



Technical Rules

SCORING THE ACROBATICS IN RR MAIN CLASS FREE STYLE

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Visa:

A handwritten signature in black ink, appearing to read 'Patrice DE LA TORRE', is written over a horizontal line.

on behalf of WRRC Presidium
Mr. Patrice DE LA TORRE
WRRC VP Legal Affairs

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Version	Description of modifications
1.0	<p>Original version &</p> <ul style="list-style-type: none"> • § 2.4: <i>Modification of landings bonus</i> • § 5: <i>Double lateral somersaults are forbidden</i> • § 5 : <i>Modification of Double somersaults values</i> • § 6 : <i>All acrobatic elements can be combined except the acrobatics elements with 2 transverse rotations backward or forward (double back or double front/½ turn double front), or 2/1 and more longitudinal rotations (twists) within somersault</i> • § 7 : <i>Each ½ turn during airborne phase increases the dive score by one value.</i> • § 7 : <i>Each ½ turn for the dancer (male) during a dive performed with ½ turn during the airborne phase, increases this latest one by 1 value.</i> • § 7: <i>The dive's group can be performed only once during the acrobatics program.</i> • §9 : <i>Level of difficulty maximum in Semifinal and final rounds</i> • §10: <i>Fall description</i> • §10: <i>Modification of Reductions table</i> • § 10: <i>Allowed angles before Starting of 1/2 twist</i> • § 10 : <i>Allowed angles before Starting of 1/1 twist</i> • § 10 : <i>Allowed angles before Starting of 3/2 and more twists</i>
1.1	<ul style="list-style-type: none"> • § 5 : <i>Double Lateral Somersault allowed according to description</i>
1.2	<ul style="list-style-type: none"> • § 2.2: STRUCTURAL GROUPS The groups 1, 2, 3 and 4 are <u>obligatory</u> during the performance <u>in the semifinal and final round</u> (program with 6 acrobatic elements) • § 2.4: Table of landing values in combination updated In a combination including an acrobatic element with exit between the legs followed with on the waist facing partner position, the second position (on the waist facing partner) will be considered with a value of 0 (zero) points. <i>(decision No.54 from the Presidium Meeting on 28-29.11.2022)</i> • § 6: The maximum value ... for each combination of acrobatic elements ... is: <ul style="list-style-type: none"> ○ semifinal and final maximum of 12 points <i>(decision No.54 from the Presidium Meeting on 28-29.11.2022)</i> • § 9: CODE OF POINTS / RULES Table modified according to modification of §2.2 • § 10: CLASSIFICATION OF TECHNICAL AND AESTHETIC ERROR <ul style="list-style-type: none"> ○ 75% of reduction added for Deviation from median plane ○ 75% of reduction added for Moment of rotation during twist within ○ Examples of mistake added

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1 INTRODUCTION

Judges and Observers

Judges are divided in two (2) groups:

- First group is constituted of minimum three (3) acrobatic judges which evaluate the performance of acrobatics, according to the acrobatic mistake table.
- Second group is constituted of a minimum of four (4) dance judges which evaluate dance part: basic step, dance figures, choreography and dance performance.

There are two observers. WRRC-Observers must supervise participants while they dance and ensure that all WRRC-Regulations are being met, and that announced acrobatic elements were performed.

2 LEVEL OF DIFFICULTY

Each element is assessed according to the level of difficulty indicated by a letter which corresponds to a value in points. This classification is alphabetical starting with the letter A, finishing with letter I. Each letter denotes a one-point higher value applied in ascending alphabetical order.

2.1 BOARD 1

	First/hope round/second round/Quarter final							RED CARD			
	Semifinal, Final (acrobatic)										
DIFFICULTY	A	B	C	D	E	F	G	H	I	I+	IS
VALUE	4	5	6	7	8	9	10	11	12	13	14

2.2 BOARD 2 (VALUES IN COMBINATIONS)

DIFFICULTY	A'	B'	C'	D'	E'	F'	G'	H'
VALUE	1	1,5	2	2,5	3	3,5	4	4,5

2.3 STRUCTURAL GROUPS

The groups **1, 2, 3 and 4** are obligatory during the performance in the semifinal and final round (program with 6 acrobatic elements)

There are 4 groups of obligatory figures (1-4)

Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Acrobatic element forward	Acrobatic element backward	Dive with flight only	Rotations	Acrobatic elements in combination	Other acrobatic elements

2.4 ACROBATIC CLASSIFICATION

- BODY POSITIONS IN THE ACROBATIC ELEMENTS
- ROTATION DIRECTION DURING ACROBATIC ELEMENTS
- DIVES
- ACROBATIC LANDINGS
- START OF ACROBATIC ELEMENTS

START OF THE ACROBATIC ELEMENT FOR BOARD 1	value
Staff	0
Bettarini	0
From the waist facing	-2
From the waist back	-2
Sitting on shoulders	-3
Standing on shoulders	-1
Sitting in the arms (rotations)	0
Standing on the floor (rotations)	0
Standing on the floor	-1
Lower class element	0
Other	-2

LANDINGS	Value in first position	Value in second position
Standard	0	0
Between legs of partner, touching the floor	0	0
Between legs of partner without touching the floor	2	1
On waist facing partner	2	1
Between legs of partner, on waist facing partner	0	0
On waist back to partner	2	1
On/In partner's arms	2	1
On shoulders of partner	2	1
Other	0	0

These landings receive a bonus only if the acrobatic elements are combined following the rules which organize the Main Class Category, only once for each specific landing.

