

## 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 rolls, push through a  $\frac{3}{4}$  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  $90^\circ$  of the first loop and in the first  $90^\circ$  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  $45^\circ$  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  $180^\circ$ , a roll integrated in the following  $360^\circ$  in opposite direction, a  $\frac{1}{2}$  roll integrated in the final  $180^\circ$  in opposite direction, exit inverted.

### **F-19.10 Trombone with roll**

From inverted, push through a  $\frac{1}{8}$  loop into a  $45^\circ$  upline, perform a roll, pull or push through a  $\frac{1}{2}$  loop into a  $45^\circ$  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  $45^\circ$  upline, perform a  $\frac{3}{4}$  roll, push through a  $\frac{1}{2}$  knife-edge circle into a  $45^\circ$  downline, perform a  $\frac{1}{4}$  knife-edge loop into a  $45^\circ$  upline, push through a  $\frac{1}{2}$  knife-edge circle into a  $45^\circ$  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  $45^\circ$  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  $90^\circ$  and a  $\frac{1}{2}$  roll in opposite direction integrated in the second  $90^\circ$ , exit upright

### **F-19.17 $45^\circ$ 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  $45^\circ$  downline, perform consecutively two snap-rolls in opposite directions, push through a  $\frac{1}{8}$  loop, perform a  $\frac{1}{2}$  roll, exit upright.