ACROBATIC ROCK'N'ROLL RULES

1. Introduction

These Acrobatic Rock'n'Roll Rules (hereinafter – the "Rules") apply to the organization and holding of competitions under the auspices of the World Federation of Acrobatic Dances and Dance Sports (WFADS).

2. Terms and definitions

2.1. Athlete – an individual engaged in Acrobatic and Swing dances and taking part in competitions.

2.2. Adjudicator – an individual authorized by WFADS to ensure compliance with the Rules and WFADS regulations for the competition, who has undergone special training and received the appropriate qualifications.

2.3. Coach is an individual who has the appropriate education, organizes the educational and training process of athletes, and also manages their competitive activities to achieve sports results.

2.4. Couple is composed of a male athlete and a female athlete performing the competition program with musical accompaniment.

2.5. Formation is composed of several couples or athletes in accordance with article 4.3., performing simultaneously one program including transitions.

2.6. Competition – a sports event of physical culture event held under the auspices of the WFADS and in compliance with the Rules.

2.7. Basic step – features of leg movements that define the style of the corresponding dance as a separate dance discipline, the specific movements on which dance figures and shifts are based.

3. Competitors requirements

3.1. Competitions are held for solo-athletes, couples and formations in the following Swing dances and disciplines.

3.2. Couple competitions:

Age group	Discipline	Male partner's age (years)	Female partner's age (years)	Age difference (years)
Adults	Acrobatic rock'n'roll M class	18 and older	13 and older	-
	Acrobatic rock'n'roll A class	15 and older	13 and older	-
	Acrobatic rock'n'roll B class	15 and older	13 and older	-
Juniors	Acrobatic rock'n'roll A class	12-17	10-17	Max. 5

Age group	Discipline	Male partner's age (years)	Female partner's age (years)	Age difference (years)
Juniors	Acrobatic rock’n’roll B class	12-17	10-17	Max. 5
Juveniles	Acrobatic rock’n’roll A class	7-14	7-14	Max. 5
	Acrobatic rock’n’roll B class	7-14	7-14	Max. 5
Children	Acrobatic rock’n’roll A class	6-11	6-11	-
	Acrobatic rock’n’roll B class	6-11	6-11	-

3.3. Formation competitions:

Age group	Discipline	Male partner's age (years)	Female partner's age (years)
Adults	Acrobatic rock’n’roll Couple Formation	15 and older	13 and older
	Acrobatic rock’n’roll Formation Women	-	13 and older
Juniors	Acrobatic rock’n’roll Couple Formation	8-17	8-17
Juveniles	Acrobatic rock’n’roll Formation Girls	-	8-15
Children	Acrobatic rock’n’roll Formation Little Girls	-	6-11

3.4. The age of competitors is determined based on the year of birth of a competitor in relation to the year of competition. The age of an athlete is calculated as the athlete’s year of birth subtracted from the year of competition.

3.5. The nationality of a couple is determined based on the nation of at least one of the partners. The nationality of a formation is determined based on the nation of at least half of the participants.

4. Program requirements

4.1. Couple program requirements

Discipline	Age group	Duration (minutes, seconds)	Music tempo (bars per minute)	Minimum number of basic steps	Number of acrobatic elements /figures (lifts)
Acrobatic rock'n'roll A class	Children	1.00-1.15	47-48	4	-
Acrobatic rock'n'roll B class		1.00-1.15	45-46	8	-
Acrobatic rock'n'roll A class	Juveniles	1.30-1.45	48-49	6	5 elements
Acrobatic rock'n'roll B class		1.30-1.45	48-49	6	max. 2 figures
Acrobatic rock'n'roll A class	Juniors	1.30-1.45	48-49	6	5 elements
Acrobatic rock'n'roll B class		1.30-1.45	48-49	6	max. 4 figures
Acrobatic rock'n'roll M class	Adults	Acrobatics: 1.30–1.45	48-50	6	until 1/2–5 elements
					1/2 and final – 6 elements
		Foot work: 1.00-1.15	50-52	4	max. 5 figures
Acrobatic rock'n'roll A class		Acrobatics: 1.30-1.45	48-50	6	until 1/2 – 5 elements
					1/2 and final – 6 elements
		Foot work: 1.00-1.15	50-52	4	max. 5 figures
Acrobatic rock'n'roll B class		1.30-1.45	48-49	6	5 elements

4.2. Formation program requirements

Discipline	Age group	Duration (minutes, seconds)	Music tempo (bars per minute)	Minimum number of basic steps	Number of acrobatic figures (lifts)	Number of people (couples)
Acrobatic Rock'n'roll Formation Little Girls	Children	1.30-1.45	46-48	6	max. 2	8–12 girls
Acrobatic Rock'n'roll Formation Girls	Juveniles	Until final – 1.30-1.45	48-52	Until final – 6	max. 2	8–12 girls
		Final – 2.15-2.30		Final – 10		
Acrobatic Rock'n'roll Couple Formation	Juniors	Until final – 1.30-1.45	48-52	Until final – 6	max. 4	4–6 couples
		Final – 2.15-2.30		Final – 10		

Discipline	Age group	Duration (minutes, seconds)	Music tempo (bars per minute)	Minimum number of basic steps	Number of acrobatic figures (lifts)	Number of people (couples)
Acrobatic Rock'n'roll Couple Formation	Adults	2.45-3.00	48-52	10	6-8 elements	4–6 couples
Acrobatic Rock'n'roll Formation Women	Adults	Until final – 1.30-1.45 Final – 2.15-2.30	48-52	Until final – 6 Final – 10	max. 5	8–16 women

4.3. The duration of the program in couple competitions starts with the first move of any of the partners after the music start and ends with the final pose even if the couple continues to perform the program after the track stops. The duration of the program in formation competitions starts and ends with the beginning and the end of the music track even if the athletes continue to perform the program after the track stops.

