



Technical Rules

# ACROBATIC ROCK'N'ROLL SAFETY LEVELS

Version : 1.1

Date : 15/01/2022

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Date of WRRC Presidium approval: 15/01/2022

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 grips at least (on the body of partner who performs the acrobatic element) allow maximum 360° rotations.

## SUMMARY

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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:

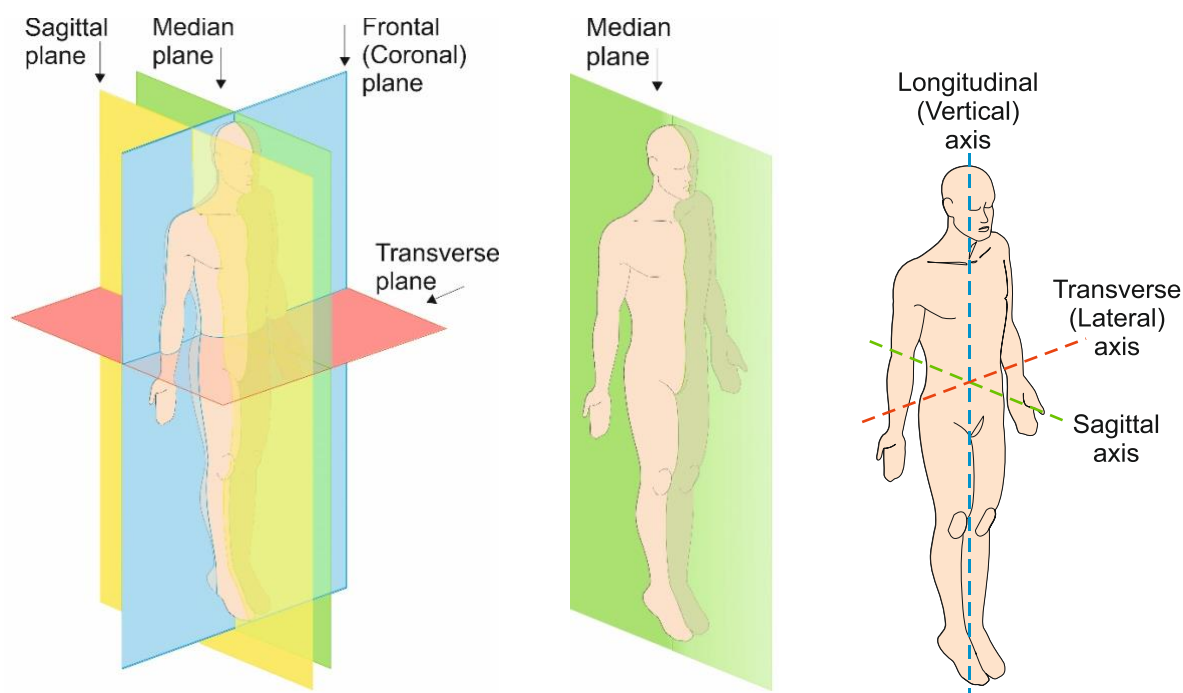
At least one arm around the body of the partner. Not around the neck or legs.

### 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

#### RR CHILDREN

All figures are permitted if they are in agreement with both of the following points:

- A. Rotations of more than 180° around the body's lateral or sagittal axis are not allowed.
- B. Figures are allowed only if one partner can perform them alone or if there is permanent contact between at least one foot and the ground and the acrobatic element or its variations are not presented in Safety level 3 document.

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 grips 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:**

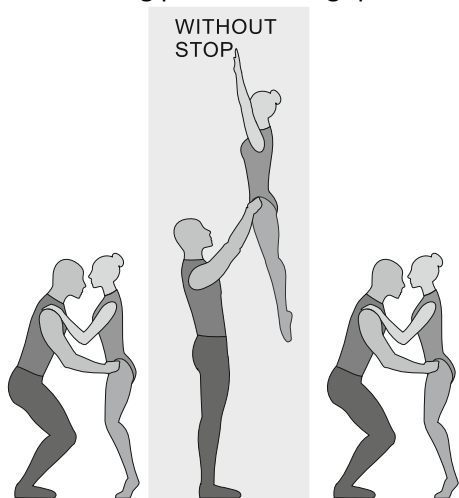
1. LIFTS FROM JUMP, WITH CONSTANT GRIP  
+ Acro Group1 elements from SL4
2. SOMERSAULT ACROBATICS  
Specificity: acrobatic elements with maximum of 360° of rotation around sagittal/lateral axis  
Allowed grip: constant grip  
+ Exceptional Figures  
+ Acro Group2 elements from SL4
3. ACROBATIC ELEMENTS 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

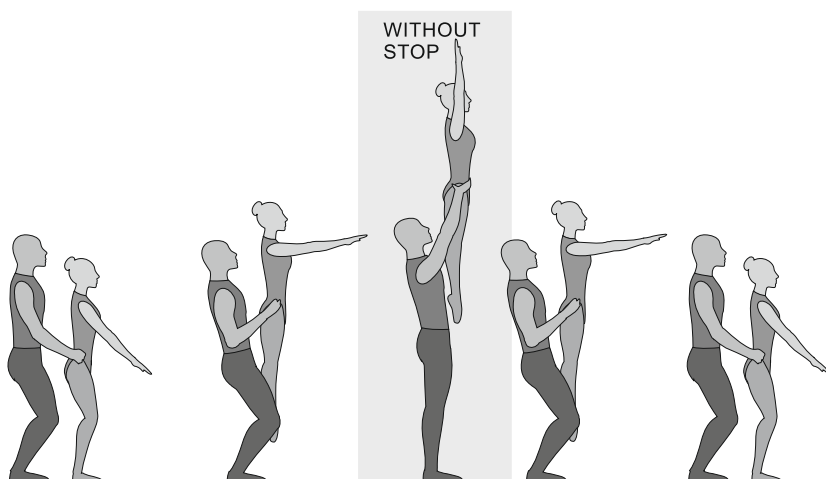
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Code: **J-1-01**

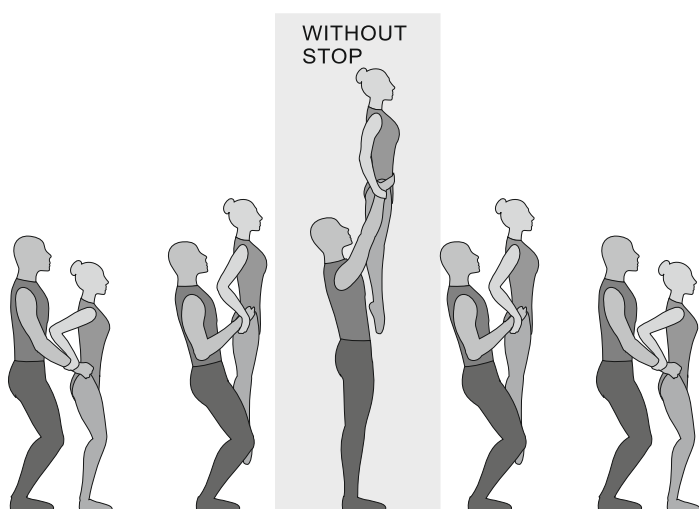
Different leg positions and grips are allowed.



Facing



Back I.

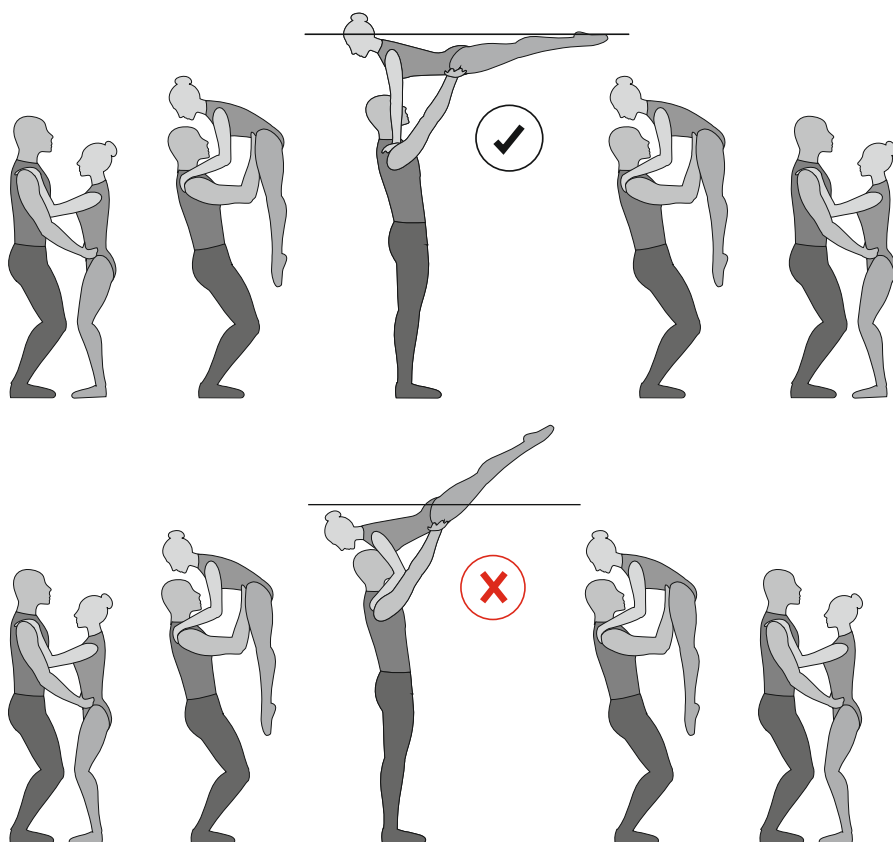


Back II.



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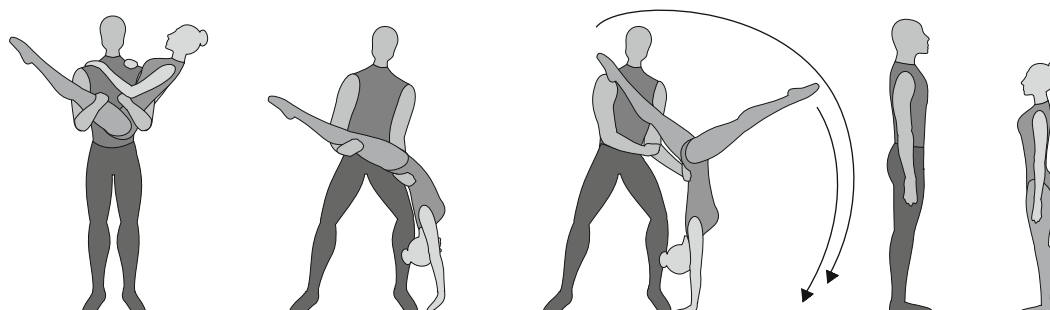
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## 5.2 GROUP 2: SOMERSAULT ACROBATICS

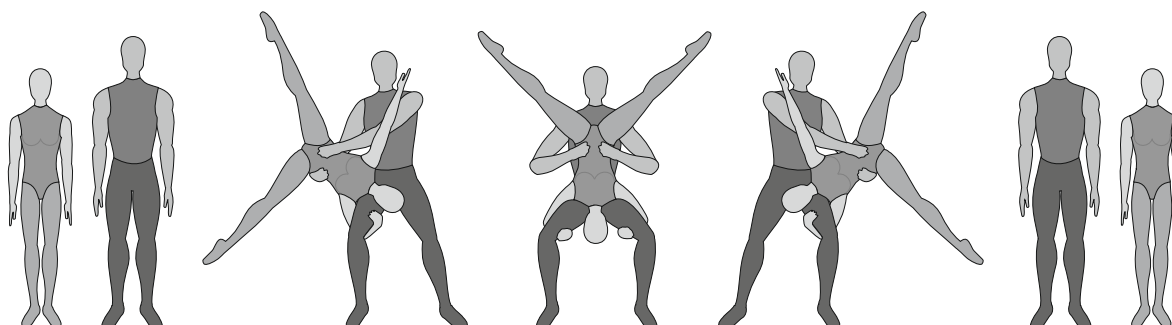
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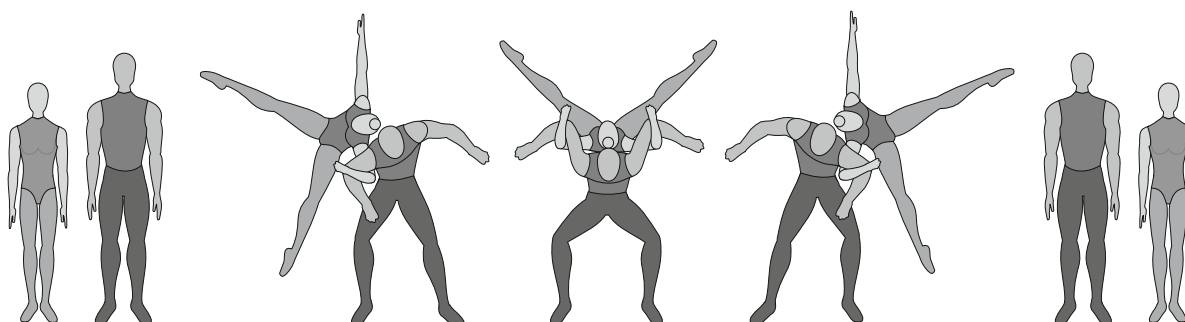
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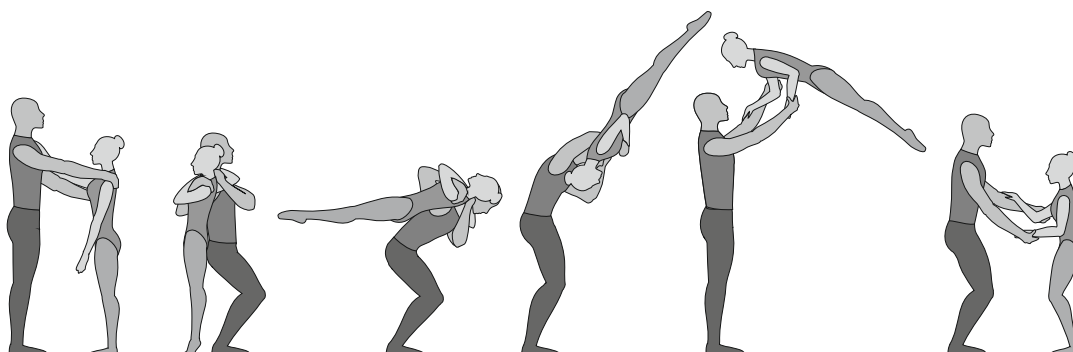
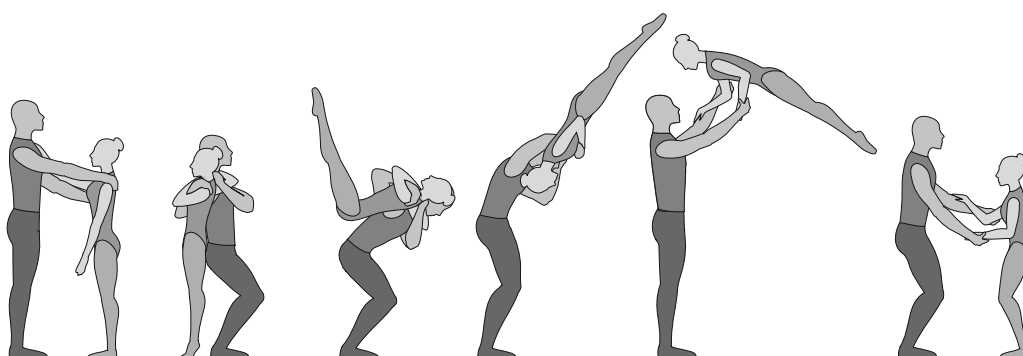
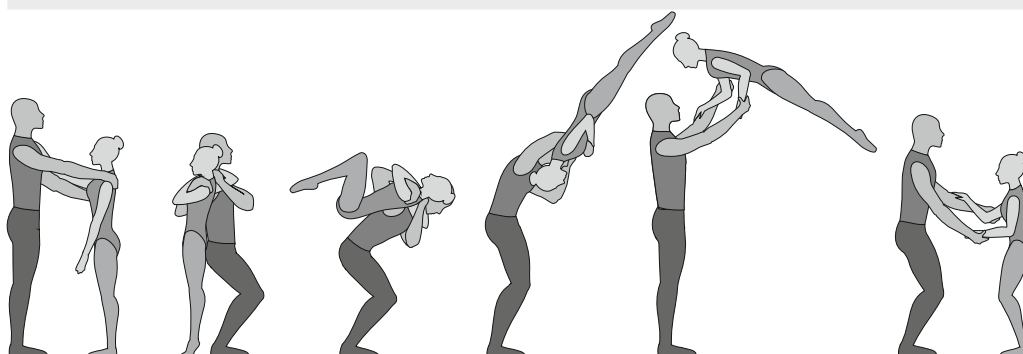
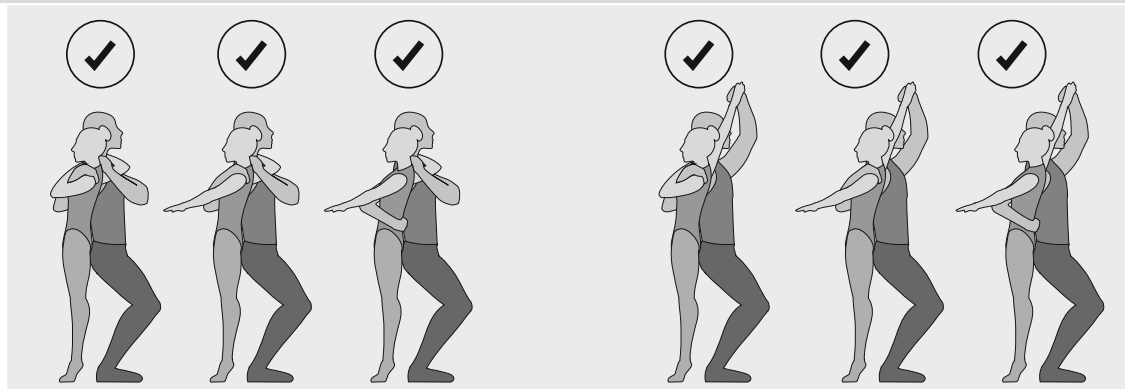
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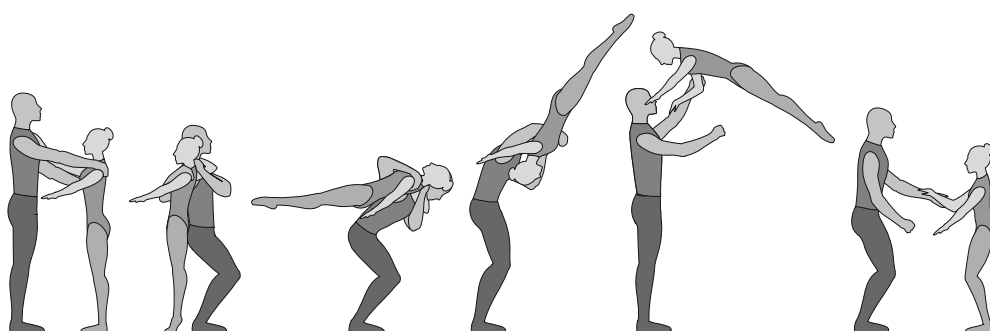
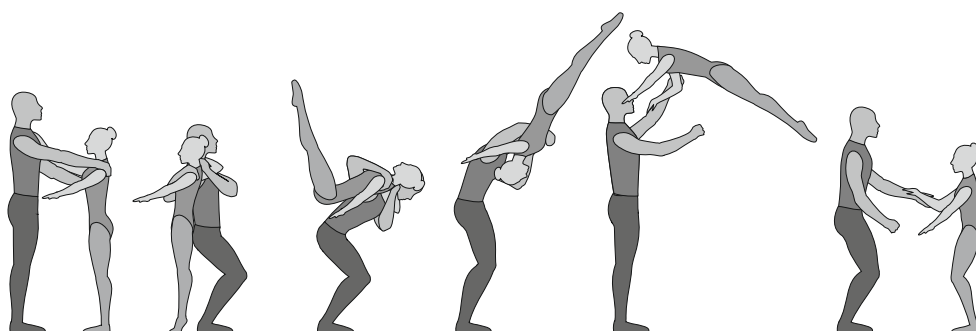
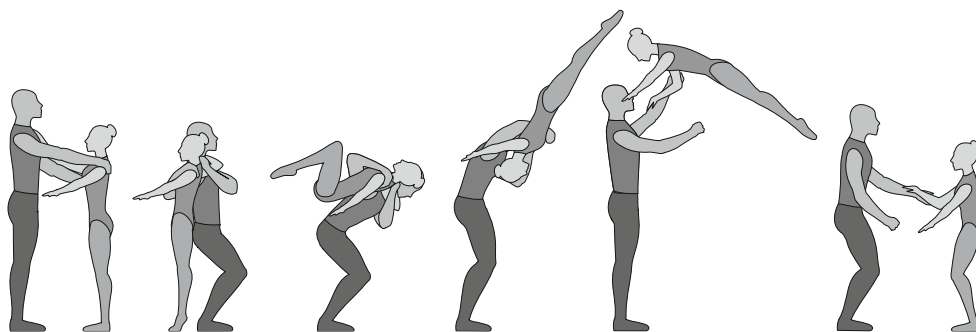
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Code: **J-2-04a**



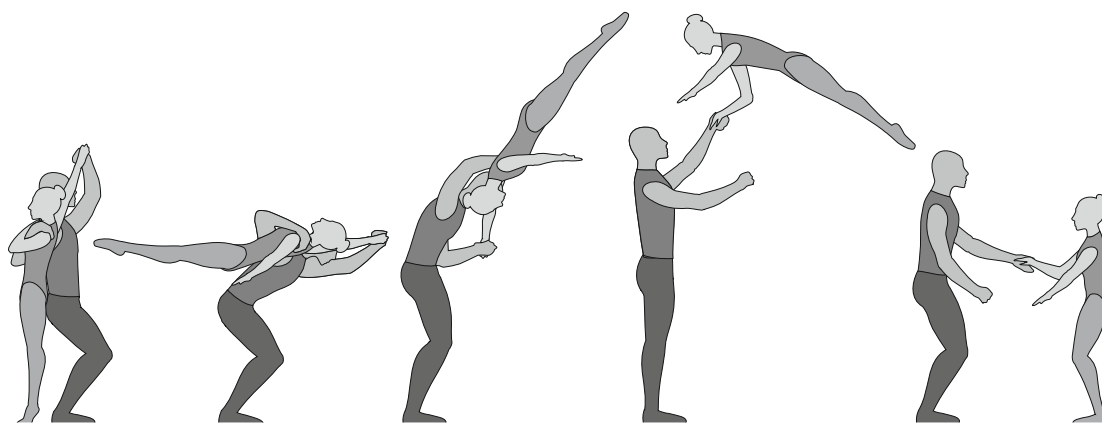
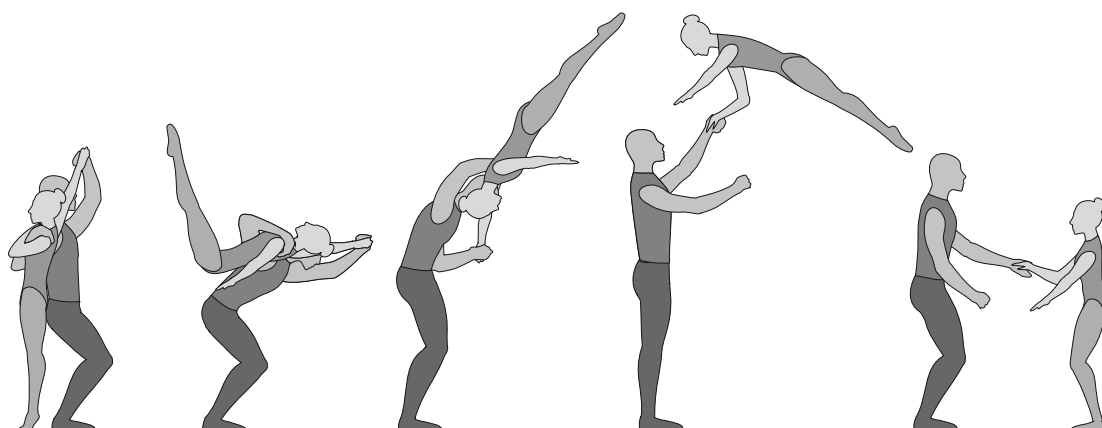
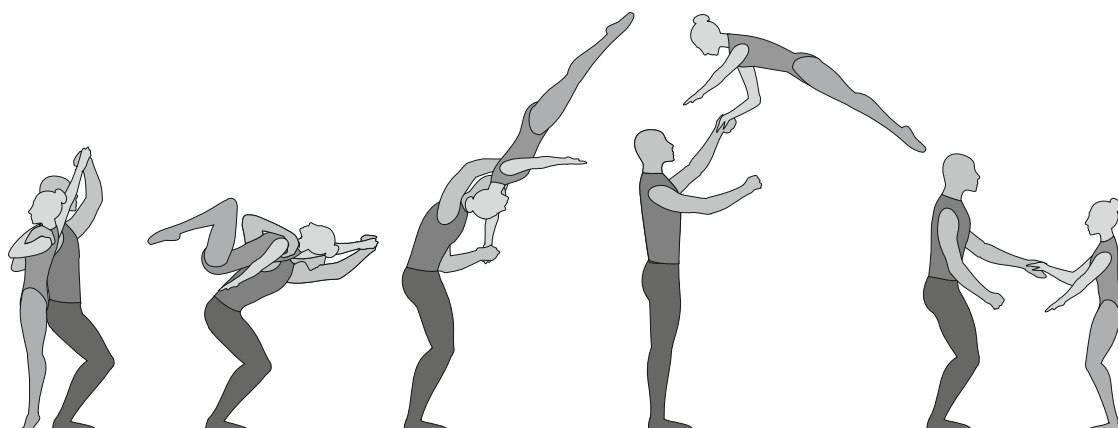
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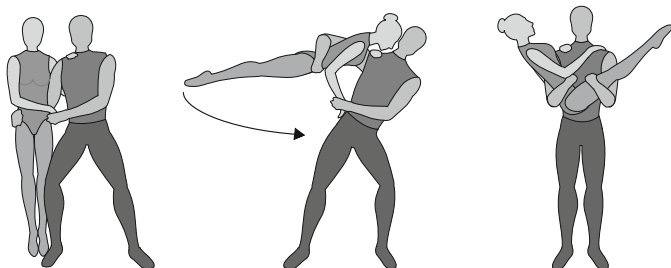
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### 5.3 GROUP 3: ACROBATIC ELEMENTS AROUND THE WAIST

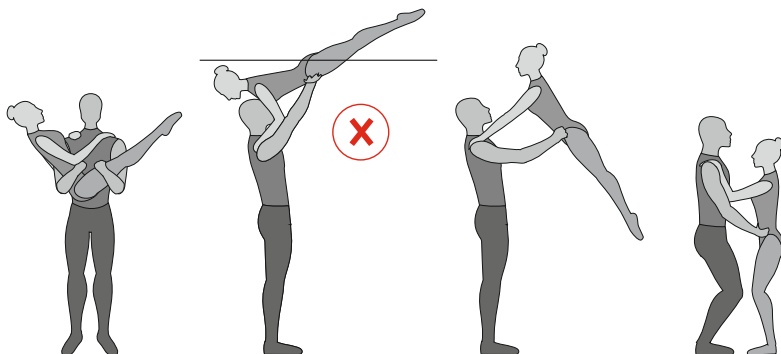
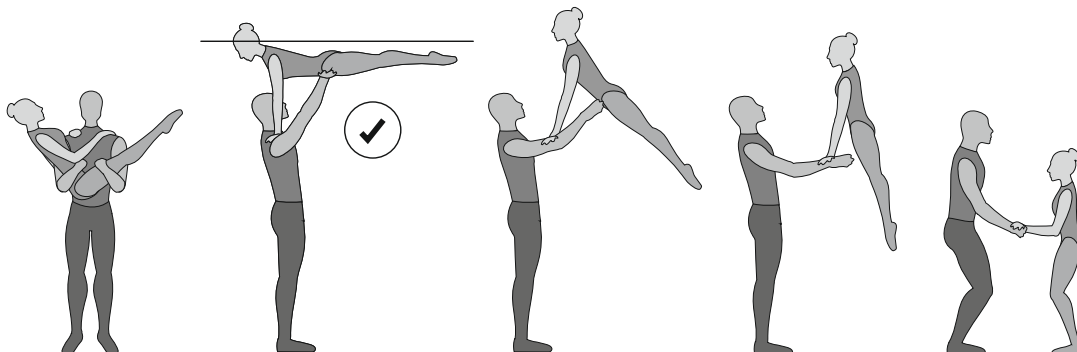
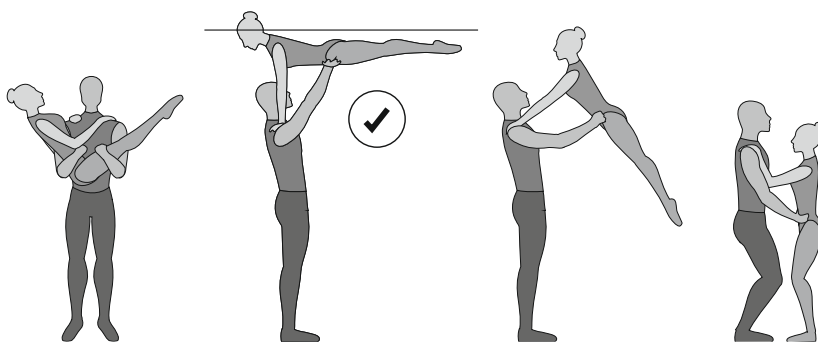
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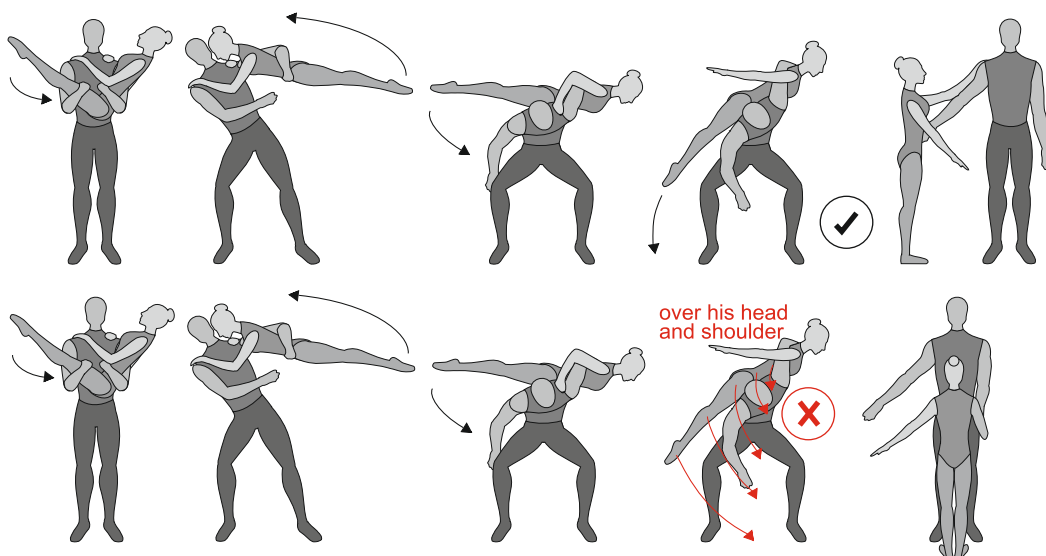
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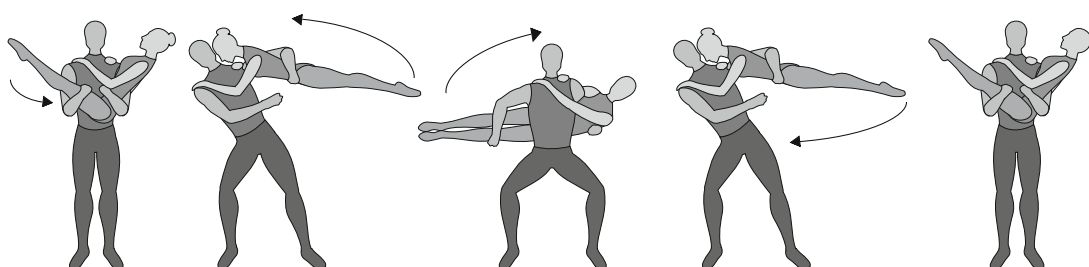
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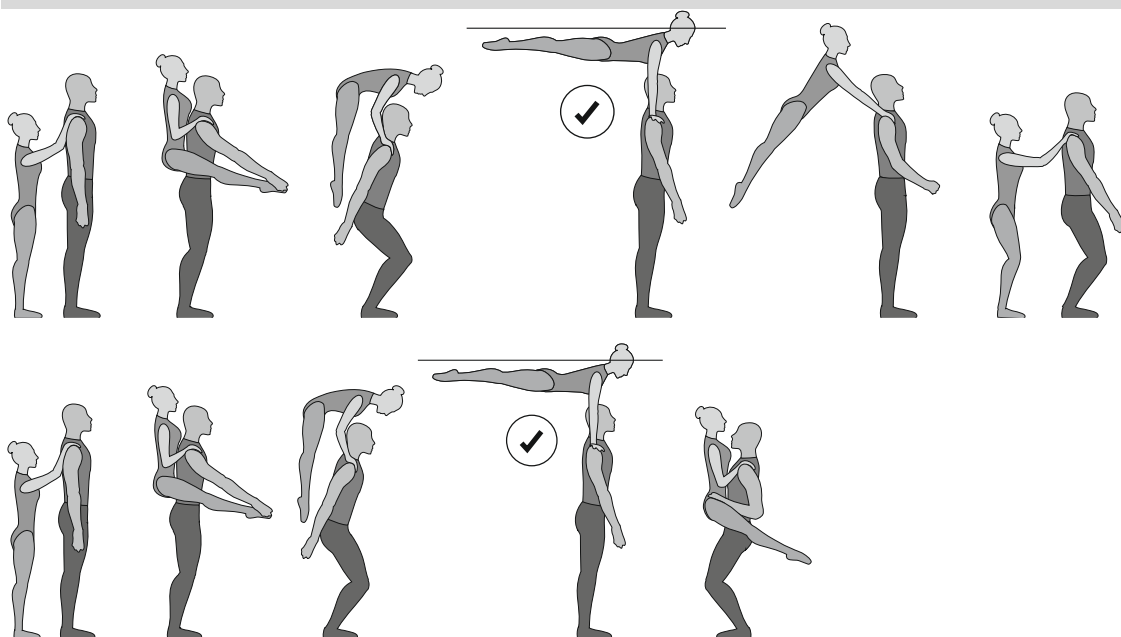
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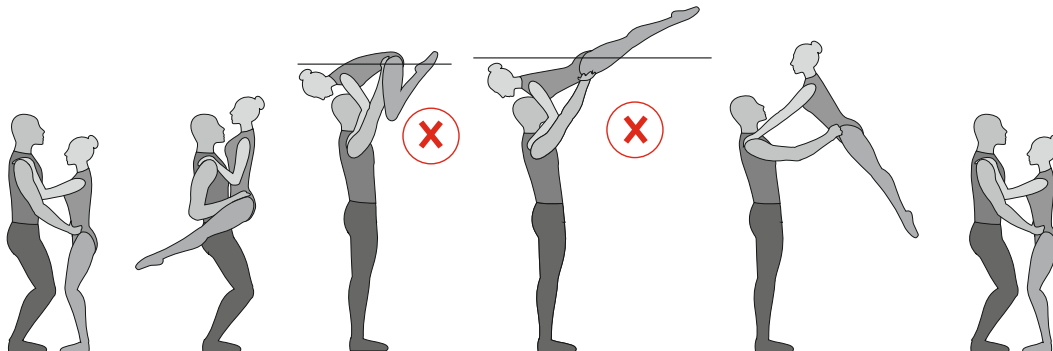
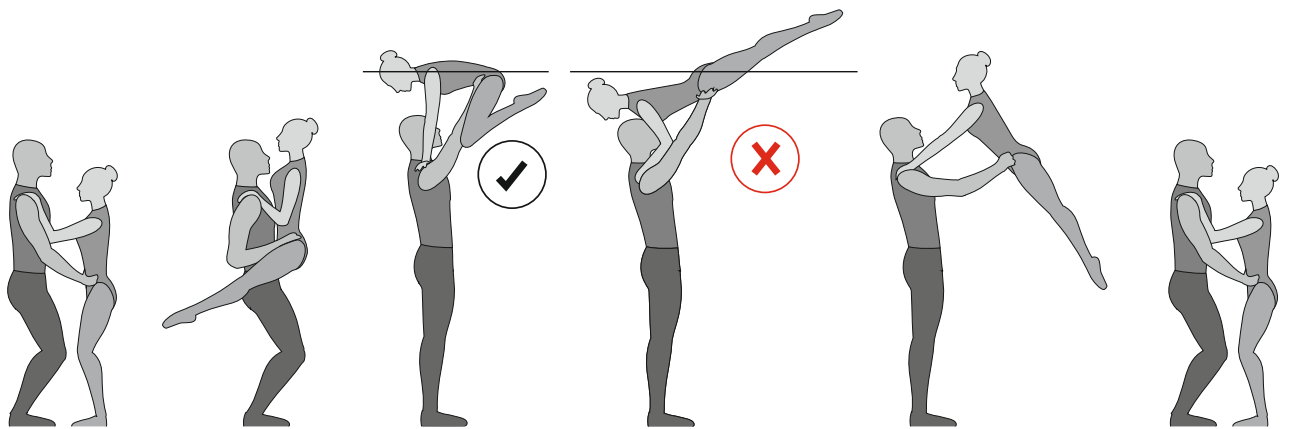
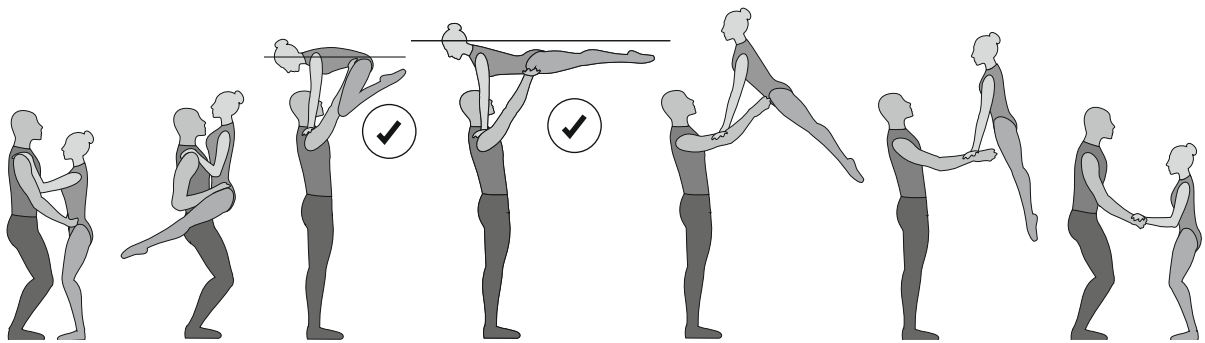
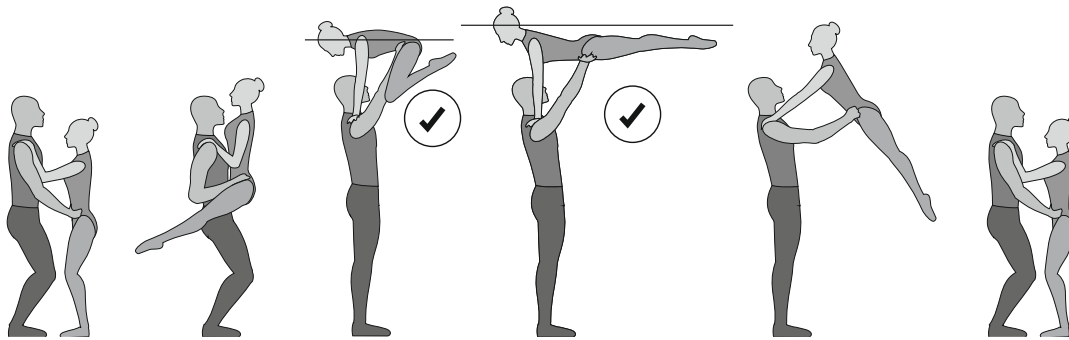
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WRRC name:

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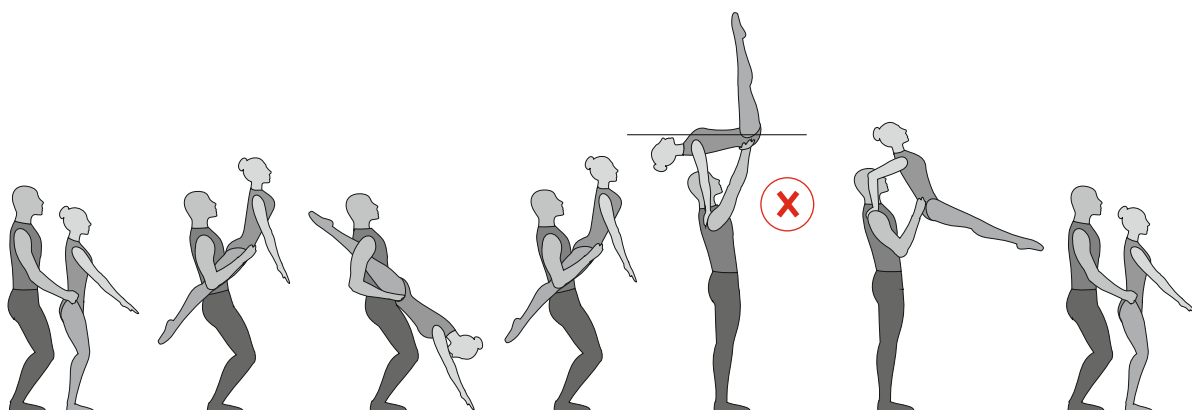
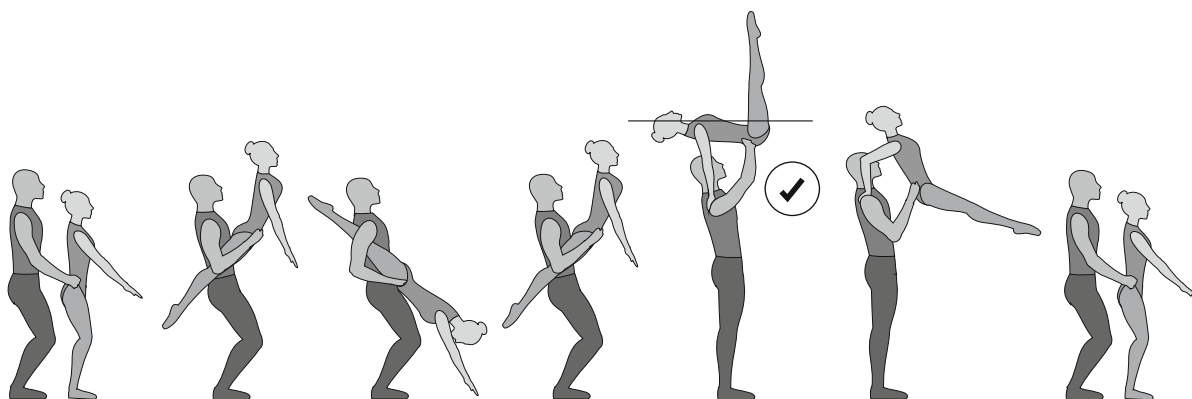
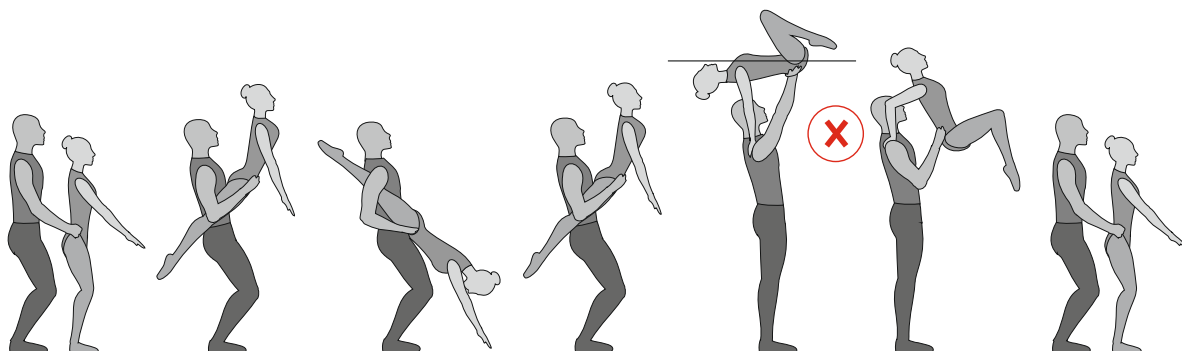
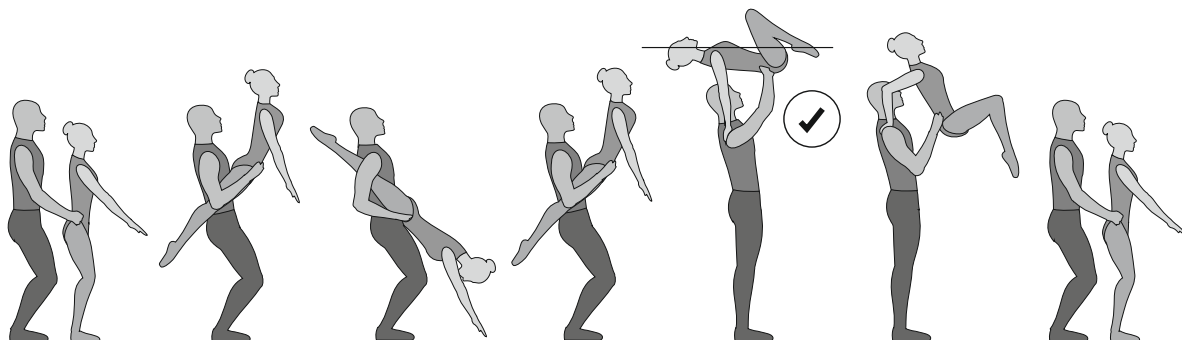






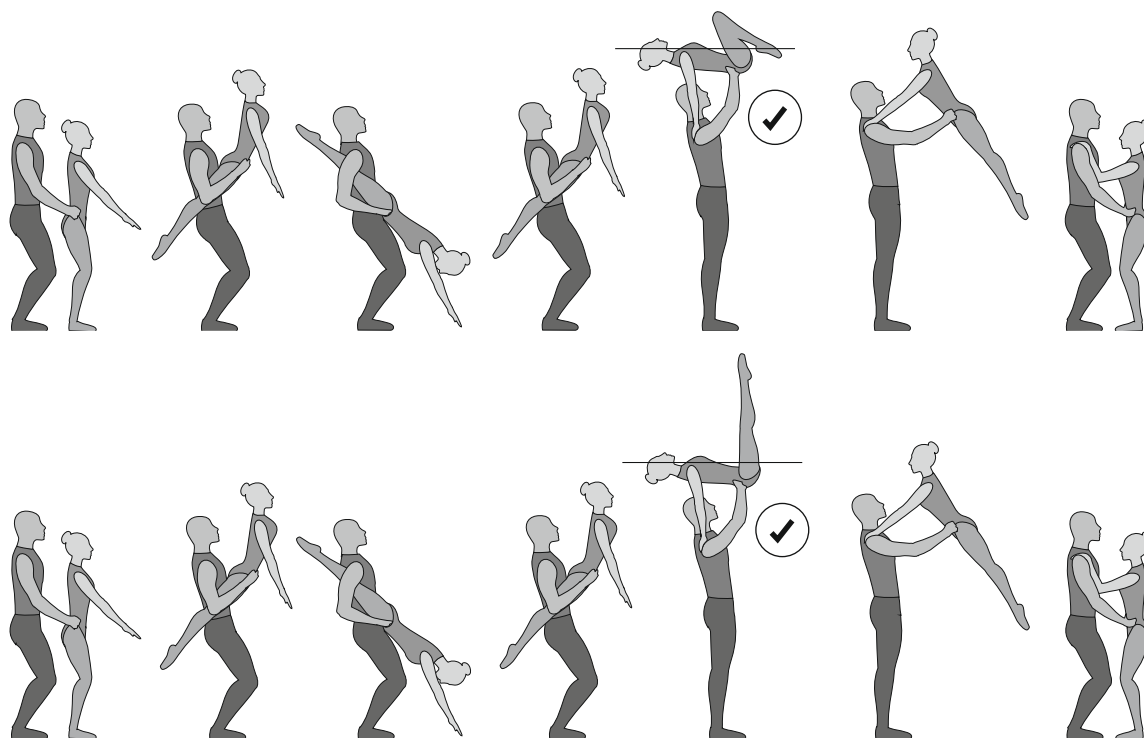
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Code: **J-3-07**



WRRC name: **SHALOM with ½ twist**

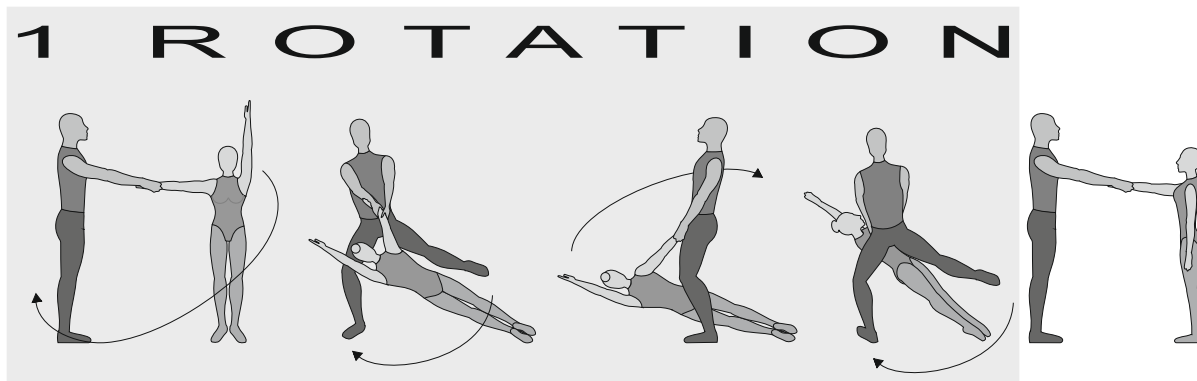
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## 5.4 GROUP 4: NON-FLYING ELEMENTS

