



Technical Rules

ROCK'N'ROLL RULES

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Visa :

on behalf of WRRC Presidium
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Version	Description of modifications
1.1	Rewritten version
1.2	Modifications according to WRRRC Sport Commission proposals and approved by WRRRC Presidium meeting as written in the <u>PM minutes</u> .
1.3	2.2.1.7.3 : Twist before the double somersault is also allowed from the shoulders (Bettarini), and only for double front tucked somersault.
1.4	<p>§5.1.3.1 A number of (4) acrobatic elements are obligatory from six (6) possible groups. ...</p> <p>§5.1.3.1.2 From qualification to ¼ final rounds, it is not compulsory to perform 4 acrobatics elements from 4 different acrobatic groups in a program.</p> <p>§5.1.3.1.3 Four (4) different obligatory acrobatic groups must be performed in each program for ½ final and final rounds. This requirement will be controlled by observers.</p>
1.5	<p>§1.3 : Main Class Quattro Formation information added in the table of categories</p> <p>§1.5 : Definition of Dance movements added</p> <p>§2.1.1.7 In the semi-finals and finals couples are not allowed to make more than two double somersaults, regardless of the body axes.</p> <p>§2.1.1.7.4 Couples are not allowed to make two double somersaults from the same structural group in , one backward and one forward in one round (forward (1), backward (2), other(6)).</p> <p>§6. : Dancers who dance in category Main Class Formation can't dance in Main Class Quattro Formation and vice versa in the same year.</p> <p>§6.1: Main Class Quattro Formations rules added</p> <p>§6.2.1.1 WRRRC Safety Level 0 and 1 must be adhered to. Safety level 1 will be valued with 50% of the initial value in MC Contact Style acrobatic catalogue</p> <p>§6.2.1.2 A minimum of 10 complete basic steps must be danced. All participants have to perform the complete basic steps with contact at the same time.</p> <p>§6.3.1.2 A minimum of 10 complete basic steps must be danced. All participants have to perform the complete basic steps with contact at the same time.</p>
1.6	Small Girls & Ladies formations regulations added & clarification of definition of acrobatics
1.7	<p>1.3 Table of categories: Table updated</p> <p>1.4.1: Multiple changes between the age groups within one year are not allowed. & Table updated</p> <p>1.4.2: Duration of dance</p> <p>1.4.2.1 For couples and Small Formations, the duration of dance starts with the first move of one of the dancers and ends with the “end pose”.</p> <p>1.4.3 Music: Please refer to document TR_0010_<last version> - Music guidelines for RR competitions or Boogie Woogie NJS – Music Theory</p>
1.8	<p>§2 : RR MAIN CLASS FREE STYLE</p> <p>2.1.1.3.5 <i>There will be no points deducted for not danced acrobatic figure groups for all rounds leading up to and including <u>quarter-final</u> round.</i></p> <p>§3 : RR MAIN CLASS CONTACT STYLE</p> <p>3.1.1.3.6 <i>There will be no points deducted for not danced acrobatic figure groups for all rounds leading up to and including <u>quarter-final</u> round.</i></p> <p>§5 : RR CHILDREN, JUVENILES & JUNIORS</p> <p>5.1.3.1 <i>A number of (4) acrobatic elements are obligatory from six (6) possible groups. <u>No restriction on the number of performed combination and acrobatic elements inside one combination.</u></i></p>

1.8 | Removal of obligatory acrobatic groups

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1 INTRODUCTION

1.1 In all items, not regulated separately in the following, the appropriate conditions stipulated by the WRRRC especially in the Tournament Rules shall be applicable.

1.2 “Jump-Step” is danced to Rock ‘n’ Roll dance music.

1.3 Table of categories

The age of a competitor, for the purpose of determining their age category for competition, is calculated as the year of birth subtracted from the year of competition.

