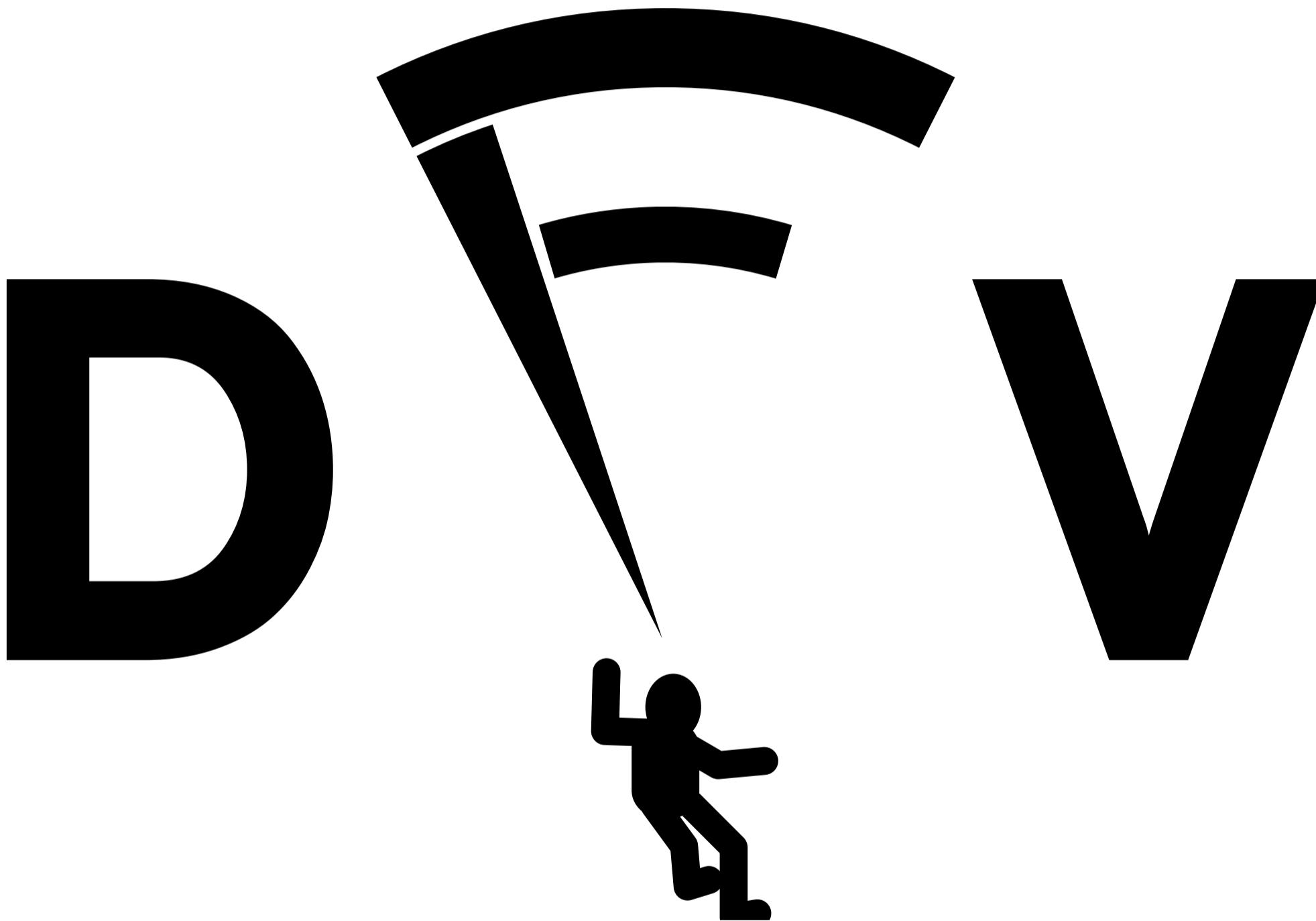


COMPETITION RULES

INDOOR SOLO FREESTYLE

INTERMEDIATE



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COMPETITION RULES

INDOOR SOLO FREESTYLE INTERMEDIATE



1 DFV AUTHORITY

1.1 DFV AUTHORITY

The competition will be conducted under the authority of the DFV, according to the DFV Regulations for German Championships (WDM) as approved by the Sporting Committee Board and these rules. All participants accept these rules and the DFV regulations as binding by registering in the competition.

2 DEFINITIONS OF WORDS AND PHRASES USED IN THESE RULES

2.1 PERFORMER

A Indoor Solo Freestyle (ISF) competition entry consists of one (1) Performer.

2.2 HEADING

The direction in which the front of the torso of the Performer faces.

2.3 MOVE

A change in body position, and/or a rotation around one or more of the three (3) body axes. See Addendum B.

2.4 ANTI-CHAMBER

An area used by competitors as a waiting area for entrance into the flight chamber. This area is separated from public viewing areas and is the exclusive use for competitors on call.

2.5 DIFFUSOR

The section where the diameter of the flight chamber increases resulting in reduced pressure (usually it's above the transparent viewing section).

2.6 FLIGHT

A competitor's performance in the flight chamber.

2.6 ROUTINE

A sequence of moves performed during the working time.

2.8 COMPULSORY ROUTINE

A routine, without music, composed of three (3) Compulsory Sequences, as shown in Addendum A, and other moves at the Performer's discretion. The order in which these Compulsory Sequences and other moves are performed is chosen by the Performer.

2.9 FREE ROUTINE

A routine composed of moves chosen entirely by the Performer. The competitor may choreograph the routine to a chosen music.

2.10 FLIGHT CHAMBER

The flight chamber is the entire transparent viewing section part of the tunnel (May include parts of a glass diffuser).

2.11 WORKING TIME

The period of time during which a Performer may perform a routine during a Flight. Working time starts the instant the Performer begins flying, as determined by the Judges.

- Compulsory Routine: Working Time is minimum 40 to a maximum of 45 seconds
- Free Routine: Working Time is minimum 45 to a maximum of 75 seconds
- Each Performer must declare the length of his/her Free Routine before the competition begins. Music duration must not be longer than 15 seconds over the routine's time.

3 THE EVENT

3.1 DISCIPLINE:

The discipline comprises of Solo Freestyle (ISF Beginner) Open and Junior events. There is no gender separation.

3.2 JUNIOR/OPEN

Minimum age to compete is 6 years. Competitors, whose 6th birthday occurs before the official start of the competition may enter Solo Freestyle Intermediate JUNIOR. Maximum age is 14 years.

Competitors, whose 15th birthday occurs before the official start of the competition enter the Solo Freestyle intermediate OPEN category or PREFERABLY enter the Solo Freestyle JUNIOR or Solo Freestyle OPEN category.

