

# Freefly compulsories NLD 2022

NATIONAL and ROOKIE category (version 23 March 2022)

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 simplified<sup>1</sup> 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).

<b>FAI</b>	<b>NATIONAL</b>	<b>ROOKIE</b>
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

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

# FREEFLY 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 2022

<https://www.fai.org/isc-documents> → Skydiving Commission → Sporting Code - Competition Rules → 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. **'Blue side up' not mandatory for ROOKIE category.**

## 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. Yeah, for consistency, as we tend to use hand-to-hand etc, face-to-face is ok.
- 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.

Max Value 5 pts: Double Joker Reverse (**NATIONAL 7.5 pts**)

- The move is performed as described above.

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

- 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.

Max Value 10 pts: Double Joker Reverse in Layout Position with Synchronised Roll

- Double Joker Reverse is performed as described plus the following:
- The Performers must maintain a layout position, without any bend at the waist, with the knees straight, throughout the entire sequence.
- 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), 30% will be deducted.
- Wrong grip is not hand-to-hand, 30% will be deducted.
- When the Videographer makes the roll in the wrong direction, 30% will be deducted
- When the Performers rotate in the wrong direction, 30% will be deducted.

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.

Max Value 5 pts: Single Cat Barrel Roll (**ROOKIE 7.5 pts**)

- The move is performed as described above.

Max Value 7,5 pts: Double Cat Barrel Roll (**ROOKIE 10 pts**)

- 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), 30% will be deducted.
- If the two (2) barrel rolls are not consecutive and smooth, 20% will be deducted. (**ROOKIE no deduction**)
- When one Performer is not in layout position when it is required, 25% will be deducted. (**NATIONAL and ROOKIE no deduction**)
- When both Performers are not in layout position when it is required, 40% will be deducted. (**NATIONAL and ROOKIE no deduction**)

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.

Max Value 5 pts: Turning Totem (**ROOKIE 7.5 pts**)

- The move is performed as described above.

Max Value 7,5 pts: Layout Top Turning Totem (**ROOKIE 10 pts**)

- 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

- For assisting grip(s) (i.e. hands on feet), 30% will be deducted.

FF-4. Head-Down Carve see Addendum A-2

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.

Max Value 3 pts: Full Eagle (**NATIONAL 6 pts**)

- The move is performed as described above.

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

- 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.

Max Value 7,5 pts: Linked Full Eagle with 360° Pirouette

- Linked Full Eagle is performed as described above.
- 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, except for the 360° Pirouettes.
- The Performers must simultaneously perform individual 360° Pirouettes in the middle of the second part of the Eagle (when they are above the Videographer).
- Videographer must show Performers from their front during the whole sequence, with the exception of the Pirouettes.

Max Value 10 pts: Linked Full Eagle with Front Loop

- Full Eagle is performed as described above, but linked and with a Front Loop.
- 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.
- The Performers must perform a tight tuck front loop (trick) in the middle of the second part of the Eagle (when they are above the Videographer).
- Videographer must show Performers from their front during the whole sequence, with the exception of the full tuck front loop.

Judging guidelines

- When the grip is not hand-to-hand, when required, 25% will be deducted.
- When the tuck is not tight for the front loop, 15% will be deducted.

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.

Max Value 3 pts: Angle Flying Pose (**NATIONAL 5 pts**)

- 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 (**NATIONAL 7,5 pts**)

- 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 Synchronised Barrel Rolls (**NATIONAL 10 pts**)

- 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.

Max Value 10 pts: Angle Carving in Layout Position

- At the beginning, one performer is facing upward, and the other performer is facing downward, face-to-face.
- At the beginning and the end, the Performer facing upward must be in a layout position, without any bend at the waist.
- At the beginning and the end, the Videographer must show the Performers from the side.
- At the beginning and the end, the Videographer must show the horizon at an approximately 45° diagonal angle.
- The Performers make a 180° inface carve on the same diagonal line of flight.
- The carving must be round circular (not elliptical).

- During the carve, Performers must stay on level (based on the line perpendicular to the diagonal).
- Videographer must simultaneously carve 180° going under the Performers in the opposite direction and end on the opposite side of the Performers' centre point.
- Videographer must maintain the same distance and the same level with 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.
- When the 180° inface carve made by the Performers is not on the same diagonal line of flight (i.e., both Performers with wind on their backs), the maximum score will be 7,0 7.5 points.
- If the angle is not approximately 45° where specified, the maximum score will be 50% of the Max Value.

FF-7. Synchronised Back Layouts see Addendum A-2

#### 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.

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

- 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.
- 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° (**FF-3R 10 pts**)

- 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.
- 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.
- space

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. **(NATIONAL no deduction)**

– When double hand-to-hand grips are not taken simultaneously, 20% will be deducted. **(NATIONAL no deduction)**

– 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 **(ROOKIE no deduction)**