

**NORDIC SCHEDULE N-17 (2016-2017) Effective 1st January 2016**

#	Manoeuvres	K-factor*
N-17.01	Triangle loop with $\frac{1}{2}$ roll, $\frac{1}{2}$ roll	3
N-17.02	Figure Et with consecutive two $\frac{1}{2}$ rolls in opposite directions, $\frac{1}{2}$ roll	3
N-17.03	Cuban 8 with roll, roll	5
N-17.04	Half square loop with $\frac{1}{2}$ roll	2
N-17.05	Reverse Cobra Roll with consecutive two $\frac{1}{4}$ rolls	4
N-17.06	Spin with two turns	3
N-17.07	Figure 9 with $\frac{1}{2}$ roll	3
N-17.08	Push-Pull-Pull Humpty-Bump (Option: with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll)	4
N-17.09	Stall Turn with $\frac{3}{4}$ roll, $\frac{1}{4}$ roll	5
N-17.10	Half Reverse Cuban 8	3
N-17.11	Knife-Edge flight with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll	4
N-17.12	Immelman Turn with $\frac{1}{2}$ roll	2
N-17.13	Loop with $\frac{1}{2}$ roll integrated	5
N-17.14	Half Square Loop on Corner	2
N-17.15	Double Key	5
N-17.16	Half Cuban 8 with $\frac{1}{2}$ roll	3
N-17.17	Square Loop with $\frac{1}{2}$ roll, $\frac{1}{2}$ roll	4
	Total K=	60
*) K-factor = difficulty factor of the manoeuvre.		

**N-17.01 Triangle loop with ½ roll, ½ roll**

From upright, pull through a 3/8 loop into a 45° up-line, perform a ½ roll, push through a ¼ loop into a 45° down-line, perform a ½ roll, pull through a 3/8 loop, exit upright.

**N-17.02 Figure Et with consecutive two ½ rolls in opposite directions, ½ roll**

From upright, pull through a 1/8 loop into a 45° up-line, perform consecutively two ½ rolls in opposite directions, pull through a 5/8 loop into a vertical down-line, perform ½ roll, pull through a ¼ loop, exit upright.

**N-17.03 Cuban 8 with roll, roll**

From upright, pull through a 5/8 loop into a 45° down-line, perform a roll, push through a ¾ loop into a 45° down-line, perform a roll, pull through a 1/8 loop, exit upright.

**N-17.04 Half square loop with ½ roll**

From upright, pull through a ¼ loop into a vertical up-line, perform a ½ roll, push through a ¼ loop, exit upright.

**N-17.05 Reverse Cobra Roll with consecutive two ¼ rolls**

From upright, push through a 1/8 loop into a 45° down-line, pull through a ¼ loop into a 45° up-line, perform consecutively two ¼ rolls, pull through a 1/8 loop, exit inverted.

**N-17.06 Spin with two turns**

From inverted, perform an inverted spin with two turns, perform a vertical down-line, pull through a ¼ loop, exit upright.

**N-17.07 Figure 9 with ½ roll**

From upright, pull through a ¼ loop into a vertical up-line, perform a ½ roll, push through a ¾ loop, exit inverted.

**N-17.08 Push-Pull-Pull Humpty-Bump (Option: with ¼ roll, ¼ roll)**

From inverted, push through a ¼ loop into a vertical up-line, pull through a ½ loop into a vertical down-line, pull through a ¼ loop, exit upright.

Option: From inverted, push through a ¼ loop into a vertical up-line, perform a ¼ roll, pull through a ½ loop into a vertical down-line, perform a ¼ roll, pull through a ¼ loop, exit upright.

**N-17.09 Stall Turn with ¾ roll, ¼ roll**

From upright, pull through a ¼ loop into a vertical up-line, perform a ¾ roll, perform a stall turn into a vertical down-line, perform a ¼ roll, pull through a ¼ loop, exit upright.

**N-17.10 Half Reverse Cuban 8**

From upright, pull through a 1/8 loop into a 45° up-line, perform a ½ roll, pull through a 5/8 loop, exit upright.

**N.17.11 Knife-Edge flight with ¼ roll, ¼ roll**

From upright, perform a ¼ roll, perform a knife-edge flight, perform a ¼ roll exit upright.

**N-17.12 Immelman Turn with ½ roll**

From upright, pull through a ½ loop, perform a ½ roll, exit upright.

**N-17.13 Loop with ½ roll integrated**

From upright, push through a loop while integrating a ½ roll in the last 90°, exit inverted.

