



Technical Rules

ACROBATIC ROCK'N'ROLL SAFETY LEVELS

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Visa :

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

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Version	Description of modifications
1.0	Rewritten version & Revision of acrobatic code
1.1	Safety Level 3 & Safety level 2 Clarifications: Formation categories: Four hands grip at least (on the body of partner who performs the acrobatic element) allow maximum 360° rotations.
1.2	New revision and wording of Safety Level 5 (<i>decision No.54 from the Presidium Meeting on 28-29.11.2022</i>) & alignment of this document with the document TR_0009 – Acrobatic Rock'n'Roll elements code of points & values and ID repetition removed
1.3	Safety Level 5 clarification All dance figures performed without any assistance of the partner are allowed if there is constant contact with the floor <u>or if the dance figures are performed in a vertical axis with the head higher than the rest of the body.</u>

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1 SAFETY LEVELS

SL 5	RR Children	page 5
SL 4	RR Juveniles	page 5
SL 3	RR Juniors, Junior Formation, Girls Formation	page 6
SL 2	RR Couple Dance Show, Ladies formation	page 28
SL 1	RR Main Class Contact Style	page 41
SL 0	RR Main Class Free Style, Main Class Formation	page 118

2 DEFINITIONS

FIRM GRIP:

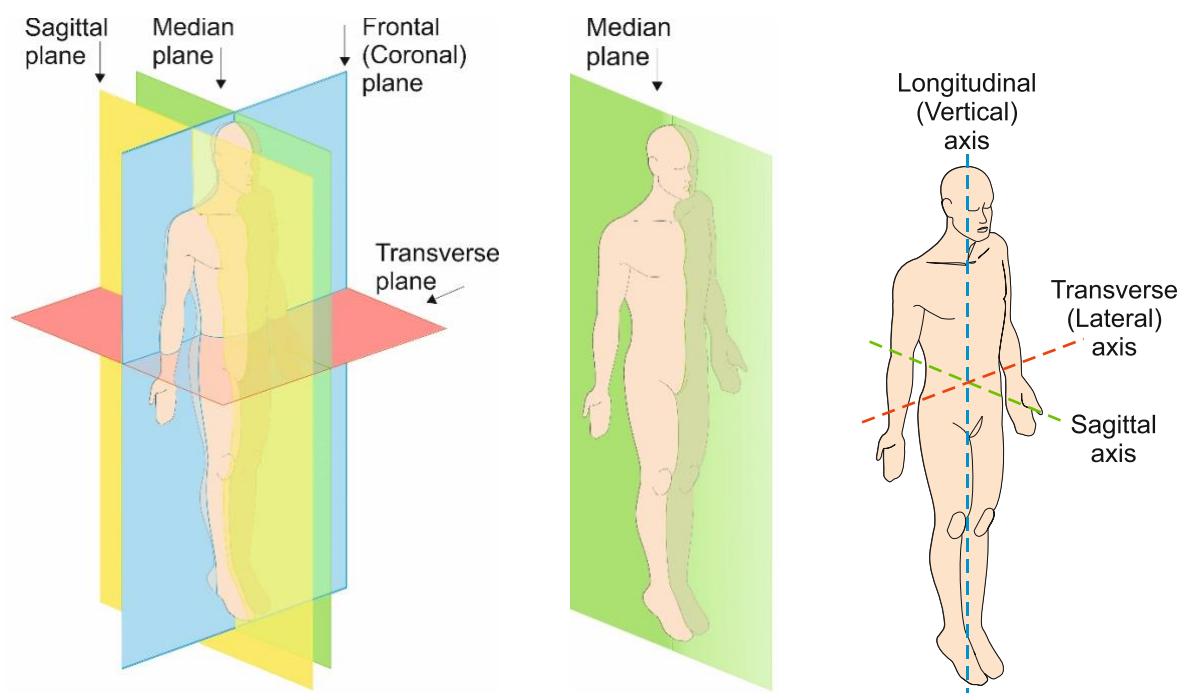
At least one arm around the body of the partner. Not around the neck or legs.

GRIP:

- Hand to hand. (At least one)
- One hand (at least) around the wrist or the arm of the partner.
- One hand on each side of the body. Not around the neck or legs.

SLIDING GRIP:

You can slide from one constant grip to another constant grip without losing your contact to the partner. It can be used in combinations and exits. During an acrobatic figure the constant grip or firm grip or sliding grip must be held all the time until landing on the floor. If the sliding grip is not held until the landing then the violation against safety level will be applied (acrobatic element and acro group will be recognised)- yellow or red card in the final will be applied



3 SAFETY LEVEL 5

DANCE, FOOTWORK, RR CHILDREN

All dance figures performed without any assistance of the partner are allowed if there is constant contact with the floor or if the dance figures are performed in a vertical axis with the head higher than the rest of the body.

Dance positions with support (with at least one arm around standing partners body) are not counted as acrobatic elements.

Exception: A Final pose is allowed

4 SAFETY LEVEL 4

RR JUVENILES

1. LIFTS IN VERTICAL BODY POSITION

Specificity: without pose

Allowed grip: ONLY ON WAIST of jumping partner

Safety level: hips not higher than shoulder's height of the supporting partner

TURN is not allowed by any partner

2. HANDSTAND ACROBATIC ELEMENT AND EVOLUTIONS

Specificity: acrobatic elements with maximum of 360 degrees of rotation around sagittal/lateral axis.

Allowed grip: constant grip AND contact with the floor is obligatory as below:

- Handstand elements need support (GRIP) of the legs while standing in handstand position - plane for the exit can be changed in maximum 90 degrees from initial position - turn over/roll over the vertical axis is not allowed.
- With maximum of 360 degrees of rotation around sagittal/transvers lateral axis need a CONSTANT GRIP and obligatory hand contact with the floor while crossing the sagittal axis.

Examples: walkover backward or forward, cartwheel, handstand variations with grip.

5 SAFETY LEVEL 3

RR JUNIORS, JUNIOR FORMATION, GIRLS FORMATION

All acrobatic figures are permitted if they are in agreement with at least one of the following points:

- A. The hip of the lifted acrobatic partner cannot exceed the height of his/her own head.
- B. Grip, firm grip or sliding grip is obligatory during the acrobatics. If the grip is not held until the landing, then the acrobatic is recognised but violation against safety level will be applied - yellow or red card in the final will be applied.
- C. **Exceptional figures** – e.g.: Group 2, Group 6 elements and starting phase of SHALOM (J-5-07)
 - a. The exceptional figures are acrobatic figures that are not totally in accordance with the basic rules of SL3 (A, B points) and therefore have to be described separately. They can only be executed as they are allowed by the basic requirements in the drawings shown below.
 - b. Stepping on partner without constant contact with the floor is an acrobatic element in SL3 - Group 6
 - c. Formation categories: Four hands grip at least (on the body of partner who performs the acrobatic element) allow maximum 360° rotations.

COMBINATION:

The guideline explains the definitions below. - at the end of SL3 showing the page where is it!

It is a combination:

- When several acrobatic elements are executed directly one after the other ;
- When changing a grip during the acrobatic element ;
- When landing on the floor between the acrobatic elements and executed the second one without dancing in between ;
- If you repeat an acrobatic element or position twice and the element doesn't avoid the repetition ;
- Exception: Rotations are not a combination: e.g. Teller (if there is no change of grip or position).

GROUPS:

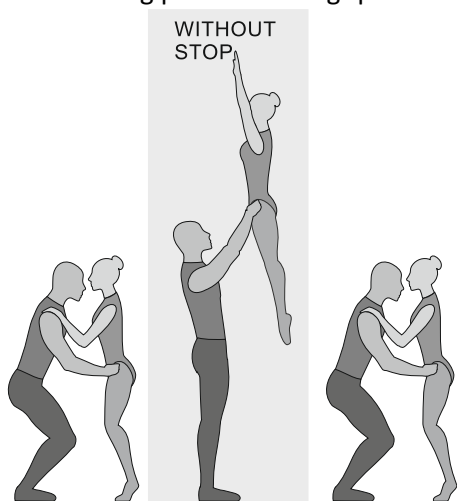
1. LIFTS FROM JUMP, WITH CONSTANT GRIP
+ Acro Group1 elements from SL4
2. SOMERSAULT ACROBATICS
Specificity: acrobatic elements with maximum of 360° of rotation around sagittal/lateral axis
Allowed grip: constant grip
+ Exceptional Figures
+ Acro Group2 elements from SL4
3. ACROBATIC ELEMENTS ON THE WAIST HEIGHT
Typical RR acrobatics around the waist: e.g. shalom, horse...
4. NON-FLYING ELEMENTS
Teller, spiral
5. STATIC BODY POSTURE FROM LIFT
6. OTHER ELEMENTS
 - In special element we can have 2 groups in one acrobatic element (shalom with the pose is 2 groups acro but not a combination)
 - Elements in combination receive their own individual group.

5.1 GROUP 1: LIFTS FROM JUMP, WITH CONSTANT GRIP

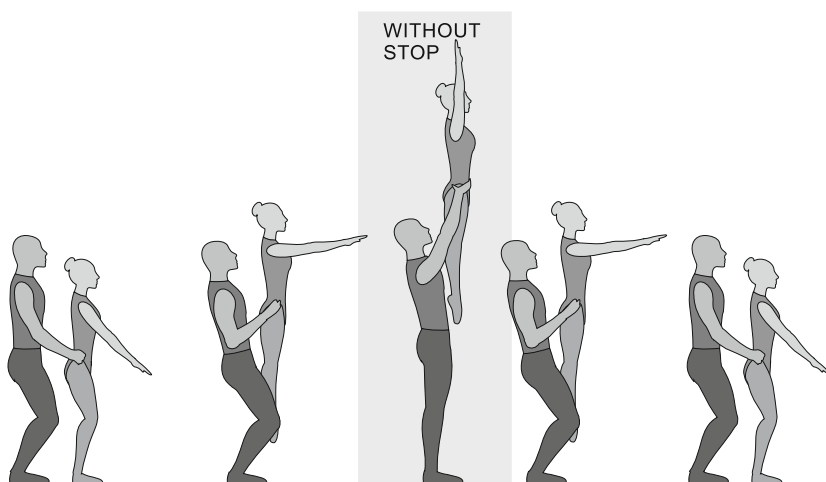
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Code: **J-1-01**

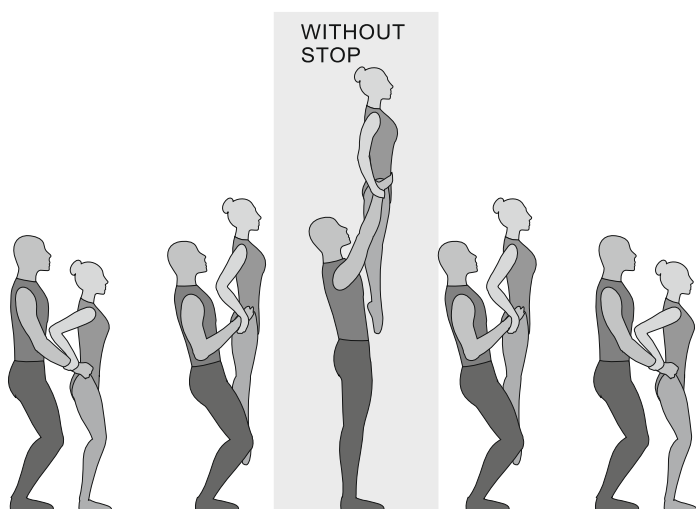
Different leg positions and grips are allowed.



Facing



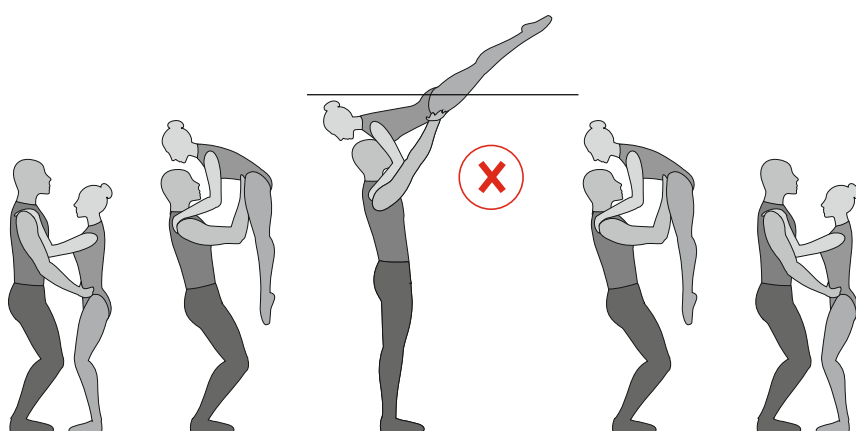
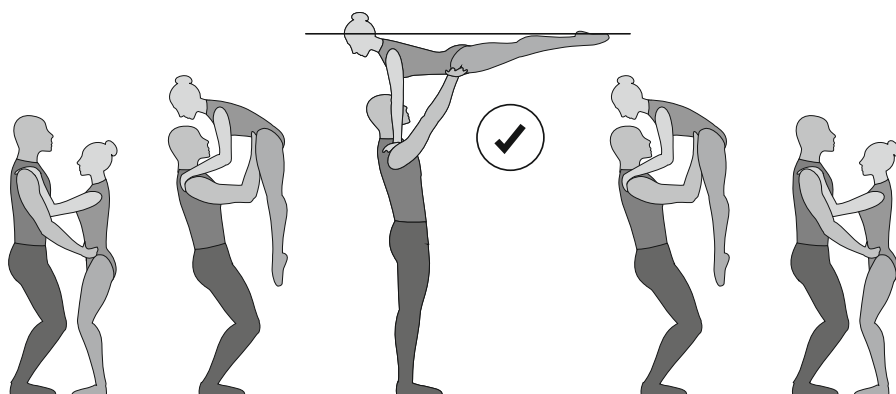
Back I.



Back II.

WRRC name:

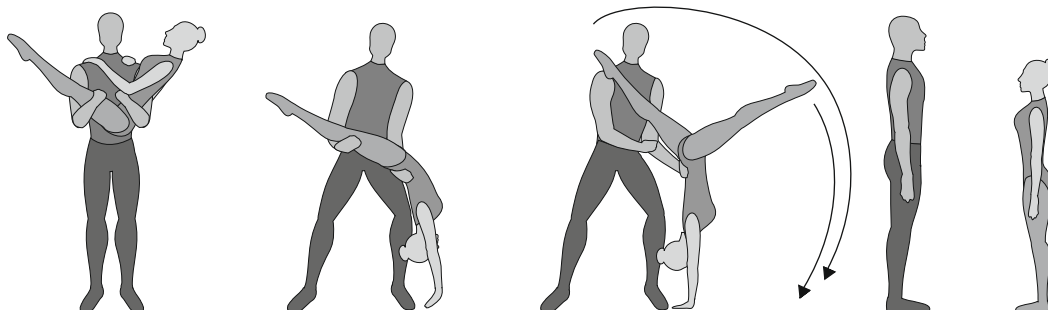
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5.2 GROUP 2: SOMERSAULT ACROBATICS

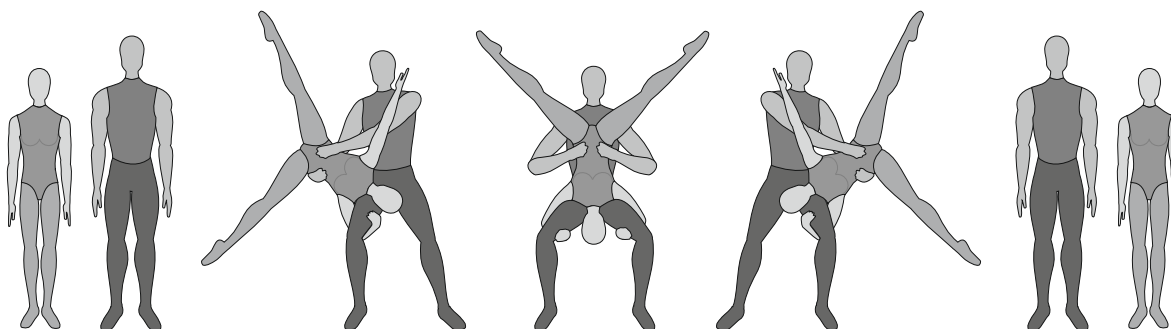
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Code: **J-2-01**



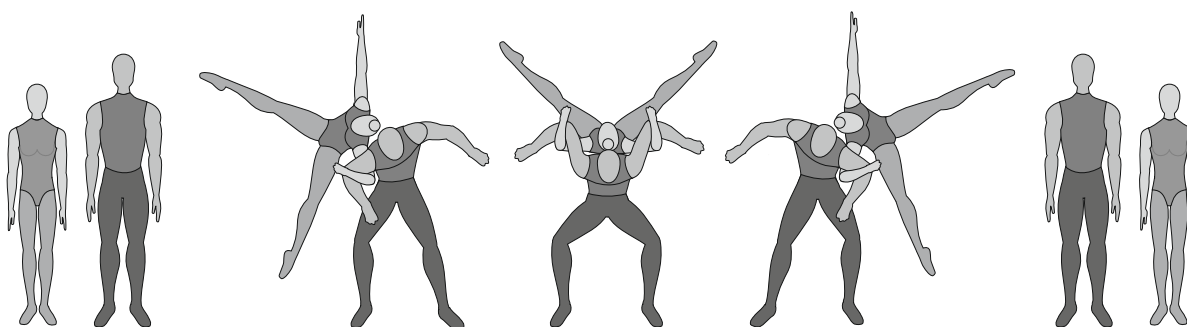
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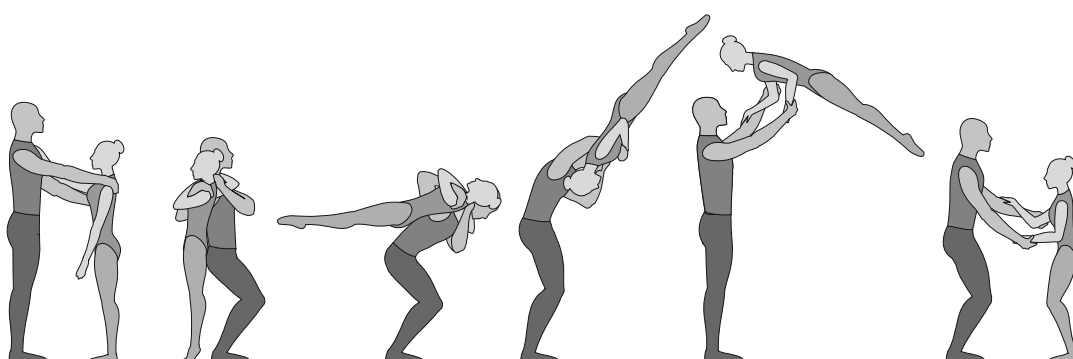
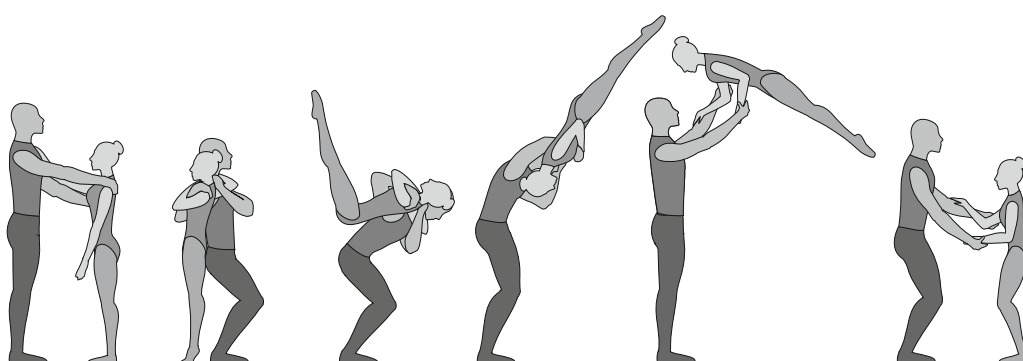
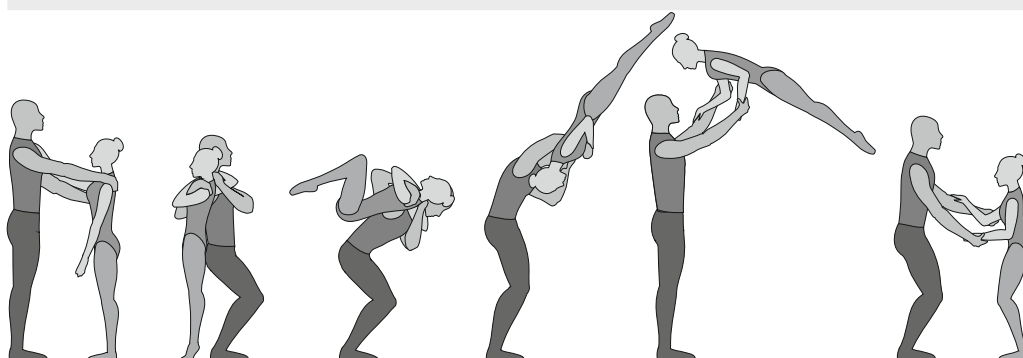
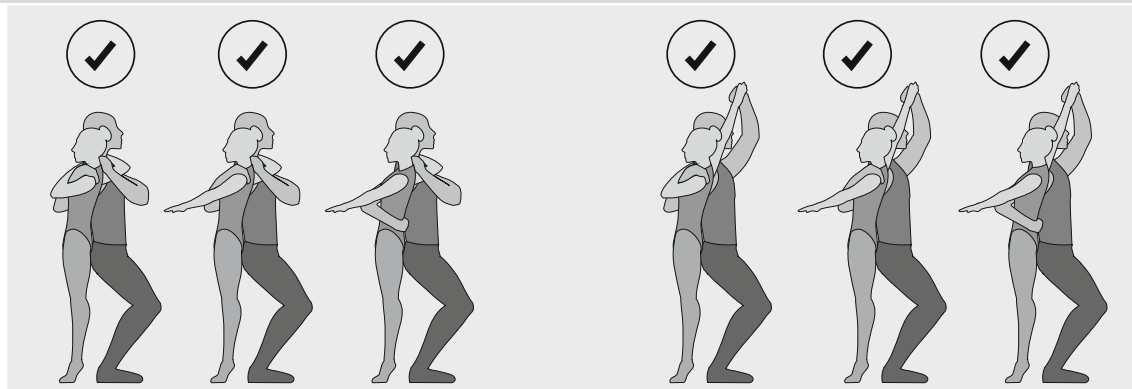
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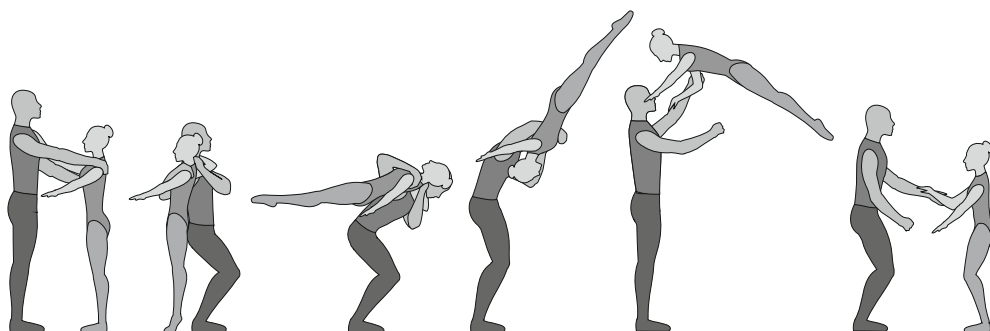
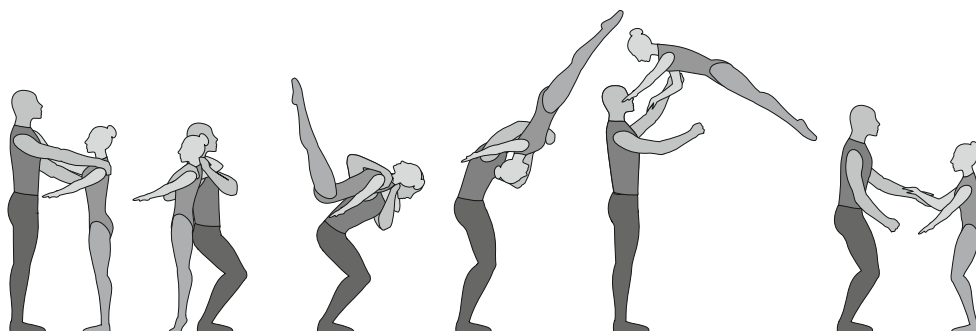
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Code: **J-2-04a**



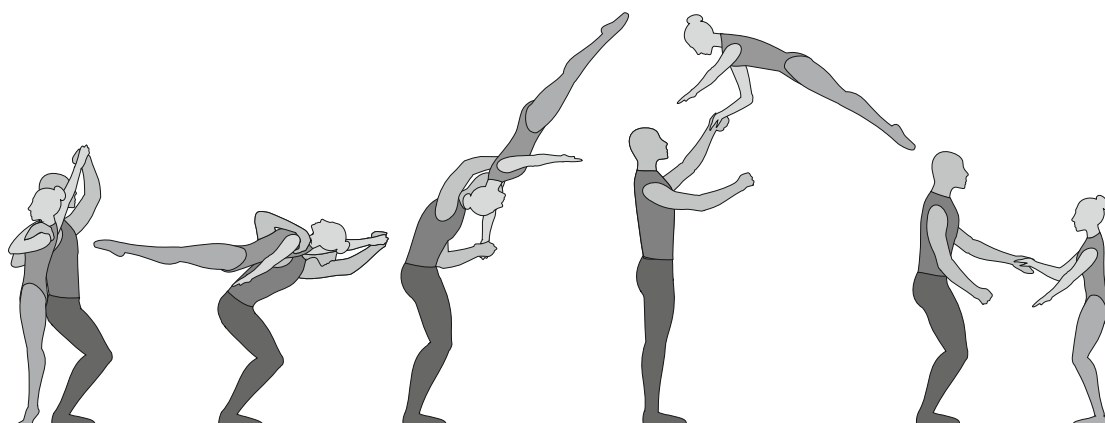
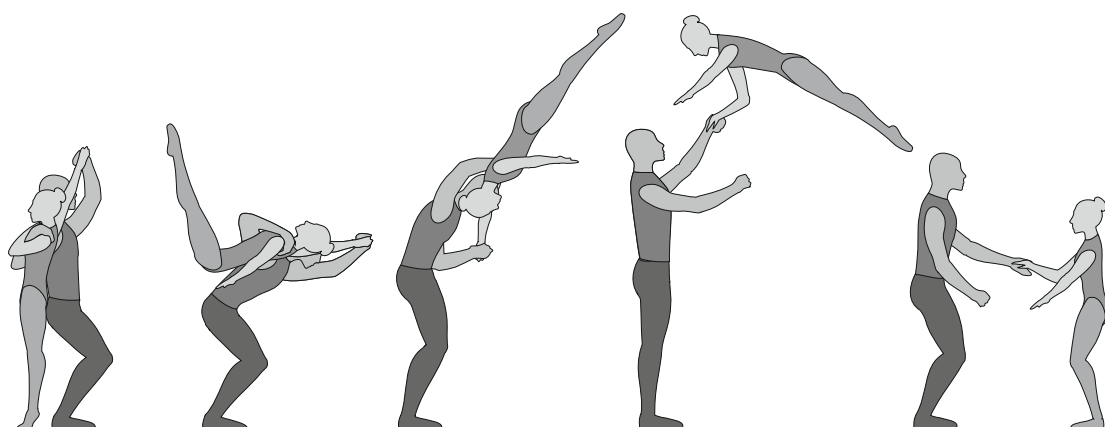
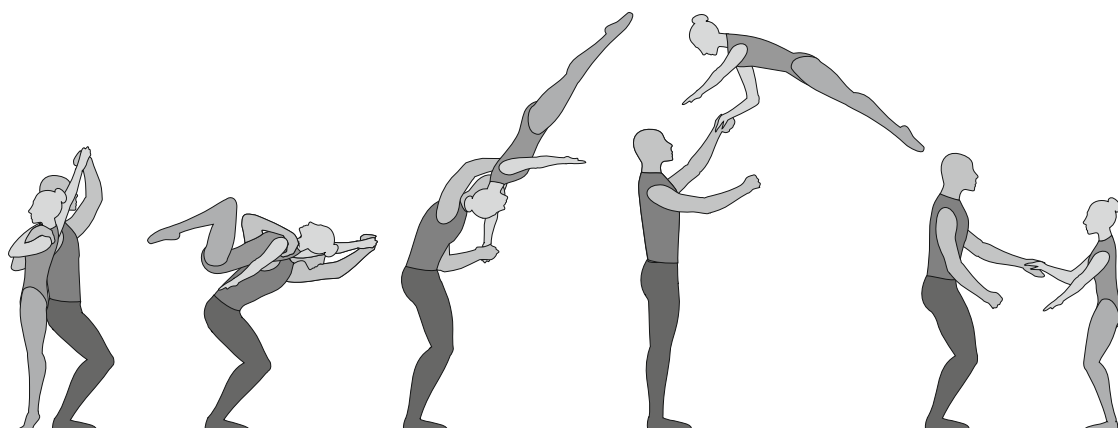
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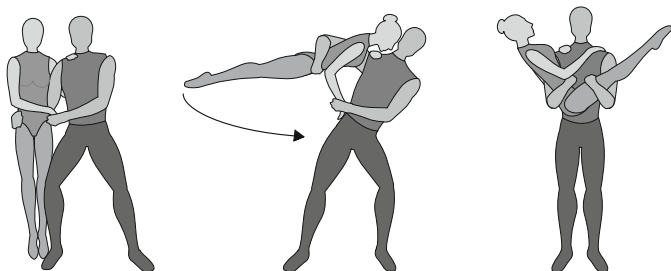
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5.3 GROUP 3: ACROBATIC ELEMENTS AROUND THE WAIST

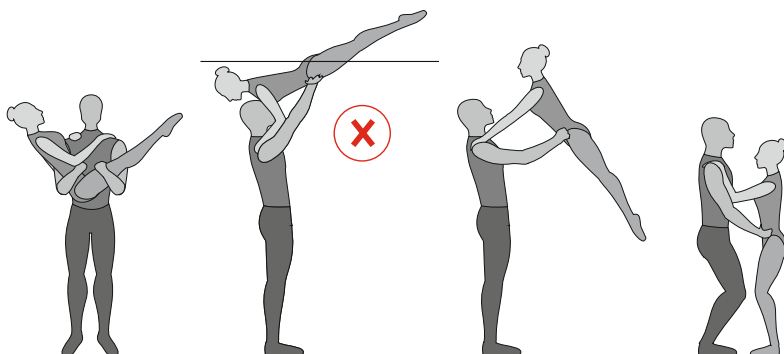
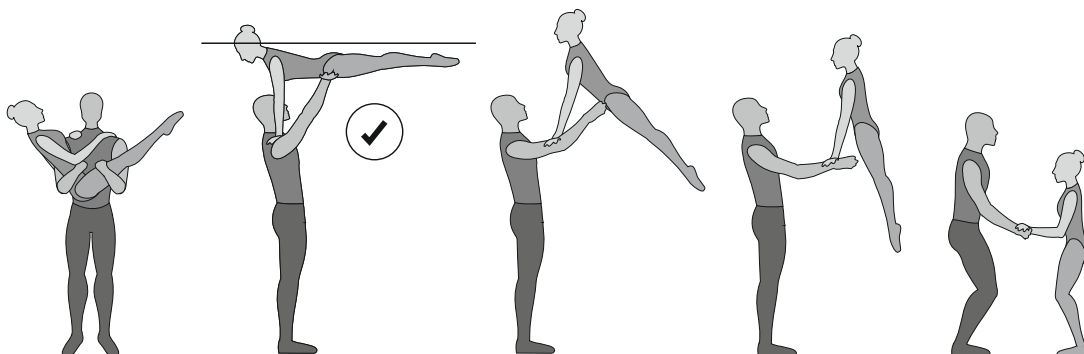
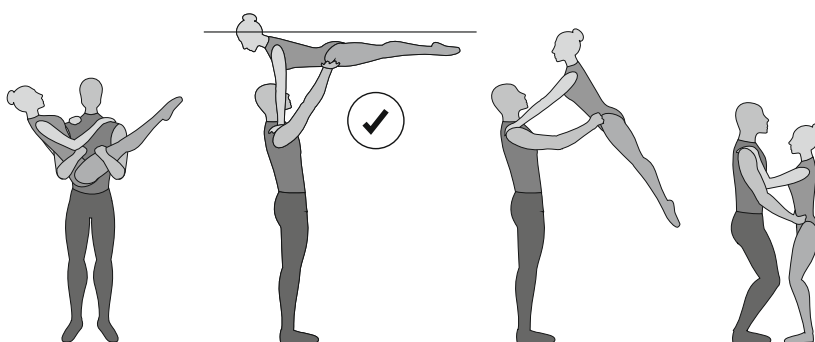
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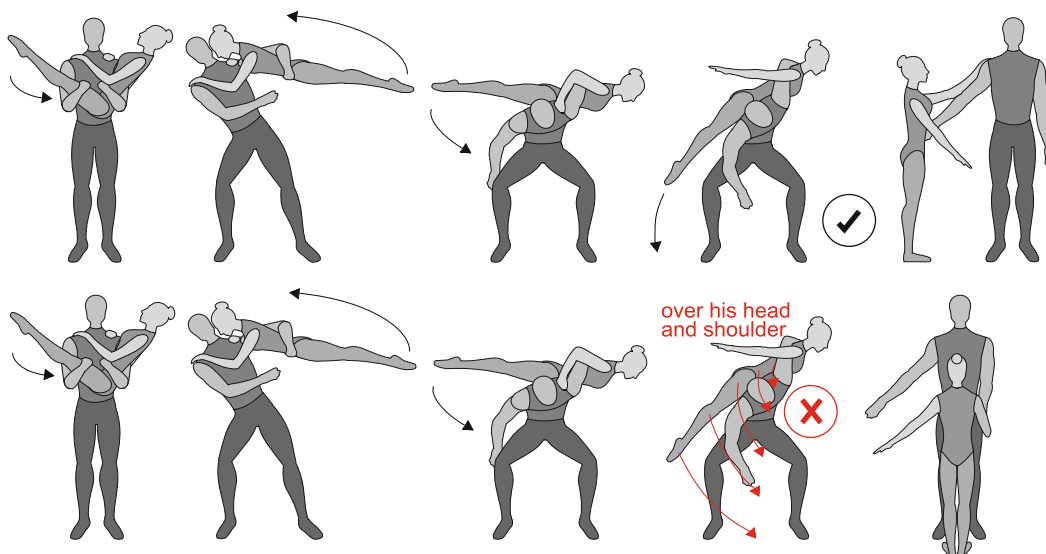
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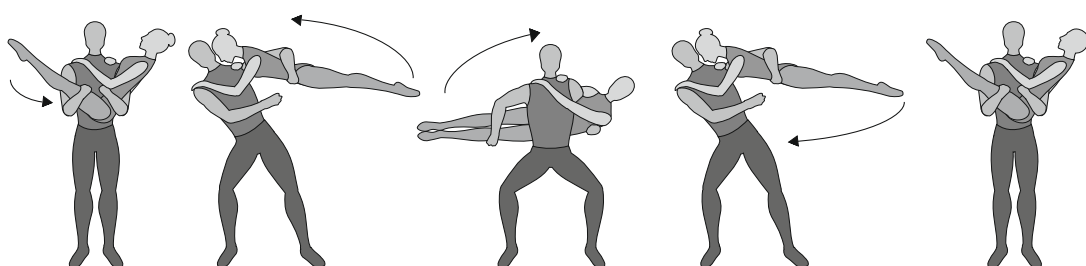
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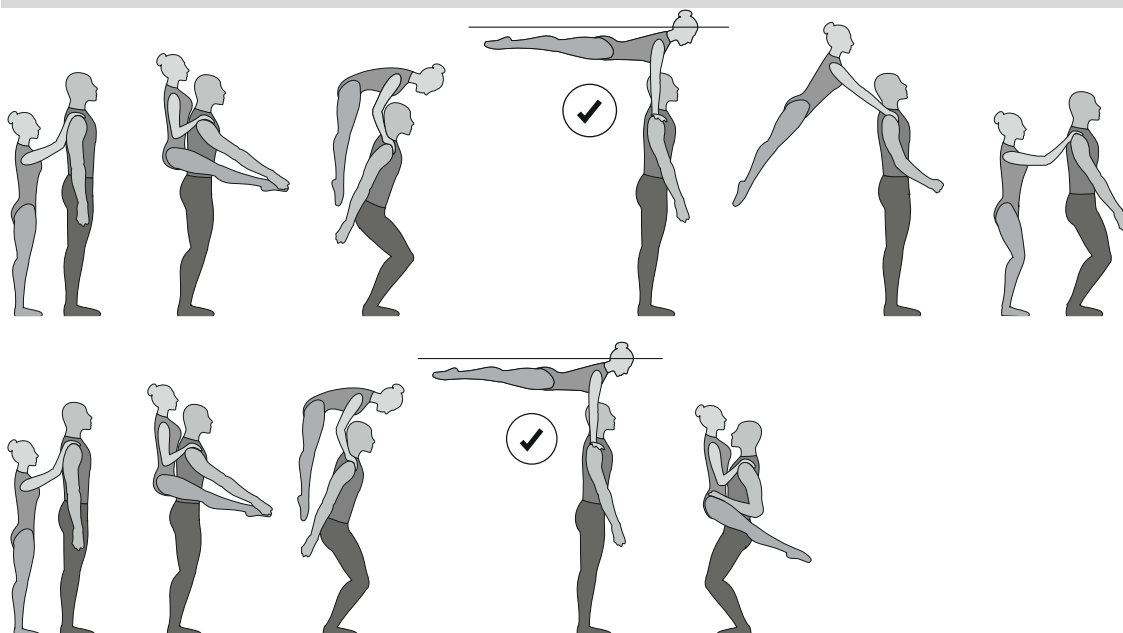
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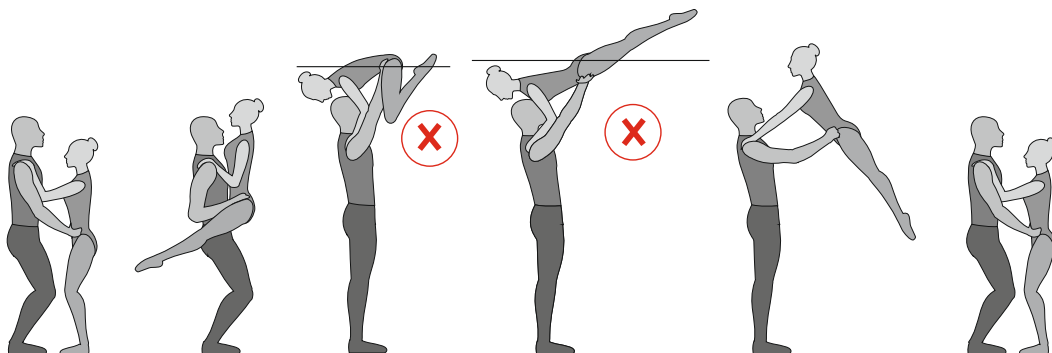
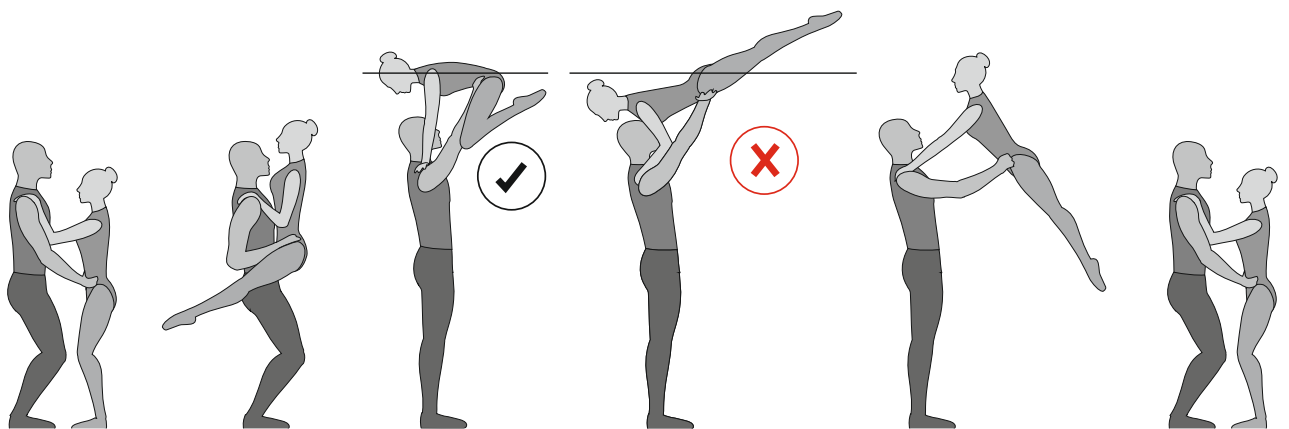
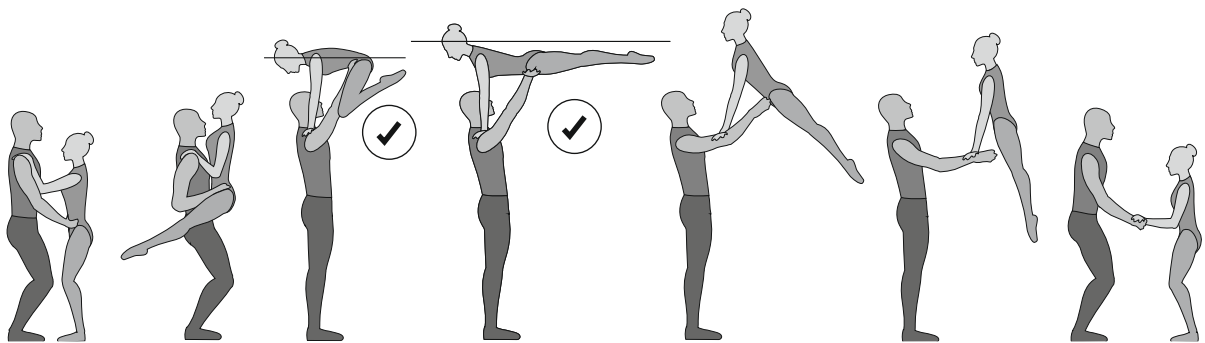
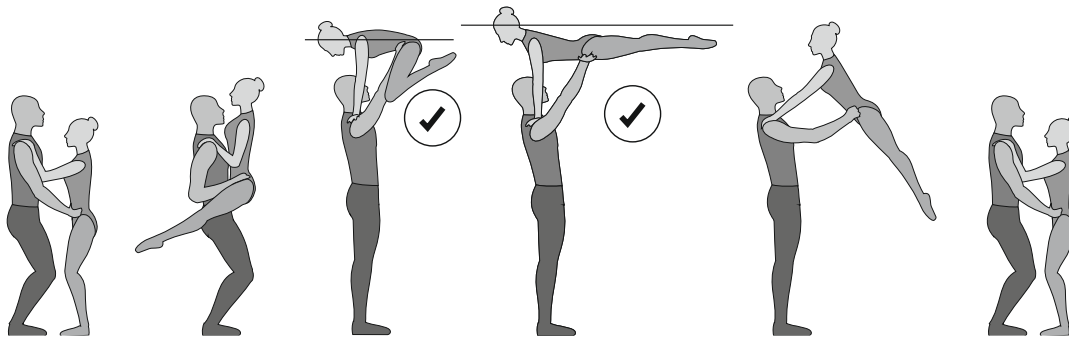
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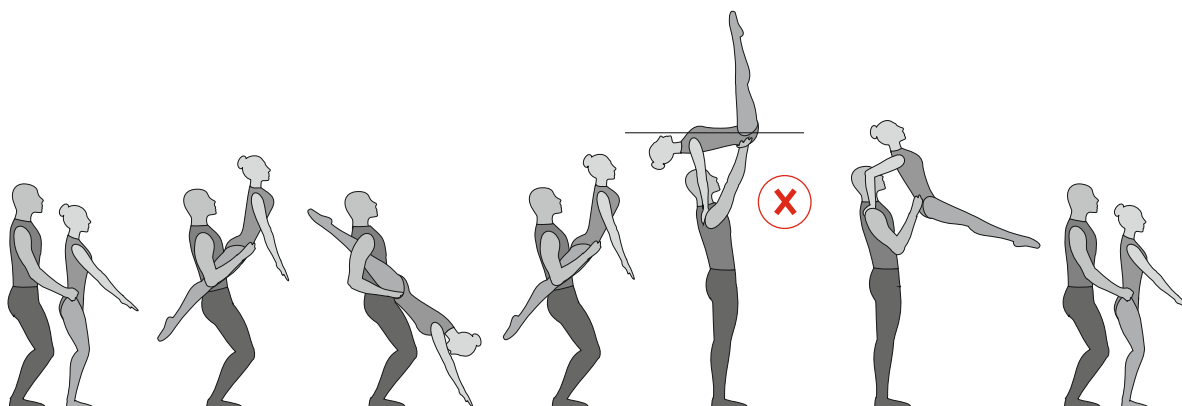
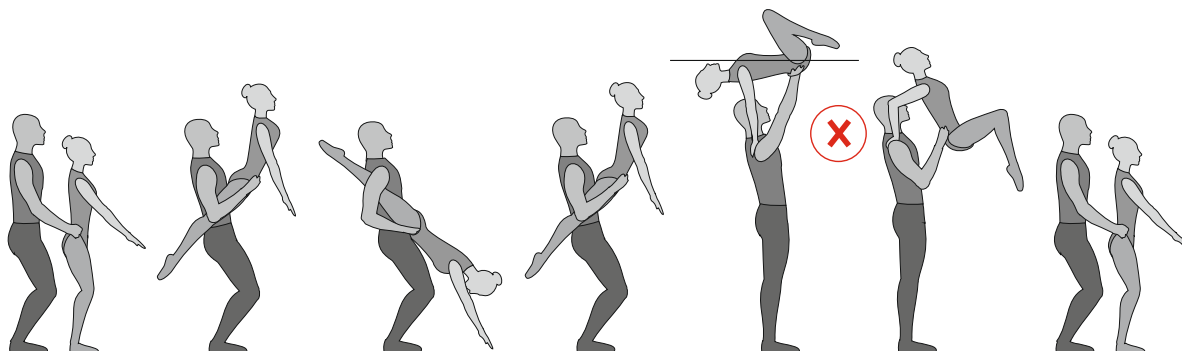
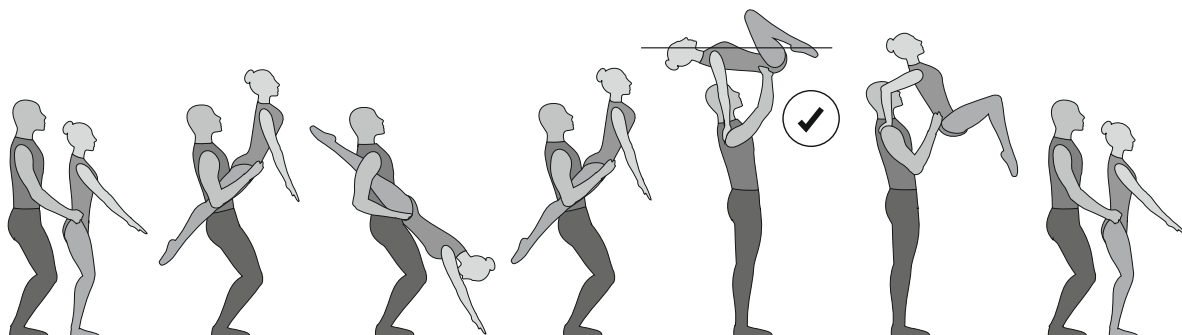
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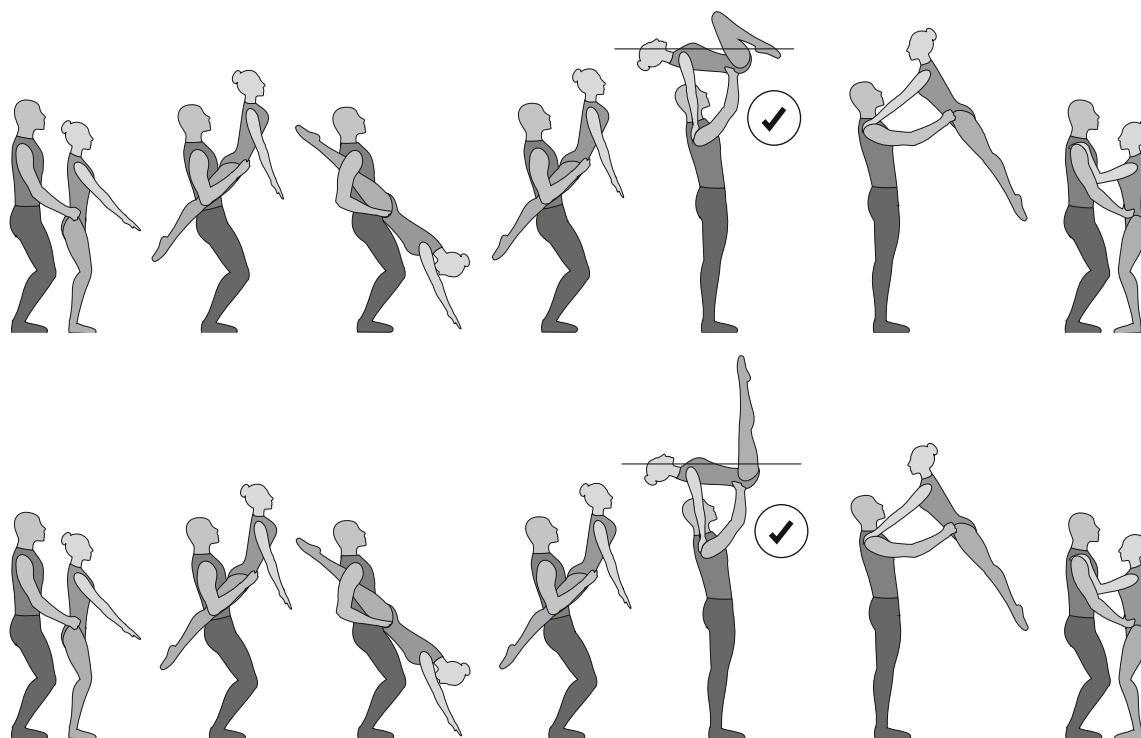
WRRC name: **SHALOM**

