

**ADDENDUM – A2**  
**FREEFLYING COMPULSORY SEQUENCES**  
**PERFORMANCE REQUIREMENTS & JUDGEMENT**  
**CRITERIA**

- 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. Freely A Category must also submit their chosen Max Values (see addendum D)
- The face to face requirement means that the Performers must be with their heads at the same level and looking at each other.
- Being on the same level means that the centres of the bodies are at the same level.
- 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 ends when the Judges see the Team completes or abandons the performance requirements of that sequence.
- The Videographer must maintain a consistent distance from the Performers' centre point 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.

**FREEFLY A CATEGORY**

**FIRST COMPULSORY ROUND (ROUND 2)**

**FF-1. 2-way Eagle**

Half Eagle

- One Performer is in a head-up orientation, the other in a head-down orientation, on level.
- The head-down Performer goes below the head-up Performer, as the head-up Performer goes over the top, moving around an imaginary centre between them so that they end up in opposite positions and orientations than they originally began.
- The Half Eagle should be performed as one continuous movement.
- The Half Eagle must remain on the same heading.

Videographer requirements

- The Videographer must show the Performers from the side.
- The Videographer must be on the same level with the Performers' centre point, throughout the sequence.

**Max Value 5 pts: 2-way Half Eagle**

- The move is performed as described above.

**Max Value 7,5 pts: 2-way Full Eagle**

- The move is performed as described above, then:
- The movement continues until the Performers end up in their relative beginning positions.
- The Full Eagle should be performed as one continuous movement.
- The Full Eagle must remain on the same heading.

### **Max Value 10 pts: 2-way Full Eagle with Synchronised Roll**

- The move is performed as described for 7,5 points and:
- The Videographer must make a synchronised roll with the Performers, showing an image as if the Performers remain static with only the background moving.

### **Judging guidelines**

- When the Videographer makes the roll in the wrong direction, 30% will be deducted.
- When the Full Eagle is not performed as one continuous movement, 20% will be deducted.

## **FF-2. Cat Barrel Roll**

### **Cat position**

- Both Performers are in belly-down orientation.
- One Performer has grips on the lower legs or feet of the other Performer, the right hand on the right lower leg/foot and the left hand on the left lower leg/foot.
- The upper legs should be in line with the torso.
- Both Performers simultaneously perform one full barrel roll along the same axis, maintaining the same heading.
- The barrel rolling can be in either direction.

### **Videographer requirements**

- At the beginning, the Videographer must be in line with the body Left-Right axes of the Performers showing a side of the Performers.
- Videographer must be on the same level as the Performers' centre point and remain in place throughout the sequence.

### **Max Value 5 pts: Single Cat Barrel Roll**

- The move is performed as described above.

### **Max Value 7,5 pts: Double Cat Barrel Roll**

- Cat Barrel Roll is performed as described but with two rolls
- Both Performers simultaneously perform two consecutive full barrel rolls, without stopping, along the same axis, maintaining the same heading.

### **Max Value 10 pts: Double Cat Barrel Roll in Layout Position**

- Cat Barrel Roll is performed as described but with two rolls
- Both Performers simultaneously perform two consecutive full barrel rolls, without stopping, along the same axis, maintaining the same heading.
- The Performers must maintain a layout position, without any bend at the waist, with the knees straight, throughout the entire sequence.

### **Judging guidelines**

- One or both grips in wrong location (i.e., not on lower leg/feet), 30% will be deducted.
- If the two (2) barrel rolls are not consecutive and smooth, 20% will be deducted.
- When one Performer is not in layout position when it is required, 25% will be deducted.
- When both Performers are not in layout position when it is required, 40% will be deducted.

## **FF-3. Head Up Grip Sequence**

- Both Performers are in head-up orientation.
- After making the required grip(s) both performers simultaneously release their grip(s)
- The distance between the Performers must remain the same during the sequence.

### **Max Value 3 pts: Head-Up Side-by-Side Grip 360°**

- At the beginning, both Performers are side-by-side. (Sit Position is allowed.)
- A hand-to-hand grip is taken (left-to-right hand or right-to-left hand).
- After grip release, both Performers simultaneously perform a 360° pirouette while remaining on the same level and retake the grip.
- Videographer must show the front of the Performers at the beginning, on the same level, stay on level and remain in place.

