

## Rules changes - AE

### Indoor rules

#### **4.3 Video Recording.**

4.3.1 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..... The video equipment must be able to deliver a High Definition 1080 type digital signal with a minimum frame rate of 25 frames per second through a memory card (minimum class 10), approved by the Chief Judge.

4.3.1.1 The video equipment must be able to capture the music with the video.

5.2.1.3 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, .....

5.2.1.4 For this purpose, the Chief Judge should provide a standard form (see Addendum D).

5.2.1.5 The CJ will publish a schedule for the competitors to come and present their routine to the judges, if they chose to do so.

There are no compulsories changes to Indoor, as nothing was suggested by the flyers.

### Outdoor rules

**Freestyle** - Following the rules changes we made to the freestyle compulsories in 2022, there will be a slight change to the Mixed Carve (FR-2), to make the visual better and easier to judge.

#### Freely:

	<b><u>2022 Rules</u></b>	<b><u>2023 Rules</u></b>
FF-1	Double Joker Reverse (changed)	2-way eagle
FF-2	Cat Barrel Roll	Cat Barrel Roll
FF-3	<del>Turning Totem (deleted)</del>	Head-Up Grip Sequence
FF-4	Head-Down Carve	Angle Flying (Updated)
FF-5	<del>Full Eagle (deleted)</del>	Head-Down Carve
FF-6	Angle Flying (Updated)	Peekaboo
FF-7	Synchronised Back Layouts	Synchronised Back Layouts

FF-8	Head-Up Grip Sequence	Rebound
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## FIRST COMPULSORY ROUND (ROUND 2)

### ***FF-1. 2-way Eagle***

#### Half Eagle

- One Performer is in a head-up orientation, the other in a head-down orientation, face-to-face.
- The HD-Performer goes below the HU-Performer as the HU-Performer goes over the top, moving around an imaginary centre between them so that they end up in opposite positions and orientations to where they began.
- The Half Eagle should be performed as one continuous movement.
- The Half Eagle must remain on the same heading.

#### Videographer requirements

- The Videographer must show the Performers from the side.
- The Videographer must be on the same level with the Performers' centre point.

#### **Max Value 5 pts: 2-way half eagle**

- The move is performed as described above.

#### **Max Value 7.5 pts: 2-way eagle**

- The move is performed as described above, plus the following:  
The movement continues until the Performers end up in their relative beginning positions.
- The Full Eagle should be performed as one continuous movement.
- The Full Eagle must remain on the same heading.

#### **Max Value 10 pts: 2-way Eagle with Synchronised Roll**

- The move is performed as described for 7.5 points above plus the following:
- The Videographer must make a synchronised roll with the Performers, showing an image as if the Performers remain static with only the background moving.

#### **Judging guidelines**

- When the Videographer makes the roll in the wrong direction, 30% will be deducted.
- When the Full Eagle is not performed as one continuous movement, 20% will be deducted.

## **FF-2. Cat Barrel Roll**

### Cat position

- Both Performers are in belly-down orientation.
- One Performer has grips on the lower legs or feet of the other Performer, the right hand on the right lower leg/foot and the left hand on the left lower leg/foot.
- The upper legs should be in line with the torso.
- Both Performers simultaneously perform one (1) full barrel roll along the same axis, maintaining the same heading.
- The barrel rolling can be in either direction.

### Videographer requirements

- At the beginning, the Videographer must be in line with the body Left-Right axes of the Performers showing a side of the Performers.
- Videographer must be on the same level as the Performers' centre point and remain in place throughout the sequence.

### **Max Value 5 pts: Single Cat Barrel Roll**

- The move is performed as described above.

### **Max Value 7,5 pts: Double Cat Barrel Roll**

- Cat Barrel Roll is performed as described but with two (2) rolls
- Both Performers simultaneously perform two (2) consecutive full barrel rolls, without stopping, along the same axis, maintaining the same heading.

### **Max Value 10 pts: Double Cat Barrel Roll in Layout Position**

- Cat Barrel Roll is performed as described but with two (2) rolls
- Both Performers simultaneously perform two (2) consecutive full barrel rolls, without stopping, along the same axis, maintaining the same heading.
- The Performers must maintain a layout position, without any bend at the waist, with the knees straight, throughout the entire sequence.

### **Judging guidelines**

- One or both grips in wrong location (i.e., not on lower leg/feet), 30% will be deducted.
- If the two (2) barrel rolls are not consecutive and smooth, 20% will be deducted.
- When one Performer is not in layout position when it is required, 25% will be deducted.
- When both Performers are not in layout position when it is required, 40% will be deducted.

## **FF-3. Head-Up Grip Sequence**

- Both Performers are in head-up orientation.
- After making the required grip(s), both Performers simultaneously release their grip(s).
- The distance between the Performers must remain the same during the sequence.

**Max Value 3 pts: Head-Up Side-by-Side Grip 360°**

- At the beginning, both Performers are side-by-side. (Sit position allowed).
- A hand-to-hand grip is taken (left-to-right hand or right-to-left hand).
- After grip release, both performers simultaneously perform a 360° pirouette while remaining on the same level and retake the grip.
- Videographer must show the front of the Performers at the beginning, on the same level, stay on level and remain in place.

