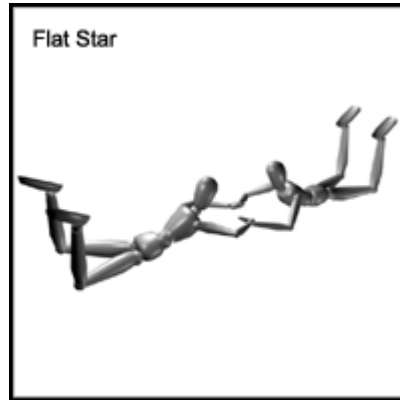


Freefly Novice Dive Pool Randoms

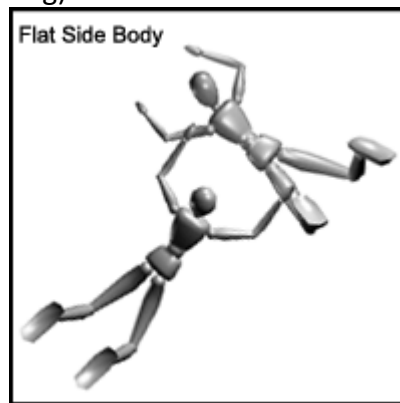
1. Flat star

Both performers are in a flat belly to earth 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



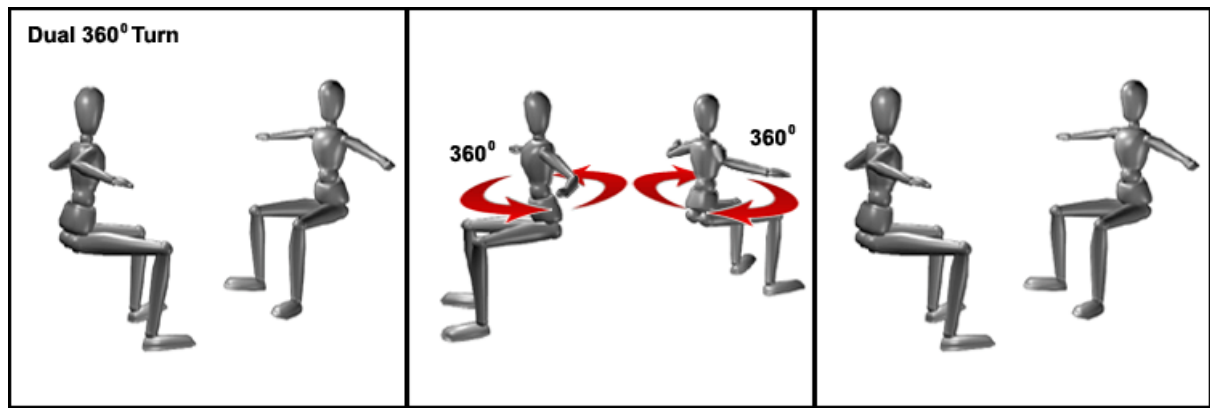
2. Flat side body

Both performers are in a flat belly to earth orientation. One performer takes a grip with one hand on the leg and the second hand on the arm of the other performer (Both grips must be taken on the same side ie: left hand to left arm and right hand to left leg. Or right hand to right arm and left hand to right leg)



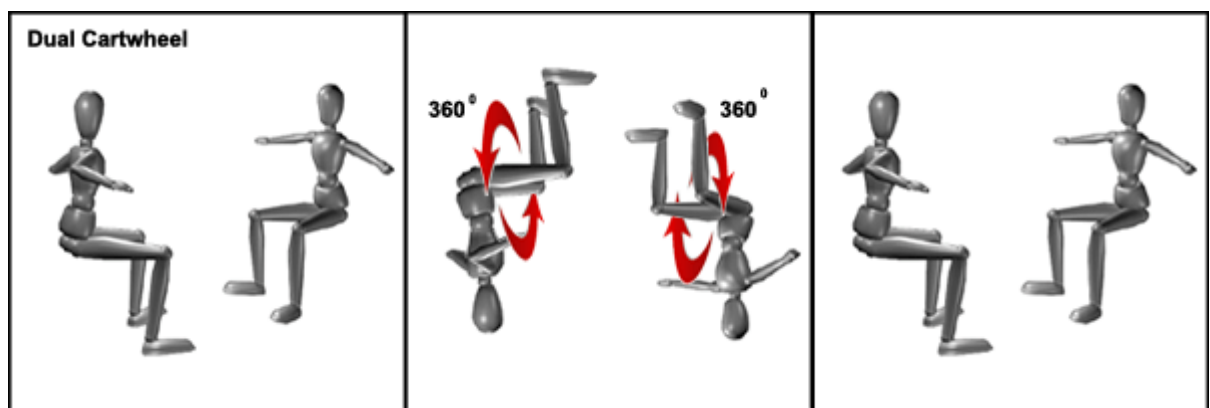
3. Dual 360 degree turn

Both performers are in a HeadUp orientation and setup facing each other. Both performers demonstrate a 360 degree turn (in either direction, around the vertical axis). Both performers must be in the camera frame at the same time during the turn. The performers do not have to begin their turns at the same time, but points are only awarded once both performers have completed their turns. An under or over rotation of up to 90 degrees is allowed



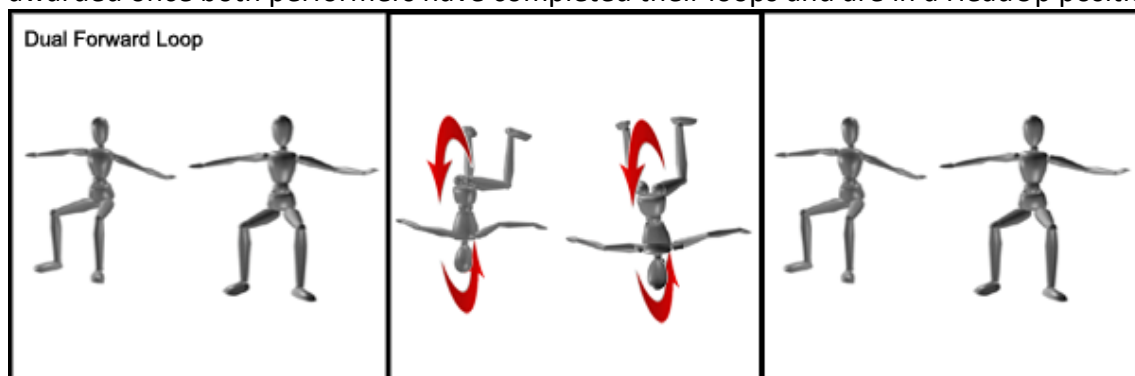
4. Dual cartwheel

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 camera frame at the same time during the cartwheel. The performers do not have to begin their cartwheels at the same time, but points are only awarded once both performers have completed their cartwheels and are in a HeadUp position.



5. Dual forward loop

Both performers are in a HeadUp orientation and setup side by side, facing the same direction. Both performers demonstrate a full forward loop back to HeadUp. Both performers must be in the camera frame at the same time during the forward loop. The performers do not have to begin their forward loops at the same time, but points are only awarded once both performers have completed their loops and are in a HeadUp position.



6. HeadUp over under

Both performers are in a HeadUp orientation and setup facing each other on level. The performers swap places by means of an over/under. One performer flies under with the other performer flying over. They then each turn 180 degrees to face each other ending off on level.

