



Freely

Professional/Open and Amateur Categories Information, Rules & Technical Conditions

Introduction

The competition will be conducted under the authority granted by iFly Singapore, according to the regulations of iFly Singapore and these rules. All participants accept these rules and the iFly Singapore regulations as binding by registering in the competition. There are 5 parts to this document stating the below.

Main document – Rules, format and information of the competition.

Addendum A - Basic orientation, Body positions and Definitions

Addendum B – Difficulty

Addendum C – Compulsory Randoms

Addendum D – Routine Description

Venue

iFly Singapore, #01-01 Siloso Beach Walk, Singapore 099010

Event

Freeflying Team Event (Up to two Performers and an alternate) Professional and Amateur categories.

Competition Dates

Thursday 13th December 2012 – Sunday 16th December 2012

Competition Schedule

Competition Schedule: To be confirmed. The competition will run concurrently with the FS, VFS and NeoFreestyle competition, over four days with the awards ceremony and party taking place on the Saturday evening. Practice and speed setting rounds will take place in the afternoon of Thursday the 13th of December. Below is the tentative schedule.

Thursday 13th December: Registration opens at 10am. Speed setting from 2pm and the issuing of rounds after speed setting.

Friday 14th December: Opening Speech followed by qualifying rounds 1-5 from 9am until 7pm.

Saturday 15th December: Competition qualifying rounds 6-8 and semi-finals from 9am until 7pm.

Sunday 16th December: Finals in the morning. Flight displays, demonstrations and group flying in the afternoon. Prize giving at 4pm followed by closing party.

Training Flights/Practice Times

Training flights may only take place prior to the start of the competition. Three minutes per team will be allocated for speed setting. This is included in the entry fee.

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Speed setting slots will take place on the afternoon of Thursday the 13th of December.

Additional Training time is available prior to the competition weekend at additional cost on a first come first served basis, extended opening hours will be in operation to allow teams the maximum opportunity to train. The team training rate is \$1500SDG per hour from the 10th December.

Competitors are not allowed to skydive (freefall from an aircraft) or fly in iFly Singapore or any other wind tunnel after the commencement of the competition draw on Thursday 13th December.

Competition Format

(C = Compulsory Routine, F = Free Routine)

8 Qualifying Rounds (Sequence F-C-F-C-F // F-C-F).

- i. 3 Compulsory; 35 seconds working time
- ii. 5 Free Rounds; 45 seconds working time.

3 Semi-Final Rounds (Sequence F-C-F): Scores carried forwards

- i. 1 Compulsory; 35 seconds working time
- ii. 2 Free Rounds; 45 seconds working time.

3 Final Rounds (Sequence F-C-F): Scores carried forwards

- i. 1 Compulsory; 35 seconds working time
- ii. 2 Free Rounds; 45 seconds working time.

Categories

Professional and Amateur (Please note each category must have a minimum of five teams entered in order to take place.)

How to Apply

Due to Authorities' requirements (in terms of maximum building capacity), numbers of teams are limited. Attendance at the competition is therefore by application only.

The maximum number of Freely teams is 40 (divided amongst both categories).

Team members can apply and pay the registration online at

www.indoorskydivingchampionships.com. Each team member will need to apply individually. Athletes can also request an application and payment form by emailing competition@iflysingapore.com.

The closing date for all applications should be submitted by 30th November 2012.

Competition Officials

The competitors will be notified of the attending officials during the Competitors' Briefing.

Entry fees

Entry fees must be paid at the time of application via the online payment form. Payment can be taken on Credit, debit card or via Paypal.

The entry fee is \$300 per person per category before the 1st October 2012 and \$400 per person per category after 1st October 2012.

The entry fee is not refundable unless the competition is cancelled by iFly Singapore.

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Catering

Competitors are welcome to patronise the food and beverage outlets within the iFly Singapore building including McDonalds, BoraBora Bar, O'Briens Sandwich shop, SkyLoft Rooftop Bar and Restaurant which will be open throughout the competition.

Alcohol is not permitted to those who are flying until the end of each flying day.