### **Max Value 5 pts: Head-Up Face-to-Face Grips 360°**

- At the beginning, both Performers are face-to-face. (Sit Position is allowed.)
- A double hand-to-hand grip is taken (left-to-right hand and right-to-left hand).

- After grip release, both Performers simultaneously perform a 360° pirouette while remaining on the same level.
- Both Performers retake both grips at the same time
- Videographer must show the side of the Performers at the beginning, on the same level, stay on level and remain in place.

**Max Value 7,5 pts: Stand-Up Side-by-Side Grip 360° - Layout Position**

- Both Performers must maintain the layout position throughout the entire sequence

**Max Value 10 pts: Stand-Up Face-to-Face Grips 360° - Layout Position**

- Both Performers must maintain the layout position throughout the entire sequence.

**Judging guidelines**

- \_Wrong body position (when not in layout position when it is required), 50% will be deducted.
- \_When double hand-to-hand grips are not taken simultaneously, 20% will be deducted.
- \_When only one (1) grip is taken when two (2) should be taken, 30% will be deducted.
- \_When any grip(s) is (are) not hand-to-hand, 30% will be deducted.

**FF-4. Angle Flying**

- Both Performers are flying at a minimum of 20° diagonally off vertical and horizontal compared to the horizon with their heads low.
- The Videographer must demonstrate an on-level position.

**Max Value 3 pts: Angle Flying Pose**

- One Performer is facing upward, and the other Performer is facing downward, face-to-face.
- This angle flying must be maintained for a minimum of three (3) seconds.
- The Videographer must show the Performers from the side.
- The Videographer must show the horizon at an approximately 45° diagonal angle.

**Max Value 5 pts: Angle Flying with Synchronised Back Loops**

- At the beginning and the end, both Performers are side-by-side, facing upward.
- Both Performers must simultaneously perform a full back loop.
- The Videographer must show the front of the Performers from above.

**Max Value 7,5 pts: Angle Flying with a Loop (video on the front)**

- At the beginning, both Performers are angle flying side-by-side on the belly, with their heads low for a minimum two (2) seconds, facing the Videographer. The Videographer is back-flying in the same direction as the Performers.
- The Performers make a synchronised front loop to head high angle-flying on the belly traveling in the opposite direction. Synchronous with the Performers' front loop, the Videographer must pass underneath the Performers.
- At the end, both Performers are angle flying side-by-side on the belly, with the head high for a minimum of two (2) seconds, facing the Videographer. The Videographer is back-flying in the same direction as the Performers.
- The Videographer must show the Performers from their front at the beginning and at the end.

**Max Value 10 pts: Angle Flying with a Loop (video on the side)**

- At the beginning, both Performers are angle flying side-by-side on the belly, with their heads low for a minimum two (2) seconds.
- The Performers make a synchronised front loop to head high angle-flying on the belly traveling in the opposite direction.
- At the end, both Performers are angle flying side-by-side on the belly, with the head high for a minimum two (2) seconds.
- The Videographer must show both Performers from their side throughout the sequence.

**SECOND COMPULSORY ROUND (ROUND 5)**

**FF-5. Head Down Carve**

Head-Down Carve

- Both Performers are in head-down orientation, facing one another on the same level.

- Both Performers start carving around an imaginary centre between them.
- A minimum of 360° of carving must be performed by the Performers.
- The carving orbits must be ~~round~~ circular (not elliptical).
- The Performers must maintain the same distance from each other and remain facing one another during the sequence.

#### Videographer requirements

- Videographer must be carving around in the opposite direction of the Performers, maintaining the same distance and the same level.
- A minimum of 360° of carving must be performed by the Videographer, at the same angular speed as the Performers.
- Videographer must stay on the same level as the Performers.

#### **Max Value 3 pts: 360° Head-Down Carve**

- The move is performed as described above.

#### **Max Value 5 pts: Head-Down Carve with Carousel**

- Head-Down Carve is performed as described above and then a Carousel.
- Upon completing 360° of carving, the Performers, each perform an individual 360° Pirouette while arched at the hips.
- The Videographer must be stationary, showing the sides of the Performers at the beginning and end of the Carousel.