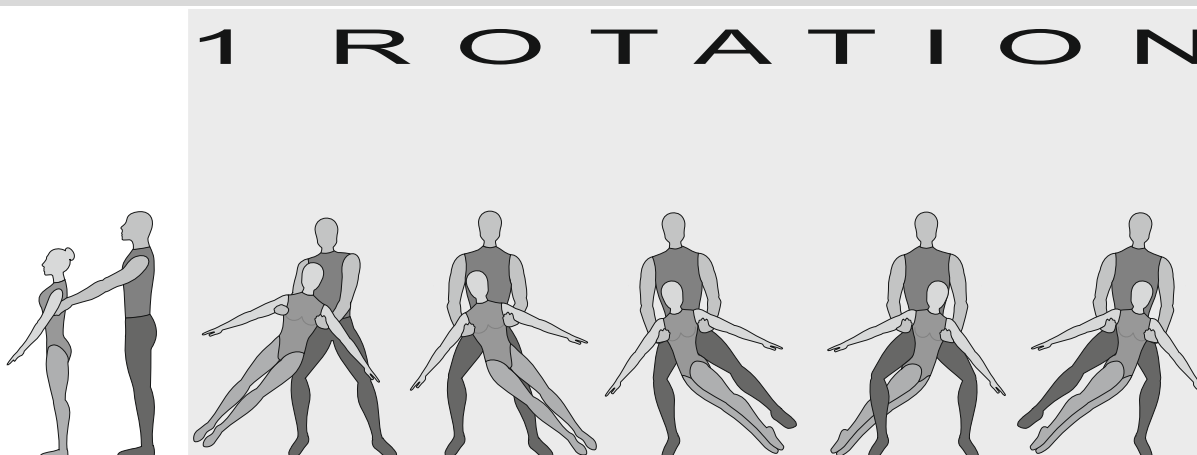
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Code: **J-4-01**



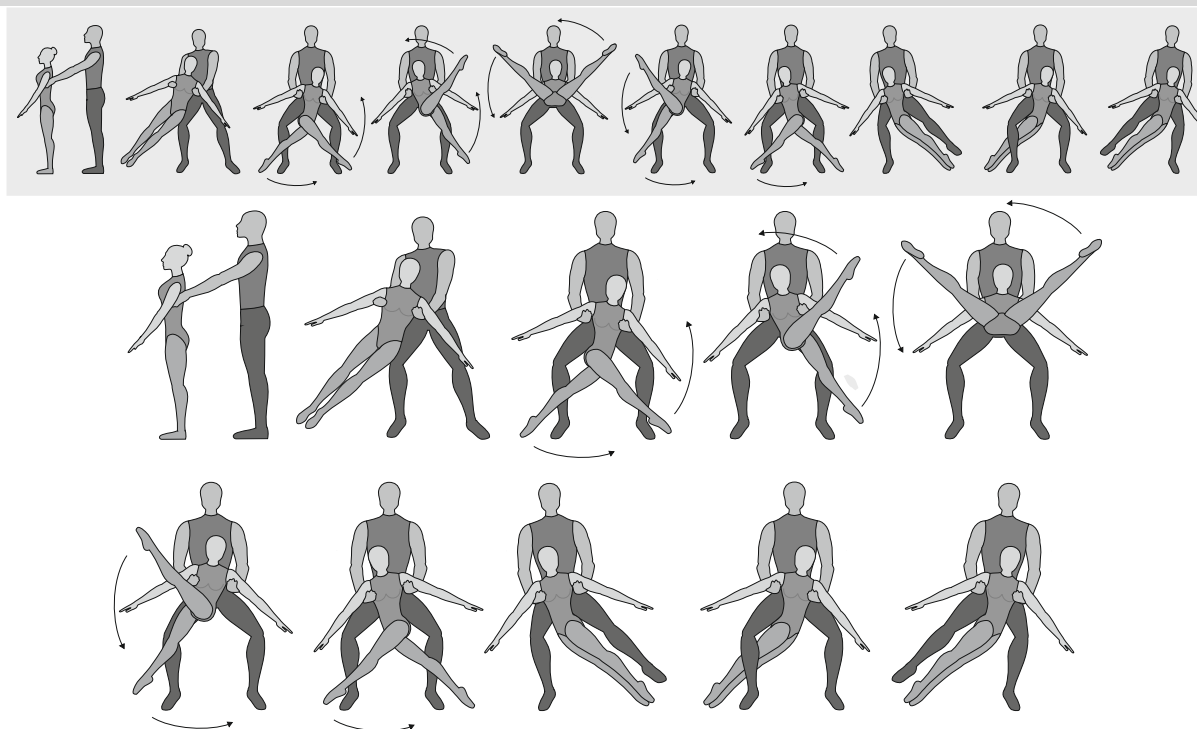
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Code: **J-4-02**



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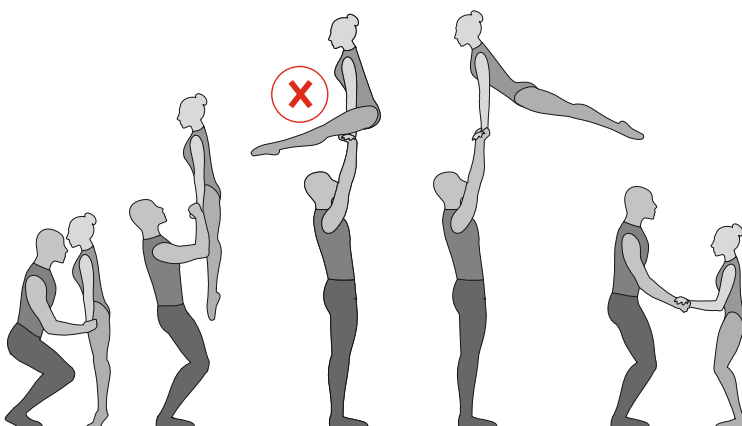
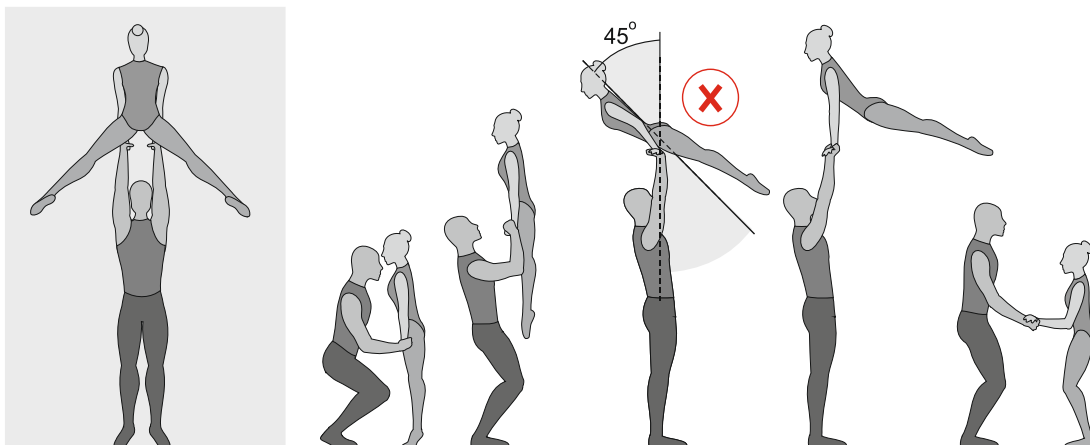
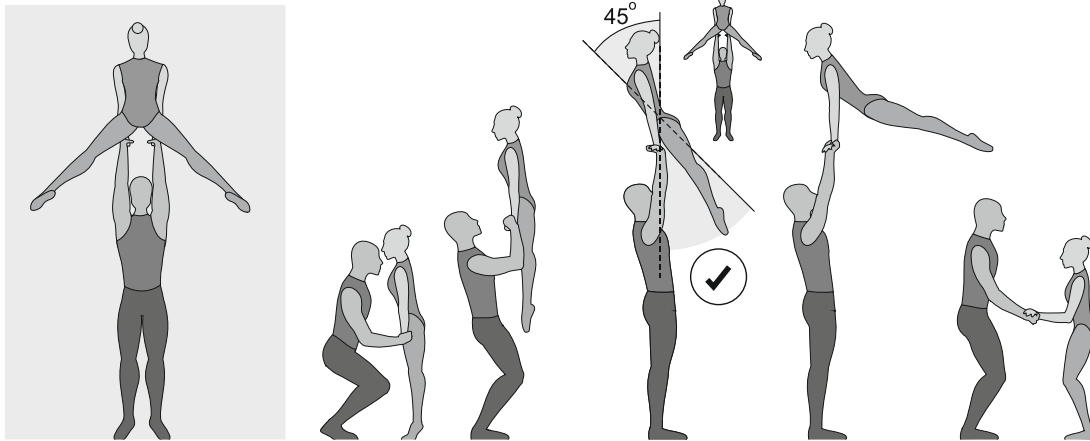
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## 5.5 GROUP 5: STATIC BODY POSTURE FROM LIFT

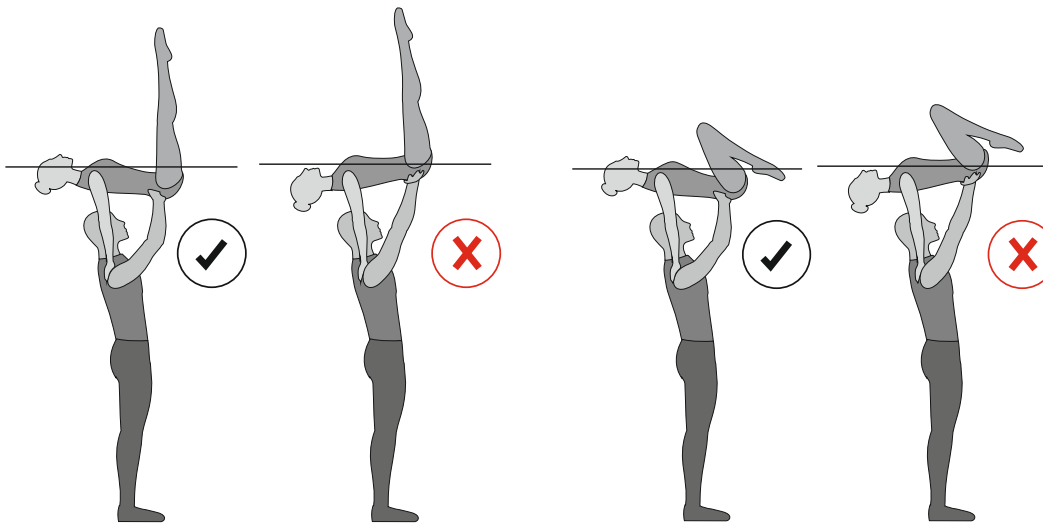
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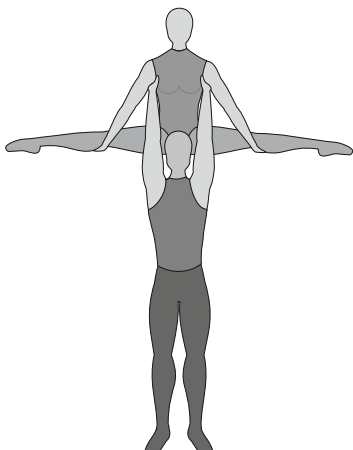
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Different leg positions are allowed.

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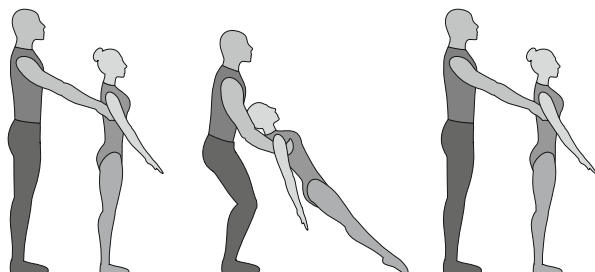
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## 5.6 GROUP 6: OTHER ELEMENTS

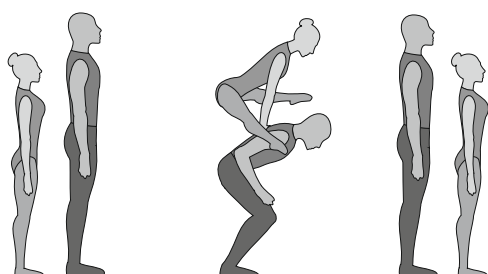
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Code: **J-6-01**



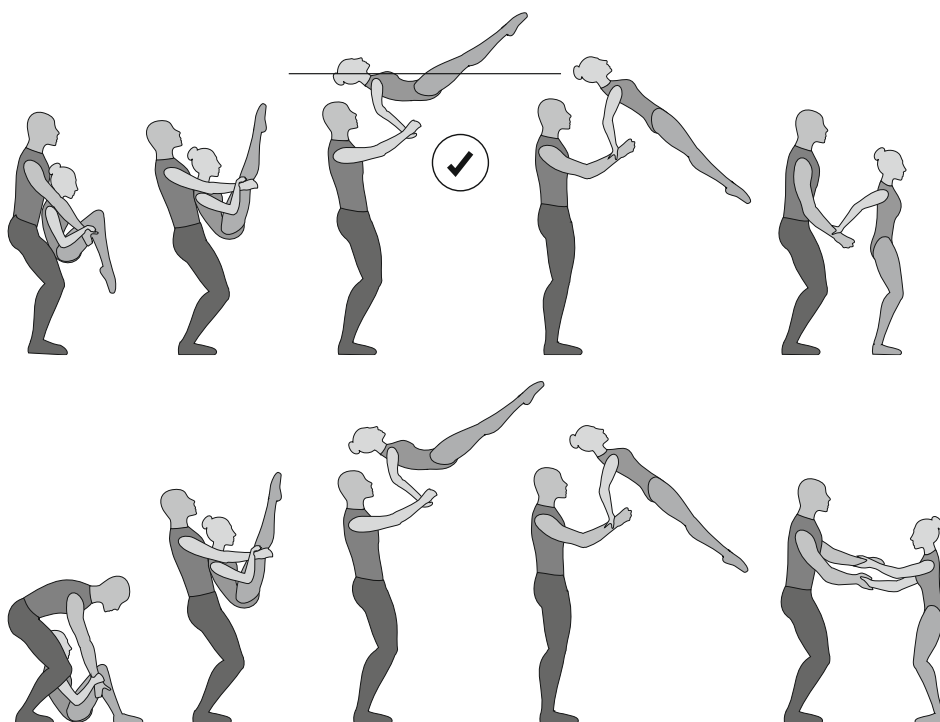
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Code: **J-6-02**



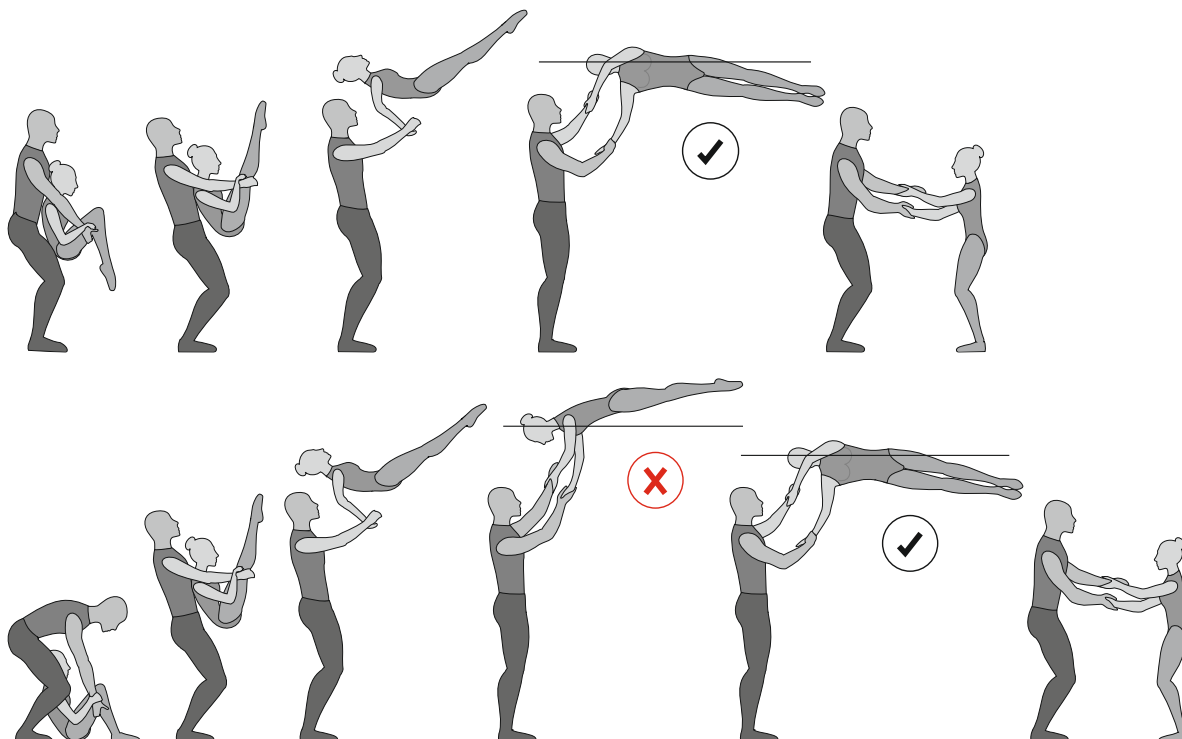
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Code: **J-6-03**



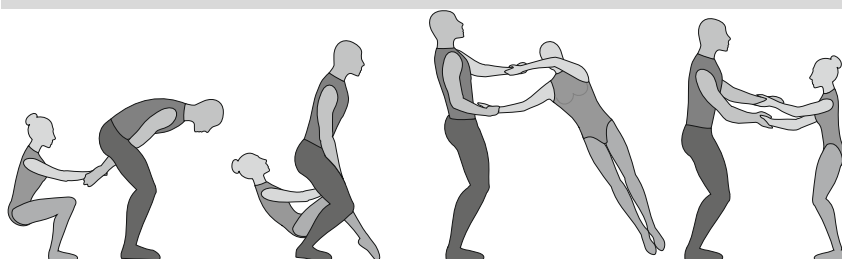
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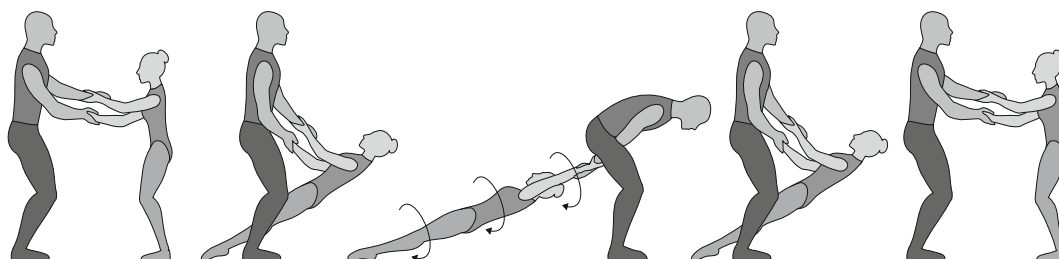
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Code: J-6-05



WRRC name:

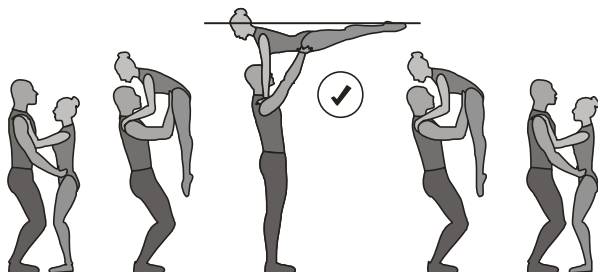
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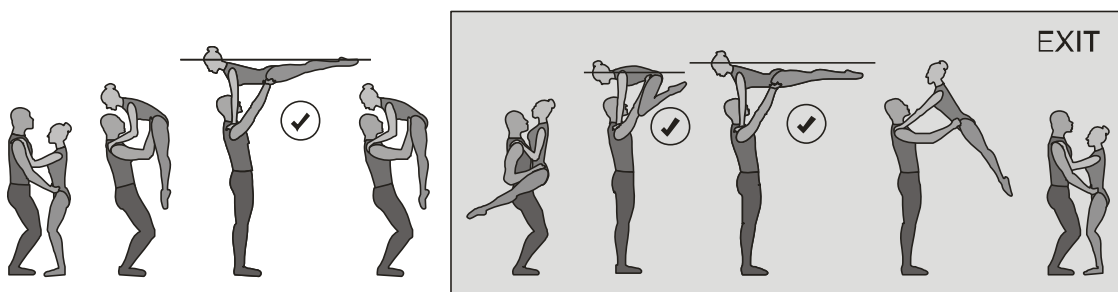
## 5.7 SINGLE ELEMENT OR COMBINATION?

### GUIDELINE FOR JUNIOR CATEGORY EXAMPLES

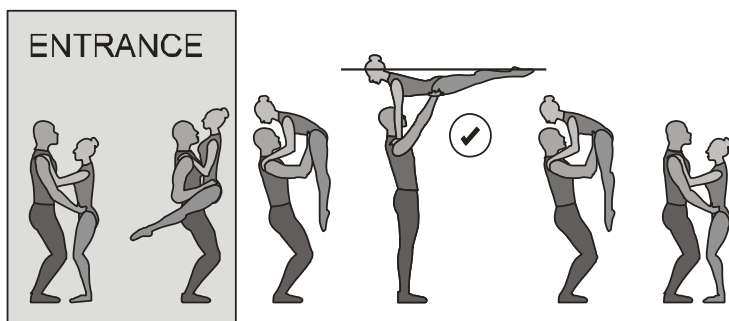
#### 1A. SINGLE – Group1



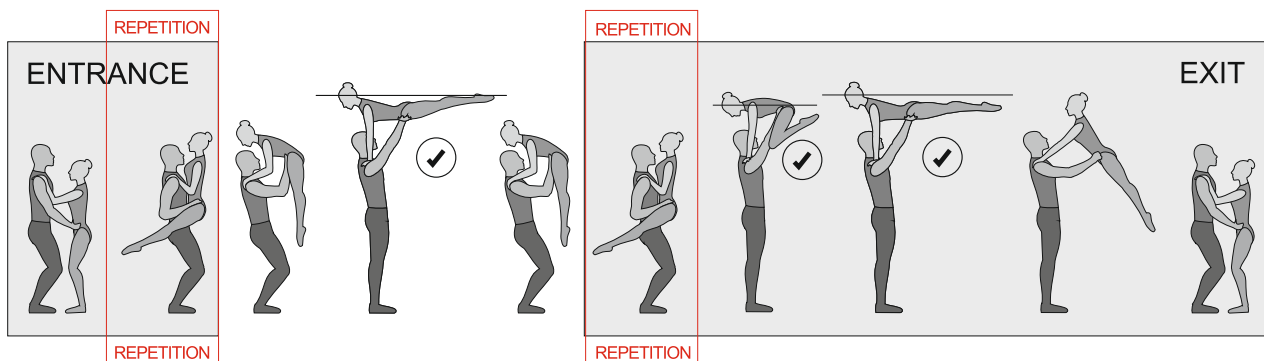
#### 1B. SINGLE – Group1+3



#### 1C. SINGLE – Group3

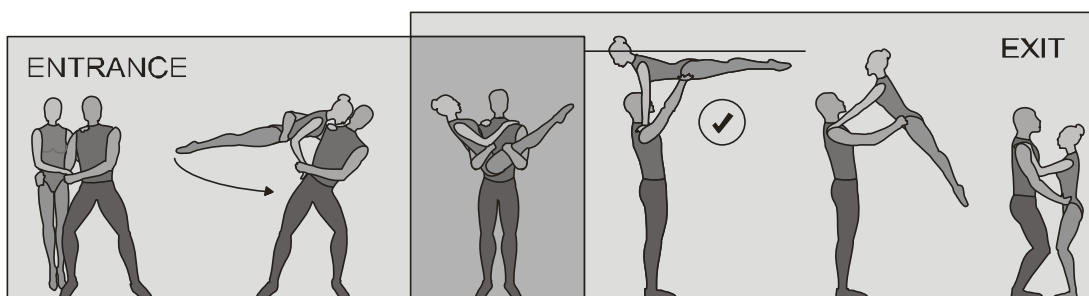


#### 1D. COMBINATION – Group3+1

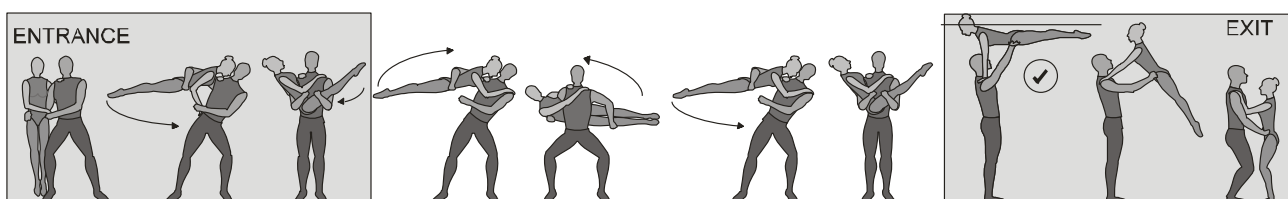




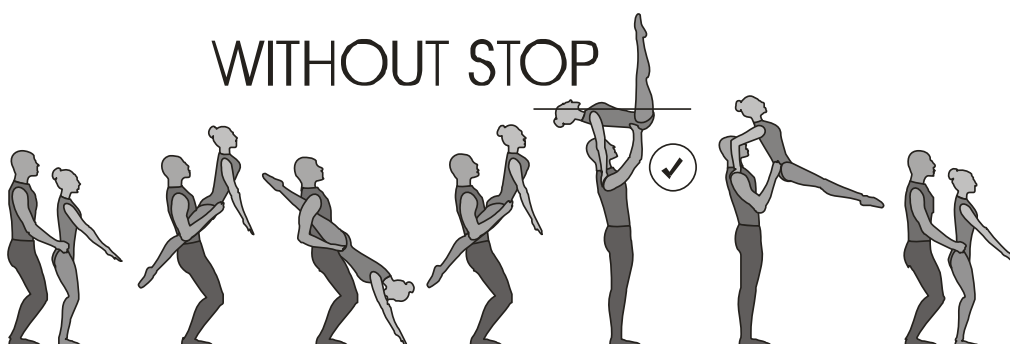
## 2A. SINGLE – Group3



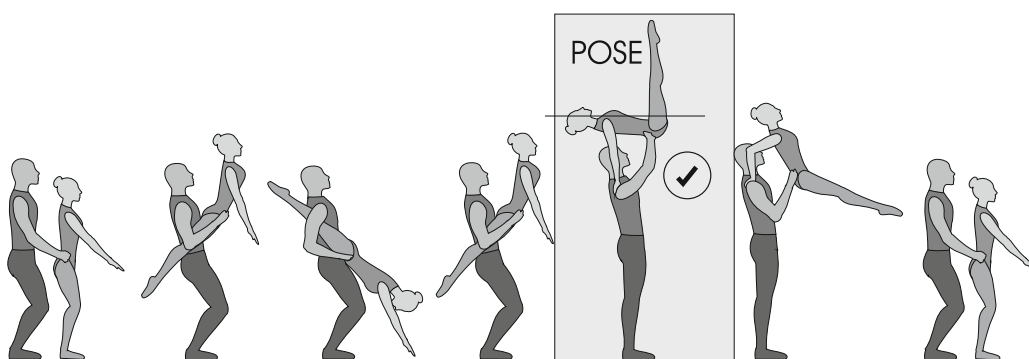
## 2B. SINGLE – Group3



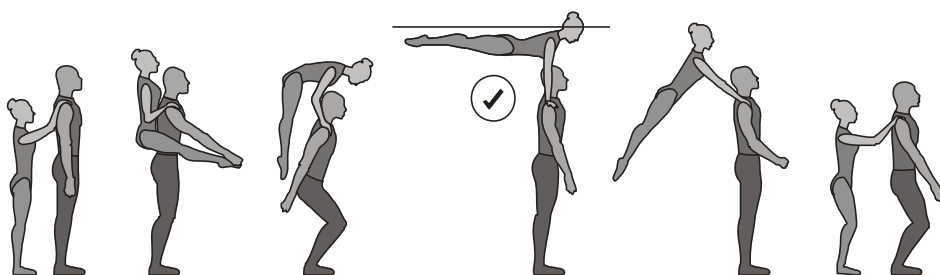
## 3A. SINGLE – Group 3



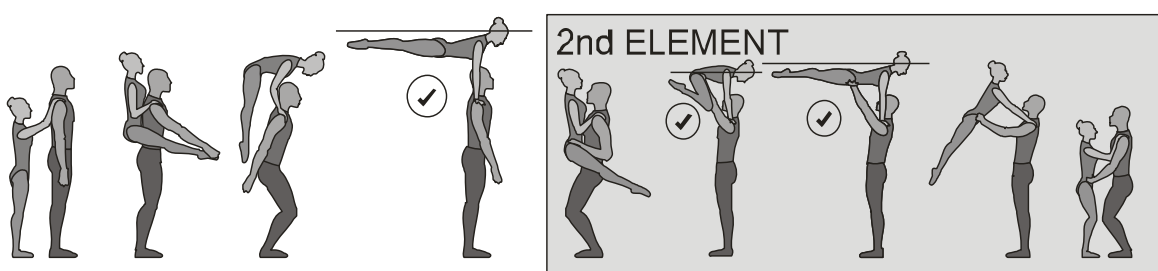
## 3B. SINGLE – Group3+5



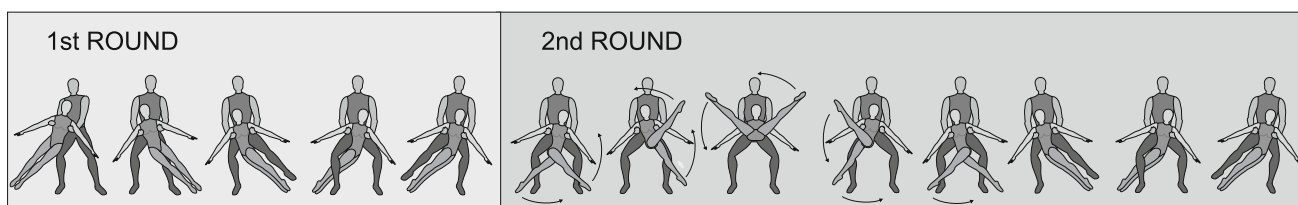
#### 4A. SINGLE – Group3



#### 4B. COMBINATION – Group3+2



#### 6. SINGLE – Group4



## 6 SAFETY LEVEL 2

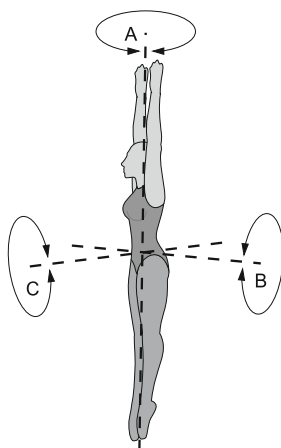
### RR COUPLE DANCE SHOW, LADIES FORMATION

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 grips at least (on the body of partner who performs the acrobatic element) allow maximum 360° rotations in formation categories.

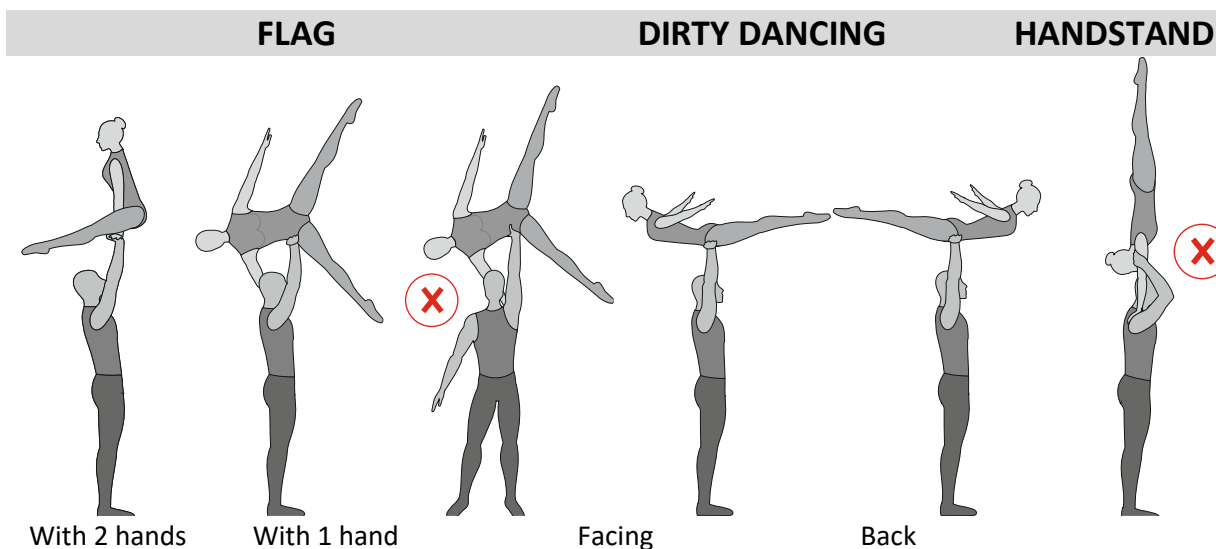
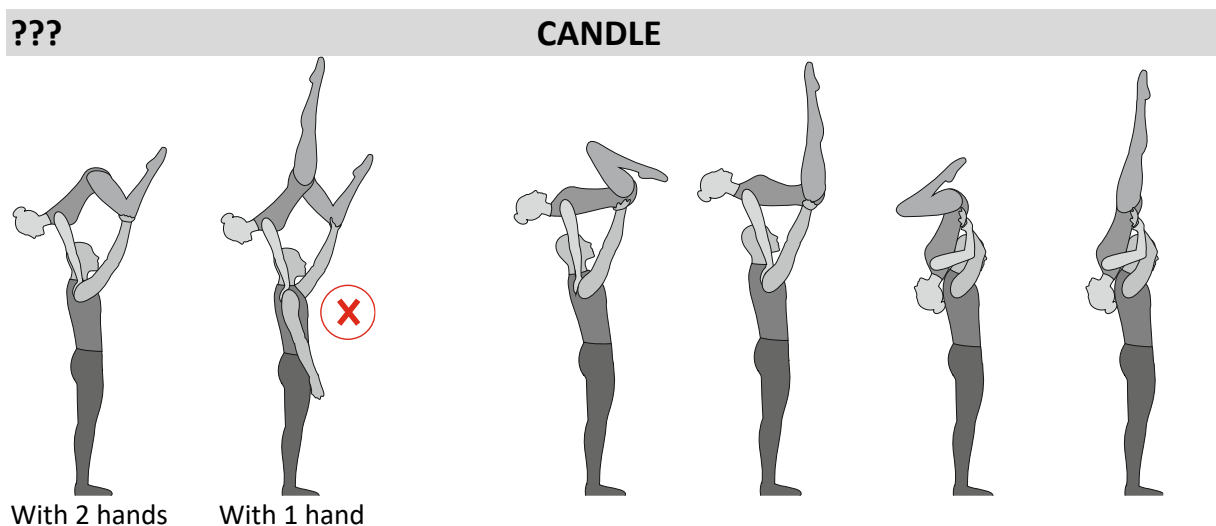
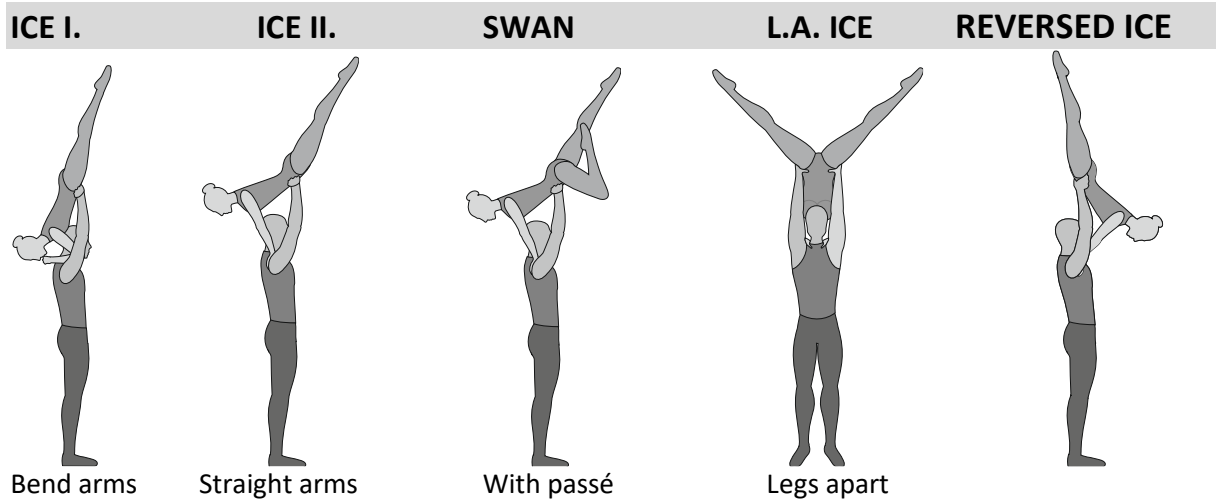
Body contact during elements with more than 180 degrees rotation around lateral/sagittal axis leads to ROLLING MOVEMENT:

- 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

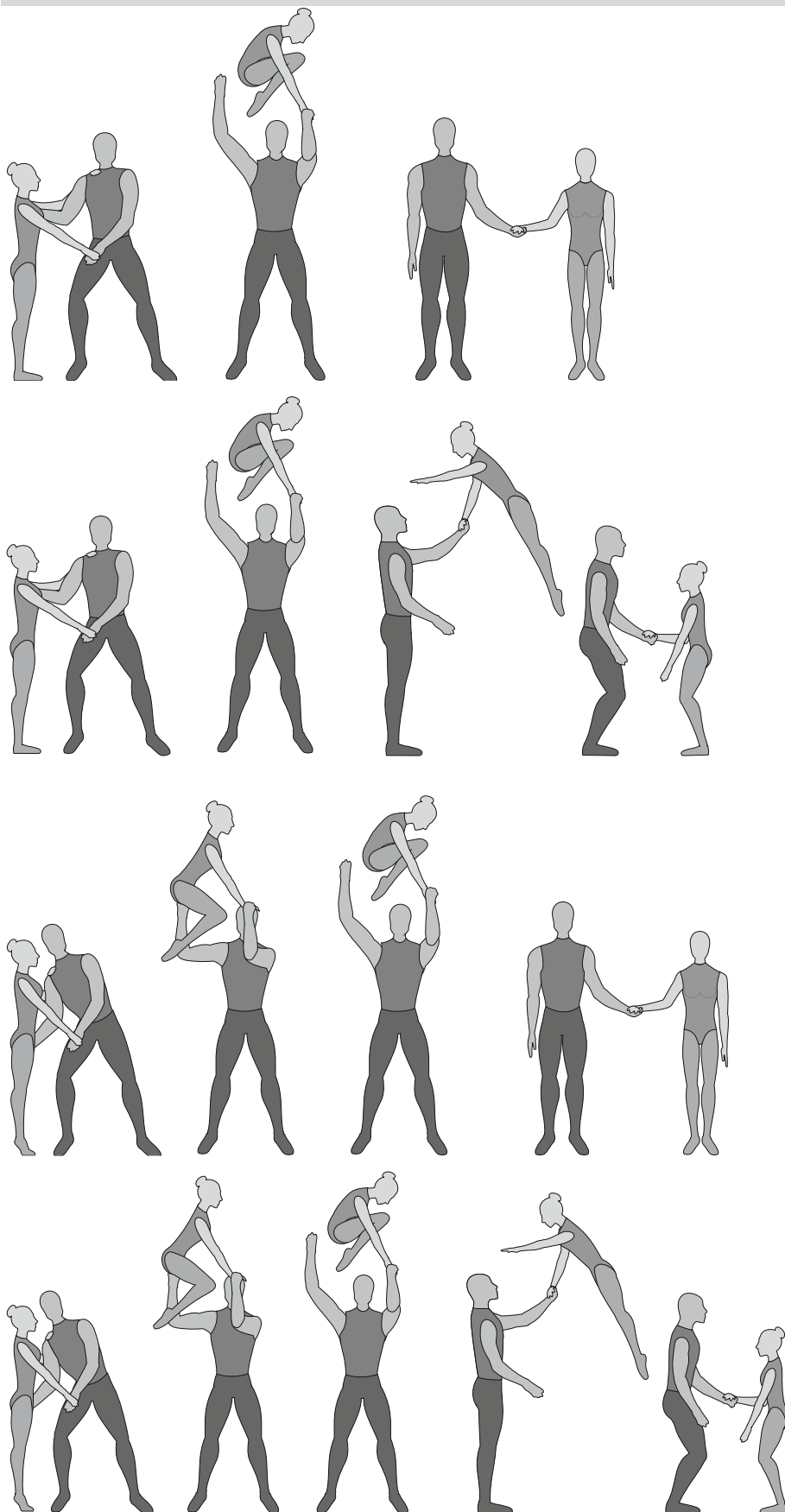
## 6.1 POSES



## 6.2 ELEMENTS

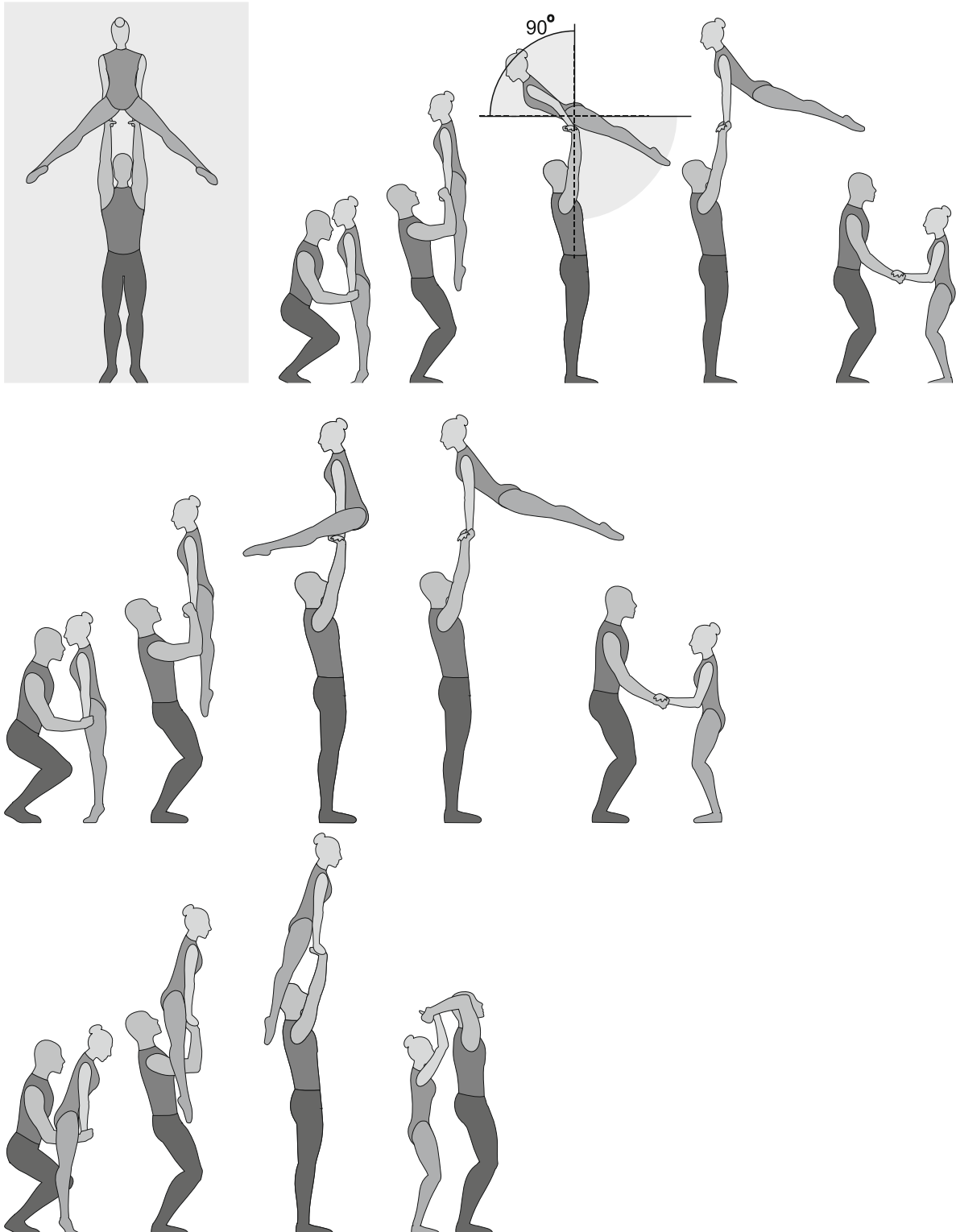
WRRC name:

Code: **CDS-01**



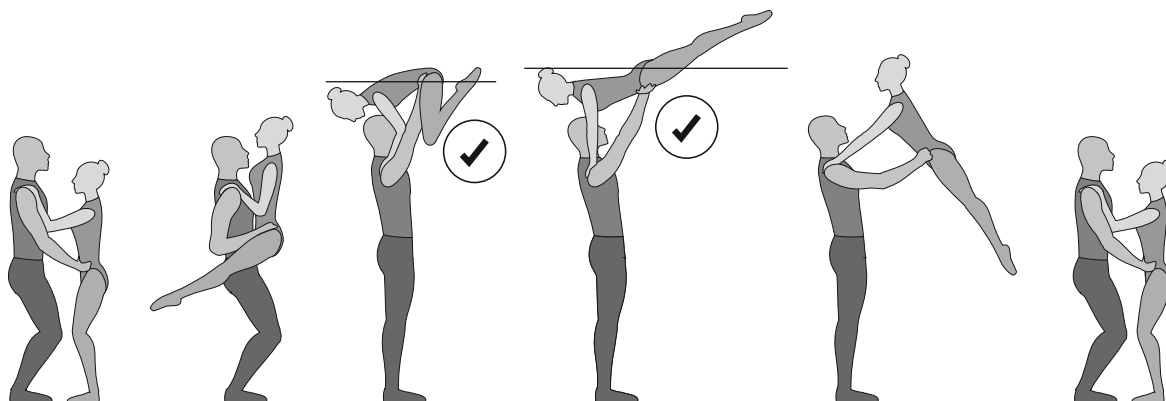
WRRRC name:

Code: CDS-02



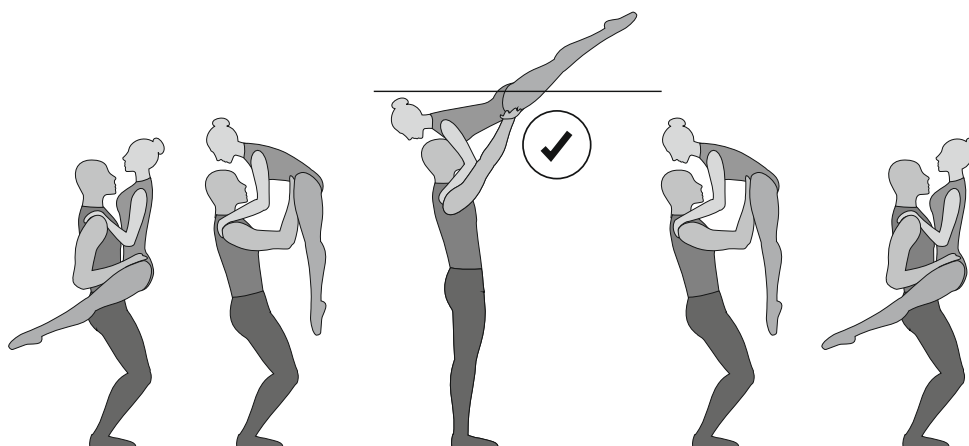
WRRC name:

Code: **CDS-03**



WRRC name:

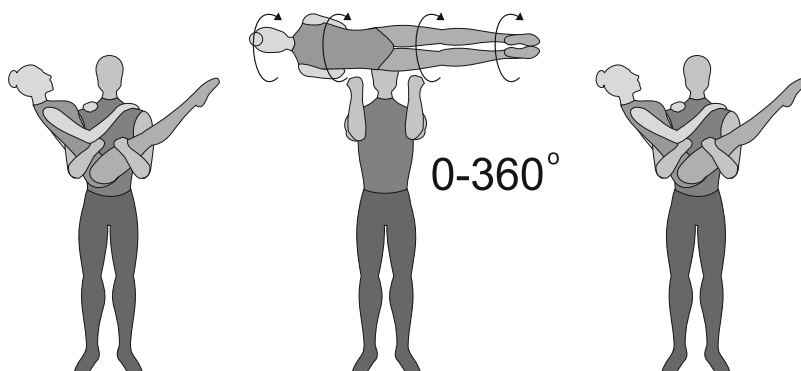
Code: **CDS-04**



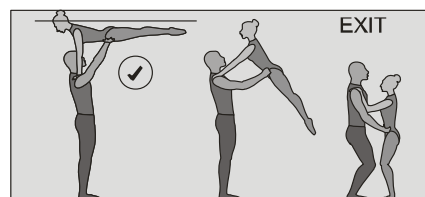
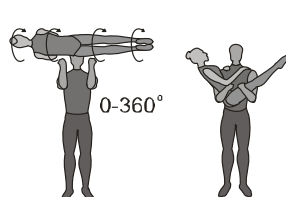
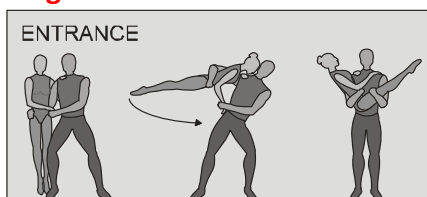
WRRC name:

(exceptional)

