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ADDENDUM – A1

FREESTYLE SKYDIVING COMPULSORY SEQUENCES

PERFORMANCE REQUIREMENTS & JUDGEMENT CRITERIA

A & B Categories

- The order in which these Compulsory Sequences can be performed is determined by the Team.
- Teams in all categories must submit the order of the Compulsory Sequences before the start of the competition to the Chief Judge. Freestyle A Category must also submit their chosen Max Values (see addendum D)
- Each Team must ensure that clothing and/or the camera do not hinder the ability for Judges to clearly see the performance requirements being met. (E.g. if Judges cannot see straight arms and/or legs then they may assume that the Performer does not have straight arms and/or legs).
- Toes must be pointed and knees must be straight, except as noted in descriptions. Otherwise, the maximum possible score for the Compulsory Sequence is 90% of the Max Value.
- The judging of each sequence begins when the Judges see the Team beginning the sequence from the described beginning position (after a transition from the previous move with or without a momentary stop).
- The judging of each sequence begins when the Judges see the Team beginning the sequence from the described beginning position (after a transition from the previous move with or without a momentary stop).
- The Videographer must maintain proximity to the Performer throughout each Compulsory Sequence, except where the Sequence description specifically prescribes otherwise.
- The video image must be upright with the sky in the upper portion of the frame throughout each Compulsory Sequence, except where the Sequence description specifically prescribes otherwise. Otherwise, the maximum possible score for the Compulsory Sequence is 70% of the Max Value.
- The definition of each body position is described in Addendum B.
- Youtube playlist for compulsories: <https://youtube.com/playlist?list=PLSLmrmjmQczovnpv8e3NngzAgK1LFeaMa>

FREESTYLE A CATEGORY

FIRST COMPULSORY ROUND (ROUND 2)

FR-1 Eagle Sequence

Half Eagle

- At the beginning, the Performer is in a head-down orientation.
- Legs must be in line with the torso (when viewed from the side).
- The Performer goes below the Videographer as the Videographer goes over the top, moving around an imaginary centre between them so that both end up in opposite positions and orientations than they originally began.
- The Eagle should be performed as one continuous movement.
- The Eagle must remain on the same heading.

Videographer requirements

- Videographer must show Performer from his/her front during the whole sequence.

Max Value 3 pts: Half Eagle is performed as described above.

Max Value 7.5 pts: Full Eagle

- Half Eagle is performed as described above, then:
- The movement continues until the Performer and the Videographer end up in their relative beginning positions.

Max Value 10 pts: Full Eagle with Trick

- Half Eagle is performed as described above, then:
- The movement continues until the Performer and the Videographer end up in their relative beginning positions.
- The Performer must perform a tight tuck front loop (trick) in the middle of the second part of the Eagle (when he/she is above the Videographer).
- Videographer must show Performer from his/her front during the whole sequence, with the exception of the full tight tuck front loop.

Judging guidelines:

- When the tuck is not tight for the front loop, 15% will be deducted.
- When the front of the Performer is not shown throughout the whole sequence (except for the front loop), 20% will be deducted.
- When the front loop is not performed above the Videographer in the middle of the second part of the Eagle, 15% will be deducted.

FR-2 Mixed Carve

Carve

- At the beginning, the Performer must be in a head-down orientation, facing the Videographer.
- The Performer and Videographer must inface carve 180° around an imaginary centre, stop (stall), make a transition to head-up outfacing through the belly-down orientation.
- In the head-up orientation, outfacing, the Performer then carves 180° in the opposite direction.

Videographer requirements

- Videographer must show the front of the Performer while the Performer is inface carving, and the back of the Performer while outface carving.
- While carving, the Videographer must show the image as if the Performer remains static with only the background moving.
- Videographer must be on the same level as the Performer (and show the Performer on the horizon) throughout the sequence.
- Videographer must maintain the same distance from the Performer throughout the sequence.

