



CANOE FREESTYLE 2020 – RULES APPENDICES

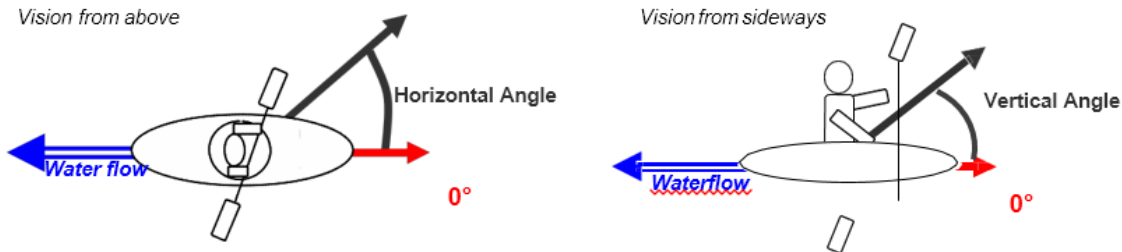
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APPENDIX 1 – BASIC MOVES LIST – SURFACE BOAT

A. Preliminary definitions

1. Angle



The 0° for the angle calculation is the long axis of the boat in a front or back surfing position.

2. Moves completion

All the moves must be retained in the feature meaning the move is completed before crossing the line break of the feature, the line break is determined by the ICJCFR at the competition briefing meeting. The move must be performed in one fluid motion.

3. End

180° long-axis vertical rotation around the body.

4. Bonus awarding limits

If a bonus is part of the definition of a basic move, it cannot be awarded for that move.

5. Front Surf

The boat will be floating on the surface of the water, within +/- 20° in line with the flow and the bow facing upstream.

6. Back Surf

The boat will be floating on the surface of the water, within +/- 20° in line with the flow and the bow facing downstream.

7. Basic, Intermediate and Advanced level moves

There are three levels of moves listed in the appendices.

Basic Moves	Intermediate Moves	Advanced moves
Move Value ≤ 30 points	30 < Move value ≤ 90	90 points < Move Value

B. Moves definitions

Name	Execution	Value	Definition
Shuvit	Left or Right	5	2 consecutive 180° horizontal angle rotations of the boat at a vertical angle between 0° and 45°, beginning in front surf position to back surf position then returning to front surf position without a pause. The 2 nd rotation must be in the opposite direction of the 1 st one and the entire trick is completed with 1 blade remaining in the water during the whole action phase.
Spin	Left or Right	10	At least a 360° horizontal angle rotation of the boat at an angle between 0° and 45° vertical angle.
Roundhouse	Left or Right	15	180° horizontal angle rotation on green water at a vertical angle between 0° and 45°, clear of the foam pile at one point, where the competitor rotates around the bow of the boat landing in a backwards position.
Back Roundhouse	Left or Right	20	180° horizontal angle rotation on green water at a vertical angle between 0° and 45°, clear of the foam pile at one point, where the competitor rotates around the stern of the boat landing in a forwards position.
Blunt	Left or Right	50	180° horizontal angle rotation on green water at a vertical angle greater than 45°, clear of the foam pile at some point, where the competitor rotates around the bow of the boat landing in a backwards position.
Back Blunt	Left or Right	70	180° horizontal angle rotation on green water at a vertical angle greater than 45°, clear of the foam pile at some point, where the competitor rotates around the stern of the boat landing in a frontwards position.
Pan Am	Left or Right	110	Elevated aerial rotation at a vertical angle greater than 90°, clear of the foam pile at some point, where the competitor rotates around the bow of the boat.
Back Pan Am	Left or Right	130	Elevated aerial rotation at a vertical angle greater than 90°, clear of the foam pile at some point, where the competitor rotates around the stern of the boat.

Name	Execution	Value	Definition
Donkey Flip	Left or Right	90	Starting within +/- 45° in line with the flow and the bow facing upstream. A 360° rotation around the longitudinal axis of the boat ending within +/- 20° of the initiation, where the boat is aerial at some point of the move.
Air Screw	Left or Right	140	Starting within +/- 45° in line with the flow and the bow facing upstream. A 360° rotation around the longitudinal axis of the boat ending within +/- 20° of the initiation, where the boat is aerial for at least 180° of the move.
Felix	Left or Right	40	A 360° spin with at least 180° of which the boat must be inverted. *Note: This move is not eligible to receive an air Bonus.
Flip Turn	Left or Right	90	Rotation of over 90° at a horizontal angle followed by a rotation with a vertical angle over 45° on the stern in one fluid motion. The boat must be aerial at one point of the move.
Helix	Left or Right	150	A 270° spin with at least 180° of which the boat must be inverted, aerial at some point.
Pirouette	Left or Right	25	330° horizontal angle rotation at a vertical angle greater than 45°, on the bow.
Cartwheel	Left or Right	30	At least two consecutive ends in the same rotational direction, and both ends at a vertical angle between 45° and 100°.
Split-wheel	Left or Right	40	At least two consecutive ends at a vertical angle of between 45° and 100° linked together by at least a 160° horizontal rotation near the vertical point of the first end on the long axis.
Woo Tricky	Left or Right	120	At least three consecutive ends beginning on the stern, each at a vertical angle of between 45° and 100°. The first three ends are linked together by at least a 160° horizontal rotation near the vertical point of the end on the long axis. The two rotations must flow in the same direction. The first three ends are performed with one paddle blade only.