Code: **CDS-05**

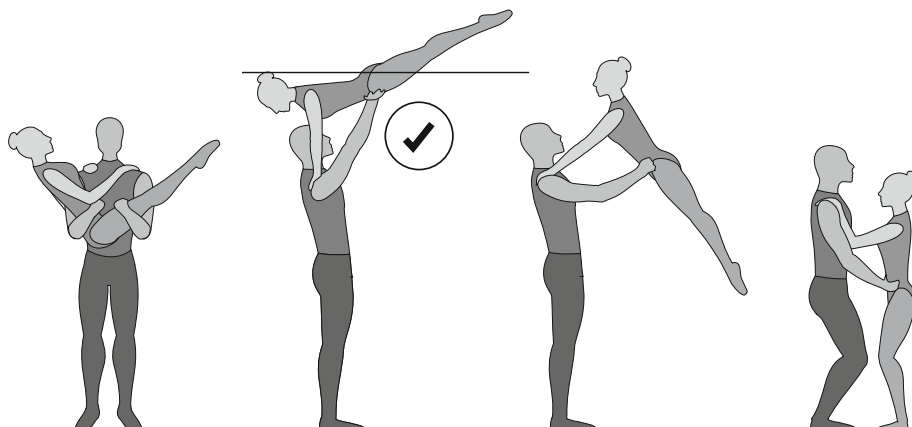


**Single element:**



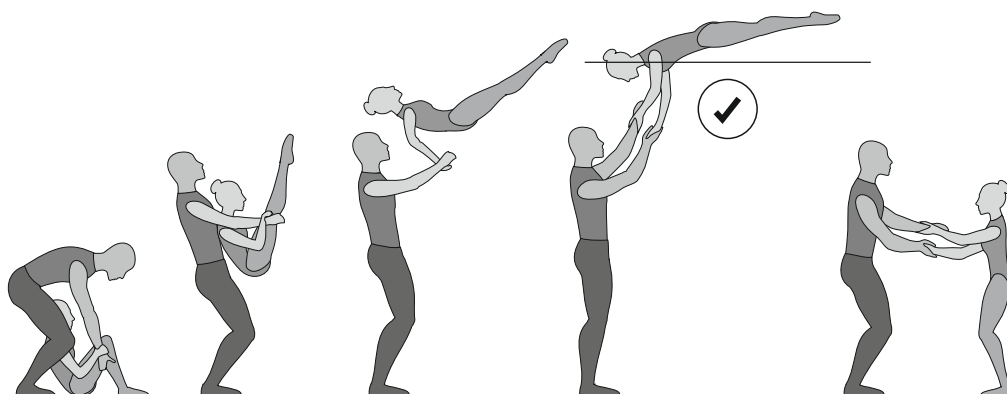
WRRRC name:

Code: **CDS-06**



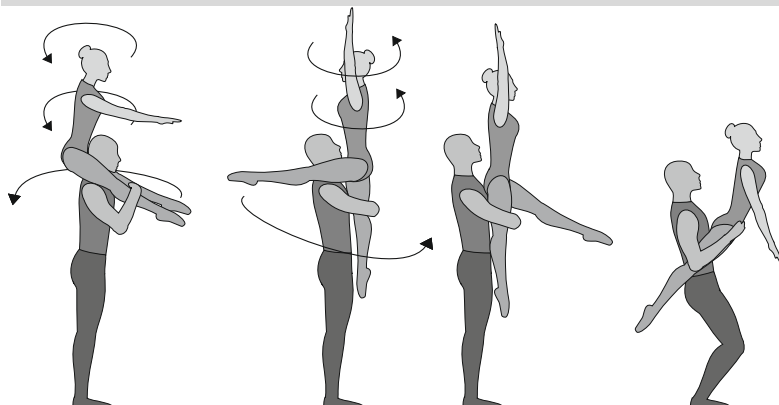
WRRRC name:

Code: **CDS-07**

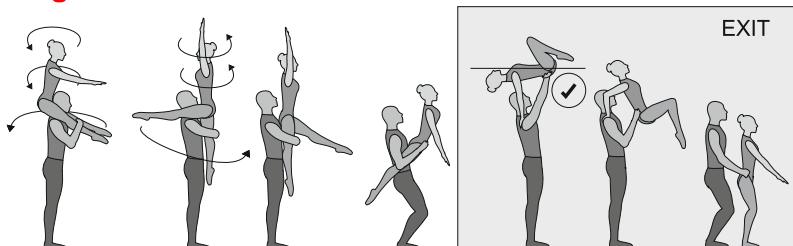


WRRRC name:

Code: **CDS-08**



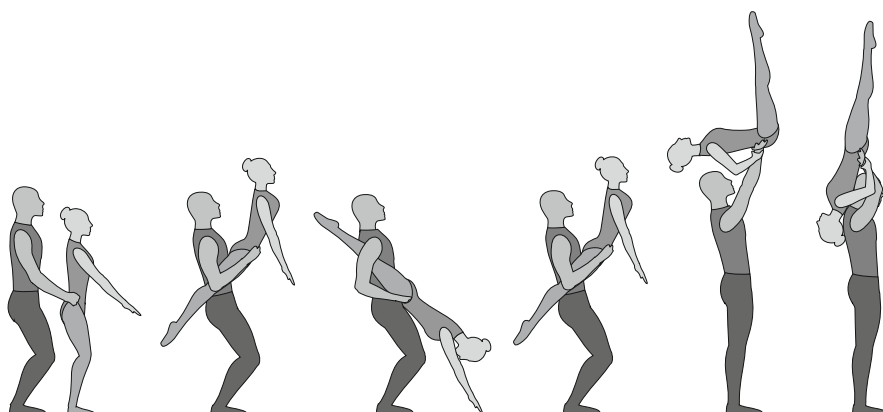
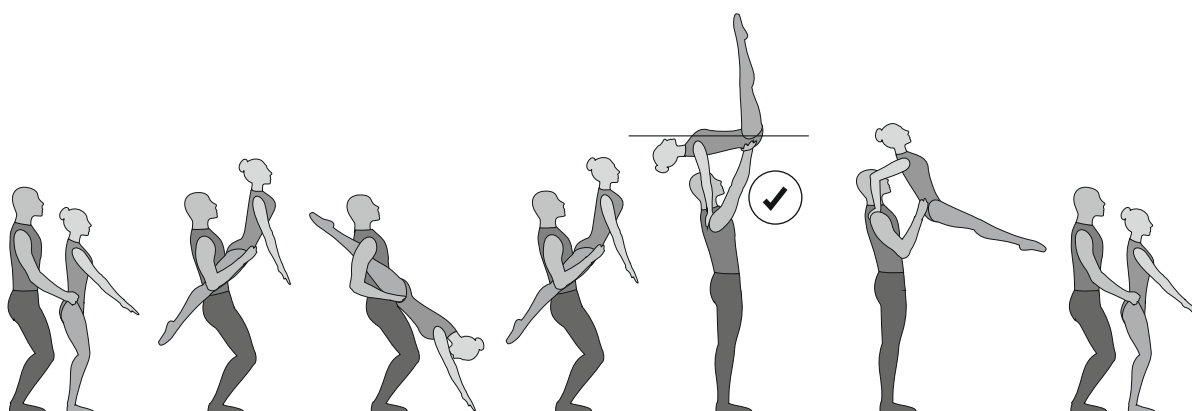
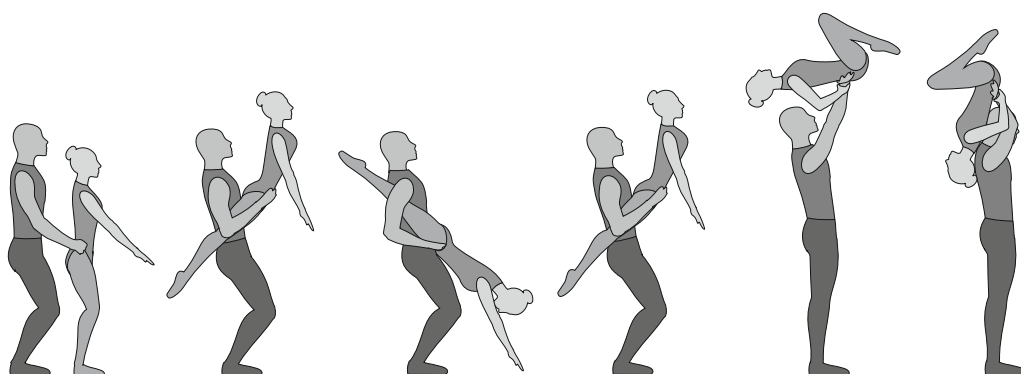
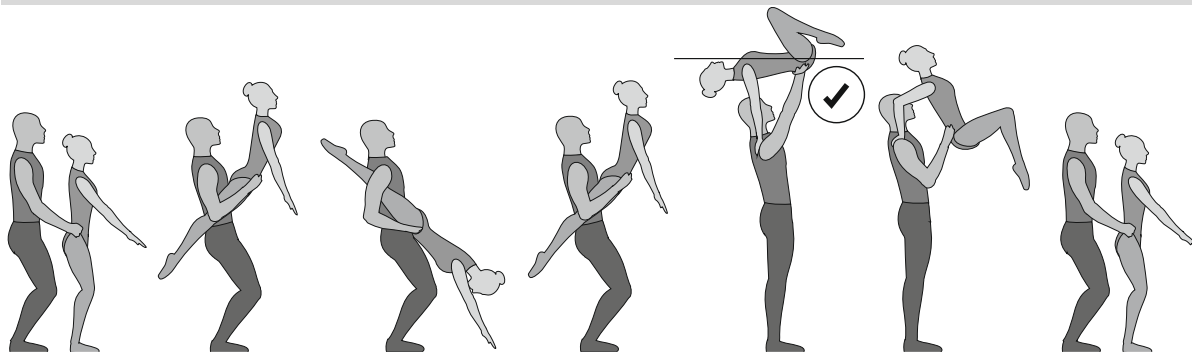
**Single element:**





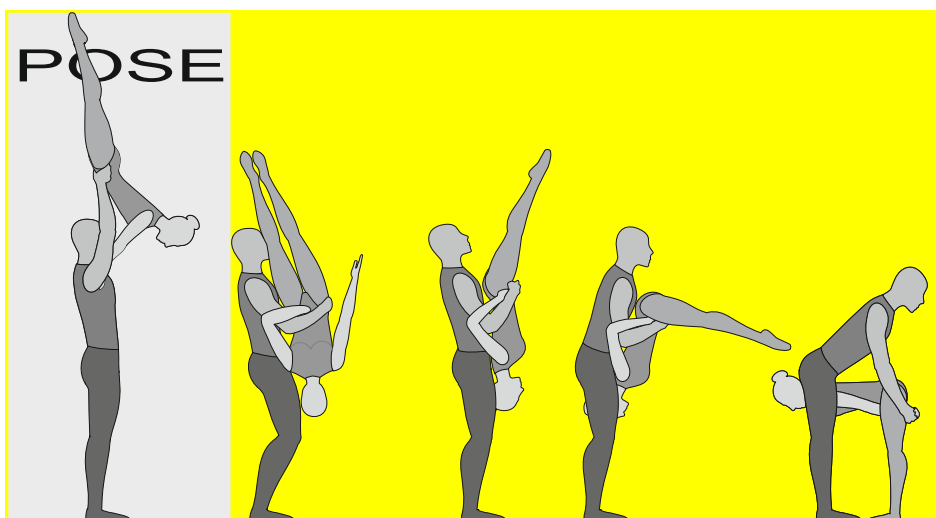
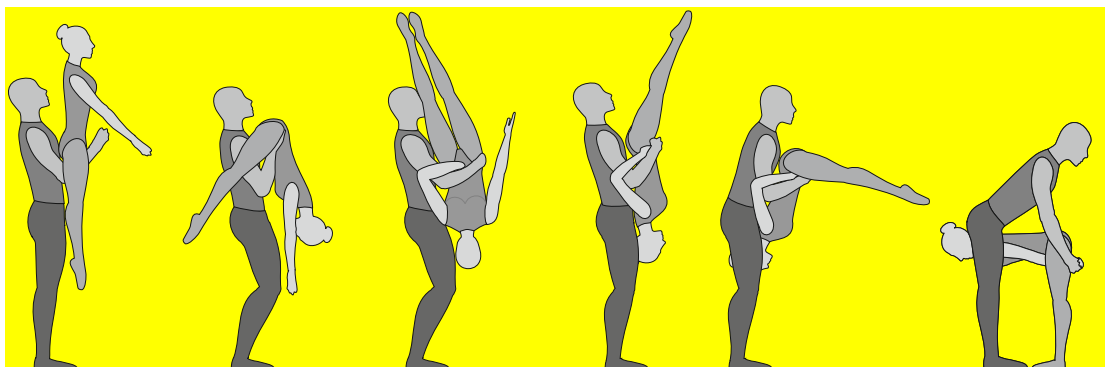
WRRC name:

Code: **CDS-09**



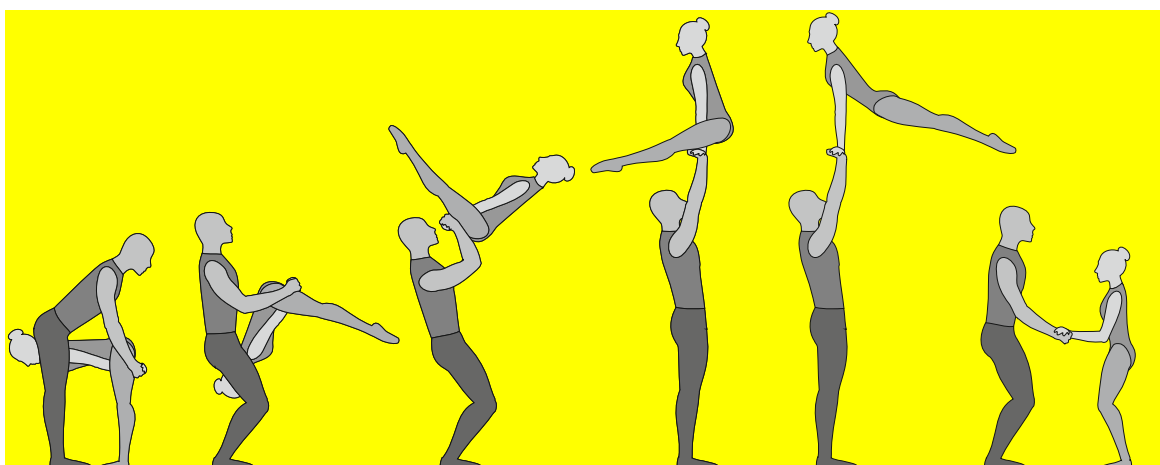
WRRC name:

Code: **CDS-10**



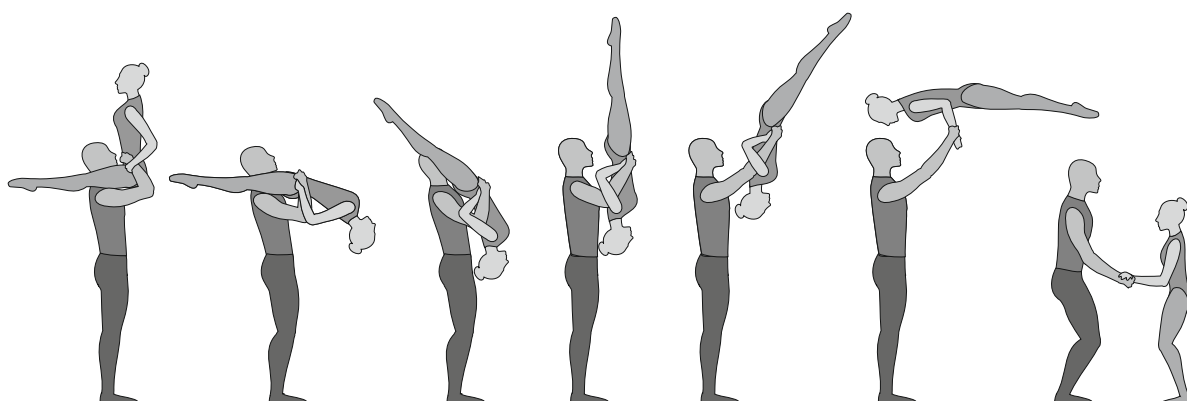
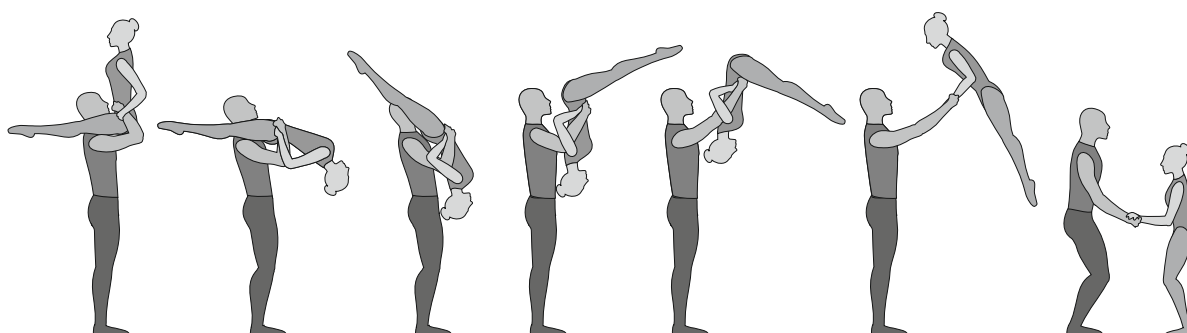
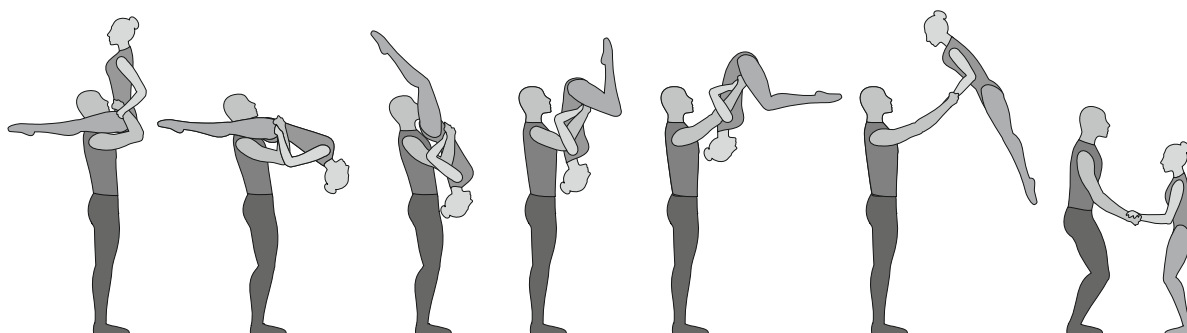
WRRC name:

Code: **CDS-11**



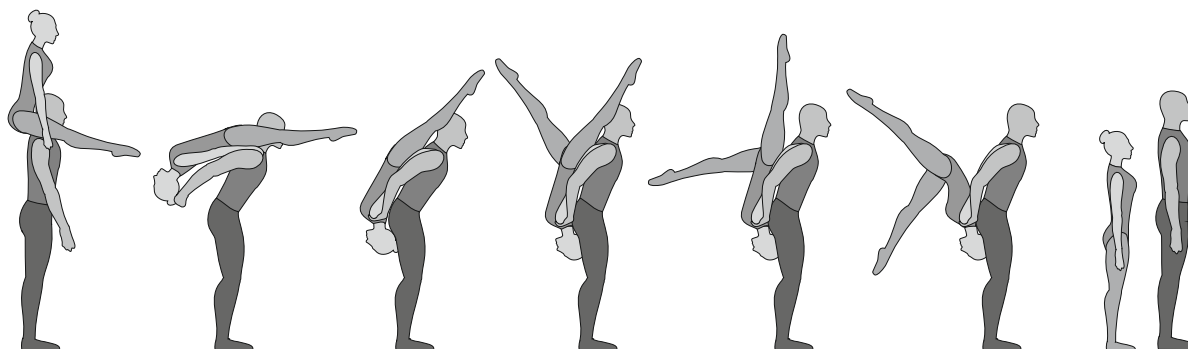
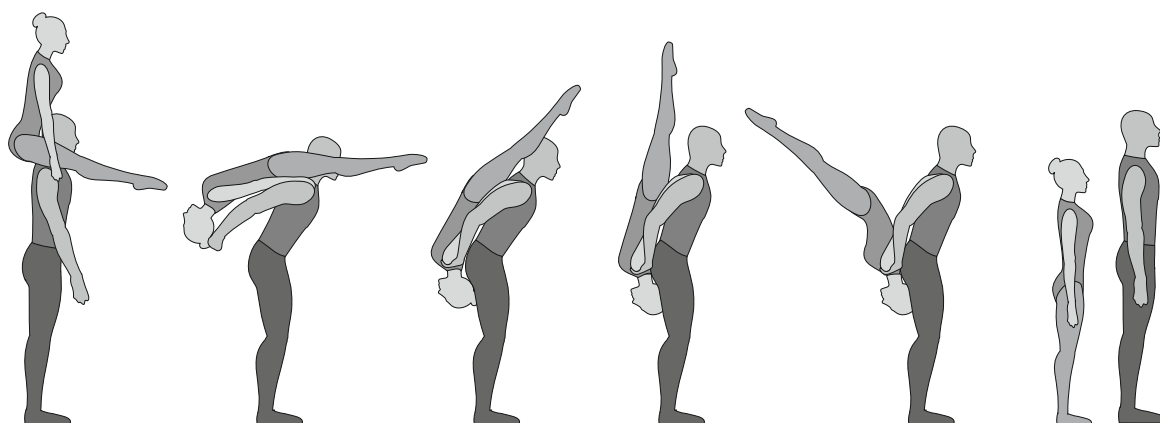
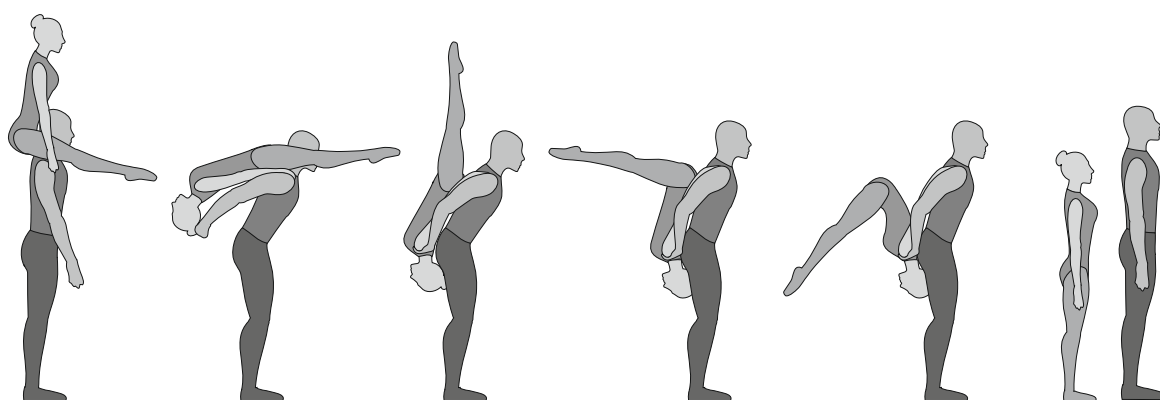
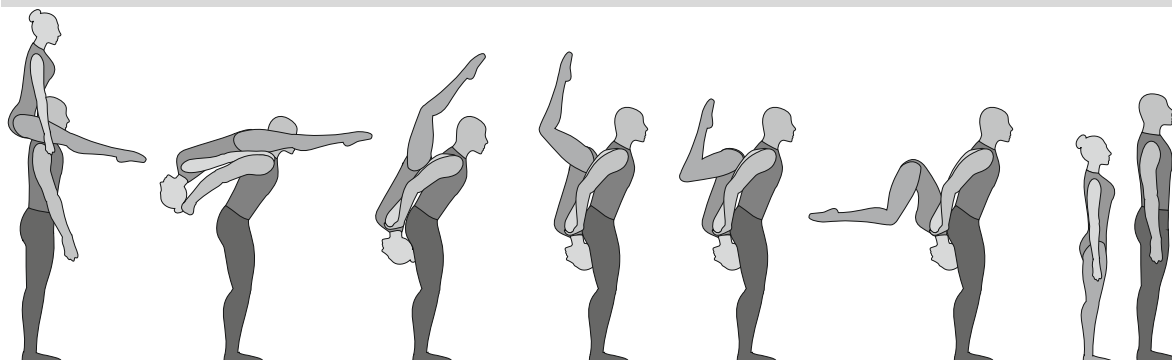
WRRC name:

Code: **CDS-12**



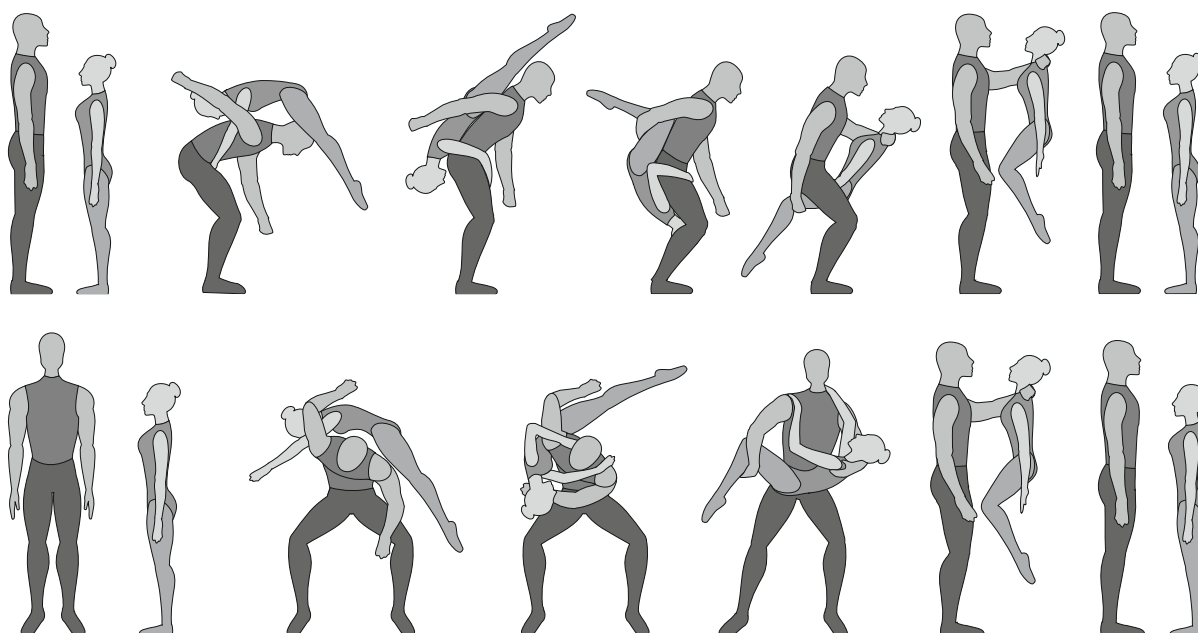
WRRC name:

Code: **CDS-13**



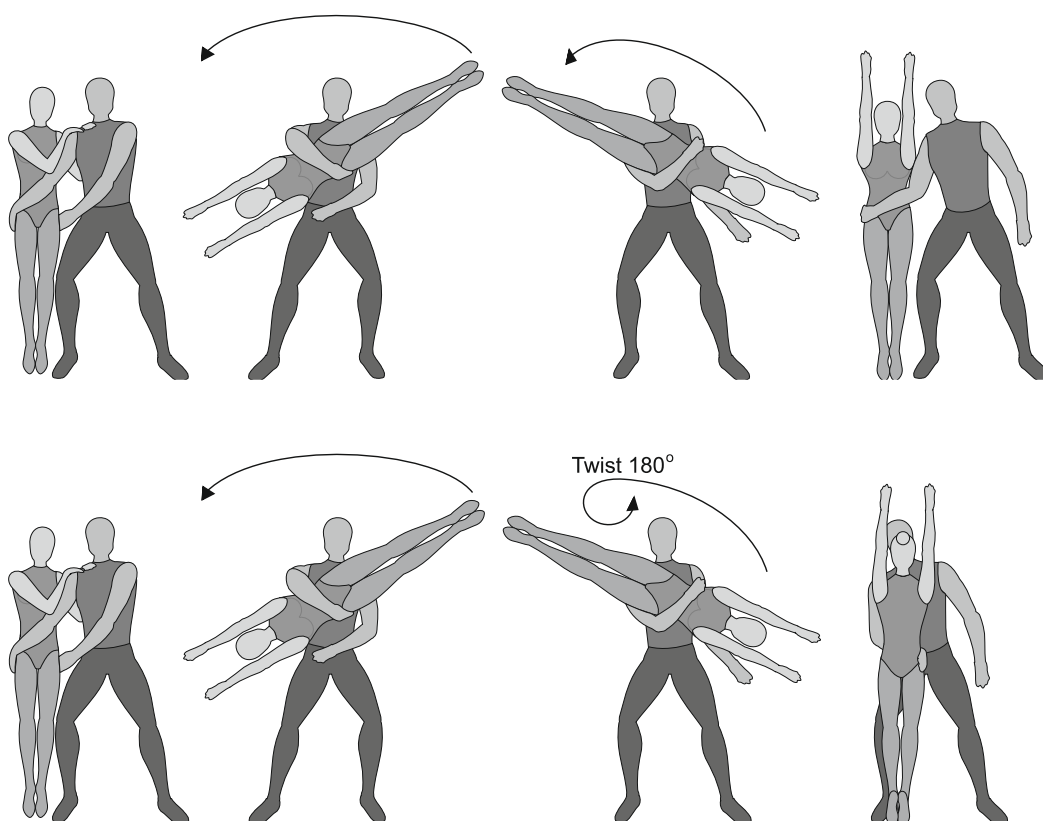
WRRC name:

Code: **CDS-14**



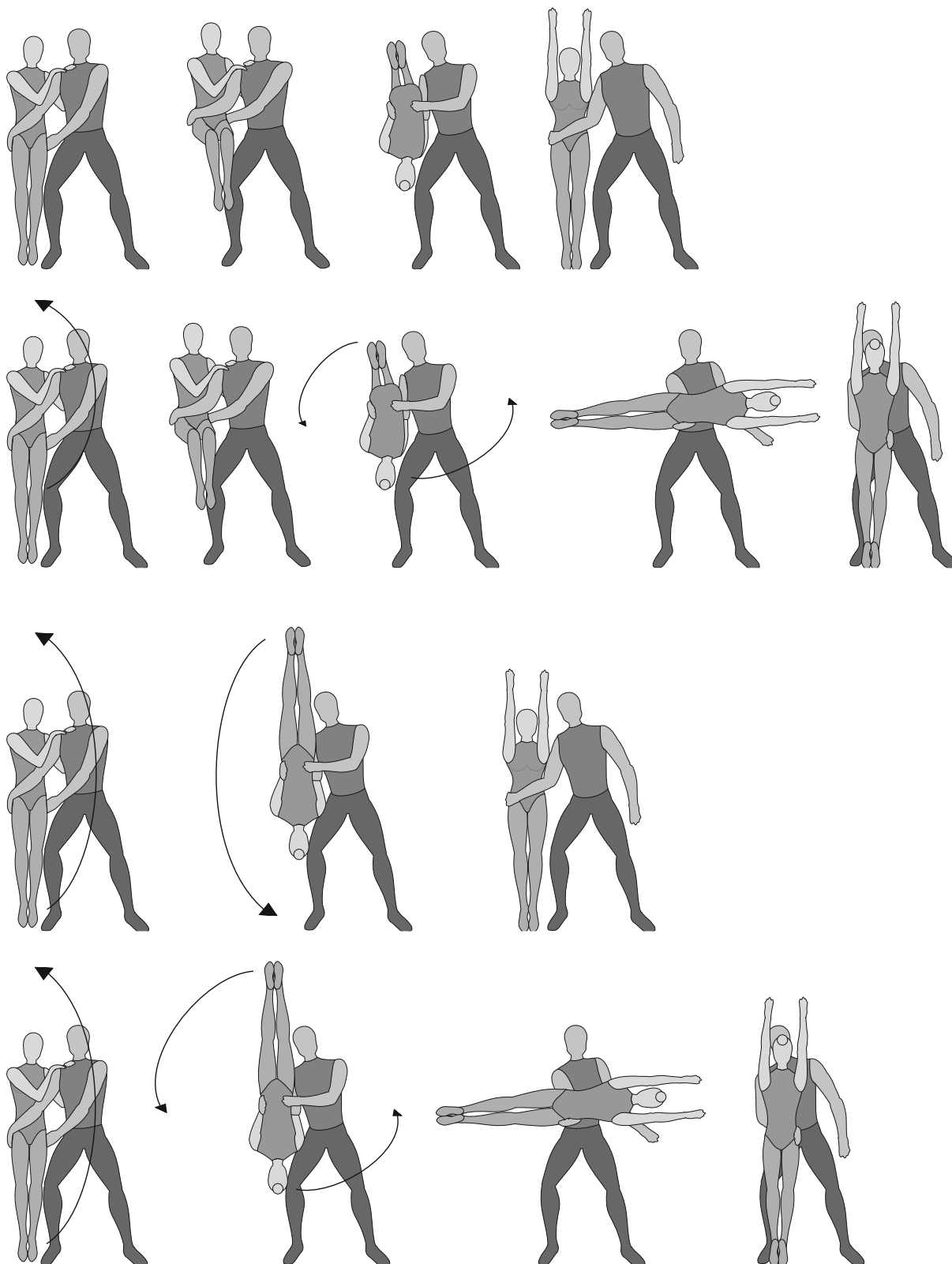
WRRC name:

Code: **CDS-15**



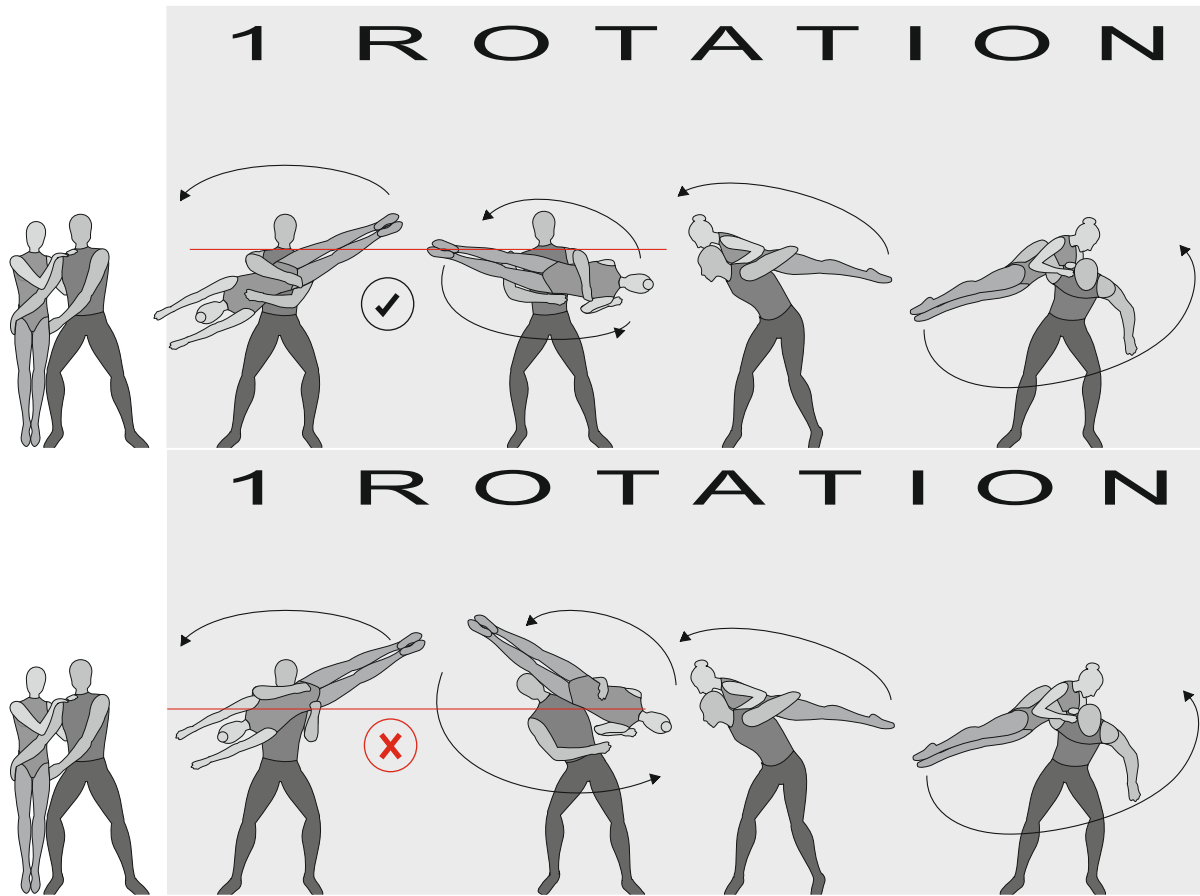
WRRC name:

Code: **CDS-16**



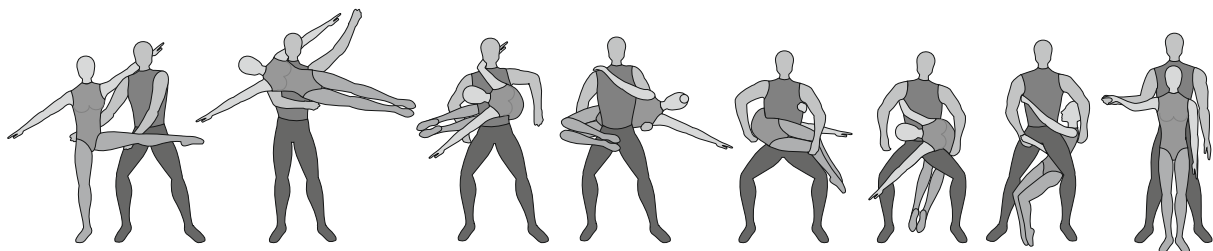
WRRC name:

Code: CDS-17



WRRC name:

Code: CDS-18

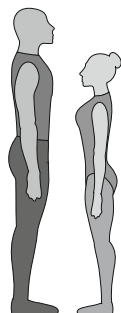


## 7 SAFETY LEVEL 1

### RR MAIN CLASS CONTACT STYLE

#### 7.1 STARTING POSITIONS – ENTRANCE

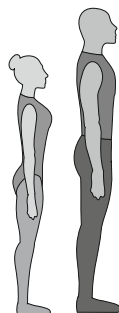
##### From the FLOOR



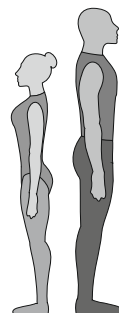
Facing



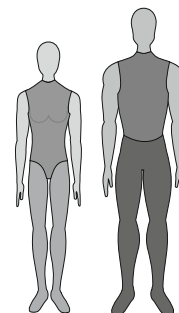
Back I.



Back II.



Back to Back

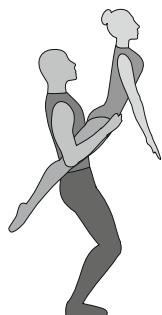


Side by Side

##### From WAIST height



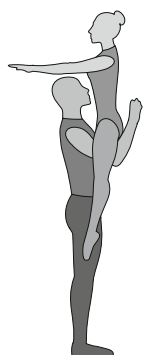
Sitting on the waist  
Facing



Back I. (Shalom position)



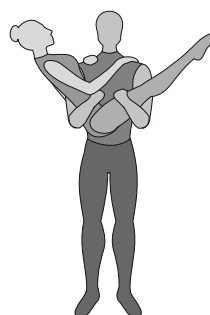
Back II. (Tessarini position)



Sitting on the arms  
Legs apart facing



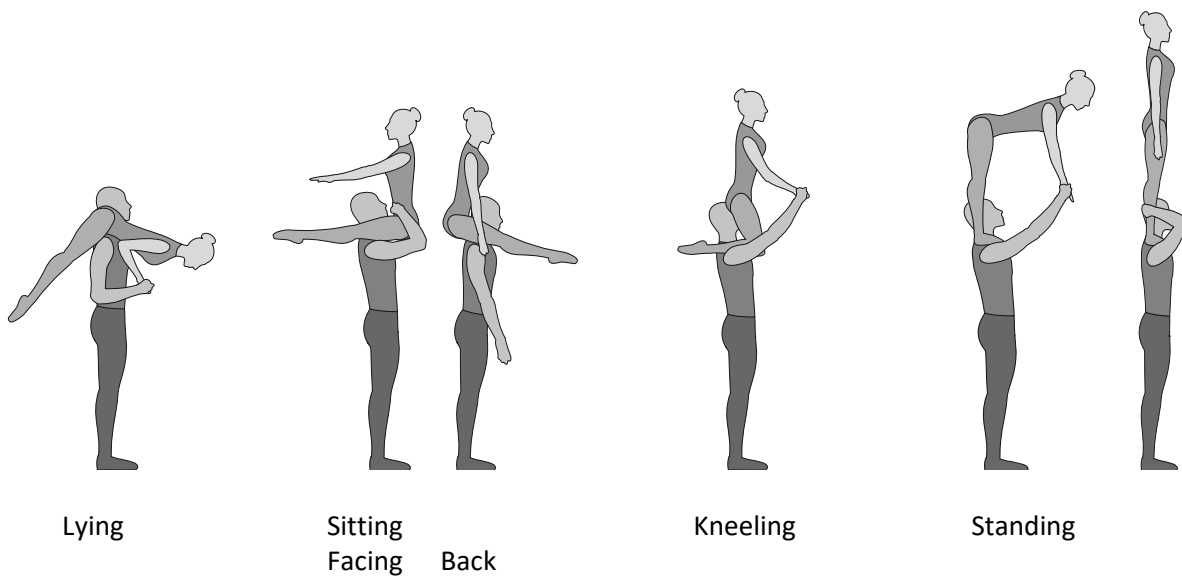
Legs apart back



Sitting in the arms  
Sideways

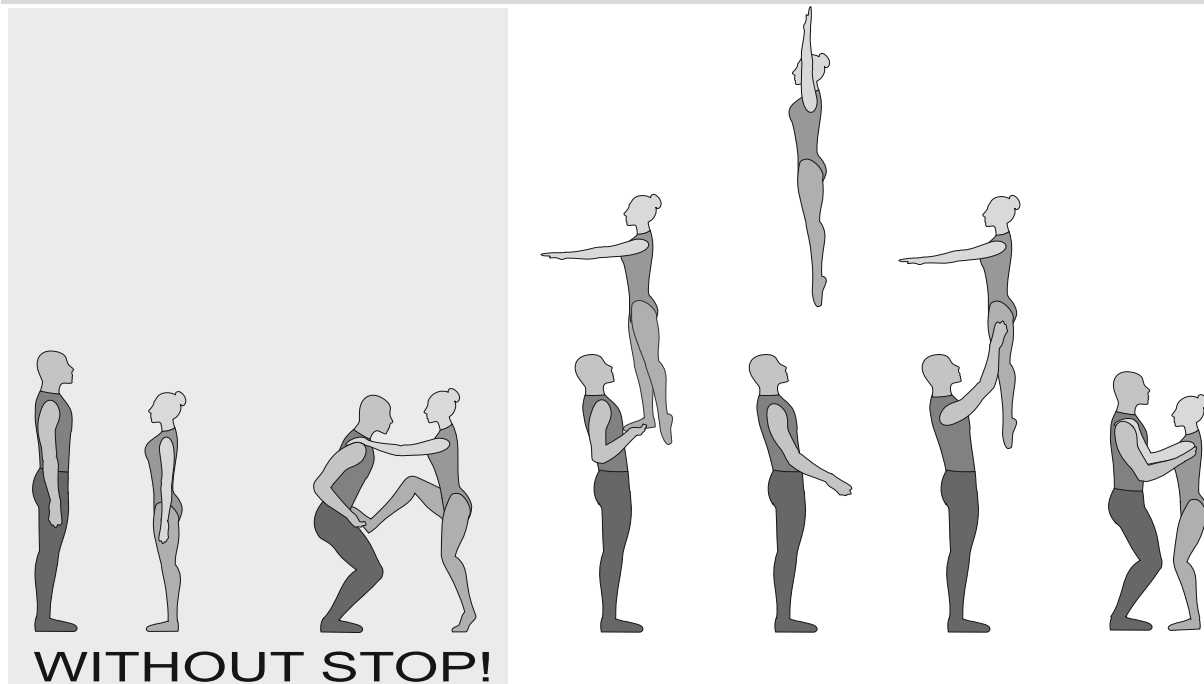


## From SHOULDERS height



## 7.2 START OF ACROBATICS - ENTRANCE

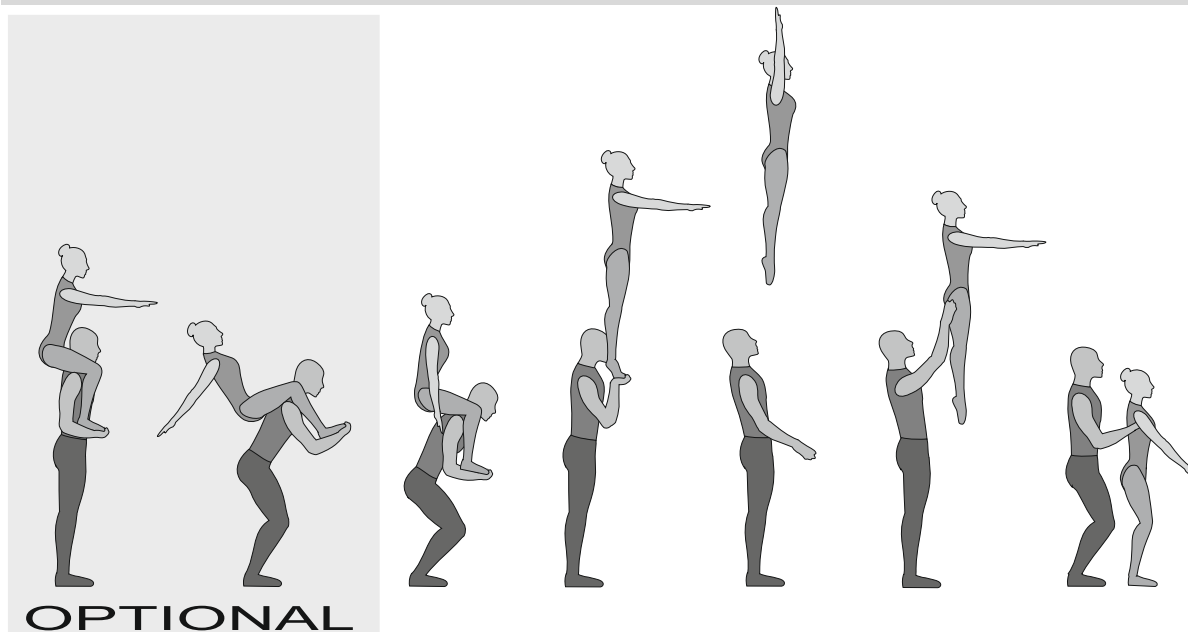
### STAFF



Entrance

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

### BETTARINI

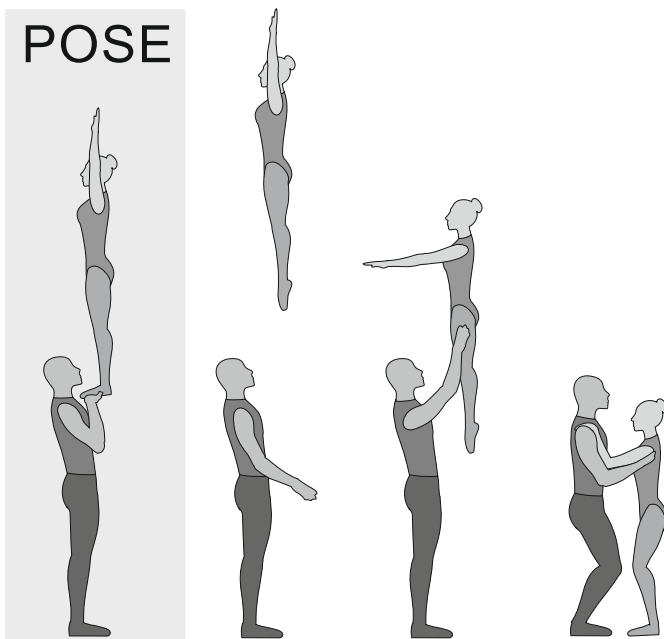


Entrance

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

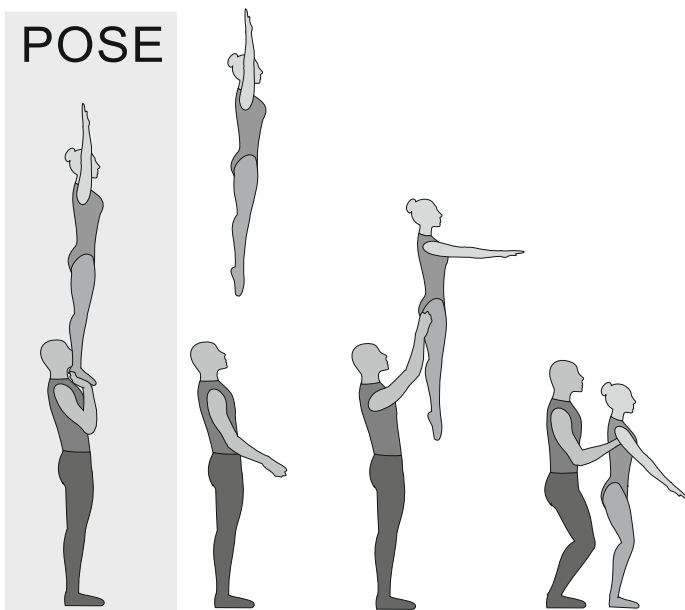
## From STANDING ON THE ARMS

### POSE



Facing

### POSE

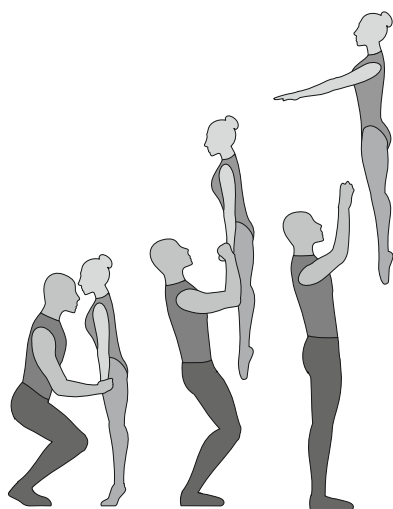
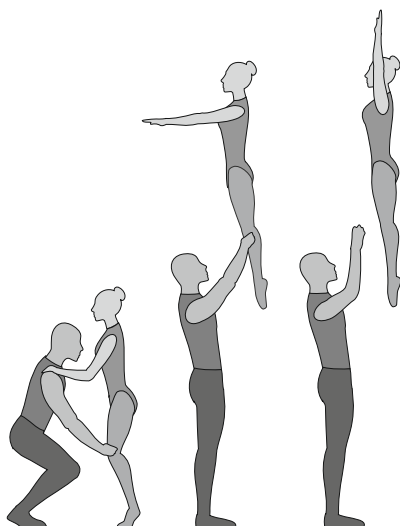
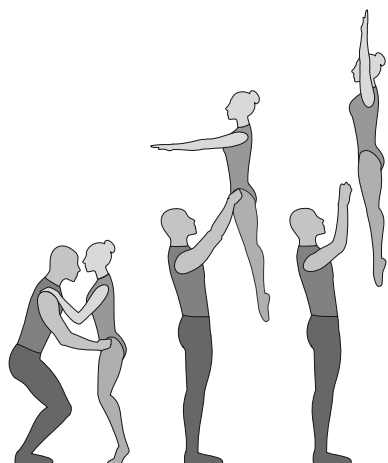


Back

Value: 1,5 points bonus

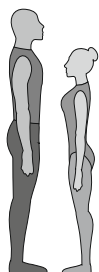
(only once from STANDING ON THE ARMS ***Facing OR Back*** – for the first one during the program)

**Samples for OTHER FLYING TAKE OFF** - without value

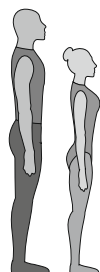


## 7.3 ACROBATIC LANDINGS – EXITS

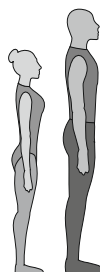
### STANDARD



Facing



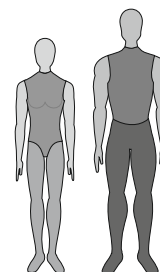
Back I.



