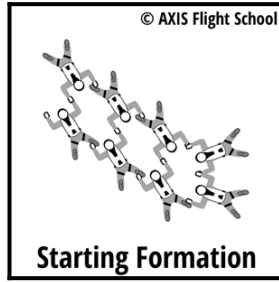
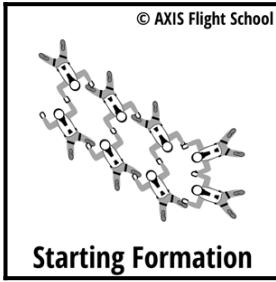
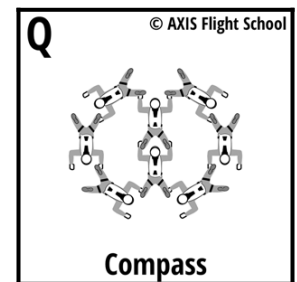
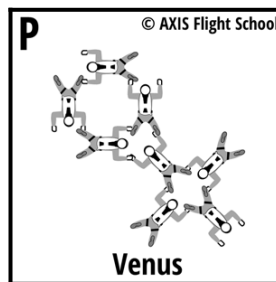
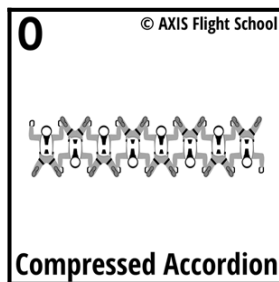
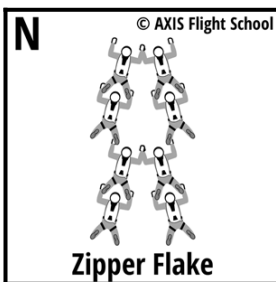
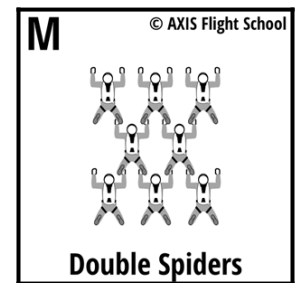
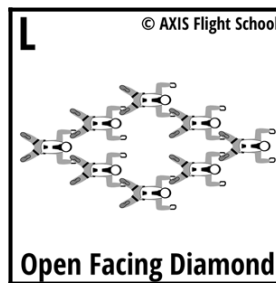
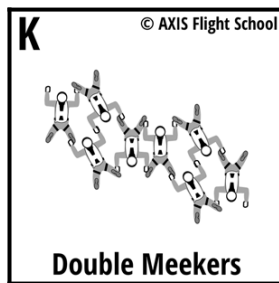
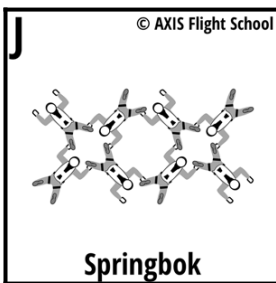
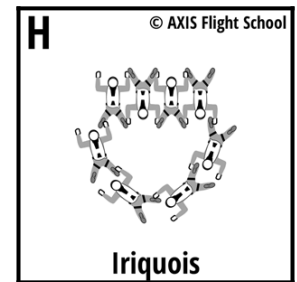
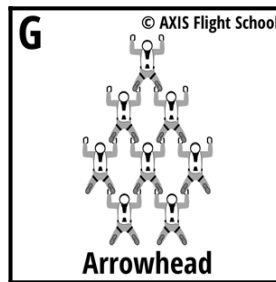
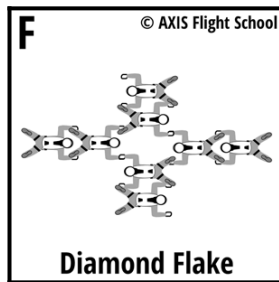
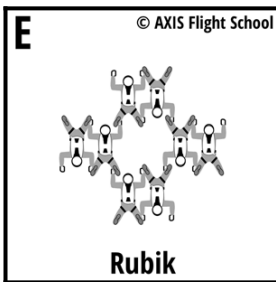
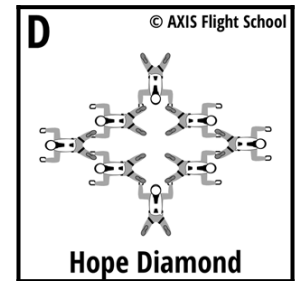
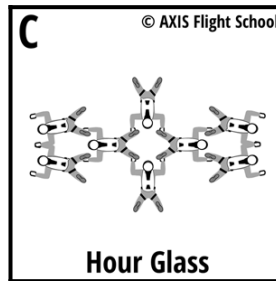
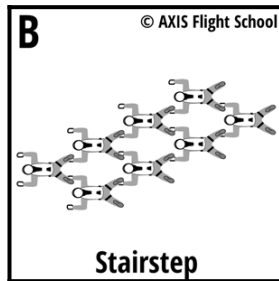
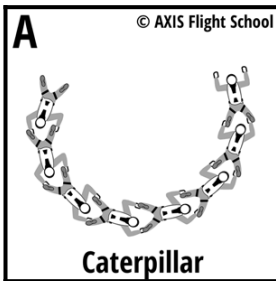


