

Type the instruction in the space below:

Delete schedules A-14, P-15, F-15, add schedules A-18, P-19, F-19

Type the text changes in the space below (show deletions as ~~strike-through~~ and additions as **bold underlined**):

**ADVANCED SCHEDULE A-18 (2017-2018)**

**A-18.01 Triangle loop with  $\frac{1}{2}$  roll,  $\frac{1}{2}$  roll**

**From upright, perform a  $\frac{1}{2}$  roll in the centre, push through a  $\frac{3}{8}$  loop into a  $45^\circ$  upline, push through a  $\frac{1}{4}$  loop into a  $45^\circ$  downline, push through a  $\frac{3}{8}$  loop, perform a  $\frac{1}{2}$  roll in the centre, exit upright.**

**A-18.02 Figure Et with consecutive two  $\frac{1}{2}$  rolls in opposite directions,  $\frac{1}{2}$  roll**

**From upright, pull through a  $\frac{1}{8}$  loop into a  $45^\circ$  upline, perform consecutively two  $\frac{1}{2}$  rolls in opposite directions, pull through a  $\frac{5}{8}$  loop into a vertical downline, perform  $\frac{1}{2}$  roll, pull through a  $\frac{1}{4}$  loop, exit upright.**

**A-18.03 Cuban 8 with roll, roll**

**From upright, pull through a  $\frac{5}{8}$  loop into a  $45^\circ$  downline, perform a roll, push through a  $\frac{3}{4}$  loop into a  $45^\circ$  downline, perform a roll, pull through a  $\frac{1}{8}$  loop, exit upright.**

**A-18.04 Half square loop with  $\frac{1}{2}$  roll**

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

**A-18.05 Reverse Cobra Roll with consecutive two  $\frac{1}{4}$  rolls**

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

**A-18.06 Spin with two turns**

**From inverted, perform an inverted spin with two turns, perform a vertical downline, pull through a  $\frac{1}{4}$  loop, exit upright.**

**A-18.07 Figure 9 with  $\frac{1}{2}$  roll**

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

**A-18.08 Push-Pull-Push Humpy-Bump with, consecutive two  $\frac{1}{4}$  rolls (Option: with  $\frac{1}{4}$  roll,  $\frac{1}{4}$  roll)**

**From inverted, push through a  $\frac{1}{4}$  loop into a vertical upline, pull through a  $\frac{1}{2}$  loop into a vertical downline, perform consecutively two  $\frac{1}{4}$  rolls, push through a  $\frac{1}{4}$  loop, exit inverted.**

**Option: From inverted, push through a  $\frac{1}{4}$  loop into a vertical upline, perform a  $\frac{1}{4}$  roll, pull 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.**

**A-18.09 Stall Turn with  $\frac{3}{4}$  roll,  $\frac{1}{4}$  roll**

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

**A-18.10 Half Reverse Cuban 8**

**From inverted, push through a  $\frac{1}{8}$  loop into a  $45^\circ$  upline, pull through a  $\frac{5}{8}$  loop, exit upright.**

**A-18.11 Knife-Edge flight with  $\frac{1}{4}$  roll,  $\frac{1}{4}$  roll**

**From upright, perform a  $\frac{1}{4}$  roll, perform a knife-edge flight, perform a  $\frac{1}{4}$  roll exit upright.**

**A-18.12 Immelman Turn with  $\frac{1}{2}$  roll**

**From upright, pull through a  $\frac{1}{2}$  loop, perform a  $\frac{1}{2}$  roll, exit upright**

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#### **A-18.13 Loop with $\frac{1}{2}$ roll integrated**

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From upright, push through a loop while integrating a  $\frac{1}{2}$  roll in the last 90°, exit inverted.

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#### **A-18.14 Half Square Loop on Corner**

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From inverted, pull through a  $\frac{1}{8}$  loop into a 45° downline, pull through a  $\frac{1}{4}$  loop into a 45° downline, pull through a  $\frac{1}{8}$  loop, exit upright.

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#### **A-18.15 Double Key**

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From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, pull through a  $\frac{5}{8}$  loop into a 45° downline, pull through a  $\frac{1}{4}$  loop into a 45° upline, pull through a  $\frac{5}{8}$  loop into a vertical downline, pull through a  $\frac{1}{4}$  loop, exit upright.

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#### **A-18.16 Half Cuban 8 with $\frac{1}{2}$ roll**

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From upright, pull through a  $\frac{5}{8}$  loop into a 45° downline, perform a  $\frac{1}{2}$  roll, exit upright.