In a combination including an acrobatic element with exit between the legs followed with on the waist facing partner position, the second position (on the waist facing partner) will be considered with a value of 0 (zero) points.

3 JUDGING CRITERIA FOR SINGLE SOMERSAULT (GROUP 1 & 2)

Following rules to be applied for the classification of acrobatic elements as basic transverse rotation, forward or backward, laterally, with or without longitudinal rotations (twist).

Somersault body position at start raises the score by one value in this order: tucked, pike, straight.

Each performed somersault laterally receives two (2) additional values compared to the same performed somersault transversely. This acrobatic element must start from Bettarini, and the landing in the partner's arms is obligatory,

Each 1/2 twist scores one value extra for the somersault until 1/1 twist within somersault

Beyond 1/1 twist, for **forward somersault**, each additional ½ twist within will be increased by two (2) values until a maximum of 5/2 twists within somersault.

Beyond 1/1 twist, for **backward somersault**, each additional ½ twist within will be increased by one (1) value until a maximum of 2/1 twists within somersault.

Beyond 2/1 twists, for **backward somersault**, each additional ½ twist within will be increased by two (2) values until a maximum of 3/1 twists within somersault.

Landings: on waist facing the partner, on waist back to the partner, on arms of the dancer (shoulder's height) and sitting laterally. These landings score an additional value for the acrobatic value, only once for each kind of landing on partner's body.

CAREFULL! Those partner's body landings should receive a bonus only if they are connected within an allowed combination.

Each ½ turn during the airborne phase increases by two (2) values the initial value for somersault

Basic Auerbach somersaults (backward rotation) and Reversed somersaults (forward rotation) score one value higher than the initial score.

Only valid elements are allowed (see scoring table)

4 JUDGING CRITERIA FOR 3/2 SOMERSAULT (GROUP 1 & 2)

The following rules are applicable for somersaults and halves (3/2 somersaults) where the rotation is seen to be finished when the dancer places her feet on the ground.

There is a difference between forward and backward rotation. 3/2 forward rotation finish with a diving phase on the back or chest of the dancer for exit between the legs, or not, while 3/2 backward rotations continue with a sitting position on the shoulders without pause and finish standing facing the dancer or in starting position for rolling dive*.

Somersault body position raises the score by two (2) values for 3/2 forward somersault compared to the initial position in this order: tucked, pike, straight.

Auerbach somersault scores two (2) values more than a successful 3/2 backward somersault. This specific acrobatic element is allowed only from Staff, and landing on the back of dancer with a diving phase before is obligatory.

For 3/2 forward somersaults: each acrobatic exit between legs of dancer receives a bonus of two (2) values higher.

Each ½ turn in the initial airborne phase earns **an additional two (2) values** for 3/2 somersaults.

Each ½ turn of standing partner during the airborne phase earns **an additional two (2) values** for 3/2 somersaults.

A full twist within somersault earns **an additional two (2) values** for 3/2 backward somersaults

Listed elements only are authorized (see code of acrobatics)

*** REMARK: Rolling dive without the flying phase will be reduced to the initial value of the 3/2 performed backward somersault:**

5 JUDGING CRITERIA FOR DOUBLE SOMERSAULT (GROUP 1, 2 & 6)

Rules for Double Somersault

Double somersaults are allowed only in the semifinal and final acrobatic rounds.

Double somersaults can't be combined with other acrobatic elements.

Body position during somersault earns two (2) values compared to initial position in this order: tucked, pike.

For safety reason, the Sport commission has **classified forbidden** these acrobatics below:

- Double somersaults body straight **are forbidden**
- Double somersaults starting from waist of the dancer **are forbidden**
- Double somersaults starting from standing position on shoulders **are forbidden**
- Double somersaults forward reverse **are forbidden**
- Double lateral somersaults are allowed only according to description below
 - *Take-off from Staff only*
 - *1/4 turn of the girl during take-off when she is in contact with the hands of the boy*
 - *Double Lateral tucked Somersault with tightened knees over the boy with front moving displacement*
 - *1/4 turn of the boy before the girl's landing on her feet and on the floor*

Double Auerbach somersaults earn the same score as completed ones in line.

Only listed elements are allowed (see code of acrobatics)

Restrictions

- Double rotation forward is allowed only once in a program, pike or tucked
- Double rotation backward is allowed only once in a program, pike or tucked

Acrobatics/ POSITIONS	TUCKED	PIKED
Double somersault FORWARD	12	14
½ turn in the airborne phase and double somersault FORWARD	14	Not allowed
Double somersault BACKWARD Double Auerbach	12	14
Double LATERAL somersault	14	Not allowed

6 JUDGING CRITERIA FOR COMBINATION OF ACROBATIC ELEMENTS (GROUP 5)

A combination of acrobatic elements is understood when a dancer is in contact with the partner's body on landing or contact and continues with an acrobatic element from this point. A combination is started if there is no break in the movement longer than one (1) bar between allowed acrobatic elements. If there is a break the technical observer will not recognize the combination and will only attribute the score of the first successful element. **Lower class acrobatic elements are not allowed during the combination and will lead to cancelation of value of all the remaining acrobatic elements by the technical observer.** Combinations are scored according to the following criteria:

