

ACROBATICKÝ ROCK'N'ROLL PRAVIDLA - SAFETY LEVEL

Upozorňujeme, že uvedené výkresy jsou pouze k ilustrační.
Cílem je ukázat, jak jsou akrobacie myšleny a nikoli v popisovat jejich jediné technické provedení.

Verze 2 - platná od 01.01.2019

SAFETY LEVEL:

SL 5	Děti, Kategorie A, Kategorie B	page 3
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DEFINICE

DRŽENÍ:

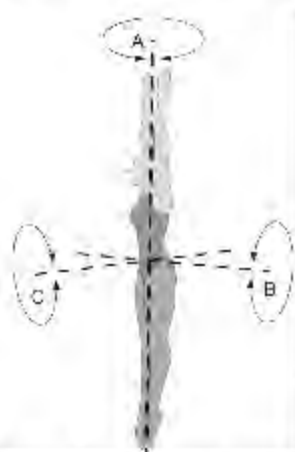
Dlaň v dlani, jedna ruka za zápěstí nebo paži partnera, ruce po obou stranách těla partnera, ale ne za krk nebo nohy.

PEVNÉ DRŽENÍ:

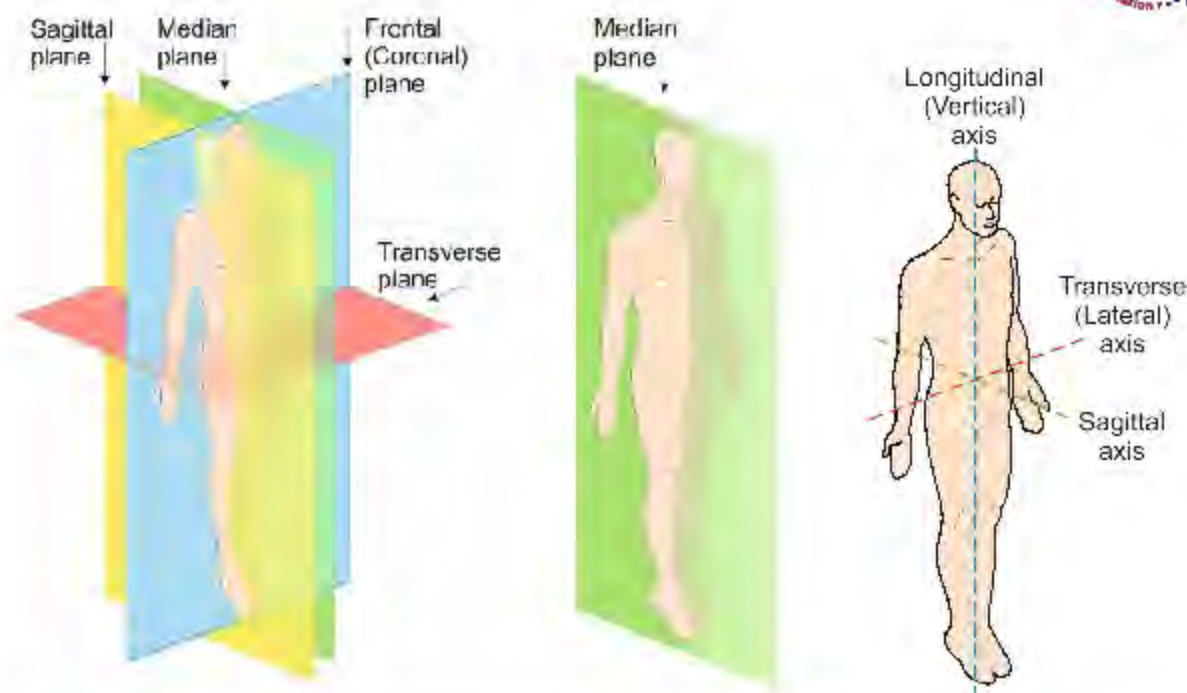
Minimálně jedna paže obepíná zcela trup partnera, ale ne kolem nebo nohou.

POHYBLIVÉ (KLOUZAVÉ) DRŽENÍ:

Pár smí tzv. sklouznout z jednoho druhu držení do druhého, avšak bez ztráty kontaktu partnerů. Lze jej užít např. v kombinaci figur či odhozu. Pohyblivé držení musí být až do doskoku partnera na zem.



			A Vertikální osa			B Pravo-levá, boční Laterální osa			C Předo-zadní Sagitální osa		
			0°-90°	90°< <270°	270°<	0°-90°	90°< <270°	270°<	0°-90°	90°< <270°	270°<
			Kontakt			Pevné držení			Držení		
	Pevné držení	Pod rameny	SL 2	SL 2	SL 2	SL 2	SL 2	SL 2	SL 2	SL 2	SL 2
		Nad rameny	SL 2	SL 2	SL 2	SL 2	SL 1	SL 1	SL 2	SL 1	SL 1
	Držení	Pod rameny	SL 2	SL 2	SL 2	SL 2	SL 2	SL 1	SL 2	SL 2	SL 1
		Nad rameny	SL 1	SL 1	SL 1	SL 1	SL 1	SL 1	SL 1	SL 1	SL 1
	Bez	Pod rameny	SL 2	SL 2	SL 2	SL 2	SL 1	SL 0	SL 2	SL 1	SL 0
		Nad rameny	SL 1	SL 1	SL 1	SL 1	SL 0	SL 0	SL 1	SL 0	SL 0



SAFETY LEVEL 5

KATEGORIE DĚTI A TANEČNÍ SESTAVY (KATEGORIE B, KATEGORIE A)

Všechny figury jsou povoleny pouze pokud splňují omezení obou z následujících bodů (A-B):

- A Rotace více než o 180° okolo laterální, nebo sagitální osy.
- B Figury jsou povoleny pouze pokud je jeden partner dokáže provést samostatně a má po celou dobu kontakt s parketem minimálně jednou nohou

Výjimka: Závěrečná póza je povolena

SAFETY LEVEL 4

KATEGORIE ŽÁCI

Všechny figury jsou povoleny, pokud jsou v souladu s následujícími body (1-2).

AKROBATICKÉ POŽADAVKY pro kategorii Žáci:

Pár musí předvést 2 akrobatické figury ze dvou možných skupin, podle omezení SL4, hodnocené jako taneční figury

SKUPINY:

1. LIFTY (ZVEDÁČKY) VE VERTIKÁLNÍ POZICI

Specifikace: bez pózy

Povolené držení: za boky partnera

Bezpečnostní omezení: boky partnerky nesmí být výš, než ramena partnera

2. STOJKY A AKROBATICKÉ PRŮPRAVY

Specifikace: Akrobatické prvky s rotací o 360°

Allowed grip: Držení po celou dobu a kontakt s parketem

Příklady: Přemety vpřed, přemety vzad, hvězdy, variace stojek...



SAFETY LEVEL 3

RR JUNIORS, JUNIOR FORMATION, GIRLS FORMATION

Jsou povoleny všechny akrobatické figury které splňují alespoň jeden z následujících bodů (A-C).

Omezení v bodě D je potřeba dodržet spolu s body A-C.

Výjimečně figury v bodě E jsou povoleny, pouze pokud jsou provedeny přesně tak, jak jsou popsány.

A Akrobatické figury, kde je po celý průběh kontakt s parketem.

Bez omezení

B Akrobatické figury s pevným držením

- Všechny akrobatické figury, kde se hlava partnerky nachází neustále výš než její boky
- Akrobatické figury v pozici "záda k záduům" nejsou povoleny.
- Nesmí se kmitat mezi nohama a vedle nohou partnera.
- Ačkoliv; v případě záklonu zad pouze s držením.

C Akrobatické figury s držením:

- Boky partnerky nesmí přesáhnout výšku její hlavy.
- Akrobatické figury v pozici "záda k záduům" nejsou povoleny
- Nesmí se kmitat mezi nohama a vedle nohou partnera.
- Rotace o více než 180° nejsou povoleny. (Výjimkou tvoří pouze figury z katalogu.)
- Jsou povoleny všechny akrobatické figury, kde se hlava partnerky nachází přímo nad jejími boky a s maximálním točením o 180°.

D Omezení akrobatických figur

- V kategorii Junioři, musí pár provést 4 akrobatické figury.
- Jedna ze čtyřech akrobatických figur smí být provedena v kombinaci. Kombinace se smí skládat z libovolného počtu akrobatických prvků.
- Figury **Teller** (J-4-02, J-4-03) a **Spiral** (J-4-01) se nepočítají jako kombinace, pokud pár mezi jednotlivými opakováními nezmění držení.
- Správné provedení všech akrobatických figur a jejich omezení je zobrazeno v katalogu SL 3

E Výjimečné figury

Výjimečné figury jsou akrobatické figury, které nejsou zcela v souladu s body (A, B, C), a proto musí být popsány samostatně. Provedeny smí být pouze tak, jak jsou v katalogu zobrazeny: prvky skupiny 3 (Saltové akrobacie), J-6-02,

KOMBINACE:

Kombinací akrobatických figur se rozumí:

- Pokud jsou akrobatické prvky provedeny přímo za sebou.
- Při změně držení, resp. pevného držení v během akrobacie
- Pokud je mezi jednotlivými akrobatickými prvky doskok na zem (a není mezi nimi tanec)
- Opakování akrobatických prvků vícekrát.
 - o Výjimka: Rotace nejsou kombinací; např. Teller (Pokud nedojde ke změně držení, nebo pozice)



POŽADAVKY NA AKROBATICKÉ FIGURY v kategorii Junioři:

Pár musí předvést 4 akrobatické figury z 6-ti možných skupin podle SL 3

SKUPINY :

1. LIFTY (ZVEDAČKY) Z VÝSKOKU PROVEDENÉ VDRŽENÍ
2. STATICKÉ ZVEDAČKY PROVEDENÉ Z VYTAŽENÍ
3. SALTOVÉ AKROBACIE
Specifikace: akrobatické prvky provedené s rotací o 360°
Povolené držení: držení po celou dobu a kontakt s parketem + VÝJIMEČNÉ FIGURY (přemet vpřed, nabo vzad, stojka)
4. BEZLETOVÉ FIGURY
Teller, spiral
5. AKROBATICKÉ FIGURY PROVÁDĚNÉ Z PASU
shalom, horse
6. DALŠÍ (VÝJIMEČNÉ) PRVKY

KOMBINACE: Prvky provedené v kombinaci se započítávají do předvedených skupin. V sestavě je povolena pouze jedna kombinace.

HODNOCENÍ AKROBACIE :

PROVEDENÍ	ŮBTIŽNOST, RŮZNOST	BONUS
0 - 1 - 2 - 3 - 4 - 5	- 1 - 2 - 3 - 4	- 1

1. SKUPINA: LIFTY (ZVEDAČKY) Z VÝSKOKU PROVEDENÉ V DRŽENÍ

WRRC název:

Code: J-1-01

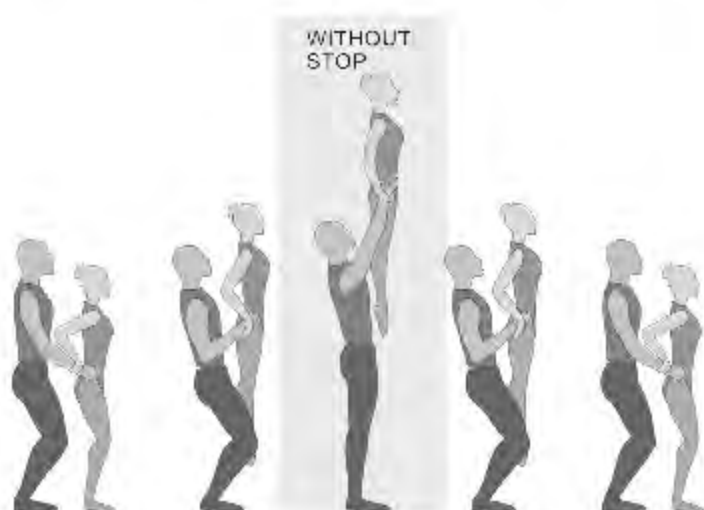
Jsou povoleny různá držení a pozice nohou.



Čelem



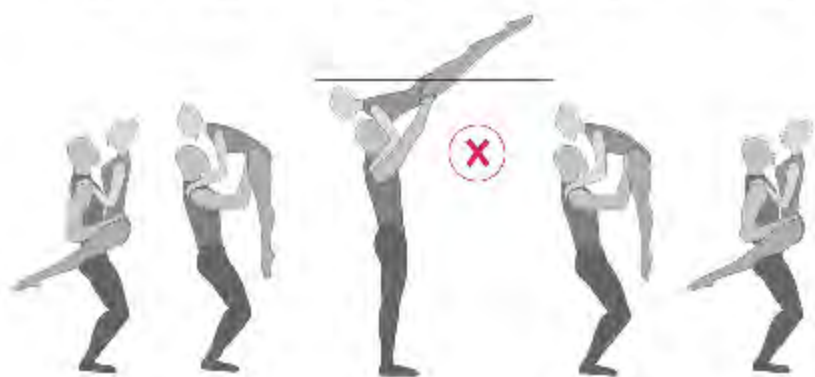
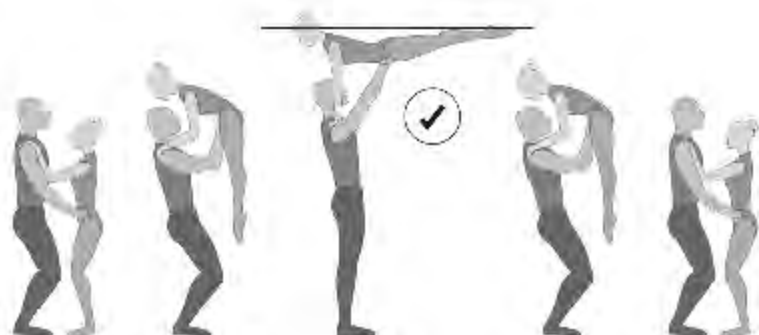
Zády 1.



Zády 2

WRRC název:

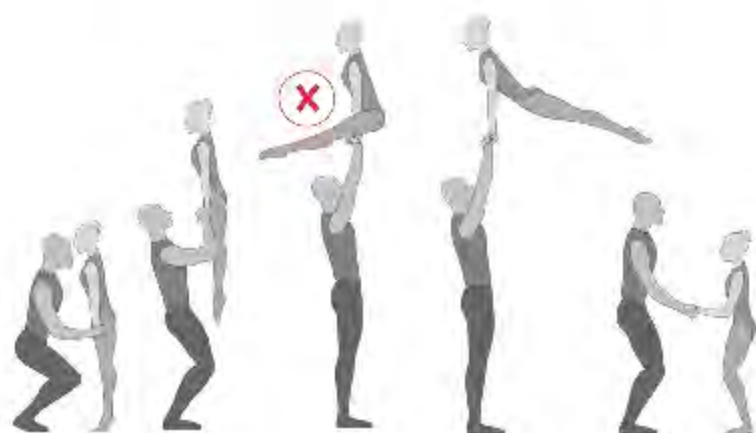
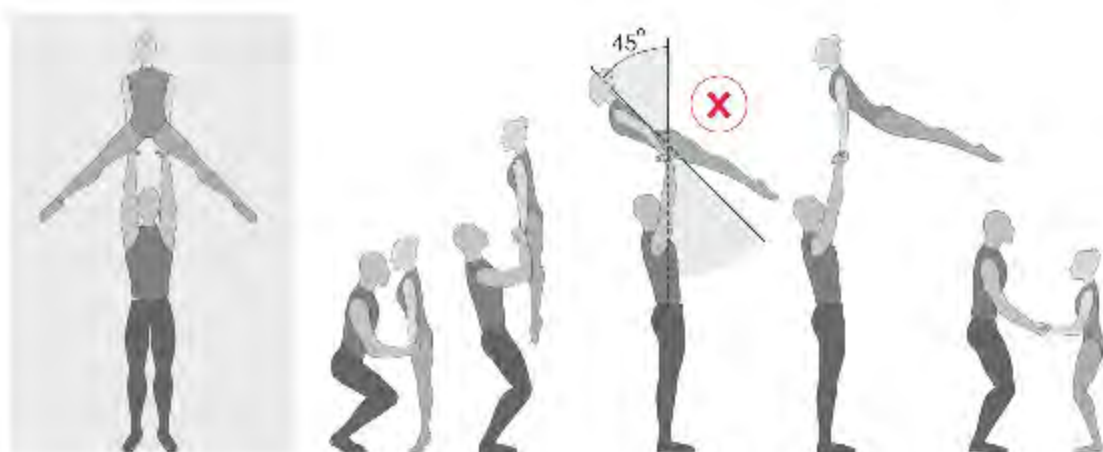
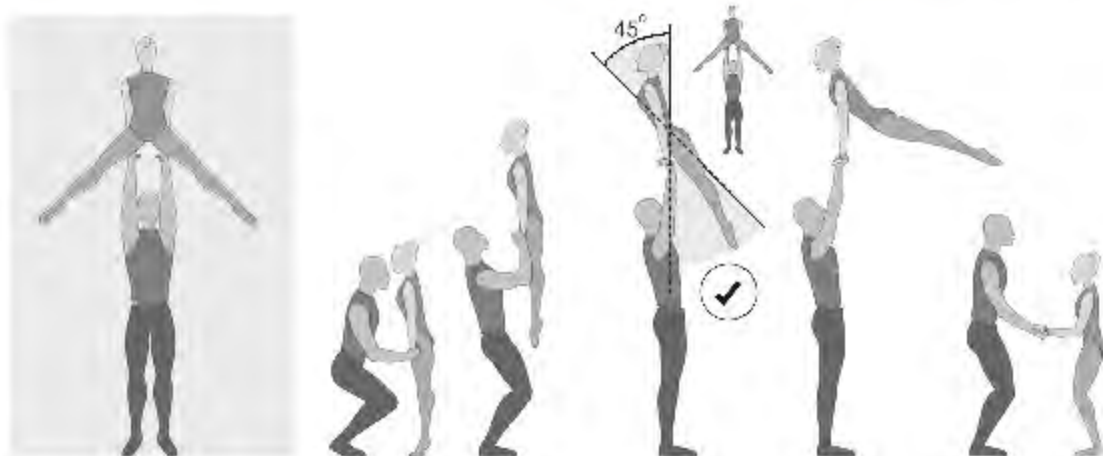
Code: J-1-02



Z. SKUPINA : STATICKÉ ZVEDAČKY PROVEDENÉ Z VYTAŽENÍ

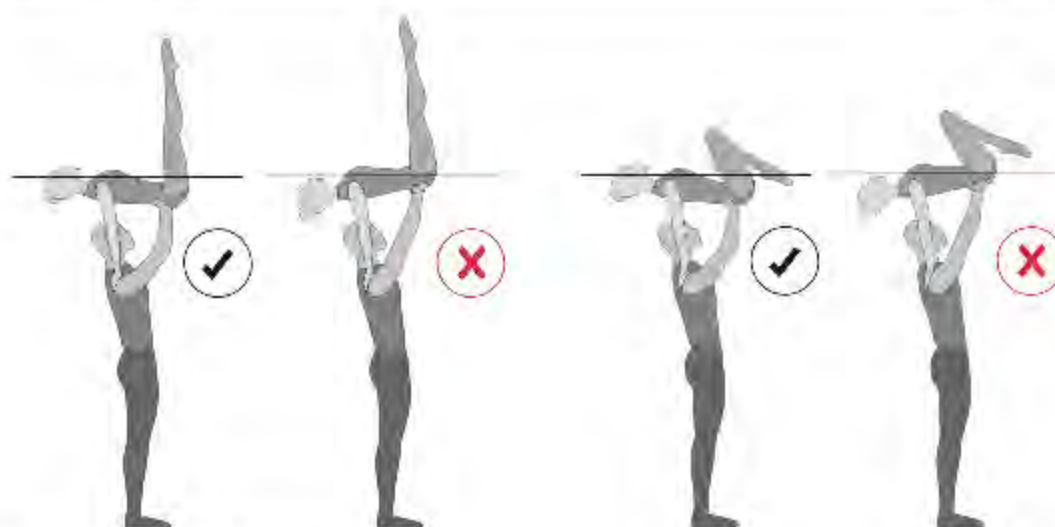
WRRC název:

Code: J-2-01



WRRC název:

Code: J-2-02



Jsou povoleny různé pozice nohou.