3.3 OBJECTIVE OF THE EVENT:

The objective for the Performer is to perform a sequence of moves with the highest possible merit.

3.4 GERMAN CHAMPION:

After all completed round(s), the German Champion in Solo Freestyle Beginner and in Solo Freestyle Junior Beginner will be declared. The (Junior) Solo Freestyle German Champion is the Performer with the highest total score for all completed rounds. If two (2) or more Performers have equal scores, then if time permits, the first three (3) places will be determined by a tie-break Free Round. If a tie still exists, the following procedure will be applied:

- the best score, then the second best score, and then third best score, of any completed free rounds.
- the best score, then the second best score, of any completed compulsory rounds. 3.3.3 Prizes and awards are awarded as follows:

All Performers in the event will be awarded medals if placed First, Second or Third.

4 GENERAL RULES

4.1 PERFORMERS' EQUIPMENT

Performers' equipment: Performers are responsible for outfitting themselves in their own suitable clothing and footwear, including flight suits, helmets, goggles, and ear plugs.

4.2 WIND TUNNEL EQUIPAGE:

The minimum acceptable diameter for the flight chamber is 4,25 meters. The minimum height for the transparent wall is 3,7 meters.

4.3 VIDEO RECORDING

For the purpose of these rules, "video equipment" shall consist of the complete video system used to record the video evidence of the Performer's Flight, including the camera(s), recording media, cables and power source. The video equipment must be able to deliver a High Definition 1080 type digital signal with a minimum frame rate of 50 frames per second through a memory card, approved by the Chief Judge. The video equipment must be able to capture the music with the video.

The Organiser shall provide the video evidence required to show the Performer's Flight to third parties. A backup recording of all competition Flights will be made.

The Organiser is responsible for assuring the compatibility of the video equipment with the scoring system.

The camera(s) must be fixed static to the mount and on the same side of the tunnel as the Judges' live viewing gallery location.

The flight chamber doorway that will be used for entry and exit shall be fully shown in the video evidence. The position of the Judges with respect to the flight chamber doorway that will be used for entry and exit will be published not less than 90 days before the start of competition.

The Organiser must provide the Performers with a way of identification of the Performer to be included in the video evidence.

4.4 VISIBILITY OF THE SPEED FOR COMPETITION ROUND

The speed setting will be indicated in the tunnel and shall be clearly visible to the Performer prior to entering the flight chamber.

4.4 SPEED SETTING FLIGHTS

Three (3) minutes per Performer will be allocated for speed setting.

4.5 PRE-COMPETITION TRAINING TIME:

Each Performer, whose official registration reaches the Organiser before its official deadline, will be given the option of 15 minutes of training time between 08:00 and 24:00 within 48 hours of the official speed setting. The competitors must book this time with the organizer before the official registration deadline. After the deadline, the Organizer may offer the remaining time to anyone. Junior Performers have priority between the hours of 08:00 and 18:00.

Speed Setting and Training Flights may only take place prior to the start of the competition.

4.6 PRESENTATION OF THE FREE ROUTINE

Before the start of the Speed Setting, the Performer has the option to explain the delivered Free Routine.

4.7 TRAINING DURING THE COMPETITION

Performers are not allowed to use any freefall simulator or wind tunnel, for Flights other than competition Flights, after the commencement of the competition.

Order of Flights: The order of Flights for the first competition round of each event will be in the reverse order of the placing in that event at the most recent German nationals of (Junior) Indoor Solo Freestyle Beginners. All Performers not covered by this procedure will fly at the beginning of the round, with their order of Flights determined by a draw. After round four (4), the final round will start. The final round will be executed by updated reverse-order-of-flights which shall be implemented after round four (4). The relevant order of Flights will be maintained throughout the competition, except for any logistical changes deemed necessary by the Chief Judge and the Meet Director.

4.8 FLIGHT CHAMBER ENTRY

Only one (1) doorway leading into the flight chamber will be used for entries and exits. The tunnel will be set to the correct speed decided by the Performer during the Speed Setting time. When the tunnel is at the correct speed, a signal will be given to the Performer.

4.9 RE-FLIGHTS

In case of an unforeseen change of environment during performance, a re-flight may be granted (at the discretion of the chief judge).

Contact or other means of interference between the Performer and/or the tunnel walls/cable floor shall not be grounds for a re-flight.

Problems with a Performer's equipment shall not be grounds for a re-flight.

Problems with the music shall not be grounds for a re-flight. (If the music stops, the flyer will keep flying the routine.)

The performer is responsible to make confirm the tunnel is set to the right speed before entering the tunnel. Wrong speed shall not be grounds for a re-flight

For safety reasons, if a Performer demonstrates inadequate flying skills and/or persistent unsafe flying that requires intervention by a tunnel spotter, DFV Regulations for German Championships (WDM) Safety Board will apply.

5 RULES SPECIFIC TO THE EVENT

5.1 NATIONALITY

- The performer is in any case part of the open ranking, but only part of the German ranking if he meets the necessary requirements according to the DFV Regulation for German Championships (WDM). Only then he can become German champion.

5.2 ROUTINES

- The discipline is comprised of Compulsory Routines and Free Routines.

5.3 FREE ROUTINE

- Performers must deliver a video (static view, without music) of their Free Routine(s) to the Chief Judge at least seventy-two (72) hours before the start of the competition, and access provided to all Judges. (Performers may optionally include a written list of elements and/or present and explain their Free Routine(s) to the panel). Each Performer may submit multiple Free Routines, but during the competition, may submit a change only one time. Performers must declare which Free Routine they will perform for each Free Round.
- For this purpose, the Chief Judge should provide a standard form (see Addendum D).
- Failure to provide the video of the Free Routine(s) will lead to a score of zero (0) points for Technical for all Free Routines.

5.4 COMPULSORY ROUTINE

- Performer may choose out of the following table which compulsory move they will perform in their Compulsory Routine (For description of each move see ADDENDUM A).

	Level 1 (5 Points)	Level 2 (8 Points)	Level 3 (10 Points)
ISF-1	Barrel-Roll	Barrel-Roll-Transition	Barrel-Roll-Stall
ISF-2	Head-Up Belly 180° no Layout	Head-Up Belly 360° Breaker no Layout	Head-Up 360° Breaker
ISF-3	Belly to Back Transition	Tight Tucked 1,5 Back Loops	Tight Tucked Double Back Loops
ISF-4	Front Layout Flip	Front Layout Double Flip	Front Layout Full Twist Loop Sequence
ISF-5	The T	Backlayout	Mana's Space Lab
ISF-6	Thomas Flair	Thomas Flair into Head-Down inface Carve	Thomas Flair into Head-down Split

- Performers must deliver the Level and order of the Compulsory Sequences (for both Compulsory Rounds) to the Chief Judge before the beginning of the competition.