Age = (Year of competition) – (Year of birth)

	Age	Safety Level	Maximal Intro-time	Duration of dancing and music in finals of Girls and Ladies formations	Duration of dancing	Speed of music (bars/min)	min. number of DG1	Number of acrobatic figures	Number of participants	Maximum number of substitute dancers to announce in a competition	Duration of rehearsal time
Children	8-11	SL5	15 sec.		1:00 - 1:15	47-48	4	0	couple	0	
Juveniles	10-14	SL4	15 sec.		1:30-1:45	48 -49	6	Max. 2	couple		
Juniors	12-17	SL3	15 sec.		1:30-1:45	48 -49	6	4	couple	0	
Main Class Contact Style	min. 14	SL1	15 sec		1:30-1:45 up to 1/4F 1:45-2:00 in 1/2F & F	48-50	6	5 up to 1/4F 6 in 1/2F & F	couple	0	
Main Class Free Style	min. 15	SL0	15 sec		1:30-1:45 up to 1/4F 1:45-2:00 in 1/2F & F	48-50	6	5 up to 1/4F 6 in 1/2F & F	couple	0	
Main Classes final Footwork		SL5	15 sec		1:00–1:15	50-52	4	0	couple	0	
Rock’n’Roll Couple-Dance Show	min. 14	SL2	15 sec		1:30-1:45	48-52	6	max. 5	couple	0	
Small Girls Formations	8-15	SL3	15 sec		1:30-1:45	48-52	6	max. 4	4-7 girls	1	
Small Ladies Formations	min. 14	SL2	15 sec		1:30-1:45	48-52	6	max. 4	4-7 girls	1	
Girls Formations	8-15	SL3	30 sec	2:15-2:30	1:30-1:45	48-52	6 up to 1/2F 10 in Final	max. 2	8-12 girls	2	3:45
Ladies Formations	min. 14	SL2	30 sec	2:15-2:30	1:30-1:45	48-52	6 up to 1/2F 10 in Final	max. 5	8-16 girls	2	3:45

	Age	Safety Level	Maximal Intro-time	Duration of dancing and music in finals of Girls and Ladies formations	Duration of dancing	Speed of music (bars/min)	min. number of DG1	Number of acrobatic figures	Number of participants	Maximum number of substitute dancers to announce in a competition	Duration of rehearsal time
Formations Juniors	11-17 (max.2 dancers max 19)	SL3	30 sec		2:15-2:30	48-52	10	max. 4	4-6 couples	2	3:45
Form. MC Quattro	min. 14	SL1	30 sec		2:15-2:30	48-52	8	6	4 couples	2	3:45
Form. Main Class	min. 15	SL0	30 sec		2:45-3:00	48-52	10	max. 8	4-6 couples	2	3:45

1.4 ROCK'N' ROLL TOURNAMENTS

1.4.1 A couple is not allowed to compete in more than one age group.

Multiple changes between the age groups within one year are not allowed.

	RR Children max. 11	RR Juveniles 10-14	RR Juniors 12-17	RR CDS min. 14	RR MCCS min. 14	RR MCFS min. 15	Small Girls Formation 8-15	Small Ladies Formation min.14	Girls Formation 8-15	Ladies Formation min.14	Juniors Formation 11-17	Formation Main Class Quattro min. 14	Formation Main Class min. 15
RR Children max. 11													
RR Juveniles 10-14							or	or	or	or			
RR Juniors 12-17				or					or	or			
RR CDS min. 14			or		or	or			or	or			
RR MCCS min. 14				or			or	or	or	or			
RR MCFS min. 15				or			or	or	or	or			
Small Girls Formation 8-15								Switch only once					
Small Ladies Formation min.14							Switch only once						

	RR Children max. 11	RR Juveniles 10-14	RR Juniors 12-17	RR CDS min. 14	RR MCCS min. 14	RR MCFS min. 15	Small Girls Formation 8-15	Small Ladies Formation min.14	Girls Formation 8-15	Ladies Formation min.14	Juniors Formation 11-17	Formation Main Class Quattro min. 14	Formation Main Class min. 15
Girls Formation 8-15	or	or	or	or	or	or				Switch only once			
Ladies Formation min.14		or	or	or	or	or			Switch only once				
Juniors Formation 11-17	or	or	or		or	or	or	or	or	or			
Formation Main Class Quattro min. 14		or	or		or	or	or	or	or	or			
Formation Main Class min. 15			or		or	or	or	or	or	or			

1.4.2 Duration of dance

1.4.2.1 For couples and Small Formations, the duration of dance starts with the first move of one of the dancers and ends with the “end pose”.