**Starting Formations** — choose from

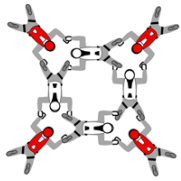


**Random Formations**

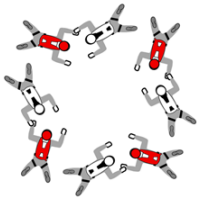


**Block Formations**


**1** © AXIS Flight School



**Donut Flake**

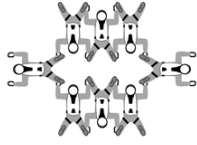


**INTER**

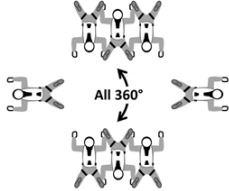


**Donut Flake**


**2** © AXIS Flight School



**Swiss Bear**

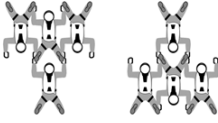


**INTER**

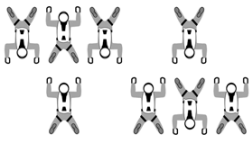


**Swiss Bear**

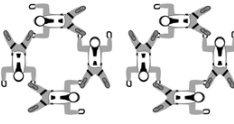
**3** © AXIS Flight School



**Double Chinese Tees**




**INTER**




**Double Donuts**


**4** © AXIS Flight School



**Snowflake**

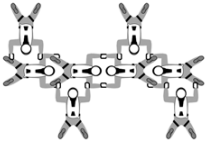


**INTER**

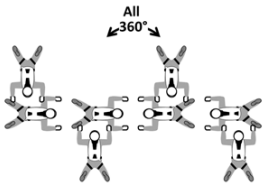


**In-Out**

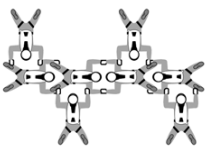
**5** © AXIS Flight School



**Opposed Crank**




**INTER**

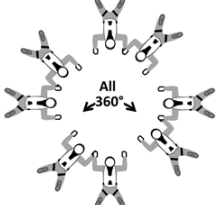


**Opposed Crank**


**6** © AXIS Flight School



**Star**




**INTER**

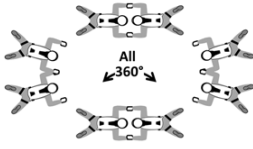


**Star**


**7** © AXIS Flight School



**Nacho**




**INTER**




**Nacho**


**8** © AXIS Flight School



**Frisbee**




**INTER**



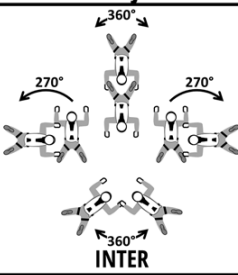
**Frisbee**

**Block Formations**


9 © AXIS Flight School



**Taj**




360°  
270°  
360°  
INTER




**Mahal**


10 © AXIS Flight School



**Donut**




All 540°  
INTER

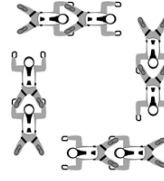


**Donut**

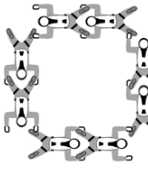
11 © AXIS Flight School



**Norwegian Box**




INTER




**Norwegian Donut**


12 © AXIS Flight School



**Stereo Bipoles**




INTER

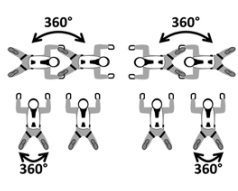


**Stereo Bipoles**


13 © AXIS Flight School



**Double Satellite**

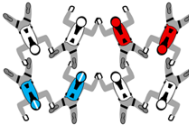


360°  
360°  
360°  
360°  
INTER

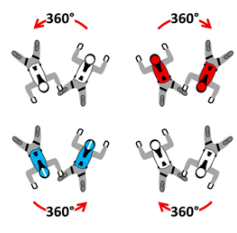


**Double Satellite**


14 © AXIS Flight School



**Zippered Opals**

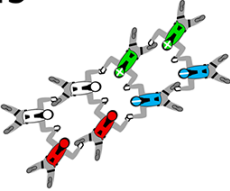


360°  
360°  
360°  
360°  
INTER

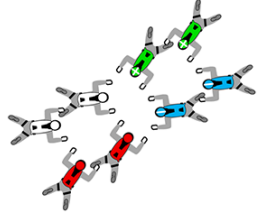


**Zippered Opals**


15 © AXIS Flight School



**Zippers**




INTER




**Double Yuans**

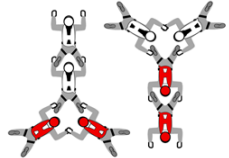
16 © AXIS Flight School



**Canadian Tees**



INTER



**Monopods**

**Block Formations**

**17** © AXIS Flight School

**Buzzard**

**INTER**

**Buzzard**

**18** © AXIS Flight School

**Sidebody Donut**

**INTER**

**Sidebody Donut**

**19** © AXIS Flight School

**Compressed Diamonds**

**INTER**

**Compressed Diamonds**

**20** © AXIS Flight School

**Donut Cross**

**INTER**

**Donut Cross**

**21** © AXIS Flight School

**Free Bear**

**INTER**

**Eye**

**22** © AXIS Flight School

**Old Bone**

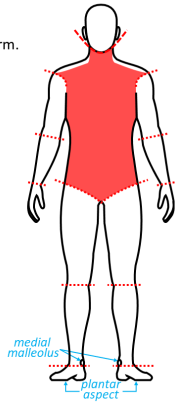
**INTER**

**Compressed Stairstep Diamond**

**Definitions for Building a Formation**

**Scoring Zones**

- Head** Above the jaw-line.
- Shoulder** The upper part of the body between the neck the upper arm. The shoulder blade is excluded.
