

# iFLY in Australia



## iFLY in AUSTRALIA Competition Rule Addendum Indoor Formation and Vertical Formation Indoor Solo Freestyle Dynamic and Solo Speed

May 2025

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## 1. Authority

iFLY in Australia operates under the FAI Sporting Code (including the General Section, Section 5, Competition Rules), and the further rules contained in the iFLY in AUSTRALIA Sporting Code and iFLY in AUSTRALIA Competition Rule addendums.

The current version of the FAI Sporting Code, General Section, Section 5, and Competition Rules, approved for iFLY in Australia are:

FAI Sporting Code	Approved Date/Edition	Effective Date
General Section	2025 Edition	1 January 2025
Section 5	2025 Edition	1 March 2025
Formation Skydiving and Vertical Formation Skydiving	2025 Edition	1 May 2025
Indoor Solo Freestyle	2025 Edition	1 May 2025
Dynamic and Solo Speed	2025 Edition	1 May 2025

NOTE: numbering in this document is done in line with the corresponding ISC Competition Rules document(s) noted above. Where a number appears to be missing or omitted, this means that there are no iFLY in Australia specific requirements or additional information required.

iFLY in AUSTRALIA encourages Organisers/Flyers to organise additional events suitable to local competitors and flyers. These events can be organised utilising these Competition Rules as a guideline and encourages organisers to submit competition information and rules to be included as an Annex to these Competition Rules for future events.

## 2. Definitions of Words and Phrases used in these rules

Junior Performer

Is a person whose 5th birthday occurs either during or before the calendar year in which the relevant competition takes place and whose 18th birthday occurs either during or after the calendar year in which the relevant competition takes place.

## 3. The Events

### 3.1. Event Descriptions

The discipline is comprised of the following additional iFLY in AUSTRALIA specific events:

- FS 2 Way: ISC rules for FS 4-Way will be used for this event unless otherwise stipulated in this document.
- VFS 2 Way: ISC rules for VFS 4-Way will be used for this event unless otherwise stipulated in this document.
- JNR Intermediate & Intermediate Freestyle: ISC rules for Solo Freestyle will be used for this event unless otherwise stipulated in this document.
- Dynamic 2 Way: SC rules for Dynamic 2-Way will be used for this event unless otherwise stipulated in this document.

Sub-categories may include:

- Novice
- Intermediate
- Advanced
- Open

To compete in a category other than Open, no more than 25% of the team shall consist of a team member who has won a gold medal in the relevant category within the previous five years.

### 3.2. Objective of the Events

### 3.3. Performance Requirements

## 4. General Rules

### 4.1. Composition of Teams

### 4.2. The Draw

The following table outlines the details for the draws and dive pools for categories.

#### 12 Foot Tunnel

Dive Pool		# Scoring Formations	Randoms	Blocks
FS 2-Way	FS 2-Way Intermediate	2-3	All Randoms	All Blocks
	FS 2-Way Advance	3-4	All Randoms	All Blocks
FS 4-Way	FS 4-Way Rookie	3	All Randoms	
	FS 4 Way A	3-4	All Randoms	6, 7, 9, 21
	FS 4-Way AA	4-5	All Randoms	6, 7, 9, 11, 14, 15, 18, 21
	FS 4-Way AAA	5-6	All Randoms	3, 5, 6, 7, 9, 11, 14, 15, 16, 17, 18, 21
VFS 2-Way	VFS 2-Way Novice	3-4	All Belly/Back Formations	All Belly/Back Blocks
	VFS 2-Way Intermediate	3-4	All Belly/Back & HU Formations	All Belly/Back & HU Blocks, Except HU-03
	VFS 2-Way Advance	4-5	All Belly/Back & HU Formations, HD-A, HD-C, HD-E, HD-F, HD-G, HD-J, HD-K	All Belly/Back & HU Blocks
	VFS 2-Way Open	5-6	All Randoms	All Blocks
VFS 4-Way	VFS 4-Way Advanced	3-4	A, B, C, E, J, K, L, N	1, 2, 3, 7, 8, 9, 12, 13, 14, 15, 21, 22
	VFS 4-Way Open	5-6	All Randoms	All Blocks
Dynamic 2-way	Dynamic Inter 2-way		S1, S3, S5 V1, V3, V5 M1, M2, M6	

#### 14 Foot or Larger Tunnel

Dive Pool		# Scoring Formations	Randoms	Blocks
FS 2-Way	FS 2-Way Intermediate	2-3	All Randoms	All Blocks
	FS 2-Way Advance	3-4	All Randoms	All Blocks
FS 4-Way	FS 4-Way Rookie	3	All Randoms	
	FS 4 Way A	3-4	All Randoms	2, 4, 6, 7, 8, 9, 19, 21
	FS 4-Way AA	4-5	All Randoms	1, 2, 4, 6, 7, 8, 9, 11, 13, 14, 15, 18, 19, 20, 21, 22
	FS 4-Way AAA	5-6	All Randoms	All Blocks
VFS 2-Way	VFS 2-Way Novice	3-4	All Belly/Back Formations	All Belly/Back Blocks
	VFS 2-Way Intermediate	3-4	All Belly/Back & HU Formations	All Belly/Back & HU Blocks, Except HU-03

	VFS 2-Way Advance	4-5	All Belly/Back & HU Formations, HD-A, HD-C, HD-E, HD-F, HD-G, HD-J, HD-K	All Belly/Back & HU Blocks
	VFS 2-Way Open	5-6	All Randoms	All Blocks
VFS 4-Way	VFS 4-Way Advanced	3-4	A, B, C, E, J, K, L, N	1, 2, 3, 7, 8, 9, 12, 13, 14, 15, 21, 22
	VFS 4-Way Open	5-6	All Randoms	All Blocks
Dynamic 2-way	Dynamic Inter 2-way		S1, S3, S5 V1, V3, V5 M1, M2, M6	

#### 4.3. Use of Wind Tunnel

#### 4.4. Jump Order

#### 4.5. Video Transmission and Recording

#### 4.6. Exit Procedure

#### 4.7. Scoring

#### 4.8. Re-Jumps

#### 4.9. Training Jumps

### 5. Judging

#### 5.1. Judging Procedure

#### 5.2. Order of Judging

#### 5.3. Number of Judges

A minimum of one Judge must evaluate a team's performance. A panel must consist of an odd number of Principle Judges.

