



Intermediate Freestyle Rule Adjustments

**>XRG FLIGHT
CLUB**

Table of Contents

Page 3. Intermediate specifications

Page 4. Paper Submission (Must be submitted by every competitor)

Page 5. Extra description page

Page 6. Intermediate Compulsory 1

Page 7. Beginner Compulsory 1

Page 8. Intermediate Compulsory 2

Page 9. Beginner Compulsory 2

Page 10. Intermediate Compulsory 3

Page 11. Beginner Compulsory 3

Page 12. Intermediate Compulsory 4

Page 13. Beginner Compulsory 4

Page 14. Intermediate Compulsory 5

Page 15. Beginner Compulsory 5

Page 16. Intermediate Compulsory 6

Page 17. Beginner Compulsory 6

AOISC Intermediate Freestyle

AOISC Jnr Intermediate Freestyle

- The Australian Indoor Skydiving Championships 2025 will introduce compulsory moves and therefore routines for the intermediate freestyle category's.
- There will be 2 variations available (intermediate variation and beginner variation) for each original compulsory move listed in the open category.
- Each competitor will nominate which variation they will perform on the paper submission - included on page 4 of this document.
- No open compulsories will be permitted in the intermediate category.
- All variations will be individually scored out of 10. Any beginner variations that have been nominated will then be divided by 2 to accurately represent the differing skill level and final placings.
- With the above information taken into consideration every competitor in Freestyle - regardless of Intermediate or Open category - will perform the FAI specified rounds:

R1 - Free routine

R2 - Compulsory 1 routine

R3 - Free Routine

R4 - Compulsory 2 routine

R5 - Free routine

- All rules and scoring specifications for Intermediate Freestyle will be as the FAI Indoor Solo Freestyle rules state - excluding Compulsory moves. Intermediate category compulsory moves are specified in this document.

ISF - 1 - Intermediate

OTF 360 Barrel Stall

Element	Deduction Up To	Description
Set Up	10% Deductions for poor and non precise set up point.	<ul style="list-style-type: none"> • Position; flyer begins flying a stable back fly position toward the back of the tunnel. • Spacing; The head is toward the outside of the tunnel and the feet toward the centre. The flyer must be evenly inline with the centre line. • Legs together <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Poor leg control ◦ Not on centre line toward back of tunnel ◦ Not settled and stable
Major Part	50% Here you can be deducted for missing a portion of the move, not executing the specified tracking, heading or level correctly.	<ul style="list-style-type: none"> • The flyer performs an over the feet transition from back to belly using the space vertically and horizontally creating an arc throughout the transition. The legs remain together throughout the transition. The hips may break or move through an open alignment. The flyer finishes belly down with the face looking toward judges, in alignment with the centre line and a minor arched position (open hips). • When the flyer reaches the belly down orientation a full 360 belly to belly roll is performed. The flyer may descend through the roll, but when completed the flyer must be stationary and not continue any downward travel. The legs remain together through the roll and the hips are in an open alignment. The flyer must stay inline with the centre line. • A belly to back over the feet transition is then performed using the space vertically and horizontally, reflective of the original pathway of the first transition (not higher or lower). Legs remain together, alignment is consistent with centre line. The flyer finishes on the back in the same position as the entry. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Not creating an arc on OTF ◦ Creating a different pathway on 2nd OTF transition ◦ Continued descent once roll is completed ◦ Heading change
Specific Body Position Requirements	20% Deductions applied for lack of aesthetic execution.	<ul style="list-style-type: none"> • Over the feet aesthetic aims: Legs together, creating an arc, open hip alignment on belly but not severely arched, eyes toward judges on belly, maintain centre line throughout. • 360 Roll Aim: Legs together, open hip alignment, not overly arched, maintain centre line throughout. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Loss of control of legs - not together, rebounding on wind, unintentionally bent ◦ Overly arched belly position ◦ eyes down in belly position ◦ Twists in body taking some parts away from centre line. ◦ Broken or kinked hips in belly orientation
Execution Mistakes	20% Deductions applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Wobble ◦ Heading change ◦ Off center line ◦ Contact with the net or glass