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#### **A-18.17 Square Loop with, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll**

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From upright perform a square loop while performing a  $\frac{1}{2}$  roll in the up leg and a  $\frac{1}{2}$  roll in the down leg, exit upright.

### **PRELIMINARY SCHEDULE P-19 (2018-2019)**

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#### **P-19.01 Triangle loop with $\frac{1}{2}$ roll, consecutive two $\frac{1}{4}$ rolls, consecutive two $\frac{1}{4}$ roll, $\frac{1}{2}$ roll**

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From upright, perform a  $\frac{1}{2}$  roll in the centre, push through a  $\frac{3}{8}$  loop into a 45° upline, perform consecutively two  $\frac{1}{4}$  rolls, pull through a  $\frac{1}{4}$  loop into a 45° downline, perform consecutively two  $\frac{1}{4}$  rolls, push through a  $\frac{3}{8}$  loop, perform a  $\frac{1}{2}$  roll in the centre, exit upright.

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#### **P-19.02 Figure Et with consecutive two $\frac{1}{2}$ rolls in opposite directions, consecutive four $\frac{1}{8}$ rolls**

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From upright, pull through a  $\frac{1}{8}$  loop into a 45° upline, perform consecutively two  $\frac{1}{2}$  rolls in opposite directions pull through a  $\frac{5}{8}$  loop into a vertical downline, perform consecutively four  $\frac{1}{8}$  rolls, pull through a  $\frac{1}{4}$  loop, exit upright.

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#### **P-19.03 Cuban 8 with snap-roll, snap-roll**

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From upright, pull through a  $\frac{5}{8}$  loop into a 45° downline, perform a snap-roll, push through a  $\frac{3}{4}$  loop into a 45° downline, perform a snap-roll pull through a  $\frac{1}{8}$  loop, exit upright.

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#### **P-19.04 Half square loop with $\frac{1}{2}$ roll**

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

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#### **P-19.05 Reverse Cobra Roll with roll, consecutive two $\frac{1}{4}$ rolls**

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

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#### **P-19.06 Inverted Spin with two turns**

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From inverted, perform an inverted spin with two turns, perform a vertical downline, pull through a  $\frac{1}{4}$  loop, exit upright.

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#### **P-19.07 Figure 9 with $\frac{1}{2}$ roll**

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

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#### **P-19.08 Push-Push-Push Humpy-Bump with consecutive two $\frac{1}{4}$ rolls in opposite directions, consecutive two $\frac{1}{2}$ rolls (Option: with $\frac{1}{4}$ roll, consecutive $\frac{1}{2}$ roll, $\frac{1}{4}$ roll in opposite directions, $\frac{1}{4}$ roll)**

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

Option: From inverted, push trough 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, perform consecutively a  $\frac{1}{2}$  roll,  $\frac{1}{4}$  roll in opposite directions, push through a  $\frac{1}{4}$  loop, exit inverted.

**P-19.09 Stall Turn with roll, consecutive three  $\frac{1}{4}$  rolls,  $\frac{3}{4}$  roll**

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From Inverted, perform a roll, push through a  $\frac{1}{4}$  loop into a vertical upline, perform consecutively three  $\frac{1}{4}$  rolls, perform a stall turn into a vertical downline, perform a  $\frac{3}{4}$  roll, push through a  $\frac{1}{4}$  loop, exit inverted.

**P-19.10 Half Reverse Cuban 8 with roll**

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

**P-19.11 Knife-Edge flight with 1  $\frac{1}{4}$  roll, 1  $\frac{1}{4}$  roll**

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From upright, perform a 1  $\frac{1}{4}$  roll, perform a knife-edge flight, perform a 1  $\frac{1}{4}$  roll exit upright.

**P-19.12 Immelman Turn with  $\frac{1}{2}$  roll**

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From upright, pull through a  $\frac{1}{2}$  loop, perform a  $\frac{1}{2}$  roll, exit upright

**P-19.13 Loop with two  $\frac{1}{2}$  rolls integrated**

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From upright, push through a loop while integrating a  $\frac{1}{2}$  roll in the first  $90^\circ$  and another  $\frac{1}{2}$  roll in the last  $90^\circ$ , exit upright.

**P-19.14 Half Square Loop on Corner with  $\frac{1}{2}$  roll**

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From upright, push trough a  $\frac{1}{8}$  loop into a  $45^\circ$  downline, push through a  $\frac{1}{4}$  loop into a  $45^\circ$  downline, perform a  $\frac{1}{2}$  roll, pull through a  $\frac{1}{8}$  loop, exit upright.

