

SCHEDULE F3P-AP-14 (2014-2015)

#	Manoeuvre	K
1	Square reverse cuban 8 with roll up, two consecutive $\frac{1}{4}$ rolls	3
2	Knife-edge trombone with $\frac{1}{4}$ roll up $\frac{1}{4}$ roll down	2
3	Loop with 2 rolls in opposite direction integrated	6
4	Camel Humpty-Bump with $\frac{1}{4}$ roll up, $\frac{1}{4}$ roll down	4
5	Eight consecutive $\frac{1}{8}$ rolls	5
6	Stall turn with two consecutive $\frac{1}{2}$ rolls in opposite direction up, $\frac{1}{2}$ roll down	3
7	Knife-edge top hat with $\frac{3}{4}$ roll up, $\frac{1}{4}$ roll down	5
8	Half cuban 8 with roll down	2
9	Rolling Horizontal circle with two consecutive rolls integrated to the inside	5
10	180° Half Horizontal Knife-edge Circle with $\frac{1}{4}$ roll, half roll integrated	3
11	Half torque rolls with 4 of 8 point roll Vertical Upline with consecutive four $\frac{1}{8}$ Torque Rolls	4
	Total	42

AP-15.01 Square Reverse Cuban Eight with roll, two consecutive $\frac{1}{4}$ rolls

From upright, pull into through a $\frac{1}{8}$ loop into a 45° upline, perform a roll, push through a $\frac{1}{4}$ loop into a 45° downline, push through a $\frac{1}{4}$ loop into another 45° downline, push through a $\frac{1}{4}$ loop into a 45° upline, perform consecutively two $\frac{1}{4}$ rolls, push through a $\frac{1}{4}$ loop into a 45° downline, push through a 45° loop into another 45° downline, push through a $\frac{1}{8}$ loop, exit inverted.

AP-15.02 Knife-Edge Trombone with $\frac{1}{4}$ roll up, $\frac{1}{4}$ roll down

From inverted, push into a 45° upline, perform a $\frac{1}{4}$ roll, push through a $\frac{1}{2}$ circle into a 45° downline, perform a $\frac{1}{4}$ roll, pull through a $\frac{1}{8}$ loop, exit upright.

AP-15.03 Loop with two rolls in opposite directions integrated

From upright, perform a loop while performing a roll integrated in the first 180°, immediately followed by another roll in opposite direction integrated in the second 180°, exit upright.

AP-15.04 Camel Humpty-Bump with $\frac{1}{4}$ roll up, $\frac{1}{4}$ roll down

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, perform a $\frac{1}{4}$ roll, push through a $\frac{1}{2}$ loop into a vertical downline, pull through a $\frac{1}{2}$ loop into a vertical upline, push through a $\frac{1}{2}$ loop into a vertical downline, perform a $\frac{1}{4}$ roll, push through a $\frac{1}{4}$ loop, exit inverted.

AP-15.05 Eight Consecutive $\frac{1}{8}$ Rolls

From inverted, perform consecutively eight $\frac{1}{8}$ rolls, exit inverted.

AP-15.06 Stall-Turn with two consecutive $\frac{1}{2}$ rolls in opposite directions up, $\frac{1}{2}$ roll down

From inverted, push through a $\frac{1}{4}$ loop into a vertical upline, perform consecutively two $\frac{1}{2}$ rolls in opposite directions, perform a stall turn into a vertical downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{4}$ loop, exit upright.

AP-15.07 Knife-Edge Top Hat with $\frac{3}{4}$ roll up, $\frac{1}{4}$ roll down

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, perform a $\frac{3}{4}$ roll, perform a $\frac{1}{4}$ knife-edge loop into a horizontal knife-edge flight, perform a $\frac{1}{2}$ roll, perform $\frac{1}{4}$ knife-edge loop into a vertical downline, perform a $\frac{1}{4}$ roll, push through a $\frac{1}{4}$ loop, exit inverted.

AP-15.08 Half Cuban Eight with roll down

From inverted, push through a $\frac{5}{8}$ loop into a 45° downline, perform a roll, pull through a $\frac{1}{8}$, exit upright.