WRRC název:

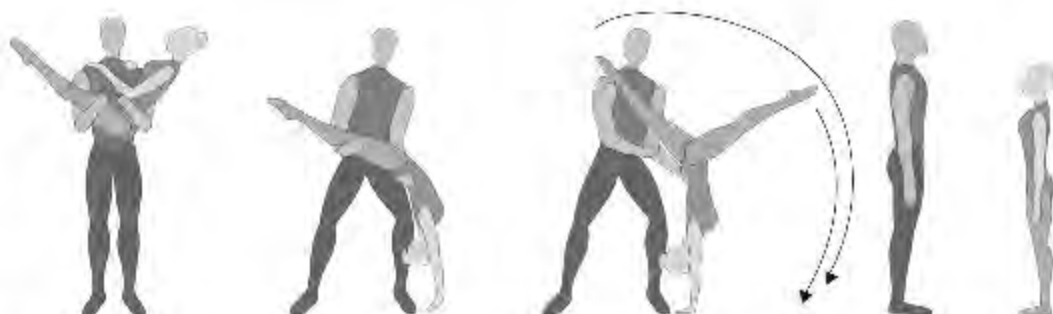
Code: J-2-03



3. SKUPINA: SALTOVÉ AKROBACIE

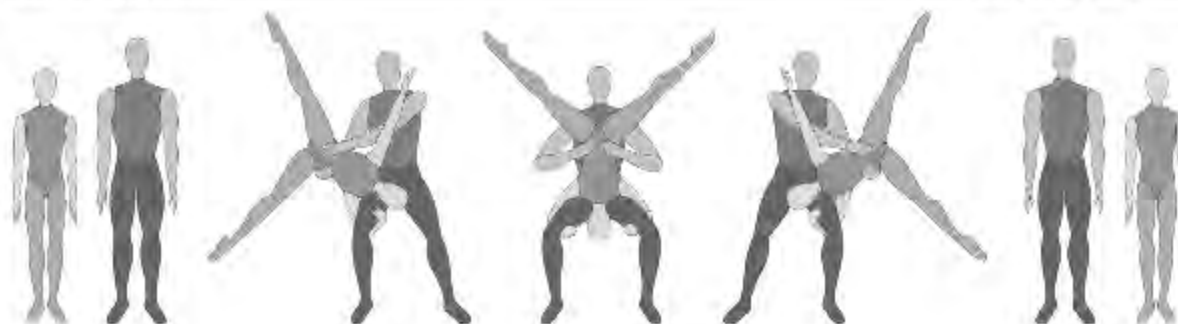
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Code: J-3-01



WRRC název:

Code: J-3-02



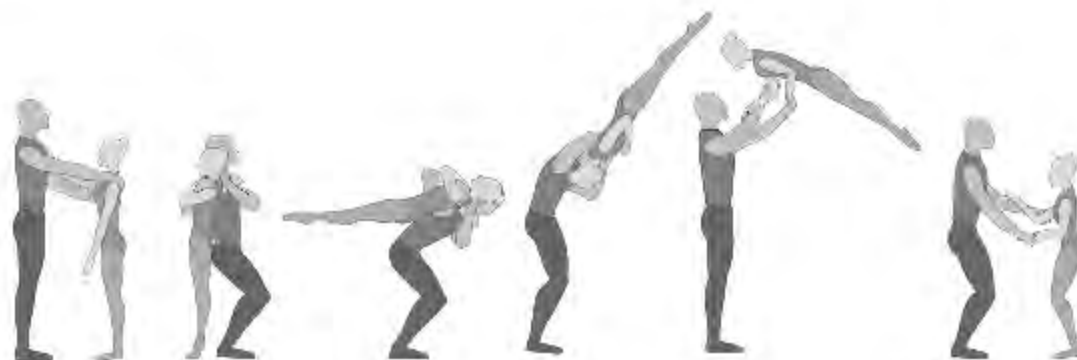
WRRC název:

Code: J-3-03



WRRC název: MÜNCHNER

Code: J-3-04



WRRC název:

Code: J-3-04a



4. SKUPINA: BEZLETOVÉ FIGURY

WRRC název: SPIRAL

Code: J-4-01

1 R O T A T I O N



WRRC název: TELLER

Code: J-4-02

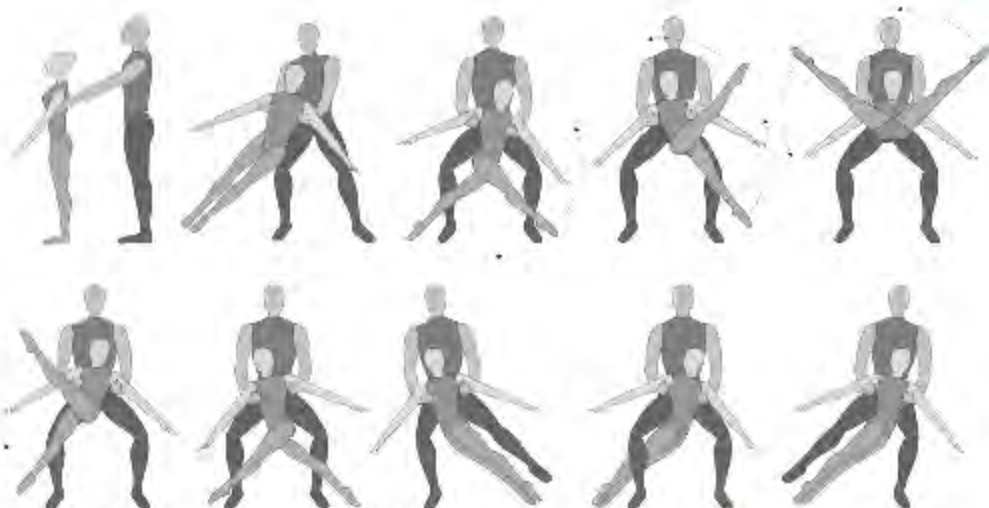
1 R O T A T I O N



WRRC název:

Code: J-4-03

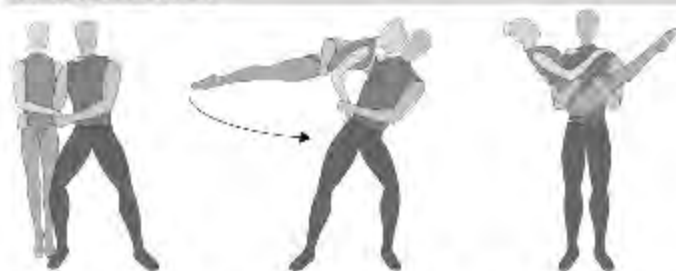




5. SKUPINA: AKROBATICKÉ FIGURY PROVÁDĚNÉ Z PASU

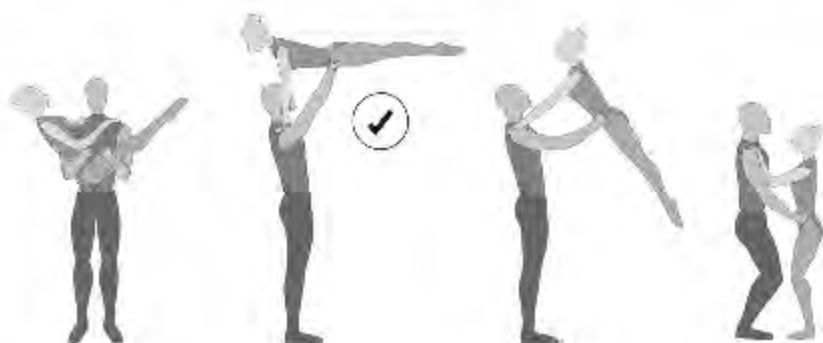
WRRC název:

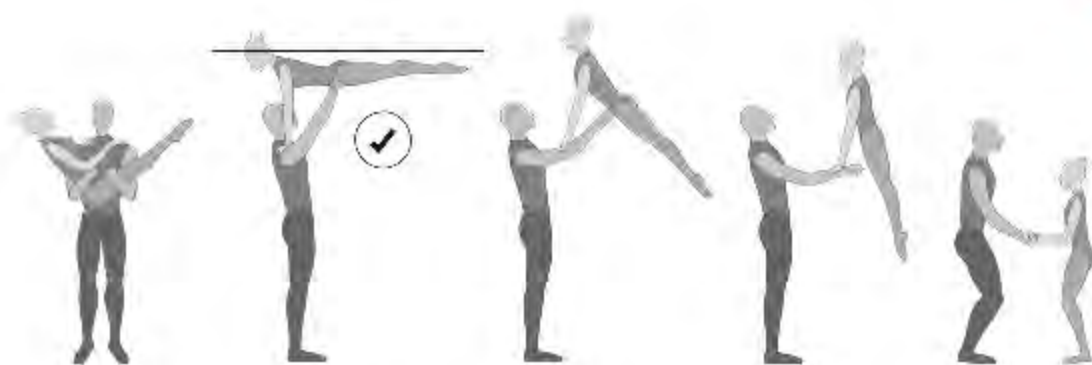
Code: J-5-01



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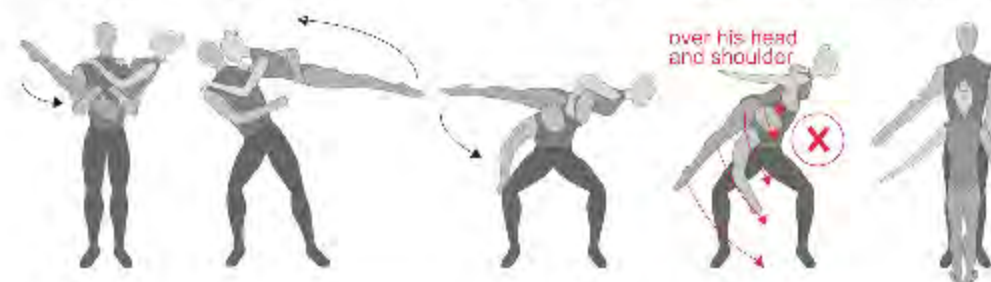
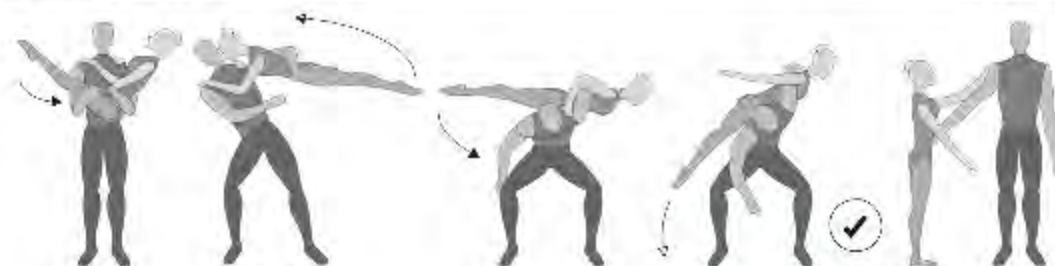
Code: J-5-02





WRRC název:

Code: J-5-03



WRRC název:

Code: J-5-04



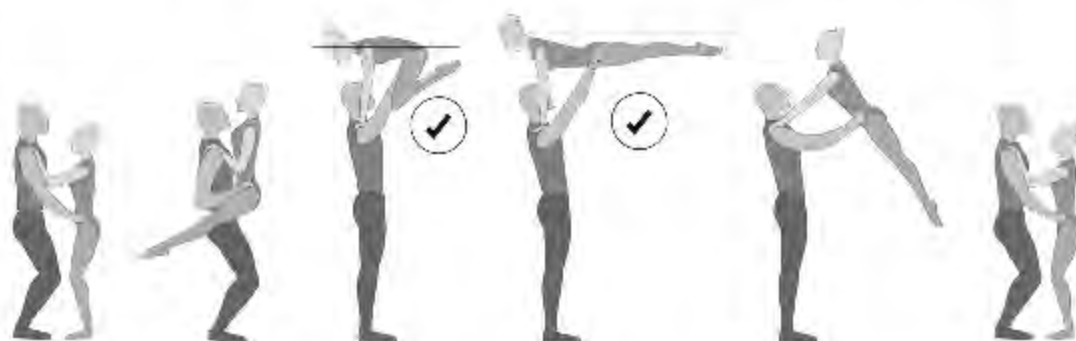
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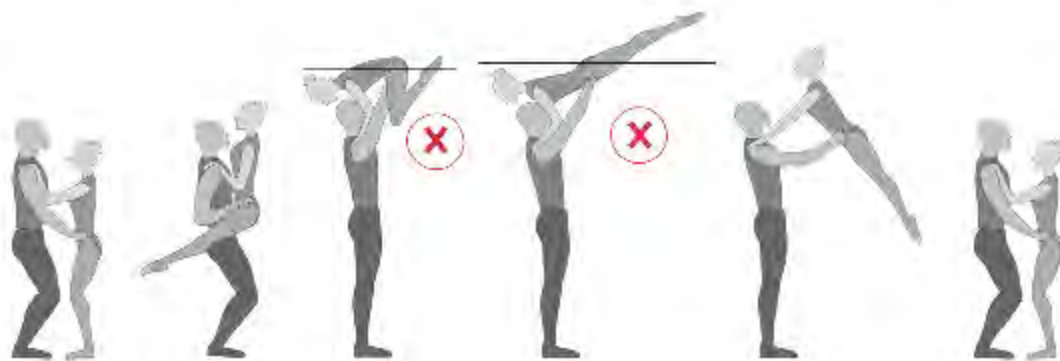
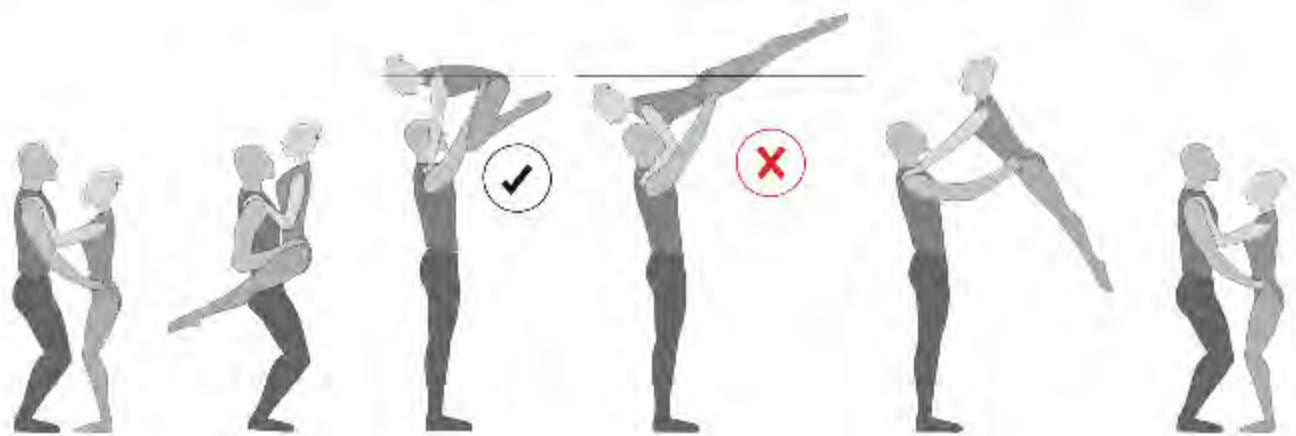
Code: J-5-05



WRRC název: HORSE

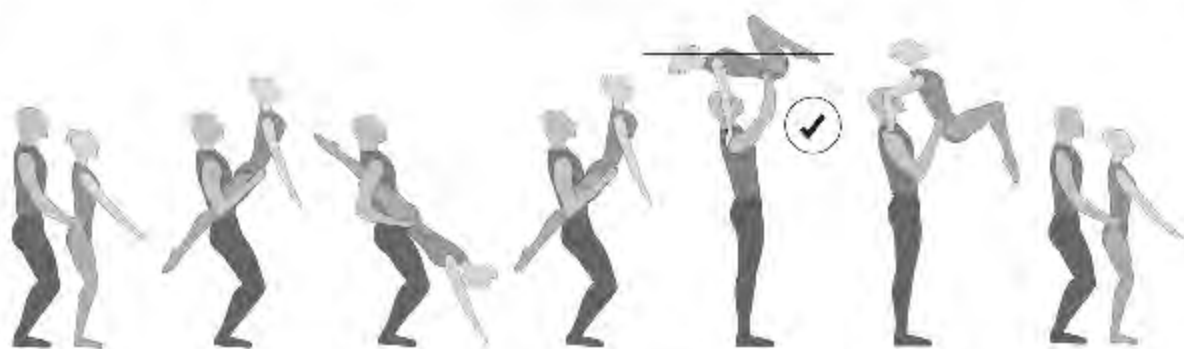
Code: J-5-06





WRRC název: SHALOM

Code: J-5-07





WRRC název: SHALOM with 1/2 twist

Code: J-5-07-T



6. SKUPINA: OSTATNÍ (VÝJIMEČNÉ) PRVKY

WRRC název:

Code: J-6-01



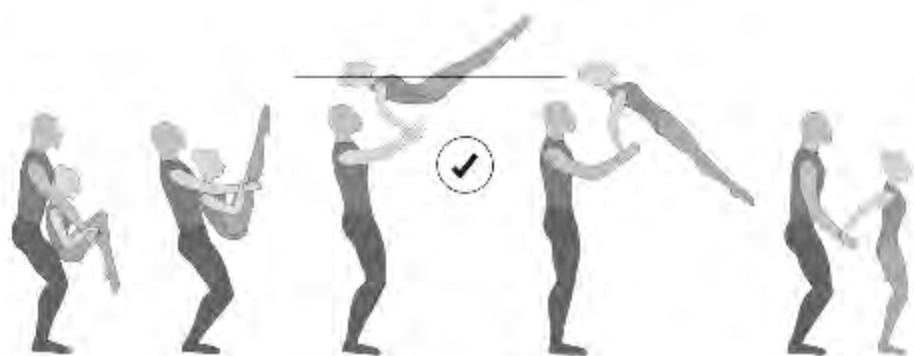
WRRC název: BOCK SPRUNG

Code: J-6-02



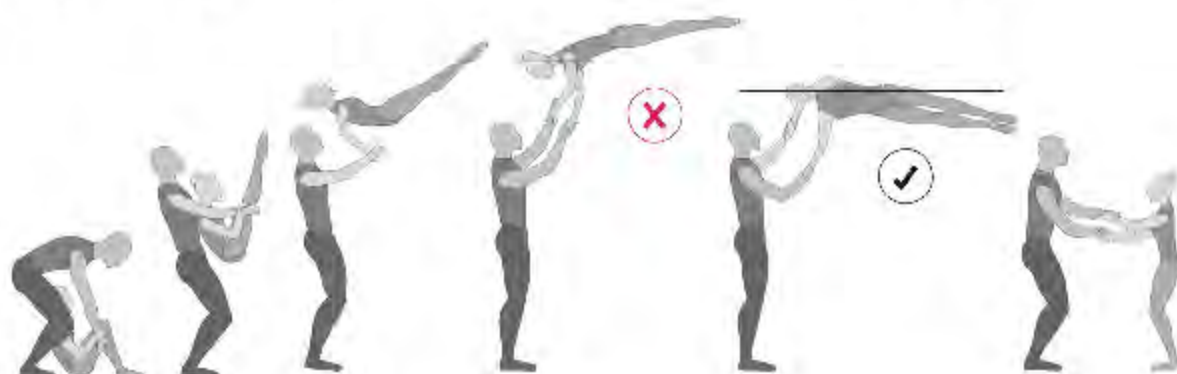
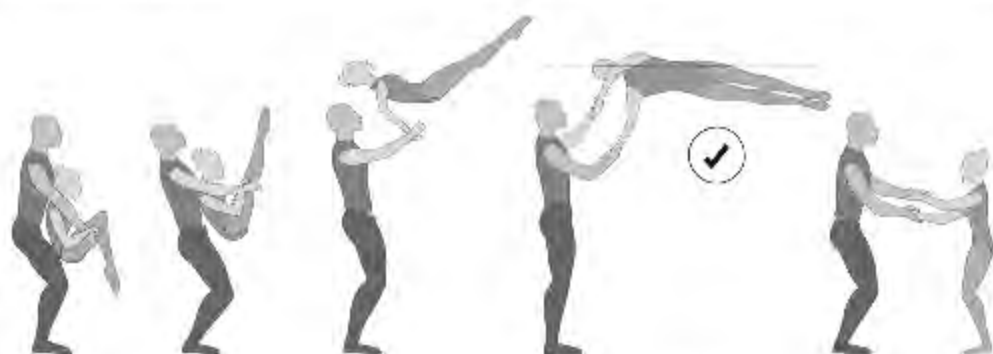
WRRC název:

Code: J-6-03



WRRC název:

Code: J-6-04



WRRC název:

Code: J-6-05



WRRC název:

Code: J-6-06



SAFETY LEVEL 2

KATEGORIE C, DÍVČÍ FORMACE SENIOR

PÓZY

ICE I. ICE II. SWAN L.A. ICE REVERSED ICE



Pokrčené paže



Propnuté paže



S pokrčenou nohou



Roznožmo



???