**P-19.15 Double Key with roll,  $\frac{1}{2}$  roll,  $\frac{1}{2}$  roll, roll**

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From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform a roll, pull through a  $\frac{5}{8}$  loop into a  $45^\circ$  downline, perform a  $\frac{1}{2}$  roll, push through a  $\frac{1}{4}$  loop into a  $45^\circ$  upline, perform a  $\frac{1}{2}$  roll, pull through a  $\frac{5}{8}$  loop into a vertical downline, perform a roll, pull through a  $\frac{1}{4}$  loop, exit upright.

**P-19.16 Half Cuban 8 with consecutive two  $\frac{1}{4}$  rolls**

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From upright, pull through a  $\frac{5}{8}$  loop into a  $45^\circ$  downline,, perform consecutively two  $\frac{1}{4}$  rolls, exit upright.

**P-19.17 Square Loop with,  $\frac{1}{2}$  roll,  $\frac{1}{2}$  roll,  $\frac{1}{2}$  roll,  $\frac{1}{2}$  roll**

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From upright perform a square loop while performing a  $\frac{1}{2}$  roll in each one leg, exit upright.

**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,**

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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**

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From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform two rolls, push through a  $\frac{3}{4}$  loop, exit inverted.

**F-19.03 Vertical 8 with roll integrated**

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From inverted, pull through a loop, pull through another loop while performing a roll integrated in the last  $90^\circ$  of the first loop and in the first  $90^\circ$  of the second loop, exit inverted.

**F-19.04 Stall Turn with consecutive  $\frac{1}{2}$  rolls in opposite directions**

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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-Bumb with 1  $\frac{1}{4}$  snap-roll, 1  $\frac{1}{4}$  snap-roll**

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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-rol, 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**

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From inverted, push through a 1/8 loop into a 45° upline, perform consecutively four 1/4 rolls, pull through a 3/8 loop into a vertical downline, perform a 1/2 roll, push through a 1/4 loop, exit inverted.

**F-19.07 Roll Combination with four 1/8 rolls, four 1/8 rolls in opposite direction**

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From inverted, perform consecutively four 1/8 rolls and four 1/8 rolls in opposite direction, exit inverted.

**F-19.08 Top Hat with two consecutive 1/4 rolls, roll**

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From inverted, push through a 1/4 loop into a vertical upline, perform consecutively two 1/4 rolls, pull through a 1/4 loop into inverted flight, pull through a 1/4 loop into a vertical downline, perform a roll, push through a 1/4 loop, exit inverted.

**F-19.09 Two Horizontal Circles with 1/2 roll to the inside integrated, roll integrated in opposite direction, 1/2 roll integrated in opposite direction**

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From Inverted, perform two horizontal circles with a 1/2 roll to the inside integrated in the first 180°, a roll integrated in the following 360° in opposite direction, a 1/2 roll integrated in the final 180° in opposite direction, exit inverted.

**F-19.10 Trombone with roll**

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From inverted, push through a 1/8 loop into a 45° upline, perform a roll, pull or push through a 1/2 loop into a 45° downline, pull through a 1/8 loop, exit upright.

**F-19.11 Double Fighter Turn with 3/4 roll, 3/4 roll**

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From upright, pull through a 1/8 loop into a 45° upline, perform a 3/4 roll, push through a 1/2 knife-edge circle into a 45° downline, perform a 1/4 knife-edge loop into a 45° upline, push through a 1/2 knife-edge circle into a 45° downline, perform a 3/4 roll, push through a 1/8 loop, exit inverted.

**F-19.12 Inverted Figure Et with 1/2 roll, roll**

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From inverted, push through a 1/8 loop into a 45° upline, perform a 1/2 roll, push through a 7/8 loop into a vertical upline, perform a roll, pull through a 1/4 loop, exit inverted.

**F-19.13 Inverted Spin with two turns, two consecutive 1/4 rolls**

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From inverted, perform an inverted spin with two turns, perform a vertical downline, perform consecutively two 1/4 rolls, pull through a 1/4 loop, exit upright.

**F-19.14 Pull-Push-Pull Humpty-Bump with snap-roll, 1/2 roll (Option: with 1 1/4 snap-roll, 3/4 roll)**

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From upright, pull through a 1/4 loop into a vertical upline, perform a snap-roll, push through a 1/2 loop into a vertical downline, perform a 1/2 roll, pull through a 1/4 loop, exit upright.