Entertainment

After the awards ceremony on Saturday evening there will be a party.

Rules & Technical Conditions

Definitions of Words and Phrases used in these Rules

Heading: the direction in which the front of the torso of the Performer faces.

Move: a change in body position, and/or a rotation around one or more of the three (3) body axes, or a static pose.

Grip: a recognisable stationary contact of the hand(s) of one Performer on a specified part of the body of the other Performer, performed in a controlled manner.

Dock: a recognisable stationary contact of the foot (feet) of one Performer on a specified part of the body of the other Performer, performed in a controlled manner.

Body: consists of the entire competitor and their equipment.

Dive Pool: consists of the moves depicted in the addendum D.

Total Separation: is when all competitors show at one point in time they have released all their grips and no part of their arms has contact with another body.

Scoring Random: is a random which is correctly completed and clearly presented, apart from the first formation after exit, must be preceded by a correctly completed and clearly presented total separation. All Randoms and total separations must be clearly shown on video.

Infringement is one of the following:

1. An incorrect or incomplete move which is followed within working time by a total separation
2. A correctly completed move preceded by an incorrect total separation.
3. A move or total separation not clearly presented.

Omission is one of the following:

1. A move missing from the drawn sequence.
2. No clear intent to build the correct move is seen and another move is presented and there is an advantage to the team resulting from the substitution.

Working Time: Working time starts the instant any Team Member enters the through the doorway, as determined by the Judges, and terminates a fixed length of time later, as specified for the round.

NV: Moves or total separations not visible on screen due to factors that can not be controlled by the team.

It is the flyers responsibility to stay in view of the judges and cameras – the camera angles will be briefed to the teams at registration on the 13th December.

General Competition Rules

All participants accept these rules as binding by registering for the iFly Singapore Indoor Skydiving World Championships 2012. No departure from these rules is permitted. For anything not specified in these rules competitors should refer to FAI rules.

Where an unforeseen change is felt necessary to ensure the smooth running of the competition, a meeting will be held between Chief Judge, Meet Director and if necessary the competitors.

Each team shall be allocated 60 seconds per round, with a maximum working time of 35 seconds for each compulsory round or 45 seconds for the free routines.

iFly Singapore reserves the right to amend or cancel the competition and/or the prizes at their discretion.

There is only one doorway leading into the flight chamber which will be used for both entry and exits.

Eligibility

All members of teams should be experienced tunnel flyers. Flyers in the Amateur category do not need to be able to fly in the head down orientation.

All members of teams who are new to iFly Singapore must have been fully briefed before the start of the competition.

Team members may be of any nationality.

Team members may be of any gender.

The team shall consist of 2 competitors including the team captain. One alternate may be nominated.

Alternates must be nominated prior to the start of the event. An individual may be a member of only one team within the Freely discipline, even if this is as an alternate.

To qualify for the amateur category a participating team must not have more than 50% of its team members who have participated in a national or international competition or represented their country before for any indoor skydiving or actual skydiving competitions. The competition shall be of the same discipline. For the discipline of Freely skydiving, the representation shall include all artistic events.

The organiser of the competition has its sole discretion to decide any team's eligibility to participate in the competition, including but not limited to, eligibility to join the competition, eligibility to be in the professional or amateur category, even though the team have registered and paid. In the event the organiser decided that the team does not qualify for the competition or any particular category, the organiser shall send a letter to inform the team and issue a refund for the registration fee minus 10% administrative cost.

Equipment

Each individual is responsible for supplying their own suitable clothing and footwear.

Flight suits, helmets, goggles and ear plugs may be supplied upon request on arrival, subject to availability.

Video

All flight sessions will be recorded using the 'InTime' scoring system. This will be backed up by a DVD recording.

Rounds are recorded and may be reviewed for judging from any of the iFly Singapore cameras in the flight chamber.

Copies of flight sessions may be available at an extra cost after the competition has ended.

No camera or video equipment is allowed in the flight chamber or flight chamber waiting area unless iFly Singapore has given written consent.

