

Addendum C: Description Of Freestyle Moves

GROUP 1 Degree of Difficulty (DOD)

Crane DOD: 1.0

The body is straight with one foot dragging and the other leg bent as much as possible above the surface.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body	Body straight and rigid from head to dragging foot, knee (dragging foot) locked.	Bend in knee, hip, torso up to 30°	Bend in knee, hip, torso more than 30°	
Non-dragging leg	The non-dragging leg should be bent at the knee placing with the foot near the knee or thigh of dragging leg.	Non dragging ankle up to 10cm below the knee	Non dragging ankle more than 10 cm below knee	Non dragging ankle above knee (on other leg)
Body Orientation	The body should be leaning forward as much as possible.	Leaning forward 30°- 45°	Leaning forward less 30°	Leaning forward more than 45°

T DOD: 1.1

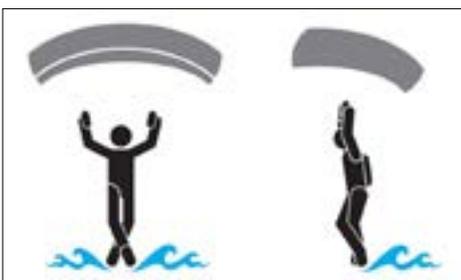
The pilot's body is vertical with one foot dragging, and the other leg extended and horizontal to the surface.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body	The upper body should be straight and vertical to the surface.	Up to 30° of the vertical orientation	More than 30° of the vertical orientation	
Leg	The leg of the dragging foot should be extended and locked at the knee.	Knee bent up to 30°	Knee bent more than 30°	Non dragging ankle above knee (on other leg)
Non-dragging leg	The non-dragging leg should be extended straight out from the body, horizontal to the surface and locked at the knee.	Non dragging leg bent up to 15°, leg up to 30° of the horizontal orientation.	Non dragging leg bent more than 15° or leg more than 30° of the horizontal orientation.	Leaning forward more than 45°

Cross-Up DOD: 1.2

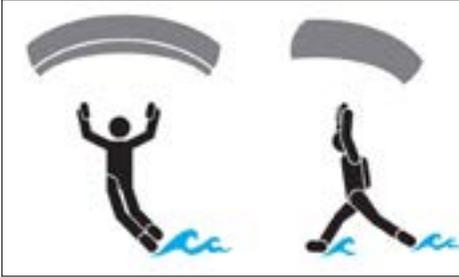
The pilot positions himself with both feet underneath the body (inline) and crossed while dragging the surface.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body	The upper body should be vertical to the surface and straight.	Bend in hip, torso up to 30°	Bend in hip or torso more than 30°	
Leg	The legs and feet are inline with the body.		Legs or feet are not in line with the body.	
Knees	Knees are slightly bent, and legs should be crossed below the knees with both feet dragging the surface.	Knees bent 45°- 60°, crossing legs at foot level	Knees bent more than 60°, only one foot dragging, legs not crossed.	

Can-Can DOD: 1.3

The pilot extends both legs to one side of the body (not underneath the body) with feet apart while dragging at least one foot on the surface.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body	The upper body should remain square to the line of flight with chest and shoulders facing forward, not upward.	Shoulder / chest level up to 30° off.	Shoulder / chest level more than 30° off.	
Legs and feet	The pilot should extend the legs and push feet out to one side as much as possible (45°) with the knees locked.	Legs of vertical axis between 15° and 30°	Legs of vertical axis less than 15°	Legs of vertical axis more than 45°
Feet	Feet should be as far apart as possible (45°).	Angle between legs between 15° and 30°	Angle between legs less than 15°	Angle between legs more than 45°

Nac-Nac DOD: 1.3

The pilot drags both feet in-line with the body at the same time with the forward foot dragging heel side and the trailing foot dragging toe side.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Torso	The upper torso should be vertical to the surface and facing forward.	Shoulder / chest level up between 15° and 30° off.	Shoulder / chest level more than 30° off.	
Body	The body should be positioned close to the surface.	Angle between legs between 30° and 45°	Angle between legs less than 30°	Angle between legs more than 60°
Legs	Both feet should be dragging in-line with the body, no wider than the shoulders.		Legs dragging outside shoulder width.	Dragging both feet on the same position (one line on water)
Feet	Feet can be dragging on their sides, but the forward foot must be heel-side and the trailing foot toe-side.		Not dragging heel or toe side of the foot.	