Option: From upright, pull through a 1/4 loop into a vertical upline, perform a 1 1/4 snap-roll, push through a 1/2 loop into a vertical downline, perform a 3/4 roll, pull through a 1/4 loop, exit upright.

**F-19.15 Roll Combination with consecutive two 1/8 rolls, roll in opposite direction, consecutive two 1/8 rolls in opposite direction**

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From upright, perform consecutively two 1/8 rolls, a roll in opposite direction, two 1/8 rolls in opposite direction, exit inverted.

**F-19.16 Half Loop with two 1/2 rolls in opposite directions integrated**

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From inverted, push through a 1/2 loop while performing a 1/2 roll integrated in the first 90° and a 1/2 roll in opposite direction integrated in the second 90°, exit upright

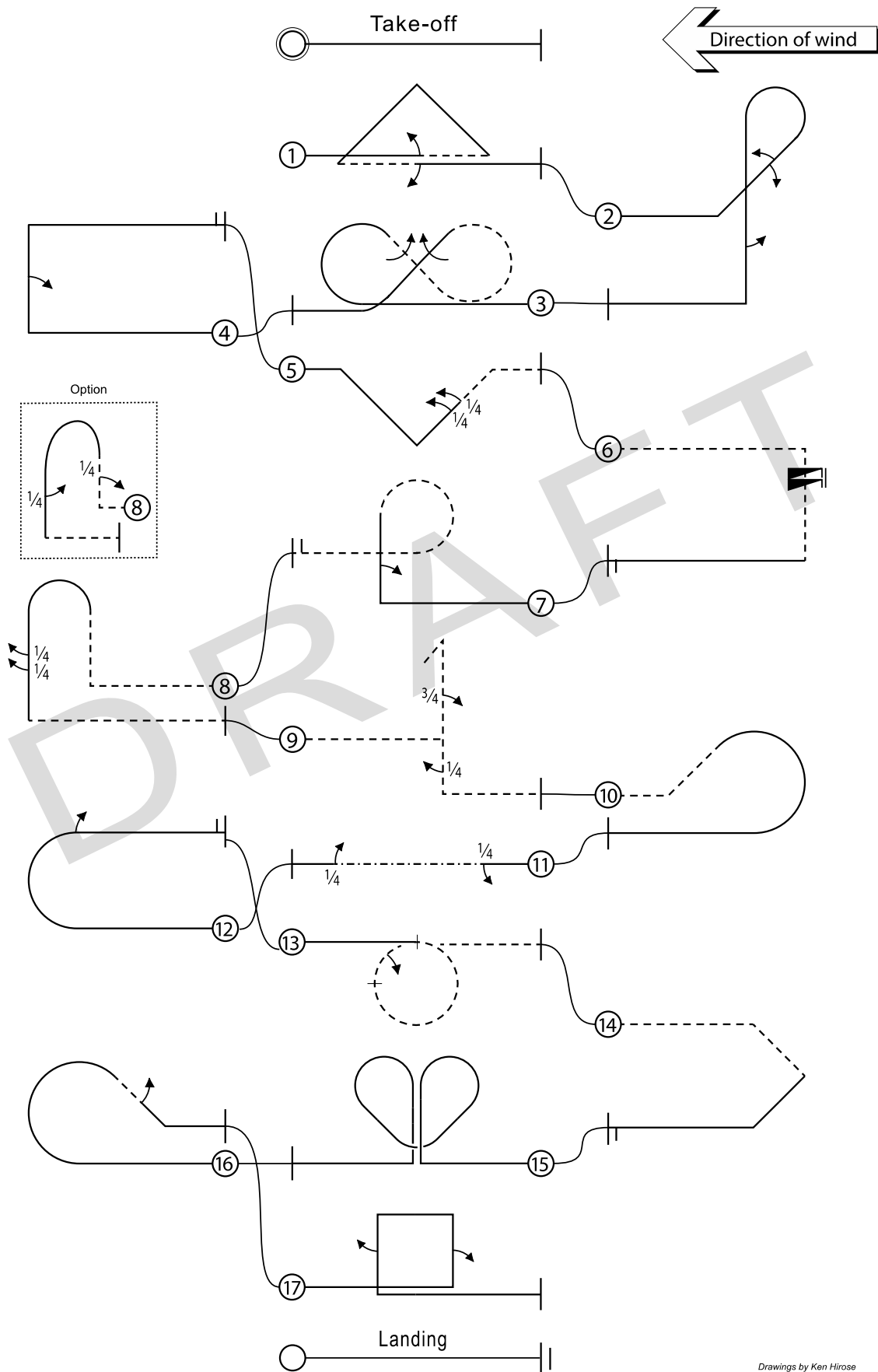
**F-19.17 45° Downline with consecutive 1/2 roll, two snap-rolls in opposite directions, 1/2 roll**

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From upright, perform a 1/2 roll, pull through a 1/8 loop into a 45° downline, perform consecutively two snap-rolls in opposite directions, push through a 1/8 loop, perform a 1/2 roll, exit upright.

