

# OPEN and ADVANCED CLASS FREEFLY DIVE POOL



Definition of terms:

## BODY

Grips can be taken and docks can be placed on specified body parts, as follows:

- Head: the part of the body above the neck.
- Shoulder: the upper part of the body between the neck the upper arm.
- Torso: the body, including the shoulder, but excluding arms, legs, head and neck.
- Arm: the whole arm, including the upper arm, lower arm, wrist and hand. The shoulder is excluded.
- Upper arm: the part of the arm between the shoulder and the elbow.
- Lower arm: the part of the arm between the elbow and the wrist.
- Hand: from the wrist to the fingers tips
- Leg: the whole leg, including the upper leg, knee, lower leg and foot.
- Upper leg: the part of the leg between the hip and the knee.
- Lower leg: the part of the leg between the knee and the ankle.
- Foot: from the ankle to the toes.
- Sole: that part of the foot on which a person stands.

## ORIENTATIONS

Flat: the performer is in the belly down position with a horizontal torso.

Back-fly: the performer is in the back down position with a horizontal torso.

Head-up: the performer is in a head-up position with a vertical torso.

Head-Down: the performer is in a head-down position with a vertical torso.

The order of the sentences of the descriptions of the Randoms does not implicate an order of performance of the requirements.

### **Back-fly/Flat Orientation:**

#### BF-1 BF Star

Both performers are in the back-fly orientation. The performers demonstrate a two-handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's left hand.

#### BF-2 Star

Both performers are in the flat orientation. The performers demonstrate a two handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's left hand.

#### BF-3 Compressed Accordion

Both performers are in the flat orientation. Both performers dock on each others leg. The right hand of both performers must be on the right leg of the other

performer.(Or vice-versa)

**BF-4 Horizontal Compressed**

One performer is in the flat orientation, the other Performer is in the back-fly orientation. Both performers dock on each others leg. The right hand of one performer must be on the left leg of the other performer. (Or vice-versa)

**BF-5 BF Side body**

Both performers are in the back-fly orientation. One performer takes a grip on the other performers arm and leg on one side of the body.

**BF-6 Horizontal Side Body**

One performer is in the flat orientation, the other performer is in the back-fly orientation. One performer takes a grip on the other performers arm and leg on one side of the body.The right hand of the back-fly performer must be on the right leg of the flat performer, or the left hand of the back-fly performer must be on the left leg of the flat performer.

**BF-7 Horizontal Cat**

One performer is in the flat orientation, the other performer is in the back-fly orientation. One performer takes a grip with the left hand on the other performer's right leg, and the right hand on the other performer's left leg.

**BF-8 BF Cat**

Both performers are in the back-fly orientation. One performer takes a grip with the right hand on the other performer's right leg, and the left hand on the other performer's left leg.

**BF-9 Horizontal Open Accordion**

One of the performers is in the flat orientation, the other performer is in the backfly orientation. The right hand of the back-fly performer must be on the left hand of the flat performer. (Or vice-versa)

**BF-10 BF Open Accordion**

Both of the performers are in the back-fly orientation. The right hand of one performer must be on the right hand of the other performer. (Or vice-versa)

**BF-11 BF Stair-Step**

Both performers are in the back-fly orientation. The right had of one performer must be on the left leg of the other performer. Or the left hand of one performer must be on the right leg of the other performer.

**BF-12 BF Grip 360 Grip**

Both performers are in back-fly orientation. The performers demonstrate a single handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's right hand, or left hand to left hand. A 360' backspin is performed with a re-dock of the original grip.

**BF-13 BF Grip Over Under Grip**

Both performers are in back-fly orientation. The performers demonstrate a

single handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's right hand, or left hand to left hand. A over under is performed with a re-dock of the original grip.

### **Mixed Head up and Head down Orientation:**

#### **HD-1 Double Spock**

One performer is in head-up orientation, the other performer is in the head-down orientation. Each performer takes a grip on the top of the head of the other performer.

#### **HD-2 Vertical compressed**

One performer is in the head-up orientation, the other performer in the head-down orientation. Both performers take a grip on the leg of the other performer. The right hand of each performer must be on the right leg of the other performer (or left hand on left leg).

#### **HD-3 Sole-to-Sole**

One performer is in the head-up orientation, the other in head-down orientation. A sole-to-sole dock is performed.

#### **HD-4 Double Grip Vice-Versa**

One performer is in the head-up orientation, the other performer is in the head-down orientation, the performers demonstrate a two-handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's right hand.

#### **HD-5 Double Grip Head-down**

Both performers are in head-down orientation. The performers demonstrate a two-handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's left hand.

#### **HD-6 Stair Step**

Both performers are in a head down orientation facing the same direction; one performer performs a single hand grip on the other performer's leg. Right hand on left leg or vice versa.