ISF - 1 - Beginner

Back 360 Roll

Element	Deduction Up To	Description
Set Up	10% Deductions for poor and non precise set up point.	<ul style="list-style-type: none"> • Position; flyer begins flying a stable back fly position in the center of the tunnel. • Spacing; The flyer must place the top of their head inline with the centre line. The feet are on the far side of the tunnel, away from the judges. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Poor leg control ◦ Not on centre line, incorrect spacing ◦ Not settled and stable
Major Part	50% Here you can be deducted for missing a portion of the move, not executing the specified tracking, heading or level correctly.	<ul style="list-style-type: none"> • The flyer performs a 360 back to back barrel roll maintaining level and heading with the centre line. • The pace can be determined by each individual but the rotation should be evenly executed making it symmetrical in timing for each 180 degree part of the 360. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Not evenly executing each 180 degree rotation ◦ Level change ◦ Heading change
Specific Body Position Requirements	20% Deductions applied for lack of aesthetic execution.	<ul style="list-style-type: none"> • 360 Roll Aesthetic Aim: Maintain centre line and level throughout through use of body position and control. Maintain good posture without excess tension or complete release of tension. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Loss of control of limbs - rebounding on wind, unintentional movements ◦ Twists in body taking some parts away from centre line.
Execution Mistakes	20% Deductions applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Wobble ◦ Heading change ◦ Off center line ◦ Contact with the net or glass ◦ Level change

ISF - 2 - Intermediate

Knee 360 Breaker

Element	Deduction Up To	Description
Set Up	10% Deductions for poor and non precise set up point.	<ul style="list-style-type: none"> • Position; Knee fly position outfacing to either sideline. Shins pressurized into wind to show a parallel shin to ground position. Eyes are looking to the outside of the tunnel. • Spacing; The flyer will be positioned face close to the glass, in line with their chosen side line. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Poor leg control not demonstrating shins parallel to ground ◦ Flyer far out from the glass (near to centre of flight chamber) ◦ Eyes looking down ◦ Not inline with sideline
Major Part	50% Here you can be deducted for missing a portion of the move, not executing the specified tracking, heading or level correctly.	<ul style="list-style-type: none"> • From the knees, the flyer descended and smoothly transitions to a belly down orientation, whilst starting a carve in either direction (towards or away from judges) • A full 360 head up breaker is performed with the half way point (180 degree rotation) hitting the centre line. The breaker must start and finish at the same distance from the centre line on either side and be evenly timed. The hips must stay fully open and extended throughout the roll. The knees may bend in a controlled manner. The breaker must continue a carving motion (Do not cut straight across the centre of the flight chamber) • The flyer then ascends into a knee fly position mirroring the set up position and location. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Breaker not evenly spaced and timed ◦ Non-mirrored entry and exit points ◦ Breaker not carving around circumference of tunnel.
Specific Body Position Requirements	20% Deductions applied for lack of aesthetic execution.	<ul style="list-style-type: none"> • Knee Fly Aesthetic Aim: Shins parallel to ground, demonstrating stability. Eyes facing outside the tunnel. • Breaker Aesthetic Aim: Hips maintain an extended alignment. Legs are controlled and squeezing together. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Loss of control of limbs - rebounding on wind, unintentional movements ◦ Shins not parallel to ground ◦ Break in hips throughout breaker ◦ Wide legs throughout breaker
Execution Mistakes	20% Deductions applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Wobbly knee fly ◦ Heading change at entry and exit points ◦ Contact with the net or glass ◦ Non carving breaker

ISF - 2 - Beginner

Belly Carve 360 roll

Element	Deduction Up To	Description
Set Up	10% Deductions for poor and non precise set up point.	<ul style="list-style-type: none"> • Position; Belly down orientation outfacing towards either sideline, eyes looking out. Still and stable position is demonstrated. • Spacing; The flyer will be positioned face close to the glass, in line with their chosen side line. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Poor leg control ◦ Flyer far out from the glass (near to centre of flight chamber) ◦ Eyes looking down ◦ Not inline with sideline
Major Part	50% Here you can be deducted for missing a portion of the move, not executing the specified tracking, heading or level correctly.	<ul style="list-style-type: none"> • The flyer performs a smooth 90 degree belly carve to finish inline with the centre line. The carve can be performed towards or away from the judges. • The flyer then executes a belly to belly 360 barrel roll maintaining an open and extended hip alignment. The trailing side of the body rotates under first in this roll to closely resemble the HU breaker. The legs squeeze together, the knees may bend. Flyer must maintain level and heading and evenly time each part of the roll. • Once the roll is complete the flyer continues their flight path with a final 90 degree belly carve, finishing on the opposite side line in an outface belly down orientation, eyes looking out. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Not evenly executing each 180 degree rotation ◦ Level change ◦ Heading change ◦ Not carving near the circumference of the flight chamber
Specific Body Position Requirements	20% Deductions applied for lack of aesthetic execution.	<ul style="list-style-type: none"> • Belly Carve Aesthetic Aim: Eyes looking outward, open and extended hip line. Legs extended and controlled • 360 Roll Aesthetic Aim: Hips maintain open and extended line throughout roll. Legs squeezing in. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Loss of control of limbs - rebounding on wind, unintentional movements ◦ Twists in body taking flyer offheading on roll ◦ Break in hips throughout roll ◦ Excessively wide legs, overly arched position throughout.
Execution Mistakes	20% Deductions applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Wobble ◦ Heading change ◦ Off center line ◦ Contact with the net or glass ◦ Level change ◦ Not creating adequate carving