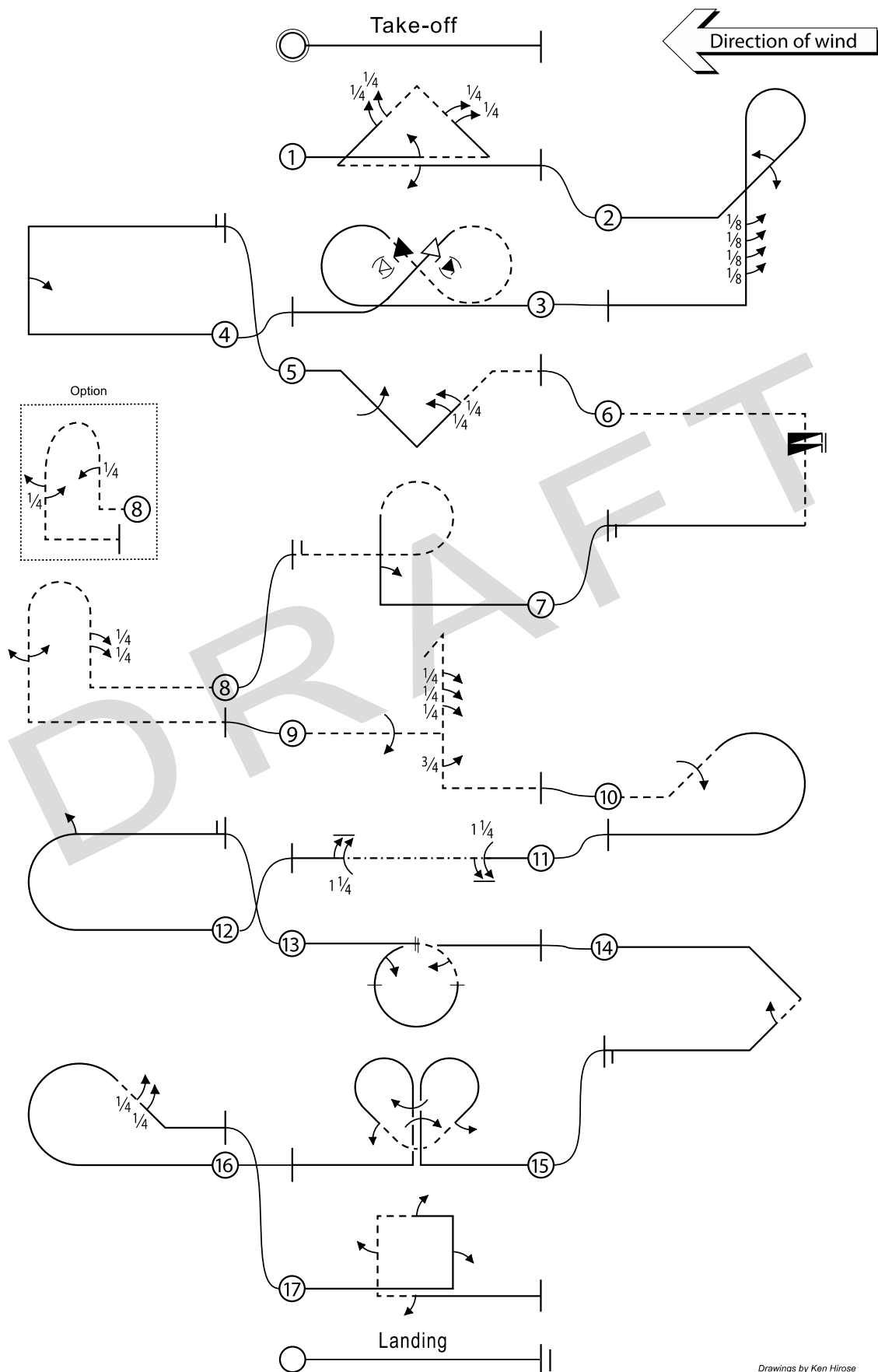
Reason: F3A schedules change every two years

