

Freefly compulsories NLD 2020

NATIONAL and ROOKIE category (version 28 March 2020)

The idea behind 'NATIONAL' and 'ROOKIE' compulsory categories is to prepare the participants for the FAI (a.k.a. international) compulsories.

The FAI compulsory category consists of two (2) rounds with each four (4) compulsory moves. The NATIONAL compulsories are a simplified¹ version of the FAI compulsories, consisting of two (2) rounds but with only three (3) compulsory moves. The ROOKIE compulsories are even more simplified: the two (2) compulsory rounds have the same four (4) compulsories.

The endstate is to create a low-threshold, easy access start to competing in freefly. Due to the low skill level required for entry, the participant's skills can develop while moving up the categories.

In deviation to the FAI rules:

-NATIONAL flies FF-1N through FF-3N in the first compulsory round (round 2) and FF-4N through FF-6N in the second compulsory round (round 5).

-ROOKIE flies FF-1R through FF-4R in both compulsory rounds (round 2 and 5).

FAI	NATIONAL	ROOKIE
FF-1 Double Joker Reverse	FF-1N Double Joker Reverse	
FF-2 Cat Barrel Roll	FF-2N Cat Barrel Roll	FF-1R Cat Barrel Roll
FF-3 Turning Totem	FF-3N Turning Totem	FF-2R Totem
FF-4 Head Down Carve		
FF-5 Full Eagle	FF-4N Full Eagle	
FF-6 Angle Flying	FF-5N Angle Flying	
FF-7 Synchronised Back Layouts		
FF-8 Head Up Grip Sequence	FF-6N Head Up Grip Sequence	FF-3R Right Hand to Right Hand Grip FF-4R Right Hand to Left Foot Grip

Table 1: Overview of categories

¹ Moves can be the same, however judging and/ or camera criteria are less harsh/ demanding.

FREELY COMPULSORY SEQUENCES PERFORMANCE REQUIREMENTS & JUDGEMENT CRITERIA

National and Rookie requirements, criteria and scoring are **added in bold** to Addendum A-2 to Competition Rules for Artistic Events 2020

<https://www.fai.org/isc-documents> → Skydiving Commission → Sporting Code and Competition Rules - Section 5: Parachuting & the General Section → Artistic Events

- The order in which these Compulsory Sequences can be performed is determined by the Team.
- The Team must submit the order of the Compulsory Sequences and their chosen Max Values before the start of the competition to the Chief Judge. (see para 5.2.3. and 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.

FF-1. Double Joker Reverse/ **FF-1N Double Joker Reverse**

Double 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° over the top, i.e. the head-up Performer moves directly over the other Performer into a head-down orientation. At the same time, the head-down

Performer moves directly underneath into a head-up orientation. (No sideways rotation is allowed.) This 180° rotation must be continuous.

-The Performers end in the opposite orientations and on the opposite heading. After this 180° rotation (the stop in between is only momentary), the formation is rotated in the reverse direction, (180° over the top) until the Performers end on the original heading in their original orientations.

Videographer requirements

-The Videographer must show the Performers from the side.

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

Scoring

Max Value 5 pts (**NATIONAL 7.5 pts**): Double Joker Reverse is performed as described above.

Max Value 7.5 pts (**NATIONAL 10 pts**): Double Joker Reverse with Synchronised Roll

-Double Joker Reverse is performed as described plus the following:

-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

-Wrong grip location (not right-to-right hand or left-to-left hand), the maximum score will be 70% of the Max Value.

-Wrong grip is not hand-to-hand, the maximum score will be 70% of the Max Value.

-When the Videographer makes the roll in the wrong direction, the maximum score will be 50% of the Max Value.

-When the Performers rotate in the wrong direction, the maximum score will be 50% of the Max Value.

FF-2. Cat Barrel Roll/ **FF-2N Cat Barrel Roll/ FF-1R 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 (1) 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.

Scoring

Max Value 5 pts (**ROOKIE 7.5 pts**): Single Cat Barrel Roll is performed as described above.

Max Value 7.5 pts (**ROOKIE 10 pts**):

-Double Cat Barrel Roll Cat Barrel Roll is performed as described but with two (2) rolls

-Both Performers simultaneously perform two (2) 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 (2) rolls

- Both Performers simultaneously perform two (2) 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), the maximum score will be 70% of the Max Value.
- If the two (2) barrel rolls are not consecutive and smooth, the maximum score will be 80% of the Max Value.
- When one Performer is not in layout position when it is required, the maximum score will be 75% of the Max Value (**NATIONAL and ROOKIE 100%**).
- When both Performers are not in layout position when it is required, the maximum score will be 60% of the Max Value (**NATIONAL and ROOKIE 100%**).