5. Costume requirements

5.1. Athletes shall perform in special costumes and shoes. The athletes' costumes shall look neat.

5.2. The costume shall reflect the idea, the character of dance and music and shall fall in line with the swing style. Clothing that conveys a vulgar, sexual, morbid or violent image, or deviates from the values of sport, is forbidden.

5.3. Clothing and accessories taken onto the dance floor by athletes cannot be intentionally taken off or thrown away there.

5.4. Any jewelry, including necklaces, earrings and not covered piercing, is not allowed. Large holes left from piercings should be covered with tape (patch).

5.5. Using props, including those attached to the costume, special effects and accessories which are not attached to the costume is not allowed.

5.6. Face painting is forbidden, only stage makeup is allowed.

5.7. The athlete's costume must cover the intimate parts (buttocks, bust, and pubic areas). Intimate body parts shall be covered with non-transparent material of any color except body color (including the color of the skin, tan, etc.: naked body imitation is not allowed).

6. Dance floor requirements

6.1. Competitions shall be held on a floor with a hard smooth (wooden or synthetic linoleum-type) covering with clearly marked borders along the perimeter, as well as the center of the floor.

6.2. If competitions are held on stage, the front edge of the floor shall be at a

distance of at least one meter from the edge of the stage and shall be visually marked additionally.

6.3. The minimum dance space dimensions shall be 12 by 12 meters. The ceiling height shall be at least 6 meters.

7. Music requirements

7.1. Music must meet the following requirements:

The tempo of the music and the track duration must comply with paragraph 4.1–4.2.

The track duration in qualification and intermediate rounds shall be equal to the upper limit of the program duration provided for in paragraph 4.1–4.2.

The track must be of high quality and correspond to the swing style.

7.2. Music for qualification and intermediate rounds in couple competitions shall be provided by the competition organizing committee.

7.3. In qualification and intermediate rounds, the track is switched on as soon as the last invited participant of the corresponding hit takes its assigned place on the dance floor.

7.4. In finals, couples are allowed to perform programs to tracks they provide themselves (except Acrobatic Rock'n'roll B class Children). Formation competitions in all rounds are held to the own music. At the same time, participants are responsible for compliance of the final's soundtrack with moral principles and the requirements of the Rules.

8. Holding competitions and determining winners

8.1. In qualification and intermediate rounds of couple competition, from two to five couples perform their programs at the same time. In finals, only one couple performs on the dance floor at a time.

8.2. Formations perform always one on the dance floor at a time.

8.3. Competitors pass to the next round as follows, depending on the number of competitors in the competition start list:

If there are **7** competitors or less, only the final is held.
If there are **8** competitors, then by the decision of the supervisor only the final can be held.

If there are **8-14** competitors, then:

4 competitors pass from the qualification round.

3 competitors pass from the hope round.

There are 7 competitors in the final.

If there are **15-30 couples**, then:

7 couples pass from the qualification round.

5 couples pass from the hope round.

There are 12 couples in the semi-final.

And 7 couples in the final.

If there are **31 and more couples,** then**:**

16 couples pass from the qualification round.

8 couples pass from the hope round.

There are 24 couples in the quarter final.

12 couples in the semi-final.

And 7 couples in the final.

If there are **15 and more formations**, then:

4 formations pass from the qualification round.

3 formations pass from the hope round.

There are 7 formations in the final.

No more than two participants from one country can take part in the final.

By the decision of the supervisor, selection to the semi-final can be conducted if there are at least 13 competitors, to the quarter-final if there are at least 25 competitors, and to the eighth-final if there are at least 41 competitors.

The competitors with the highest number of points pass to the next round. If the number of participants contending for the final is greater than the number of places in the final, and it is impossible to determine the places of these participants according to the procedure described in paragraph 8.4–8.5, then a redance is held among the competitors contending for the final and having the equal lowest scores.

8.4. According to the results of performance in all rounds, including the final, a competitor with the highest number of points takes the higher place. The points awarded for the performance of a competitor are calculated as follows: scores given by each judge for each component are calculated using the formulas of mathematical statistics by the median method, that is, by determining the value the number of upward and downward deviations from which is the same, calculating the statistical coefficient corresponding to the deviations of other scores from it, and determining the final number of points by taking this coefficient into account.

8.5. The total performance score is calculated as the sum of points for each component minus penalties.

8.6. If the scores are equal, the competitors share a place (except for the first place).

8.7. Only one competitor can be the winner of the competition (there can be only one first place). If it is impossible to determine the places taken by competitors according to the procedure described in paragraph 8.4–8.5, a redance is held among the competitors contending for the first place.

9. Adjudicators

9.1. The appointment of adjudicators for competitions is carried out by the WFADS Presidium.

9.2. The adjudicators are supervisor, supervisor's deputies; scrutineer, scrutineer's deputies; technical observers; judges; scrutineer's helpers, reserve and shadow judges.

10. Supervisor, supervisor's deputies

10.1. Supervisor controls the conduct of the competitions in accordance with the Rules and Regulations on the competitions, supervisor is responsible for this before the organization that approved him/her.

10.2. The requirements of the supervisor are mandatory for immediate execution at these competitions.

10.3. The supervisor has no right to make any changes in the cards of Technical observers and Judges on his own.

10.4. The decisions of the supervisor at these competitions are final. A protest against the actions and decisions of the supervisor may be submitted in writing to the organization conducting the competition no later than 7 days after the competitions.