Code: **J-3-07**



WRRC name: **SHALOM** with ½ twist

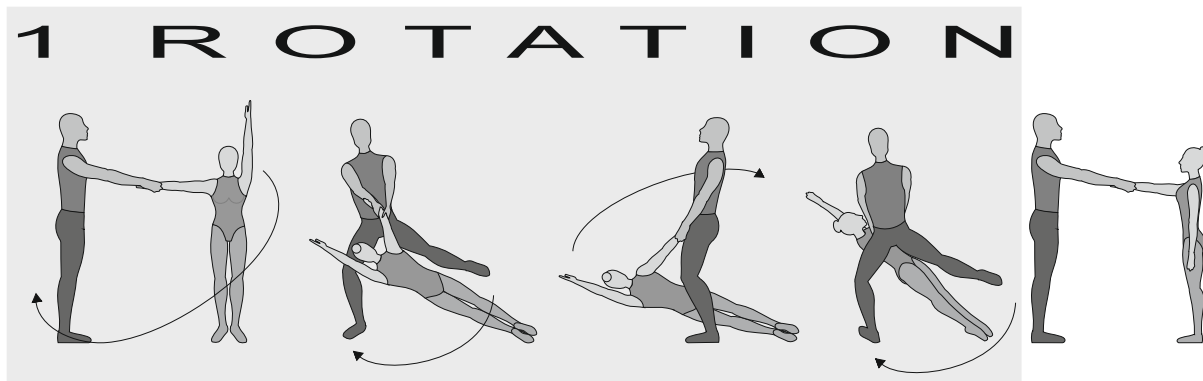
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5.4 GROUP 4: NON-FLYING ELEMENTS

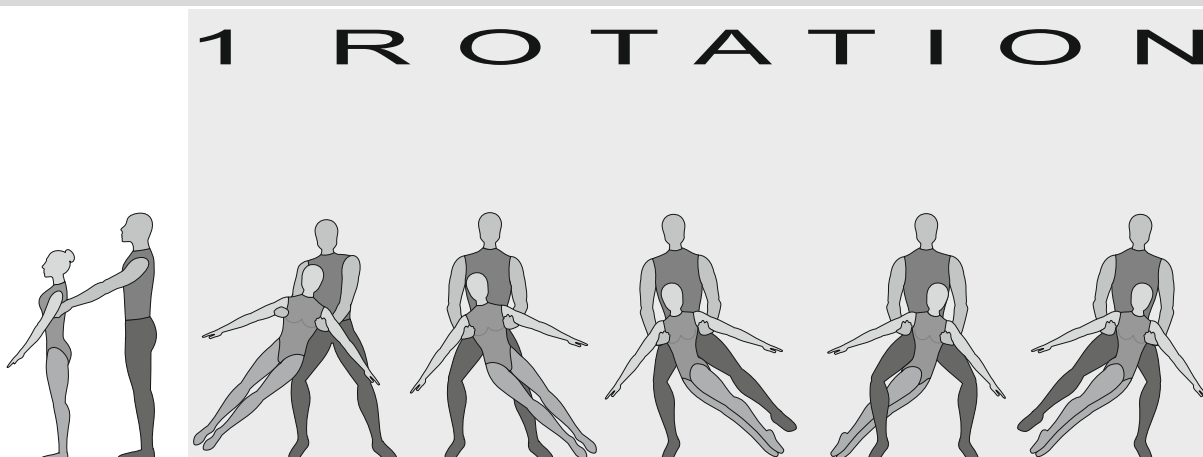
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Code: **J-4-01**



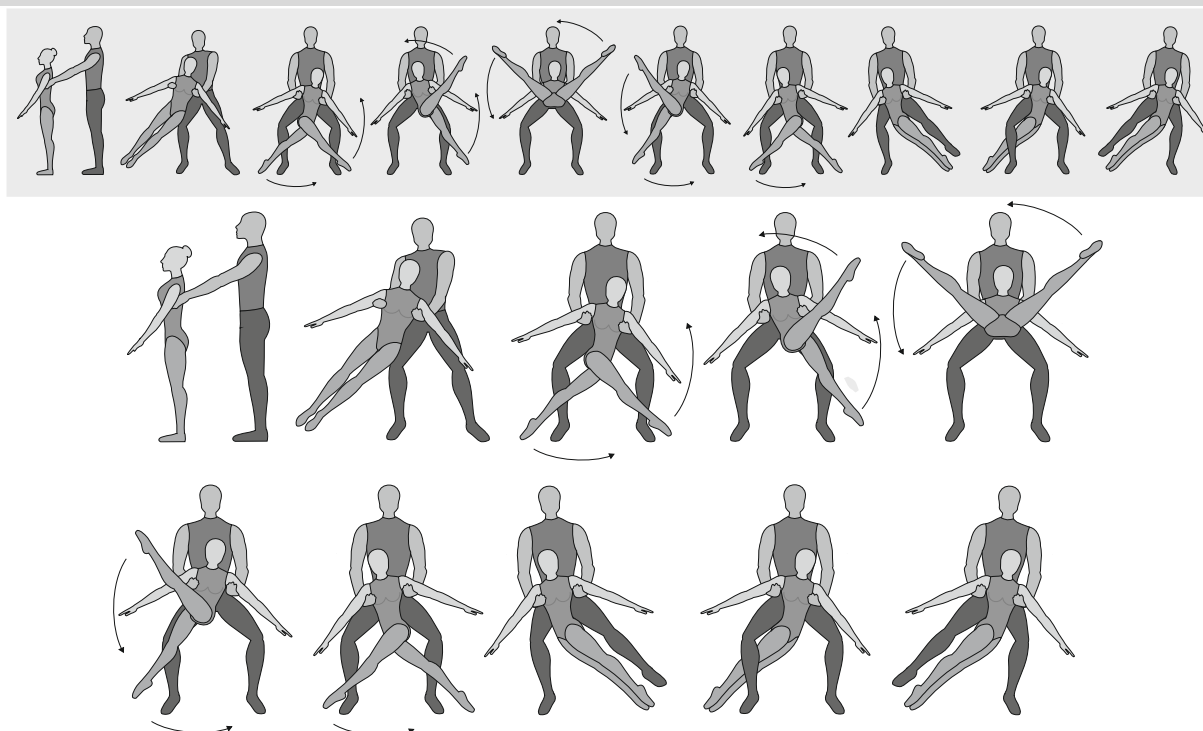
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Code: **J-4-02**



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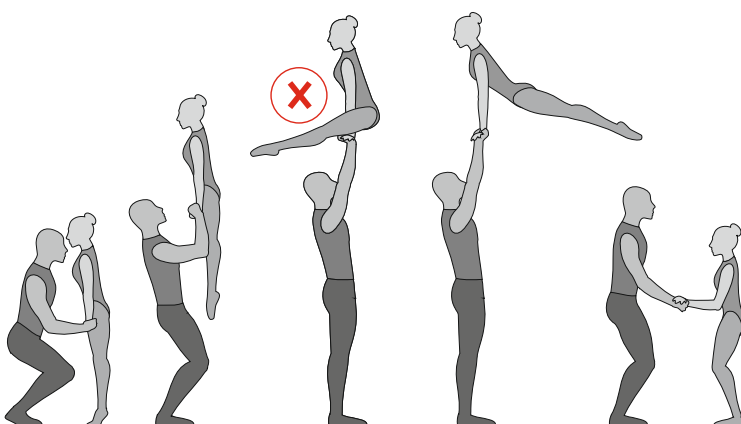
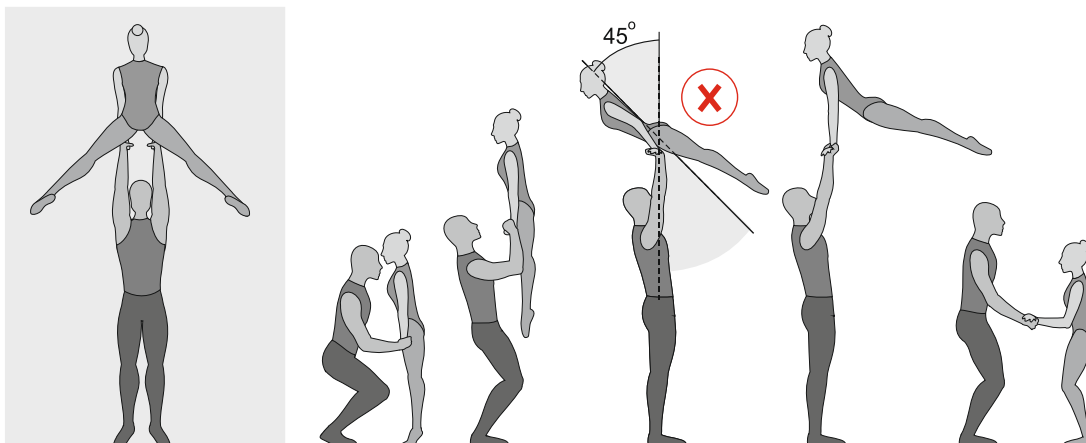
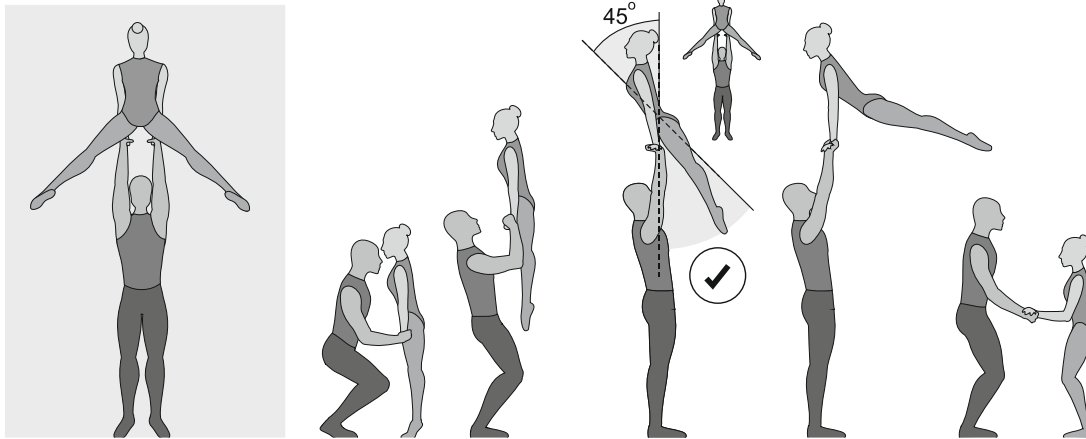
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5.5 GROUP 5: STATIC BODY POSTURE FROM LIFT

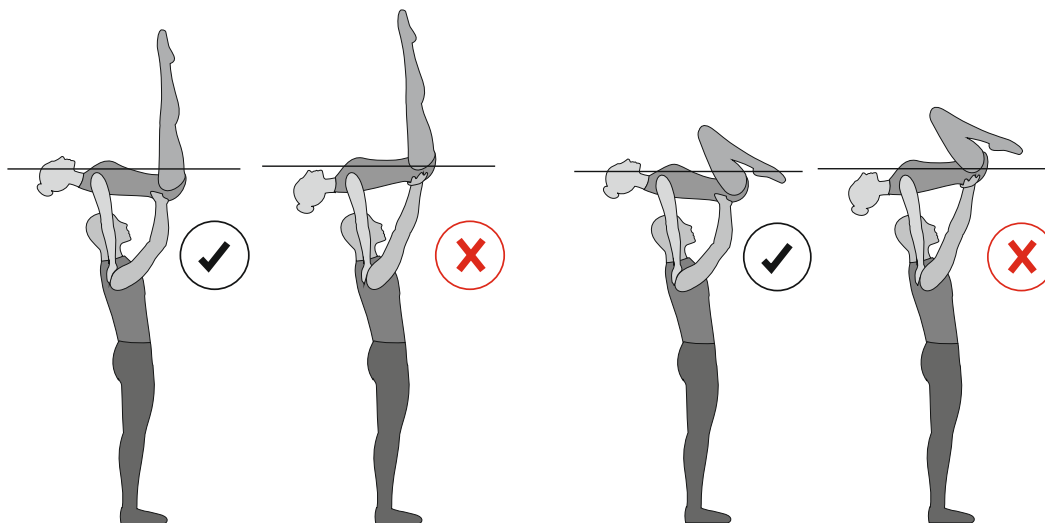
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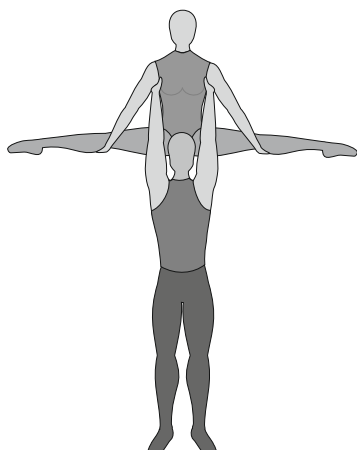
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Different leg positions are allowed.

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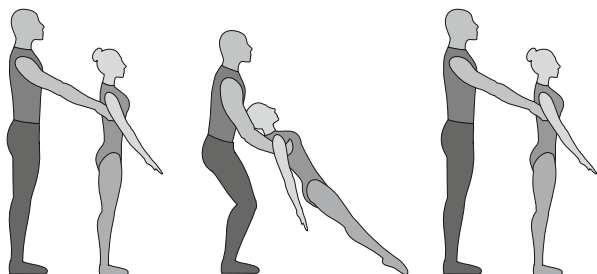
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5.6 GROUP 6: OTHER ELEMENTS

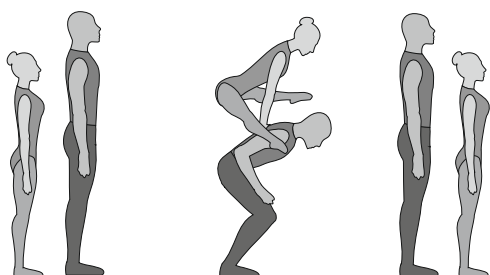
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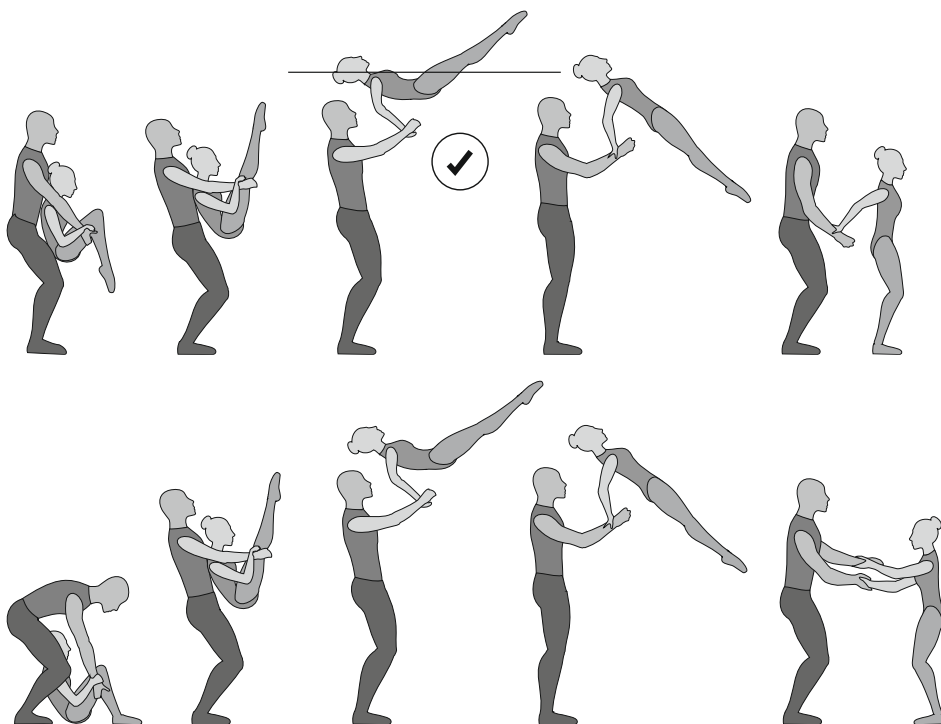
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Code: **J-6-02**



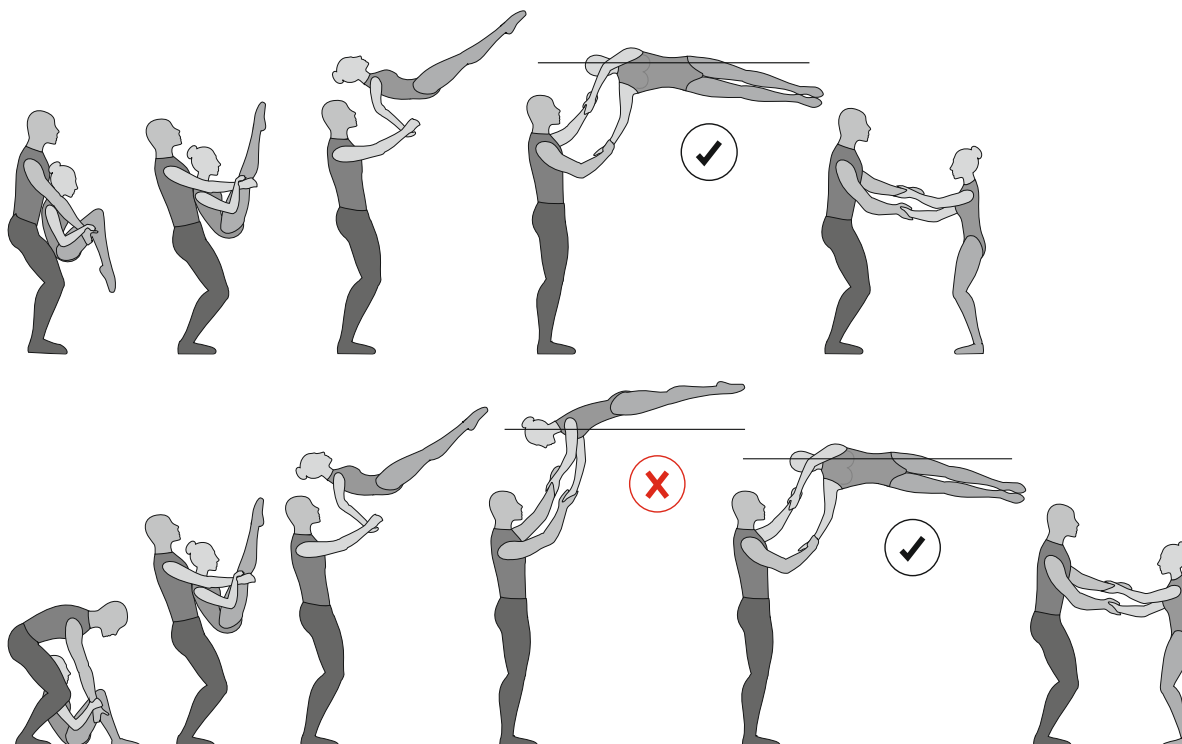
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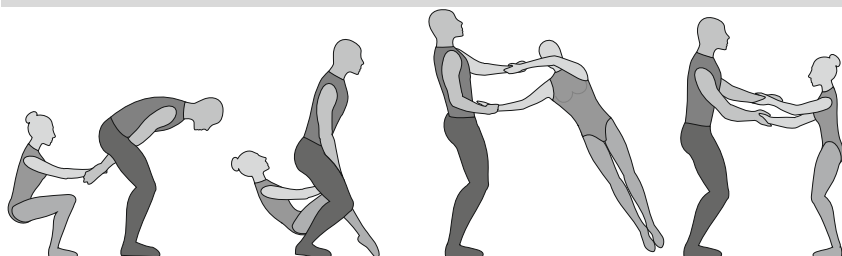
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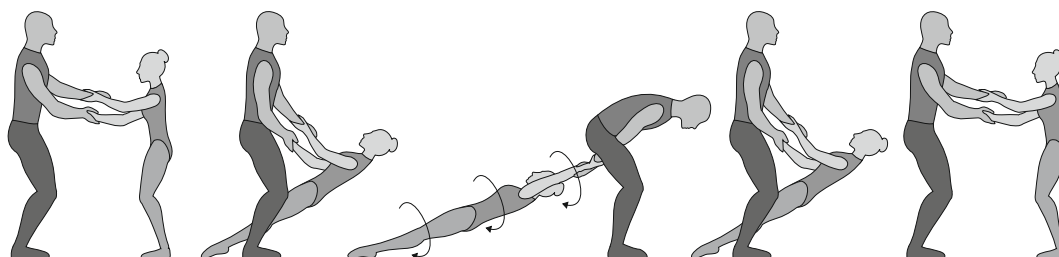
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WRRC name:

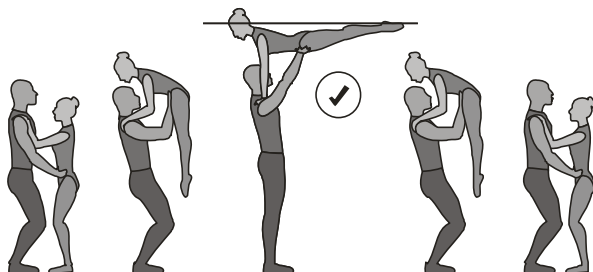
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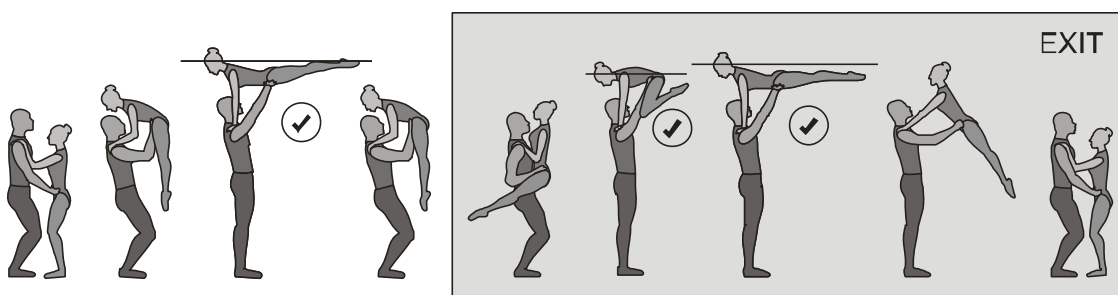
5.7 SINGLE ELEMENT OR COMBINATION?

GUIDELINE FOR JUNIOR CATEGORY EXAMPLES

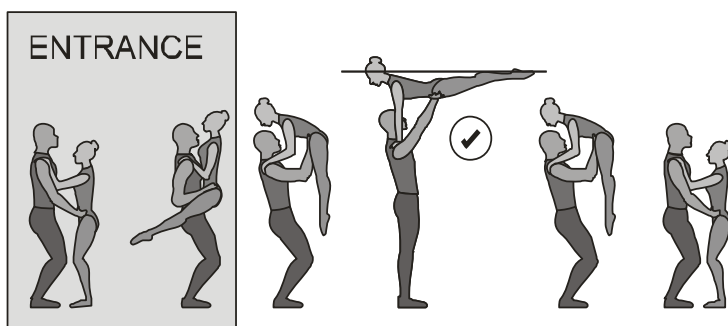
1A. SINGLE – Group1



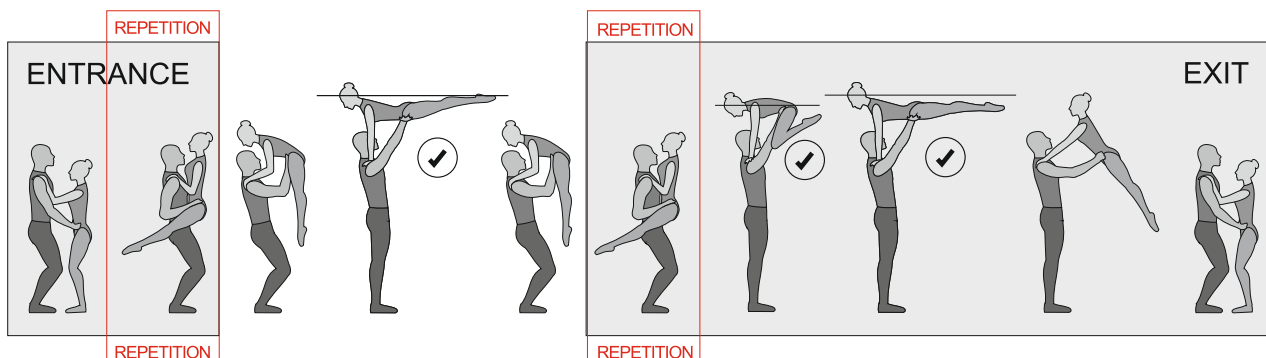
1B. SINGLE – Group1+3



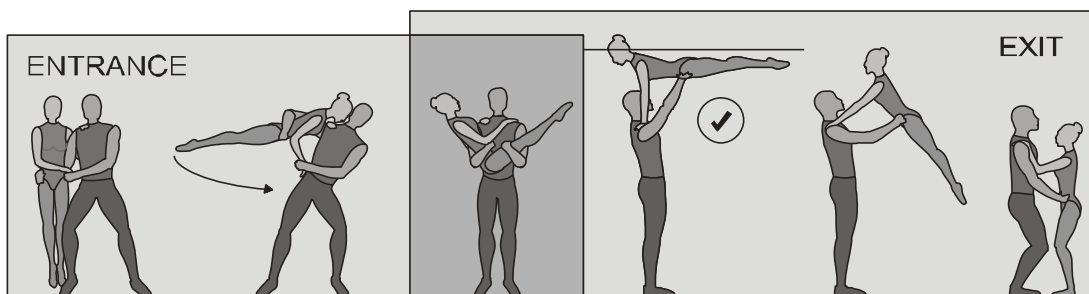
1C. SINGLE – Group3



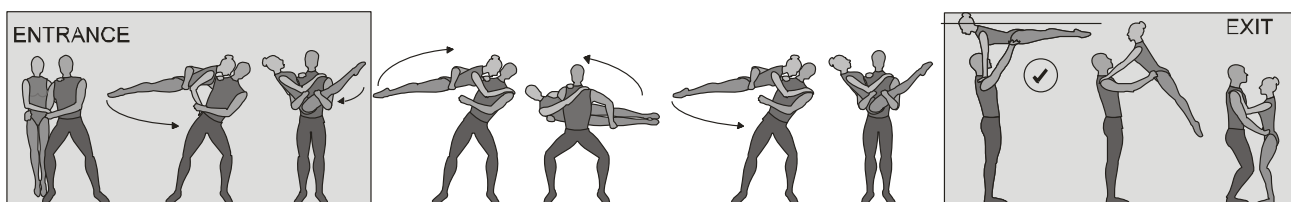
1D. COMBINATION – Group3+1



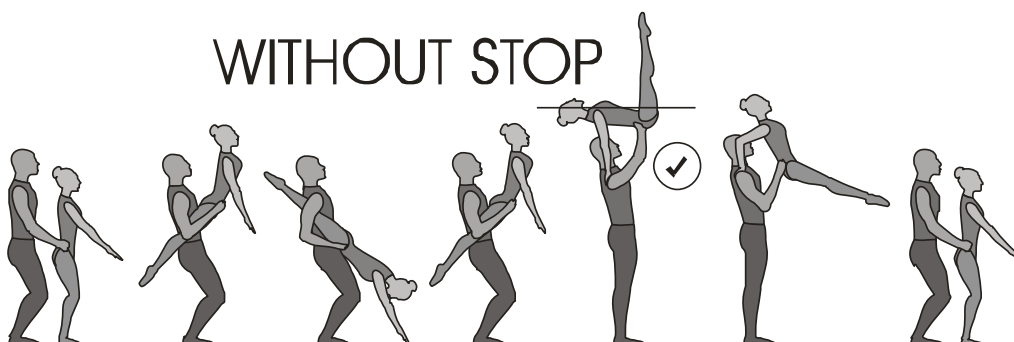
2A. SINGLE – Group3



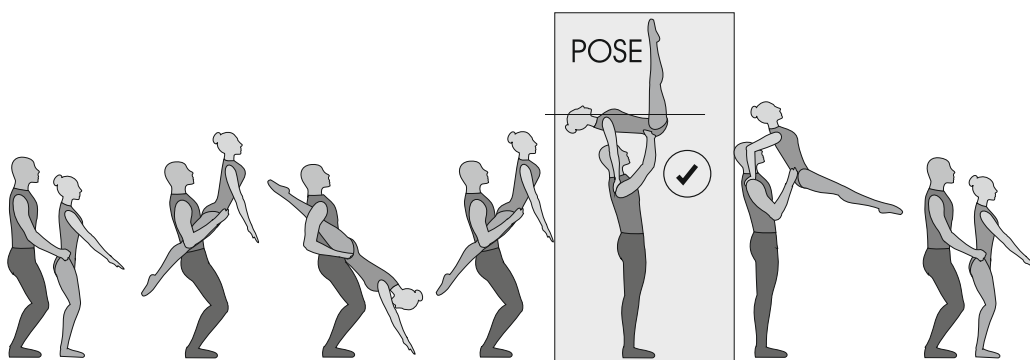
2B. SINGLE – Group3



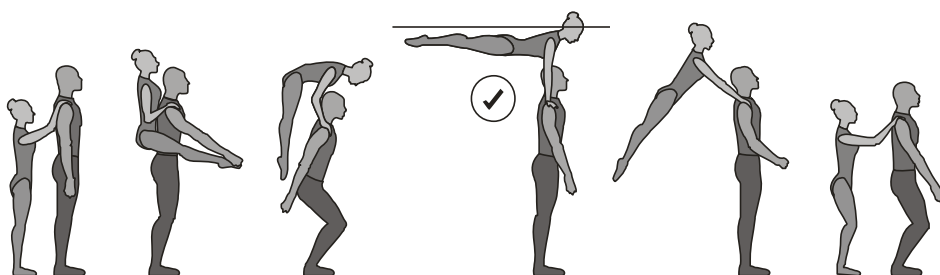
3A. SINGLE – Group 3



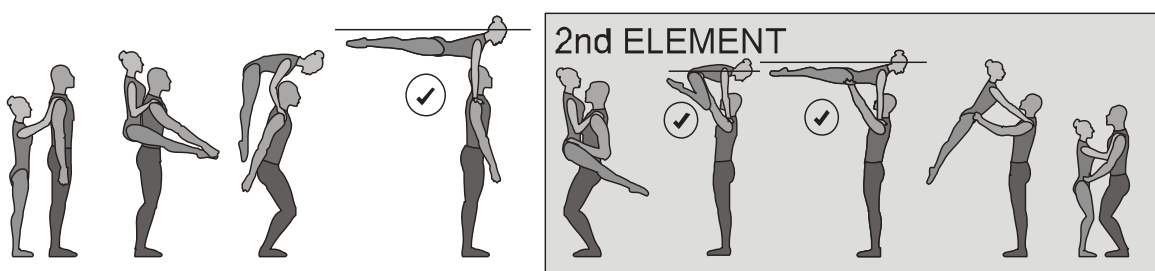
3B. SINGLE – Group3+5



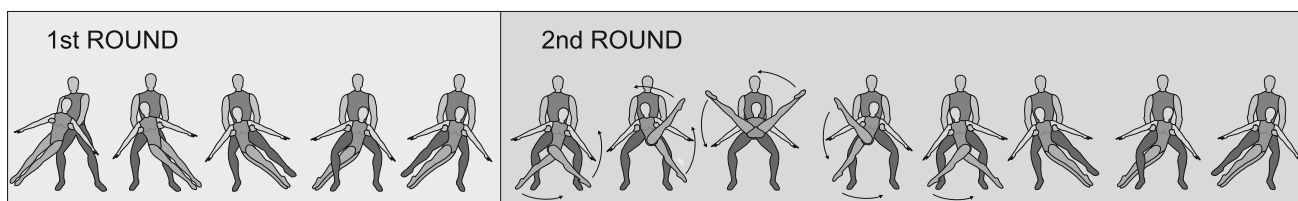
4A. SINGLE – Group3



4B. COMBINATION – Group3+2



6. SINGLE – Group4



6 SAFETY LEVEL 2

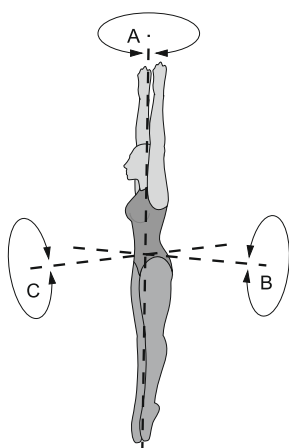
RR COUPLE DANCE SHOW, LADIES FORMATION

This table shows the requirements for the different Safety Levels. This is only the basic structure of possible SL exceptions.

Body contact, and contact between the floor and some part of the body can influence the main rules. Four hands grip at least (on the body of partner who performs the acrobatic element) allow maximum 360° rotations in formation categories.

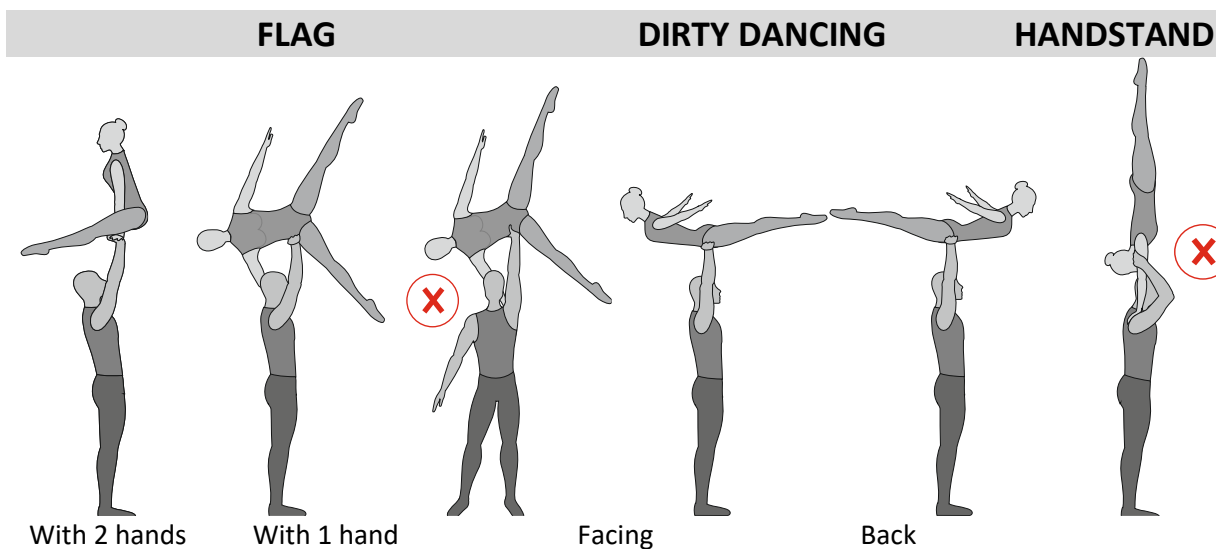
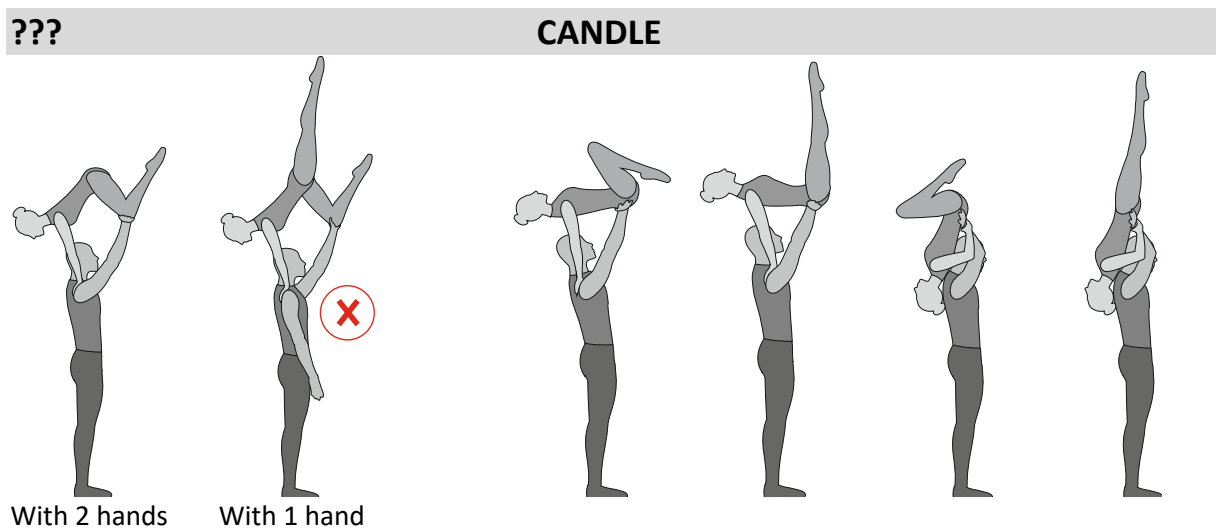
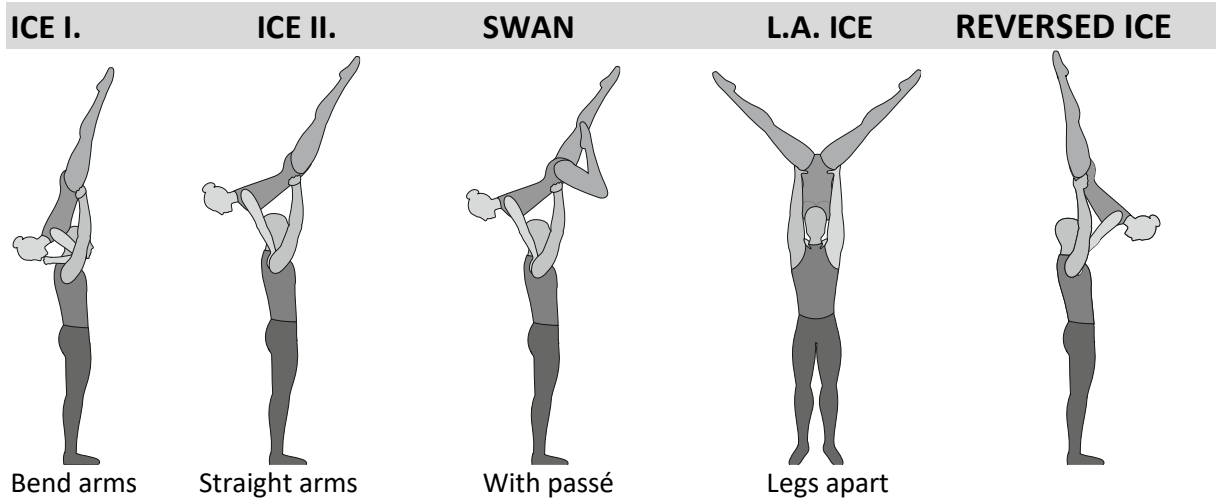
Body contact during elements with more than 180 degrees rotation around lateral/sagittal axis leads to ROLLING MOVEMENT:

- These movements are accepted as SL2 elements if they meet the requirements below.
- Rolling movement instead of flying phase in Forward or Backward elements in RR MCCS (SL1) will be deducted to 0 point (SL2) by the Observer! (Acro group is accepted, but for 0 point!)