All entrants will by entering the competition, be deemed to have agreed to be filmed and the resultant images shall be owned exclusively by iFly Singapore, its agents or assigns.

Object of the Events

The objective is for a team to perform a sequence of moves with the highest merit.

The accumulated total of all rounds completed is used to determine the final placing of teams.

Free routines are scored based on originality, difficulty, presentation, aesthetic value and choreography.

The top 8 teams will proceed to the semi-finals. If less than 8 teams enter the category, the top 4 teams shall proceed directly to the finals.

The top 4 teams from the semi-finals will proceed to the finals.

Performance Requirements

The compulsory Routines consist of a number of Compulsory sequences or Randoms drawn from the pools as described in Addendum C.

The pro speed compulsory round consists of 5 randoms, as does the amateur backfly round. The amateur head up round will consist of three head up randoms.

The order in which teams must perform their Randoms is as drawn. Once the 5 (or 3 for amateur) Randoms have been completed, they should be repeated, in order, until the working time has ended. It is the competitors' responsibility to stay in view of the judges camera angle, this will be briefed before the competition.

The content of the Free Routine(s) is chosen entirely by the team.

Competitors should be aware that the teams who devise different routines for each of the free rounds may score higher than those who perform the same routine for each round (depending on the quality of the presentation and choreography).

Teams are requested to deliver a description of their routine(s) to the chief judge before the start of the competition. Addendum D.

The Draw

The draw of the Randoms on the morning of the start of the competition will be supervised by the Meet Director.

The Randoms, as shown in Addendum C will be placed into one container. Each Random will be drawn from the container, one at a time, without replacement. A computerized drawn may also be used.

There will be one initial draw for the qualifying rounds and a second draw for the semi-finals and finals.

The sequence for the professional compulsory draw will be Belly/back in round 2 and Freely (head up – head down) in round 4 and 7 in the qualifiers and Freely (head up – head down) only for the semi-finals and finals for all compulsory rounds.

The sequence for the amateur compulsory draw will be Belly/back in round 2 and head up in round 4 and 7 in the qualifiers and head up only for the semi-finals and finals.

Flight Order

The initial flight order will be drawn by the judges before the start of the competition.

Video Recording

The competition will be recorded using the iFly Singapore tunnel cameras. It will also be filmed for broadcast on ESPN and Starsports.

The flights will be judged from video using the InTime scoring system. A backup DVD will be recorded and used in the event of a technical problem. Only one recording will be dubbed & judged.

Tunnel Entry Procedure

The tunnel will be set at the correct speed for the round (speed decided by the team in the practice time). During this time the flight instructor will stand in the doorway.

When the tunnel is at the correct speed, the flight instructor will allow the team to set up in the doorway. Open and amateur class teams must perform door entrances. The clock will start when both of a team member's feet leave the antechamber floor and enter the wind. Competitors can be leaning into the wind with one foot inside the tunnel without the clock starting as long as one foot is still on the floor in the antechamber.

At the end of the working time the flashing lights will come on and teams have 15 seconds to exit.

Scoring Free Routine (Rounds 1, 3, 5, 6 & 8, Semi-finals 1 & 3 and finals 1 & 3)

Judges give the following criteria a score between 0 and 10, expressed as a number up to one decimal point, taking into account the following guidelines:

Technical

1. **Difficulty:** The degree of difficulty of all moves and transitions.
2. **Movement Skills:** Ability to move vertical, horizontal and multiple rotations in a flat, back-down, sideways, head-up, head-down or any other possible orientation.
3. **Precision, Control:** Ability of the performers to demonstrate body control skill or series of skills.
4. **Team Work:** The ability to combine technical skills of the performers to stay within close proximity of each other throughout the routine and/or create complex effects of movements.

Examples for Technical:

- a. The performers maintain proper proximity throughout the moves.
- b. All flying surfaces are used (i.e. flat, back-down, head-up, head-down, sideways).
- c. A constant interaction and teamwork displayed.
- d. The routine shows a wide variety of skills.

