

## ADDENDUM - C

### FREESTYLE SKYDIVING, SKYSURFING & FREEFLYING DIFFICULTY 2002

'Difficulty' is the combined result of several factors. Moves are classified from very easy to very difficult. The overall performance of the jumps (poses, moves and transitions) counts for difficulty.

In general difficulty factors are:

<u>Easy</u>	<u>Difficult</u>
Large support base	Small support base
Rotations on 1 axis	Rotations on >1 axis (in which use of 3 axes is more difficult than use of 2 axes)
Transitions between moves with the same axes	Transitions between moves with different axes
Intermittent action	Continuous action
Single spins in loops	Multiple spins in loops
Single moves	Consecutive moves
Body position not kept during the movement	Ideal body position maintained throughout movement
Stopping gradually	Abrupt stop to movement
Little control	Looks good
Rapid control movements	Slow movements of control surfaces
Lack of precision	Highly controlled
No direction change	Reversal of direction
Lack of synchronization with Videographer	Moves synchronized with Videographer
Pauses between moves	Smooth transitions into next move
For spinning skysurfing moves, keeping the board in the line of the body (head to toe axis)	For spinning skysurfing moves, placing the board from outside the line of the body (head to toe axis) to in the line of the body. (e.g. Helicopter to Henhouse)
No board grabs	Board grabs

According to this list of difficulty factors, the following are examples only of the grading:

<b>Freestyle Skydiving</b>				
<b>very easy</b>	<b>easy</b>	<b>moderate</b>	<b>difficult</b>	<b>very difficult</b>
F/B tuck loop F/B LO loop	F/B LO 0.5 twist	F/B LO 1 twist Side LO 0.5 twist Side LO	F/B LO 1.5 twist Side LO 1 twist Consecutive full twists	F/B LO 2 or more twists Side LO 1.5 or more twists Consecutive double twists
Straddle Standup	Straddle headstand	Straddle headstand turn	Cartwheel, Swan (headstand with legs straight and together, with a straight body)	Helicopter, Swan turn, Swan spin
Flip through		Thomas Flair		
Symmetrical head-up poses (i.e. Standup, V-Seat, Straddle Seat, Sitfly)	Compass, Stag, Daffy, Daffy switch, Daffy swivel, Daffy reverse	Compass switch, Compass swivel, Compass illusion, Compass inversion	Penché	
Tee, Tee reverse, Tee switch, Tee swivel, Pinwheel	Inverted Tee, Propellor, Arabian			
		Pike backstop	Cele (continuous back loop, tuck position + at least 1 twist in each loop)	Double Cele (continuous back loop, tuck position + double twist in each loop)
		Stag kick turns, Stag spin	Helix spin, Stag 1 twist	
	Half Eagle	Half Eagle + tricks, Full Eagle, Half Reverse Eagle	Full Reverse Eagle, Full Eagle + tricks	Half Reverse Eagle + tricks, Full Reverse Eagle with tricks

NOTE: no stops are allowed between (part of) twists or these parts will be valued as single twisting moves.

According to this list of difficulty factors, the following are examples only of the grading:

<b>Skysurfing</b>				
<b>very easy</b>	<b>easy</b>	<b>moderate</b>	<b>difficult</b>	<b>very difficult</b>
F/B LO loop	F/B LO loop 0.5 twist F/B loop with tail grab	Back LO 1 twist	Back LO 1.5 twist Front LO 1 twist Consecutive full twists	Back LO 2 or more twists Front LO 1.5 or more twists Consecutive double twists
	Barrel (Side LO loop)	Barrel half Twist	Barrel full twist	Barrel 1.5 or more twists
Standup turn	Standing spin Head down pose		Inverted Spins (i.e. Henhouse, Helicopter) Invisible man Freely position	Torpedo, Freely Carousel
Sit position	Sit spin		Sit spin Full twist Sit spin Carousel	Sit spin multiple Twist
Tracking	Slalom track Tracking layout loop			
			Half Reverse Eagle	Half Eagle, Full Eagle, Full Reverse Eagle, Full Eagle + tricks, Full Reverse Eagle with tricks, Tidy Bowl
	Body spin, side to the ground	Body spin, chest, or back to the ground	Bodyroll 1 twist	Bodyroll 1.5 or more twists

NOTE: no stops are allowed between (part of) twists or these parts will be valued as single twisting moves.

Over-under moves of the Performer and Videographer combined are at present known under different names. There is even difference in the names of this moves between the Skysurfing and the Freestyle Skydiving community. The Committee has chosen for the following set of names with the following criteria:

- It is assumed the video camera is mounted in a normal (e.g. not inverted) position. Therefore the Videographer also starts the over-under moves in a sitfly/standup position (Freestyle Skydiving) or in a belly to earth position (Skysurfing) This because it is practically very difficult to incorporate the position of the Videographer according to the image of the screen between jumps.
- For description convenience all starting positions are with the Performer in an head-up orientation. However, the moves can be started from any position and orientation.
- The "tricks" in the table are loops (layout, tucked or piked) or barrels.

**Full Eagle:** The Performer is in an head-up orientation. The Performer tracks over the Videographer while performing half a front loop, maintaining visual contact with the video camera. The Performer passes through the head-down orientation. The rotation continues and the Performer tracks from the head-down orientation under the Videographer while performing half a front loop, again maintaining visual contact with the video camera. The Videographer performs a back loop synchronous with the Performer. The Performer and the Videographer end up in the same positions where they originally started. This whole rotation should be one continuous movement.

**Half Eagle:** A 50% section of the Full Eagle, starting and stopping point undefined.

**Full Reverse Eagle:** The Performer is in an head-up orientation. The Performer moves feet first under the Videographer while performing half a back loop, maintaining visual contact with the video camera. The Performer passes through the head-down orientation. The rotation continues and the Performer moves from the head-down orientation over the Videographer while performing half a back loop, again maintaining visual contact with the video camera. The Videographer performs a front loop synchronous with the Performer. The Performer and the Videographer end up in the same positions where they originally started. This whole rotation should be one continuous movement.

Basically, a reverse eagle is an eagle performed feet first by the Performer

**Half Reverse Eagle:** A 50% section of the Full Eagle, starting and stopping point undefined.

**Switch:** A simultaneous change of the legs of the leg position (left to right, front to back, up to down) while maintaining the same body position and orientation.

**Swivel:** A transition between similar positions, but on opposite legs, while keeping the legs in approximately the same place. For example, a daffy swivel might start in a right daffy (right leg forward), and then you twist your upper body 180° over your legs, such that you end up in a left daffy, facing 180° away from where you started.

**Illusion:** An upward transition where only the orientation changes while maintaining the same body position. (for example from a tee to a compass), while holding the legs in place and rotating the torso over the legs.

**Inversion:** A downward transition where only the orientation changes while maintaining the same body position (for example from a compass to a tee), while holding the legs in place and rotating the torso over the legs.

<b>Freeflying</b>				
<b>very easy</b>	<b>easy</b>	<b>moderate</b>	<b>difficult</b>	<b>very difficult</b>
	spock	mindwarp sixty-nine		head-to-head
head-up & head-down no contact		joker	double joker	
	half eagle	eagle		
			sole-to-sole	sole-to-sole rotation
		vertical compressed		vertical compressed rotations
head-down no contact	double head-down carve	helicopter carve		
head-up no contact			double head-up carve	
			totem	

NOTE: no stops are allowed between (part of) twists or these parts will be valued as single twisting moves.

- For convenience sake, the difficulty factor does **not** include any performance of the Videographer.