tucked, landing in the arms, exit with forward dive	
front piked, landing in the arms, exit with forward dive	

ACROBATIC ELEMENTS FORWARD	SYMBOLIC WRITING
front straight, landing in the arms, exit with forward dive	






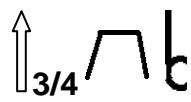







ACROBATIC ELEMENTS BACKWARD	SYMBOLIC WRITING
back tucked	
back piked	
back straight	
back tucked with 1/2 twist	
back piked with 1/2 twist	
back straight with 1/2 twist within	
back tucked with 1/1 twist	
back piked with 1/1 twist	
back straight with 1/1 twist within	
back tucked with 3/2 twist	
back straight with 3/2 twist within	
back tucked with 2 twists	











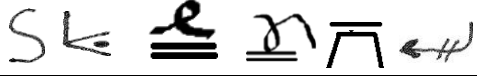
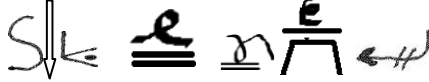
ACROBATIC ELEMENTS BACKWARD	SYMBOLIC WRITING
back straight with 2 twists within	
auerbach tucked	
auerbach piked	
auerbach straight	
auerbach tucked, landing on the arms, exit between partner's legs	
auerbach piked, landing on the arms, exit between partner's legs	
auerbach straight, landing on the arms, exit between partner's legs	
auerbach tucked with 1/1 twist	
auerbach straight with 1/1 twist within	
3/2 back tucked	
3/2 back piked	
3/2 back straight	
From Bettarini, 3/2 back tucked, half turn of the standing partner during flying phase	






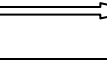
ACROBATIC ELEMENTS BACKWARD	SYMBOLIC WRITING
From Bettarini, 3/2 back piked, half turn of the standing partner during flying phase	
From Bettarini, 3/2 back straight, half turn of the standing partner during flying phase	
From Bettarini, 3/2 back tucked, half turn of the standing partner during flying phase + rolling to dive	
From Bettarini, 3/2 back piked, half turn of the standing partner during flying phase + rolling to dive	
1/2 turn, back tucked	
1/2 turn, back piked	
1/2 turn, back straight	
1/2 turn, 3/2 back tucked	
1/2 turn, 3/2 back piked	
1/2 turn, 3/2 back straight	
3/2 back tucked with 1/1 twist	
3/2 back straight with 1/1 twist within - JACEK-ANNA	
3/2 auerbach tucked, landing on partner back, exit between the legs	

ACROBATIC ELEMENTS BACKWARD	SYMBOLIC WRITING
3/2 back tucked + rolling to dive	
3/2 back piked + rolling to dive	
3/2 back straight + rolling to dive	
3/2 back tucked + rolling to dive with 1/1 twist within dive	
3/2 back piked + rolling to dive with 1/1 twist within dive	
3/2 back straight + rolling to dive with 1/1 twist within dive	
double back tucked	
From Bettarini, double back tucked	
double back piked	
double auerbach tucked	
double auerbach piked	

ACROBATIC ELEMENTS - DIVES	SYMBOLIC WRITING
front dive tucked, landing on the partner's chest	

ACROBATIC ELEMENTS - DIVES	SYMBOLIC WRITING
front dive piked, landing on the partner's chest	
front dive straight, landing on the partner's chest	
dive tucked landing on the partner's back, exit between legs	
dive piked landing on the partner's back, exit between legs	
dive straight landing on the partner's back, exit between legs	
3/4 turn front dive with tucked body during the flying, landing on the partner's chest	
3/4 turn dive with tucked body during the flying, landing on the partner's back, exit between legs - MIGUEL-DOROTHEE	
1/2 turn and front dive with tucked body during the flying, landing on the partner's chest	
1/2 turn and front dive with piked body during the flying, landing on the partner's chest	
1/2 turn front dive with straight body during the flying, landing on the partner's chest	
1/2 turn and dive with tucked body during the flying, landing on the partner's back, exit between legs	
1/2 turn and dive with piked body during the flying, landing on the partner's back, exit between legs	
1/2 turn dive with straight body during the flying, landing on the partner's back, exit between legs	

ACROBATIC ELEMENTS - DIVES	SYMBOLIC WRITING
1/2 turn dive with tucked body during the flying and 1/2 turn for the partner before the landing	
1/2 turn dive with piked body during the flying and 1/2 turn for the partner before the landing	
1/2 turn dive with straight body during the flying and 1/2 turn for the partner before the landing	
1/2 turn during Bettarini and 1/1 twist within straight dive, landing on the partner's back, exit between legs	
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	
front dive with 1/1 twist within straight dive, landing on the partner's chest	
1/1 twist within straight dive, landing on the partner's back, exit between legs - LESLIE	
2/1 twist within straight dive, landing on the partner's back, exit between legs - GUSAROVA	
half auerbach to dive, body tucked during the flying	
half auerbach to dive, body piked during the flying - LUDWIG	
staff, landing shoulders (sitting) roll backwards to the ground and unroll to dive with flying phase, straight body	
staff, landing shoulders (sitting) roll backwards to the ground and unroll to dive with flying phase, 1/1 twist within straight dive	

NON FLYING ACROBATIC ELEMENTS - ROTATIONS	SYMBOLIC WRITING
Dulaine 3 rotations	DU x 3
Dulaine 4 rotations	DU x 4
shoulderball 3 rotations	SB x 3
shoulderball 4 rotations	SB x 4
inversed shoulderball 3 rotations	 SB x 3
inversed shoulderball 4 rotations	 SB x 4
tie 3 rotations	TI x 3
tie 4 rotations	TI x 4
inversed tie 3 rotations	 TI x 3
inversed tie 4 rotations	 TI x 4
lateral tie 3 rotations	LTI x 3
lateral tie 4 rotations	LTI x 4
rotation combination 3+3 with change of direction	3+3 
rotation combination 3+3 in same direction	3+3 
Berliner 3 rotations	BR x 3
Berliner 4 rotations	BR x 4

NON FLYING ACROBATIC ELEMENTS - ROTATIONS	SYMBOLIC WRITING
Belt 3 rotations	BE x 3
Belt 4 rotations	BE x 4



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