

Advanced Schedule (from January 2010)

1 Figure M, ¼ rolls up & down, ½ outside loop at centre:

From upright, pull to a vertical upline and perform a 1/4-point roll up followed by a stall turn on the vertical downline, perform a ¼ roll push through a half outside loop on the vertical upline, perform a ¼ roll up, followed by a stall turn on the vertical downline, perform a ¼ roll and pull to exit upright.

2 Half reverse Cuban 8, with ½ roll in the 45 degree upline:

Pull to a 45 degree upline and perform a half roll pull through 5/8 of an inside loop to exit upright.

3 Slow roll:

From upright perform a slow roll.

Judging notes:

The slow roll is continuous with no pauses.

4 Half square loop, 1/2 roll up:

From upright, pull to a vertical upline, perform a half roll and push to exit upright.

5 45 degree downline, 1 & ½ snap roll, inverted exit:

From upright push to 45 degree, perform a 1 & ½ positive snap and push to exit inverted.

6 Humpty bump, ½ rolls up and down:

From inverted, push to a vertical upline and perform a half roll push through a half outside loop on the downline, perform a ½ roll to exit upright.

7 Loop, with a half roll at the top, exit inverted:

From upright, complete an inside loop perform a half roll at the top exit inverted.

8 Half square loop on corner, ½ roll in the exit line, inverted exit:

From inverted, push to a 45 degree upline, push through 90 degrees to a 45 degree upline perform a half roll in the exit line, exit inverted.

9 Reverse Cuban 8, ½ rolls in 45 degree downlines, inverted exit:

From inverted, pull to a 45 degree inverted downline, and perform half roll, pull through a ¼ inside loop to a 45 degree inverted downline, perform half roll and pull through 5/8 of an inside loop to exit inverted.

10 Half loop:

From inverted pull through a half inside loop.

11 Knife edge:

From upright roll to knife edge, hold for approx. five seconds, roll to upright to exit upright.

12 Stall turn:

From upright pull to a vertical upline, followed by a stall turn on the vertical downline and pull to exit upright.

13 Double Immelman, full roll at top, ½ roll at bottom, inverted exit:

From upright pull to complete a half inside loop followed immediately by a full roll, push through a half outside loop followed immediately by a half roll to exit inverted.

Judging notes:

The length of the upper horizontal line (including part-roll) is equal to the diameter of the half loops.

14 Half outside loop:

From inverted, push to a outside loop to exit upright.

15 45 degree downline with 2 of 4 point, exit inverted:

From upright on a horizontal line push to 45 degree down perform a 2 of 4 point roll to exit inverted.

Judging notes:

The 2 of 4 must be positioned over the centre line.

16 Half square loop:

From inverted push to perform a half square loop to exit upright

17 2 turn spin, with full roll on exit:

Perform 2 consecutive turn spins and perform a full roll to exit upright.

Judging notes:

Snap entry, zero points.

Forced entry, downgrade.

Spin must be of a same speed.