ISF - 3 - Intermediate

Tight Tucked Back Loop

Element	Deduction Up To	Description
Set Up	10% Deductions for poor and non precise set up point.	<ul style="list-style-type: none"> • Position; Belly down orientation, stable with a smooth arch. • Spacing; the flyer is in the centre of the flight chamber (Approx. sidebody hips inline with centre line) heading to the sideline. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ○ Off centre ○ Break or kink in hips ○ Unstable
Major Part	50% Here you can be deducted for missing a portion of the move, not executing the specified tracking, heading or level correctly.	<ul style="list-style-type: none"> • From the belly fly position the flyer will perform 1 tight tucked back loop. Maintaining heading, level from take off height and spacing in flight chamber. The knees must pull in close to chest and remain tight until the flyer is able to be in a belly down orientation again. At this point the flyer returns to their belly down orientation at the same level as take off. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ○ Opening the tucked position too early ○ Ascending or descending throughout flip and on landing ○ Change of heading and spacing. <ul style="list-style-type: none"> • Note the flyer can ascend in a belly position prior to executing the flip. The level at which the flyer initiates the flip is the level in which the flyer should land and finish the move.
Specific Body Position Requirements	20% Deductions applied for lack of aesthetic execution.	<ul style="list-style-type: none"> • Tight Tuck Back Loop Aesthetic Aim: Knees tight, angle at knees and hips smaller than 90 (the tighter the better). Remaining in tight tuck position until belly down. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ○ Hip and knee angles bigger than 90 degrees ○ Not maintaining tuck until belly down
Execution Mistakes	20% Deductions applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> ○ Wobble ○ Heading change ○ Off center line ○ Contact with the net or glass ○ Level change

ISF - 3 - Beginner

Belly to Tuck

Element	Deduction Up To	Description
Set Up	10% Deductions for poor and non precise set up point.	<ul style="list-style-type: none"> Position; Belly down orientation, stable with a smooth arch. Spacing; the flyer is in the centre of the flight chamber (Approx. sidebody hips inline with centre line) heading to the sideline. <p>Deduction Examples:</p> <ul style="list-style-type: none"> Off centre Break or kink in hips Unstable
Major Part	50% Here you can be deducted for missing a portion of the move, not executing the specified tracking, heading or level correctly.	<ul style="list-style-type: none"> From the belly fly position the flyer will perform 1 tight tucked hold. Maintaining heading, and spacing in flight chamber. The knees must pull in close to chest and remain tight for at least 2 seconds. The flyer then releases the legs controlling them back to a belly down orientation in the same spacing as the set up. <p>Deduction Examples:</p> <ul style="list-style-type: none"> Opening the tucked position too early Change of heading and spacing.
Specific Body Position Requirements	20% Deductions applied for lack of aesthetic execution.	<ul style="list-style-type: none"> Tight Tuck Aesthetic Aim: Knees tight, angle at knees and hips smaller than 90 (the tighter the better). <p>Deduction Examples:</p> <ul style="list-style-type: none"> Hip and knee angles bigger than 90 degrees Not maintaining tuck for adequate time
Execution Mistakes	20% Deductions applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> Wobble Heading change Off center line Contact with the net or glass Level change

