

**ACROBATICS CATALOG MAIN CLASS CONTACT STYLE 2019**

ACROBATIC ELEMENTS FOWARD	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
B-1-1-T Front tucked starting from shoulders height	1010	1	A	4	A'	1	N
B-1-1-P Front piked starting from shoulders height	1015	1	B	5	B'	1,5	N
B-1-1-S Front straight starting from shoulders height	1020	1	C	6	C'	2	N
B-1-2-T Front tucked starting from waist height	1010	1	B	5	B'	1,5	N
B-1-2-P Front piked starting from waist height	1015	1	C	6	C'	2	N
B-1-2-S Front straight starting from waist height	1020	1	D	7	D'	2,5	N
B-1-2-T Front tucked starting from waist height (from Tessarin position)	1026	1	B	5	B'	1,5	N
B-1-2-P Front piked starting from waist height (from Tessarin position)	1026	1	C	6	C'	2	N
B-1-2-S Front straight starting from waist height (from Tessarin position)	1026	1	D	7	D'	2,5	N
B-1-3-T Front tucked starting from the floor	1010	1	C	6	C'	2	N
B-1-3-P Front piked starting from the floor	1015	1	D	7	D'	2,5	N
B-1-3-S Front straight starting from the floor	1020	1	E	8	E'	3	N
B-1-1-T-1/2T Front tucked with 1/2 twist starting from shoulders height	1055	1	B	5	B'	1,5	Y
B-1-1-P-1/2T Front piked with 1/2 twist starting from shoulders height	1060	1	C	6	C'	2	Y
B-1-1-S-1/2T Front straight with 1/2 twist within starting from shoulders height	1065	1	D	7	D'	2,5	Y
B-1-2-T-1/2T Front tucked with 1/2 twist starting from waist height	1055	1	C	6	C'	2	Y
B-1-2-P-1/2T Front piked with 1/2 twist starting from waist height	1060	1	D	7	D'	2,5	Y
B-1-2-S-1/2T Front straight with 1/2 twist within starting from waist height	1065	1	E	8	E'	3	Y
B-1-2-T-1/2T Front tucked with 1/2 twist starting from waist height (from Tessarin position)	1026	1	C	6	C'	2	Y
B-1-2-P-1/2T Front piked with 1/2 twist starting from waist height (from Tessarin position)	1026	1	D	7	D'	2,5	Y
B-1-2-S-1/2T Front straight with 1/2 twist within starting from waist height (from Tessarin position)	1026	1	E	8	E'	3	Y
B-1-3-T-1/2T Front tucked with 1/2 twist starting from the floor	1055	1	D	7	D'	2,5	Y
B-1-3-P-1/2T Front piked with 1/2 twist starting from the floor	1060	1	E	8	E'	3	Y
B-1-3-S-1/2T Front straight with 1/2 twist within starting from the floor	1065	1	F	9	F'	3,5	Y
B-1-1-T-1/1T Front tucked with 1/1 twist starting from shoulders height	1100	1	D	7	D'	2,5	Y
B-1-1-P-1/1T Front piked with 1/1 twist starting from shoulders height	1105	1	E	8	E'	3	Y
B-1-1-S-1/1T Front straight with 1/1 twist within starting from shoulders height	1110	1	F	9	F'	3,5	Y
B-1-2-T-1/1T Front tucked with 1/1 twist starting from waist height	1100	1	E	8	E'	3	Y