#### 5.4. Viewings/Review of the Video Evidence

#### 5.5. Evaluation

For an iFLY in AUSTRALIA National Championships, an electronic scoring system is preferred to record evaluations. For other competitions, other available resources and tools may be used to assess and record the evaluation of a performance (eg: stopwatch, written or verbal communication to facilitate collation of scores). Methods to provide evaluation outcomes will be determined by the Organiser, or Chief Judge of the Event.

#### 5.6. Start of Working Time

- 2 Way FS: The team is to build a 2-way Star formation prior to beginning the planned sequence for that round. If the draw calls for the first point of a round to be a Star, the Star formation will be moved from the beginning to the end of the sequence. Working time will commence once the first grip is broken.
- 4 Way FS AA: Teams must perform door entrances. Working time will commence when both of a team member's feet leave the antechamber floor and enter the wind. Competitors can be leaning into the wind with one foot inside the tunnel without the clock starting as long as one foot is still on the floor of the antechamber.
- 4 Way FS A and Rookie: Teams begin each round in a 4 Way star formation prior to beginning the planned sequence for that round. If the draw calls for the first point of a round to be a Star, the Star formation will be moved from the beginning to the end of the sequence. Working time will commence once the first grip is broken.
- 2 Way VFS: commence the moment both feet of a single team member leave the cable net floor as determined by the Judges

## 6. Rules Specific to the Competition

### 6.1. Title of Competition

### 6.2. Aims

### 6.3. Composition of Delegations

There are no limitations for the number of teams that may participate in an iFLY in AUSTRALIA National Championships.

### 6.4. Program of Events

The program of events shall include:

- 2 Way Formation Skydiving: comprised of up to 10 rounds
- 4 Way Formation Skydiving: comprised of up to 10 rounds
- 2 Way Vertical Formation Skydiving: comprised of up to 10 rounds
- 4 Way Vertical Formation Skydiving: comprised of up to 10 rounds
- Solo Speed: comprised of up to 10 rounds
- Solo Freestyle: comprised of up to 10 rounds
- Junior Freestyle: comprised of 3 Free rounds & 2 Compulsory rounds
- Dynamics: comprised of up to 10 rounds

### 6.5. Medals

## 7. Definition of Symbols

## Annexes

Annexe A: Current Formation Skydiving 2-Way Random Pool

Annexe B: Current Formation Skydiving 2-Way Block Pool

Annexe C: Current Vertical Formation Skydiving 2-Way Block Pool

Annexe D: Current Vertical Formation Skydiving 2-Way Block Pool

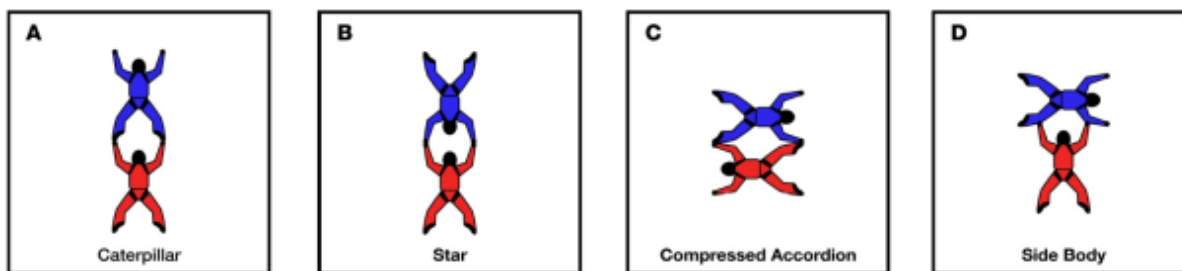
Annexe E: Junior Freestyle Intermediate Compulsory moves

