

## ADDENDUM – A

### FREEFLYING COMPULSORY SEQUENCES 2002 PERFORMANCE REQUIREMENTS & JUDGEMENT CRITERIA

#### 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.

For the compulsory sequences, no grips are allowed on any part of the parachute harness.

The following body parts are specified:

- head: the part of the body above the neck.
- shoulder: the upper part of the body between the neck and the upper arm.
- 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.
- hand: the part of the arm past the wrist.
- upper leg: the part of the leg between the leg strap of the parachute harness and the knee
- lower leg: the part of the leg between the knee and the ankle.
- foot: the part of the leg past the ankle.
- foot sole: that part of the foot on which a person stands.

#### EXIT

A loose exit, with no grips or dock between the Performers and/or Videographer, must be performed for the first compulsory round.

#### RANDOMS

##### *FF-1. Double Spock*

One Performer is in an head-up orientation, the other Performer is in a head-down orientation facing each other.

Both Performers take a grip on the top of the head of the other Performer.

##### *FF-2. Vertical Compressed*

One Performer is in a head-up orientation, the other Performer in a head-down orientation.

Both Performers take a grip on the lower leg below the knee of the other Performer.

Both Performers are facing the same direction.

##### *FF-3. Sole-to-Sole*

One Performer is in an head-up orientation, the other in a head-down orientation, facing each other.

A sole-to-sole dock is performed.

##### *FF-4. Totem*

Both Performers are in an head-up orientation, facing each other.

One Performer performs a feet-to-shoulder dock, a separate foot on each side of the head, facing a different direction.

##### *FF-5. Double Dock Head-down*

Both performers are in a head-down orientation. The performers demonstrate a two-handed, hand-to-hand dock facing each other.

## BLOCKS

### *FF-A. Double Stand-up Turn*

Both Performers are in a head-up orientation and in a stand-up position.

A hand-to-hand grip must be taken, with both Performers taking a double right hand or a double left hand grip.

Both Performers must release the grip and make a 360° turn, in-place, away from the other performer (eg. right hand grip means a left hand turn).

A hand-to-hand grip must be taken with the same hands as they started.

The turning should be synchronous.

The Performers should stay on level.

### *FF-B. Double Head-down Carve*

Both Performers are in the head-down orientation facing each other.

Both Performers start carving around an imaginary centre between them.

A minimum 720° rotation must be performed by the carving Performers.

The carving orbits should be round (not elliptical)

The carving Performers should stay on level and must keep facing each other during the move.

CAMERA: Camera should be carving around in the opposite direction as the Performers' carving direction, with the heads of all Team Members at the same level.

### *FF-C. Eagle*

One Performer is in an head-up orientation, the other in a head-down orientation, facing each other.

The Performer in the head-down goes below and between the legs of the other Performer, as the other Performer goes over the top, moving around an imaginary centre between them, so that both Performers end up in opposite positions than they originally started.

The movement continues until both Performers end up in their relative starting positions.

The rotation should be performed as one continuous movement.

The distance between the Performers should remain the same during the eagle.

The Performers should maintain the same heading.

CAMERA: The Eagle should be filmed from the side.

### *FF-D. Rock-The-Cradle*

Both Performers are in an head-up orientation facing each other.

One performer goes below the other (feet first), the other Performers performs half a Front Loop in place, so that both Performers end up facing each other in head-down orientation.

After a momentary stop in the head-down orientation, the Performer that initiated the feet first move, now moves below the other (head first), as the other Performer performs half a Back Loop in place, so that both Performers end up facing each other in the same head-up orientation as they started.

The Performers should maintain the same heading.

The distance between the Performers should remain the same during the Rock-the-Cradle.

### *FF-E. Double Joker Reverse*

One Performer is in a head-up orientation, the other in a head-down orientation, facing each other.

A hand grip is taken and must be showed stationary during the whole sequence.

The formation is rotated 180° over the top, until the head-up Performer is head-down.

The hand-to-hand grip must be maintained during the transition.

The Performers should end up on the opposite heading.

This rotation should be one continuous and simultaneous movement.

After this rotation (the stop in between is only momentary), the formation is rotated vice-versa 180° over the top until the Performers end in their original starting positions on the original heading.