**Max Value 5 pts: Head-Up Face-to-Face Grips 360°**

- At the beginning, both Performers are face-to-face. (Sit position allowed).
- A double hand-to-hand grip is taken (left-to-right hand and right-to-left hand).
- After grip release, both performers simultaneously perform a 360° pirouette while remaining on the same level.
- Both Performers retake both grips at the same time.
- Videographer must show the side of the Performers at the beginning, on the same level, stay on level and remain in place.

**Max Value 7,5 pts: Stand-Up Side-by-Side Grip 360° - Layout Position**

- Both Performers must maintain the layout position throughout the entire sequence.
- space

**Max Value 10 pts: Stand-Up Face-to-Face Grips 360° - Layout Position**

- Both Performers must maintain the layout position throughout the entire sequence.

**Judging guidelines**

- Wrong body position (when not in layout position when it is required), 50% will be deducted.
- When double hand-to-hand grips are not taken simultaneously, 20% will be deducted.
- When only one (1) grip is taken when two (2) should be taken, 30% will be deducted.
- When any grip(s) is (are) not hand-to-hand, 30% will be deducted.

**FF-4 Angle Flying**

- Both Performers are flying at a minimum of 20° diagonally off vertical and horizontal compared to the horizon with the head low
- Videographer must demonstrate an on-level position

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

- One Performer is facing upward, and the other performer is facing downward, face-to-face.
- This angle flying must be maintained for a minimum of three (3) seconds.
- The Videographer must show the Performers from the side.

- The Videographer must show the horizon at an approximately 45° diagonal angle.

**Max Value 5 pts: Angle Flying with Synchronised Back Loops**

- At the beginning and the end, both Performers are side-by-side, facing upward.
- Both Performers must simultaneously perform a full back loop.
- The Videographer must show the front of the Performers from above.

**Max Value 7,5 pts: Angle Flying with a loop – Video on the front**

- At the beginning, both performers are angle-flying on the belly, with the head low, Side-by-side for minimum two (2) seconds, facing the videographer, who is back-flying (all flying to the same direction)..
- The performers do a synchronised front “flip” to head-up belly angle going the opposite direction. while the videographer is moving simultaneously underneath the performers.
- At the end, Both performers are angle-flying on the belly, with the head High, Side-by-side for minimum of two (2) seconds, facing the videographer, who is back-flying (all flying in the same direction)..
- Videographer must show the Performers from their front at the beginning and at the end.

**Max Value 10 pts: Angle Flying with a loop – Video on the side**

- At the beginning, both performers are angle-flying on the belly, with the head low, Side-by-side for minimum two (2) seconds.
- The performers do a synchronized front “flip” to head-up belly angle going the opposite direction.
- At the end, both performers are angle-flying on the belly, with the head High, Side-by-side for minimum two (2) seconds.
- Videographer must show Performers from their side throughout the sequence.

**SECOND COMPULSORY ROUND (ROUND 5)**

**FF-5. Head-Down Carve**

Head-Down Carve

- Both Performers are in head-down orientation, facing one another on the same level.
- Both Performers start carving around an imaginary centre between them.
- A minimum of 360° of carving must be performed by the Performers.
- The carving orbits must be ~~round~~ circular (not elliptical).
- The Performers must maintain the same distance from each other and remain facing one another during the sequence.

#### Videographer requirements

- Videographer must be carving around in the opposite direction of the Performers, maintaining the same distance and the same level.
- A minimum of 360° of carving must be performed by the Videographer, at the same angular speed as the Performers.
- Videographer must stay on the same level as the Performers.

#### **Max Value 3 pts: 360° Head-Down Carve**

- The move is performed as described above.

#### **Max Value 5 pts**

##### **: Head-Down Carve with Carousel**

- Head-Down Carve is performed as described above and then a Carousel.
- Upon completing 360° of carving, the Performers, each perform an individual 360° Pirouette while arched at the hips.
- The Videographer must be stationary, showing the sides of the Performers at the beginning and end of the Carousel.

#### **Max Value 7,5 pts: Outface Head-Down Carve with Videographer Carving**

- Head-Down Carve is performed as described above, but outfacing (without a Carousel).
- Both Performers are in head-down orientation, outfacing with their backs to one another, and on the same level.
- A minimum of 720° of carving must be performed by the Performers.
- A minimum of 360° of carving must be performed by the Videographer.

#### **Max Value 10 pts: Outface Head-Down Layout Carve with Videographer Carving**

- Outface Head-Down Carve is performed as described above plus the following:
- Both Performers must be in a layout position, without any bend at the waist, with the knees straight throughout the sequence.

#### **FF-6. Peekaboo**

- At the beginning of the sequence, both performers are in a head-down orientation, on the same heading facing the same direction, one behind the other, their heads must be on the same level.
- Both performers do a side stall to opposite directions, followed by a second side stall to the other side and back to the start position one behind the other.
- The side stalls should reach an angle of at least 30 degrees with respect to the vertical.
- The torsos and the hips must maintain the same heading throughout the sequence.