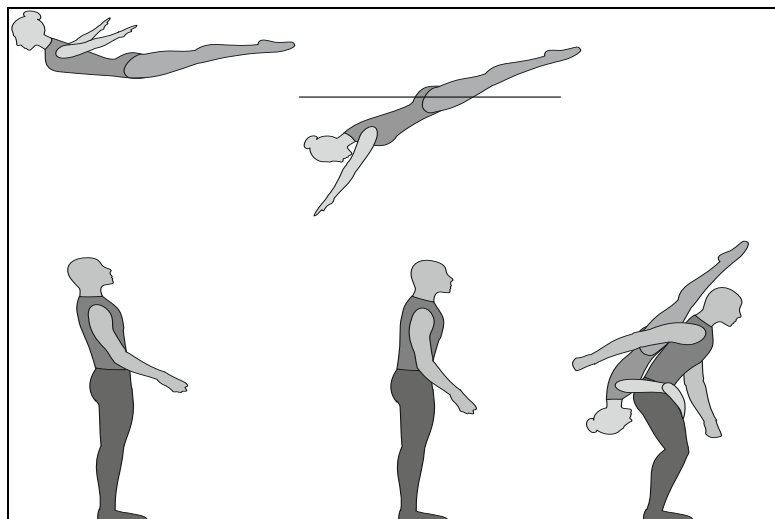
- ❖ The acrobatic phase must be executed without pause, the elements must be linked harmoniously and artistically, while the dance technique and the choreographic variety are foremost, whatever the difficulty of the executed acrobatic elements.
- ❖ Value of first acrobatic element (Board 1) (Group 1, 2, 3, 6*) *only lateral somersault from Bettarini
- ❖ Value of second and third acrobatic element (Board 2) (Group 1, 2 ,4*)
***Only one kind of body rotation is allowed in combination**
- ❖ Each combination contains a **maximum of three (3) acrobatic elements**.
- ❖ **Maximum two (2) combinations** in an acrobatic program are allowed.
- ❖ Identical elements within the acrobatic combination are not allowed. In this case the technical observer will not consider the combination and will attribute a score only for the elements which haven't been repeated.
- ❖ All acrobatic combinations somersault elements in 2nd or 3rd position with or without twist starting from the waist merit an identical score as if they were completed from staff or Bettarini, when landing on ground is upright.
- ❖ In any case, each landing **can be performed only once** to receive an extra score of higher value (**letter**).
- ❖ For all other acrobatic figures, the basic acrobatic score is applicable without bonus. For acrobatics in second or third position in combinations, the following board (board 2) is used while applying the previous bonus rules (landing, number of twists, etc...)
- ❖ The first acrobatic always receives the value in board 1. This element must be listed in the code for group 1, 2, 3 or 6 (lateral somersaults from Bettarini, see code of acrobatics and structural groups).
- ❖ The first position acrobatic belongs to group 5 when it is in a combination. When those elements are combined, they don't receive their own individual group.
- ❖ All acrobatic elements can be combined except the acrobatics elements with two (2) transverse rotations backward or forward (double back or double front/½ turn double front), or 2/1 and more longitudinal rotations (twists) within somersault.
- ❖ The maximum value (controlled by Registration software) for each combination of acrobatic elements in different rounds is:
 - eliminatory (first/hope/second) rounds maximum of **10 points**
 - quarter final maximum of **10 points**
 - semifinal and final maximum of **12 points**

7 JUDGING CRITERIA FOR DIVES (GROUP 3)

Dive is a specific acrobatic element to acrobatic rock and roll dancing.

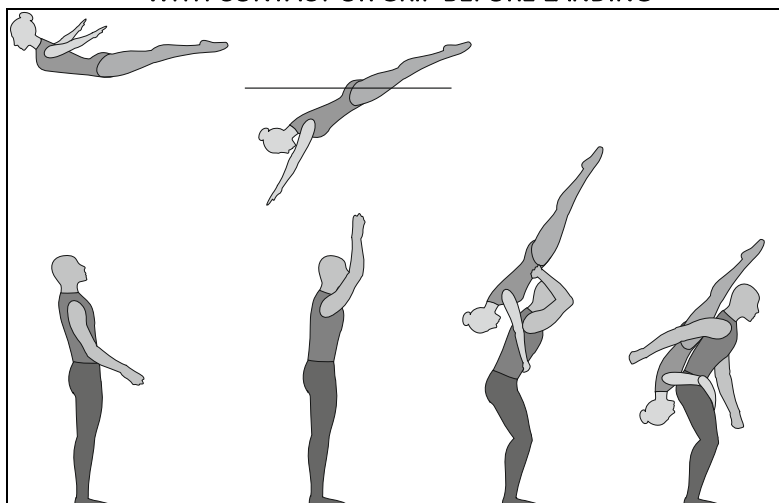
- The airborne phase starts immediately when the dancer leaves the hands of the partner (male)
- The airborne phase must be off the ground and the body position clearly not in an acrobatic phase (head and feet in horizontal line, without contact with partner),
- The landing phase of the dive (landing on the partner's back, exit between legs) must begin with feet and hips of dancer higher than her head, without grip of partner until sliding phase on the back of dancer.