#### **Max Value 7,5 pts: Outface Head-Down Carve with Videographer Carving**

- Head-Down Carve is performed as described above, but outfacing (without a Carousel).
- Both Performers are in head-down orientation, outfacing with their backs to one another, and on the same level.
- A minimum of 720° of carving must be performed by the Performers.
- A minimum of 360° of carving must be performed by the Videographer.

#### **Max Value 10 pts: Outface Head-Down Layout Carve with Videographer Carving**

- Outface Head-Down Carve is performed as described above plus the following:
- Both Performers must be in a layout position, without any bend at the waist, with the knees straight throughout the sequence.

## **FF-6. Peekaboo – Side stalls**

#### Peekaboo

- At the beginning of the sequence, both Performers are in a head-down orientation, on the same heading facing the same direction, one behind the other, with their heads on the same level.

#### Side Stalls

- Both Performers make a minimum of two (2) side stalls (one, and then the other to the opposite direction), and end back at the start position with one behind the other.
- Two (2) side stalls in a row should reach an angle of at least 30° with respect to the vertical.
- The torsos and the hips must maintain the same heading throughout the sequence. (The Performers may cross the front leg past the midline of their body over to the side, as long as they do not rotate their hips.)
- The side stalls must be synchronised.
- The proximity between the Performers must be such that the overall sequence appears symmetrical in timing.
- **No** momentary stop is required at the beginning or at the end.

#### Videographer requirements

- The Videographer must show the front of the front Performer.

- The back Performer is hidden by the front Performer at the beginning, and each time while passing the vertical, and at the end of the sequence.
- The Videographer must stay on the same level as the Performers and maintain the same heading throughout the entire sequence.

**Max Value 5 pts: Peekaboo (with Body Head-Tail rotation allowed)**

- The Peekaboo is performed as described above, but the Performers may rotate to their belly or back during the side stalls.

**Max Value 10 pts: Peekaboo**

- The Peekaboo is performed as described above.

**FF-7. Synchronised Back Layouts**

Back Layouts

- Both Performers begin in layout position in head-up orientation, side- by -side, on the same level and heading.
- Both Performers simultaneously perform a full layout back loop.
- Looping motion must be smooth, around the same horizontal axis, without wobbling.
- Both Performers simultaneously end in head-up orientation, side- by- side, both facing the Videographer.
- Both Performers must be in a layout position throughout the sequence.

Videographer requirements

- At the beginning, the Videographer must be in front of both Performers.
- Videographer must stay on the same level as the Performers' centre point and remain in place throughout the sequence.

**Max Value 3 pts: Single Back Layout**

- The move is performed as described above.

**Max Value 7.5 pts: Two (2) Back Layouts**

- Without stopping, both performers simultaneously perform a second full layout back loop.

**Max Value 10 pts: Two (2) Back Layouts with Half Twist**

- Back layouts performed as described above.
- Without stopping, both Performers simultaneously perform a second full layout back loop with a half twist.
- The half twist must be performed within and evenly executed throughout the loop and performed in the same direction.
- Both Performers simultaneously end in head-up orientation, side by side, both facing away from the Videographer.

**Judging guidelines**

- When each Performer is twisting in a different direction, 30% will be deducted.

**FF-8. Rebound**

**Max Value 5 pts: Half Linked Rebound**

- Both Performers are side-by-side in a head-down or angle back-flying orientation, facing the Videographer.
- A hand-to-hand grip (left hand of one Performer with the right hand of the other Performer or vice versa) is taken.
- While maintaining the grip, the Performers make a half reverse eagle over the Videographer ("back layout") to the belly and **release the grip**.
- The Performers then make a half eagle ("front layout") to a head-down or angle back-flying orientation, ending on the original heading in their original starting position.
- The Performers must maintain eye contact with the Videographer throughout the sequence.

Videographer requirements

- The Videographer is facing the Performers and shows them on the horizon at the beginning, middle, and end of the sequence.

### **Max Value 7,5 pts: Rebound with a Roll**

#### Half Linked Rebound

- Both Performers are side-by-side in a head-down or angle back-flying orientation, facing the Videographer.
- A hand-to-hand grip (left hand of one Performer with the right hand of the other Performer or vice versa) is taken.
- While maintaining the grip, the Performers make a half reverse eagle over the Videographer ("back layout") to the belly and **release the grip**.
- Once on the belly, both Performers simultaneously make a 360° barrel roll in place, maintaining the same heading.
- The Performers then make a half eagle ("front layout") to a head-down or angle back-flying orientation, ending on the original heading in their original starting position.
- The Performers must maintain eye contact with the Videographer throughout the sequence.