- Executing Compulsory Sequences in different order or level than submitted, will lead to a deduction of 0,5 Points for each Compulsory Sequence that is out of order or wrong level, 1,0 Points if the order and the level is wrong. (See also Addendum A)
- For this purpose, the Chief Judge should provide a standard form (see Addendum D).

5.5 COMPETITION ROUNDS

Number of rounds:

Compulsory Routines: 2 rounds

Free Routines: 3 rounds

Flight order of the routines must be: F - C - F - C - F

(C = Compulsory Routine, F = Free Routine)

6 JUDGING AND SCORING

6.1 GENERAL

Once the Performer has entered the flight chamber, the Flight shall be evaluated and scored.

6.2 SCORING FREE ROUTINES

Scoring Free Routines:

Before the start of the competition, the Judges will view the submitted videos and determine the Initial Technical score, between 0,0 and 10,0 expressed as a number up to one decimal point, taking into account the following guidelines;

Initial Technical score: The degree of Technicality of the routine Technical includes but not limited to:

- The ability to fly and perform a variety of elements in different axis and orientations
- Appropriate use of the entire flight chamber

- Creating new technical elements or combinations
- Performing elements with multiple rotations and/or direction changes.
- Level of difficulty of entering and exiting the tunnel

See Addendum C.

Execution Deductions:

During the competition, the Judges determine Execution deductions, according to the following table:

Up to 1,0 point deduction For each instance, the Performer is unintentionally touching the walls / net / diffuser

Up to 1,0 point deduction For each missing element (for example, single instead of double twist)

0,1 to 0,3 points deduction For each instance, the Performer is off center / off heading / off level / wobble / poor body position / element is wrongly executed.

Each Judge will total all his/her Execution deductions.

Presentation:

During the competition, the Judges will give a presentation score, between 0,0 and 10,0 expressed as a number up to one decimal point, taking into account the following guidelines;

- Routine is aesthetically pleasing to watch and has a good flow.
- Creative choreography (original routine composition),
- Well executed new moves (and/or new presentation of old moves),
- Routine is choreographed to the chosen music (synced to the beat or tempo. The music is not just a background).
- There is a definite beginning and a definite ending.

*Bad execution might affect all of the above.

- Appropriate Use of Time: a penalty of misuse of time is as follows: If the routine finishes early or late, but within one (1) second of the Performer's declared working time, there will be no penalty. If the routine finishes two (2) to five (5) seconds over/under the working time, the deductions will be as follows:

+/- 2 seconds: - 0,1 points

+/- 3 seconds: - 0,2 points

+/- 4 seconds: - 0,3 points

+/- 5 seconds: - 0,4 points

- If the routine finishes more than five (5) seconds early or late, there will be a 0,2 point deduction for each second beyond five (5) seconds, as follows:

+/- 6 seconds: - 0,6 points

+/- 7 seconds: - 0,8 points, etc.

6.3 SCORING COMPULSORY ROUTINES:

Judges give a score for the Performer (between 0,0 and 10,0, up to one decimal point) for Presentation (as per Free Routine) and for each of the three (3) Compulsory Sequences, using the following guidelines:

		Explanation	Example
Level of the compulsory	100 %	Define the max points to reach	Level 2 (8Points) is always equivalent to 100%
Set-up	10 %	Facing the correct direction; in the correct body position; at the correct place in the tunnel	Body on the center line
Major part of the compulsory	50 %	The part that defines the sequence	
Specific body position requirements	20 %		Pointed toes, straight legs, no arching, straight body, legs bend, tuck position, legs more than 90 in split
Execution mistakes	20 %	Flow, Wobble, Off heading, off center	Having a static flying more than a second; being asymmetrical, drift away from the centerline
Specific Judging Guidelines	See Addendum A	As specific for each compulsory	See Addendum A

Presentation in the Compulsory Routine will be scored for, as in the Free Routine, creativity, delivery, and use of time. The overall impression of the whole routine, and not just compulsories assembled together.

The Judges will only score the Compulsory Sequences they recognize. If an attempt is made for a Compulsory Sequence and the Judges recognize this as such, scoring for that sequence will commence. The judging of each sequence begins when the Judges see the Performer 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 Performer completes or abandons the performance requirements of that sequence.

Further explanation: Just a picture of the correct Set-up in the correct body position is not sufficient to begin judging a Compulsory sequence. The Set-up, body position and intention of the compulsory sequence needs to be determined in order to begin the compulsory move. For example: The barrel roll stall level 1 start on the back at the center line. If the competitor is performing a back carve of two (2) rounds, the moment being in the correct orientation (back) at the correct place (on the center line) is not automatically taken as the beginning of the barrel roll stall. If he stops there and start the motion of the compulsory sequence then it will be taken as the beginning. If he just passes the correct spot it will not be judged as the beginning. In doubt the judges might decide in the interest of the competitor.

6.4 SCORE CALCULATION

The score for each routine is calculated as follows:

- Compulsory Routines: for each Compulsory Sequence and Presentation, the Judges' scores will be averaged separately with no rounding applied. The average scores will be added, and the result will be divided by four (4), then rounded to the first decimal place.
- Free Routines: The three (3) total scores for the Execution deductions will be added, and the result divided by three (3), with no rounding applied. To determine the Technical score, the averaged Execution score will be deducted from the Initial Technical score. The minimum possible score for Technical is zero (0) points. The three (3) scores for Presentation will be added, and the result divided by three (3) with no rounding applied. The Technical and Presentation scores will be added, and the result will be rounded to the first decimal place. (The maximum score for the Free Routine is 20,0 points.).
- Rounding must be done as follows: intermediate values must be converted from two (2) decimal places to one (1), by rounding to the nearest tenth, except where the second decimal digit is exactly halfway between the two values, where it must be rounded to the higher of the two.
- Total scores for the event are calculated by adding Performer's official scores of all completed rounds.
- All scores for each Judge, for all competition flights, will be published.
- The Initial Technical score will be published before the start of the competition.

6.5 JUDGING RULES

- 6.5.1 Viewing the Flights: The Judges will view each Performer's Flight from the flight chamber viewing gallery. The Judges will watch each Flight live. At the discretion of the Event Judge, a second viewing of the compulsory rounds, using the video evidence, is permitted. At the discretion of the Event Judge, a third view of a Compulsory Round video, or part of it, is allowed, in normal or reduced speed (50% to 70%), and/or use of video pause
- A panel consisting of three (3) Judges must evaluate each Performer's Flight.
- A complete round shall be judged by the same panel.
- All Judges will evaluate all judging criteria.
- The Judges will use an electronic scoring system to record the evaluation of the performance.
- The chronometer will always be operated by the Judges or by (a) person(s) appointed by the Chief Judge and will be started when a Performer begins flying.
- If there is a judging system (eg dynamR), the timer might be used as a backup

7 RULES SPECIFIC TO THE COMPETITION

7.1 NUMBER OF COMPETITORS

The number of competitors is not limited. The organiser should plan the competition with at least 20 competitors. Competitors who participate in the performance baseline test (Leistungsgrundlagentest) (LGT) have priority when starting places are allocated.