WITHOUT GRIP BEFORE LANDING



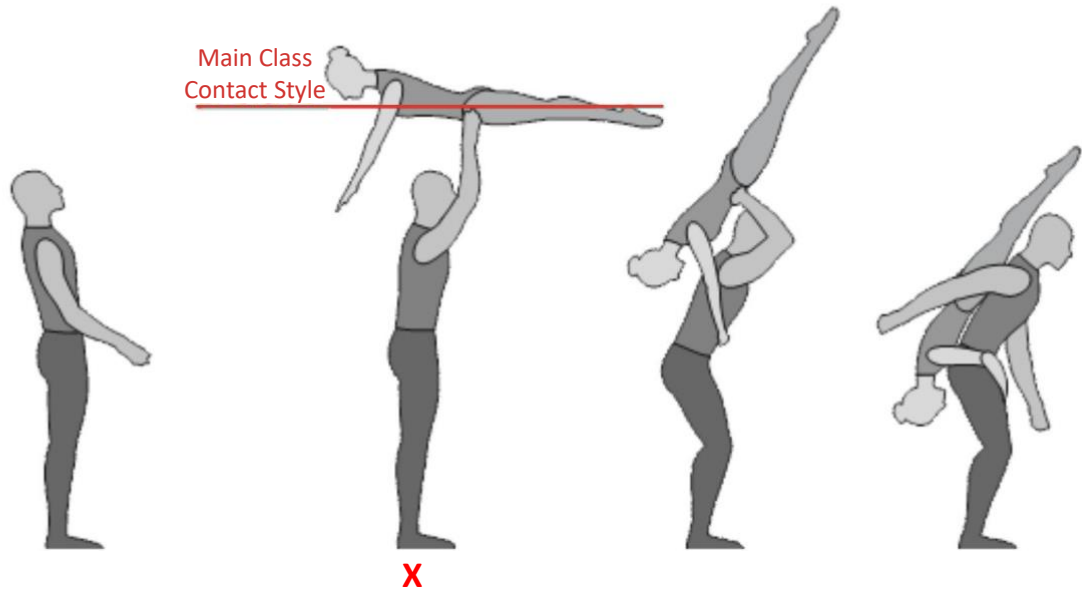
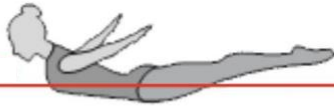
NO REDUCTION

WITH CONTACT OR GRIP BEFORE LANDING



CONTACT BEFORE THE LANDING 5% OF REDUCTION
GRIP BEFORE THE LANDING 10% OF REDUCTION

Main Class
Free Style



X: NOT RECOGNIZED LANDING for DIVES IN Main Class Free Style Category*

There must be no break between this phase and the end of the acrobatic element.

The dive is considered as achieved when the dancer stands on her feet (except in combination).

The body position of the dancer (female) during the flying phase determines the level of difficulty of the dive performed.

Each $\frac{1}{2}$ twist within increases the dive score by one value.

Each $\frac{1}{2}$ turn during airborne phase increases the dive score by one (1) value.

Each $\frac{1}{2}$ turn for the dancer (male) during a dive performed with $\frac{1}{2}$ turn during the airborne phase, increases this latest one by one (1) value.

Each landing on the partner's back after dive with an exit between legs of dancer receives a **bonus of two (2) values higher**.

Only listed dives may be used (see code).

The dive will be recognized as obligatory group element only if all three phases of this acrobatic element have been performed: airborne phase, flying phase, landing phase. In all other cases the obligatory group will not be recognized*

The dive group can be performed only once during the acrobatics program.

8 JUDGING CRITERIA FOR ROTATIONS (GROUP 4)

Non-flying acrobatic elements with rotation around the body

To evaluate these elements which are an integral part of acrobatic rock and roll, the following criteria must be applied:

- ❖ A non-flying acrobatic body's move is evaluated when the dancer (female) completes at least three (3) rotations around the dancer.
- ❖ Each move has its own technical specificity
- ❖ Start and end of the move must be performed without pause.
- ❖ 4 types of non-flying acrobatic body's moves are recognized in Main Class: Dulaine, Shoulderball, Tie and Lateral Tie (performed rotations around arm)
- ❖ Those moves can be combined as long as three (3) circles of the female dancer are maintained. This kind of combination doesn't fulfill the requirement for acrobatic elements in combination of group 5, and it can be performed only once in the program (valid for all rounds).
- ❖ For all rounds, the couple may not submit more than two (2) acrobatic elements of group 4 during their acrobatic performance.
- ❖ An allowed combination with non-flying acrobatic element is recorded as a single acrobatic of group 4.
- ❖ Following those rules, each non-flying acrobatic element can be performed only once.
- ❖ When the acrobatic combination is not complete, the value of that which is completely performed will be recorded (min. 3 circles)

9 CODE OF POINTS / RULES

Levels	Number of acrobatic elements / maximum score	Number of specific obligatory Acrobatic Groups (AG)	Level of difficulty maximum
Eliminatory*	5 /50	--	From A to G
Quarter final*	5 /50	--	From A to G
Semi final	6 /65	4	From A to IS
Final	6 /65	4	From A to IS

***ACROBATIC – RESTRICTIONS:**

Couples are not allowed to make more than two free rotations around their body width axis (double somersault). The double somersault must not be danced in combination with other acrobatic figure elements or exit figures. Entry for the double somersault is allowed only from the hands or from sitting position on the shoulders (Bettarini).