Annexe E: Junior Freestyle Beginner Compulsory moves



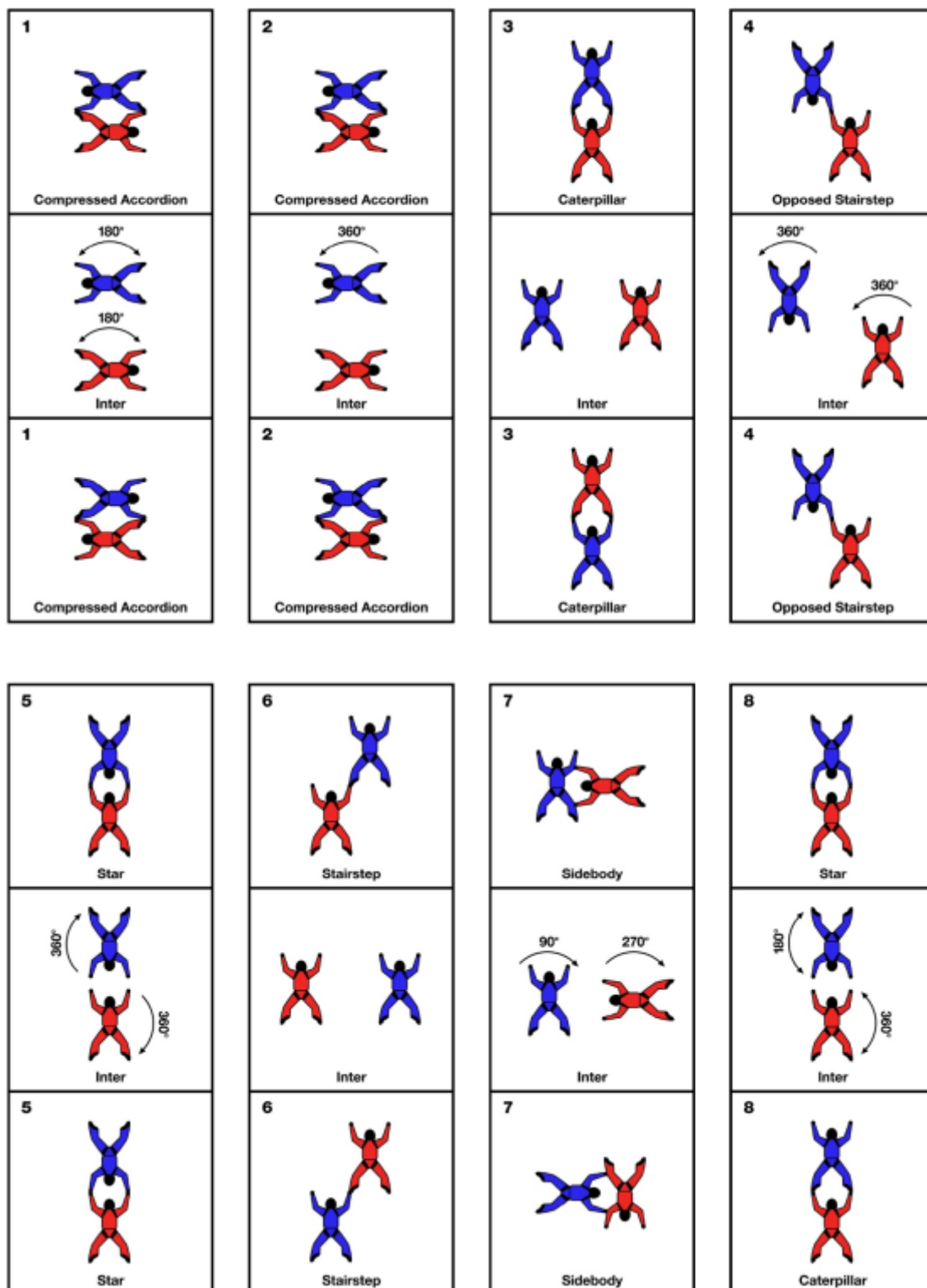
## Annexe A – 2 WAY FS

### 2-Way FS Random Formations Dive Pool



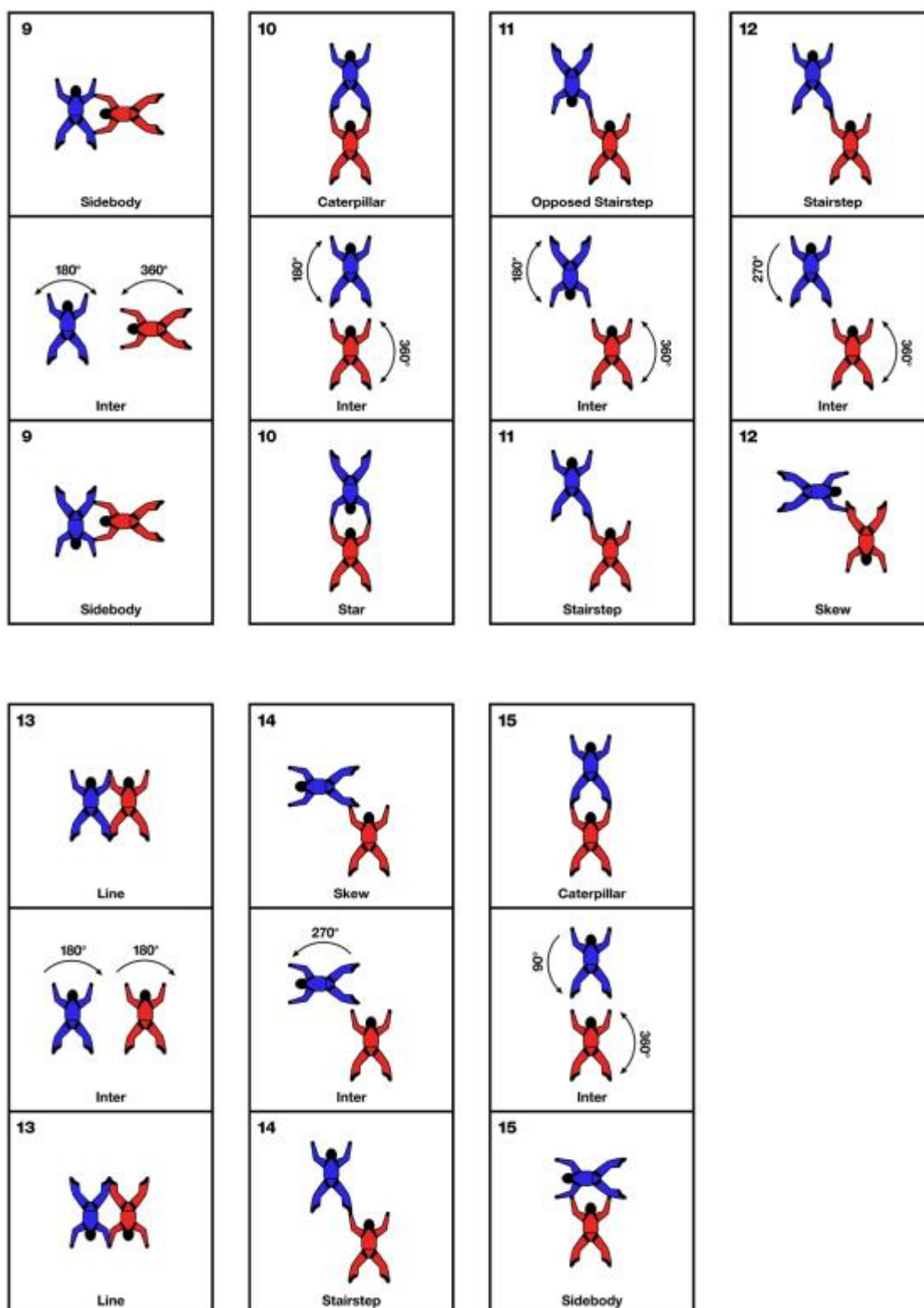
## Annexe B – 2 WAY FS

### 2-Way FS Block Sequences Dive Pool



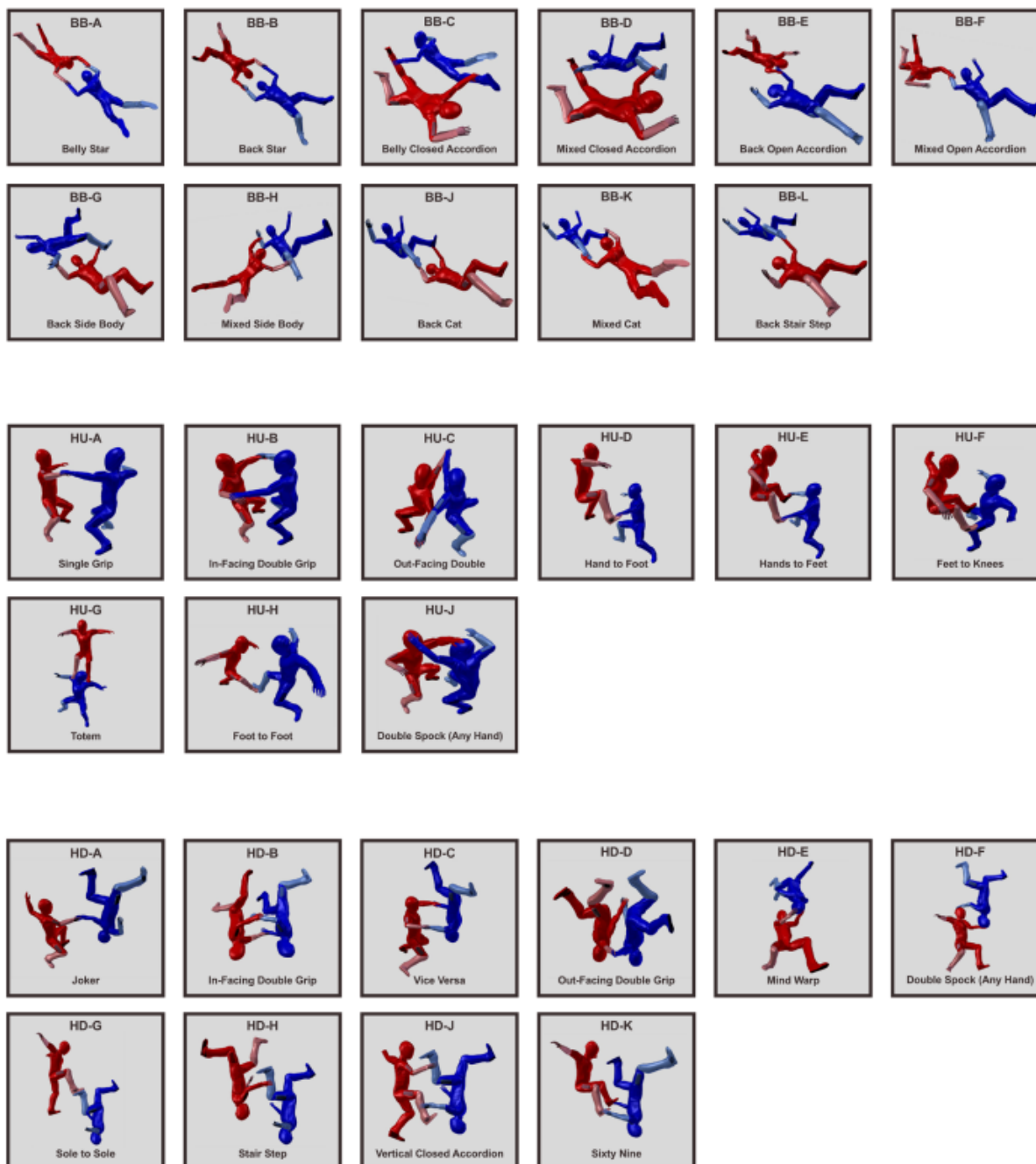
## Annexe B – 2 WAY FS

### 2-Way FS Block Sequences Dive Pool



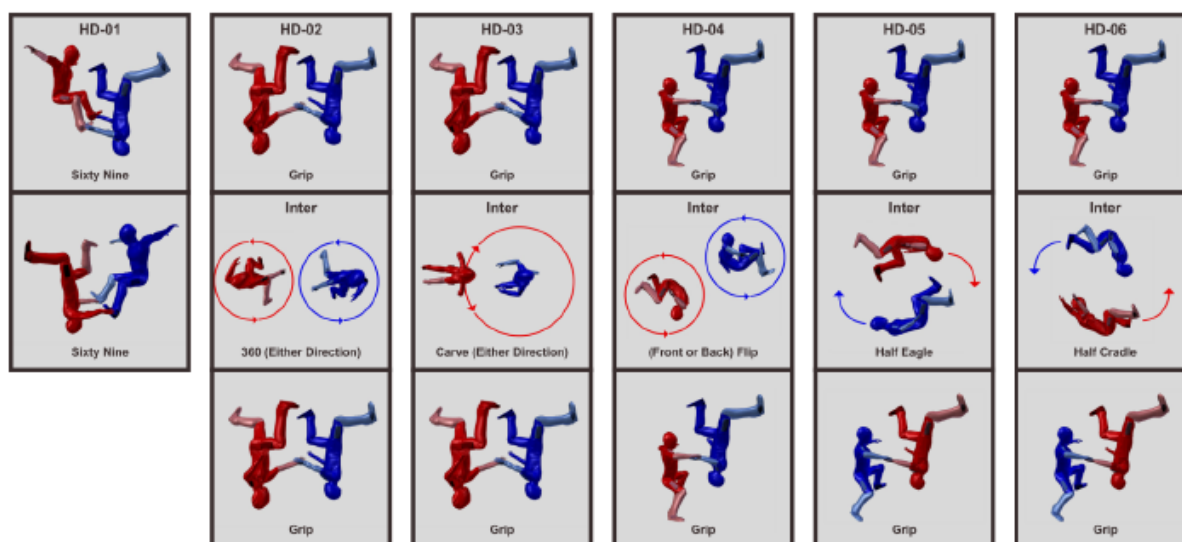
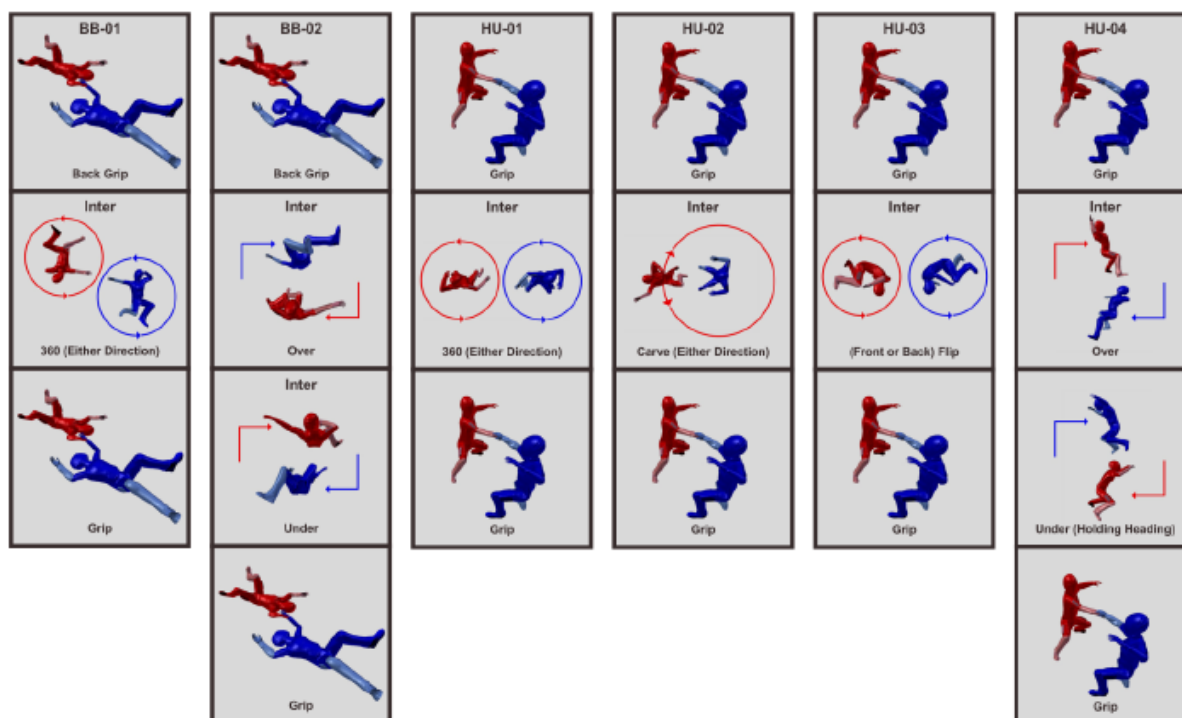
## Annexe C – 2 WAY VFS

### 2-Way VFS Random Formations Dive Pool



## Annexe D – 2 WAY VFS

### 2 Way VFS Block Sequences Dive Pool



## Annexe E –Junior Freestyle Intermediate Compulsory Moves

### ISF- 1- 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"> <li>Position; flyer begins flying a stable back fly position toward the back of the tunnel.