			A Longitudinal (Vertical) axis			B Transverse (Lateral) axis			C Sagittal axis		
			0°-90°	91°-180°	>180°	0°-90°	91°-180°	>180°	0°-90°	91°-180°	>180°
Contact	Firm grip or body contact	under the shoulder	SL 2	SL 2	SL 2	SL 2	SL 2	SL 2	SL 2	SL 2	SL 2
		above the shoulder	-	-	-	-	-	-	-	-	-
	Grip	under the shoulder	SL 2	SL 2	SL 2	SL 2	SL 2	SL 1	SL 2	SL 2	SL 1
		above the shoulder	SL 2	SL 2	SL 1	SL 2	SL 2	SL 1	SL 2	SL 2	SL 1
	Without	under the shoulder	-	-	-	-	-	-	-	-	-
		above the shoulder	SL 1	SL 1	SL 1	SL 1	SL 0	SL 0	SL 1	SL 0	SL 0

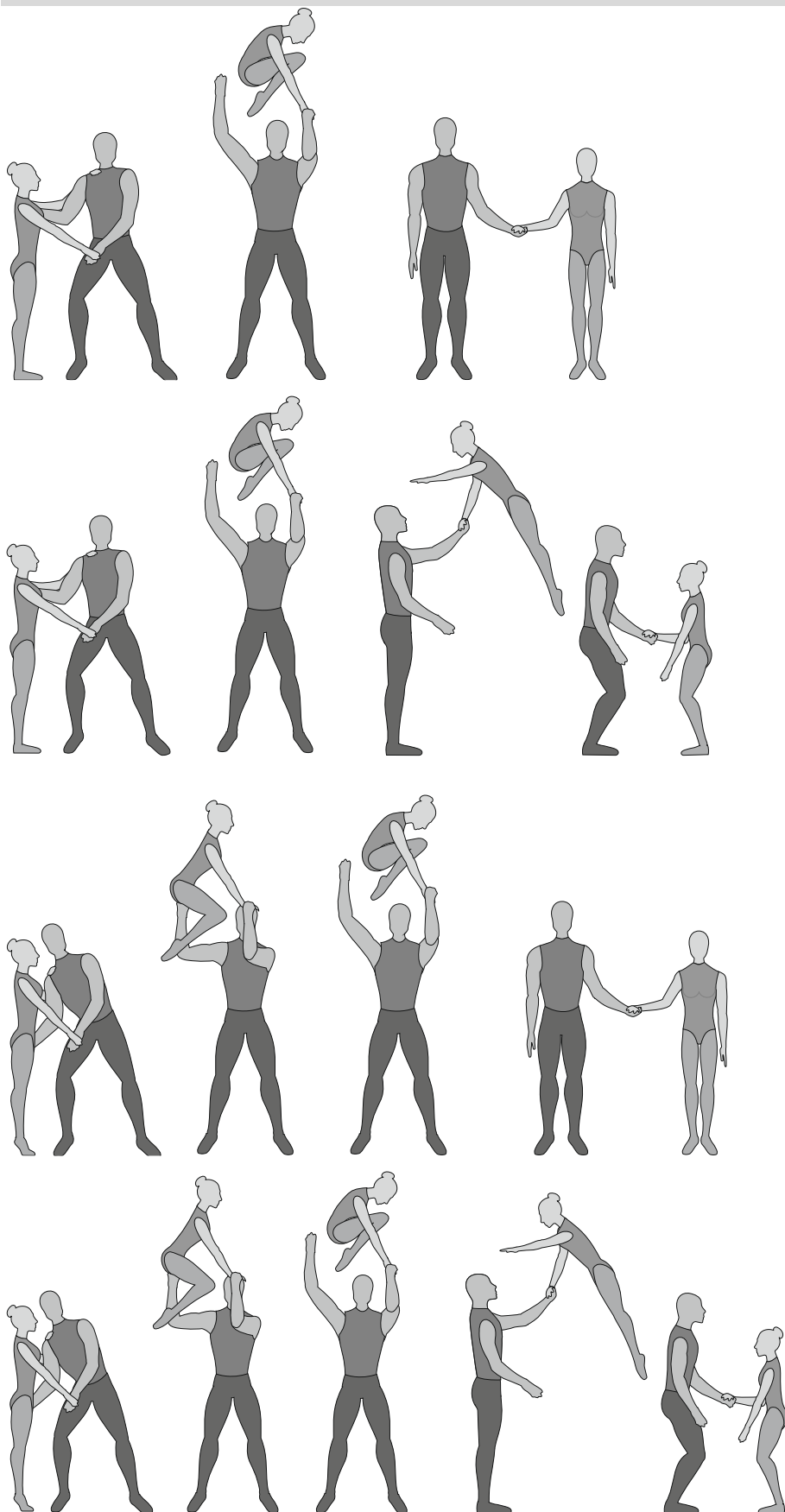
6.1 POSES



6.2 ELEMENTS

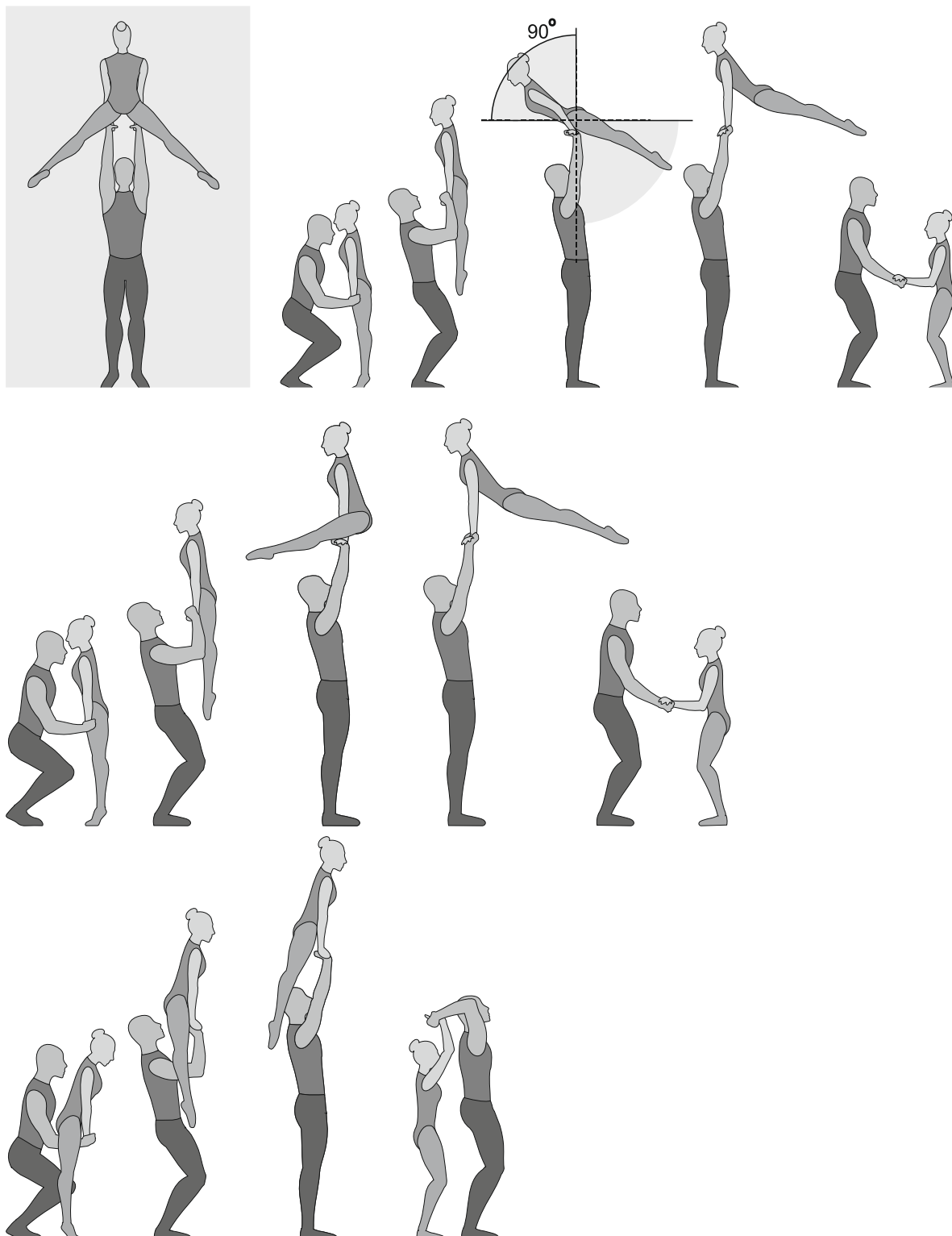
WRRC name:

Code: **CDS-01**



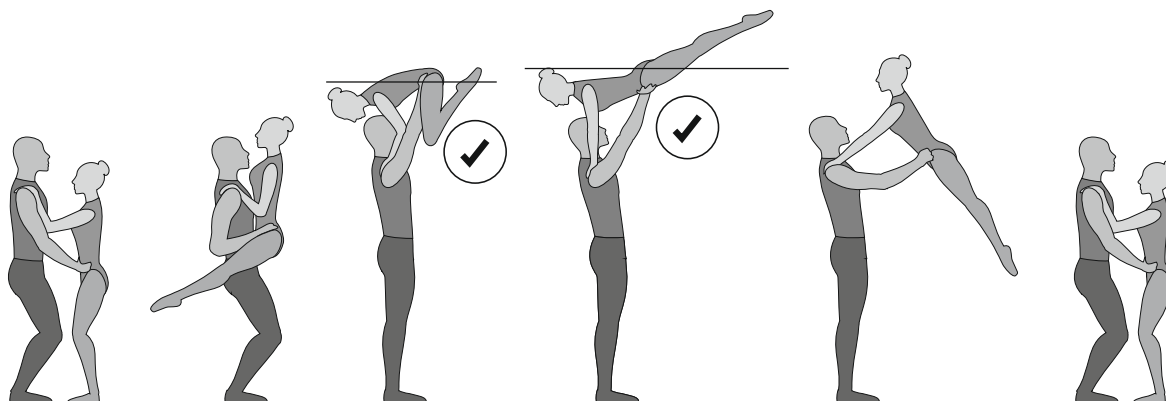
WRRC name:

Code: CDS-02



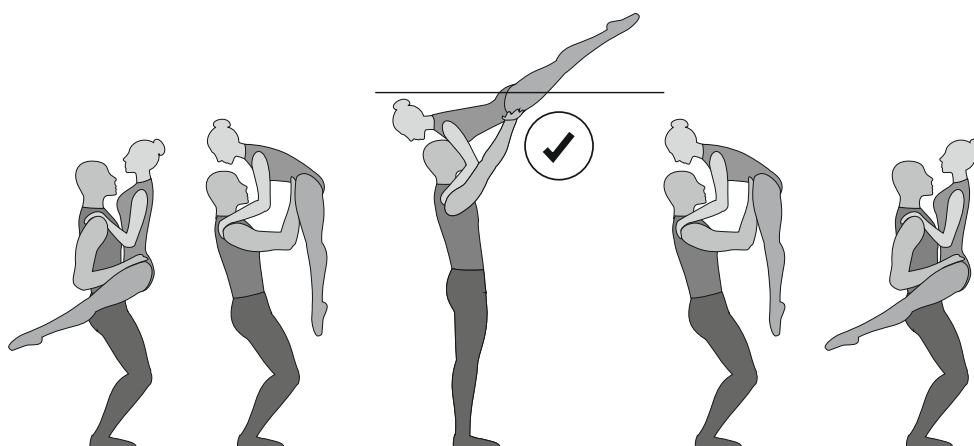
WRRRC name:

Code: **CDS-03**



WRRRC name:

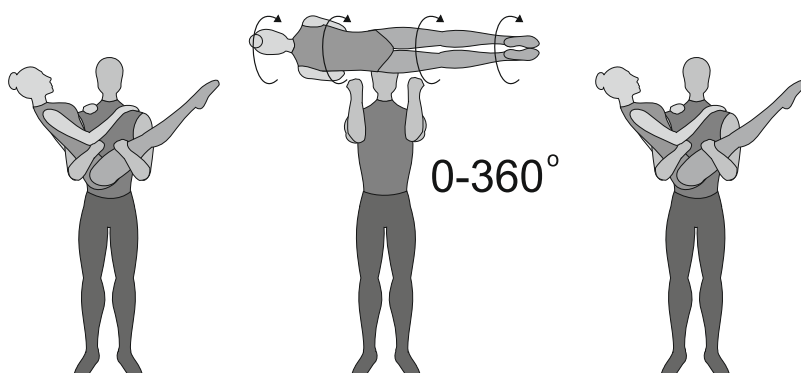
Code: **CDS-04**



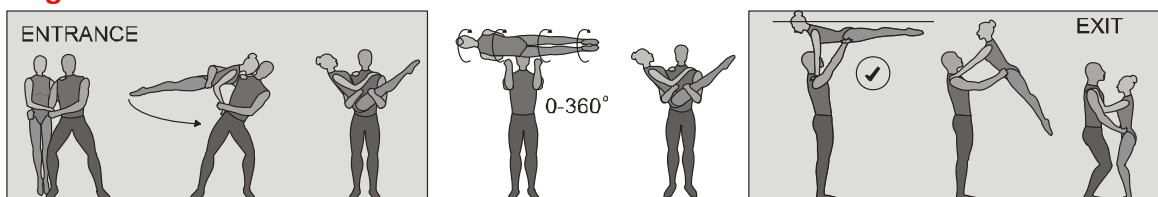
WRRRC name:

(exceptional)

Code: **CDS-05**

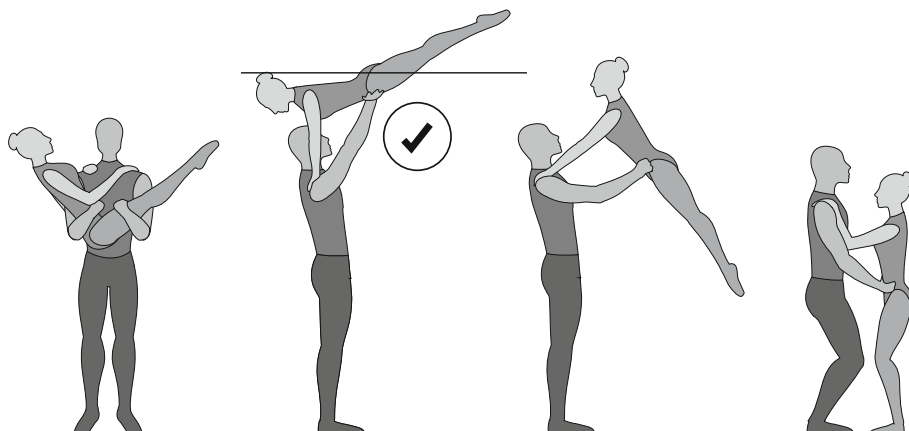


Single element:



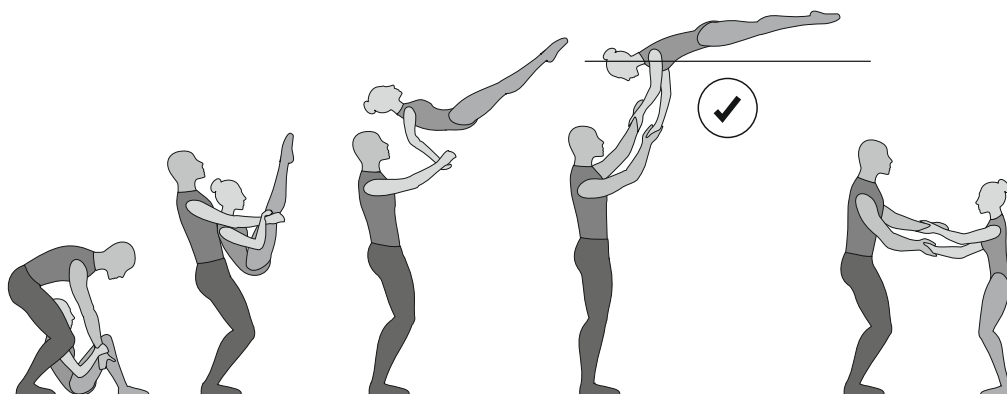
WRRRC name:

Code: **CDS-06**



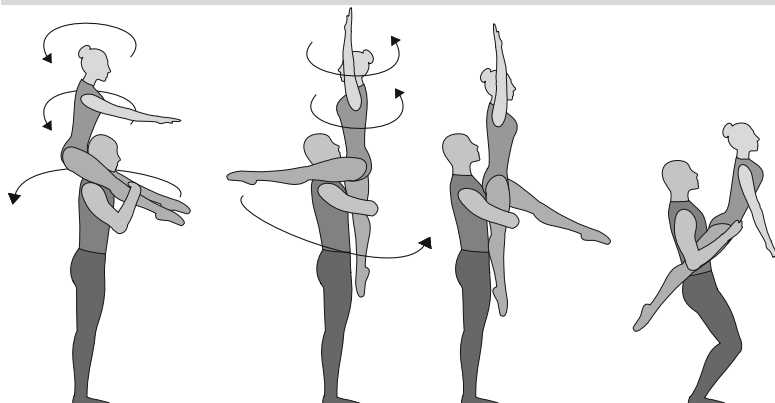
WRRRC name:

Code: **CDS-07**

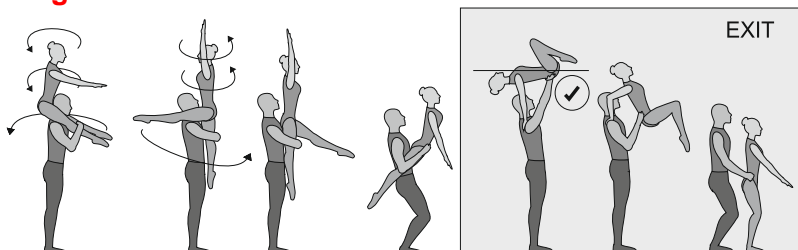


WRRRC name:

Code: **CDS-08**

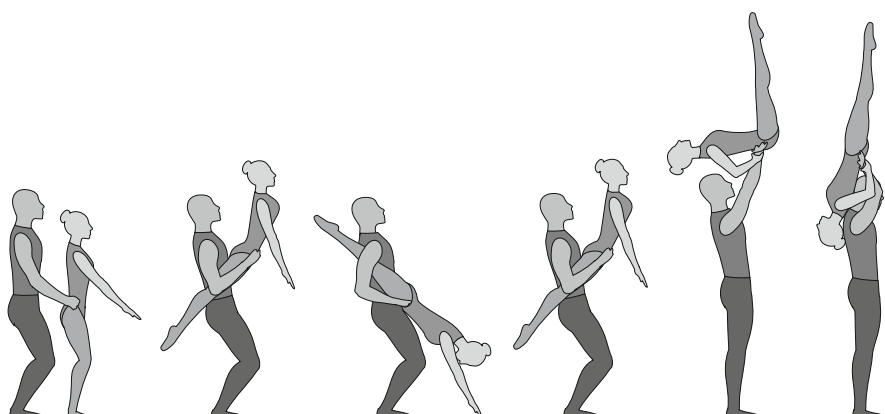
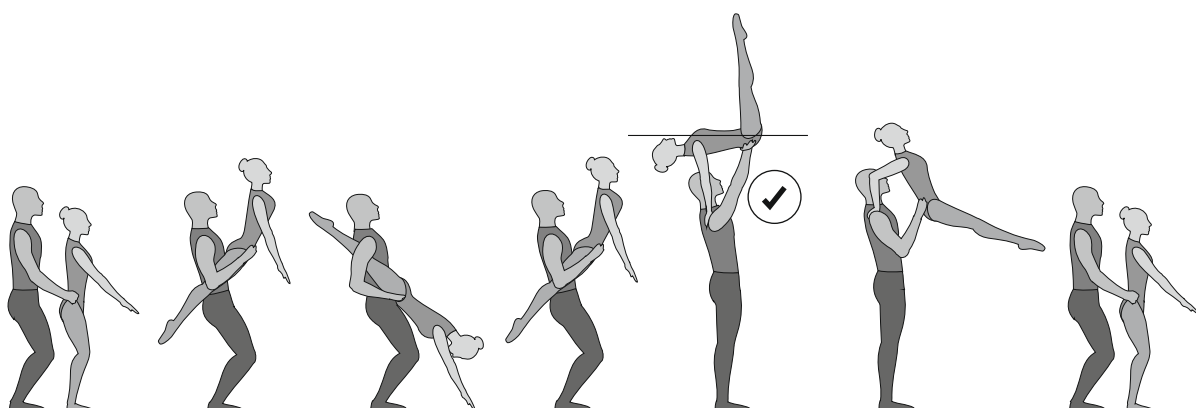
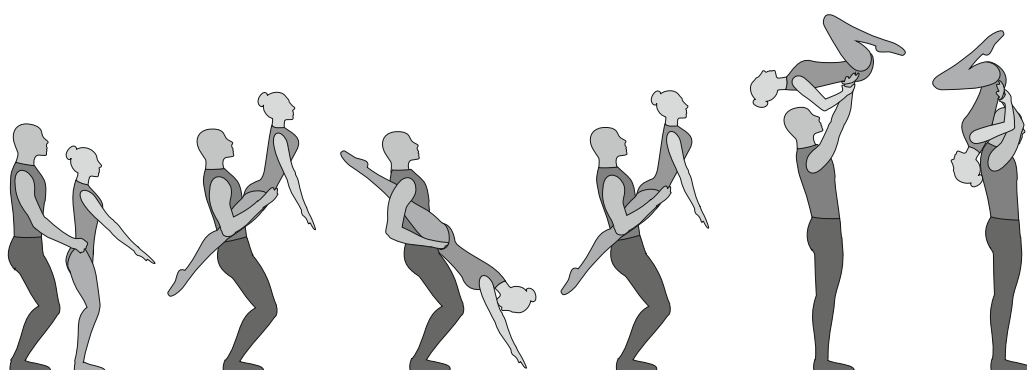
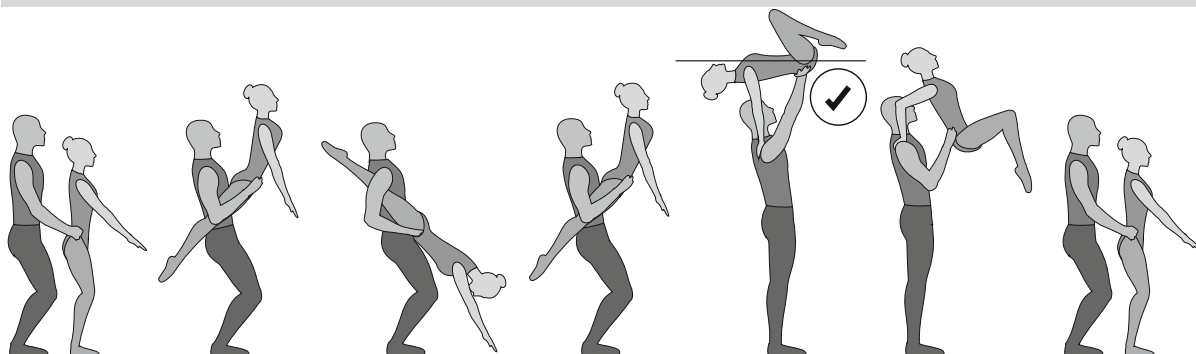


Single element:



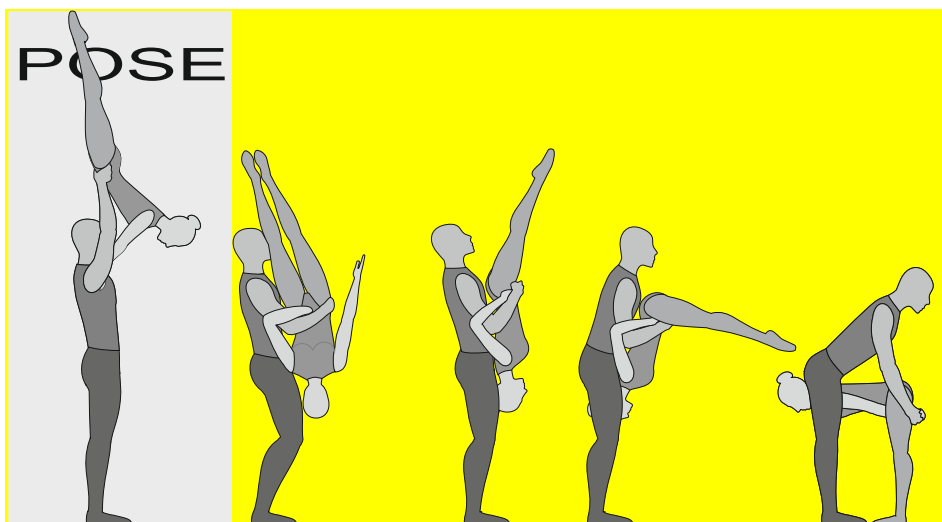
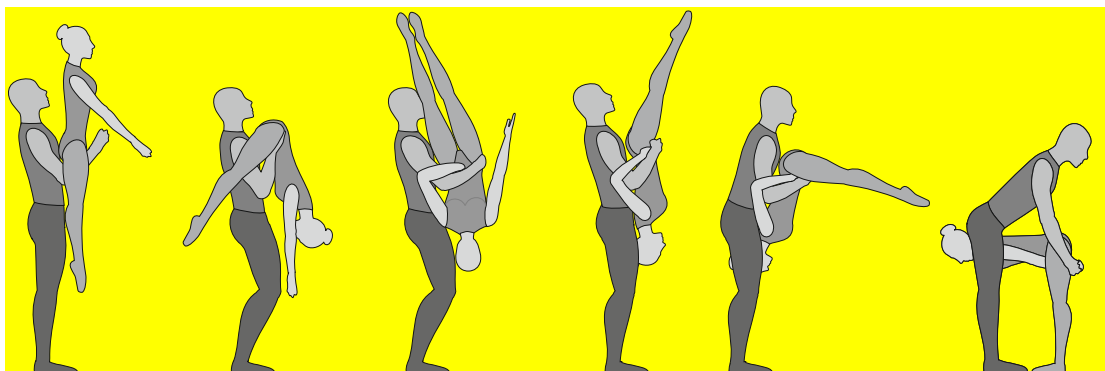
WRRC name:

Code: **CDS-09**



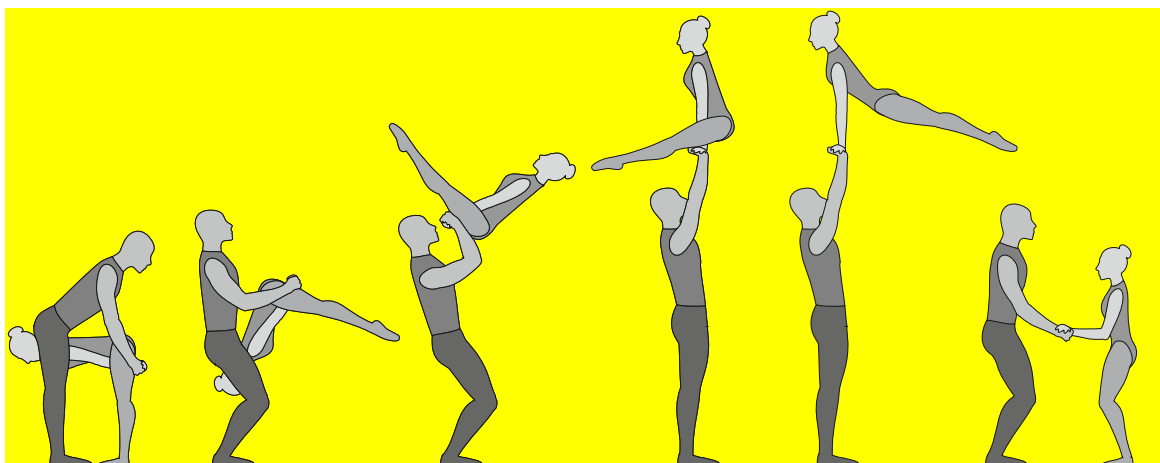
WRRC name:

Code: **CDS-10**



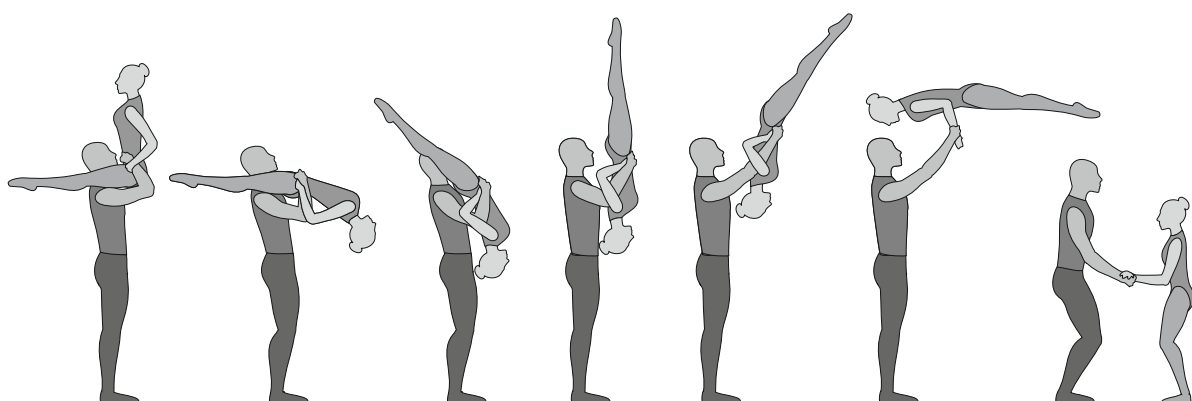
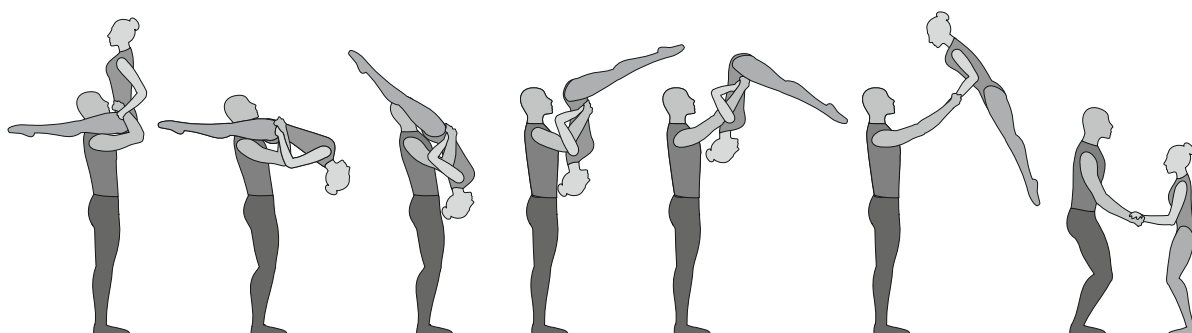
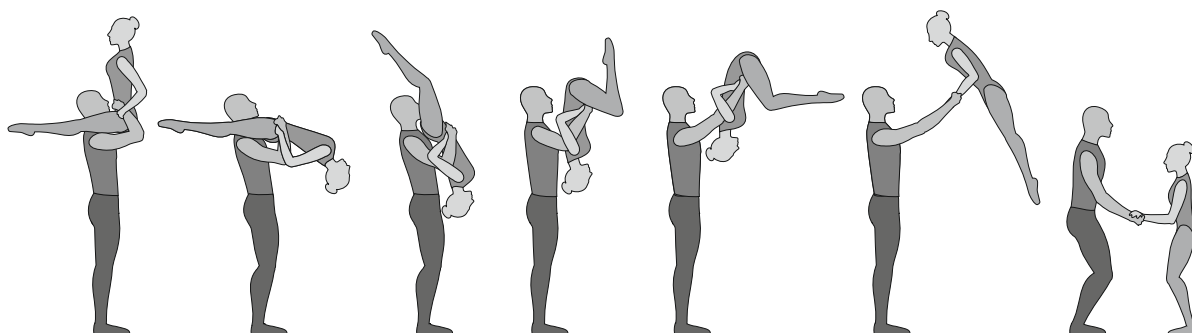
WRRC name:

Code: **CDS-11**



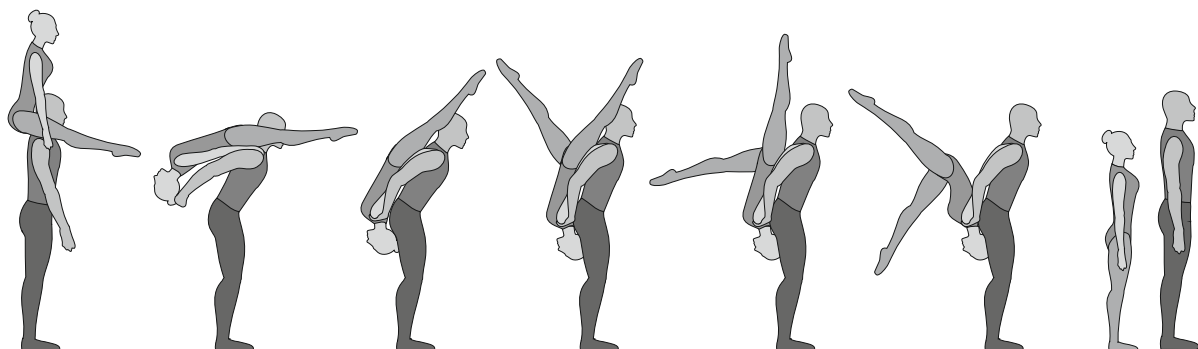
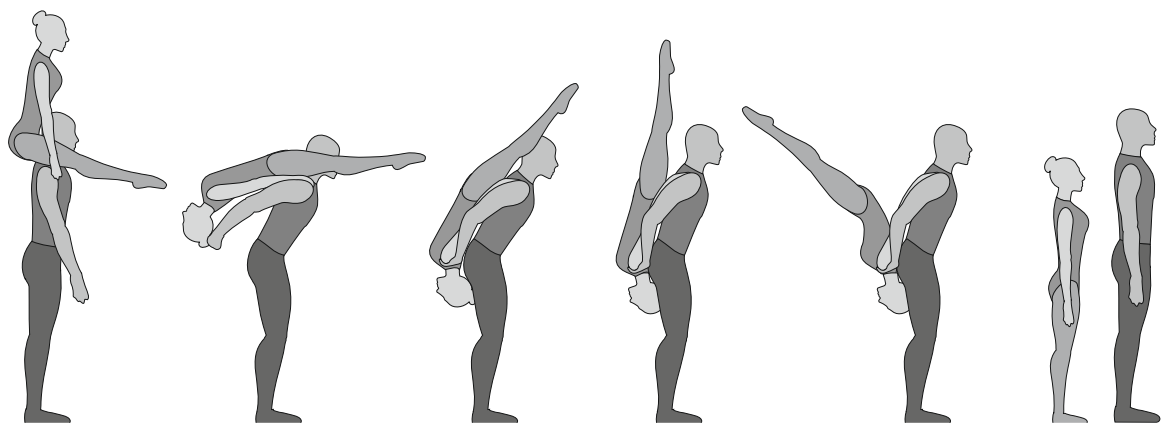
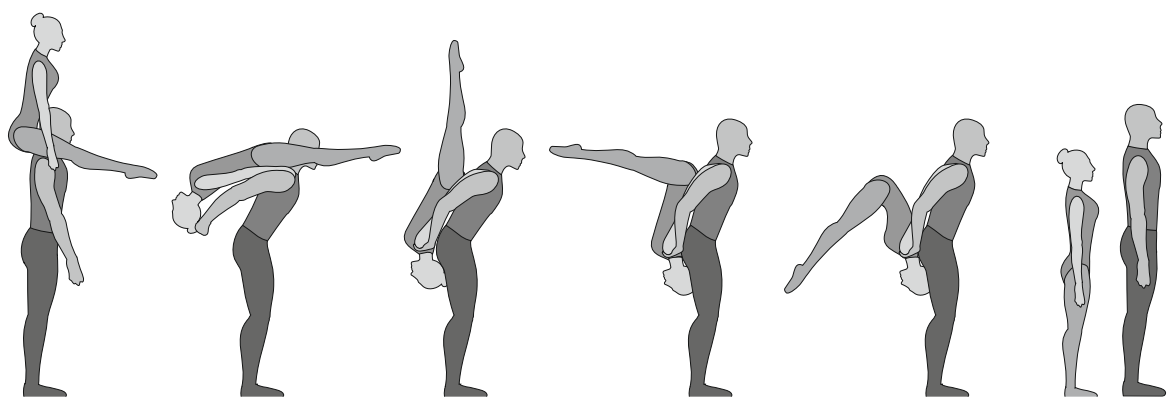
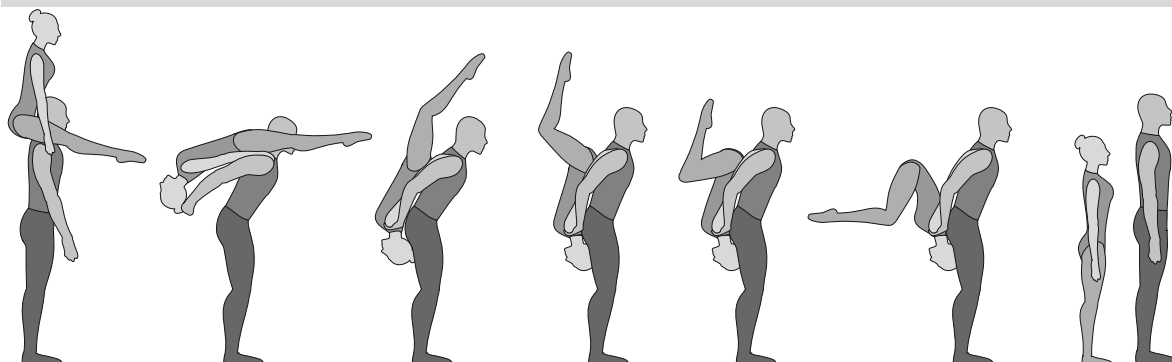
WRRC name:

Code: **CDS-12**



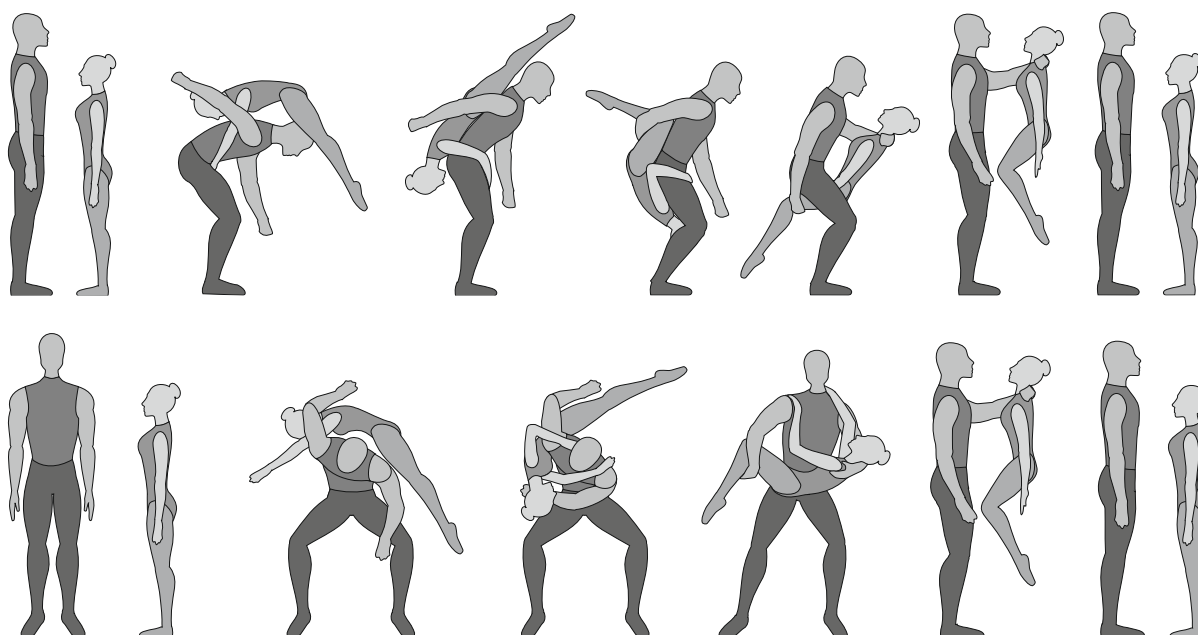
WRRC name:

Code: **CDS-13**



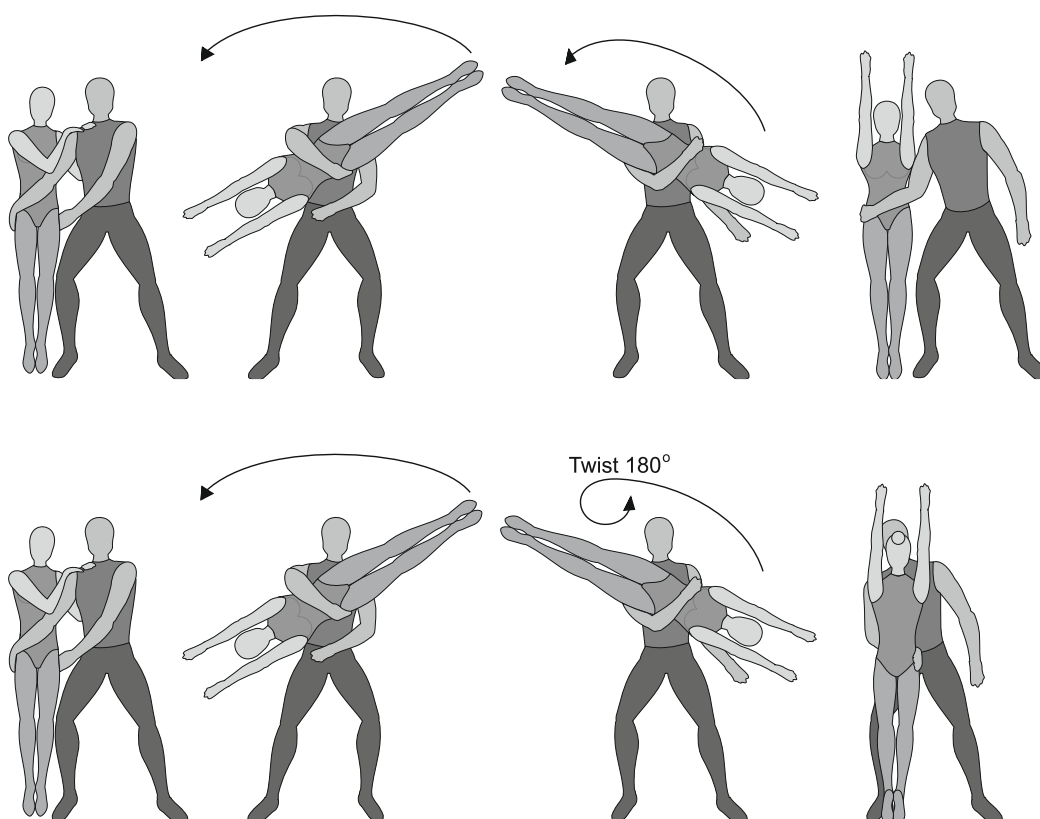
WRRC name:

Code: **CDS-14**



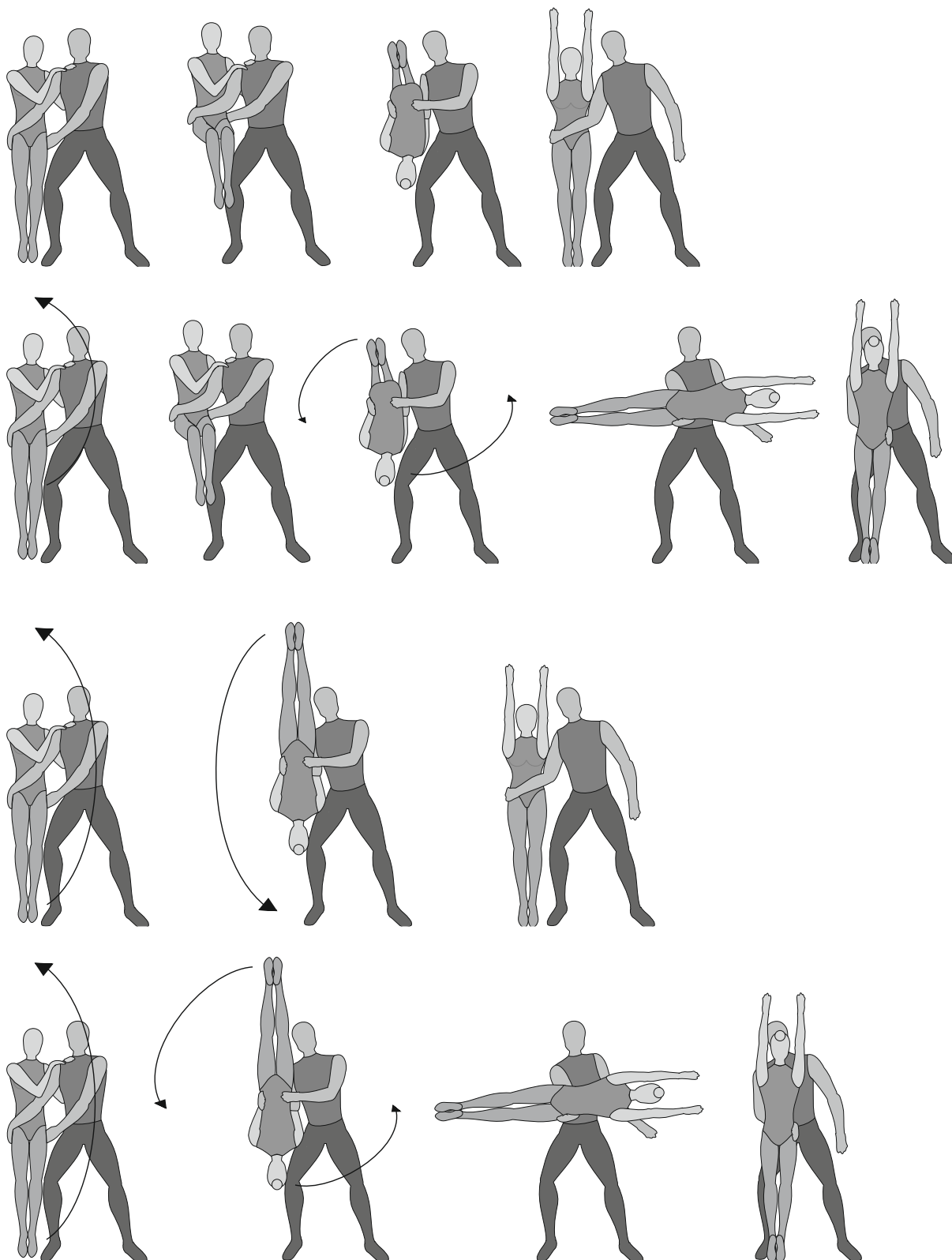
WRRC name:

Code: **CDS-15**



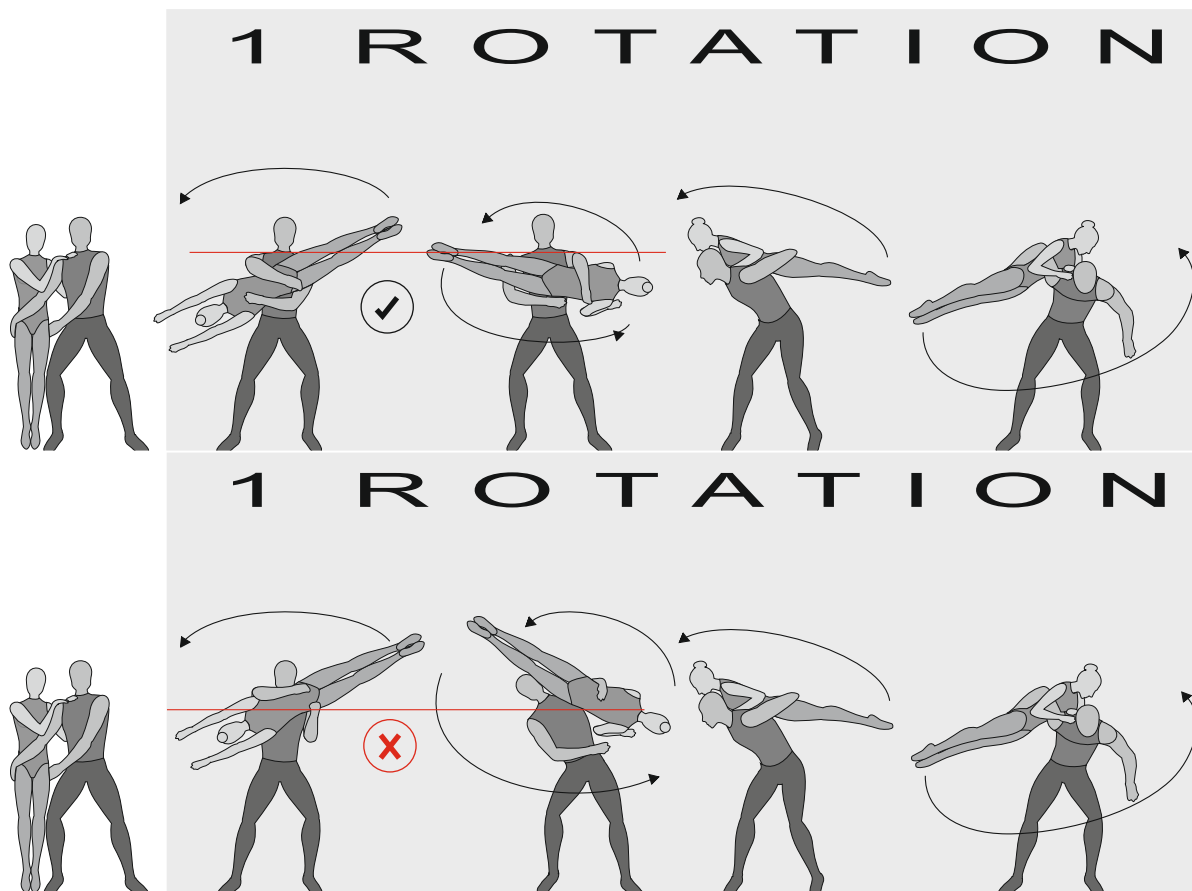
WRRC name:

Code: **CDS-16**



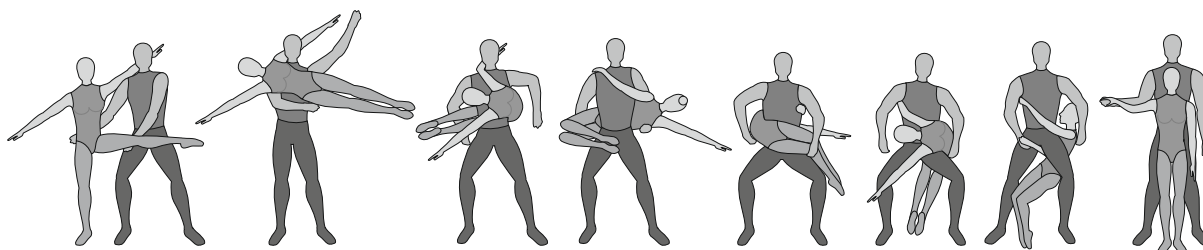
WRRC name:

Code: CDS-17



WRRC name:

Code: CDS-18

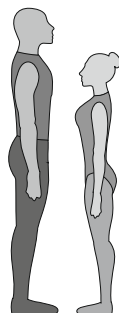


7 SAFETY LEVEL 1

RR MAIN CLASS CONTACT STYLE

7.1 STARTING POSITIONS – ENTRANCE

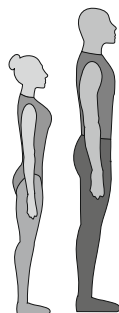
From the FLOOR



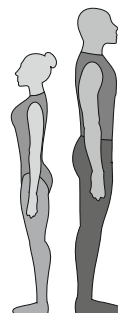
Facing



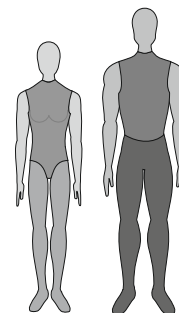
Back I.



Back II.