# ADVANCED SCHEDULE A-18 (2017-2018)



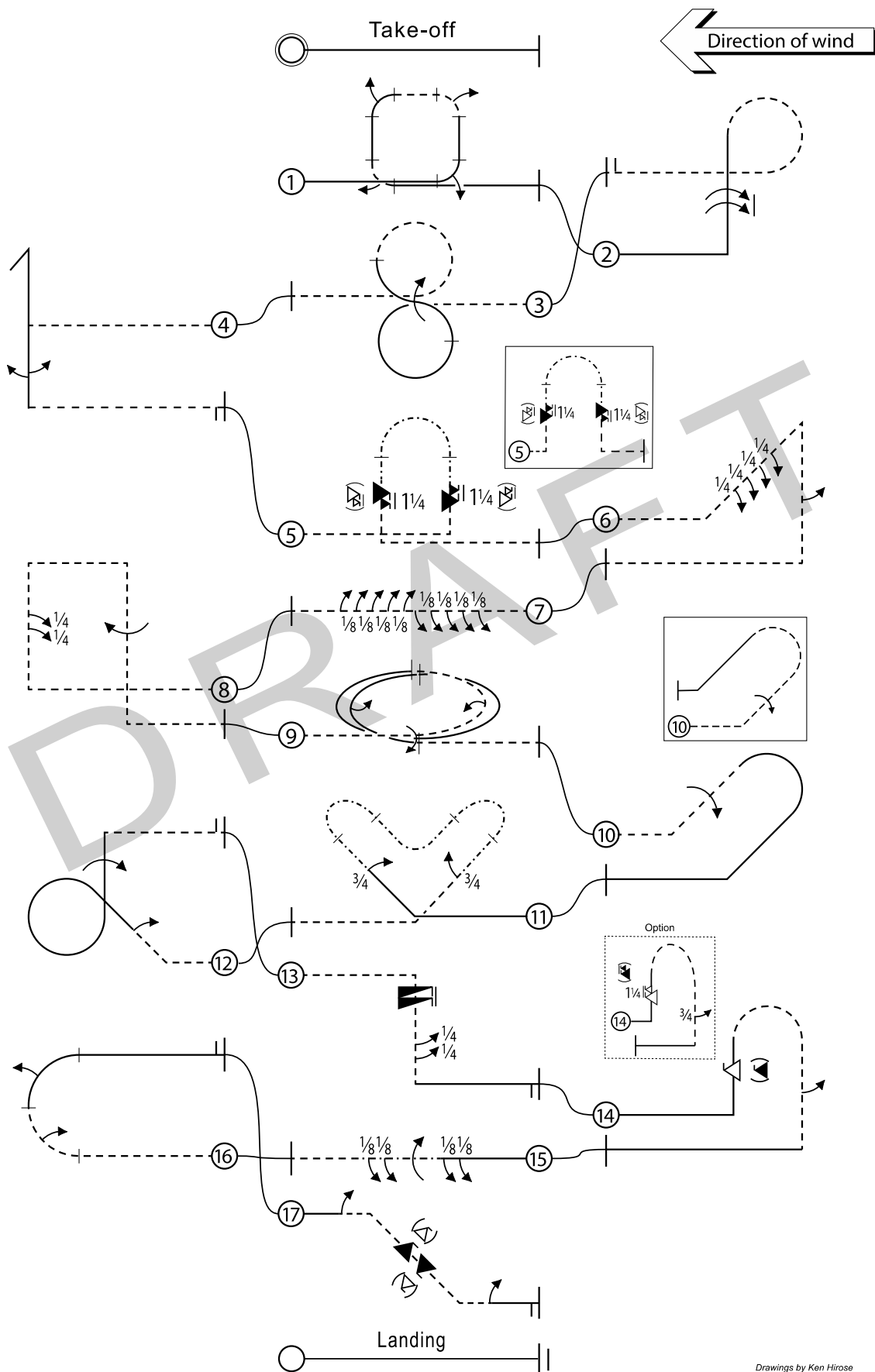
Drawings by Ken Hirose  
Oct. 2014

# PRELIMINARY SCHEDULE P-19 (2018-2019)



Drawings by Ken Hirose  
Oct. 2014

# FINAL SCHEDULE F-19 (2018-2019)



Drawings by Ken Hirose  
Oct. 2014