CANDLE



Se 2 rukama



S 1 rukou



FLAG

DIRTY DANCING (SWALLOW)

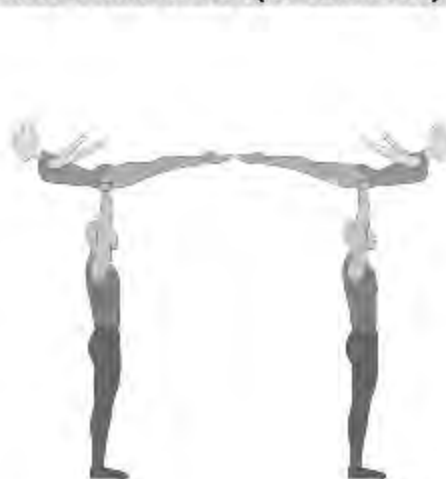
HANDSTAND



Se 2 rukama



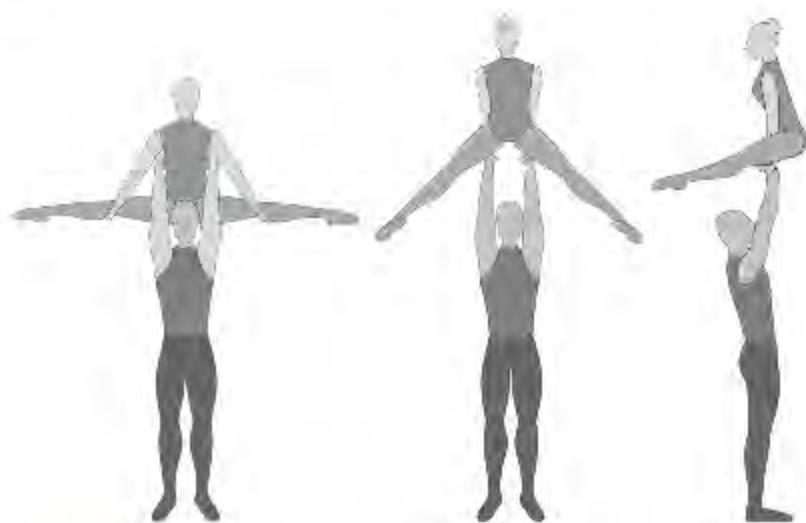
S 1 rukou



Čelem

Zpětně

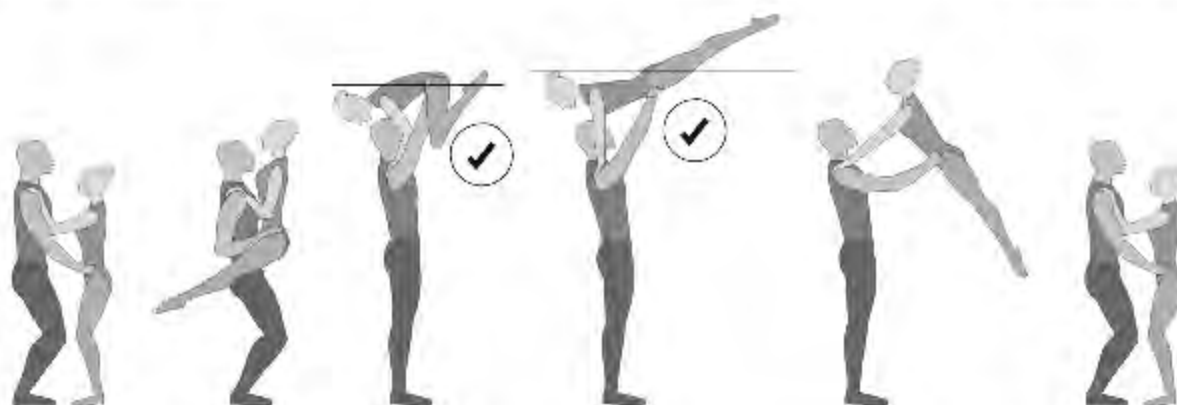




PRVKY

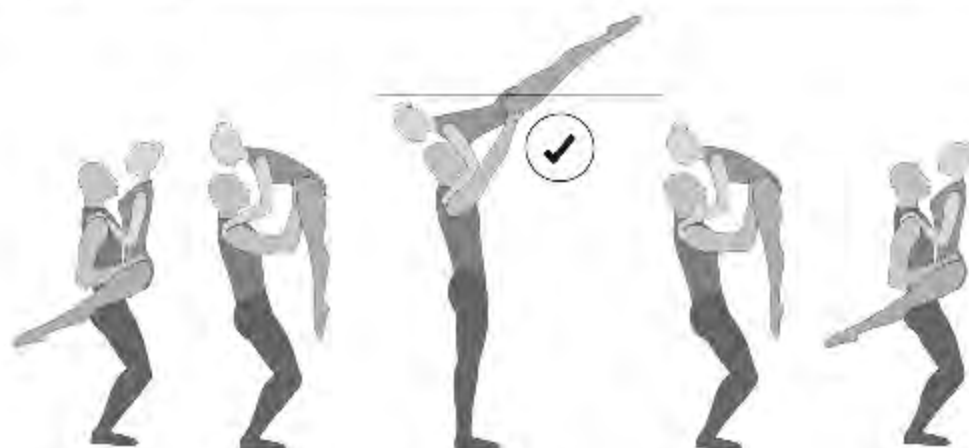
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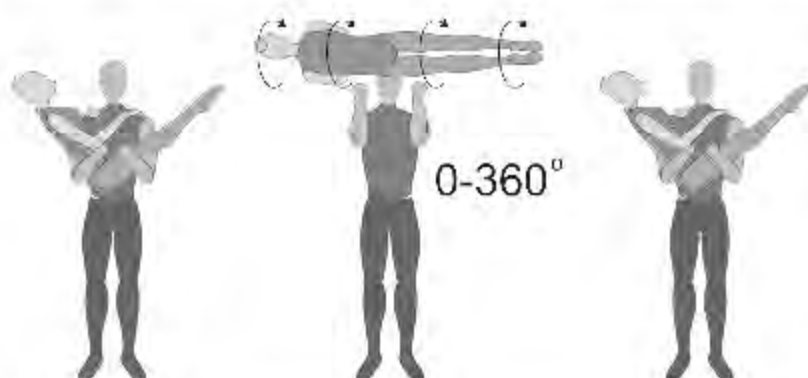
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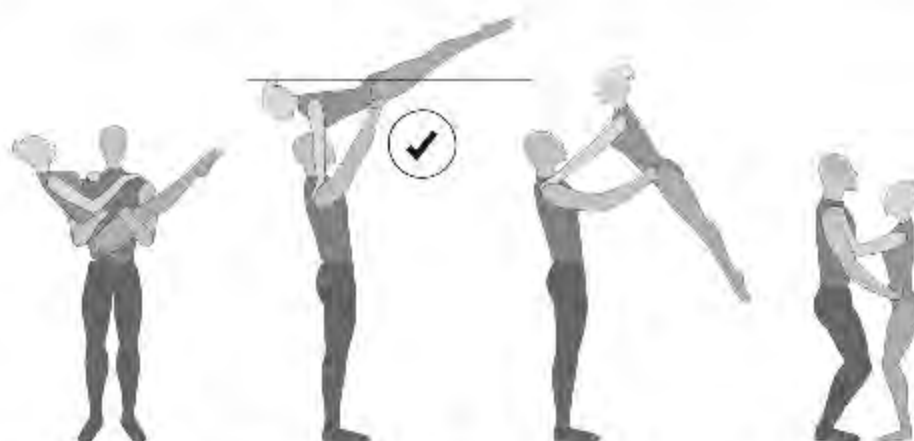
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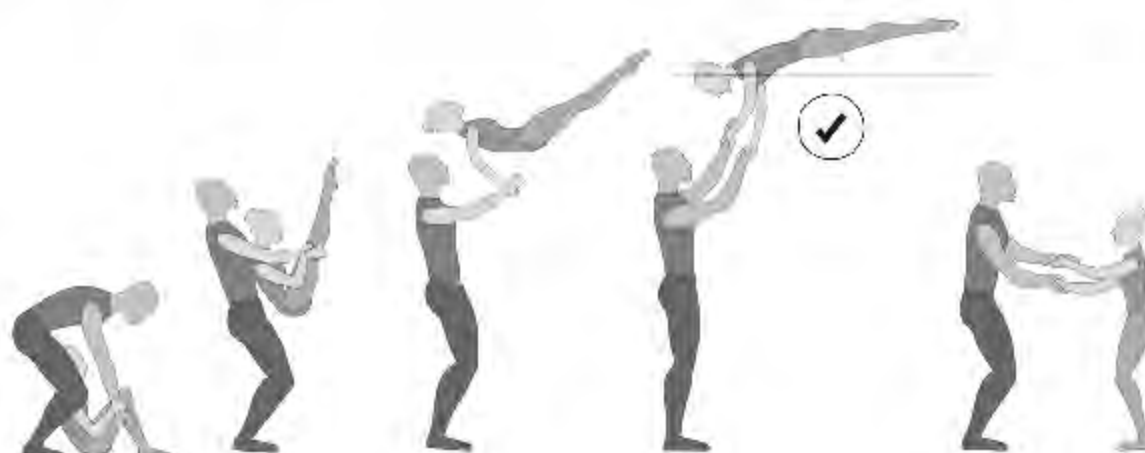
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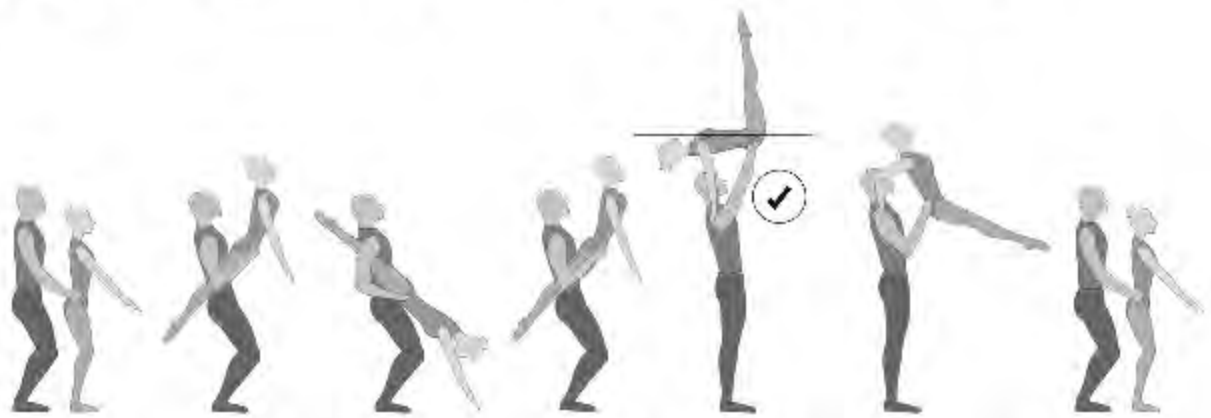
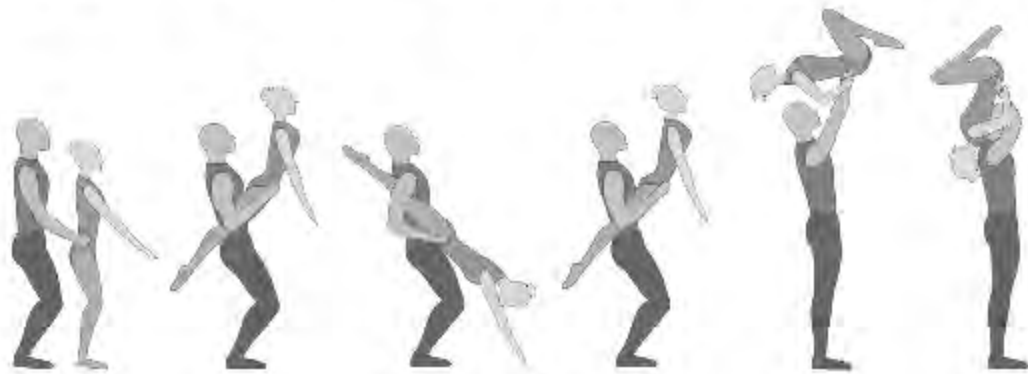
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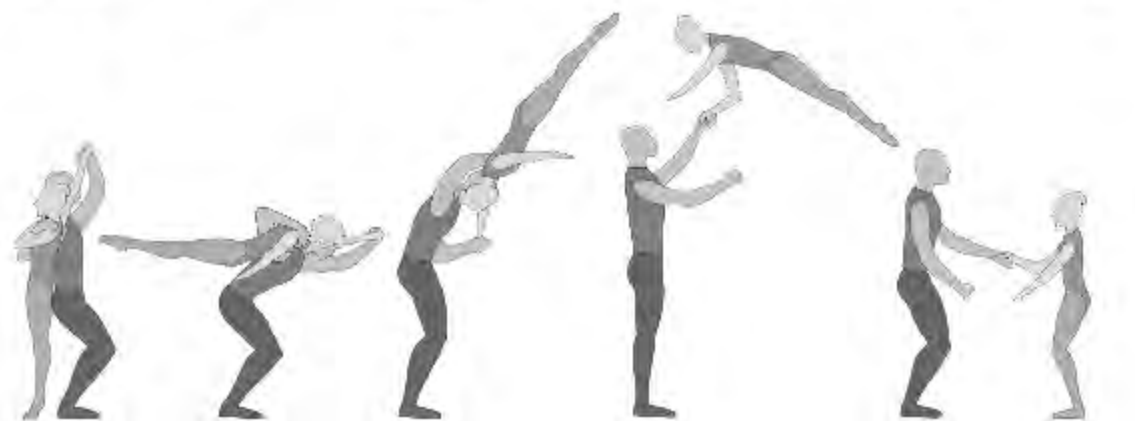
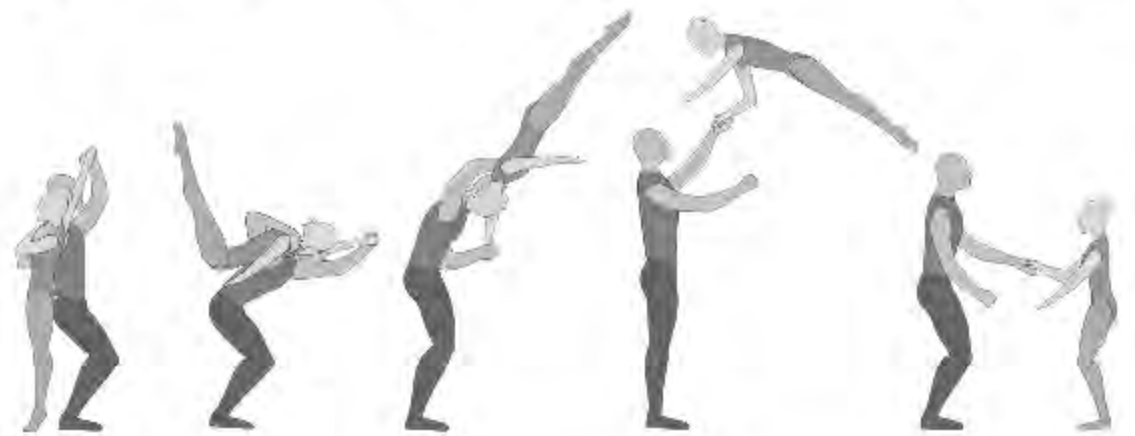


WRRC název:

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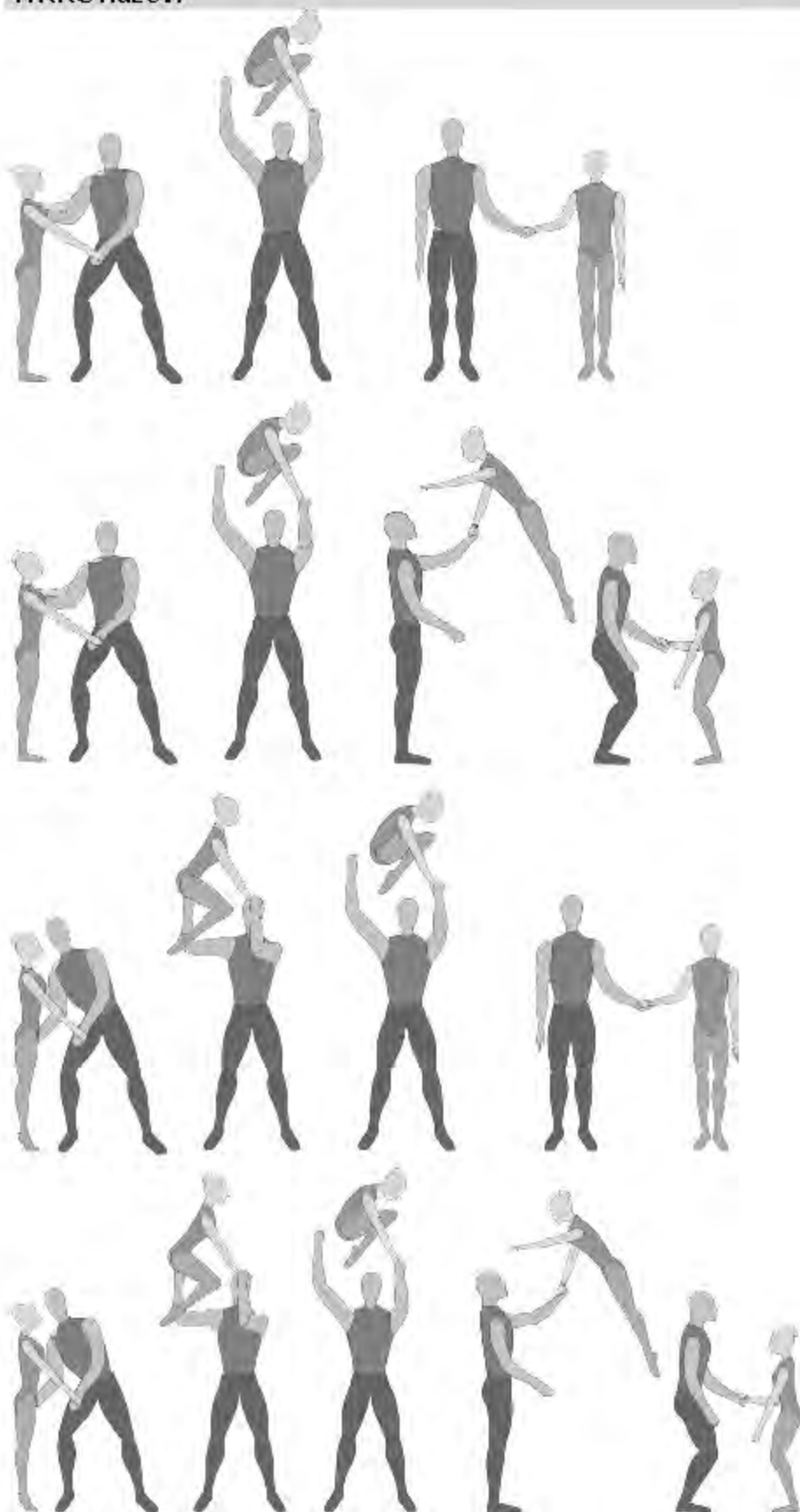