The organiser can increase the number of competitors.

7.2 COMPETITION SCHEDULE

The competition will be organized in accordance with two (2) official training days and a maximum time frame of three (3) consecutive competition days. Time must be reserved before the end of the competition to allow for the completion of the final rounds.

ADDENDUM A

SOLO FREESTYLE COMPULSORY SEQUENCES

PERFORMANCE REQUIREMENTS & JUDGEMENT CRITERIA

All compulsories should be executed below the diffuser.

- The order and level of the Compulsory Sequences is determined by the Performer.
- The Performer must submit the order of the Compulsory Sequences **and level** for each Compulsory Sequence before the start of the competition to the Chief Judge. (See Addendum D.)
- Executing Compulsory Sequences in a different order than the one submitted, **will lead to a deduction of 0,5 Points** for the sequences that are out of order.
- If the Performer is executing a different level of a Compulsory Sequence than the one submitted, the score of the level that is flown will be taken with a deduction of 0,5 Points. Further explanation: This rule applies in both directions. Meaning if level 1 is submitted and level 2 is flown, the score of level 2 will be judged and 0,5 Points will be deducted in the end for not fly the submitted level. If level 2 is submitted and level 1 is flown, the score of level 1 will be judged and 0,5 Points will be deducted in the end for not fly the submitted level.
- Each Performer must ensure that clothing and/or his/her position in the flight chamber 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.)
- When specified, toes must be pointed and knees must be straight, otherwise the maximum possible score is 9,0.
- When the Layout position is specified, both legs must be together, with the knees straight, without any bend at the waist or hips.
- The judging of each sequence begins when the Judges see the Performer beginning the sequence from the described beginning position (after a transition from the previous move with or without a momentary stop). See also 6.3 Further Explanations.
- The judging of each sequence ends when the Judges see the Performer completes or abandons the performance requirements of that sequence.
- The definition of each body position is described in Addendum B.

FIRST COMPULSORY ROUND

(ROUND 2)

ISF-1 360° BARREL ROLL STALL

Level 1: Barrel Roll (5 Points)

- At the beginning, the Performer is in a belly orientation, looking at the center line facing the judges
- He performs a 360° barrel roll with the head facing the Judges, without changing heading or wobbling.
- The barrel roll must be horizontally centered in the flight chamber.
- The barrel roll can be performed in either direction

Judging Guidelines:

- If the performer is not staying on level 0.1 to 1.0 Points will deducted
- If the performer is not staying on the centerline 0.1 to 1.0 Points will be deducted

Level 2: Barrel Roll Transition (8 Points)

- At the beginning, the Performer is on a back position facing the opposite side of the judges (Chin is up/Head is on the opposite side of the judges)
- He then performs a back to belly transition ascending on the back stay on the center line all the time
- Once in Belly-down orientation (while descending), a 360° barrel roll, in the Layout position with the knees straight, is performed with the head facing the Judges, without changing heading or wobbling
- The descending must stop at the end of the barrel roll
- The barrel roll must be horizontally centered in the flight chamber
- The barrel roll can be performed in either direction

- The Layout position, with the knees straight, must be maintained throughout the entire sequence
- After the barrel roll, the Performer ascends (Stall), performing a belly to back transition
- Judging Guidelines:
 - When the knees are not straight during the roll, i.e., no Layout position, the maximum score will be 5,0 points
 - When the Performer is still descending after the roll, the maximum score will be 6,0 points

Level 3: 360° Barrel Roll Stall (10 Points)

- At the beginning, the Performer is in the head-down orientation, presenting the back of the body to the Judges
- The Performer descends into a belly-down orientation, facing the Judges
- Once in Belly-down orientation (while descending), a 360° barrel roll, in the Layout position with the knees straight, is performed with the head facing the Judges, without changing heading or wobbling
- The descending must stop at the end of the barrel roll
- The barrel roll must be horizontally centered in the flight chamber
- The barrel roll can be performed in either direction
- The Layout position, with the knees straight, must be maintained throughout the entire sequence
- After the barrel roll, the Performer ascends (Stall), returning to the head-down orientation presenting the back of the body to the Judges.

Judging Guidelines:

- When the knees are not straight during the roll, i.e., no Layout position, the maximum score will be 7,0 points.
- When the Performer is still descending after the roll, the maximum score will be 8,0 points.

Level 1: Head-Up Belly 180° no Layout (5 Points)

- At the beginning, the Performer is in the head-up orientation (eg. kneeflying, no layout needed), outfacing on one side of the flight chamber, presenting the side of the body to the Judges
- The Performer descends to a belly down orientation on the same heading.
- 180° of turning is performed from one side of the flight chamber to the opposite side.
- The lower legs are closer to the center of the flight chamber, drawing a small half circle, while the head is closer to the transparent wall, drawing a bigger half circle. (“fan” action)
- At the end, the Performer ascends into the head-up orientation (eg. kneeflying, no layout needed) on the opposite side of the flight chamber from the beginning, at the same level as the beginning, presenting the side of the body to the Judges.

Level 2: Head-Up 360° Breaker no Layout (8 Points)

- At the beginning, the Performer is in the head-up orientation (eg. kneeflying, no layout needed), outfacing on one side of the flight chamber, presenting the side of the body to the Judges
- The Performer descends to a belly down orientation on the same heading.
- 180° of turning with a full 360° roll (Breaker) is performed from one side of the flight chamber to the opposite side.
- The lower legs are closer to the center of the flight chamber, drawing a small half circle, while the head is closer to the transparent wall, drawing a bigger half circle. (“fan” action)
- No layout position needed while doing the barrel roll
- The Breaker must be evenly performed from one side to the other side of the flight chamber. (The rolling must begin before or nearly 45° into the turn and end at the same point on the other side. The Performer must be halfway through the roll when at 90° of turning.)
- During the Breaker, the head may face towards or directly away from the Judges.
- The Breaker can be performed in either direction.
- At the end, the Performer ascends into the head-up orientation (eg. kneeflying, no layout needed, outfacing on the opposite side of the flight chamber from the beginning, at the same level as the beginning, presenting the side of the body to the Judges.

Judging Guidelines:

- When the Performer executes a stationary roll, horizontally centred in the flight chamber, on a fixed heading (and not spread across the centre), the maximum score will be 6,0 points.