1.4.2.2 For formations the duration of dance starts and ends with the music.

1.4.3 Music

Please refer to document TR_0010_<last version> - Music guidelines for RR competitions
or Boogie Woogie NJS – Music Theory

1.5 DEFINITIONS

1.5.1 Dance

1.5.1.1 All movements must be performed within Safety Level 5.

1.5.2 Acrobatics

1.5.2.1 Is considered as acrobatics, any figure without contact with the floor requiring the assistance or the permanent support or not of one of the partners, even if it is not listed in the acrobatics catalogues.

1.5.2.2 Acrobatics begins when one of the partners is no longer in contact with the ground and ends when the same partner regains contact with the ground.

1.5.3 Acrobatic figures

1.5.3.1 Everything performed with the help of a partner (or partners) or in constant contact. Solo gymnastics elements (e.g. cartwheel, handsprings, walkover, etc.) without any contact from partners are not counted as acrobatic figures. All details are written in Safety Levels document.

1.5.3.2 An acrobatic figure must be adhered to Safety Level according to the restrictions of the category.

1.5.4 Final pose

1.5.4.1 *The final pose is the very last movement made by the last person in motion of the couple or formation.*

1.5.4.2 *Final pose is an extra element. It is not counted as one of the acrobatic figures if the lifted partner doesn't touch the floor between the lift and the final pose with any part of the body.*

1.5.4.3 *Final pose is not counted as one of the obligatory acrobatic figures.*

1.5.4.4 *Final pose is limited to the figures allowed in the category concerned.*

2 RR MAIN CLASS FREE STYLE

TOURNAMENT ENTRY QUALIFICATION AND RESTRICTIONS

2.1 TOURNAMENT RESTRICTIONS

2.1.1 ACROBATIC ROUNDS – RESTRICTIONS

2.1.1.1 *WRRC Safety Level 0 must be adhered to.*

2.1.1.2 *In Acrobatic-Rounds a minimum of 6 couple dance elements (contact) performed with complete basic steps (Group 1) must be danced by both partners at the same time.*

2.1.1.3 *One element from each of the following acrobatic elements groups must be performed:*

2.1.1.3.1 *Forward somersault*

2.1.1.3.2 *Backward somersault*

2.1.1.3.3 *Dive*

2.1.1.3.4 *Non-flying acrobatic elements with rotations around the body Detailed descriptions see in the document "Scoring Main Class"*

2.1.1.3.5 *There will be no points deducted for not danced acrobatic figure groups for all rounds leading up to and including **quarter-final** round.*

2.1.1.4 *In rounds preceding the semi-finals, couples are not allowed to perform:*

2.1.1.4.1 *Individual acrobatic elements with a value higher than G – 10 points*

2.1.1.4.2 *Regardless of value, elements with two free rotations around the body lateral axis (double somersault).*

2.1.1.5 *In rounds preceding the semi-finals, couples are not allowed to make more than two free rotations (somersault) with additional rotation around their body longitudinal axis ("twist within") in two separate acrobatic elements.*

2.1.1.6 *In semi-finals and finals, couples are not allowed to make more than three free rotations (somersault) with additional rotation around their body longitudinal axis ("twist within") in three separate acrobatic elements.*

2.1.1.7 *In the semi-finals and finals couples are not allowed to make more than two double somersaults, regardless of body axis.*

2.1.1.7.1 *The double somersault must not be performed in combination with other acrobatic figure elements or acrobatic entry or exit figures.*

2.1.1.7.2 *Entry for the double somersault is allowed only from the hands (staff) or from the shoulders (Bettarini).*

2.1.1.7.3 *Twist before the double somersault is only allowed from the hand (staff) or from the shoulders (Bettarini), and only for double front tucked somersault.*