Couples are not allowed to make more than two (2) double somersaults, one backward and one forward, or one backward and one lateral, or one forward and one lateral in the same program.

- ❖ Dance time starts when the dancer and/or her partner move and stops when the couple presents itself **to the jury and the public**.
- ❖ A combination is counted as one acrobatic, regardless if it is combined of two or three elements.
- ❖ **Each acrobatic element can be performed only once.**
- ❖ **All acrobatic elements must be announced through the WRRC Registration software in advance, in the order in which they will be performed. If the acrobatic elements will be performed in a different order, the technical observer will reduce those elements to 0 (zero) points.**
ATTENTION: Repeating the badly performed acrobatic element automatically leads to change of order of all following announced elements, thus reducing their value to 0 (zero) points.
- ❖ The technical observer checks whether the announced acrobatics have been carried out during the performance and corrects the initial score in following cases:
 - body position (tucked, piked, straight)
 - quantity of rotations (longitudinal axis, transversal axis)
 - body rotations (quantity of full turns)
 - combinations (in all parts)**IN ALL OTHER CASES, THE TECHNICAL OBSERVER REDUCES THE STARTING MARK TO A VALUE OF 0 (ZERO) POINTS.**
- ❖ The total of difficulties (their score) provides a total of points.
- ❖ **Anyway, the total of points cannot exceed the maximum allowed points for each round.** Errors are deducted from this total of points (see board of technical and aesthetic errors).
- ❖ Elements with "twist within" or "with twist" are allowed only two (2) times in acrobatic programs with 5 elements.
- ❖ Elements with "twist within «or "with twist" are allowed only three (3) times in acrobatic programs with 6 elements.
- ❖ Each acrobatic element belongs to a group (named AG) with a unique structure: couples are obligated to present those structures in order to show their technical skill and also to maintain variety and originality of the presentation.
- ❖ **Not performing the obligatory AGs will be sanctioned by red card.**
- ❖ The quality of the performance of the acrobatic elements must demonstrate mastery of the aesthetic values, technique and risk.
- ❖ The acrobatic phase must be executed without pause, the elements must be linked directly (landing position of the previous element has to be the starting position of the following element), harmoniously and artistically, while the dance technique and the choreographic variety are foremost, whatever the difficulty of the acrobatic elements executed.

10 CLASSIFICATION FOR TECHNICAL AND AESTHETIC ERROR

Each acrobatic element must be presented correctly with the correct technique and aesthetic for each acrobatic, with respect to safety and the rules which organize this sport.

The following deductions will apply for each and every discernible aesthetic or technical deviation from the expected perfect performance. These deductions must be taken regardless of the difficulty of the acrobatic elements.

- Small error from -5% to -15%
- Medium error from -25% to -35%
- Large error from -50% to -75%
- Fall -100%

Fall: Loss of balance and definitive loss of body control during landing, with contact of the floor with lower body, knees, buttocks, and any other part of the upper body. Move from a higher to a lower level, typically rapidly and without control. The observer will reduce the overall acrobatic score with -30 points for each occurrence during the performance of the couple.

A 100% correct acrobatic element must necessarily fulfill following criteria:

1. Safety
2. Amplitude
3. Speed of execution during the acrobatic phase and during non-flying acrobatic elements
4. Quality of technical execution and aesthetic execution
5. Fluidity
6. Control for each partner of couple
7. Perfect landing

Reductions	5%	10%	15%	25%	35%	50%	75%	100%
Loss of balance or moving	Slight imbalance	1 step	2 steps	3 steps		> 3 steps or both partners		
To touch the floor with the hands after landing						One hand	2 hands	
To touch the floor with the feet before landing (dive)				medium (touch)			Extreme (contact)	fall
Landing with bend knees						Extreme bending		
Head or chest contact with partner's body during the landing (except dive)		Slight touch with chest		Touch with chest		Contact		
Lack of height or amplitude		minor		medium		extreme		