10.5. The supervisor's deputy executes the orders of the supervisor.

10.6. The number of supervisor's deputies depends on the status of the competition and the number of participants.

10.7. If there is a need to replace a judge or a technical observer during the competition, but there is no possibility to make such a replacement, the supervisor, supervisor's deputy or deputy scrutineer may also perform the functions of a judge or a technical observer (by order of the supervisor).

11. Scrutineer, deputy scrutineer

11.1. Scrutineer controls the conduct of the competitions in accordance with the Rules and Regulations on the competitions within his/her competency and is responsible for correctness of the competitions technical results.

11.2. Scrutineer is obliged not later than 10 days after the end of the competition to submit the competition protocol and accounting documentation (starting lists, judges' cards, summary charts) to the organizer of the competition.

11.3. Deputy scrutineer fulfills the instructions of the scrutineer.

11.4. The number of deputy scrutineers depends on the status of the competition and the number of participants.

11.5. If there is a need to replace a Judge or a technical observer during the competition, but there is no possibility to make such a replacement, the deputy scrutineer has the right to perform the functions of a judge or a technical observer as well (by order of the supervisor).

12.Technical observers

12.1. Technical observers monitor the compliance of athletes, couples and formations with the requirements of the Rules.

12.2. If an athlete/couple/formation violates the requirements of the Rules, the technical observer imposes relevant sanctions.

12.3. Technical observer has no right to watch technical video records when the decision on sanctions shall be taken.

12.4. The number of technical observers depends on the status of the competition and the number of participants.

13.Judges

13.1. Judges evaluate the athletes' performance of programs in accordance with the Rules.

13.2. The number of Judges depends on the status of the competition and the number of participants.

14.Judging the Rock'n'roll discipline

14.1. The total score for the performance is made up of the points given for the following components by adding them up:

- acrobatics (if applicable);
- basic step;
- dance figures;
- formation figures (in formation disciplines)
- choreography.

Components and maximum points for couple disciplines

Components	**Judging methodology**	**Maximum points**
Acrobatics (if applicable)	Judges give deductions in %	65/55/45
Basic step	Judges give deductions in %	20 (10 for male partner and 10 for female partner)
Dance figures	Judges give points from 1 to 25	25
Choreography	Judges give points from 1 to 13 until final from 1 to 20 in final	Until final 13 Final 20

Components and maximum points for formation disciplines

Components	**Judging methodology**	**Maximum points**
Acrobatics (if applicable)	Judges give deductions in % for each acrobatic element	65
Basic step	Judges give deductions in % considering also the synchronicity (averaged across all formation members; if there are some formation members with clearly weak basic step technic, the deduction is shifted down by 1-2 positions)	10
Dance figures	Judges give points from 1 to 20	20
Choreography	Judges give points from 1 to 15	15
Formation figures	Judges give points from 1 to 20 Up to final the number of formation figures is counted, 1 point for each formation figure	20

14.2. If competitors violate the requirements and restrictions specified in sections 3–5, 7 of these Rules, the “restriction on figures” penalty is applied.

14.3. For the first violation in a competition, the “restriction on figures” penalty is applied in the form of a yellow card, and a red card is given for any repeated violation in the same competition (minus 30 points).

14.4. In case of a violation in finals, a red card is given immediately.

14.5. The decision on applying the “restriction on figures” penalty is made by technical observers, the supervisor and supervisor’s deputies.

14.6. The “restriction on figures” penalty is deducted from total score.

15.Final provisions

15.1. All issues which are not regulated by these Rules are decided by the supervisor of the competitions.

15.2. When conducting regional and national competitions, a results calculating system different from that described in sections 14 may be used.

Appendix 1

Acrobatic elements for Acrobatic Rock'n'roll M Class Adults

Intermediate positions in combinations

Intermediate positions in combinations	Theoretical score (points) for execution between the first and second elements in a combination	Theoretical score (points) for execution between the second and third elements in a combination
Between legs of partner without touching the floor	2	1
On waist facing to partner	2	1
On waist back to partner (Shalom)	2	1
On/in partner's arms	2	1
On shoulders of partner	2	1

Acrobatic elements

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
41000	Forward	Front tucked	4	1
41005	Forward	Front piked	5	1,5
41010	Forward	Front straight	6	2
41015	Forward	Front tucked reverse	5	1,5
41020	Forward	Front piked reverse	6	2
41025	Forward	Front straight reverse	7	2,5
41030	Forward	1/2 turn front tucked	6	2
41032	Forward	1/2 turn front tucked, landing on the arms, exit between the legs behind the partner	8	0
41035	Forward	1/2 turn front piked	7	0
41037	Forward	1/2 turn front piked, landing on the arms, exit between the legs behind the partner	9	0
41040	Forward	1/2 turn front straight	8	0

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
41041	Forward	1/2 turn front straight, landing on the arms, exit between the legs behind the partner	10	0
41042	Forward	1/2 turn front tucked with 1/1 twist	8	0
41042	Forward	1/2 turn front tucked with 1/1 twist, landing on the arms, exit between the legs behind the partner	10	0
41043	Forward	1/2 turn front piked with 1/1 twist	9	0
41043	Forward	1/2 turn front piked with 1/1 twist, landing on the arms, exit between the legs behind the partner	12	0
41044	Forward	1/2 turn front straight with 1/1 twist	10	0
41044	Forward	1/2 turn front straight with 1/1 twist, landing on the arms, exit between the legs behind the partner	14	0
41045	Forward	1/2 turn front tucked with 1/2 twist	7	0
41050	Forward	1/2 turn front piked with 1/2 twist	8	0
41055	Forward	1/2 turn front straight with 1/2 twist	9	0
41057	Forward	Front tucked with 1/2 twist	5	1,5
41058	Forward	Front piked with 1/2 twist	6	2
41059	Forward	Front straight with 1/2 twist	7	2,5
41060	Forward	Front tucked with 1/1 twist	6	2
41061	Forward	Front piked with 1/1 twist	7	2,5
41062	Forward	Front straight with 1/1 twist	8	3
41063	Forward	Front tucked with 1/1 twist, landing on the arms, exit between the legs	8	3
41064	Forward	Front piked with 1/1 twist, landing on the arms, exit between the legs	9	3,5