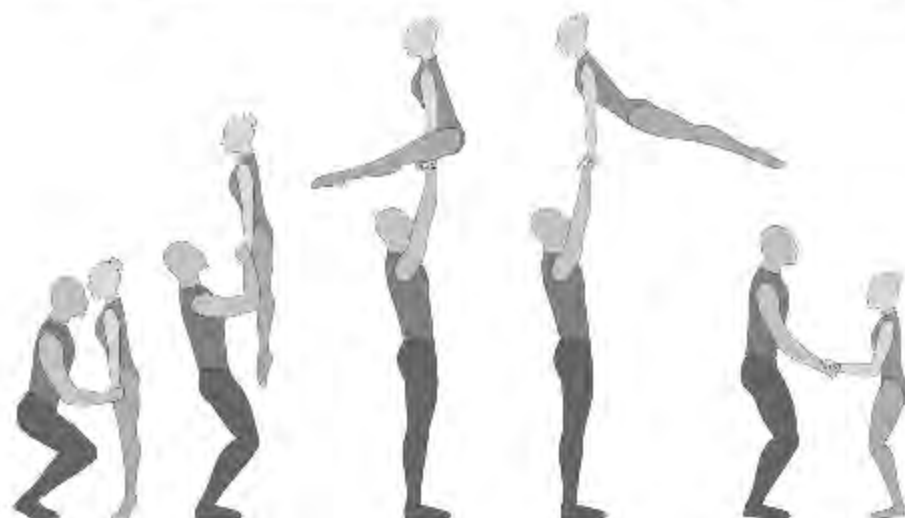
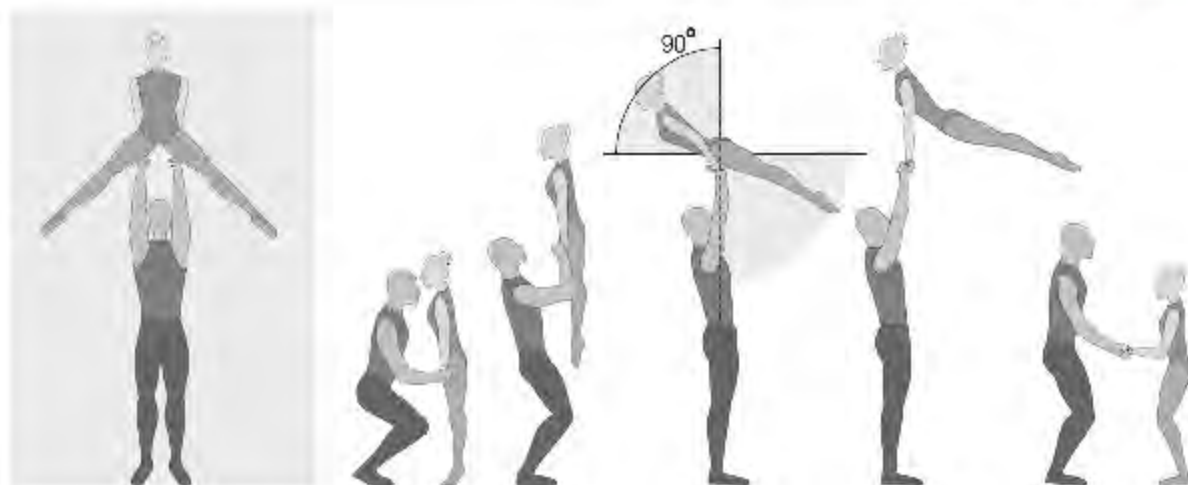
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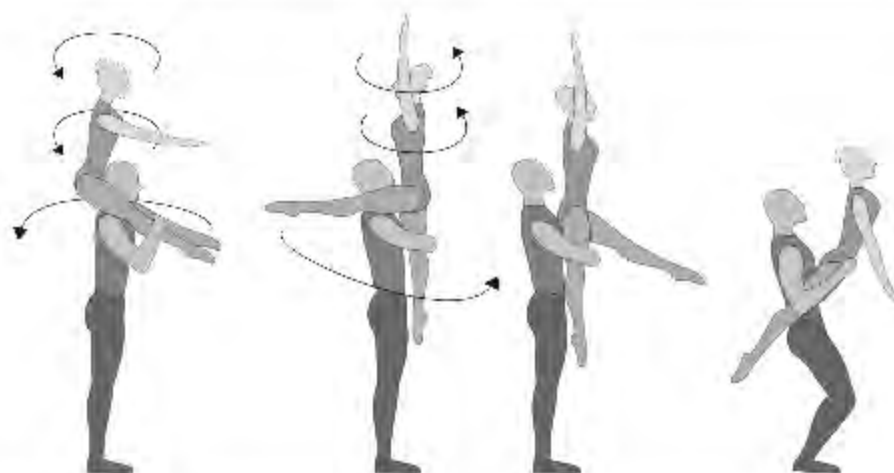
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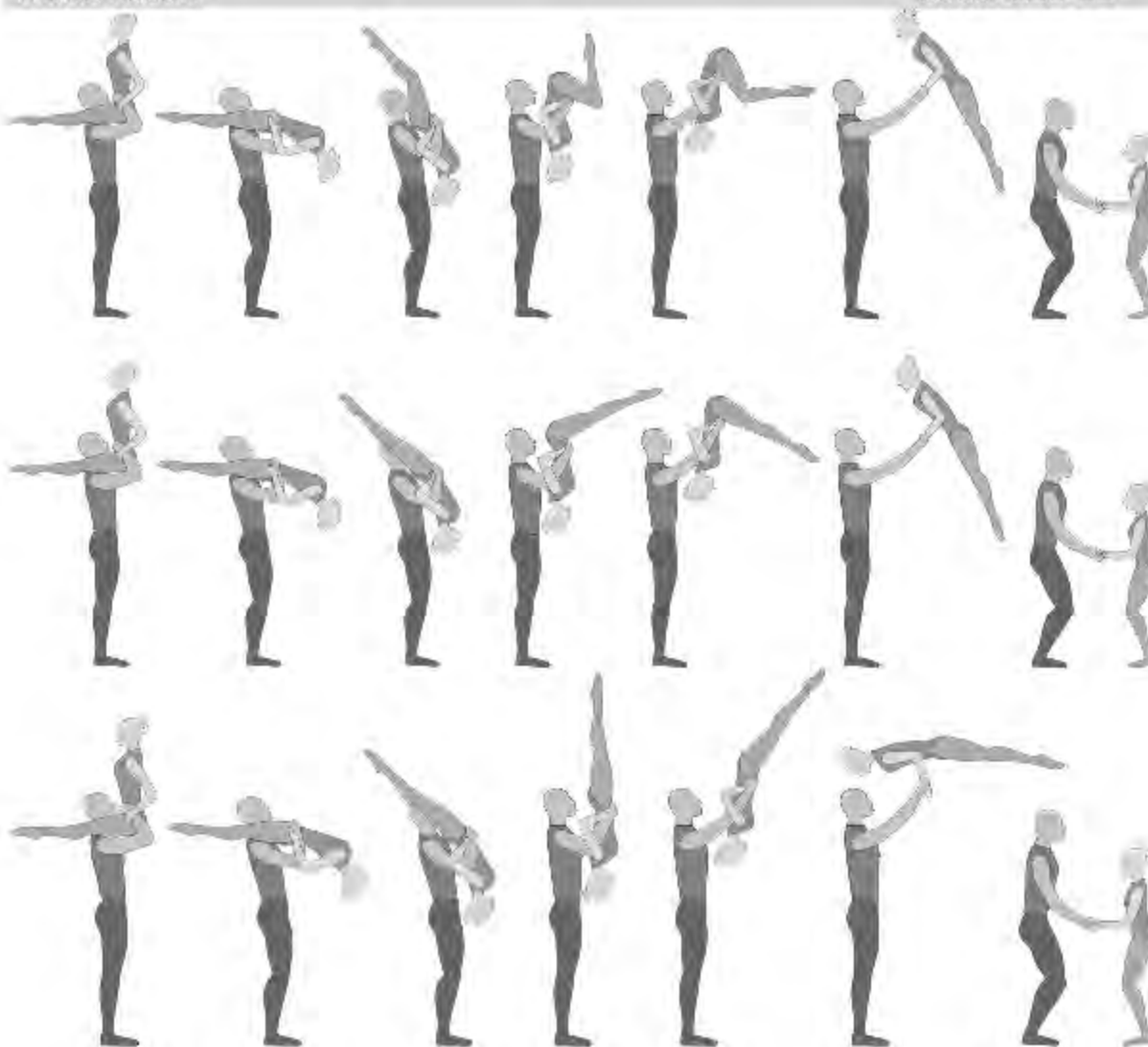
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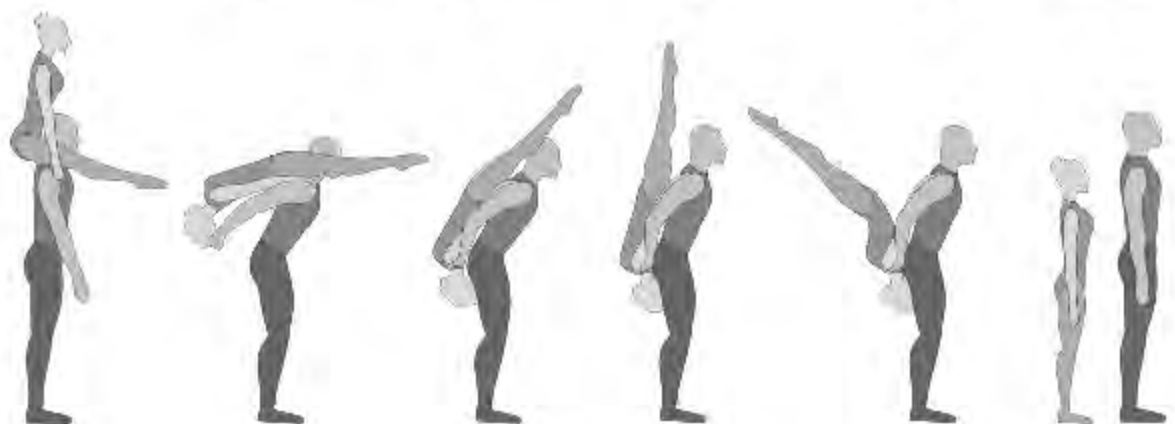
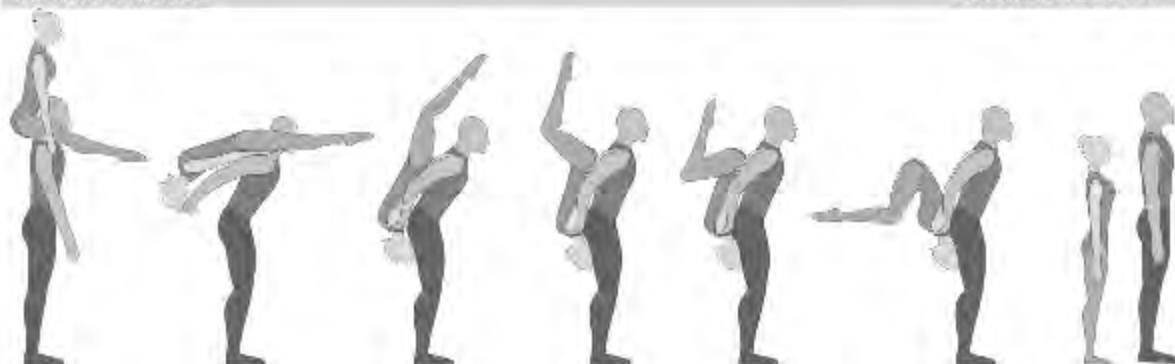
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WRRC název:

Code: CDS-12



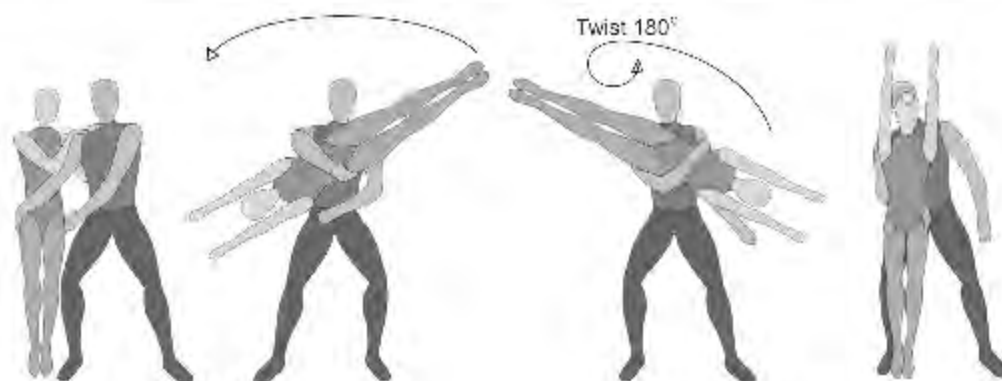
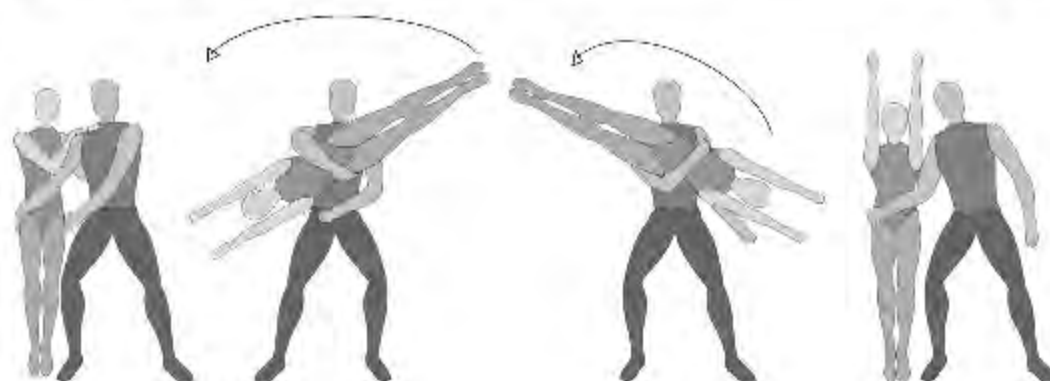
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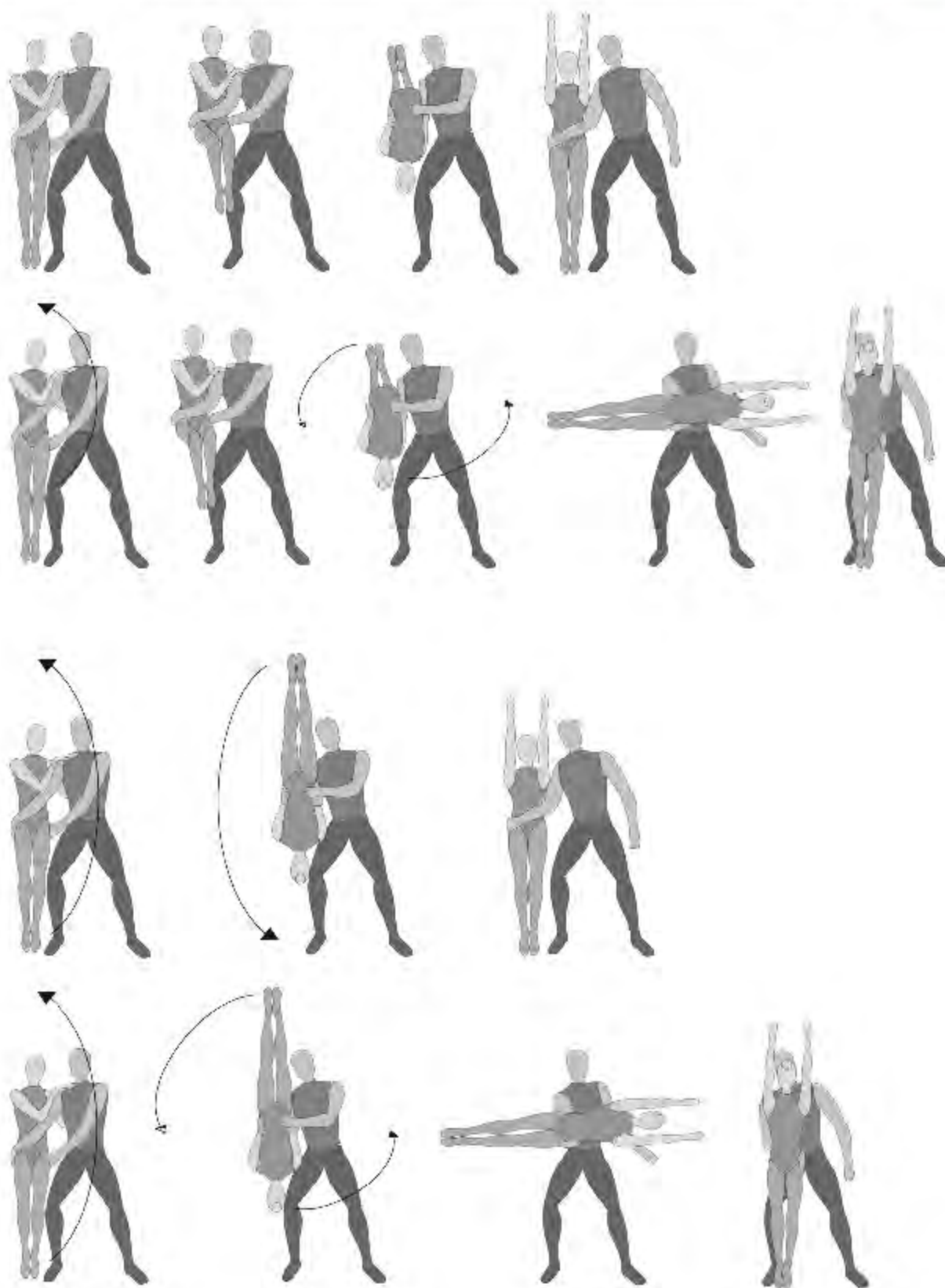
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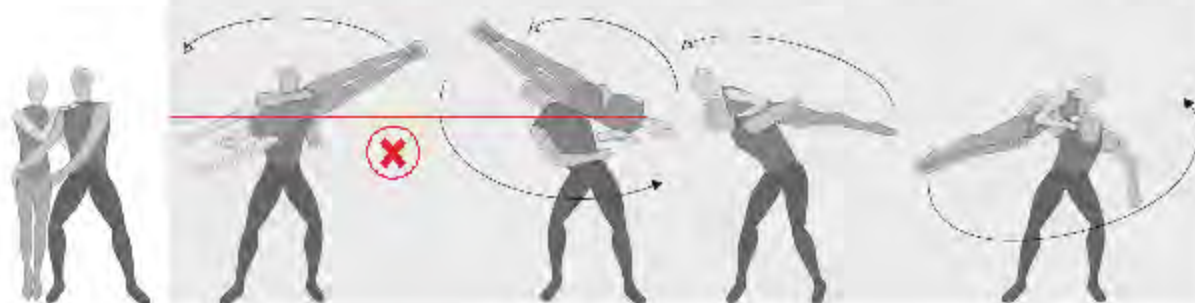
Code: CDS-15



1 ROTATION



1 ROTATION



WRRC název:

Code: CDS-16



SAFETY LEVEL 1

KATEGORIE B

POČÁTEČNÍ POZICE - NÁSTUP

Ze země



Čelem



Zády I.