- When the Performer executes an horizontally traveling roll without pivoting (i.e., no “fan” action) the maximum score will be 5,5 points

Level 3: Head-Up 360° Breaker (10 Points)

- At the beginning, the Performer is in the head-up orientation in a Layout position with the knees straight, outfacing on one side of the flight chamber, presenting the side of the body to the Judges
- The Performer descends to a belly down orientation on the same heading.
- 180° of turning with a full 360° roll (Breaker) is performed from one side of the flight chamber to the opposite side.
- The lower legs are closer to the center of the flight chamber, drawing a small half circle, while the head is closer to the transparent wall, drawing a bigger half circle. (“fan” action)
- The Performer must maintain the Layout position, with the upper legs in line with the torso, throughout the entire Breaker without wobbling. (The knees may bend.)
- The Breaker must be evenly performed from one side to the other side of the flight chamber. (The rolling must begin before or nearly 45° into the turn and end at the same point on the other side. The Performer must be halfway through the roll when at 90° of turning.)
- During the Breaker, the head may face towards or directly away from the Judges.
- The Breaker can be performed in either direction.
- At the end, the Performer ascends into the head-up orientation in a Layout position, straight knees, outfacing on the opposite side of the flight chamber from the beginning, at the same level as the beginning, presenting the side of the body to the Judges.

Judging Guidelines:

- When the Performer executes a stationary roll, horizontally centred in the flight chamber, on a fixed heading (and not spread across the centre), the maximum score will be 8,0 points.
- When the Performer executes an horizontally traveling roll without pivoting (i.e., no “fan” action) (the “old version”), the maximum score will be 7,5 points

ISF-3 TIGHT TUCKED DOUBLE BACK LOOPS

Level 1: Belly to Back Transition (5 Points)

- At the beginning, the Performer is in belly-down orientation, presenting the side of the body to the Judges.
- He then ascend on the belly into a Knee-Fly position and hold that kneefly position for at least 1 second
- While still ascending he go from kneefly into a Head-Up position (upper body at least 45°upright), holding it for at least 1 second while starting to descend still in a Head-Up orientation
- The highest point of the whole transition needs to be in HU
- The performer then end on the back with a nice back body position, knees and hips close to 90°, The Head is in a straight line, forming a continuation of the body, more precisely, of the spine, the Chin is not on the chest
- The entire sequence needs to be first ascending then descending start and end (Backfly position) on the same level

Judging Guidelines:

- When the Performer stop the ascending or descending not as described above (Stop the descending on the belly or on the knees already or stop the descending and is already fully on the back before reach the same level of the beginning, the maximum score will be 3,0 points.
- When the Performer is not controlling (eg. “Falling” from Belly to Back rapidly) each of the body positions needs to be clearly visible (Belly, Knee, Head-Up, Back), the maximum score will be 4,0 points.
- If the performer is not holding the knee flying and the HU Position for at least 1 second 0.1 to 1.0 Points will be deducted.

Level 2: Tight Tucked 1,5 Back Loops (8 Points)

- At the beginning, the Performer is in belly-down orientation, presenting the side of the body to the Judges.
- One and a half (1.5) consecutive back loops in a tight tuck position must be performed.
- The Loops must be around the horizontal axis, without wobbling and without changing heading.
- The Loops must be smooth, without stopping

- The entire sequence must remain at the same level - and horizontally centered in the flight chamber.

Judging Guidelines:

- When the Performer stops on the belly after just one (1), the maximum score will be 5,0 points.
- When the loop is not tightly tucked, the maximum score will be 4,0 points.

Level 3: (Tight Tucked Double Back Loops)

- At the beginning and end, the Performer is in belly-down orientation, presenting the side of the body to the Judges.
- Two (2) consecutive back loops in a tight tuck position must be performed.
- Loops must be around the horizontal axis, without wobbling and without changing heading.
- Loops must be smooth, without stopping
- The entire sequence must remain at the same level - and horizontally centered in the flight chamber.

Judging Guidelines

- When the Performer stops between the loops, the maximum score will be 8,0 points.
- When the loops are not tightly tucked, the maximum score will be 5,0 points.
- Performer may open to a Layout position in the last quarter of the second loop. Opening up before that (tuck not maintained), (the maximum score will be 8,0 points).

SECOND COMPULSORY ROUND (ROUND 4)

ISF-4 FRONT LAYOUT FULL TWIST LOOP SEQUENCE

Level 1: Front layout Flip (5 Points)

- At the beginning, the Performer is in a Layout position with the knees straight, in a head-up orientation, presenting the side of the body to the Judges (He is allowed to stand on the net at the beginning and end)
- One (1) complete 360° Layout front-loop, 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 the torso, without any bend at the waist/hips and knees, throughout the entire flip
- Looping motion must be smooth
- The entire loop must remain horizontally centered in the flight chamber
- The net might be used to stand at the beginning and end for stability

Judging Guidelines

- When the Performer don't keep the layout position through the whole flip, the maximum score will be 3.0 Points
- No deductions will be given if the Performer use the net in form of standing in the beginning and end of the sequence

Level 2: Double Front layout Flip (8 Points)

- At the beginning and end, the Performer is in a Layout position with the knees straight, in a head-up orientation, presenting the side of the body to the Judges (No standing on the net allowed)
- Two (2) complete 360° Layout front-loops 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 the torso, without any bend at the waist/hips and knees, throughout the entire flip
- Looping motion must be smooth
- The entire sequence must remain horizontally centered in the flight chamber
- The sequence must end on the same heading as the beginning

Judging Guidelines

- When the Performer break the layout position with the head, the hips, or the knees, the maximum score will be 6,0 points.

- When the Performer stops between the loops, the maximum score will be 6,0 points
- If the performer touches the net at any time, the maximum score will be 6,0 points

Level 3 Front Layout Full Twist Loop Sequence (10 Points)

- At the beginning and end, the Performer is in a Layout position with the knees straight, in a head-up orientation, presenting the side of the body to the Judges
- Three (3) complete 360° Layout front-loop rotations, without stopping, must be performed
- A full twist must be performed within the second loop
- Looping movement must remain about a horizontal axis, without tilting or changing heading.
- Torso must be straight and legs in line with the torso, without any bend at the waist/hips and knees, throughout the entire sequence
- Looping motion must be smooth
- The entire sequence must remain horizontally centered in the flight chamber
- The sequence must end on the same heading as the beginning.
- Judging Guidelines:
 - When the Performer stops between the loops, the maximum score will be 8,0 points
 - When the twist is not performed within the second loop (e.g., the twist starts and/or finishes too soon or late), the maximum score will be 7,0 points.
 - When the twist is not complete but the move finishes with the correct heading (e.g. two half twists, or a half twist and a half pirouette), the maximum score will be 6,0 points

ISF-5 MANNA'S SPACE LAB

Level 1 The T (5 Points)

- At the beginning and end, the Performer is in a Belly position, presenting the side of the body to the Judges. The Center of the Body is on the Centerline
- He then, without moving in any direction, point one leg (left or right doesn't matter) straight down. Now both legs need to be straight, the hips stay with the orientation of the chest and body and might not be rotated outwards

- The performer then do a full turn holding the T until he is facing the same sideline he started at
- He then without moving up or down go into a Belly position presenting the side of the body to the judges.