ACROBATIC ELEMENTS FOWARD	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
B-1-2-P-1/1T Front piked with 1/1 twist starting from waist height	1105	1	F	9	F'	3,5	Y
B-1-2-S-1/1T Front straight with 1/1 twist within starting from waist height	1110	1	G	10	G'	4	Y
B-1-2-T-1/1T Front tucked with 1/1 twist starting from waist height (from Tessarin position)	1026	1	E	8	E'	3	Y
B-1-2-P-1/1T Front piked with 1/1 twist starting from waist height (from Tessarin position)	1026	1	F	9	F'	3,5	Y
B-1-2-S-1/1T Front straight with 1/1 twist within starting from waist height (from Tessarin position)	1026	1	G	10	G'	4	Y
B-1-3-T-1/1T Front tucked with 1/1 twist starting from the floor	1100	1	F	9	F'	3,5	Y
B-1-3-P-1/1T Front piked with 1/1 twist starting from the floor	1105	1	G	10	G'	4	Y
B-1-3-S-1/1T Front straight with 1/1 twist within starting from the floor	1110	1	H	11	H'	4,5	Y
B-1-3-P 3/4 Front rolling-piked from standing on the floor	1145	1	B	5	B'	1,5	N
B-1-3-P Front rolling-piked from standing on the floor to pose (dive after- forbidden)	1145	1	C	6	C'	2	N
B-1-4-PT Front rolling-piked + front tucked from standing on the floor	1155	1	E	8	E'	3	N
B-1-4-PP Front rolling-piked + front piked from standing on the floor	1155	1	F	9	F'	3,5	N
B-1-4-PS Front rolling-piked + front straight from standing on the floor	1155	1	G	10	G'	4	N
B-1-4-PT-1/2T Front rolling-piked + front tucked with 1/2 twist from standing on the floor	1155	1	F	9	F'	3,5	Y
B-1-4-PP-1/2T Front rolling-piked + front piked with 1/2 twist from standing on the floor	1155	1	G	10	G'	4	Y
B-1-4-PS-1/2T Front rolling-piked + front straight with 1/2 twist within from standing on the floor	1155	1	H	11	H'	4,5	Y
B-1-4-PT-1/1T Front rolling-piked + front tucked with 1/1 twist from standing on the floor	1155	1	G	10	G'	4	Y
B-1-4-PP-1/1T Front rolling-piked + front piked with 1/1 twist from standing on the floor	1155	1	H	11	H'	4,5	Y
B-1-4-PS-1/1T Front rolling-piked + front straight with 1/1 twist within from standing on the floor	1155	1	I	12	I'	5	Y
B-1-2-TR Front tucked reverse starting from the waist	1200	1	B	5	B'	1,5	N
B-1-2-PR Front piked reverse starting from the waist	1200	1	C	6	C'	2	N
B-1-2-TR-1/2T Front tucked reverse with 1/2 twist starting from the waist	1200	1	C	6	C'	2	Y
B-1-2-PR-1/2T Front piked reverse with 1/2 twist starting from the waist	1200	1	D	7	D'	2,5	Y

ACROBATIC ELEMENTS BACKWARD	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
B-2-1-T Back tucked starting from shoulders height	2010	2	A	4	A'	1	N
B-2-1-P Back piked starting from shoulders height	2015	2	B	5	B'	1,5	N
B-2-1-S Back straight starting from shoulders height	2020	2	C	6	C'	2	N
B-2-2-T Back tucked starting from waist height	2010	2	B	5	B'	1,5	N
B-2-2-P Back piked starting from waist height	2015	2	C	6	C'	2	N
B-2-2-S Back straight starting from waist height	2020	2	D	7	D'	2,5	N
B-2-3-T Back tucked starting from the floor	2010	2	C	6	C'	2	N
B-2-3-P Back piked starting from the floor	2015	2	D	7	D'	2,5	N
B-2-3-S Back straight starting from the floor	2020	2	E	8	E'	3	N
B-2-1-T-1/2T Back tucked with 1/2 twist starting from shoulders height	2055	2	B	5	B'	1,5	Y
B-2-1-P-1/2T Back piked with 1/2 twist starting from shoulders height	2060	2	C	6	C'	2	Y
B-2-1-S-1/2T Back straight with 1/2 twist within starting from shoulders height	2065	2	D	7	D'	2,5	Y
B-2-2-T-1/2T Back tucked with 1/2 twist starting from waist height	2055	2	C	6	C'	2	Y
B-2-2-P-1/2T Back piked with 1/2 twist starting from waist height	2060	2	D	7	D'	2,5	Y
B-2-2-S-1/2T Back straight with 1/2 twist within starting from waist height	2065	2	E	8	E'	3	Y
B-2-3-T-1/2T Back tucked with 1/2 twist starting from the floor	2055	2	D	7	D'	2,5	Y
B-2-3-P-1/2T Back piked with 1/2 twist starting from the floor	2060	2	E	8	E'	3	Y
B-2-3-S-1/2T Back straight with 1/2 twist within starting from the floor	2065	2	F	9	F'	3,5	Y
B-2-1-T-1/1T Back tucked with 1/1 twist starting from shoulders height	2100	2	D	7	D'	2,5	Y
B-2-1-P-1/1T Back piked with 1/1 twist starting from shoulders height	2105	2	E	8	E'	3	Y
B-2-1-S-1/1T Back straight with 1/1 twist within starting from shoulders height	2110	2	F	9	F'	3,5	Y
B-2-2-T-1/1T Back tucked with 1/1 twist starting from waist height	2100	2	E	8	E'	3	Y
B-2-2-P-1/1T Back piked with 1/1 twist starting from waist height	2105	2	F	9	F'	3,5	Y
B-2-2-S-1/1T Back straight with 1/1 twist within starting from waist height	2110	2	G	10	G'	4	Y
B-2-3-T-1/1T Back tucked with 1/1 twist starting from the floor	2100	2	F	9	F'	3,5	Y
B-2-3-P-1/1T Back piked with 1/1 twist starting from the floor	2105	2	G	10	G'	4	Y
B-2-3-S-1/1T Back straight with 1/1 twist within starting from the floor	2110	2	H	11	H'	4,5	Y
B-2-3-TA Auerbach tucked from sitting on the floor	2145	2	A	4	A'	1	N
B-2-3-TA-1/2T Auerbach tucked with 1/2 twist from sitting on the floor	2145	2	B	5	B'	1,5	Y
B-2-3-TA-1/1T Auerbach tucked with 1/1 twist from sitting on the floor	2145	2	D	7	D'	2,5	Y

