

**ICF**  
**CANOE**  
**FREESTYLE**  
**WORLD CHAMPIONSHIPS**  
**FESTIVAL 2021**

Holme Pierrepont Country Park  
27th June - 2nd July

**PRIMARY SCHOOLS**  
**ACTIVITY PACK**

## What is Freestyle Kayaking and when did it begin?

Freestyle kayaking involves paddlers using white water waves and holes to perform gymnastic like tricks and manoeuvres.

These manoeuvres and tricks all have their own names with different numbers of points awarded depending on their difficulty.

The kayaks paddlers use are short, light and are designed to move quickly in the water and release up into the air. They are often referred to as “playboats” and are made of either plastic or carbon fibre.

In a competition the paddler has 45 seconds to do as many different tricks as possible and the winner is the competitor with the highest score.

The sport became popular in the mid 1980s at a time when other extreme sports such as skateboarding, snowboarding and freestyle skiing emerged. Organised competitions began in the 1990's at events called rodeos, with the first unofficial World Championships held in 1991 off the coast of Wales. The first official World Championships was in 1993 with events taking place every two years since. The sport really exploded in the late 1990's / early 2000s and was officially recognized by the ICF (International Canoe Federation) in 2006.

Here is an example of what freestyle looked like in 1992:

<https://www.youtube.com/watch?v=qKD7wpi-IWE>

## Have a go at answering the following questions:

- 1) What is special about the kayaks used for freestyle?
- 2) What are the two different white water features used for freestyle kayaking?
- 3) When did the sport first become popular and which other sports emerged at a similar time?
- 4) What were the first competitive freestyle events called?
- 5) What does the acronym ICF stand for?
- 6) When was the first world championships held?
- 7) How long does a competitor have to complete their run?

## What are the tricks the freestyle paddlers do and how are they scored?

The tricks, known as moves, are made up of spins, flips and turns. The number of different moves have increased significantly since the early competitions and new more difficult and complex tricks are always being developed to improve on the existing ones.

The World Championships 2022 will be held on a hole type feature. The three most common basic hole moves are the spin, cartwheels and the loop. Nearly all of the more complex moves are based around a combination or variation of these three movements. It is possible to score extra points by linking moves together or performing bigger more impressive tricks. Some of the tricks have rather strange names like The McNasty, Space Godzilla and Tricky Whu.

To learn more about the moves you might see at Holme Pierrepont watch the following video:

<https://www.youtube.com/watch?v=VrAIC8H6sYQ>

Moves which can be thrown on a wave features are quite different than those on a hole and share a lot of similarities with moves performed by surfers.

Here is a video of some massive wave tricks on The Ottawa River in Canada

<https://www.youtube.com/watch?v=qek-ZvS9w8Q>

## Could you be a judge and calculate a freestyle kayaker's score for their 45 second run?

MOVE	POINTS SCORED	AIR BONUS	LINK BONUS
CARTWHEEL	30	30	20
FRONT LOOP	60	30	20
BACK LOOP	90	30	20
TRICKY WHU	160	40	30
SPACE GODZILLA	100	40	30
MCNASTY	120	40	30
LUNAR ORBIT	150	40	30

The paddler can score points for doing the trick to the left and also to the right.

Have a go at using your math skills to answer the questions on the following page.

## Could you be a judge and calculate a freestyle kayaker's score for their 45 second run?

- 1) In their ride a paddler performs 5 tricks, 2 score an air bonus and 1 scores a link bonus. Their total score is 420 points. What moves could they have done?
- 2) If a paddler scores 760 points in their ride and does 7 tricks, 3 of which are linked and 2 score air bonuses can you list the manoeuvres?
- 3) If the maximum number of moves a paddler can achieve on a particular feature is 10 in 45 seconds and they score 4 air bonuses and 3 links what is the maximum points score they can achieve? What is the minimum they could achieve and the difference between the two scores?

## No two freestyle kayaks look the same!

When you visit the 2022 World Championships you will definitely notice that the freestyle kayaks come in a range of different colours and many paddlers customise them with their own designs. See if you can spot boats with different patterns or representations of animals, characters from books, mythical creatures or vehicles.

Now it is your turn to use your artistic skills!!

On the next two pages are outlines of the most common shapes of freestyle kayaks. You can use these to design the paintwork you would have on a freestyle kayak.

As the larger the number of colours you use the more expensive your kayak will be to buy, you are limited to using only 5 colours (you can use less if you want).

Make sure your design tells people something about your personality or things that you like.