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
41065	Forward	Front straight with 1/1 twist, landing on the arms, exit between the legs	10	4
41072	Forward	Front tucked with 3/2 twist	8	3
41073	Forward	Front piked with 3/2 twist	9	3,5
41074	Forward	Front straight with 3/2 twist	10	4
41075	Forward	Front tucked with 2 twists	10	0
41076	Forward	Front piked with 2 twists	11	0
41077	Forward	Front straight with 2 twists	12	0
41078	Forward	Front tucked with 5/2 twists	12	0
41079	Forward	Front piked with 5/2 twists	13	0
41080	Forward	Front straight with 5/2 twists	14	0
41090	Forward	3/2 front tucked landing on chest	10	4
41095	Forward	3/2 front piked landing on chest	12	4,5
41096	Forward	3/2 front straight landing on chest	14	5
41100	Forward	3/2 front tucked landing on back, exit between the legs	10	4
41105	Forward	3/2 front piked landing on back, exit between the legs	12	4,5
41106	Forward	3/2 front straight landing on back, exit between the legs (Ivan-Olga)	14	5
41100	Forward	From Bettarini 3/2 front tucked, 1/2 turn of male partner, landig on back, exit between legs (BlUhl)	12	0
41110	Forward	1/2 turn 3/2 front tucked landing on chest	10	0
41115	Forward	1/2 turn 3/2 front piked landing on chest	11	0
41116	Forward	1/2 turn 3/2 front tucked landing on back, exit between legs (only from Bettarini)	12	0

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
41120	Forward	1/2 turn 3/2 front tucked with 1/2 twist, landing on back, exit between legs (Kozlova)	14	0
41125	Forward	3/2 front tucked within 1/1 twist, landing on back, exit between legs	14	0
41127	Forward	From Bettarini 3/2 front piked, 1/2 turn of male partner, landig on back, exit between legs (Lenka)	14	0
41126	Forward	From handstand front tucked	6	0
41130	Forward	Double front tucked	12	0
41135	Forward	Double front piked	14	0
41136	Forward	1/2 turn double front tucked	14	0
41140	Forward	Front tucked, landing in the arms, exit with forward dive	6	0
41145	Forward	Front piked, landing in the arms, exit with forward dive	7	0
41150	Forward	Front straight, landing in the arms, exit with forward dive	8	0
41226	Forward	+ front tucked from the waist, landing on shoulders rolling dive	0	2
41227	Forward	+ front piked from the waist, landing on shoulders rolling dive	0	2,5
41228	Forward	+ front straight from the waist, landing on shoulders rolling dive	0	3
41800	Forward	A class element front tucked in contact	1	0
41805	Forward	A class element front piked in contact	1,2	0
41810	Forward	A class element front straight in contact	1,4	0
41815	Forward	A class element front tucked with 1/2 twist in contact	1,2	0
41820	Forward	A class element front piked with 1/2 twist in contact	1,4	0

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
41825	Forward	A class element front straight with 1/2 twist in contact	1,6	0
42000	Backward	Back tucked	4	1
42005	Backward	Back piked	5	1,5
42010	Backward	Back straight	6	2
42015	Backward	Auerbach tucked	5	1,5
42020	Backward	Auerbach piked	6	2
42025	Backward	Auerbach straight	7	2,5
42026	Backward	Auerbach tucked, landing on the arms, exit between the legs	8	0
42027	Backward	Auerbach piked, landing on the arms, exit between the legs	10	0
42028	Backward	Auerbach straight, landing on the arms, exit between the legs	12	0
42030	Backward	Back tucked with 1/2 twist	5	1,5
42032	Backward	Back piked with 1/2 twist	6	2
42035	Backward	Back straight with 1/2 twist	7	2,5
42040	Backward	Back tucked with 1/1 twist	6	2
42041	Backward	Auerbach tucked with 1/1 twist	7	2,5
42042	Backward	Back piked with 1/1 twist	7	2,5
42043	Backward	Auerbach piked with 1/1 twist	9	3,5
42044	Backward	Back straight with 1 twist	8	3
42045	Backward	Auerbach straight with 1/1 twist	12	5
42046	Backward	Back tucked with 3/2 twist	7	0
42047	Backward	Back tucked with 2 twists	10	0
42048	Backward	Back straight with 3/2 twist	9	4
42049	Backward	Back straight with 2 twists	10	0
42050	Backward	Back straight with 5/2 twist	12	0
42055	Backward	Back straight with 3 twists	14	0
42860	Backward	1/2 turn back tucked	6	0
42865	Backward	1/2 turn back piked	7	0
42870	Backward	1/2 turn back straight	8	0
42875	Backward	1/2 turn 3/2 back tucked	10	0