#### Videographer requirements

- The Videographer is facing the Performers and shows them on the horizon at the beginning, middle, and end of the sequence.

### **Max Value 10 pts: Linked Rebound with a Tucked Loop**

- Both Performers are side-by-side in a head-down or angle back-flying orientation, facing the Videographer.
- A hand-to-hand grip (left hand of one Performer with the right hand of the other Performer or vice versa) is taken and is **maintained throughout the sequence**.
- While maintaining the grip, the Performers make a half reverse eagle over the Videographer ("back layout") to the belly.
- Once on the belly, both Performers, while maintaining the grip, then make a half eagle ("front layout") back to their original starting position.
- The Performers must perform a linked tight tuck front loop (trick) in the middle of the linked half eagle ("front layout") (when they are above the Videographer).
- At the end, both Performers should be in their original starting position.

## **FREELY INTERMEDIATE**

### **CATEGORY FIRST COMPULSORY ROUND (ROUND 2)**

#### **FFI-1. Turning Joker**

##### **Joker**

- One Performer is in a head-up orientation, the other in a head-down orientation, face to face.
- A right hand-to-right hand (or left hand-to-left hand) grip is taken and must be maintained during the entire sequence.
- The formation is rotated 180°, i.e. the Performers rotate to swap positions.

##### **Videographer requirements**

- The Videographer must show the Performers from the side.
- The Videographer must be on the same level with the Performers' centre point.

#### **FFI-2. Cat Barrel Roll**

##### **Cat position**

- Both Performers are in belly-down orientation.
- One Performer has grips on the lower legs of the other Performer, the right hand on the right lower leg or foot and the left hand on the left lower leg or foot.
- The upper legs should be in line with the torso.
- Both Performers simultaneously perform one full barrel roll along the same axis, maintaining the same heading.
- The barrel roll can be in either direction

##### **Videographer requirements**

- At the beginning, the Videographer must be in line with the body Left-Right axes of the

Performers showing a side of the Performers.

- Videographer must be on the same level as the Performers' centre point and remain in place throughout the sequence.

**Max Value 5 pts: Cat Barrel Roll** is performed as described above.

**Max Value 7.5 pts: Double Cat Barrel Roll**

- Cat Barrel Roll is performed as described but with two rolls
- Both Performers simultaneously perform two consecutive full barrel rolls, without stopping, along the same axis, maintaining the same heading.

**Max Value 10 pts: Double Cat Barrel Roll in Layout Position**

- Cat Barrel Roll is performed as described but with two rolls
- Both Performers simultaneously perform two consecutive full barrel rolls, without stopping, along the same axis, maintaining the same heading.
- The Performers must maintain a layout position, without any bend at the waist, with the knees straight, throughout the entire sequence.

### **FFI-3. Totem**

Totem

- Both Performers are in head-up orientation, on the same heading.
- One Performer demonstrates a feet-to-shoulder dock, a separate foot on each side of the head of the lower Performer, without any additional grips.
- The left foot of the top Performer must be on the left shoulder of the lower Performer and the right foot of the top Performer must be on the right shoulder of the lower Performer.

Videographer requirements

- The Videographer must show the front of both Performers on level with the head of the lower Performer and remain in place throughout the sequence.

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**Max Value 5 pts: Totem** is performed as described above.

**Max Value 7.5 pts: Layout Top Totem**

- Totem is performed as described plus the following:
- The Performer on the top must be in a layout position, without any bend at the waist, with the knees straight throughout the sequence.

**Max Value 10 pts: Layout Totem**

- Totem is performed as described plus the following:
- Both Performers must be in a layout position, without any bend at the waist, with the knees straight throughout the sequence.

## **CATEGORY SECOND COMPULSORY ROUND (ROUND 5)**

### **FFI-4. Full Eagle (Head-up)**

Eagle

- Both Performers are in head-up orientation, facing the Videographer, with a hand to hand grip.
- The Performers move over the Videographer, who simultaneously moves under.
- As the Performers and Videographer pass, each performs a 180° turn. (They will have effectively swapped positions).
- After a momentary stop, the Videographer then moves over the Performers, who simultaneously move under.
- As the Videographer and Performers pass, each performs a 180° turn. (They will have effectively swapped positions again).
- Performers must move in a controlled manner and at the same time.