Back II.



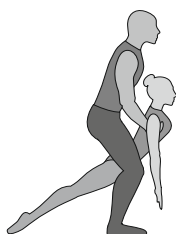
Back to Back



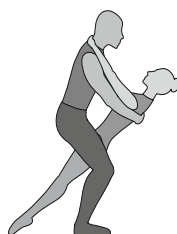
Side by Side

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

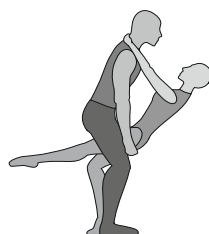
### BETWEEN LEGS of partner



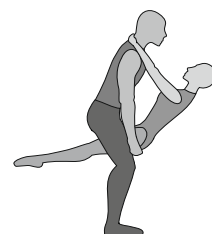
Back



Facing



With 1 foot



Without touching the floor

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

### ON WAIST of partner



Facing



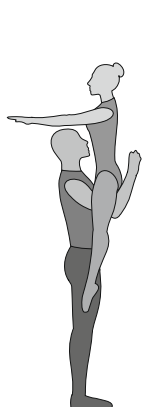
Back I. (Shalom position)



Back II. (Tessarini position)

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

## ON PARTNER'S ARMS

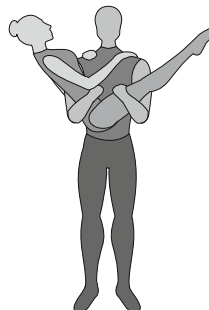


Legs apart

Facing



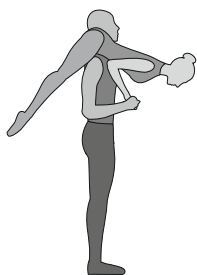
Back



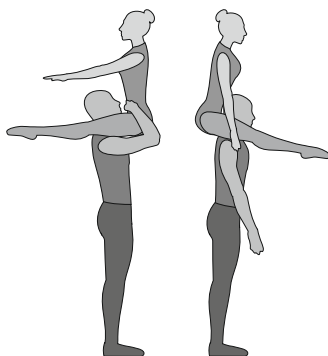
Sideways

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

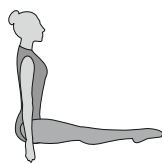
### TUCKED



### PIKED



Piked



RR MCCS piked

### STRAIGHT



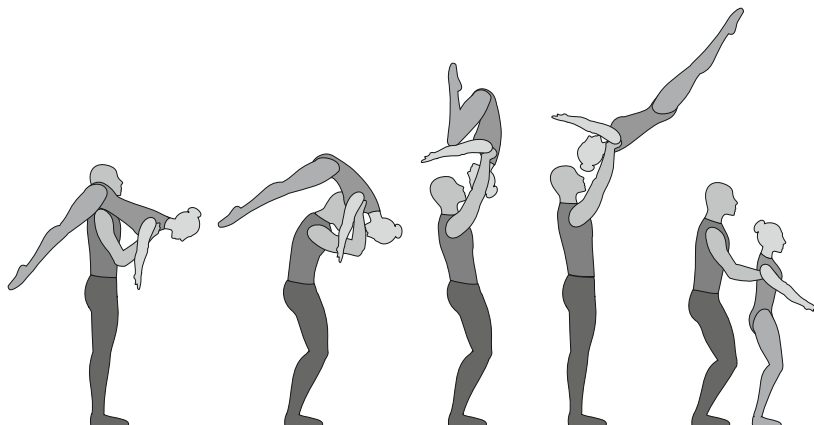
Straight



RR MCCS straight

## 7.6 GROUP 1: FORWARDS ELEMENTS

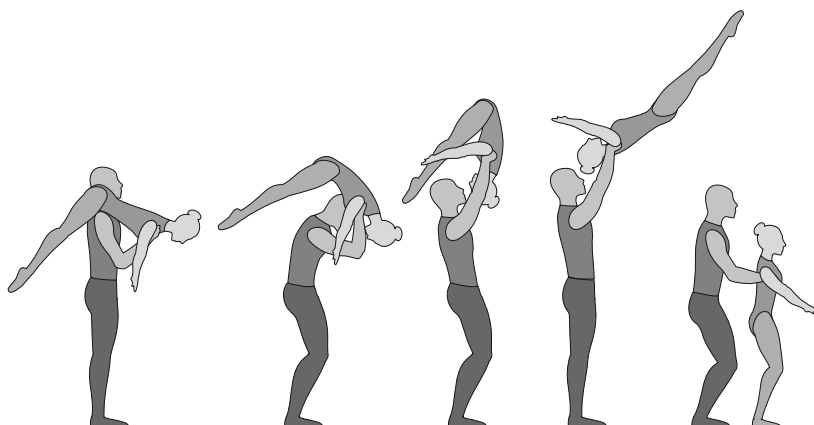
WRRC name:



1010

REPETITION ID: 1010

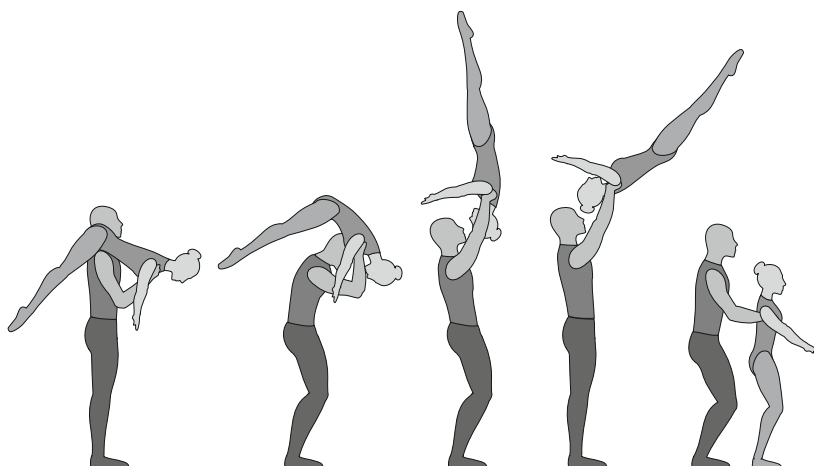
Fwd > Lying on the shoulders → **B-1-1-T Front tucked starting from shoulders height** > Standard  
Value: A – 4 points (A' - 1)



1015

REPETITION ID: 1015

Fwd > Lying on the shoulders → **B-1-1-P Front piked starting from shoulders height** > Standard  
Value: B – 5 points (B' – 1,5)



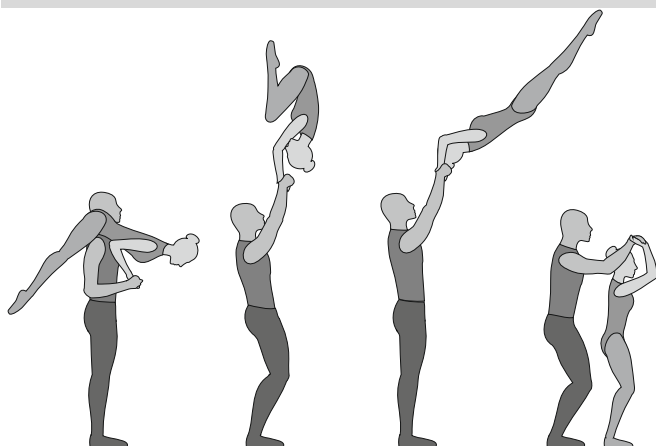
1020

REPETITION ID: 1020

Fwd > Lying on the shoulders > **B-1-1-S Front straight starting from shoulders height** > Standard  
Value: C – 6 points (C' - 2)



## VALENTINO

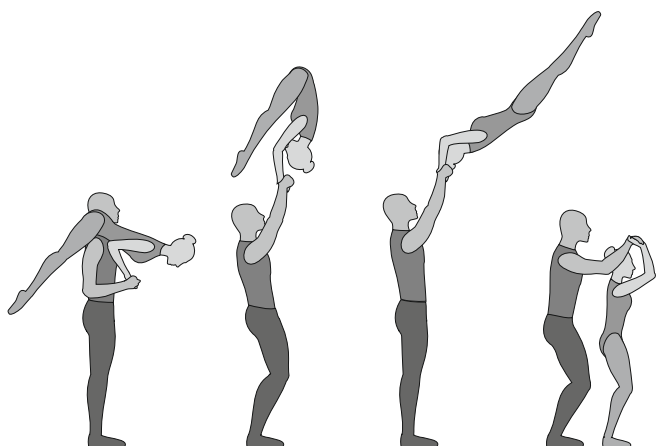


1010

REPETITION ID: 1010

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

Value: A – 4 points (A' - 1)

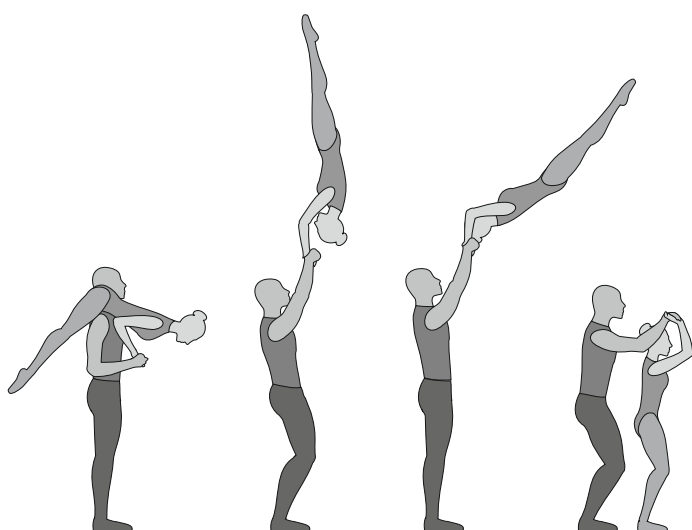


1015

REPETITION ID: 1015

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

Value: B – 5 points (B' – 1,5)

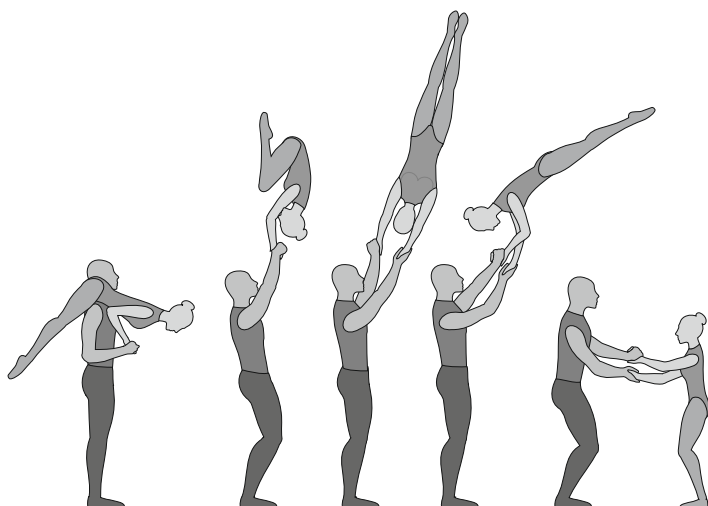


1020

REPETITION ID: 1020

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

Value: C – 6 points (C' - 2)

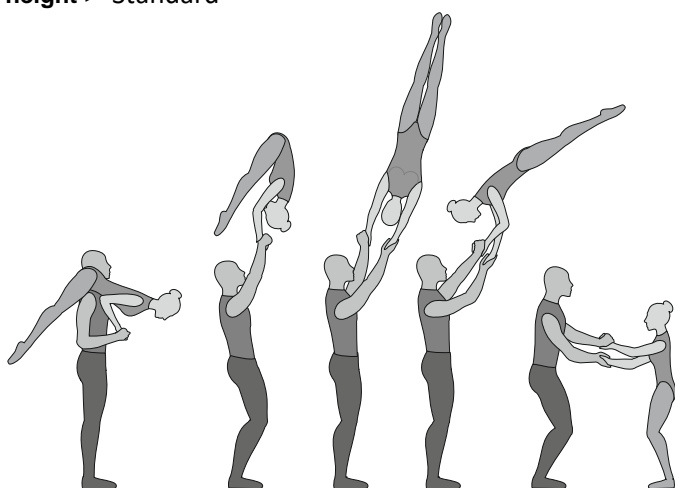


1055

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

REPETITION ID: 1055

Value: B – 5 points (B' – 1,5)

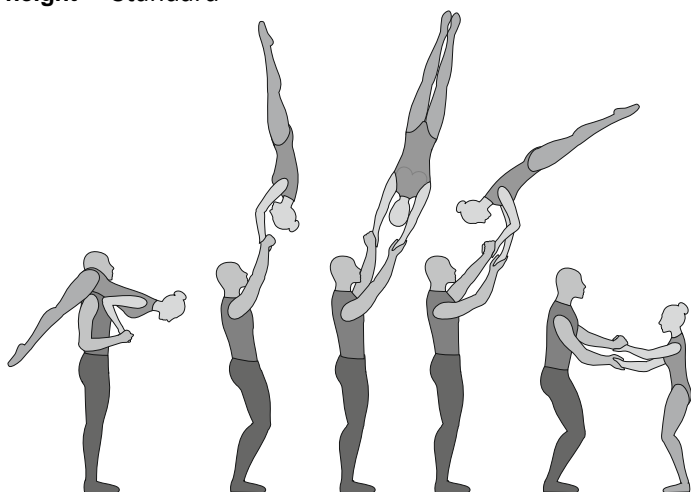


1060

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

REPETITION ID: 1060

Value: C – 6 points (C' – 2)



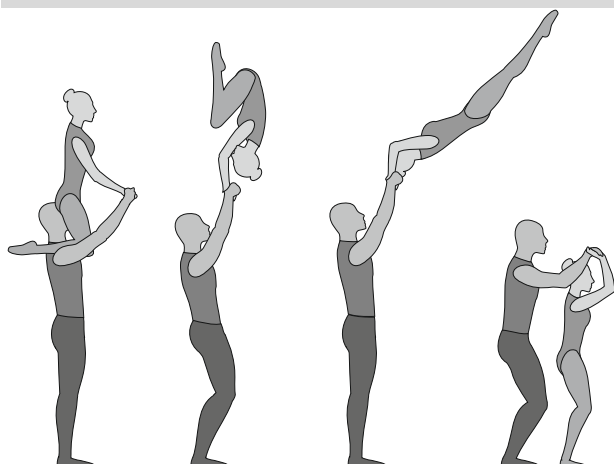
1065

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

REPETITION ID: 1065

Value: D – 7 points (D' – 2,5)

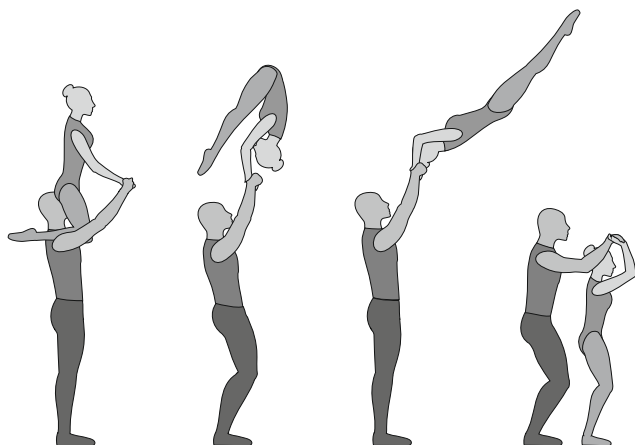
WRRC name:



1010

REPETITION ID: 1010

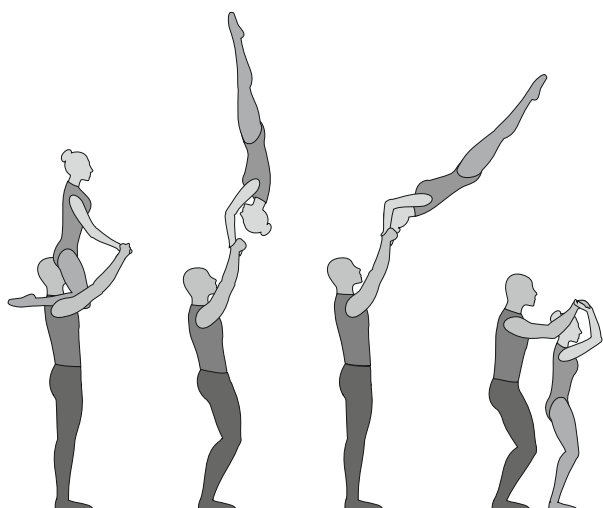
Fwd > Kneeling on the shoulders > **B-1-1-T Front tucked starting from shoulders height** > Standard  
Value: A – 4 points (A' - 1)



1015

REPETITION ID: 1015

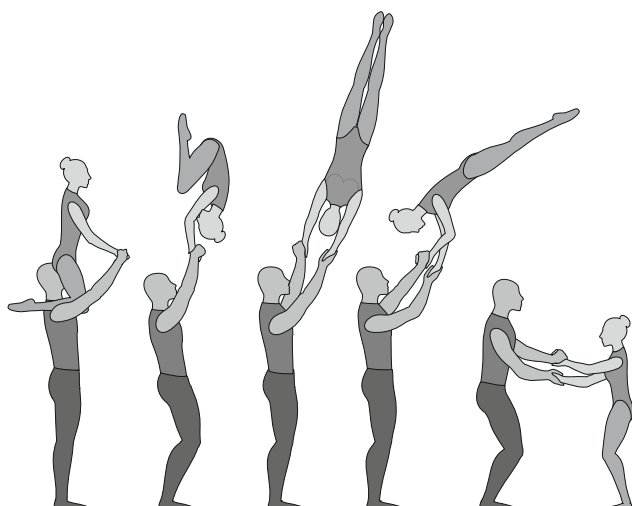
Fwd > Kneeling on the shoulders > **B-1-1-P Front piked starting from shoulders height** > Standard  
Value: B – 5 points (B' – 1,5)



1020

REPETITION ID: 1020

Fwd > Kneeling on the shoulders > **B-1-1-S Front straight starting from shoulders height** > Standard  
Value: C – 6 points (C' - 2)

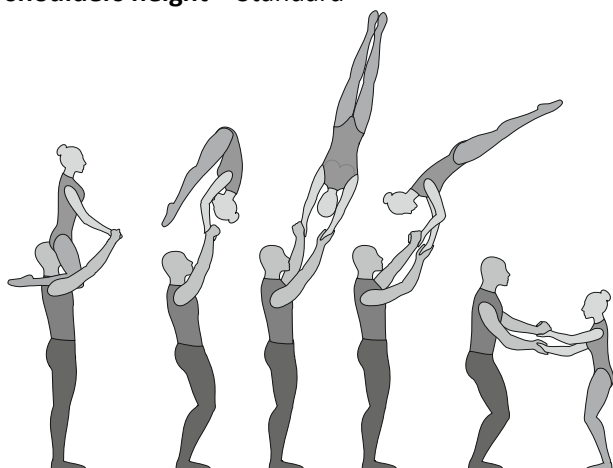


1055

REPETITION ID: 1055

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

Value: B – 5 points (B' – 1,5)

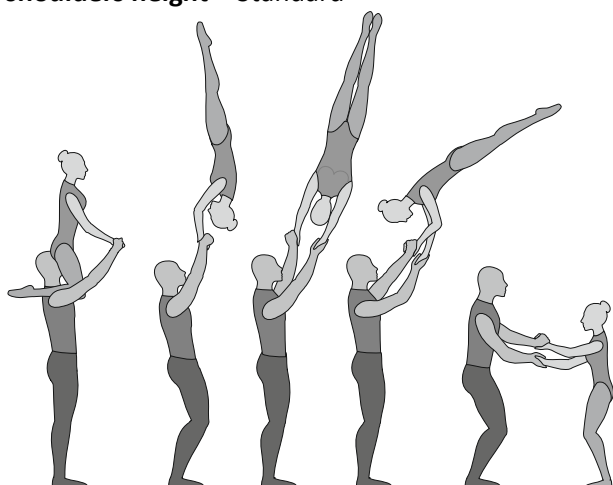


1060

REPETITION ID: 1060

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

Value: C – 6 points (C' – 2)



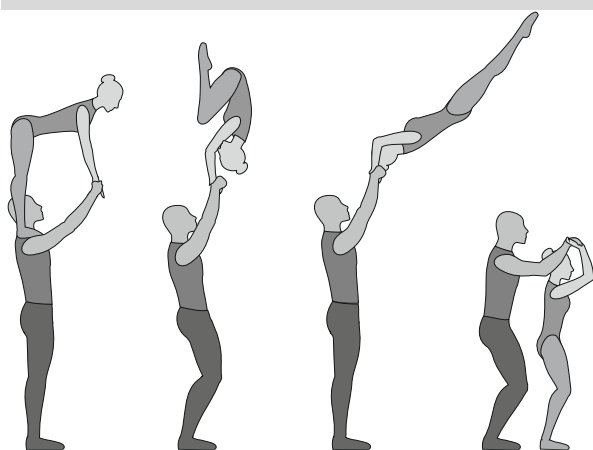
1065

REPETITION ID: 1065

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

Value: D – 7 points (D' – 2,5)

WRRRC name:

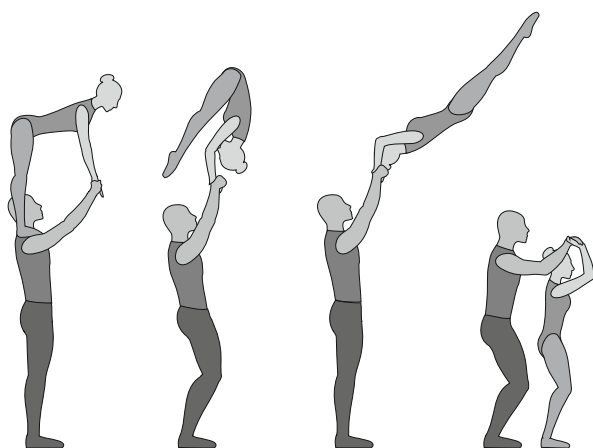


1010

REPETITION ID: 1010

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

Value: A – 4 points (A' - 1)

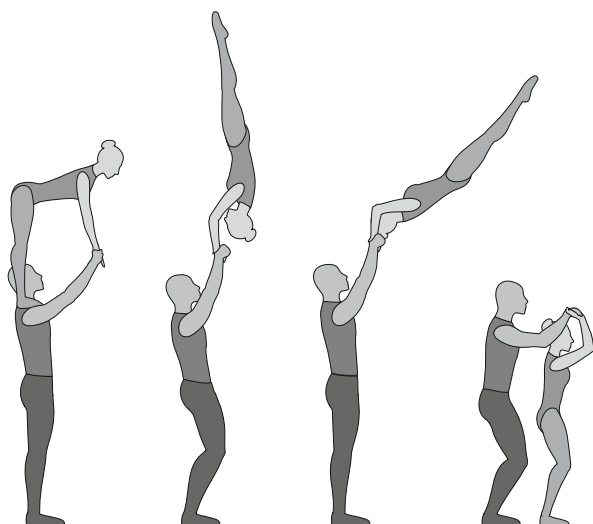


1015

REPETITION ID: 1015

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

Value: B – 5 points (B' – 1,5)

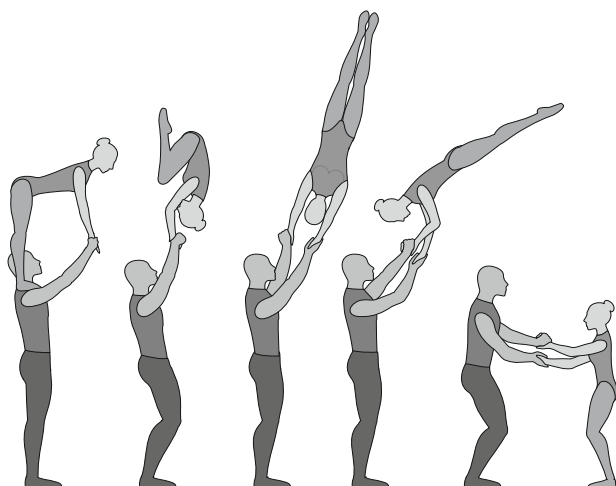


1020

REPETITION ID: 1020

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

Value: C – 6 points (C' - 2)

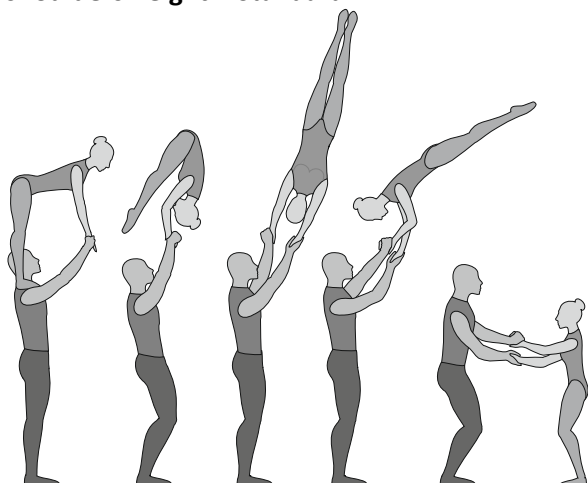


1055

REPETITION ID: 1055

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

Value: B – 5 points (B' – 1,5)

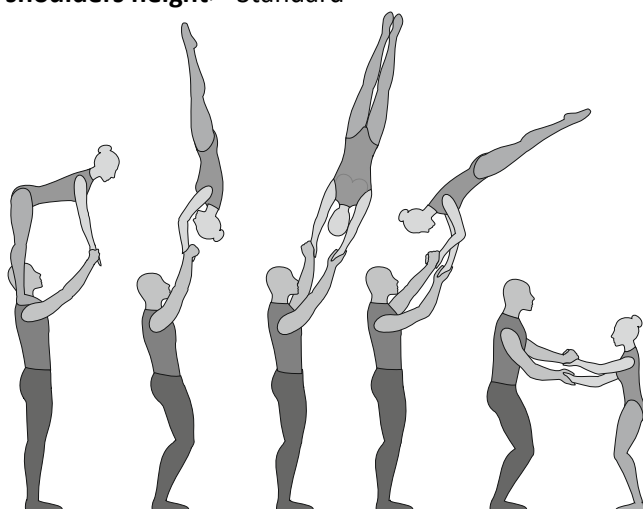


1060

REPETITION ID: 1060

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

Value: C – 6 points (C' – 2)



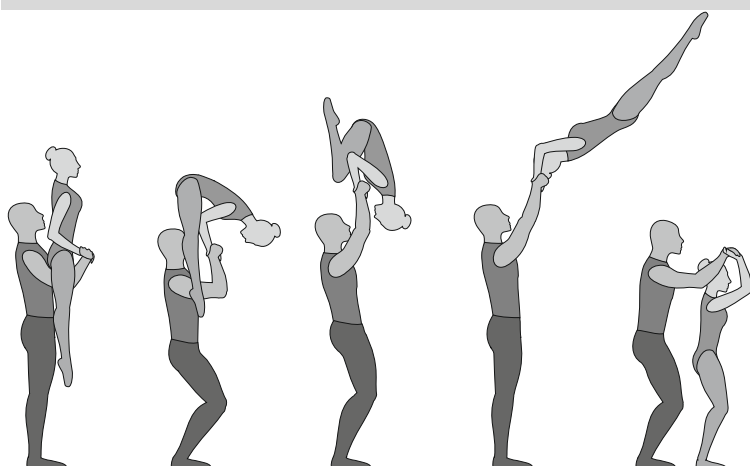
1065

REPETITION ID: 1065

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

Value: D – 7 points (D' – 2,5)

WRRC name: \_\_\_\_\_

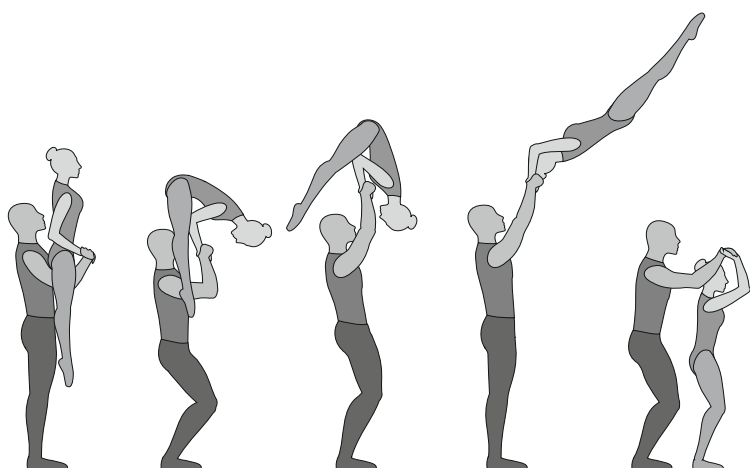


1025

REPETITION ID: 1010

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

Value: B – 5 points (B' – 1,5)

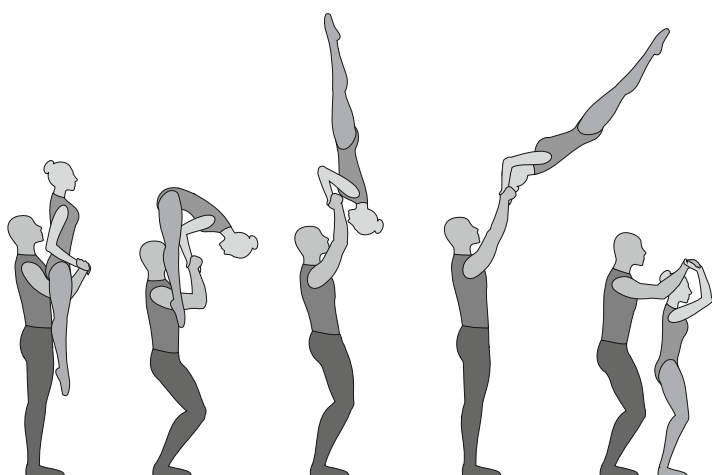


1030

REPETITION ID: 1015

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

Value: C – 6 points (C' – 2)

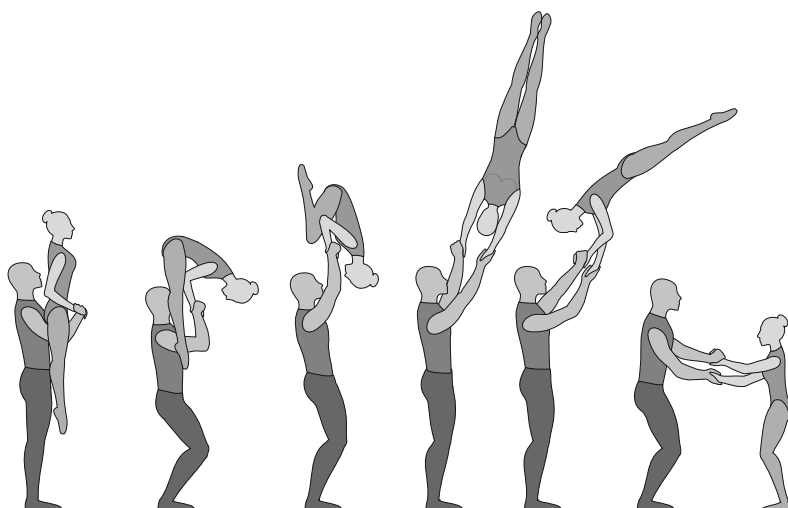


1035

REPETITION ID: 1020

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

Value: D – 7 points (D' – 2,5)

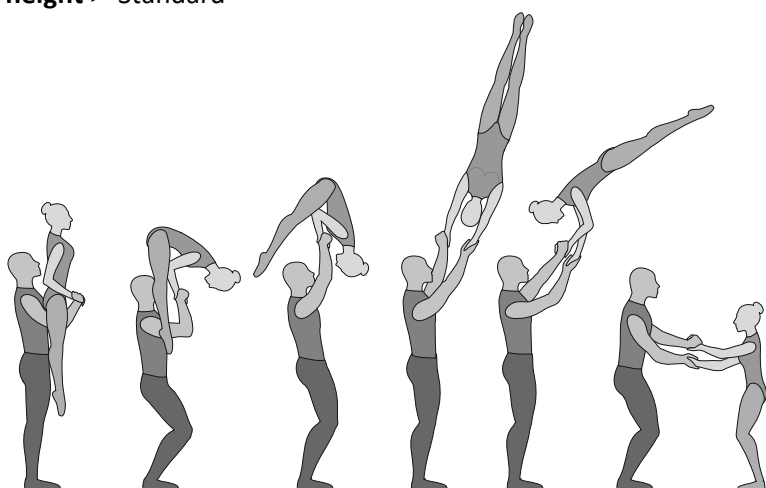


1070

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

REPETITION ID: 1055

Value: C – 6 points (C' – 2)

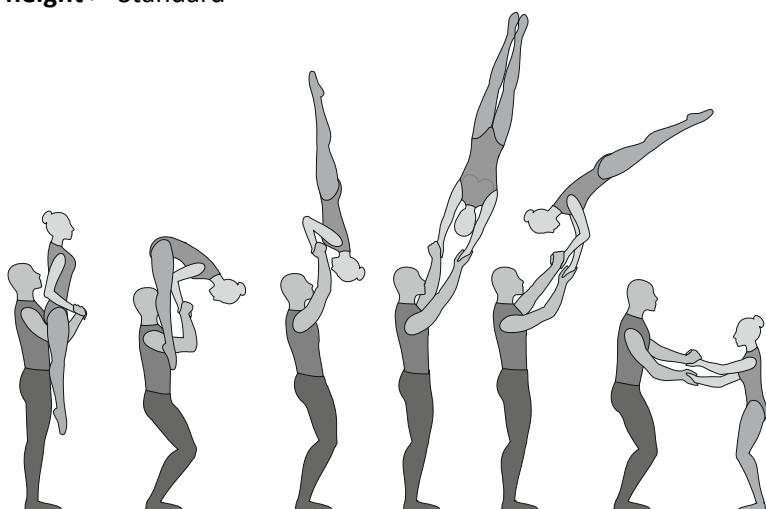


1075

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

REPETITION ID: 1060

Value: D – 7 points (D' – 2,5)



1080

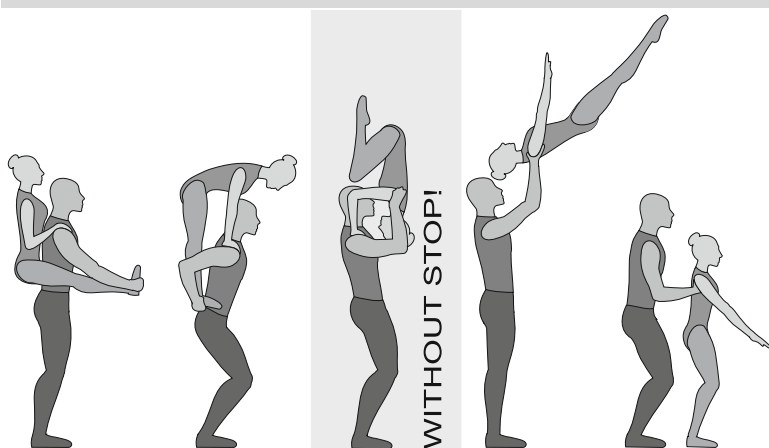
Fwd > Sitting on the arms > **B-1-2-S-1/2T Front straight with 1/2 twist within starting from waist height** > Standard

REPETITION ID: 1065

Value: E – 8 points (E' – 3)



## TESSARIN



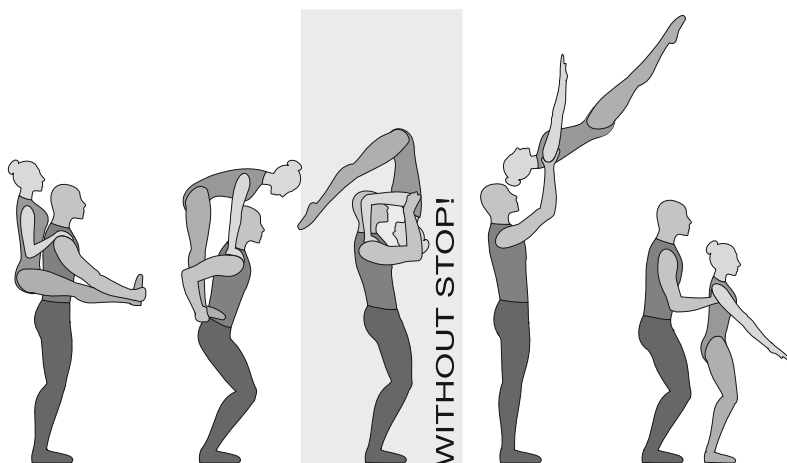
1026

REPETITION ID: 1026

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

Standard

Value: B – 5 points (B' – 1,5)



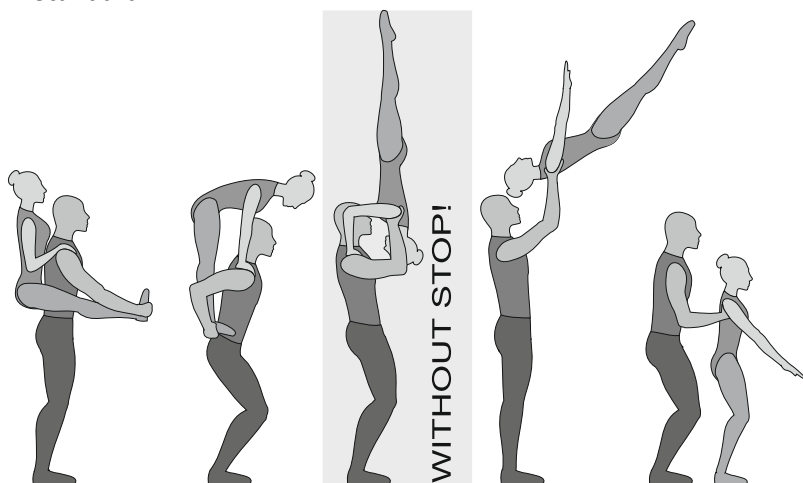
1031

REPETITION ID: 1026

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

> Standard

Value: C – 6 points (C' – 2)



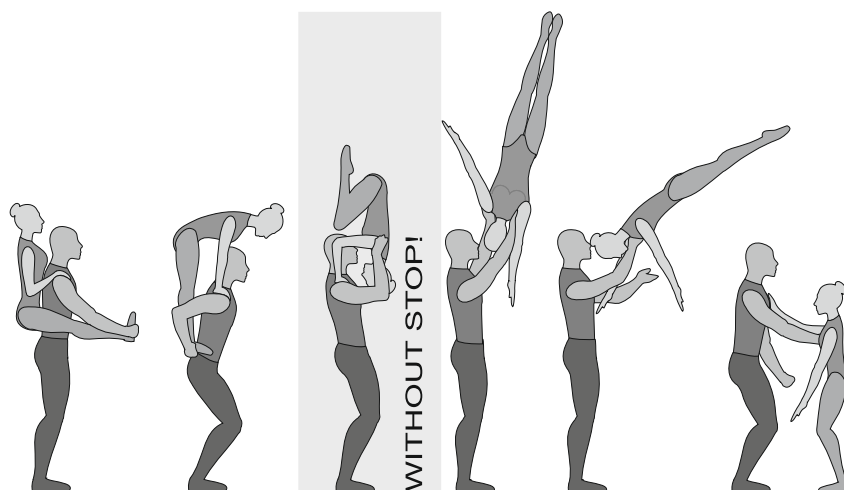
1036

REPETITION ID: 1026

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

> Standard

Value: D – 7 points (D' – 2,5)

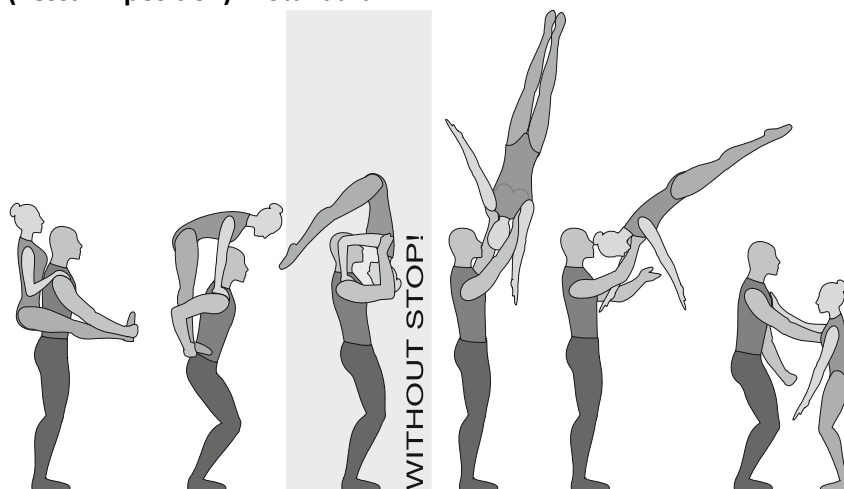


1071

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

REPETITION ID: 1026

Value: C – 6 points (C' – 2)

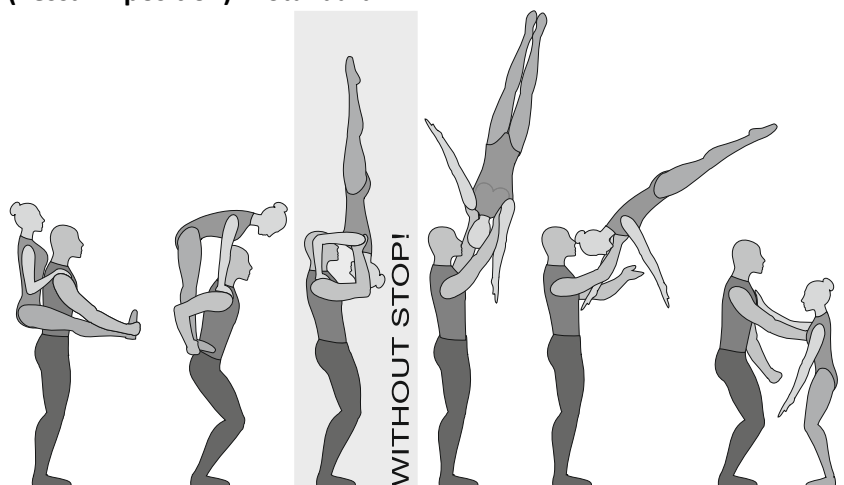


1076

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

REPETITION ID: 1026

Value: D – 7 points (D' – 2,5)

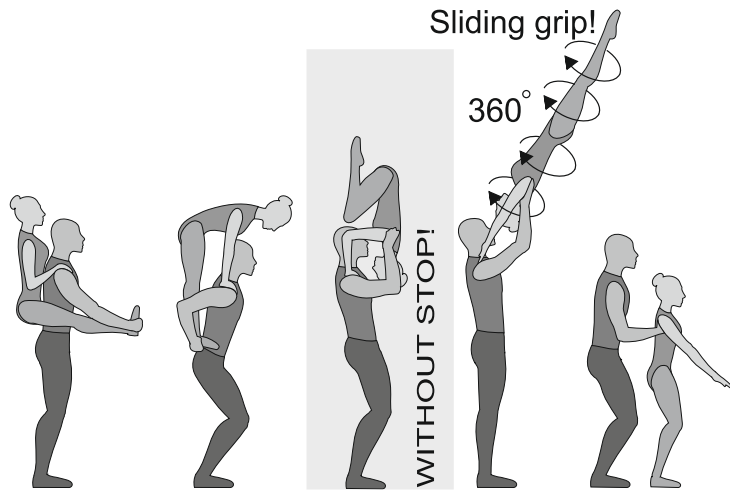


1081

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

REPETITION ID: 1026

Value: E – 8 points (E' – 3)

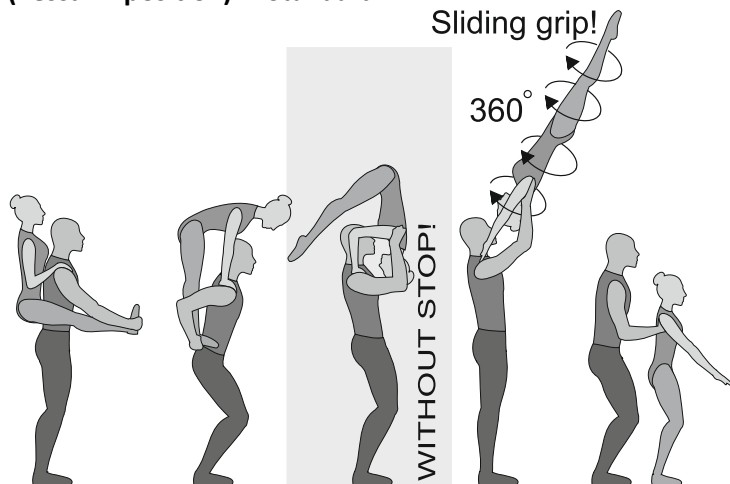


1116

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

REPETITION ID: 1026

Value: E – 8 points (E' – 3)

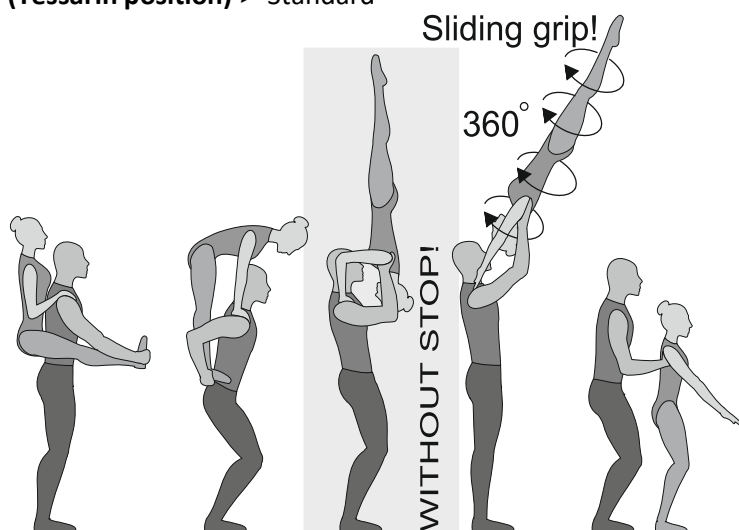


1121

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

REPETITION ID: 1026

Value: F – 9 points (F' – 3,5)



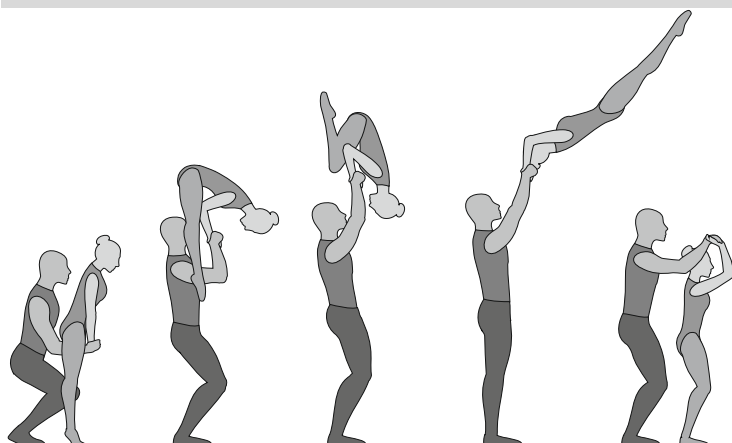
1126

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

REPETITION ID: 1126

Value: G – 10 points (G' – 4)

WRRC name

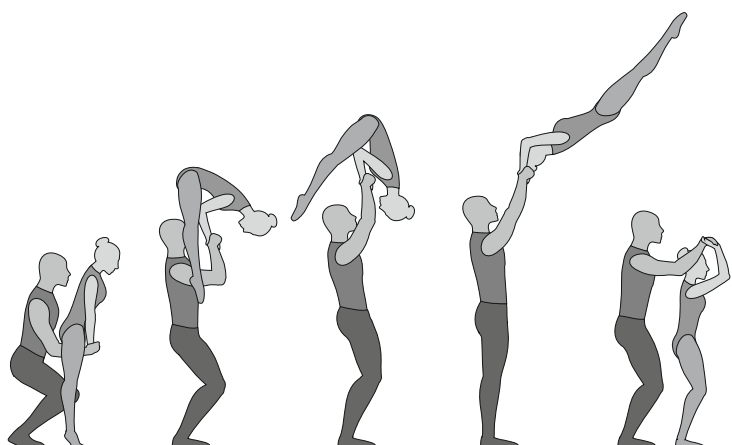


1040

REPETITION ID: 1010

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

Value: D – 7 points (D' – 2,5)