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
42880	Backward	1/2 turn 3/2 back piked	11	0
42885	Backward	1/2 turn 3/2 back straight	12	0
42080	Backward	3/2 back tucked	8	0
42085	Backward	3/2 back piked	9	0
42090	Backward	3/2 back straight	10	0
42080	Backward	from Bettarini 3/2 back tucked, 1/2 turn of male partner	10	0
42085	Backward	from Bettarini 3/2 back piked, 1/2 turn of male partner	11	0
42090	Backward	from Bettarini 3/2 back straight, 1/2 turn of male partner	12	0
42095	Backward	3/2 back tucked with 1/1 t	10	0
42100	Backward	3/2 back straight with 1/1 twist (Jacek-Anna)	14	0
42105	Backward	3/2 auerbach tucked, kanding on back, exit between legs	14	0
42110	Backward	3/2 back tucked + rolling to dive	9	0
42110	Backward	3/2 back tucked, 1/2 turn of male partner + rolling to dive	11	0
42115	Backward	3/2 back tucked + rolling to dive with 1/1 twist within dive	10	0
42120	Backward	3/2 back piked + rolling to dive	10	0
42120	Backward	3/2 back piked, 1/2 turn of male partner + rolling to dive	12	0
42125	Backward	3/2 back piked + rolling to dive with 1/1 twist within dive	11	0
42130	Backward	3/2 back straight + rolling to dive	11	0
42135	Backward	3/2 back straight + rolling to dive with 1/1 twist within dive	12	0
42140	Backward	Double back tucked	12	0

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
42140	Backward	From Bettarini double back tucked	12	0
42145	Backward	Double back piked	14	0
42150	Backward	Double auerbach tucked	12	0
42155	Backward	Double auerbach piked	14	0
42160	Backward	Back tucked, landing between partner's legs + rolling dive	5	0
42165	Backward	Back piked, landing between partner's legs + rolling dive	6	0
42170	Backward	Back straight, landing between partner's legs + rolling dive	7	0
42800	Backward	A class element back tucked in contact	1	0
42805	Backward	A class element back piked in contact	1,2	0
42810	Backward	A class element back straight in contact	1,4	0
42815	Backward	A class element back tucked with 1/2 twist in contact	1,2	0
42820	Backward	A class element back piked with 1/2 twist in contact	1,4	0
42825	Backward	A class element back straight with 1/2 twist in contact	1,6	0
42830	Backward	A class element - back to back tucked	1,6	0
42835	Backward	A class element - back to back piked	1,8	0
42840	Backward	A class element - back to back straight	2	0
42845	Backward	A class element - back to back tucked with 1/2 twist	1,8	0
42850	Backward	A class element - back to back piked with 1/2 twist	2	0
42855	Backward	A class element - back to back straight with 1/2 twist	2,2	0
43000	Dive	Dive tucked (landing on the partner’s back, exit between legs)	6	0

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
43005	Dive	Dive piked (landing on the partner's back, exit between legs)	7	0
43010	Dive	Dive straight (landing on the partner's back, exit between legs)	8	0
43015	Dive	Leslie dive (with 1/1 twist within straight dive, landing on the partner's back, exit between legs)	10	0
43016	Dive	Leslie dive from Bettarini with 1/2 twist during Bettarini and 1/1 twist within straight dive, landing on the partner's back, exit between legs	12	0
43016	Dive	Dive straight with 2 twists within straight dive, landing on the partner's back, exit between legs (Gusarova)	14	0
43020	Dive	Dive tucked, landing on the partner's chest	6	0
43025	Dive	Dive piked, landing on the partner's chest	7	0
43030	Dive	Dive straight, landing on the partner's chest	8	0
43035	Dive	Leslie dive front (with 1/1 twist within straight dive, landing on the partner's chest)	10	0
43060	Dive	1/2 turn and dive with tucked body during the flying, landing on the partner's back, exit between legs	7	0
43060	Dive	1/2 turn and dive with piked body during the flying, landing on the partner's back, exit between legs	8	0
43060	Dive	1/2 turn and dive with straight body during the flying,	9	0

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
		landing on the partner's back, exit between legs		
43055	Dive	1/2 turn and dive with tucked body during the flying, landing on the partner's chest	7	0
43055	Dive	1/2 turn and dive with piked body during the flying, landing on the partner's chest	8	0
43055	Dive	1/2 turn dive with straight body during the flying, landing on the partner's chest	9	0
43066	Dive	3/4 turn dive with tucked body during the flying, landing on the partner's chest	8	0
43066	Dive	3/4 turn and dive with tucked body during the flying, landing on the partner's back, exit between legs (Miguel-Dorothee)	8	0
43070	Dive	dive tucked with 1/2 turn in airborne phase and 1/2 turn for the partner before the landing	8	0
43070	Dive	dive piked with 1/2 turn in airborne phase and 1/2 turn for the partner before the landing	9	0
43070	Dive	dive straight with 1/2 turn in airborne phase and 1/2 turn for the partner before the landing	10	0
43081	Dive	1/2 turn and dive straight with 1 twist within and 1/2 turn for the partner before the landing, landing on the partner's back, exit between legs (Kovint)	14	0
43085	Dive	Half auerbach to dive, body tucked during the flying	10	0

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
43090	Dive	Half auerbach to dive, body piked during the flying (Ludwig)	12	0
43095	Dive	Half auerbach to dive, body straight during the flying	14	0
43095	Dive	Staff, landing on shoulders (sitting), roll backwards to the ground and unroll to dive with flying phase, straight body	4	0
43100	Dive	Staff, landing shoulders (sitting) roll backwards to the ground and unroll to dive with flying phase, 1/1 wist within straight dive	6	0
43110	Dive	From handstand front salto to dive with flying phase (body straight)	6	0
43800	Dive	A class element - dive starting from the waist without pose	1	0
43805	Dive	A class element - dive from pose on 2 hands of the male partner	1,4	0
43810	Dive	A class element - dive from pose on 1 hand of the male dancer	1,8	0
43815	Dive	A class element - dive from handstand on partner's shoulders	2	0
43820	Dive	A class element - rolling dive from the floor	1,8	0
43825	Dive	A class element - front low dive starting from the arms, exit between legs	1,4	0
43830	Dive	A class element - front dive starting from reverse pose, exit between legs	1,8	0
4010	Rotation	Dulaine 3 rotations	6	2
4010	Rotation	Dulaine 4 rotations	7	2,5

