



# Technical Rules

## **ACROBATIC ROCK'N'ROLL ELEMENTS**

## **CODE OF POINTS**

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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	Original version

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## 1 PREAMBLE

The purpose of this document is to list the acrobatic elements that can be announced in the categories, and to define the value of each element based on how it will be performed.

This code of points is preponderant. The other documents - Safety level (TR\_0005) and Scoring the acrobatics (TR\_0002 & TR\_0003) documents- are intended to supplement this document with illustrations and explanations.

Acrobatic elements highlighted in **Salmon Pink Color** are acrobatic elements allowed only from semi-final to final rounds.

## 2 RR MAIN CLASS CONTACT STYLE

### 2.1 Group 1: Acrobatic element forward

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
1010	B-1-1-T Front tucked starting from shoulders height	A	4	A'	1	1010	NO
1015	B-1-1-P Front piked starting+ from shoulders height	B	5	B'	1,5	1015	NO
1020	B-1-1-S Front straight starting from shoulders height	C	6	C'	2	1020	NO
1025	B-1-2-T Front tucked starting from waist height	B	5	B'	1,5	1010	NO
1026	B-1-2-T Front tucked starting from waist height (from Tessarin position)	B	5	B'	1,5	1026	NO
1030	B-1-2-P Front piked starting from waist height	C	6	C'	2	1015	NO
1031	B-1-2-P Front piked starting from waist height (from Tessarin position)	C	6	C'	2	1026	NO
1035	B-1-2-S Front straight starting from waist height	D	7	D'	2,5	1020	NO
1036	B-1-2-S Front straight starting from waist height (from Tessarin position)	D	7	D'	2,5	1026	NO
1040	B-1-3-T Front tucked starting from the floor	D	7	D'	2,5	1010	NO
1045	B-1-3-P Front piked starting from the floor	E	8	E'	3	1015	NO
1050	B-1-3-S Front straight starting from the floor	F	9	F'	3,5	1020	NO
1055	B-1-1-T-1/2T Front tucked with 1/2 twist within starting from shoulders height	B	5	B'	1,5	1055	YES
1060	B-1-1-P-1/2T Front piked with 1/2 twist within starting from shoulders height	C	6	C'	2	1060	YES
1065	B-1-1-S-1/2T Front straight with 1/2 twist within starting from shoulders height	D	7	D'	2,5	1065	YES
1070	B-1-2-T-1/2T Front tucked with 1/2 twist within starting from waist height	C	6	C'	2	1055	YES
1071	B-1-2-T-1/2T Front tucked with 1/2 twist within starting from waist height (from Tessarin position)	C	6	C'	2	1026	YES
1075	B-1-2-P-1/2T Front piked with 1/2 twist within starting from waist height	D	7	D'	2,5	1060	YES

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
1076	B-1-2-P-1/2T Front piked with 1/2 twist within starting from waist height (from Tessarin position)	D	7	D'	2,5	1026	YES
1080	B-1-2-S-1/2T Front straight with 1/2 twist within starting from waist height	E	8	E'	3	1065	YES
1081	B-1-2-S-1/2T Front straight with 1/2 twist within starting from waist height (from Tessarin position)	E	8	E'	3	1026	YES
1085	B-1-3-T-1/2T Front tucked with 1/2 twist within starting from the floor	E	8	E'	3	1055	YES
1090	B-1-3-P-1/2T Front piked with 1/2 twist within starting from the floor	F	9	F'	3,5	1060	YES
1095	B-1-3-S-1/2T Front straight with 1/2 twist within starting from the floor	G	10	G'	4	1065	YES
1100	B-1-1-T-1/1T Front tucked with 1/1 twist within starting from shoulders height	D	7	D'	2,5	1100	YES
1105	B-1-1-P-1/1T Front piked with 1/1 twist within starting from shoulders height	E	8	E'	3	1105	YES
1110	B-1-1-S-1/1T Front straight with 1/1 twist within starting from shoulders height	F	9	F'	3,5	1110	YES
1115	B-1-2-T-1/1T Front tucked with 1/1 twist within starting from waist height	E	8	E'	3	1100	YES
1116	B-1-2-T-1/1T Front tucked with 1/1 twist within starting from waist height (from Tessarin position)	E	8	E'	3	1026	YES
1120	B-1-2-P-1/1T Front piked with 1/1 twist within starting from waist height	F	9	F'	3,5	1105	YES
1121	B-1-2-P-1/1T Front piked with 1/1 twist within starting from waist height (from Tessarin position)	F	9	F'	3,5	1026	YES
1125	B-1-2-S-1/1T Front straight with 1/1 twist within starting from waist height	G	10	G'	4	1110	YES
1126	B-1-2-S-1/1T Front straight with 1/1 twist within starting from waist height (from Tessarin position)	G	10	G'	4	1026	YES
1130	B-1-3-T-1/1T Front tucked with 1/1 twist within starting from the floor	G	10	G'	4	1100	YES
1135	B-1-3-P-1/1T Front piked with 1/1 twist within starting from the floor	H	11	H'	4,5	1105	YES

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
1140	B-1-3-S-1/1T Front straight with 1/1 twist within starting from the floor	I	12	I'	5	1110	YES
1150	B-1-3-P Front rolling-piked from standing on the floor to pose (dive after-forbidden)	C	6	C'	2	1150	NO
1155	B-1-4-PT Front rolling-piked + front tucked from standing on the floor	E	8	E'	3	1155	NO
1160	B-1-4-PP Front rolling-piked + front piked from standing on the floor	F	9	F'	3,5	1155	NO
1165	B-1-4-PS Front rolling-piked + front straight from standing on the floor	G	10	G'	4	1155	NO
1170	B-1-4-PT-1/2T Front rolling-piked + front tucked with 1/2 twist within from standing on the floor	F	9	F'	3,5	1155	YES
1175	B-1-4-PP-1/2T Front rolling-piked + front piked with 1/2 twist within from standing on the floor	G	10	G'	4	1155	YES
1180	B-1-4-PS-1/2T Front rolling-piked + front straight with 1/2 twist within from standing on the floor	H	11	H'	4,5	1155	YES
1185	B-1-4-PT-1/1T Front rolling-piked + front tucked with 1/1 twist within from standing on the floor	G	10	G'	4	1155	YES
1190	B-1-4-PP-1/1T Front rolling-piked + front piked with 1/1 twist within from standing on the floor	H	11	H'	4,5	1155	YES
1195	B-1-4-PS-1/1T Front rolling-piked + front straight with 1/1 twist within from standing on the floor	I	12	I'	5	1155	YES
1200	B-1-2-TR Front tucked reverse starting from the waist	B	5	B'	1,5	1200	NO
1205	B-1-2-PR Front piked reverse starting from the waist	C	6	C'	2	1200	NO
1210	B-1-2-TR-1/2T Front tucked reverse with 1/2 twist within starting from the waist	C	6	C'	2	1200	YES
1215	B-1-2-PR-1/2T Front piked reverse with 1/2 twist within starting from the waist	D	7	D'	2,5	1200	YES
2010	B-2-1-T Back tucked starting from shoulders height	A	4	A'	1	2010	NO



ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
2015	B-2-1-P Back piked starting from shoulders height	B	5	B'	1,5	2015	NO
2020	B-2-1-S Back straight starting from shoulders height	C	6	C'	2	2020	NO
2025	B-2-2-T Back tucked starting from waist height	B	5	B'	1,5	2010	NO
2026	B-2-2-T Back tucked starting from waist height (from shalom)	D	7	D'	2,5	2010	NO
2030	B-2-2-P Back piked starting from waist height	C	6	C'	2	2015	NO
2031	B-2-2-P Back piked starting from waist height (from shalom)	E	8	E'	3	2015	NO
2035	B-2-2-S Back straight starting from waist height	D	7	D'	2,5	2020	NO
2036	B-2-2-S Back straight starting from waist height (from shalom)	F	9	F'	3,5	2020	NO
2040	B-2-3-T Back tucked starting from the floor	D	7	D'	2,5	2010	NO
2045	B-2-3-P Back piked starting from the floor	E	8	E'	3	2015	NO
2050	B-2-3-S Back straight starting from the floor	F	9	F'	3,5	2020	NO
2055	B-2-1-T-1/2T Back tucked with 1/2 twist within starting from shoulders height	B	5	B'	1,5	2055	YES
2060	B-2-1-P-1/2T Back piked with 1/2 twist within starting from shoulders height	C	6	C'	2	2060	YES
2065	B-2-1-S-1/2T Back straight with 1/2 twist within starting from shoulders height	D	7	D'	2,5	2065	YES
2070	B-2-2-T-1/2T Back tucked with 1/2 twist within starting from waist height	C	6	C'	2	2055	YES
2075	B-2-2-P-1/2T Back piked with 1/2 twist within starting from waist height	D	7	D'	2,5	2060	YES
2080	B-2-2-S-1/2T Back straight with 1/2 twist within starting from waist height	E	8	E'	3	2065	YES
2085	B-2-3-T-1/2T Back tucked with 1/2 twist within starting from the floor	E	8	E'	3	2055	YES
2090	B-2-3-P-1/2T Back piked with 1/2 twist within starting from the floor	F	9	F'	3,5	2060	YES
2095	B-2-3-S-1/2T Back straight with 1/2 twist within starting from the floor	G	10	G'	4	2065	YES
2100	B-2-1-T-1/1T Back tucked with 1/1 twist within starting from shoulders height	D	7	D'	2,5	2100	YES

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
2105	B-2-1-P-1/1T Back piked with 1/1 twist within starting from shoulders height	E	8	E'	3	2105	YES
2110	B-2-1-S-1/1T Back straight with 1/1 twist within starting from shoulders height	F	9	F'	3,5	2110	YES
2115	B-2-2-T-1/1T Back tucked with 1/1 twist within starting from waist height	E	8	E'	3	2100	YES
2120	B-2-2-P-1/1T Back piked with 1/1 twist within starting from waist height	F	9	F'	3,5	2105	YES
2125	B-2-2-S-1/1T Back straight with 1/1 twist within starting from waist height	G	10	G'	4	2110	YES
2130	B-2-3-T-1/1T Back tucked with 1/1 twist within starting from the floor	G	10	G'	4	2100	YES
2135	B-2-3-P-1/1T Back piked with 1/1 twist within starting from the floor	H	11	H'	4,5	2105	YES
2140	B-2-3-S-1/1T Back straight with 1/1 twist within starting from the floor	I	12	I'	5	2110	YES
2145	B-2-3-TA +Auerbach tucked from sitting on the floor	Only in 2nd or 3rd element in combination		A'	1	2145	NO
2146	B-2-3-TA +Auerbach tucked without touching the floor	Only in 2nd or 3rd element in combination		A'	1	2145	NO
2165	B-2-4-T Back to back tucked to handstand	D	7	D'	2,5	2165	NO
2170	B-2-4-P Back to back piked to handstand	E	8	E'	3	2165	NO
2175	B-2-4-S Back to back straight to handstand	F	9	F'	3,5	2165	NO
2180	B-2-4-T-1/2T Back to back tucked to handstand with 1/2 twist within	E	8	E'	3	2165	YES
2185	B-2-4-P-1/2T Back to back piked to handstand with 1/2 twist within	F	9	F'	3,5	2165	YES
2190	B-2-4-S-1/2T Back to back straight to handstand with 1/2 twist within	G	10	G'	4	2165	YES
2195	B-2-4-T-1/1T Back to back tucked to handstand with 1/1 twist within	G	10	G'	4	2165	YES
2200	B-2-4-P-1/1T Back to back piked to handstand with 1/1 twist within	H	11	H'	4,5	2165	YES
2205	B-2-4-S-1/1T Back to back straight to handstand with 1/1 twist within	I	12	I'	5	2165	YES
3010	B-3-2-B Dive starting from the waist without pose	B	5	B'	1,5	3010	NO
3015	B-3-1-PO2-B Dive from pose on 2 hands of the male dancer	D	7	D'	2,5	3010	NO

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
3020	B-3-1-PO1-B Dive from pose on 1 hand of the male dancer	E	8	E'	3	3010	NO
3025	B-3-1-POH-B Dive from handstand on shoulders	F	9	F'	3,5	3010	NO
3030	B-3-2-B Dive starting from waist (from shalom) with 1/2 turn	C	6	C'	2	3030	NO
3035	B-3-1-POR-1/2T-B Dive from reverse pose with 1/2 twist within	E	8	E'	3	3035	YES
3040	B-3-3-B Rolling dive from the floor	E	8	E'	3	3040	NO
3050	B-3-2-CC Front low dive starting from the arms, ending on chest	A	4	A'	1	3050	NO
3055	B-3-2-CL Front low dive starting from the arms, exit between legs	B	5	B'	1,5	3050	NO
3060	B-3-2-1/2T-C Front low dive starting from the arms with 1/2 twist within	A	4	A'	1	3060	YES
3065	B-3-1-POR-CC Front dive starting from reverse pose, ending on chest	C	6	C'	2	3050	NO
3070	B-3-1-POR-CL Front dive starting from reverse pose, exit between legs	D	7	D'	2,5	3050	NO
3075	B-3-1-POR-1/2T-C Front dive starting from reverse pose with 1/2 twist within	B	5	B'	1,5	3060	YES
3080	B-3-1-PO-1/2T-CC Front dive from pose with 1/2 twist within, ending on chest	D	7	D'	2,5	3050	YES
3085	B-3-1-PO-1/2T-CL Front dive from pose with 1/2 twist within, exit between legs	E	8	E'	3	3050	YES
3086	B-3-1-POR-1/1T-CL Front dive from reverse pose with 1/1 twist within, exit between the legs	G	10	G'	4	3086	YES
3091	B-3-2-A-CL Auerbach front dive starting from waist (from shalom), exit between the legs	E	8	E'	3	3090	NO
3095	B-3-3-CC Rolling front dive with 1/2 turn for man, ending on chest	E	8	E'	3	3095	NO
3100	B-3-3-CL Rolling front dive with 1/2 turn for man, exit between legs	F	9	F'	3,5	3095	NO
3105	B-3-3-1/2T-CC Rolling front dive with 1/2 twist within, ending on chest	F	9	F'	3,5	3105	YES
3110	B-3-3-1/2T-CL Rolling front dive with 1/2 twist within, exit between legs	G	10	G'	4	3105	YES
3115	B-3-3-1/2T-C Rolling FRONT dive with 1/2 turn for man and 1/2 twist within during dive	H	11	H'	4,5	3115	YES