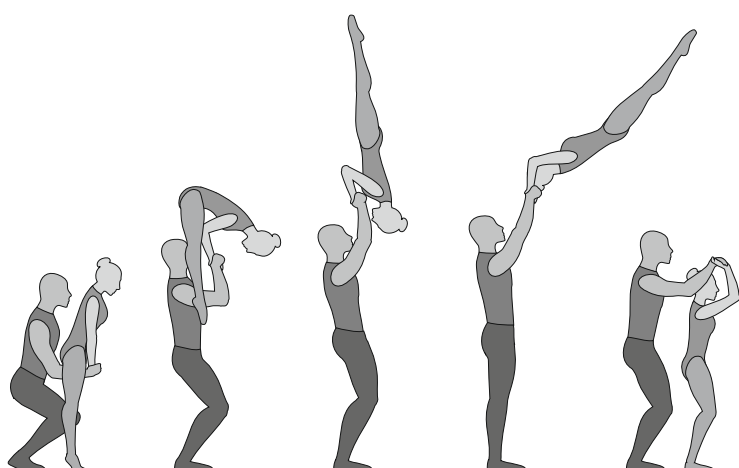


1045

REPETITION ID: 1015

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

Value: E – 8 points (E' – 3)

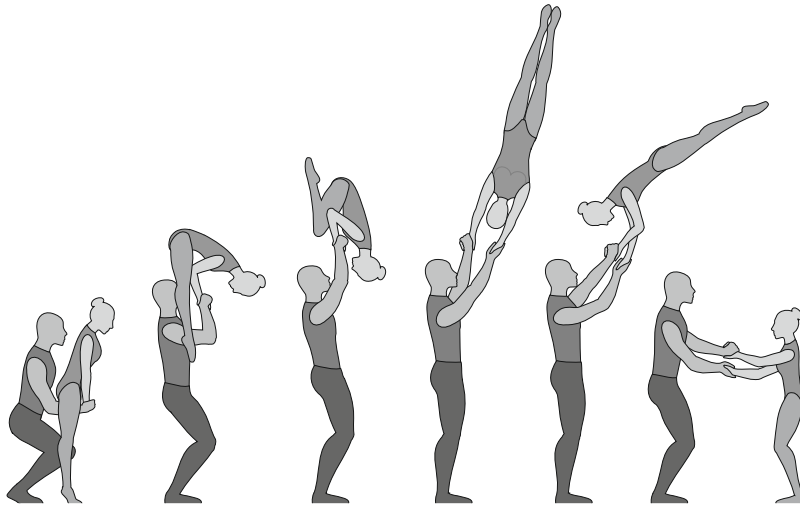


1050

REPETITION ID: 1020

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

Value: F – 9 points (F' – 3,5)

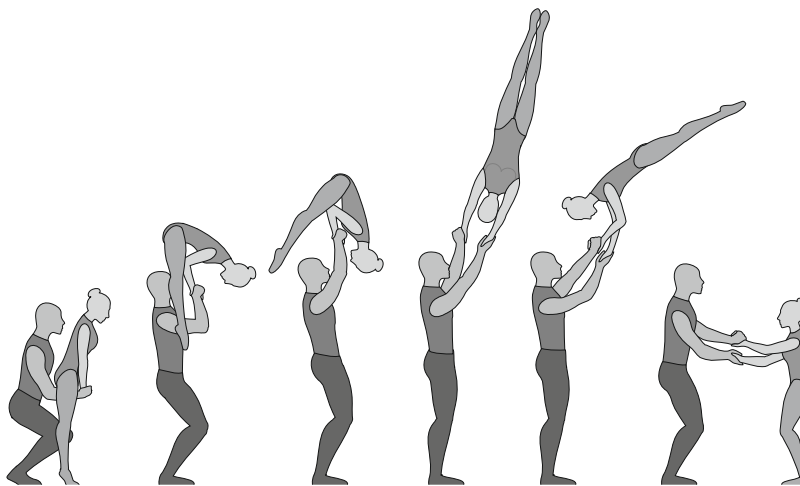


1085

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

REPETITION ID: 1055

Value: E – 8 points (E' – 3)

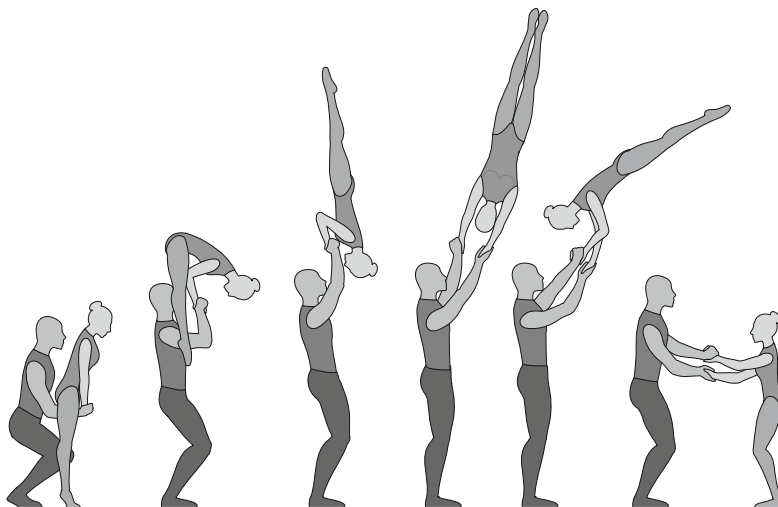


1090

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

REPETITION ID: 1060

Value: F – 9 points (F' – 3,5)



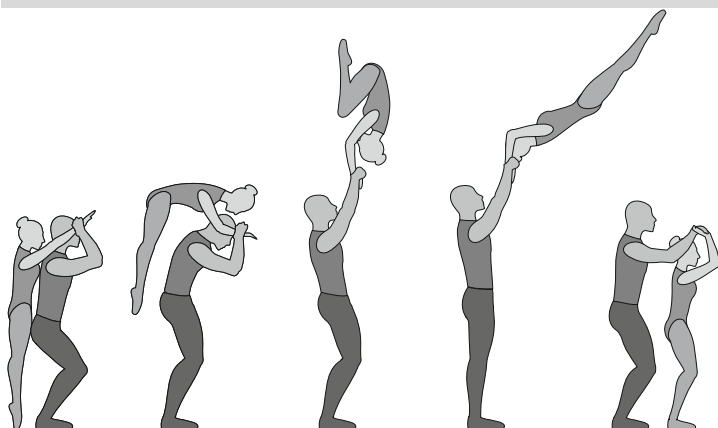
1095

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

REPETITION ID: 1065

Value: G – 10 points (G' – 4)

WRRC name:

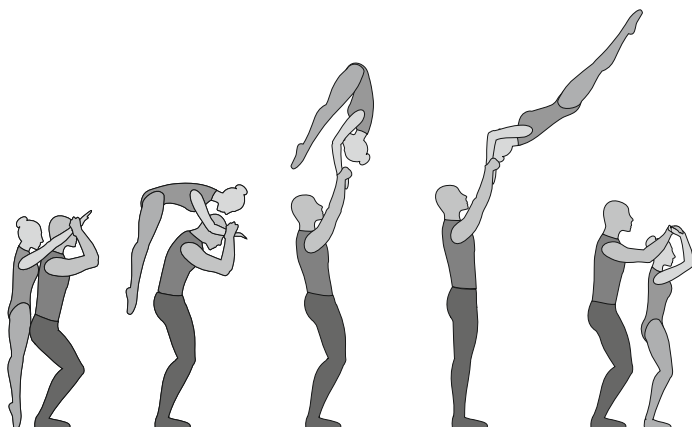


1040

REPETITION ID: 1010

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

Value: D – 7 points (D' – 2,5)

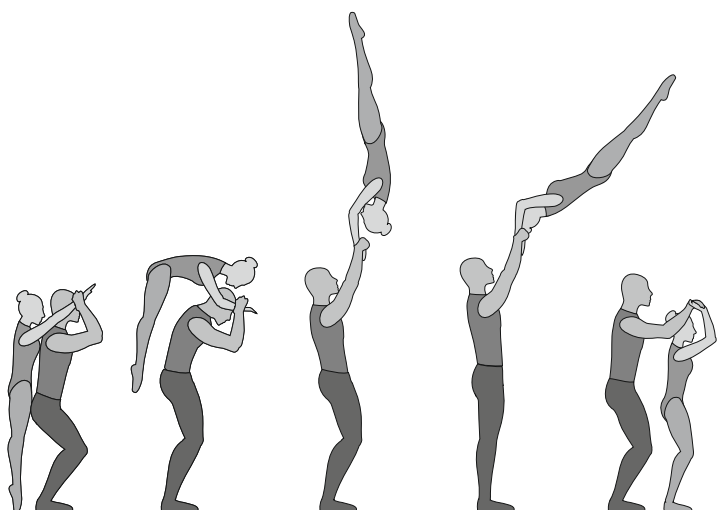


1045

REPETITION ID: 1015

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

Value: E – 8 points (E' – 3)

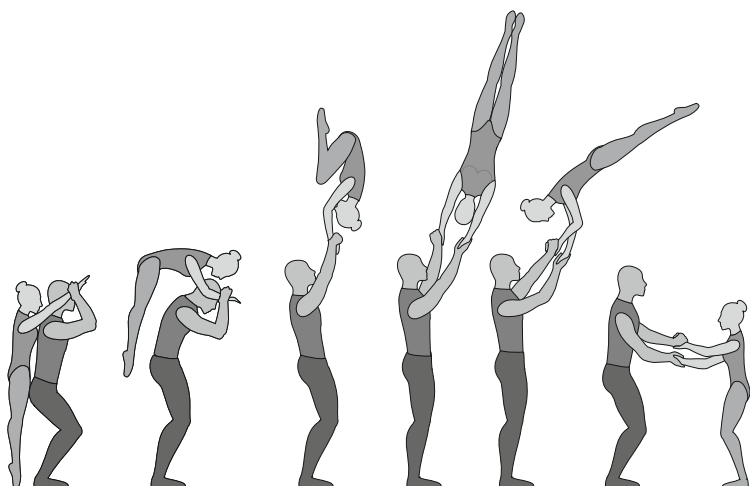


1050

REPETITION ID: 1020

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

Value: F – 9 points (F' – 3,5)

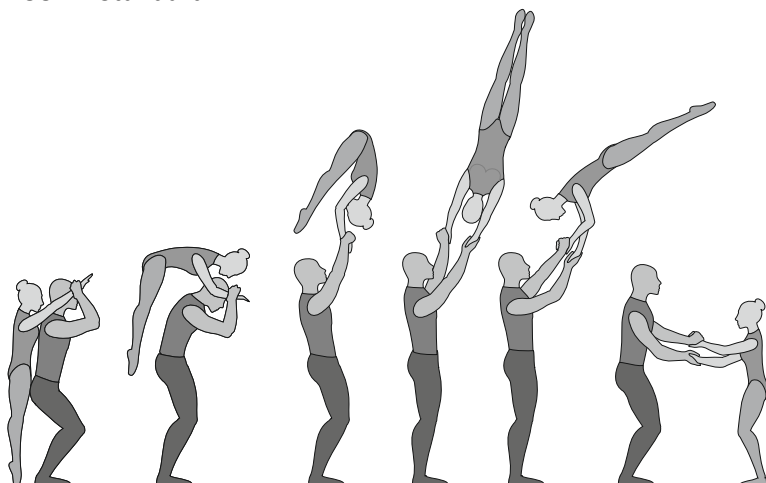


1085

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

REPETITION ID: 1055

Value: E – 8 points (E' – 3)

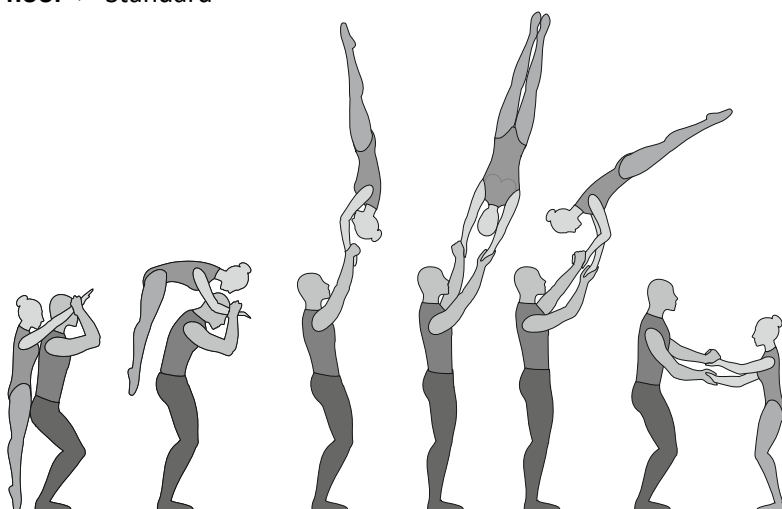


1090

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

REPETITION ID: 1060

Value: F – 9 points (F' – 3,5)



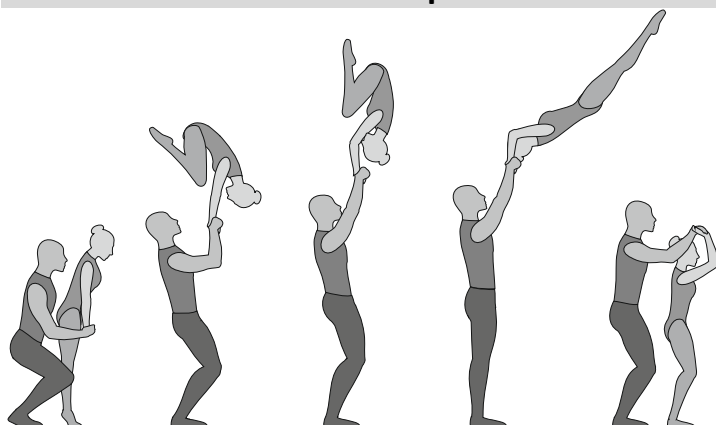
1095

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

REPETITION ID: 1065

Value: G – 10 points (G' – 4)

## FORELLE Forward - Back to partner

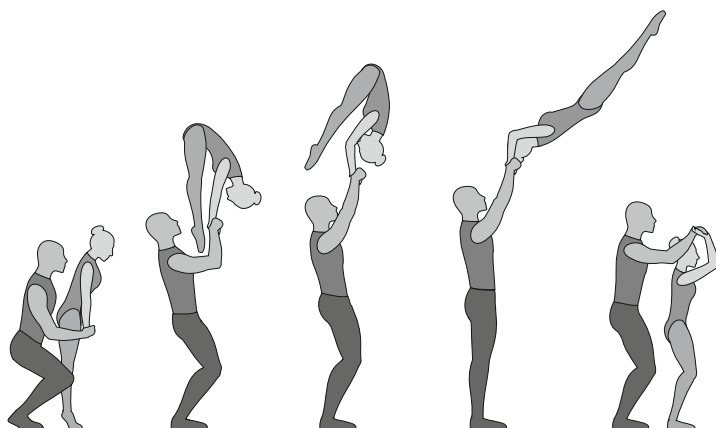


1040

REPETITION ID: 1010

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

Value: D – 7 points (D' – 2,5)

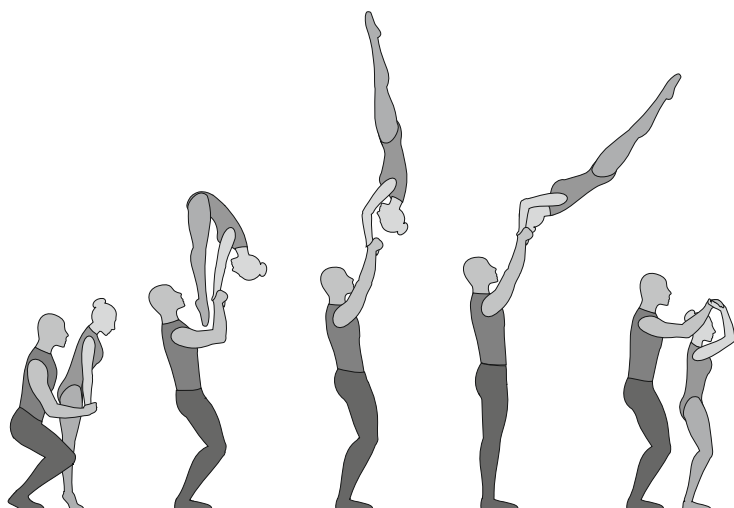


1045

REPETITION ID: 1015

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

Value: E – 8 points (E' – 3)



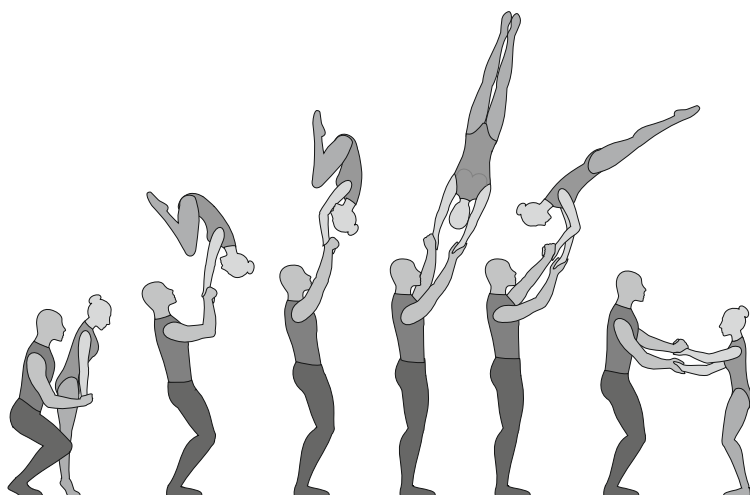
1050

REPETITION ID: 1020

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

Value: F – 9 points (F' – 3,5)



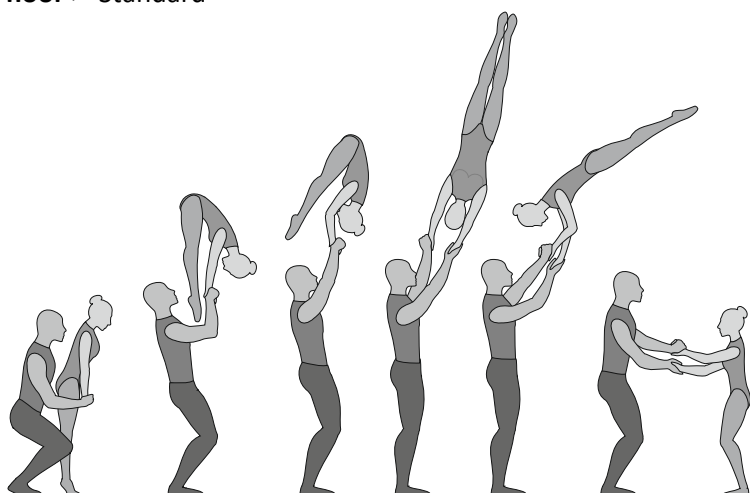


1085

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

REPETITION ID: 1055

Value: E – 8 points (E' – 3)

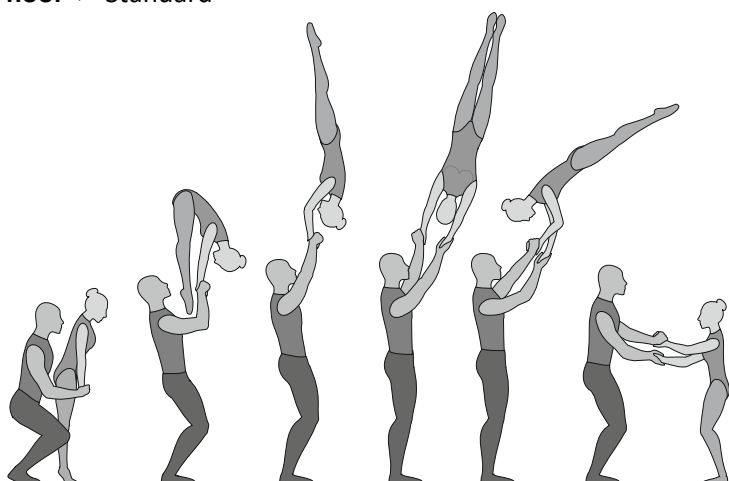


1090

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

REPETITION ID: 1060

Value: F – 9 points (F' – 3,5)



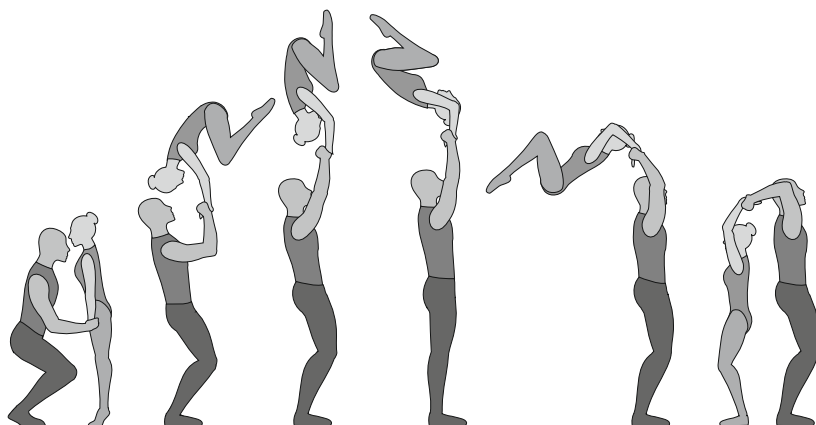
1095

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

REPETITION ID: 1065

Value: G – 10 points (G' – 4)

## FORELLE Forward - Facing

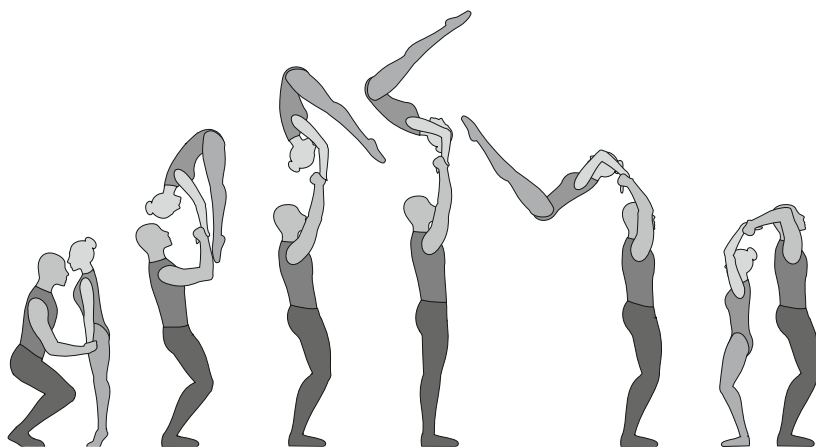


1040

REPETITION ID: 1010

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

Value: D – 7 points (D' – 2,5)

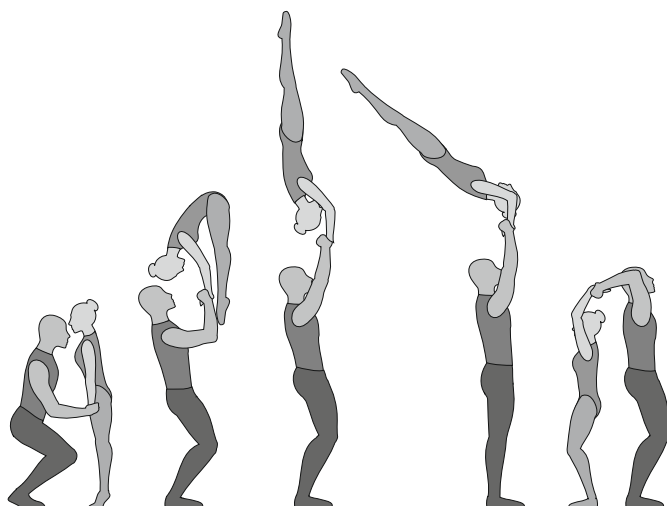


1045

REPETITION ID: 1015

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

Value: E – 8 points (E' – 3)

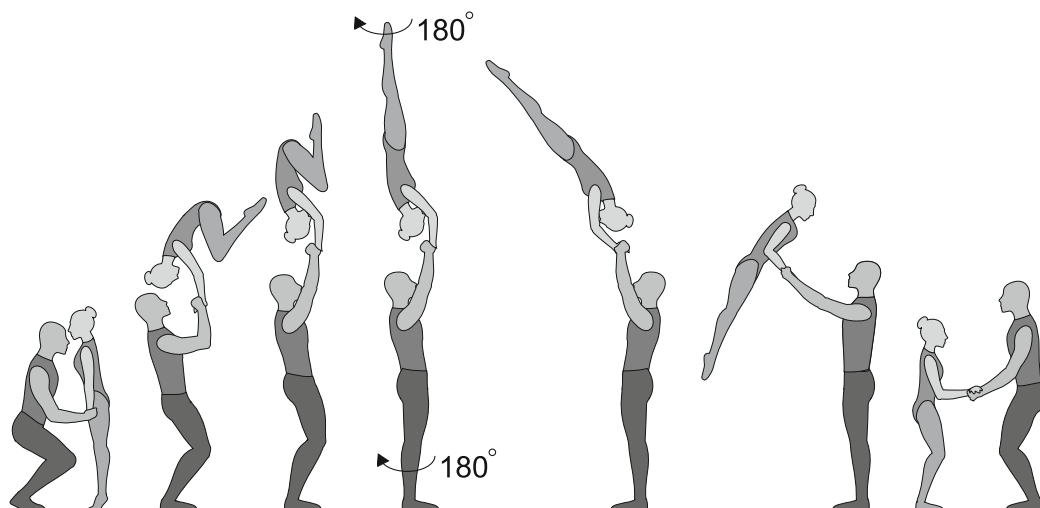


1050

REPETITION ID: 1020

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

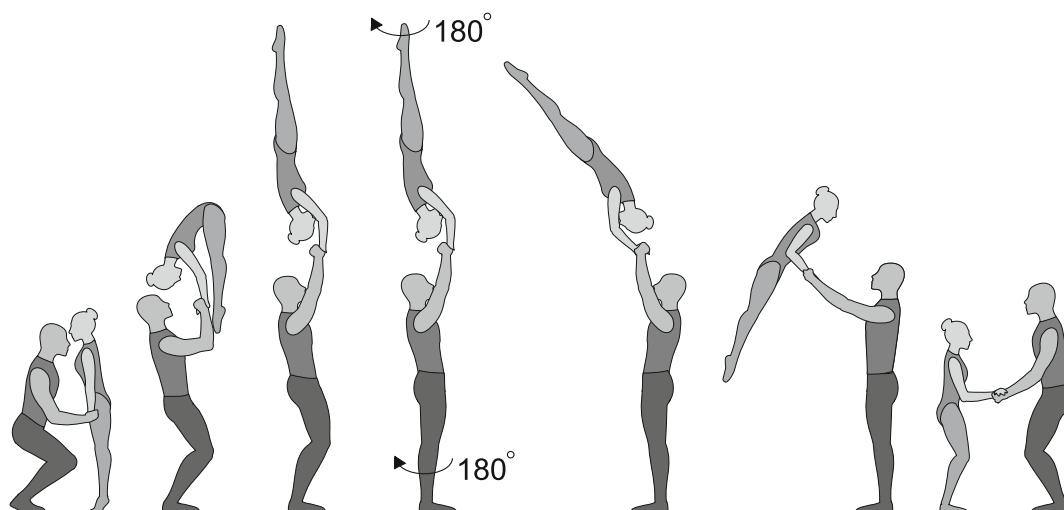
Value: F – 8 points (F' – 3,5)



1085

REPETITION ID: 1055

Fwd > Standing on the floor > **B-1-3-T-1/2T Front tucked with 1/2 twist within starting from the floor** > Standard  
Value: E – 8 points (E' – 3)

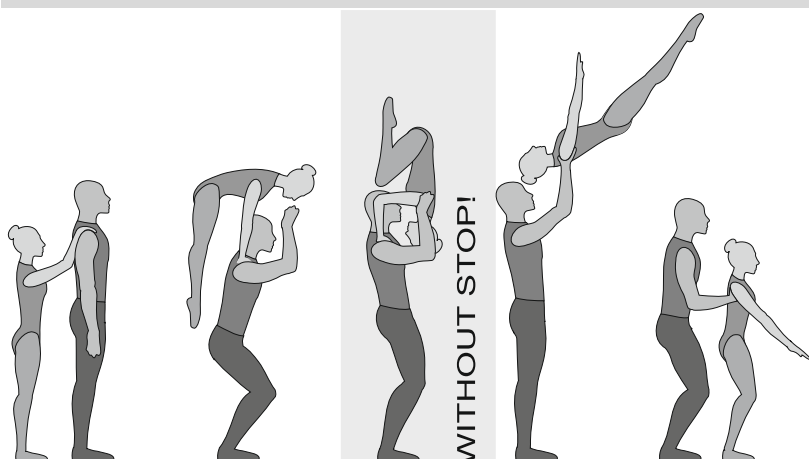


1095

REPETITION ID: 1065

Fwd > Standing on the floor > **B-1-3-S-1/2T Front straight with 1/2 twist within starting from the floor** > Standard  
Value: G – 10 points (G' – 4)

WRRC name:

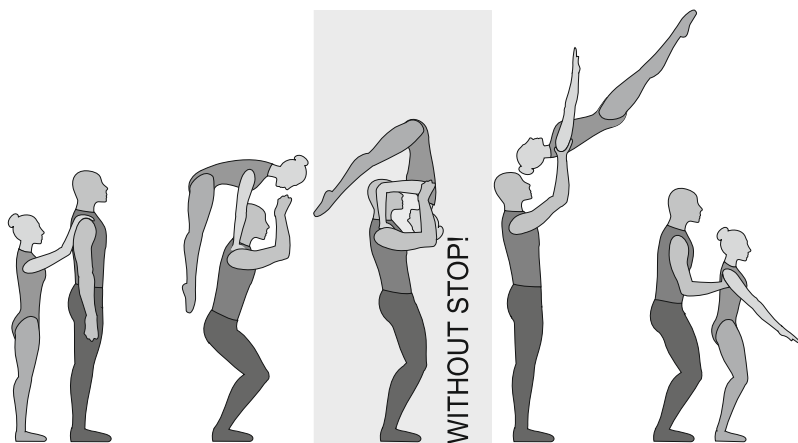


1040

REPETITION ID: 1010

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

Value: D – 7 points (D' – 2,5)

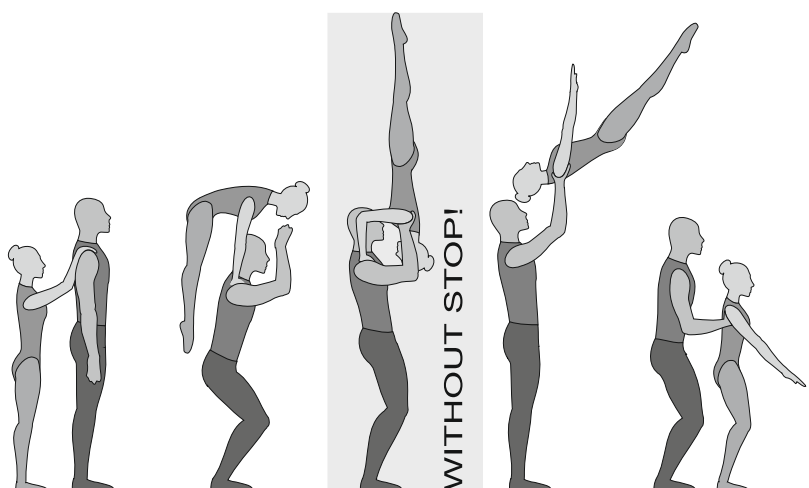


1045

REPETITION ID: 1015

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

Value: E – 8 points (E' – 3)



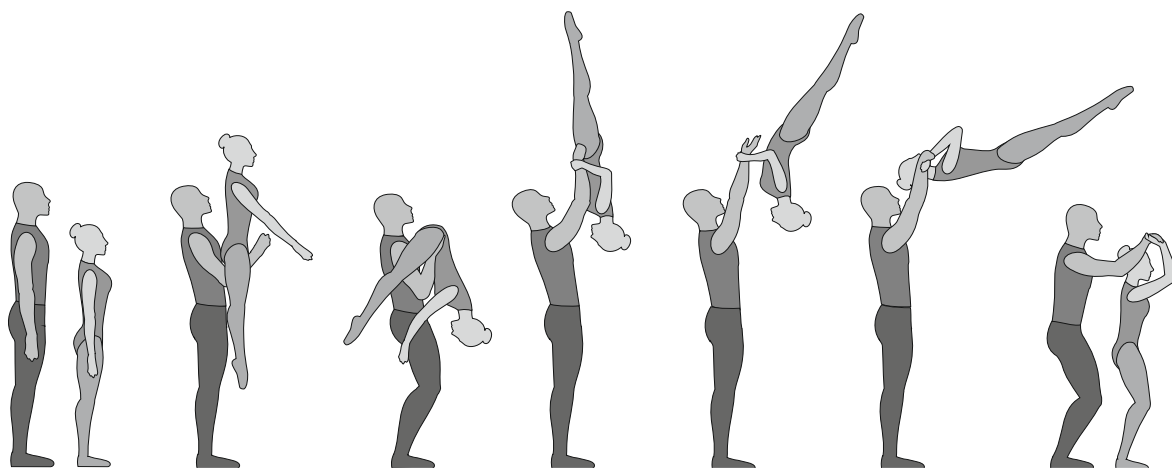
1050

REPETITION ID: 1020

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

Value: F – 9 points (F' – 3,5)

WRRC name:

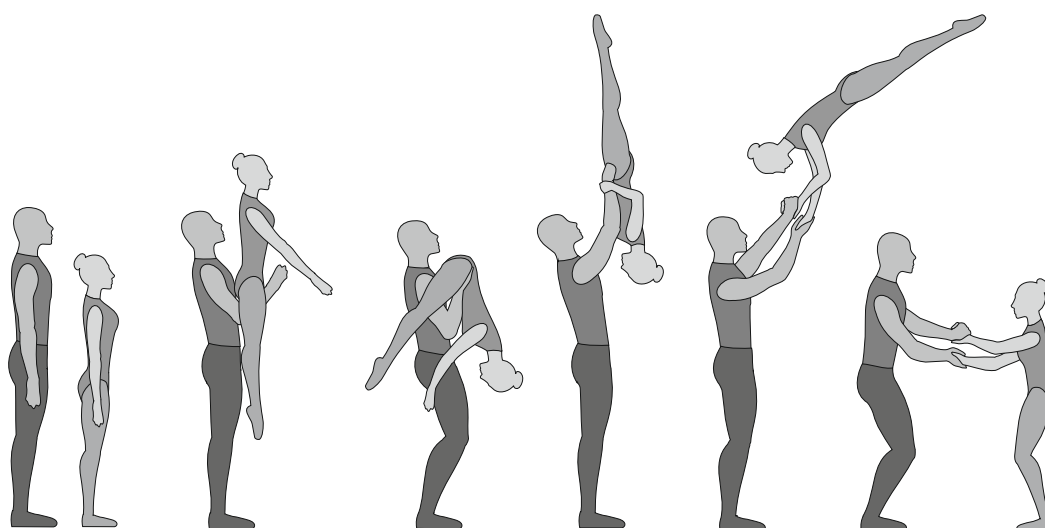


1050

REPETITION ID: 1020

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

Value: F – 9 points (F' – 3,5)



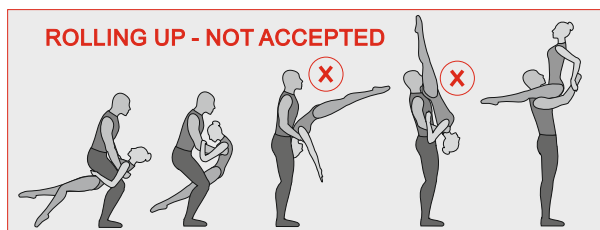
1095

REPETITION ID: 1065

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

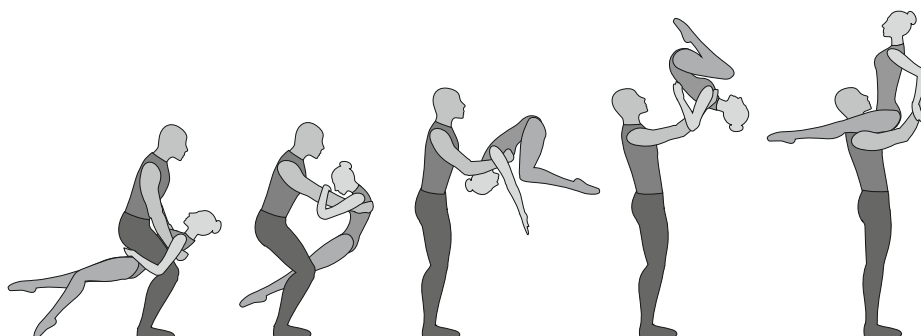
Value: G – 10 points (G' – 4)

WRRRC 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!

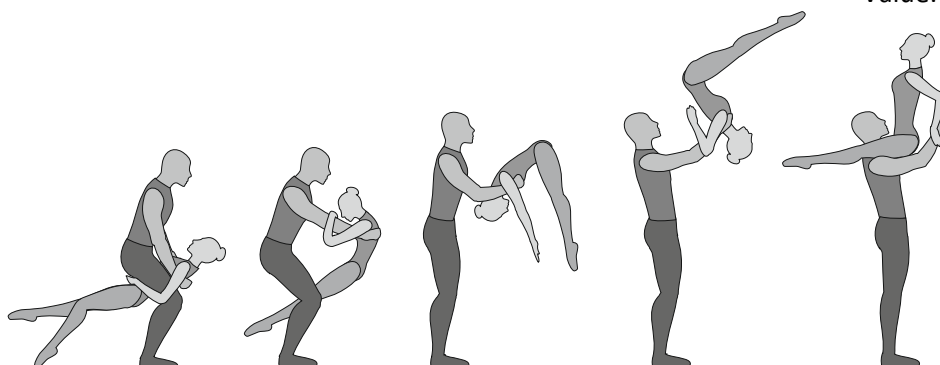


1040

REPETITION ID: 1010

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

Value: D – 7 points (D' – 2,5)

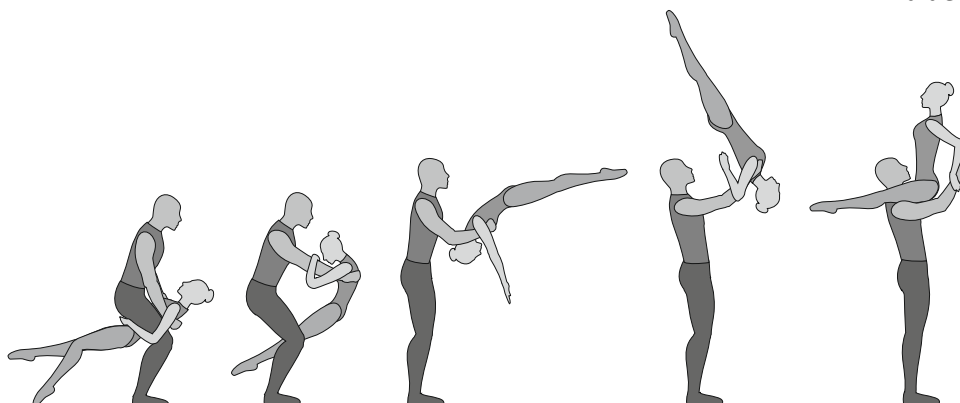


1045

REPETITION ID: 1015

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

Value: E – 8 points (E' – 3)



1050

REPETITION ID: 1020

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

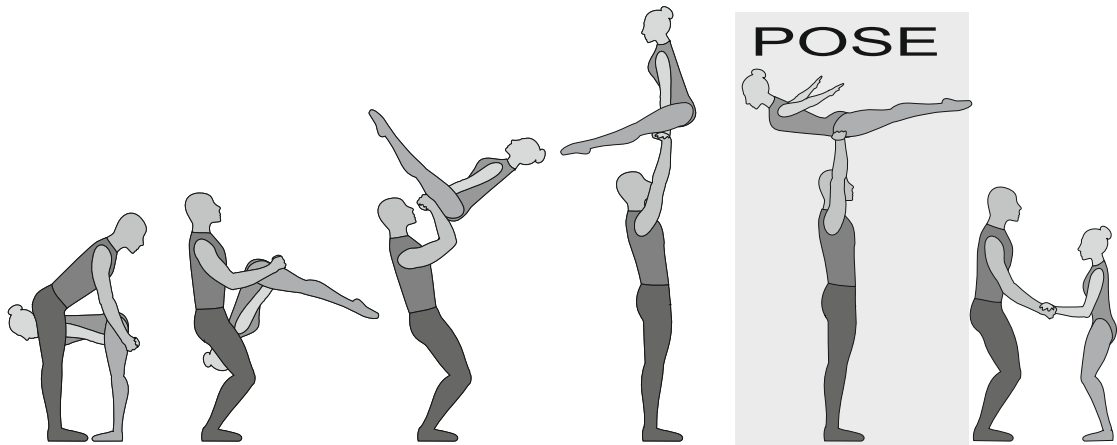
Value: F – 9 points (F' – 3,5)

ID	Rep. ID	Name	Difficulty/Value Board 1		Difficulty/Value Board 2	
1010	1010	B-1-1-T Front tucked starting from shoulders height	A	4	A'	1
1015	1015	B-1-1-P Front piked starting from shoulders height	B	5	B'	1,5
1020	1020	B-1-1-S Front straight starting from shoulders height	C	6	C'	2
1025	1010	B-1-2-T Front tucked starting from waist height	B	5	B'	1,5
1030	1015	B-1-2-P Front piked starting from waist height	C	6	C'	2
1035	1020	B-1-2-S Front straight starting from waist height	D	7	D'	2,5
1026	1026	B-1-2-T Front tucked starting from waist height (from Tessarin position)	B	5	B'	1,5
1031	1026	B-1-2-P Front piked starting from waist height (from Tessarin position)	C	6	C'	2
1036	1026	B-1-2-S Front straight starting from waist height (from Tessarin position)	D	7	D'	2,5
1040	1010	B-1-3-T Front tucked starting from the floor	D	7	D'	2,5
1045	1015	B-1-3-P Front piked starting from the floor	E	8	D'	3
1050	1020	B-1-3-S Front straight starting from the floor	F	9	F'	3,5
1055	1055	B-1-1-T-1/2T Front tucked with 1/2 twist starting from shoulders height	B	5	B'	1,5
1060	1060	B-1-1-P-1/2T Front piked with 1/2 twist starting from shoulders height	C	6	C'	2
1065	1065	B-1-1-S-1/2T Front straight with 1/2 twist within starting from shoulders height	D	7	D'	2,5
1070	1055	B-1-2-T-1/2T Front tucked with 1/2 twist starting from waist height	C	6	C'	2
1075	1060	B-1-2-P-1/2T Front piked with 1/2 twist starting from waist height	D	7	D'	2,5
1080	1065	B-1-2-S-1/2T Front straight with 1/2 twist within starting from waist height	E	8	E'	3
1071	1026	B-1-2-T-1/2T Front tucked with 1/2 twist starting from waist height (from Tessarin position)	C	6	C'	2
1076	1026	B-1-2-P-1/2T Front piked with 1/2 twist starting from waist height (from Tessarin position)	D	7	D'	2,5
1081	1026	B-1-2-S-1/2T Front straight with 1/2 twist within starting from waist height (from Tessarin position)	E	8	E'	3

ID	Rep. ID	Name	Difficulty/Value Board 1		Difficulty/Value Board 2	
1085	1055	B-1-3-T-1/2T Front tucked with 1/2 twist starting from the floor	E	8	E'	3
1090	1060	B-1-3-P-1/2T Front piked with 1/2 twist starting from the floor	F	9	F'	3,5
1095	1065	B-1-3-S-1/2T Front straight with 1/2 twist within starting from the floor	G	10	G'	4
1100	1100	B-1-1-T-1/1T Front tucked with 1/1 twist starting from shoulders height	D	7	D'	2,5
1105	1105	B-1-1-P-1/1T Front piked with 1/1 twist starting from shoulders height	E	8	E'	3
1110	1110	B-1-1-S-1/1T Front straight with 1/1 twist within starting from shoulders height	F	9	F'	3,5
1115	1100	B-1-2-T-1/1T Front tucked with 1/1 twist starting from waist height	E	8	E'	3
1120	1105	B-1-2-P-1/1T Front piked with 1/1 twist starting from waist height	F	9	F'	3,5
1125	1110	B-1-2-S-1/1T Front straight with 1/1 twist within starting from waist height	G	10	G'	4
1116	1026	B-1-2-T-1/1T Front tucked with 1/1 twist starting from waist height (from Tessarin position)	E	8	E'	3
1121	1026	B-1-2-P-1/1T Front piked with 1/1 twist starting from waist height (from Tessarin position)	F	9	F'	3,5
1126	1026	B-1-2-S-1/1T Front straight with 1/1 twist within starting from waist height (from Tessarin position)	G	10	G'	4
1130	1100	B-1-3-T-1/1T Front tucked with 1/1 twist starting from the floor	G	10	G'	4
1135	1105	B-1-3-P-1/1T Front piked with 1/1 twist starting from the floor	H	11	H'	4,5
1140	1110	B-1-3-S-1/1T Front straight with 1/1 twist within starting from the floor	I	12	I'	5
1200	1200	B-1-2-TR Front tucked reverse starting from the waist	B	5	B'	1,5
1205	1200	B-1-2-PR Front piked reverse starting from the waist	C	6	C'	2
1210	1200	B-1-2-TR-1/2T Front tucked reverse with 1/2 twist starting from the waist	C	6	C'	2
1215	1200	B-1-2-PR-1/2T Front piked reverse with 1/2 twist starting from the waist	D	7	D'	2,5



WRRC name: **ROLLING PIKED**



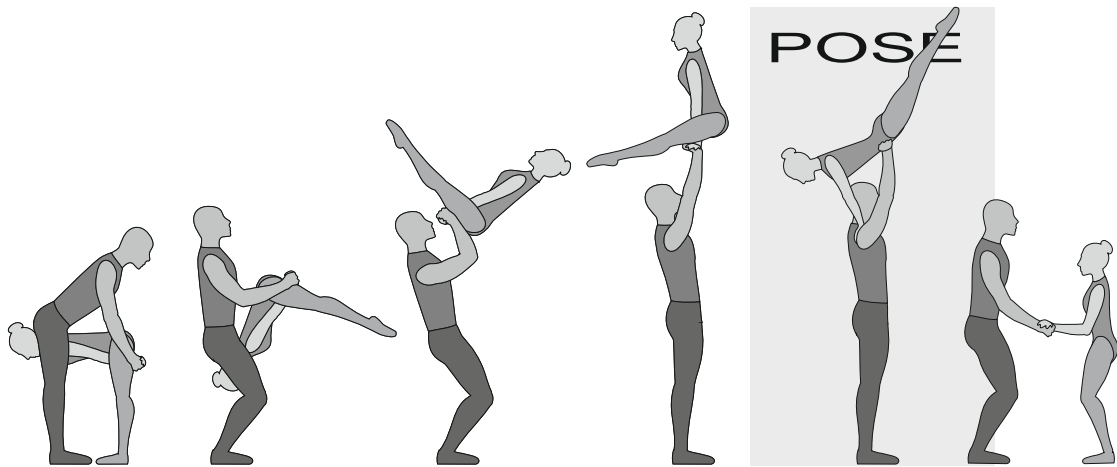
1150

REPETITION ID: 1150

Fwd > Standing on the floor > **B-1-3-P Front rolling-piked from standing on the floor to pose**

> Standard (**Dive after- forbidden!**)

Value: C – 6 points (C' – 2)



1150

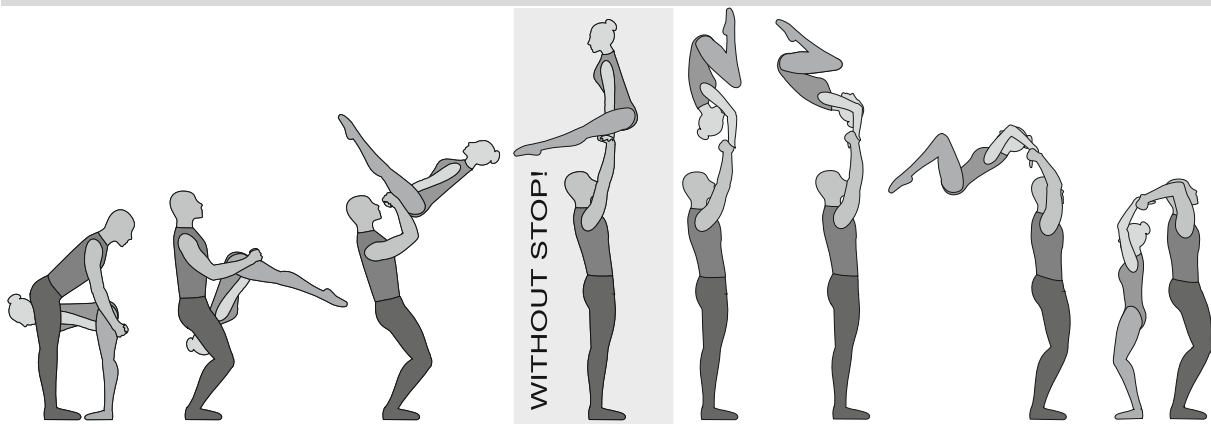
REPETITION ID: 1150

Fwd > Standing on the floor > **B-1-3-P Front rolling-piked from standing on the floor to pose**

> Standard (**Dive after- forbidden!**)

Value: C – 6 points (C' – 2)