Back to Back

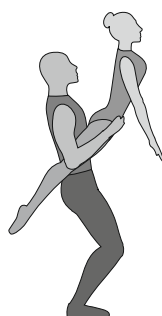


Side by Side

From WAIST height



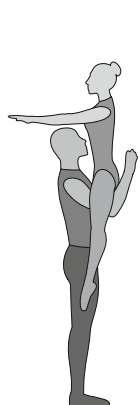
Sitting on the waist
Facing



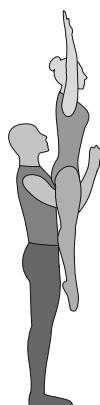
Back I. (Shalom position)



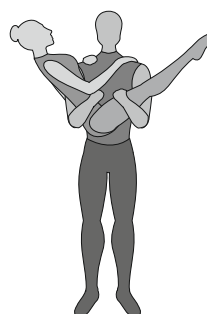
Back II. (Tessarini position)



Sitting on the arms
Legs apart facing

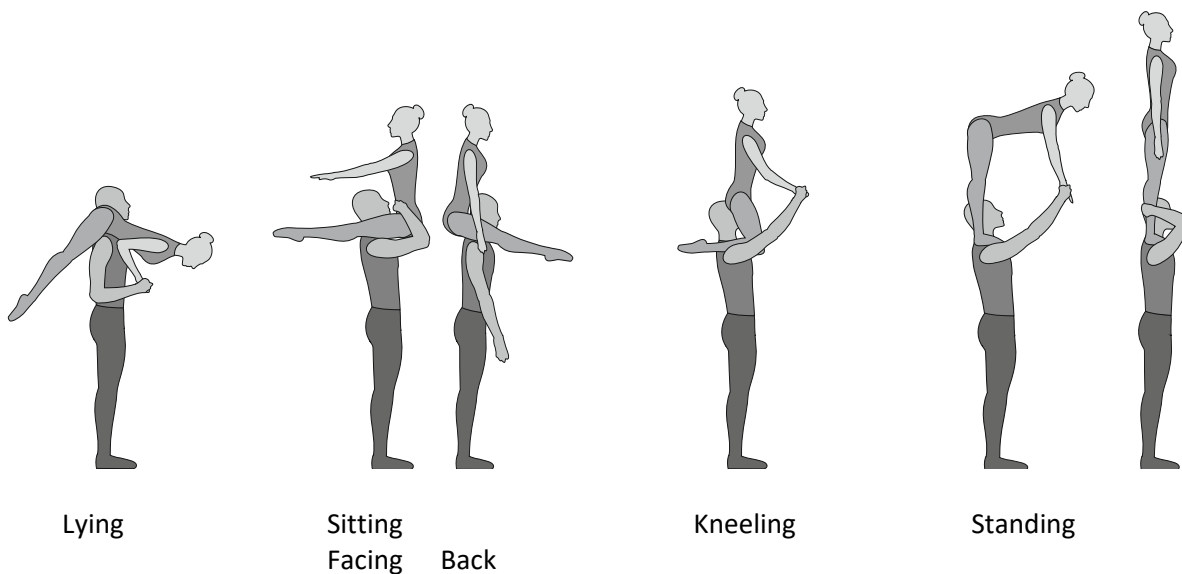


Legs apart back



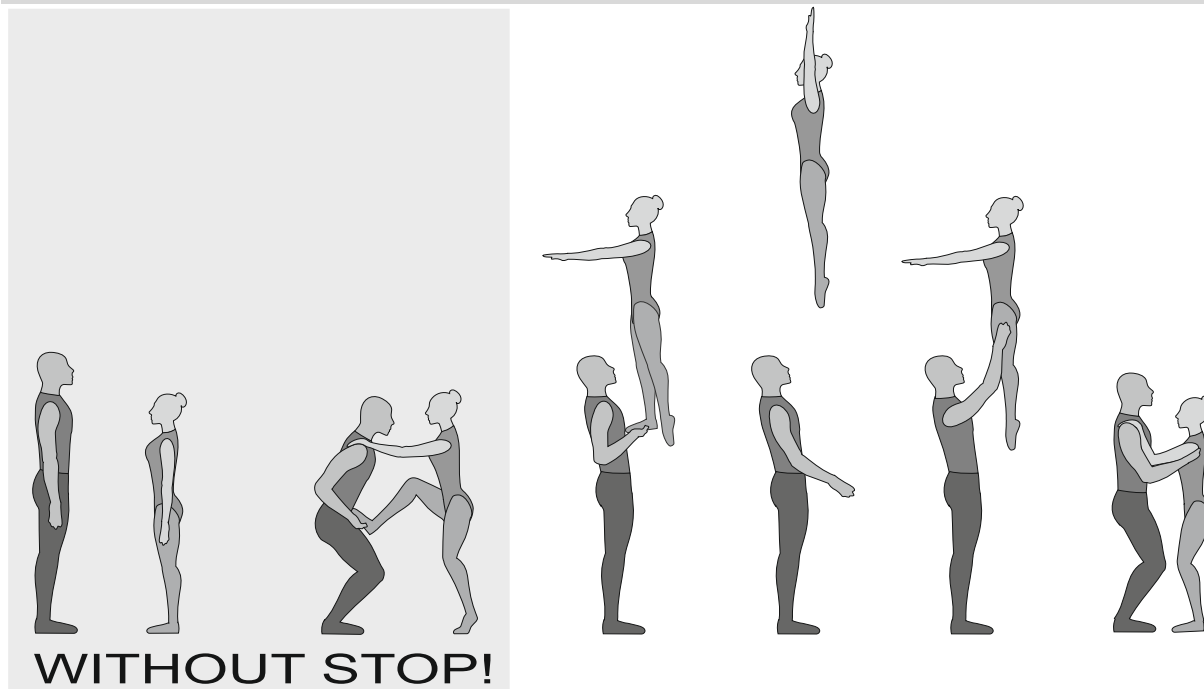
Sitting in the arms
Sideways

From SHOULDERS height



7.2 START OF ACROBATICS - ENTRANCE

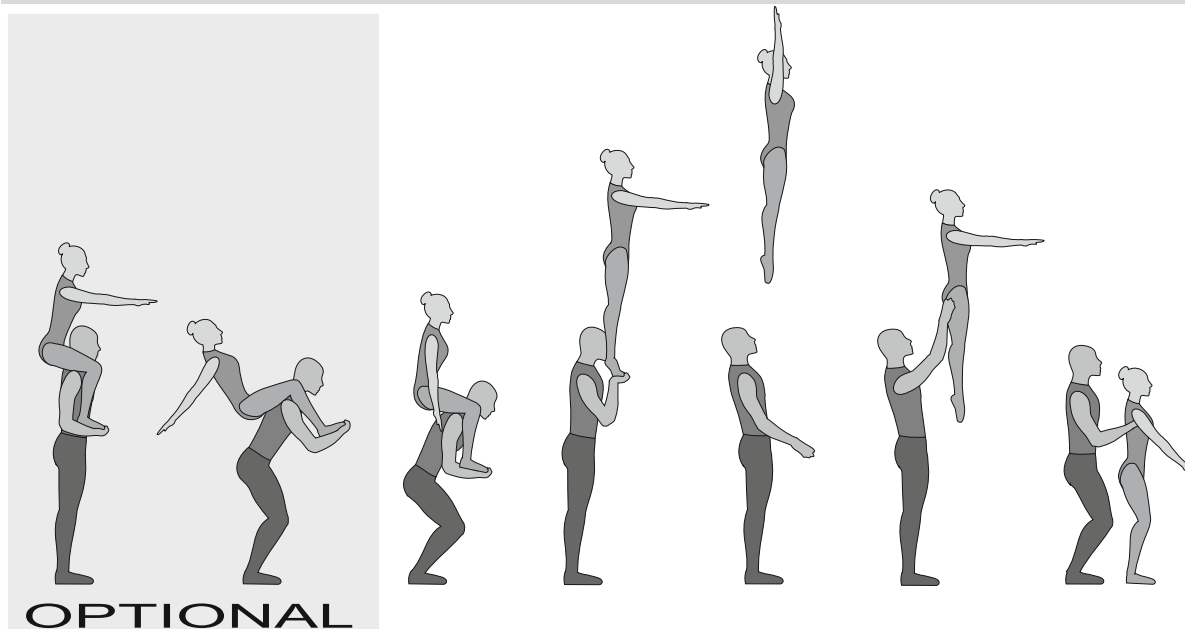
STAFF



Entrance

Value: 2 points bonus (only once – for the first one during the program)

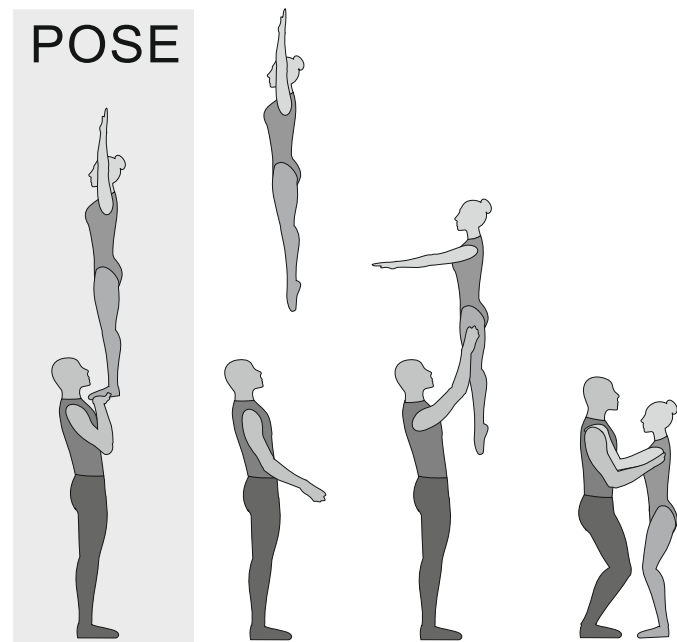
BETTARINI



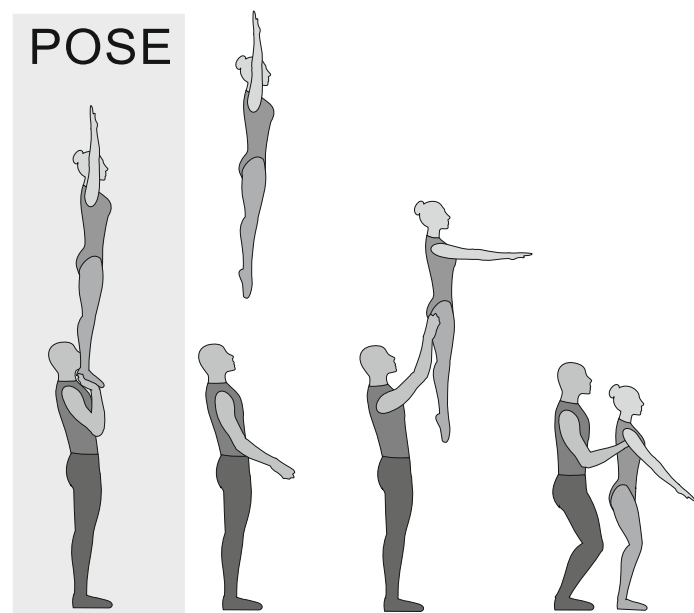
Entrance

Value: 2,5 points bonus (only once – for the first one during the program)

From STANDING ON THE ARMS



Facing

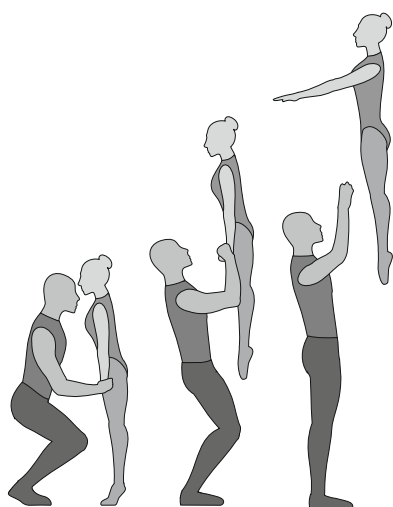
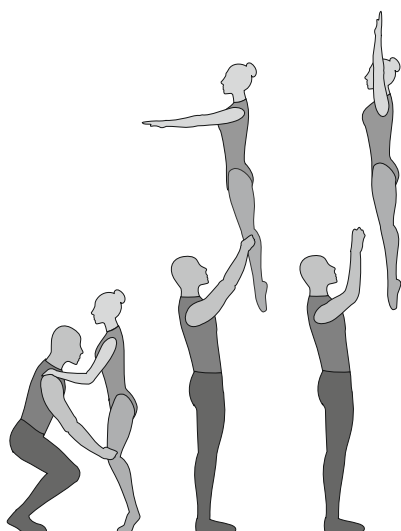
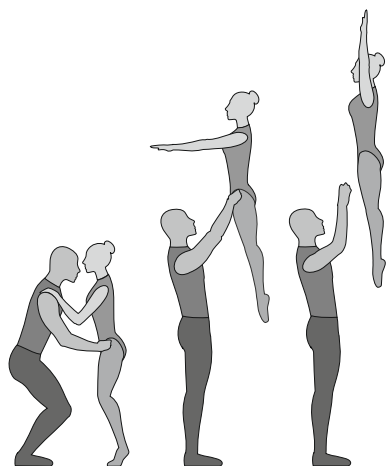


Back

Value: 1,5 points bonus

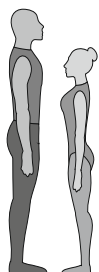
(only once from STANDING ON THE ARMS ***Facing OR Back*** – for the first one during the program)

Samples for OTHER FLYING TAKE OFF - without value



7.3 ACROBATIC LANDINGS – EXITS

STANDARD



Facing



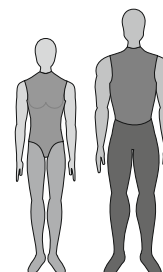
Back I.



Back II.



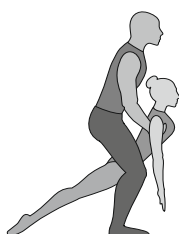
Back to Back



Side by Side

Value: 0 point (in first position), 0 point (in second position)

BETWEEN LEGS of partner



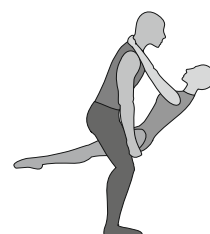
Back



Facing



With 1 foot



Without touching the floor

Value: 0 point (in first position), 0 point (in second position)

ON WAIST of partner



Facing



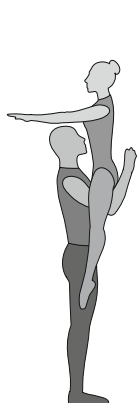
Back I. (Shalom position)



Back II. (Tessarini position)

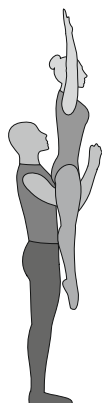
Value: 1 point (in first position), 0,5 point (in second position)

ON PARTNER'S ARMS

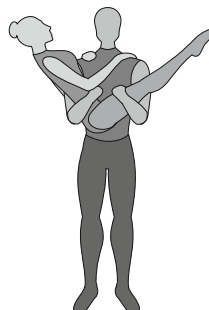


Legs apart

Facing



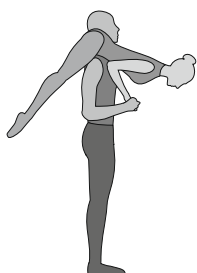
Back



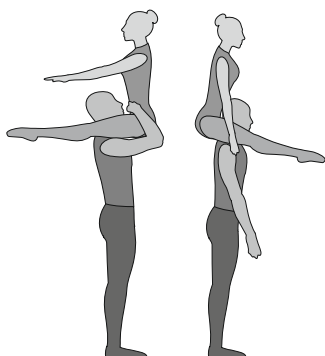
Sideways

Value: 1 point (in first position), 0,5 point (in second position)

ON SHOULDERS



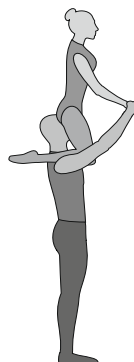
Lying



Sitting

Facing

Back



Kneeling

Value: 1 point (in first position), 0,5 point (in second position)

7.4 BODY POSITIONS

LEGS APART 180°



LEGS APART KOSACK JUMP



7.5 BODY POSITIONS DURING SOMERSAULT

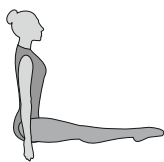
TUCKED



PIKED



Piked



RR MCCS piked

STRAIGHT



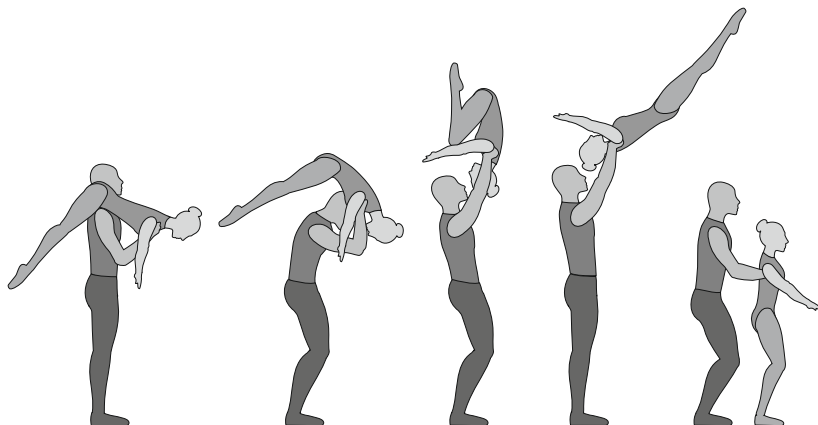
Straight



RR MCCS straight

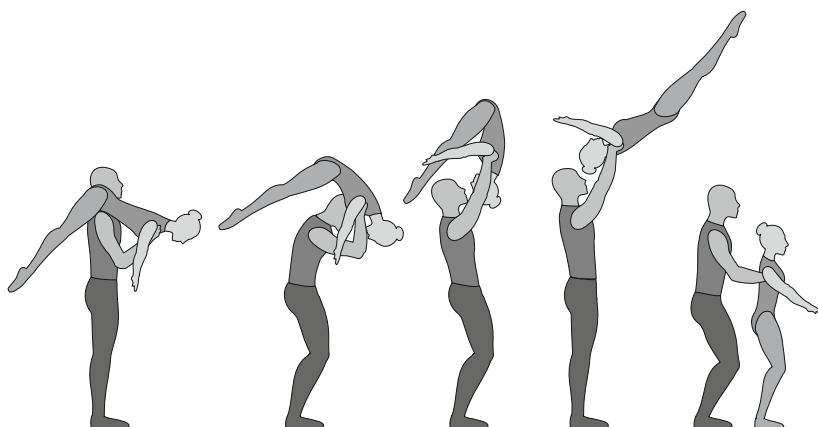
7.6 GROUP 1: FORWARDS ELEMENTS

WRRRC name:



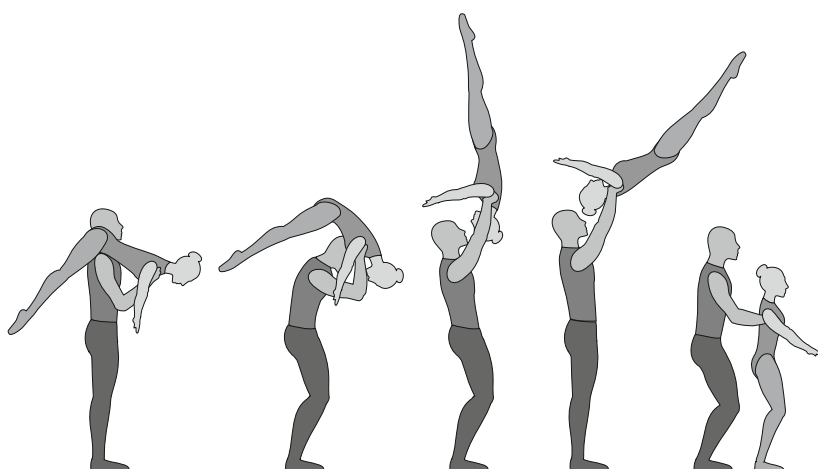
1010

Fwd > Lying on the shoulders -> **B-1-1-T Front tucked starting from shoulders height** > Standard



1015

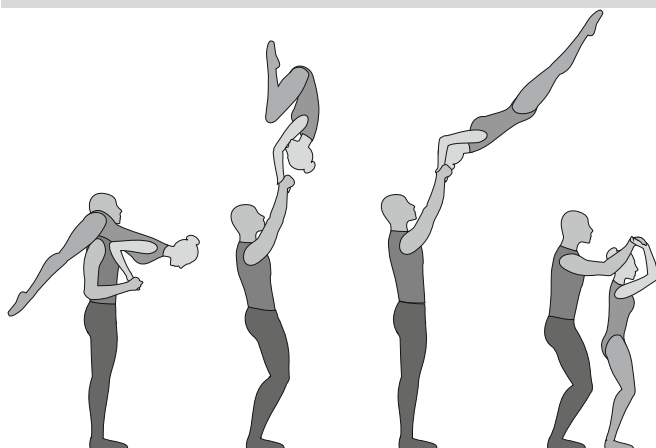
Fwd > Lying on the shoulders -> **B-1-1-P Front piked starting from shoulders height** > Standard



1020

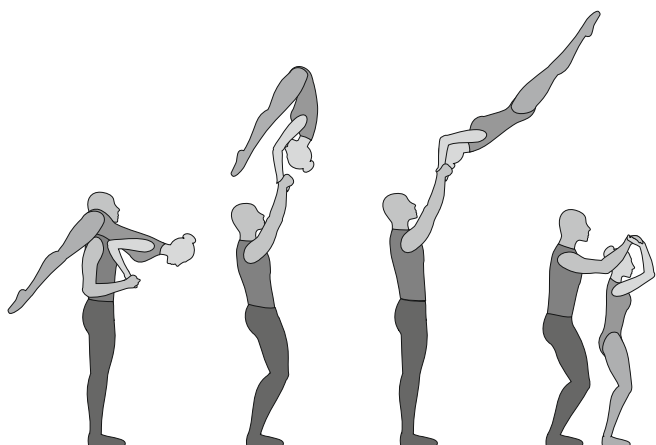
Fwd > Lying on the shoulders > **B-1-1-S Front straight starting from shoulders height** > Standard

VALENTINO



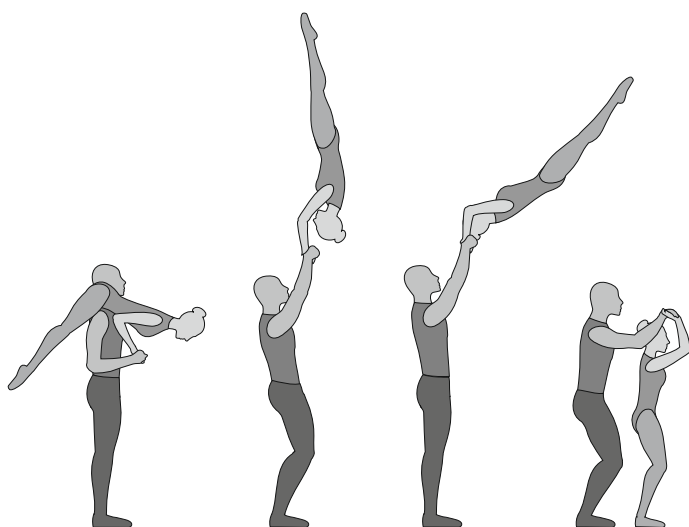
1010

Fwd > Lying on the shoulders > **B-1-1-T Front tucked starting from shoulders height** > Standard



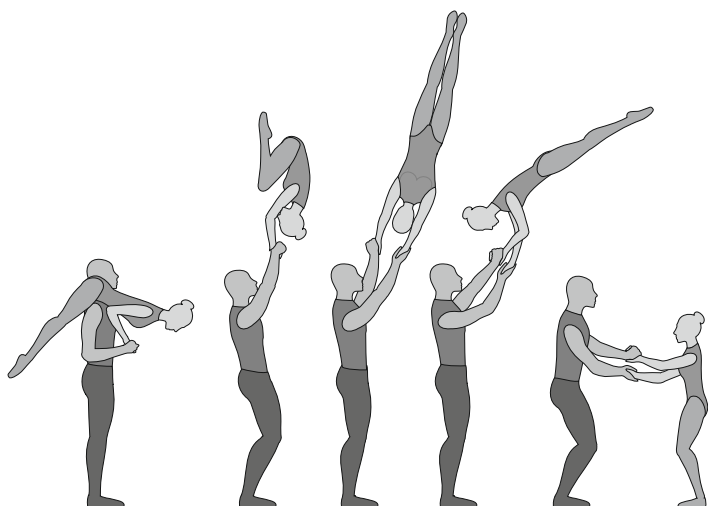
1015

Fwd → Lying on the shoulders → **B-1-1-P Front piked starting from shoulders height** → Standard



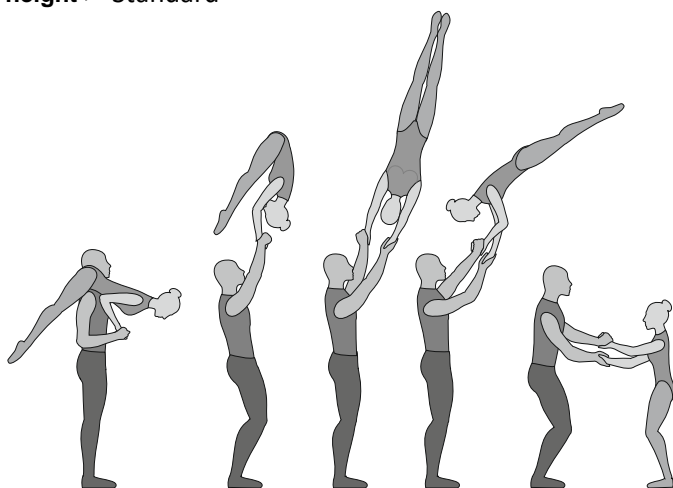
1020

Fwd > Lying on the shoulders > **B-1-1-S Front straight starting from shoulders height** > Standard



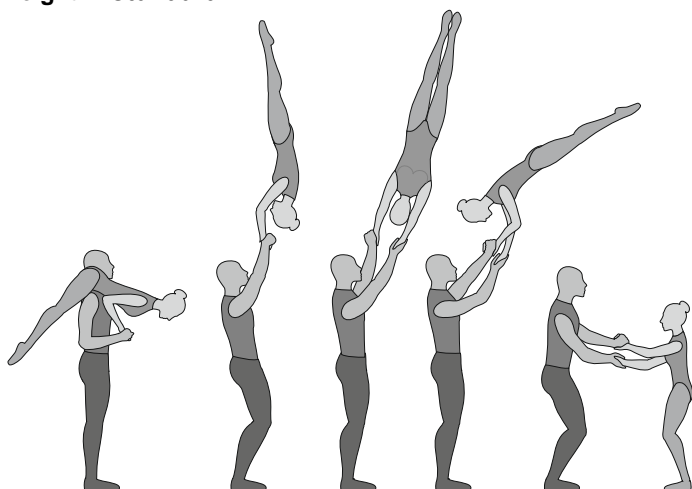
1055

Fwd > Lying on the shoulders > **B-1-1-T-1/2T** Front tucked with 1/2 twist within starting from shoulders
height > Standard



1060

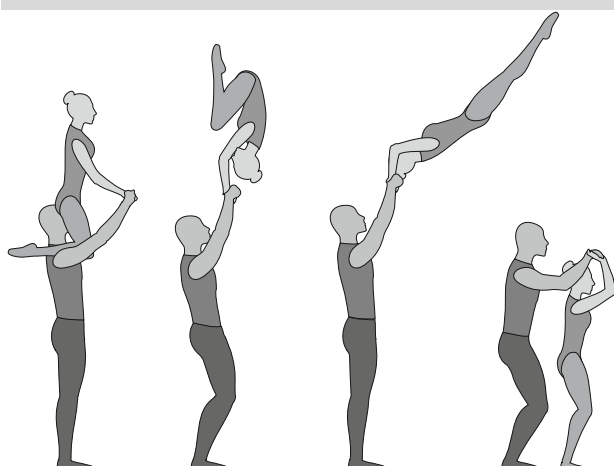
Fwd > Lying on the shoulders > **B-1-1-P-1/2T** Front piked with 1/2 twist within starting from shoulders
height > Standard



1065

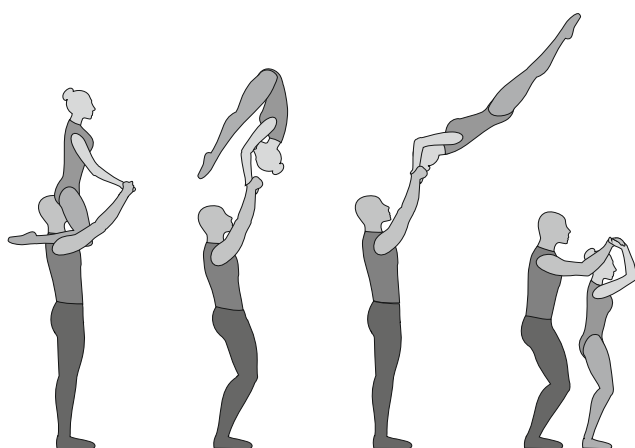
Fwd > Lying on the shoulders > **B-1-1-S-1/2T** Front straight with 1/2 twist within starting from shoulders
height > Standard

WRRC name:



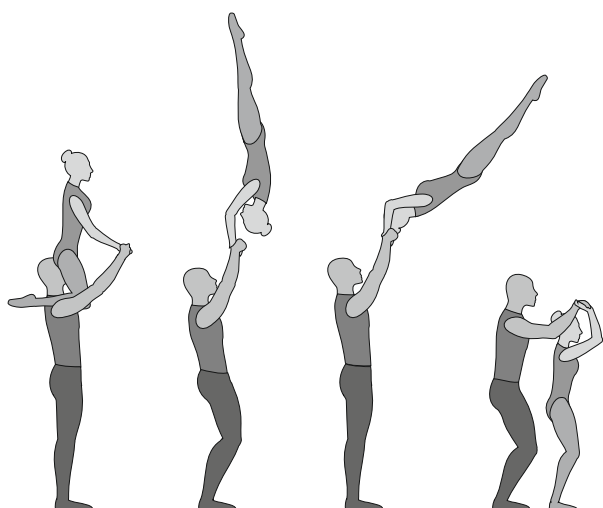
1010

Fwd > Kneeling on the shoulders > **B-1-1-T Front tuck starting from shoulders height** > Standard



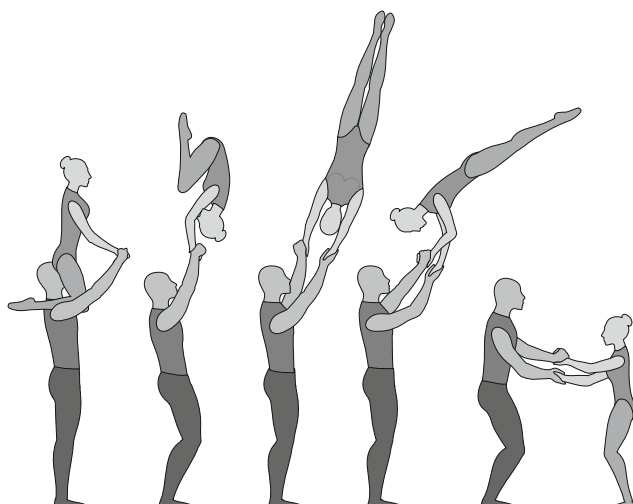
1015

Fwd > Kneeling on the shoulders > **B-1-1-P Front piked starting from shoulders height** > Standard



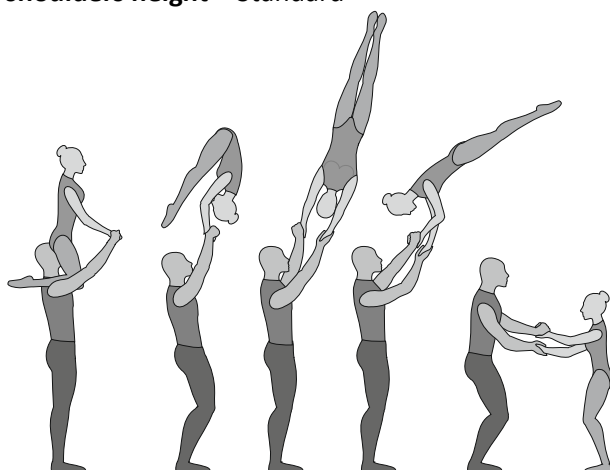
1020

Fwd > Kneeling on the shoulders > **B-1-1-S Front straight starting from shoulders height** > Standard



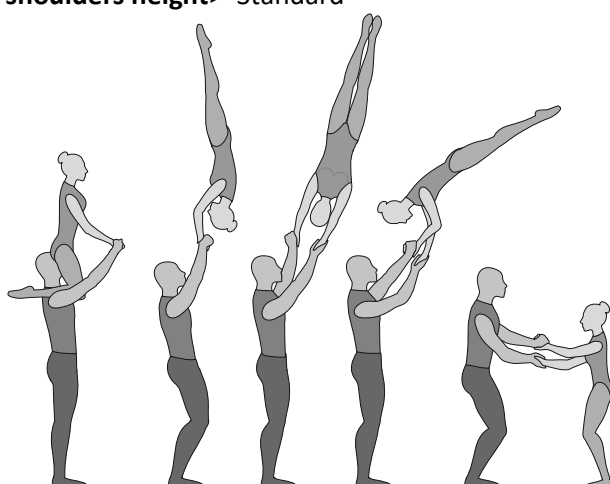
1055

Fwd > Kneeling on the shoulders > **B-1-1-T-1/2T Front tucked with 1/2 twist within starting from shoulders height> Standard**



1060

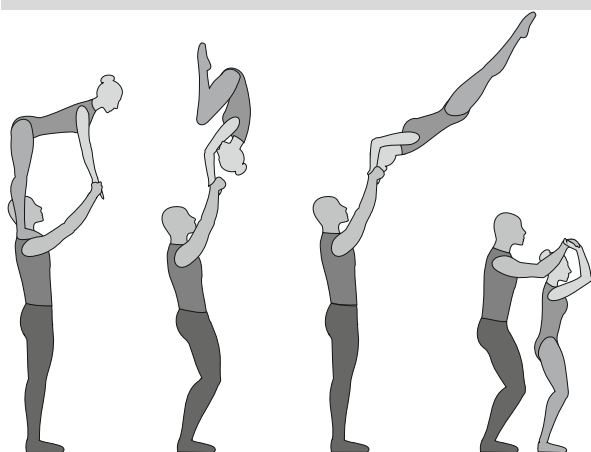
Fwd > Kneeling on the shoulders > **B-1-1-P-1/2T Front piked with 1/2 twist within starting from shoulders height> Standard**



1065

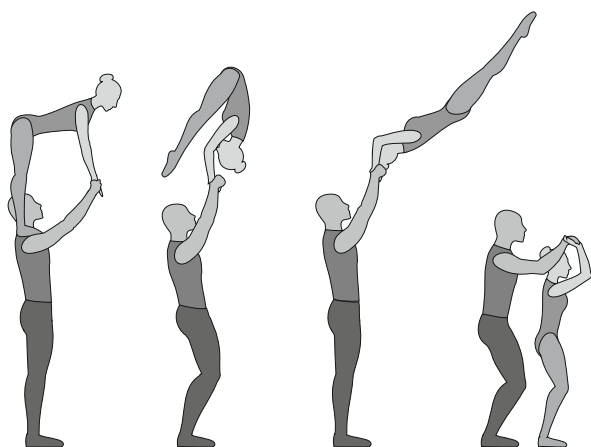
Fwd > Kneeling on the shoulders > **B-1-1-S-1/2T Front straight with 1/2 twist within starting from shoulders height> Standard**

WRRRC name:



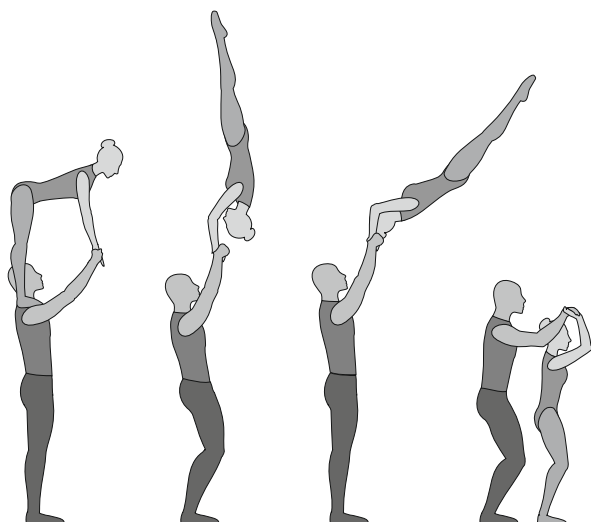
1010

Fwd > Standing on the shoulders > **B-1-1-T Front tucked starting from shoulders height** > Standard



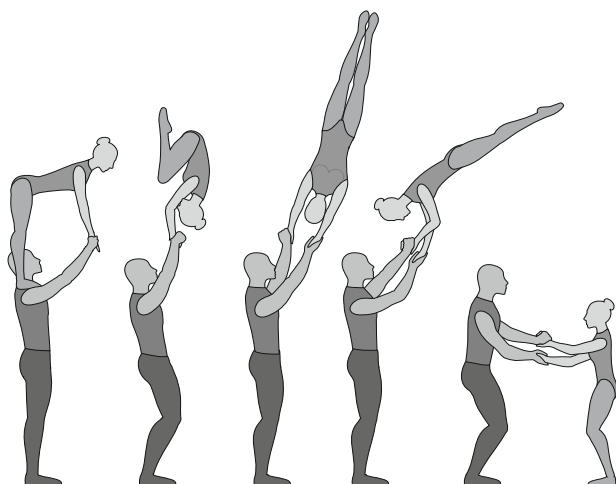
1015

Fwd > Standing on the shoulders > **B-1-1-P Front piked starting from shoulders height** > Standard



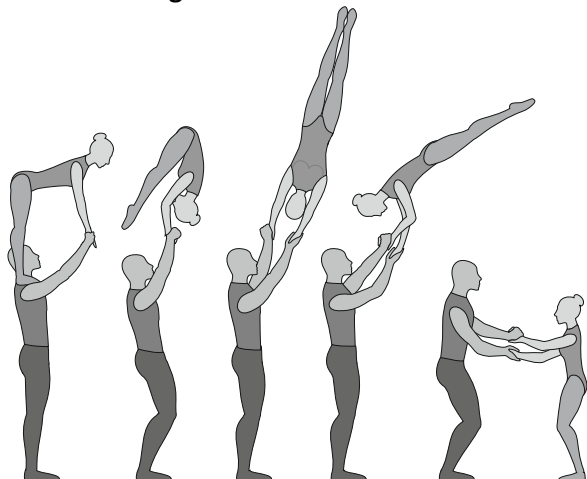
1020

Fwd > Standing on the shoulders > **B-1-1-S Front straight starting from shoulders height** > Standard



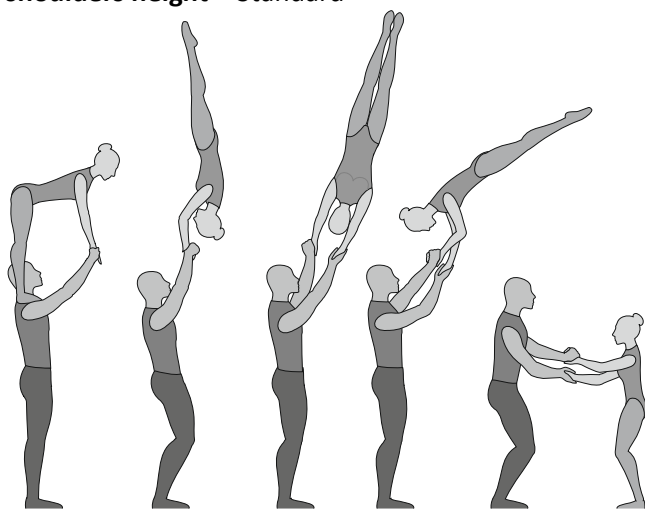
1055

Fwd > Standing on the shoulders > **B-1-1-T-1/2T** Front tucked with 1/2 twist within starting from shoulders height> Standard



1060

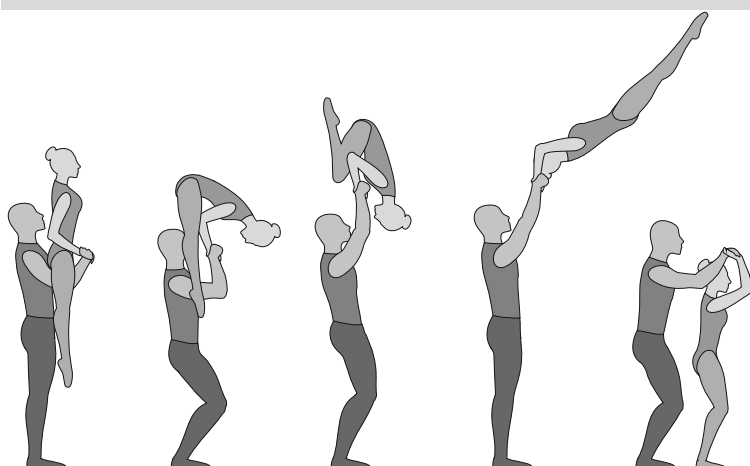
Fwd > Standing on the shoulders > **B-1-1-P-1/2T** Front piked with 1/2 twist within starting from shoulders height> Standard



1065

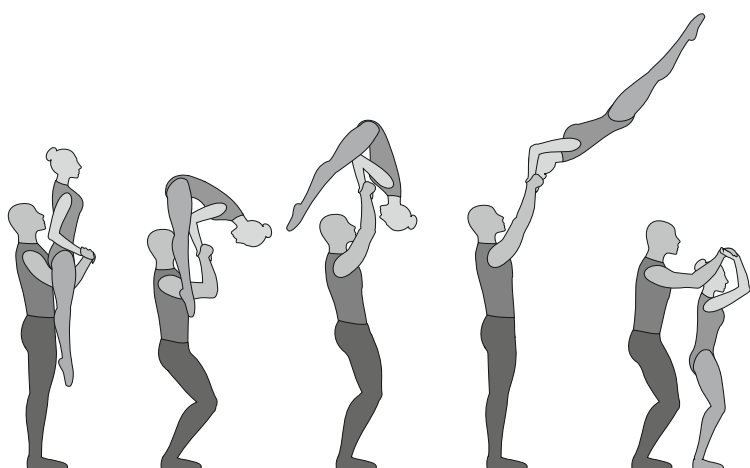
Fwd > Standing on the shoulders > **B-1-1-S-1/2T** Front straight with 1/2 twist within starting from shoulders height> Standard

WRRC name: _____



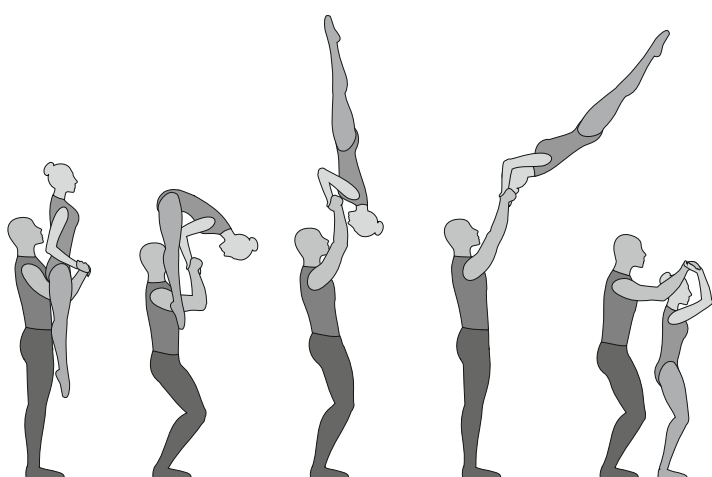
1025

Fwd > Sitting on the arms > **B-1-2-T Front tucked starting from waist height** > Standard



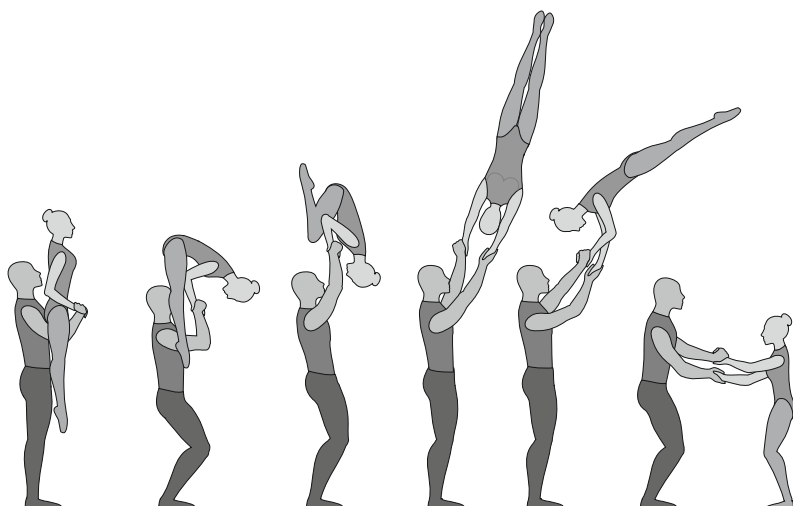
1030

Fwd > Sitting on the arms > **B-1-2-P Front piked starting from waist height** > Standard



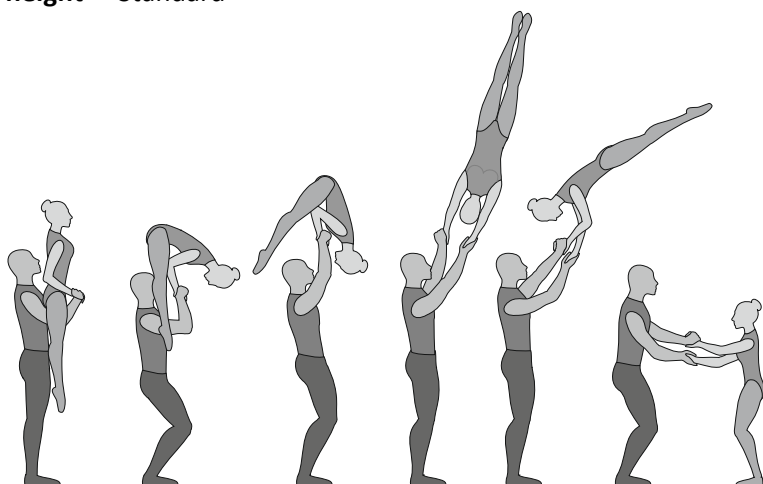
1035

Fwd > Sitting on the arms > **B-1-2-S Front straight starting from waist height** > Standard



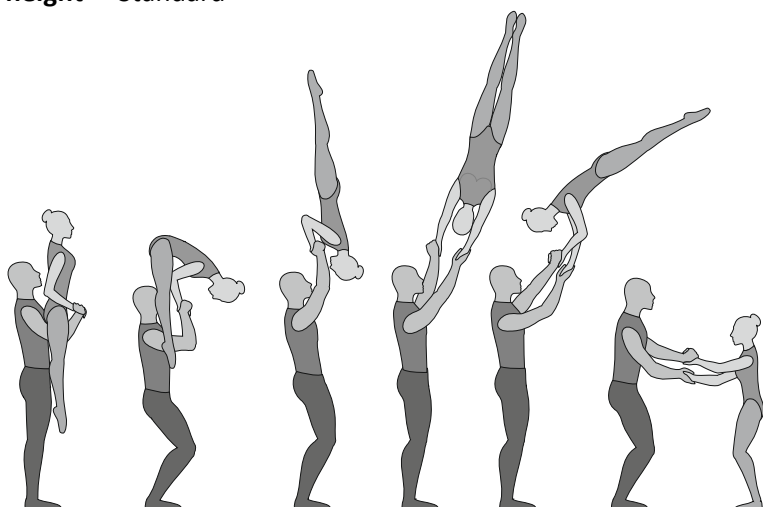
1070

Fwd > Sitting on the arms > **B-1-2-T-1/2T** Front tucked with 1/2 twist within starting from waist height > Standard



1075

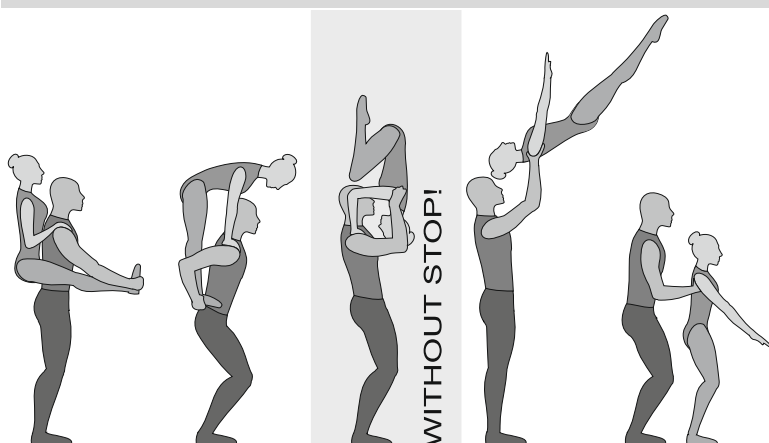
Fwd > Sitting on the arms > **B-1-2-P-1/2T** Front piked with 1/2 twist within starting from waist height > Standard



1080

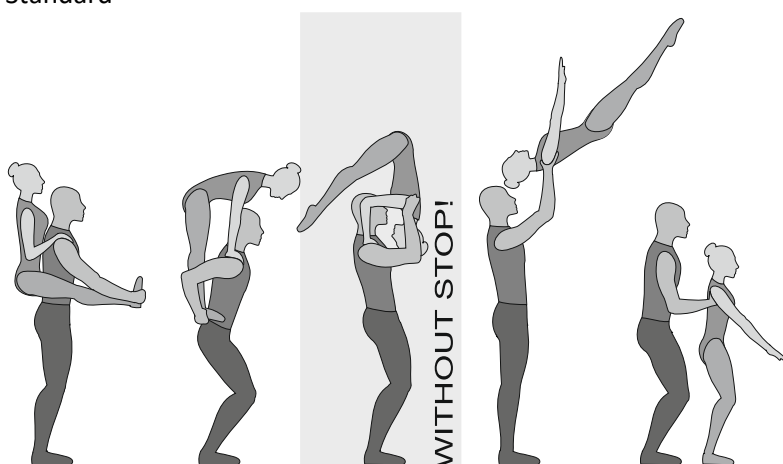
Fwd > Sitting on the arms > **B-1-2-S-1/2T** Front straight with 1/2 twist within starting from waist height > Standard

TESSARIN



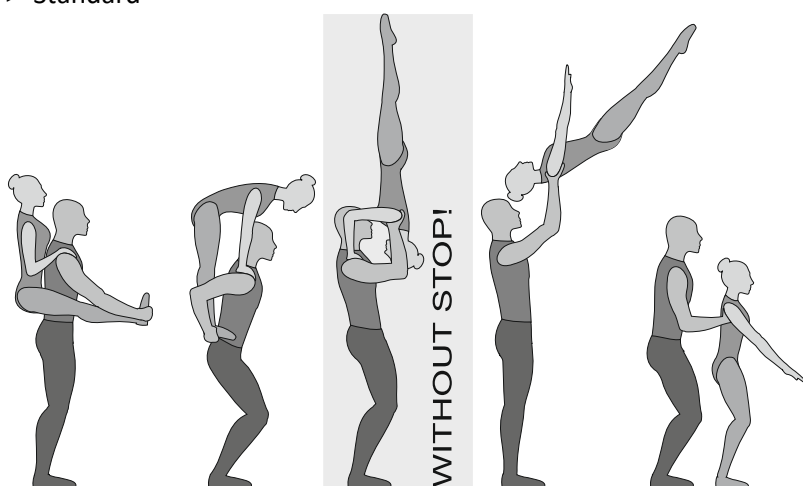
1026

Fwd > From the waist > **B-1-2-T Front tucked starting from waist height (Tassarini position)** > Standard