Max Value 5 pts: Inface Carve with Switching Direction

- At the beginning, the Performer must be in a head-down orientation, facing the Videographer.
- The Performer and Videographer must carve 180° around an imaginary centre, stop, and then inface carve 180° to the opposite direction.

Max Value 7,5 pts: Mixed Carve

- The Mixed carve is performed as described above.

Max Value 10 pts: Layout Mixed Carve

- The Mixed Carve is performed as described above, and:
- The Performer must maintain the layout position throughout the sequence.

Judging guidelines

- When the Performer is not in layout position when it is required, 30% will be deducted.
- If the Performer, during the outface carving, flies in a straight line instead of carving, 30% will be deducted.

FR-3 Rebound

Rebound

- The Performer is in a head-down or angle back-flying orientation. Facing the videographer.
- The Performer does a half reverse eagle over the videographer ("back-layout") to the belly followed by half eagle ("front layout") to head-down or angle back-flying. (End up in the relative beginning positions).
- The performer must keep an eye contact with the videographer throughout the move.

Videographer requirements

- The camera shows the performer on the horizon at beginning, middle and the end of the move.

Max Value 7.5 pts: Rebound

- The move is performed as described above.

Max Value 10 pts: Rebound with a roll

- The move is performed as described in 7.5 points, but the performer does a belly-to-belly barrel-roll in the middle of the move, on the horizon. (Back Layout-Roll-Front Layout)

Judging guidelines

- Pointed toes are **not** required for this compulsory

FR-4 Looping Sequence

Back Layout Loops

- Beginning is from a layout position in head-up orientation.
- Three (3) complete 360° layout back loop rotations, without stopping, must be performed.
- Looping movement must remain about a horizontal axis, without tilting or changing heading.
- Torso must be straight and legs in line with torso, without any bend at the waist.
- Videographer requirements
- Videographer must be on the same level with the Performer and show the Performer from his/her side at start of the sequence, must remain in place.

Max Value 3 pts: Layout Back Loops are performed as described above.

Max Value 7.5 pts: Layout Loops with Half Twist

- First back loop is performed as described above.
- A half twist must be performed within and evenly executed throughout the second loop.
- After a momentary stop in the head-up orientation, a full front loop must be performed.

Max Value 10 pts: Layout Back Loops with Full Twist

- Layout Back Loops are performed as described above but:
- A full twist must be performed within the second loop.
- Looping motion must be smooth.
- The sequence must end with a momentary stop, in a layout position in head-up orientation, on the same heading as the beginning.

Judging guidelines:

- When the half or full twists are not performed within the second loop, 30% - 50% will be deducted.
- If there are stops between the loops, 15% will be deducted.
- If no momentary stop is shown at the end, the maximum score will be 95%

SECOND COMPULSORY ROUND (ROUND 5)

FR-5 Reverse Eagle Sequence

Half Reverse Eagle

- At the beginning, the Performer is in a head-up orientation, facing the camera
- The Performer goes below the Videographer as the Videographer goes over the top, moving around an imaginary centre between them so that both end up in opposite positions and orientations than they originally began.
- The Reverse Eagle should be performed as one continuous movement.
- The Reverse Eagle must remain on the same heading.

Max Value 3 pts: Half Reverse Eagle is performed as described above.

Max Value 7.5 pts: Full Reverse Eagle

- Half Reverse Eagle is performed as described above, then:
- The movement continues until the Performer and the Videographer end up in their relative beginning positions.

Max Value 10 pts: Full Reverse Eagle in Layout Position

- Half Reverse Eagle is performed as described above, then:
- The movement continues until the Performer and the Videographer end up in their relative beginning positions.
- Legs must be in line with the torso (when viewed from the side), with the knees straight, throughout the sequence. (The legs may be separated.)

FR-6 Angle Flying

THIS COMPULSORY SEQUENCE MUST NOT BE THE FIRST ONE PERFORMED!