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
3120	B-3-3-HS from hanstand position, rolling dive (straight body), exit between partner's legs	C	6	Not allowed as 2nd or 3rd element in combination		3040	NO
4010	A-4-D3 Dulaine 3 rotations	C	6	C'	2	4010	NO
4015	A-4-D4 Dulaine 4 rotations	D	7	D'	2,5	4010	NO
4020	A-4-S3 Shoulderball 3 rotations	C	6	C'	2	4020	NO
4021	A-4-S3 Shoulderball INVERSED 3 rotations	C	6	C'	2	4020	NO
4022	A Shoulderball 3 rotations with additional full turn of female partner in front of male partner- BARMU 3	F	9	F'	3,5	4020	NO
4025	A-4-S4 Shoulderball 4 rotations	D	7	D'	2,5	4020	NO
4026	A-4-S4 Shoulderball INVERSED 4 rotations	D	7	D'	2,5	4020	NO
4027	A Shoulderball 4 rotations with additional full turn of female partner in front of male partner- BARMU 4	G	10	G'	4	4020	NO
4030	A-4-T3 Tie 3 rotations	B	5	B'	1,5	4030	NO
4031	A-4-T3 Tie INVERSED 3 rotations	B	5	B'	1,5	4030	NO
4035	A-4-T4 Tie 4 rotations	C	6	C'	2	4030	NO
4036	A-4-T4 Tie INVERSED 4 rotations	C	6	C'	2	4030	NO
4040	B-4-B3 Belt 3 rotations	C	6	C'	2	4040	NO
4045	B-4-B4 Belt 4 rotations	D	7	D'	2,5	4040	NO
4050	B-4-BER3 Berliner 3 rotations	C	6	C'	2	4050	NO
4055	B-4-BER4 Berliner 4 rotations	D	7	D'	2,5	4050	NO
4060	B-4-4-CD3 rotation combination 3+3 with change of direction	F	9	F'	3,5	4060	NO
4065	B-4-4-SD3 rotation combination 3+3 in same direction	G	10	G'	4	4060	NO
4070	A-4-L3 Lateral tie 3 rotations	B	5	B'	1,5	4030	NO
4075	A-4-L4 Lateral tie 4 rotations	C	6	C'	2	4030	NO

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
7011	B-6-2 legs apart kosack jump	A	4	Not allowed as 2nd or 3rd element in combination		7011	NO
7016	B-6-2 legs apart 180° with 180° turn on longitudinal axis	B	5	Not allowed as 2nd or 3rd element in combination		7011	YES
7022	B-6-1 Vertical jump with 180° turn on longitudinal axis	A	4	A'	1	7022	YES
7025	B-6-1 Vertical jump with 360° turn on longitudinal axis	C	6	C'	2	7022	YES
7030	B-6-1 Vertical jump with 540° turn on longitudinal axis	E	8	E'	3	7022	YES
7035	B-6-1 Vertical jump with 720° turn on longitudinal axis	G	10	G'	4	7022	YES
7050	B-6-3 Straight somersault lateral from the floor	G	10	Not allowed as 2nd or 3rd element in combination		7050	NO
7060	B-6-4 Straight somersault lateral from the shoulders	E	8	Not allowed as 2nd or 3rd element in combination		7050	NO
7070	B-6-3-T Straight somersault lateral from the floor with 1/2 twist within	H	11	Not allowed as 2nd or 3rd element in combination		7070	YES
7081	B-6-2-T legs apart 180° with 360° turn on longitudinal axis	D	7	Not allowed as 2nd or 3rd element in combination		7011	YES
7090	B-6-4-T Straight somersault lateral from the shoulders with 1/2 twist within	F	9	Not allowed as 2nd or 3rd element in combination		7070	YES

## 2.2 Group 2: Acrobatic element backward

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
2010	B-2-1-T Back tucked starting from shoulders height	A	4	A'	1	2010	No
2015	B-2-1-P Back piked starting from shoulders height	B	5	B'	1,5	2015	No
2020	B-2-1-S Back straight starting from shoulders height	C	6	C'	2	2020	No
2025	B-2-2-T Back tucked starting from waist height	B	5	B'	1,5	2010	No
2026	B-2-2-T Back tucked starting from waist height (from shalom)	D	7	D'	2,5	2010	No
2030	B-2-2-P Back piked starting from waist height	C	6	C'	2	2015	No
2031	B-2-2-P Back piked starting from waist height (from shalom)	E	8	E'	3	2015	No
2035	B-2-2-S Back straight starting from waist height	D	7	D'	2,5	2020	No
2036	B-2-2-S Back straight starting from waist height (from shalom)	F	9	F'	3,5	2020	No
2040	B-2-3-T Back tucked starting from the floor	D	7	D'	2,5	2010	No
2045	B-2-3-P Back piked starting from the floor	E	8	E'	3	2015	No
2050	B-2-3-S Back straight starting from the floor	F	9	F'	3,5	2020	No
2055	B-2-1-T-1/2T Back tucked with 1/2 twist within starting from shoulders height	B	5	B'	1,5	2055	Yes
2060	B-2-1-P-1/2T Back piked with 1/2 twist within starting from shoulders height	C	6	C'	2	2060	Yes
2065	B-2-1-S-1/2T Back straight with 1/2 twist within starting from shoulders height	D	7	D'	2,5	2065	Yes
2070	B-2-2-T-1/2T Back tucked with 1/2 twist within starting from waist height	C	6	C'	2	2055	Yes
2075	B-2-2-P-1/2T Back piked with 1/2 twist within starting from waist height	D	7	D'	2,5	2060	Yes
2080	B-2-2-S-1/2T Back straight with 1/2 twist within starting from waist height	E	8	E'	3	2065	Yes
2085	B-2-3-T-1/2T Back tucked with 1/2 twist within starting from the floor	E	8	E'	3	2055	Yes
2090	B-2-3-P-1/2T Back piked with 1/2 twist within starting from the floor	F	9	F'	3,5	2060	Yes
2095	B-2-3-S-1/2T Back straight with 1/2 twist within starting from the floor	G	10	G'	4	2065	Yes
2100	B-2-1-T-1/1T Back tucked with 1/1 twist within starting from shoulders height	D	7	D'	2,5	2100	Yes
2105	B-2-1-P-1/1T Back piked with 1/1 twist within starting from shoulders height	E	8	E'	3	2105	Yes
2110	B-2-1-S-1/1T Back straight with 1/1 twist within starting from shoulders height	F	9	F'	3,5	2110	Yes

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
2115	B-2-2-T-1/1T Back tucked with 1/1 twist within starting from waist height	E	8	E'	3	2100	Yes
2120	B-2-2-P-1/1T Back piked with 1/1 twist within starting from waist height	F	9	F'	3,5	2105	Yes
2125	B-2-2-S-1/1T Back straight with 1/1 twist within starting from waist height	G	10	G'	4	2110	Yes
2130	B-2-3-T-1/1T Back tucked with 1/1 twist within starting from the floor	G	10	G'	4	2100	Yes
2135	B-2-3-P-1/1T Back piked with 1/1 twist within starting from the floor	H	11	H'	4,5	2105	Yes
2140	B-2-3-S-1/1T Back straight with 1/1 twist within starting from the floor	I	12	I'	5	2110	Yes
2145	B-2-3-TA +Auerbach tucked from sitting on the floor	Only in 2nd or 3rd element in combination		A'	1	2145	No
2146	B-2-3-TA +Auerbach tucked without touching the floor	Only in 2nd or 3rd element in combination		A'	1	2145	No
2165	B-2-4-T Back to back tucked to handstand	D	7	D'	2,5	2165	No
2170	B-2-4-P Back to back piked to handstand	E	8	E'	3	2165	No
2175	B-2-4-S Back to back straight to handstand	F	9	F'	3,5	2165	No
2180	B-2-4-T-1/2T Back to back tucked to handstand with 1/2 twist within	E	8	E'	3	2165	Yes
2185	B-2-4-P-1/2T Back to back piked to handstand with 1/2 twist within	F	9	F'	3,5	2165	Yes
2190	B-2-4-S-1/2T Back to back straight to handstand with 1/2 twist within	G	10	G'	4	2165	Yes
2195	B-2-4-T-1/1T Back to back tucked to handstand with 1/1 twist within	G	10	G'	4	2165	Yes
2200	B-2-4-P-1/1T Back to back piked to handstand with 1/1 twist within	H	11	H'	4,5	2165	Yes
2205	B-2-4-S-1/1T Back to back straight to handstand with 1/1 twist within	I	12	I'	5	2165	Yes