ISF - 4 - Intermediate

Front Layout Loop

Element	Deduction Up To	Description
Set Up	10% Deductions for poor and non precise set up point.	<ul style="list-style-type: none"> • Position; Flyer begins in a HU Layout position, knees straight. • Spacing; The flyer is positioned in the centre of the flight chamber ensuring alignment of the sideboy to the centre line. The heading is towards either sideline. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Poor layout position; hips broken or overly arched forwards, legs bent ◦ Not on centre line, incorrect spacing and heading
Major Part	50% Here you can be deducted for missing a portion of the move, not executing the specified tracking, heading or level correctly.	<ul style="list-style-type: none"> • The flyer performs one 360 layout front loop and returns to the same set up position. Level, heading, spacing and layout body position are maintained throughout the rotation. Even timing must be demonstrated throughout the 360 rotation. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Uneven timing in rotation ◦ Heading, level changes
Specific Body Position Requirements	20% Deductions applied for lack of aesthetic execution.	<ul style="list-style-type: none"> • HU Layout Aesthetics Aim: Straight HU body position. Legs and body in alignment with each other creating a vertical straight line. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Kink or break in hips ◦ Legs out of alignment to torso ◦ Overly arched HU position ◦ Visible angle (not straight up and down)
Execution Mistakes	20% Deductions applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Wobble ◦ Heading change ◦ Off center line ◦ Contact with the net or glass ◦ Level change

ISF - 4 - Beginner

HU Layout Hold

Element	Deduction Up To	Description
Set Up	10% Deductions for poor and non precise set up point.	<ul style="list-style-type: none"> Position; Flyer begins in a stable back fly position. Presenting the sidebody to the judges. Good posture and a settled position are demonstrated. Spacing; The flyer is in the centre of the chamber, with the middle of the torso in line with the centre line. Side body is presented to the judges. <p>Deduction Examples:</p> <ul style="list-style-type: none"> Poor leg control Not on centre line, incorrect spacing, side body not to judges Not settled and stable
Major Part	50% Here you can be deducted for missing a portion of the move, not executing the specified tracking, heading or level correctly.	<ul style="list-style-type: none"> The flyer transitions to a HU layout position demonstrating a strong straight line with the body. The flyer may input a small boost for momentum at the start, increasing their level. The flyer returns to their back at the initial starting level (not the level the transition was initiated if differing). Sideline alignment must be maintained throughout and the HU layout position must be inline with the centerline. <p>Deduction Examples:</p> <ul style="list-style-type: none"> Coming off centerline Not executing a HU layout position differing start and finish positions
Specific Body Position Requirements	20% Deductions applied for lack of aesthetic execution.	<ul style="list-style-type: none"> HU Layout Aesthetic Aim: Straight HU body position. Legs and body in alignment with each other creating a vertical straight line. <p>Deduction Examples:</p> <ul style="list-style-type: none"> Deduction Examples: Kink or break in hips Legs out of alignment to torso Overly arched HU position Visible angle (not straight up and down)
Execution Mistakes	20% Deductions applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> Wobble Heading change Off center line Contact with the net or glass

ISF - 5 - Intermediate

Back Layout Loop

Element	Deduction Up To	Description
Set Up	10% Deductions for poor and non precise set up point.	<ul style="list-style-type: none"> • Position; Flyer begins in a HU layout position • Spacing; Flyer is in the centre of the flight chamber, facing either sideline, presenting the side body to the judges. The side body will be vertically inline with the centerline. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Kink in hips or overly arched HU layout ◦ Incorrect heading or side body alignment
Major Part	50% Here you can be deducted for missing a portion of the move, not executing the specified tracking, heading or level correctly.	<ul style="list-style-type: none"> • From the HU layout position the flyer performs 1 back loop maintaining a full layout position with even timing through the loop. • The flyer finishes presenting the same position as the set up, having maintained level throughout the move. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Not evenly executing each 180 degree rotation ◦ Level change ◦ Heading change ◦ Not finishing the move in HU layout position
Specific Body Position Requirements	20% Deductions applied for lack of aesthetic execution.	<ul style="list-style-type: none"> • HU Layout Aesthetic Aim: Straight HU body position. Legs and body in alignment with each other creating a vertical straight line. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Kink or break in hips ◦ Legs out of alignment to torso ◦ Overly arched HU position ◦ Visible angle in HU layout position (not straight up and down for start or finish)
Execution Mistakes	20% Deductions applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Wobble ◦ Heading change ◦ Off center line ◦ Contact with the net or glass ◦ Level change