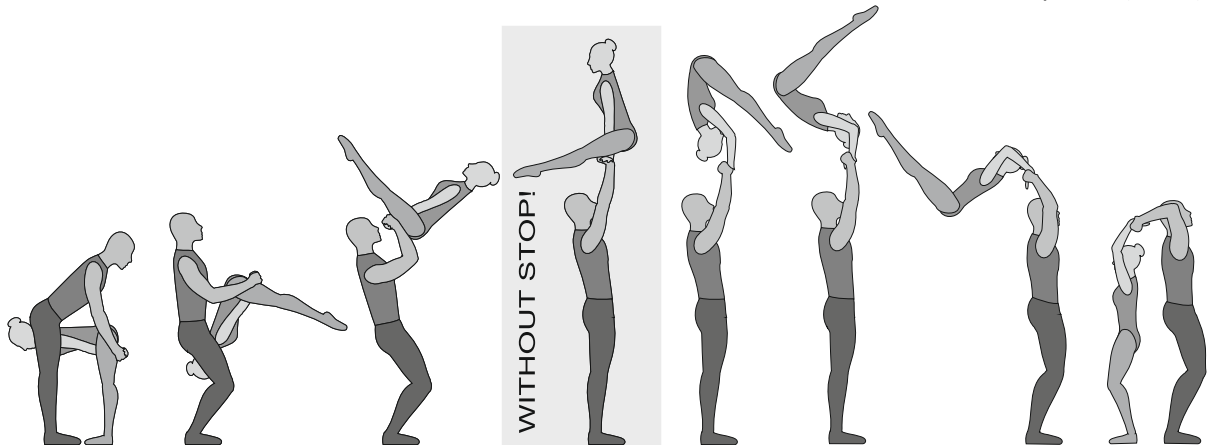
WRRC name: **ROLLING PIKED**



1155

REPETITION ID: 1155

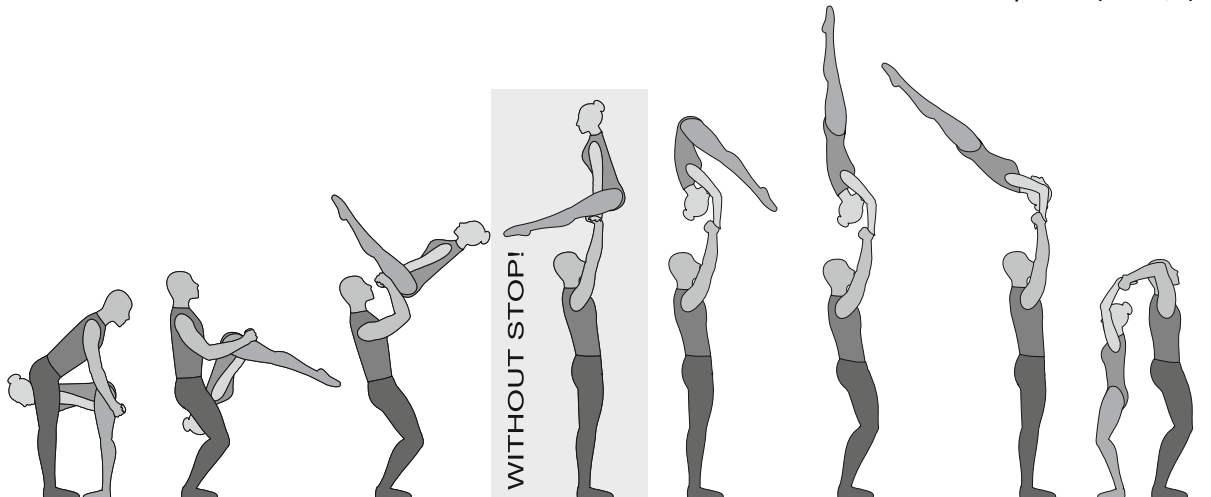
Fwd > Standing on the floor > **B-1-4-PT Front rolling-piked + front tucked from standing on the floor**  
> Standard Value: E – 8 points (E' – 3)



1160

REPETITION ID: 1155

Fwd > Standing on the floor > **B-1-4-PP Front rolling-piked + front piked from standing on the floor**  
> Standard Value: F – 9 points (F' – 3,5)



1165

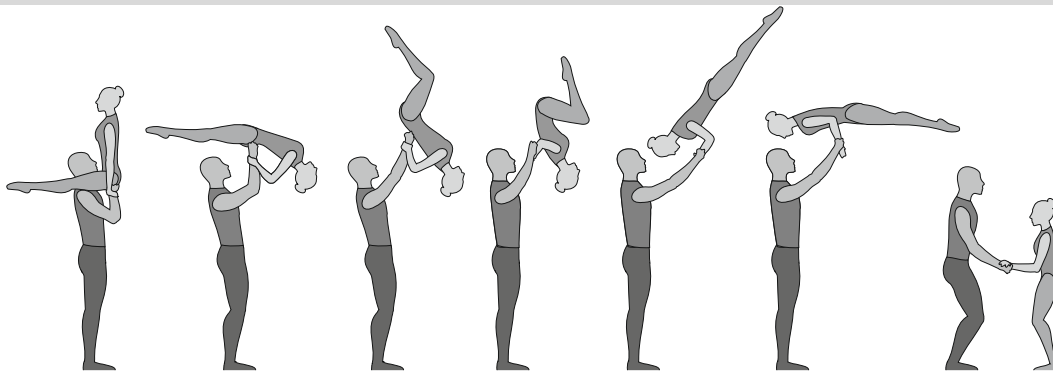
REPETITION ID: 1155

Fwd > Standing on the floor > **B-1-4-PS Front rolling-piked + front straight from standing on the floor**  
> Standard Value: G – 10 points (E' – 4)

ID	Rep. ID	Name	Difficulty/Value Board 1		Difficulty/Value Board 2	
1150	1150	B-1-3-P Front rolling-piked from standing on the floor to pose <b>(Dive after- forbidden!)</b>	C	6	C'	2
1155	1155	B-1-4-PT Front rolling-piked + front tucked from standing on the floor	E	8	E'	3
1160	1155	B-1-4-PP Front rolling-piked + front piked from standing on the floor	F	9	F'	3,5
1165	1155	B-1-4-PS Front rolling-piked + front straight from standing on the floor	G	10	G'	4
1170	1155	B-1-4-PT-1/2T Front rolling-piked + front tucked with 1/2 twist from standing on the floor	F	9	F'	3,5
1175	1155	B-1-4-PP-1/2T Front rolling-piked + front piked with 1/2 twist from standing on the floor	G	10	G'	4
1180	1155	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
1185	1155	B-1-4-PT-1/1T Front rolling-piked + front tucked with 1/1 twist from standing on the floor	G	10	G'	4
1190	1155	B-1-4-PP-1/1T Front rolling-piked + front piked with 1/1 twist from standing on the floor	H	11	H'	4,5
1195	1155	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

## 7.7 GROUP 2: BACKWARDS ELEMENTS

WRRC name:

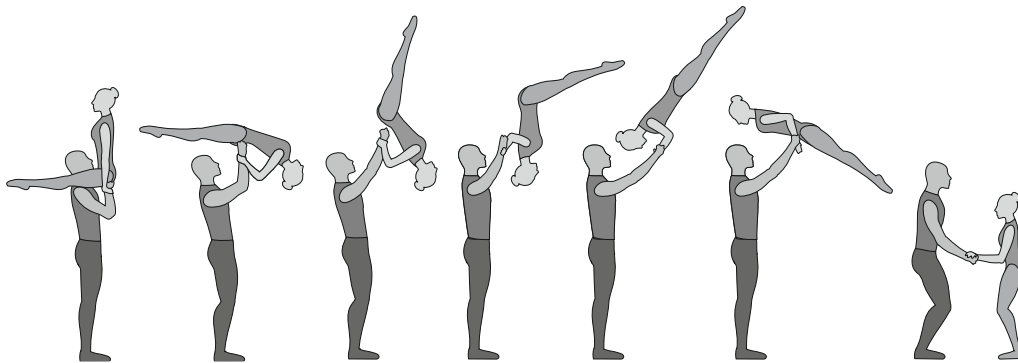


2010

REPETITION ID: 2010

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

Value: A – 4 points (A' - 1)

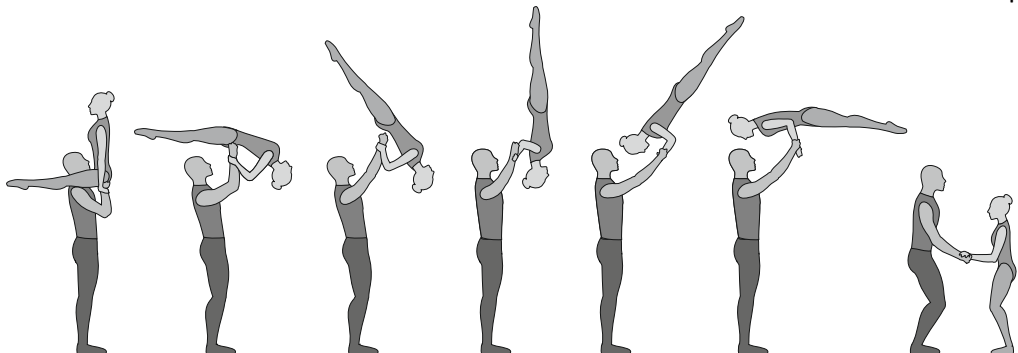


2015

REPETITION ID: 2015

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

Value: B – 5 points (B' - 1,5)

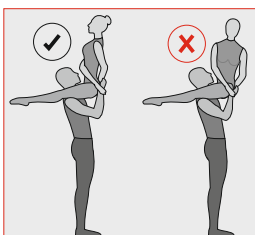


2020

REPETITION ID: 2020

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

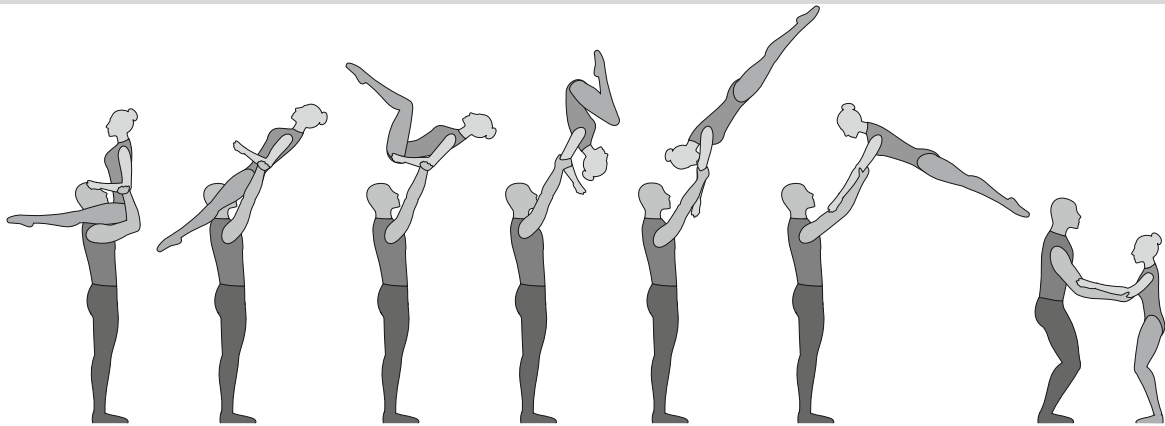
Value: C – 6 points (C' - 2)



**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

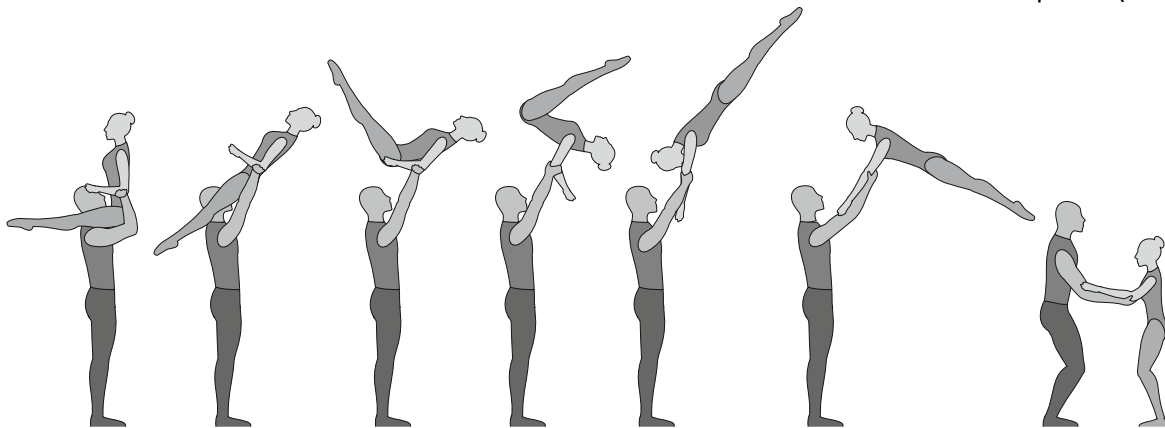
WRRC name:



2010

REPETITION ID: 2010

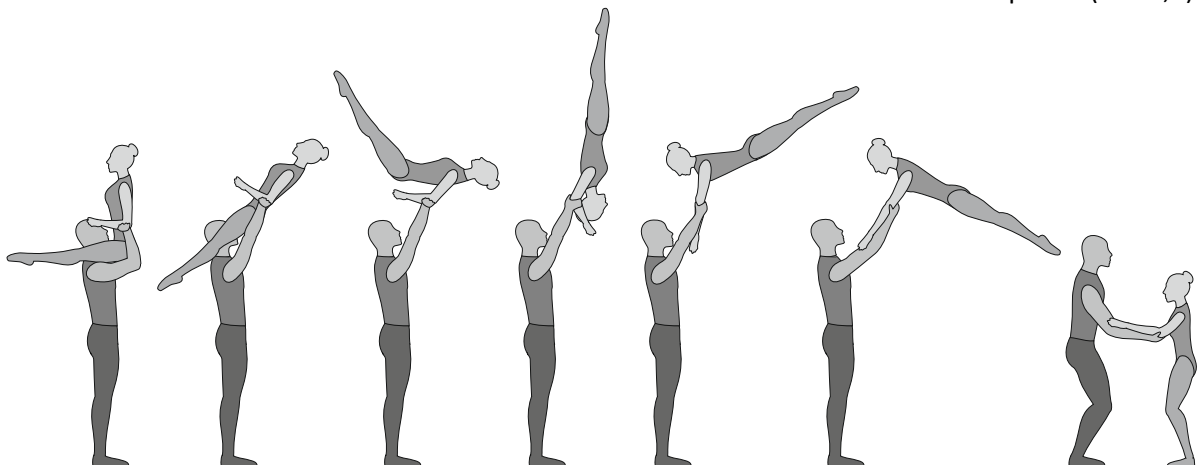
Bwd > Sitting on the shoulders > **B-2-1-T Back tucked starting from shoulders height** > Standard  
Value: A – 4 points (A' - 1)



2015

REPETITION ID: 2015

Bwd > Sitting on the shoulders > **B-2-1-P Back piked starting from shoulders height** > Standard  
Value: B – 5 points (B' - 1,5)

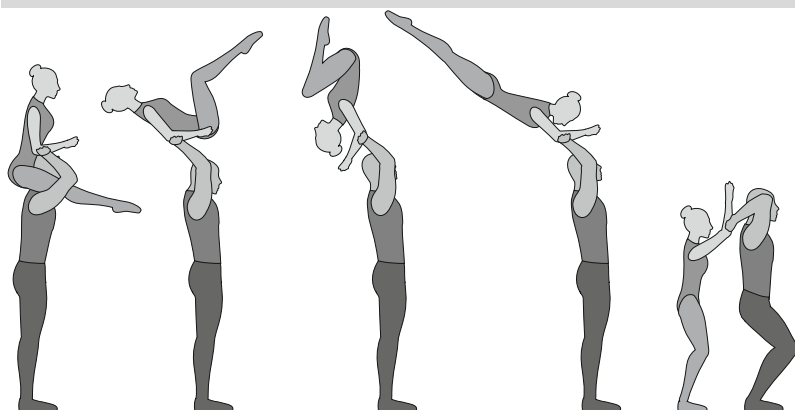


2020

REPETITION ID: 1020

Bwd > Sitting on the shoulders > **B-2-1-S Back straight starting from shoulders height** > Standard  
Value: C – 6 points (C' - 2)

WRRC name:

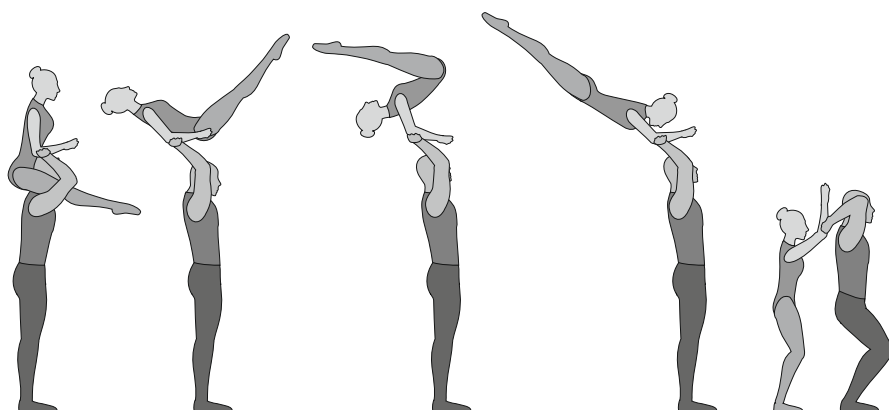


2010

REPETITION ID: 2010

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

Value: A – 4 points (A' - 1)

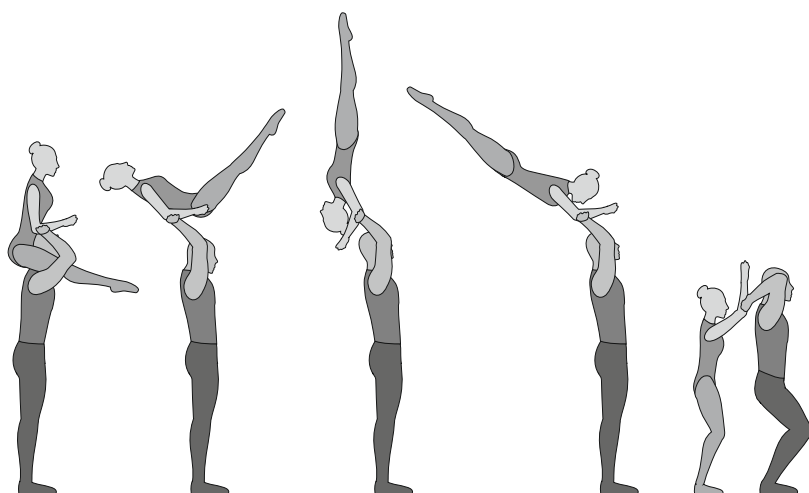


2015

REPETITION ID: 2015

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

Value: B – 5 points (B' – 1,5)



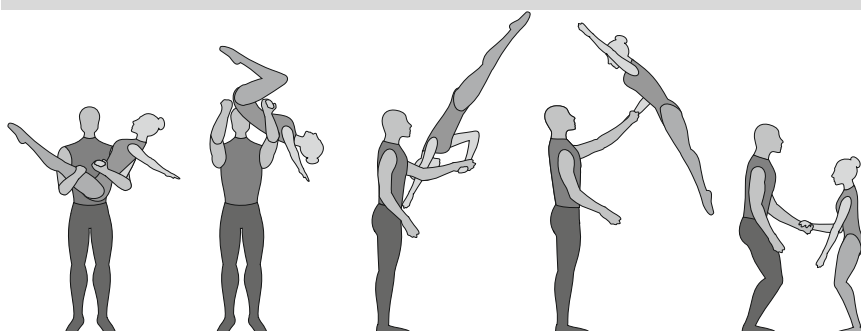
2020

REPETITION ID: 2020

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

Value: C – 6 points (C' - 2)

WRRC name:

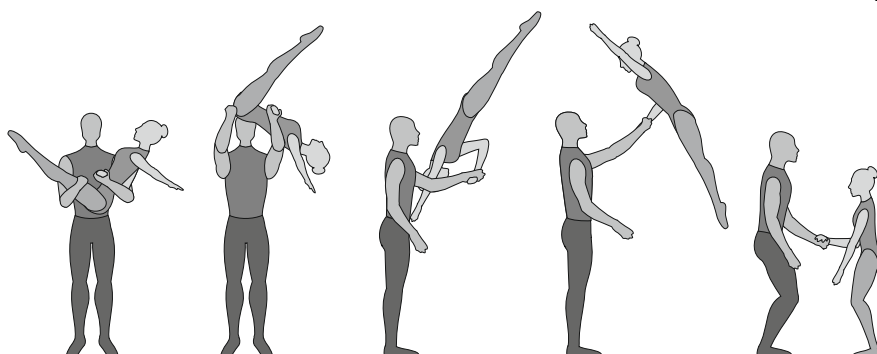


2025

REPETITION ID: 2010

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

Value: B – 5 points (B' – 1,5)

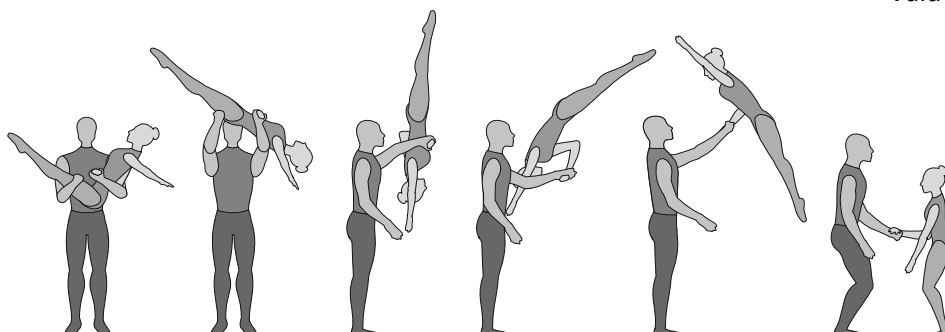


2030

REPETITION ID: 2015

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

Value: C – 6 points (D' – 3)



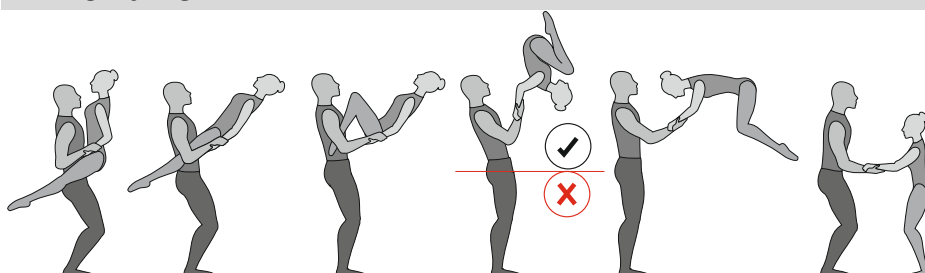
2035

REPETITION ID: 2020

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

Value: D – 7 points (D' – 2,5)

WRRC name:



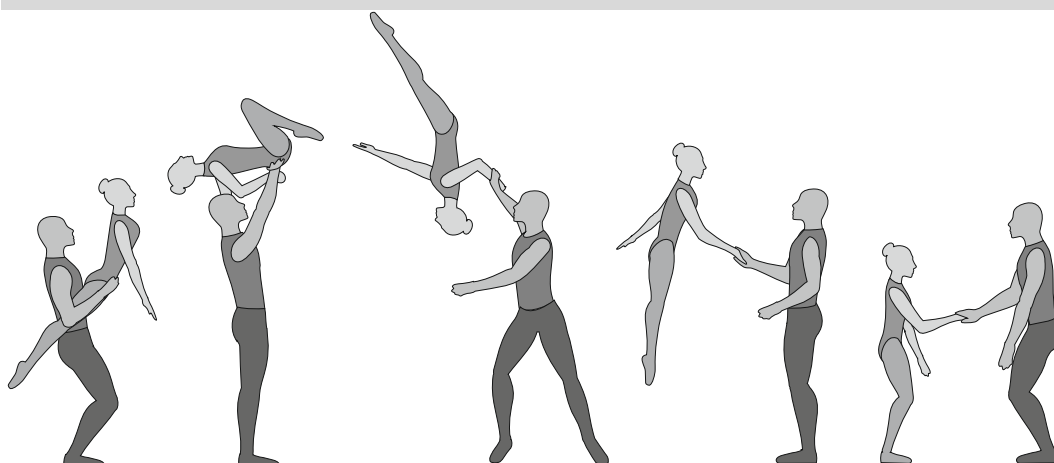
2025

REPETITION ID: 2010

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

Value: B – 5 points (B' – 1,5)

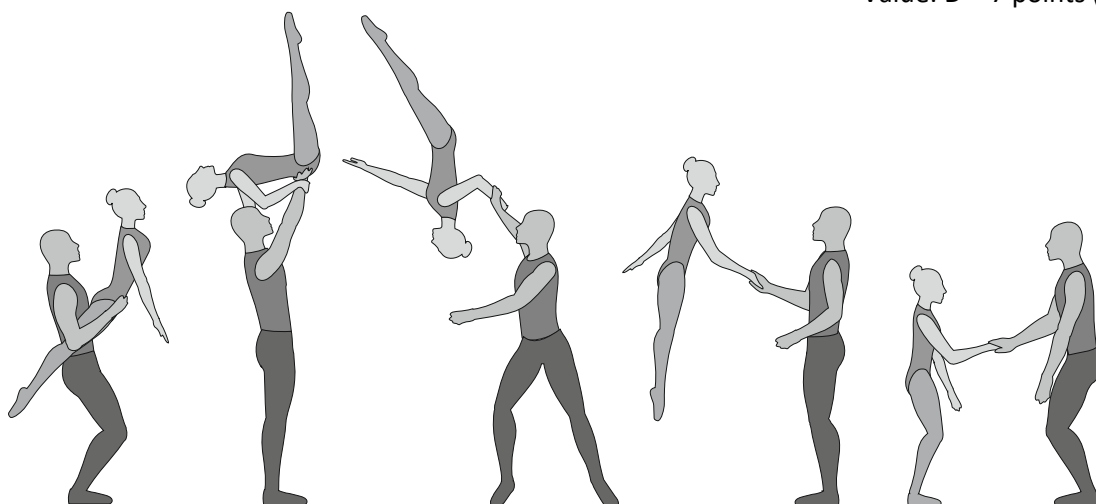
WRRC name:



2026

REPETITION ID: 2010

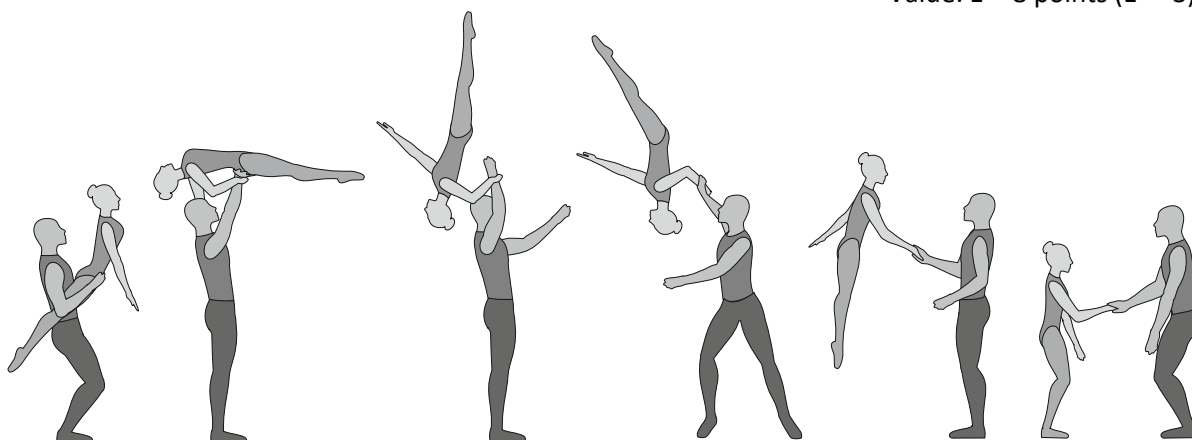
Bwd > From the waist > **B-2-2-T Back tucked starting from waist height (from shalom)** > Standard  
Value: D – 7 points (D' – 2,5)



2031

REPETITION ID: 2015

Bwd > From the waist > **B-2-2-P Back piked starting from waist height (from shalom)** > Standard  
Value: E – 8 points (E' – 3)



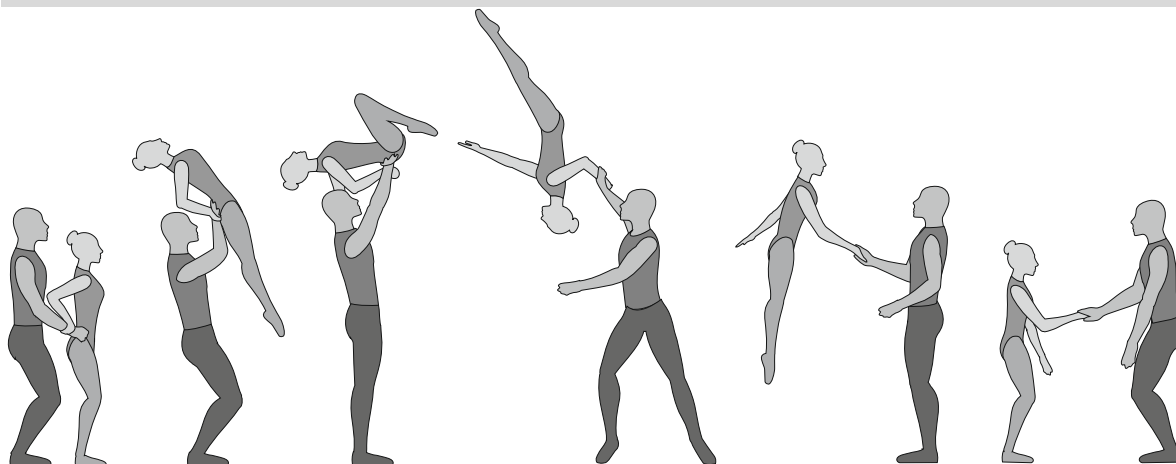
2036

REPETITION ID: 2020

Bwd > From the waist > **B-2-2-S Back straight starting from waist height (from shalom)** > Standard  
Value: F – 9 points (F' – 3,5)



WRRC name:

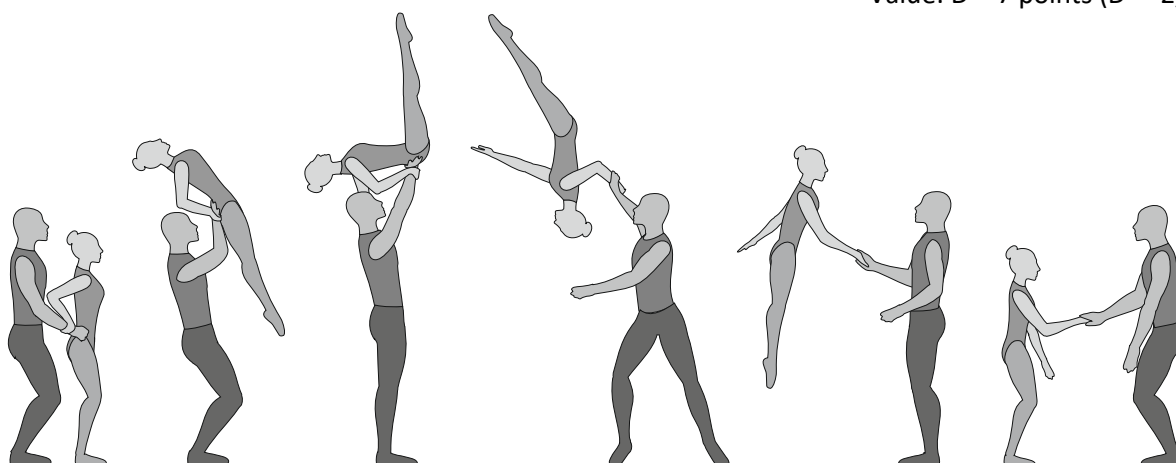


2040

REPETITION ID: 2010

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

Value: D – 7 points (D' – 2,5)

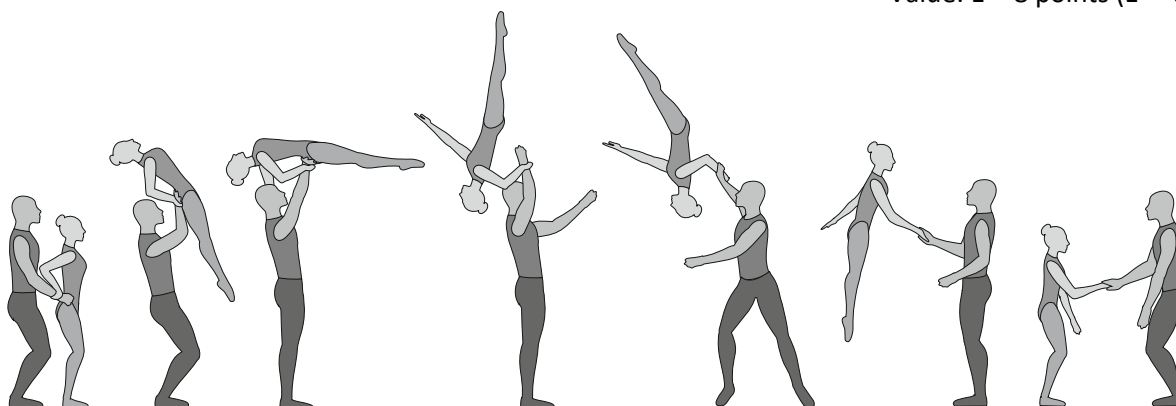


2045

REPETITION ID: 2015

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

Value: E – 8 points (E' – 3)



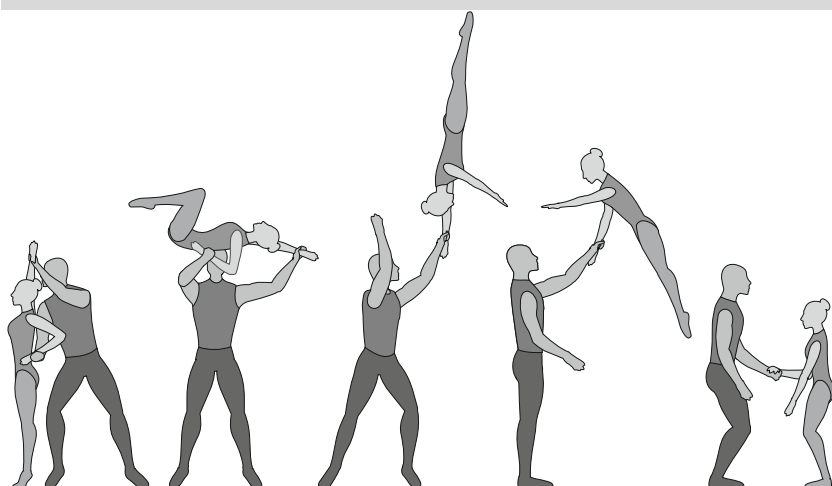
2050

REPETITION ID: 2020

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

Value: F – 9 points (F' – 3,5)

WRRC name: \_\_\_\_\_

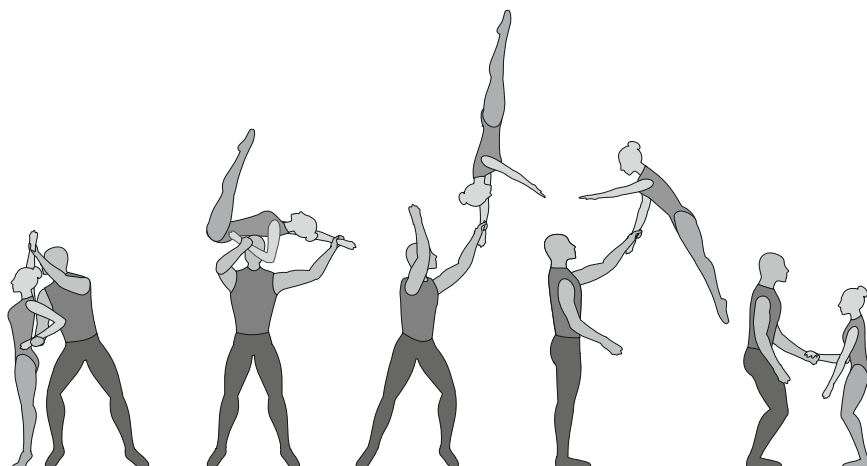


2040

REPETITION ID: 2010

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

Value: D – 7 points (D' – 2,5)

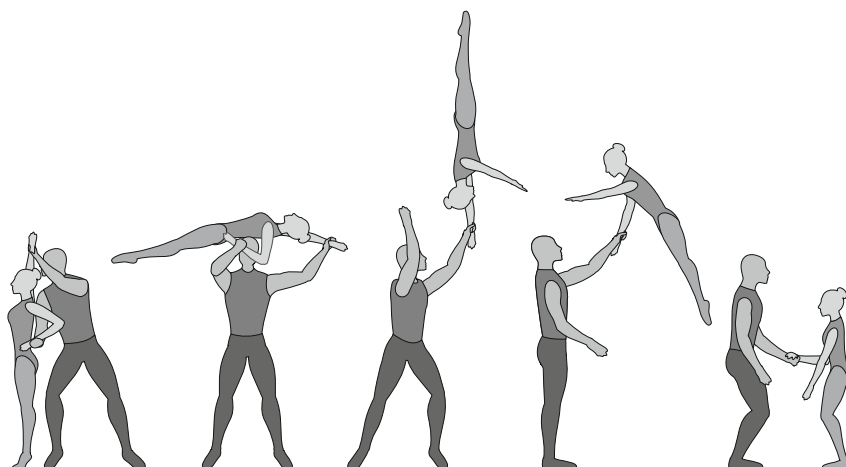


2045

REPETITION ID: 2015

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

Value: E – 8 points (E' – 3)



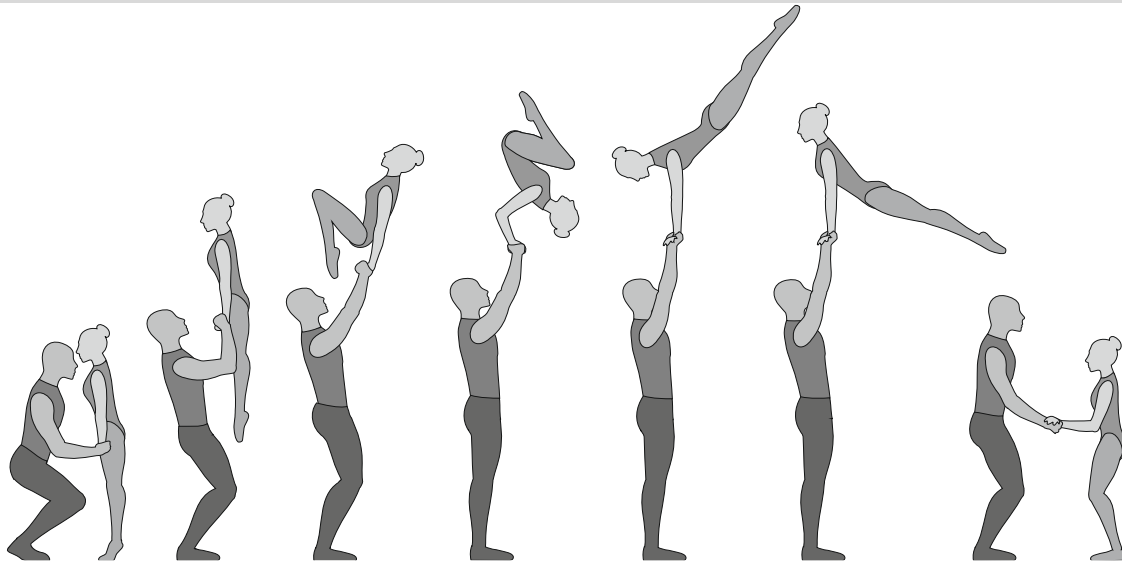
2050

REPETITION ID: 2020

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

Value: F – 9 points (F' – 3,5)

## FORELLE BACK



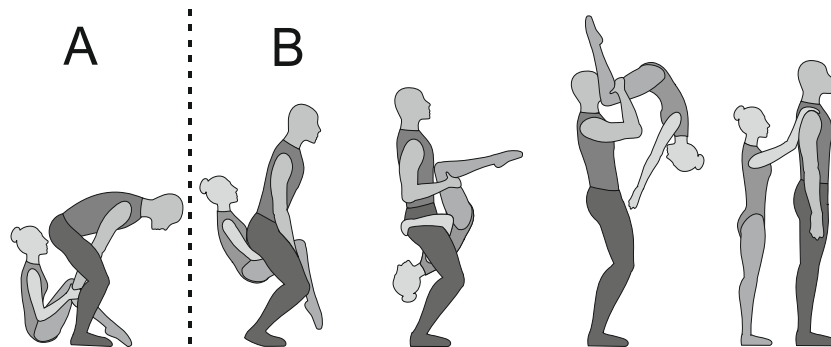
2040

REPETITION ID: 2010

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

Value: D – 7 points (D' – 2,5)

WRRRC name:



A

2051

REPETITION ID: 2010

Bwd > Standing on the floor > **B-2-3-TF Back tuck from sitting on the floor** > Standard

Value: D – 7 points (A' – 2,5)

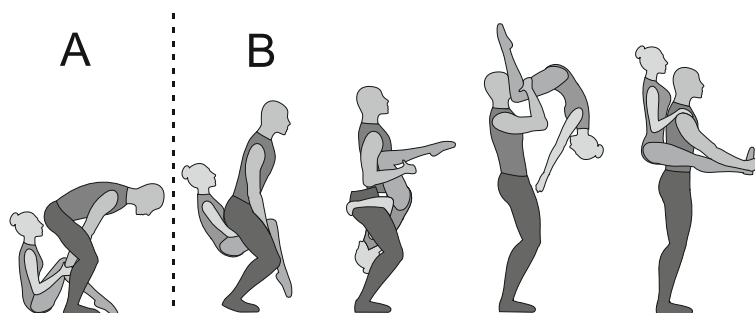
B

2052

REPETITION ID: 2010

Bwd > Standing on the floor > **B-2-3-+T+ Back tuck without touching the floor** > Standard

Value: Only 2nd or 3rd element in combination (D' – 2,5)



A

2051

REPETITION ID: 2010

Bwd > Standing on the floor > **B-2-3-TF Back tuck from sitting on the floor** > On waist back II.

(Tessarin position)

Value: D – 7 points (D' – 1) + landing (D' – 2,5 + landing)

B

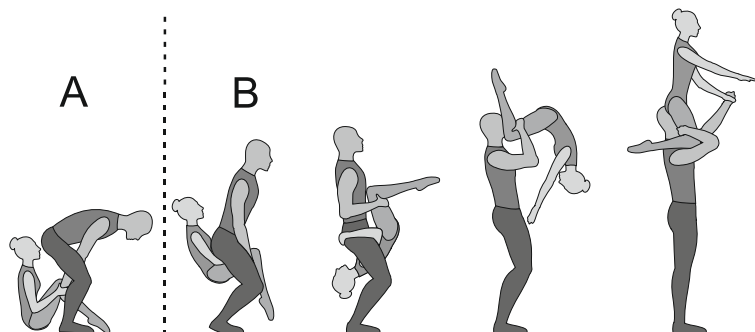
2052

REPETITION ID: 2010

Bwd > Standing on the floor > **B-2-3-+T+ Back tuck without touching the floor** > On waist back II.