ACROBATIC ELEMENTS BACKWARD	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
B-2-3-+TA + Auerbach tucked without touching the floor	2145	2			A'	1	N
B-2-3-+TA-1/2T + Auerbach tucked 1/2 twist without touching the floor	2145	2			B'	1,5	Y
B-2-3-+TA-1/1T + Auerbach tucked 1/1 twist without touching the floor	2145	2			D'	2,5	Y
B-2-1-P Sliding back piked from shoulders	2160	2	B	5	B'	1,5	N
B-2-4-T Back to back tucked to handstand	2165	2	D	7	D'	2,5	N
B-2-4-P Back to back piked to handstand	2165	2	E	8	E'	3	N
B-2-4-S Back to back straight to handstand	2165	2	F	9	F'	3,5	N
B-2-4-T-1/2T Back to back tucked to handstand with 1/2 twist within	2165	2	E	8	E'	3	Y
B-2-4-P-1/2T Back to back piked to handstand with 1/2 twist within	2165	2	F	9	F'	3,5	Y
B-2-4-S-1/2T Back to back straight to handstand with 1/2 twist within	2165	2	G	10	G'	4	Y
B-2-4-T-1/1T Back to back tucked to handstand with 1/1 twist within	2165	2	G	10	G'	4	Y
B-2-4-P-1/1T Back to back piked to handstand with 1/1 twist within	2165	2	H	11	H'	4,5	Y
B-2-4-S-1/1T Back to back straight to handstand with 1/1 twist within	2165	2	I	12	I'	5	Y

ACROBATIC ELEMENTS - DIVES	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
B-3-2-B Dive starting from the waist without pose	3010	3	B	5	B'	1,5	N
B-3-1-PO2-B Dive from pose on 2 hands of the male dancer	3010	3	D	7	D'	2,5	N
B-3-1-PO1-B Dive from pose on 1 hand of the male dancer	3010	3	E	8	E'	3	N
B-3-1-POH-B Dive from handstand on shoulders	3010	3	F	9	F'	3,5	N
B-3-2-B Dive starting from waist (from shalom) with 1/2 turn	3030	3	C	6	C'	2	N
B-3-1-POR-1/2T-B Dive from reverse pose with 1/2 twist	3035	3	E	8	E'	3	Y
B-3-3-B Rolling dive from the floor	3040	3	E	8	E'	3	N
B-3-3-HS from handstand position, rolling dive (straight body), exit between partner's legs	3040	3	C	6		0	N
B-3-3-CC Rolling front dive with 1/2 turn for man, ending on chest	3040	3	E	8	E'	3	N
B-3-3-CL Rolling front dive with 1/2 turn for man, exit between legs	3040	3	F	9	F'	3,5	N
B-3-3-1/2T-CC Rolling front dive with 1/2 twist within, ending on chest	3040	3	F	9	F'	3,5	Y
B-3-3-1/2T-CL Rolling front dive with 1/2 twist within, exit between legs	3040	3	G	10	G'	4	Y
B-3-3-1/2T-C Rolling FRONT dive with 1/2 turn for man and 1/2 twist within during dive	3040	3	H	11	H'	4,5	Y