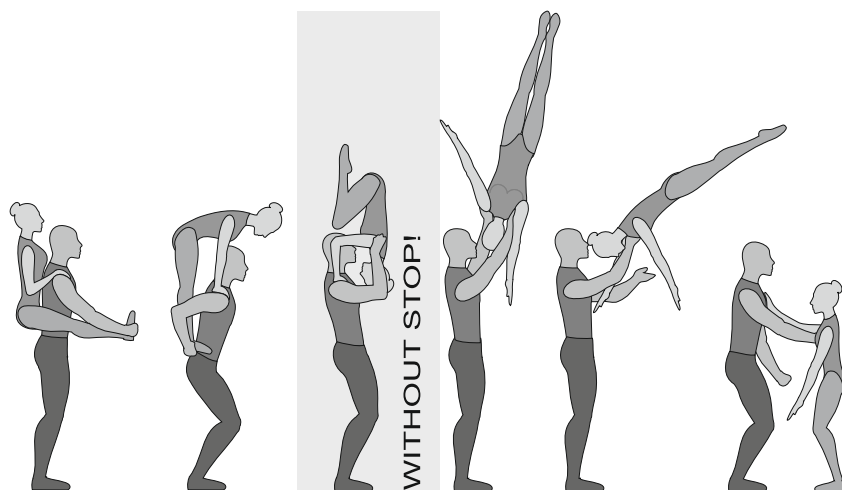
1031

Fwd > From the waist > **B-1-2-P Front piked starting from waist height (Tassarini position)** > Standard



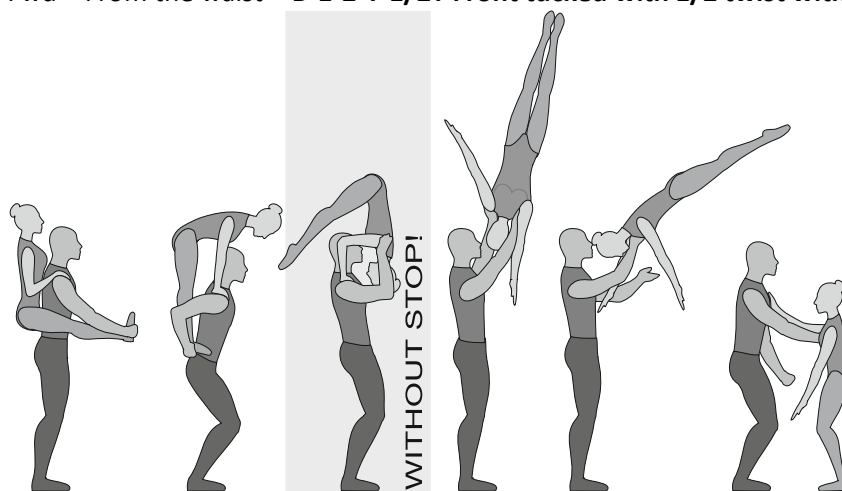
1036

Fwd > From the waist > **B-1-2-T Front straight starting from waist height (Tassarini position)** > Standard



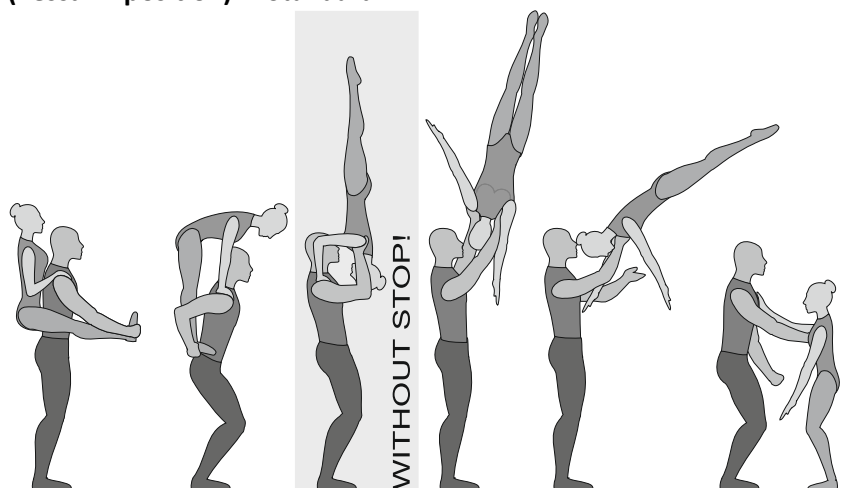
1071

Fwd > From the waist > **B-1-2-T-1/2T Front tucked with 1/2 twist within**



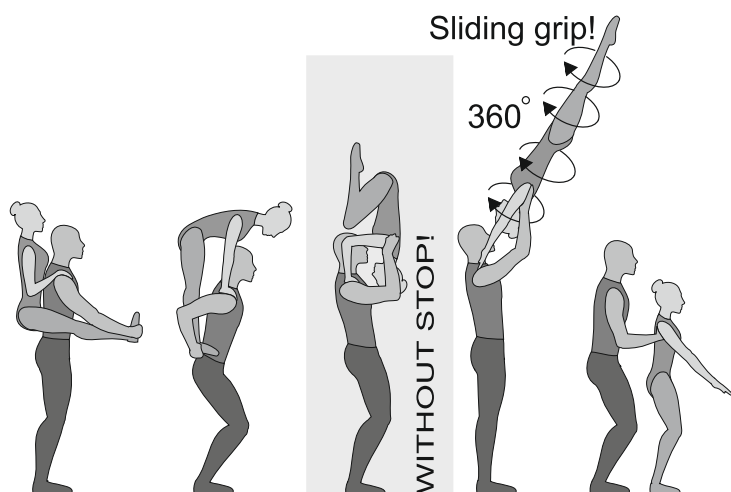
1076

Fwd > From the waist > **B-1-2-P-1/2T Front piked with 1/2 twist within starting from waist height (Tessarin position) > Standard**



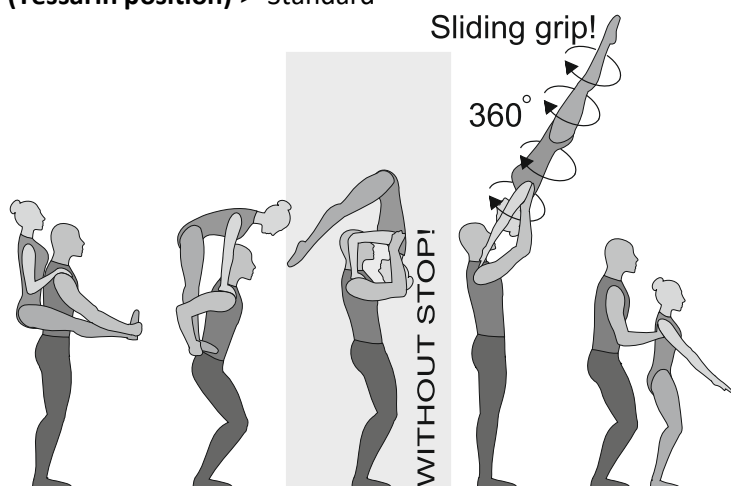
1081

Fwd > From the waist > **B-1-2-S-1/2T Front straight with 1/2 twist within starting from waist height (Tessarin position) > Standard**



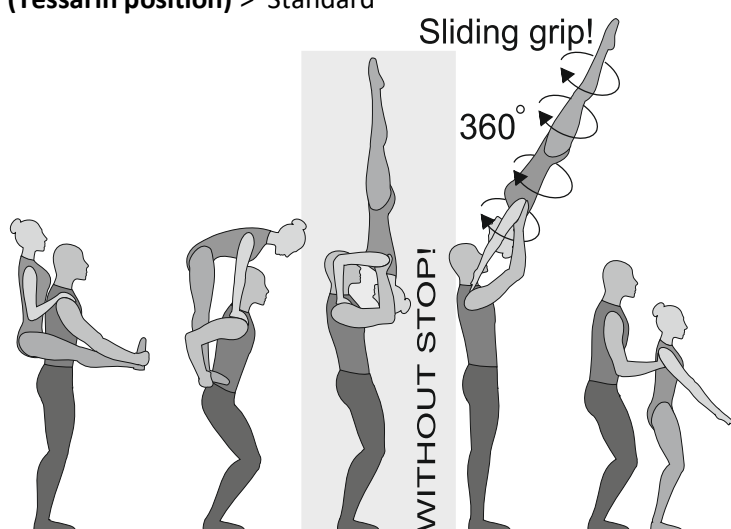
1116

Fwd > From the waist > **B-1-2-T-1/1T Front tuck with 1/1 twist within** starting from waist height
(Tessarin position) > Standard



1121

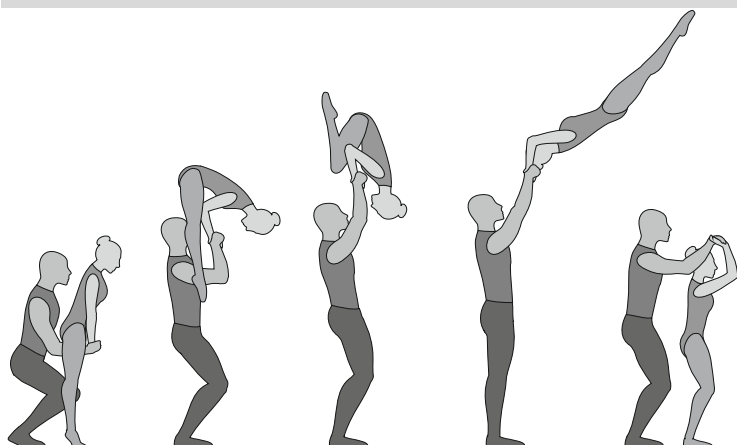
Fwd > From the waist > **B-1-2-P-1/1T Front piked with 1/1 twist within** starting from waist height
(Tessarin position) > Standard



1126

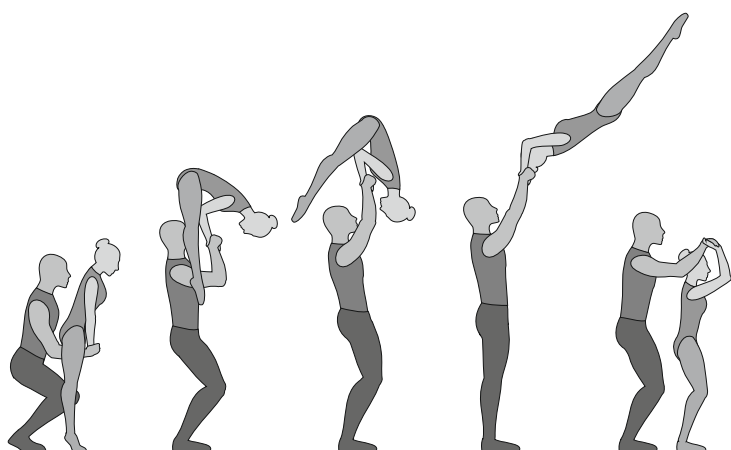
Fwd > From the waist > **B-1-2-S-1/1T Front straight with 1/1 twist within** starting from waist height
(Tessarin position) > Standard

WRRC name



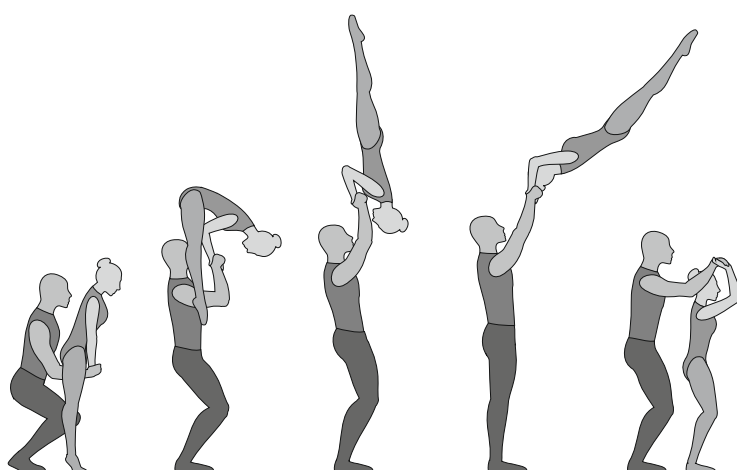
1040

Fwd > Standing on the floor > **B-1-3-T Front tucked starting from the floor** > Standard



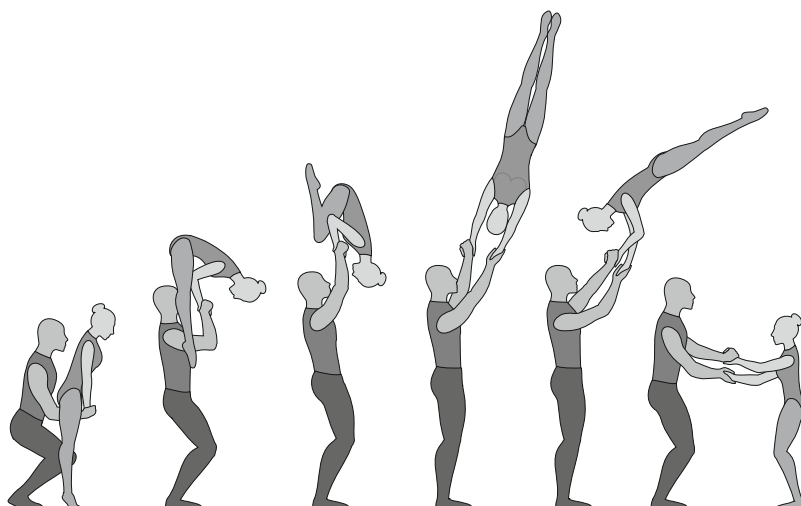
1045

Fwd > Standing on the floor > **B-1-3-P Front piked starting from the floor** > Standard



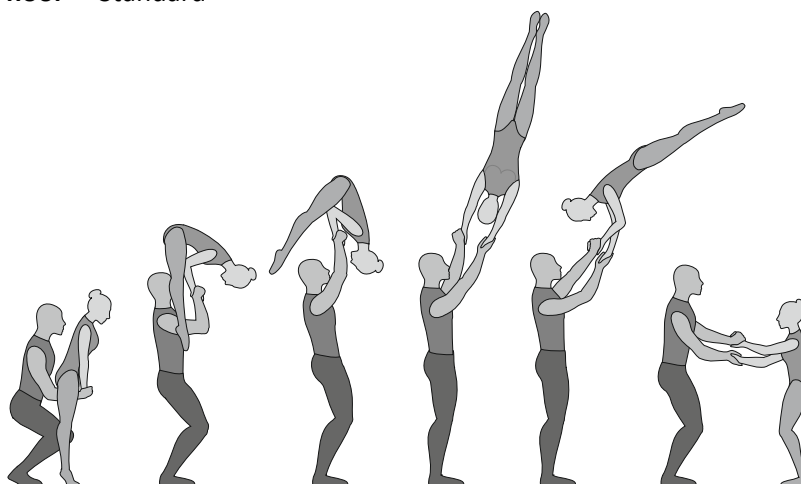
1050

Fwd > Standing on the floor > **B-1-3-S Front straight starting from the floor** > Standard



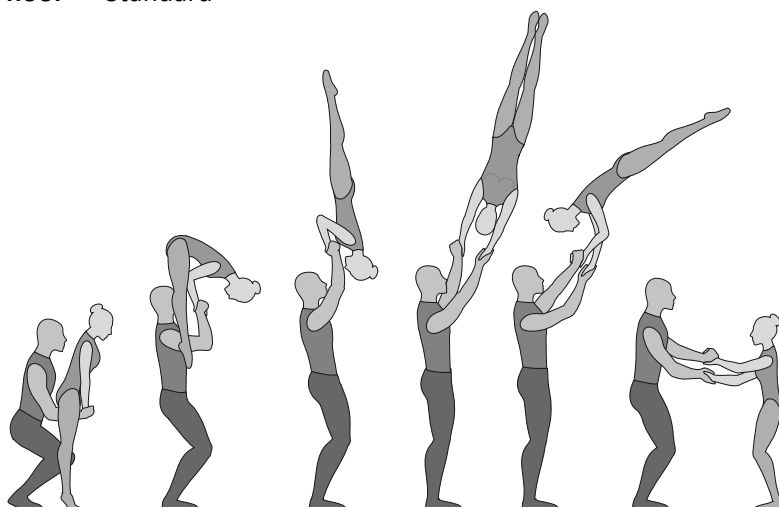
1085

Fwd > Standing on the floor > **B-1-3-T-1/2T** Front tucked with 1/2 twist within starting from the floor > Standard



1090

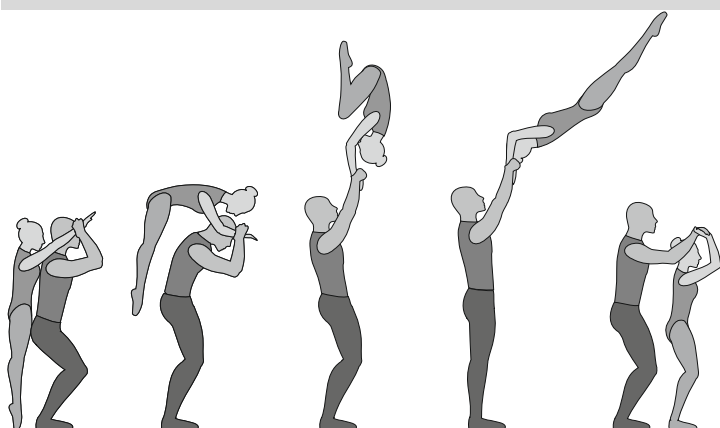
Fwd > Standing on the floor > **B-1-3-P-1/2T** Front piked with 1/2 twist within starting from the floor > Standard



1095

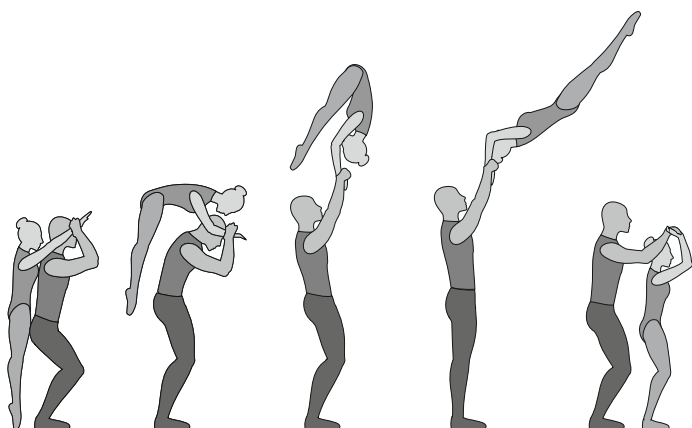
Fwd > Standing on the floor > **B-1-3-S-1/2T** Front straight with 1/2 twist within starting from the floor > Standard

WRRC name:



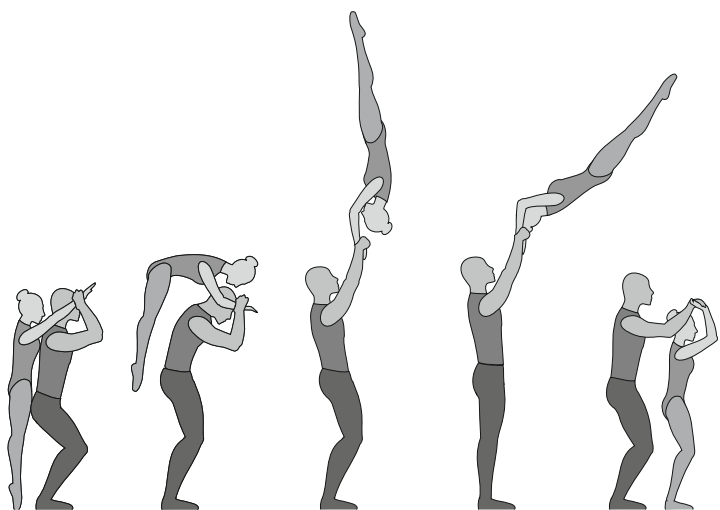
1040

Fwd > Standing on the floor > **B-1-3-T Front tucked starting from the floor** > Standard



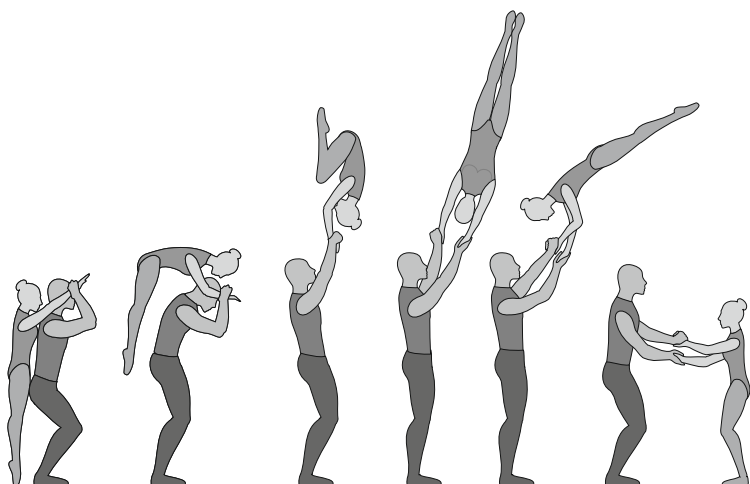
1045

Fwd > Standing on the floor > **B-1-3-P Front piked starting from the floor** > Standard



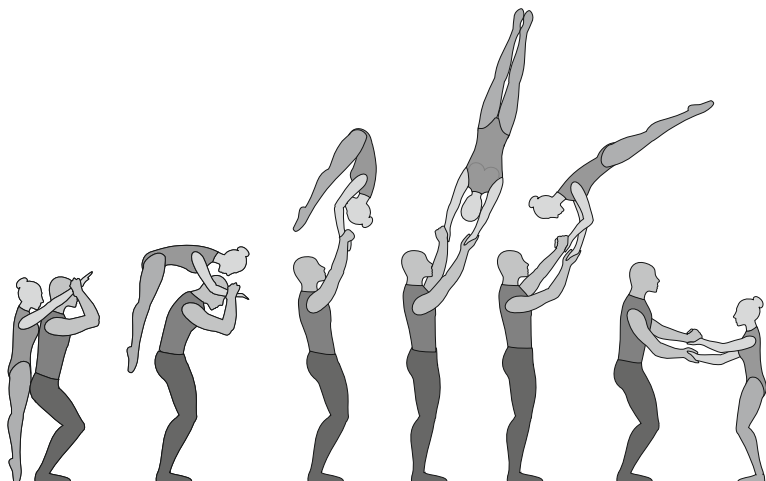
1050

Fwd > Standing on the floor > **B-1-3-S Front straight starting from the floor** > Standard



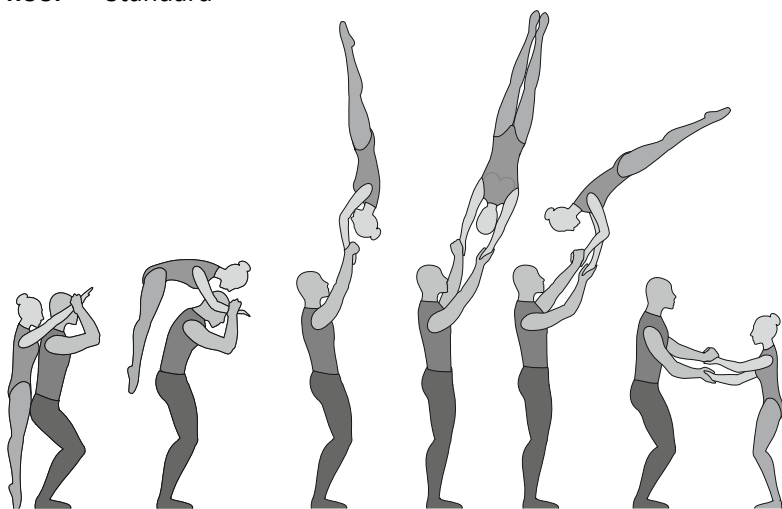
1085

Fwd > Standing on the floor > **B-1-3-T-1/2T** Front tucked with 1/2 twist within starting from the floor > Standard



1090

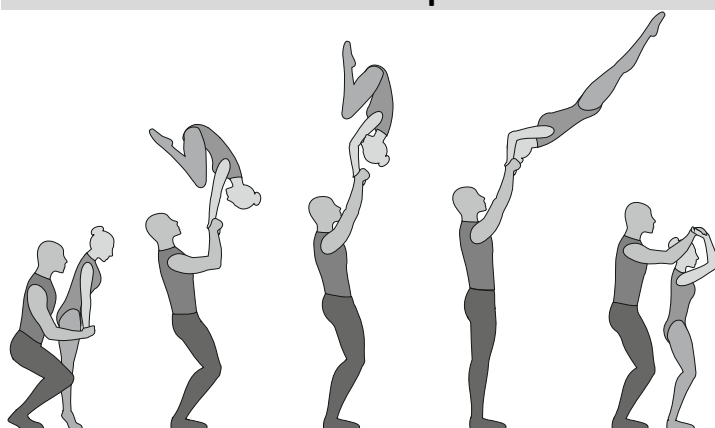
Fwd > Standing on the floor > **B-1-3-P-1/2T** Front piked with 1/2 twist within starting from the floor > Standard



1095

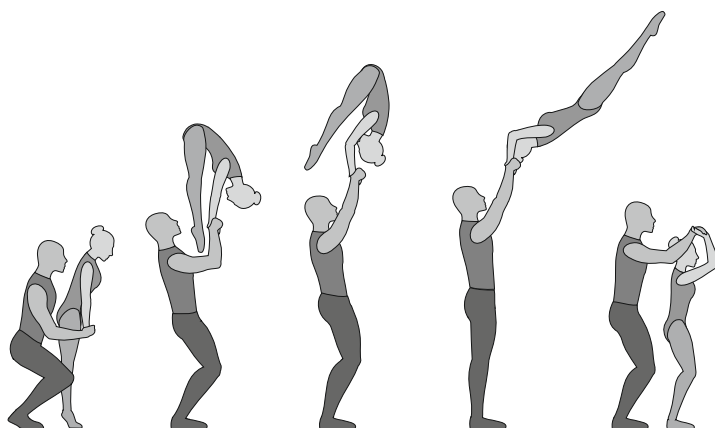
Fwd > Standing on the floor > **B-1-3-S-1/2T** Front straight with 1/2 twist within starting from the floor > Standard

FORELLE Forward - Back to partner



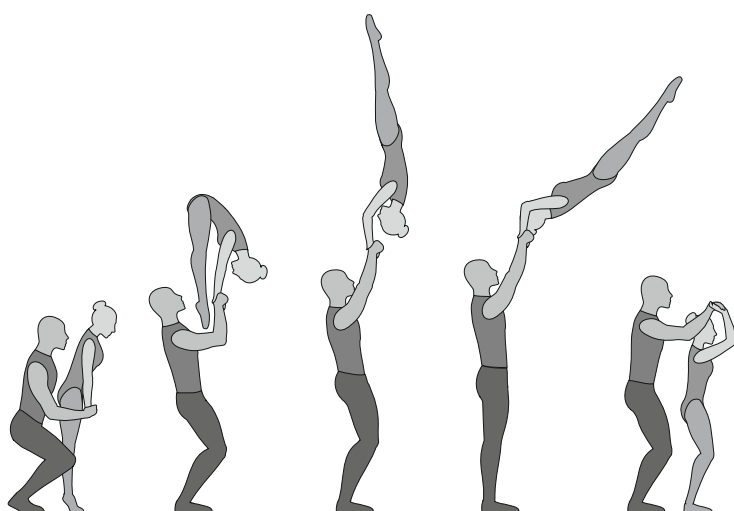
1040

Fwd > Standing on the floor > **B-1-3-T Front tucked starting from the floor** > Standard



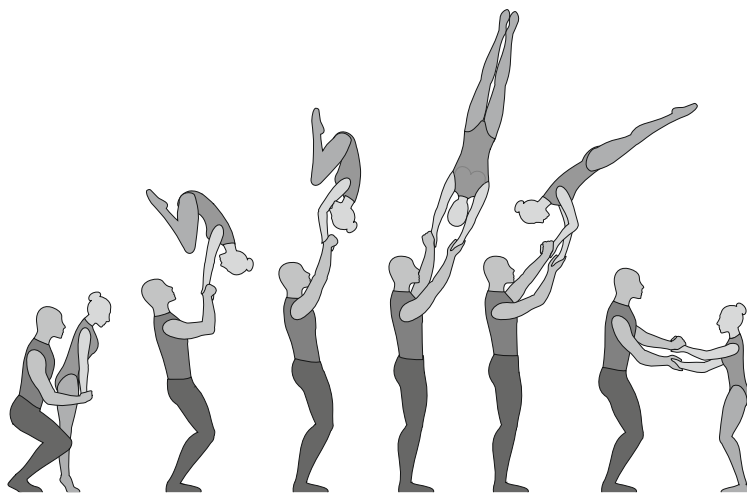
1045

Fwd > Standing on the floor > **B-1-3-P Front piked starting from the floor** > Standard



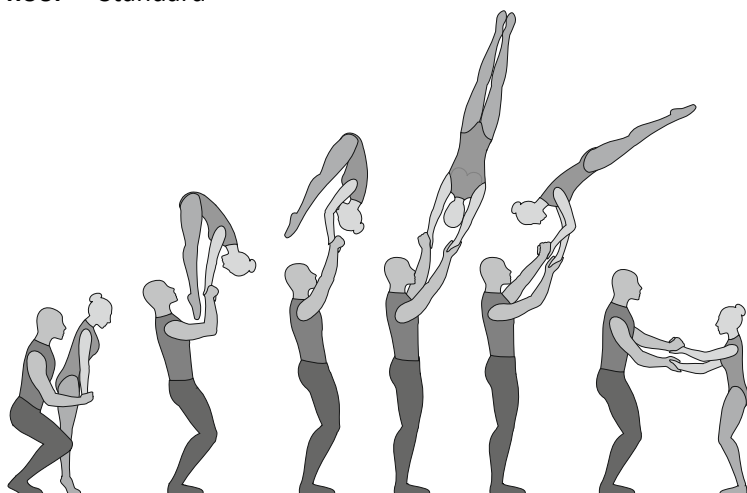
1050

Fwd > Standing on the floor > **B-1-3-S Front straight starting from the floor** > Standard



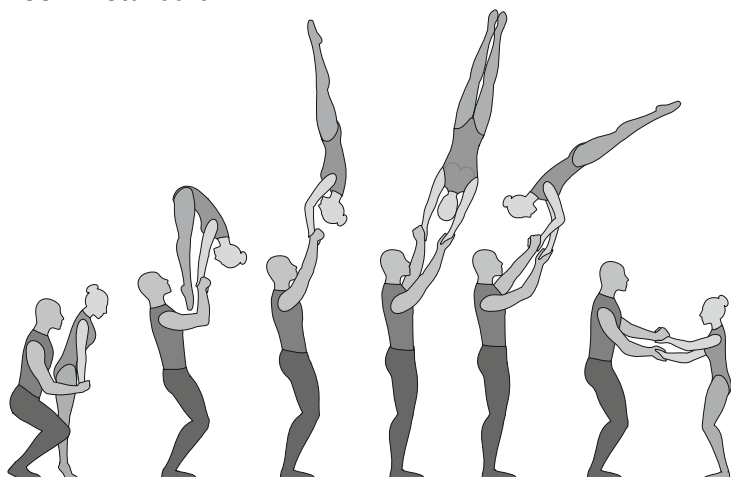
1085

Fwd > Standing on the floor > **B-1-3-T-1/2T** Front tucked with 1/2 twist within starting from the floor > Standard



1090

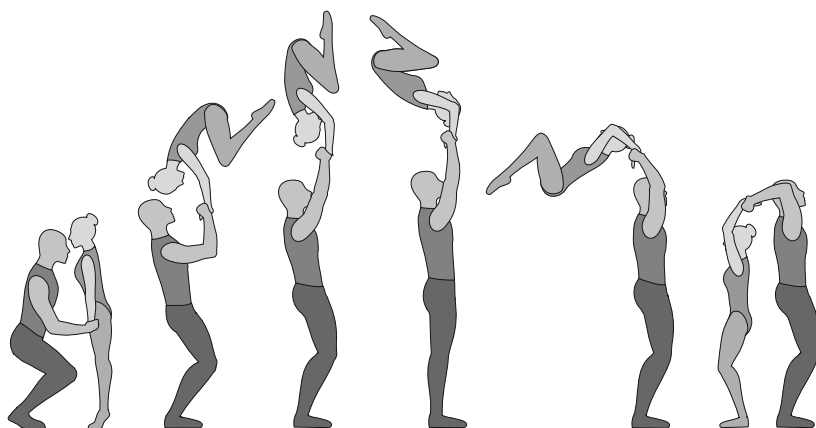
Fwd > Standing on the floor > **B-1-3-P-1/2T** Front piked with 1/2 twist within starting from the floor > Standard



1095

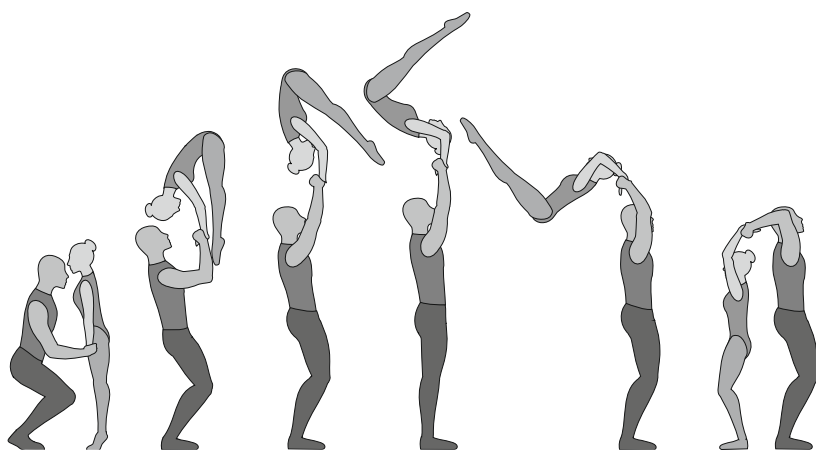
Fwd > Standing on the floor > **B-1-3-S-1/2T** Front straight with 1/2 twist within starting from the floor > Standard

FORELLE Forward - Facing



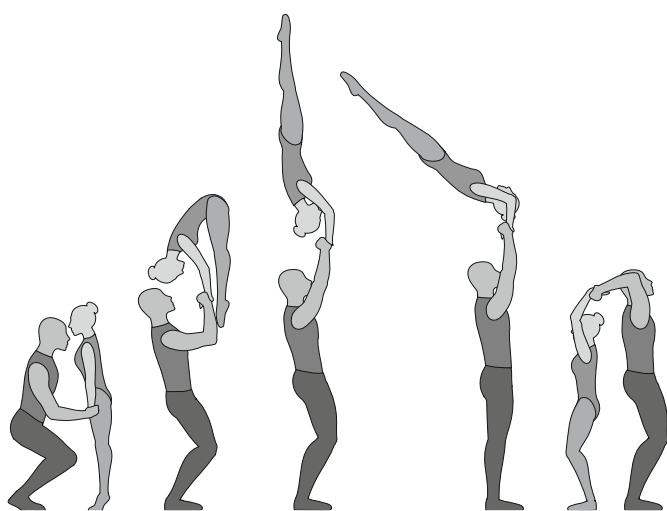
1040

Fwd > Standing on the floor > **B-1-3-T Front tucked starting from the floor** > Standard



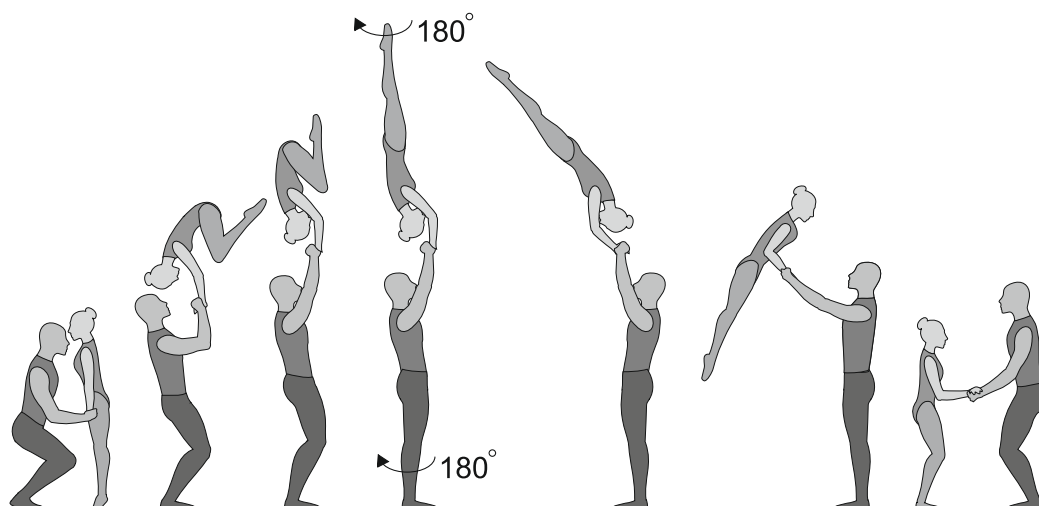
1045

Fwd > Standing on the floor > **B-1-3-P Front piked starting from the floor** > Standard



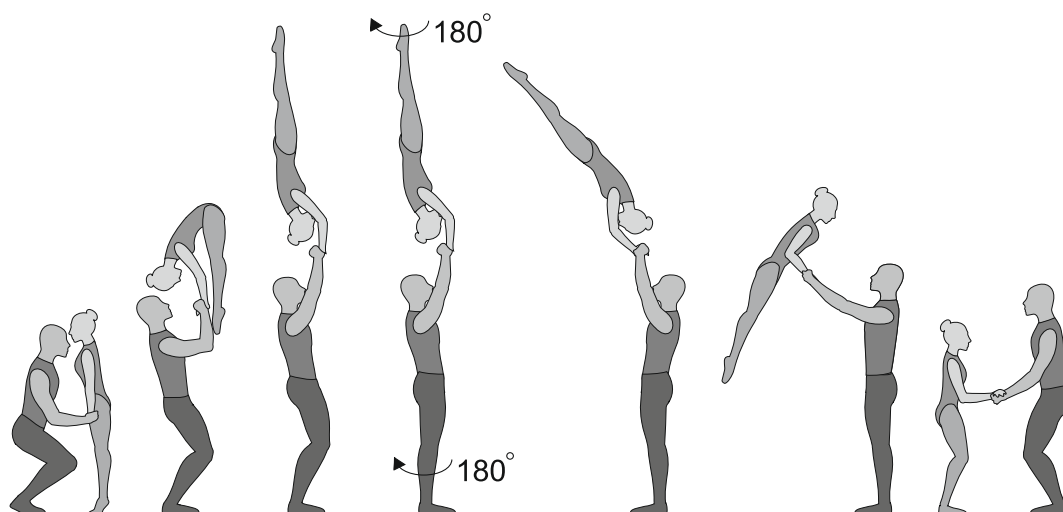
1050

Fwd > Standing on the floor > **B-1-3-S Front straight starting from the floor** > Standard



1085

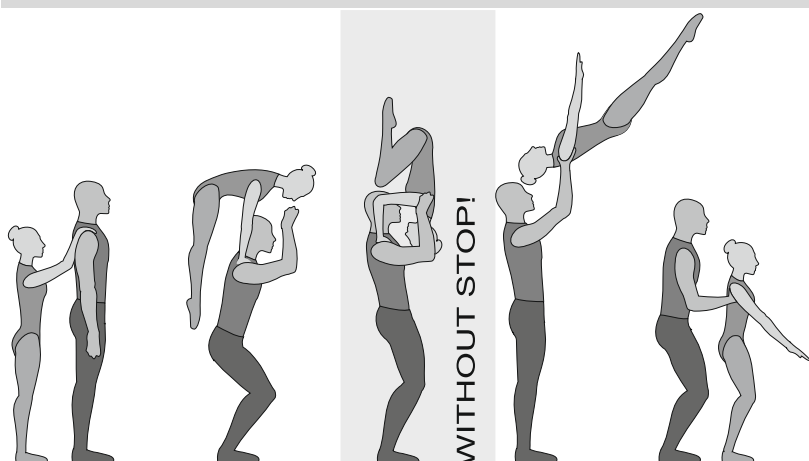
Fwd > Standing on the floor > **B-1-3-T-1/2T** Front tucked with 1/2 twist within starting from the floor > Standard



1095

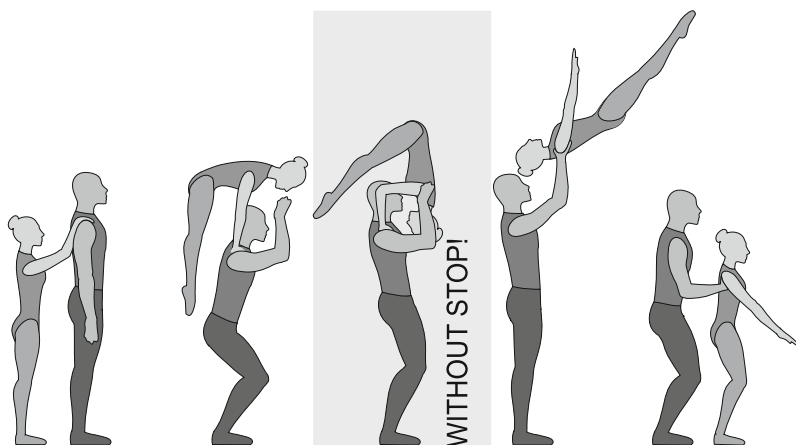
Fwd > Standing on the floor > **B-1-3-S-1/2T** Front straight with 1/2 twist within starting from the floor > Standard

WRRC name:



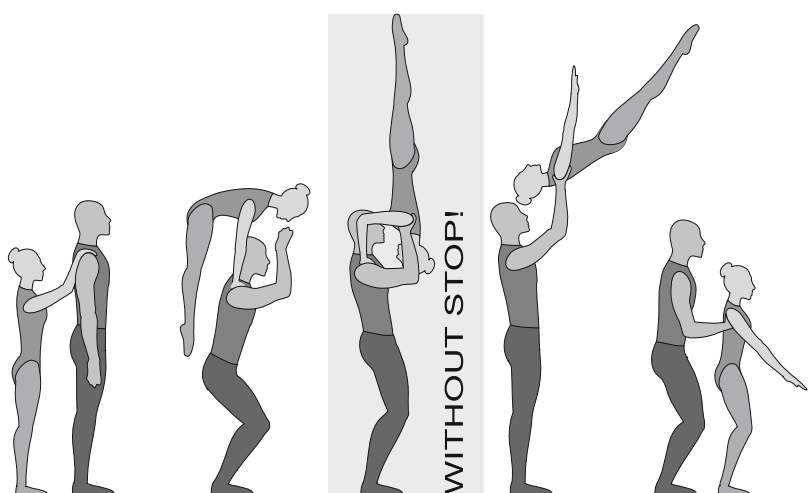
1040

Fwd > Standing on the floor > **B-1-3-T Front tucked starting from the floor** > Standard



1045

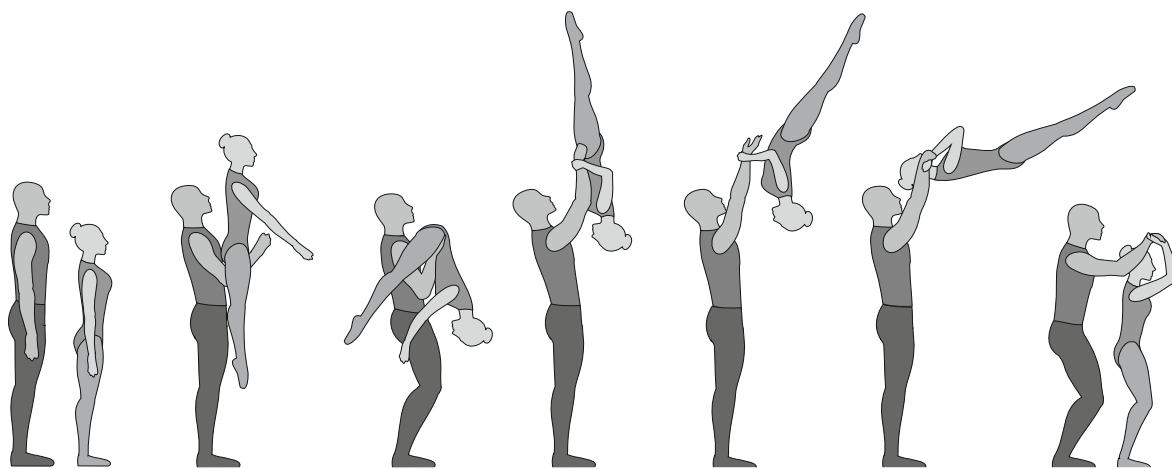
Fwd > Standing on the floor > **B-1-3-P Front piked starting from the floor** > Standard



1050

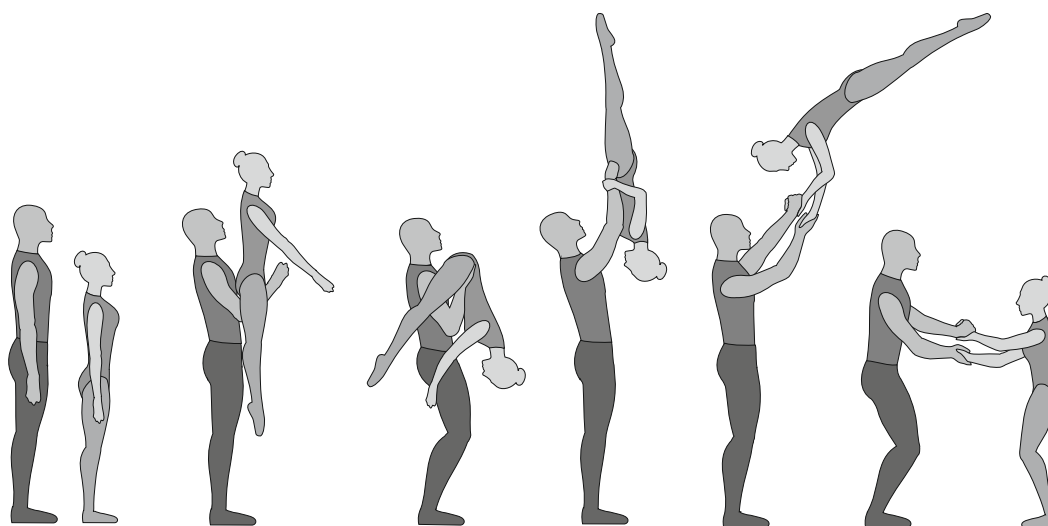
Fwd > Standing on the floor > **B-1-3-S Front straight starting from the floor** > Standard

WRRC name: _____



1050

Fwd > Standing on the floor > **B-1-3-S Front straight starting from the floor** > Standard



1095

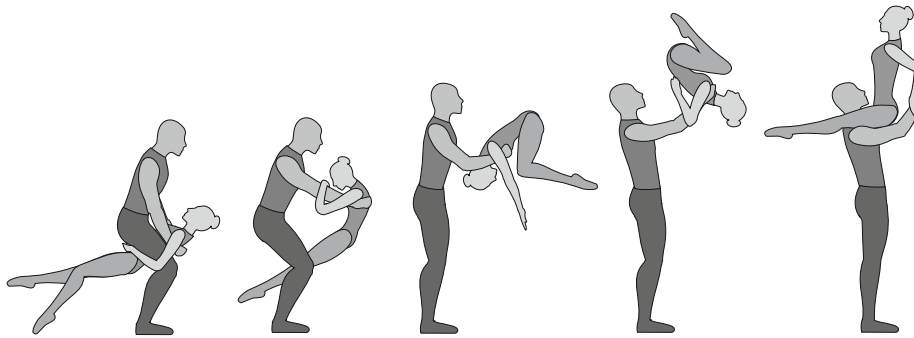
Fwd > Standing on the floor > **B-1-3-S-1/2T Front straight with 1/2 twist within starting from the floor** > Standard

WRRC name:

The elements will be recognized only if they are PERFORMED WITH FLYING PHASE during the first part of the element.

