

ROCK 'N' ROLL RULES

1. INTRODUCTION

1.1 In all items, not regulated separately in the following, the appropriate conditions stipulated by the WRRC especially in the Tournament Rules shall be applicable.

1.2 “Jump-Step” is danced to Rock ‘n’ Roll dance music.

	Age	Duration of dancing and music in semi-finals and finals of Girls and Ladies formations	Duration of dancing	Speed of music (bars/min)	min. number of basic steps	Number of acrobatic figures	Number of participants	Duration of rehearsal time
Children	8-11		1:30-1:45	47-48 47-49 final	6	0	couple	
Juveniles	10-14		1:30-1:45	47-48 47-49 final	6	max. 2	couple	
Junior	12-17		1:30-1:45	47-48 47-49 final	6	4, max 1 combi	couple	
Main Class Contact Style	min. 14		1:30-1:45	48-50	6	5 + final 6	couple	
Main Class Free Style	min. 15		1:30-1:45	48-50	6	5 + final 6	couple	
Main Classes final Footwork			1:00–1:15	50-52	4		couple	
Rock'n'Roll Couple-Dance Show	Younger min. 14 Older Mini 18		1:00-1:15 final 1:45-2:00	48-52	4 final 8	3, max. 2 combi. final 5, max. 3 combi.	couple	
Girls Formations	8-15	2:15- 2:30	1:30-1:45	48-52	6 final 10	max. 2	8-12 girls	3:45
Ladies Formations	min. 14	2:15- 2:30	1:30-1:45	48-52	6 final 10	max. 5	8-16 girls	3:45
Formations Juniors	11-17 (max. 2 dancers max. 19)		2:15-2:30	48-52	10	max. 4	4-6 couples	3:45
Form. Main Class	min. 15		2:45-3:00	48-52	10	max. 8	4-6 couples	3:45
Duo Rock Show	min. 15		2:00-2:30	48-52	6	max. 6	2 couples	

1.2.2 The age of a competitor, for the purpose of determining their age category for competition, is calculated as the year of birth subtracted from the year of competition.

1.2.2.1 Age = (Year of competition) – (Year of birth)

1.3 ROCK'N' ROLL TOURNAMENTS

- 1.3.1** A couple is not allowed to compete in more than one age group. Multiple changes of age groups are not allowed.
- 1.3.2 Duration of dance**
- 1.3.2.1 For couples the duration of dance starts with the first move of one of the dancers and ends with the "end pose".
- 1.3.2.2 For formations the duration of dance starts and ends with the music.
- 1.3.3 Music:**
- 1.3.3.1 Validation and registration of final music for couples and formations is managed through the WRRC Registration Software (online Registration Tool).
- 1.3.3.1.1 Only approved individual music of the couples/formations stored on the WRRC-server through the Registration Tool can be used on the competitions.
- 1.3.3.1.2 Final music must be approved before the announcement of the couple/formation to the competition, otherwise it will not appear on the starting list, and cannot be used on the competition.
- 1.3.3.1.3 Couples/formations are responsible to submit the final high quality version of the recording to the registration system.
- 1.3.3.2 Own music for couples:
- 1.3.3.2.1 In the finals couples may use their own WRRC-approved music.
- 1.3.3.2.2 Final music of the couples can have a max. additional 10 sec. on allowed dancing time.
- 1.3.2.2.3 In cases where no music was registered (or not in time), the couple will have the possibility to choose the song from the official WRRC CD lists.
- 1.3.3.3 Music for formations:
- 1.3.3.3.1 The formation cannot be announced without approved music.
- 1.3.3.3.2 Music can have a max. 30 sec. of introduction and 10 sec. conclusion, which needn't necessarily be Rock'n'Roll style music.
- 1.3.3.3.3 Within the Rock'n'Roll section it's possible to have two parts consisting of other music styles for a max. of 10 sec. for both parts together.