- Performer is flying at a minimum of 20° diagonally off vertical and horizontal compared to the horizon with the head low.
- Videographer must demonstrate an on-level position.

Max Value 3 pts: Angle Flying Pose

- Performer is facing upward.
- This angle flying must be maintained for a minimum of three (3) seconds.
- Videographer must show Performer from his/her side throughout the sequence.

Max Value 5 pts: Angle Flying roll

- The move is performed as described above.
- After 3 seconds of angle flying, The Performer will make a 180° rotation on the Body Head-Tail axis (Half a barrel roll into face-down) while maintaining the heading and the angle.
- Videographer maintains position and must show Performer from his/her side at the beginning and the end of the move.

Max Value 7,5 pts: Angle Flying with a flip

- The performer is angle-flying on the belly, with the head low for minimum two (2) seconds.
- The performer does a front "flip" to head-up belly angle going the opposite direction.
- The performer holds the head-up belly angle for minimum two (2) seconds.
- Videographer must show Performer from his/her side throughout the sequence.

Max Value 10 pts: Layout Angle Flying with a flip

- The move is performed as described in 7.5, but performer must maintain a layout position through the full sequence

Judging guidelines

- When this Compulsory Sequence is performed first in the compulsory routine, 70% will be deducted.
- Pointed toes are **not** required for this compulsory

FR-7 Side Flying

Rotating side pose

- At the beginning, the performer is on their side, with their legs together, facing the camera.
- While on their side, performing a 360 rotation (either forward or backwards).

Videographer requirements

- Videographer must be on the same level with the Performer
- Videographer must maintain the same distance from the Performer throughout the sequence.

Max Value 5 pts: Rotating side pose

- The move is performed as described above.

Max Value 7.5 pts: Rotating layout side pose

- The move is performed as described above.
- The performer must be in a layout position, without a bent in the waist/hips/knees, with their legs together.

Max Value 10 pts: Rotating layout side pose with a stop

- A layout side rotation is performed as described above.
- At the end of the rotation, the performer must hold a side pose, in a layout position for two seconds

FR-8 Head-Up Straddle Spins

- Performer is in straddle position, without any bend at the waist, in head-up orientation, with the toes pointed and the knees straight.
- Spins can be in either direction.
- At the beginning and end, the Performer must show a momentary stop in the Head-up Straddle.
- At the beginning and the end, the Videographer must show the front of the Performer

Max Value 3 pts: Head-Up Straddle Spins

- The straddle must spin rapidly, with three pirouette rotations performed within five seconds from the start of the first rotation.

- Videographer must be on the same level throughout the sequence.

Max Value 5 pts: Head-Up Straddle Spins with Synchronised Carve

- The straddle must spin rapidly, with three and a half (3.5) pirouette rotations performed within five seconds from the start of the first rotation.
- Synchronous with the Performers' rotations, the Videographer must carve 180° opposite the Performer's rotation.
- Videographer must be on the same level throughout the sequence.

Max Value 10 pts: Head-Up Straddle Spins with Half Eagle

- The straddle must spin rapidly, with three and a half (3.5) pirouette rotations performed within five (5) seconds from the start of the first rotation.
- Synchronous with the Performers' rotations, the Videographer must perform a half Eagle passing under the Performer with half (180°) camera roll at the lowest point, the roll in the opposite direction as the Performer's rotation.
- At the end, the Videographer must be on the same level.

