

Dynamic Solo Speed

1. Speed round rules

- 1.1 Teams fly the sequence as fast as they can for one page and then exit the tunnel.
- 1.2 The sequence consists of a random draw of 1 line – 1 layout – 2 moves. (All lines, layouts and moves can be found in the descriptions and video below).
- 1.3. Time starts when the competitor enters the chamber.
- 1.4. Time finishes when the competitor exits the chamber.

1. Bust for speed rounds

- 2.1. When the whole body does not pass the intended lines.
- 2.2. When any part of the body passes through the circle on all layouts.
- 2.3. When any chase, layout or move is not performed correctly.
- 2.4. Competitors can only bust once for each line, layout or move on each sequence.
- 2.5. All busts will incur a 3 second penalty.
- 2.6. If there is no clear attempt to perform a line, layout or move, a 20 second skip penalty will be incurred.
- 2.7. If there is a deliberate exit of the tunnel before completion of the sequences, the competitor will incur a skip of 20 seconds for every omitted move.

3. Performance Requirements

- 3.1. The compulsory Routines consist of a number of Compulsory sequences or Randoms drawn from the pools as described in Addendum A.
- 3.2. It is the competitor's responsibility to stay in view of the judges, situated in the viewing gallery.

4. The Draw

- 4.1 The draw of the Randoms on the morning of the start of the competition will be supervised by the Meet Director and Chief Judge.
- 4.2 The Randoms, will be placed into three containers. One container for Snake moves, one container for Circle/Shuffle moves and so on. One Random will be drawn from each container, one at a time, without replacement.
- 4.3 The sequence for the compulsory draw will be 1 x Snake 1 x Layout + 2 moves (the same - they will be performed the first in zone 1 and the second in zone 2).
- 4.4 A separate draw will be made at the discretion of the meet director and chief judge.

5. Tunnel Entry Procedure

- 5.1 The tunnel will be set at the correct speed for the round (speed decided by the competitors in the practice time).
- 5.2 When the tunnel is at the correct speed, the competitor will be given the go ahead by the tunnel instructor. The chronometer will start the moment the competitor enters through the flight chamber door.
- 5.3 The round will finish when the competitor exits through the flight chamber door.

Lines

- 1.Head Down Inface snake
- 2.Head Down switching snake
- 3.Head Up inface snake
- 4.Head Up switching snake
- 5.Head UP mixed snake
- 6.Head Down Mixed Snake
- 7.Head Down inface 360
- 8.Head Up inface 360

-1 Way Solo Speed (Dynamic) consists of one page: 1 snake, 1 layout and 2 moves (the moves will be the same), the first is like No. 1 and the second in the zone No 2 (from 2WD rules).

Layouts

- 1.Back Layout
- 2.Bottom loop
- 3.Classic
- 4.Butterfly
- 5.Bottom loop 360
- 6.Layout 360

-To start the layout you must cross the centre line and be in the place of the number 1 in 2WD rules

-When finishing the layout, the first move must start in number 1 position. Video examples of routines:

Moves

- 1.Head Down Inface circles
- 2.Head Up inface circles
- 3.Head Down Shuffle
- 4.Head UP shuffler
- 5.Mix shuffler
- 6.Mix circles
- 7.Reversed mix circles

-For the second move , it will depend on the type of move where the move will start (if finishing in head up the connecting move will be a normal layout and make sure you are in head down before crossing the centre line) you must start in position 1 and finish in position 2.)

-If you finish in head down, the connecting move will be a bottom loop (finish the bottom loop before crossing the centre line) and then you may need to do a second bottom loop if the next move starts in a head down position.

-Therefore, If you finish head up and you start head down you need to connect with a

bottom loop (you need to be head down before crossing the centre line)

-From the second mixer to the exit you must be head down before touching or crossing the centre line.

-For the tunnel exit, If you finish a move in a head up you must exit the tunnel with a layout passing directly over the ring.

-For exiting the tunnel, if you finish head down you must exit the tunnel with a bottom loop passing directly over the ring

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