

Freestyle 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 freestyle. Due to the low skill level at entry, the participant's skills can develop while moving up the categories.

In deviation to the FAI rules:

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

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

FAI	NATIONAL	ROOKIE
FR-1 Eagle Sequence Half Eagle (HD)	FR-1N Eagle Sequence Half Eagle (HD)	FR-1R Over-under (HU)
FR-2 Carving Sequence Carve (HD)	FR-2N Carving Sequence Carve (HD)	-
FR-3 Horizontal Twisting Sequence (flip through)	FR-3N Horizontal Twisting Sequence (flip through)	FR-2R Horizontal Twisting Sequence (flip through)
FR-4 Looping Sequence Back Layout Loops	FR-4N Looping Sequence Back Layout Loops	-
FR-5 Reverse Eagle Sequence Half Reverse Eagle	-	-
FR-6 Angle Flying	FR-5N Angle Flying	FR-3R Angle Flying
FR-7 Cartwheel Sequence Cartwheel	-	-
FR-8 Head-Up Straddle Spins	FR-6N Head-Up Straddle Spins	FR-4R Head-Up Straddle Spins

Table 1: Overview of categories

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

FREESTYLE SKYDIVING COMPULSORY SEQUENCES PERFORMANCE REQUIREMENTS & JUDGEMENT CRITERIA

National and Rookie requirements and criteria are added in bold to Addendum A-1 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)
- Each Team must ensure that clothing and/or the camera do not hinder the ability for Judges to clearly see the performance requirements being met. (E.g. if Judges cannot see straight arms and/or legs then they may assume that the Performer does not have straight arms and/or legs).
- Toes must be pointed and knees must be straight, except as noted in descriptions. Otherwise, the maximum possible score for the Compulsory Sequence is 90% of the Max Value.
- 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 proximity to the Performer 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.

FIRST COMPULSORY ROUND (ROUND 2)

FR-1 Eagle Sequence/ **FR-1N Eagle Sequence/ FR-1R Over-under**

Half Eagle

- At the beginning, the Performer is in a head-down orientation.
- Legs must be in line with the torso (when viewed from the side).
- The Performer goes below the Videographer as the Videographer goes over the top,

moving around an imaginary centre between them so that both end up in opposite positions and orientations than they originally began.

- The Eagle should be performed as one continuous movement.
- The Eagle must remain on the same heading.

Videographer requirements

- Videographer must show Performer from his/her front during the whole sequence.

Max Value 3 pts: Half Eagle is performed as described above.

Max Value 7.5 pts: Full Eagle (**NATIONAL 10 pts**)

- Half Eagle is performed as described above, then:
- The movement continues until the Performer and the Videographer end up in their relative beginning positions.

Max Value 10 pts: Full Eagle with Trick

- Half Eagle is performed as described above, then:
- The movement continues until the Performer and the Videographer end up in their relative beginning positions.
- The Performer must perform a tight tuck front loop (trick) in the middle of the second part of the Eagle (when he/she is above the Videographer).
- Videographer must show Performer from his/her front during the whole sequence, with the exception of the full tight tuck front loop.

-Judging guidelines

- When no front loop, when required, is performed, the maximum score will be 60% of the Max Value.

Max Value 10 pts: Over-under in head-up position (ROOKIE)

-The Performer starts in a head-up position facing the Videographer (orientation for Videographer is free).

-The Performer flies up and over the Videographer, Performer is rotating 180 degrees to maintain visual contact with Videographer.

-The Performer flies down and under the Videographer, Performer is rotating 180 degrees to maintain visual contact with Videographer.

-At lowest point the Performer is allowed a back-fly position.

FR-2 Carving Sequence/ **FR-2N Carving Sequence**

Carve

- The Performer must be in a head-down orientation, facing the Videographer.
- The Performer and Videographer must orbit 360° around an imaginary centre.

Videographer requirements

- Videographer must show the front of the Performer throughout the sequence.
- Videographer must show the image as if the Performer remains static with only the background moving.
- Videographer must be on the same level as the Performer throughout the sequence and show a portion of the ground within the video frame.
- Videographer must maintain the same distance from the Performer throughout the sequence.

Max Value 3 pts: Carve is performed as described above.

Max Value 7.5 pts: Layout Carve with 360° Carousel (**NATIONAL 10 pts**)

- Carve is performed as described above.
 - The Performer must maintain the layout position throughout the sequence.
- In the middle of the 360° carve, the Performer must perform a 360° pirouette.
- Videographer must show the front of the Performer throughout the sequence, except for the Carousel.