</li> <li>Spacing; The head is toward the outside of the tunnel and the feet toward the centre. The flyer must be evenly in line with the centre line.</li> <li>Legs together</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Poor leg control</li> <li>Not on centre line toward back of tunnel</li> <li>Not settled and stable</li> </ul>
Major Part	50 % Deduction for missing a portion of the move, not executing the specified tracking, heading or level correctly	<ul style="list-style-type: none"> <li>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).</li> <li>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 in line with the centreline.</li> <li>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.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Not creating an arc on OTF</li> <li>Creating a different pathway on 2nd OTF transition</li> <li>Continued descent once roll is completed</li> <li>Heading change</li> </ul>
Specific Body Position Requirements	20 % Deduction applied for lack of aesthetic execution	<ul style="list-style-type: none"> <li>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.</li> <li>360 Roll Aim: Legs together, open hip alignment, not overly arched, maintain centre line throughout.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Loss of control of legs - not together, rebounding on wind, unintentionally bent</li> <li>Overly arched belly position</li> <li>Eyes down in belly position</li> <li>Twists in body taking some parts away from centre line.</li> <li>Broken or kinked hips in belly orientation</li> </ul>
Execution Mistakes	20 % Deduction applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	Deduction Examples: <ul style="list-style-type: none"> <li>Wobble</li> <li>Heading change</li> <li>Off centerline</li> <li>Contact with the net or glass</li> <li>Level change</li> </ul>

