



Freestyle 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

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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 simplified¹ 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 freestyle.

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

In deviation to the FAI rules:

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

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

FAI	NATIONAL	ROOKIE
FR-1 Eagle Sequence Half Eagle (HD)	FR-1N Eagle Sequence Half Eagle	FR-1R Over-under (HU)
FR-2 Mixed Carve	FR-2N Carving Sequence Carve (HD)	-
FR-3 Rebound	FR-3N Rebound	FR-2R Rebound
FR-4 Looping Sequence	FR-4N Looping Sequence	-
FR-5 Reverse Eagle Sequence	-	-
FR-6 Angle Flying	FR-5N Angle Flying	FR-3R Angle Flying
FR-7 Side Flying	-	-
FR-8 Head-Up Straddle Spins	FR-6N Head-Up Straddle Spins	FR-4R Head-Up Straddle Spins

Table 1: Overview of compulsories by category

FREESTYLE SKYDIVING

COMPULSORY SEQUENCES

PERFORMANCE REQUIREMENTS & JUDGEMENT CRITERIA

National and Rookie requirements and criteria are added in bold to Addendum A-1 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 addendum 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 actually performed.
- The Compulsory Sequences must be performed in the submitted order.
- 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 proximity to the Performer 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' not mandatory for ROOKIE category.**
- The definition of each body position is described in Addendum B.

FR-1 Eagle Sequence/ **FR-1N Eagle Sequence/ FR-1R Over-under**

Half Eagle

- At the beginning, the Performer is in a head-down orientation.
- Legs must be in line with the torso (when viewed from the side).
- The Performer goes below the Videographer as the Videographer goes over the top, moving around an imaginary centre between them so that both end up in opposite positions and orientations than they originally began.
- The Eagle should be performed as one continuous movement.
- The Eagle must remain on the same heading.

Videographer requirements

- Videographer must show Performer from his/her front during the whole sequence.

Max Value 3 pts: Half Eagle is performed as described above. **(NATIONAL 5 pts)**

Max Value 7.5 pts: Full Eagle **(NATIONAL 10 pts)**

- Half Eagle is performed as described above, then:
- The movement continues until the Performer and the Videographer end up in their relative beginning positions.

Max Value 10 pts: Full Eagle with Trick

- Half Eagle is performed as described above, then:
- The movement continues until the Performer and the Videographer end up in their relative beginning positions.
- The Performer must perform a tight tuck front loop (trick) in the middle of the second part of the Eagle (when he/she is above the Videographer).
- Videographer must show Performer from his/her front during the whole sequence, with the exception of the full tight tuck front loop.

Judging guidelines

- When the tuck is not tight for the front loop, 15% will be deducted.
- When the front of the Performer is not shown throughout the whole sequence (except for the front loop), 20% will be deducted.
- When the front loop is not performed above the Videographer in the middle of the second part of the Eagle, 15% will be deducted.

ROOKIE: Max Value 10 pts: Over-under in head-up position

- The Performer starts in a head-up position facing the Videographer (orientation for Videographer is free).**
- The Performer flies up and over the Videographer, Performer is rotating 180 degrees to maintain visual contact with Videographer.**
- The Performer flies down and under the Videographer, Performer is rotating 180 degrees to maintain visual contact with Videographer.**
- At lowest point the Performer is allowed a back-fly position.**

FR-2 Mixed Carve/ FR-2N Carving Sequence

Carve

- At the beginning, the Performer must be in a head-down orientation, facing the Videographer.
- The Performer and Videographer must inface carve 180° around an imaginary centre, stop (stall), make a transition to head-up outfacing through the belly-down orientation.
- In the head-up orientation, outfacing, the Performer then carves 180° in the opposite direction.

Videographer requirements

- Videographer must show the front of the Performer while the Performer is inface carving, and the back of the Performer while outface carving.
- While carving, the Videographer must show the image as if the Performer remains static with only the background moving.
- Videographer must be on the same level as the Performer (and show the Performer on the horizon) throughout the sequence.
- Videographer must maintain the same distance from the Performer throughout the sequence.

Max Value 5 pts: Inface Carve with Switching Direction (**NATIONAL 7.5 pts**)

- At the beginning, the Performer must be in a head-down orientation, facing the Videographer.
- The Performer and Videographer must carve 180° around an imaginary centre, stop, and then inface carve 180° to the opposite direction.

Max Value 7,5 pts: Mixed Carve (**NATIONAL 10 pts**)

- The Mixed carve is performed as described above.

Max Value 10 pts: Layout Mixed Carve

- The Mixed Carve is performed as described above, and:
- The Performer must maintain the layout position throughout the sequence.

Judging guidelines

- When the Performer is not in layout position when it is required, 30% will be deducted.
- If the Performer, during the outface carving, flies in a straight line instead of carving, 30% will be deducted.

FR-3 Rebound/FR-3N Rebound/FR-2R Rebound

Rebound

- The Performer is in a head-down or angle back-flying orientation. Facing the videographer.
- The Performer does a half reverse eagle over the videographer ("back-layout movement") to the belly.
- The Performer then makes a half eagle ("front layout movement") to a head-down or angle back-flying, ending on the original heading in the original starting position.
- The performer must keep an eye contact with the videographer throughout the move.
- ~~(No pointed toes required)~~

Videographer requirements

- The camera shows the performer on the horizon at beginning, middle and the end of the move.