- Arm** Below a line from the tip of the shoulder to the armpit, including the hand, excluding the shoulder.  
*Upper Arm:* between shoulder and elbow.  
*Lower Arm:* between elbow and wrist.
- Hand** Wrist to finger tips.
- Leg** Below a line from hip joint to crotch, including the foot.  
*Upper Leg:* between hip and knee.  
*Lower Leg:* between knee and ankle.
- Foot** On or below the anklebone (slight protrusion of the 'medial malleolus').
- Sole** Underside ('plantar aspect') of the foot.
- 'same'** (arm, leg, foot): left to left -or- right to right
- 'opposite'** (arm, leg, foot): left to right -or- right to left



**For MFS grips only**

A depicted grip by hand A on arm/hand B of another jumper may be substituted with a grip by hand B on arm/hand A, or by both grips simultaneously.

**Legend Point of View**



All parts of the dart can be seen. This symbol indicates an **edge-on** view, as if a camera flyer was on level with the subjects.

A dart will orient itself parallel to the relative wind, with its tip towards the oncoming wind. We have chosen three different views of a dart to indicate from which point of view the formation was drawn.



Only the flight and shaft can be seen. This symbol indicates a view from **above**, as if a camera flyer was trailing or above the subjects, looking into the relative wind.



Only the point, barrel and parts of the flight can be seen. This symbol indicates a view from **below**, as if a camera flyer was leading or below the subjects.

**Legend for INTER Moves**



A **Turn** is a rotation around the vertical axis and can be executed left or right. The person's location relative to the center of the formation does not change.



A **Carve** involves a turn combined with horizontal translation (change of a person's location relative to the center of the formation).



A **Flip** is a pitch transition (rotation around the lateral axis) and can be executed front or back. The person's location relative to the center of the formation does not change.

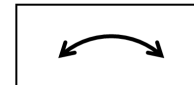


A **Loop** involves a flip combined with horizontal translation (change of a person's location relative to the center of the formation). A half loop is indicated by an added «180°».

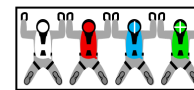
For a complete analysis of body-flight movements, reference the paper «Body-flight Theory» by Niklas Daniel (click on this legend or – if you are looking at a printed version of this dive pool – go to [axisflightschool.com](http://axisflightschool.com)).



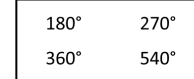
Indicates direction of turn by a sub-group.



Indicates turn by sub-group in either direction. Sub-group can only accumulate the necessary degrees in the initially committed direction.



Indicates clarification of intent.



Indicates approximate degrees of turn to show intent of the transition maneuver.