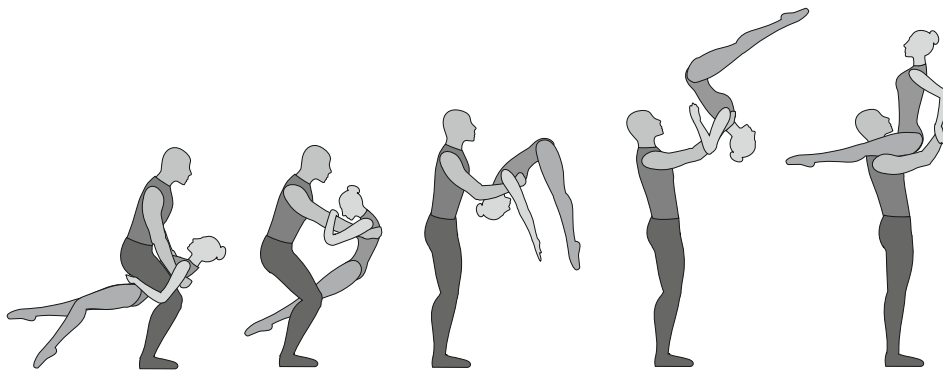


In case of "rolling up" with contact with the partner's body, the element and landing will not be recognized – 0 point for this movement and landing after it!



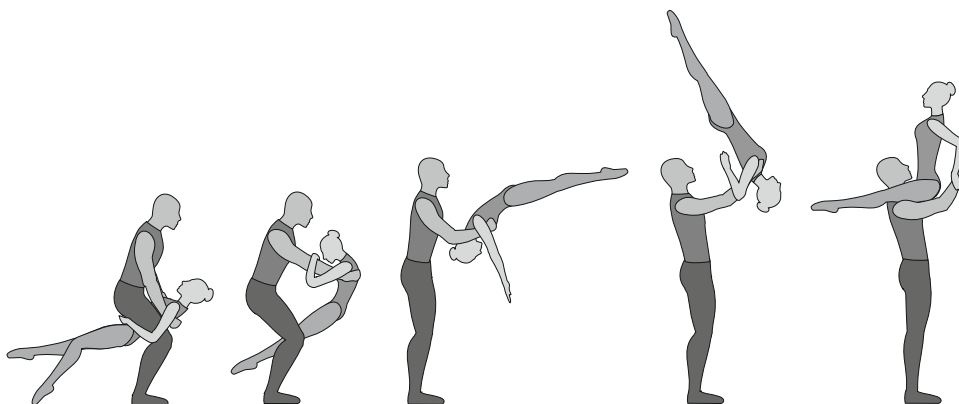
1040

Fwd > Standing on the floor > **B-1-3-T Front tucked starting from the floor** > Standard



1045

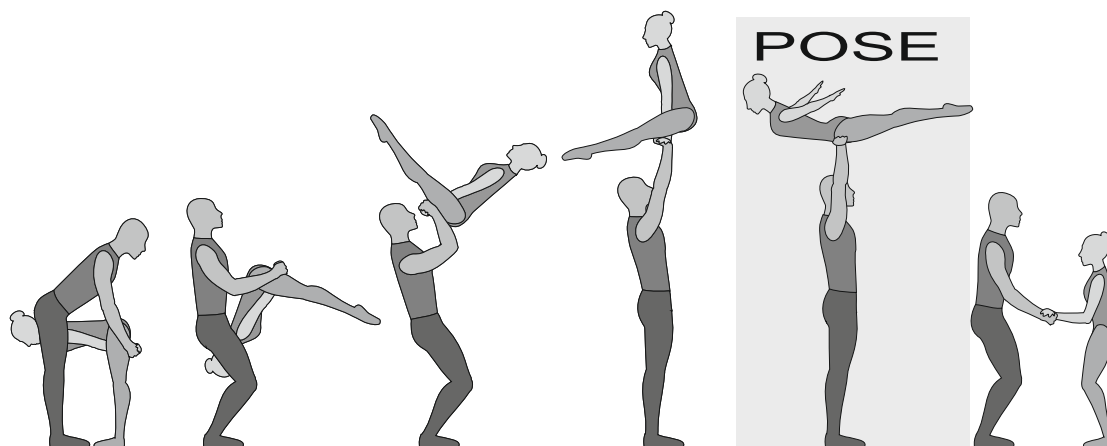
Fwd > Standing on the floor > **B-1-3-P Front piked starting from the floor** > Standard



1050

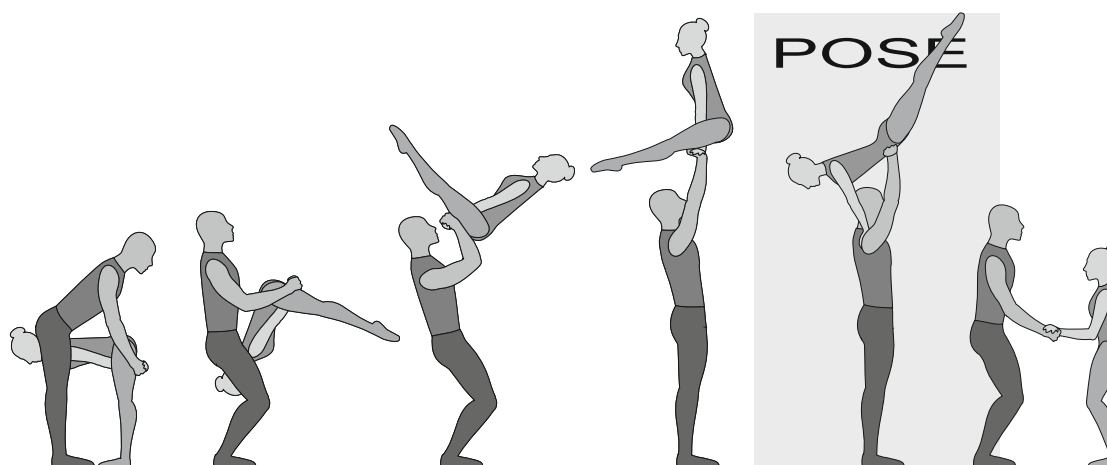
Fwd > Standing on the floor > **B-1-3-S Front straight starting from the floor** > Standard

WRRC name: **ROLLING PIKED**



1150

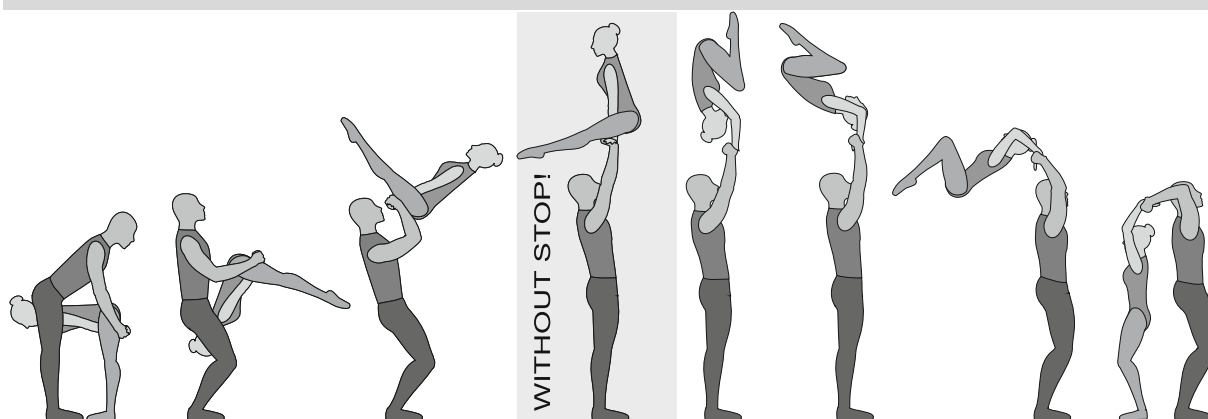
Fwd > Standing on the floor > **B-1-3-P Front rolling-piked from standing on the floor to pose**
> Standard (**Dive after- forbidden!**)



1150

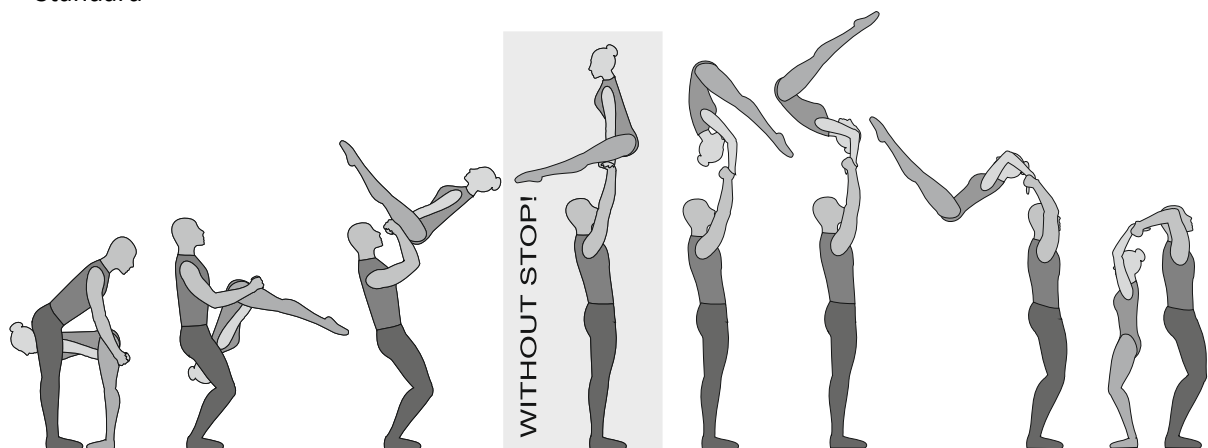
Fwd > Standing on the floor > **B-1-3-P Front rolling-piked from standing on the floor to pose**
> Standard (**Dive after- forbidden!**)

WRRC name: **ROLLING PIKED**



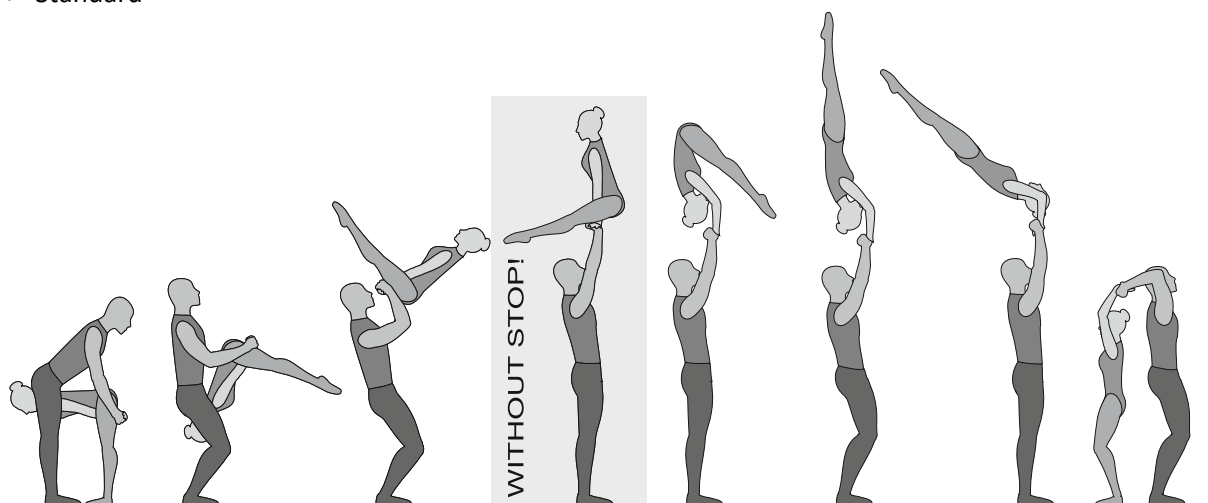
1155

Fwd > Standing on the floor > **B-1-4-PT Front rolling-piked + front tucked from standing on the floor**
> Standard



1160

Fwd > Standing on the floor > **B-1-4-PP Front rolling-piked + front piked from standing on the floor**
> Standard

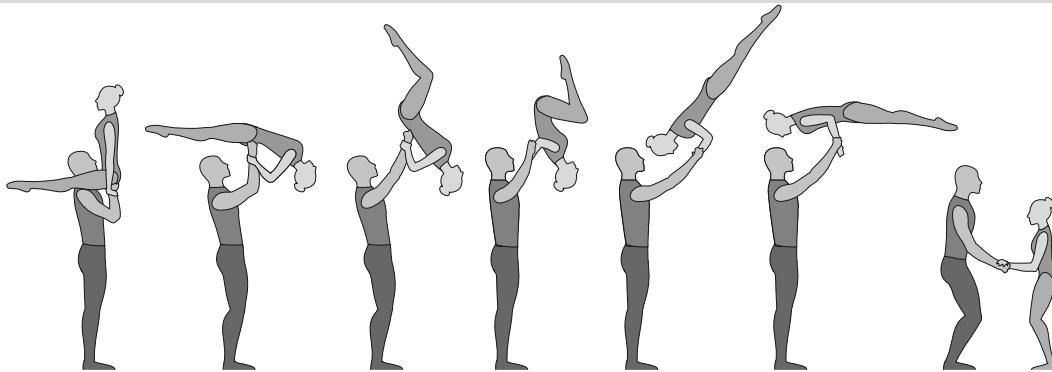


1165

Fwd > Standing on the floor > **B-1-4-PS Front rolling-piked + front straight from standing on the floor**
> Standard

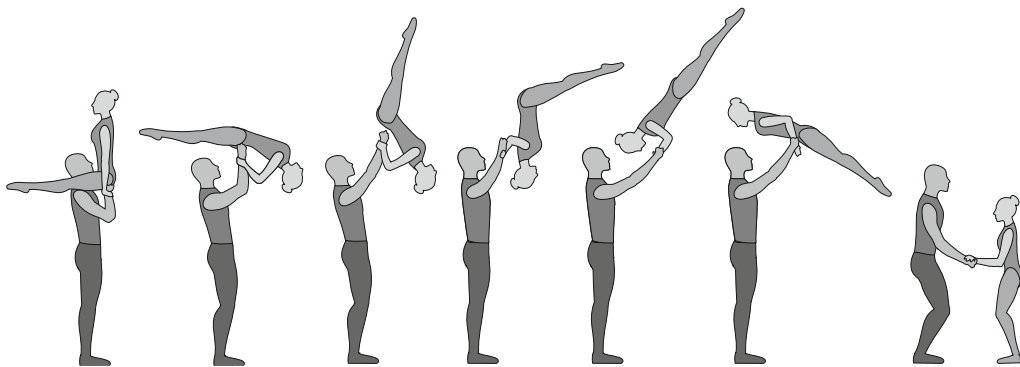
7.7 GROUP 2: BACKWARDS ELEMENTS

WRRRC name:



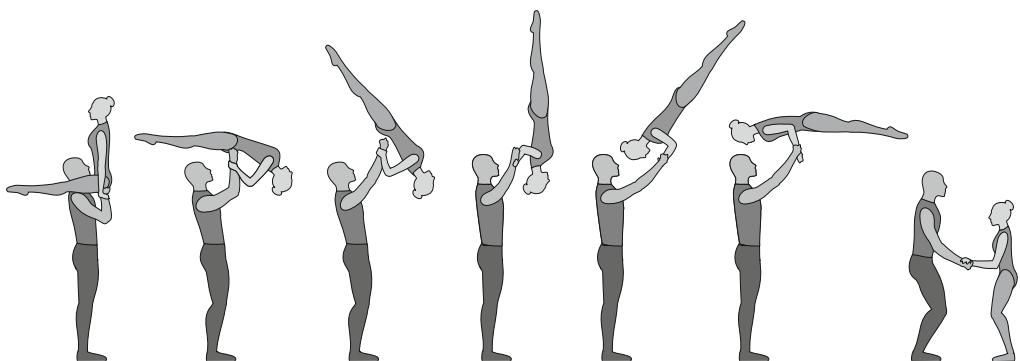
2010

Bwd > Sitting on the shoulders > **B-2-1-T Back tucked starting from shoulders height** > Standard



2015

Bwd > Sitting on the shoulders > **B-2-1-P Back piked starting from shoulders height** > Standard



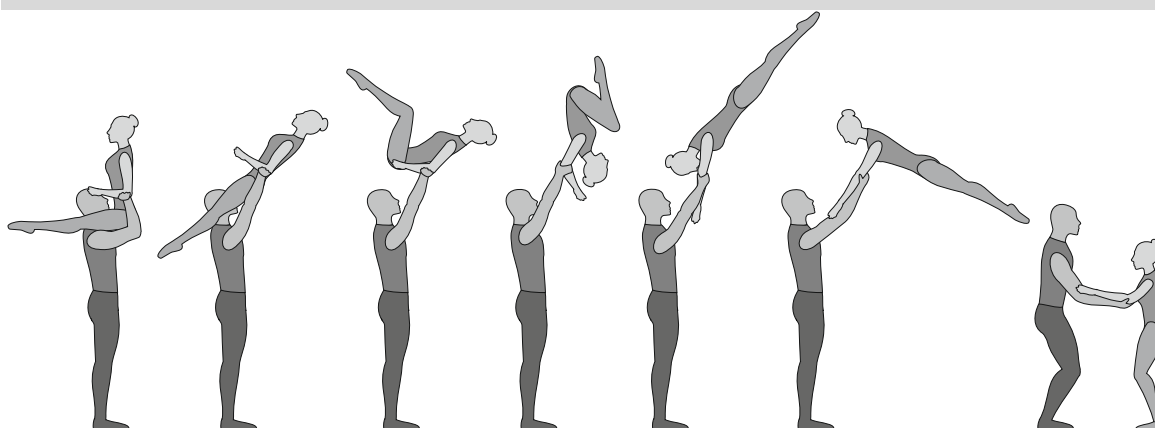
2020

Bwd > Sitting on the shoulders > **B-2-1-S Back straight starting from shoulders height** > Standard

These acrobatic elements will be recognized only if it is performed **FROM FACE-TO-FACE POSITION** of the partners at the beginning of the acrobatics:

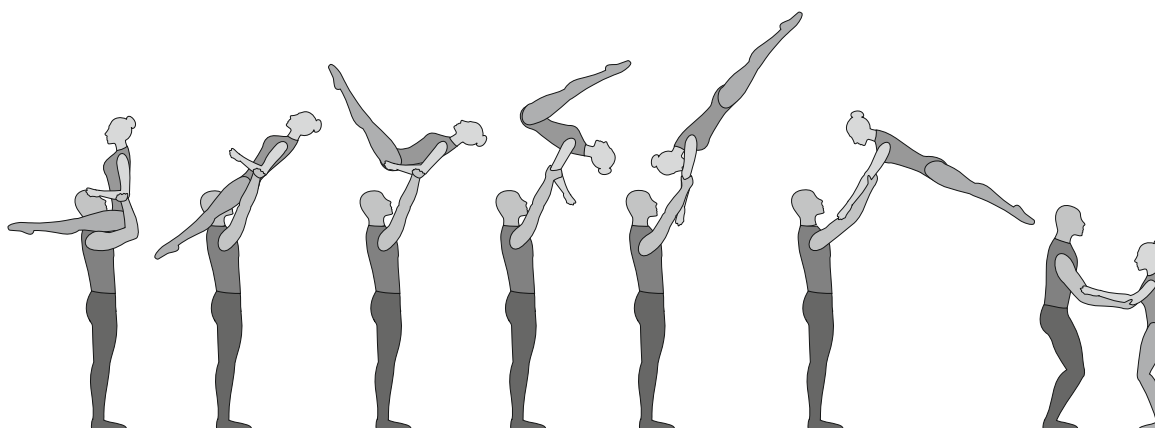
- B-2-1-T-1/2T Back tucked with 1/2 twist starting from shoulders height
- B-2-1-P-1/2T Back piked with 1/2 twist starting from shoulders height
- B-2-1-S-1/2T Back straight with 1/2 twist within starting from shoulders
- B-2-1-T-1/1T Back tucked with 1/1 twist starting from shoulders height
- B-2-1-P-1/1T Back piked with 1/1 twist starting from shoulders height
- B-2-1-S-1/1T Back straight with 1/1 twist within starting from shoulders

WRRC name:



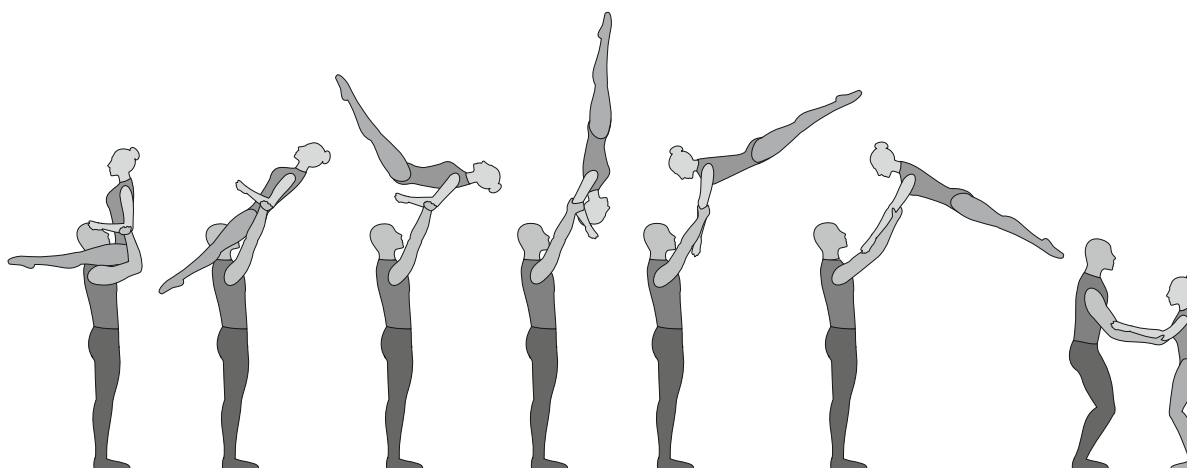
2010

Bwd > Sitting on the shoulders > **B-2-1-T Back tucked starting from shoulders height** > Standard



2015

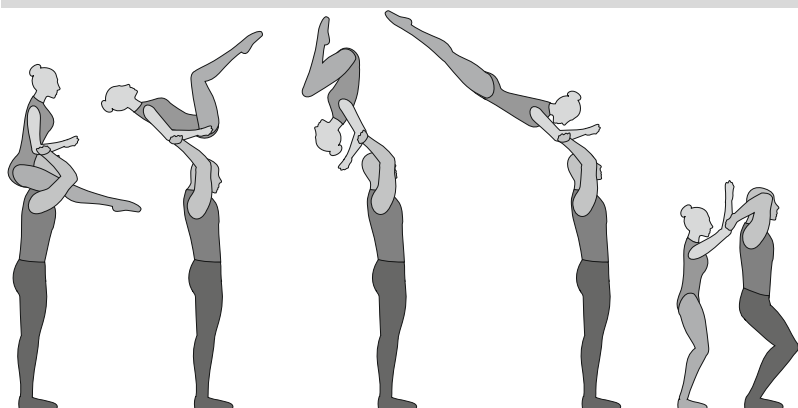
Bwd > Sitting on the shoulders > **B-2-1-P Back piked starting from shoulders height** > Standard



2020

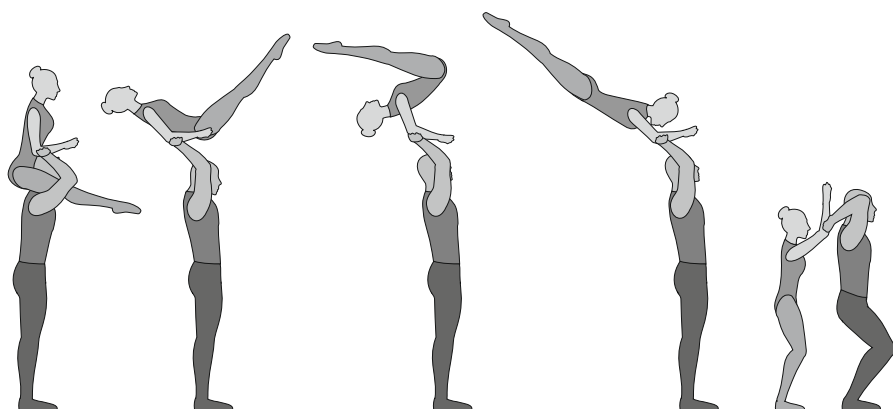
Bwd > Sitting on the shoulders > **B-2-1-S Back straight starting from shoulders height** > Standard

WRRC name:



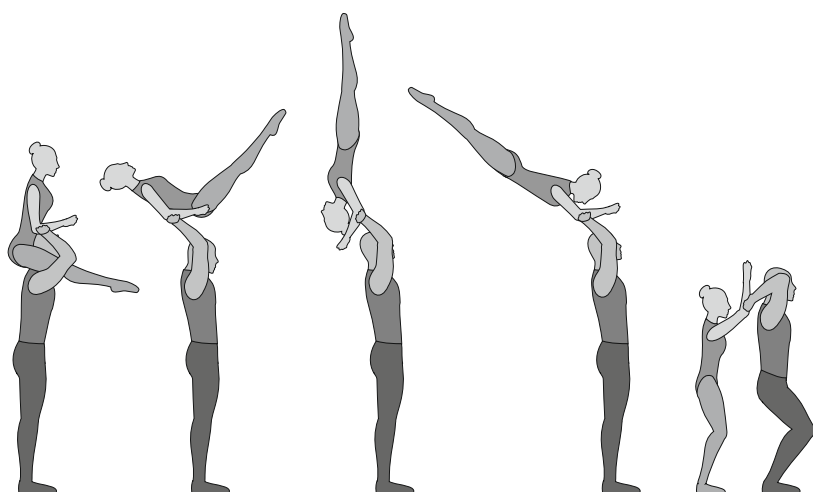
2010

Bwd > Sitting on the shoulders > **B-2-1-T Back tucked starting from shoulders height** > Standard



2015

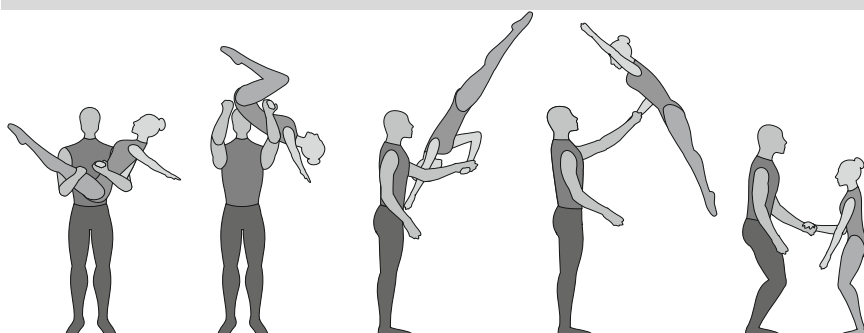
Bwd > Sitting on the shoulders > **B-2-1-P Back piked starting from shoulders height** > Standard



2020

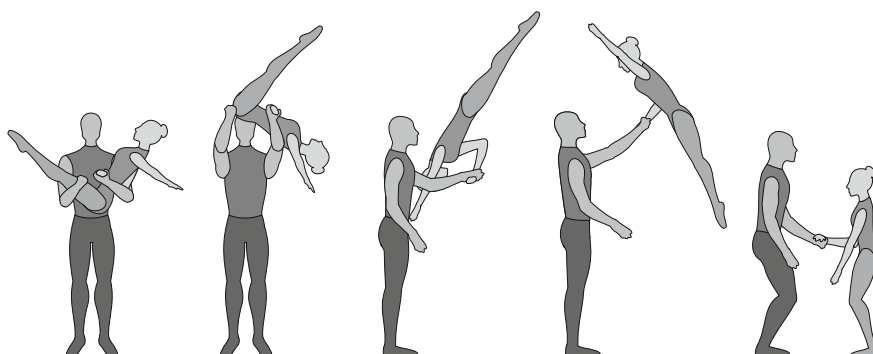
Bwd > Sitting on the shoulders > **B-2-1-S Back straight starting from shoulders height** > Standard

WRRC name:



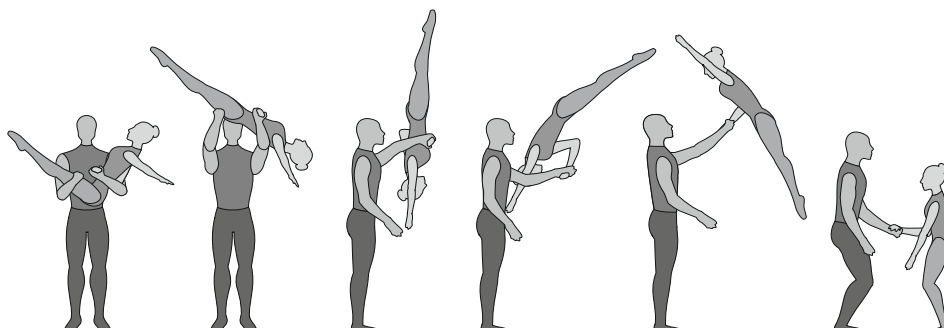
2025

Bwd > Sitting in the arms > **B-2-2-T Back tucked starting from waist height** > Standard



2030

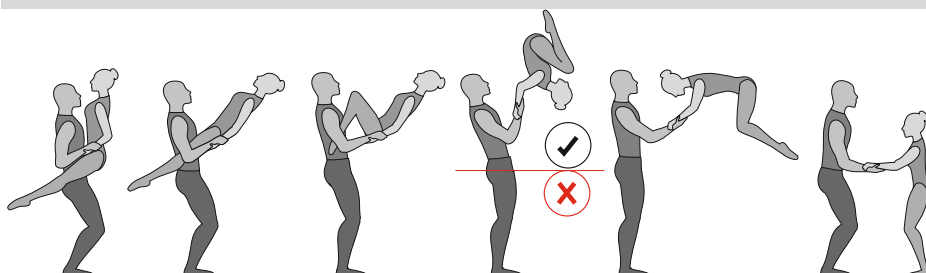
Bwd > Sitting in the arms > **B-2-2-P Back piked starting from waist height** > Standard



2035

Bwd > Sitting in the arms > **B-2-2-S Back straight starting from waist height** > Standard

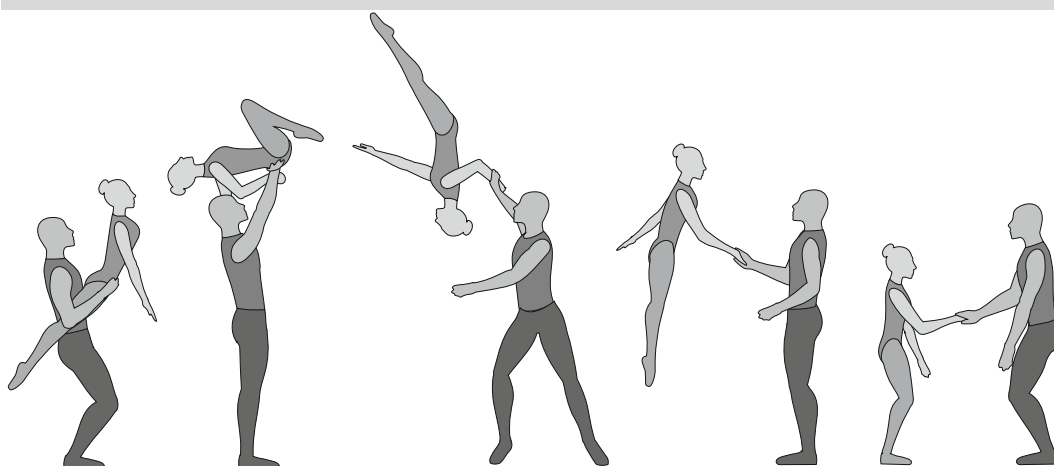
WRRC name:



2025

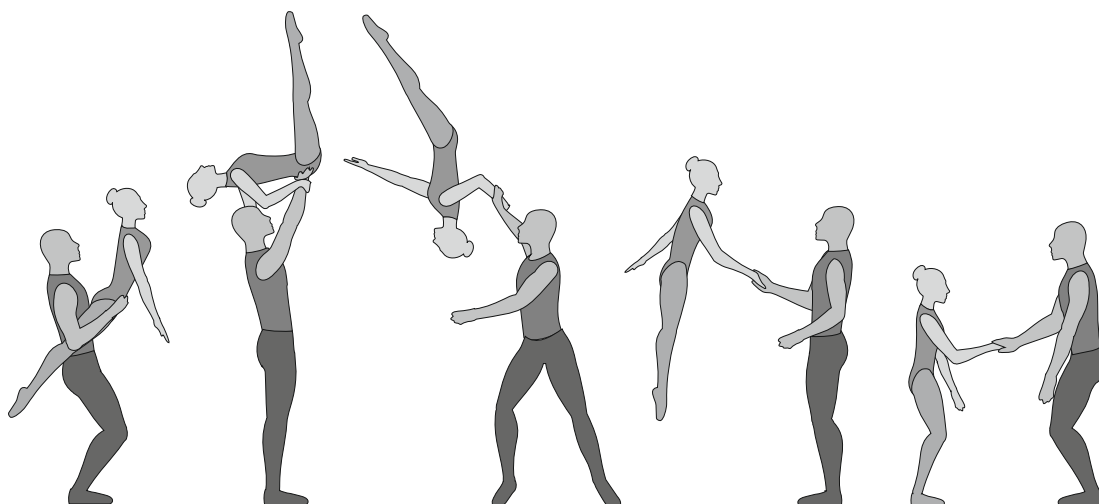
Bwd > From the waist > **B-2-2-T Back tucked starting from waist height** > Standard

WRRC name:



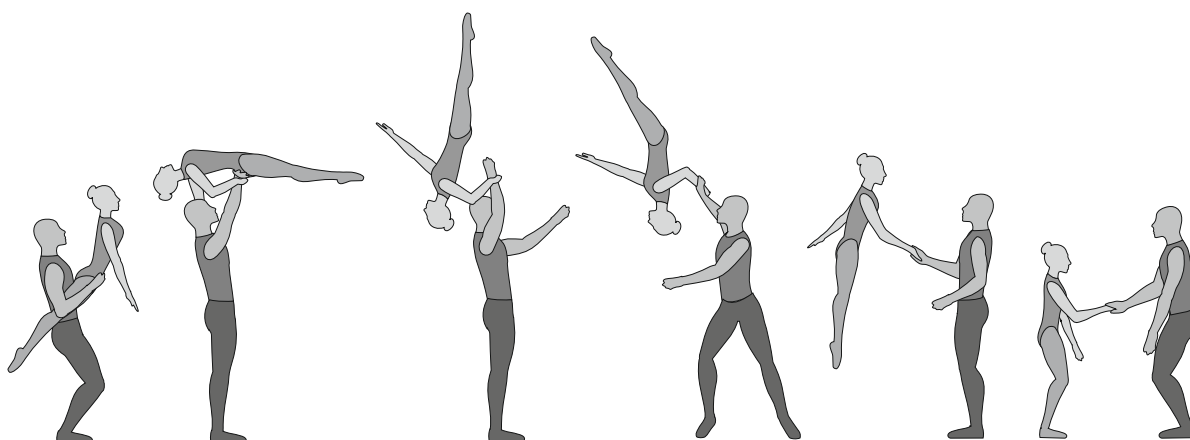
2026

Bwd > From the waist > **B-2-2-T Back tucked starting from waist height (from shalom)** > Standard



2031

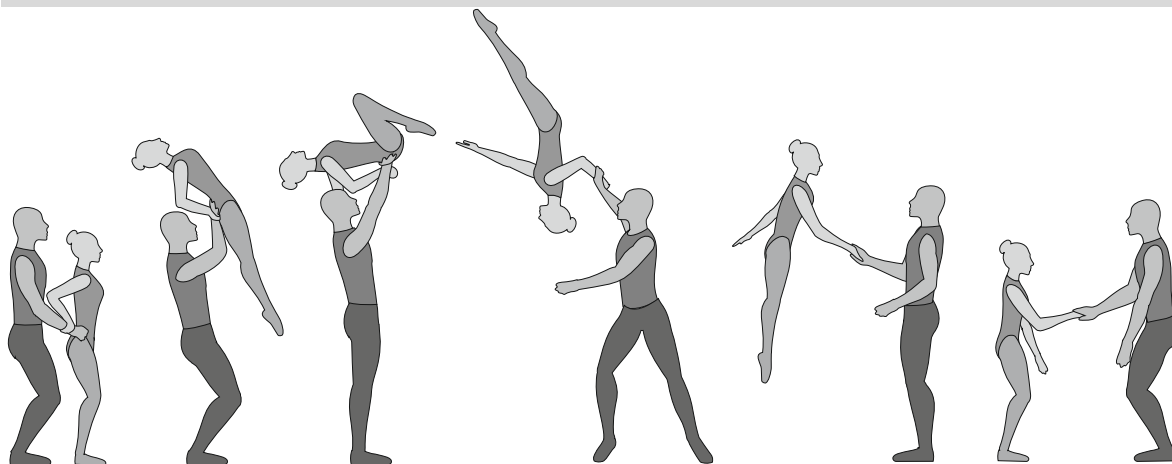
Bwd > From the waist > **B-2-2-P Back piked starting from waist height (from shalom)** > Standard



2036

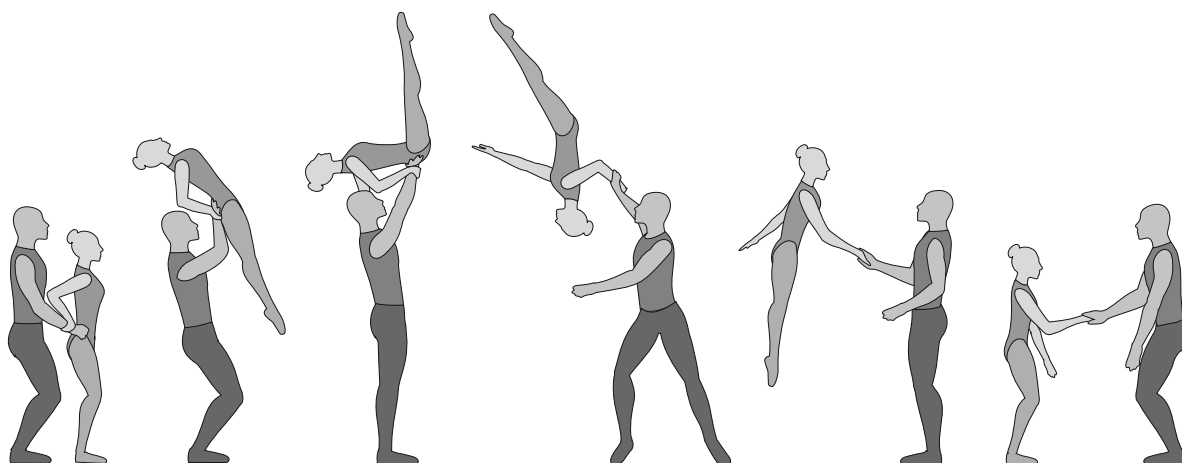
Bwd > From the waist > **B-2-2-S Back straight starting from waist height (from shalom)** > Standard

WRRC name:



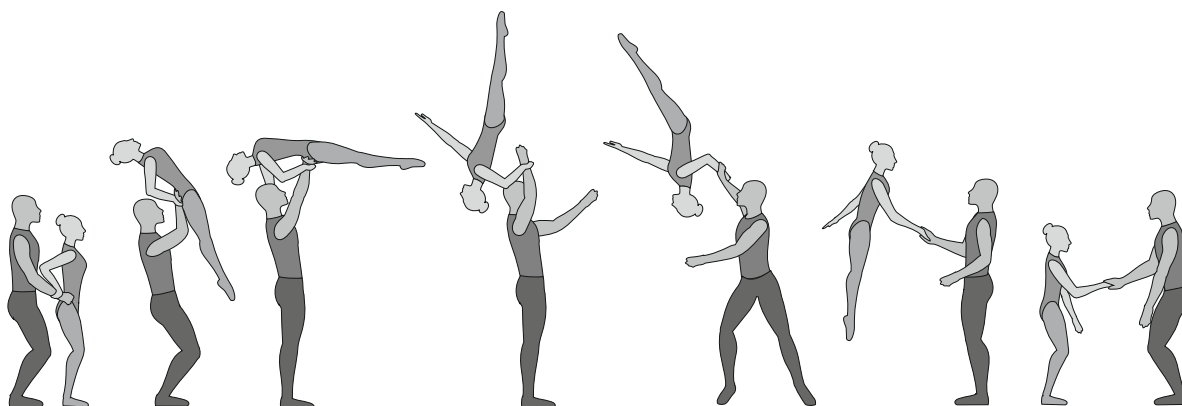
2040

Bwd > Standing on the floor > **B-2-3-T Back tucked starting from the floor** > Standard



2045

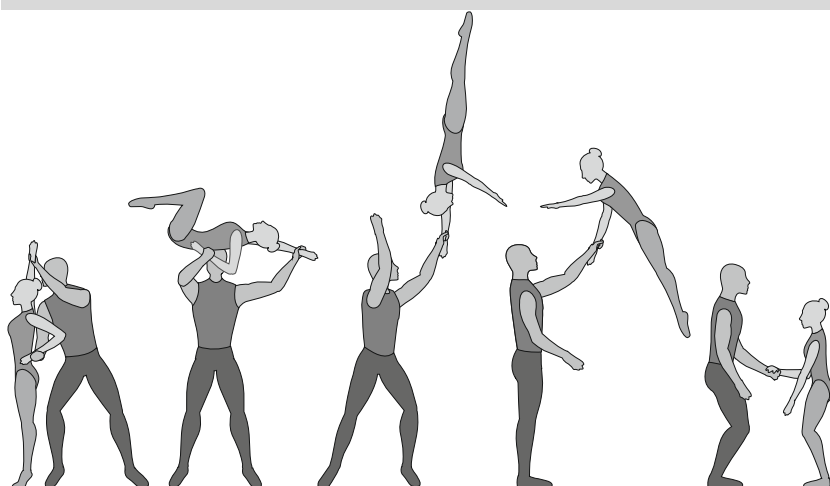
Bwd > Standing on the floor > **B-2-3-P Back piked starting from the floor** > Standard



2050

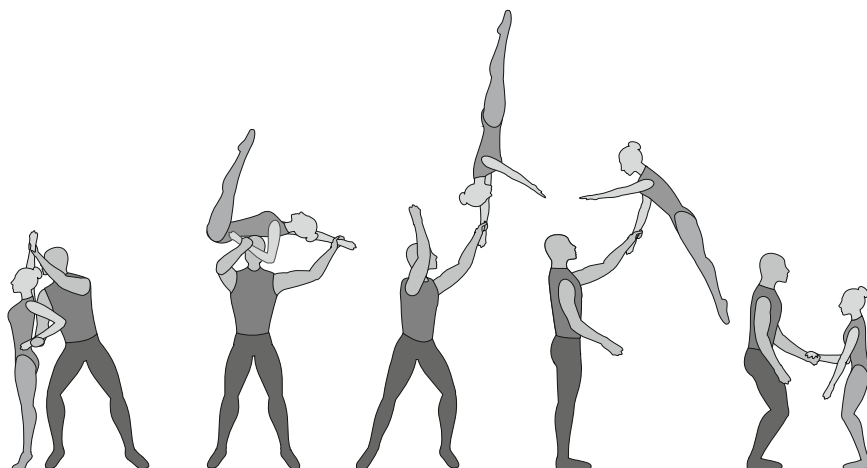
Bwd > Standing on the floor > **B-2-3-S Back straight starting from the floor** > Standard

WRRC name: _____



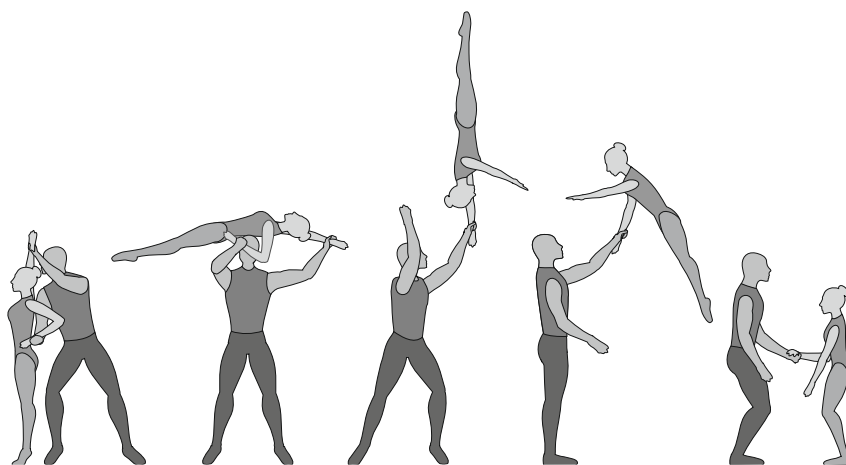
2040

Bwd > Standing on the floor > **B-2-3-T Back tucked starting from the floor** > Standard



2045

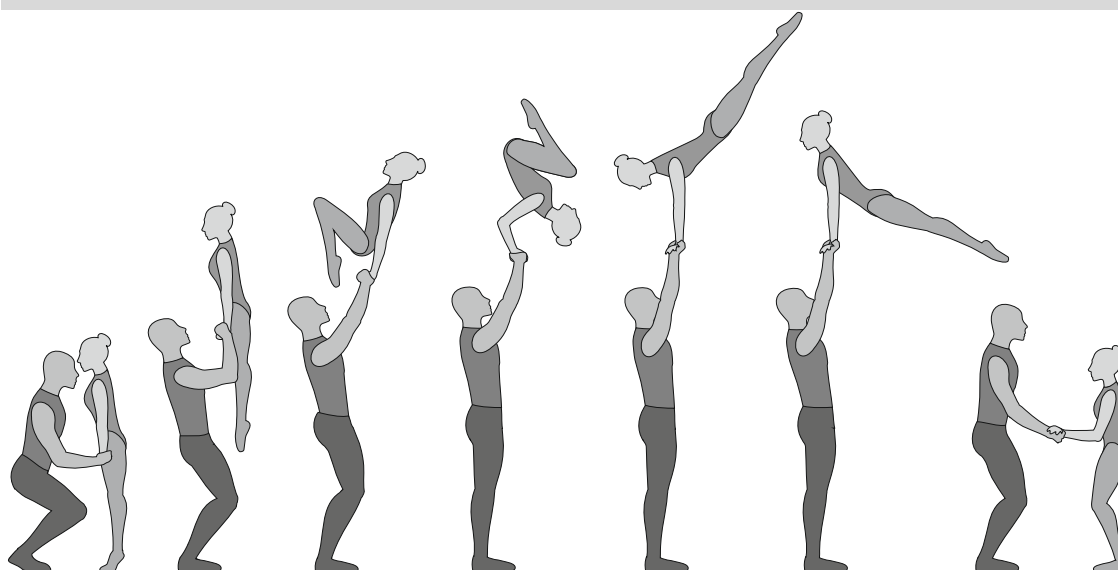
Bwd > Standing on the floor > **B-2-3-P Back piked starting from the floor** > Standard



2050

Bwd > Standing on the floor > **B-2-3-S Back straight starting from the floor** > Standard