Zády II.



Záda k zádům



Vedle sebe

Z pasu



Ze sedu z pasu
Čelem



Zády I. (Shalom position)



Zády II. (Tessarini position)



Ze sedu na ramenou
Roznožmo, čelem



Roznožmo zády



Z náruče
(Sideways)

Z ramen



Z lehu



Ze sedu
Čelem Zády



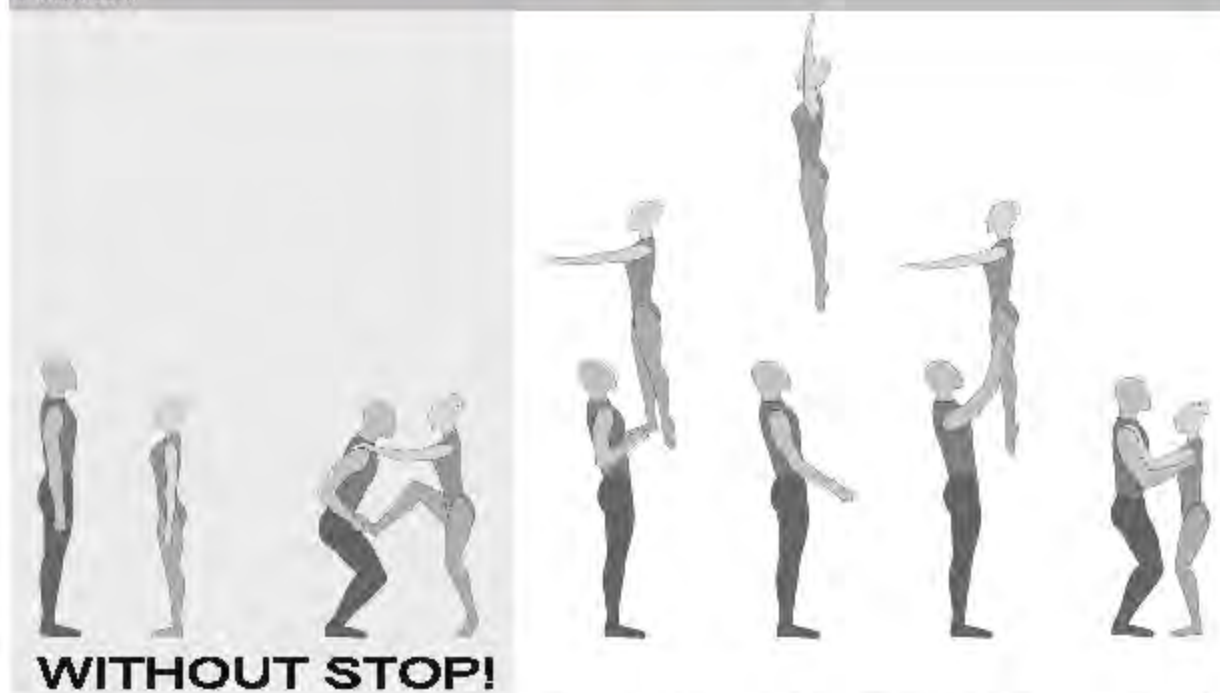
Z kleku



Ze stoje

ZAČÁTEK AKROBACIE - NÁSTUP

VÝSKOK



Nástup

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

BETTARINI

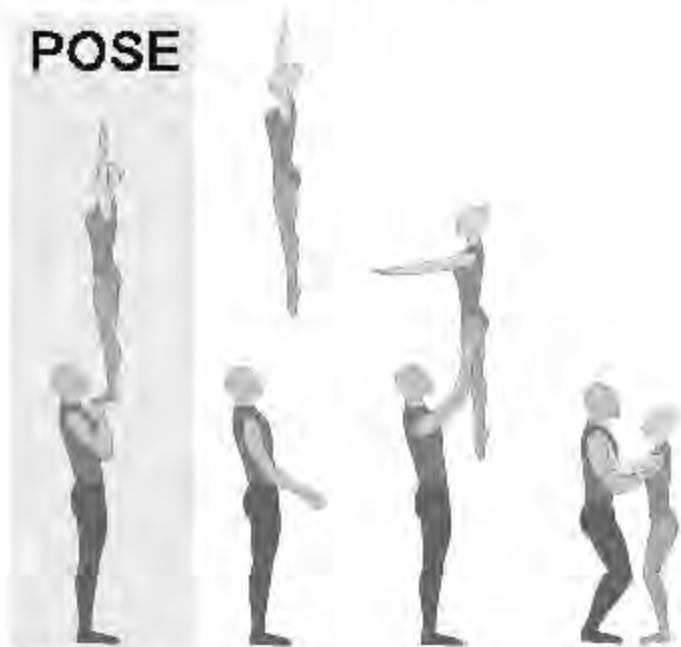


Entrance

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

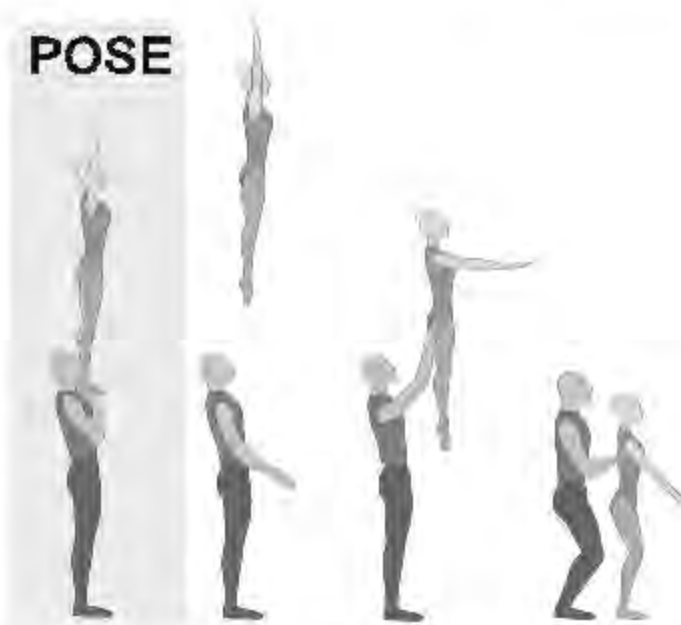
ZE STOJE NA RAMENOU

POSE



Čelem

POSE



Zády

Value: 1,5 points bonus

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

Příklady OTHER FLYING TAKE OFF - without value



AKROBATICKE DOSKOKY - ZAKONCENI

STANDARD



Facing

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



Back I.



Back II.



Back to Back



Side by Side

MEZI NOHY PARTNERA



Back

Touching the floor with both feet

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



Facing



With 1 feet



Without touching the floor

DO PASU PARTNERA



Facing

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



Back I. (Shalom position)



Back II. (Tessarini position)

NA PAŽE PARTNERA



Legs apart
Facing



Back



Sideways

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

NA RAMENA



Lying



Sitting
Facing

Back



Kneeling

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

POZICE TĚLA

ROZNOŽMO - LEGS APART 180°



ROZNOŽMO - LEGS APART KOSACK JUMP



BODY POSITIONS DURING SOMERSAULT

SKRČMO TUCKED



SCHYLMO - PIKED



Piked



B-Class piked

TOPORNĚ - STRAIGHT



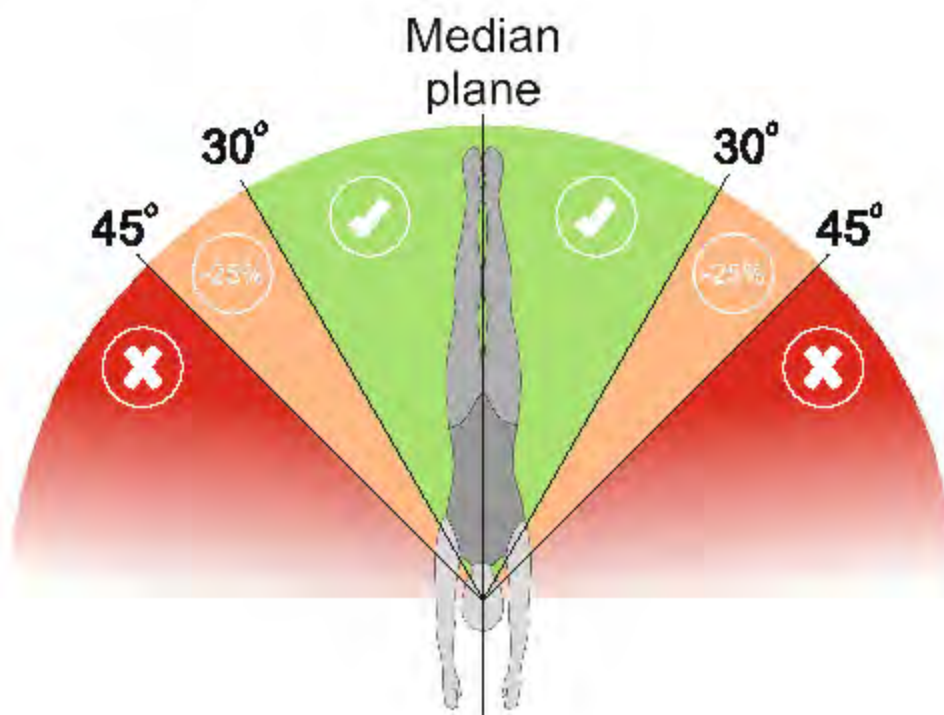
Straight



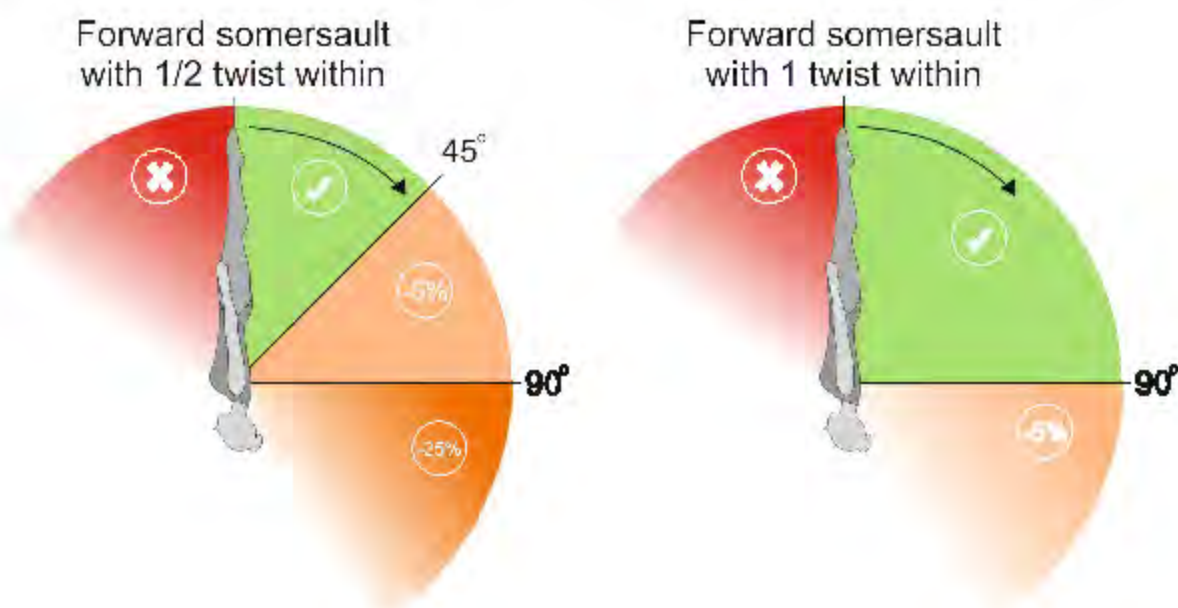
B-Class straight

SKUPINA 1: ROTACE VPŘED

Akrobatické figury skupiny Rotace vpřed budou uznány, pouze pokud budou odchýleny méně, než 30 stupňů od tzv. Median Plane



Akrobatické figury rotace vpřed s obraty (1/2 or 1/1) budou uznány pouze, pokud jsou provedeny za tzv. frontal plane – transversal axis



WRRC název:



1010

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

REPETITION ID: 1010
Value: A – 4 points (A' -1)



1015

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

REPETITION ID: 1015
Value: B – 5 points (B' -1,5)



1020

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

REPETITION ID: 1020
Value: C – 6 points (C' -2)

VALENTINO



1010

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

REPETITION ID: 1010

Value: A- 4 points (A' -1)



1015

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

REPETITION ID: 1015

Value: B - 5 points (B' -1,5)



1020

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

REPETITION ID: 1020

Value: C - 6 points (C' -2)



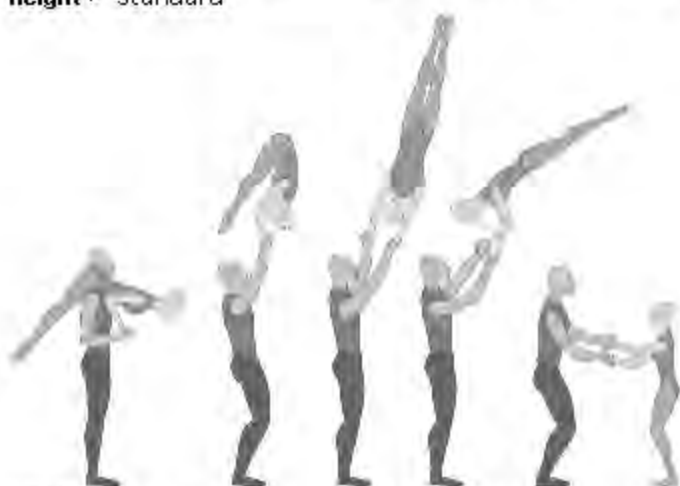
1055

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)



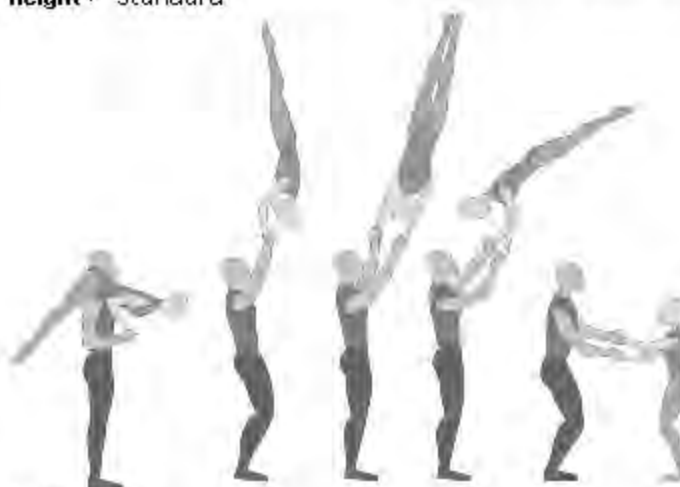
1060

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)

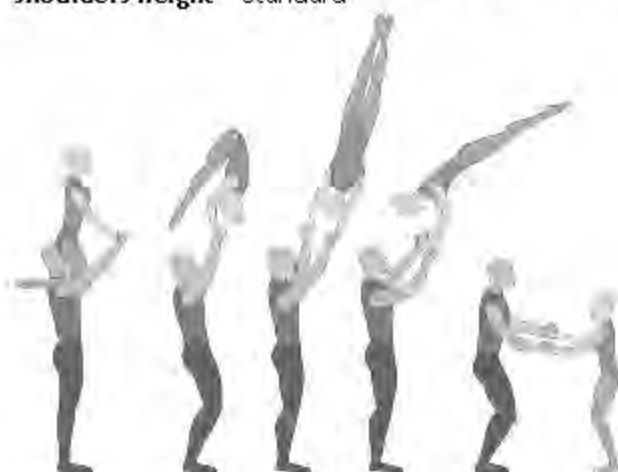


1055

Fwd > Kneeling 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)

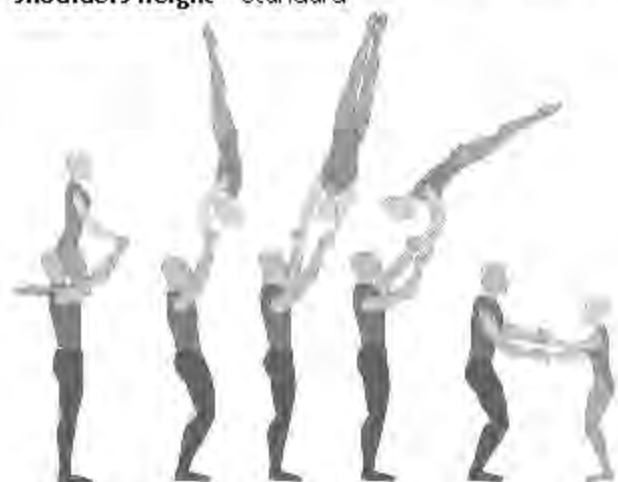


1060

Fwd > Kneeling 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 > Kneeling 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)



1010

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

REPETITION ID: 1010

Value: A – 4 points (A' - 1)



1015

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

REPETITION ID: 1015

Value: B – 5 points (B' – 1,5)



1020

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

REPETITION ID: 1020

Value: C – 6 points (C' - 2)

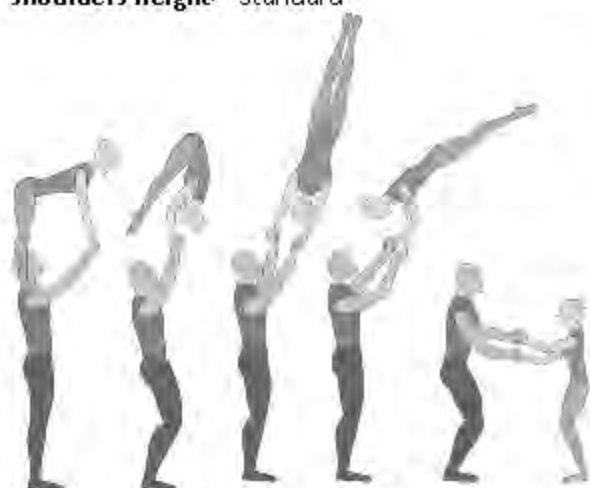


1055

Fwd > Standing 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)

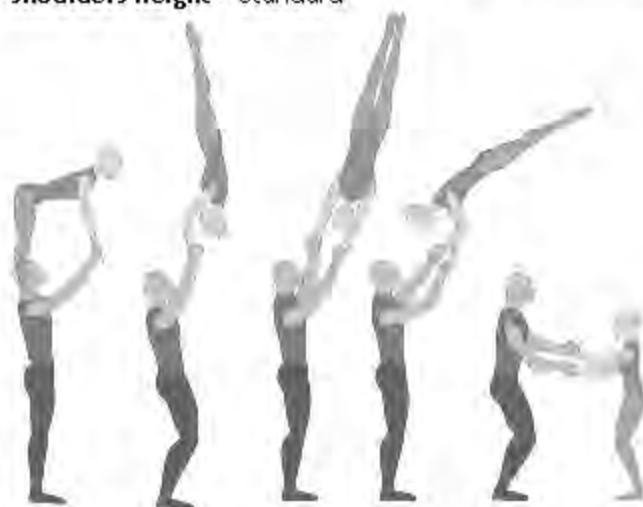


1060

Fwd > Standing 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 > Standing 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)



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

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

Standard

REPETITION ID: 1026

Value: B – 5 points (B' – 1,5)