Max Value 10 pts: Switching Layout Carve

- Carve is performed as described above, but in layout position and switching to out-facing.
 - The Performer must maintain the layout position throughout the sequence.
- In the middle of the 360° carve, the Performer must pirouette 180° to out-facing.
- If the Performer is carving toward their right shoulder, a left pirouette must be performed or vice versa.
- Without stopping, the Performer must continue 180° of out-face carving
- Videographer must show the front of the Performer for the first 180° of carving and the back of the Performer for the second 180° of carving.

FR-3 Horizontal Twisting Sequence/ **FR-3N Horizontal Twisting Sequence/ FR-2R Horizontal Twisting Sequence**

Videographer requirements

- The image must be upright with the sky in the upper portion of the frame.
- Videographer must stay on the same level, remain in place and show the Performer from the front.

Max Value 5 pts: Three (3) Flip Throughs (**ROOKIE 10 pts**)

- At the beginning, the Performer is in belly-down orientation.
- For a complete Flip Through, torso must roll through 360° while simultaneously turning through 360° horizontally.
- The torso must be belly-down at the start of the rotation, on its side when 90° of the turn is complete, on its back when 180° of the turn is complete, and on the other side when 270° of the turn is complete.
- Legs must remain together and straight.
- There must be at least a 160° angle between the front of the torso and the thighs throughout the sequence.
- The face must remain facing the Videographer (Performer looking into the camera lens) and maintain the same direction throughout all the rotations.
- Three (3) complete rotations, without stopping, must be performed.

Max Value 10 pts: Thomas Flair into Head-down Split (**NATIONAL 10 pts**)

- At the beginning, the Performer is in belly-down orientation.
- Three (3) Thomas Flair rotations must be performed.
- The toes must be pointed throughout the sequence.

Thomas Flair

- For one complete Thomas Flair, the torso must roll through 360° while simultaneously turning through 360° horizontally.
- The torso must be belly-down at the start of the rotation, on its side when 90° of the turn

is complete, on its back when 180o of the turn is complete, and on the other side when 270o of the turn is complete.

- Legs must remain straddled apart, with at least 90o between them, with the knees straight.

- The face must remain facing the Videographer and maintain the same direction throughout all the rotation.

Half Thomas Flair to Head-down Split

- Without stopping, an additional half Thomas Flair is performed into a head-down split.

FR-4 Looping Sequence/ **FR-4N Looping Sequence**

Back Layout Loops

- Beginning is from a layout position in head-up orientation.

- Three (3) complete 360o layout back loop rotations, without stopping, must be performed.

- Looping movement must remain about a horizontal axis, without tilting or changing heading.

- Torso must be straight and legs in line with torso, without any bend at the waist.

Videographer requirements

- Videographer must be on the same level with the Performer and show the Performer from his/her side at start of the sequence, must remain in place.

Max Value 3 pts: Layout Back Loops are performed as described above.

Max Value 7.5 pts: Layout Loops with Half Twist (**NATIONAL 10 pts**)

- First back loop is performed as described above.

- A half twist must be performed within and evenly executed throughout the second loop.

- After a momentary stop in the head-up orientation, a full front loop must be performed.

Max Value 10 pts: Layout Back Loops with Full Twist

- Layout Back Loops are performed as described above but:

- A full twist must be performed within and evenly executed throughout the second loop.

- Looping motion must be smooth.

- The sequence must end in a layout position in head-up orientation, on the same heading as the beginning.

SECOND COMPULSORY ROUND (ROUND 5)

FR-5 Reverse Eagle Sequence

Half Reverse Eagle

- At the beginning, the Performer is in a head-up orientation.

- The Performer goes below the Videographer as the Videographer goes over the top, moving around an imaginary centre between them so that both end up in opposite positions and orientations than they originally began.

- The Reverse Eagle should be performed as one continuous movement.

- The Reverse Eagle must remain on the same heading.

Videographer requirements

- Videographer must show Performer from his/her front during the whole sequence.

Max Value 3 pts: Half Reverse Eagle is performed as described above.

Max Value 7.5 pts: Full Reverse Eagle

- Half Reverse Eagle is performed as described above, then:

- The movement continues until the Performer and the Videographer end up in their relative beginning positions.

Max Value 10 pts: Full Reverse Eagle in Layout Position

- Half Reverse Eagle is performed as described above, then:
- The movement continues until the Performer and the Videographer end up in their relative beginning positions.
- Legs must be in line with the torso (when viewed from the side) throughout the sequence.