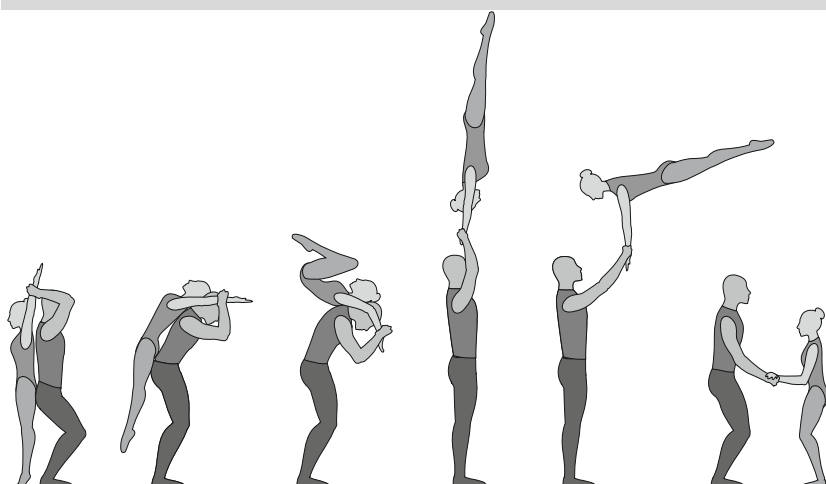
FORELLE BACK



2040

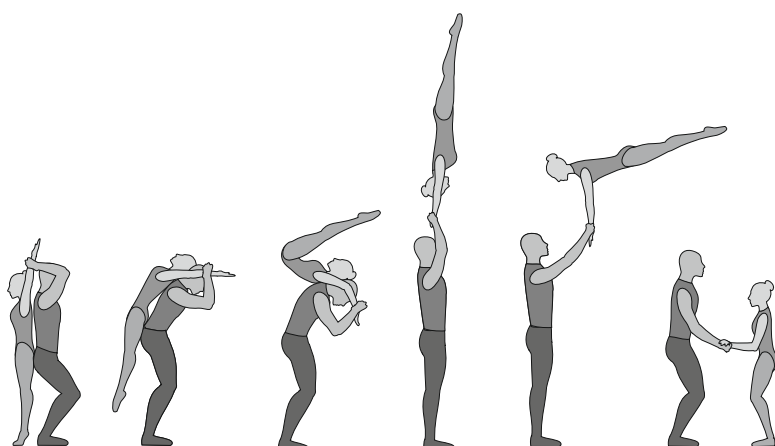
Bwd > Standing on the floor > **B-2-3-T Back tucked starting from the floor** > Standard

BACK TO BACK



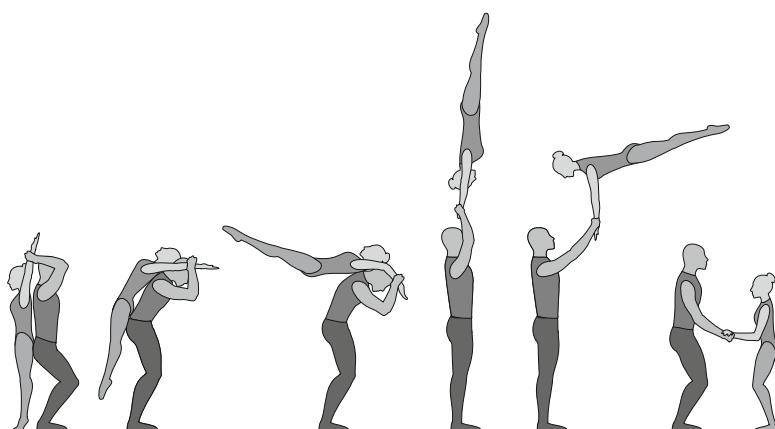
2165

Bwd > Standing on the floor > **B-2-4-T Back to back tucked to handstand** > Standard



2170

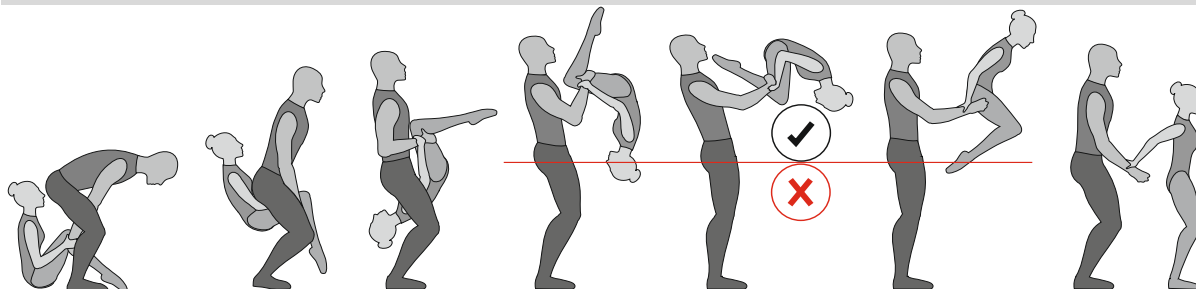
Bwd > Standing on the floor > **B-2-4-P Back to back piked to handstand** > Standard



2175

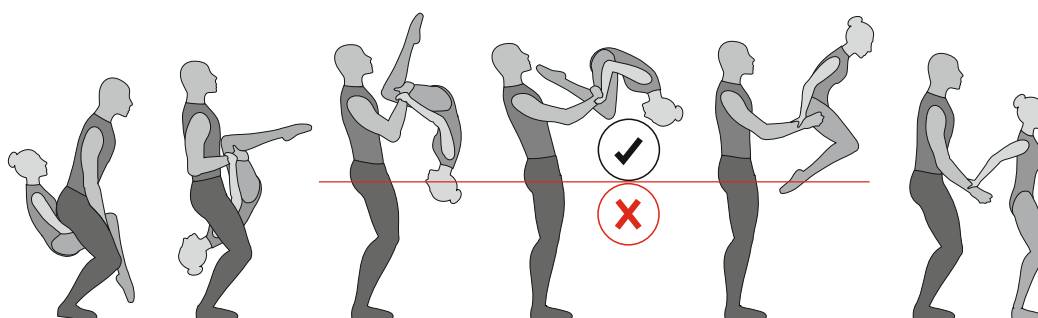
Bwd > Standing on the floor > **B-2-4-S Back to back straight to handstand** > Standard

WRRC name:



2145

Bwd > (from a landing position) > **B-2-3-TA Auerbach tucked from sitting on the floor** > Standard



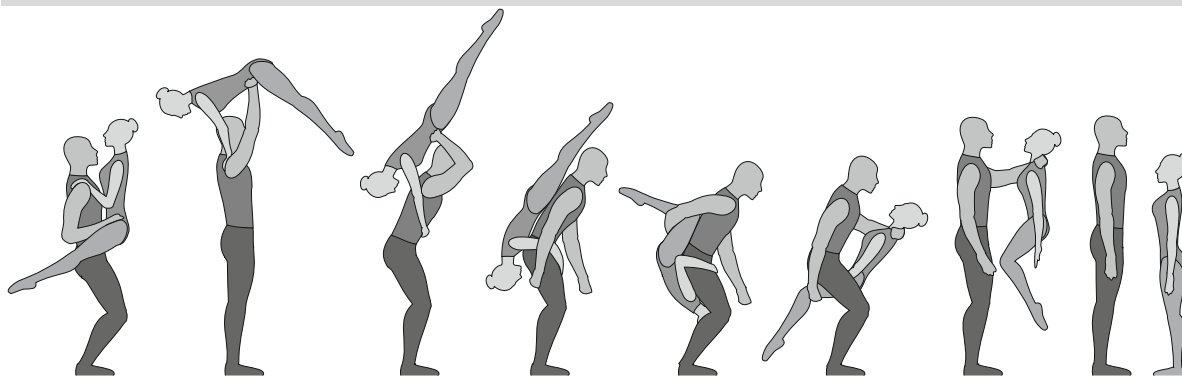
2146

Bwd > (from a landing position)> **B-2-3-+TA + Auerbach tucked without touching the floor** > Standard

7.8

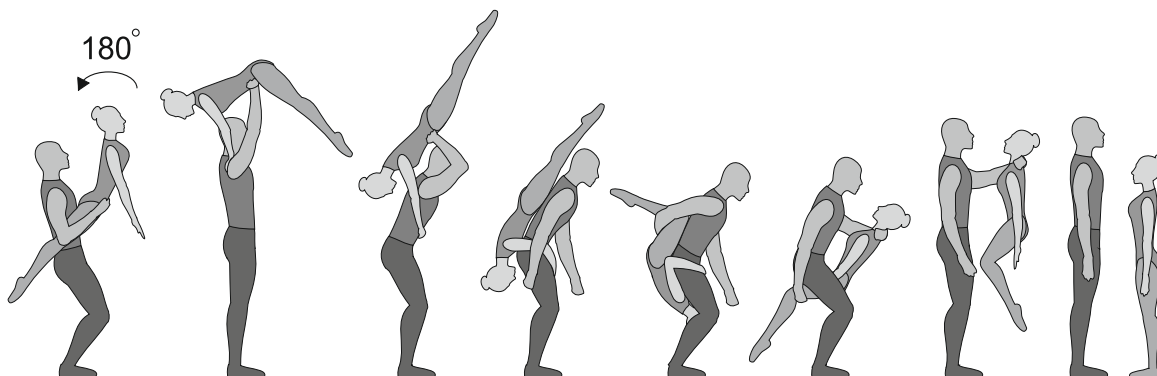
7.8 GROUP 3: DIVES

DIVE



3010

Dive > From the waist> **B-3-2-B Dive starting from the waist without pose** > Standard

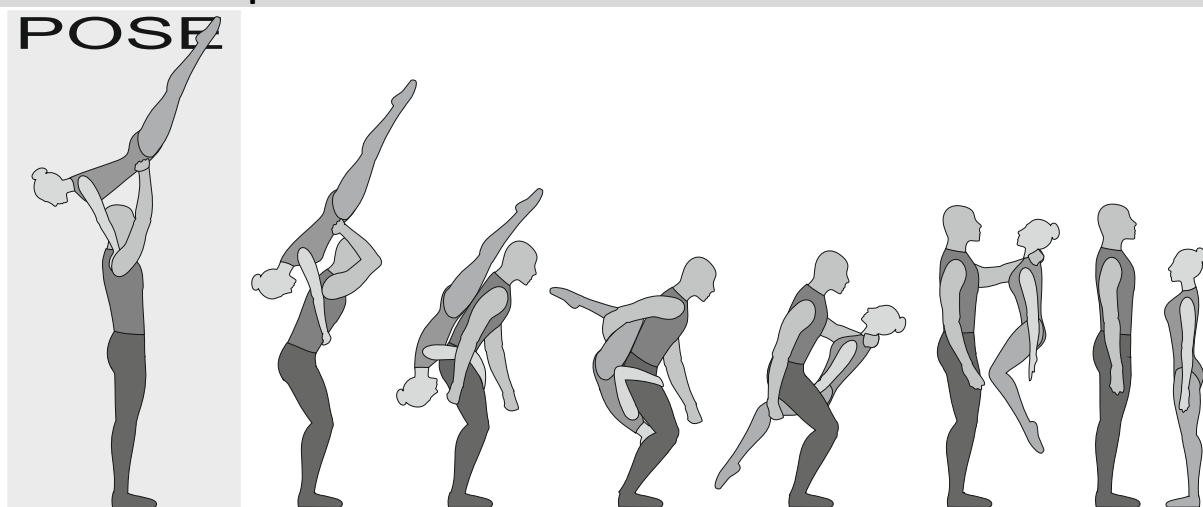


3030

Dive > From the waist > **B-3-2-B Dive starting from waist (shalom) with 1/2 turn** > Standard

DIVE FROM ICE positions

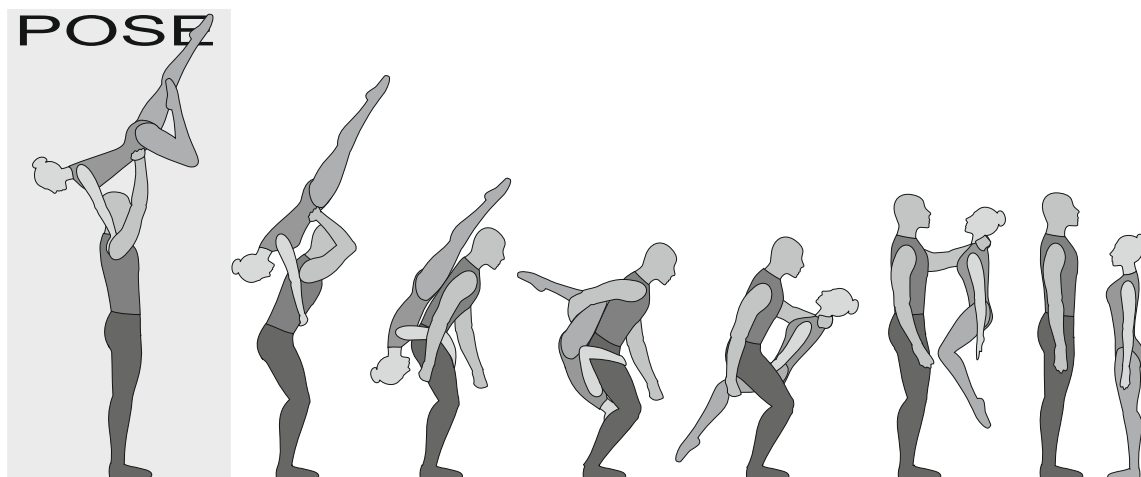
POSE



3015

Dive > Other > **B-3-1-PO2-B Dive from pose on 2 hands of the male dancer** > Standard

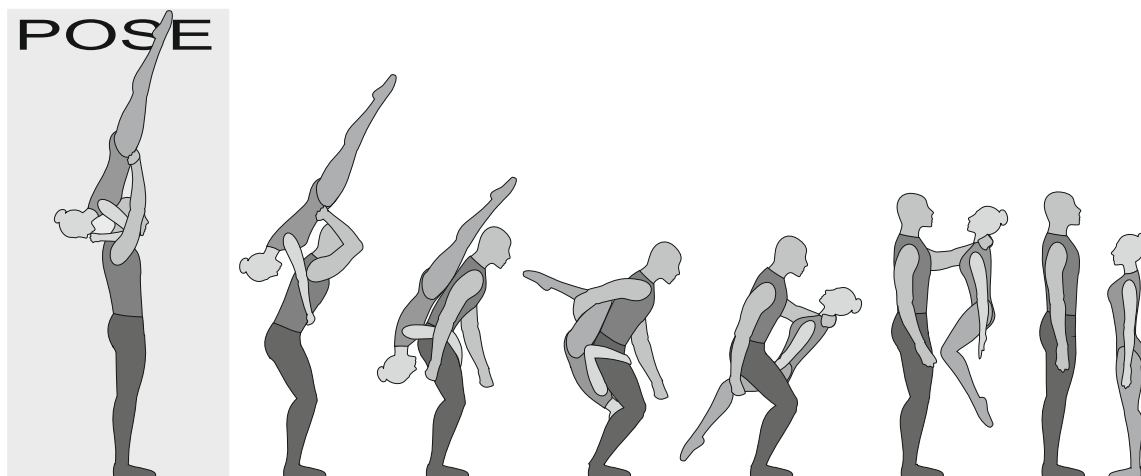
POSE



3015

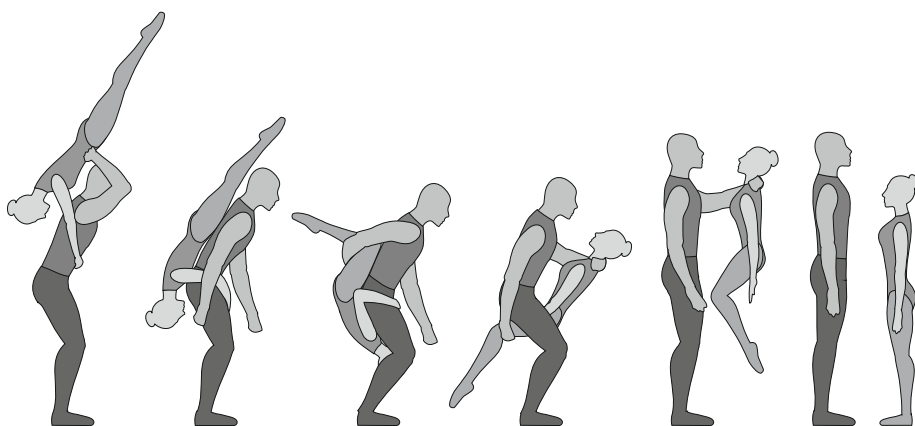
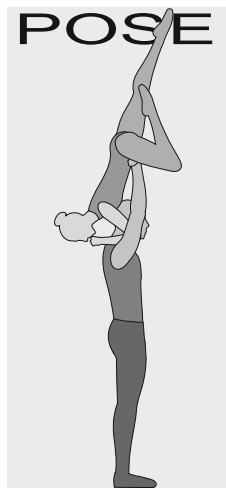
Dive > Other > **B-3-1-PO2-B Dive from pose on 2 hands of the male dancer** > Standard

POSE



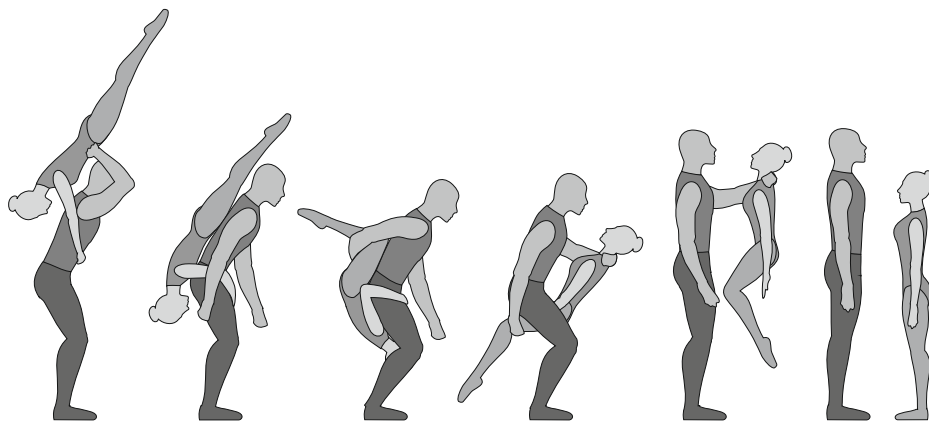
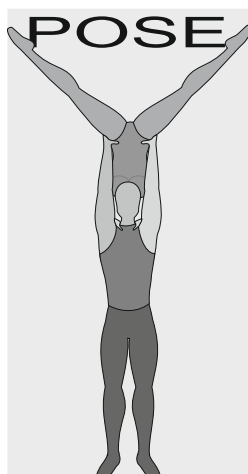
3015

Dive > Other > **B-3-1-PO2-B Dive from pose on 2 hands of the male dancer** > Standard



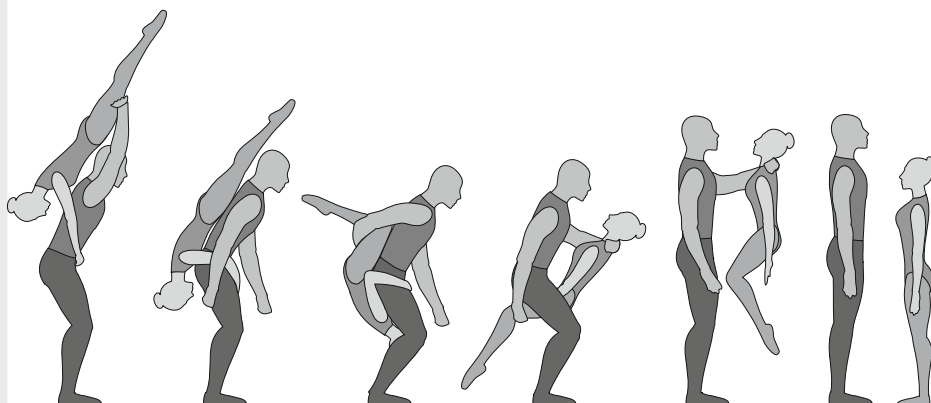
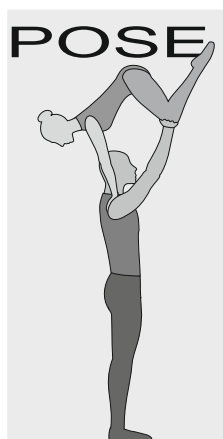
3015

Dive > Other > **B-3-1-PO2-B Dive from pose on 2 hands of the male dancer** > Standard



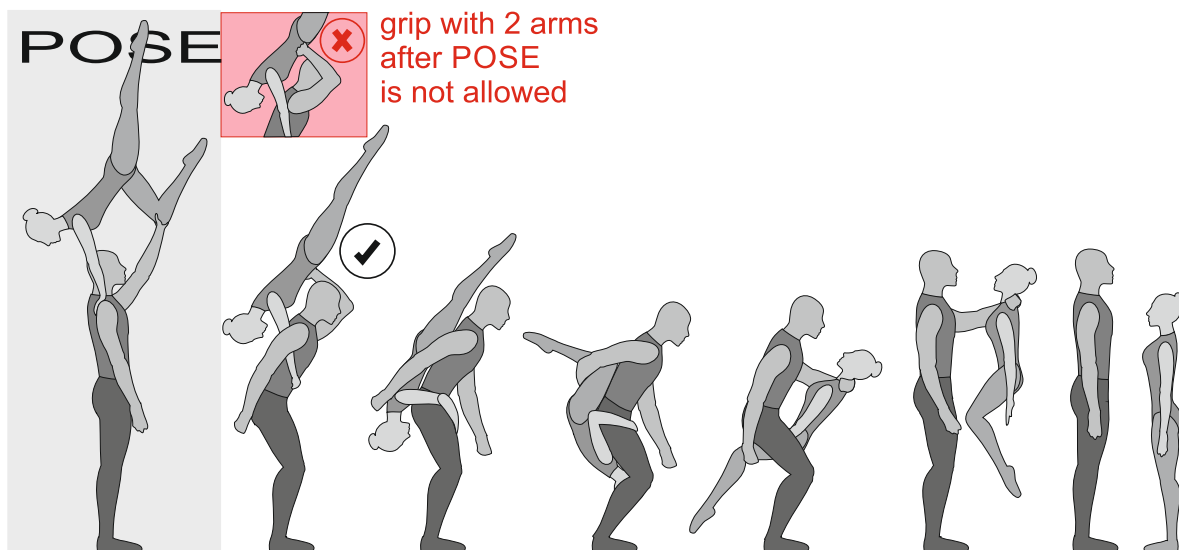
3015

Dive > Other > **B-3-1-PO2-B Dive from pose on 2 hands of the male dancer** > Standard



3015

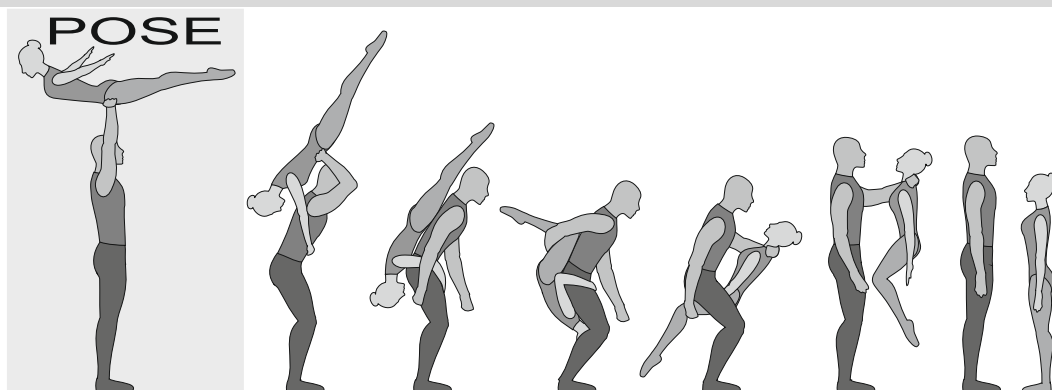
Dive > Other > **B-3-1-PO2-B Dive from pose on 2 hands of the male dancer** > Standard



3020

Dive > Other > **B-3-1-PO1-B Dive from pose on 1 hand of the male dancer** > Standard

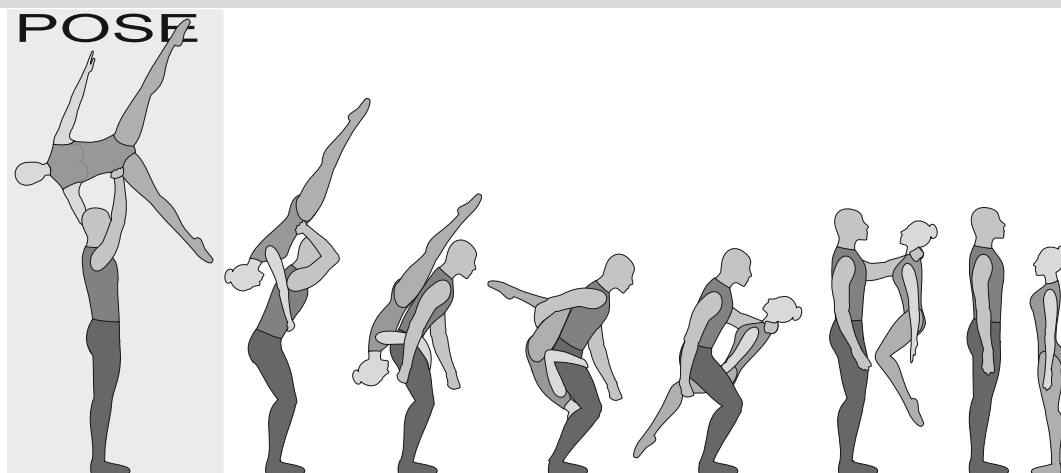
DIVE FROM SWALLOW



3015

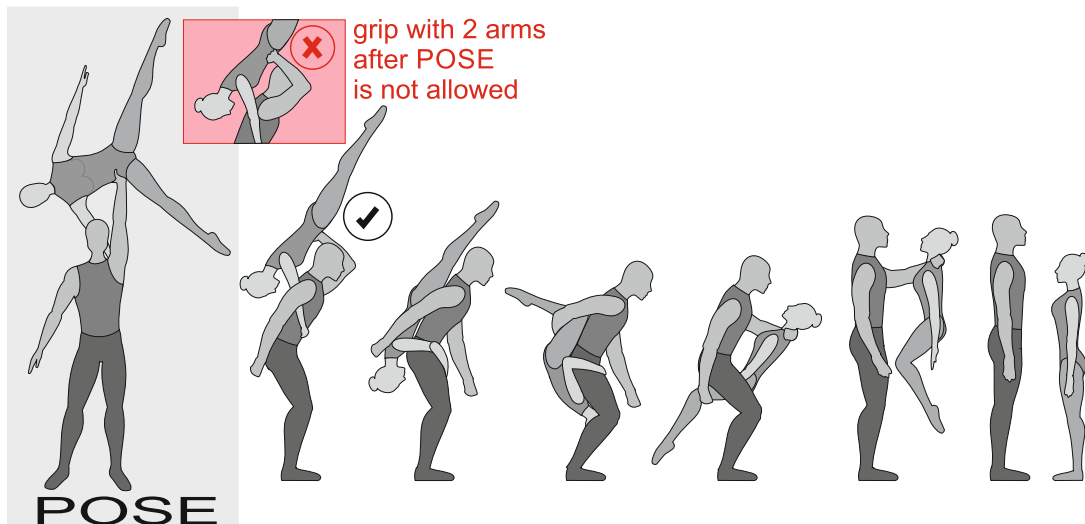
Dive > Other > **B-3-1-PO2-B Dive from pose on 2 hands of the male dancer** > Standard

DIVE FROM FLAG



3015

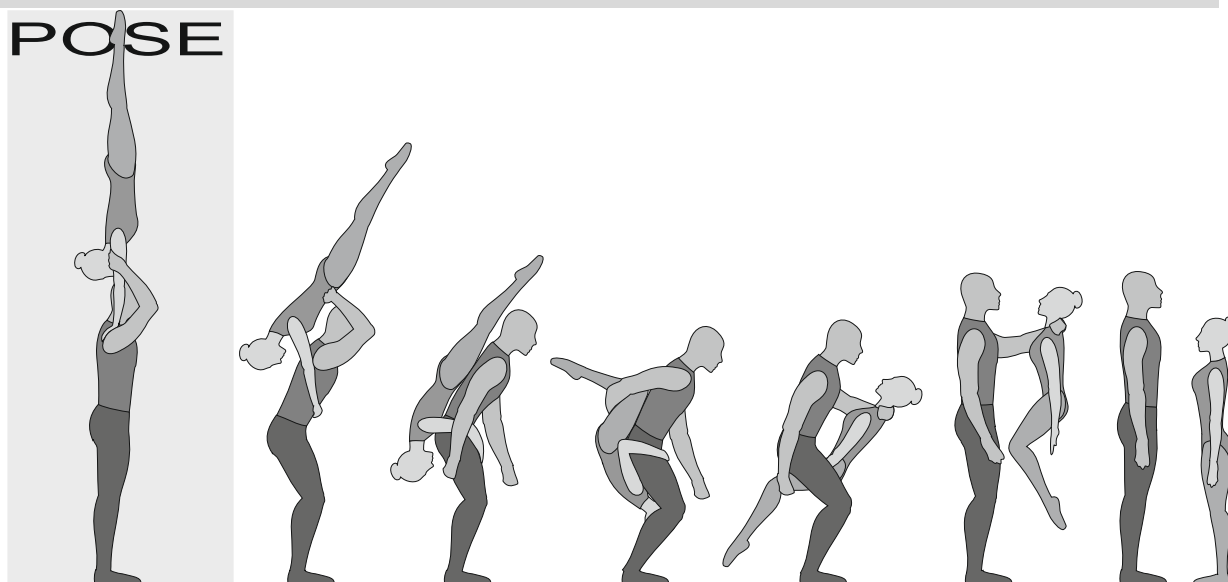
Dive > Other > **B-3-1-PO2-B Dive from pose on 2 hands of the male dancer** > Standard



3020

Dive > Other > **B-3-1-PO1-B Dive from pose on 1 hand of the male dancer** > Standard

DIVE FROM HANDSTAND ON SHOULDER

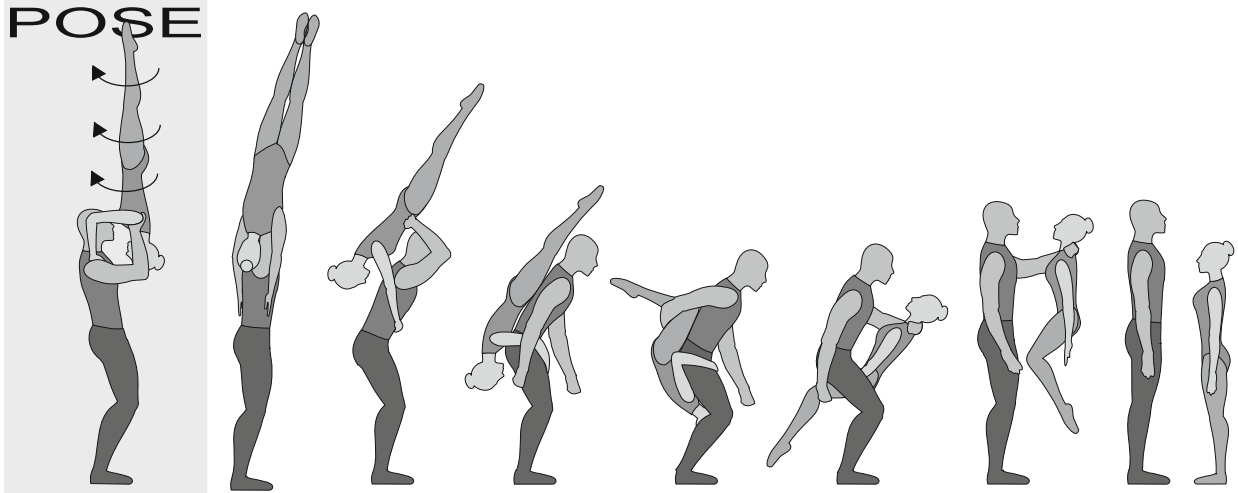


3025

Dive > Other > **B-3-1-POH-B Dive from handstand on shoulders** > Standard

DIVE FROM REVERSE POSES

POSE



3035

Dive > Other > **B-3-1-POR-1/2T-B Dive from reverse pose with 1/2 twist** > Standard

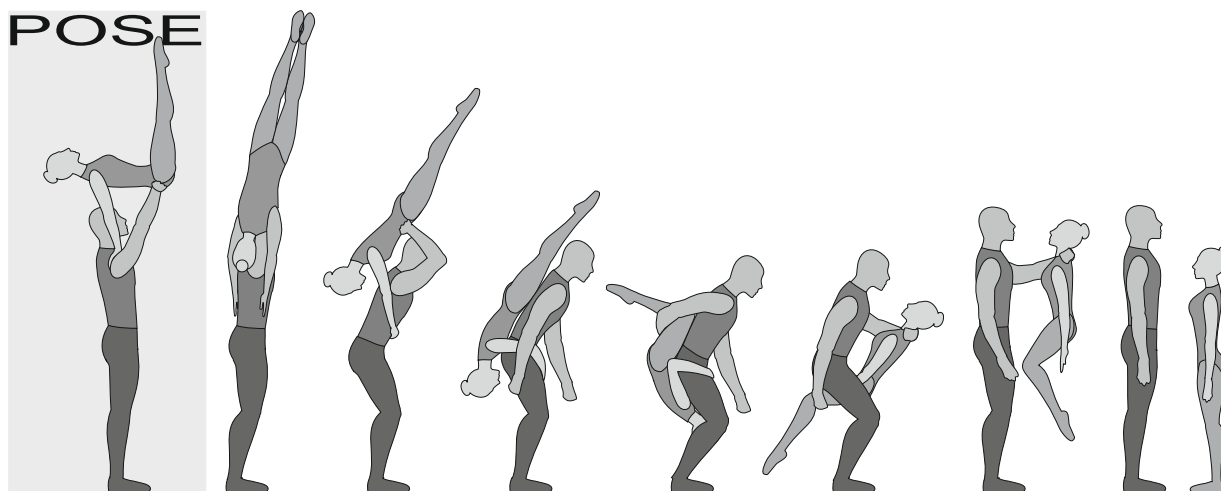
POSE



3035

Dive > Other > **B-3-1-POR-1/2T-B Dive from reverse pose with 1/2 twist** > Standard

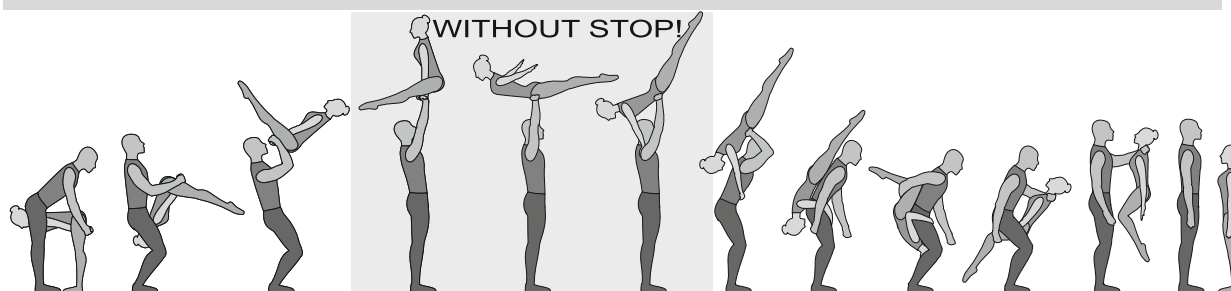
POSE



3035

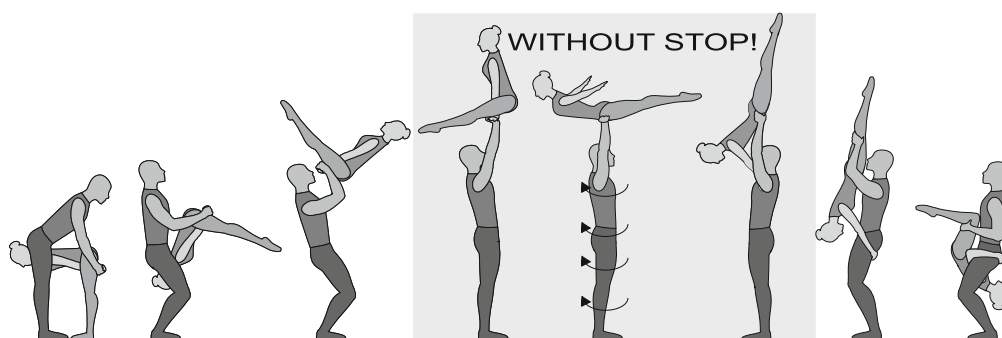
Dive > Other > **B-3-1-POR-1/2T-B Dive from reverse pose with 1/2 twist** > Standard

ROLLING DIVE



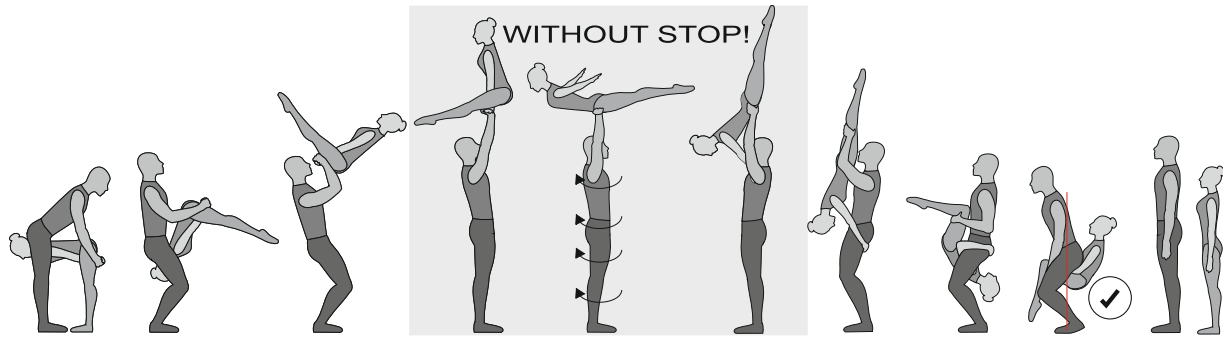
3040

Dive > Standing on the floor > **B-3-3-B Rolling dive from the floor** > Standard



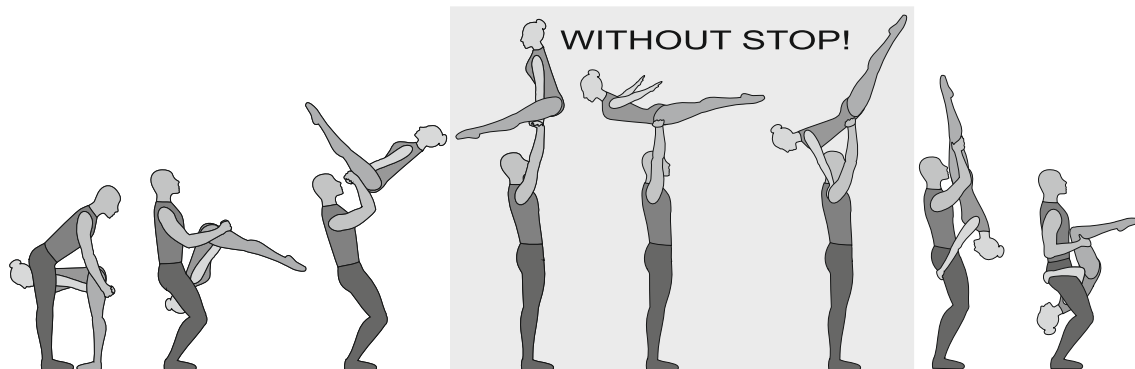
3095

Dive > Standing on the floor > **B-3-3-CC Rolling front dive with 1/2 turn for man, ending on chest** > Standard



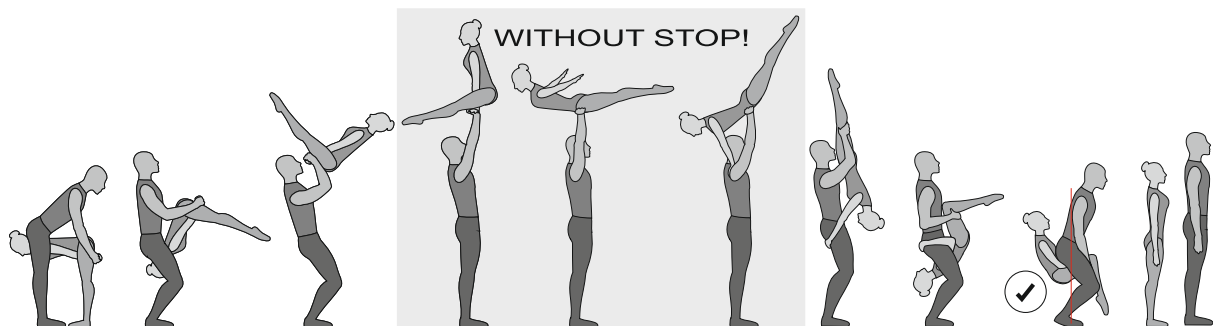
3100

Dive > Standing on the floor > **B-3-3-CL Rolling front dive with ½ turn for man, exit between legs > Standard**



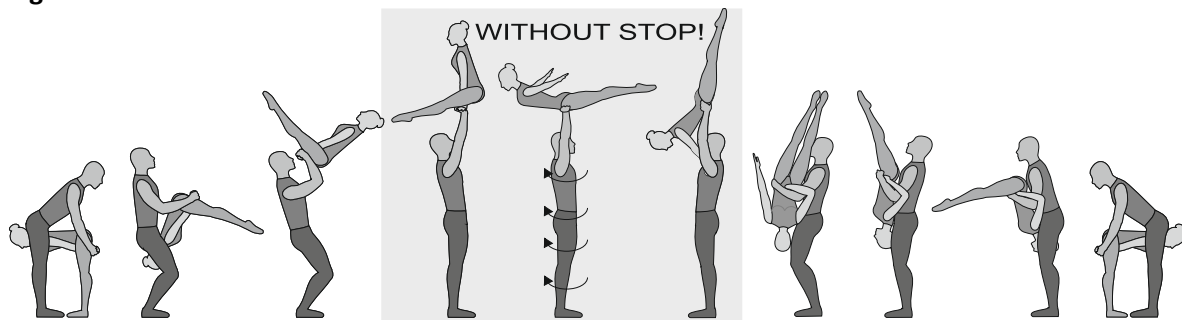
3105

Dive > Standing on the floor > **B-3-3-1/2T-CC Rolling front dive with ½ twist within, ending on chest > Standard**



3110

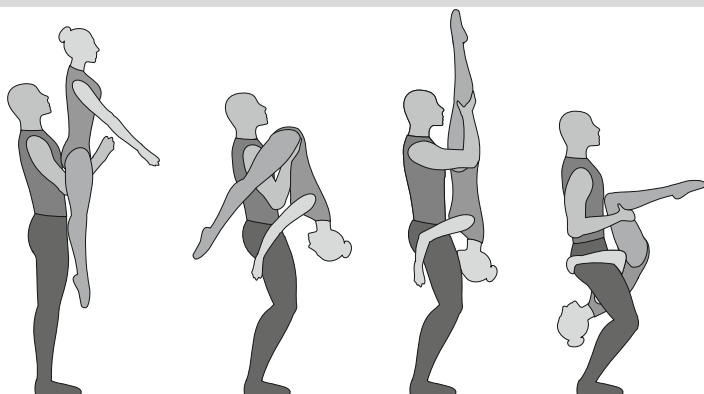
Dive > Standing on the floor > **B-3-3-1/2T-CL Rolling FRONT dive with ½ twist within, exit between legs > Standard**



3115

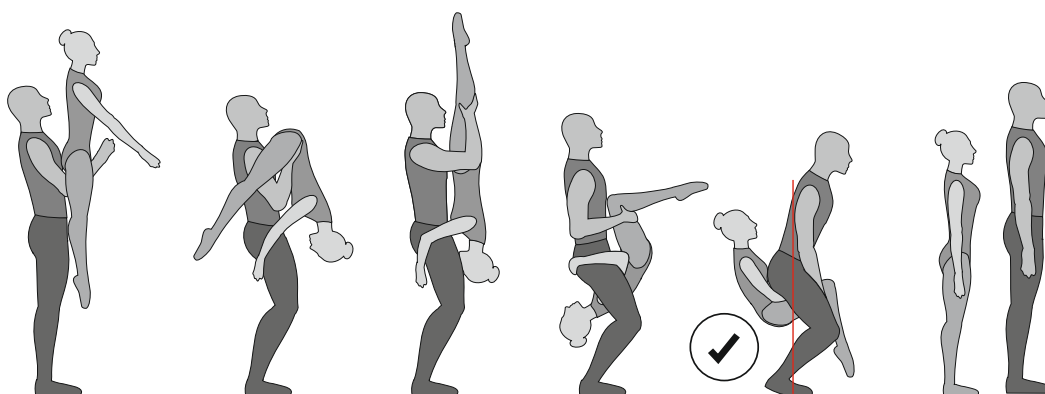
Dive > Standing on the floor > **B-3-3-1/2T-C Rolling FRONT dive with ½ turn for man and ½ twist within during dive > Standard**

FRONT DIVE - ANGELO



3050

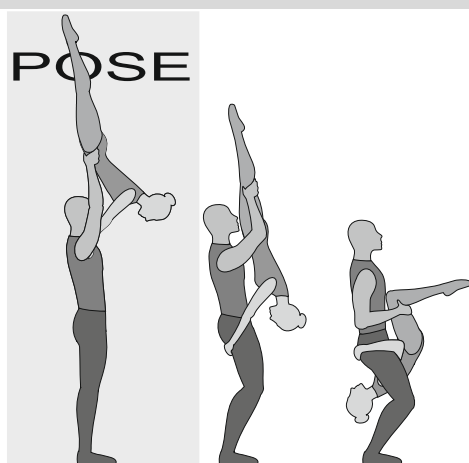
Dive > Sitting on the arms > **B-3-2-CC Front low dive starting from the arms, ending on chest**
> Standard



3055

Dive > Sitting on the arms > **B-3-2-CL Front low dive starting from the arms, exit between legs**
> Standard

FRONT DIVE FROM POSE



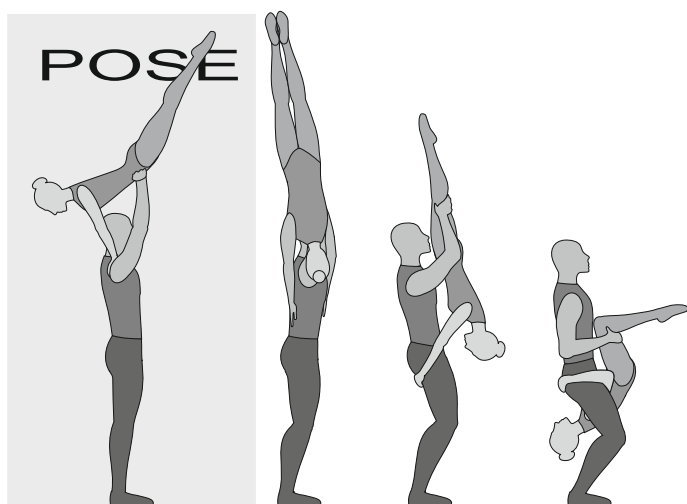
3065

Dive > Other > **B-3-1-POR-CC Front dive starting from reverse pose, ending on chest**
> Standard



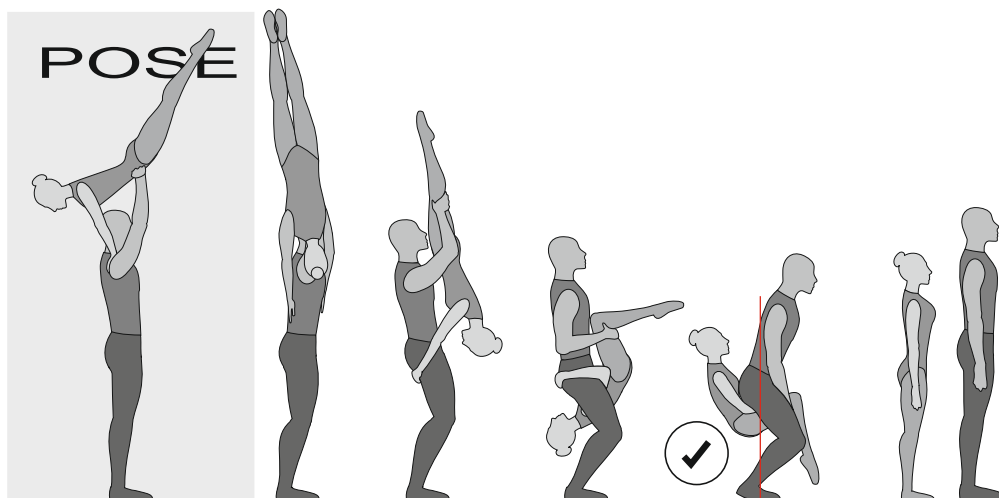
3070

Dive > Other > **B-3-1-POR-CL Front dive starting from reverse pose, exit between legs**
> Standard