## 2.3 Group 3: Dive

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
3010	B-3-2-B Dive starting from the waist without pose	B	5	B'	1,5	3010	No
3015	B-3-1-PO2-B Dive from pose on 2 hands of the male dancer	D	7	D'	2,5	3010	No
3020	B-3-1-PO1-B Dive from pose on 1 hand of the male dancer	E	8	E'	3	3010	No
3025	B-3-1-POH-B Dive from handstand on shoulders	F	9	F'	3,5	3010	No
3030	B-3-2-B Dive starting from waist (from shalom) with 1/2 turn	C	6	C'	2	3030	No
3035	B-3-1-POR-1/2T-B Dive from reverse pose with 1/2 twist within	E	8	E'	3	3035	Yes
3040	B-3-3-B Rolling dive from the floor	E	8	E'	3	3040	No
3050	B-3-2-CC Front low dive starting from the arms, ending on chest	A	4	A'	1	3050	No
3055	B-3-2-CL Front low dive starting from the arms, exit between legs	B	5	B'	1,5	3050	No
3060	B-3-2-1/2T-C Front low dive starting from the arms with 1/2 twist within	A	4	A'	1	3060	Yes
3065	B-3-1-POR-CC Front dive starting from reverse pose, ending on chest	C	6	C'	2	3050	No
3070	B-3-1-POR-CL Front dive starting from reverse pose, exit between legs	D	7	D'	2,5	3050	No
3075	B-3-1-POR-1/2T-C Front dive starting from reverse pose with 1/2 twist within	B	5	B'	1,5	3060	Yes
3080	B-3-1-PO-1/2T-CC Front dive from pose with 1/2 twist within, ending on chest	D	7	D'	2,5	3050	Yes
3085	B-3-1-PO-1/2T-CL Front dive from pose with 1/2 twist within, exit between legs	E	8	E'	3	3050	Yes
3086	B-3-1-POR-1/1T-CL Front dive from reverse pose with 1/1 twist within, exit between the legs	G	10	G'	4	3086	Yes
3091	B-3-2-A-CL Auerbach front dive starting from waist (from shalom), exit between the legs	E	8	E'	3	3090	No
3095	B-3-3-CC Rolling front dive with 1/2 turn for man, ending on chest	E	8	E'	3	3095	No
3100	B-3-3-CL Rolling front dive with 1/2 turn for man, exit between legs	F	9	F'	3,5	3095	No
3105	B-3-3-1/2T-CC Rolling front dive with 1/2 twist within, ending on chest	F	9	F'	3,5	3105	Yes
3110	B-3-3-1/2T-CL Rolling front dive with 1/2 twist within, exit between legs	G	10	G'	4	3105	Yes
3115	B-3-3-1/2T-C Rolling FRONT dive with 1/2 turn for man and 1/2 twist within during dive	H	11	H'	4,5	3115	Yes



ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
3120	B-3-3-HS from hanstand position, rolling dive (straight body), exit between partner's legs	C	6	Not allowed as 2nd or 3rd element in combination		3040	No

## 2.4 Group 4: Rotations

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
4010	A-4-D3 Dulaine 3 rotations	C	6	C'	2	4010	No
4015	A-4-D4 Dulaine 4 rotations	D	7	D'	2,5	4010	No
4020	A-4-S3 Shoulderball 3 rotations	C	6	C'	2	4020	No
4021	A-4-S3 Shoulderball INVERSED 3 rotations	C	6	C'	2	4020	No
4022	A Shoulderball 3 rotations with additional full turn of female partner in front of male partner- BARMU 3	F	9	F'	3,5	4020	No
4025	A-4-S4 Shoulderball 4 rotations	D	7	D'	2,5	4020	No
4026	A-4-S4 Shoulderball INVERSED 4 rotations	D	7	D'	2,5	4020	No
4027	A Shoulderball 4 rotations with additional full turn of female partner in front of male partner- BARMU 4	G	10	G'	4	4020	No
4030	A-4-T3 Tie 3 rotations	B	5	B'	1,5	4030	No
4031	A-4-T3 Tie INVERSED 3 rotations	B	5	B'	1,5	4030	No
4035	A-4-T4 Tie 4 rotations	C	6	C'	2	4030	No
4036	A-4-T4 Tie INVERSED 4 rotations	C	6	C'	2	4030	No
4040	B-4-B3 Belt 3 rotations	C	6	C'	2	4040	No
4045	B-4-B4 Belt 4 rotations	D	7	D'	2,5	4040	No
4050	B-4-BER3 Berliner 3 rotations	C	6	C'	2	4050	No
4055	B-4-BER4 Berliner 4 rotations	D	7	D'	2,5	4050	No

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
4060	B-4-4-CD3 rotation combination 3+3 with change of direction	F	9	F'	3,5	4060	No
4065	B-4-4-SD3 rotation combination 3+3 in same direction	G	10	G'	4	4060	No
4070	A-4-L3 Lateral tie 3 rotations	B	5	B'	1,5	4030	No
4075	A-4-L4 Lateral tie 4 rotations	C	6	C'	2	4030	No

## 2.5 Group 6: Other acrobatic elements

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
7011	B-6-2 legs apart kosack jump	A	4	Not allowed as 2nd or 3rd element in combination		7011	No
7016	B-6-2 legs apart 180° with 180° turn on longitudinal axis	B	5	Not allowed as 2nd or 3rd element in combination		7011	Yes
7022	B-6-1 Vertical jump with 180° turn on longitudinal axis	A	4	A'	1	7022	Yes
7025	B-6-1 Vertical jump with 360° turn on longitudinal axis	C	6	C'	2	7022	Yes
7030	B-6-1 Vertical jump with 540° turn on longitudinal axis	E	8	E'	3	7022	Yes
7035	B-6-1 Vertical jump with 720° turn on longitudinal axis	G	10	G'	4	7022	Yes
7050	B-6-3 Straight somersault lateral from the floor	G	10	Not allowed as 2nd or 3rd element in combination		7050	No
7060	B-6-4 Straight somersault lateral from the shoulders	E	8	Not allowed as 2nd or 3rd element in combination		7050	No
7070	B-6-3-T Straight somersault lateral from the floor with 1/2 twist within	H	11	Not allowed as 2nd or 3rd element in combination		7070	Yes
7081	B-6-2-T legs apart 180° with 360° turn on longitudinalaxis	D	7	Not allowed as 2nd or 3rd element in combination		7011	Yes

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
7090	B-6-4-T Straight somersault lateral from the shoulders with 1/2 twist within	F	9	Not allowed as 2nd or 3rd element in combination		7070	Yes

### 3 RR MAIN CLASS FREE STYLE

#### 3.1 Group 1: Acrobatic element forward

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
41000	front tucked	A	4	A'	1	41000	No
41005	front piked	B	5	B'	1,5	41005	No
41010	front straight	C	6	C'	2	41010	No
41015	front reverse tucked	B	5	B'	1,5	41015	No
41020	front reverse piked	C	6	C'	2	41020	No
41025	front reverse straight	D	7	D'	2,5	41025	No
41030	1/2 turn front tucked	C	6	C'	2	41030	No
41032	1/2 turn front tucked, landing on the arms, exit between partner's legs	E	8	Not allowed as 2nd or 3rd element in combination		41032	No
41035	1/2 turn front piked	D	7	D'	2,5	41035	No
41037	1/2 turn front piked, landing on the arms, exit between partner's legs	F	9	Not allowed as 2nd or 3rd element in combination		41037	No
41040	1/2 turn front straight	E	8	E'	3	41040	No
41041	1/2 turn front straight, landing on the arms, exit between partner's legs	G	10	Not allowed as 2nd or 3rd element in combination		41041	No
41042	1/2 turn front tucked with 1/1 twist within, landing on the arms, exit between partner's legs	G	10	Not allowed as 2nd or 3rd element in combination		41042	Yes