## Annexe E –Junior Freestyle Intermediate Compulsory Moves

### ISF- 2 – 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"> <li>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.</li> <li>Spacing; The flyer will be positioned face close to the glass, in line with their chosen sideline.</li> </ul> <p>Deduction Examples:</p> <ul style="list-style-type: none"> <li>Poor leg control not demonstrating shins parallel to ground</li> <li>Flyer far out from the glass (near to centre of flight chamber)</li> <li>Eyes looking down</li> <li>Not in line with sideline</li> </ul>
Major Part	50 % Deduction for missing a portion of the move, not executing the specified tracking, heading or level correctly	<ul style="list-style-type: none"> <li>From the knees, the flyer descends and smoothly transitions to a belly down orientation, whilst starting a carve in either direction (towards or away from judges)</li> <li>A full 360 head up breaker is performed with the halfway 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)</li> <li>The flyer then ascends into a knee fly position mirroring the set-up position and location.</li> </ul> <p>Deduction Examples:</p> <ul style="list-style-type: none"> <li>Breaker not evenly spaced and timed</li> <li>Non-mirrored entry and exit points</li> <li>Breaker not carving around circumference of tunnel</li> </ul>
Specific Body Position Requirements	20 % Deduction applied for lack of aesthetic execution	<ul style="list-style-type: none"> <li>Knee Fly Aesthetic Aim: Shins parallel to ground, demonstrating stability. Eyes facing outside the tunnel.</li> <li>Breaker Aesthetic Aim: Hips maintain an extended alignment. Legs are controlled and squeezing together.</li> </ul> <p>Deduction Examples:</p> <ul style="list-style-type: none"> <li>Loss of control of limbs - rebounding on wind, unintentional movements</li> <li>Shins not parallel to ground</li> <li>Break in hips throughout breaker</li> <li>Wide legs throughout breaker</li> </ul>
Execution Mistakes	20 % Deduction applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> <li>Wobble knee fly</li> <li>Heading change at entry/exit points</li> <li>Contact with the net or glass</li> <li>Non carving breaker</li> </ul>

## Annexe E –Junior Freestyle Intermediate Compulsory Moves

### ISF- 3 – 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"> <li>Position; Belly down orientation, stable with a smooth arch.</li> <li>Spacing; the flyer is in the centre of the flight chamber (Approx. sidebody hips in line with centre line) heading to the sideline.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Off centre</li> <li>Break or kink in hips</li> <li>Unstable</li> </ul>
Major Part	50 % Deduction for missing a portion of the move, not executing the specified tracking, heading or level correctly	<ul style="list-style-type: none"> <li>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.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Opening the tucked position too early</li> <li>Ascending or descending throughout flip and on landing</li> <li>Change of heading and spacing.</li> </ul> <p><b>Note</b> 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</p>
Specific Body Position Requirements	20 % Deduction applied for lack of aesthetic execution	<ul style="list-style-type: none"> <li>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.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Hip and knee angles bigger than 90 degrees</li> <li>Not maintaining tuck until belly down</li> </ul>
Execution Mistakes	20 % Deduction applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	Deduction Examples: <ul style="list-style-type: none"> <li>Wobble</li> <li>Heading change</li> <li>Off centerline</li> <li>Contact with the net or glass</li> <li>Level change</li> </ul>



## Annexe E –Junior Freestyle Intermediate Compulsory Moves

### ISF- 4 – 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"> <li>Position; Flyer begins in a HU Layout position, knees straight.</li> <li>Spacing; The flyer is positioned in the centre of the flight chamber ensuring alignment of the sidebody to the centre line. The heading is towards either sideline.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Poor layout position; hips broken or overly arched forwards, legs bent</li> <li>Not on centre line, incorrect spacing and heading</li> </ul>
Major Part	50 % Deduction for missing a portion of the move, not executing the specified tracking, heading or level correctly	<ul style="list-style-type: none"> <li>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.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Uneven timing in rotation</li> <li>Heading, level changes</li> </ul>
Specific Body Position Requirements	20 % Deduction applied for lack of aesthetic execution	<ul style="list-style-type: none"> <li>HU Layout Aesthetics Aim: Straight HU body position. Legs and body in alignment with each other creating a vertical straight line.</li> </ul> Deduction Examples: Kink or break in hips <ul style="list-style-type: none"> <li>Legs out of alignment to torso</li> <li>Overly arched HU position</li> <li>Visible angle (not straight up and down)</li> </ul>
Execution Mistakes	20 % Deduction applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	Deduction Examples: <ul style="list-style-type: none"> <li>Wobble</li> <li>Heading change</li> <li>Off centerline</li> <li>Contact with the net or glass</li> <li>Level change</li> </ul>

## Annexe E –Junior Freestyle Intermediate Compulsory Moves

### ISF- 5 – 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"> <li>Position; Flyer begins in a HU layout position</li> <li>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 in line with the centerline.</li> </ul> <p>Deduction Examples:</p> <ul style="list-style-type: none"> <li>Kink in hips or overly arched HU layout</li> <li>Incorrect heading or side body alignment</li> </ul>
Major Part	50 % Deduction for missing a portion of the move, not executing the specified tracking, heading or level correctly	<ul style="list-style-type: none"> <li>From the HU layout position the flyer performs 1 back loop maintaining a full layout position with even timing through the loop.</li> <li>The flyer finishes presenting the same position as the setup, having maintained level throughout the move.</li> </ul> <p>Deduction Examples:</p> <ul style="list-style-type: none"> <li>Not evenly executing each 180-degree rotation</li> <li>Level change</li> <li>Heading change</li> <li>Not finishing the move in HU layout position</li> </ul>
Specific Body Position Requirements	20 % Deduction applied for lack of aesthetic execution	<ul style="list-style-type: none"> <li>HU Layout Aesthetic Aim: Straight HU body position. Legs and body in alignment with each other creating a vertical straight line.</li> </ul> <p>Deduction Examples:</p> <ul style="list-style-type: none"> <li>Kink or break in hips</li> <li>Legs out of alignment to torso</li> <li>Overly arched HU position</li> <li>Visible angle in HU layout position (not straight up and down for start or finish)</li> </ul>
Execution Mistakes	20 % Deduction applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> <li>Wobble</li> <li>Heading change</li> <li>Off centerline</li> <li>Contact with the net or glass</li> <li>Level change</li> </ul>