FF-3. Turning Totem/ **FF-3N Turning Totem/ FF-2R 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.
- Both Performers simultaneously pirouette 360° (**ROOKIE: no pirouette**).
- The pirouette can be in either direction.
- Both Performers must stay in the same axis during the pirouette, without wobbling.

Videographer requirements

- At the beginning and the end, 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.

Scoring

Max Value 5 pts (**ROOKIE 7.5 pts**): Turning Totem is performed as described above.

Max Value 7.5 pts (**ROOKIE 10 pts**): Layout Top Turning Totem

- Turning 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 Turning Totem

- Turning 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.

Judging guidelines

- Wrong body position (when not in layout position when it is required), the maximum score will be 50% of the Max Value.
- For assisting grip(s) (i.e. hands on feet), the maximum score will be 70% of the Max Value.

FF-5. Full Eagle/ **FF-4N Full Eagle**

Eagle

- Both Performers are in head-down orientation, facing the Videographer.

-The Performers go below the Videographer as the Videographer 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 movement continues until the Performers and the Videographer 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.

Videographer requirements

-Videographer must show Performers from their front during the whole sequence.

Scoring

Max Value 3 pts (**NATIONAL 6 pts**): Full Eagle is performed as described above.

Max Value 5 pts (**NATIONAL 10 pts**): Linked Full Eagle

-Full Eagle is performed as described above, but linked.

-Both Performers maintain a hand-to-hand grip (left hand of one Performer with the right hand of the other Performer or vice versa) throughout the entire sequence.

Judging guidelines

-When no trick (Pirouette or Front Loop) is performed, the maximum score will be 60% of the Max Value (**NATIONAL 100%**).

-When the grip is not hand-to-hand, when required, the maximum score will be 75% of the Max Value.

FF-6. Angle Flying/ **FF-5N Angle Flying**

THIS COMPULSORY SEQUENCE MUST NOT BE THE FIRST ONE PERFORMED!

-Both Performers are in an approximately 45° diagonal orientation with their heads low.

Scoring

Max Value 3 pts (**NATIONAL 5 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 (**NATIONAL 7.5 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 (**NATIONAL 10 pts**): Angle Flying with Synchronised Barrel Rolls

- At the beginning and the end, both Performers are side-by-side, facing downward.

-At the beginning and the end, the Videographer must show the Performers from the side.

-Both Performers must simultaneously perform a 360° barrel roll.

-Videographer must simultaneously carve 180° going over the Performers and end on the opposite side of the Performers' centre point.

Judging guidelines

When this Compulsory Sequence is performed first in the compulsory routine, the maximum score will be 30% of the Max Value.

FF-8. Head-Up Grip Sequence/ **FF-6N Head Up Grip Sequence/ FF-3R Right Hand to Right Hand Grip/ FF-4R Right Hand to Left Foot Grip**

-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.

Scoring

Max Value 3 pts (**FF-4R 10 pts**): Head-Up Side-by-Side Grip 360°

- At the beginning, both Performers are side-by-side. (Sit position allowed.)
- A hand-to-hand grip is taken (left-to-right hand or right-to-left hand) (**FF-4R right hand to left foot**).

-After grip release, both performers simultaneously perform a 360° pirouette while remaining on the same level and retake the grip (**FF-4R no pirouette**).

-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 (**FF-3R 10 pts**): Head-Up Face-to-Face Grips 360°

- At the beginning, both Performers are face-to-face. (Sit position allowed.)
- A double hand-to-hand grip is taken (left-to-right hand and right-to-left hand) (**FF-3R right-to-right hand**).

-After grip release, both performers simultaneously perform a 360° pirouette while remaining on the same level (**FF-3R no pirouette**).

-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), the maximum score will be 50% of the Max Value (**NATIONAL 75%**).

-When double hand-to-hand grips are not taken simultaneously, the maximum score will be 80% of the Max Value.

-When only one (1) grip is taken when two (2) should be taken, the maximum score is 70% of the Max Value.

-When any grip(s) is(are) not hand-to-hand, the maximum score is 75% of the Max Value.