Judging Guidelines

- If the leg is not pointing vertically down maximum score will be 3,0
- If one of the legs is not straight 0,5 to 1,0 will be deducted
- If the performer is not staying on the centerline for the whole sequence, the maximum score will be 4,0 points

Level 2 Backlayout into T (8 Points)

- At the beginning, the Performer is in a Layout Position in a Head Up orientation on the centerline
- The Performer then go to his back (He might bend his hips for that) completely with the whole body on one side of the tunnel presenting the side of the body to the Judges (no part of the body should touch the centerline anymore)
- A full Backlayout is performed ending on the other side of the tunnel (no part is touching the centerline)
- During the Backlayout the Performer should use the space of the tunnel and fly it as big as possible
- On the belly after the Backlayout was performed he then fly forward to the center of the tunnel and End in a T Position on the Center Line Pointing one leg straight down
- The Performer first finish the layout and fly on the belly to the Centerline and then point one leg straight down into T Position

Judging Guidelines

- If the Layout position is not shown at the start or the T Position at the finish, the maximum score will be 7,0 points (6,0 points, if no Layout shown for start and no T for the finish)
- If the Performer doesn't use the space of the tunnel (Start the Backlayout with the whole body on one side of the Centerline and finish with the whole body on the other side) while doing the Backlayout 0,5 to 1,0 Points will be deducted
- If the Performer is in an arching position while the Backlayout 0,5 to 1,0 Points will be deducted
- If the Performer doesn't start or end on the Centerline, 0,5 to 1,0 Points will be deducted

Level 3 Manna's Space Lab (10 Points)

- At the beginning and end, the Performer is in a Layout position, head-up orientation, on the same heading, presenting the side of the body to the Judges.
- A full 360° back loop is performed.
- During the back loop, four (4) steps are performed to create the illusion of walking around the inside of a horizontal tube.
- The four (4) steps must be smoothly performed within and evenly executed throughout the back loop
- Looping movement must remain about a horizontal axis, without tilting or changing heading

Judging Guidelines

- If the Layout position is not shown at the start or finish, the maximum score will be 8,0 points (7,0 points, if no Layout shown for start and finish)
- For each instance a step is off the correct position (i.e., not at 3, 12, 9, & 6 o'clock, or 9, 12, 3, & 6 o'clock), 0,5 to 1,0 points will be deducted (depending on how far off the step(s) are)
- For each instance the legs switch without a stepping action, 1,0 points will be deducted

ISF-6 THOMAS FLAIR INTO HEAD DOWN SPLIT

Level 1 (Thomas Flair)

- At the beginning, the Performer is in belly-down orientation
- One Thomas Flair rotations must be performed
- The toes must NOT (but can) be pointed throughout the sequence
- The entire sequence must remain horizontally centered in the flight chamber.

Thomas Flair

- For a complete Thomas Flair, the torso must roll through 360° while simultaneously turning through 360° horizontally. Staying on the same level.
- 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, knees must NOT (but can) be straight.
- (Narrow straddle is acceptable when the Performer is in belly down orientation.)
- The face must remain facing the Judges (Performer looking at the Judges) and maintain the same direction throughout all the rotation.

Judging Guidelines:

- If the 90° straddle is shown at the start of the Thomas Flair but not maintained, the maximum score will be 4,0 points.
- If the straddle is shown with 80° or less between the legs during the Thomas Flair, the maximum score will be 3,0 points.

Level 2 Thomas Flair into Head Down inface Carve (8 Points)

- At the beginning, the Performer is in belly-down orientation
- One Thomas Flair rotations must be performed
- The toes must be pointed throughout the sequence
- The entire sequence must remain horizontally centered in the flight chamber.

Thomas Flair

- For a complete Thomas Flair, the torso must roll through 360° while simultaneously turning through 360° horizontally. Staying on the same level.
- 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.
- (Narrow straddle is acceptable when the Performer is in belly down orientation.)
- The face must remain facing the Judges (Performer looking at the Judges) and maintain the same direction throughout all the rotation.

Half Thomas Flair to Head-down inface Carve

- After one Thomas Flair is completed, the flair motion continues into a head-down inface Carve until the Performer faces the judges again

Judging Guidelines:

- If the 90° straddle is shown at the start of the Thomas Flair but not maintained, the maximum score will be 5,0 points.
- If the straddle is shown with 70-80° between the legs during the Thomas Flair, the maximum score will be 5,0 points.
- If the straddle is shown with less than 70° between the legs during the Thomas Flair, the maximum score will be 4,0 points.
- If the toes are not pointed throughout the whole sequence, 0,5 to 1,0 Points will be deducted
- If the flair motion stops after the first Thomas Flair, 0,5 to 1,0 Points will be deducted

Level 3 (Thomas Flair into Head-Down Split)

- At the beginning, the Performer is in belly-down orientation
- One Thomas Flair rotations must be performed
- The toes must be pointed throughout the sequence
- The entire sequence must remain horizontally centered in the flight chamber.

Thomas Flair

- For a complete Thomas Flair, the torso must roll through 360° while simultaneously turning through 360° horizontally. Staying on the same level.
- 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.
- (Narrow straddle is acceptable when the Performer is in belly down orientation.)

- The face must remain facing the Judges (Performer looking at the Judges) and maintain the same direction throughout all the rotation.

Half Thomas Flair to Head-down Split

- After one Thomas Flair is completed, the flair motion continues into a head-down split.

Judging Guidelines:

- If no head-down split position is shown at the end, the maximum score will be 6,0 points.
- If the head-down split position is shown at the end with the knees bent, the maximum score will be 7,5 points.
- If the 90° straddle is shown at the start of the Thomas Flair but not maintained, the maximum score will be 7,0 points.
- If the straddle is shown with 70-80° between the legs during the Thomas Flair, the maximum score will be 7,0 points.
- If the straddle is shown with less than 70° between the legs during the Thomas Flair, the maximum score will be 5,0 points.

ADDENDUM B

BASIC BODY POSITIONS, ORIENTATIONS, ROTATIONS AND PATHWAYS

A. BODY POSITION

The body can be in an arch, layout or pike position with the limbs in any of various positions. These define the amount of bend at the waist/hips and the angle of the upper legs (thighs) relative to the torso. Additional body positions define positions of the legs. The arms are left free to control the position. For description purposes on heading, torso means the front of the torso.