Name	Execution	Value	Definition
Tricky Woo	Left or Right	160	At least three consecutive ends beginning on the bow, each at a vertical angle of between 45° and 100°. The first three ends are linked together by at least a 160° horizontal rotation near the vertical point of the end on the long axis. The two rotations must flow in the same direction. The first three ends are performed with one paddle blade only.
Tricky-Loop	Left or Right	180	Three consecutive ends beginning on the bow, each at a vertical angle of between 45° and 100°. Each end is linked together by at least a 160° horizontal rotation near the vertical point of the end on the long axis. The two rotations must flow in the same direction. While still above a 45° vertical angle on the final bow end the boat flows into a front loop.
Loop	Front	60	Front Flip initiated and finished between a horizontal angle of -20° and +20°
Back Loop	Back	90	Back Flip initiated and finished between a horizontal angle of -20° and +20°.
Space Godzilla	Left or Right	100	An aerial loop with an additional 90° or greater rotation (twist) in the middle of the flip.
Mc Nasty / Pistol Flip	Left or Right	120	At least 150° horizontal angle rotation or half a barrel roll flowing into a front loop or Space Godzilla. *Note: A Mc Nasty that ends in a Space Godzilla will be scored with an air bonus.
Lunar Orbit / Back Mc Nasty	Left or Right	150	Starting in a front surf position. At least a 180° horizontal angle rotation during which the boat reaches a vertical angle over 30° flowing into at least one cartwheel end starting on the bow or a back loop. *Note: The back loop must begin at a vertical angle over 30°.

Name	Execution	Value	Definition
Lunar-Loop	Left or Right	170	Starting in a front surf position. At least a 180° horizontal angle rotation during which the boat reaches a vertical angle over 30° flowing into a bow end or a back loop. While still above a 45° vertical angle on the bow end the boat flows into a front loop.
Phonics Monkey	Left or Right	140	Pirouette initiated by a cross-bow stroke in a front surf position and followed by a front loop in one fluid motion.
Trophy Move 1	Left or Right/ Front or Back	50	A move that does not meet any other definition in the list of moves of the appendix.
Trophy Move 2	Left or Right/ Front or Back	170	A move that does not meet any other definition in the list of moves of the appendix and based of high-level skills.
Trophy Move 3	Left or Right/ Front or Back	240	A move that does not meet any other definition in the list of moves of the appendix and based of expert level skills.

APPENDIX 2 – ENTRY MOVES DEFINITIONS – SURFACE BOAT

Level	Definition	Points
1	Simple entry move where the boat is vertical or inverted at one point. All Bonuses are applicable.	30
2	Intermediate entry move based on a non-aerial basic move. All Bonuses are applicable.	50
3	Expert entry move based on an aerial move. All Bonuses are applicable.	80

APPENDIX 3 – BONUSES LIST – SURFACE BOAT

A. Bonuses definitions

Clean	The paddle or hand may be used to start or finish the move but cannot be used during the other part of the move. The paddle or hand must remain clearly unused.		
	Move value ≤ 30	$30 < \text{Move value} \leq 90$	Move value > 90
	10 points	30 points	50 points
Super Clean	Full move executed without a paddle stroke. Bonus only applicable to moves with more than one stroke. Clean and super clean cannot be given for one execution of the move.		
	Move value ≤ 30	$30 < \text{Move value} \leq 90$	Move value > 90
	20 points	40 points	60 points
Air	Move performed with the boat not touching the water at one point of the execution of the move.		
	Move value ≤ 30	$30 < \text{Move value} \leq 90$	Move value > 90
	10 points	30 points	40 points
Huge	Air with a distance defined by the ICJCFR at the first briefing of the competition.		
	Move value ≤ 30	$30 < \text{Move value} \leq 90$	Move value > 90
	20 points	40 points	50 points
Link	Two moves performed consecutively in one fluid motion. The last 30 degrees of rotation of the first move can be skipped in order to facilitate a smooth transition into the next move. The bonus is awarded to the 2 moves, the value of each bonus depending on the value of each single move.		
	Move value ≤ 30	$30 < \text{Move value} \leq 90$	Move value > 90
	10 points	20 points	30 points

