



**INDOOR
WINGSUIT**



2024

Indoor Wingsuit Stockholm and FK Indoor Wingsuiting Club in collaboration invites international competitors to join “WS Acro Tournament” an international Indoor Wingsuit Acrobatics competition.

The competition is organized as a tournament: open-ended registration of participants, competition routines allowed to be performed over an extended period of time, and submission of competition routines digitally.



Competition format and rules

Competition location:

Indoor Wingsuit Stockholm, Ranhammarsv. 14, Bromma, Sweden

Registration:

Competitors are registered as teams (nationality mixing allowed) by emailing below information to competition@inclined.se no later than last day of competition period.

Registration info: 1. Team name, 2. Pilot names, contact information of team-members and nationalities, 3. Competition category (Acro-intermediate or Acro-advanced). 4. Photo(s) of team members

Competition period: Video contributions recorded at Indoor Wingsuit Stockholm between 1st of March to 30st of June 2024 are valid as competition contributions.

Competition fee and Club membership:

No registration fee applies, the Tournament is free of charge. All competitors will automatically and free of charge become members of the club: FK Indoor Wingsuiting Club.

Submission of performance videos:

Competitors must email unedited videofiles, or exact filename of videofile on server, for scoring to competition@inclined.se, before end of competition period plus 5 days. A submission must include: Team name, Date of flight and Glide Ratio.

Multiple & partial submissions are allowed.

Scoring and publication of preliminary and final results:

Preliminary scoring will be published progressively. Preliminary results will be presented on the competition webpage under "Leaderboard". Scoring will be per routine for each discipline, enabling team performance comparison/ranking for each routine. If a team fails to submit a complete program-set (all routines) the score for missing routines will be set to zero. This means a team can participate even with routines missing.

FAI judges will score the last submission for producing final score.

Final results and Awards ceremony:

Winners of each discipline will be appointed based on total Program score, the sum of all routine scores, as scored by FAI-approved judges. This means the final score may change compared to preliminary scoring.

The final score and appointment of winners will be presented during July on the competition webpage that can be found on the website www.indoorwingsuit.com.

Questions and additional information:

For questions and additional information contact info@inclined.se

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 to start when the first flyer leaves the floor.

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](#).

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 (see Appendix2): https://www.fai.org/sites/default/files/isc/documents/2023/ws_-_2023_isc_cr_wingsuitflying_v1_def-2.pdf

Animated divepool:

<https://docs.google.com/document/d/1OX0r7rtXzk2AE1VCPmnkDBkZWr5nF64Z/edit>

Acro-advanced:

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

Acro-intermediate:

Routine 1 : A – C	// “Up-and-Over” –“Revolutions”
Routine 2: F– K	// “Déjà vu” – “Hand-to-Foot”
Routine 3: Cb – Kb	// “Backfly Revolutions” – “Backfly Hand-to-Foot”
Routine 4: Fb – Ab	// “Backfly Déjà vu” – “Backfly Up-and-Over”

Appendix 2. 2023 FAI Wingsuit Acrobatics 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: 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 F: 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 G: 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 H: 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 I: 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 J: 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 K: 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 L: 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.