



**ADDENDUM – A1**  
**FREESTYLE SKYDIVING COMPULSORY SEQUENCES**  
**PERFORMANCE REQUIREMENTS & JUDGEMENT CRITERIA**  
**A & B Categories**

- The order in which these Compulsory Sequences can be performed is determined by the Team.
- Teams in all categories must submit the order of the Compulsory Sequences before the start of the competition to the Chief Judge. Freestyle A Category must also submit their chosen Max Values (see 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. Otherwise, the maximum possible score for the Compulsory Sequence is 70% of the Max Value.

**FREESTYLE A CATEGORY**

**FIRST COMPULSORY ROUND (ROUND 2)**

***FR-1 Eagle Sequence***

**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**

- 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**
- When the tuck is not tight for the front loop, **1.5 points** will be deducted from the max value
- When the front of the Performer is not shown throughout the whole sequence (except for the front loop), **2 points** will be deducted from the max value
- When the front loop is not performed above the Videographer in the middle of the second part of the Eagle, **1.5 points** will be deducted from the max value

## **FR-2 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**

- 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 outfacing.
- The Performer must maintain the layout position throughout the sequence.
- In the middle of the 360° carve, the Performer must pirouette 180° to outfacing.
- 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.

### **Judging guidelines:**

- When the Performer makes the 180° Pirouette in the wrong direction (Switching Layout Carve), **4 points** will be deducted from the max value.
- When the Performer is not in layout position when it is required, the max score will be **70% of the Max Value**
- If the Performer, during the outface carving, flies in a straight line instead of carving, **4 points** will be deducted from the max value.

## **FR-3 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**

- 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 an 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 7.5 pts: Three (3) Thomas Flairs**

- 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 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 90° between them, with the knees straight.
- The face must remain facing the Videographer and maintain the same direction throughout all the rotations.

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

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

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 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 90° between them, with the knees straight.
- The face must remain facing the Videographer and maintain the same direction throughout all the rotations.

Half Thomas Flair to Head-down Split

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

**Judging guidelines:**

- When the legs are clearly not straddled 90° apart when straddle required, the maximum score will be **50% of the Max Value**.
- If the knees are bent, the maximum score will be **70% of the Max Value**

**FR-4 Looping Sequence**

Back Layout Loops

- Beginning is from a layout position in head-up orientation.
- Three (3) complete 360° 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**

- 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.

**Judging guidelines:**

- When the half or full twist is not within the second loop, the maximum score will be **50% of the Max Value**.
- When the twist is not evenly executed throughout the second loop, the maximum score will be **60% of the Max Value**.
- If there is stopping between the loops, **1.5 points** will be deducted.

**FREESTYLE A CATEGORY  
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.

**Judging guidelines:**

- When not in layout position when it is required, **4 points** will be deducted.
- When the front of the Performer is not shown throughout the whole sequence, **2 points** will be deducted.

***FR-6 Angle Flying***

THIS COMPULSORY SEQUENCE MUST **NOT** BE THE FIRST ONE PERFORMED!

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

**Max Value 3 pts: Angle Flying Pose**

- 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**

- At the beginning and the end, the Performer must be facing upward.
- The Performer will make a 360° rotation on the Body Head-Tail axis while maintaining an approximately 45° 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.

- At the beginning and the end, the Videographer must show Performer from his/her side.

**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 180° rotation on the Body Head-Tail axis while maintaining an approximately 45° 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.
- The Performer must appear vertical in the video frame throughout the sequence
- Videographer must carve over Performer during the 180° 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.**
- When not in layout position when it is required, the maximum score will be **70% of the Max Value.**
- When the Performer does not remain static in the image (with the background moving) when required, **4.0 points** will be deducted from the max score
- If the angle is not approximately 45° where specified, the maximum score will be **50% of the Max Value.**

**FR-7 Cartwheel Sequence**

- 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 must be performed.
- The legs may be in the sit position and/or the knees bent.

**Max Value 5 pts: Single Straddle Cartwheel**

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

**Max Value 7.5 pts: Two (2) Cartwheels**

- Two (2) complete 360° cartwheel rotations (in the same direction, without stopping) in the straddle position must be performed.

**Max Value 10 pts: Two (2) Cartwheels with Synchronised Roll**

- Two (2) 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.

**Judging guidelines:**

- When the legs are clearly not straddled at least 90° apart when straddle required, the maximum score will be **50% of the Max Value.**
- If the Performer does not maintain the straddle when required, **1.5 points will be deducted**
- If the Videographer's synchronised roll is more than 90° out of sync with the Performer, the maximum score will be 7,0 points If the angle is not approximately 45° where specified, **3 points** will be deducted from the maximum score.

### **FR-8. 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**

- 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**

- 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 180° 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 (180°) 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**
- When the legs are clearly not straddled at least 90° apart, the maximum score will be **50% of the Max Value.**
- If there is a bend at the waist, the maximum score will be **50% of the Max Value.**

## FREESTYLE B CATEGORY

### FIRST COMPULSORY ROUND (ROUND 2)

#### ***FsB-1 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

##### **Tucked back loops:**

- **Two** complete back loops must be performed in a tuck position.
- The second 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

#### ***FsB-2 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.
- One (1) complete 360° cartwheel rotation in the straddle position must be performed.
- The cartwheel can rotate in either direction.

##### **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 and camera must stay in place.

#### ***FsB-3 Head-Up Carving Sequence***

##### **Carve**

- The Performer must start from a layout position in a head-up 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.

## FREESTYLE B CATEGORY

### SECOND COMPULSORY ROUND (ROUND 5)

#### ***FsB-4. Angle Flying with 360° Barrel Roll***

THIS COMPULSORY SEQUENCE MUST **NOT** BE THE FIRST ONE PERFORMED!

- Performer is in approximately 45° diagonal orientation with the head low.
- Performer must be in a layout position, without any bend at the waist, throughout the sequence.
- At the beginning and the end, the Performer must be facing upward.
- The Performer will make a 360° rotation on the Body Head-Tail axis while maintaining an approximately 45° diagonal orientation.

#### **Camera requirements:**

- Videographer must show Performer from his/her side.
- The video image must show the horizon, with the sky in the upper portion of the frame throughout the sequence.

#### **Judging guidelines:**

When this Compulsory Sequence is performed first in the compulsory routine, the maximum score will be three (3).

#### ***FsB-5 Head Up Straddle Spins***

#### **Straddle position:**

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

#### **Spins:**

- Performer is in straddle position, without any bend at the waist, in head-up orientation.
- Spins can be in either direction.
- The straddle must spin rapidly, with a minimum of two (2) pirouette rotations performed.

#### **Camera requirements:**

- At the beginning and the end, the Videographer must show the front of the Performer.
- Videographer must be on the same level throughout the sequence.

#### ***FsB-6 Flip Through Sequence***

- 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 an 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.

#### **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.

**END.**