1.4 DEFINITIONS:

1.4.1 Acrobatics

- 1.4.1.1 Is considered as acrobatics, any figure without contact with the floor requiring the assistance or the permanent support or not of one of the two partners. Even if it is not listed in the acrobatics catalogues.
- 1.4.1.2 An acrobatics begins when one of the two partners is no longer in contact with the ground and ends when the same partner regains contact with the ground.

1.4.2 Acrobatic figures

- 1.4.2.1 Is considered as an acrobatic figure any figure in contact with the ground and requiring the assistance of the other partner.
- 1.4.2.2 An acrobatic figure must be adhered to Safety Level 2, 3 or 4 according to the restrictions of the category.

1.4.3 Final pose

- 1.4.3.1 The final pose is the very last movement made by the last person in motion of the couple or formation.
- 1.4.3.2 Final pose is an extra element and is not counted as one of the obligatory acrobatic figures.
- 1.4.3.3 Final pose is not counted as one of the obligatory acrobatic figures.
- 1.4.3.4 Final pose is limited to the figures allowed in the category concerned.

2 MAIN CLASS FREE STYLE TOURNAMENT ENTRY QUALIFICATION AND RESTRICTIONS

2.1 TOURNAMENT RESTRICTIONS**2.1.1 ACROBATIC ROUNDS – RESTRICTIONS:**

- 2.1.1.1 WRRRC Safety Level 0 must be adhered to.
- 2.1.1.2 In Acrobatic-Rounds a minimum of 6 couple (contact) dance elements performed with complete basic steps (Group 1) must be danced by both partners at the same time.
One complete basic step = kick ball change, kick, kick, only in this order.
Detailed descriptions see in the document “Scoring the Dance”
- 2.1.1.3 One element from each of the following acrobatic elements groups must be performed:
 - 2.1.1.3.1 Forward somersault
 - 2.1.1.3.2 Backward somersault
 - 2.1.1.3.3 Dive
 - 2.1.1.3.4 Non-flying acrobatic elements with rotations around the body
Detailed descriptions see in the document “Scoring Main Class”
- 2.1.1.4 In rounds preceding the semi-finals, couples are not allowed to perform:
 - 2.1.1.4.1 Individual acrobatic elements with a value higher than G – 10 points
 - 2.1.1.4.2 Regardless of value, elements with two free rotations around the body lateral axis (double somersault).
- 2.1.1.5 In rounds preceding the semi-finals, couples are not allowed to make more than two free rotations (somersault) with additional rotation around their body longitudinal axis (“twist within”) in two separate acrobatic elements.
- 2.1.1.6 In semi-finals and finals, couples are not allowed to make more than three free rotations (somersault) with additional rotation around their body longitudinal axis (“twist within”) in three separate acrobatic elements.
- 2.1.1.7 In the semi-finals and finals couples are not allowed to make more than two free rotations around their body lateral axis (double somersault).

- 2.1.1.7.1 The double somersault must not be performed in combination with other acrobatic figure elements or acrobatic entry or exit figures.
- 2.1.1.7.2 Entry for the double somersault is allowed only from the hands (staff) or from the shoulders (Bettarini).
- 2.1.1.7.3 Twist before the double somersault is only allowed from the hand (staff) and only for double front tucked somersault.
- 2.1.1.7.4 Couples are not allowed to make more than two double somersaults, one backward and one forward in one round.

2.1.2 FINAL FOOT-TECHNIQUE ROUND – RESTRICTION ON FIGURES:

- 2.1.2.1 WRRRC Safety Level 5 must be adhered to.
- 2.1.2.2 Rotations of more than 180° around the body's lateral or sagittal axis are not allowed.
- 2.1.2.3 Excluding the final pose, figures are allowed only if one partner can perform them alone or if there is permanent contact between the ground and at least one foot.
- 2.1.2.4 In Foot-Technique-Round a minimum of 4 couple (contact) dance elements performed with complete basic steps (Group 1) must be danced by both partners at the same time.
- 2.1.2.4.1 One complete basic step = kick ball change, kick, kick, only in this order. Detailed descriptions see in the document "Scoring the Dance"