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
41043	1/2 turn front piked with 1/1 twist, landing on the arms, exit between partner's legs	H	11	Not allowed as 2nd or 3rd element in combination		41043	Yes
41044	1/2 turn front straight with 1/1 twist within, landing on the arms, exit between partner's legs	I	12	Not allowed as 2nd or 3rd element in combination		41044	Yes
41045	1/2 turn front tucked with 1/2 twist within	D	7	D'	2,5	41045	Yes
41046	1/2 turn front tucked with 1/1 twist	E	8	Not allowed as 2nd or 3rd element in combination		41042	Yes
41050	1/2 turn front piked with 1/2 twist within	E	8	E'	3	41050	Yes
41051	1/2 turn front piked with 1/1 twist within	F	9	Not allowed as 2nd or 3rd element in combination		41043	Yes
41055	1/2 turn front straight with 1/2 twist within	F	9	F'	3,5	41055	Yes
41056	1/2 turn front straight with 1/1 twist within	G	10	Not allowed as 2nd or 3rd element in combination		41044	Yes
41057	front tucked with 1/2 twist within	B	5	B'	1,5	41057	Yes
41058	front piked with 1/2 twist within	C	6	C'	2	41058	Yes
41059	front straight with 1/2 twist within	D	7	D'	2,5	41059	Yes
41060	front tucked with 1/1 twist within	C	6	C'	2	41060	Yes
41061	front piked with 1/1 twist within	D	7	D'	2,5	41061	Yes
41062	front straight with 1/1 twist within	E	8	E'	3	41062	Yes
41063	front tucked with 1/1 twist, landing on the arms, exit between partner's legs	E	8	E'	3	41063	Yes
41064	front piked with 1/1 twist, landing on the arms, exit between partner's legs	F	9	F'	3,5	41064	Yes
41065	front straight with 1/1 twist within, landing on the arms, exit between partner's legs	G	10	G'	4	41065	Yes
41072	front tucked with 3/2 twist within	E	8	E'	3	41072	Yes
41073	front piked with 3/2 twist within	F	9	F'	3,5	41073	Yes
41074	front straight with 3/2 twist within	G	10	G'	4	41074	Yes

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
41075	front tucked with 2 twists within	G	10	Not allowed as 2nd or 3rd element in combination		41075	Yes
41076	front piked with 2 twists within	H	11	Not allowed as 2nd or 3rd element in combination		41076	Yes
41077	front straight with 2 twists within	I	12	Not allowed as 2nd or 3rd element in combination		41077	Yes
41078	Front tucked with 5/2 twists within	I	12	Not allowed as 2nd or 3rd element in combination		41078	Yes
41079	Front pike with 5/2 twists within	I+	13	Not allowed as 2nd or 3rd element in combination		41079	Yes
41080	Front straight with 5/2 twists within	IS	14	Not allowed as 2nd or 3rd element in combination		41080	Yes
41090	3/2 front tucked landing on partner's chest	E	8	E'	3	41090	No
41095	3/2 front piked landing on partner's chest	F	9	F'	3,5	41095	No
41096	3/2 front straight landing on partner's chest	G	10	G'	4	41096	No
41100	3/2 front tucked landing on partner's back, exit between partner's legs	G	10	G'	4	41100	No
41105	3/2 front piked landing on partner's back, exit between partner's legs	I	12	I'	5	41105	No
41106	3/2 front straight landing on partner's back, exit between partner's legs - IVAN-OLGA	IS	14	Not allowed as 2nd or 3rd element in combination		41106	No
41110	1/2 turn 3/2 front tucked landing on partner's chest	G	10	Not allowed as 2nd or 3rd element in combination		41110	No
41115	1/2 turn 3/2 front piked landing on partner's chest	H	11	Not allowed as 2nd or 3rd element in combination		41115	No
41116	1/2 turn 3/2 front tucked, landing on back, exit between partner's legs (only from Bettarini)	G	12	Not allowed as 2nd or 3rd element in combination		41116	No
41120	1/2 turn 3/2 front tucked, 1/2 turn of the standing partner, landing on back, exit between partner's legs - KOZLOVA	IS	14	Not allowed as 2nd or 3rd element in combination		41120	No

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
41125	3/2 front tucked with 1/1 twist within	IS	14	Not allowed as 2nd or 3rd element in combination		41125	Yes
41127	From Bettarini, 3/2 front tucked, exit between the legs, 1/2 turn of the dancer during the landing - BLUHL	I	12	Not allowed as 2nd or 3rd element in combination		41100	No
41128	rom Bettarini, 3/2 front piked, exit between the legs, 1/2 turn of the dancer during the landing - LENKA	IS	14	Not allowed as 2nd or 3rd element in combination		41105	No
41130	double front tucked	I	12	Not allowed as 2nd or 3rd element in combination		41130	No
41135	double front piked	IS	14	Not allowed as 2nd or 3rd element in combination		41135	No
41136	1/2 turn double front tucked	IS	14	Not allowed as 2nd or 3rd element in combination		41136	No
41140	front tucked, landing in the arms, exit with forward dive	C	6	Not allowed as 2nd or 3rd element in combination		41140	No
41145	front piked, landing in the arms, exit with forward dive	D	7	Not allowed as 2nd or 3rd element in combination		41145	No
41150	front straight, landing in the arms, exit with forward dive	E	8	Not allowed as 2nd or 3rd element in combination		41150	No
41226	+ front tucked from the waist, landing on shoulders + rolling dive	Only in 2nd or 3rd element in combination		C'	2	41226	No
41227	+ front piked from the waist, landing on shoulders + rolling dive	Only in 2nd or 3rd element in combination		D'	2,5	41227	No
41228	+ front straight from the waist, landing on shoulders + rolling dive	Only in 2nd or 3rd element in combination		E'	3	41228	No
41800	B - front tucked	A"	1	Not allowed as 2nd or 3rd element in combination		41800	No

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
41805	B - front piked	B"	1,2	Not allowed as 2nd or 3rd element in combination		41805	No
41810	B - front straight	C"	1,4	Not allowed as 2nd or 3rd element in combination		41810	No
41815	B - front tucked 1/2 twist within (Upright position)	B"	1,2	Not allowed as 2nd or 3rd element in combination		41815	Yes
41820	B - front piked 1/2 twist within (Upright position)	C"	1,4	Not allowed as 2nd or 3rd element in combination		41820	Yes
41825	B - front straight 1/2 twist within (Upright position)	D"	1,6	Not allowed as 2nd or 3rd element in combination		41825	Yes

### 3.2 Group 2: Acrobatic element backward

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
42000	back tucked	A	4	A'	1	42000	No
42005	back piked	B	5	B'	1,5	42005	No
42010	back straight	C	6	C'	2	42010	No
42015	auerbach tucked	B	5	B'	1,5	42015	No
42020	auerbach piked	C	6	C'	2	42020	No
42025	auerbach straight	D	7	D'	2,5	42025	No
42026	auerbach tucked, landing on the arms, exit between partner's legs	D	7	Not allowed as 2nd or 3rd element in combination		42026	No
42027	auerbach piked, landing on the arms, exit between partner's legs	E	8	Not allowed as 2nd or 3rd element in combination		42027	No