GROUP 2 Degree of Difficulty (DOD)

Flex Head DOD: 2.0

The Pilot positions the body and buttocks low to the surface with one leg extended out in front dragging a foot heel side while the other leg is bent at the knee dragging a foot on the surface near the buttocks.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body	The upper body should be vertical with the buttocks close to the surface.	Up to 30° off the vertical orientation	More than 30° off the vertical orientation	-
Leg	One leg should be extended out in front with the knee locked while dragging the foot heel side.	Bend in knee 15° - 30°	Bend in knee more than 30°, not heel side dragging	-
Non-dragging leg	The other leg should be bent at the knee with the foot dragging the surface near the buttocks	Buttocks between 20 and 30 cm above the water	Buttocks more than 30cm above the water. Foot not dragging water	Buttocks less 10cm above the water

Superman DOD: 2.3

The pilot's body is straight and horizontal with both feet dragging the surface while facing forward.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body	The body should be straight and rigid from the head to the feet.	Bend in knee, hip, torso up to 30°	Bend in knee, hip or torso more than 30°	-
Leg	The body should be horizontal and low to the surface (60°).	Body between 30° and 45° from vertical	Body less 30° from vertical	Body more than 60° from vertical
Non-dragging leg	Legs and feet should be together and dragging the surface.	Legs up to 15° apart	Legs more than 15° apart, only one foot dragging water	-

Walnut DOD: 2.4

The pilot's feet are behind the body and above the surface while dragging both knees.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body	The upper body is leaning forward (30°) with shoulders square to the line of flight.	Failure to lean forward. Out of the line of flight between 30° and 45°	Out of the line of flight more than 45°	Leaning forward more than 45°
Legs	Legs are in line with the body with both knees dragging the surface.	Hips or waist bent up to 30°	Failure of dragging both knees, hips or waist bent more than 30°	-
Knees	Knees are bent as much as possible with the feet positioned near the buttocks (knees less 45°).	Angle between upper and lower leg in knees 45° to 90°	Angle between upper and lower leg in knees more than 90°	-

GROUP 3 Degree of Difficulty (DOD)

Boomerang DOD: 3.0

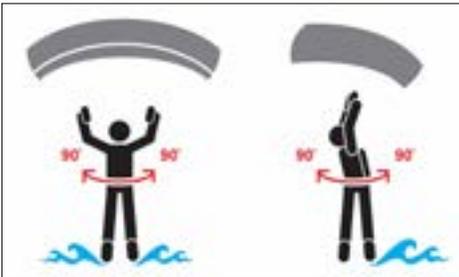
The pilot carves while keeping contact with the surface.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Upper body	The upper body should remain rigid and square to the line of flight with shoulders facing forward (not upward).	Twist upper body between 30° and 45° from the line of flight (carved line).	Twist upper body more than 45° from the line of flight (carved line).	-
Body orientation	The lower body should be positioned close to the surface (45°+).	Body between 30° and 45° from vertical	Body less 30° from vertical	Body more than 60° from vertical
Legs	The pilot must drag at least one foot on the surface.		Lost water contact	Dragging both feet
Legs	While in contact with the water surface, carve at least 45° (line on water).	Carving between 30° and 45°	Carving less 30°	Carving more than 60°

Method DOD: 3.1

The pilot twists the lower body at least 90° from the upper torso with feet apart and dragging on the surface.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Upper body	The upper body should be vertical and remain forward with shoulder square to the direction of flight.	Shoulder / chest level between 15° and 30° off.	Shoulder / chest level more than 30° off.	-
Lower body	The lower body twisted and must rotate at least 90° degrees from upper torso.	Rotation between 45° and 60°	Rotation less 45°	Body more than 60° from vertical
Feet	Feet should be as far apart as possible (50cm).	Between 40cm and 50cm	Less than 40cm	More than 60 cm
Legs	While in contact with the water surface, carve at least 45° (line on water).	Carving between 30° and 45°	Carving less 30°	Carving more than 60°

Lazy Boy DOD: 3.3

The pilot's body is horizontal with the legs extended out in front with the body while dragging both feet on the surface.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body	The body should be horizontal and facing upwards while low to the surface (60°).	Body between 30° and 45° from vertical	Body less 30° from vertical	Body more than 60° from vertical
Body orientation	The body should be straight and rigid from the head to the feet.	Bend in knee, hip, torso up to 30°	Bend in knee, hip or torso more than 30°	Line check
Legs and feet	Legs and feet should be together with the knees locked while dragging the surface.	Feet apart up to 10° and/or knees bent up to 15°	Feet apart more than 10° and/or knees bent more than 15°	-

GROUP 4 Degree of Difficulty (DOD)

Switchblade DOD: 4.1

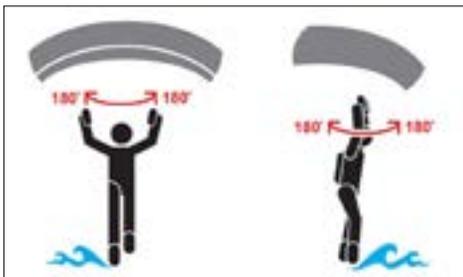
The pilot places both toggles in one hand and in front of the body.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body	The upper body should face forward of the direction of flight.	Shoulder / chest level between 15° and 30° off.	Shoulder / chest level more than 30° off.	-
Hands	Both toggles must be in one hand only and in front of the body while dragging at least one foot on the surface.	Hand not in front of the body.	Not both toggles in one hand and/or loose water contact.	-

