

FINAL SCHEDULE F-19 (2018-2019)

F-19.01 Square Loop with $\frac{1}{2}$ roll integrated, $\frac{1}{2}$ roll integrated, $\frac{1}{2}$ roll integrated, $\frac{1}{2}$ roll integrated from upright, perform a square loop while performing a $\frac{1}{2}$ roll integrated in each corner, exit upright.

F-19.02 Figure 9 with two rolls from upright, pull through a $\frac{1}{4}$ loop into a vertical upline, perform two continuous rolls, push through a $\frac{1}{4}$ loop, exit inverted.

F-19.03 Vertical 8 with roll integrated from inverted, pull through a loop, pull through another loop while performing a roll integrated in the last 90° of the first loop and in the first 90° of the second loop, exit inverted.

F-19.04 Stall Turn with consecutive $\frac{1}{2}$ rolls in opposite directions from inverted, push through a $\frac{1}{4}$ loop into a vertical upline, perform a stall turn in a vertical downline, perform consecutively two $\frac{1}{2}$ rolls in opposite directions, push through a $\frac{1}{4}$ loop, exit inverted.

F-19.05 Push-Knife-Edge-Push Humpty-Bump with 1 $\frac{1}{4}$ snap-roll, 1 $\frac{1}{4}$ snap-roll from inverted, push through a $\frac{1}{4}$ loop into a vertical upline, perform a 1 $\frac{1}{4}$ snap-roll, perform a $\frac{1}{2}$ knife-edge loop into a vertical downline, perform a 1 $\frac{1}{4}$ snap-roll, push through a $\frac{1}{4}$ loop, exit inverted.

F-19.06 Shark Fin with four consecutive $\frac{1}{4}$ rolls, $\frac{1}{2}$ roll from inverted, push through a $\frac{1}{8}$ loop into a 45° upline, perform consecutively four $\frac{1}{4}$ rolls, pull through a $\frac{3}{8}$ loop into a vertical downline, perform a $\frac{1}{2}$ roll, push through a $\frac{1}{4}$ loop, exit inverted.

F-19.07 Roll Combination with four $\frac{1}{8}$ rolls, four $\frac{1}{8}$ rolls in opposite direction from inverted, perform consecutively four $\frac{1}{8}$ rolls and four $\frac{1}{8}$ rolls in opposite direction, exit inverted.

F-19.08 Top Hat with two consecutive $\frac{1}{4}$ rolls, roll from inverted, push through a $\frac{1}{4}$ loop into a vertical upline, perform consecutively two $\frac{1}{4}$ rolls, pull through a $\frac{1}{4}$ loop into inverted flight, pull through a $\frac{1}{4}$ loop into a vertical downline, perform a roll, push through a $\frac{1}{4}$ loop, exit inverted.

F-19.09 Two Horizontal Circles with $\frac{1}{2}$ roll to the inside integrated, roll integrated in opposite direction, $\frac{1}{2}$ roll integrated in opposite direction from Inverted, perform two horizontal circles with a $\frac{1}{2}$ roll to the inside integrated in the first 180° , a roll integrated in the following 360° in opposite direction, a $\frac{1}{2}$ roll integrated in the final 180° in opposite direction, exit inverted.

F-19.10 Trombone with roll from inverted, push through a $\frac{1}{8}$ loop into a 45° upline, perform a roll, pull or push through a $\frac{1}{2}$ loop into a 45° downline, pull through a $\frac{1}{8}$ loop, exit upright.

F-19.11 Double Fighter Turn with $\frac{3}{4}$ roll, $\frac{3}{4}$ roll from upright, pull through a $\frac{1}{8}$ loop into a 45° upline, perform a $\frac{3}{4}$ roll, push through a $\frac{1}{2}$ knife-edge circle into a 45° downline, perform a $\frac{1}{4}$ knife-edge loop into a 45° upline, push through a $\frac{1}{2}$ knife-edge circle into a 45° downline, perform a $\frac{3}{4}$ roll, push through a $\frac{1}{8}$ loop, exit inverted.

F-19.12 Inverted Figure Et with $\frac{1}{2}$ roll, roll from inverted, push through a $\frac{1}{8}$ loop into a 45° upline, perform a $\frac{1}{2}$ roll, push through a $\frac{7}{8}$ loop into a vertical upline, perform a roll, pull through a $\frac{1}{4}$ loop, exit inverted.

F-19.13 Inverted Spin with two turns, two consecutive $\frac{1}{4}$ rolls from inverted, perform an inverted spin with two turns, perform a vertical downline, perform consecutively two $\frac{1}{4}$ rolls, pull through a $\frac{1}{4}$ loop, exit upright.

F-19.14 Pull-Push-Pull Humpty-Bump with snap-roll, $\frac{1}{2}$ roll (Option: with 1 $\frac{1}{4}$ snap-roll, $\frac{3}{4}$ roll) from upright, pull through a $\frac{1}{4}$ loop into a vertical upline, perform a snap-roll, push through a $\frac{1}{2}$ loop into a vertical downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{4}$ loop, exit upright. Option: from upright, pull through a $\frac{1}{4}$ loop into a vertical upline, perform a 1 $\frac{1}{4}$ snap-roll, push through a $\frac{1}{2}$ loop into a vertical downline, perform a $\frac{3}{4}$ roll, pull through a $\frac{1}{4}$ loop, exit upright.

F-19.15 Roll Combination with consecutive two $\frac{1}{8}$ rolls, roll in opposite direction, consecutive two $\frac{1}{8}$ rolls in opposite direction from upright, perform consecutively two $\frac{1}{8}$ rolls, a roll in opposite direction, two $\frac{1}{8}$ rolls in opposite direction, exit inverted.

F-19.16 Half Loop with two $\frac{1}{2}$ rolls in opposite directions integrated from inverted, push through a $\frac{1}{2}$ loop while performing a $\frac{1}{2}$ roll integrated in the first 90° and a $\frac{1}{2}$ roll in opposite direction integrated in the second 90° , exit upright

F-19.17 45° Downline with consecutive $\frac{1}{2}$ roll, two snap-rolls in opposite directions, $\frac{1}{2}$ roll from upright, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop into a 45° downline, perform consecutively two snaprolls in opposite directions, push through a $\frac{1}{8}$ loop, perform a $\frac{1}{2}$ roll, exit upright.