1031

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

> Standard

REPETITION ID: 1026

Value: C – 6 points (C' – 2)



1036

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

> Standard

REPETITION ID: 1026

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
(T essarin 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
(T essarin position) > Standard

REPETITION ID: 1026

Value: D – 7 points (D' – 2,5)

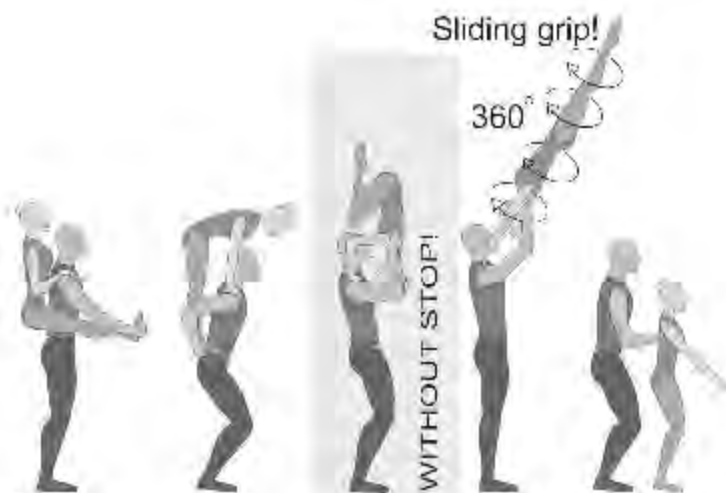


1081

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

REPETITION ID: 1026

Value: E – 8 points (E' – 3)

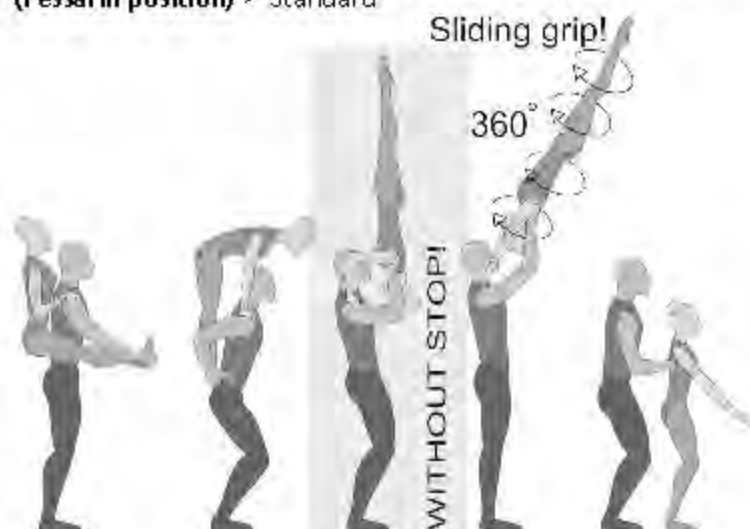


1121

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

REPETITION ID: 1026

Value: G – 10 points (G' – 4)

WRRC název



1040

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

REPETITION ID: 1010

Value: C – 6 points (C' – 2)



1045

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

REPETITION ID: 1015

Value: D – 7 points (D' – 2,5)



1050

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

REPETITION ID: 1020

Value: E – 8 points (E' – 3)



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: D – 7 points (D' – 2,5)



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: E – 8 points (E' – 3)



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: F – 9 points (F' – 3,5)

WRRC název:



1040

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

REPETITION ID: 1010

Value: C – 6 points (C' – 2)



1045

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

REPETITION ID: 1015

Value: D – 7 points (D' – 2,5)



1050

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

REPETITION ID: 1020

Value: E – 8 points (E' – 3)



1085

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

REPETITION ID: 1055

Value: D – 7 points (D' – 2,5)



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: E – 8 points (E' – 3)



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: F – 9 points (F' – 3,5)

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: C – 6 points (C' – 2)



1045

REPETITION ID: 1015

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

Value: D – 7 points (D' – 2,5)



1050

REPETITION ID: 1020

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

Value: E – 8 points (E' – 3)



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: D – 7 points (D' – 2,5)



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: E – 8 points (E' – 3)



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: F – 9 points (F' – 3,5)

FORELLE Forward - Facing



1040

REPETITION ID: 1010

Fwd > Standing on the floor > **B-1-3-T Front tucked starting from the floor** > Standard
Value: C – 6 points (C' – 2)



1045

REPETITION ID: 1015

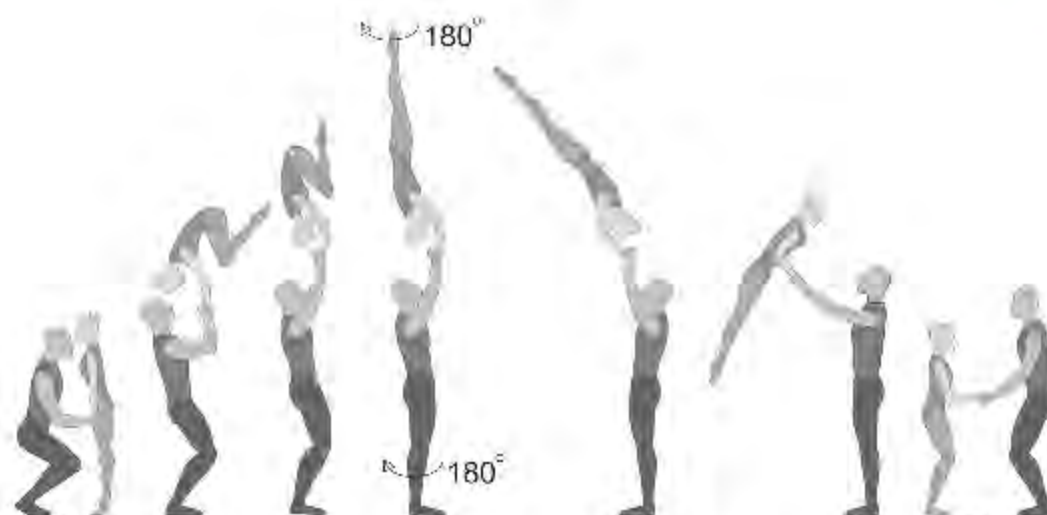
Fwd > Standing on the floor > **B-1-3-P Front piked starting from the floor** > Standard
Value: D – 7 points (D' – 2,5)



1050

REPETITION ID: 1020

Fwd > Standing on the floor > **B-1-3-S Front straight starting from the floor** > Standard
Value: E – 8 points (E' – 3)

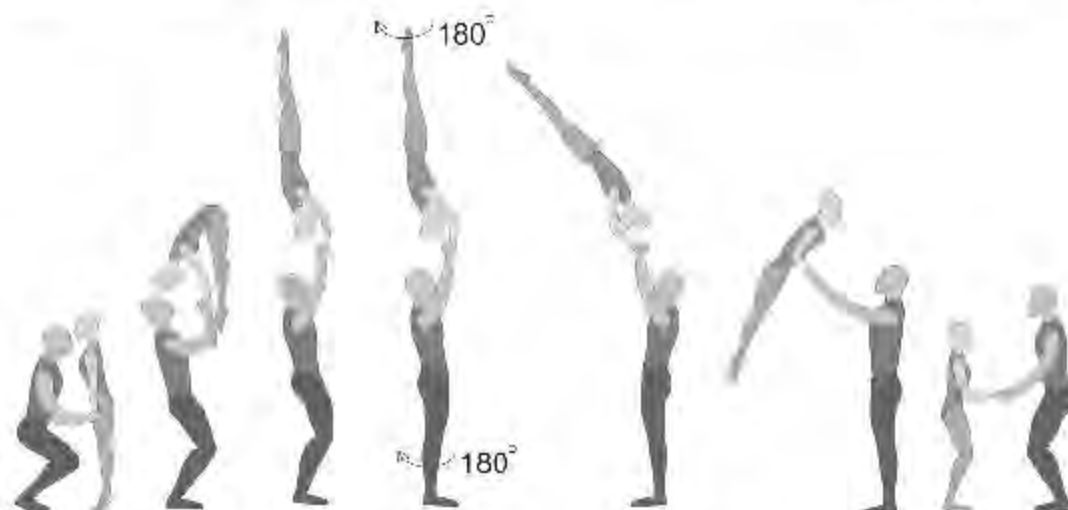


1085

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: D – 7 points (D' – 2,5)



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: F – 9 points (F' – 3,5)

WRRC název:

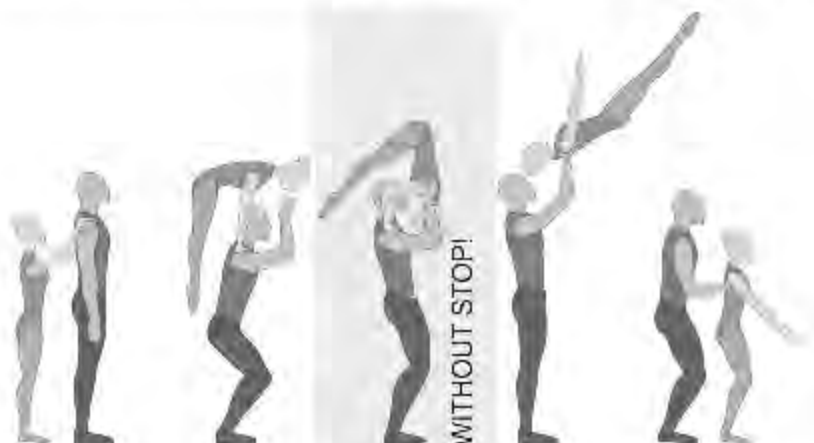


1040

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

REPETITION ID: 1010

Value: C – 6 points (C' – 2)



1045

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

REPETITION ID: 1015

Value: D – 7 points (D' – 2,5)



1050

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

REPETITION ID: 1020

Value: E – 8 points (E' – 3)

WRRC název:

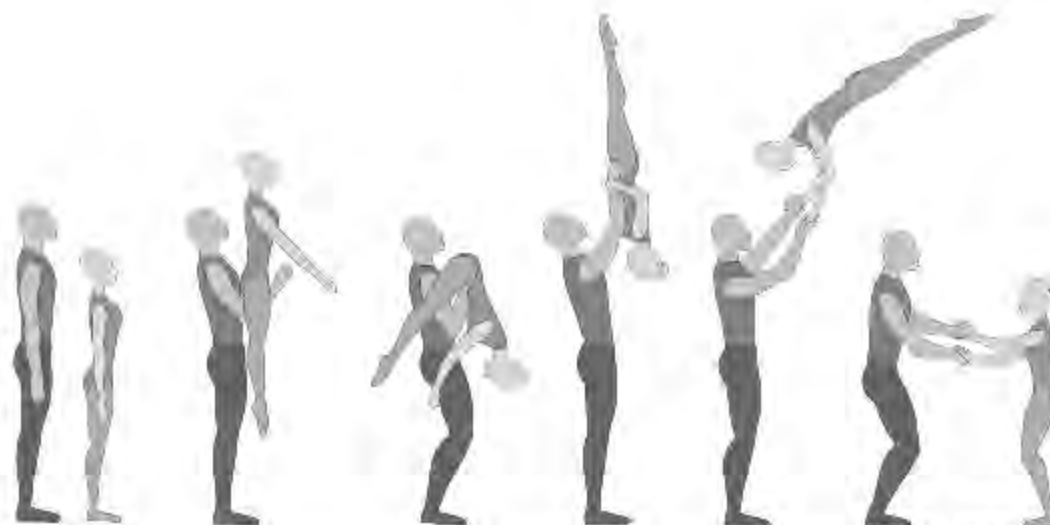


1050

REPETITION ID: 1020

Fwd > Standing on the floor > **B-1-3-S Front straight 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: F – 9 points (F' – 3,5)

WRRC název:



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



1040

REPETITION ID: 1010

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

Value: C – 6 points (C' – 2)



1045

REPETITION ID: 1015

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

Value: D – 7 points (D' – 2,5)



1050

REPETITION ID: 1020

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

Value: E – 8 points (E' – 3)



ID	Rep. ID	Name	Difficulty/Value		A'	ue
			Board 1			
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	C	6	C'	2
1045	1015	B-1-3-P Front piked starting from the floor	D	7	D'	2,5
1050	1020	B-1-3-S Front straight starting from the floor	E	8	E'	3
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		ue	
1085	1095	B-1-3-T-1/2T Front tucked with 1/2 twist starting from the floor	D	7	D'	2,5
1090	1060	B-1-3-P-1/2T Front piked with 1/2 twist starting from the floor	E	8	E'	3
1095	1065	B-1-3-S-1/2T Front straight with 1/2 twist within starting from the floor	F	9	F'	3,5
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	F	9	F'	3,5
1135	1105	B-1-3-P-1/1T Front piked with 1/1 twist starting from the floor	G	10	G'	4
1140	1110	B-1-3-S-1/1T Front straight with 1/1 twist within starting from the floor	H	11	H'	4,5
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 název:



1145

REPETITION ID: 1145

Fwd > Standing on the floor > **B-1-3-P 3/4 Front rolling-piked from standing on the floor**

> Standard

Value: B – 5 points (B' – 1,5)



1150

REPETITION ID: 1145

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: 1145

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 název:



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)



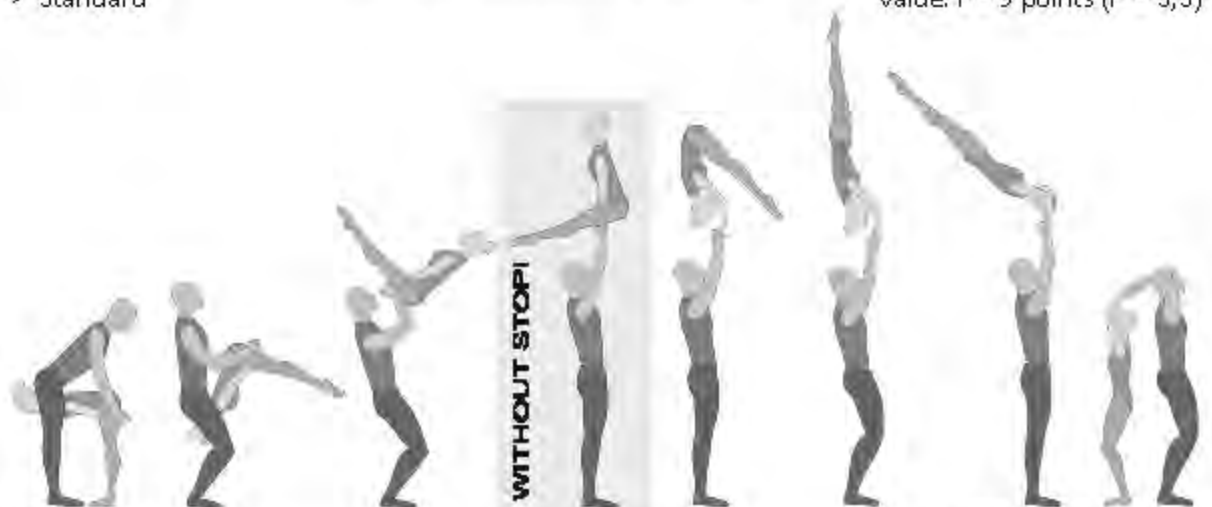
1160

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

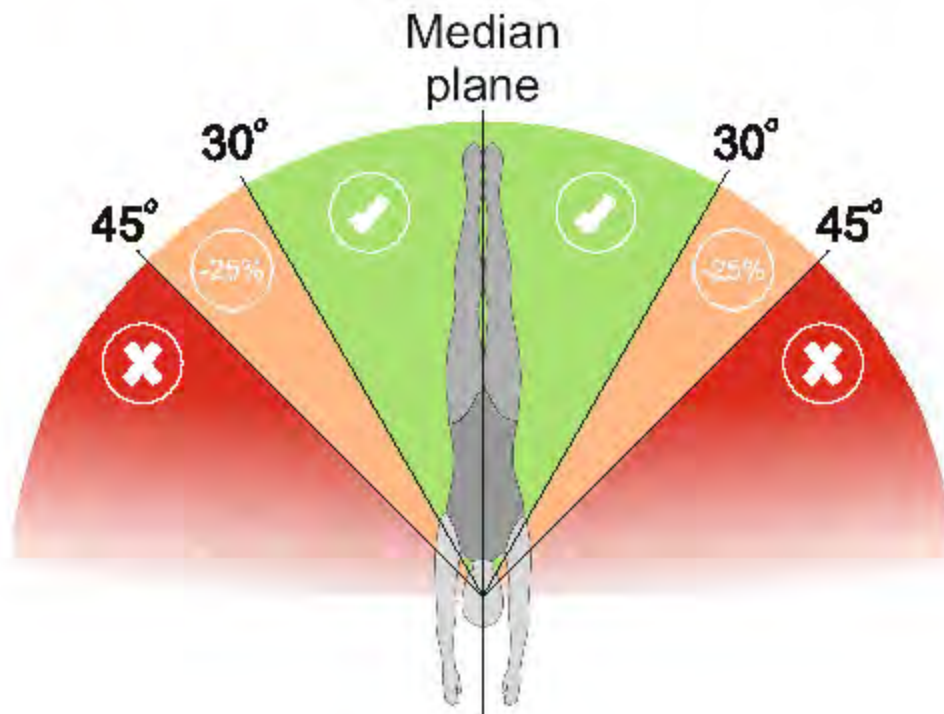
Value: G – 10 points (E' – 4)



ID	Rep. ID	Name	Difficulty / Value		UE
			Board 1		
1145	1145	B-1-3-P 3/4 Front rolling-piked from standing on the floor	B	5	B' 1,5
1145	1145	B-1-3-P 3/4 Front rolling-piked from standing on the floor	B	5	B' 1,5
1150	1145	B-1-3-P Front rolling-piked from standing on the floor to pose (Dive after- forbidden!)	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

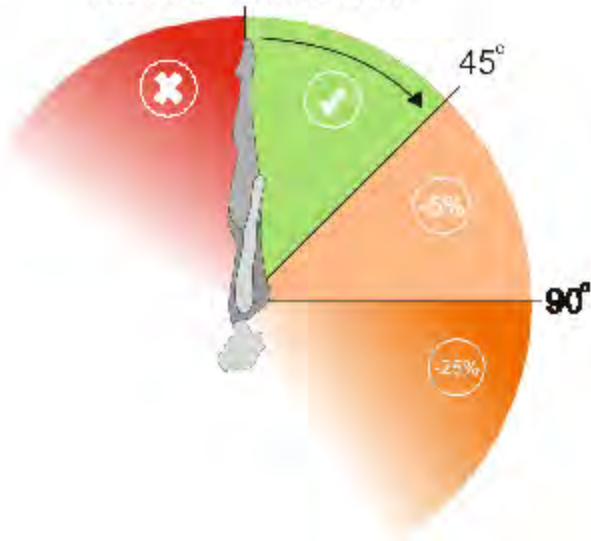
GROUP 2: BACKWARDS ELEMENTS

Backward acrobatic elements will be recognized only if they are performed with less than 30 degrees deviation from median plane



Backward acrobatic elements with twist within (1/2 or 1/1) will be recognized only if they are performed after frontal plane – transversal axis

Backward somersault with 1/2 twist within



Backward somersault with 1 twist within



WRRC název:



