

Westminster Boating Base
Flat Water Freestyle Move Definitions, Scores & Rules

Move	Description	Angle in degrees*	Attempted score	Successful score	Direction
Stern Squirt	An initiation of the stern with an initiation stroke sequence	45<90		1	Left
					Right
Bow Squirt / Double Pump	An initiation of the bow with an initiation stroke sequence	45<90		1	Left
					Right
Plow Squirt / Plowing Ender	Burying the end of the boat by paddling in one direction	45<90		1	Forward
					Backward
Cartwheel	Two sequential vertical ends	>45, >70	1	2	Left
					Right
Clean Cartwheel	Two end cartwheel with one vertical end initiated without paddle stroke	>45, >70	1	3	Left
					Right
Superclean Cartwheel	Two sequential ends initiated without paddle strokes.	>45, >70		4	Left
					Right
Switch Wheel	Two consecutive ends with 2 hand switches on paddle, paddle blade remains in water	>45, >70	1	3	Left
					Right
Split Wheel	Two ends in different direction with full 180 degree rotation along the long axis	>45, >70	1	3	Left
					Right
Clean Splitwheel	Two ends in different direction using initiation stroke and with full 180 degree rotation along the long axis and second end without use of paddle.	>45, >70		4	Left
					Right
Stern Stall	2 second stabilized pause on stern	70<110		2	
Bow Stall	2 second stabilised pause on bow	70<110		2	
Party Trick	Upside down to vertical on the bow in one fluid motion	>70		3	
Zero to Hero	Upside down to vertical on the stern in one fluid motion	>70		3	
Stern Screw up	A past vertical stern squirt with one recovery stroke	>100		3	Left
					Right
Bow Screw up	A past vertical bow squirt with one recovery stroke	>100		3	Left
					Right
Tricky Woo	Split wheel into 70<110 stern screw on one paddle blade, full 360 degree rotation on the long axis	>45, >70		4	Left
					Right
Woo Tricky	Split wheel into 70<110 bow screw on one paddle blade, full 360 degree rotation on the long axis	>45, >70		4	Left
					Right
Loop	A forwards flip of the boat on the short axis, both ends vertical and minimal sideways rotation		2	5	
Space Godzilla	A forwards flip of the boat with a mid-flip 90 degree rotation on the long axis ending in a stern initiation	Both ends vertical	2	5	
Trophy Move 1	A spectacular move, not on the scoresheet which is explained to and verified by the judge prior to the event.			4	
Trophy Move 2	A truly spectacular move, not on the scoresheet which is explained to and verified by the judge prior to the event.			8	

*The comma denotes verticality of next end.

Rules:

- Only one boat can be used during the event.
- There will be a specified number of runs (usually three), each of 45 Seconds duration.

Scoring:

- Each move performed will score to produce the total **Technical Score**.
- Each different move performed will score one point to produce the **Variety Score**.
- **Style Points** will be awarded for fluidity of moves, linking moves and minimal form breaks. Up to 10 points will be awarded.
- Total score for each run will be: (**Technical Score + Style Score**) multiplied by **Variety Score**.

Eg. Adam does a Stern Screw up linked into two Cartwheels followed by a Stern Stall. His total **Technical Score** is 9 points. The judge has given him a **Style Score** of 8, giving him a combined score of 17. He has performed three different moves so has a **Variety Score** of 3. His combined Score (**Technical Score + Style Score**) is then multiplied by his **Variety Score** giving him a **Total Score** of 51.

- The overall score will be calculated by adding together the scores of your two best runs.