Presentation

1. **Visual Excitement:** Routine should hold the viewers' attention throughout, the dynamic variety, entertaining without being unnecessary.
2. **Originality:** Creative choreography in variety.
3. **Team Work:** Routines that demonstrate combined skills of both team members.

Examples for Presentation:

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- a. The routine has a definite beginning, good use of working time and a definitive ending.
- b. The routine has a nice flow. There is a high level of creativity in the way of new moves, original choreography and new twists on old moves.
- c. The routine is enjoyable and aesthetically pleasing to watch.

Up to 0.5 points can be awarded to any team at the judge's discretion the below criteria from Serial a, b and c. When awarded, the bonus will be clearly shown with the scores. A maximum of 10.5 can be scored when including this bonus. The bonus is not available in compulsory rounds.

- a. Originality
- b. Timing
- c. Innovative maneuvers

Speed Compulsory Rounds (round 2, 4 & 7, Semi-finals round 2 and finals round 2)

Judges give a score for the Team as follows:

Each correctly performed Random and inter within the allotted working time will receive one (1) point. Teams may continue scoring by continually repeating the drawn Randoms.

Any incorrectly performed or non judge-able Random will lead to a score of zero (0) points.

Failure to meet the requirement of total separation will lead to a deduction of one (1) point.

An omitted Random will lead to a deduction of two (2) points. An omission is one of the following: Deliberate use of the net/tunnel walls will lead to a deduction of one (1) point.

A majority of the Judges must agree on the evaluation of correct, incorrect or non-judgeable Randoms, of the total separation requirement and of an omission.

All Randoms must be flown.

Calculation of the scores.

For the Free Rounds the judges' scores for the Technical criteria will be added together and divided by the number of judges. The judges' scores for the Presentation criteria will be added together and divided by the number of judges. Both will be done without any rounding. Both totals will be added together and divided by two, this will give the final score which should be rounded to one decimal place.

For the Compulsory Rounds all the scores for will be recalculated by means of the following formula: Each round will be scored between seven (7) and ten (10). The lowest scoring team will be awarded seven (7) points, and the highest scoring team will be awarded ten (10) points. The scores for all other teams will be calculated on a proportionate scale between these scores.

Rounding must be done as follows: intermediate values must be converted from two decimal places to one, by rounding to the nearest tenth, except where the second decimal digit is exactly halfway between the two values, where it must be rounded to the higher of the two.

Total scores for the events are calculated by adding Team's official scores of all completed rounds.

Re-flights

Re-flights will only take place at the Chief Judge's discretion.

Problems with a competitor's equipment shall not be grounds for the team to request a re-flight.

Appeals

In the event of a team disputing a judging decision, an appeal may be lodged through the Freely coordinator. An appeal fee of \$200 will be payable for each appeal raised, regardless of the outcome.

Appeals must be received within two hours of the round scores being released. Appeals received after this time will not be allowed.

The Chief Judge and Meet Director will decide if a round is eligible to be re-judged. The team must specify which point or points and/or points in time they want re-judged.

One single appeal and re-judge will be accepted per team per competition. The re-judged round decision will be final regardless of points scored being more or less than the initial judgment.

Another judging panel will re-judge the round and the re-judged round will be judged by the same procedures as a new round.

Training Flights/Practice Time

Training flights may only take place prior to the start of the competition. Three minutes per team will be allocated for speed setting. This is included in the entry fee.

iFly Singapore cannot be held responsible for teams who are unable to book training time prior to the competition.

Judging

A minimum of three judges must evaluate each team's performance.

The Chief Judge is responsible for all judging and scoring.

If, after the viewings are completed, and within fifteen seconds of the knowledge of the result, the Chief Judge or any Judge on the panel considers that an absolutely incorrect assessment has occurred, the Chief Judge will direct that only that part(s) of the flight in question be reviewed. If the review results in a unanimous decision by the Judges on the part(s) of the performance in question, the score for the flight will be adjusted accordingly. Only one review is permitted for each flight.

The judges will watch each flight up to a maximum of two times and at normal speed. The second viewing may be waived if all judges agree it is not necessary.