3 MAIN CLASS CONTACT STYLE

3.1 TOURNAMENT RESTRICTIONS:

3.1.1 ACROBATIC ROUNDS – RESTRICTIONS:

- 3.1.1.1 WRRRC Safety Level 1 must be adhered to.
- 3.1.1.2 In Acrobatic-Rounds a minimum of 6 couple (contact) dance elements performed with complete basic steps (Group 1) must be danced by both partners at the same time.
- 3.1.1.2.1 One complete basic step = kick ball change, kick, kick, only in this order. Detailed descriptions see in the document "Scoring the Dance"
- 3.1.1.3 One element from each of the following acrobatic elements groups must be performed:
 - 3.1.1.3.1 Forward somersault
 - 3.1.1.3.2 Backward somersault
 - 3.1.1.3.3 Dive
 - 3.1.1.3.4 Non-flying acrobatic elements with rotations around the body
Detailed descriptions see in the document "Scoring Main Class Contact Style"
- 3.1.1.3.5 There will be no points deducted for not danced acrobatic figure groups for all rounds leading up to and including the runners-up qualification round.

- 3.1.1.4 In rounds preceding the semi-finals, couples are not allowed to perform individual acrobatic elements with a value higher than G – 10 points
- 3.1.1.5 In rounds preceding the semi-finals, couples are not allowed to make more than two elements with additional rotation around their body longitudinal axis (“twist within”) in two separate acrobatic elements. (up to maximum 1/1 twist within).
- 3.1.1.6 In semi-finals and finals, couples are not allowed to make more than three elements with additional rotation around their body longitudinal axis (“twist within”) in two separate acrobatic elements (up to maximum 1/1 twist within).

3.1.2 FOOT TECHNIQUE ROUNDS– RESTRICTION ON FIGURES:

- 3.1.2.1 WRRRC Safety Level 5 must be adhered to.
- 3.1.2.2 Rotations of more than 180° around the body’s lateral or sagittal axis are not allowed.
- 3.1.2.3 Excluding the final pose, figures are allowed only if one partner can perform them alone or if there is permanent contact between the ground and at least one foot.
- 3.1.2.4 In Foot-Technique-Rounds a minimum of 4 couple (contact) dance elements performed with complete basic steps (Group 1) must be danced by both partners at the same time.
- 3.1.2.4.1 One complete basic step = kick ball change, kick, kick, only in this order. Detailed descriptions see in the document “Scoring the Dance”

4. ROCK’N’ROLL COUPLE-DANCE SHOW

4.1 TOURNAMENT RESTRICTIONS:

4.1.1 ROCK’N’ROLL COUPLE DANCE SHOW RESTRICTIONS

- 4.1.1.1 WRRRC Safety Level 2 must be adhered to.
- 4.1.1.2 A maximum of three acrobatic figures may be performed in rounds before the final-round and five acrobatic figures may be performed in the final-round.
- 4.1.1.2.1 A maximum of two of these three acrobatic figures in rounds before the final-round may be performed in combination and a maximum of three of these five acrobatic figures in final-rounds may be performed in combination.
- 4.1.1.2.2 Where an acrobatic figure is performed twice, this is classified as a combination, with the exception of the figures ‘Disc’ and ‘Spiral’.
- 4.1.1.3 A minimum of 4 couple contact dance elements performed with complete basic steps must be danced by both partners at the same time in rounds before the final-round and a minimum of 8 couple contact dance elements performed with complete basic steps must be danced by both partners at the same time in the final-round.

