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Some contradictions in contemporary assessment acrobatic elements used in the compositions of the category “B-Class” in acrobatic rock’n’roll

Abstract. Purpose: determine the impact of an innovative approach to improve the special physical and technical training of qualified athletes in acrobatic rock’n’roll. **Material and Methods:** theoretical analysis and synthesis of the literature, the competition rules, policy papers and documents catalog acrobatic elements “in class”. The basic material for analysis was the changes to the 2014 WRRRC, judging changes in their sport. **Results:** studied the catalog acrobatic elements “B-Class” (version 2 WRRRC from 14.09.2014), reviewed and analyzed the results of stronger pairs category “B-class” in acrobatic rock’n’roll (World Cup, Russia, Sochi, Russia). The analysis of the requirements of execution of acrobatic elements. **Conclusions:** these findings demonstrate the need for an innovative approach to improve the special physical and technical training of athletes acrobatic rock and roll category “B-Class”. The difficulty level of acrobatic elements in acrobatic rock ‘n’ roll should be differential with respect to each of the age groups in their strict sequence the category “juniors” – “B-class” and “M-class”.

Keywords: acrobatic rock and roll, catalog acrobatic elements “B-Class” WRRC (World Rock’n’Roll Confederation).

Introduction. The acrobatic rock’n’roll belongs to a group of difficult coordination sports as its main contents are interactions of partners, issued in the motive compositions, which are carried out by them to music. The modern sports pairs who are specializing in acrobatic rock’n’roll improve the level of sports skill generally due to the inclusion in the compositions of difficult acrobatic exercises used by them [12], and also due to the use of special choreographic preparation [7; 8]. The noted tendencies objectively predetermine the emergence of new directions in technical and special physical training of sportsmen [4; 10]. This process is also stimulated, on the one hand, with the imbalance existing at the moment in a refereeing assessment of a performance by sportsmen of difficult acrobatic exercises and compositions in general [1; 13], and on the another hand, a vagueness of formulations of rules of competitions. As a result, there is a difficult situation on the definition of winners at competitions of the world level. The sportsmen applying for prize-winning places and fulfilling requirements of rules of competitions often carry out acrobatic exercises and combination of stunts not “winning” (amplitude, complexity and originality of an execution) for a concrete couple.

The analysis of the video records received on the World Cup (Sochi 2014) testifies to one problem of training of the sportsmen specializing in acrobatic rock’n’roll, namely, to an absence of interrelation and continuity of transition of sportsmen from one category to another [2]. There are rather small number of couples which passed the transitional period from the category “B-Class” in the category “M- Class” in the history of the development of acrobatic rock’n’roll of the WRRC. It testifies to an absence of sequence in stages of long-term preparation of sports pairs in acrobatic rock’n’roll [8].

Communication of the work with scientific programs, plans, subjects. The researches were conducted within the implementation of the complex scientific project on 2013–2014 “Theoretic-methodologic principles of the formation of culture of physical health of student’s youth”.

The objective of the research: to define the main contradictions in a modern assessment of acrobatic exercises which are used in acrobatic rock’n’roll in compositions of the category “B- Class” and also to plan ways of their decision.

The tasks of the research:

1. The analysis of scientific and methodical literature on a problem of the improvement of competitive compositions of the category “B- Class” in acrobatic rock’n’roll.
2. The analysis of acrobatic exercises (version 2) of the category “B- Class” of the catalog of the WRRC of 2014.
3. To open the main regularities of the increase of technical complexity and the dynamics of development

of acrobatic exercises and competitive compositions in general, in connection with changes of rules of competitions.

Material and methods of the research. The complex of scientific methods was used for the solution of the set tasks:

1. The theoretical analysis and synthesis of references, rules of competitions, program materials and documents, catalog of acrobatic exercises of "B- Class". Changes in rules of the WRRRC of 2014 served as the main material for the analysis, which give a real picture of tendencies of the development in acrobatic rock'n'roll of the complexity of acrobatic exercises and dancing compositions, features of an execution of compositions, changes in a system of refereeing in this sport.

2. The analysis of the video record (World Cup, Russia, Sochi 2014)

Results of the research and their discussion. At General meeting of members of the World rock'n'roll confederation (WRRRC) which was carried out in 14.09.2014, the catalog and the rating scale of acrobatic exercises of sports pairs "B-Class" were approved. The analysis of this catalog showed the discrepancy in complexity of a performance of acrobatic exercises and their combination of stunts in the category "B-Class". So, elements are offered on the pages from the 20th till the 26th which are used in a hand balancing man's acrobatics (tab. 1).