**N-17.14 Half Square Loop on Corner**

From inverted, pull through a 1/8 loop into a 45° down-line, pull through a ¼ loop into a 45° down-line, pull through a 1/8 loop, exit upright.

**N-17.15 Double Key**

From upright, pull through a ¼ loop into a vertical up-line, pull through a 5/8 loop into a 45° down-line, pull through a 1/4 loop into a 45° up-line, pull through a 5/8 loop into a vertical down-line, pull through a ¼ loop, exit upright.

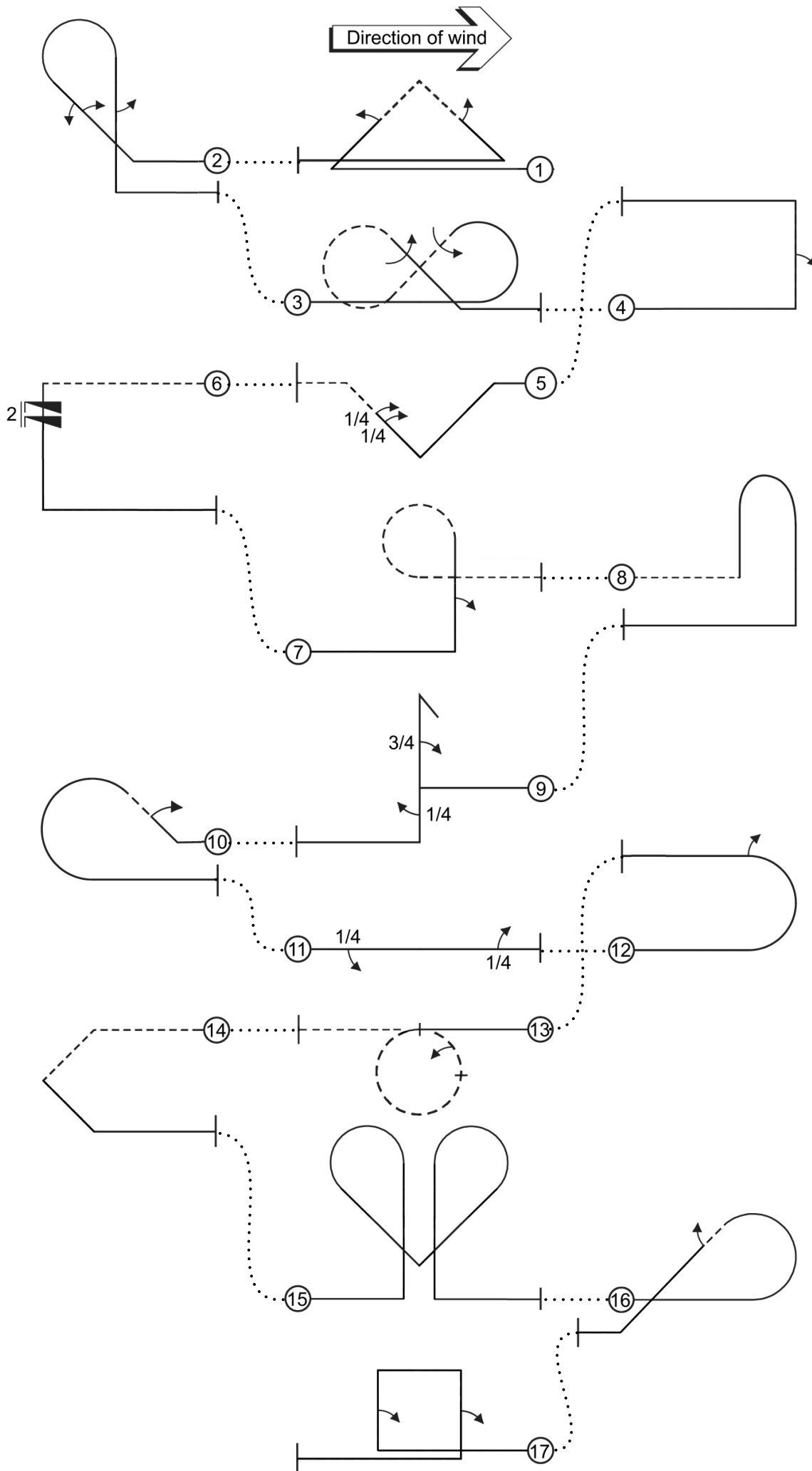
**N-17.16 Half Cuban 8 with ½ roll**

From upright, pull through a 5/8 loop into a 45° down-line, perform a ½ roll, exit upright.

**N-17.17 Square Loop with ½ roll, ½ roll**

From upright perform a square loop while performing a ½ roll in the up leg and a ½ roll in the down leg, exit upright.

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