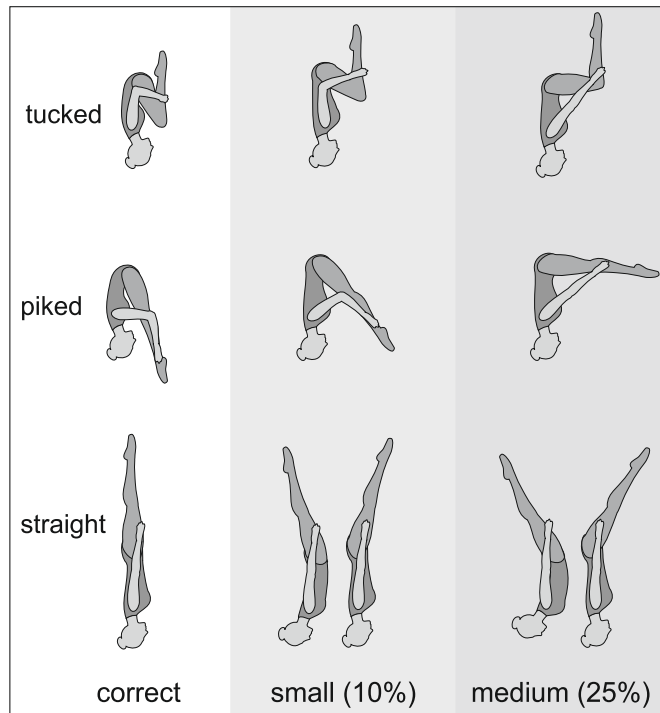
Reductions	5%	10%	15%	25%	35%	50%	75%	100%
AMPLITUDE of double somersaults				Opening under shoulders height				
Lack of speed during double somersaults		X		X				
Interruption of exercise (dive)				Without grip		With grip		fall
Moment of opening for forward or backward somersault		small		medium		no opening		
Deviation from median plane				medium			Extreme > 45° see picture	
Incomplete twists		Slight deviation		up to 45°				
Moment of rotation during twist within	see picture			see picture			see picture	
Non distinct positions in somersault (tucked, pike, straight)		X		X				
Somersault with legs apart		< Shoulders width		> Shoulders width				
Lack of speed during tucked, piked somersault or non-flying acrobatics (rotations)		X		X				
Adjust or correct hands or grip	1 time	2 times		> 2 times				
Interruption in an acrobatic element longer than 1 bar				X				
Bend knees during pike or straight body positions and non-flying acrobatics (rotations)	Slight bending	Medium bending		Strong bending				
Head in extension during acrobatic elements		X						
Legs apart on landing	x	x						

Reductions	5%	10%	15%	25%	35%	50%	75%	100%
Grip before landing on the back of partner (dive) - Main Class Free Style	contact (MCFS)	grip						
Landing without both feet together at time	x	x						
Lack of flexibility	X	X						
Lack of dynamics during acrobatics	x							

Examples of mistakes

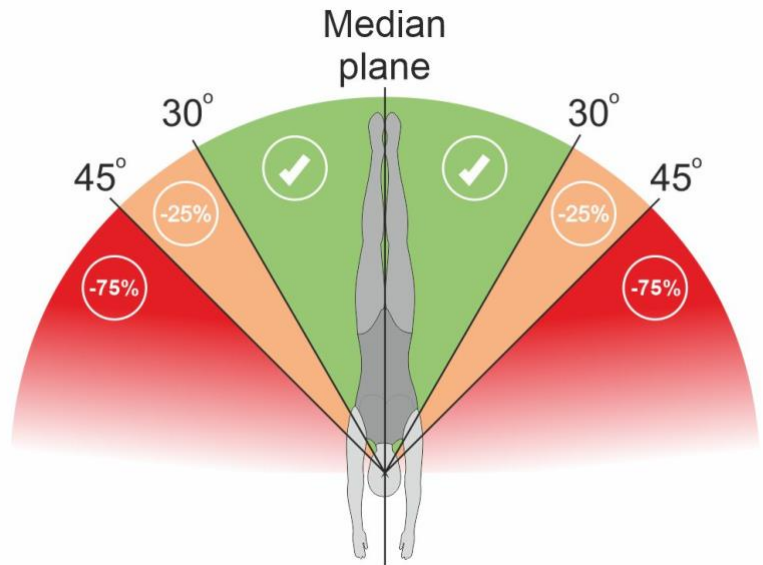
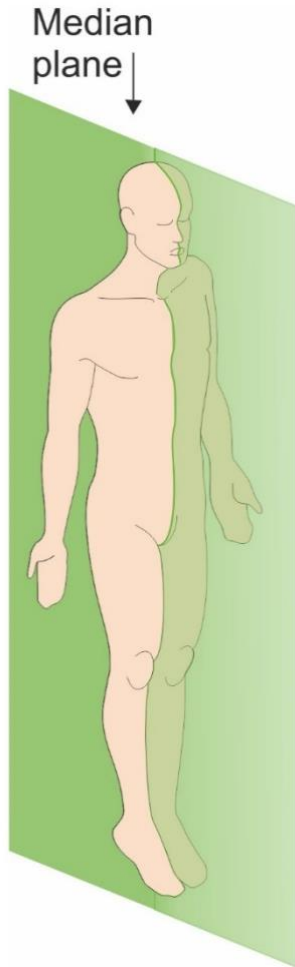
- Body positions during acrobatic element – MAIN CLASS FREE STYLE

Reductions	5%	10%	15%	25%	35%	50%	75%	100%
Non distinct positions in somersault (tucked, pike, straight)		x		x				



• **Deviation from median plane:**

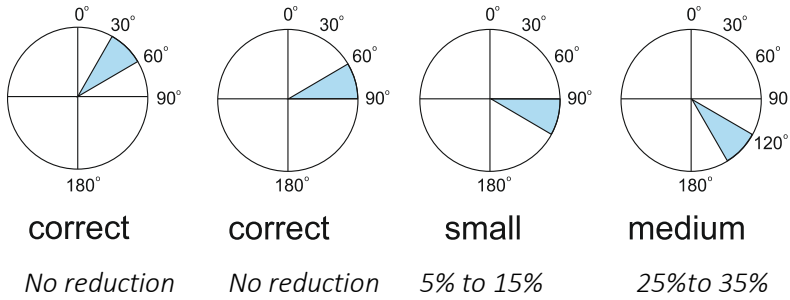
Reductions	5%	10%	15%	25%	35%	50%	75%	100%
Deviation from median plane				medium			Extreme > 45° see picture	



