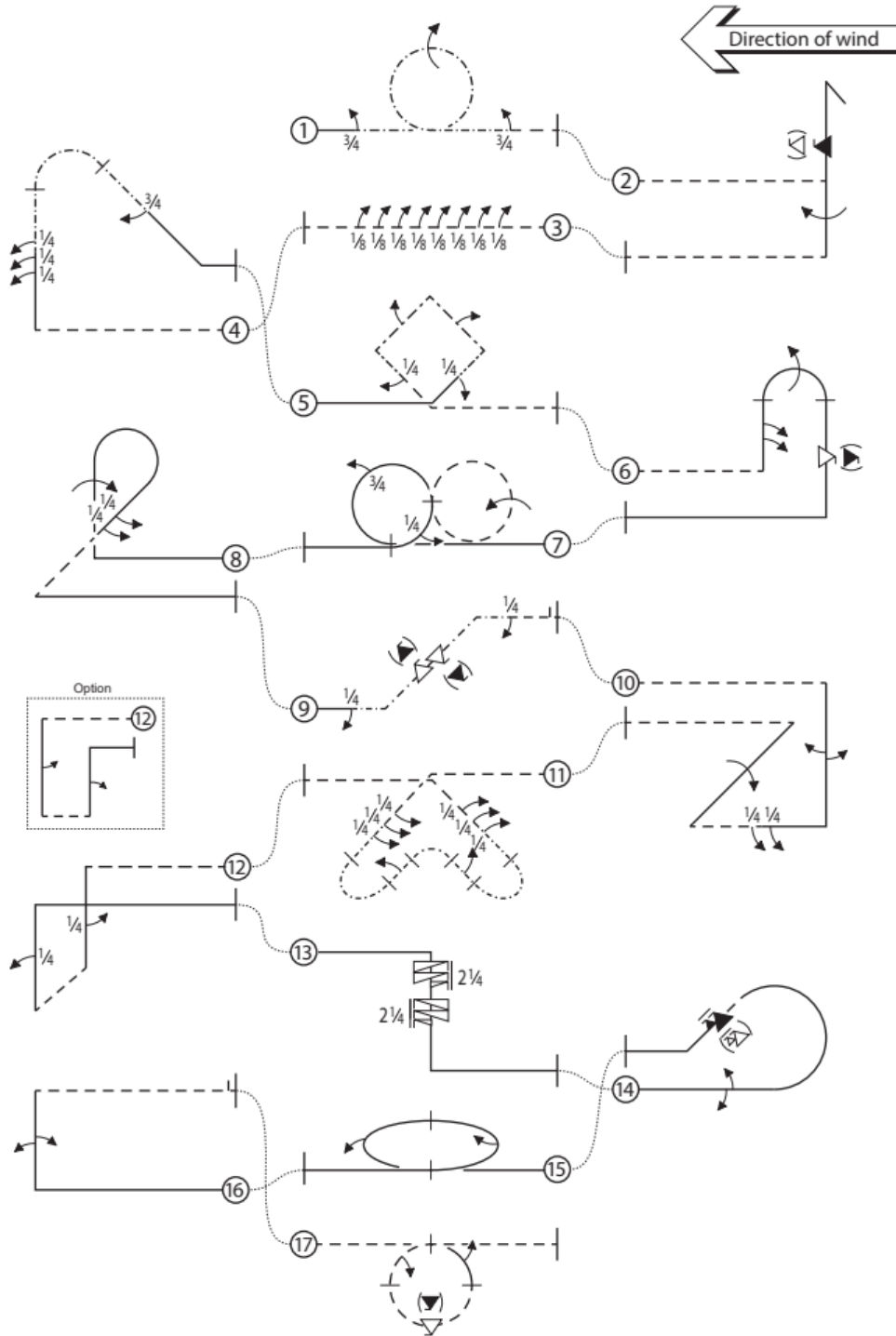


# FINAL SCHEDULE F-23 (2021-2023)



## **SEMIFINAL/FINAL SCHEDULE F-23 (2022-2023)**

### **F-23.01 Knife Edge Rolling Loop**

From upright, perform a three quarter roll to knife edge, perform a knife edge loop while performing a roll integrated, perform a three quarter roll, exit inverted.

### **F-23.02 Stall Turn with snap roll, roll**

From inverted, push through a quarter loop into vertical upline, perform a snap roll, perform a stall turn into a vertical downline, perform a roll, push through a quarter loop, exit inverted.

### **F-23.03 Eight consecutive one eighth rolls**

From inverted, perform consecutively eight, one eighth rolls, exit inverted.

### **F-23.04 Reverse Shark Tooth with three consecutive quarter rolls, three quarter roll**

From inverted, push through a quarter loop into a vertical upline, perform consecutively three quarter rolls, perform a three eighth knife edge loop into a forty five degree downline, perform a three quarter roll, pull through a one eighth loop, exit upright.

### **F-23.05 Square Loop on corner with quarter roll, half roll, half roll, quarter roll**

From upright, pull through a one eighth loop into a forty five degree upline, perform a quarter roll to knife edge, perform a quarter knife edge loop into forty five degree upline, perform a half roll, perform a quarter knife edge loop into a forty five degree downline, perform a half roll, perform a quarter knife edge loop into a forty five degree downline, perform a quarter roll, push through a one eighth loop, exit inverted.