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
42028	auerbach straight, landing on the arms, exit between partner's legs	F	9	Not allowed as 2nd or 3rd element in combination		42028	No
42030	back tucked with 1/2 twist within	B	5	B'	1,5	42030	Yes
42032	back piked with 1/2 twist within	C	6	C'	2	42032	Yes
42035	back straight with 1/2 twist within	D	7	D'	2,5	42035	Yes
42040	back tucked with 1/1 twist within	C	6	C'	2	42040	Yes
42041	back piked with 1/1 twist within	D	7	D'	2,5	42041	Yes
42045	auerbach tucked with 1/1 twist	D	7	D'	2,5	42045	Yes
42050	back straight with 1/1 twist within	E	8	E'	3	42050	Yes
42055	auerbach straight with 1/1 twist within	F	9	F'	3,5	42055	Yes
42060	back tucked with 3/2 twist within	D	7	Not allowed as 2nd or 3rd element in combination		42060	Yes
42065	back tucked with 2 twists within	E	8	Not allowed as 2nd or 3rd element in combination		42065	Yes
42070	back straight with 3/2 twist within	F	9	Not allowed as 2nd or 3rd element in combination		42070	Yes
42075	back straight with 2 twists within	G	10	Not allowed as 2nd or 3rd element in combination		42075	Yes
42076	Back straight with 5/2 twists within	I	12	Not allowed as 2nd or 3rd element in combination		42076	Yes
42077	Back straight with 3/1 twists within - YURYEVA	IS	14	Not allowed as 2nd or 3rd element in combination		42077	Yes
42080	3/2 back tucked	E	8	Not allowed as 2nd or 3rd element in combination		42080	No
42085	3/2 back piked	F	9	Not allowed as 2nd or 3rd element in combination		42085	No



ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
42090	3/2 back straight	G	10	Not allowed as 2nd or 3rd element in combination		42090	No
42091	From Bettarini, 3/2 back tucked, half turn of the standing partner during flying phase	G	10	Not allowed as 2nd or 3rd element in combination		42080	No
42092	From Bettarini, 3/2 back piked, half turn of the standing partner during flying phase	H	11	Not allowed as 2nd or 3rd element in combination		42085	No
42093	From Bettarini, 3/2 back straight, half turn of the standing partner during flying phase	I	12	Not allowed as 2nd or 3rd element in combination		42090	No
42095	3/2 back tucked with 1/1 twist	G	10	Not allowed as 2nd or 3rd element in combination		42095	Yes
42100	3/2 back straight with 1/1 twist within - JACEK-ANNA	IS	14	Not allowed as 2nd or 3rd element in combination		42100	Yes
42105	3/2 auerbach tucked, landing on partner back, exit between the legs	IS	14	Not allowed as 2nd or 3rd element in combination		42105	No
42110	3/2 back tucked + rolling to dive	F	9	Not allowed as 2nd or 3rd element in combination		42110	No
42111	From Bettarini, 3/2 back tucked, half turn of the standing partner during flying phase + rolling to dive	H	11	Not allowed as 2nd or 3rd element in combination		42110	No
42115	3/2 back tucked + rolling to dive with 1/1 twist within dive	H	11	Not allowed as 2nd or 3rd element in combination		42115	Yes
42120	3/2 back piked + rolling to dive	G	10	Not allowed as 2nd or 3rd element in combination		42120	No
42121	From Bettarini, 3/2 back piked, half turn of the standing partner during flying phase + rolling to dive	I	12	Not allowed as 2nd or 3rd element in combination		42120	No
42125	3/2 back piked + rolling to dive with 1/1 twist within dive	I	12	Not allowed as 2nd or 3rd element in combination		42125	Yes

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
42130	3/2 back straight + rolling to dive	H	11	Not allowed as 2nd or 3rd element in combination		42130	No
42135	3/2 back straight + rolling to dive with 1/1 twist within dive	I	13	Not allowed as 2nd or 3rd element in combination		42135	Yes
42140	double back tucked	I	12	Not allowed as 2nd or 3rd element in combination		42140	No
42141	From Bettarini, double back tucked	I	12	Not allowed as 2nd or 3rd element in combination		42140	No
42145	double back piked	IS	14	Not allowed as 2nd or 3rd element in combination		42145	No
42150	double auerbach tucked	I	12	Not allowed as 2nd or 3rd element in combination		42150	No
42155	double auerbach piked	IS	14	Not allowed as 2nd or 3rd element in combination		42155	No
42160	back tucked, landing between partner's legs + rolling dive	B	5	Not allowed as 2nd or 3rd element in combination		42160	No
42165	back piked, landing between partner's legs + rolling dive	C	6	Not allowed as 2nd or 3rd element in combination		42165	No
42170	back straight, landing between partner's legs + rolling dive	D	7	Not allowed as 2nd or 3rd element in combination		42170	No
42175	3/2 back tucked + rolling to front tucked	F	9	Not allowed as 2nd or 3rd element in combination		42175	No
42176	3/2 back tucked + rolling to front piked	F	9,5	Not allowed as 2nd or 3rd element in combination		42175	No
42177	3/2 back piked + rolling to front tucked	G	10	Not allowed as 2nd or 3rd element in combination		42175	No

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
42178	3/2 back piked + rolling to front piked	G	10,5	Not allowed as 2nd or 3rd element in combination		42175	No
42800	B - back tucked	A"	1	Not allowed as 2nd or 3rd element in combination		42800	No
42805	B - back piked	B"	1,2	Not allowed as 2nd or 3rd element in combination		42805	No
42810	B - back straight	C"	1,4	Not allowed as 2nd or 3rd element in combination		42810	No
42815	B - back tucked 1/2 twist	B"	1,2	Not allowed as 2nd or 3rd element in combination		42815	Yes
42820	B - back piked 1/2 twist	C"	1,4	Not allowed as 2nd or 3rd element in combination		42820	Yes
42825	B - back straight 1/2 twist	D"	1,6	Not allowed as 2nd or 3rd element in combination		42825	Yes
42830	B - back to back tucked to handstand	D"	1,6	Not allowed as 2nd or 3rd element in combination		42830	No
42835	B - back to back piked to handstand	E"	1,8	Not allowed as 2nd or 3rd element in combination		42835	No
42840	B - back to back straight to handstand	F"	2	Not allowed as 2nd or 3rd element in combination		42840	No
42845	B - back to back tucked with 1/2 twist	E"	1,8	Not allowed as 2nd or 3rd element in combination		42845	Yes
42850	B - back to back piked with 1/2 twist	F"	2	Not allowed as 2nd or 3rd element in combination		42850	Yes
42855	B - back to back straight with 1/2 twist	G"	2,2	Not allowed as 2nd or 3rd element in combination		42855	Yes

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
42860	1/2 turn, back tucked	C	6	Not allowed as 2nd or 3rd element in combination		42860	No
42865	1/2 turn, back piked	D	7	Not allowed as 2nd or 3rd element in combination		42865	No
42870	1/2 turn, back straight	E	8	Not allowed as 2nd or 3rd element in combination		42870	No
42875	1/2 turn, 3/2 back tucked	G	10	Not allowed as 2nd or 3rd element in combination		42875	No
42880	1/2 turn, 3/2 back piked	H	11	Not allowed as 2nd or 3rd element in combination		42880	No
42885	1/2 turn, 3/2 back straight	I	12	Not allowed as 2nd or 3rd element in combination		42885	No