Table 1

Characteristic and cost of acrobatic exercises of the category "B-Class" (version 2) of the WRRRC catalog of 2014

No	Element code	Cost (points)	Characteristic of an element	Note
1	B-1-3-T-08 B-1-3-T-09 B-1-3-T-10 B-1-3-T-11	D-7 D-7 D-7 D-7	Performance of an element by a female partner corresponds to the complexity of a work of a partner in a man's acrobatic couple	p. 20 p. 22 p. 24 p. 26
2	B-1-3-P-08 B-1-3-P-09 B-1-3-P-10 B-1-3-P-11	E-8 E-8 E-8 E-8	Performance of an element by a female partner corresponds to the complexity of a work of a partner in a man's acrobatic couple	p. 20 p. 22 p. 24 p. 26
3	B-1-3-S-08 B-1-3-S-09 B-1-3-S-10 B-1-3-S-11	F-9 F-9 F-9 F-9	Performance of an element by a female partner corresponds to the complexity of a work of a partner in a man's acrobatic couple	p. 20 p. 22 p. 24 p. 26
4	B-1-3-T-08-T B-1-3-T-09-T B-1-3-T-10-T	E-8 E-8 E-8	Performance of an element by a female partner corresponds to the complexity of a work of a partner in a man's acrobatic couple	p. 21 p. 23 p. 25
5	B-1-3-P-08-T B-1-3-P-08-T	F-9 F-9	Performance of an element by a female partner corresponds to the complexity of a work of a partner in a man's acrobatic couple	p. 21 p. 23
6	B-1-3-S-08-T B-1-3-S-09-T B-1-3-S-10-T	G-10 G-10 G-10	Performance of an element by a female partner corresponds to the complexity of a work of a partner in a man's acrobatic couple	p. 21 p. 23 p. 25

An estimated range (points) of separate acrobatic exercises in comparison with others is doubtful (tab. 2).

Table 2

Discrepancy of the complexity of performance of elements and their cost

No	Element code	Cost (points)	Characteristic of an element	Note
1	B-2-2-T-01 B-2-2-T-02	C-6 C-6	Discrepancy of complexity of a performance of the offered elements and their cost	p. 29 p. 30
2	B-2-2-P-01 B-2-2-P-02	D-7 D-7	Discrepancy of complexity of a performance of the offered elements and their cost	p. 29 p. 30
3	B-2-2-S-01 B-2-2-S-02	E-8 E-8	Discrepancy of complexity of a performance of the offered elements and their cost	p. 30 p. 31
4	B-2-2-T-03 B-2-2-P-03 B-2-2-S-03	C-6 D-7 E-8	Arrival of a female partner behind a back of a partner. Loss of an amplitude Contact in a couple is doubtful	p. 31 p. 31 p. 32

The classical performance of an element – back todes (B-3-1-01) from the catalog on p. 36 is almost depreciated (A-4) in relation to its performance from static starts and hand spots (B-3-1-02,03,04,05,06,07,08,09; B-3-2-14) on p. 37, 38, 39, 40, 41. A performance of start “staf” (fus) (B-6-1) on p. 48 and “twist” are underestimated in an assessment by the cost of A-4, and in this regard are practically not used by sports pairs in compositions. It is also necessary to note that acrobatic exercises (B-6-1) – “twist 360, 540 and 720” (p. 49-50) are injury-causing that significantly limits possibilities of their use. The acrobatic exercises presented in the WRRRC catalog for sports pairs of “B-Class” and the minimized presence in it of the auxiliary (lead in) element “staf” (fus), and also its low estimated cost confirms a lack of the consecutive system of acrobatic preparation of couples in the course of their transition from the category “B-Class” to the category “M-Class”. In other words it is possible to tell that, on the one hand, acrobatic exercises which according to the catalog have to be carried out by sports pairs of the category “B-Class”, have a high cost, however in the category “M-Class” their importance decreases significantly. On the other hand, a cost, for example, of the lead in element “staf” (fus) for couples of the category “B-Class” is significantly underestimated in comparison with acrobatic exercises while their importance significantly increases in the category “M-Class”. The allocated contradiction in its essence produces the divergence in preparation of the sports pairs acting in the categories “B-Class” and “M-Class” that breaks the basic principles of the creation of the system of long-term training of sportsmen [12]. It is also necessary to note that the contradictions allocated above complicate also the process of refereeing in acrobatic rock’n’roll [1; 13]. In our opinion, the following characteristics have to be put in a basis of the system of estimates of compositions and acrobatic exercises [6; 11]: the spatial – an accuracy of a performance of an element; the temporary – an exact time of movements when performing an element; the dynamic – amplitude and easiness of a performance of an element. Respectively, referees have to use the following criteria at an exposure of estimates for acrobatic exercises: the accuracy of performance of an element has to prevail in spatial characteristics; in temporary characteristics – an optimum time of the movement in an element; in dynamic characteristics – amplitude and ease of a performance of an element). Thus, there are distinguished from criteria for an assessment of an execution of acrobatic exercises: accuracy, time of an execution of an element, easiness of a performance of the estimated element or combination of stunt [5; 11].

Conclusions:

1. The approval of the WRRRC catalog for the category “B-Class” produces the divergence in preparation of sports, couples acting in the categories “B-Class” and “M-Class” that breaks the basic principles of the creation of the system of long-term training of sportsmen.

2. The carried-out analysis showed that innovative approach in technical and special physical training of sportsmen of acrobatic rock’n’roll can create a platform for the performance of new super difficult acrobatic exercises and competitive compositions in their strict subordination from the category “juniors” – “B-Class” and “M-Class”. The level of the complexity of acrobatic exercises has to be differentiated in the relation to each age category in this sport.

The prospect of further researches consists in the research of changes of the level of special physical and technical fitness of the sportsmen who are engaged in acrobatic rock’n’roll at various stages of long-term preparation.

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