The start and finish of the working time will be indicated in the tunnel and will be clearly visible from the video. The chronometer will be operated by the Judges or by a person(s) appointed by the Chief Judge.

For the compulsory rounds a majority of Judges must agree in the evaluation in order to;

- credit the scoring round, or
- assign an omission or infringement, or
- determine an NV situation.

In the event of the scoring system failing the judges will use a scoresheet and manually score the rounds.

Determination of the Champion Team

The title of Indoor Skydiving World Championships 2012 World Champion Freely Team will be awarded to the team with the highest accumulated score in the completed Professional category rounds.

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The title of Indoor Skydiving World championships 2012 Amateur Champion Freely Team will be awarded to the team with the highest accumulated score in the completed Amateur category rounds.

If two or more teams within the top four places have equal scores, the first four places will be decided by comparison of the highest scoring round for each team. The team with the highest score on any individual round will be placed the highest.

If the winner still can not be decided the highest score starting with the last completed round and continuing in reverse order, round by round until the tie is broken will be placed highest. Awards will be presented to the top three scoring teams in each category.

ADDENDUM A

Basic Orientations, Body Positions and Definitions

A. BODY POSITION

The body positions define the relationship of the limbs to the torso. This includes the angle of the legs relative to the torso and the amount of bend at the hips and waist, knees and ankles. The arms are left free to control the position. For description purposes on heading, torso means the front of the torso.

A-1. Layout Position

- The torso is straight, with no bend at the waist (a slight arch is possible).
- The legs are together.
- The legs are straight, and in line with the torso.
- The head is in line with the torso.

A-2. Stag Position

- The torso is straight, with no bend at the waist.
- One leg is straight and in line with the torso.
- The other leg is bent forward at the hip and the knee is bent back to place the toe beside the knee of the straight leg. The bent leg is bent at least 90° at the knee.
- The head is in line with the torso.

A-3. Straddle Position

- The torso is straight, with no bend at the waist.
- The legs are split apart, from side to side, with at least a 90° angle between them.
- The legs are straight.
- The head is in line with the torso.

A-4. Pike Position

- The torso is bent forward at waist such that the angle between the torso and thighs is less than 90°.
- The legs are together.
- The legs are straight.

A-5. Straddle Pike Position

- The torso is bent forward at the waist such that the angle between the torso and the thighs is less than 90°.
- The legs are split apart, from side to side (in a straddle), with at least a 90° angle between them.
- The legs are straight.

A-6. Split (Daffy) Position

- The torso is straight, with no bend at the waist.
- The legs split apart from front and back, with at least a 90° angle between them.
- The front leg is straight, the back leg as straight as possible.
- The head is in line with the torso.

A-7. Tuck Position

- The torso is bent forward at waist such that the angle between the torso and thighs is less than 90°.
- The legs are bent at the knees, such that the angle between the upper and lower leg is less than 90°. The knees are not necessarily all the way up against the chest.
- The legs are together.

A-8. Tee Position

- The torso is straight, with no bend at the waist
- One leg is extended in front of the torso, at 90° to the torso.
- The other leg is straight in line with the torso.
- The legs are straight.

A-9. Sit Position

- The torso must be straight.
- Both legs are bent at the hips and at the knees, at an angle of about 45°.
- The lower legs must be parallel to the torso.
- The toes are pointed (freestyle skydiving only).

A-10. Compass Position

- Torso must be vertical and straight, with no bend at the waist.
- One leg must be straight down.
- The other leg is bent forward 90° at the hip, with the leg straight
- Either leg may be the forward leg.

B. ORIENTATIONS

There are six (6) different basic orientations which a body can have relative to the wind or net. These define which way the torso is oriented, and the orientation is the first way to categorize the poses.

B-1. Belly-Down Orientation

The torso is horizontal, on its front, the chest is facing down towards the net.

B-2. Back-down Orientation

The torso is horizontal, on its back, the chest is facing up towards the top of the tunnel.

B-3. Sideways Orientation

The torso is horizontal, on its side, with either side facing towards the net. The chest is facing the tunnel walls.

B-4. Head-up Orientation

The torso is vertical with the head up, towards the top of the tunnel.

