



Freefly B-Række – Regler

Freefly B-Rækken er skabt til at imødekomme både nye og erfarne freeflyere, og præsentere dem for konkurrence elementet. Der konkurreres efter FAI regler, men der forekommer dog følgende undtagelser:

Generelle regler

- 1.0 Konkurrencen er bestående af 6 runder:
4 Frie runder
2 Faste runder(Compulsory rounds)
- 1.0.1 Rækkefølgen af springene skal udføres som følgende:
F – C – F – F – C – F
(F=Fri runde, C=Fast/Compulsory runde)
- 1.0.2 Inden konkurrencens start, indleveres et skema(jf. side 5-6), der viser rækkefølgen af sekvenserne i de faste runder, samt en fyldestgørende beskrivelse af den frie rutine
- 1.0.3 B-rækken er ikke underlagt regler om finale runder(jf. FAI CR AE 5.5)
- 2.0 Der må ikke indgå headdown sekvenser i flyvningen – dette er gældende for både de frie og de faste runder
- 2.0.1 En headdown sekvens er defineret som en sekvens, hvor en eller begge performers befinder sig i en intentionel headdown position, hvor denne opretholdes. Loops eller andre rotationer er tilladt.
- 2.0.2 Kameramanden er ikke omfattet af denne regel. Spektakulære bevægelser der overgår niveauet af de to performers, indgår ikke i bedømmelsen
- 3.0 Regler for bedømmelse og scoring er jf. kapitel 6 i FAI CR AE 2016



De frie runder

- 4.0 De frie runder består af 4 runder
- 4.0.1 Rutinen for de frie runder udarbejdes af udøverne
- 4.0.2 Rutinen som udøverne opgiver, er som udgangspunkt den samme for alle 4 runder
- 4.0.3 Der tages forbehold for ændringer og justeringer af den frie rutine under konkurrencen
- 4.0.4 Ved en fuldkommen ændring af den frie rutine og dermed udarbejdelse af en ny komplet rutine under konkurrencen, skal dommerne informeres herom

De faste runder

- 5.0 De faste runder består af 2 runder - Runde 2 og 5. Runderne består hver af 3 sekvenser
- 5.0.1 Sekvenserne er faste, og ved eventuelle justeringer opgives dette senest 2 måneder før første konkurrence i det pågældende år.
- 5.0.2 Rækkefølgen for udførelsen af de faste sekvenser er op til udøverne
- 5.0.3 Sekvenserne skal udføres i den planlagte rækkefølge, og må ikke ændres uden dommerens godkendelse.
- 5.0.4 Sekvenserne må ikke opstilles inden udøverne har forladt flyveren. Først når udøverne har forladt flyveren kan sekvenserne påbegyndes. Hvis dette er tilfældet, er scoren 0 point for sekvensen.
Eksempel: Hvis performerne forlader flyveren 'linked' på maven, og straks udfører 'synchronised star barrel roll', anses dette som ugyldigt. Hvis dette skal godkendes, skal performerne slippe grebet efter de har forladt flyveren, og derefter tage grebet på ny.
- 5.0.5 Der scores for præsentation(exit, elementer imellem sekvenserne, og break-off) og for udførelsen af de faste sekvenser(jf. FAI CR AE 6.3)



De faste runder – Compulsory rounds

(Beskrevet på engelsk)

Første faste runde – (Runde 2)

FFB1 - Synchronized Front Loop

- Both performers in head up position side by side and on level.
- Both performers facing the same direction facing the camera.
- Performers Must be unlinked at all times during the sequence
- Performers perform synchronized Front loop
- Performers end up in original positions, maintaining level with each other during the front loop Camera must be to front of the performers, maintaining level during the sequence.

FFB2 - Sit Grip Turns

- Performers are in sit position facing each other
- Performers take hand grip, either right hand to right hand or left hand to left hand.
- Performers release grip and each perform a 360 turn in place and on level.
- Performers then re take opposite hand grip (left to left or right to right but opposite to first grip above) Camera- must be at the side of the performers at the start of the sequence and stay in place, maintaining the same level and same distance from the performers.

FFB3 - Head up Carve

- Performers are in head up position facing each other
- Performers perform a 360 degree carve around an imaginary point between them ending up in starting positions
- Performers must keep equal distance and on level
- Camera- The camera is at the side of the performers at the start and end of the sequence remaining in place and on level.



Anden faste runde – (Runde 5)

FFB4 - Synchronised Star Barrel Roll

- Both performers are in flat position facing each other and on level.
- Both performers take grip – right hand on the left hand of the other performer and left hand on the right had of the other performer.
- Both performers perform a synchronized full barrel roll along the same axis maintaining the same heading and keep on level.
- Camera –must be in line with body left right axes of the performers showing the side of the performers at the start, on the same level and maintaining the same distance.

FFB5 - Stairstep Totem Sequence

- The performers are both in sit position facing each other.
- The one performer places his feet on the knees of the other performer (stair step totem)(right foot on left knee, left foot on right knee)
- Holding the position, the performers perform a 180 degree turn (in either direction)
- Performers must move in a controlled manner, maintaining contact.
- Camera – is to side of performers at the beginning and end of the sequence and should maintain the same level and distance from the performers.

FFB6 - Head Up Full Eagle

- Performers are in head up position; Both performers are facing each other and on level.
- One performer moves over the top of the other performer who simultaneously moves under the other. • As each performer passes under/over the other performer each performs a 180degree turn with momentary stop.
- Each performer will end up therefore swapping positions
- Each performer then repeats the sequence with the performer who moved over in the first move will move under on the second move.]
- Performers must move in a controlled manner keeping and at the same time.
- Camera requirementsThe camera must be to the side of the performers during the whole sequence, remaining in place and on level.



Team Number #	Team Name:		
Please indicate the event (handle as appropriate)	FREEFLYING		
State the order in which the compulsory sequences will be performed. (The valid sequences are at DFUs website, then look for 'Freefly')			
First Compulsory Round, Round 2: (FFB1, FFB2, FFB3)			
Second Compulsory Round, Round 5: (FFB4, FFB5, FFB6)			
The Free Routine description covers the following rounds (handle as appropriate)	ALL - 1 - 3 - 4 - 6		
Name of move/sequence	Description if appropriate		