C. Bonus List

Name	Clean	Super Clean	Air	Huge	Link
Shuvit			X	X	X
Spin	X	X	X	X	X
Roundhouse	X	X	X	X	X
Back Roundhouse	X	X	X	X	X
Blunt	X	X	X	X	X
Back Blunt	X	X	X	X	X
Pan Am	X	X		X	X
Back Pan Am	X	X		X	X
Donkey Flip	X	X		X	X
Air Screw	X	X		X	X
Felix					X
Flip Turn	X	X		X	X
Helix	X	X		X	X
Pirouette	X	X	X	X	X
Cartwheel	X	X	X	X	X
Split-wheel	X	X	X	X	X
Woo Tricky			X	X	X
Tricky Woo			X	X	X

Name	Clean	Super Clean	Air	Huge	Link
Loop	X	X	X	X	X
Back Loop	X	X	X	X	X
Space Godzilla	X	X		X	X
Mc Nasty / Pistol Flip	X	X	X	X	X
Lunar Orbit / Back Mc Nasty	X	X	X	X	X
Phonics Monkey	X		X	X	X
Trophy Move 1	X	X	X	X	X
Trophy Move 2	X	X	X	X	X
Trophy Move 3	X	X	X	X	X
Entry 1	X	X	X	X	X
Entry 2	X	X	X	X	X
Entry 3	X	X	X	X	X

APPENDIX 4 – BASIC MOVES LIST – SQUIRT BOAT

Name	Execution	Value	Definition
Stall	Front or Back	5	Boat held on bow or stern at a vertical angle between 60°-120° for a minimum of 2 seconds. Clean: must be balanced without paddle or hand.
Spin	Left or Right	10	360° flat rotation of the boat at a vertical angle of less than 60°. Clean: one stroke only, either in the start or end of the move.
Pirouette	Left or Right	10	360° horizontal rotation at a vertical angle greater than 60° on the bow or stern. Clean: Not applicable
Change of Direction	Left to Right or Right to Left	10	Two consecutive ends of opposite edges (left/right) but going in opposite direction and at a vertical angle between 60° and 120°. (Split Wheel without the linking rotation) Clean: No paddle or hand during one end and the change of direction.
Cartwheel	Left or Right	20	360° rotation of the boat at a vertical angle between 60° and 120°. Clean: One stroke only, either in the start or end of the move.
Switchwheel	Left or Right	30	Cartwheel executed with the one single blade in the water during full rotation. The paddler rotates around the stationary paddle. The paddle blade remains in contact with the water throughout the entire move. Clean: Not applicable
Bow Screw	Left or Right	20	Starting from any position, the boat must pass over-vertical (past 120° vertical) on the bow and include a minimum rotation of 90° around the long axis of the boat. Clean: no paddle or hand for EITHER the initiation OR the recovery.

Name	Execution	Value	Definition
Stern Screw	Left or Right	20	<p>Starting from any position, the boat must pass over-vertical (past 120° vertical) on the stern and include a minimum rotation of 90° around the long axis of the boat.</p> <p>Clean: no paddle or hand for EITHER the initiation OR the recovery</p>
Washout	Left or Right	30	<p>A Bow Screw, but with no initiation stroke and at a vertical angle over 140°, the paddler completes the move quickly.</p> <p>Clean: No paddle or hand for the recovery.</p>
Party Trick / Zero to Hero	Party Trick or Zero to Hero	30	<p>From a flat, up-side down starting position into an elevated end over 60° (elevated stern: Party Trick, elevated bow: Zero to Hero). The move is performed in one smooth motion and the elevated end must reach a balance point.</p> <p>Clean: Not applicable</p>
One-Armed Bandit	Left or Right	30	<p>Starting with the boat flat or with bow slightly submerged directly into a horizontal roll pivoted on the stern. (A stern screw without the 90-degree rotation). The trick starts and finishes pointing in the same direction.</p> <p>Clean: Paddle or hand is used only for the recovery.</p>
Split Wheel	Left to Right or Right to Left	40	<p>Two consecutive ends at a vertical angle between 60° and 120° linked together by a 170° to 190° rotation on the long axis near the vertical point of the first end on the long axis.</p> <p>Clean: No paddle or hand for either the initiation or the recovery and during the 170° to 190° horizontal rotation on the long axis. One end and the full rotation is completed clean</p>
Loop	Front or Back	60	<p>Complete 360° front or back flip initiated and finished between a horizontal angle of -20° and 20°.</p> <p>Clean: No paddle or hand used for the recovery.</p>

