

# SOLO FREESTYLE INTERMEDIATE RULES

The competition consists of 2 free and 2 compulsory rounds (F-C-F-C).

## Free rounds




Each free round is 60 seconds. Scoring from 20 points same as FAI rules:

- 0 to 10 points for technical difficulty and execution (there is no initial technical scoring. Judging is live starting from 1st round)
- 0 to 10 points for presentation




## Compulsory rounds

The flyers need to declare which version of each element they intend to do and in what order on ADDENDUM - D SOLO FREESTYLE IM. Each compulsory round is 45 seconds.

### ROUND 2

Original FAI move	Intermediate (max 7 points)	Beginner (max 4 points)
Name: <b>FRIM01</b>  Barrel Roll Stall	1. back layout from back to belly 2. barrel roll 3. front layout	1. transition from back to belly over the legs 2. barrel roll 3. transition belly to back
Name: <b>FRIM02</b>  HU Breaker	1. Starting and finishing in sit fly or knee fly instead of layout position 2. roll on the centerline (no fan motion)	Belly outface carve with barrel roll on the centerline
Name: <b>FRIM03</b>  Double tuck back loops	1.5x tucked back loop (finishing on the back)	One tucked back loop

### ROUND 4

Original FAI move	Intermediate version (max 7 points)	Beginner version (max 4 points)
Name: <b>FRIM04</b>  Thomas Flair	One thomas flair into back carving 360	One thomas flair
Name: <b>FRIM05</b>  Manna Space Lab	Holding the T barrel roll back to T	T position 360° rotation in the center of the tunnel
Name: <b>FRIM06</b>  Flip Twist Flip	One front flip with straight body (starting in the air from sit fly or knee fly)	One tucked front loop from belly to belly

All the moves are done facing the same directions as in the original FAI move.

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## **Deductions**

- instructor spotting inside the tunnel (no touch) - 1.0 deduction.
- light grip - 2.0 deduction (like holding hand on a layout or a front loop)
- active help - 3.0 deduction (actually helping the flyer with the layout or loop)