## Annexe E –Junior Freestyle Intermediate Compulsory Moves

### ISF- 6 – 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"> <li>Position; Flyer begins in a belly down orientation, not overly arched.</li> <li>Spacing; Flyer is in the centre of the flight chamber, heading is towards the judges. The flyer is in line with the centre line.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Poor leg control</li> <li>Not on centre line, incorrect spacing</li> <li>Not settled and stable</li> </ul>
Major Part	50 % Deduction for missing a portion of the move, not executing the specified tracking, heading or level correctly	<ul style="list-style-type: none"> <li>The flyers torso must roll through 360° while simultaneously turning through 360°horizontally. Staying on the same level.</li> <li>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.</li> <li>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)</li> <li>The face must remain facing the Judges (Performer looking at the Judges) and maintain the same direction throughout all the rotation</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Legs narrower than 90-degrees</li> <li>Not executing each 90-degree part of the rotation on the correct body orientation.</li> <li>Face rotating away from judges at any point</li> </ul>
Specific Body Position Requirements	20 % Deduction applied for lack of aesthetic execution	<ul style="list-style-type: none"> <li>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.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Loss of control of limbs - rebounding on wind, unintentional movements</li> <li>Twists in body taking some parts away from centre line.</li> </ul>
Execution Mistakes	20 % Deduction applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	Deduction Examples: <ul style="list-style-type: none"> <li>Wobble</li> <li>Heading change</li> <li>Off centerline</li> <li>Contact with the net or glass</li> <li>Level change</li> </ul>

## Annexe F –Junior Freestyle Beginner Compulsory Moves

### ISF- 1 – 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"> <li>Position; flyer begins flying a stable back fly position in the center of the tunnel.</li> <li>Spacing; The flyer must place the top of their head in line with the centre line. The feet are on the far side of the tunnel, away from the judges.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Poor leg control</li> <li>Not on centre line, incorrect spacing</li> <li>Not settled and stable</li> </ul>
Major Part	50 % Deduction for missing a portion of the move, not executing the specified tracking, heading or level correctly	<ul style="list-style-type: none"> <li>The flyer performs a 360 back-to-back barrel roll maintaining level and heading with the centre line.</li> <li>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.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Not evenly executing each 180-degree rotation</li> <li>Level change</li> <li>Heading change</li> </ul>
Specific Body Position Requirements	20 % Deduction applied for lack of aesthetic execution	<ul style="list-style-type: none"> <li>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.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Loss of control of limbs - rebounding on wind, unintentional movements</li> <li>Twists in body taking some parts away from centre line</li> </ul>
Execution Mistakes	20 % Deduction applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	Deduction Examples: <ul style="list-style-type: none"> <li>Wobble</li> <li>Heading change</li> <li>Off centerline</li> <li>Contact with the net or glass</li> <li>Level change</li> </ul>

## Annexe F –Junior Freestyle Beginner Compulsory Moves

### ISF- 2 – 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"> <li>Position; Belly down orientation outface towards either sideline, eyes looking out. Still and stable position is demonstrated.</li> <li>Spacing; The flyer will be positioned face close to the glass, in line with their chosen sideline.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Poor leg control</li> <li>Flyer far out from the glass (near to centre of flight chamber)</li> <li>Eyes looking down</li> <li>Not inline with sideline</li> </ul>
Major Part	50 % Deduction for missing a portion of the move, not executing the specified tracking, heading or level correctly	<ul style="list-style-type: none"> <li>The flyer performs a smooth 90-degree belly carve to finish in line with the centre line. The carve can be performed towards or away from the judges.</li> <li>The flyer then executes a belly to belly 360 barrel roll maintaining an open and extended hip alignment. The legs squeeze together, the knees may bend. Flyer must maintain level and heading and evenly time each part of the roll.</li> <li>Once the roll is complete the flyer continues their flight path with a final 90-degree belly carve, finishing on the opposite sideline in an outface belly down orientation, eyes looking out.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Not evenly executing each 180-degree rotation</li> <li>Level change</li> <li>Heading change</li> <li>Not carving near the circumference of the flight chamber</li> </ul>
Specific Body Position Requirements	20 % Deduction applied for lack of aesthetic execution	<ul style="list-style-type: none"> <li>Belly Carve Aesthetic Aim: Eyes looking outward, open and extended hip line. Legs extended and controlled</li> <li>360 Roll Aesthetic Aim: Hips maintain open and extended line throughout roll. Legs squeezing in.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Loss of control of limbs - rebounding on wind, unintentional movements</li> <li>Twists in body taking flyer off heading on roll</li> <li>Break in hips throughout roll</li> <li>Excessively wide legs, overly arched position throughout</li> </ul>
Execution Mistakes	20 % Deduction applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	Deduction Examples: <ul style="list-style-type: none"> <li>Wobble</li> <li>Heading change</li> <li>Off centerline</li> <li>Contact with the net or glass</li> <li>Level change</li> </ul>