2010

REPETITION ID: 2010

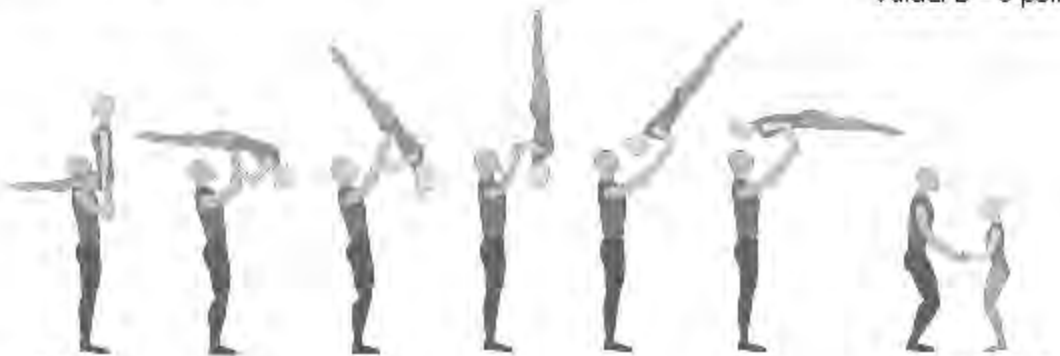
Bwd > Sitting on the shoulders > **B-2-1-T Back tucked starting from shoulders height** > Standard
Value: A – 4 points (A' - 1)



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)

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: 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:



2025

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

REPETITION ID: 2010

Value: B – 5 points (B' – 1,5)



2030

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

REPETITION ID: 2015

Value: C – 6 points (C' – 2)



2035

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

REPETITION ID: 2020

Value: D – 7 points (D' – 2,5)

WRRC název:



2025

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

REPETITION ID: 2010

Value: B – 5 points (B' – 1,5)

WRRC name:



2025

REPETITION ID: 2010

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

Value: B – 5 points (B' – 1,5)



2030

REPETITION ID: 2015

Fwd > From the waist > **B-2-2-P Back piked starting from waist height** > Standard

Value: C – 6 points (C' – 2)



2035

REPETITION ID: 2020

Fwd > From the waist > **B-2-2-S Back straight starting from waist height** > Standard

Value: D – 7 points (D' – 2,5)

WRRC name:



2040

REPETITION ID: 2010

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

Value: C – 6 points (C' – 2)



2045

REPETITION ID: 2015

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

Value: D – 7 points (D' – 2,5)



2050

REPETITION ID: 2020

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

Value: E – 8 points (E' – 3)

WRRC název:



2040

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

REPETITION ID: 2010

Value: C – 6 points (C' – 2)



2045

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

REPETITION ID: 2015

Value: D – 7 points (D' – 2,5)



2050

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

REPETITION ID: 2020

Value: E – 8 points (E' – 3)

FORELLE BACK



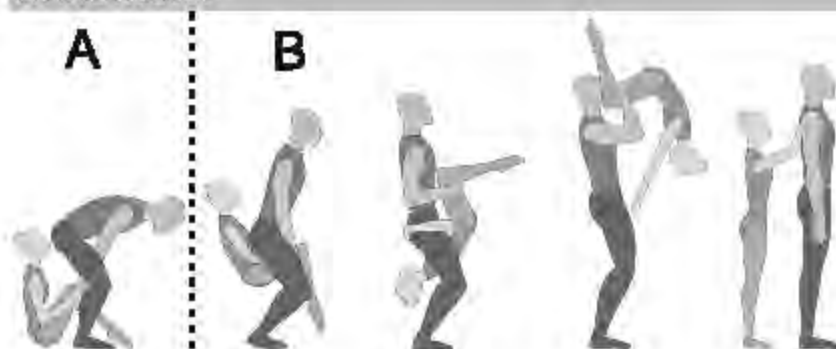
2040

REPETITION ID: 2010

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

Value: C – 6 points (C' – 2)

WRRC název:



A

2051

REPETITION ID: 2010

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

Value: A – 6 points (A' – 2)

B

2052

REPETITION ID: 2010

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

Value: Only 2nd or 3rd element in combination (A' – 2)



A

2051

REPETITION ID: 2010

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

(Tessarin position)

Value: A – 6 points + landing (A' – 2+landing)

B

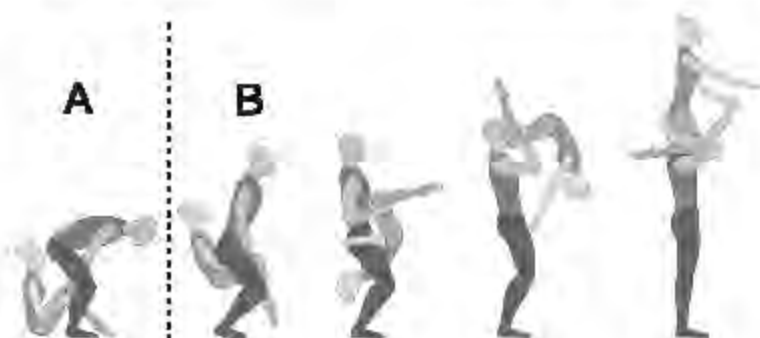
2052

REPETITION ID: 2010

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

(Tessarin position)

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



A

2051

REPETITION ID: 2010

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

Value: A – 6 points + landing (A' – 2+landing)

B

2052

REPETITION ID: 2010

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

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

WRRC název:



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		ue	
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
2040	2010	B-2-3-T Back tucked starting from the floor	C	6	C'	2
2045	2015	B-2-3-P Back piked starting from the floor	D	7	D'	2,5
2050	2020	B-2-3-S Back straight starting from the floor	E	8	E'	3
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	D	7	D'	2,5
2090	2060	B-2-3-P-1/2T Back piked with 1/2 twist starting from the floor	E	8	E'	3
2095	2065	B-2-3-S-1/2T Back straight with 1/2 twist within starting from the floor	F	9	F'	3,5

ID	Rep. ID	Name	Difficulty/Value Board 1		US	
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	F	9	F'	3,5
2135	2105	B-2-3-P-1/1T Back piked with 1/1 twist starting from the floor	G	10	G'	4
2140	2110	B-2-3-S-1/1T Back straight with 1/1 twist within starting from the floor	H	11	H'	4,5
2160	2160	B-2-1-P Sliding back piked from shoulders	B	5	B'	1,5

BACK TO BACK



2165

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

REPETITION ID: 2165
Value: D = 7 points (D' = 2,5)



2170

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

REPETITION ID: 2165

Value: E – 8 points (E' – 3)



2175

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

REPETITION ID: 2165

Value: F – 9 points (F' – 3,5)

ID	Rep. ID	Name	Difficulty/Value Board 1		ue	
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'	3
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 název:



2145

REPETITION ID: 2145

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

Value: A – 4 points (A' - 1)



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 (A' - 1)

ID	Rep. ID	Name	Difficulty/Value			ue
			Board 1			
2145	2145	B-2-3-TA Auerbach tucked from sitting on the floor	A	4	A'	1
2150	2145	B-2-3-TA-1/2T Auerbach tucked with 1/2 twist from sitting on the floor	B	5	B'	1,5
2155	2145	B-2-3-TA-1/1T Auerbach tucked with 1/1 twist from sitting on the floor	D	7	D'	2,5
2146	2145	B-2-3+TA + Auerbach tucked without touching the floor			A'	1
2151	2145	B-2-3+TA-1/2T + Auerbach tucked 1/2 twist without touching the floor			B'	1,5
2156	2145	B-2-3+TA-1/1T + Auerbach tucked 1/1 twist without touching the floor			D'	2,5

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)

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



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



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

REPETITIONID: 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)

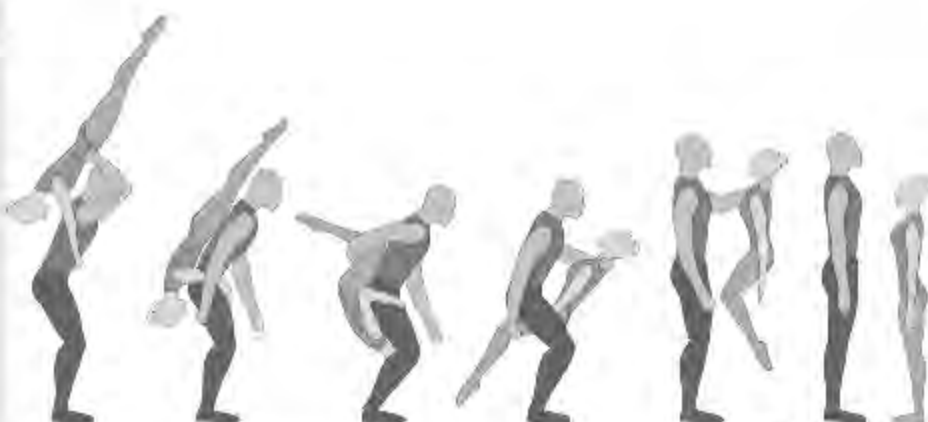


3015

REPETITIONID: 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)



3020

REPETITIONID: 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 SWALLOW



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



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)



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)

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)

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)

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 1/2 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 1/2 turn for man, exit between legs** >

Standard

Value: F – 9 points (F' – 3,5)



3105

REPETITION ID: 3040

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

> Standard

Value: F – 9 points (F' – 3,5)



3110

REPETITION ID: 3040

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

Value: G – 10 points (G' – 4)



3115

REPETITION ID: 3040

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



3060

REPETITION ID: 3060

Dive > Sitting on the arms > **B-3-2-1/2T-C Front low dive starting from the arms with 1/2 twist**

> Standard

Value: A – 4 points (A' – 1)



3090

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: D – 7 points (D' – 2,5)



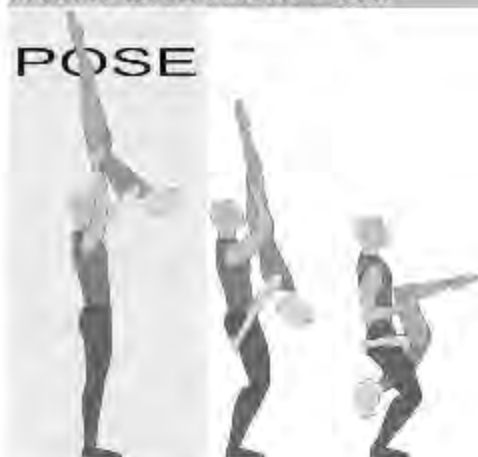
3091

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: E – 8 points (E' – 3)

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)

POSE



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)

POSE



3075

REPETITION ID: 3060

Dive > Other > **B-3-1-POR-1/2T-C Front dive starting from reverse pose with 1/2 twist**

> Standard

Value: B – 5 points (B' – 1,5)

POSE



3080

REPETITION ID: 3050

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)



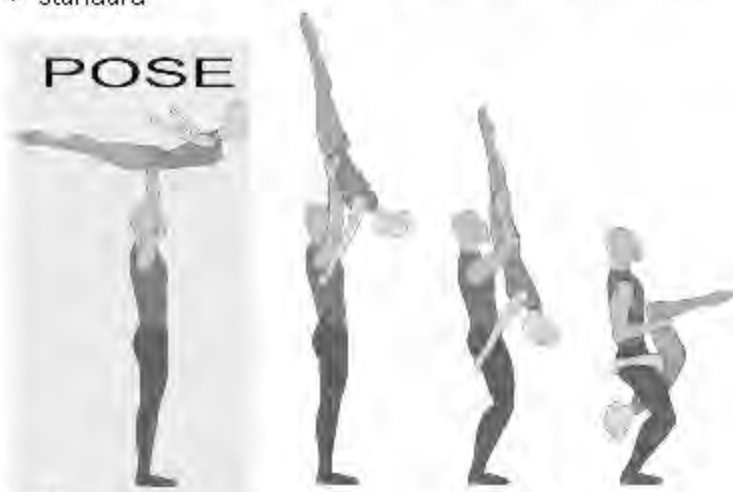
3085

REPETITION ID: 3050

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

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)



POSE



3086

REPETITION ID: 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

Value: G – 10 points (G' – 4)

ID	Rep. ID	Name	Difficulty/Value Board 1		ue	
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
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	3040	B-3-3-1/2T-CC Rolling front dive with 1/2 twist within, ending on chest	F	9	F'	3,5
3110	3040	B-3-3-1/2T-CL Rolling front dive with 1/2 twist within, exit between legs	G	10	G'	4
3115	3040	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	3050	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	3050	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 sitting on the floor	D	7	D'	2,5
3091	3090	B-3-2-A-CL Auerbach front dive starting from waist (from shalom) exit between legs	E	8	E'	3

GROUP 4: ROTATIONS

BELT

1 ROTATION



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

1 ROTATION



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

1 ROTATION



4010

REPETITION ID: 4010

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

Value: C – 6 points (C' – 2)

4015

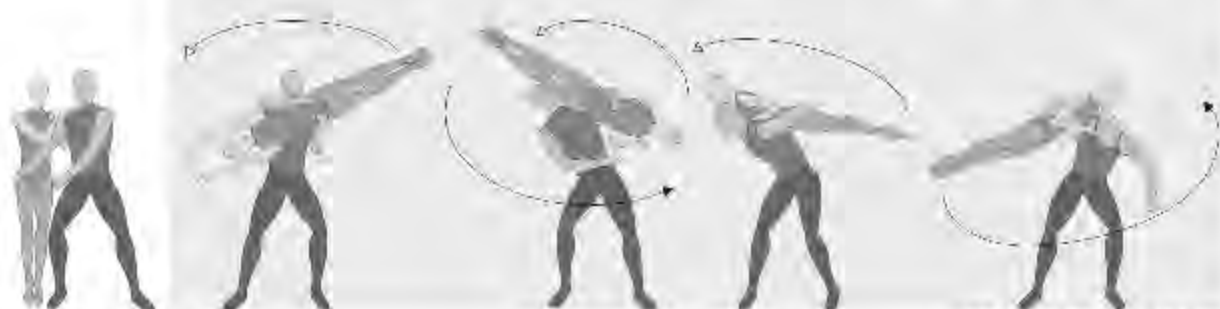
REPETITION ID: 4010

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

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

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

REPETITION ID: 4020

Value: C – 6 points (C' – 2)

4026

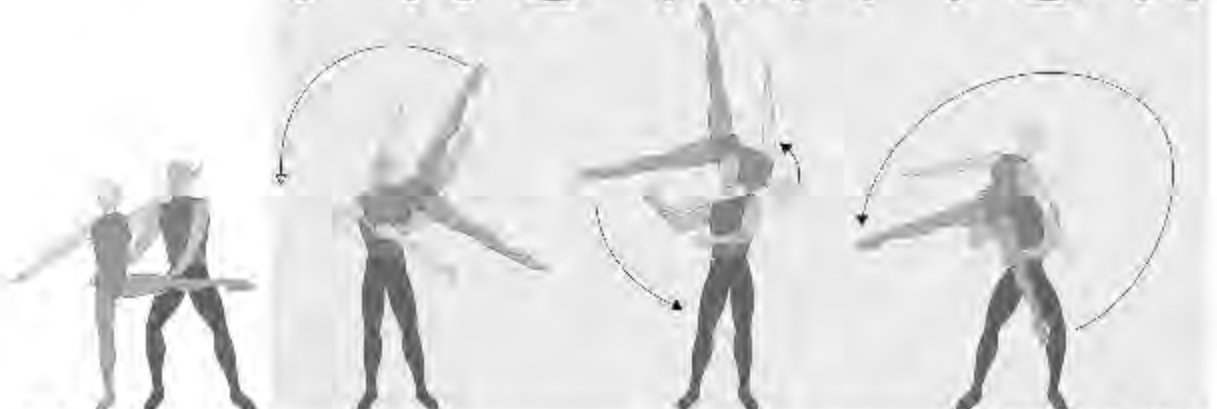
Rotation > Standing on the floor > **A-4-S4 Shoulderball INVERSED 4 rotations** > Standard

REPETITION ID: 4020

Value: D – 7 points (D' – 2,5)

TIE

1 ROTATION



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

1 ROTATION



4031

REPETITION ID: 4030

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

Value: B - 5 points (B' - 1,5)

4036

REPETITION ID: 4030

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

Value: C - 6 points (C' - 2)

LATERAL TIE

1 ROTATION



4070

REPETITION ID: 4030

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

Value: B - 5 points (B' - 1,5)

4075

REPETITION ID: 4030

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

Value: C - 6 points (C' - 2)



ID	Rep. ID	Name	Difficulty/Value Board 1		ue	
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

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

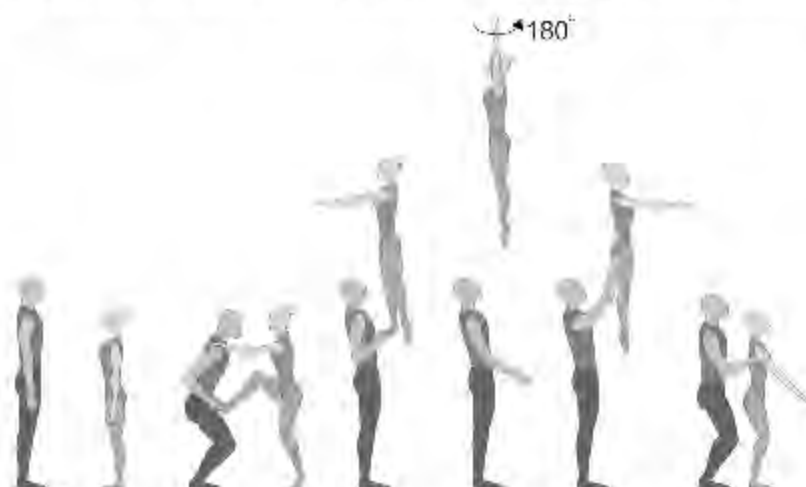
7011

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)

