



## **FINAL SCHEDULE F-19 (2018-2019)**

### **F-19.01 Square Loop with 1/2 roll integrated, 1/2 roll integrated, 1/2 roll integrated, 1/2 roll integrated**

From upright, perform a square loop while performing a 1/2 roll integrated in each corner, exit upright.

### **F-19.02 Figure 9 with two rolls**

From upright, pull through a 1/4 loop into a vertical upline, perform two rolls, push through a 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° of the first loop and in the first 90° of the second loop, exit inverted.

### **F-19.04 Stall Turn with consecutive 1/2 rolls in opposite directions**

From inverted, push through a 1/4 loop into a vertical upline, perform a stall turn in a vertical downline, perform consecutively two 1/2 rolls in opposite directions, push through a 1/4 loop, exit inverted.

### **F-19.05 Push-Knife-Edge-Push Humpty-Bump with 1 1/4 snap-roll, 1 1/4 snap-roll**

From inverted, push through a 1/4 loop into a vertical upline, perform a 1 1/4 snap-roll, perform a 1/2 knife-edge loop into a vertical downline, perform a 1 1/4 snap-roll, push through a 1/4 loop, exit inverted.

### **F-19.06 Shark Fin with four consecutive 1/4 rolls, 1/2 roll**

From inverted, push through a 1/8 loop into a 45° upline, perform consecutively four 1/4 rolls, pull through a 3/8 loop into a vertical downline, perform a 1/2 roll, push through a 1/4 loop, exit inverted.

### **F-19.07 Roll Combination with four 1/8 rolls, four 1/8 rolls in opposite direction**

From inverted, perform consecutively four 1/8 rolls and four 1/8 rolls in opposite direction, exit inverted.

### **F-19.08 Top Hat with two consecutive 1/4 rolls, roll**

From inverted, push through a 1/4 loop into a vertical upline, perform consecutively two 1/4 rolls, pull through a 1/4 loop into inverted flight, pull through a 1/4 loop into a vertical downline, perform a roll, push through a 1/4 loop, exit inverted.

### **F-19.09 Two Horizontal Circles with 1/2 roll to the inside integrated, roll integrated in opposite direction, 1/2 roll integrated in opposite direction**

From Inverted, perform two horizontal circles with a 1/2 roll to the inside integrated in the first 180°, a roll integrated in the following 360° in opposite direction, a 1/2 roll integrated in the final 180° in opposite direction, exit inverted.

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

From inverted, push through a 1/8 loop into a 45° upline, perform a roll, pull or push through a 1/2 loop into a 45° downline, pull through a 1/8 loop, exit upright.

### **F.19.11 Double Fighter Turn with 3/4 roll, 3/4 roll**

From upright, pull through a 1/8 loop into a 45° upline, perform a 3/4 roll, push through a 1/2 knife-edge circle into a 45° downline, perform a 1/4 knife-edge loop into a 45° upline, push through a 1/2 knife-edge circle into a 45° downline, perform a 3/4 roll, push through a 1/8 loop, exit inverted.

### **F-19.12 Inverted Figure Et with 1/2 roll, roll**

From inverted, push through a 1/8 loop into a 45° upline, perform a 1/2 roll, push through a 7/8 loop into a vertical upline, perform a roll, pull through a 1/4 loop, exit inverted.

**F-19.13 Inverted Spin with two turns, two consecutive 1/4 rolls**

From inverted, perform an inverted spin with two turns, perform a vertical downline, perform consecutively two 1/4 rolls, pull through a 1/4 loop, exit upright.

**F-19.14 Pull-Push-Pull Humpty-Bump with snap-roll, 1/2 roll (Option: with 1 1/4 snap-roll, 3/4 roll)**

From upright, pull through a 1/4 loop into a vertical upline, perform a snap-roll, push through a 1/2 loop into a vertical downline, perform a 1/2 roll, pull through a 1/4 loop, exit upright.

Option: From upright, pull through a 1/4 loop into a vertical upline, perform a 1 1/4 snap-roll, push through a 1/2 loop into a vertical downline, perform a 3/4 roll, pull through a 1/4 loop, exit upright.

**F-19.15 Roll Combination with consecutive two 1/8 rolls, roll in opposite direction, consecutive two 1/8 rolls in opposite direction**

From upright, perform consecutively two 1/8 rolls, a roll in opposite direction, two 1/8 rolls in opposite direction, exit inverted.

**F-19.16 Half Loop with two 1/2 rolls in opposite directions integrated**

From inverted, push through a 1/2 loop while performing a 1/2 roll integrated in the first 90° and a 1/2 roll in opposite direction integrated in the second 90°, exit upright

**F-19.17 45° Downline with consecutive 1/2 roll, two snap-rolls in opposite directions, 1/2 roll**

From upright, perform a 1/2 roll, pull through a 1/8 loop into a 45° downline, perform consecutively two snap-rolls in opposite directions, push through a 1/8 loop, perform a 1/2 roll, exit upright.