(Tessarin position)

Value: Only 2nd or 3rd element in combination (D' – 2,5 + landing)



A

2051

REPETITION ID: 2010

Bwd > Standing on the floor > **B-2-3-TF Back tuck from sitting on the floor** > On shoulders

Value: D – 7 points (D' – 1) + landing (D' – 2,5 + landing)

B

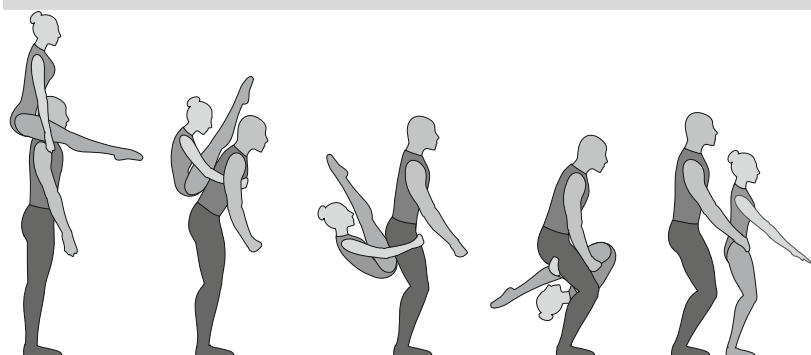
2052

REPETITION ID: 2010

Bwd > Standing on the floor > **B-2-3-+T+ Back tuck without touching the floor** > On shoulders

Value: Only 2nd or 3rd element in combination (D' – 2,5 + landing)

WRRC name:



2160

REPETITION ID: 2160

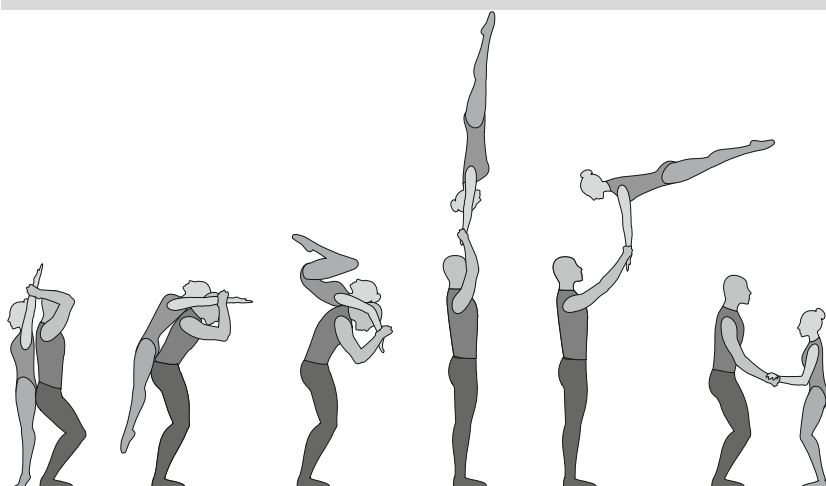
Bwd > Sitting on the shoulder > **B-2-1-P Sliding back piked from shoulders** > Standard

Value: B – 5 points (B' – 1,5)

ID	Rep. ID	Name	Difficulty/Value Board 1		Difficulty/Value Board 2	
2010	2010	B-2-1-T Back tucked starting from shoulders height	A	4	A'	1
2015	2015	B-2-1-P Back piked starting from shoulders height	B	5	B'	1,5
2020	2020	B-2-1-S Back straight starting from shoulders height	C	6	C'	2
2025	2010	B-2-2-T Back tucked starting from waist height	B	5	B'	1,5
2030	2015	B-2-2-P Back piked starting from waist height	C	6	C'	2
2035	2020	B-2-2-S Back straight starting from waist height	D	7	D'	2,5
2026	2010	B-2-2-T Back tucked starting from waist height (from shalom)	D	7	D'	2,5
2031	2015	B-2-2-P Back piked starting from waist height (from shalom)	E	8	E'	3
2036	2020	B-2-2-S Back straight starting from waist height (from shalom)	F	9	F'	3,5
2040	2010	B-2-3-T Back tucked starting from the floor	D	7	D'	2,5
2045	2015	B-2-3-P Back piked starting from the floor	E	8	E'	3
2050	2020	B-2-3-S Back straight starting from the floor	F	9	F'	3,5
2051	2010	B-2-3-TF Back tucked from sitting on the floor	D	7	D'	2,5
2052	2010	B-2-3-+T+ Back tucked without touching the floor			D'	2,5
2055	2055	B-2-1-T-1/2T Back tucked with 1/2 twist starting from shoulders height	B	5	B'	1,5
2060	2060	B-2-1-P-1/2T Back piked with 1/2 twist starting from shoulders height	C	6	C'	2
2065	2065	B-2-1-S-1/2T Back straight with 1/2 twist within starting from shoulders height	D	7	D'	2,5
2070	2055	B-2-2-T-1/2T Back tucked with 1/2 twist starting from waist height	C	6	C'	2
2075	2060	B-2-2-P-1/2T Back piked with 1/2 twist starting from waist height	D	7	D'	2,5
2080	2065	B-2-2-S-1/2T Back straight with 1/2 twist within starting from waist height	E	8	E'	3
2085	2055	B-2-3-T-1/2T Back tucked with 1/2 twist starting from the floor	E	8	E'	3
2090	2060	B-2-3-P-1/2T Back piked with 1/2 twist starting from the floor	F	9	F'	3,5
2095	2065	B-2-3-S-1/2T Back straight with 1/2 twist within starting from the floor	G	10	G'	4

ID	Rep. ID	Name	Difficulty/Value Board 1		Difficulty/Value Board 2	
2100	2100	B-2-1-T-1/1T Back tucked with 1/1 twist starting from shoulders height	D	7	D'	2,5
2105	2105	B-2-1-P-1/1T Back piked with 1/1 twist starting from shoulders height	E	8	E'	3
2110	2110	B-2-1-S-1/1T Back straight with 1/1 twist within starting from shoulders height	F	9	F'	3,5
2115	2100	B-2-2-T-1/1T Back tucked with 1/1 twist starting from waist height	E	8	E'	3
2120	2105	B-2-2-P-1/1T Back piked with 1/1 twist starting from waist height	F	9	F'	3,5
2125	2110	B-2-2-S-1/1T Back straight with 1/1 twist within starting from waist height	G	10	G'	4
2130	2100	B-2-3-T-1/1T Back tucked with 1/1 twist starting from the floor	G	10	G'	4
2135	2105	B-2-3-P-1/1T Back piked with 1/1 twist starting from the floor	H	11	H'	4,5
2140	2110	B-2-3-S-1/1T Back straight with 1/1 twist within starting from the floor	I	12	I'	5
2160	2160	B-2-1-P Sliding back piked from shoulders	B	5	B'	1,5

## BACK TO BACK

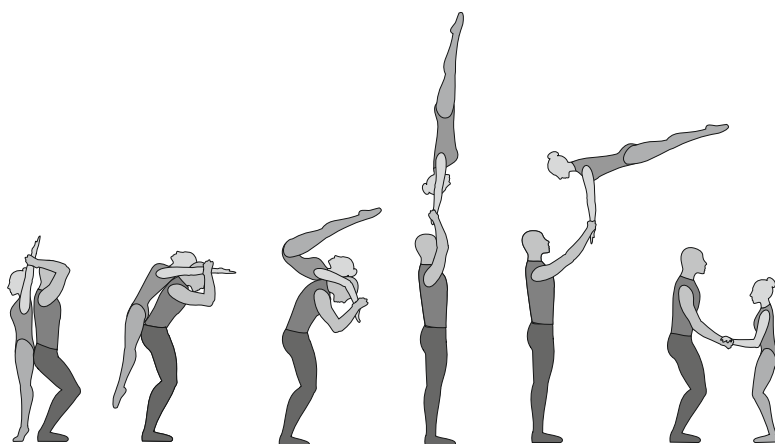


2165

REPETITION ID: 2165

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

Value: D – 7 points (D' – 2,5)

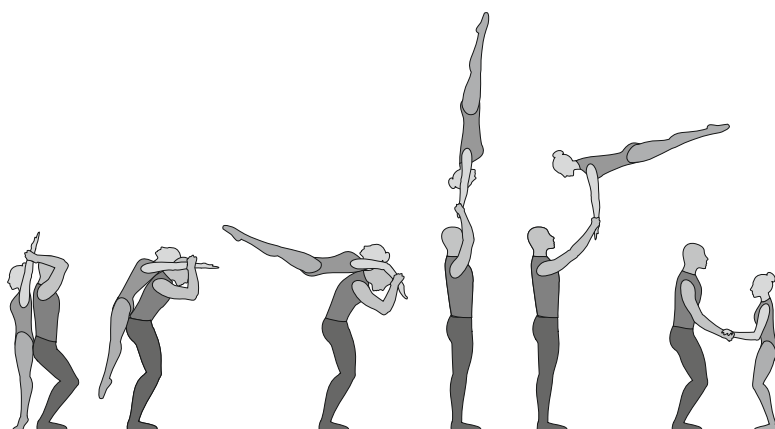


2170

REPETITION ID: 2165

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

Value: E – 8 points (E' – 3)



2175

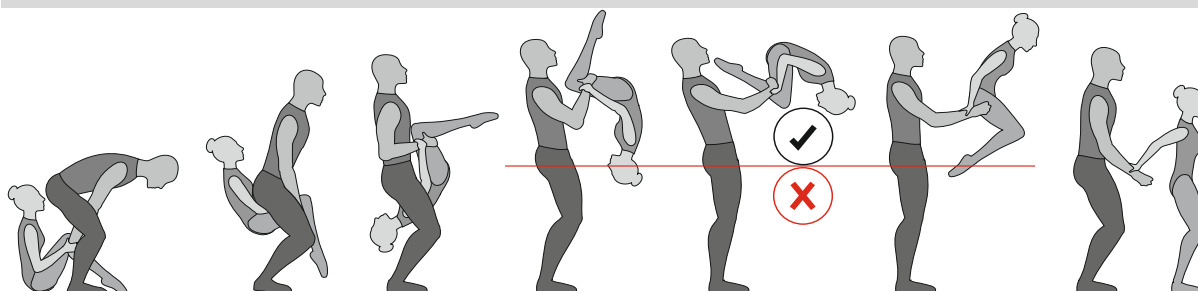
REPETITION ID: 2165

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

Value: F – 9 points (F' – 3,5)

ID	Rep. ID	Name	Difficulty/Value Board 1		Difficulty/Value Board 2	
2165	2165	B-2-4-T Back to back tucked to handstand	D	7	D'	2,5
2170	2165	B-2-4-P Back to back piked to handstand	E	8	E'	3
2175	2165	B-2-4-S Back to back straight to handstand	F	9	F'	3,5
2180	2165	B-2-4-T-1/2T Back to back tucked to handstand with 1/2 twist within	E	8	E'	4
2185	2165	B-2-4-P-1/2T Back to back piked to handstand with 1/2 twist within	F	9	F'	3,5
2190	2165	B-2-4-S-1/2T Back to back straight to handstand with 1/2 twist within	G	10	G'	4
2195	2165	B-2-4-T-1/1T Back to back tucked to handstand with 1/1 twist within	G	10	G'	4
2200	2165	B-2-4-P-1/1T Back to back piked to handstand with 1/1 twist within	H	11	H'	4,5
2205	2165	B-2-4-S-1/1T Back to back straight to handstand with 1/1 twist within	I	12	I'	5

WRRC name:

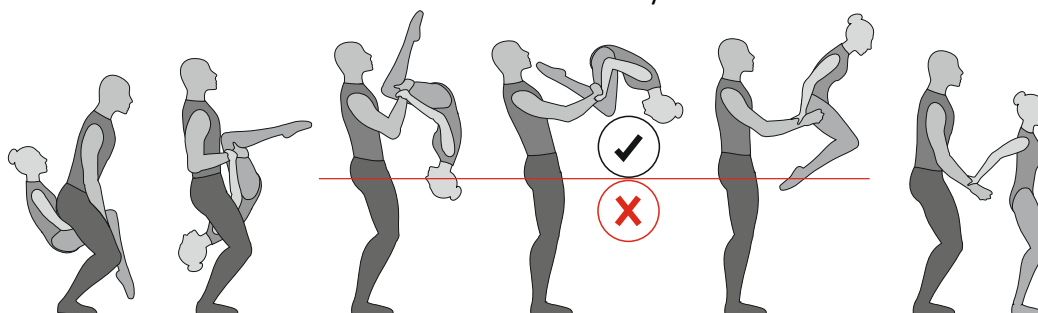


2145

REPETITION ID: 2145

Bwd > Standing on the floor > **B-2-3-TA Auerbach tucked from sitting on the floor** > Standard

Value: Only 2nd or 3rd element in combination (D' – 2,5)



2146

REPETITION ID: 2145

Bwd > Standing on the floor > **B-2-3-+TA + Auerbach tucked without touching the floor** > Standard

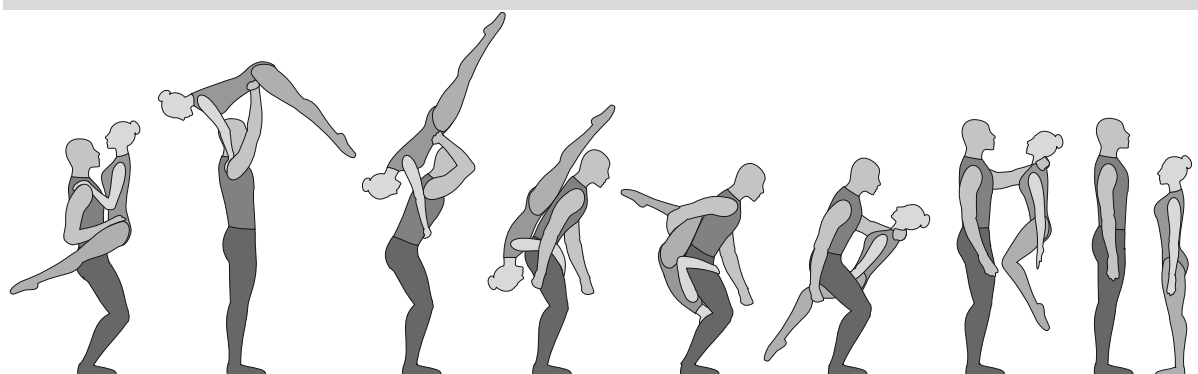
Value: Only 2nd or 3rd element in combination (D' – 2,5)



ID	Rep. ID	Name	Difficulty/Value Board 1		Difficulty/Value Board 2	
2145	2145	B-2-3-TA Auerbach tucked from sitting on the floor			D'	2,5
2150	2145	B-2-3-TA-1/2T Auerbach tucked with 1/2 turn from sitting on the floor			E'	3
2155	2145	B-2-3-TA-1/1T Auerbach tucked with 1/1 turn from sitting on the floor			F'	3,5
2146	2145	B-2-3-+TA + Auerbach tucked without touching the floor			D'	2,5
2151	2145	B-2-3-+TA-1/2T + Auerbach tucked 1/2 tour without touching the floor			E'	3
2156	2145	B-2-3-+TA-1/1T + Auerbach tucked 1/1 tour without touching the floor			F'	3,5

## 7.8 GROUP 3: DIVES

### DIVE

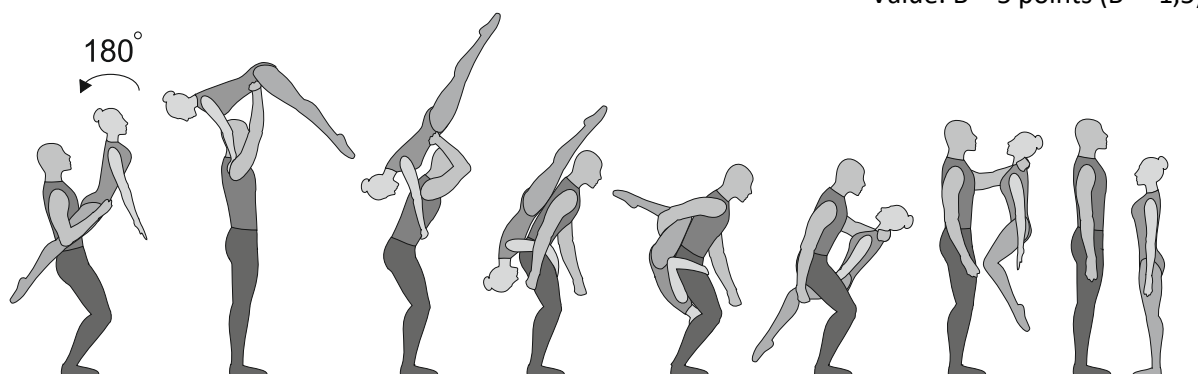


3010

REPETITION ID: 3010

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

Value: B – 5 points (B' – 1,5)



3030

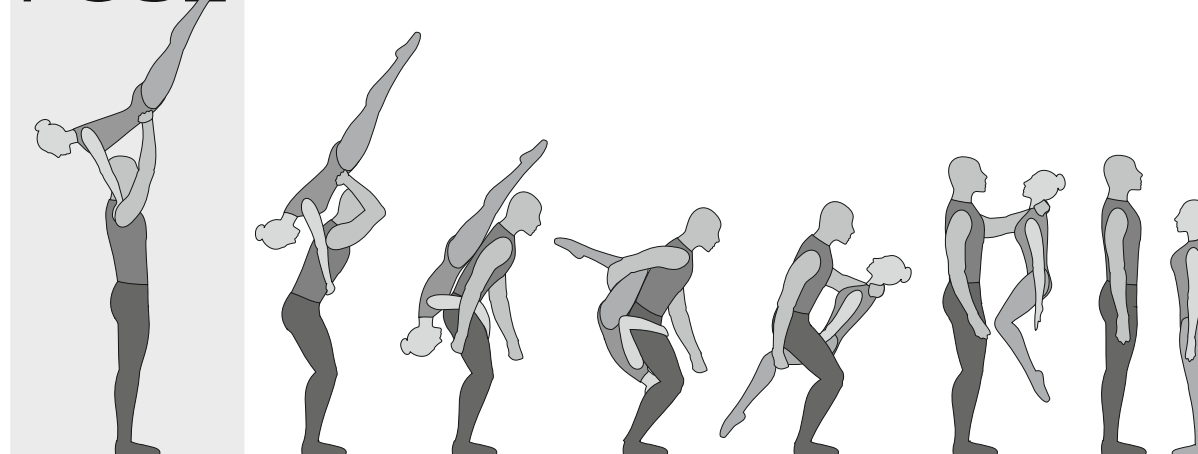
REPETITION ID: 3030

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

Value: C – 6 points (C' – 2)

### DIVE FROM ICE positions

#### POSE

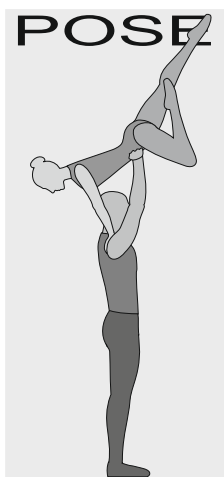


3015

REPETITION ID: 3010

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

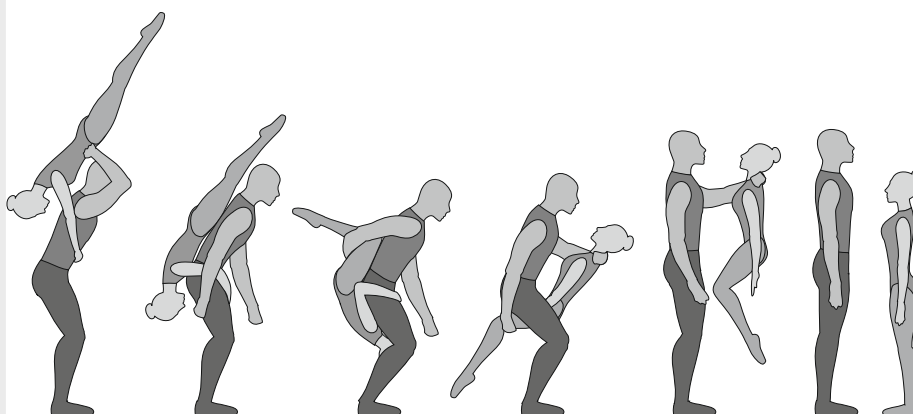
Value: D – 7 points (D' – 2,5)



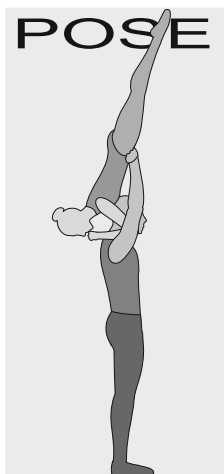
3015

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

Value: D – 7 points (D' – 2,5)



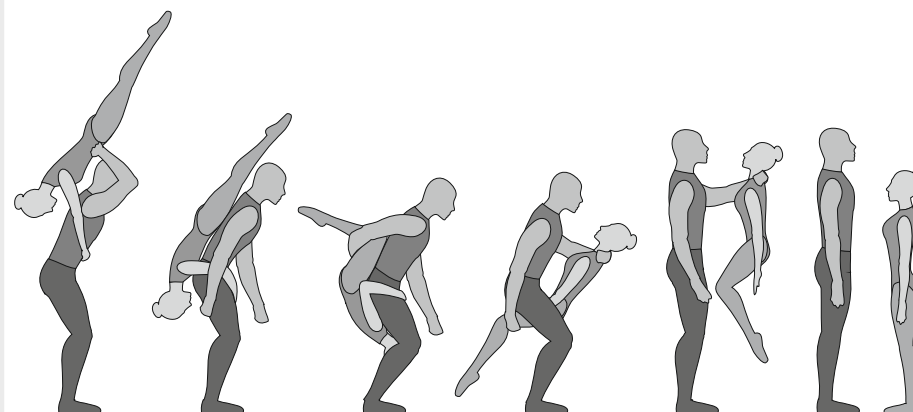
REPETITION ID: 3010



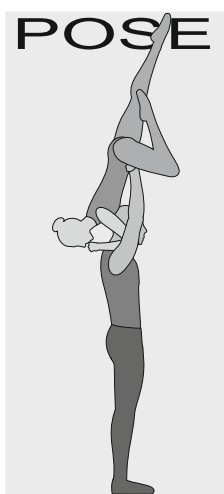
3015

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

Value: D – 7 points (D' – 2,5)



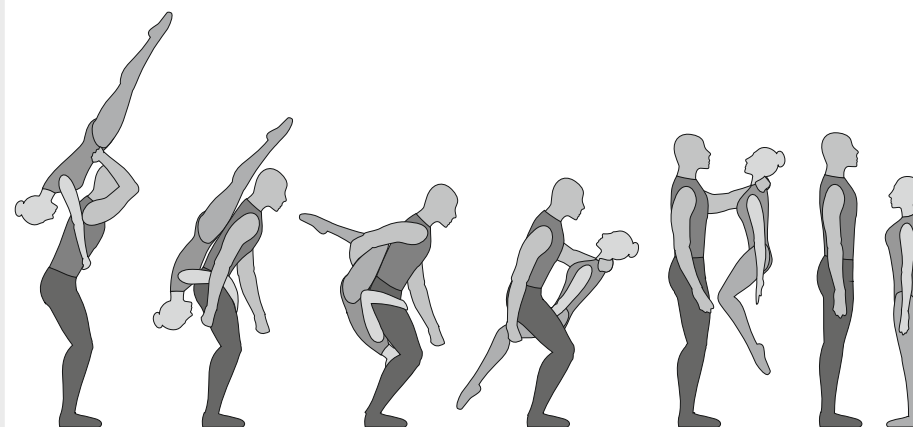
REPETITION ID: 3010



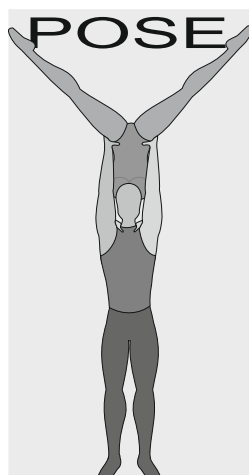
3015

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

Value: D – 7 points (D' – 2,5)



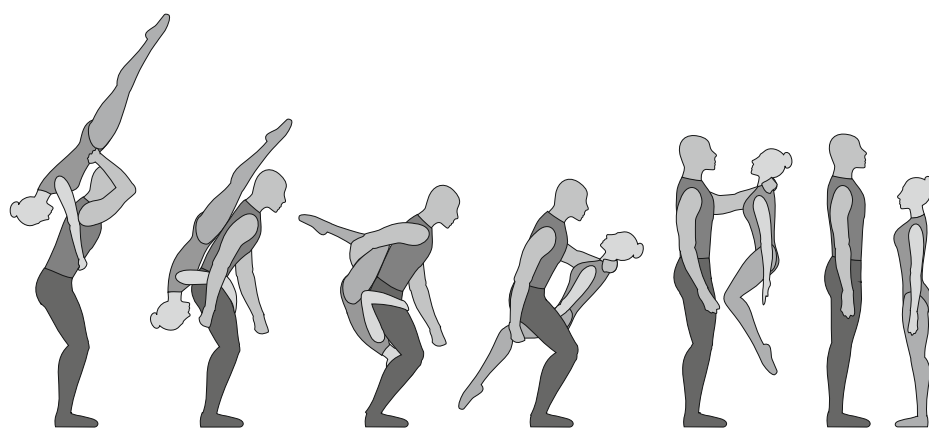
REPETITION ID: 3010



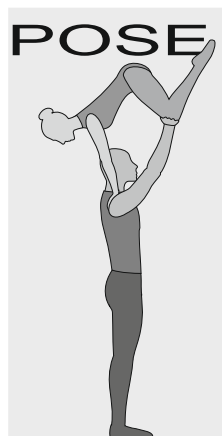
3015

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

Value: D – 7 points (D' – 2,5)



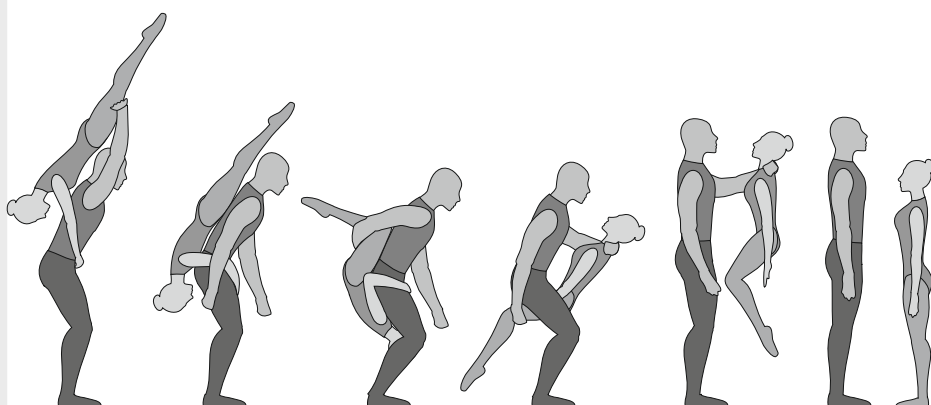
REPETITION ID: 3010



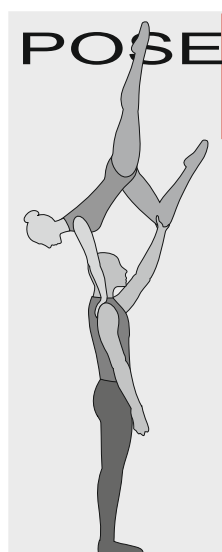
3015

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

Value: D – 7 points (D' – 2,5)



REPETITION ID: 3010



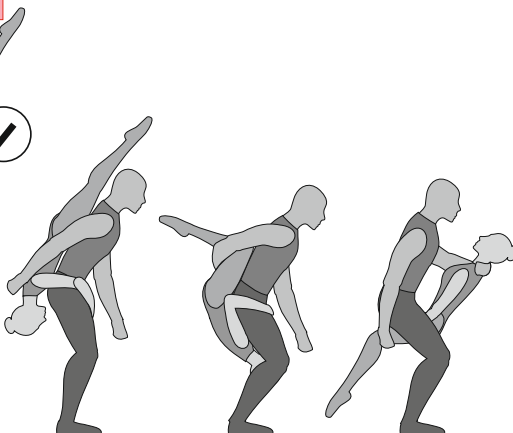
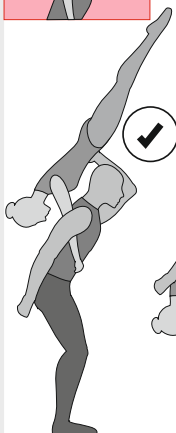
3020

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

Value: E – 8 points (E' – 3)

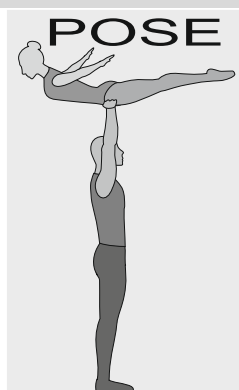


grip with 2 arms  
after POSE  
is not allowed

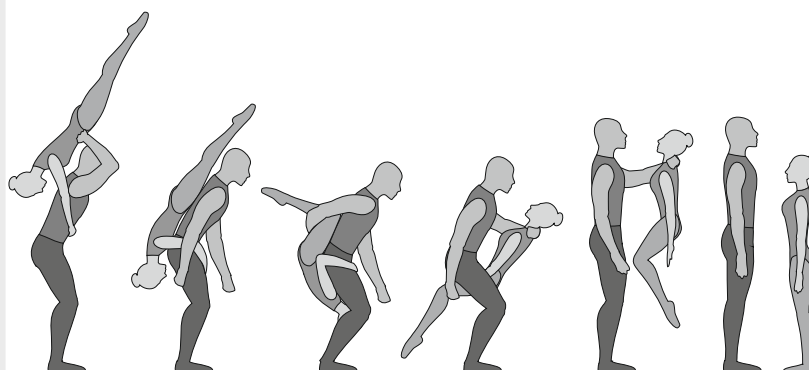


REPETITION ID: 3010

## DIVE FROM SWALLOW



POSE



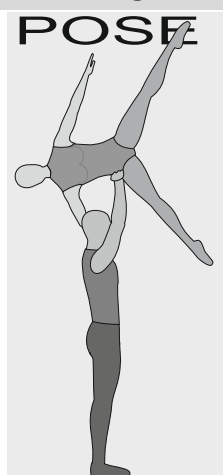
3015

REPETITION ID: 3010

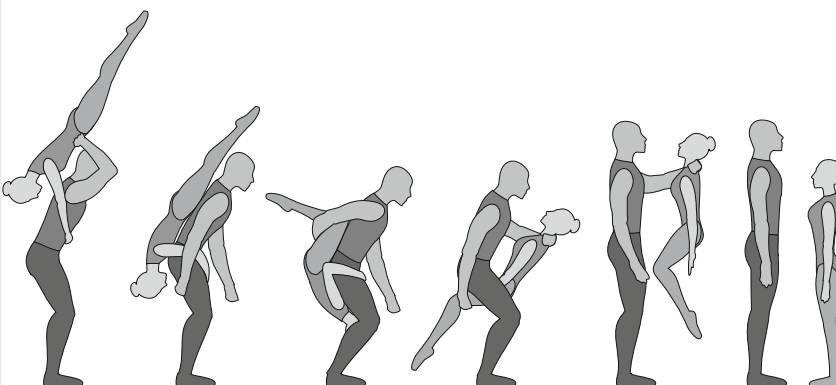
Dive > Other > **B-3-1-PO2-B Dive from pose on 2 hands of the male dancer** > Standard

Value: D – 7 points (D' – 2,5)

## DIVE FROM FLAG



POSE

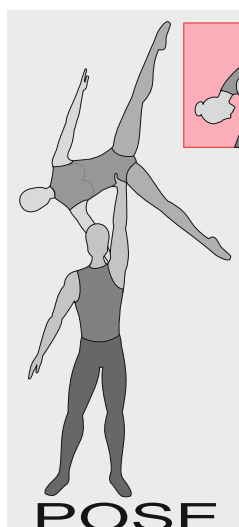


3015

REPETITION ID: 3010

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

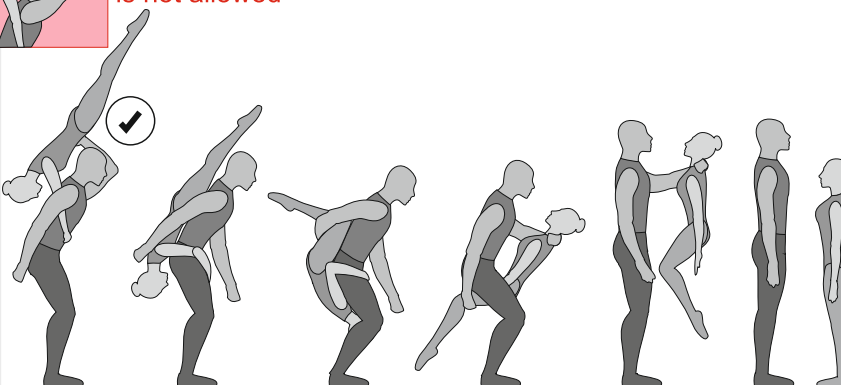
Value: D – 7 points (D' – 2,5)



POSE



grip with 2 arms  
after POSE  
is not allowed



3020

REPETITION ID: 3010

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

Value: E – 8 points (E' – 3)

## DIVE FROM HANDSTAND ON SHOULDER

POSE



3025

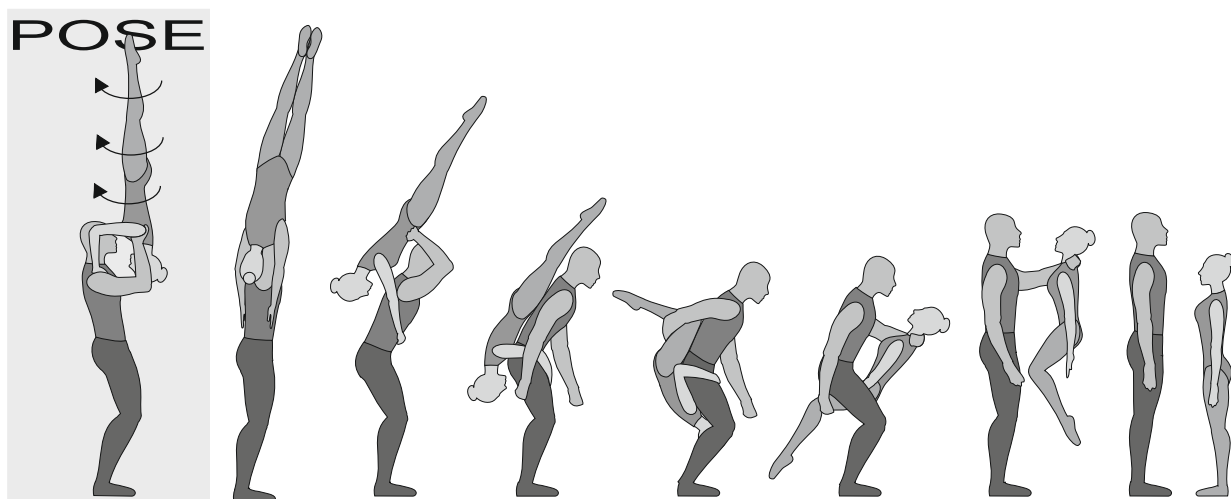
REPETITION ID: 3010

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

Value: F – 9 points (F' – 3,5)

## DIVE FROM REVERSE POSES

POSE

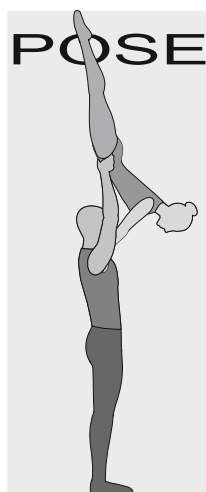


3035

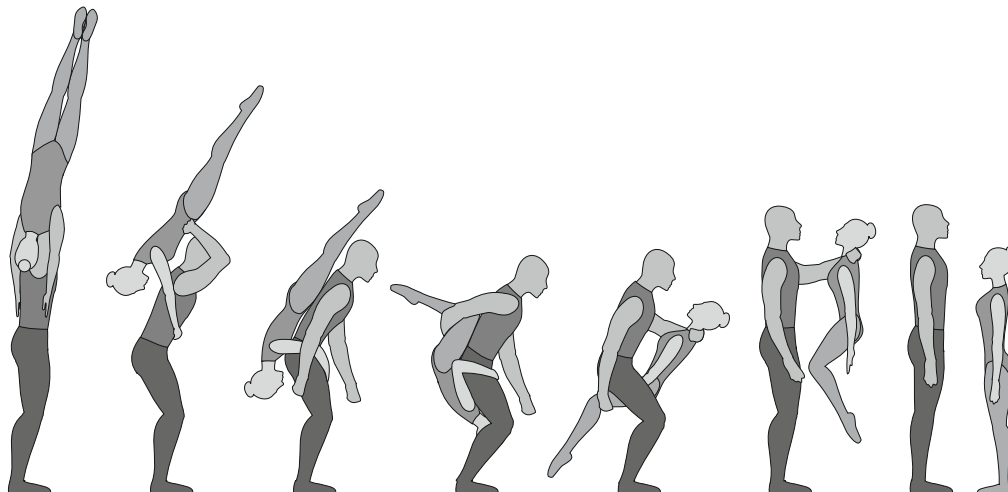
REPETITION ID: 3035

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

Value: E – 8 points (E' – 3)



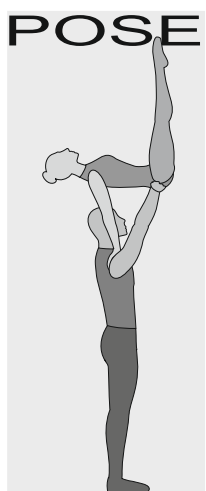
3035



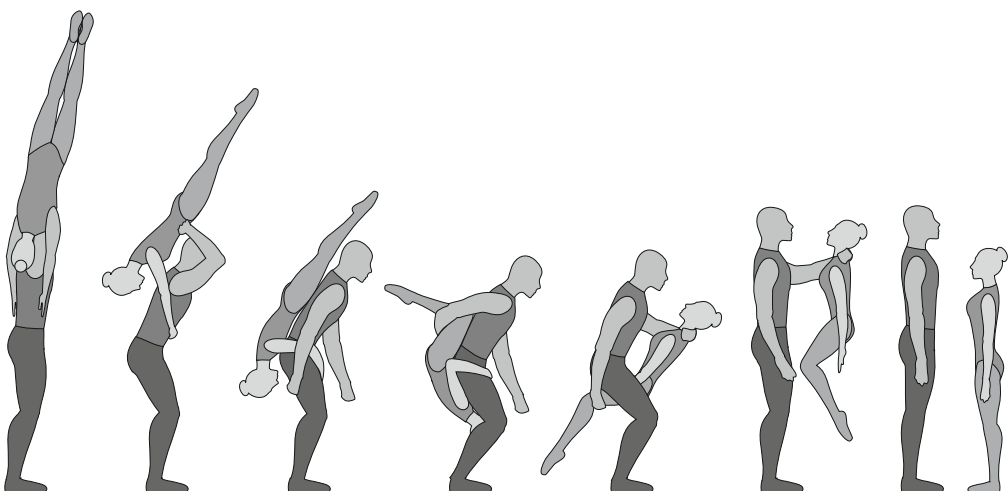
REPETITION ID: 3035

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

Value: E – 8 points (E' – 3)



3035

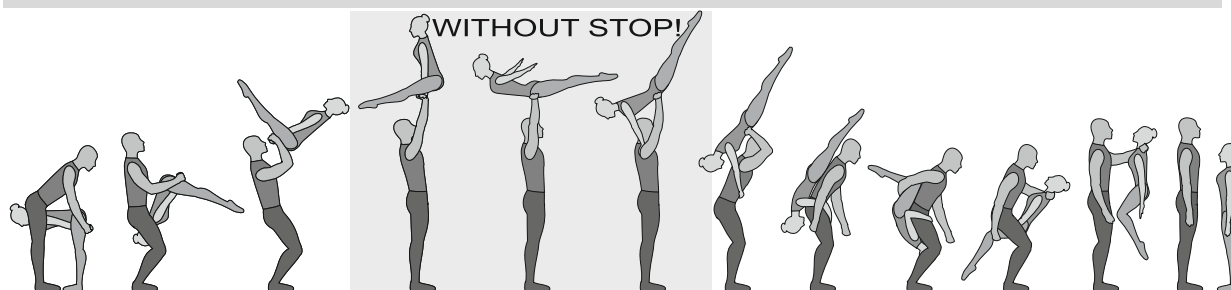


REPETITION ID: 3035

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

Value: E – 8 points (E' – 3)

## ROLLING DIVE

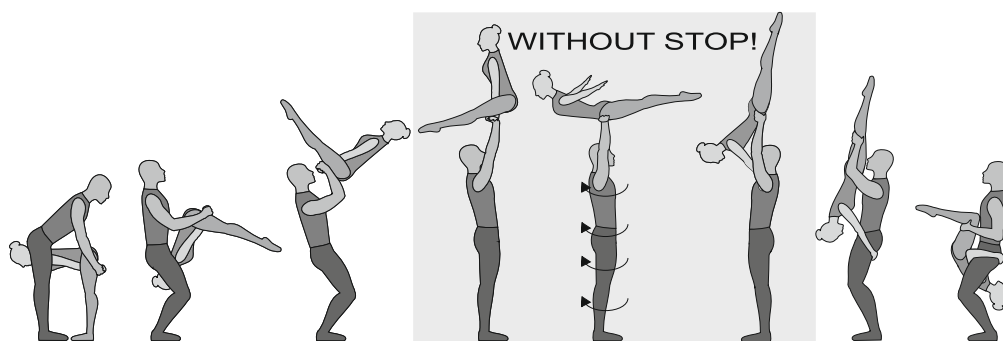


3040

REPETITION ID: 3040

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

Value: E – 8 points (E' – 3)



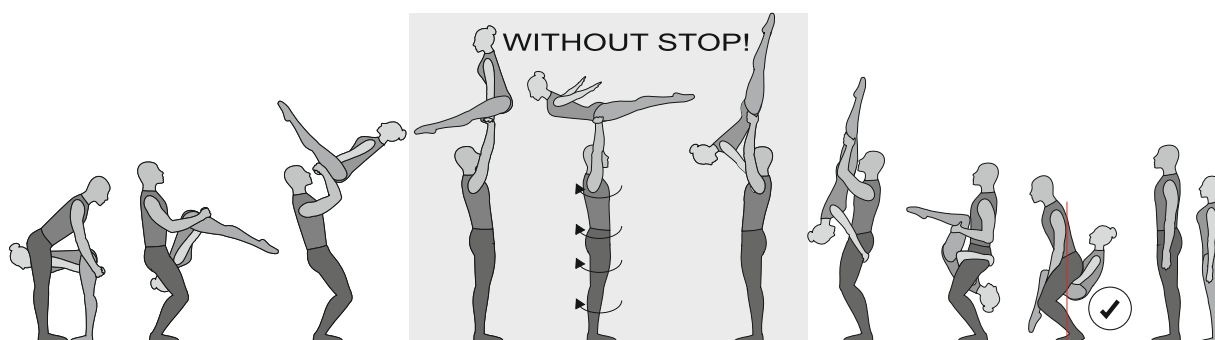
3095

REPETITION ID: 3040

Dive > Standing on the floor > **B-3-3-CC Rolling front dive with ½ turn for man, ending on chest** >

Standard

Value: E – 8 points (E' – 3)



3100

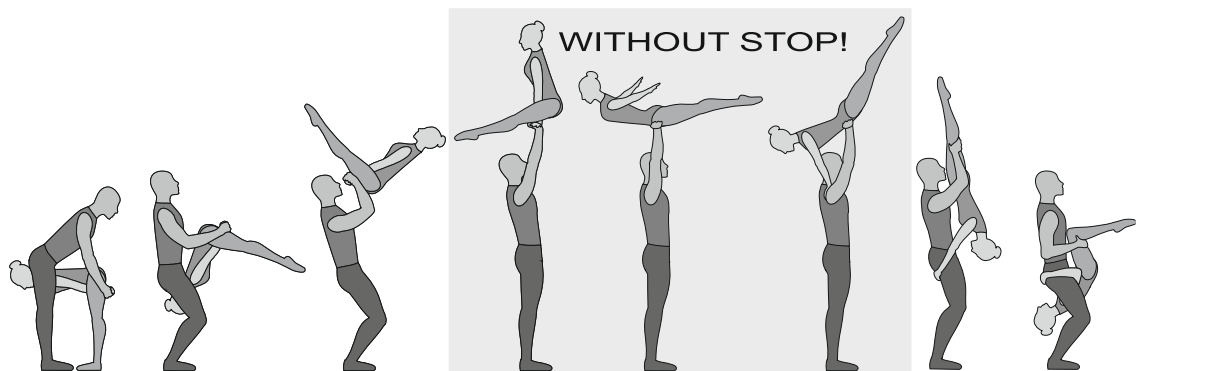
REPETITION ID: 3040

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

Standard

Value: F – 9 points (F' – 3,5)





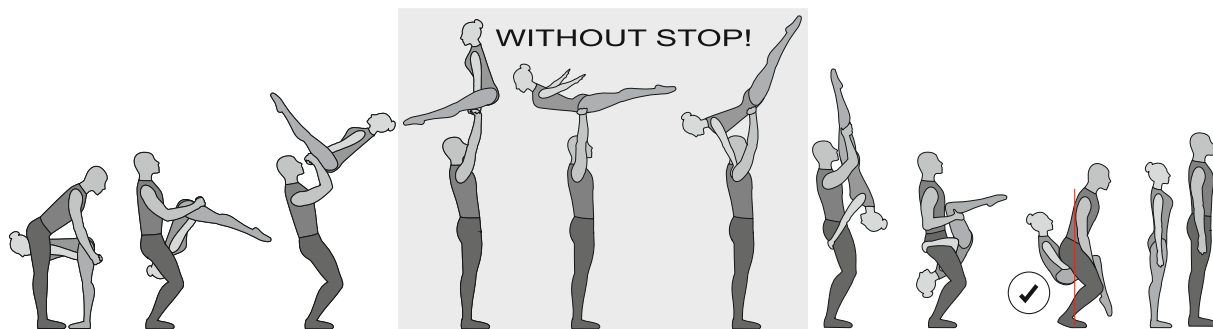
3105

REPETITION ID: 3105

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

> Standard

Value: F – 9 points (F' – 3,5)



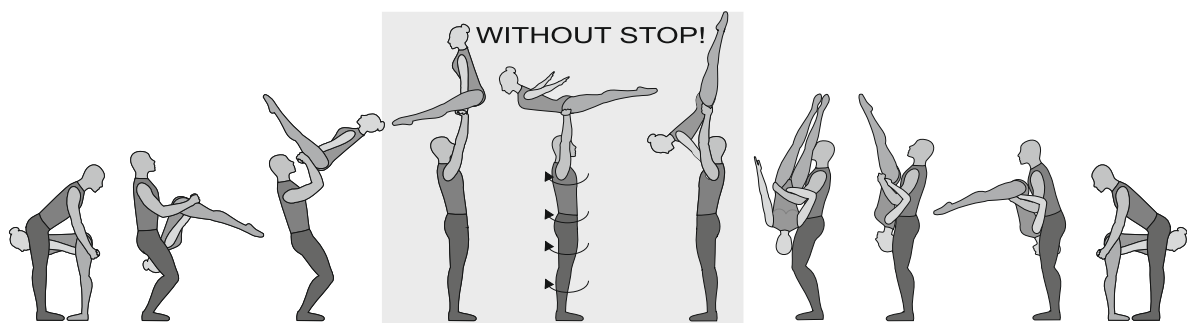
3110

REPETITION ID: 3105

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

> Standard

Value: G – 10 points (G' – 4)



3115

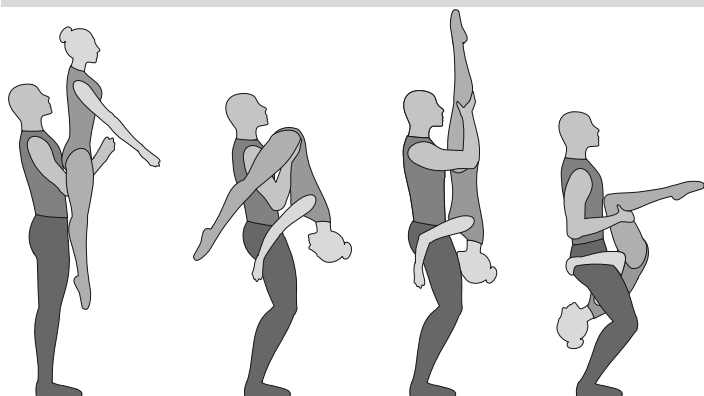
REPETITION ID: 3115

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

Value: H – 11 points (H' – 4,5)

## FRONT DIVE - ANGELO



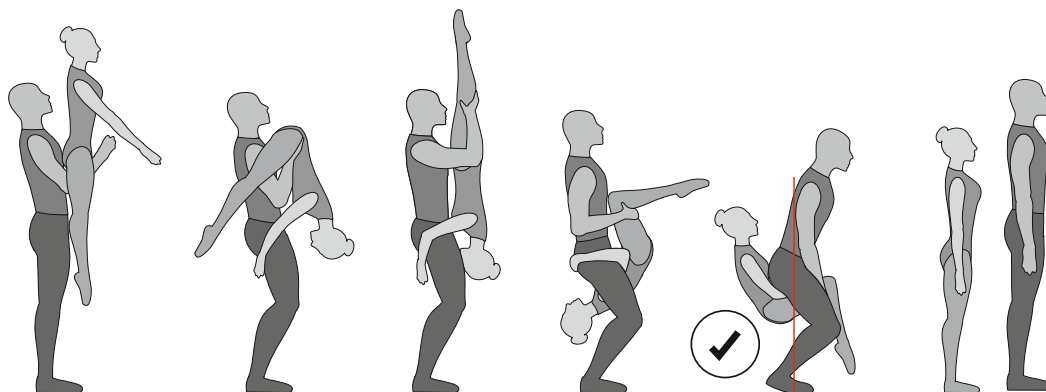
3050

REPETITION ID: 3050

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

> Standard

Value: A – 4 points (A' – 1)



3055

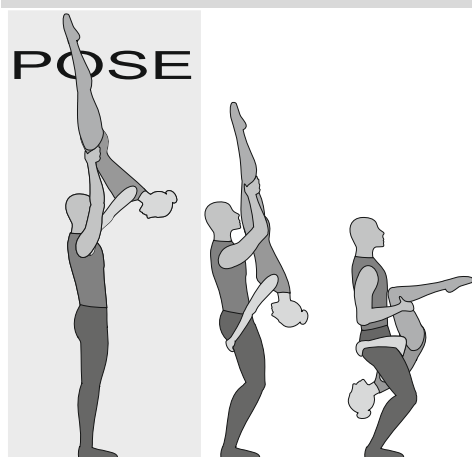
REPETITION ID: 3050

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

> Standard

Value: B – 5 points (B' – 1,5)

## FRONT DIVE FROM POSE



3065

REPETITION ID: 3050

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

> Standard

Value: C – 6 points (C' – 2)



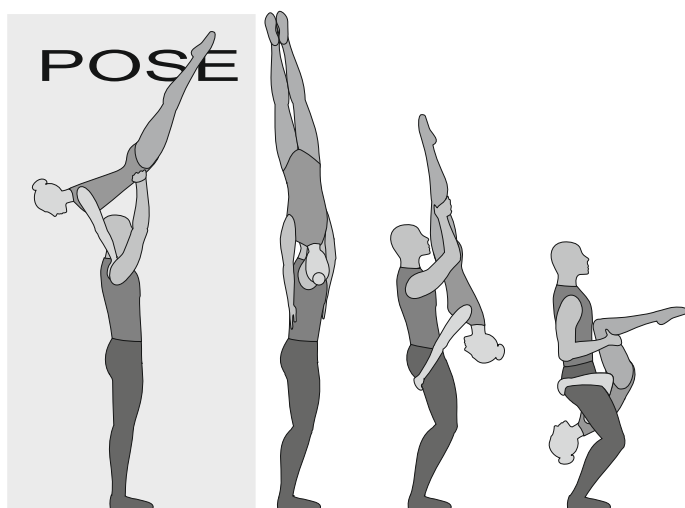
3070

REPETITION ID: 3050

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

> Standard

Value: D – 7 points (D' – 2,5)



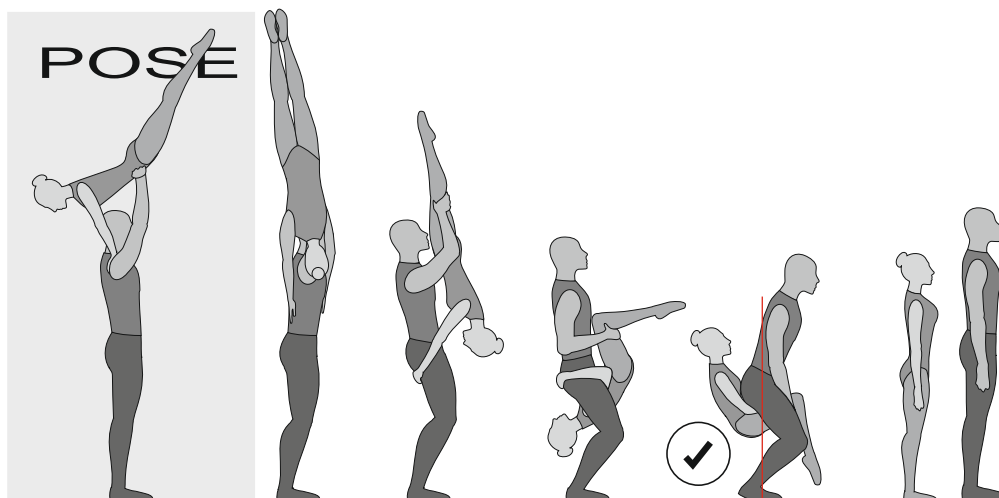
3080

REPETITION ID: 3080

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

> Standard

Value: D – 7 points (D' – 2,5)



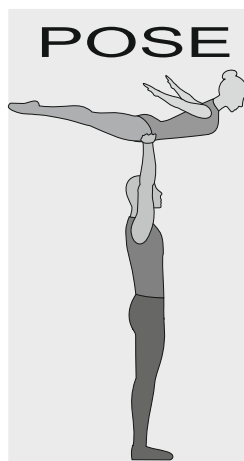
3085

REPETITION ID: 3080

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

> Standard

Value: E – 8 points (E' – 3)

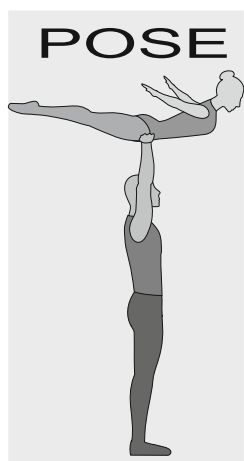


3065

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

REPETITION ID: 3050

Value: C – 6 points (C' – 2)

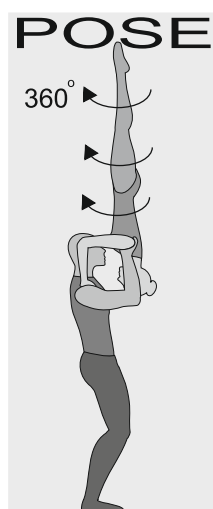


3070

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

REPETITION ID: 3050

Value: D – 7 points (D' – 2,5)



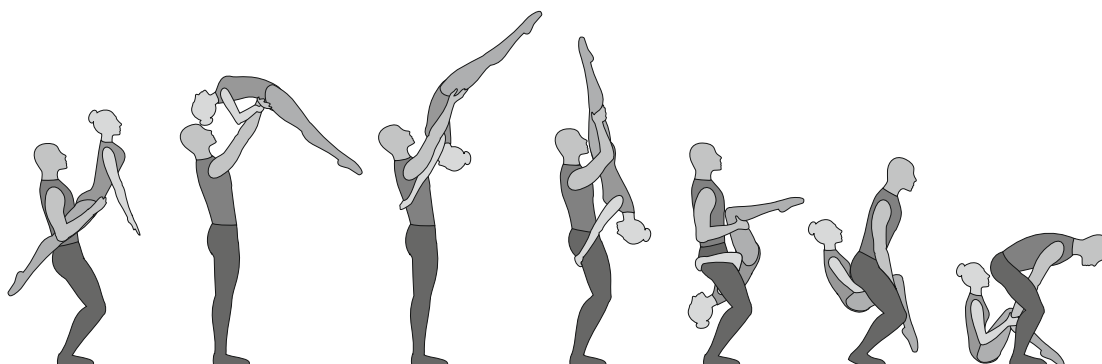
3086

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

REPETITION ID: 3086

Value: G – 10 points (G' – 4)