#### **HD-7 Mind Warp**

One performer is in a Head-up orientation and other performer is in head down orientation. The head-up flyer performs a double handed dock on the head of the head down flyer.

#### **HD-8 Sixty-Nine**

One performer is in the head-up orientation, the other performer is in the head down orientation, the performer in the head down orientation is faced off with the other performer with right hand on right foot/ankle and left hand on left foot/ankle.

#### **HD-9 Out Facing Double Grip**

Both performers are in head-down orientation. The performers demonstrate a two

handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's left hand. Performers are to be out facing from each other.

#### HD-10 Joker

One performer is in a head-up orientation, and the other performer is in a head-down orientation. A single hand-to-hand grip is taken between the two performers. Right hand to left hand or left hand to right hand.

#### HD-11 Grip & Flip

One performer is in the head-up orientation, the other performer is in the head-down orientation. A single hand to hand grip is taken and released. The head-up performer demonstrates a front flip, the head-down performer demonstrates a front to front head-down flip. The performers then re-dock with the original grip.

#### HD-12 Grip 360 Grip

Both performers are in head-down orientation. The performers demonstrate a single handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's right hand, or left hand to left hand. A 360 is performed with a re-dock of the original grip.

#### HD-13 Double Sixty-Nine

One performer is in the head-up orientation, the other performer is in the head-down orientation, the performer in the head-down orientation is faced off with the Head-up performer with right hand on right foot/ankle and left hand on left foot/ankle. Both performers transition and perform the same docks, with the opposite performer doing the docks.

#### HD-14 Grip 360' Carve Grip

Both performers are in a head-down orientation. The performers perform a single handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's right hand, or left hand to left hand. One performer maintains heading while the other performer performs a 360' carve around the static performer and re-dock with original grips.

#### HD-15 Grip Half Eagle Grip

One performer is in a head-up orientation, and the other performer is in a head-down orientation. The performers demonstrate a single handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's right hand, or left hand to left hand. Release the grip and both performers perform a half of a front flip (The head-down performer flies under the head-up flyer as the head-up flyer flies over the head-down while facing each other) and re-dock with the original grips.

### **Head up Orientation:**

#### HU-1 Double Spock Head Up

Both performers are in head-up orientation. Each performer takes a grip on the top of the head of the other performer.

#### HU-2 Sole-to-Sole Head Up

Both performers are in a head-up orientation. A sole-to-sole dock is performed.

#### HU-3 Double Grip Head Up

Both performers are in head-up orientation. The performers demonstrate a two handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's left hand.

#### HU-4 Out Facing Double Grip

Both performers are in head-up orientation. The performers demonstrate a two handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's left hand. Performers are to be out facing from each other.

#### HU-5 Totem

Both performers are in head-up orientation. One performer demonstrates a feet to shoulders dock, a separate foot on each side of the head of the other performer. The left foot of the top performer must be on the left shoulder of the other performer and the right foot of the top performer must be on the right shoulder of the other performer.

#### HU-6 Hand-to-Hand Single Grip

Both performers are in head-up orientation. The performers demonstrate a single handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's right hand, or left hand to left hand.

#### HU-7 Feet to Knees

Both performers are in head-up orientation. One performer demonstrates a feet to knees dock, a separate foot on each knee (or upper thigh) of other performer. The left foot of the top performer must be on the right knee of the other performer and the right foot of the top performer must be on the left knee of the other performer.

#### HU-8 Hand-to-Foot Single Grip

Both performers are in head-up orientation. The performers demonstrate a single handed, hand-to-foot grip with one performers right hand on the other performers left foot. Or left hand on right foot.

#### HU-9 Grip 360 Grip

Both performers are in head-up orientation. The performers demonstrate a single handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's right hand, or left hand to left hand. A 360 is performed with a re-dock of the original grip.

#### HU-10 Grip Over Under Grip

Both performers are in head-up orientation. The performers demonstrate a single handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's right hand, or left hand to left hand. Release the grip, while maintaining the same heading a over under is performed with a re-dock of the original grip.

#### HU-11 Grip 360' Carve Grip

Both performers are in a head-up orientation. The performers perform a single handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's right hand, or left hand to left hand. One performer maintains heading while the other performer performs a 360' carve around the static performer and re-dock with original grips.

#### HU-12 Double hand to feet Grip

Both performers are in head-up orientation. One performer demonstrate a double handed, hand-to-feet grip with one performers feet.

#### HU-13 Grip and Flips

Both performers are in a head-up orientation. The performers demonstrate a single handed, hand-to-hand grip with each performer's right hand in a grip with the other performer's right hand, or left hand to left hand. Release the grip then both performers demonstrate a front flip, and then re-dock with the original grip.