2.1.1.7.4 *Couples are not allowed to make more than two double somersaults from the same structural group in one round (forward (1), backward (2), other (6)).*

2.1.2 FINAL FOOT-TECHNIQUE ROUND – RESTRICTION ON FIGURES:

2.1.2.1 *WRRC Safety Level 5 must be adhered to.*

2.1.2.2 *Rotations of more than 180° around the body's lateral or sagittal axis are not allowed.*

2.1.2.3 *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.*

2.1.2.4 *In Foot-Technique-Round a minimum of 4 couple (contact) dance elements performed with complete basic steps (Group 1) must be danced by both partners at the same time.*

3 RR MAIN CLASS CONTACT STYLE

TOURNAMENT ENTRY QUALIFICATION AND RESTRICTIONS

3.1 TOURNAMENT RESTRICTIONS

3.1.1 ACROBATIC ROUNDS – RESTRICTIONS

3.1.1.1 *WRRRC Safety Level 1 must be adhered to.*

3.1.1.2 *In Acrobatic-Rounds a minimum of 6 couple (contact) dance elements performed with complete basic steps (Group 1) must be danced by both partners at the same time.*

3.1.1.3 *One element from each of the following acrobatic elements groups must be performed:*

3.1.1.3.1 *Forward somersault*

3.1.1.3.2 *Backward somersault*

3.1.1.3.3 *Dive*

3.1.1.3.4 *Non-flying acrobatic elements with rotations around the body*

3.1.1.3.5 *Detailed descriptions see in the document “Scoring Main Class Contact Style”*

3.1.1.3.6 *There will be no points deducted for not danced acrobatic figure groups for all rounds leading up to and including **quarter-final** round.*

3.1.1.4 *In rounds preceding the semi-finals, couples are not allowed to perform individual acrobatic elements with a value higher than G – 10 points*

3.1.1.5 *In rounds preceding the semi-finals, couples are not allowed to make more than two elements with additional rotation around their body longitudinal axis (“twist within”) in two separate acrobatic elements. (up to maximum 1/1 twist within).*

3.1.1.6 *In semi-finals and finals, couples are not allowed to make more than three elements with additional rotation around their body longitudinal axis (“twist within”) in two separate acrobatic elements (up to maximum 1/1 twist within).*

3.1.2 FOOT TECHNIQUE ROUNDS– RESTRICTION ON FIGURES

3.1.2.1 *WRRRC Safety Level 5 must be adhered to.*

3.1.2.2 *Rotations of more than 180° around the body’s lateral or sagittal axis are not allowed.*

3.1.2.3 *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.*

3.1.2.4 *In Foot-Technique-Rounds a minimum of 4 couple (contact) dance elements performed with complete basic steps (Group 1) must be danced by both partners at the same time.*

4 RR COUPLE-DANCE SHOW

4.1 TOURNAMENT RESTRICTIONS

4.1.1 RR COUPLE DANCE SHOW RESTRICTIONS

4.1.1.1 *WRRRC Safety Level 2 must be adhered to.*

4.1.1.2 *A maximum of five (5) acrobatic figures may be performed in all rounds (0-5). Number of combinations is not restricted.*

4.1.1.3 *In all rounds a minimum of 6 couple dance elements (contact) performed with complete basic steps (Group 1) must be danced by both partners at the same time.*

5 RR CHILDREN, JUVENILES AND JUNIORS

5.1 TOURNAMENT RESTRICTIONS

5.1.1 RR CHILDREN CATEGORY – RESTRICTIONS

5.1.1.1 *WRRRC Safety Level 5 must be adhered to.*

5.1.1.2 *Figures are allowed only if one partner can perform them alone or if there is permanent contact between at least one foot and the ground and the acrobatic element or its variations are not presented in Safety level 3 document.*

5.1.1.3 *A minimum of 4 couple dance elements (contact) performed with complete basic steps (Group1) must be danced by both partners at the same time.*

