



*Fédération  
Aéronautique  
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# Wingsuit Flying Competition Rules

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2019 Edition  
Effective 1<sup>st</sup> May 2019

**ADDENDUM A – ACROBATIC WINGSUIT FLYING COMPULSORY SEQUENCES**

- Compulsory sequences may be broken down into separate elements during execution but will result in lower scoring on style.
- The last position of each Compulsory sequence leads into the beginning position of the next Compulsory sequence and is counted as one grip.
- Performers are defined as Performer A and B.
- Other than for the first grip of the jump, a valid grip must be preceded by clear total separation, which is when the performers show at one point in time that they have released the grip and no part of their arms have contact with the other performer;

**Sequence A: Up and Over**

- Performers are in normal flight with a hand grip.
- Performers show total separation and then Performer A transitions over Performer B to the other side.
- Performers take a hand grip in normal flight.
- Performers show total separation and then Performer B transitions over Performer A to the other side.
- Performers take a hand grip in normal flight.

**Sequence B: Rock and Roll**

- Performers are in normal flight with a hand grip.
- Performers show total separation and then Performer A performs a barrel roll.
- Performers take a hand grip in normal flight.
- Performers show total separation and then Performer B performs a barrel roll.
- Performers take a hand grip in normal flight.

**Sequence C: Revolutions**

- Performers are in normal flight with a hand grip.
- Performers show total separation and Performer A transitions over Performer B to the other side and then transitions back under Performer B to the original starting position.
- Performers take a hand grip in normal flight.
- Performers show total separation and Performer B transitions over Performer A to the other side and then transitions back under Performer A to the original starting position.
- Performers take a hand grip in normal flight.

**Sequence D: Roll Over**

- Performers are in normal flight with a hand grip.
- Performers show total separation and Performer A performs a barrel roll over Performer B to the other side.
- Performers take a hand grip in normal flight.
- Performers show total separation and Performer B performs a barrel roll over Performer A to the other side.
- Performers take a hand grip in normal flight.

**Sequence E: Fruity Loops**

- Performers are in normal flight with a hand grip.
- Performers show total separation and Performer A performs a front loop.
- Performers take a hand grip in normal flight.
- Performers show total separation and Performer B performs a front loop.
- Performers take a hand grip in normal flight.

**Sequence F: Duck and Roll**

- Performers are in normal flight with a hand grip.
- Performers show total separation and Performer A performs a barrel roll under Performer B to the other side.
- Performers take a hand grip in normal flight.
- Performers show total separation and Performer B performs a barrel roll under Performer A to the other side.
- Performers take a hand grip in normal flight.

**Sequence G: Déjà vu**

- Performers are in normal flight with a hand grip.
- Performers show total separation and Performer A transitions over Performer B to the other side.
- Performers take a hand grip in normal flight.
- Performers show total separation and Performer A transitions over Performer B back to the other side.
- Performers take a hand grip in normal flight.
- Performers show total separation and Performer B transitions over Performer A to the other side.
- Performers take a hand grip in normal flight.
- Performers show total separation and Performer B transitions over Performer A back to the other side.
- Performers take a hand grip in normal flight.

**Sequence H: Yin Yang**

- Performers are in normal flight with a hand grip.
- Performers show total separation and Performer A transitions to inverted flight.
- Performers take a hand grip in mixed orientation.
- Performers show total separation and Performer A transitions to normal flight.
- Performers take a hand grip in normal flight.
- Performers show total separation and Performer B transitions to inverted flight.
- Performers take a hand grip in mixed orientation.
- Performers show total separation and Performer B transitions to normal flight.
- Performers take a hand grip in normal flight.

**Sequence I: Back to Back**

- Performers are in normal flight with a hand grip.
- Performers show total separation and both transition to inverted flight.
- Performers take a hand grip in inverted flight.
- Performers show total separation and both transition to normal flight.
- Performers take a hand grip in normal flight.

**Sequence J: Pancakes**

- Performers are in normal flight with a hand grip.
- Performers show total separation and Performer A transitions to inverted flight over Performer B to the other side.
- Performers take a hand grip in mixed orientation.
- Performers show total separation and Performer A transitions back to normal flight over Performer B to the other side.
- Performers take a hand grip in normal flight.
- Performers show total separation and Performer B transitions to inverted flight over Performer A to the other side.
- Performers take a hand grip in mixed orientation.

- Performers show total separation and Performer B transitions to normal flight over Performer A to the other side.
- Performers take a hand grip in normal flight

**Sequence K: Reversed Pancakes**

- Performers are in normal flight with a hand grip.
- Performers show total separation and Performer A transitions to inverted flight under Performer B to the other side.
- Performers take a hand grip in mixed orientation.
- Performers show total separation and Performer A transitions to normal flight under Performer B to the other side.
- Performers take a hand grip in normal flight.
- Performers show total separation and Performer B transitions to inverted flight under Performer A to the other side.
- Performers take a hand grip in mixed orientation.
- Performers show total separation and Performer B transitions to normal flight under Performer A to the other side.
- Performers take a hand grip in normal flight.

**Sequence L: Hand to Foot**

- Performers are in normal flight with a hand grip.
- Performers show total separation.
- Performer A takes a foot grip in normal flight on the same side on Performer B.
- Performers show total separation.
- Performers take a hand grip in normal flight on the same side.
- Performers show total separation.
- Performer B takes a foot grip in normal flight on the same side on Performer A.
- Performers show total separation.
- Performers take a hand grip in normal flight on the same side.

**Sequence M: Reversed Hand to Foot**

- Performers are in normal flight with a hand grip.
- Performers show total separation and Performer A transitions to inverted flight.
- Performer A takes a foot grip in inverted flight on the same side on Performer B.
- Performers show total separation and Performer A transitions to normal flight.
- Performers take a hand grip in normal flight on the same side.
- Performers show total separation and Performer B transitions to inverted flight.
- Performer B takes a foot grip in inverted flight on the same side on Performer A.
- Performers show total separation and Performer B transitions to normal flight.
- Performers take a hand grip in normal flight on the same side.