

ADDENDUM – A

FREESTYLE SKYDIVING COMPULSORY SEQUENCES 2002 PERFORMANCE REQUIREMENTS & JUDGEMENT CRITERIA

- All sequences shall have a static start and a static stop.
- 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 can not see straight arms or legs then they must assume that the Performer does not have straight arms and legs).

FR-1. *BBF Layout Loop Twist Sequence*

Back Layout Loop:

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

Back Layout Loop Half Twist:

- Entry into the Back Layout Loop Half Twist shall be smooth and without any stopping after the Back Layout Loop.
- One complete 360° layout rotation must be performed.
- One Half Twist must be performed within and evenly executed throughout the loop.
- Torso must be straight and legs in line with the torso, without any bend at the waist
- Looping movement must remain about a horizontal axis, without tilting or changing heading.
- Looping motion must be smooth.

Front Layout Loop Full Twist:

- Entry into the Front Layout Loop Full Twist shall be smooth and without any stopping after the Back Layout Loop Half Twist.
- One complete 360° layout rotation must be performed.
- One Full Twist must be performed within and evenly executed throughout the loop.
- Torso must be straight and legs in line with the torso, without any bend at the Waist.
- Looping movement must remain about a horizontal axis, without tilting or changing heading.
- Looping motion must be smooth.

Camera requirements:

- Camera must show Performer from his/her side at the start of the compulsory sequence, should stay in place, and must show the opposite side of the Performer at the end of the compulsory sequence.

FR-2. *Tucked Front Loop - Full Twist Sequence*

Front Layout Loop:

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

Front Tuck Loop Full Twist x three (3)

- Entry into the Front tuck loop full twist shall be smooth and without any stopping.
- Three (3) complete 360° tuck rotations must be performed within three (3) seconds.
- One completed full twist must be executed within each tuck rotation and evenly executed throughout the loop.
- Looping movement must remain about a horizontal axis, without tilting or changing heading.

- Looping motion must be smooth and continuous.
- The third tuck loop must end in a head-up straddle pose.

Camera requirements:

- Camera must show Performer from his/her front at the start of the compulsory sequence and should stay in place throughout this sequence.

FR-3. Straddle Headstand Sequence

Head-up Pose:

- Torso must be vertical, and not bent at the waist, in an head-up orientation.

Half Loop:

- Either a front, side, or back half-loop may be performed.

Straddle Headstand:

- Torso must be vertical, in a head-down orientation.
- Legs must be in line with the torso. (when viewed from the side)
- Legs must be straight, straddled apart, with at least a 90° angle between them.
- Good stability and balance must be shown while entering the Straddle Headstand.

Straddle Headstand Turn:

- Torso and leg position must not change during the turn.
- A single 360° turn must be performed.
- Good stability and balance must be maintained during the entire turn.
- Turn may be in either direction.
- Turn must be smooth.
- Either a front, side or back half-loop may be performed to enter to final head-up orientation.

Camera requirements:

- The camera must make half a synchronised Barrel Roll, in place, with the Performer entering and leaving the Straddle Headstand, showing an image as if the Performer remains static with only the background moving.
- The camera is not allowed to orbit around the Performer nor change heading, during the Straddle Headstand of the Performer.

FR-4. Side Full Twist Sequence

Cartwheels:

- Start shall be from a straddle position in head-up orientation.
- Torso must be straight, without any bend at the waist.
- Head, shoulders and torso must be in line, facing the same direction throughout the Cartwheel (without any twist in the torso).
- One complete 360° sideways rotation must be performed.

Side Layout Full Twist:

- Entry into the Side Layout Full Twist must be smooth and without stopping after the first Cartwheel.
- One complete 360° sideways rotation must be performed.
- One Full Twist must be performed within and evenly spread throughout the 360° sideways rotation.
- Legs must remain straight and together and in line with the torso.
- Twist may be in either direction.
- Looping movement must remain about the horizontal axis, without tilting or changing heading.
- Entry into the final Cartwheel must be smooth and without stopping after the Side Layout Full Twist.

Camera requirements:

- The camera must make a synchronised Barrel Roll with the Performer during his/her Side Layout Full Twist, showing an the image as if the Performer remains static with only the background moving.

FR-5. Orbiting Compass

Compass position:

- A static Compass position (with pointed toes) in head-up orientation must be demonstrated prior to starting the rotation.

Compass turn:

- The Performer must make a 360 ° turn.
- Turn can be in either direction.
- Turning motion must be smooth.

Camera requirements:

- At the start, camera must show the front of the Performer. (face to face)
- Videographer must make a full 360° orbit around the Performer. (without changing the distance between Team Members during orbit)
- Camera Orbit must be in the opposite direction as the turning direction of the Performer.
- Movement must be synchronous, both Performer and Videographer ending at the same position where they started. (Performer and Videographer will come face to face twice, excluding the start)
- When the camera and Performer come face-to-face for the first time (180° into the turn), the camera must invert their orientation (e.g. head-down to head-up or head-up to head-down) and continue in the same orbiting direction as started. (i.e. the same direction is the Team when viewed from above)
- Orbiting motion must be smooth.

FR-6. Straddle Backstop (Cradle) Sequence

Back Layout Loop:

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

Straddle Backstop:

- Torso must stop near horizontal (on the back) while legs continue rotating as the waist bends into a straddle pike position.
- Legs stop their movement near the horizontal point, in the straddle pike position (the stop is only momentary and does not have to be held).
- Legs must remain straight throughout the move.
- Legs must be straddled apart, with at least a 90° angle between at the point where the torso stops rotating.
- Body must remain symmetrical, without tilting, twisting or changing heading.