5.1.2 RR JUVENILES CATEGORY – RESTRICTIONS

5.1.2.1 *A maximum of two (2) acrobatic elements may be performed in all rounds (0-2) from two possible groups according to Safety Level 4 (SL4), counted as dance figures.*

5.1.2.2 *Acrobatic requirements:*

5.1.2.2.1 *WRRRC Safety Level 4 must be adhered to.*

5.1.2.3 *A minimum of 6 couple dance elements (contact) performed with complete basic steps (Group1) must be danced by both partners at the same time.*

5.1.3 RR JUNIORS CATEGORY – RESTRICTIONS

5.1.3.1 *A number of (4) acrobatic elements are obligatory from six (6) possible groups. No restriction on the number of performed combination and acrobatic elements inside one combination.*

5.1.3.1.1 *WRRRC Safety Level 3 must be adhered to.*

5.1.3.2 *A minimum of 6 couple dance elements (contact) performed with complete basic steps (Group1) must be danced by both partners at the same time.*

6 FORMATIONS (COUPLES)

Dancers who dance in category Main Class Formation can't dance in Main Class Quattro Formation and vice versa in the same year.

6.1 FORMATION MAIN-CLASS QUATTRO

TOURNAMENT ENTRY QUALIFICATION AND RESTRICTIONS

6.1.1 TOURNAMENT RESTRICTIONS

6.1.1.1 *WRRRC Safety Level 1 must be adhered to.*

6.1.1.2 *A minimum of 8 couple complete basic steps must be danced. All participants have to perform the complete basic steps with contact at the same time.*

6.2 FORMATION MAIN-CLASS

TOURNAMENT ENTRY QUALIFICATION AND RESTRICTIONS

6.2.1 TOURNAMENT RESTRICTIONS

6.2.1.1 *WRRRC Safety Level 0 and 1 must be adhered to. Safety level 1 elements will be valued with 50% of the initial value in Main Class Contact Style acrobatic catalogue.*

6.2.1.2 *A minimum of 10 couple complete basic steps must be danced. All participants have to perform the complete basic steps with contact at the same time.*

6.3 JUNIORS FORMATION

TOURNAMENT ENTRY QUALIFICATION AND RESTRICTIONS

6.3.1 TOURNAMENT RESTRICTIONS

6.3.1.1 *WRRRC Safety Level 3 must be adhered to.*

6.3.1.2 *A minimum of 10 complete basic steps must be danced. All participants have to perform the complete basic steps with contact at the same time.*

7 GIRLS AND LADIES FORMATIONS

If the athletes dance in the «Small Girls Formation » or «Small Ladies Formation » category, then they don't have the opportunity to dance in « Girls Formation » and/or « Ladies Formation » categories.

It is possible to change category for «Small Girls Formation » or «Small Ladies Formation » and contrariwise only once a year.

7.1 SMALL LADIES FORMATION

7.1.1 TOURNAMENT RESTRICTIONS

7.1.1.1 *WRRRC Safety Level 2 must be adhered to.*

7.1.1.2 *In all rounds, a minimum of 6 complete basic steps must be danced. All participants have to perform the complete basic steps at the same time.*

7.2 SMALL GIRLS FORMATION

7.2.1 TOURNAMENT RESTRICTIONS

7.2.1.1 *WRRRC Safety Level 3 must be adhered to.*

7.2.1.2 *In all rounds, a minimum of 6 complete basic steps must be danced. All participants have to perform the complete basic steps at the same time.*

7.3 LADIES FORMATION

7.3.1 TOURNAMENT RESTRICTIONS

7.3.1.1 *WRRRC Safety Level 2 must be adhered to.*

7.3.1.2 *In the final-round a minimum of 10 and in all other rounds a minimum of 6 complete basic steps must be danced. All participants have to perform the complete basic steps at the same time.*

7.4 GIRLS FORMATION

7.4.1 TOURNAMENT RESTRICTIONS

7.4.1.1 *WRRRC Safety Level 3 must be adhered to.*

7.4.1.2 *In the final-round a minimum of 10 and in the other rounds a minimum of 6 complete basic steps must be danced. All participants have to perform the complete basic steps at the same time.*



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