

Freefly Intermediate Dive Pool

Randoms

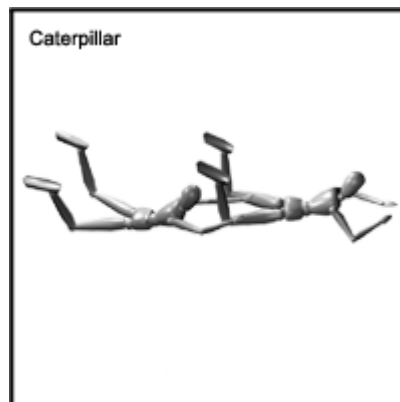
1. Double foot to knee sit

Both performers are in a HeadUp orientation. One performer demonstrates a double foot to knee dock on the other performer. The right foot of the top performer must be on the left knee of the bottom performer and the left foot of the top performer must be on the right knee of the bottom performer.



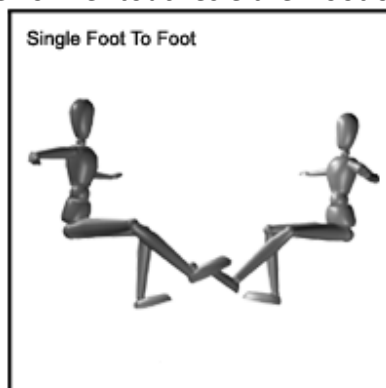
2. Caterpillar

Both performers are in flat belly to earth orientation. One Performer demonstrates a left hand grip on the left leg and right hand grip on the right leg of the other Performer.



3. Single foot to foot

Both performers are in a HeadUp orientation. The performers demonstrate a single foot to foot dock. Either foot of one performer touches either foot of the other performer



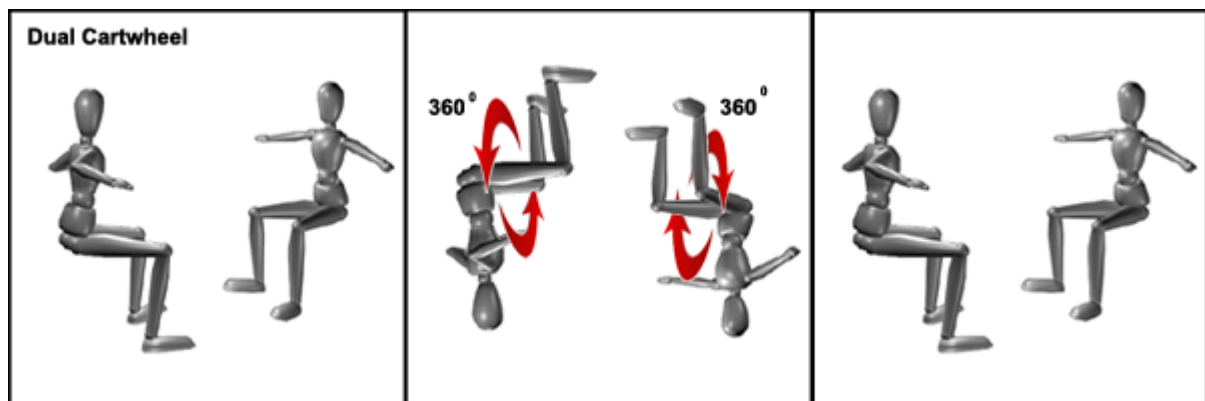
4. Single hand to foot

Both performers are in a HeadUp orientation. One performer demonstrates a single hand grip on the other performer's foot. Either hand of one performer takes a grip on either foot of the other performer.



5. Dual cartwheel

Both performers are in a HeadUp orientation and setup facing each other. Both performers demonstrate a full cartwheel (in either direction) back to HeadUp. Both performers must be in the in the camera frame at the same time during the cartwheel. Performers must initiate their cartwheels within 2 seconds of each other.



6. Single HeadDown to HeadUp grip

One performer is in a HeadUp orientation while the other is in a HeadDown orientation. The performers take a single hand grip.

