

## FINAL SCHEDULE F-25 (2024-2025)

### **F-25.01 Square Loop on Corner with quarter roll integrated, half roll integrated, half roll integrated, half roll integrated, quarter roll integrated**

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

### **F-25.02 Figure Nine with roll, half roll in opposite directions**

From inverted, push through a quarter loop into a vertical upline, perform consecutively a roll and a half roll in opposite directions, push through a three quarter loop, exit inverted.

### **F-25.03 Roll Combination with consecutive two quarter rolls, four consecutive quarter rolls in opposite direction, two consecutive quarter rolls in opposite direction**

From inverted, perform consecutively two consecutive quarter rolls, four consecutive quarter rolls in opposite direction, two consecutive quarter rolls in opposite direction, exit inverted.

### **F-25.04 Half Loop with half roll integrated**

From inverted, push through a half loop while integrating a half roll, exit inverted.

### **F-25.05 Pull Pull Push Humpty Bump with one and half snap rolls, half roll integrated, one and a half rolls.**

From inverted, before center pull through a quarter loop into a vertical downline, perform one and a half snap rolls, pull through a half loop with half roll integrated into a vertical upline, perform one and a half continuous rolls, push through a quarter loop, exit upright.

### **F-25.06 Three Turn Spin with half roll**

From upright, perform a spin with three turns, perform a vertical downline, perform a half roll, pull through a quarter loop, exit upright.

### **F-25.07 Horizontal Circle with three half rolls in opposite direction integrated**

From upright, perform a horizontal circle with half roll integrated in the first ninety degrees, half roll in opposite direction integrated in next one hundred eighty degrees, half roll in opposite direction integrated in the last ninety degrees, exit inverted.

Note: First half roll is to the inside.

### **F-25.08 Shark Fin with roll, two snap rolls in opposite directions**

From inverted, push through a quarter loop into a vertical upline, perform a roll, push through three eighths loop into a forty-five degree downline, perform consecutively two snap rolls in opposite directions, pull through a one eighth loop, exit upright.

**F-25.09 Square Vertical Eight with half roll, roll, quarter roll, roll, quarter roll, roll, half roll**

From upright, pull through a quarter loop into vertical upline perform a half roll, push through a quarter loop, perform a roll, pull through a quarter loop into a vertical upline perform a quarter roll, perform a quarter knifeedge loop (**towards the center**), perform a roll, perform a quarter knife-edge loop into a vertical downline, perform a quarter roll, push through a quarter loop, perform a roll, pull through a quarter loop into a vertical down line, perform a half roll, push through a quarter loop, exit inverted.

**F-25.10 Push Push Pull Humpty Bump with half roll, one and a half rolls.**

From inverted, push through quarter loop into a vertical upline, perform a half roll, push through a half loop into a vertical downline, perform one and a half continuous rolls, pull through quarter loop, exit upright.

**F-25.11 Knife-edge Triangle with quarter roll integrated, half roll, half roll integrated, half roll, quarter roll integrated**

From upright, fly past center pull through a three eighths loop with quarter roll integrated into to a forty-five degree knife-edge upline, perform a half roll, perform a quarter knife-edge loop with a half roll integrated into a forty-five degree knife-edge downline, perform a half roll, perform a three eighths knife-edge loop with a quarter roll integrated, exit upright.

**F-25.12 Half Eight Sided Loop with quarter roll, quarter roll**

From upright, pull through a one eighth loop into a forty-five degree upline, perform a quarter roll, perform a one eighth knife-edge loop into a vertical upline, perform a one eighth knife-edge loop into a forty-five degree knife-edge upline, perform a quarter roll, pull through a one eighth loop, exit inverted.

**F-25.13 Forty Five Degree Downline with two consecutive one and a quarter rolls in opposite directions.**

From inverted, pull through a one eighth loop into a forty five degree downline, perform consecutively two one and a quarter rolls in opposite directions, push through a one eighth loop, exit inverted.

**F-25.14 Half Square Loop with roll, half roll in opposite directions**

From inverted, push through a quarter loop into a vertical upline, perform consecutively a roll and a half roll in opposite directions, pull through a quarter loop, exit inverted.

**F-25.15 Avalanche (from top) with quarter roll integrated, snap roll, quarter roll integrated**

From inverted, pull through loop, perform a quarter roll integrated in the first ninety degrees of the loop, perform a snap roll at the bottom of the loop, perform a quarter roll integrated in last ninety degrees of the loop, exit inverted.

**F-25.16 Knife-Edge Split S with quarter roll, quarter roll**

From inverted, perform a quarter roll, immediately perform a half knife-edge loop down, immediately perform a quarter roll, exit inverted.

**F-25.17 Stall Turn with half roll, three quarter rolls, three quarter snap roll, half roll.**

From inverted, perform a half roll, pull through a quarter loop into vertical upline, perform three consecutive quarter rolls, perform a stall turn into a vertical downline, perform a three quarter snap roll, push through a quarter loop, perform a half roll, exit upright.

Note: Exit starts after the last half roll.