Straddle Kip:

- After the legs have stopped moving backwards in the Straddle Backstop, they must reverse direction and start rotating forwards while the torso remains nearly stationary for an instant.
- Legs may remain straddled apart as they rotate forwards, but must come back together as they arrive straight in line with the torso which is moving towards the head-up orientation.
- Torso must remain symmetrical, without tilt, twist, or change in heading.

180° Head-up Turn:

- As the torso straightens and moves through the head-up orientation, the torso must turn to face a heading 180° from the starting heading such that the 180° turn and the torso rotation are performed simultaneously (without stopping in the head-up orientation).
- When the torso passes through the head-up point, the torso must be straight and the legs must be straight and together.

Second Straddle Backstop and Straddle Kip:

- Same requirements as the first one.

Front Layout Loop:

- As soon as the torso straightens and the legs come together (after the second straddle backstop and kip), the forward loop must start without hesitation.
- One complete 360° front layout rotation must be performed.
- Torso must be straight and legs in line with the torso, without any bend at the waist
- Loop must be about a horizontal axis, without tilting or changing heading.
- Looping motion must be smooth.

FR-7. Helix Spin**Helix Position:**

- The body must be in an head-up orientation.
- Torso must be vertical and straight, with no bend at the waist.
- One leg must be straight down with pointed toes.
- The other leg is bent forward about 70° to 90° at the hip, and the knee is bent downward and outward such that the toes of the bent leg are pointed and placed right in front of the knee of the straight leg. The lower part of the bent leg must have a 45 ° angle to straight leg when viewed from the front.
- The foot of the bent leg must not touch the other leg but remain close to the knee of the straight leg.
- Either leg may be the bent leg.
- A static Helix position (without turning) must be demonstrated prior to starting the rotations.

Helix Spin:

- The Helix must spin rapidly, with a minimum of five (5) revolutions performed within five (5) seconds from the start of the first revolution. (more revolutions may be performed)
- The spin direction must be towards the foot of the bent leg. (If the right leg is bent across the left, it spins to the left, and vice versa.)
- Torso must stay head-up and not tilt or wobble during the spins.

Camera requirements:

- At the start, camera must show the front of the Performer. (face to face)
- The camera must remain stationary throughout the sequence

FR-8. Stag Loop Twist Sequence**Back Stag Loop:**

- Start shall be from a Stag position in head-up orientation.
- One complete 360° back rotation must be performed.
- Torso must be straight and the downward leg in line with the torso, without any bend at the waist
- Loop must be about a horizontal axis, without tilting or changing heading.
- Looping motion must be smooth.
- The body and legs must maintain the Stag position throughout the loop.

Back Stag Loop One and Half Twist:

- Entry into the Back Stag Loop One and Half Twist shall be smooth and without any stopping after the first Back Stag Loop.
- One complete 360° Stag rotation must be performed.
- One and Half Twist must be performed within and evenly executed throughout the loop.
- Torso must be straight and downward leg in line with the torso, without any bend at the waist.
- The legs must maintain the Stag position during the loop.
- Looping movement must remain about a horizontal axis, without tilting or changing heading.
- Looping motions must be smooth.
- The body and legs must maintain the Stag position during the loop.

Front Stag Loop:

- Entry into the Front Stag Loop shall be smooth and without any stopping after the Back Stag Loop One and Half Twist.
- One complete 360° Stag rotation must be performed.
- Torso must be straight and downward leg in line with the torso, without any bend at the waist.
- Looping movement must remain about the horizontal axis, without tilting or changing heading.
- Looping motion must be smooth.
- The body and legs must maintain the Stag position during the loop.

Camera requirements:

- Camera must show Performer from his/her side.

FR-9. Thomas Flair**Thomas Flair, Three (3) revolutions:**

- For the complete Thomas Flair, the torso must roll through 360° as it turns through 360° flat turn. The torso must be flat 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 straddled apart, with at least a 90° angle between them.
- When the torso reaches the 90° point in the turn, the leading leg (forward leg in the turn direction) must be raised near vertical, and the trailing leg must remain near horizontal on that point.
- When the torso reaches the 180° turn point (on its back), both legs must be raised with the waist bent such that the body is in a straddle pike position.
- When the torso reaches the 270° point in the turn, the leading leg must be lowered near horizontal, and the trailing leg must be raised near vertical.
- When the torso completes the turn, the trailing leg must return to horizontal.
- The head must remain facing the same direction throughout all the rotations.
- At least three (3) complete rotations must be performed.

Camera requirements:

- Camera must show Performer from the front and on level.

FR-10. Full Eagle Sequence**Eagle start position:**

- Performer is in a head-down orientation.

Camera requirements:

- Videographer is in a stand-up or sit orientation. (assuming video camera is mounted normally, e.g. not upside down, on the helmet)

Full Eagle, first half:

- The Performer in a head-down goes below aiming just below the legs of the Videographer, the Videographer goes simultaneously over of the Performer, so that both Team members end up in opposite positions than they originally started.
- The rotation should be performed as one continuous movement..

Full Eagle, second half:

- The Performer, now in a stand-up orientation goes over the Videographer, the Videographer, now in a head-down orientation, goes simultaneously below aiming just below the legs of the Performer, so that both Team members end up in their respective starting positions.
- The rotation should be performed as one continuous movement..

Camera requirements:

- Camera must show Performer from his/her front.
- The same distance between Performer and Videographer should be maintained during the whole Sequence.