

FINAL SCHEDULE F-19 (2018-2019) –Manoeuvre Descriptions

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° 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 $1/8$ 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 $1/2$ 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.