- 4.1.1.3.1 One complete basic step = kick ball change, kick, kick, only in this order. Detailed descriptions see in the document "Scoring the Dance"

5. CHILDREN, JUVENILES AND JUNIORS:

5.1 TOURNAMENT RESTRICTIONS

5.1.1 CHILDREN CATEGORIE – RESTRICTIONS:

- 5.1.1.1 WRRRC Safety Level 5 must be adhered to.
- 5.1.1.2 Rotations of more than 180° around the body's lateral or sagittal axis are not allowed.
- 5.1.1.3 Figures are allowed only if one partner can perform them alone or if there is permanent contact between the ground and at least one foot.
- 5.1.1.4 A minimum of 6 couple (contact) dance elements performed with complete basic steps (Group 1) must be danced by both partners at the same time.
- 5.1.1.4.1 One complete basic step = kick ball change, kick, kick, only in this order. Detailed descriptions see in the document "Scoring the Dance"

5.1.2 JUVENILES CARTEGORY – RESTRICTIONS:

- 5.1.2.1.1 Two acrobatic elements are obligatory from two possible groups according to Safety Level 4 (SL4), counted as dance figures.
- 5.1.2.1.2 Acrobatic requirements:
- 5.1.2.2.1.1 WRRRC Safety Level 4 must be adhered to.
- 5.1.2.3 A minimum of 6 couple (contact) dance elements performed with complete basic steps (Group 1) must be danced by both partners at the same time.
- 5.1.2.3.1 One complete basic step = kick ball change, kick, kick, only in this order. Detailed descriptions see in the document "Scoring the Dance"

5.1.3 JUNIOR CATEGORY – RESTRICTIONS:

- 5.1.3.1 A number of four acrobatic figures has to be obligatory performed. Only one of these four acrobatic figures can be performed in combination.
- 5.1.3.1.1.1 WRRRC Safety Level 3 must be adhered to.
- 5.1.3.1.1.2 Since the year 2019 is considered a transition period, there will be no penalty for missing groups.
- 5.1.3.3 A minimum of 6 couple (contact) dance elements performed with complete basic steps (Group 1) must be danced by both partners at the same time.
- 5.1.3.2.1 One complete basic step = kick ball change, kick, kick, only in this order. Detailed descriptions see in the document "Scoring the Dance"

6 FORMATIONS (COUPLES)

6.1 MAIN-CLASS FORMATIONS TOURNAMENT ENTRY QUALIFICATION AND RESTRICTIONS

6.1.1 TOURNAMENT RESTRICTIONS

6.1.1.1 WRRRC Safety Level 0 must be adhered to.

6.1.1.2 A minimum of 10 couple complete basic steps must be danced.

6.1.1.2.1 All participants have to perform the complete basic steps at the same time.

6.1.1.2.1 One complete basic step = kick ball change, kick, kick, only in this order.
Detailed descriptions see in the document "Scoring Formations"

6.2 JUNIOR FORMATIONS: TOURNAMENT ENTRY QUALIFICATION AND RESTRICTIONS

6.2.1 TOURNAMENT RESTRICTIONS

6.2.1.1 WRRRC Safety Level 3 must be adhered to.

6.2.1.2 A minimum of 10 complete basic steps must be danced.

6.2.1.2.1 All participants have to perform the complete basic steps at the same time.

6.2.1.2.2 Detailed descriptions see in the document "Scoring Formations".

7 GIRLS AND LADIES FORMATIONS:

7.2 LADIES FORMATIONS:

7.2.1 TOURNAMENT RESTRICTIONS:

7.2.1.2 WRRRC Safety Level 2 must be adhered to.

7.2.1.3 In the final-round a minimum of 10 and in all other rounds a minimum of 6 complete basic steps must be danced.

7.2.1.3.1 All participants have to perform the complete basic steps at the same time.

7.2.1.3.2 One complete basic step = kick ball change, kick, kick, only in this order.
Detailed descriptions see in the document "Scoring Formations".

7.3 GIRLS FORMATIONS:

7.3.1 TOURNAMENT RESTRICTIONS

7.3.1.2 WRRRC Safety Level 3 must be adhered to.

7.3.1.3 In the final-round a minimum of 10 and in the other rounds a minimum of 6 complete basic steps must be danced.

7.3.1.3.1 All participants have to perform the complete basic steps at the same time.

7.3.1.3.2 One complete basic step = kick ball change, kick, kick, only in this order.
Detailed descriptions see in the document "Scoring Formations".