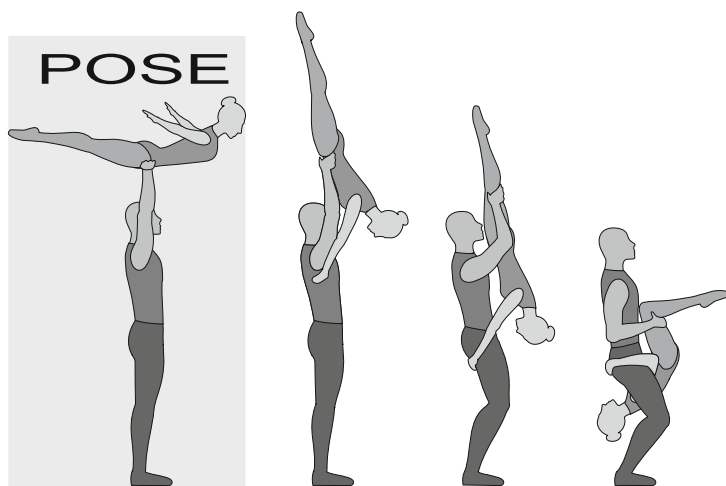
3080

Dive > Other > **B-3-1-PO-1/2T-CC Front dive from pose with 1/2 twist within, ending on chest**
> Standard



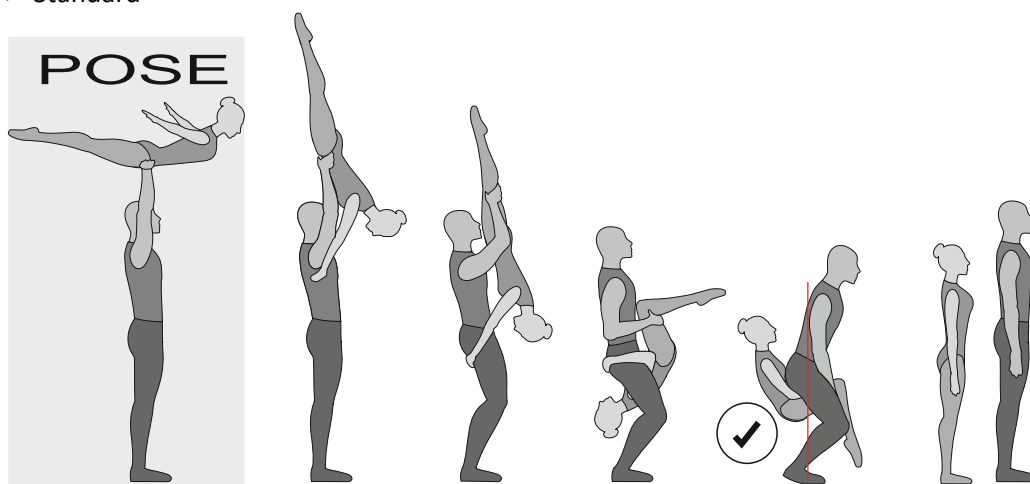
3085

Dive > Other > **B-3-1-PO-1/2T-CL Front dive from pose with 1/2 twist within, exit between legs**
> Standard



3065

Dive > Other > **B-3-1-POR-CC** Front dive starting from reverse pose, ending on chest
> Standard



3070

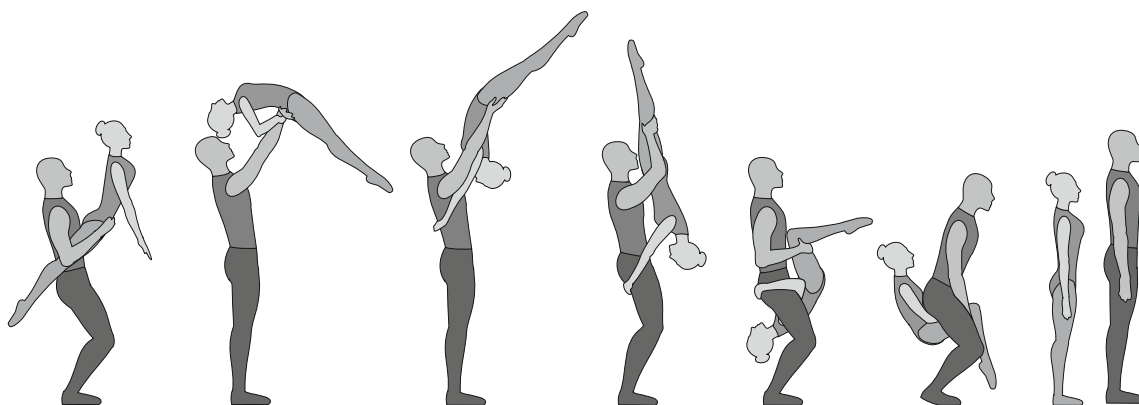
Dive > Other > **B-3-1-POR-CL** Front dive starting from reverse pose, exit between legs
> Standard



3086

Dive > Other > **B-3-1-POR-1/1T-CL** Front dive from reverse pose with 1/1 twist within, exit between the legs
> Standard

FRONT DIVE

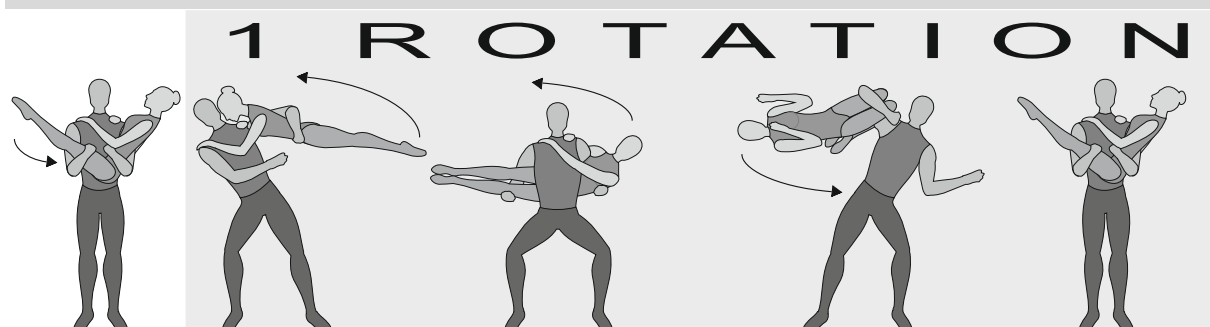


3091

Dive > From the waist > **B-3-2-A-CL Auerbach front dive starting from waist (from shalom) exit between legs** > Standard

7.9 GROUP 4: rotations

BELT



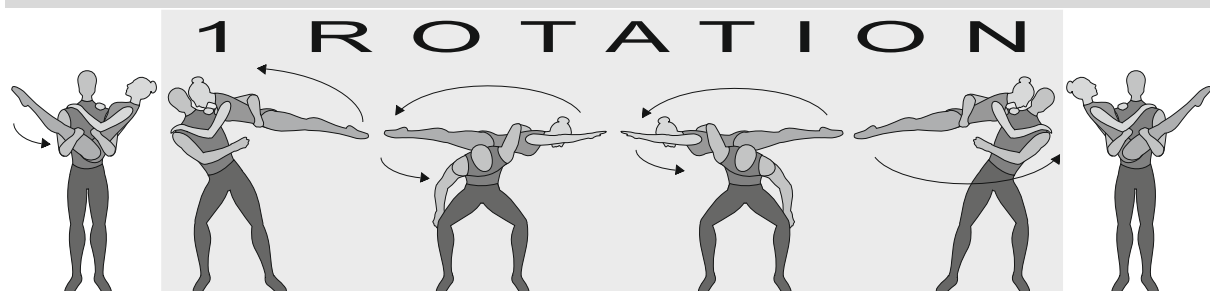
4040

Rotation > Sitting in the arms > **B-4-B3 Belt 3 rotations** > Standard

4045

Rotation > Sitting in the arms > **B-4-B4 Belt 4 rotations** > Standard

BERLINER



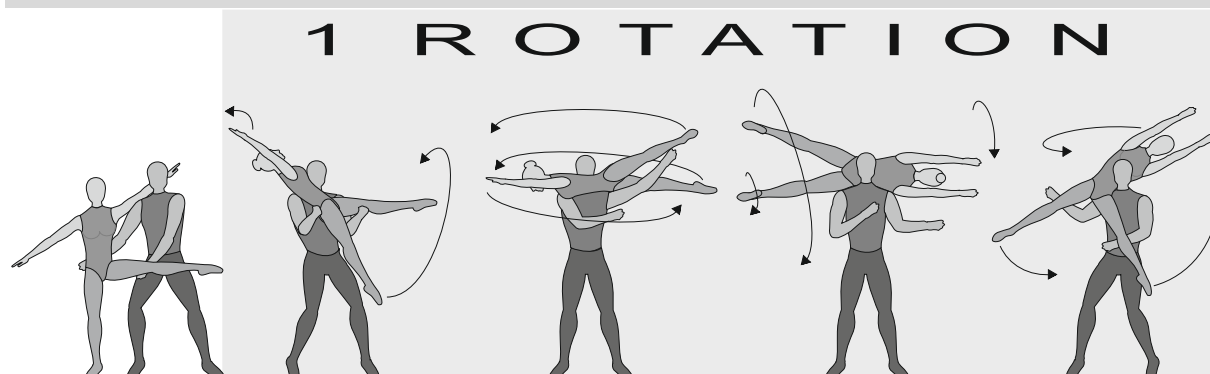
4050

Rotation > Sitting in the arms > **B-4-BER3 Berliner 3 rotations** > Standard

4055

Rotation > Sitting in the arms > **B-4-BER4 Berliner 4 rotations** > Standard

DULAINÉ



4010

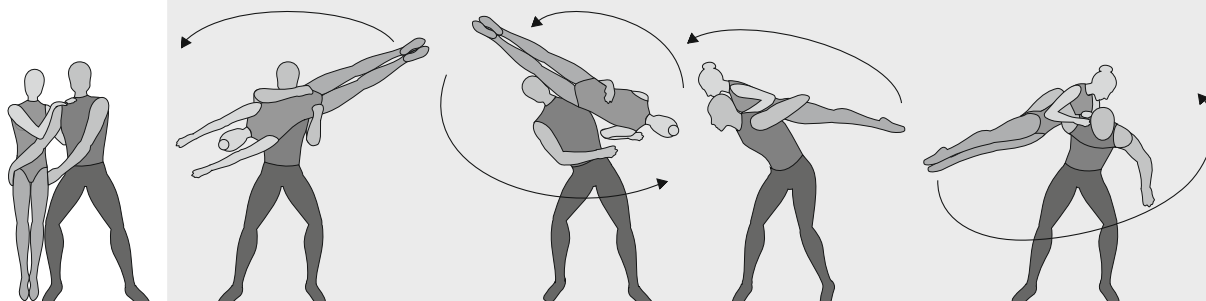
Rotation > Standing on the floor > **A-4-D3 Dulainé 3 rotations** > Standard

4015

Rotation > Standing on the floor > **A-4-D4 Dulainé 4 rotations** > Standard

SHOULDERBALL

1 R O T A T I O N



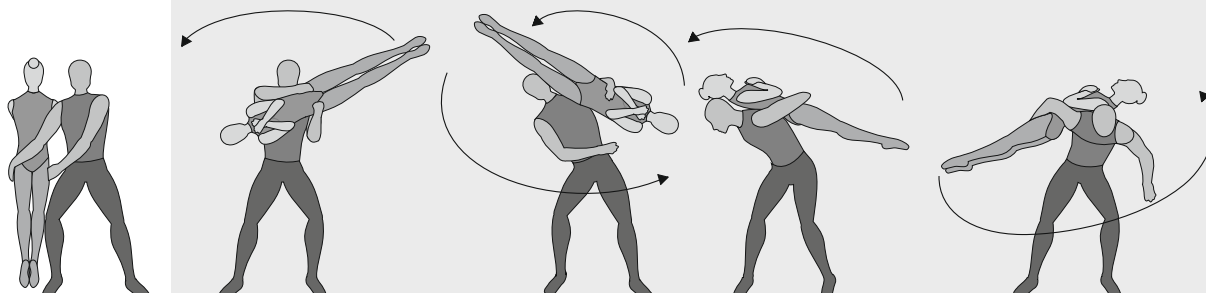
4020

Rotation > Standing on the floor > **A-4-S3 Shoulderball 3 rotations** > Standard

4025

Rotation > Standing on the floor > **A-4-S4 Shoulderball 4 rotations** > Standard

1 R O T A T I O N



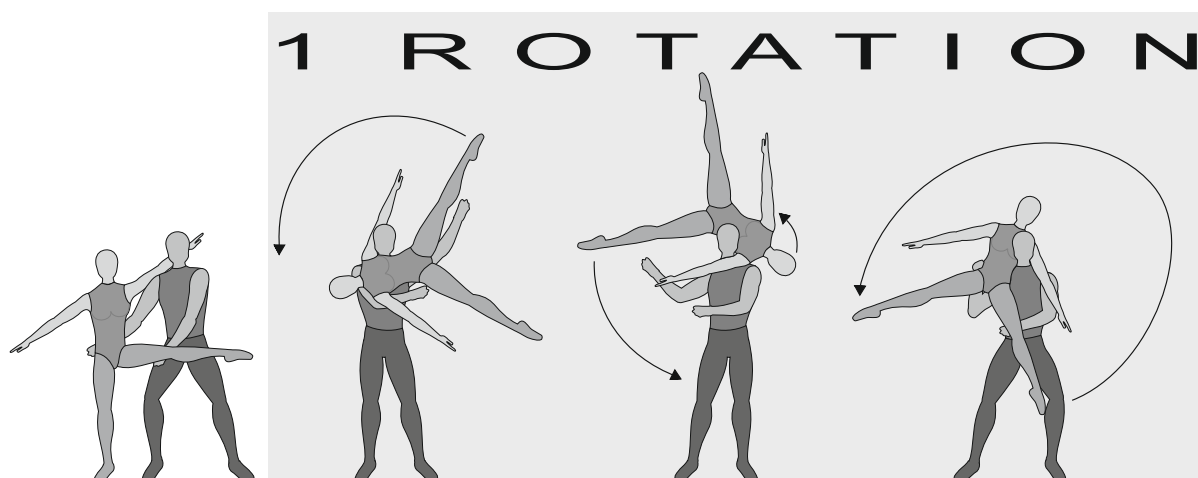
4021

Rotation > Standing on the floor > **A-4-S3 Shoulderball INVERSED 3 rotations** > Standard

4026

Rotation > Standing on the floor > **A-4-S4 Shoulderball INVERSED 4 rotations** > Standard
Value

TIE



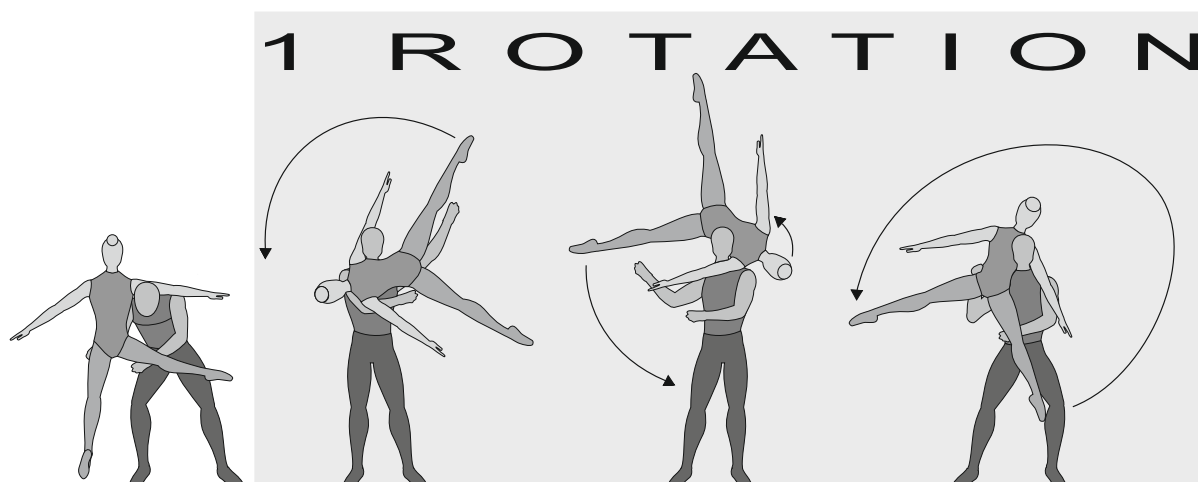
4030

Rotation > Standing on the floor > **A-4-T3 Tie 3 rotations** > Standard

4035

Rotation > Standing on the floor > **A-4-T4 Tie 4 rotations** > Standard

INVERSED TIE



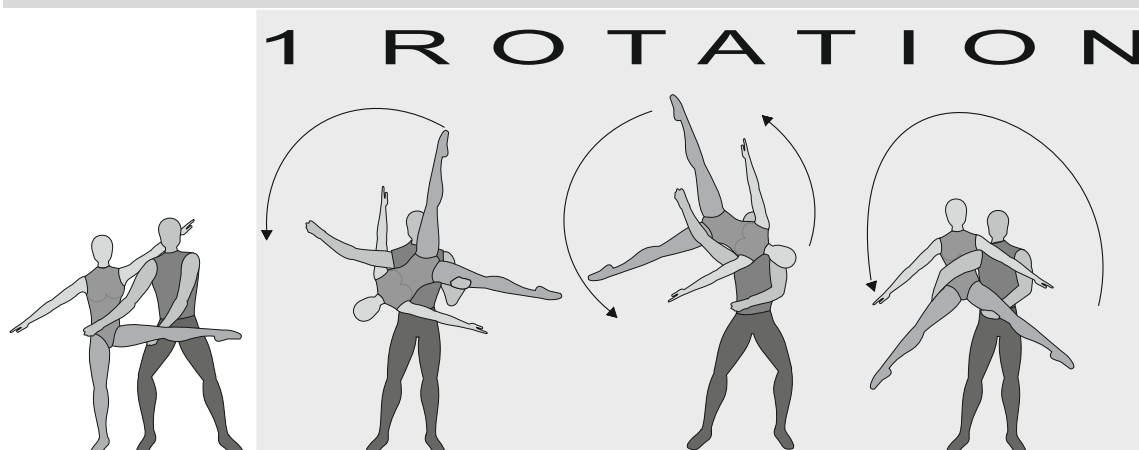
4031

Rotation > Standing on the floor > **A-4-T3 Tie INVERSED 3 rotations** > Standard

4036

Rotation > Standing on the floor > **A-4-T4 Tie INVERSED 4 rotations** > Standard

LATERAL TIE



4070

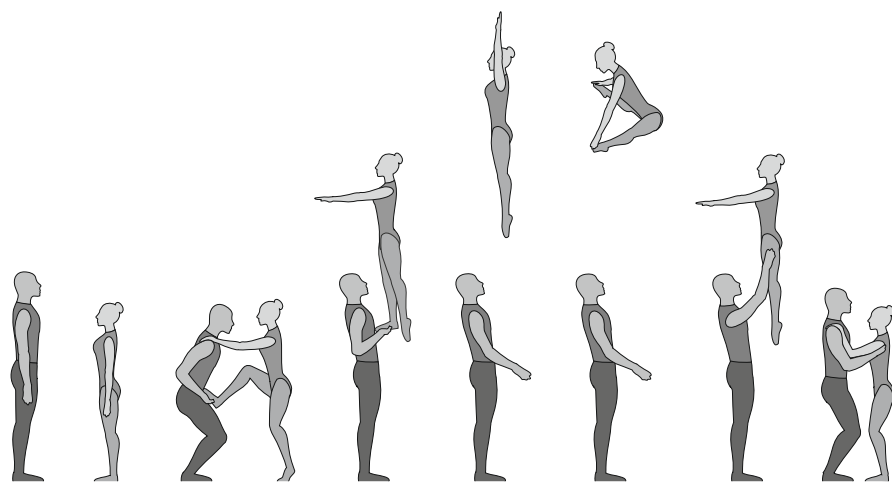
Rotation > St. on the floor > **A-4-L3 Lateral tie 3 rotations** > Standard

4075

Rotation > St. on the floor > **A-4-L4 Lateral tie 4 rotations** > Standard

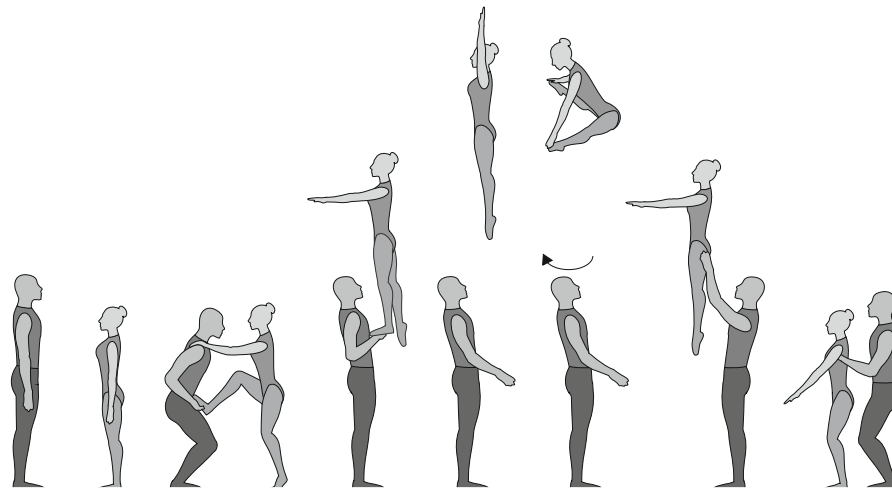
7.10 GROUP 6: Other acrobatic elements

KOSACK JUMP (from Staff/Bettarini/Standing on the arms)



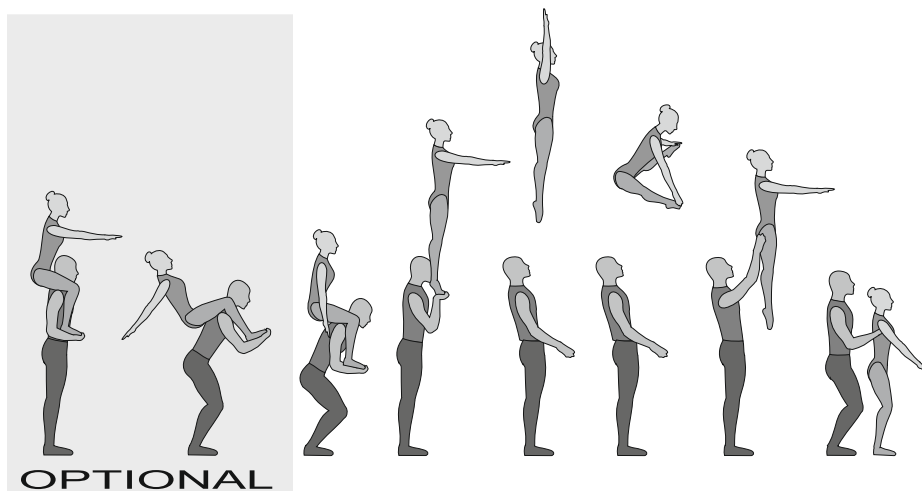
7011

Others > Staff > **B-6-2 legs apart kosack jump** > Standard



7011

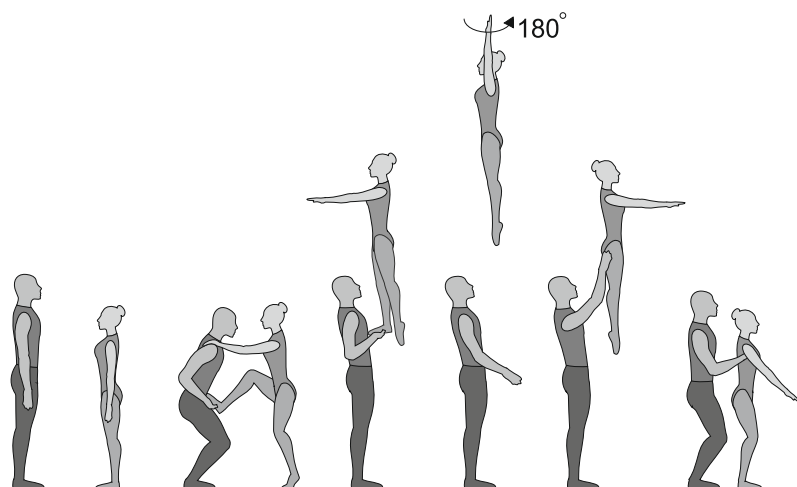
Others > Staff > **B-6-2 legs apart kosack jump** > Standard



7011

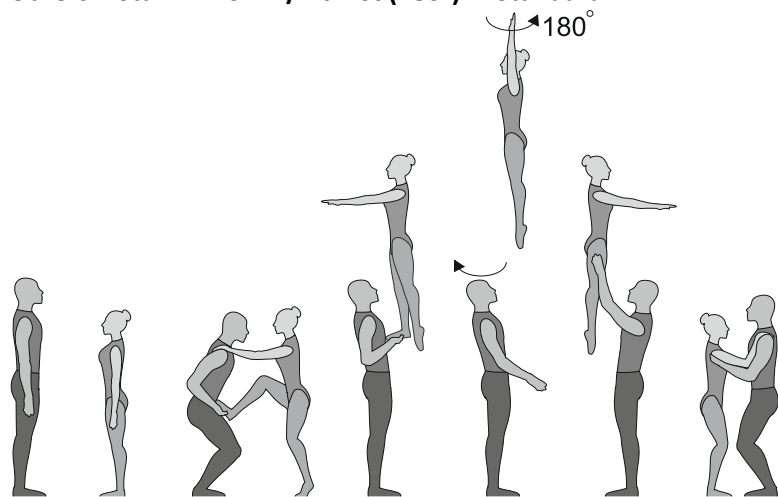
Others > Bettarini > **B-6-2 legs apart kosack jump** > Standard

TWIST (from Staff/Bettarini/Standing on the arm – same value)



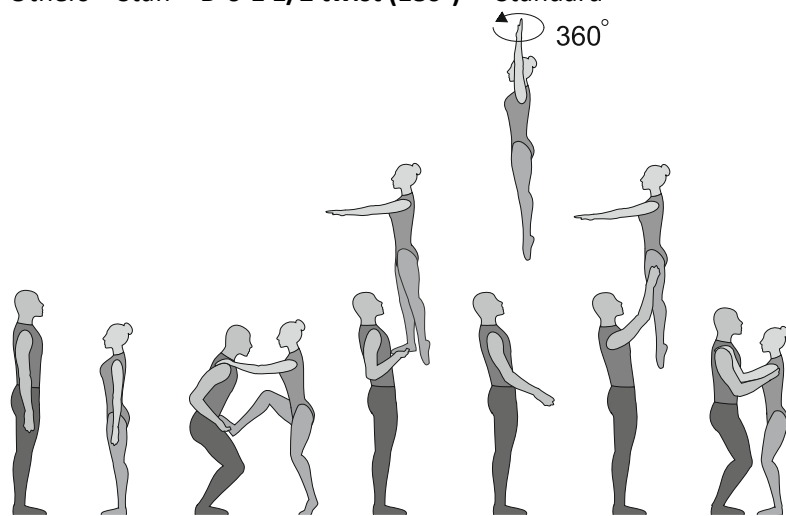
7022

Others > Staff > **B-6-1 1/2 twist (180°)** > Standard



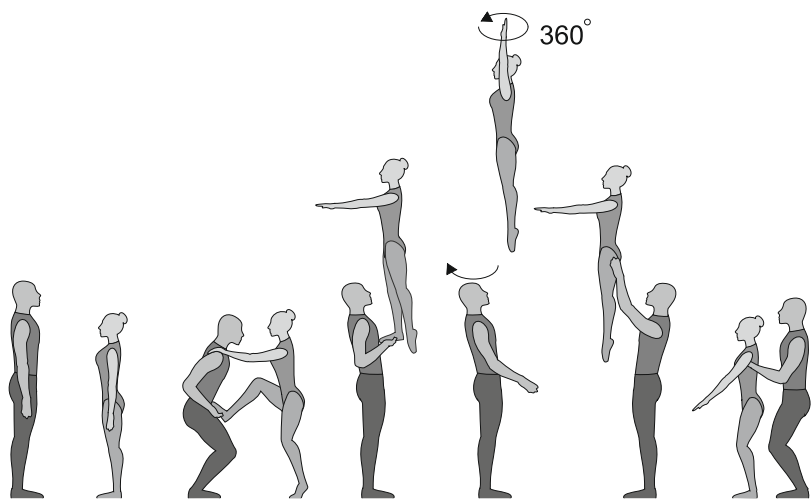
7022

Others > Staff > **B-6-1 1/2 twist (180°)** > Standard



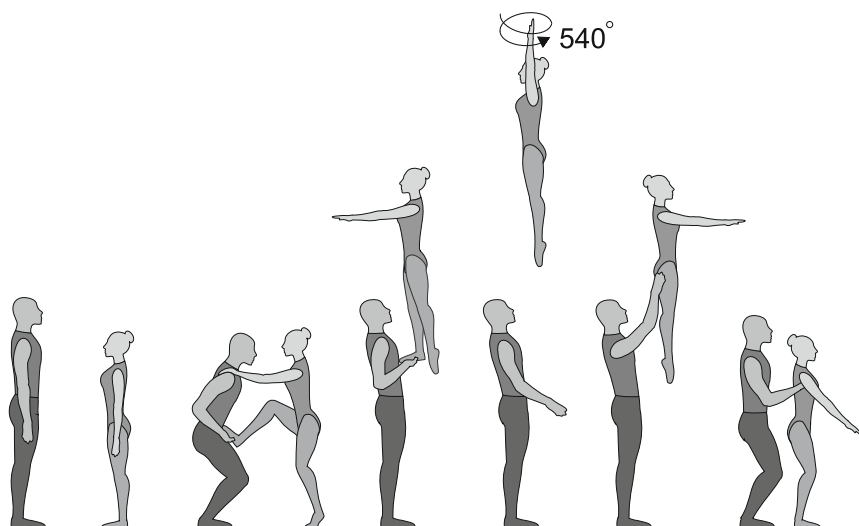
7025

Others > Staff > **B-6-1 1/1 twist (360°)** > Standard



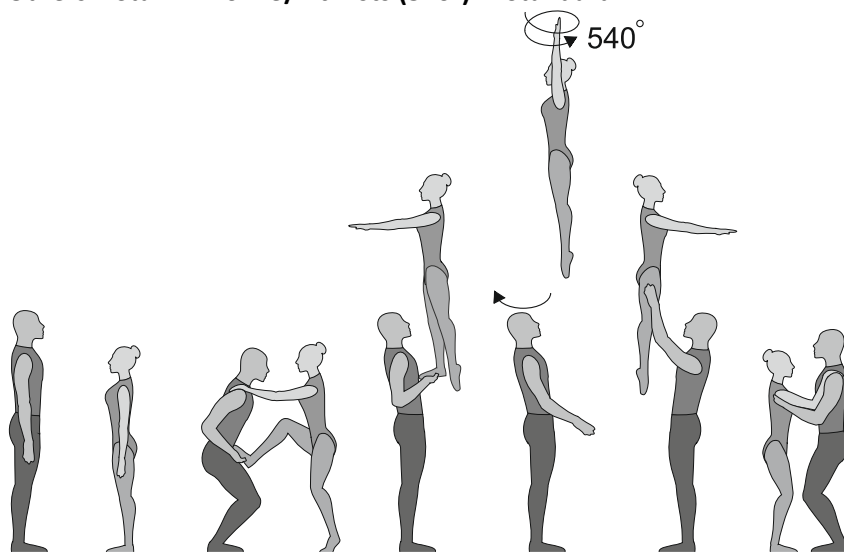
7025

Others > Staff > **B-6-1 1/1 twist (360°)** > Standard



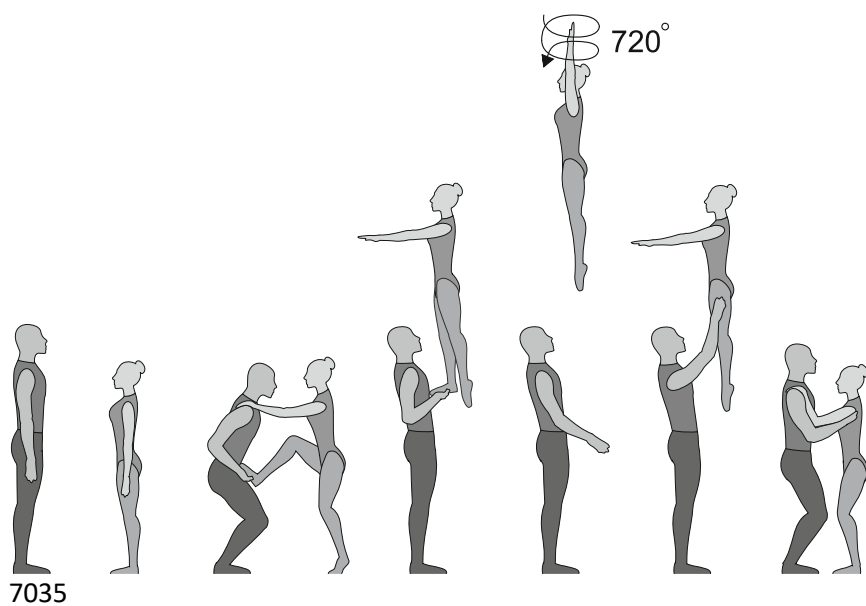
7030

Others > Staff > **B-6-1 3/2 twists (540°)** > Standard

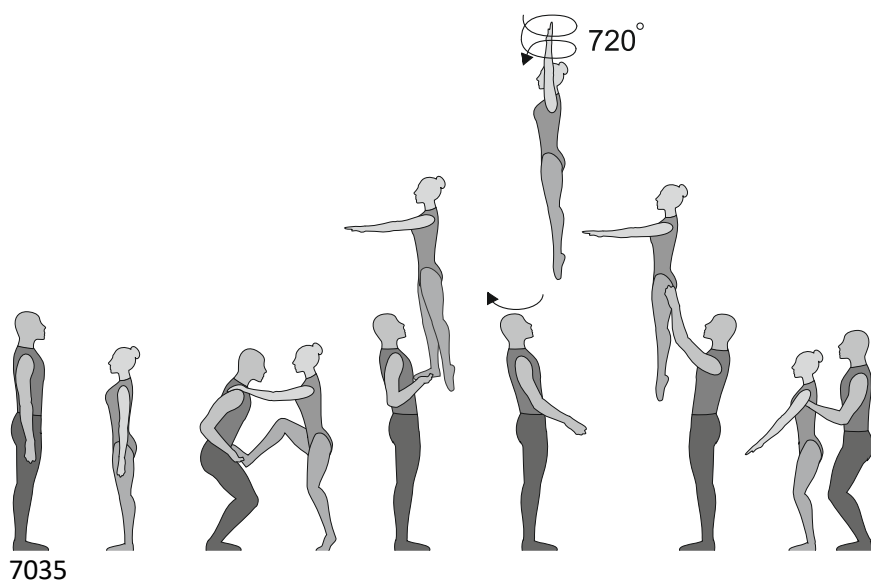


7030

Others > Staff > **B-6-1 3/2 twists (540°)** > Standard

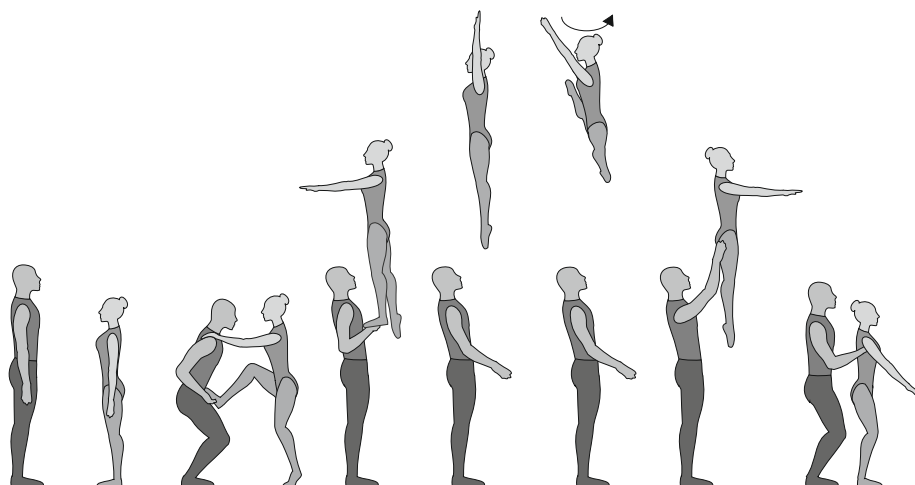


Others > Staff > **B-6-1 2/1 twists (720°)** > Standard



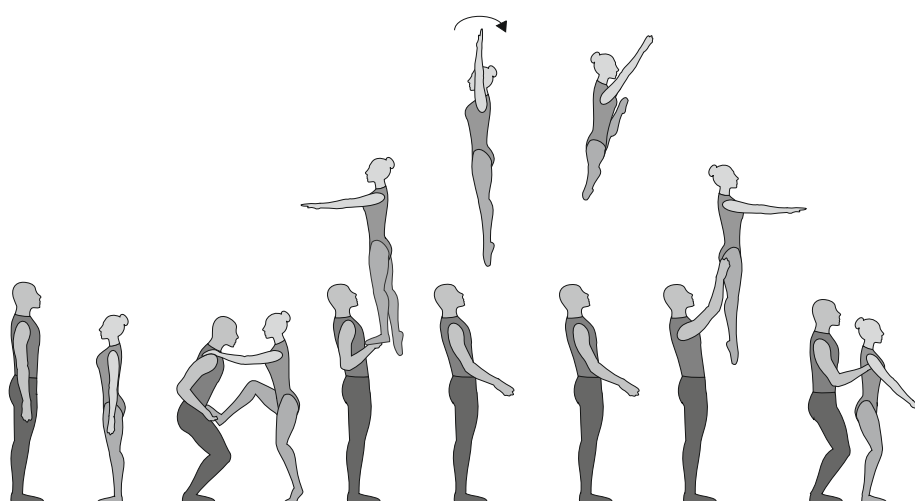
Others > Staff > **B-6-1 2/1 twists (720°)** > Standard

LEGS APART 180° WITH TWIST 180° (from Staff/Bettarini/Standing on the arms)



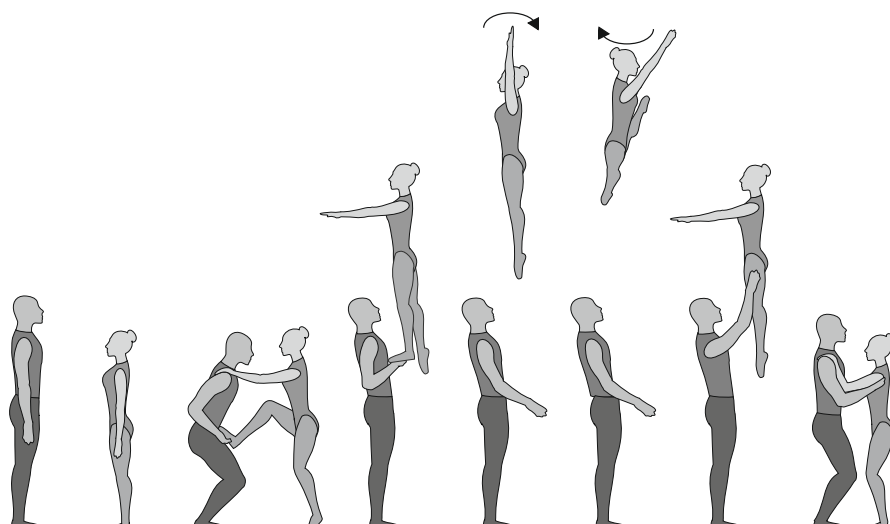
7016

Others > Staff > **B-6-2 legs apart 180° with 1/2 twist (180°)** > Standard



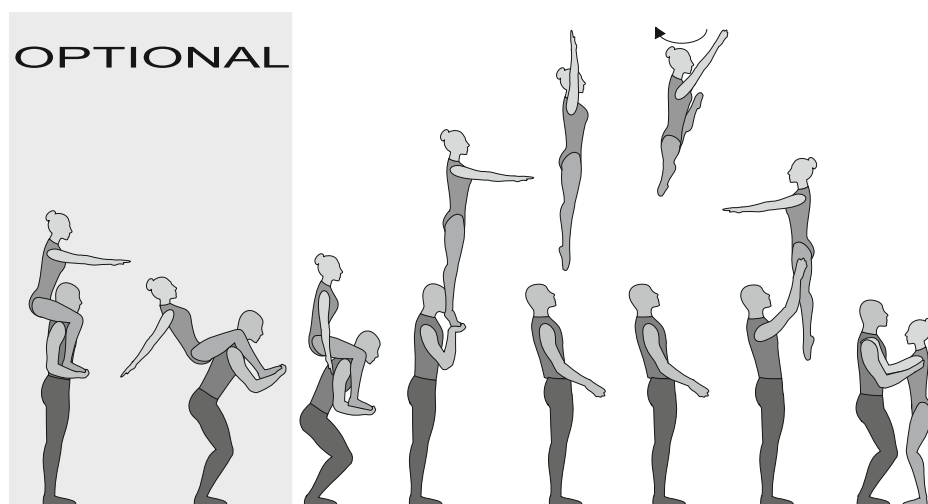
7016

Others > Staff > **B-6-2 legs apart 180° with 1/2 twist (180°)** > Standard



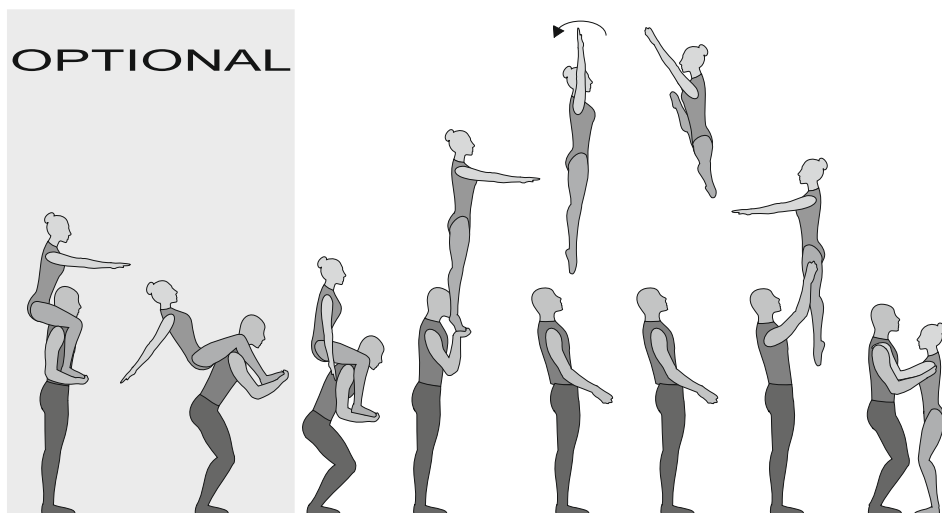
7081

Others > Staff > **B-6-2-T legs apart 180° with 1/1 twist within (360°)** > Standard



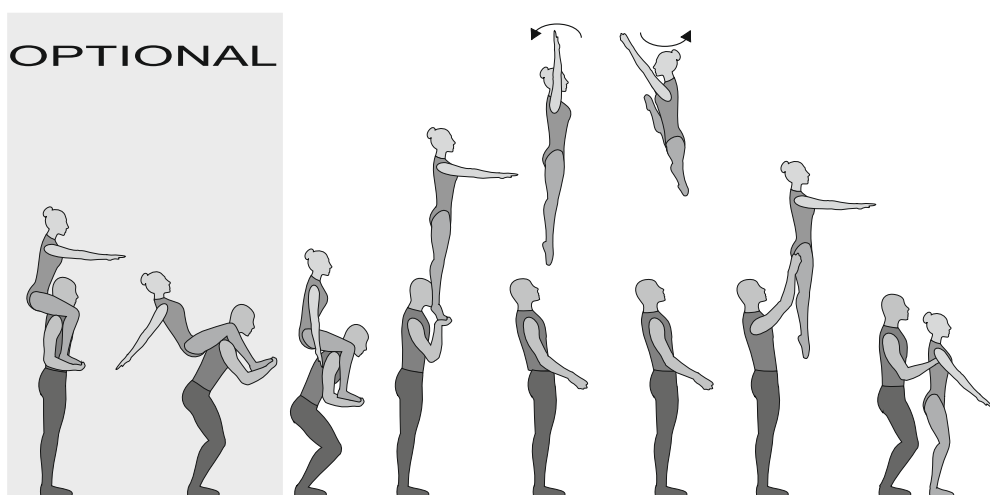
7016

Others > Bettarini > **B-6-2 legs apart 180° with 1/2 twist (180°)** > Standard



7016

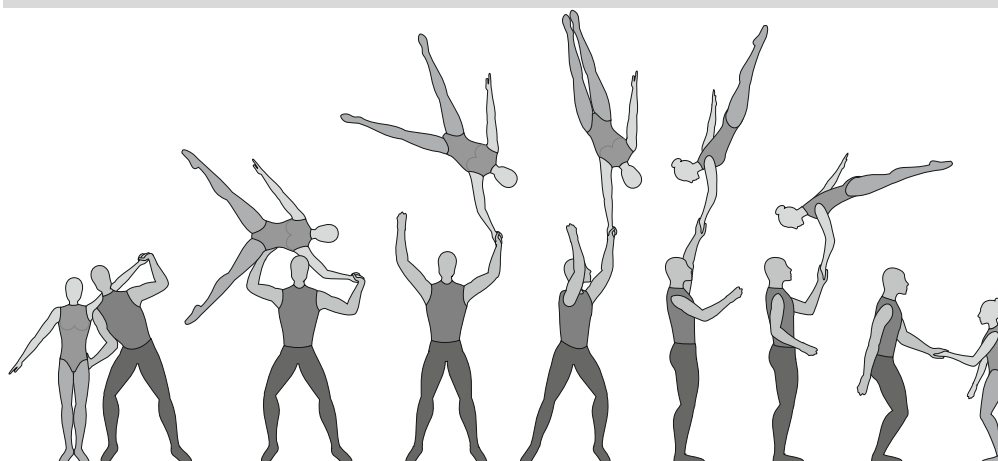
Others > Bettarini > **B-6-2 legs apart 180° with 1/2 twist (180°)** > Standard



7081

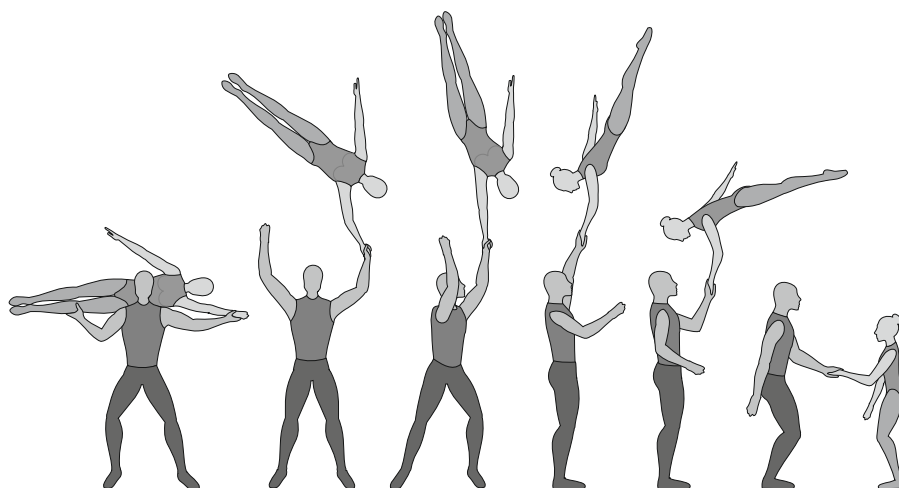
Others > Bettarini > **B-6-2-T legs apart 180° with 1/1 twist within (360°)** > Standard

LATERAL SALTO



7050

Others > Standing on the floor > **B-6-3 Straight somersault lateral from the floor** > Standard



7060

Others > Lying on the shoulders > **B-6-4 Straight somersault lateral from the shoulders** > Standard



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