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
4020	Rotation	Shoulderball 3 rotations	6	2
4020	Rotation	Shoulderball 4 rotations	7	2,5
4020	Rotation	Inversed shoulderball 3 rotations	7	2,5
4020	Rotation	Inversed shoulderball 4 rotations	8	3
4020	Rotation	Shoulderball 3 rotations with 1/1 turn of female partner in each rotation	10	4
4020	Rotation	Shoulderball 4 rotationswith 1/1 turn of female partner in each rotation	12	5
4030	Rotation	Tie 3 rotations	5	1,5
4030	Rotation	Tie 4 rotations	6	2
4030	Rotation	Inversed tie 3 rotations	5	1,5
4030	Rotation	Inversed tie 4 rotations	6	2
4030	Rotation	Lateral tie 3 rotations	5	1,5
4030	Rotation	Lateral tie 4 rotations	6	2
4060	Rotation	Rotation combination 3+3 with change of direction	9	3,5
4060	Rotation	Rotation combination 3+3 in same direction	10	4
4070	Rotation	Barmu 3 repetitions (shoulderball with extra full rotation in the hands of male partner above his head)	12	5
47000	Other	Lateral somersault tucked (from staff/Bettarini), landing on partner's arms (Tikhonova)	6	0
47005	Other	Lateral somersault piked (from staff/Bettarini), landing on partner's arms	7	0
47010	Other	Lateral somersault straight (from staff/Bettarini), landing on partner's arms	8	0
47015	Other	Lateral double somersault tucked (from staff/Bettarini)	14	0

Appendix 2

Acrobatic elements for Acrobatic Rock'n'roll A Class Adults

Starting movements

Starting movement	Theoretical score (points)
Standing in partner's hands	1,5
Staff	2
Bettarini	2,5

Intermediate positions in combinations

Intermediate positions in combinations	Theoretical score (points) for execution between the first and second elements in a combination	Theoretical score (points) for execution between the second and third elements in a combination
On floor	0	0
Between legs of partner	0	0
On partner's arms sideways	1	0,5
On partner's arms legs apart	1	0,5
On waist facing to partner	1	0,5
On waist back to partner (Shalom)	1	0,5
On waist back (Tessarin position)	1	0,5
On shoulders of partner	1	0,5

Acrobatic elements

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
1010	Forward	Front tucked starting from shoulders height	4	1
1010	Forward	Front tucked starting from the floor	7	2,5

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
1010	Forward	Front tucked starting from waist height	5	1,5
1015	Forward	Front piked starting from shoulders height	5	1,5
1015	Forward	Front piked starting from the floor	8	3
1015	Forward	Front piked starting from waist height	6	2
1020	Forward	Front straight starting from shoulders height	6	2
1020	Forward	Front straight starting from the floor	9	3,5
1020	Forward	Front straight starting from waist height	7	2,5
1026	Forward	Front tucked with 1/2 twist within starting from waist height (Tessarin position)	6	2
1026	Forward	Front piked with 1/2 twist within starting from waist height (Tessarin position)	7	2,5
1026	Forward	Front straight with 1/2 twist within starting from waist height (Tessarin position)	8	3
1026	Forward	Front tucked with 1/1 twist within starting from waist height (Tessarin position)	8	3
1026	Forward	Front tucked starting from waist height (Tessarin position)	5	1,5
1026	Forward	Front piked starting from waist height (Tessarin position)	6	2
1026	Forward	Front straight starting from waist height (Tessarin position)	7	2,5
1026	Forward	Front piked with 1/1 twist within starting from waist height (Tessarin position)	9	3,5

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
1026	Forward	Front straight with 1/1 twist within starting from waist height (Tessarin position)	10	4
1055	Forward	Front tucked with 1/2 twist within starting from shoulders height	5	1,5
1055	Forward	Front tucked with 1/2 twist within starting from waist height	6	2
1055	Forward	Front tucked with 1/2 twist within starting from the floor	8	3
1060	Forward	Front piked with 1/2 twist within starting from shoulders height	6	2
1060	Forward	Front piked with 1/2 twist within starting from waist height	7	2,5
1060	Forward	Front piked with 1/2 twist within starting from the floor	9	3,5
1065	Forward	Front straight with 1/2 twist within starting from shoulders height	7	2,5
1065	Forward	Front straight with 1/2 twist within starting from waist height	8	3
1065	Forward	Front straight with 1/2 twist within starting from the floor	10	4
1100	Forward	Front tucked with 1/1 twist within starting from shoulders height	7	2,5
1100	Forward	Front tucked with 1/1 twist within starting from waist height	8	3
1100	Forward	Front tucked with 1/1 twist within starting from the floor	10	4
1105	Forward	Front piked with 1/1 twist within starting from shoulders height	8	3

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
1105	Forward	Front piked with 1/1 twist within starting from the floor	11	4,5
1105	Forward	Front piked with 1/1 twist within starting from waist height	9	3,5
1110	Forward	Front straight with 1/1 twist within starting from shoulders height	9	3,5
1110	Forward	Front straight with 1/1 twist within starting from the floor	12	5
1110	Forward	Front straight with 1/1 twist within starting from waist height	10	4
1145	Forward	Front rolling-piked from standing on the floor to pose (without dive)	6	2
1155	Forward	Front rolling-piked + front tucked from standing on the floor	8	3
1155	Forward	Front rolling-piked + front piked from standing on the floor	9	3,5
1155	Forward	Front rolling-piked + front straight from standing on the floor	10	4
1155	Forward	Front rolling-piked + front tucked with 1/2 twist within from standing on the floor	9	3,5
1155	Forward	Front rolling-piked + front piked with 1/2 twist within from standing on the floor	10	4
1155	Forward	Front rolling-piked + front straight with 1/2 twist within from standing on the floor	11	4,5
1155	Forward	Front rolling-piked + front tucked with 1/1 twist within from standing on the floor	10	4