B-5. Head-Down Orientation

The torso is vertical with the head down, towards the net.

B-6. Diagonal Orientation

Diagonal flying is any angle between 1° and 89°. For description purposes, the diagonal orientations are described in reference to the net.

C. ROTATION AXES

Most moves involve some sort of rotational motion of the body. A total of five (5) axes are required and sufficient to describe all possible rotational motions.

C-1. Earth/Wind Axes

There are two (2) inertial axes which stay fixed with respect to the relative wind (or net).

Vertical Axis

The vertical axis remains parallel to the relative wind (pointing from the top of the tunnel to the net).

Horizontal Axis

The horizontal axis is any axis perpendicular (90°) to the relative wind (pointing to the tunnel walls). It may have any heading (pointing towards any desired point on the tunnel walls).

C-2. Body Axes

There are three (3) body axes which stay fixed with respect to the performer's body.

Body Head-Toe Axis

The body head-toe axis is oriented lengthwise through the performer's torso, pointing from head to toe.

Body Front-Back Axis

The body front-back axis is oriented forwards and backwards through the performer's belly, pointing from front to back.

Body Left-Right Axis

The body left-right axis is oriented sideways through the performer's hips, pointing from left to right.

D. BASIC ROTATIONAL ACTIONS

There are four (4) basic rotational actions which form the basis for most moves.

D-1. Turns

Turns in general involve a rotation about the vertical axis such that the heading is changing. The body can be in any orientation while performing a turn.

D-2 Rolls

A roll is a rotation about the body head-toe axis when that axis is aligned with the horizontal axis.

D-3. Loops

A loop is a head-over-heels rotation around the horizontal axis, initiated about either the body left-right axis or the body front-back axis, when either of these axes are aligned with the horizontal axis. The body goes through a head-up position and a head-down position during the course of the loop. A loop is considered complete when the head has travelled 360° around the horizontal axis from the point at which is started. A loop can start from any orientation. There are three (3) types of loops. Note that loops are referred to by the direction in which the loop is initiated, since in the case of twisting loops, the direction in which the loop completes may be different from the direction at the start.

Back Loop

A back loop is a loop where the rotation is initiated about the body left-right axis with the torso rotating backwards.

Front Loop

A front loop is a loop where the rotation is initiated about the body left-right axis with the torso rotating forwards.

Side Loop

A side loop is a loop where the rotation is initiated about the body front-back axis with the torso rotating sideways.

D-4. Twist

A twist is a rotation about the body head-toe axis when combined with a loop. A single or full twist is defined to be a 360° rotation about the body head-toe axis. The amount of twist contained within a loop is the amount of twisting rotation completed after a 360° looping rotation has been performed, when measured from the point in the loop at which the twist was first initiated. Twists may be initiated at any position in the loop and in any direction.

E. DEFINITION BODY PARTS

The body is defined in specified parts, as follows:

- Head: the part of the body above the neck
- Shoulder: the upper part of the body between the neck the upper arm. The shoulder blade is excluded
- Torso: the body, including the shoulder, but excluding arms, legs, head and neck
- Arm: the whole arm, including the upper arm, lower arm, wrist and hand. The shoulder is excluded
- Upper arm: the part of the arm between the shoulder and the elbow
- Lower arm: the part of the arm between the elbow and the wrist. The elbow is excluded
- Hand: from the wrist to the fingers tips
- Leg: the whole leg, including the upper leg, knee, lower leg and foot.
- Upper leg: the part of the leg between the hip and the knee
- Lower leg: the part of the leg between the knee and the ankle
- Foot: from the ankle to the toes. The ankle is excluded
- Sole: that part of the foot on which a person stands

Grips can be taken and docks can be placed on these parts.

ADDENDUM B

Difficulty

Difficulty is the combined result of several factors. Moves are classified from very easy to very difficult. The overall performance of the flights (poses, moves and transitions) counts for difficulty.

