



# Freefly compulsories NLD 2026

NATIONAL and ROOKIE category (version 14 April 2026)

Koninklijke Nederlandse Vereniging voor Luchtvaart  
Sportcommissie Afdeling Parachutespringen

Reference:

<https://www.fai.org/isc-documents> → Skydiving Commission → Sporting Code - Competition Rules → Artistic Events → 2026 ISC Artistic Events (Outdoor) Competition Rules

Contact:

[sportcommissie.para@knvvl.nl](mailto:sportcommissie.para@knvvl.nl)

The idea behind 'NATIONAL' and 'ROOKIE' compulsory categories is to prepare the participants for the FAI (a.k.a. international) compulsories.

The FAI compulsory category consists of two (2) rounds with each four (4) compulsory moves. The NATIONAL compulsories are a simplified<sup>1</sup> version of the FAI compulsories, consisting of two (2) rounds but with only three (3) compulsory moves. The ROOKIE compulsories are even more simplified: the two (2) compulsory rounds have the same four (4) compulsories.

**The endstate is to create a low-threshold, easy access start to competing in freefly.**

Due to the low skill level required for entry, the participant's skills can develop while moving up the categories.

**In deviation to the FAI rules:**

- NATIONAL category flies FF-1N through FF-3N in the first compulsory round (round 2) and FF-4N through FF-6N in the second compulsory round (round 5).
- ROOKIE category flies FF-1R through FF-4R in both compulsory rounds (round 2 and 5).

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<sup>1</sup> Moves can be the same, however judging and/or camera criteria are less harsh/demanding.

<b>FAI</b>	<b>NATIONAL</b>	<b>ROOKIE</b>
FF-1 2-Way Eagle	FF-1N 2-Way Eagle	
FF-2 Cat Barrel Roll	FF-2N Cat Barrel Roll	FF-1R Cat Barrel Roll
FF-3 Head-Up Grip Sequence	FF-3N Head Up Grip Sequence	FF-2R Right Hand to Right Hand Grip  FF-3R Right Hand to Left Foot Grip
FF-4 Side-by-side Mixed Carve		
FF-5 Head-Down Carve	FF-4N Head-Down Carve	
FF-6 Angle Flying	FF-5N Angle Flying	FF-4R Angle Flying
FF-7 Synchronised Back Layouts		
FF-8 Rebound	FF-6N Rebound	

Table 1: Overview of compulsories by category

# FREELY COMPULSORY SEQUENCES PERFORMANCE REQUIREMENTS & JUDGEMENT CRITERIA

## **National and Rookie requirements, criteria and scoring are added in bold to Addendum A-2 to Competition Rules for Artistic Events**

- The order in which these Compulsory Sequences can be performed is determined by the Team.
- 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 para 5.2.3. and Annex D)
- 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 that was actually performed.
- The Compulsory Sequences must be performed in the submitted order.
- 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.
- The face-to-face requirement means that the Performers must be with their heads at the same level and looking at each other.
- Being on the same level means that the centres of the bodies are at the same level.
- The judging of each sequence begins when the Judges see the Team beginning the sequence from the described beginning position (after a transition from the previous move with or without a momentary stop).
- The judging of each sequence ends when the Judges see the Team completes or abandons the performance requirements of that sequence.
- The Videographer must maintain a consistent distance from the Performers' centre point throughout each Compulsory Sequence, except where the Sequence description specifically prescribes otherwise.
- 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. **'Blue side up' is not mandatory for ROOKIE category.**
- The definition of each body position is described in Annex B.

### FF-1. 2-way Eagle/FF-1N 2-way Eagle

#### Half Eagle

- One Performer is in a head-up orientation, the other in a head-down orientation, on level.
- The head-down Performer goes below the head-up Performer, as the head-up Performer goes over the top, moving around an imaginary centre between them so that they end up in opposite positions and orientations than they originally 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, throughout the sequence.

#### Max Value 5 pts: 2-way Half Eagle (**NATIONAL 7,5 pts**)

- The move is performed as described above.

#### Max Value 7,5 pts: 2-way Full Eagle (**NATIONAL 10 pts**)

- The move is performed as described above, then:
- 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 Full Eagle with Synchronised Roll

- The move is performed as described for 7,5 points and:
- 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 (**for FAI and NATIONAL**)

- 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/FF-2N Cat Barrel Roll/FF-1R 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 (**ROOKIE 7,5 pts**)

- The move is performed as described above.

Max Value 7,5 pts: Double Cat Barrel Roll (**ROOKIE 10 pts**)

- 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/hips, with the knees straight, throughout the entire sequence.

Judging guidelines

- One or both grips is/are in the 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. (**ROOKIE no deduction**)
- When one Performer is not in layout position when it is required, 25% will be deducted. (**NATIONAL and ROOKIE no deduction**)
- When both Performers are not maintaining the layout position when it is required, up to 30% will be deducted. (**NATIONAL and ROOKIE no deduction**)

FF-3. Head-Up Grip Sequence/FF-3N Head Up Grip Sequence/FF-2R Right Hand to Right Hand Grip/FF-3R Right Hand to Left Foot Grip

- Both Performers are in head-up orientation, without any grips.
- After making the required grip(s), both Performers simultaneously release their grip(s).
- The distance between the Performers must remain the same during the 360° rotation.

Max Value 3 pts: Head-Up Side-by-Side Grip 360° (**FF-3N 5 pts, FF-3R 10 pts**)

- At the beginning, both Performers are side-by-side. (Sit Position is allowed.)
- A hand-to-hand grip is taken (left-to-right hand or right-to-left hand). (**FF-3R right hand to left foot**)
- 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° (**FF-3N 7,5 pts, FF-2R 10 pts**)

- At the beginning, both Performers are face-to-face. (Sit Position is allowed.)

