

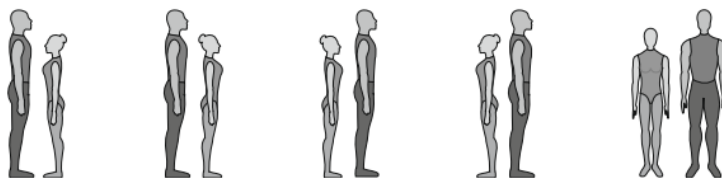
Acro's Rock 'n Roll C-klasse 2017

5 acro's:

- 1 rotatie: berliner, belt of C-kogel
- 1 dive: plongeon of duikvis (10 p) niet gecombineerd!
- 3 naar keuze: max combinatie van 3 elementen
 - geen repetitie van elementen toegestaan
(1 element 5p, 2 elementen 7p, 3 elementen 10p)
 - uitzonderingen: zie lijst

ACROBATIC LANDINGS – EXITS

STANDARD



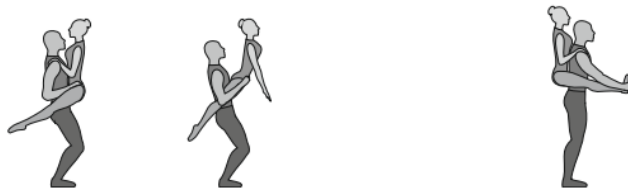
Facing Back I. Back II. Back to Back Side by Side
 Value: 0 point (in first position), 0 point (in second position)

BETWEEN LEGS of partner



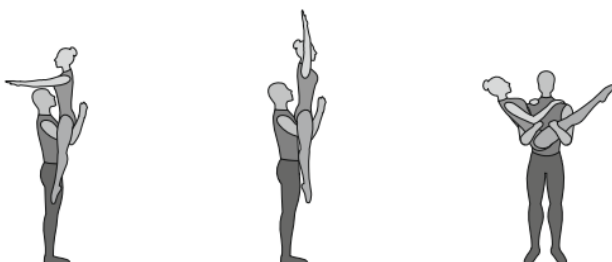
Back Facing With 1 feet Without touching the floor
 Touching the floor with both feet Value: 0 point (in first position), 0 point (in second position)

ON WAIST of partner



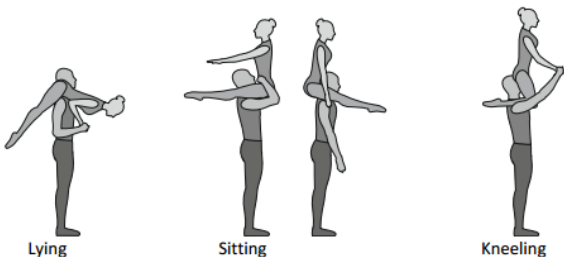
Facing Back I. (Shalom position) Back II. (Tessarin position)
 Value: 1 point (in first position), 0,5 point (in second position)

ON PARTNER'S ARMS



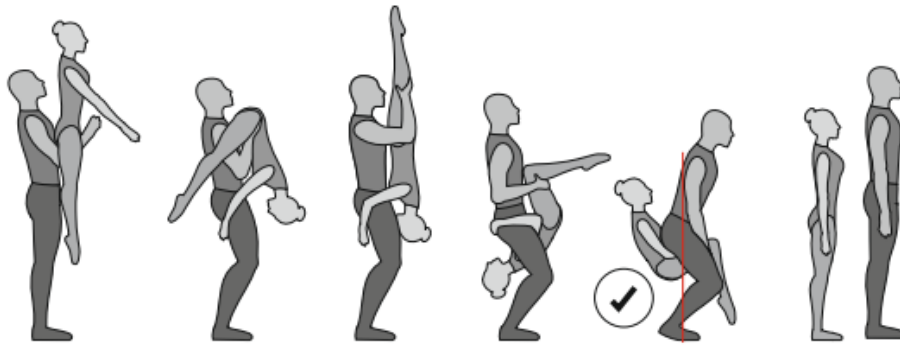
Legs apart Back Sideways
 Facing Value: 1 point (in first position), 0,5 point (in second position)

ON SHOULDERS



Lying Sitting Facing Back Kneeling
 Value: 1 point (in first position), 0,5 point (in second position)

FRONT DIVE - ANGELO



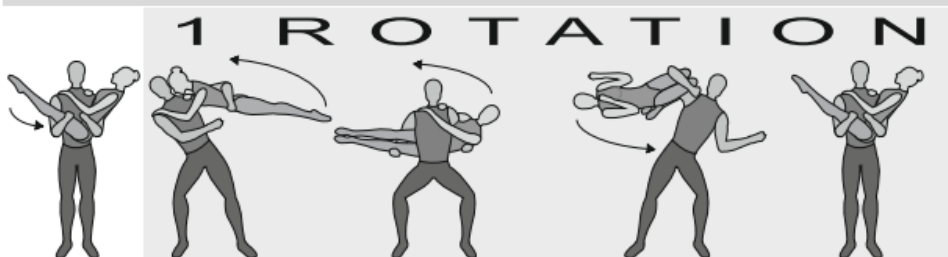
3055

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)

BELT



4040

REPETITION ID: 4040

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

Value: C – 6 points (C' – 2)

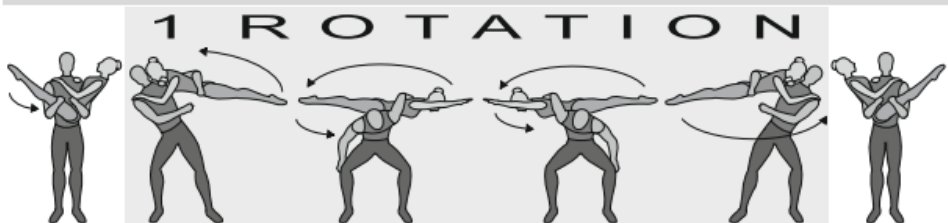
4045

REPETITION ID: 4040

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

Value: D – 7 points (D' – 2,5)

BERLINER



4050

REPETITION ID: 4050

Rotation > Sitting in the arms > **B-4-BER3 Berliner 3 rotations** > Standard Value: C – 6 points (C' – 2)

4055

REPETITION ID: 4050

Rotation > Sitting in the arms > **B-4-BER4 Berliner 4 rotations** > Standard Value: D – 7 points (D' – 2,5)

POSES

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



Bend arms



Straight arms



With passé



Legs apart



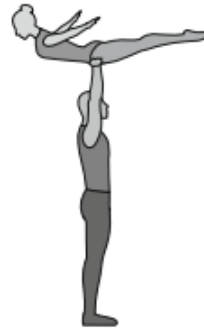
??? CANDLE DIRTY DANCING (SWALLOW)



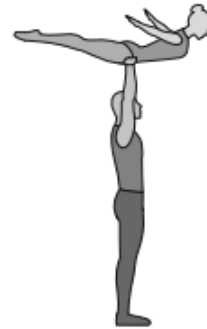
With 2 hands



With 1 hand



Facing



Back

FLAG HANDSTAND ON SHOULDERS



STARTING POSITIONS – ENTRANCE

From the FLOOR



Facing



Back I.



Back II.



Back to Back



Side by Side

From WAIST height



Sitting on the waist
Facing



Back I. (Shalom position)



Back II. (Tessarín position)



Sitting on the arms
Legs apart facing



Legs apart back



Sitting in the arms
Sideways