In general difficulty factors are:

EASY	DIFFICULT
Large support base	Small support base
Rotation on 1 axis	Rotation on >1 axis (in which use of 3 axes is more difficult than use of 2 axes)
Transitions between moves with the same axes	Transitions between moves with different axes
Little control	High control
Single spins in loops	Multiple spins in loops
Single moves	Consecutive moves
Body position not kept during the movement	Ideal body position maintained throughout movement
No direction change	Reversal of direction

According to this list of difficulty factors, the following are examples only of the grading:

FREEFLYING					
Manoeuvres	Very Easy	Easy	Moderate	Difficult	Very Difficult
Carving Head-Down	Inface	Inface with direction change or spins	Taking grips outface	Outface	Outface with direction change, inclusion of spins/tricks
Carving Head-Up			Inface	Inface direction change or spins	Outface
Eagle Head-Up or Head-Down	Half	Full	Full with tricks spins Half reverse	Full reverse	Full reverse with tricks, spins
Eagle Head-Up/Head-Up		Half	Full	Full with tricks, spins	
Synchronized Trick	Loop	Loops	Loops with half twists	Loops full twist	Loops with multiple twists
Head-Up & Head-Down	Double spock Compress Totem Double joker Double grip vice-versa	Sole-to-sole Vertical compressed rotations Double grips Head Up	Double joker reverse Double sole-to-sole Head-to-Head	Head-to-head rotation	
Flat Position	Cat Star Compressed	Brouette	Interlock (Leg lock)		

NOTE: No stops are allowed between (part of) twists or these parts will be valued as single twisting moves.

Over-under moves in Freely are defined as follows. The 'tricks' in the table are loops (layout, tucked or piked) or barrels.

Full Eagle Freely:

Performer A is in a head-up orientation; performer B in a head-down orientation. Both performers are on opposite sides of the tunnel without touching the walls, side-ways to the camera. Performer A tracks over performer B while performing half a front loop; performer B tracks from the head-down orientation under performer A while performing half a front loop. Both performers maintain visual

contact with each other. Performer A passes through the head-down orientation while performer B passes through the head-up orientation. The rotation continues and performer A tracks from the head-down orientation under performer B while performing half a front loop, performer B tracks over performer A while performing half a front loop. Both performers maintain visual contact with each other. Both performers end up in the same positions where they originally started. This whole rotation should be one continuous movement.

Half Eagle Freely:

A 50% section of the Full Eagle, starting and stopping point undefined.

Full Reverse Eagle Freestyle:

The performer is in a head-up orientation on one side of the tunnel without touching the tunnel walls, side-ways to the camera. The performer moves feet first while performing half a back loop passing through the head-down orientation on the other side of the tunnel. The rotation continues and the performer moves from the head-down orientation, performing half a back loop, ending up in the original starting position. This whole rotation should be one continuous movement. Basically, a reverse eagle is an eagle performed feet first.

Full Reverse Eagle Freely:

Performer A is in a head-up orientation; performer B in a head-down orientation. Both performers are on opposite sides of the tunnel without touching the walls, side-ways to the camera. Performer A moves feet first under performer B while performing half a back loop; performer B moves feet first over performer A while performing half a back loop. Both performers maintain visual contact with each other. Performer A passes through the head-down orientation while performer B passes through the head-up orientation. The rotation continues and performer A moves feet first from the head-down orientation over performer B while performing half a back loop, performer B moves feet first under performer A while performing half a back loop. Both performers maintain visual contact with each other. Both performers end up in the same positions where they originally started. This whole rotation should be one continuous movement. Basically, a reverse eagle is an eagle performed feet first.

Half Reverse Eagle Freely:

A 50% section of the full reverse eagle, starting and stopping point undefined.

Switch:

A simultaneous change of the legs or the leg position (left to right, front to back, up to down) while maintaining the same body position and orientation.

Swivel:

A transition between similar positions, but on opposite legs, while keeping the legs in approximately the same place. For example, a daffy swivel might start in a right daffy (right leg forward), and then you twist your upper body 180° over your legs, such that you end up in a left daffy, facing 180° away from where you started.

Illusion:

An upward transition where only the orientation changes while maintaining the same body position (for example, from a tee to a compass while holding the legs in place and rotating the torso over the legs).

