

Freefly Dive Pool 2023

Compulsory Sequenzen

Definitionen FF-01 bis FF-08 siehe FIA Addendum - A2

FF-01 Double Joker Reserve

FF-02 Cat Barrel Roll

FF-03 Turning Totem (excluded)

FF-04 Head Down Carve

FF-05 Full Eagle

FF-06 Angle Flying (excluded)

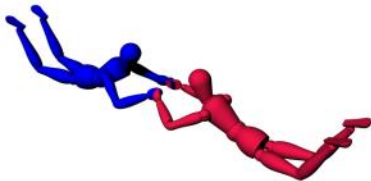
FF-07 Synchronised Back Layouts

FF-08 Head Up Grip Sequence

Speed Dive Pool

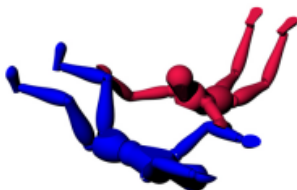
FF-09 Belly Star

Both performers are on their bellies. The performers have a grip on both of the other's opposite arm.



FF-10 Mixed Side Body

One performer is on his or her belly, the other on his or her back. One performer has a double-handed grip on the other's arm and leg (arm and leg must be on the same side of the body).

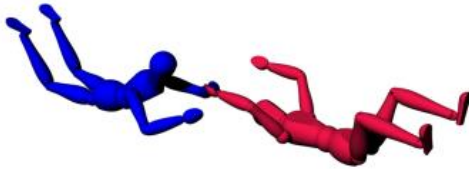


FF-11 Belly closed Accordion

Both performers are on their bellies. Each performer has a single-handed grip on the other's same leg.

**FF-12 Mixed open Accordion**

One performer is on his or her belly, the other on his or her back. A grip is taken on the other's opposite arm.

**FF-13 Single Grip Head Up**

Both performers are head-up. A grip is taken on the other's opposite arm.

**FF-14 Single Grip to Foot**

Both performers are head-up. One performer has a single-handed grip on the other's opposite foot.

**FF-15 Double Sit to Single Spock**

Both performers are head-up. One performer has a single-handed grip on the other's head



FF-16 Synchro Back Flip

Both performers are in head-up orientation facing the camera flyer. Both performers simultaneously perform a full layout back loop.



FF-17 Double Spock

One performer is head-up, the other head-down. Each performer has a single-handed grip on the other's head.



FF-18 Mind Warp

One performer is head-up, the other head-down. The head-up performer has a double-handed grip on the head-down performer's head.



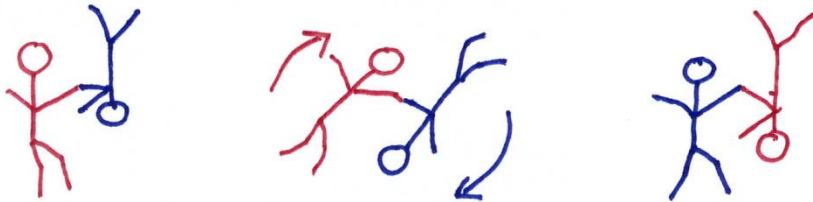
FF-19 Sixty Nine

One performer is head-up, the other head-down. The head-down performer has a double-handed grip on the other's same legs.



FF-20 Double Joker

One performer is head-up, the other head-down. A grip is taken on the other's same arm. The formation is rotated 180° over the top, i.e. the head-up Performer moves directly over the other Performer into a head-down orientation. At the same time, the head-down Performer moves directly underneath into a head-up orientation. This 180° rotation must be continuous.



FF-21 Vertical Closed Accordion

One performer is head-up, the other head-down. Each performer has a single-handed grip on the other's same leg.



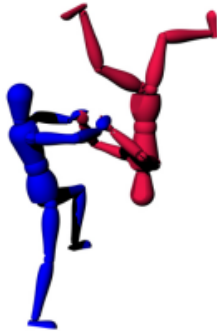
FF-22 In facing Double Grip

Both performers are in head-up, and have a double-handed grip on each other's opposite arm.



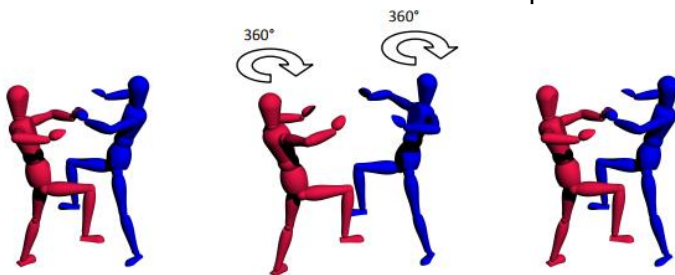
FF-23 Mixed in facing Double Grip

One performer is head-up, the other head-down. While facing each other, a grip is taken on each of the other's same arm.



FF-24 Grip 360 Grip

Both performers are head-up. A grip is taken on the 'other's same arm. Each performer then performs a 360° turn relative to the other performer followed by a repeat of the initial grip.



The dive pool was created by Skydive Luzerne / Mai 11 / 2022