ISF - 5 - Beginner

Ballerina 360

Element	Deduction Up To	Description
Set Up	10% Deductions for poor and non precise set up point.	<ul style="list-style-type: none"> • Position; Ballerina position with lower leg completely vertical and upper leg 90 degrees from lower leg (parallel to ground) • Spacing; The lower leg should be vertically in line with the centerline, heading to either side line. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Poor leg control ◦ Not on centre line, incorrect spacing ◦ Not settled and stable
Major Part	50% Here you can be deducted for missing a portion of the move, not executing the specified tracking, heading or level correctly.	<ul style="list-style-type: none"> • The flyer then performs a 360 flat spin maintaining the ballerina position. • The flyer shows a definite stop back to the set up position to finish the move. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Level change ◦ Change of leg position ◦ Not completing a full 360
Specific Body Position Requirements	20% Deductions applied for lack of aesthetic execution.	<ul style="list-style-type: none"> • Ballerina Aesthetic Aim; Lower leg knee straight and in a completely vertical position. Upper leg at 90 degrees from lower leg, with knee pulled straight. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Bent knee/s ◦ Angle between legs smaller or greater than 90 degrees
Execution Mistakes	20% Deductions applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Wobble ◦ Off center line ◦ Contact with the net or glass ◦ Level change ◦ Legs coming out of specified position

ISF - 6 - Intermediate

Thomas Flair

Element	Deduction Up To	Description
Set Up	10% Deductions for poor and non precise set up point.	<ul style="list-style-type: none"> • Position; Flyer begins in a belly down orientation, not overly arched. • Spacing; Flyer is in the centre of the flight chamber, heading is towards the judges. The flyer is in line with the centre line. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Poor leg control ◦ Not on centre line, incorrect spacing ◦ Not settled and stable
Major Part	50% Here you can be deducted for missing a portion of the move, not executing the specified tracking, heading or level correctly.	<ul style="list-style-type: none"> • The flyers 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 flyer is in belly down position) • The face must remain facing the Judges (Performer looking at the Judges) and maintain the same direction throughout all the rotation <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Legs narrower than 90 degrees ◦ Not executing each 90 degree part of the rotation on the correct body orientation. ◦ Face rotating away from judges at any point
Specific Body Position Requirements	20% Deductions applied for lack of aesthetic execution.	<ul style="list-style-type: none"> • Thomas Flair Aesthetic Aim: Stretched legs and pointed toes must be demonstrated throughout the flair. The specific torso orientations must be show through each 90 degree rotation. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Loss of control of limbs - rebounding on wind, unintentional movements ◦ Twists in body taking some parts away from centre line.
Execution Mistakes	20% Deductions applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Wobble ◦ Heading change ◦ Off center line ◦ Contact with the net or glass ◦ Level change
Specific Judging Guidelines	Specific Score	

ISF - 6 - Beginner

Roll-A-Roo

Element	Deduction Up To	Description
Set Up	10% Deductions for poor and non precise set up point.	<ul style="list-style-type: none"> • Position; Flyer begins in a belly down orientation, not overly arched. • Spacing; Flyer is in the centre of the flight chamber, heading is towards the judges. The flyer is in line with the centre line. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Poor leg control ◦ Not on centre line, incorrect spacing ◦ Not settled and stable
Major Part	50% Here you can be deducted for missing a portion of the move, not executing the specified tracking, heading or level correctly.	<ul style="list-style-type: none"> • The flyer rotates 180 degrees around while also performing a 180 degree roll (1/2 barrel roll), to finish on the back with the feet toward the judges. • The flyer then completes another 180 degree rotation with another 180 degree roll (1/2 barrel roll) to finish the compulsory back on the belly with the heading toward the judges. • The flyer must maintain the same level throughout. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Not demonstrating accuracy on each 180 degree rotation, maintaining alignment with centre line on back and belly. ◦ Change of level ◦ Coming away from centre line.
Specific Body Position Requirements	20% Deductions applied for lack of aesthetic execution.	<ul style="list-style-type: none"> • Roll-A-Roo Aesthetic Aim: Demonstrate a stable back fly position half way through move. Demonstrate a stable and tidy belly position at start and finish of move. <p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Loss of control of limbs - rebounding on wind, unintentional movements ◦ Twists in body taking some parts away from centre line.
Execution Mistakes	20% Deductions applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> ◦ Wobble ◦ Heading change ◦ Off center line ◦ Contact with the net or glass ◦ Level change