A-1. Arch Position

- The torso is arched at the waist/hips, such that the angle between the front of the torso and the thighs is greater than 180° (if viewed from the side).
- Both legs are together with the knees straight, the angle between the front of the torso and both thighs must be greater than 180° (if viewed from the side).
- The head may be arched back.

A-2. Layout Position

- The torso is straight, with no bend at the waist/hips (if viewed from the side).
- Both legs are together with the knees straight, both legs must in line with the torso (if viewed from the side).

A-3. Pike Position

- The torso is bent forward at the waist/hips, such that the angle between the front of the torso and the thighs is less than 180° (if viewed from the side).
- Both legs are together and straight at the knees with the angle between the front of the torso and the thighs must be less than 180° (if viewed from the side).
- For a Loose Pike, the angle between the front of the torso and the thighs is between 90° and 180° (if viewed from the side).
- For a Tight Pike, the angle between the front of the torso and the thighs is less than 90° (if viewed from the side).

A-4. Tight Tuck Position

- The torso is bent forward at the waist/hips such that the angle between the front of the torso and the thighs is less than 90° (if viewed from the side).
- The knees are bent, such that the angle between the upper and lower legs is less than 90°. The knees are not necessarily all the way up against the chest.
- The knees may be together or spread apart.
- For a Loose Tuck, the two described angles are between 90° and 180° (if viewed from the side).

A-5. Sit Position

- The torso is vertical in a head-up orientation.
- The angle between the front of the torso and thighs is between 90° and 145° (if viewed from the side).

- The knees are bent such that the angle between the upper and lower legs is between 90° and 145°.
- The lower legs are parallel to the torso.
- The knees may be together or spread apart.

A-6. Stag Position

- One leg is completely straight at the knee.
- The other leg is flexed forward at the hip and the knee is flexed to place the toe at the knee of the straight leg. The knee is flexed at least 90°.
- The knee of the leg placed in the Stag points forward.
- The body can be in an arched, layout or piked position while in a Stag Position.

A-7. Straddle Position

- The legs are split apart, from side to side, with at least a 90° angle between them (if viewed from the front).
- Both knees are straight.
- The body can be arched (Arched Straddle Position), in a layout (Layout Straddle Position) or piked (Piked Straddle Position) with the legs in a Straddle Position.

A-8. Split Position

- Both knees are straight.
- The legs are split apart from front and back, with at least a 90° angle between them (if viewed from the side).

A-9. Tee Position

- The torso may be straight, with no bend at the waist, or arched.
- One leg is extended in front of the torso, with an angle of 90° between the front of the torso and the thigh (if viewed from the side).
- The other thigh is in line with the torso or has an angle greater than 180° from the torso (if viewed from the side).
- Both knees are straight.

A-10. Compass Position

- The torso is in the head-up orientation.
- One leg is in line with the torso.
- For a parallel Compass, the other leg is raised forward, such that the angle between the thigh and torso is 90° or less.
- For a turned-out Compass, the other leg is split to the side with the knee pointed upward, such that the angle between the thigh and torso is 90° or less.
- Both knees are straight.
- The body can be in an arched or layout position with the legs in a Compass.

B. ORIENTATIONS

There are six (6) basic orientations (not including diagonal orientations) which a body can have to the wind (or cable floor). These define which way the torso is oriented.

B-1. Belly-down Orientation

The torso is horizontal, on its front, facing down towards the wind (or the cable floor).

B-2. Back-down Orientation

The torso is horizontal, on its back, facing up, away from the wind (towards the ceiling).

B-3. Sideways Orientation

The torso is horizontal, on its side, with either side facing towards the wind (or cable floor).

The chest is facing the tunnel wall.

B-4. Head-up Orientation

The torso is vertical with the head up, directly away from the wind (towards the ceiling).

B-5. Head-down Orientation

The torso is vertical with the head down, pointing directly down into the wind (towards the cable floor).

C. ROTATION AXES

Most moves involve a form of rotational motion of the body. A total of five (5) axes are used to describe the six (6) possible basic rotational motions.

C-1. Wind Axes

There are two inertial axes which stay fixed with respect to the wind (or cable floor).

Vertical Axis

The vertical axis remains parallel to the wind, (pointing from the ceiling to the cable floor).

Spins are rotations about the Vertical Axis.

Horizontal Axis

The horizontal axis is any axis perpendicular (90°) to the wind, (pointing to the tunnel wall). It may have any heading (pointing towards any wall).

C-2. Body Axes

There are three (3) body axes which stay fixed with respect to each Performer's body.

Body Head-Tail Axis

The body head-tail axis is oriented lengthwise, pointing from head to tail-bone, normally through the Performer's torso. (In a layout position, the head and feet are in the same line. When the body is bent at the hips, this axis is aligned with the spine and does not include the legs.)

Body Front-Back Axis

The body front-back axis is oriented forwards and backwards, pointing from front to back, normally through the Performer's belly.

Body Left-Right Axis

The body left-right axis is oriented sideways, pointing from left to right, normally through the Performer's hips.

D. BASIC ROTATIONAL ACTIONS

There are six (6) basic rotational actions. Twisting combines rotational actions by adding a rotation about the body head-tail axis during a rotation about the body left-right or front-back axis.

D-1. Flat Turns

Flat turns involve a rotation about the body front-back axis when that axis is aligned with the vertical axis. The Performer's heading is changing. The body can be belly-down or back-down while performing a flat turn. During a right flat turn, the upper body is moving towards the right shoulder, or vice versa.

D-2 Pirouettes

Pirouettes involve a rotation about the body head-tail axis when that axis is aligned with the vertical axis. The Performer's heading is changing. The body can be head-up or head-down while performing a pirouette. During a right pirouette, the front of the chest is rotating towards the right, or vice versa.

D-3 Barrel Rolls

A barrel roll is a rotation about the body head-tail axis when that axis is aligned with the horizontal axis. A barrel roll may begin and end in a belly-down, back-down or sideways orientation. During a right barrel roll, the front of the chest is rotating towards the right, or vice versa.

D-4 Cartwheels

A cartwheel is a head-over-heels rotation about the body front-back axis when that axis is aligned with the horizontal axis. The body passes through a head-up, sideways and/or head-down orientations during the course of a cartwheel. A cartwheel needs not start nor finish in an exact head-up, sideways or head-down orientation. A cartwheel is considered to be a full cartwheel when the

head has travelled 360° around the horizontal axis from the point at which it started. During a right Cartwheel, the upper body is moving towards the right shoulder, or vice versa.