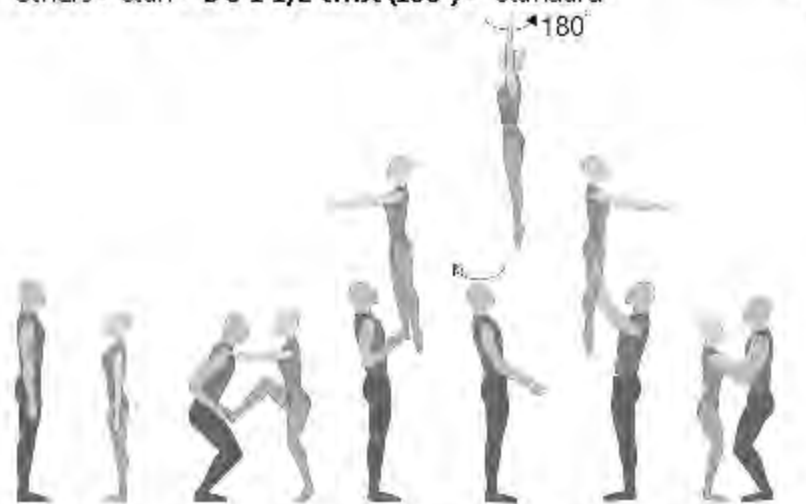


7022

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

REPETITION ID: 7022

Value: A – 4 points (A' – 1) + Staff

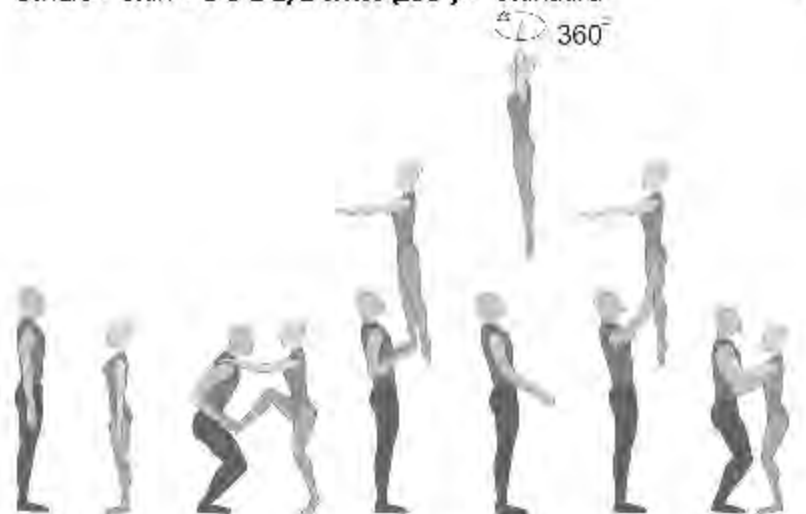


7022

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

REPETITION ID: 7022

Value: A – 4 points (A' – 1) + Staff

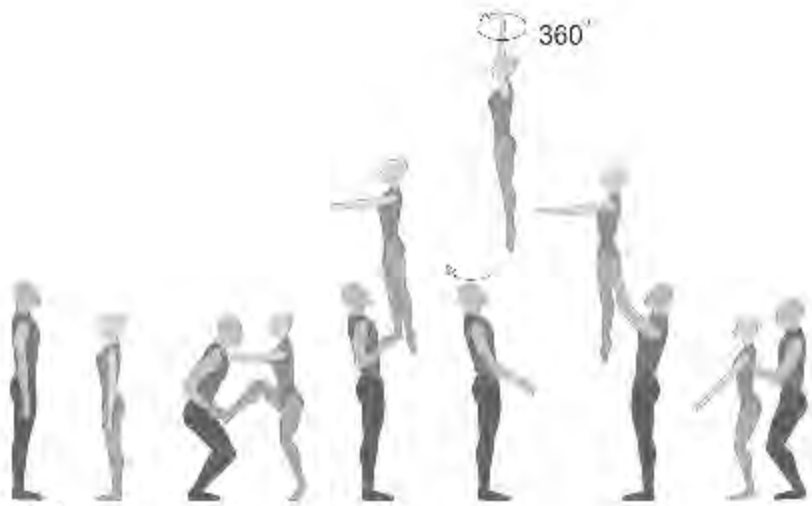


7025

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

REPETITION ID: 7022

Value: C – 6 points (C' – 2) + Staff

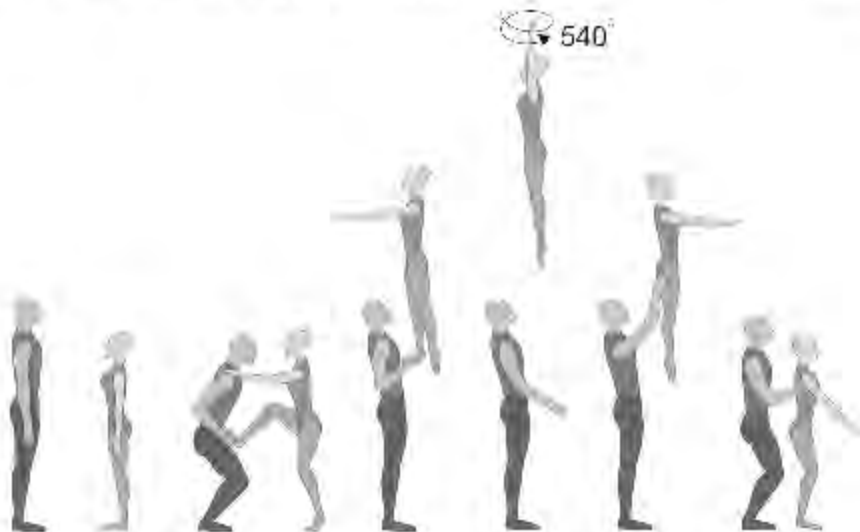


7025

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

REPETITION ID: 7022

Value: C – 6 points (C' – 2) + Staff

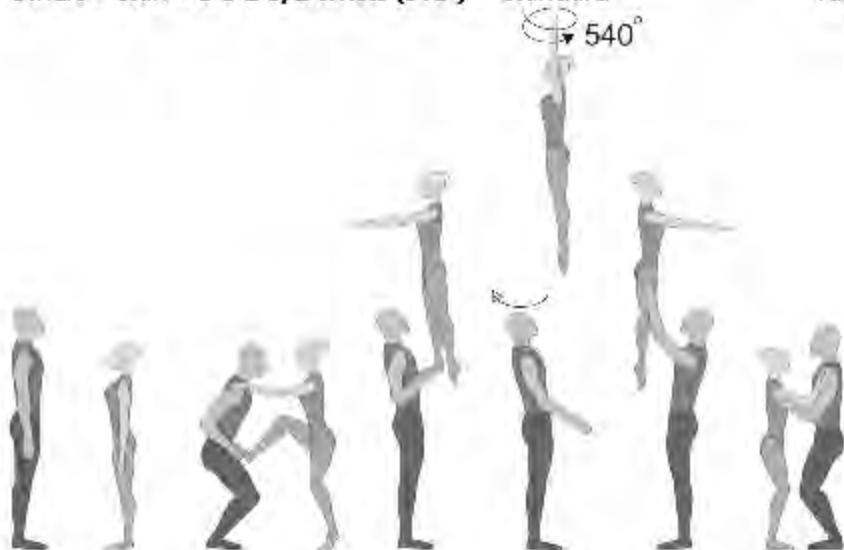


7030

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

REPETITION ID: 7022

Value: E – 8 points (E' – 3) + Staff

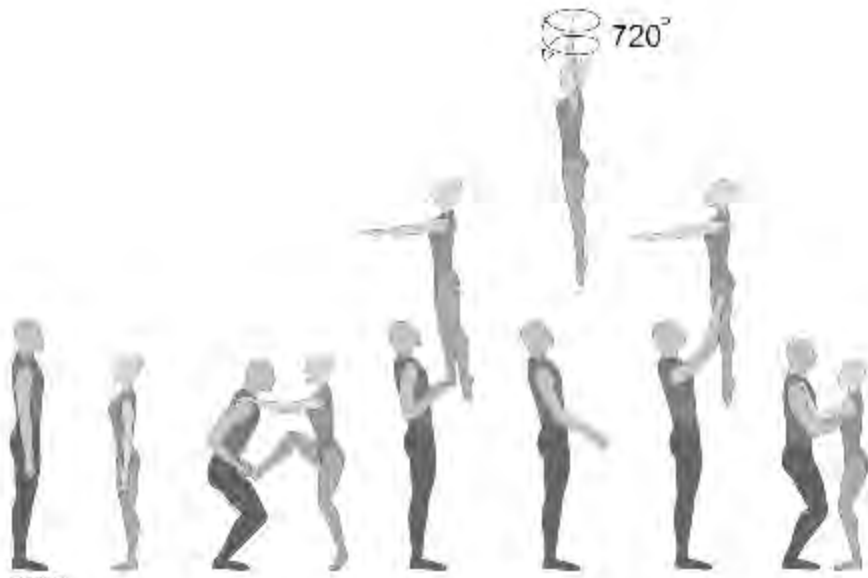


7030

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

REPETITION ID: 7022

Value: E – 8 points (E' – 3) + Staff

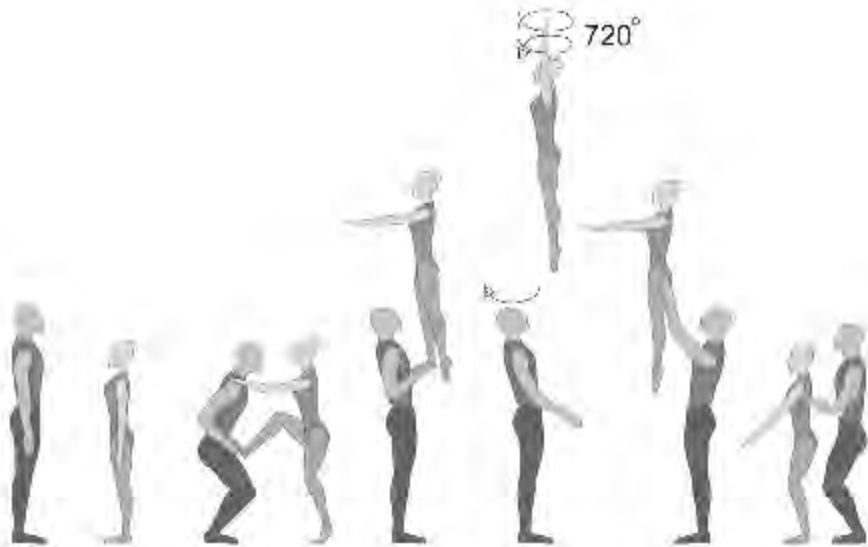


7035

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

REPETITION ID: 7022

Value: G – 10 points (G' – 4) + Staff



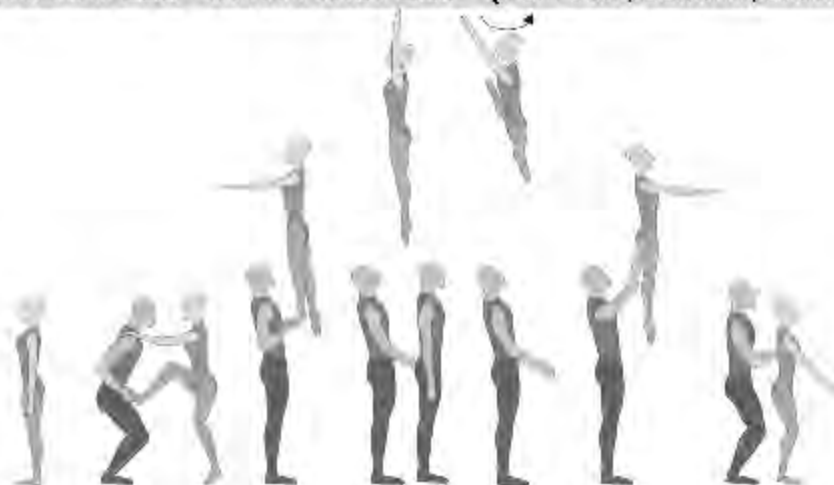
7035

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

REPETITION ID: 7022

Value: G – 10 points (G' – 4) + Staff

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



7016

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

REPETITIONID: 7011

Value: B – 5 points + Staff



7016

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

REPETITIONID: 7011

Value: B – 5 points + Staff



7081

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

REPETITIONID: 7011

Value: D – 7 points + Staff

OPTIONAL



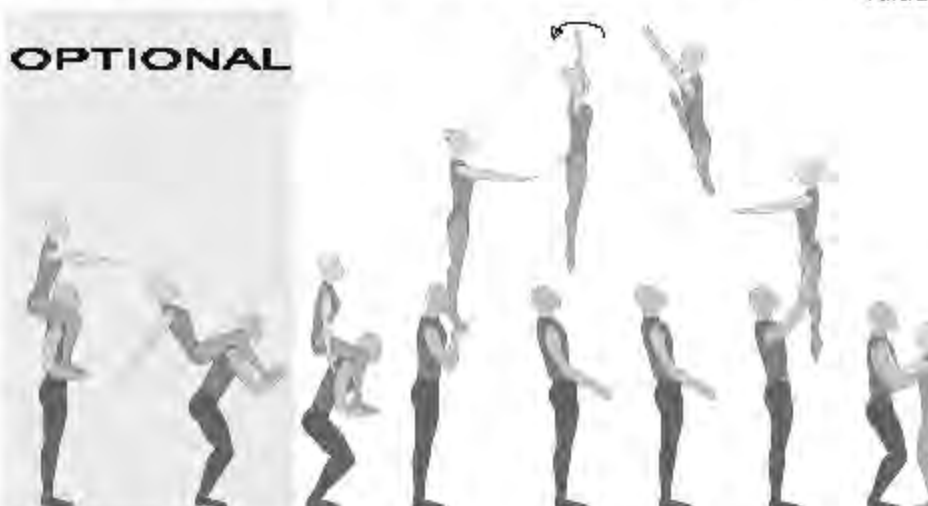
7016

REPETITION ID: 7011

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

Value: B – 5 points + Bettarini

OPTIONAL



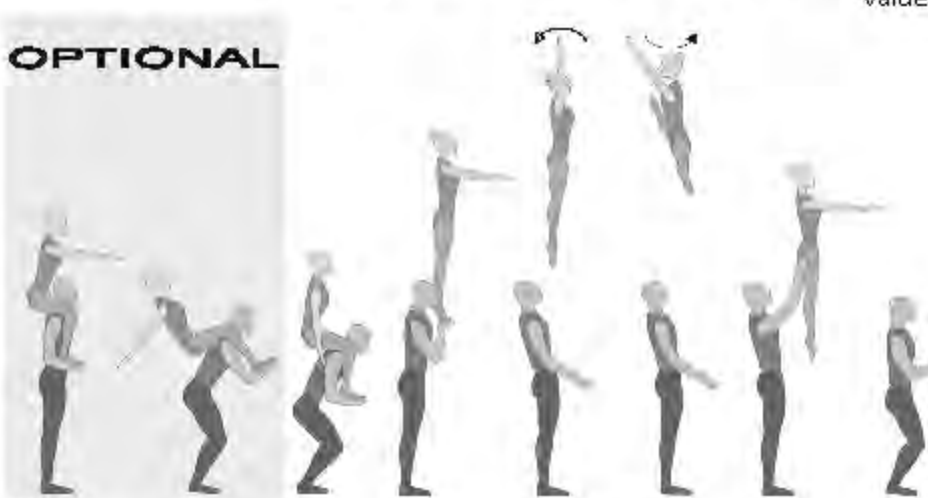
7016

REPETITION ID: 7011

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

Value: B – 5 points + Bettarini

OPTIONAL



7081

REPETITION ID: 7011

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

Value: D – 7 points + 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

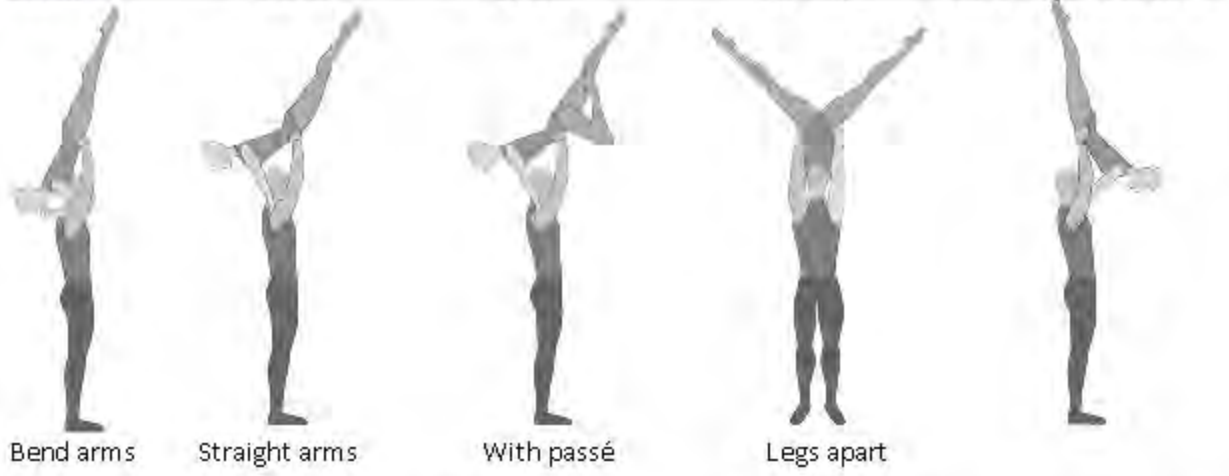
Others > Lying on the shoulders > **B-6-4 Straight somersault lateral from the shoulders** > Standard

Value: E – 8 points

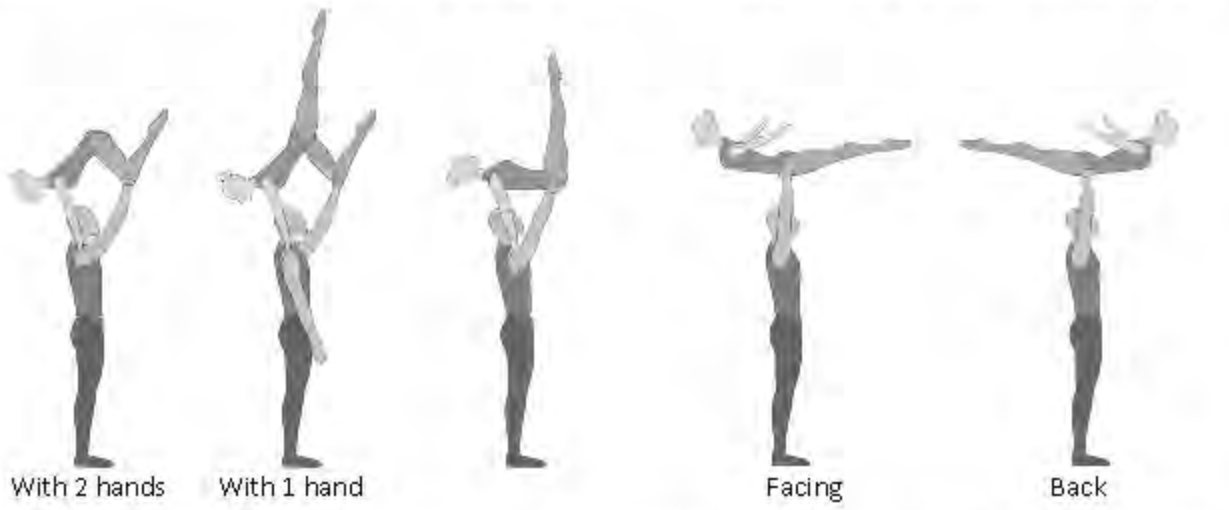
ID	Rep. ID	Name	Difficulty/Value Board 1		UE	
7011	7011	B-6-2 legs apart kosack jump	A	4		
7016	7011	B-6-2 legs apart 180° with 1/2 twist (180°)	B	5		
7081	7011	B-6-2-T legs apart 180° with 1/1 twist within (360°)	D	7		
7022	7022	B-6-1 1/2 twist (180°)	A	4	A'	1
7025	7022	B-6-1 1/1 twist (360°)	C	6	C'	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		

POSES

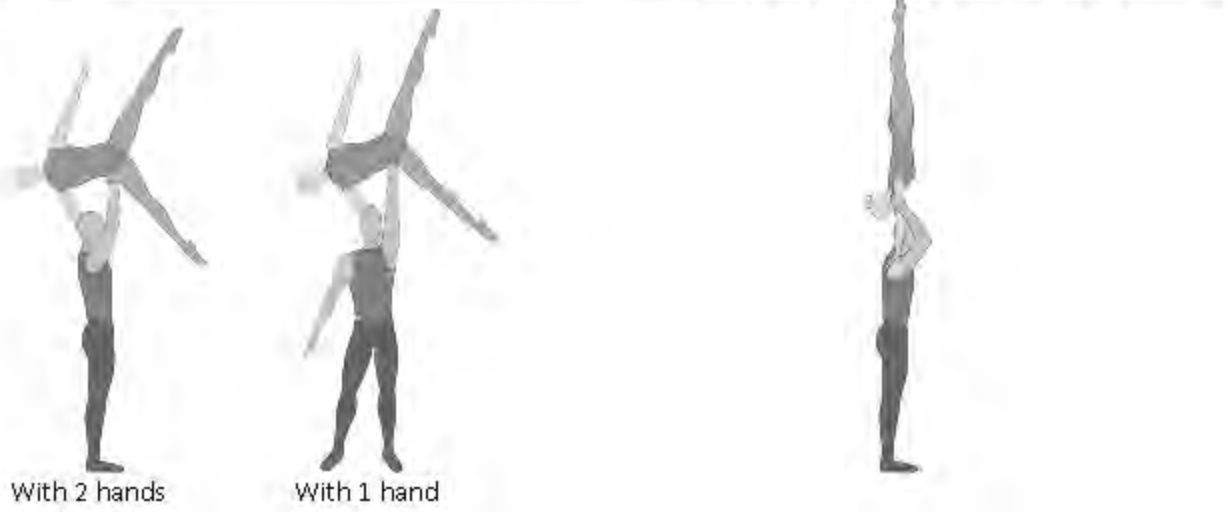
ICE I. ICE II. SWAN L.A. ICE REVERSED ICE



??? **CANDLE** **SWALLOW (DIRTY DANCING)**



FLAG **HANDSTAND ON SHOULDERS**





SAFETY LEVEL 0

KATEGORIE A, FORMACE SENIOR

Drawings comesoon