Inversion:

A downward transition where only the orientation changes while maintaining the same body position (for example, from a compass to a tee while holding the legs in place and rotating the torso over the legs).

ADDENDUM C

Compulsory Randoms

NOTE: When docking (facing each other and in the same orientation), a cross grip (which might seem to be opposite) is actually the same side of the body, and a mirror image grip (which might seem to be the same) is the opposite.

Same: The same docking side on both performers (right-to-right / left-to-left).

Opposite: The opposite docking side on both performers (right-to-left / left-to-right).

Belly/Back Orientation

BB-01 Belly Star - Both performers are on their bellies. The performers have a grip on both of the other's opposite arm (right-to-left and left-to-right).

BB-04 Mixed Closed Accordion - One performer is on his or her belly, the other on his or her back. Each performer has a single-handed grip on the other's opposite leg (right-to-left or left-to-right).

BB-05 Back Open Accordion - Both performers are on their backs. A grip is taken on the other's same arm (right-to-right or left-to-left).

BB-08 Mixed Side Body - One performer is on his or her belly, the other on his or her back. One performer has a double-handed grip on the other's arm and leg (arm and leg must be on the same side of the body).

BB-10 Mixed Cat - One performer is on his or her belly, the other on his or her back. One performer has a double-handed grip on the other's opposite leg (right-to-left and left-to-right).

BB-11 Back Stair Step - Both performers are on their backs. One performer has a single-handed grip on the other's opposite leg (right-to-left or left-to-right).

Head-Up Orientation

HU-01 Single Grip - A grip is taken on the other's opposite arm (right- to-left or left-to-right)

HU-02 In-Facing Double Grip - Performers have a grip on each of the other's opposite arms (right-to-left and left-to-right).

HU-03 Out-Facing Double Grip - Performers have a grip on each of the other's opposite arm (right-to-left and left-to-right).

HU-04 Hand-to-Foot - One performer has a single-handed grip on the other's opposite foot (right-to-left or left-to-right).

HU-05 Hands-to-Feet - One performer has a double-handed grip on each of the other's opposite feet (right-to-left and left-to-right).

HU-06 Feet-to-Knees - One performer has a double-footed dock on each of the other's opposite upper legs (right-to-left and left-to-right).

HU-07 Totem - Both performers face the same direction. One performer has a double-footed dock on each of the other's same shoulders (right-to-right and left-to-left).

HU-08 Foot-to-Foot - Each performer has a single-footed dock with the other's same foot (right-to-right or left-to-left).

HU-09 Double Spock - Each performer has a single-handed grip on the top of the other's head.

Mixed Head Up and Head-Down Orientation

HD-01 Joker (ADV / OPEN) - One performer is head-up, the other head-down. A grip is taken on the other's opposite arm (right-to-left or left-to-right)

HD-03 Mixed In-Facing Double Grip (ADV / OPEN) - One performer is head-up, the other head-down. While facing each other, a grip is taken on each of the other's same arm (right-to-right and left-to-left).

HD-05 Mind Warp (ADV / OPEN) - One performer is head-up, the other head-down. The head-up performer has a double-handed grip on the head-down performer's head.

HD-06 Double Spock (ADV / OPEN) - One performer is head-up, the other is head-down. Each performer has a single-handed grip on the other's head.

HD-07 Sole-to-Sole (ADV / OPEN) - One performer is head-up, the other head-down. Each performer has a single-footed dock with a sole on the other's same sole (right-to-right or left-to-left).

HD-08 Stair Step (OPEN) - Both performers are head-down. One performer performs a single-handed grip on the other's opposite leg (right-to-left or left-to-right).

HD-09 Vertical Closed Accordion (ADV / OPEN) - One performer is head-up, the other head-down. Each performer has a single-handed grip on the other's same leg (right-to-right or left-to-left).

HD-10 Sixty-Nine (ADV / OPEN) - One performer is head-up, the other head-down. The head-down performer has a double-handed grip on each of the other's same feet (right-to-right and left-to-left).