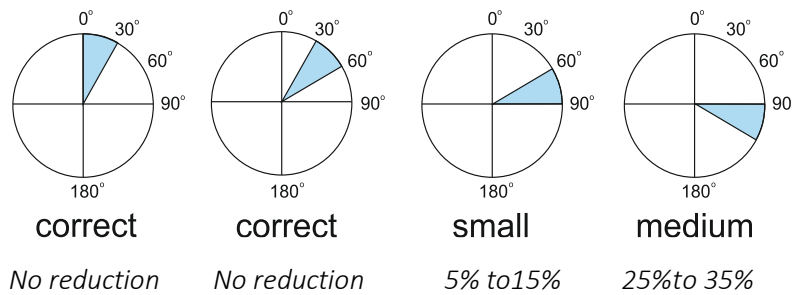
• Opening:

Reductions	5%	10%	15%	25%	35%	50%	75%	100%
Moment of opening for forward or backward somersault		small		medium		no opening		

Forward somersault:



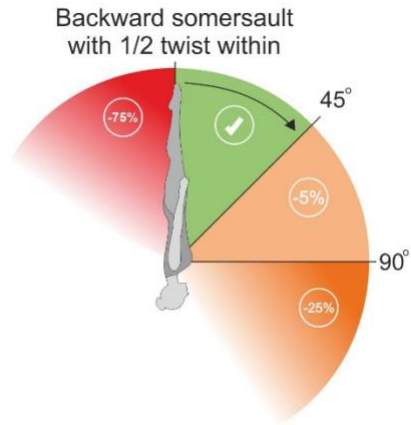
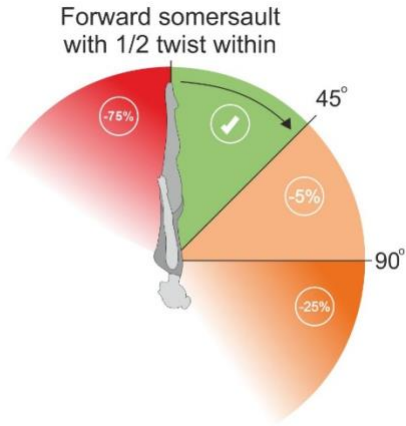
Backward somersault:



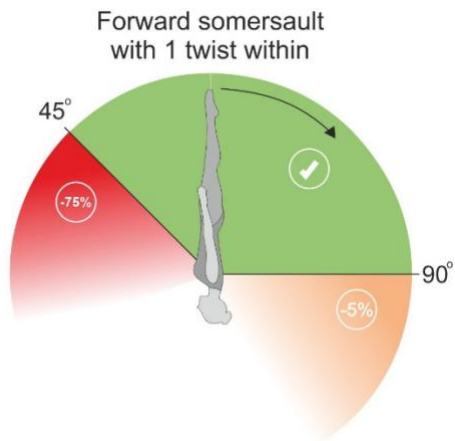
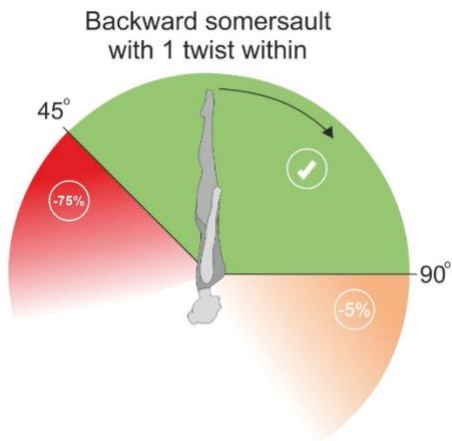
• **Moment of rotation during twist within**

Reductions	5%	10%	15%	25%	35%	50%	75%	100%
Moment of rotation during twist within	see picture			see picture			see picture	

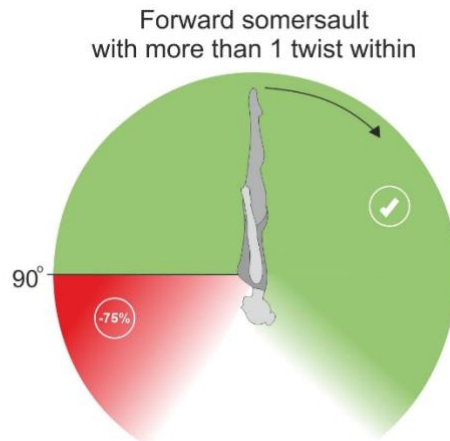
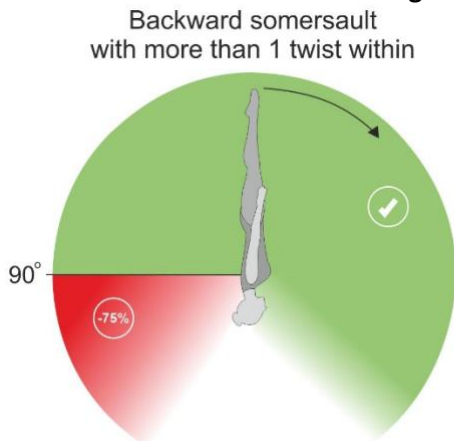
• **ALLOWED ANGLES before Starting of 1/2 TWIST**



