

ADDENDUM – A FREESTYLE SKYDIVING COMPULSORY SEQUENCES 2008

PERFORMANCE REQUIREMENTS & JUDGEMENT CRITERIA -A and B Categories.

- The Compulsory Sequences must be performed in the order stipulated.
- 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 and/or legs then they must assume that the Performer does not have straight arms and/or legs).
- Toes should be pointed.

FIRST COMPULSORY ROUND A Category ONLY (ROUND 2: FR-1, FR-2, FR-3, FR-4)

FR-1. Synchronised Back Turn Sequence

Back Turn:

- Start shall be from a layout position in back-down orientation.
- One single 360° turn (in either direction) must be performed.
- Turn must be around a vertical axis, without wobbling.
- Turn must be smooth
- Torso must be straight and legs in line with the torso, without any bend at the waist
- This sequence must stop in a layout position in back-down orientation.

Camera requirements:

- Camera must show Performer from his/her front at the start of the compulsory sequence and must stay in place throughout this sequence.
- The camera must make a synchronised turn with the Performer during his/her turn, showing an the image as if the Performer remains static with only the background moving.
- The camera must maintain the same distance.
- The camera must be in the same vertical axis as the performer.

FR-2. Robin Spin Sequence

Back Tracking:

- The start must be from a layout position in a tracking, back-down orientation, with an angle that does not exceed 30°.
- The arms are straight (crucifix), with an angle of 90° in comparison with the torso.
- Torso must be straight and legs in line with the torso without any bend at the waist.
- Legs must be together.

Robin Spin

- A minimum of five (5) complete 360° rolls must be performed within five (5) seconds.
- During the rolls, the arms of the Performer must stay straddled, with an angle between 60° and 90° to the torso.
- During the rolls, the forearms can be bent. The arms are forming a propeller shape.
- The forearms must not be directly in front of, or directly behind the torso. (obscuring a part of it if the performer is viewed directly in front or behind)
- The last spin ends in a tracking, back orientation, as at the start.

Camera requirements:

- Videographer must be in line with the body axis of the Performer (on the same level), showing the feet in the foreground.
- The same distance and level between Performer and Videographer must be maintained during the sequence.

FR-3. Cartwheel 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).
- Two complete 360° sideways rotations (in the same direction, without stopping) must be performed.
- This sequence must stop in a straddle position in head-up orientation.

Camera requirements:

- The camera must stay on the same level and show the Performer from his/her front throughout the entire sequence.
- The camera must make a synchronised Barrel Roll with the Performer during the Second Cartwheel, showing an image as if the Performer remains static with only the background moving.

FR-4. Straddle Backstop (Cradle) Sequence

Back Layout Loop:

- Start shall be from a 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 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 headup 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.
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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.
- This sequence must stop in a head-up orientation.

Camera requirements:

- Camera must show Performer from his/her side at the start of the compulsory sequence and should stay in place and on the same level with the Performer throughout this sequence.

**SECOND COMPULSORY ROUND A Category only
(ROUND 5: FR-5, FR-6, FR-7, FR-8)**

FR-5. Straddle Headstand Sequence

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.

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.
- A static Straddle Headstand must be shown at the end of the turn.

Camera requirements:

- Camera must show Performer from his/her front at the start and end of the compulsory sequence.
- The same distance and level between Performer and Videographer must be maintained during the sequence.
- The camera must stay in place throughout the sequence.

FR-6. Orbiting Compass

Compass position:

- A static Compass position in head-up orientation must be demonstrated prior to starting the rotation and after the rotation.

Compass turn:

- The Performer must make a 360° turn.
- Turn can be in either direction.
- Turning motion must be smooth.
- The body and legs must maintain the Compass position during the turn.

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.)

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- The camera must stay on the same level with the Performer throughout this entire sequence.
- Orbiting motion must be smooth.

FR-7. Layout Loop Twist Sequence

Front Layout Loop:

- Start shall be from a layout position in head-up orientation.
- One complete 360° front rotation must be performed.
- Loop must be 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.
- Looping motion must be smooth.