AP-15.09 Horizontal Circle with two consecutive rolls integrated

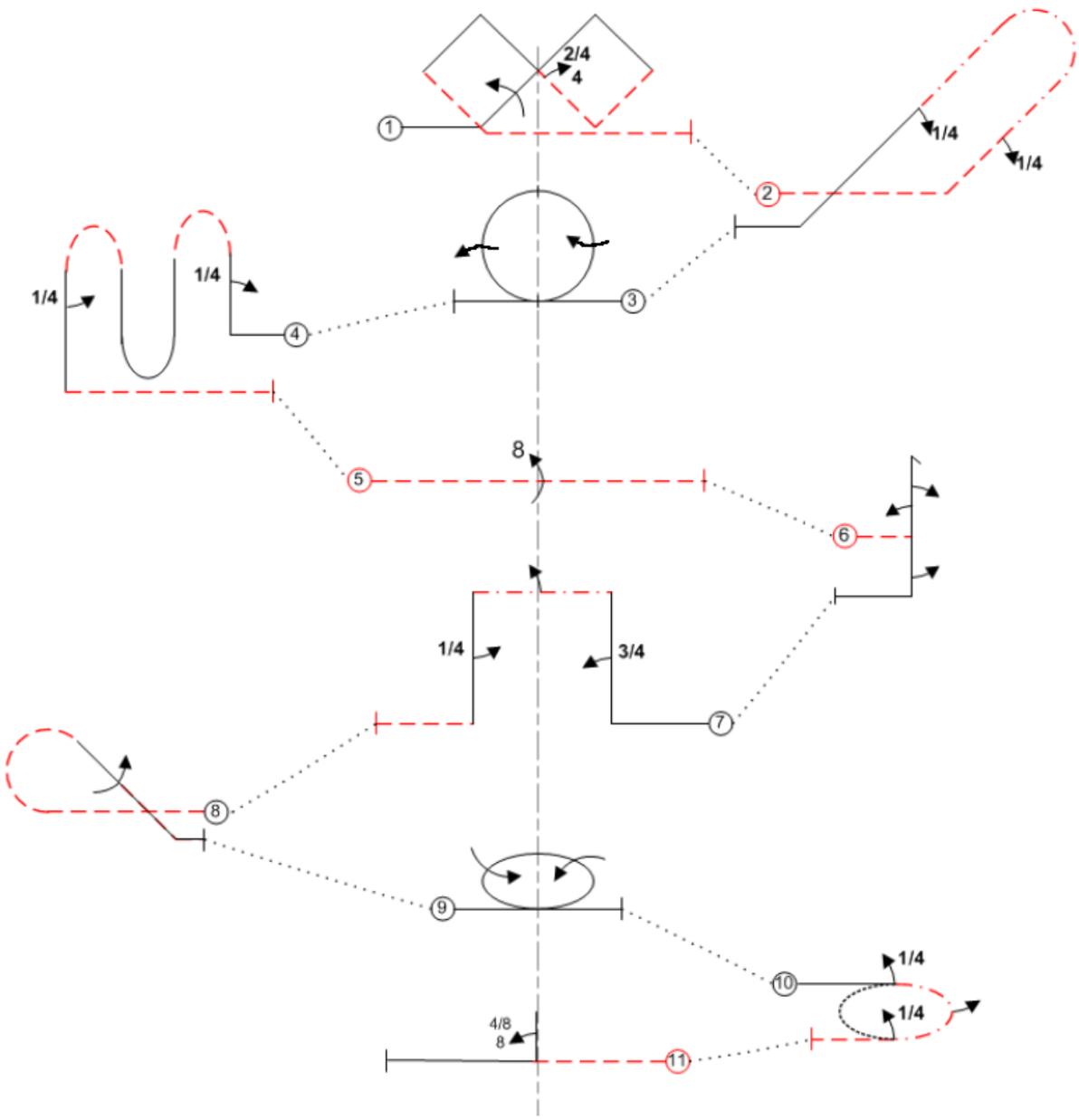
From upright perform a horizontal circle while performing two consecutive rolls integrated in each 180° with roll direction to the inside, exit upright.

AP-15.10 Half Horizontal Knife-Edge Circle with $\frac{1}{4}$ roll, $\frac{1}{2}$ roll integrated, $\frac{1}{4}$ roll

From upright, perform a $\frac{1}{4}$ roll into knife-edge flight, push or pull through a $\frac{1}{2}$ horizontal knife-edge circle while performing a $\frac{1}{2}$ roll integrated in the outer 90°, perform a $\frac{1}{4}$ roll, exit inverted.

AP-15.11 Vertical upline with consecutive four $\frac{1}{8}$ Torque Rolls.

From inverted, push through a $\frac{1}{4}$ loop into a vertical upline, reduce flying speed to zero in the middle of that line. Perform in this position consecutively four $\frac{1}{8}$ torque rolls, then accelerate, push through a $\frac{1}{4}$ loop, exit upright.



SCHEDULE F3P-AF-14 (2014-2015)

#	Manoeuvre	K
1	Knife-edge golf ball with $\frac{3}{4}$ roll up, half roll integrated, $\frac{1}{4}$ roll down	3
2	Vertical 8	2
3	Knife-Edge flight combination with $\frac{1}{4}$ roll, roll, $\frac{1}{4}$ roll	5
4	Figure 6 with Stall Turn, $\frac{1}{2}$ roll down	3
5	Cubic top hat with $\frac{3}{4}$ roll up, $\frac{1}{4}$ roll down, $\frac{1}{2}$ roll, $\frac{3}{4}$ roll up, $\frac{1}{4}$ roll down	6
6	Half Horizontal Square Circle on Corner with $\frac{1}{4}$ roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, $\frac{1}{4}$ roll	4
7	Eye-Catcher with two $\frac{3}{4}$ rolls integrated in opposite directions	6
8	Half horizontal Hour-Glass with $\frac{1}{2}$ roll down, roll up, $\frac{1}{2}$ roll down	4
9	Horizontal Triangular Circle with $\frac{1}{4}$ roll, $\frac{1}{2}$ roll integrated, roll, $\frac{1}{2}$ roll integrated, roll, $\frac{1}{2}$ roll integrated, $\frac{1}{4}$ roll	6
10	Tail Slide with two consecutive $\frac{1}{8}$ rolls up, two consecutive $\frac{1}{8}$ rolls down	3
11	Roll combination with $1\frac{3}{4}$ roll, $1\frac{3}{4}$ roll in opposite direction	5
	Total	47

