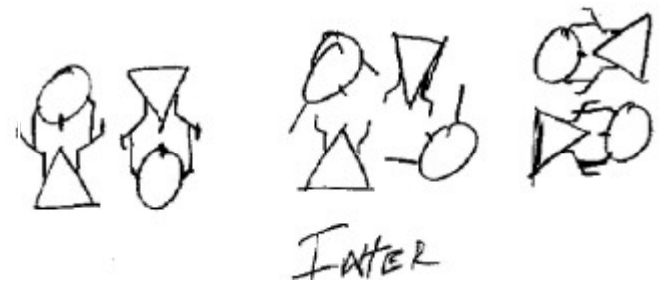
Block 11: Fun Buddies.

First Formation: Fun Buddies: Two two way formations in each of which one flyer is head down and one flyer is head up. The head down flyers each have a left grip on the left leg of the head up flyer and a right grip on the right leg of the head up flyer.

Inter: Four solos must be demonstrated. There are no orientation changes.

Second Formation: Fun Buddies: The two ways have swapped partners and the head down flyers each have a left grip on a left leg and a right grip on a right leg.

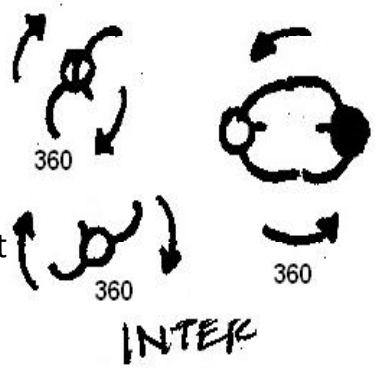


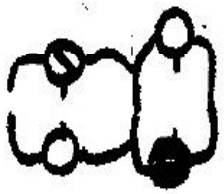

Block 14: Satellite

First Formation: Satellite: All flyers are in head down orientation. Two form a star. The other two both dock on the arms of different flyers in the star (with one hand only) on the same side of the star facing each other.

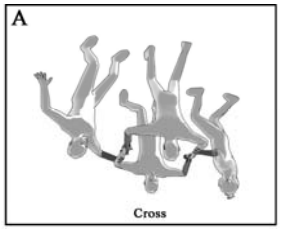
Inter: The two flyers with one grip each let go and as solos do a 360° turn in either direction. The star performs a 360°turn as a star.

Second Formation: Satellite: rebuild the original formation.

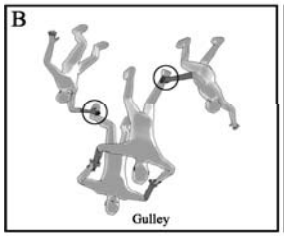


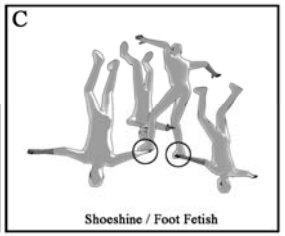



Randoms A-L

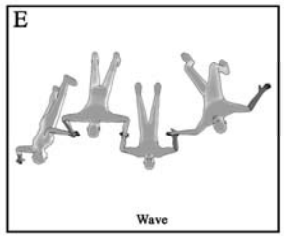


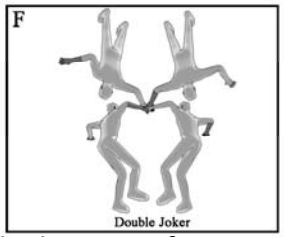

Please Note: Random A (Cross) requires the two outer flyers to each dock on an arm of a different star flyer. Both must be either right hand grips on a left arm or left hand grips on a right arm.

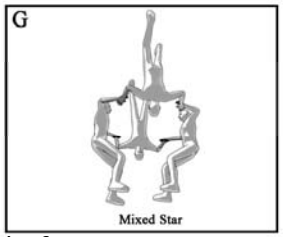


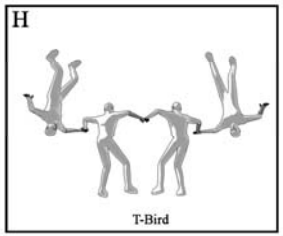




Random D: Sitline: All flyers are head up and linked in a line by grips on arms. Curving of the line is allowable but if it was straightened all would be facing the same direction. At one end of the line there is an ungripped left hand and at the other end an ungripped right hand.

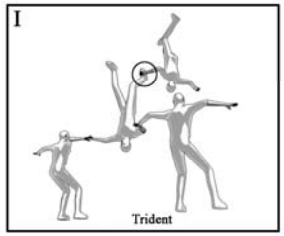


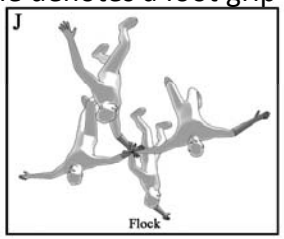



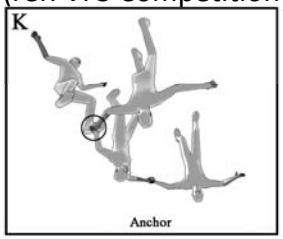



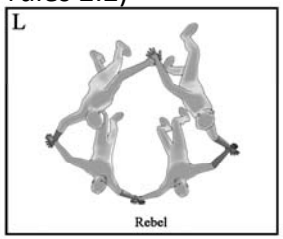




Note: A circle denotes a foot grip (ref: VFS Competition rules 2.2)




*Dive Pool drawn by Eric Deren*