ACROBATIC ELEMENTS - DIVES	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
B-3-2-CC Front low dive starting from the arms, ending on chest	3050	3	A	4	A'	1	N
B-3-2-CL Front low dive starting from the arms, exit between legs	3050	3	B	5	B'	1,5	N
B-3-2-1/2T-C Front low dive starting from the arms with 1/2 twist	3060	3	A	4	A'	1	Y
B-3-1-POR-CC Front dive starting from reverse pose, ending on chest	3050	3	C	6	C'	2	N
B-3-1-POR-CL Front dive starting from reverse pose, exit between legs	3050	3	D	7	D'	2,5	N
B-3-1-POR-1/2T-C Front dive starting from reverse pose with 1/2 twist	3060	3	B	5	B'	1,5	Y
B-3-1-PO-1/2T-CC Front dive from pose with 1/2 twist within, ending on chest	3050	3	D	7	D'	2,5	Y
B-3-1-PO-1/2T-CL Front dive from pose with 1/2 twist within, exit between legs	3050	3	E	8	E'	3	Y
B-3-1-POR-1/1T-CL Front dive from reverse pose with 1/1 twist within, exit between the legs	3086	3	G	10	G'	4	Y
<b>B-3-2-A-CL Auerbach front dive starting from waist (from shalom), exit between the legs</b>	<b>3090</b>	<b>3</b>	<b>E</b>	<b>8</b>	<b>E'</b>	<b>3</b>	<b>N</b>
<b>B-3-2-A-CC Auerbach front dive starting from waist (from shalom), exit sitting on the floor or on the chest</b>	<b>3090</b>	<b>3</b>	<b>D</b>	<b>7</b>	<b>D'</b>	<b>2,5</b>	<b>N</b>

NON FLYING ACROBATIC ELEMENTS - ROTATIONS	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
A-4-D3 Dulaine 3 rotations	4010	4	C	6	C'	2	N
A-4-D4 Dulaine 4 rotations	4010	4	D	7	D'	2,5	N
A-4-S3 Shoulderball 3 rotations	4020	4	C	6	C'	2	N
A-4-S3 Shoulderball INVERSED 3 rotations	4020	4	C	6	C'	2	N
A-4-S4 Shoulderball 4 rotations	4020	4	D	7	D'	2,5	N
A-4-S4 Shoulderball INVERSED 4 rotations	4020	4	D	7	D'	2,5	N
A-4-T3 Tie 3 rotations	4030	4	B	5	B'	1,5	N
A-4-T3 Tie INVERSED 3 rotations	4030	4	B	5	B'	1,5	N
A-4-T4 Tie 4 rotations	4030	4	C	6	C'	2	N
A-4-T4 Tie INVERSED 4 rotations	4030	4	C	6	C'	2	N
A-4-L3 Lateral tie 3 rotations	4030	4	B	5	B'	1,5	N
A-4-L4 Lateral tie 4 rotations	4030	4	C	6	C'	2	N
B-4-B3 Belt 3 rotations	4040	4	C	6	C'	2	N
B-4-B4 Belt 4 rotations	4040	4	D	7	D'	2,5	N
B-4-BER3 Berliner 3 rotations	4050	4	C	6	C'	2	N
B-4-BER4 Berliner 4 rotations	4050	4	D	7	D'	2,5	N
B-4-4-CD3 rotation combination 3+3 with change of direction	4060	4	F	9	F'	3,5	N
B-4-4-SD3 rotation combination 3+3 in same direction	4060	4	G	10	G'	4	N

OTHER ACROBATIC ELEMENTS	REPET. ID	AG	DIFF.	Value	DIFF.IN COMB.	Value	twist
B-6-2 legs apart kosack jump	7011	7	A	4			N
B-6-2 legs apart 180° with 1/2 twist (180°)	7011	7	B	5			Y
B-6-2-T legs apart 180° with 1/1 twist within (360°)	7011	7	D	7			Y
B-6-1 1/2 twist (180°)	7022	7	A	4	A'	1	Y
B-6-1 1/1 twist (360°)	7022	7	C	6	C'	2	Y
B-6-1 3/2 twists (540°)	7022	7	E	8	E'	3	Y
B-6-1 2/1 twists (720°)	7022	7	G	10	G'	4	Y
B-6-3 Straight somersault lateral from the floor	7050	7	G	10			N
B-6-4 Straight somersault lateral from the shoulders	7050	7	E	8			N
B-6-3-T Straight somersault lateral from the floor with 1/2 twist	7070	7	H	11			Y
B-6-4-T Straight somersault lateral from the shoulders with 1/2 twist within	7070	7	F	9			Y

**CONCEPT AND CODIFICATION for ACROBATIC ELEMENTS: PASQUALIN Fred**



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**In collaboration with Sport Commission of W.R.R.C  
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