### 3.3 Group 3: Dive with flight only

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
43000	dive tucked landing on the partner's back, exit between legs	C	6	Not allowed as 2nd or 3rd element in combination		43000	No
43005	dive piked landing on the partner's back, exit between legs	D	7	Not allowed as 2nd or 3rd element in combination		43005	No
43010	dive straight landing on the partner's back, exit between legs	E	8	Not allowed as 2nd or 3rd element in combination		43010	No
43015	1/1 twist within straight dive, landing on the partner's back, exit between legs - LESLIE	G	10	Not allowed as 2nd or 3rd element in combination		43015	Yes
43016	1/2 turn during Bettarini and 1/1 twist within straight dive, landing on the partner's back, exit between legs	I	12	Not allowed as 2nd or 3rd element in combination		43016	Yes

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
43017	2/1 twist within straight dive, landing on the partner's back, exit between legs - GUSAROVA	IS	14	Not allowed as 2nd or 3rd element in combination		43017	Yes
43020	front dive tucked, landing on the partner's chest	A	4	Not allowed as 2nd or 3rd element in combination		43020	No
43025	front dive piked, landing on the partner's chest	B	5	Not allowed as 2nd or 3rd element in combination		43025	No
43030	front dive straight, landing on the partner's chest	C	6	Not allowed as 2nd or 3rd element in combination		43030	No
43035	front dive with 1/1 twist within straight dive, landing on the partner's chest	E	8	Not allowed as 2nd or 3rd element in combination		43035	Yes
43040	1/2 turn and dive with tucked body during the flying, landing on the partner's back, exit between legs	D	7	Not allowed as 2nd or 3rd element in combination		43040	No
43045	1/2 turn and dive with piked body during the flying, landing on the partner's back, exit between legs	E	8	Not allowed as 2nd or 3rd element in combination		43045	No
43050	1/2 turn dive with straight body during the flying, landing on the partner's back, exit between legs	F	9	Not allowed as 2nd or 3rd element in combination		43050	No
43055	1/2 turn and front dive with tucked body during the flying, landing on the partner's chest	B	5	Not allowed as 2nd or 3rd element in combination		43055	No
43060	1/2 turn and front dive with piked body during the flying, landing on the partner's chest	C	6	Not allowed as 2nd or 3rd element in combination		43060	No
43064	3/4 turn front dive with tucked body during the flying, landing on the partner's chest	C	6	Not allowed as 2nd or 3rd element in combination		43066	No
43065	1/2 turn front dive with straight body during the flying, landing on the partner's chest	D	7	Not allowed as 2nd or 3rd element in combination		43065	No
43066	3/4 turn dive with tucked body during the flying, landing on the partner's back, exit between legs - MIGUEL-DOROTHEE	E	8	Not allowed as 2nd or 3rd element in combination		43066	No

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
43070	1/2 turn dive with tucked body during the flying and 1/2 turn for the partner before the landing	E	8	Not allowed as 2nd or 3rd element in combination		43070	No
43075	1/2 turn dive with piked body during the flying and 1/2 turn for the partner before the landing	F	9	Not allowed as 2nd or 3rd element in combination		43075	No
43080	1/2 turn dive with straight body during the flying and 1/2 turn for the partner before the landing	G	10	Not allowed as 2nd or 3rd element in combination		43080	No
43081	1/2 turn dive with straight body with 1/1 twist within and 1/2 turn for the partner before the landing, landing on the partner's back, exit between legs - KOVINT	IS	14	Not allowed as 2nd or 3rd element in combination		43081	Yes
43085	half auerbach to dive, body tucked during the flying	G	10	Not allowed as 2nd or 3rd element in combination		43085	No
43090	half auerbach to dive, body piked during the flying - LUDWIG	I	12	Not allowed as 2nd or 3rd element in combination		43090	No
43095	staff, landing shoulders (sitting) roll backwards to the ground and unroll to dive with flying phase, straight body	A	4	Not allowed as 2nd or 3rd element in combination		43095	No
43100	staff, landing shoulders (sitting) roll backwards to the ground and unroll to dive with flying phase, 1/1 twist within straight dive	C	6	Not allowed as 2nd or 3rd element in combination		43100	Yes
43110	from handstand position, rolling dive (straight body), exit between partner's legs	C	6	Not allowed as 2nd or 3rd element in combination		43110	No
43115	from Bettarini, 1/2 turn of the standing partner, dive tucked landing on the partner's back, exit between legs	D	7	Not allowed as 2nd or 3rd element in combination		43115	No
43120	from Bettarini, 1/2 turn of the standing partner, dive piked landing on the partner's back, exit between legs	E	8	Not allowed as 2nd or 3rd element in combination		43120	No
43125	from Bettarini, 1/2 turn of the standing partner, dive straight landing on the partner's back, exit between legs	F	9	Not allowed as 2nd or 3rd element in combination		43125	No
43800	B - starting from the waist	A"	1	Not allowed as 2nd or 3rd element in combination		43800	No

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
43805	B - starting from waist and stand up with bend arms on the partner's shoulders	C"	1,4	Not allowed as 2nd or 3rd element in combination		43805	No
43810	B - dive from the horizontal position (Swallow)	E"	1,8	Not allowed as 2nd or 3rd element in combination		43810	No
43815	B - dive from the handstand on the male shoulders	F"	2	Not allowed as 2nd or 3rd element in combination		43815	No
43820	B - rolling dive from the ground	E"	1,8	Not allowed as 2nd or 3rd element in combination		43820	No
43825	B - front dive starting from the waist(girl)	C"	1,4	Not allowed as 2nd or 3rd element in combination		43825	No
43830	B - front dive starting from the arms	E"	1,8	Not allowed as 2nd or 3rd element in combination		43830	No

### 3.4 Group 4: Rotations

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
44000	Dulaine 3 rotations	C	6	C'	2	44000	No
44005	Dulaine 4 rotations	D	7	D'	2,5	44000	No
44010	shoulderball 3 rotations	C	6	C'	2	44015	No
44011	inversed shoulderball 3 rotations	C	6	C'	2	44015	No
44012	shoulderball 3 rotations with additional full turn of female partner in front of male partner- BARMU 3	F	9	F'	3,5	44015	No
44015	shoulderball 4 rotations	D	7	D'	2,5	44015	No
44016	inversed shoulderball 4 rotations	D	7	D'	2,5	44015	No
44017	shoulderball 4 rotations with additional full turn of female partner in front of male partner- BARMU 4	G	10	G'	4	44015	No

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
44020	tie 3 rotations	B	5	B'	1,5	44020	No
44021	inversed tie 3 rotations	B	5	B'	1,5	44020	No
44025	tie 4 rotations	C	6	C'	2	44020	No
44026	inversed tie 4 rotations	C	6	C'	2	44020	No
44027	lateral tie 3 rotations	B	5	B'	1,5	44020	No
44028	lateral tie 4 rotations	C	6	C'	2	44020	No
44035	rotation combination 3+3 with change of direction (only Main class)	F	9	F'	3,5	44035	No
44036	rotation combination 3+3 in same direction (only Main class)	G	10	G'	4	44035	No
44800	B - belt 3 rotations	H''	2	Not allowed as 2nd or 3rd element in combination		44800	No
44805	B - belt 4 rotations	I''	2,2	Not allowed as 2nd or 3rd element in combination		44800	No
44810	B - berliner 3 rotations	H''	2	Not allowed as 2nd or 3rd element in combination		44810	No
44815	B - berliner 4 rotations	I''	2,2	Not allowed as 2nd or 3rd element in combination		44810	No

### 3.5 Group 6: Other acrobatic elements

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
47000	lateral somersault tucked (from bettarini), landing on partner's arms - TIKHONOVA	C	6	Not allowed as 2nd or 3rd element in combination		47000	No
47005	lateral somersault piked (from bettarini), landing on partner's arms	D	7	Not allowed as 2nd or 3rd element in combination		47005	No



ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
47010	lateral somersault straight (from bettarini), landing on partner's arms	E	8	Not allowed as 2nd or 3rd element in combination		47010	No
47015	lateral double tucked somersault from staff	IS	14	Not allowed as 2nd or 3rd element in combination		47015	No