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
1155	Forward	Front rolling-piked + front piked with 1/1 twist within from standing on the floor	11	4,5
1155	Forward	Front rolling-piked + front straight with 1/1 twist within from standing on the floor	12	5
1200	Forward	Front tucked reverse starting from the waist	5	1,5
1200	Forward	Front piked reverse starting from the waist	6	2
1200	Forward	Front tucked reverse with 1/2 twist within starting from the waist	6	2
1200	Forward	Front piked reverse with 1/2 twist within starting from the waist	7	2,5
2010	Backward	Back tucked starting from shoulders height	4	1
2010	Backward	Back tucked starting from waist height	5	1,5
2015	Backward	Back piked starting from waist height	6	2
2020	Backward	Back straight starting from waist height	7	2,5
2010	Backward	Back tucked starting from Shalom position	7	2,5
2010	Backward	Back tucked starting from the floor	7	2,5
2015	Backward	Back piked starting from shoulders height	5	1,5
2015	Backward	Back piked starting from Shalom position	8	3
2015	Backward	Back piked starting from the floor	8	3
2020	Backward	Back straight starting from shoulders height	6	2

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
2020	Backward	Back straight starting from Shalom position	9	3,5
2020	Backward	Back straight starting from the floor	9	3,5
2055	Backward	Back tucked with 1/2 twist within starting from shoulders height	5	1,5
2055	Backward	Back tucked with 1/2 twist within starting from waist height	6	2
2055	Backward	Back tucked with 1/2 twist within starting from the floor	8	3
2060	Backward	Back piked with 1/2 twist within starting from shoulders height	6	2
2060	Backward	Back piked with 1/2 twist within starting from waist height	7	2,5
2060	Backward	Back piked with 1/2 twist within starting from the floor	9	3,5
2065	Backward	Back straight with 1/2 twist within starting from shoulders height	7	2,5
2065	Backward	Back straight with 1/2 twist within starting from waist height	8	3
2065	Backward	Back straight with 1/2 twist within starting from the floor	10	4
2100	Backward	Back tucked with 1/1 twist within starting from shoulders height	7	2,5
2100	Backward	Back tucked with 1/1 twist within starting from waist height	8	3
2100	Backward	Back tucked with 1/1 twist within starting from the floor	9	3,5

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
2105	Backward	Back piked with 1/1 twist within starting from shoulders height	8	3
2105	Backward	Back piked with 1/1 twist within starting from waist height	9	3,5
2105	Backward	Back piked with 1/1 twist within starting from the floor	11	4,5
2110	Backward	Back straight with 1/1 twist within starting from shoulders height	9	3,5
2110	Backward	Back straight with 1/1 twist within starting from waist height	10	4
2110	Backward	Back straight with 1/1 twist within starting from the floor	12	5
2145	Backward	Auerbach tucked without touching the floor	0	1
2145	Backward	Auerbach tucked from sitting on the floor	0	1
2165	Backward	Back to back tucked	7	2,5
2165	Backward	Back to back piked	8	3
2165	Backward	Back to back straight	9	3,5
2165	Backward	Back to back tucked with 1/2 twist within	8	3
2165	Backward	Back to back piked with 1/2 twist within	9	3,5
2165	Backward	Back to back straight with 1/2 twist within	10	4
2165	Backward	Back to back tucked with 1/1 twist within	10	4
2165	Backward	Back to back piked with 1/1 twist within	11	4,5
2165	Backward	Back to back straight with 1/1 twist within	12	5
3010	Dive	Dive starting from the waist without pose	5	1,5

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
3010	Dive	Dive from pose on 2 hands of the male dancer	7	2,5
3010	Dive	Dive from pose on 1 hand of the male dancer	8	3
3010	Dive	Dive from handstand on shoulders	9	3,5
3010	Dive	Dive from handstand on shoulders with 1/2 turn	10	4
3030	Dive	Dive starting from waist (shalom) with 1/2 turn	6	2
3035	Dive	Dive from reverse pose with 1/2 twist	8	3
3040	Dive	Rolling dive from the floor	8	3
3040	Dive	From hanstand position, rolling dive (straight body), exit between partner's legs	6	0
3040	Dive	Rolling front dive with 1/2 turn for man, ending on chest	8	3
3040	Dive	Rolling front dive with 1/2 turn for man, exit between legs	9	3,5
3040	Dive	Rolling front dive with 1/2 twist within, ending on chest	9	3,5
3040	Dive	Rolling front dive with 1/2 twist within, exit between legs	10	4
3040	Dive	Rolling front dive with 1/2 turn for man and 1/2 twist within during dive	11	4,5
3040	Dive	Rolling front dive with 1/2 turn for man and 1/1 twist within during dive, ending on chest or exit between legs	12	5
3050	Dive	Front low dive starting from the arms, ending on chest	4	1
3050	Dive	Front low dive starting from the arms, exit between legs	5	1,5