### **F-23.06 Push-Pull-Pull Humpty-Bump with consecutive half rolls, integrated roll, snap roll**

From inverted, push through a quarter loop into a vertical upline, perform consecutively two half rolls, pull through a half loop with roll integrated into a vertical downline, perform a snap roll, pull through quarter loop, exit upright.

### **F-23.07 Horizontal Eight with rolls integrated**

From upright, fly past center, pull through a three quarter loop while performing the first three quarter roll of two consecutive rolls integrated, then while continuing rolling perform a second loop (one roll integrated), while continuing rolling complete last quarter of first loop (quarter roll integrated), exit upright

### **F-23.08 Reverse Figure ET with roll, two consecutive quarter rolls**

From upright, pull through quarter loop into a vertical upline, perform a roll, pull through a five eighths loop into a forty five degree down line, perform consecutively two quarter rolls, pull through an three eighths loop. exit upright.

### **F-23.09 Knife Edge Forty Five Degree Upline with two consecutive snap rolls in opposite direction**

From upright, perform a quarter roll to knife edge, perform an one eighth knife edge loop into a forty five degree upline, perform consecutively two snap rolls in opposite direction, perform a one eighth knife edge loop, perform a quarter roll, exit inverted.

### **F-23.10 Reverse Vertical Shark Tooth with two consecutive half rolls in opposite direction, two consecutive quarter rolls, roll**

From inverted, pull through a quarter loop into a vertical downline, perform consecutively two half rolls in opposite direction, pull through a quarter loop, perform consecutively two quarter rolls, push through a three eighths loop into a forty five degree upline, perform a roll, pull through an three eighths loop, exit inverted.

### **F-23.11 Reverse Double Fighter Turn with three consecutive quarter rolls, half roll, half roll, three consecutive quarter rolls**

From inverted, pull through a one eighth loop into a forty five degree downline, perform consecutively three quarter rolls, push through a half knife edge circle into a forty five degree upline, perform a half roll, perform a

quarter knife edge loop into a forty five degree downline, perform a half roll, push through a half knife edge circle into a forty five degree upline, perform consecutively three quarter rolls, pull through an eighth loop, exit inverted.

**F-23.12 Reverse Top Hat with quarter roll, quarter roll. Option: Reverse Top Hat with half roll, half roll**

From inverted, pull through a quarter loop into a vertical downline, perform a quarter roll, push through a quarter loop into a horizontal line, push through a quarter loop into a vertical upline, perform a quarter roll, push through a quarter loop, exit upright.

Option: From inverted, pull through a quarter loop into a vertical downline, perform a half roll, push through a quarter loop into a horizontal line, push through a quarter loop into a vertical upline, perform a half roll, push through a quarter loop, exit upright.

**F-23.13 Spin with two and a quarter turns, two and a quarter turns in opposite direction**

From upright, perform a spin with two and a quarter turns, perform immediately another spin with two and a quarter turns in opposite direction, perform a vertical downline, pull through a quarter loop, exit upright.

**F-23.14 Half Cuban Eight, with two half rolls in opposite direction, one and half snap**

From upright, perform consecutively two half rolls in opposite direction, pull through a five eighths loop into a forty five degree downline, perform a one and a half snap roll, pull through a one eighth loop, exit upright.

**F-23.15 Rolling Circle with half rolls in opposite direction integrated**

From upright, perform a rolling circle with two half rolls in opposite direction integrated, first half roll to outside, exit upright.

**F-23.16 Half Square Loop with half rolls in opposite direction**

From upright, pull through a quarter loop into a vertical upline, perform consecutively two half rolls in opposite direction, pull through a quarter loop, exit inverted.

**F-23.17 Avalanche (from top) with half roll integrated, snap, half roll integrated**

From inverted, pull through a loop while integrating a half roll in first ninety degree, perform a snap roll at bottom of the loop , perform a half roll integrated in last ninety degree, exit inverted.

**SEMIFINAL/FINAL SCHEDULE F-23 (2022-2023)**

F-23.01 Knife Edge Rolling Loop	K5
F-23.02 Stall Turn with snap roll, roll	K4
F-23.03 Eight consecutive one eighth rolls	K4
F-23.04 Reverse Shark Tooth with three consecutive quarter rolls, three quarter roll	K3
F-23.05 Square Loop on corner with quarter roll, half roll, half roll, quarter roll	K5
F-23.06 Push-Pull-Pull Humpty-Bump with consecutive half rolls, integrated roll, snap roll	K4
F-23.07 Horizontal Eight with rolls integrated	K6
F-23.08 Reverse Figure ET with roll, two consecutive quarter rolls	K3
F-23.09 Knife Edge Forty Five Degree Upline with two consecutive snap rolls in opposite direction	K6
F-23.10 Reverse Vertical Shark Tooth with two consecutive half rolls in opposite direction, two consecutive quarter rolls, roll	K3
F-23.11 Reverse Double Fighter Turn with three consecutive quarter rolls, half roll, half roll, three consecutive quarter rolls	K6
F-23.12 Reverse Top Hat with quarter roll, quarter roll. Option: Reverse Top Hat with half roll, half roll	K2
F-23.13 Spin with two and a quarter turns, two and a quarter turns in opposite direction	K5
F-23.14 Half Cuban Eight, with two half rolls in opposite direction, one and half snap	K4
F-23.15 Rolling Circle with half rolls in opposite direction integrated	K5
F-23.16 Half Square Loop with half rolls in opposite direction	K2
F-23.17 Avalanche (from top) with half roll integrated, snap, half roll integrated	K5