## 4 FORMATION MAIN CLASS

### 4.1 Group 1: Additional Acrobatic element forward (in addition to RR MCCS & RR MCFS Group 1 elements)

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
71000	2B1G - 5/4 front tucked, landing on the arms, lying face down	B	5	Not allowed as 2nd or 3rd element in combination		71000	No
71005	2B1G - 5/4 front piked, landing on the arms, lying face down	C	6	Not allowed as 2nd or 3rd element in combination		71005	No
71010	2B1G - 5/4 front straight, landing on the arms, lying face down	D	7	Not allowed as 2nd or 3rd element in combination		71010	No
71030	2B1G - 1/2 turn 5/4 front tucked, landing on the arms, lying face down	D	7	Not allowed as 2nd or 3rd element in combination		71030	No
71035	2B1G - 1/2 turn 5/4 front piked, landing on the arms, lying face down	E	8	Not allowed as 2nd or 3rd element in combination		71035	No
71040	2B1G - 1/2 turn 5/4 front straight, landing on the arms, lying face down	F	9	Not allowed as 2nd or 3rd element in combination		71040	No
71045	2B1G - 1/2 turn 5/4 front tucked with 1/2 twist, landing on the arms, lying face down	E	8	Not allowed as 2nd or 3rd element in combination		71045	Yes
71046	2B1G - 1/2 turn 5/4 front tucked with 1/1 twist, landing on the arms, lying face down	F	9	Not allowed as 2nd or 3rd element in combination		71046	Yes

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
71050	2B1G - 1/2 turn 5/4 front piked with 1/2 twist, landing on the arms, lying face down	F	9	Not allowed as 2nd or 3rd element in combination		71050	Yes
71051	2B1G - 1/2 turn 5/4 front piked with 1/1 twist, landing on the arms, lying face down	G	10	Not allowed as 2nd or 3rd element in combination		71051	Yes
71055	2B1G - 1/2 turn 5/4 front straight with 1/2 twist within, landing on the arms, lying face down	G	10	Not allowed as 2nd or 3rd element in combination		71055	Yes
71056	2B1G - 1/2 turn 5/4 front straight with 1/1 twist within, landing on the arms, lying face down	H	11	Not allowed as 2nd or 3rd element in combination		71056	Yes
71057	2B1G - 5/4 front tucked with 1/2 twist, lying on the back	C	6	Not allowed as 2nd or 3rd element in combination		71057	Yes
71058	2B1G - 5/4 front piked with 1/2 twist, lying on the back	D	7	Not allowed as 2nd or 3rd element in combination		71058	Yes
71059	2B1G - 5/4 front straight with 1/2 twist within, lying on the back	E	8	Not allowed as 2nd or 3rd element in combination		71059	Yes
71060	2B1G - 5/4 front tucked with 1/1 twist, lying face down	D	7	Not allowed as 2nd or 3rd element in combination		71060	Yes
71061	2B1G - 5/4 front piked with 1/1 twist, lying face down	E	8	Not allowed as 2nd or 3rd element in combination		71061	Yes
71062	2B1G - 5/4 front straight with 1/1 twist within, lying face down	F	9	Not allowed as 2nd or 3rd element in combination		71062	Yes
71900	L - lower class - forward	L	2	L'	0		No

#### 4.2 Group 2: Additional Acrobatic element backward (in addition to RR MCCS & RR MCFS Group 2 elements)

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
<b>72000</b>	2B1G - 5/4 back tucked, landing on the arms, lying on the back	B	5	Not allowed as 2nd or 3rd element in combination		72000	No
<b>72005</b>	2B1G - 5/4 back piked, landing on the arms, lying on the back	C	6	Not allowed as 2nd or 3rd element in combination		72005	No
<b>72010</b>	2B1G - 5/4 back straight, landing on the arms, lying on the back	D	7	Not allowed as 2nd or 3rd element in combination		72010	No
<b>72057</b>	2B1G - 5/4 back tucked with 1/2 twist, landing on the arms, lying face down	C	6	Not allowed as 2nd or 3rd element in combination		72057	Yes
<b>72058</b>	2B1G - 5/4 back piked with 1/2 twist, landing on the arms, lying face down	D	7	Not allowed as 2nd or 3rd element in combination		72058	Yes
<b>72059</b>	2B1G - 5/4 back straight with 1/2 twist within, landing on the arms, lying face down	E	8	Not allowed as 2nd or 3rd element in combination		72059	Yes
<b>72060</b>	2B1G - 5/4 back tucked with 1/1 twist, landing on the arms, lying on the back	D	7	Not allowed as 2nd or 3rd element in combination		72060	Yes
<b>72061</b>	2B1G - 5/4 back piked with 1/1 twist, landing on the arms, lying on the back	E	8	Not allowed as 2nd or 3rd element in combination		72061	Yes
<b>72062</b>	2B1G - 5/4 back straight with 1/1 twist within, landing on the arms, lying on the back	F	9	Not allowed as 2nd or 3rd element in combination		72062	Yes
<b>72900</b>	L - lower class - backward	L	2	L'	0		No

4.3 Group 3: Additional Dive elements (in addition to RR MCCS & RR MCFS Group 3 elements)

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
<b>73010</b>	F-Ba-G-Bb - dive straight (landing on the second partner's back, exit between legs)	E	8	Not allowed as 2nd or 3rd element in combination		73010	No
<b>73020</b>	F - front dive from standing on partner's shoulders	L	3	L'	0	73020	No
<b>73900</b>	L - lower class - dive	L	2	L'	0		No

4.4 Group 4: Additional Rotation elements (in addition to RR MCCS & RR MCFS Group 4 elements)

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
<b>74000</b>	L - lower class - rotation	L	2	L'	0		No
<b>74040</b>	B-4-B3 Belt 3 rotations	C	6	C'	2	4040	No
<b>74045</b>	B-4-B4 Belt 4 rotations	D	7	D'	2,5	4040	No
<b>74050</b>	B-4-BER3 Berliner 3 rotations	C	6	C'	2	4050	No
<b>74055</b>	B-4-BER4 Berliner 4 rotations	D	7	D'	2,5	4050	No
<b>74060</b>	B-4-4-CD3 rotation combination 3+3 with change of direction	F	9	F'	3,5	4060	No
<b>74065</b>	B-4-4-SD3 rotation combination 3+3 in same direction	G	10	G'	4	4060	No

4.5 Group 6: Additional other acrobatic elements (in addition to RR MCCS & RR MCFS Group 6 elements)

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
<b>76000</b>	L - lower class - other	L	2	L'	0		No

## 5 FORMATION MAIN CLASS QUATTRO

5.1 Group 1: Additional Acrobatic element forward (in addition to RR MCCS Group 1 elements)

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
81000	L - lower class - forward	L	1	L'	0		No

5.2 Group 2: Additional Acrobatic element backward (in addition to RR MCCS Group 2 elements)

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
82000	L - lower class - backward	L	1	L'	0		No

5.3 Group 3: Additional Dive elements (in addition to RR MCCS Group 3 elements)

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
83000	L - lower class - dive	L	1	L'	0		No

5.4 Group 4: Additional Rotation elements (in addition to RR MCCS Group 4 elements)

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
84000	L - lower class - rotation	L	1	L'	0		No

5.5 Group 6: Additional Other acrobatic elements (in addition to RR MCCS Group 6 elements)

ID	NAME	Board 1		Board 2		Repetition id	Twist element
		Level	Value	Level	Value		
87000	L - lower class - other	L	1	L'	0		No
87010	trio transtion from staff/throw 2 boys	L	0		0		No



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