- A double hand-to-hand grip is taken (left-to-right hand and right-to-left hand). **(FF-2R, single grip: right-to-right 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 **(FF-3N 10 pts)**

- Performed as in 3 pts version.
- Both Performers must maintain the layout position throughout the entire sequence.

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

- Performed as in 5 pts version.
- 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. **(NATIONAL no deduction)**
- Any grip from Exit or previous move should be released before the beginning of the sequence, otherwise 20% will be deducted.
- When double hand-to-hand grips are not taken simultaneously, 20% will be deducted. **(NATIONAL no deduction)**
- 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. **(ROOKIE no deduction for FF-3R (right hand to left foot))**

FF-4. Side-by-side Mixed Carve: N/A

FF-5. Head-Down Carve/FF-4N 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 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 (**NATIONAL 7,5 pts**)

- The move is performed as described above.

Max Value 5 pts: Head-Down Carve with Carousel (**NATIONAL 10 pts**)

- 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/hips, with the knees straight throughout the sequence

#### FF-6. Angle Flying:

THIS COMPULSORY SEQUENCE MUST NOT BE THE FIRST ONE PERFORMED!

**NATIONAL and ROOKIE safety consideration: choose a safe direction, based on winds aloft and jumprun.**

- Both Performers are flying at a minimum of 20° diagonally off vertical and horizontal compared to the horizon with their heads low.
- No grips
- The Videographer must show the Performers from the side.
- The Videographer must demonstrate an on-level position.

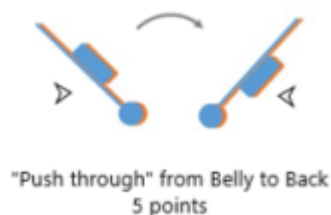
Max Value 3 pts: Angle Flying Pose (**NATIONAL 5 pts, ROOKIE 7,5 pts**)

- One Performer is facing upward, and the other Performer is facing downward, face-to-face, with their heads low.
- This angle flying must be maintained for a minimum of three (3) seconds.

Max Value 5 pts: Angle Flying with push through

**(NATIONAL 7,5 pts, ROOKIE 10 pts)**

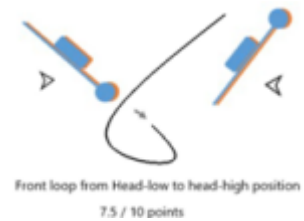
- The Performers are side-by-side angle flying on the belly, with the head low for a minimum two (2) seconds.
- The performers push through to Head low angle flying on their back, traveling in the opposite direction for a minimum two (2) seconds.



- **NATIONAL and ROOKIE: perform half barrel roll instead of push through, i.e. belly to back, without direction change.**

Max Value 7,5 pts: Angle Flying with a Loop (**NATIONAL 10 pts**)

- At the beginning, both Performers are angle flying side-by-side on the belly, with their heads low for a minimum two (2) seconds.
- The Performers make a synchronised front loop to head high angle-flying on the belly travelling in the opposite direction. for a minimum two (2) seconds.



- **NATIONAL: front loop not mandatory**

Max Value 10 pts: Angle Flying with a Loop

- The move is performed as described above for 7.5, keeping the legs straight while in angle position.

Judging guidelines

- When this Compulsory Sequence is performed first in the compulsory routine, 70% will be deducted.
- If any grips are taken, 30% will be deducted. (**ROOKIE no deduction**)
- If the angle flying is not held for a minimum of two (2) seconds at the beginning or end, 10% will be deducted. If not held for two (2) seconds at both the beginning and end, 20% will be deducted

FF-7. Synchronised Back Layouts: N/A

FF-8. Rebound/FF-6N Rebound

Max Value 5 pts: Half Linked Rebound (**NATIONAL 7.5 pts. No grip 5 pts**)

- Both Performers are side-by-side in a ~~head-down or angle back flying~~ **head-up** orientation, facing the Videographer.
- A hand-to-hand grip (left hand of one Performer with the right hand of the other Performer or vice versa) is taken.
- While maintaining the grip, both Performers make a half reverse eagle ~~over~~ **under** the Videographer ("~~back layout movement~~") to ~~the belly~~ **head down** and release the grip.
- The Performers then make a half eagle ("~~front layout movement~~") to a ~~head-down or angle back flying~~ **a head-up orientation**, ending on the original heading in the original starting position.
- The Performers must maintain eye contact with the Videographer throughout the sequence.

Videographer requirements

- The Videographer is facing the Performers and must show them on the horizon at the beginning, middle, and end of the sequence. **NATIONAL: not applicable.**

Max Value 7,5 pts: Linked Rebound (**NATIONAL 10 pts.**)

The move is performed as described above, But the performers maintaining the grip throughout the sequence.

Max Value 10 pts: Linked Rebound with a Tucked Loop

- Both Performers are side-by-side in a head-down or angle back-flying orientation, facing the Videographer.
- A hand-to-hand grip (left hand of one Performer with the right hand of the other Performer or vice versa) is taken and is maintained throughout the sequence.
- While maintaining the grip, the Performers travel over the Videographer to the belly.
- After a momentary stop in the belly-down orientation, both Performers, while maintaining the grip, then travel over the Videographer back to their original starting position.
- The Performers must perform a linked tight tuck front loop (trick) When they are above the Videographer the second time .
- At the end, both Performers should be in their original starting position.

Judging guidelines

- When the Performers lose eye contact (except for the trick), 20% will be deducted.
- When the tuck is not tight for the front loop, 15% will be deducted. (to be consistent with other judging guidelines on the trick)