Blind Man DOD: 4.3

The pilot twists the entire body 180° in the harness from the direction of flight while dragging the surface with at least one foot.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body rotation	The body should rotate a full 180° from the direction of flight.	Rotation between 120° to 150° or between 225° and 270°	Rotation less than 120° and/or more than 270°	Untwist again to straight flight.
Body	The body should be vertical with knees slightly bent.	Body between 15° and 30° off vertical	Body more than 30° off vertical and/or knees bent more than 45°	-
Water contact	The pilot should rotate without losing contact with the surface.	-	Lose contact with water	-

Cowboy DOD: 4.8

The pilot twists the entire body 180° in the harness from the direction of flight while dragging the surface with at least one foot.

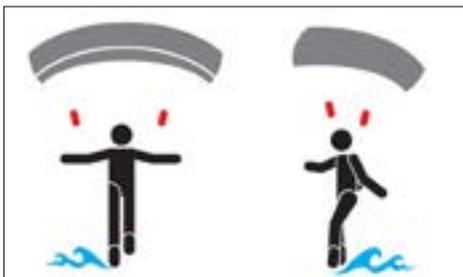


	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body	The body is vertical and low to the surface with the shoulders square to the direction of flight.	Shoulder / chest level between 15° and 30° off.	Shoulder / chest level more than 30° off.	Body vertical
Hand	The hand must drag the surface while dragging at least one foot.	-	No simultaneous drag of both, hand and at least one foot	-
Dragging	The hand dragging the surface must be completely off the controls with no toggle in hand.	-	Both controls in one hand	-

GROUP 5 Degree of Difficulty (DOD)

Ghost Rider DOD: 5.0

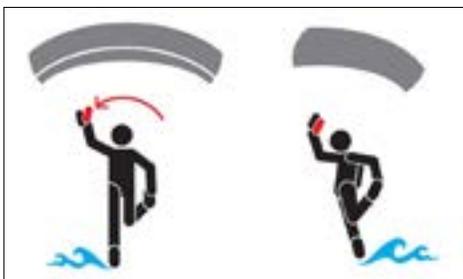
The pilot takes hands completely off the controls (toggle and risers) while facing forward with feet underneath the body and dragging at least one foot on the surface.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Upper body	The upper body should be vertical.	Out of vertical 15° to 30°	Out of vertical more than 30°	-
Hands	Both hands must be off the controls and extended out to the sides during the execution.	Hands off controls, but not extended out to the sides	At least one hand still in contact with the toggle	-

Tick Jockey DOD: 5.0

The pilot places both toggles in one hand and in front of the body with a simultaneous footgrab with the other hand.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Upper body	The upper body should be vertical.	Out of vertical 15° to 30°	Out of vertical more than 30°	-
Hands	Both hands must be off the controls and extended out to the sides during the execution.	Hands off controls, but not extended out to the sides	At least one hand still in contact with the toggle	-

Wingover DOD: 5.1

The pilot executes a carving maneuver so that one end-cell of the canopy makes contact with the surface.

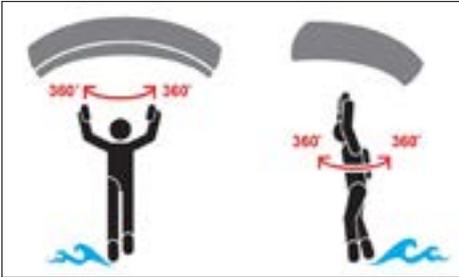


	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body	The body should be positioned low to the surface (60°).	Body between 30° and 45° from vertical	Body less 30° from vertical	Body more than 60° from vertical
Canopy	A wingtip must make contact with the surface while simultaneously dragging a part of the body.	-	Wingtip not dragging water, no dragging any part of the body	-
Carve	While in contact with the water surface, carve at least 45° (line on water).	Carving between 30° and 45°	Carving less 30°	Carving more than 60°

Miracle Man

DOD: 5.2

The pilot twists the entire body 360° in the harness while dragging the surface with at least one foot.



	Details	Minor Mistake	Major Mistake	Increase Difficulty
Body orientation	The body should rotate a full 360° in the direction of flight.	Rotate between 270° and 360°	Rotation less than 270°	-
Body	The body should be vertical with knees slightly bent.	Body off vertical between 15° and 30°, knees bent between 30° and 45°	Body off vertical more than 30°, knees bent more than 45°	-
Dragging	The pilot should rotate without losing contact with the surface.	-	Lost contact with water surface	-