Front Layout Loop Half Twist:

- Entry into the Front Layout Loop Half Twist shall be smooth and without any stopping after the first Front Layout Loop.
- One complete 360° Layout rotation must be performed.
- A Half Twist must be performed within and evenly executed throughout the loop.
- 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.
- Looping motion must be smooth.

Back Layout Loop Full Twist:

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

Camera requirements:

- Camera must be on the same level with the Performer and show the Performer from his/her side at 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-8. Carving Sequence

Carve

- For the static start and stop, the body must be in a layout position in head-down orientation.
- The Performer and Videographer must orbit 360° around an imaginary centre between them.
- The Performer must maintain the layout position during the orbit.

Camera requirements:

- At the start, camera must show the front of the Performer. (face to face)
- The Videographer and Performer must orbit 360° around an imaginary centre between them.
- The camera must show an image as if the Performer remains static with only the background moving.
- The same distance and level between the Performer and Videographer must be maintained.
- The camera must be on the same level with the Performer and show a portion of the ground within the video frame.

FIRST COMPULSORY ROUND – B CATEGORY ONLY

(Round 2: FsB-1 FsB2 FsB 3)

FSB-1. BACK TURN SEQUENCE

Back Turn:

- Start shall be from a layout position in back-down orientation.
- One single 360° turn (in either direction) must be performed.
- Turn must be around a vertical axis, without wobbling.
- Turn must be smooth
- Torso must be straight and legs in line with the torso, without any bend at the waist
- This sequence must stop in a layout position in back-down orientation.

Camera requirements:

- Camera must show Performer from his/her front (ie from above) at the start of the compulsory sequence and must stay in place throughout this sequence.
- The camera must maintain the same distance throughout

FRB 2 STAND UP TURN SEQUENCE

Stand up:

- Torso must be vertical, in a head-up orientation.
- Legs must be in line with the torso (when viewed from the side).
- Legs must be straight, and together.
- Good stability and balance must be shown.

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.
- A static stand up must be shown at the end of the turn.

Camera requirements:

- Camera must show Performer from his/her front at the start and end of the compulsory sequence.
- The same distance and level between Performer and Videographer must be maintained during the sequence.
- The camera must stay in place throughout the sequence.

FRB-3 BACK LOOP SEQUENCE.

Back layout loop:

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

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Tucked back loops:

- Three complete back loops must be performed in a tuck position.
- The third back loop must end in a head up straddle pose

Camera Requirements:

- Camera must be on the same level and show the performer from his/her front at the start of the back layout rotation
- The same distance and level between performer and Videographer must be maintained during the sequence.

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SECOND COMPULSORY ROUND B Category ONLY

(Round 5: FsB-4, Fsb-5 and Fsb 6)

FRB-4 COMPASS TURN

Compass position:

- Static compass position in a head up orientation must be demonstrated prior to starting the rotation and after the rotation

Compass Turn:

- The performer must make a 360° turn
- Turn can be in either direction
- Turn must be smooth
- The body and legs must maintain the compass position during the turn

Camera Requirements:

- Camera must be on the same level and show the performer from his/her front at the start of the compass turn
- The same distance and level between performer and videographer must be maintained during the sequence.

FRB 5 ORBITING DAFFY

Daffy position:

- A static Daffy position in head-up orientation must be demonstrated prior to starting the rotation and after the rotation.

Compass turn:

- The Performer must make a 360 ° turn.
- Turn can be in either direction.
- Turning motion must be smooth.
- The body and legs must maintain the Daffy position during the turn

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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.)
- The camera must stay on the same level with the Performer throughout this entire sequence.
- Orbiting motion must be smooth.

FRB-6 CARVING SEQUENCE

Carve:

- For the static start and stop the Performer must be in a knee flying position in a head-up orientation
- The lower leg, below the knee, should be horizontal, parallel to the relative wind
- The Performer and Videographer must orbit 360° around an imaginary centre between them
- The Performer must maintain the knee flying position throughout the orbit.

Camera Requirements:

- Camera must be on the same level and show the performer from his/her front at the start.
- The same distance and level between performer and videographer must be maintained during the sequence.
- The Performer and Videographer must orbit 360° around an imaginary centre between them
- The camera must show an image as if the performer remains static with only the background moving
- The camera must be on the same level with the performer and show a portion of the ground within the video frame.

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