## FRONT DIVE

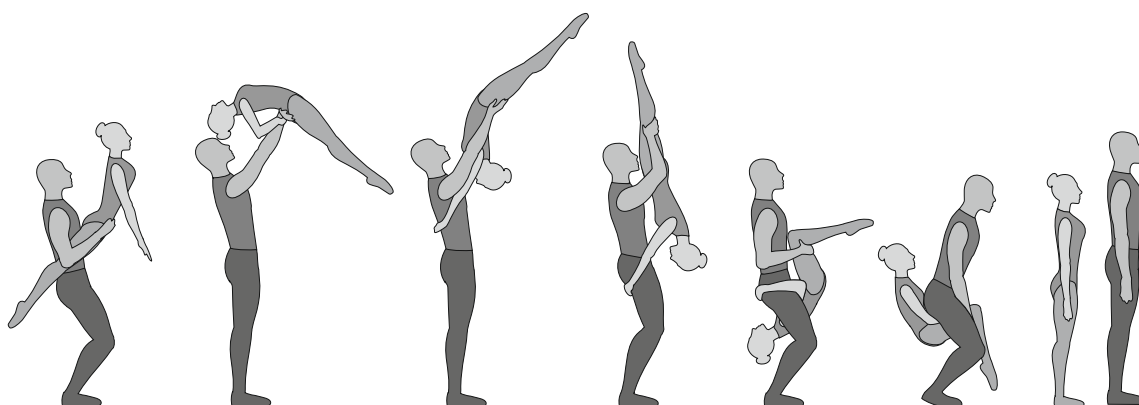


3091

REPETITION ID: 3090

Dive > From the waist > **B-3-2-A-C Auerbach front dive starting from waist (from shalom) exit sitting on the floor (or ending on chest)** > Between legs of partner

Value: E – 8 points (E' – 3)



3090

REPETITION ID: 3090

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

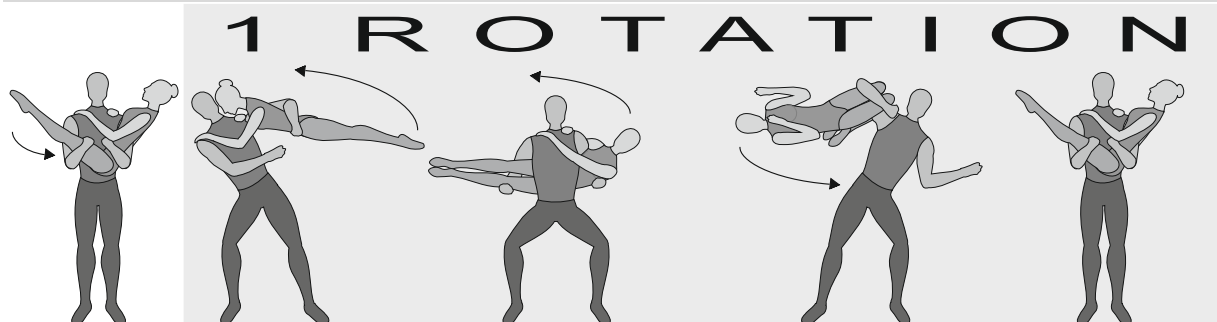
Value: D – 7 points (D' – 2,5)

ID	Rep. ID	Name	Difficulty/Value Board 1		Difficulty/Value Board 2	
3010	3010	B-3-2-B Dive starting from the waist without pose	B	5	B'	1,5
3015	3010	B-3-1-PO2-B Dive from pose on 2 hands of the male dancer	D	7	D'	2,5
3020	3010	B-3-1-PO1-B Dive from pose on 1 hand of the male dancer	E	8	E'	3
3025	3010	B-3-1-POH-B Dive from handstand on shoulders	F	9	F'	3,5
3030	3030	B-3-2-B Dive starting from waist (from shalom) with 1/2 turn	C	6	C'	2
3035	3035	B-3-1-POR-1/2T-B Dive from reverse pose with 1/2 twist	E	8	E'	3
3040	3040	B-3-3-B Rolling dive from the floor	E	8	E'	3

ID	Rep. ID	Name	Difficulty/Value Board 1		Difficulty/Value Board 2	
3120	3040	B-3-3-HS from hanstand position, rolling dive (straight body), exit between partner's legs	C	6		0
3095	3040	B-3-3-CC Rolling front dive with 1/2 turn for man, ending on chest	E	8	E'	3
3100	3040	B-3-3-CL Rolling front dive with 1/2 turn for man, exit between legs	F	9	F'	3,5
3105	3105	B-3-3-1/2T-CC Rolling front dive with 1/2 twist within, ending on chest	F	9	F'	3,5
3110	3105	B-3-3-1/2T-CL Rolling front dive with 1/2 twist within, exit between legs	G	10	G'	4
3115	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
3050	3050	B-3-2-CC Front low dive starting from the arms, ending on chest	A	4	A'	1
3055	3050	B-3-2-CL Front low dive starting from the arms, exit between legs	B	5	B'	1,5
3060	3060	B-3-2-1/2T-C Front low dive starting from the arms with 1/2 twist	A	4	A'	1
3065	3050	B-3-1-POR-CC Front dive starting from reverse pose, ending on chest	C	6	C'	2
3070	3050	B-3-1-POR-CL Front dive starting from reverse pose, exit between legs	D	7	D'	2,5
3075	3060	B-3-1-POR-1/2T-C Front dive starting from reverse pose with 1/2 twist	B	5	B'	1,5
3080	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
3085	3080	B-3-1-PO-1/2T-CL Front dive from pose with 1/2 twist within, exit between legs	E	8	E'	3
3086	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
3090	3090	B-3-2-A-CF Auerbach front dive starting from waist (from shalom) exit between legs	D	7	D'	2,5
3091	3090	B-3-2-A-CL Auerbach front dive starting from waist (from shalom) exit sitting on the floor or on the chest	E	8	E'	3

## 7.9 GROUP 4: rotations

### BELT



4040

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

REPETITION ID: 4040

Value: C – 6 points (C' – 2)

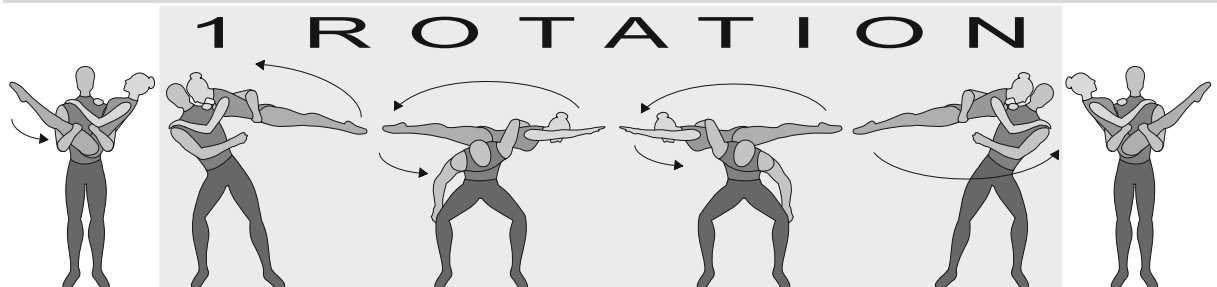
4045

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

REPETITION ID: 4040

Value: D – 7 points (D' – 2,5)

### BERLINER



4050

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

REPETITION ID: 4050

Value: C – 6 points (C' – 2)

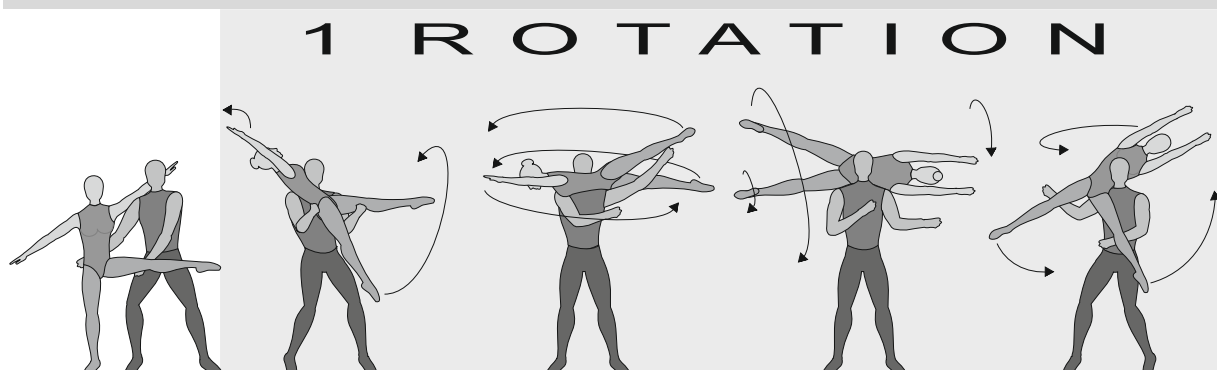
4055

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

REPETITION ID: 4050

Value: D – 7 points (D' - 2,5)

### DULAIN



4010

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

REPETITION ID: 4010

Value: C – 6 points (C' – 2)

4015

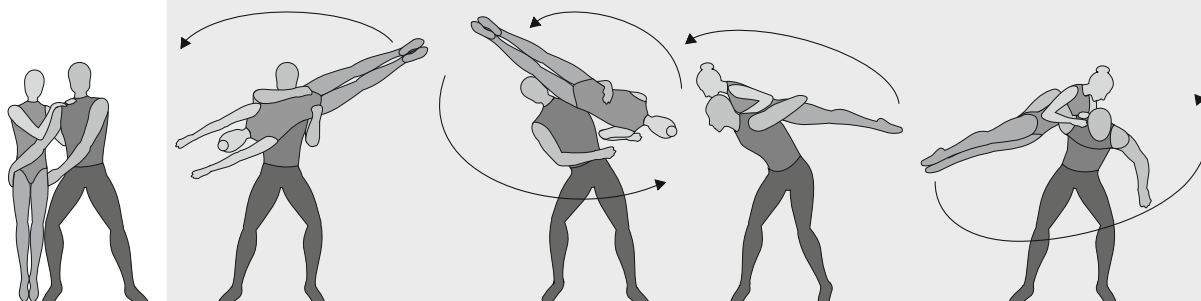
Rotation > Standing on the floor > **A-4-D4 Dulaine 4 rotations** > Standard

REPETITION ID: 4010

Value: D – 7 points (D' - 2,5)

## SHOULDERBALL

### 1 ROTATION



4020

REPETITION ID: 4020

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

Value: C – 6 points (C' – 2)

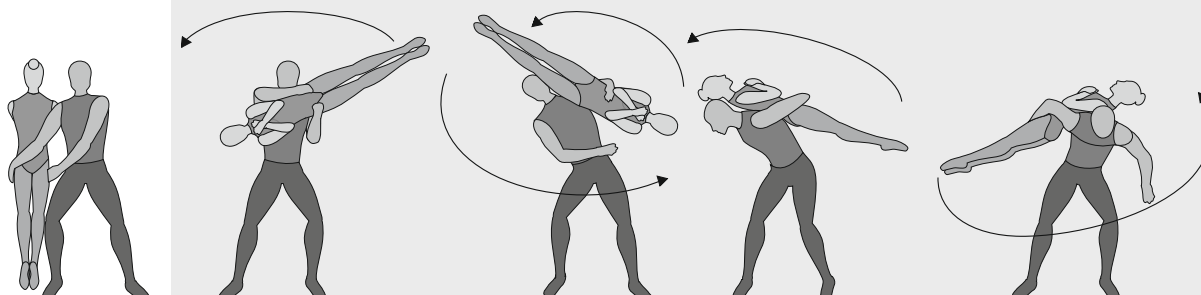
4025

REPETITION ID: 4020

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

Value: D – 7 points (D' - 2,5)

### 1 ROTATION



4021

REPETITION ID: 4020

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

Value: C – 6 points (C' – 2)

4026

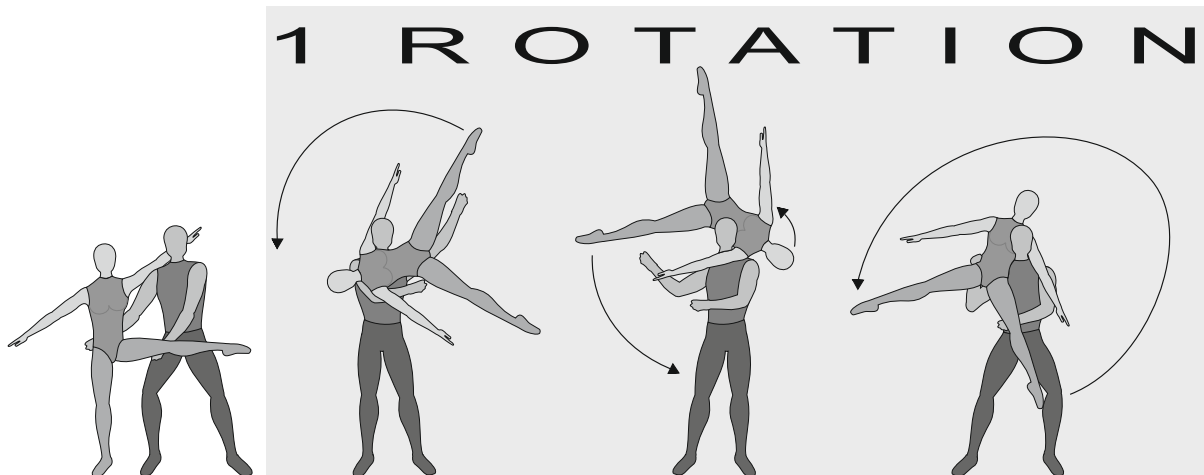
REPETITION ID: 4020

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

Value: D – 7 points (D' - 2,5)



## TIE



4030

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

REPETITION ID: 4030

Value: B – 5 points (B' – 1,5)

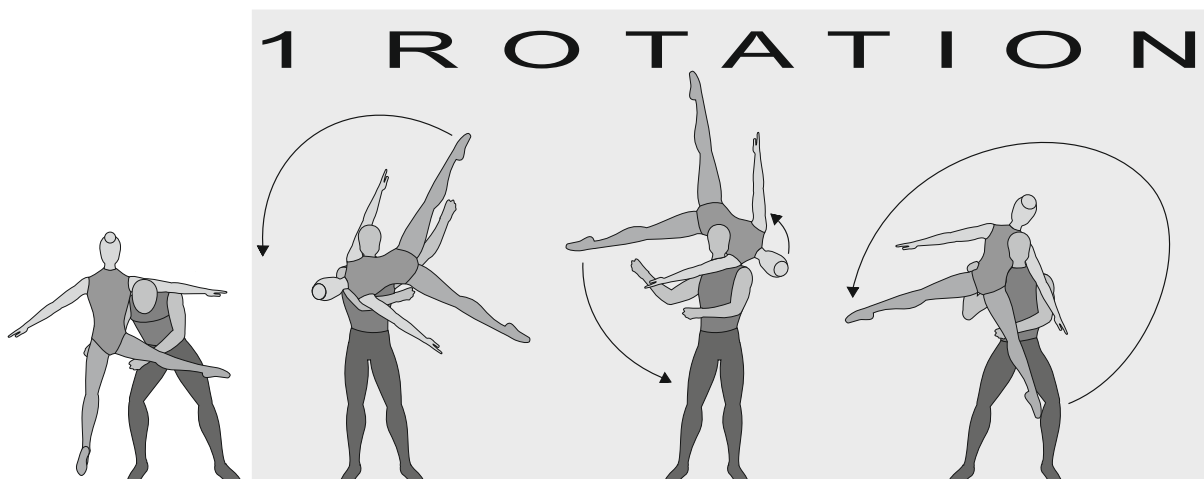
4035

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

REPETITION ID: 4030

Value: C – 6 points (C' - 2)

## INVERSED TIE



4031

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

REPETITION ID: 4030

Value: B – 5 points (B' – 1,5)

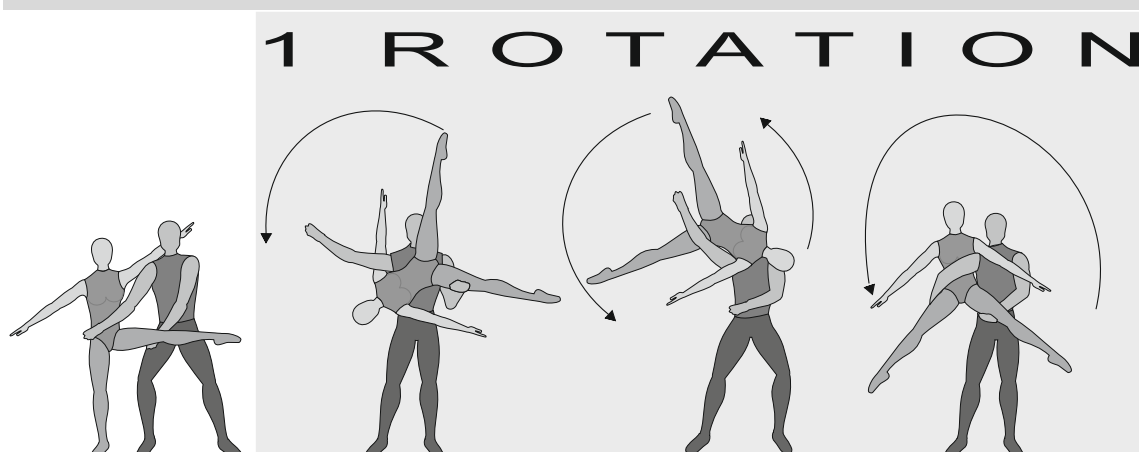
4036

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

REPETITION ID: 4030

Value: C – 6 points (C' - 2)

## LATERAL TIE



4070

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

REPETITION ID: 4030

Value: B – 5 points (B' – 1,5)

4075

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

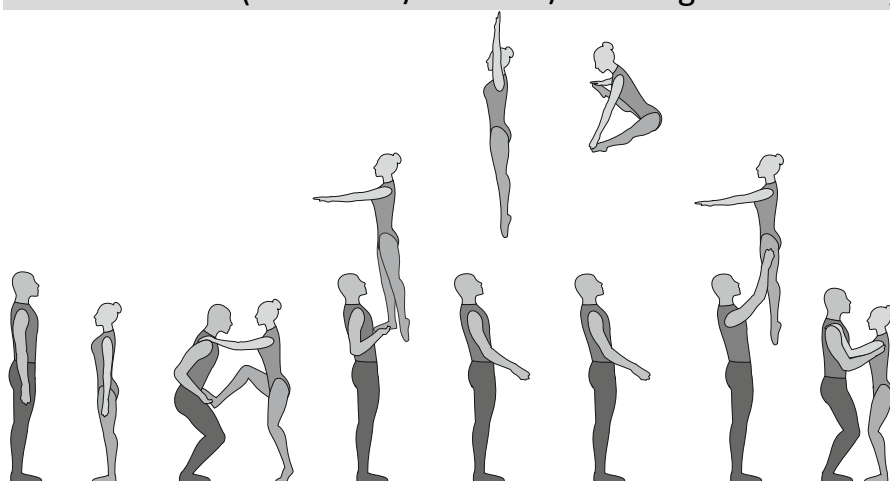
REPETITION ID: 4030

Value: C – 6 points (C' - 2)

ID	Rep. ID	Name	Difficulty/Value Board 1		Difficulty/Value Board 2	
4010	4010	A-4-D3 Dulaine 3 rotations	C	6	C'	2
4015	4010	A-4-D4 Dulaine 4 rotations	D	7	D'	2,5
4020	4020	A-4-S3 Shoulderball 3 rotations	C	6	C'	2
4021	4020	A-4-S3 Shoulderball INVERSED 3 rotations	C	6	C'	2
4025	4020	A-4-S4 Shoulderball 4 rotations	D	7	D'	2,5
4026	4020	A-4-S4 Shoulderball INVERSED 4 rotations	D	7	D'	2,5
4030	4030	A-4-T3 Tie 3 rotations	B	5	B'	1,5
4031	4030	A-4-T3 Tie INVERSED 3 rotations	B	5	B'	1,5
4035	4030	A-4-T4 Tie 4 rotations	C	6	C'	2
4036	4030	A-4-T4 Tie INVERSED 4 rotations	C	6	C'	2
4070	4030	A-4-L3 Lateral tie 3 rotations	B	5	B'	1,5
4075	4030	A-4-L4 Lateral tie 4 rotations	C	6	C'	2
4040	4040	B-4-B3 Belt 3 rotations	C	6	C'	2
4045	4040	B-4-B4 Belt 4 rotations	D	7	D'	2,5
4050	4050	B-4-BER3 Berliner 3 rotations	C	6	C'	2
4055	4050	B-4-BER4 Berliner 4 rotations	D	7	D'	2,5
4060	4060	B-4-4-CD3 rotation combination 3+3 with change of direction	F	9	F'	3,5
4065	4060	B-4-4-SD3 rotation combination 3+3 in same direction	G	10	G'	4

7.10 GROUP 6: Other acrobatic elements

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

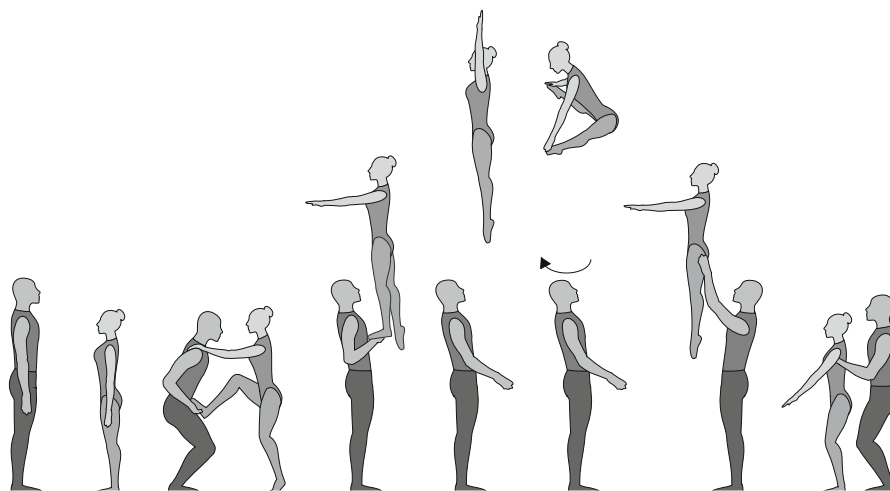


7011

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

REPETITION ID: 7011

Value: A – 4 points + Staff

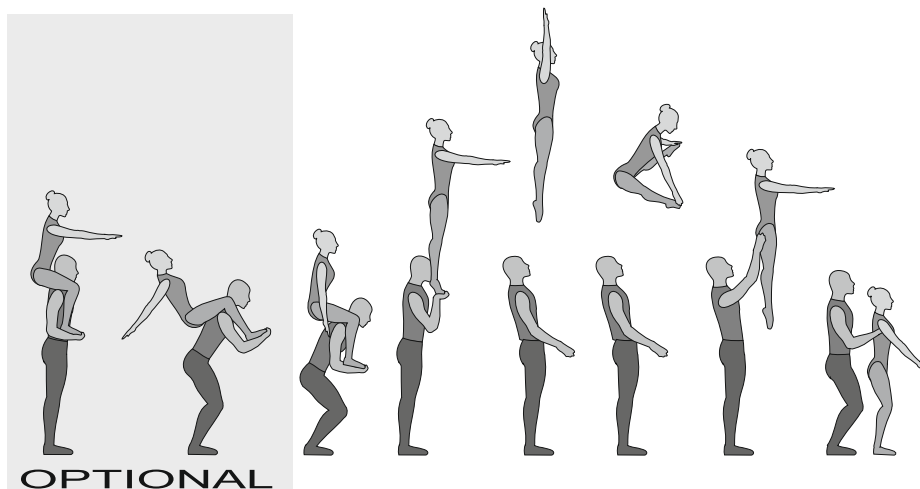


7011

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

REPETITION ID: 7011

Value: A – 4 points + Staff



**OPTIONAL**

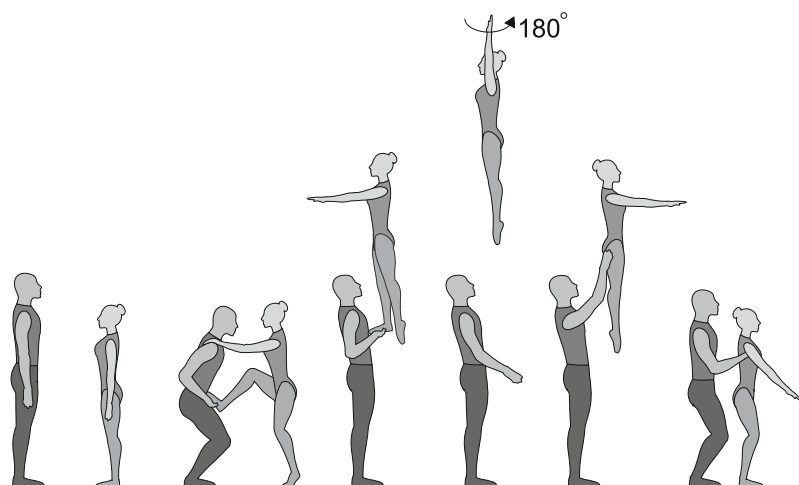
7011

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

REPETITION ID: 7011

Value: A – 4 points + Bettarini

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

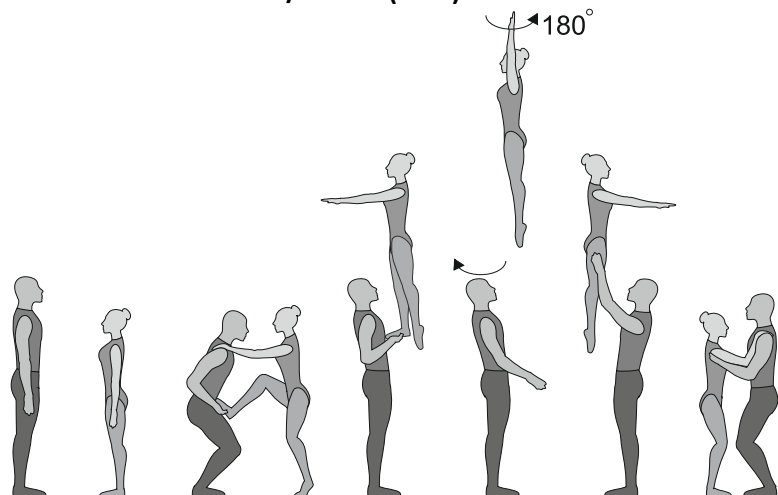


7022

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

REPETITION ID: 7022

Value: A – 4 points (A' – 1) + Staff

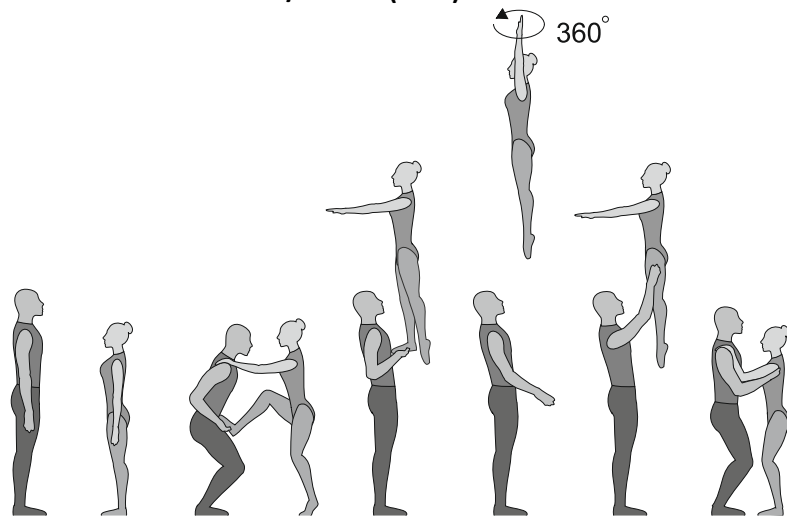


7022

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

REPETITION ID: 7022

Value: A – 4 points (A' – 1) + Staff

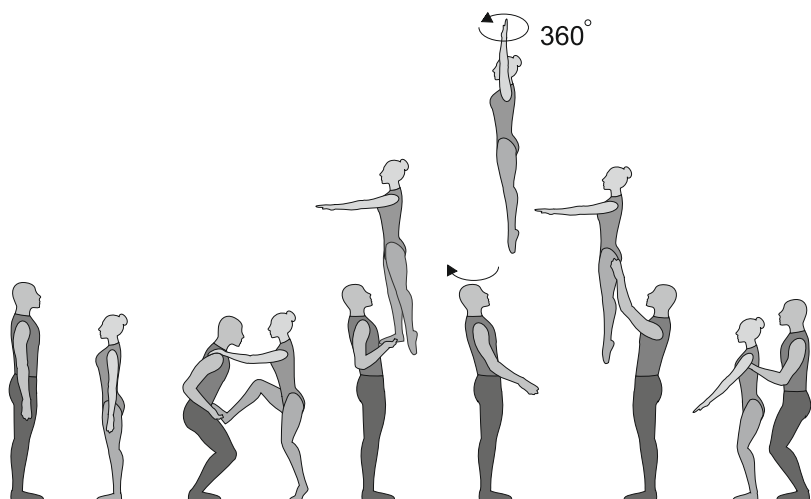


7025

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

REPETITION ID: 7022

Value: C – 6 points (C' – 2) + Staff

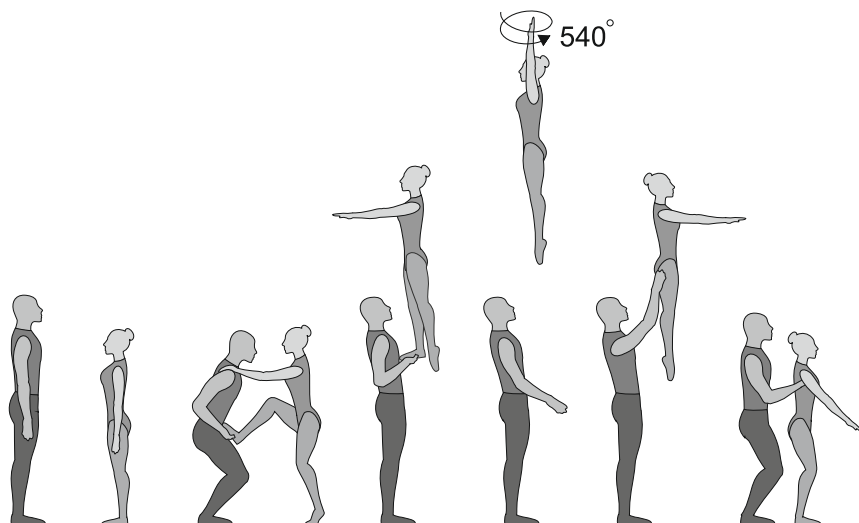


7025

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

REPETITION ID: 7022

Value: B – 5,5 points (B' – 1,5) + Staff

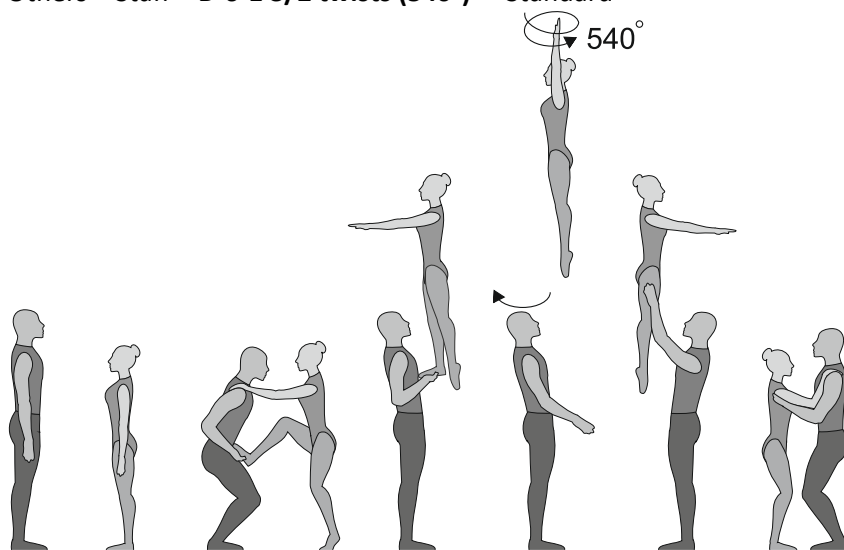


7030

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

REPETITION ID: 7022

Value: C – 6,5 points + Staff

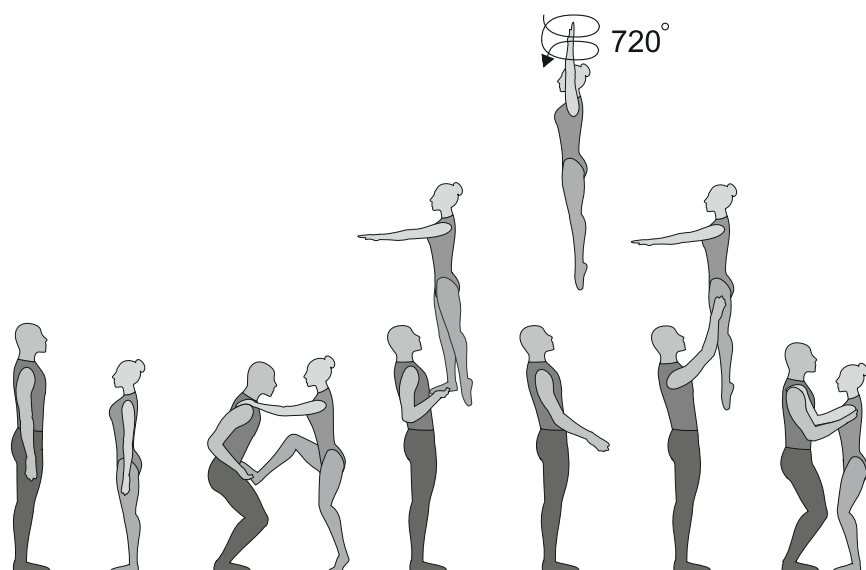


7030

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

REPETITION ID: 7022

Value: C – 6,5 points + Staff

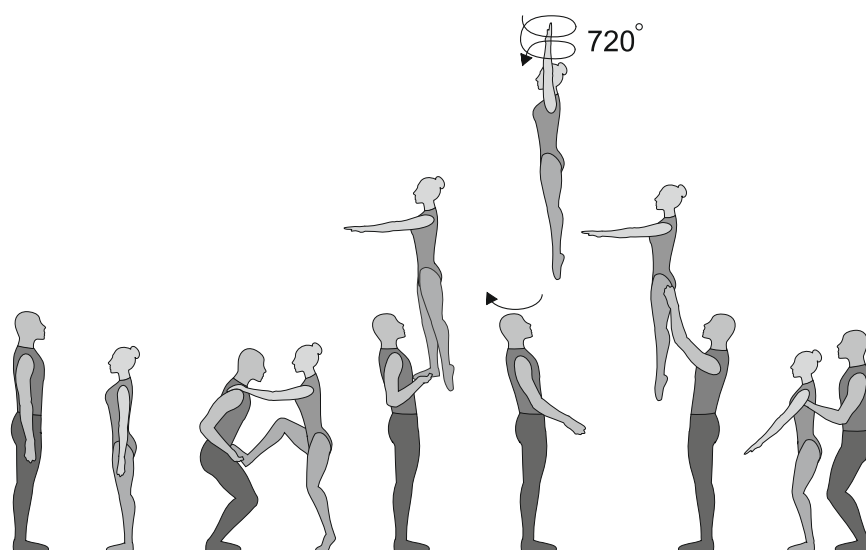


7035

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

REPETITION ID: 7022

Value: D – 7,5 points + Staff



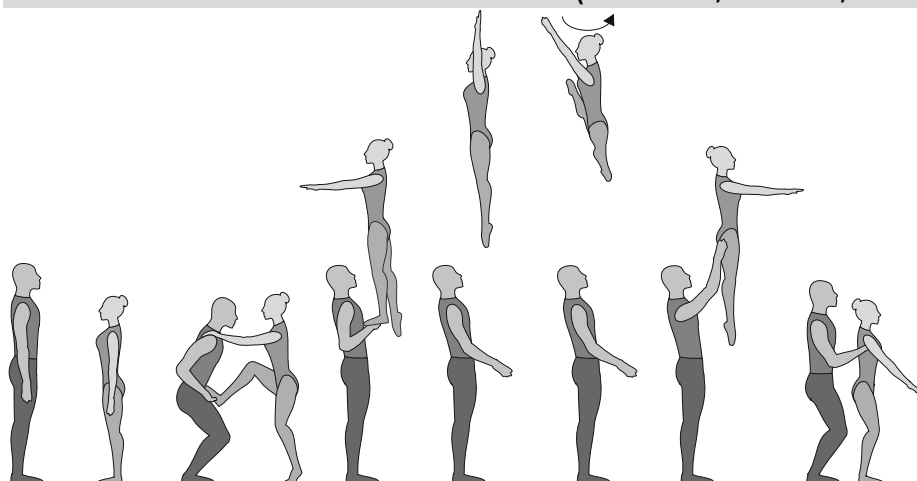
7035

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

REPETITION ID: 7022

Value: D – 7,5 points + Staff

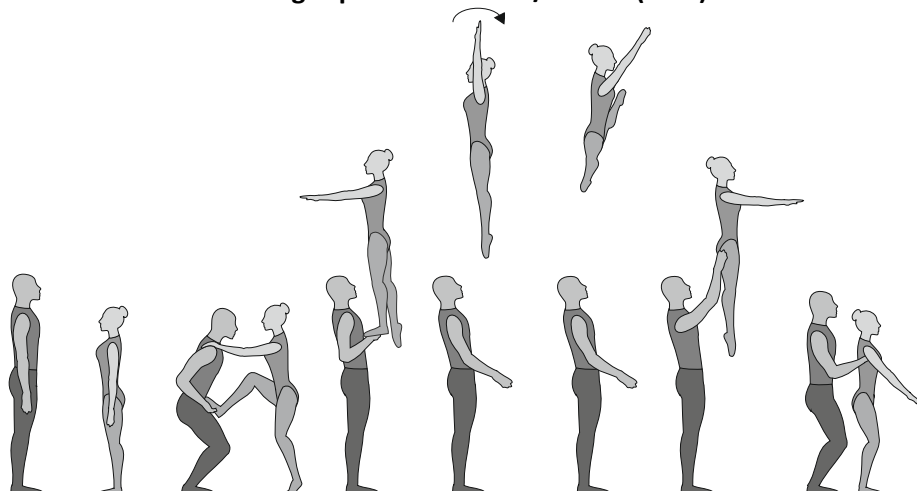
**LEGS APART 180° WITH TWIST 180° (from Staff/Bettarini/Standing on the arms)**



7016

REPETITION ID: 7011

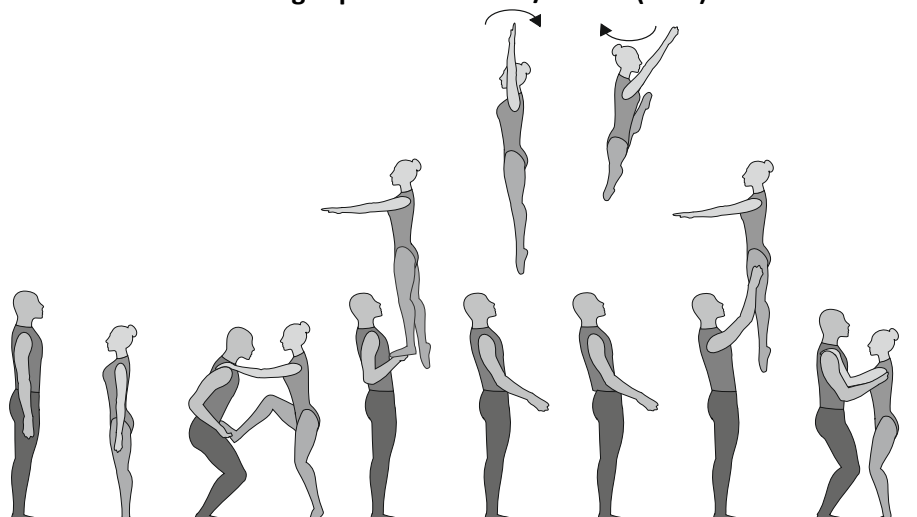
Others > Staff > **B-6-2 legs apart 180° with 1/2 twist (180°)** > Standard Value: B – 5 points (B' - 1,5)+ Staff



7016

REPETITION ID: 7011

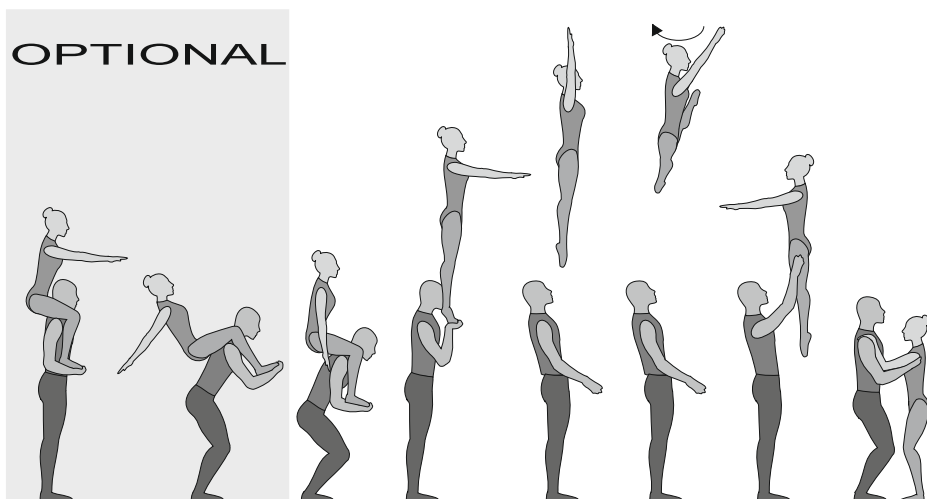
Others > Staff > **B-6-2 legs apart 180° with 1/2 twist (180°)** > Standard Value: B – 5 points (B' - 1,5)+ Staff



7081

REPETITION ID: 7011

Others > Staff > **B-6-2-T legs apart 180° with 1/1 twist within (360°)** > Standard  
Value: D – 7 points (D' – 2,5) + Staff

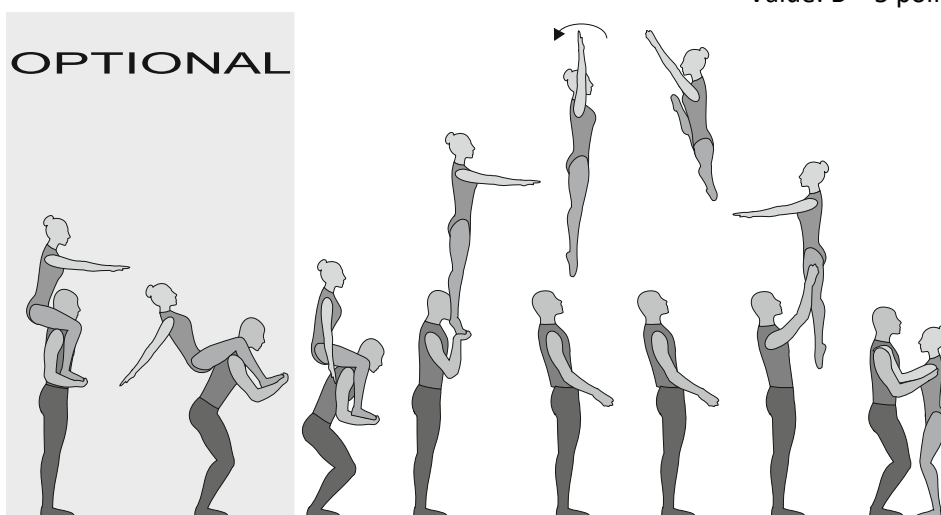


7016

REPETITION ID: 7011

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

Value: B – 5 points (B' – 1,5) + Bettarini

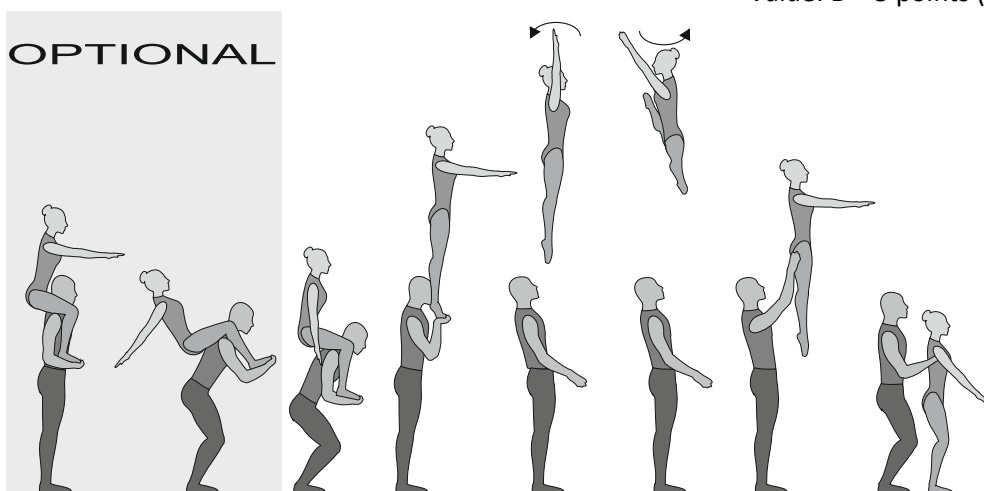


7016

REPETITION ID: 7011

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

Value: B – 5 points (B' – 1,5) + Bettarini



7081

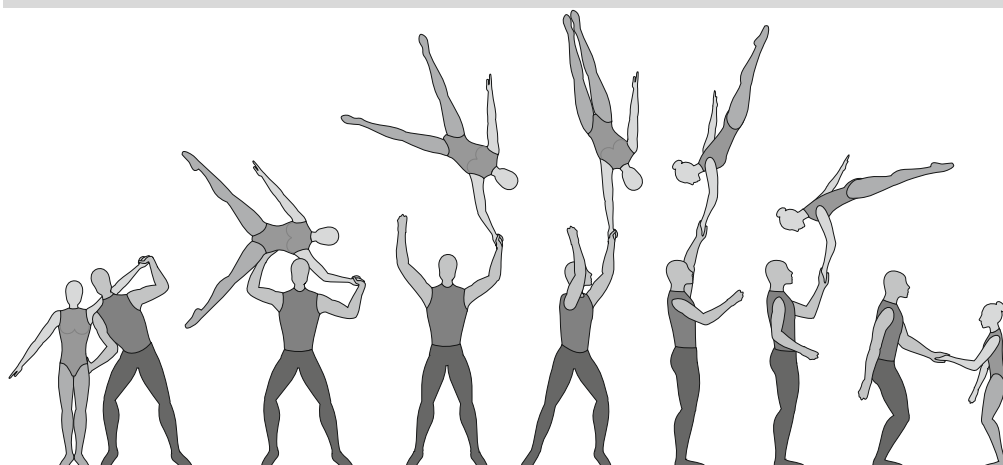
REPETITION ID: 7011

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

Value: D – 7 points (D' – 2,5) + Bettarini



## LATERAL SALTO

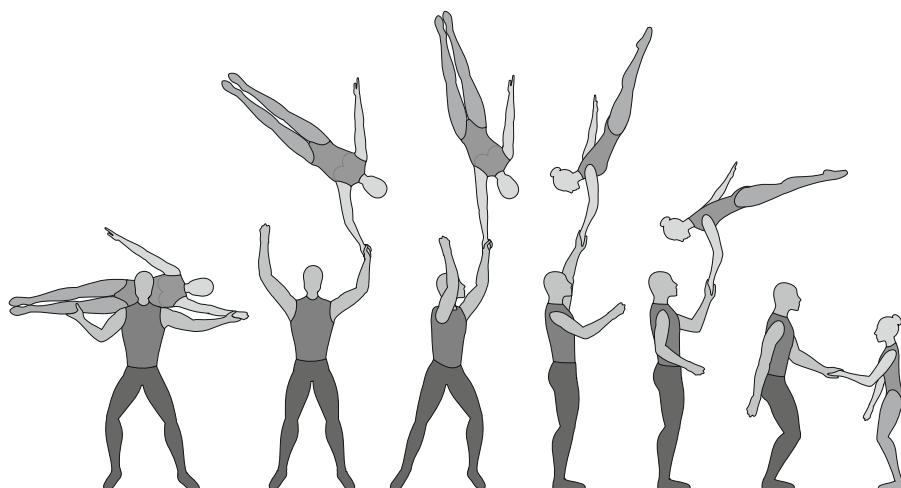


7050

REPETITION ID: 7050

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

Value: G – 10 points



7060

REPETITION ID: 7050

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

Value: E – 8 points

ID	Rep. ID	Name	Difficulty/Value Board 1		Difficulty/Value Board 2	
7011	7011	B-6-2 legs apart kosack jump	A	4		
7016	7011	B-6-2 legs apart 180° with 1/2 twist (180°)	B	5	B'	1,5
7081	7011	B-6-2-T legs apart 180° with 1/1 twist within (360°)	D	7	D'	2,5
7022	7022	B-6-1 1/2 twist (180°)	A	4	A'	1
7025	7022	B-6-1 1/1 twist (360°)	C	6	C'	2
7030	7022	B-6-1 3/2 twists (540°)	E	8	E'	3
7035	7022	B-6-1 2/1 twists (720°)	G	10	G'	4
7050	7050	B-6-3 Straight somersault lateral from the floor	G	10		
7060	7050	B-6-4 Straight somersault lateral from the shoulders	E	8		
7070	7070	B-6-3-T Straight somersault lateral from the floor with 1/2 twist	H	11		
7090	7070	B-6-4-T Straight somersault lateral from the shoulders with 1/2 twist within	F	9		

## 8 SAFETY LEVEL 0

### MAIN CLASS FREE STYLE, MAIN CLASS FORMATION

Drawings come soon 😊



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