

Appendix A.2: Freelying Compulsory Sequences (Intermediate Test Event)

1. General

- 1.1. The order in which these Compulsory Sequences can be performed is determined by the team.
- 1.2. The team must submit the order of the Compulsory Sequences and their chosen Max Values before the start of the competition to the Chief Judge. (See Rules Specific to the Event, 3.2.4 and Appendix E.)
- 1.3. If the Judges determine that the Team has performed a lower Max Value of a Compulsory Sequence than the declared Max Value, the maximum score will be 0.5 points less than the lower Max Value actually performed.
- 1.4. The Compulsory Sequences must be performed in the submitted order.
- 1.5. When the layout position is specified, both legs must be together (max shoulder width), with the knees straight, without any bend at the waist/hips.
- 1.6. The face-to-face requirement means that the performers must be with their heads at the same level and looking at each other.
- 1.7. Being on the same levels means that the Centers of Gravity (CGs) of the performers are at the same level.
- 1.8. The judging of each sequence begins when the Judges see the team begin the sequence from the described beginning position (after a transition from the previous move with or without a momentary stop).
- 1.9. The judging of each sequence ends when the Judges see the team completes or abandons the performance requirements of that sequence.
- 1.10. The videographer must maintain a consistent distance from the performer's center point throughout each Compulsory Sequence, except where the Compulsory Sequence description specifically prescribes otherwise.
- 1.11. The video image must be upright with the sky in the upper portion of the frame throughout each Compulsory Sequence, except where the Sequence description specifically prescribes otherwise. Otherwise, the maximum possible score for the Compulsory Sequence is 70% of the Max Value.
- 1.12. The competition for Intermediate follows the same order of jumps as Open: F-C-F-F-C-F-F, where F stands for a free routine round and C stands for compulsory round.
- 1.13. Scoring for Intermediate compulsory rounds will be as follows: The average score for each Compulsory Sequence will be multiplied by 0.3, the average score for Presentation will be multiplied by 0.1, and then the sum of these four (4) values will be rounded to the first decimal place.

1.14. Video examples of all compulsories can be found here:

<https://www.xpascend.com/ae-intermediate>

2. First FR Intermediate Compulsory Round (Round 2)

2.1 FF-11. Belly Carving Sequence

2.1.1 Belly Carving Sequence

- Both performers are in the belly-down orientation, facing each other.
- Both performers start carving around an imaginary center 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 throughout the sequence.

2.1.2 Videographer requirements:

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

Max Value 7.5 pts: Belly Carving Sequence is performed as described above.

- The waist/hips/knees may bend.

Max Value 10 pts: Layout Belly Carving Sequence

- The move is performed as described above, and
- The performers must maintain the layout position throughout the sequence.

2.1. FF-12. Synchronized Somersaults

Synchronized Somersaults:

- At the beginning and end, both performers are in a head-up orientation, side-by-side, on the same level and heading, facing the videographer.
- Both performers simultaneously perform one (1) full 360° back or front loop.
- Looping motion must be smooth, around the same horizontal axis, without wobbling.
- Both performers simultaneously end in a head-up orientation, side-by-side facing the videographer.
 - The waist/hips/knees may be bent.

Videographer requirements:

- At the beginning, the videographer must show the front of the performers.
- The videographer must stay on the same level as the performers' center point and remain in place throughout the sequence.
- The videographer must be positioned so that both performers and their grips are visible.

Max Value 7.5 pts: Synchronized Somersaults

- The Synchronized Somersaults are performed as described above.

Max Value 10 pts: Synchronized Somersaults with Grip

- The Synchronized Somersaults are performed as described above, and:
- At the beginning and end, both performers have a hand-to-hand grip (left-to-right, or right-to-left).

- The grip must be maintained throughout the sequence.

Judging guidelines:

- When the grip is not hand-to-hand, 15% will be deducted.

2.2 FF-13. Half Eagle Sequence

Half Eagle Sequence

- The performers are in the belly-down orientation throughout the sequence.
- At the beginning and end, the performers are side-by-side, facing the videographer on the same level.
- The performers go below the videographer as the videographer goes over the top, moving around an imaginary center between them so that both end up on the opposite side than they originally began. Performers may or may not elect to switch places relative to each other.
- The half eagle should be performed as one continuous movement.
- The performers must make a half (180°) flat turn on the belly in the middle of the half eagle (when they are below the videographer).
- Both performers must perform the flat turn in the same direction.

Videographer requirements:

- Synchronous with the performers' rotation, the videographer must perform a half (180°) camera rotation while above the performers.
- The camera rotation may be in either direction.
- At the end, the videographer must be on the same level.

Max Value 7.5 pts: The Half Eagle Sequence is performed as described above.

Max Value 10 pts: Half Eagle Sequence with 540° Rotation

- The Half Eagle Sequence is performed as described above, but:
- While passing underneath, the performers will simultaneously flat spin 540° in the belly.
- Performers must be in the layout position during the 540° flat spins.

Second FF Intermediate Compulsory Round (Round 5)

FF-14. Angle Sequence

This Compulsory Sequence must not be the first one performed, otherwise 70% will be deducted from the score.

- Performers are flying at a minimum of 20° diagonally off vertical and horizontal compared to the horizon with the head low.
- Videographer must be on the same level as the performers.
- The performers are angle-flying facing downward, with the head low, for a minimum two (2) seconds.

Videographer requirements:

- The videographer must show the side of the performers. The farther performer is hidden by the nearer performer.
- The videographer must be on the same level as the performers.

Max Value 7.5 pts: Angle Sequence is performed as described above.

Max Value 10 pts: Angle Sequence is performed in the layout position.

- The performers must maintain the layout position throughout the sequence.

FF-15. Single Cat Barrel Roll

- Both performers are in belly-down orientation.
- One performer has grips on the lower legs or feet of the other performer, the right hand is on the right lower leg/foot and the left hand is on the left lower leg/foot.
- The upper legs should be in line with the torso.
- Both performers simultaneously perform one (1) full 360° 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' center point and remain in place throughout the sequence.

Max Value 7.5 pts: Single Cat Barrel Roll is performed as described above.

Max Value 10 pts: Single Cat Barrel Roll in layout position.

- The move is performed as described above, and
- The performers must maintain the layout position throughout the sequence.

FF-16. 2-way Over/Under

- Both performers are in a belly-down orientation throughout the sequence.
- At the beginning and end, both performers are level with each other and on level with the videographer.
- One performer goes below the other performer, as the other performer moves over the top, moving around an imaginary center between them.
- The movement continues until the performers end up in their relative beginning positions.
- The Over/Under should be performed as one continuous movement.
- The Over/Under must remain on the same heading.

Videographer requirements:

- The videographer must be on the same level with the performers' center point throughout the sequence.

Max Value 7.5 pts: 2-Way Over/Under is performed as described above, and:

- The performers must move sideways as they move over/under one another.
- The videographer must show the Over/Under from the front, with both performers facing the camera throughout the sequence.

Max Value 10 pts: 2-Way Over/Under is performed as described above, and:

- At the beginning and end, the performers are facing each other, on level with each other and on level with the videographer.
- While moving over/under one another, the performers must move forward or backward.
- When halfway through the Over/Under, both performers are facing away from each other.
- The videographer must show the performers from their side throughout the sequence.