Max Value 7.5 pts: Rebound

- The move is performed as described above. (**NATIONAL 10 pts**)

Max Value 10 pts: Rebound with a Roll

- The Rebound is performed as described in 7,5 points, but:
- Once on the belly, after a momentary stop, the Performer must make a 360° barrel roll in place, on the horizon.

Judging guidelines

- When the Performer loses eye contact, up to 10% will be deducted.

ROOKIE, Max Value 10 pts:

- The performer starts in belly orientation. Facing the videographer.**
- The performer does a front-layout over the videographer. End in back orientation on the relative other side of the videographer.**
- The performer does a back-layout over the videographer. End up in belly orientation in the relative beginning position.**
- Bends in layout positions are allowed.**

FR-4 Looping Sequence/ FR-4N Looping Sequence

Back Layout Loops

- Beginning is from a layout position in head-up orientation.
- Three (3) complete 360o layout back loop rotations, without stopping, must be performed.
- Looping movement must remain about a horizontal axis, without tilting or changing heading.
- Torso must be straight and legs in line with the torso, without any bend at the waist.

Videographer requirements

- Videographer must be on the same level with the Performer and show the Performer from his/her side at start of the sequence, must remain in place.

Max Value 3 pts: Layout Back Loops are performed as described above. **(NATIONAL 7.5 pts)**

Max Value 7.5 pts: Layout Loops with Half Twist **(NATIONAL 10 pts)**

- First back loop is performed as described above.
- A half twist must be performed within and evenly executed throughout the second loop.
- After a momentary stop in the head-up orientation, a full front loop must be performed.

Max Value 10 pts: Layout Back Loops with Full Twist

- Layout Back Loops are performed as described above but:
- A full twist must be performed within and evenly executed throughout the second loop.
- Looping motion must be smooth.
- The sequence must end in a layout position in head-up orientation, on the same heading as the beginning.

Judging guidelines

- When the half or full twists not within the second loop, 30% - 50% will be deducted.
- If there is stopping between the loops, 15% will be deducted.

- If no momentary stop is shown at the end, the maximum score will be 9.5 points.

FR-5 Reverse Eagle Sequence: N/A

FR-6 Angle Flying/ FR-5N Angle Flying/ FR-3R 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.

- Performer is flying at a minimum of 20° diagonally off vertical and horizontal compared to the horizon with the head low.
- Videographer must demonstrate an on-level position.
- No pointed toes required

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

- Performer is facing upward.
- This angle flying must be maintained for a minimum of three (3) seconds.
- Videographer must show Performer from his/her side throughout the sequence.

Max Value 5 pts: Angle Flying roll (**ROOKIE 10 pts, NATIONAL 7.5 pts**)

- The move is performed as described above.
- After 3 seconds of angle flying, The Performer will make a 180° rotation on the Body Head-Tail axis (Half a barrel roll into face-down) while maintaining the heading and the angle.
- Videographer maintains position and must show Performer from his/her side at the beginning and the end of the move.

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

- The performer is angle-flying on the belly, with the head low for minimum two (2) seconds.
- The performer does a front "flip" to head-up belly angle going the opposite direction.
- The performer holds the head-up belly angle for minimum two (2) seconds.
- Videographer must show Performer from his/her side throughout the sequence.

Max Value 10 pts: Layout Angle Flying with a flip

- The move is performed as described in 7.5, but performer must maintain a layout position through the full sequence

Judging guidelines

- When this Compulsory Sequence is performed first in the compulsory routine, 70% will be deducted.

FR-7 Side Flying: N/A

FR-8. Head-Up Straddle Spins/ FR-6N. Head-Up Straddle Spins/ FR-4R. Head-Up Straddle Spins

- Performer is in straddle position, without any bend at the waist, in head-up orientation.
- Spins can be in either direction.
- At the beginning and end, the Performer must show a momentary stop in the Head-up Straddle.
- At the beginning and the end, the Videographer must show the front of the Performer.

Max Value 3 pts: Head-Up Straddle Spins (**ROOKIE 10 pts, NATIONAL 7.5 pts**)

- The straddle must spin rapidly, with three (3) pirouette rotations performed within five (5) seconds from the start of the first rotation.
- Videographer must be on the same level throughout the sequence.

Max Value 5 pts: Head-Up Straddle Spins with Synchronised Carve (**NATIONAL 10 pts**)

- The straddle must spin rapidly, with three and a half (3.5) pirouette rotations performed within five (5) seconds from the start of the first rotation.
- Synchronous with the Performers' rotations, the Videographer must carve 180° opposite the Performer's rotation.
- Videographer must be on the same level throughout the sequence.

Max Value 10 pts: Head-Up Straddle Spins with Half Eagle

- The straddle must spin rapidly, with three and a half (3.5) pirouette rotations performed within five (5) seconds from the start of the first rotation.
- Synchronous with the Performers' rotations, the Videographer must perform a half Eagle passing under the Performer with half (180°) camera roll at the lowest point, the roll in the opposite direction as the Performer's rotation.
- At the end, the Videographer must be on the same level.

Judging guidelines

- When the Videographer passing under the Performer, during the Half Eagle, makes the camera roll to the wrong direction, 30% will be deducted.
- When the legs are clearly not straddled at least 90° apart, 30% - 50% will be deducted.
- If there is a bend at the waist, 50% will be deducted.
- if no momentary stop is shown at the beginning or end, 5% will be deducted.
- If the stop is not shown at the beginning and end, 10% will be deducted.