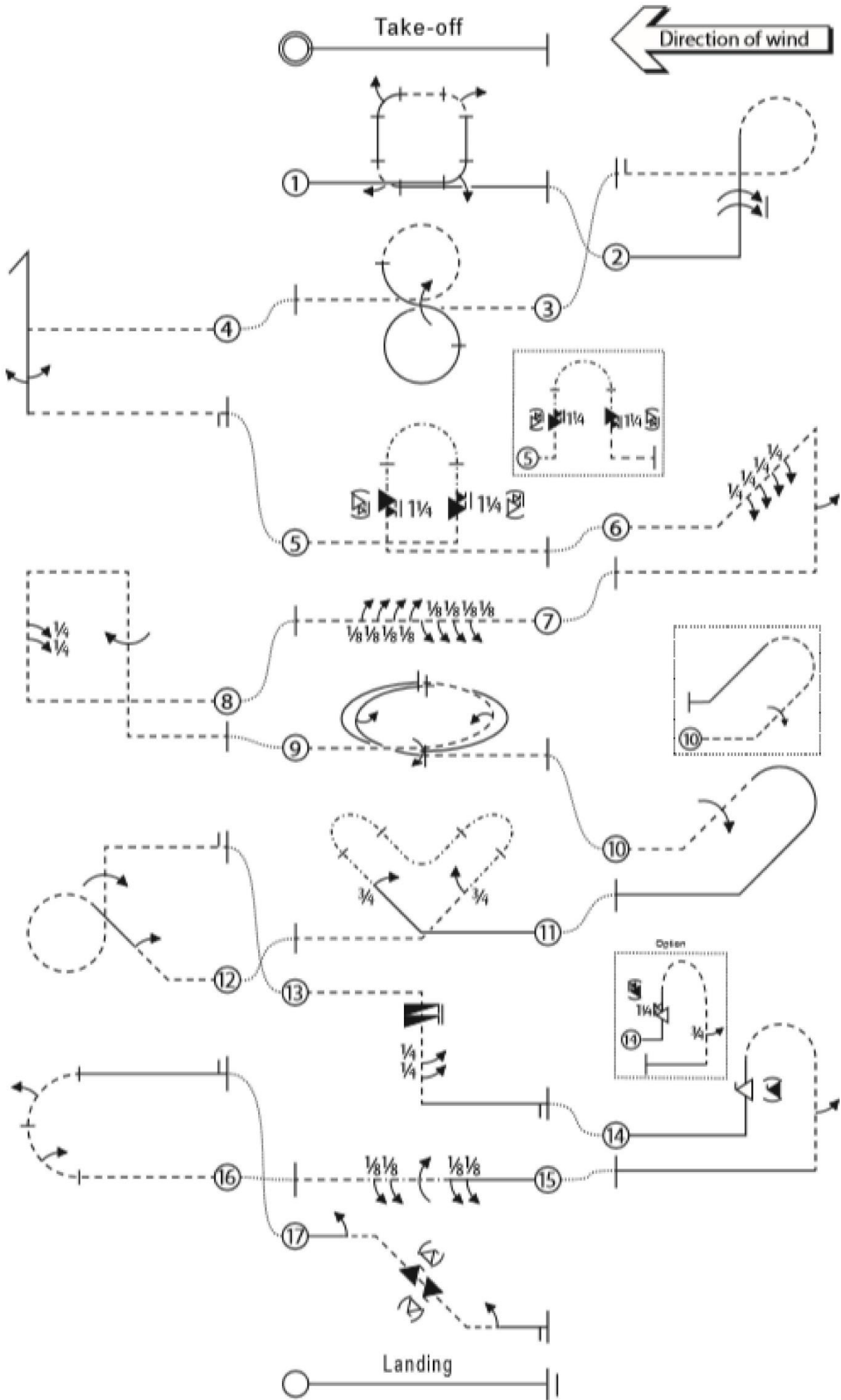


FINAL SCHEDULE F-19 (2018-2019)

#	Manoeuvres	K-factor*
F-19.01	Square Loop with ½ roll integrated, ½ roll integrated, ½ roll integrated, ½ roll integrated	4
F-19.02	Figure 9 with two rolls	3
F-19.03	Vertical 8 with roll integrated	5
F-19.04	Stall Turn with consecutive ½ rolls in opposite directions	3
F-19.05	Push-Knife-Edge-Push Humpty-Bump with 1 ¼ snap-roll, 1 ¼ snap-roll	6
F-19.06	Shark Fin with four consecutive ¼ rolls, ½ roll	3
F-19.07	Roll Combination with four 1/8 rolls, four 1/8 rolls in opposite direction	4
F-19.08	Top Hat with two consecutive ¼ rolls, roll	3
F-19.09	Two Horizontal Circles with ½ roll to the inside integrated, roll integrated in opposite direction, ½ roll integrated in opposite direction	6
F-19.10	Trombone with roll	2
F-19.11	Double Fighter Turn with ¾ roll, ¾ roll	6
F-19.12	Inverted Figure Et with ½ roll, roll	4
F-19.13	Inverted Spin with two turns, two consecutive ¼ rolls	4
F-19.14	Pull-Push-Pull Humpty-Bump with snap-roll, ½ roll (Option: with 1 ¼ snap-roll, ¾ roll)	4
F-19.15	Roll Combination with consecutive two 1/8 rolls, roll in opposite direction, consecutive two 1/8 rolls in opposite direction	4
F-19.16	Half Loop with two ½ rolls in opposite directions integrated	4
F-19.17	45° Downline with consecutive ½ roll, two snap-rolls in opposite directions, ½ roll	5
	Total K=	70
*) K-factor = difficulty factor of the manoeuvre.		



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 $\frac{3}{4}$ 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 $\frac{1}{8}$ 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 snap-rolls in opposite directions, push through a $\frac{1}{8}$ loop, perform a $\frac{1}{2}$ roll, exit upright.