D-5. Loops

A loop is a head-over-heels rotation about the body left-right axis when that axis is aligned with the horizontal axis. The body passes through a head-up, belly-down, head-down and/or back-down orientation during the course of the loop. A loop may begin and end in a head-up, belly-down, head-down and/or back-down orientation. A loop needs not start nor finish in an exact head-up, belly-down, head-down and/or back-down orientation. A loop is considered to be a full loop when the head has travelled 360° around the horizontal axis from the point at which it started. There are two (2) kinds of loops. (Loops are referred to by the direction in which the loop is initiated, since in the case of twisting loops, the direction in which the loop completes may be different from the direction at the start.)

Back Loop

A back loop is a loop rotation initiated with the torso rotating backwards.

Front Loop

A front loop is a loop rotation initiated with the torso rotating forwards.

D-6. Side Loops (Loops on the Side)

A loop in the sideways orientation is a rotation about the body left-right axis when that axis is aligned with the vertical axis. For example, a Pinwheel is a true loop on the side.

D-7. Twists

Twisting combines rotational actions by adding a rotation about the body head-tail axis during a rotation about the body left-right or front-back axis, aligned with either the horizontal or vertical axis. There are two (2) basic categories of twists.

Vertical Twists

A vertical twist is a head-over-heels rotation about the horizontal axis (loop or cartwheel) combined with a rotation about the body head-tail axis. A single or full twist is defined to be a 360° rotation about the body head-tail axis over the course of a 360° loop or cartwheel. The amount of twist contained within a loop or cartwheel is the amount of twisting rotation completed after a 360° looping or cartwheeling rotation has been performed, when measured from the point in the loop or cartwheel at which the twist was first initiated. Twists may be initiated at any position in the loop or cartwheel and in any direction.

Horizontal Twists

A horizontal twist is a rotation about the vertical axis (flat turn or side loop) combined with a rotation about the body head-tail axis. A single or full twist is defined to be a 360° rotation about the body head-tail axis over the course of a 360° flat turn or side loop. For example, a Flip Through is a horizontal twist.

E. CIRCULAR PATHWAYS

There are two (2) basic types of circular pathways a Performer may follow, which can be performed either infacing or outfacing. Circular pathways may have embedded moves (e.g. Bottom Loop).

Infacing

The front of the torso faces inward towards the concave side of the pathway, usually, but not always, towards the center of the flight chamber.

Outfacing

The front of the torso faces outward away from the concave side of the pathway, usually, but not always, towards the wall of the flight chamber.

E-1. Carving

The Performer's body traces a circular path in approximately a horizontal plane. Carving is performed while head-down, head-up or in other orientations.

E-2. Vertical Orbits

The Performer's body traces a circular path in a vertical plane. Eagles and Reverse Eagles are two (2) common forms of Vertical Orbits that involve also rotating about the Body Left-Right Axis.

Eagle

The Performer travels in a Vertical Orbit while continuously leading with the head, passing through the back-down, head-up, belly-down and/or head-down orientation (in that order, if infacing). An Eagle may begin from any orientation in this progression. A Half Eagle is when the Performer has travelled head first through 180° of vertical orbiting. A Full Eagle is when the Performer has travelled head first through 360° of vertical orbiting.

Reverse Eagle

The Performer travels in a Vertical Orbit while continuously leading with the feet (or tail-bone), passing through the back-down, head-down, belly-down and/or head-up orientation (in that order, if infacing). A Reverse Eagle may begin from any orientation in this progression. A Half Reverse Eagle is when the Performer has travelled feet (or tail-bone) first through 180° of vertical orbiting. A Full Reverse Eagle is when the Performer has travelled feet (or tail-bone) first through 360° of vertical orbiting.

ADDENDUM C

TECHNICAL DIFFICULTY

The technical score is the combined result of several factors. Moves are classified from very easy to very difficult. The overall performance of the Flights (poses, moves and transitions) counts for difficulty. In general, technical factors are:

Table to determine the difficulty

Easier	More difficult
Fixed orientation with large support base. Horizontal axis rotation with small support base	Fixed orientation with small support base. Horizontal axis rotation through large support base
Stable, easy to balance move	Unstable, difficult to balance move
Moves executed individually	Moves executed in a connected sequence
High drag moves flown with slow tunnel speed	High drag moves flown with fast tunnel speed, the longer the duration of high drag move(s), the more difficult
Low drag moves flown with fast tunnel speed	Low drag moves flown with slow tunnel speed, the longer the duration of the low drag move(s), the more difficult
Random Movements	Precisely Choreographed Movements (including perfect synchronicity with music if performing to music)
Body position lost during move(s)	Ideal body position maintained throughout move(s)
Drifting in flight chamber during static move(s)	Remaining stationary in flight chamber on a constant heading and level during static move(s)
Easy natural body positions	Awkward body position and/or grip(s), such as a hand grip on one's own foot with that grip behind
Move does not require flexibility	Move requires flexibility
Move does not require strength and power	Move requires strength and power
Symmetrical body shape held on heading. Asymmetrical body shape not held on heading	Asymmetrical body shape held on heading
Basic Move(s)	Move(s) that requires long learning progression
Performing previously seen Move(s)	Performing new Move(s)
Rotations on one (1) axis	Rotations on more than one (1) axis (in which use of three (3) axes is more difficult than use of two (2) axes)
Performing moves, carving/rotating always in a preferred direction	Performing moves, carving/rotating in both directions
Short duration in rotation (no dizziness)	Long duration in rotation (dizziness)
Performer flying in clean airflow	Performer flying across burble of doorway
Fast transitions through burble of doorway	Performer remaining in burble of doorway for extended time

Transitions between moves with the same axes	Transitions between moves with different axes at a precise heading/orientation
No direction change	Reversal of direction at a precise heading/orientation
Carving/vertical orbits without embedded move(s)	Carving/vertical orbits with embedded move(s)
Complex moves using arms and legs to control flying	Variety of complex moves without using arms or with arms and/or legs in fixed pose or in creative, artistic gestures
Consuming the entire space of the flight chamber, including the diffuser	Deliberate, controlled use of a portion of the available space.
Landing on the cable floor to exit and end routine	Landing exactly in the doorway with a complex move to exit and end routine

ADDENDUM - D

SOLO FREESTYLE BEGINNER ROUTINE DESCRIPTION

Performer #:	Performers Full Name:			Performers Country:		
State the order in which the Compulsory Sequences will be performed and the level for each Compulsory Move.						
	Move 1	Level	Move 2	Level	Move 3	Level
First Compulsory Round, round 2:						
	Move 1	Level	Move 2	Level	Move 3	Level
Second Compulsory Round, round 4:						

Free Round Working time: _____ seconds	The Free Routine description covers the following rounds: ALL - 1 - 3 - 5
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If performing more than one Free Routine, please complete a Routine Description sheet for each Free Routine and circle above which rounds it will be performed.

#	Name of Move or Sequence	Technicality Value (for judges use)
1		
2		
3		
4		
5		
6		
7		

8		
9		
10		
11		
12		
13		
14		
15		
16		