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
3050	Dive	Front dive starting from reverse pose, ending on chest	6	2
3050	Dive	Front dive starting from reverse pose, exit between legs	7	2,5
3050	Dive	Front dive from pose with 1/2 twist within, ending on chest	7	2,5
3050	Dive	Front dive from pose with 1/2 twist within, exit between legs	8	3
3060	Dive	Front low dive starting from the arms with 1/2 twist	4	1
3060	Dive	Front dive starting from reverse pose with 1/2 twist	5	1,5
3086	Dive	Front dive starting from reverse pose with 1/1 twist within, exit between the legs	10	4
3090	Dive	Auerbach front dive starting from waist (shalom)	8	3
4010	Rotation	Dulaine 3 rotations	6	2
4010	Rotation	Dulaine 4 rotations	7	2,5
4020	Rotation	Shoulderball 3 rotations	6	2
4020	Rotation	Shoulderball 4 rotations	7	2,5
4020	Rotation	Inversed shoulderball 3 rotations	7	2,5
4020	Rotation	Inversed shoulderball 4 rotations	8	3
4030	Rotation	Tie 3 rotations	5	1,5
4030	Rotation	Tie 4 rotations	6	2
4030	Rotation	Inversed tie 3 rotations	5	1,5
4030	Rotation	Inversed tie 4 rotations	6	2
4030	Rotation	Lateral tie 3 rotations	5	1,5
4030	Rotation	Lateral tie 4 rotations	6	2
4040	Rotation	Belt 3 rotations	6	2
4040	Rotation	Belt 4 rotations	7	2,5
4050	Rotation	Berliner 3 rotations	6	2
4050	Rotation	Berliner 4 rotations	7	2,5
4060	Rotation	Rotation combination 3+3 with change of direction	9	3,5

Repetition Code	Group	Acrobatic elements	Theoretical score (points) for execution	
			Alone or as first element in a combination	As second or third element in a combination
4060	Rotation	Rotation combination 3+3 in same direction	10	4
4070	Rotation	Barmu 3 repetitions (shoulderball with extra full rotation in the hands of male partner above his head)	12	5
7011	Other	Legs apart kosack jump	4	0
7011	Other	Legs apart 180° with 180° turn on longitudinal axis	5	0
7011	Other	Legs apart 180° with 360° turn on longitudinal axis	7	0
7022	Other	Vertical jump with 180° turn on longitudinal axis	4	1
7022	Other	Vertical jump with 360° turn on longitudinal axis	6	2
7022	Other	Vertical jump with 540° turn on longitudinal axis	8	3
7022	Other	Vertical jump with 720° turn on longitudinal axis	10	4
7050	Other	From the floor lateral somersault straight	10	0
7050	Other	From shoulders lateral somersault straight	8	0
7070	Other	From the floor lateral somersault straight with 1/2 twist within	11	0
7070	Other	From shoulders lateral somersault straight with 1/2 twist within	9	0

Appendix 3

Acrobatic elements for Acrobatic Rock’n’roll B Class Adults

Starting movements and intermediate positions give no additional points.

Acrobatic elements

Repetition Code	Acrobatic element	Theoretical score (points) for execution	
		Alone or as first element in a combination	Alone or as first element in a combination
A-Y-0010	Po-Lasso	2	0,5
A-Y-0010	Lasso (legs together or apart)	2	0,5
A-Y-0060	Jump legs apart	2	0,5
A-Y-0070	Jumps on partner's hips	3	1
A-Y-0140	Jump (flight) over the partner	5	2
A-Y-0150	Semi-Wickler (sitting in the arms, swing onto partner's back, return to partner's arms)	5	2
A-Y-0160	Shalom (and its variations)	4	1,5
A-Y-0160	Shalom with ending in partner's arms	5	2
A-Y-0160	Compass to shalom	6	2,5
A-Y-0210	Lasso over the hand	6	2,5
A-Y-0220	Plate (min. 3 rotations)	7	3
A-Y-0220	Plate with legs apart	8	3,5
A-Y-0230	Snake (Schlange)	8	3,5
A-Y-0250	Swing and swing legs apart without changing legs	5	2
A-Y-0250	Double Swing	6	2,5
A-Y-0250	Swing with changing legs	8	3,5
A-Y-0280	Horizont	4	1,5
A-Y-0280	Candle tucked (pelvis on head's level or higher)	3	1
A-Y-0280	Candle (pelvis on head's level or higher)	5	2
A-Y-0280	Candle with changing legs (pelvis on head's level or higher)	6	2,5

Repetition Code	Acrobatic element	Theoretical score (points) for execution	
		Alone or as first element in a combination	Alone or as first element in a combination
A-Y-0310	Back and forth (sitting on shoulders, rolling back, touching the floor with feet, rolling up to sitting on shoulders)	6	2,5
A-Y-0320	Lift	5	2
A-Y-0320	Reversed Lift	4	1,5
A-Y-0330	Weel on partner's hips	5	2
A-Y-0330	Weel in partner's arms and its variations	7	3
A-Y-0330	Double weel in partner's arms with turn of partner	8	3,5
A-Y-0340	Fish	5	2
A-Y-0350	Turn over the shoulder tucked	6	2,5
A-Y-0350	Turn over the shoulder piked	7	3
A-Y-0350	Turn over the shoulder straight	8	3,5
A-Y-0350	Reversed turn over the shoulder straight	7	3
A-Y-0350	Diagonal turn over the shoulder	7	3
A-Y-0380	Salto backwards in contact tucked	6	2,5
A-Y-0380	Salto backwards in contact piked	7	3
A-Y-0380	Salto backwards in contact straight	8	3,5
A-Y-0410	Munchen tucked	6	2,5
A-Y-0410	Munchen piked	7	3
A-Y-0410	Munchen straight	8	3,5
A-Y-0410	Munchen straight whith lesgs apart	7	3
A-Y-0450	Kinder salto from the floor (2nd part, rolling up from the floor to the partner's shoulders)	6	2,5
A-Y-0450	Kinder salto	7	3
A-Y-0450	Kinder salto with Lift	8	3,5
A-Y-0450	Kinder salto with leg's swing	7	3
A-Y-0490	Repka (from sitting in partner's arms swing around the partner's body to the partner's arms or waist)	7	3