## Annexe F –Junior Freestyle Beginner Compulsory Moves

### ISF- 3 – 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"> <li>Position; Belly down orientation, stable with a smooth arch.</li> <li>Spacing; the flyer is in the centre of the flight chamber (Approx. sidebody hips in line with centre line) heading to the sideline.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Off centre</li> <li>Break or kink in hips</li> <li>Unstable</li> </ul>
Major Part	50 % Deduction for missing a portion of the move, not executing the specified tracking, heading or level correctly	<ul style="list-style-type: none"> <li>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.</li> <li>The flyer then releases the legs controlling them back to a belly down orientation in the same spacing as the set up.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Opening the tucked position too early</li> <li>Change of heading and spacing</li> </ul>
Specific Body Position Requirements	20 % Deduction applied for lack of aesthetic execution	<ul style="list-style-type: none"> <li>Tight Tuck Aesthetic Aim: Knees tight, angle at knees and hips smaller than 90 (the tighter the better).</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Hip and knee angles bigger than 90 degrees</li> <li>Not maintaining tuck for adequate time</li> </ul>
Execution Mistakes	20 % Deduction applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	Deduction Examples: <ul style="list-style-type: none"> <li>Wobble</li> <li>Heading change</li> <li>Off centerline</li> <li>Contact with the net or glass</li> <li>Level change</li> </ul>

## Annexe F –Junior Freestyle Beginner Compulsory Moves

### ISF- 4 – 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"> <li>Position; Flyer begins in a stable back fly position. Presenting the sidebody to the judges. Good posture and a settled position are demonstrated.</li> <li>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.</li> </ul> <p>Deduction Examples:</p> <ul style="list-style-type: none"> <li>Poor leg control</li> <li>Not on centre line, incorrect spacing, side body not to judges</li> <li>Not settled and stable</li> </ul>
Major Part	50 % Deduction for missing a portion of the move, not executing the specified tracking, heading or level correctly	<ul style="list-style-type: none"> <li>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.</li> <li>The flyer returns to their back at the initial starting level (not the level the transition was initiated if differing).</li> <li>Sideline alignment must be maintained throughout and the HU layout position must be in line with the centerline.</li> </ul> <p>Deduction Examples:</p> <ul style="list-style-type: none"> <li>Coming off centerline</li> <li>Not executing a HU layout position</li> <li>differing start and finish positions</li> </ul>
Specific Body Position Requirements	20 % Deduction applied for lack of aesthetic execution	<ul style="list-style-type: none"> <li>HU Layout Aesthetic Aim: Straight HU body position. Legs and body in alignment with each other creating a vertical straight line.</li> </ul> <p>Deduction Examples:</p> <ul style="list-style-type: none"> <li>Kink or break in hips</li> <li>Legs out of alignment to torso</li> <li>Overly arched HU position</li> <li>Visible angle (not straight up and down)</li> </ul>
Execution Mistakes	20 % Deduction applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	<p>Deduction Examples:</p> <ul style="list-style-type: none"> <li>Wobble</li> <li>Heading change</li> <li>Off centerline</li> <li>Contact with the net or glass</li> <li>Level change</li> </ul>

## Annexe F –Junior Freestyle Beginner Compulsory Moves

### ISF- 5 – 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"> <li>Position; Ballerina position with lower leg completely vertical and upper leg 90 degrees from lower leg (parallel to ground)</li> <li>Spacing; The lower leg should be vertically in line with the centerline, heading to either sideline.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Poor leg control</li> <li>Not on centre line, incorrect spacing</li> <li>Not settled and stable</li> </ul>
Major Part	50 % Deduction for missing a portion of the move, not executing the specified tracking, heading or level correctly	<ul style="list-style-type: none"> <li>The flyer then performs a 360 flat spin maintaining the ballerina position.</li> <li>The flyer shows a definite stop back to the set up position to finish the move.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Level change</li> <li>Change of leg position</li> <li>Not completing a full 360</li> </ul>
Specific Body Position Requirements	20 % Deduction applied for lack of aesthetic execution	<ul style="list-style-type: none"> <li>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.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Bent knee/s</li> <li>Angle between legs smaller or greater than 90 degrees</li> </ul>
Execution Mistakes	20 % Deduction applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	Deduction Examples: <ul style="list-style-type: none"> <li>Wobble</li> <li>Heading change</li> <li>Off centerline</li> <li>Contact with the net or glass</li> <li>Level change</li> </ul>

## Annexe F –Junior Freestyle Beginner Compulsory Moves

### ISF- 6 – 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"> <li>Position; Flyer begins in a belly down orientation, not overly arched.</li> <li>Spacing; Flyer is in the centre of the flight chamber, heading is towards the judges. The flyer is in line with the centre line.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Poor leg control</li> <li>Not on centreline, incorrect spacing</li> <li>Not settled and stable</li> </ul>
Major Part	50 % Deduction for missing a portion of the move, not executing the specified tracking, heading or level correctly	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>The flyer must maintain the same level throughout.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>Not demonstrating accuracy on each 180-degree rotation, maintaining alignment with centre line on back and belly.</li> <li>Change of level</li> <li>Coming away from centreline.</li> </ul>



Specific Body Position Requirements	20 % Deduction applied for lack of aesthetic execution	<ul style="list-style-type: none"> <li>• Roll-A-Roo Aesthetic Aim: Demonstrate a stable back fly position halfway through move.</li> <li>• Demonstrate a stable and tidy belly position at start and finish of move.</li> </ul> Deduction Examples: <ul style="list-style-type: none"> <li>• Loss of control of limbs - rebounding on wind, unintentional movements</li> <li>• Twists in body taking some parts away from centre line.</li> </ul>
Execution Mistakes	20 % Deduction applied for unintentional movements, poor spacial awareness, not following guidelines for use of space	Deduction Examples: <ul style="list-style-type: none"> <li>• Wobble</li> <li>• Heading change</li> <li>• Off centerline</li> <li>• Contact with the net or glass</li> <li>• Level change</li> </ul>