### **FFI-5. Synchronised Back Layouts**

Back Layouts

- Both Performers begin in layout position in head-up orientation, side by side, on the same level and heading.
- Both Performers simultaneously perform a full layout back loop.
- Looping motion must be smooth, around the same horizontal axis, without wobbling.
- Both Performers simultaneously end in head-up orientation, side by side, both facing the Videographer.

#### **Videographer requirements**

- At the beginning, the Videographer must be in front of both Performers.
- Videographer must stay on the same level as the Performers' centre point and remain in place throughout the sequence.

### **FFI-6. Mixed Carve**

- One Performer is in head-down orientation, the other is in head-up orientation facing one another with heads on the same level.
- Both Performers start carving around an imaginary centre between them.
- 360° of carving must be performed by the Performers, (so they end in the start positions).
- The carving orbit must be circular (not elliptical).
- The Performers must maintain the same distance from each other and remain facing one another during the sequence.

#### **Videographer requirements**

- The Videographer must show the Performers from the side.
- The Videographer must be on the same level as the Performers.

## **FREEFLY B**

### **FIRST COMPULSORY ROUND (ROUND 2)**

#### **FFB-1 Synchronized Front Loop**

- At the beginning, both Performers are side-by-side in a sit position, facing the camera.
- Performers must be **unlinked** at all times during the sequence.
- Both Performers simultaneously perform one (1) synchronized Front loop.
- Performers end up in original positions, maintaining level with each other during the front loop.

**Videographer** must show the front of the Performers at the beginning, on the same level, stay on level and remain in place.

#### **FFB-2 Head-Up Grip Turns**

- At the beginning, both Performers are face-to-face in a head-up orientation (sit position allowed).
- A hand-to-hand grip is taken (left-to-right hand or right-to-left hand).
- After grip release, both performers simultaneously perform a 360° pirouette while remaining on the same level and retake the same grip.

**Videographer** must show the side of the Performers at the beginning, on the same level, stay on level and remain in place.

#### **FFB-3 Head Up Carve**



- At the beginning, both Performers are face-to-face in a head-up orientation (sit position allowed).
- Both Performers start carving around an imaginary centre between them.
- Both Performers must carve 360°, ending where they began.
- The Performers must maintain the same distance from each other and remain facing one another during the sequence.

**Videographer** must show the side of the Performers at the beginning and end, stay on level and remain in place

## SECOND COMPULSORY ROUND (ROUND 5)

### **FFB-4. Cat Barrel Roll**

- Both Performers are in belly-down orientation.
- One Performer has grips on the lower legs of the other Performer, the right hand on the right lower leg and the left hand on the left lower leg.
- The upper legs should be in line with the torso.
- Both Performers simultaneously perform one full barrel roll along the same axis, maintaining the same heading.
- The barrel rolling can be in either direction.

**Videographer** must show the side of the Performers at the beginning and end, stay on level and remain in place.

### **FFB-5. Angle Flying**

**THIS COMPULSORY SEQUENCE MUST NOT BE THE FIRST ONE PERFORMED!**

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

- Both Performers are in an approximately 45° diagonal orientation with their heads low.
- At the beginning, both Performers are facing downwards (belly-to-earth), in a layout position, without any significant bend at the waist.
- Performers take a hand-to-hand grip (left-to-right hand or right-to-left hand).
- Performers fly in a forward direction, in an approximately 45° diagonal orientation with their heads low, maintaining hand grip.
- This angle flying must be maintained for a minimum of 3 seconds.

**Videographer** must show the Performers and the hand grip during the whole of the sequence, from above or below, whichever position they prefer.

### **FFB-6. Head-Up Full Eagle**

Eagle

- At the beginning, both Performers are face-to-face in a head-up orientation (sit position allowed).
- One performer moves over the top of the other performer, who simultaneously moves under the other.
- As each performer passes under/over the other performer each performs a 180° turn. (Performers will have effectively swapped positions).
- After a momentary stop, each performer then repeats the sequence with the performer who moved over in the first move going under on the second move.
- Performers must move in a controlled manner and at the same time.

**Videographer** must show the side of the Performers at the beginning and end, stay on level and remain in place. (The performers will end in the same positions they started from.)