Name	Execution	Value	Definition
Tricky-Woo	Left or Right	60	<p>Three consecutive ends beginning on the bow each at a vertical angle between 60° to 120°. Each end is linked together by a 170° to 190° horizontal rotation at the near vertical point of the end on the long axis. The two rotations must flow in the same direction. The entire sequence is performed using one paddle blade only.</p> <p>Clean: No paddle or hand used during the initiation and first bow end plus the full first 170° to 190° rotation and the initiation of the stern end. The paddle or hand can be used once the boat is near vertical on the stern for the second rotation and to complete the move.</p>
Woo-Tricky	Left or Right	60	<p>Three consecutive ends beginning on the stern each at a vertical angle between 60° to 120°. Each end is linked together by a 170° to 190° horizontal rotation at the near vertical point of the end on the long axis. The two rotations must flow in the same direction. The entire sequence is performed using one paddle blade only.</p> <p>Clean: No paddle or hand used during the initiation, first end plus the full first 170° to 190° rotation and the initiation of the bow end. The paddle or hand can be used once the boat is near vertical on the bow for the second rotation and to complete the move.</p>
Screwing Around	Left or Right	80	<p>A sequence of 2 Bow Screws linked into 2 Stern Screws alternating. All 4 ends are completed in the same direction.</p> <p>Clean: 2 of the screws must be initiated and completed without the use of the paddle or hand.</p>
Changing Around	Left or Right	80	<p>A sequence of 2 Bow Screws linked into 2 Stern Screws alternating. With two changes of directions. The change of direction needs to be performed whilst the boat is on its bow in its over vertical position and in one fluid motion. Screwing around with a change of direction in the middle of each bow end.</p> <p>Clean: Not applicable</p>

Name	Execution	Value	Definition
Trophy 1	One way only	40	<p>A move that does not meet any other definition in the list of basic moves in the appendix and based on a basic level of skill.</p> <p>Clean: Not applicable</p>
Trophy 2	One way only	70	<p>A move that does not meet any other definition in the list of basic moves in the appendix and based on a high level of skill.</p> <p>Clean: Not applicable</p>
Trophy 3	One way only	100	<p>A move that does not meet any other definition in the list of basic moves in the appendix and based on an expert level of skill.</p> <p>Clean: Not applicable</p>
Mystery Exit 1	Left or Right / Back or Front	40	<p>A move executed coming out of a sustained (minimum 2 seconds) mystery/mush, where one end and the majority of the boat is clear of the water.</p> <p>Clean: Not applicable</p>
Mystery Exit 2	Left or Right / Back or Front	80	<p>A move executed coming out of a sustained (minimum 2 seconds) mystery/mush, where the whole boat is clear of the water at some point.</p> <p>Clean: Not applicable</p>
Mystery/Mush	n/a	Number of seconds x 20	<p>Complete and sustained up-right submersion of the boat and paddler calculated in seconds for the total time the paddler's head is under water. Only the paddle and arms can break the surface. Best two count for technical score.</p> <p>Clean: Not applicable</p>

APPENDIX 5 – BONUSES LIST – SQUIRT BOAT

Name	Description	Value
Clean	<p>The paddle or hand may only be used during part of a move.</p> <p>See specific variations for each move.</p>	Technical Score x 2 (Doubles the score of the move)
Super Clean	<p>Full move executed without using the paddle or hand.</p> <p>Clean and Super Clean cannot both be given for one execution of the move; only the Super Clean bonus will then count.</p>	Technical Score x 3 (Triples the score of the move)
Feature	<p>Given when the move is done inside the designated area, on a specified feature.</p> <p>It is up to the head judge's discretion to define those features in advance and inform the competitors (ex: wave/hole, rock, wall, etc).</p>	Technical Score x 2 (Doubles the score of the move)
Heli Bonus	<p>A Heli Wheel is performed during the trick.</p> <p>Heli Wheel: The paddle is spun 360 degrees while the boat is vertical between an angle of 60 and 120 degrees.</p> <p>Note: axis of paddle rotation cannot be along the long axis of the shaft and the paddle should not touch the water at any stage during the rotation.</p> <p>The artistic bonus only applies to clean / super clean moves.</p> <p>Where applicable both the clean / super clean bonus and the artistic bonus is applied to the score. e. g Artistic Split Wheel - Clean (required element) (40) + Split Wheel (40) + Artistic Bonus (40). Total score: 120.</p>	Technical Score x 2 (Doubles the score of the move)

APPENDIX 6 – MYSTERY MULTIPLIERS – SQUIRT BOAT

The deepest mystery/mush of the run, measured after a minimum of 2 seconds of initiation (or up to head judge's discretion), also becomes the Mystery Multiplier.

The depth is measured following a scale of 1.0, 1.1, 1.2 (...) to 2.0.

Depth	Definition
1.0	No submersion/no Mystery
1.2	Full boat under
1.4	Waist under
1.6	Chest under
1.8	Shoulders under
2.0	Head under