

## **FREESTYLE SKYDIVING NATIONAAL PROGRAMMA 2017**

In afwijking van het internationale programma bestaan de 2 verplichte rondes uit 3 figuren plus een gedeelte vrije invulling. Elk figuur heeft een maximum score van 10 punten, en het vrije gedeelte eveneens 10 punten. De maximum ruwe score voor een verplichte ronde is 40 punten. De ruwe score moet door 4 worden gedeeld om de eindscore te bereiken. De volgorde van de 3 figuren is vrij, en kan voor beide verplichte rondes gelijk zijn. Wel wordt gevraagd dat deelnemers de scheidsrechters voor aanvang van de wedstrijd melden welke volgorde zij gaan uitvoeren.

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### *FR-1. Loop Twist Sequence*

#### Back Layout Loop

- Beginning shall be from the straddle position in a head-up orientation.
- One complete 360° layout back loop must be performed.
- Loop must be about a horizontal axis, without tilting or changing the heading.
- Looping motion must be smooth.
- Torso must be straight and legs in line with torso, without any bend at the waist.

#### Back Layout Loop Half Twist

- Entry in the back layout loop half twist must be smooth, without stopping.
- One complete 360° layout loop must be performed.
- One half twist must be performed, evenly distributed within the loop.
- Looping motion must be smooth.
- Torso must be straight and legs in line with torso, without any bend at the waist.

#### Front Layout Loop

- Entry in the front layout loop must be smooth, without stopping.
- One complete 360° layout front loop must be performed.
- Loop must be about a horizontal axis, without tilting or changing the heading.
- Looping motion must be smooth.
- Torso must be straight and legs in line with torso, without any bend at the waist.

#### Videographer requirements

- Videographer must show Performer from his/her side at the beginning of the sequence and must remain in place and on the same level as the Performer throughout the sequence.

### *FR-2. Compass Turn Sequence*

#### Compass position

- Beginning shall be from the compass position in a head-up orientation facing the Videographer.
- Two complete 360° turns must be performed.
- Turns must be in the direction of the horizontal leg (e.g. if the right leg is horizontal, then the turns must be right)
- Turns must be smooth.
- Torso must be straight and downward legs in line with torso, without any bend at the waist.

#### Videographer requirements

- Videographer must show Performer from his/her front at the beginning of the sequence and must remain in place and on the same level as the Performer throughout the sequence.

### *FR-3. Synchronized Back Turn Sequence*

#### Back Turn

- Start shall be from a layout position in back-down orientation.
- One single 360° turn (in either direction) must be performed.
- Turn must be around a vertical axis, without wobbling.
- Turn must be smooth.
- Torso must be straight and legs in line with the torso, without any bend at the waist.
- This sequence must stop in a layout position in back-down orientation.

#### Videographer requirements

- Camera must show Performer from his/her front at the start of the compulsory sequence and must stay in place throughout this sequence. The camera must make a synchronised turn with the Performer during his/her turn, showing an the image as if the Performer remains static with only the background moving.
- The camera must be in the same vertical axis as the Performer.
- The camera must maintain the same distance.