



## Rules for competition

### **General rules Wingsuit Acrobatics:**

Each correct, stationary and presented/visible dock counts as one point. A hand-dock means a grip on hand-palm. A foot-dock means a grip on foot below ankle. A failed dock (bust) means score zero for that particular dock.

Between each dock a figure should be performed according to routine.

Incorrect figure means zero points. Omission of a figure means zero points.

Working time is defined as when the first flyer leaves the floor. If this can not be seen in video, working time starts when video starts. At end of working time scoring stops.

Take-off with dock is allowed.

Any wingsuit can be used.

Glide Ratio can be selected freely between 1.6 and 2.4.

### **Acro-advanced:**

Program consist of four (4) compulsory routines.

Each compulsory routine consist of three (3) figures from dive-pool, as defined in the [FAI dive-pool](#). Figure E - fruity loops- is excluded in this competition.

**Working time varies** depending on GlideRatio(GR) according to below.

GlideRatio	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4
Working time (s)	60	62	65	68	70	73	76	79	82

### **Acro-intermediate:**

Program consists of four (4) compulsory routines.

Each compulsory routine consist of two (2) figures from dive-pool, as defined in the [FAI dive-pool](#). The dive-pool for the Acro-intermediate category comprises a subset of the full divepool with belly-flying figures: A,C,G,L and additionally back-flying version of the same: A-backfly (Ab), C-backfly (Cb), G-backfly (Gb), L-backfly (Lb).

**Working time is 60 seconds.**



## Appendix 1 – Compulsory routines.

**Dive-pool:** [FAI dive-pool](#), [Animated divepool](#)

### **Acro-advanced:**

- |                      |   |
|----------------------|---|
| Routine 1: J – F – G | // “Pancakes” – “Duck-and-Roll” – “Déjà vu”               |
| Routine 2: K – B – M | // “Rev. Pancakes” – “Rock-and-Roll” – Rev. Hand-to-foot” |
| Routine 3: I – A – L | // “Back-to-Back” – “Up-and-Over” – “Hand-to-foot”        |
| Routine 4: D – H – C | // “Roll Over” – “Yin Yang” – “Revolutions”               |

### **Acro-intermediate:**

- |                    |  |
|--------------------|--|
| Routine 1: A – G   | // “Up-and-Over” – “Déjà vu”               |
| Routine 2: L – C   | // “Hand-to-Foot” – “Revolutions”          |
| Routine 3: Lb – Gb | // “Back Hand-to-Foot” – “Back Déjà vu”    |
| Routine 4: Cb – Ab | // “Back Revolutions” – “Back Up-and-Over” |