FR-6 Angle Flying/ **FR-5N Angle Flying/ FR-3R Angle Flying**

THIS COMPULSORY SEQUENCE MUST NOT BE THE FIRST ONE PERFORMED!

- Performer is in approximately 45o diagonal orientation with the head low.
- Performer must be in a layout position, without any bend at the waist, throughout the sequence.
- Videographer must demonstrating an on-level position with respect to the approximately 45o diagonal orientation throughout the sequence.

Max Value 3 pts: Angle Flying Pose (**ROOKIE 10 pts**)

- Performer is facing upward.
- This angle flying must be maintained for a minimum of 3 seconds.
- Videographer must show Performer from his/her side throughout the sequence.
- Videographer must show the horizon at an approximately 45° diagonal angle.

Max Value 7.5 pts: Angle Flying with 360° Barrel Roll (**NATIONAL 10 pts**)

- At the beginning and the end, the Performer must be facing upward.
- The Performer will make a 360o rotation on the Body Head-Tail axis while maintaining an approximately 45o diagonal orientation.
- The video image must be upright with the sky in the upper portion of the frame (horizon horizontal in the frame) throughout the sequence.
- Videographer must show the horizon at an approximately 45° diagonal angle.

Max Value 10 pts: Angle Flying with 180° barrel roll with Videographer Carving

- At the beginning, the Performer must be facing upward.
- The Performer will make a 180o rotation on the Body Head-Tail axis while maintaining an approximately 45o diagonal orientation.
- The Performer must end facing downward.
- At the beginning and the end, the Videographer must show the horizon at an approximately 45° diagonal angle.
- Videographer must carve over Performer during the 180o rotation.
- Videographer must show an image as if the Performer remains static with only the background moving.
- Videographer must maintain a direct side view of the Performer.

Judging guidelines

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

FR-7 Cartwheel Sequence

Cartwheel

- Beginning is a straddle position in head-up orientation.
- Torso must be straight, without any bend at the waist throughout the sequence.
- Head, shoulders and torso must be in line, facing the same direction throughout the Cartwheel (without any twist in the torso).
- The sequence must end in a straddle position in head-up orientation.
- Videographer must show the front of the Performer and be on the same level throughout the sequence.

Max Value 3 pts: Single Cartwheel

- One complete 360° cartwheel rotation in the straddle position must be performed.

Max Value 7.5 pts: Two Cartwheels

- Two complete 360° cartwheel rotations (in the same direction, without stopping) in the straddle position must be performed.

Max Value 10 pts: Two Cartwheels with Synchronised Roll

- Two complete 360° cartwheel rotations (in the same direction, without stopping) in the straddle position must be performed.
- Videographer must make a synchronised roll with the Performer during the second Cartwheel, showing an image as if the Performer remains static with only the background moving.

FR-8. Head-Up Straddle Spins/ **FR-6N. Head-Up Straddle Spins/ FR-4R. Head-Up Straddle Spins**

- Performer is in straddle position, without any bend at the waist, in head-up orientation.
- Spins can be in either direction.
- At the beginning and the end, the Videographer must show the front of the Performer.

Max Value 3 pts: Head-Up Straddle Spins (**ROOKIE 10 pts**)

- The straddle must spin rapidly, with three (3) pirouette rotations performed within five (5) seconds from the start of the first rotation.
- Videographer must be on the same level throughout the sequence.

Max Value 5 pts: Head-Up Straddle Spins with Synchronised Carve (**NATIONAL 10 pts**)

- The straddle must spin rapidly, with three and a half (3,5) pirouette rotations performed within five (5) seconds from the start of the first rotation.
- Synchronous with the Performers' rotations, the Videographer must carve 180o opposite the Performer's rotation.
- Videographer must be on the same level throughout the sequence.

Max Value 10 pts: Head-Up Straddle Spins with Half Eagle

- The straddle must spin rapidly, with three and a half (3,5) pirouette rotations performed within five (5) seconds from the start of the first rotation.
- Synchronous with the Performers' rotations, the Videographer must perform a half Eagle passing under the Performer with half (180o) camera roll at the lowest point, the roll in the opposite direction as the Performer's rotation.
- At the end, the Videographer must be on the same level.

Judging guidelines

When the Videographer passing under the Performer, during the Half Eagle, makes the camera roll to the wrong direction, the maximum score will be 50% of the Max Value.