AF-15.01 Knife-Edge Golf Ball with $\frac{3}{4}$ roll up, half roll integrated, $\frac{1}{4}$ roll down

From upright, pull through a $\frac{1}{8}$ loop into a 45° upline, perform a $\frac{3}{4}$ roll, perform a $\frac{3}{4}$ loop in knife-edge flight into a 45° down-line while performing a half roll integrated, perform a $\frac{1}{4}$ roll, push through a $\frac{1}{8}$ loop, exit inverted.

AF-15.02 Vertical Eight

From inverted, push through a $\frac{1}{2}$ loop, immediately pull through a loop, exit upright.

AF-15.03 Knife-Edge Flight Combination with $\frac{1}{4}$ roll, roll, $\frac{1}{4}$ roll

From upright, perform a $\frac{1}{4}$ roll, perform a roll and in opposite direction, perform a $\frac{1}{4}$ roll, exit inverted.

AF-15.04 Figure 6 with stall turn, $\frac{1}{2}$ roll down

From inverted, pull through a $\frac{3}{4}$ loop into a vertical upline, perform a stall turn, into a vertical downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{4}$ loop, exit upright.

AF-15.05 Cubic Top-Hat with $\frac{3}{4}$ roll up, $\frac{1}{4}$ roll down, $\frac{1}{2}$ roll, $\frac{3}{4}$ roll up, $\frac{1}{4}$ roll down

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, reduce flying speed to zero in the middle of that line, perform a $\frac{3}{4}$ torque roll, then accelerate, push through a $\frac{1}{4}$ loop, push through a $\frac{1}{4}$ loop into a vertical downline, perform a $\frac{1}{4}$ roll, pull through a $\frac{1}{4}$ loop, perform a $\frac{1}{2}$ roll, push through a $\frac{1}{4}$ loop into a vertical upline, reduce flying speed to zero in the middle of that line, perform a $\frac{3}{4}$ torque roll, then accelerate, push through a $\frac{1}{4}$ loop, push through a $\frac{1}{4}$ loop into a vertical downline, perform a $\frac{1}{4}$ roll, push through a $\frac{1}{4}$ loop, exit inverted.

AF-15.06 Half Horizontal Square Circle on Corner with $\frac{1}{4}$ roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, $\frac{1}{4}$ roll

From inverted, perform a $\frac{1}{4}$ roll, push or pull a $\frac{1}{8}$ circle, perform a $\frac{1}{2}$ roll, perform a $\frac{1}{4}$ circle, perform a $\frac{1}{2}$ roll, push or pull through a $\frac{1}{8}$ circle, perform a $\frac{1}{4}$ roll, exit upright.

AF-15.07 Eye-Catcher with two $\frac{3}{4}$ rolls integrated in opposite directions

From upright, pull through a $\frac{3}{4}$ loop performing a $\frac{3}{4}$ roll integrated, pull through another $\frac{3}{4}$ loop, while performing a $\frac{3}{4}$ roll integrated in opposite direction, exit upright.

AF-15.08 Half Horizontal Hour Glass with $\frac{1}{2}$ roll down, roll up, $\frac{1}{2}$ roll down

From upright, push through a $\frac{1}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, push through a $\frac{3}{8}$ loop into a vertical upline, perform a roll, push through a $\frac{3}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, push through a $\frac{1}{8}$ loop, exit inverted.

AF-15.09 Horizontal Triangular Circle with $\frac{1}{4}$ roll, $\frac{1}{2}$ roll integrated, roll, $\frac{1}{2}$ roll integrated, roll, $\frac{1}{2}$ roll integrated, $\frac{1}{4}$ roll

From inverted, perform a $\frac{1}{4}$ roll in the centre, perform a horizontal triangular circle of three equal side lengths while performing a $\frac{1}{2}$ roll to the outside in each corner integrated and perform a roll to the inside in each side leg, perform a $\frac{1}{4}$ roll in the centre, exit inverted.

AF-15.10 Tail Slide with two consecutive $\frac{1}{8}$ rolls up, two consecutive $\frac{1}{8}$ rolls down

From inverted, push through a $\frac{1}{4}$ loop into a vertical upline, perform consecutively two $\frac{1}{8}$ rolls, perform a stick-back tail slide into a vertical downline, perform consecutively two $\frac{1}{8}$ rolls, pull through a $\frac{1}{4}$ loop into a horizontal line, exit upright.

AF-15.11 Roll Combination with $1\frac{3}{4}$ roll, $1\frac{3}{4}$ roll in opposite direction

From upright, perform consecutively two $1\frac{3}{4}$ rolls in opposite directions, exit upright.

NB : Aresti-tegningen inneholder feil da den er hentet fra u-korrigert møtereferat fra CIAM planetary meeting April 2013