• **ALLOWED ANGLES before Starting of 1/1 TWIST**



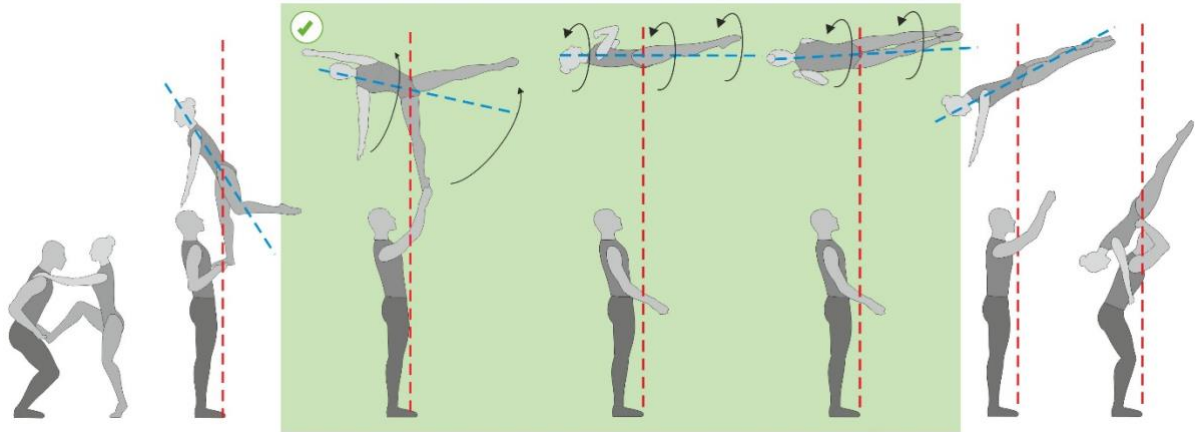
• **ALLOWED ANGLES before Starting of 3/2 and more TWISTS**



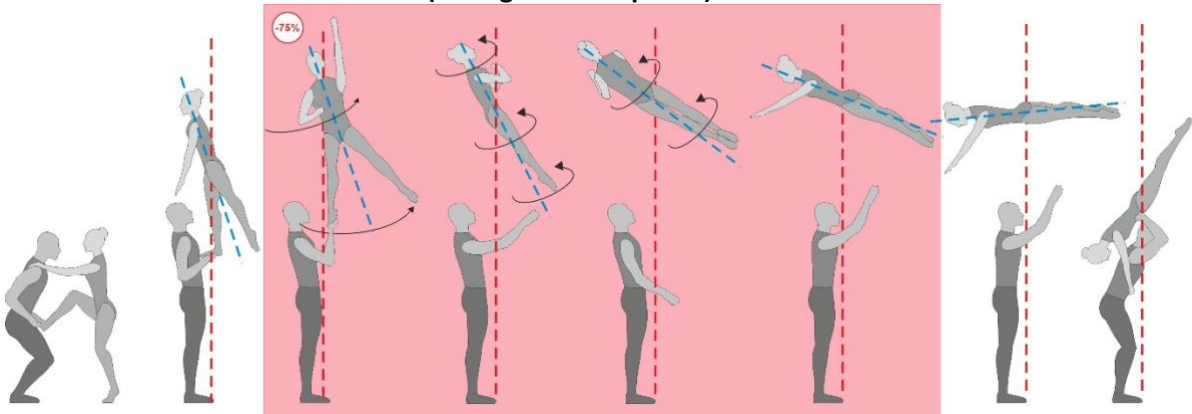
Reductions	5%	10%	15%	25%	35%	50%	75%	100%
Moment of rotation during twist within	see picture			see picture			see picture	

- **ALLOWED ANGLE** before starting of the Leslie dive:

- **Correct execution (no reduction)**

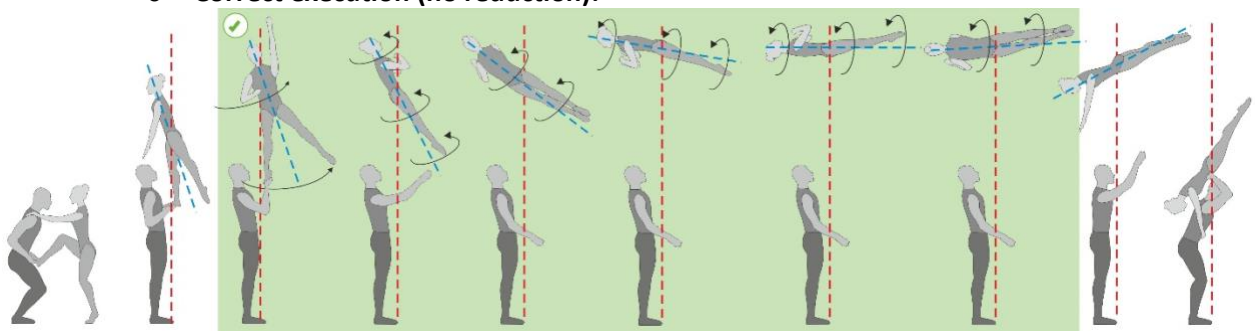


- **Incorrect execution (during airborne phase): reduction -75%**



- **ALLOWED ANGLE** before starting of the Gusarova dive

- **Correct execution (no reduction):**





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