- The performers may cross the front leg past the midline of their body over to the side as long as they do not rotate their hips.
- The side stalls must be symmetrical.
- The proximity between the performers is such that the overall sequence appears symmetrical.

#### Videographer requirements

- The videographer must show the front of the front performer.
- The back performer being hidden by the other one at the beginning, at the middle and at the end of the sequence.
- The videographer should stay on level and maintain the same heading.

#### **Max Value 5 pts**

- The move is performed as described above, only that the performers may rotate to their belly or back.

#### **Max Value 10 pts**

- The move is performed as described above

### ***FF-7. Synchronised Back Layouts***

#### Back Layouts

- Both Performers begin in layout position in head-up orientation, side- by -side, on the same level and heading.
- Both Performers simultaneously perform a full layout back loop.
- Looping motion must be smooth, around the same horizontal axis, without wobbling.
- Both Performers simultaneously end in head-up orientation, side- by- side, both facing the Videographer.
- Both Performers must be in a layout position throughout the sequence.

#### Videographer requirements

- At the beginning, the Videographer must be in front of both Performers.
- Videographer must stay on the same level as the Performers' centre point and remain in place throughout the sequence.

#### **Max Value 3 pts: Single Back Layout**

- The move is performed as described above.

#### **Max Value 7,5 pts: Two (2) Back Layouts**

- Without stopping, both performers simultaneously perform a second full layout back loop.

#### **Max Value 10 pts: Two (2) Back Layouts with Half Twist**

- Back layouts performed as described above.
- Without stopping, both Performers simultaneously perform a second full layout back loop with a half twist.

- The half twist must be performed within and evenly executed throughout the loop and performed in the same direction.
- Both Performers simultaneously end in head-up orientation, side by side, both facing away from the Videographer.

### **Judging guidelines**

- When each Performer is twisting in a different direction, 30% will be deducted.

### **FF-8. Rebound**

#### **Max Value 5 pts: Rebound**

##### Half Linked Rebound

- Both Performers are in a head-down or angle back-flying orientation. Facing the videographer.
- A hand-to-hand grip is taken.
- while holding the grip, The Performers do a half reverse eagle over the videographer ("back-layout") to the belly and **release the grip**.
- followed by half eagle ("front layout") to head-down or angle back-flying. (End up in the relative beginning positions).
- The performers must keep an eye contact with the videographer throughout the move.

##### Videographer requirements

- The Videographer is facing the performers and shows them on the horizon at beginning, middle and the end of the move.

#### **Max Value 7.5 pts: Rebound with a roll**

##### Half Linked Rebound

- Both Performers are in a head-down or angle back-flying orientation. Facing the videographer.
- A hand-to-hand grip is taken.
- while holding the grip, The Performers do a half reverse eagle over the videographer ("back-layout") to the belly and release the grip.
- **Once on the belly, both Performers simultaneously make a barrel roll in place.**
- followed by half eagle ("front layout") to head-down or angle back-flying. (End up in the relative positions that they had at the beginning ).
- The performers must keep an eye contact with the videographer throughout the move.

##### Videographer requirements

The Videographer is facing the performers and shows them on the horizon at beginning, middle and the end of the move.



- The move is performed as described above.

### **Max Value 10 pts: Linked Rebound with a tucked loop**

- Both Performers are in a head-down or angle back-flying orientation. Facing the videographer.
- A hand-to-hand grip is taken.
- while holding the grip, The Performers do a half reverse eagle over the videographer ("back-layout") to the belly.

Followed by linked half eagle ("front layout") to head-down or angle back-flying The Performers must perform a linked tight tuck front loop (trick) in the middle of the second part of the Eagle (above the Videographer).

### *FR-2 Mixed Carve*

#### **Carve**

- At the beginning, The Performer must be in a head-down orientation, facing the Videographer.
- The Performer **should:**
- **carve 180°** around an imaginary centre and **Stall (stop)**
- **Flip, make a transition to HU over the belly**
- **Carve in head-up orientation, outfacing 180°** in the direction that returns the performer to the start of the compulsory.

#### **Videographer requirements**

- Videographer must show the front of the Performer while the performer is inface carving, and the back of the performer while outface carving
- Videographer must show the image as if the Performer remains static with only the background moving.
- Videographer must be on the same level as the Performer (and show the performer on the horizon throughout the sequence)
- Videographer must maintain the same distance from the Performer throughout the sequence.

#### **Max Value 5 pts: inface carve with switching direction**

- At the beginning, The Performer must be in a head-down orientation, facing the Videographer.
- The Performer **should:**
- **carve 180°** around an imaginary centre, **Stall (stop)**
- **carve 180°** in the direction that returns the performer to the start of the compulsory

#### **Max Value 7,5 pts: Mixed Carve**

- The Mixed carve is performed as described above.

#### **Max Value 10 pts: Layout Mixed Carve**

- The Mixed carve is performed as described above.
- The Performer must maintain the layout position throughout the sequence.

#### **Judging guidelines**

- When the Performer is not in layout position when it is required, 30% will be deducted.
- If the Performer, during the outface carving, flies in a straight line instead of carving, 30% will be deducted.