Judging guidelines

- When the Videographer passing under the Performer, during the Half Eagle, makes the camera roll to the wrong direction, 30% will be deducted.
- When the legs are clearly not straddled at least 90° apart, 30% - 50% will be deducted.
- If there is a bend at the waist, 50% will be deducted.
- if no momentary stop is shown at the beginning **or** end, 5% will be deducted.
- If the stop is not shown at the beginning **and** end, 10% will be deducted

FREESTYLE B CATEGORY

FIRST COMPULSORY ROUND (ROUND 2)

FsB-1 Back Loop Sequence

Back layout loop:

- Start must be from a layout position in a head up orientation
- Torso must be straight and legs in line with the torso without any bend at the waist
- One complete 360° back layout rotation must be performed
- Loop must be about a horizontal axis without tilting or changing direction
- Looping motion must be smooth
- Entry into the tuck back loops shall be smooth and without any stopping

Tucked back loops:

- **Two** complete back loops must be performed in a tuck position.
- The second back loop must end in a head up straddle pose

Videographer Requirements:

- Camera must be on the same level and show the performer from his/her front at the start of the back layout rotation
- The same distance and level between performer and Videographer must be maintained

FsB-2 Cartwheel Sequence

Cartwheel:

- Beginning is a straddle position in head-up orientation.
- Torso must be straight, without any bend at the waist throughout the sequence.
- Head, shoulders and torso must be in line, facing the same direction throughout the Cartwheel (without any twist in the torso).
- The sequence must end in a straddle position in head-up orientation.
- One (1) complete 360° cartwheel rotation in the straddle position must be performed.
- The cartwheel can rotate in either direction.

Videographer Requirements:

- Camera must show Performer from his/her front at the start and end of the compulsory sequence.
- The same distance and level between Performer and Videographer must be maintained during the sequence and camera must stay in place.

FsB-3 Head-Up Carving Sequence

Carve:

- The Performer must start from a layout position in a head-up orientation, facing the Videographer.
- The Performer and Videographer must orbit 360° around an imaginary centre.

Videographer Requirements:

- Videographer must show the front of the Performer throughout the sequence.
- Videographer must show the image as if the Performer remains static with only the background moving.
- Videographer must be on the same level as the Performer throughout the sequence and show a portion of the ground within the video frame.
- Videographer must maintain the same distance from the Performer throughout the sequence.

FREESTYLE B CATEGORY

SECOND COMPULSORY ROUND (ROUND 5)

FsB-4. Angle Flying with 360° Barrel Roll

THIS COMPULSORY SEQUENCE MUST NOT BE THE FIRST ONE PERFORMED!

- Performer is in approximately 45° diagonal orientation with the head low.
- Performer must be in a layout position, without any bend at the waist, throughout the sequence.
- At the beginning and the end, the Performer must be facing upward.
- The Performer will make a 360° rotation on the Body Head-Tail axis while maintaining an approximately 45° diagonal orientation.

Camera requirements:

- Videographer must show Performer from his/her side.
- The video image must show the horizon, with the sky in the upper portion of the frame throughout the sequence.

Judging guidelines:

- When this Compulsory Sequence is performed first in the compulsory routine, the maximum score will be three.

FsB-5 Head Up Straddle Spins

Straddle position:

- A Straddle position in head-up orientation must be demonstrated prior to starting the rotation and after the rotation.

Spins:

- Performer is in straddle position, without any bend at the waist, in head-up orientation.
- Spins can be in either direction.
- The straddle must spin rapidly, with a minimum of two (2) pirouette rotations performed.

Videographer requirements:

- At the beginning and the end, the Videographer must show the front of the Performer.
- Videographer must be on the same level throughout the sequence.

FsB-6 Flip Through Sequence

- At the beginning, the Performer is in belly-down orientation.
- For a complete Flip Through, torso must roll through 360° while simultaneously turning through 360° horizontally.

- The torso must be belly-down at the start of the rotation, on its side when 90° of the turn is complete, on its back when 180° of the turn is complete, and on the other side when 270° of the turn is complete.
- Legs must remain together and straight.
- There must be at least an 160° angle between the front of the torso and the thighs throughout the sequence.
- The face must remain facing the Videographer (Performer looking into the camera lens) and maintain the same direction throughout all the rotations.
- Three complete rotations, without stopping, must be performed.

Videographer requirements:

- The image must be upright with the sky in the upper portion of the frame.
- Videographer must stay on the same level, remain in place and show the Performer from the front.

END.