

ADVANCED SCHEDULE A-20 (2019-2020)

A-20.01 Vertical 8

From inverted, push through a loop, pull through a loop, exit inverted.

A-20.02 Stall Turn with consecutive two $\frac{1}{4}$ rolls

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

A-20.03 Square Loop on Corner

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

A-20.04 Figure 9

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

A-20.05 Knife-Edge flight with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll

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

A-20.06 Inverted Split S with $\frac{1}{2}$ roll

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

A-20.07 Golf Ball

From upright pull through a $\frac{1}{8}$ loop into a 45° upline, pull through a $\frac{3}{4}$ loop into a 45° downline, pull through a $\frac{1}{8}$ loop, exit upright.

A-20.08 Shark Fin with $\frac{1}{2}$ roll

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, pull through a $\frac{3}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop, exit upright.

A-20.09 Double Ommeland with $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll

From upright perform a $\frac{1}{2}$ roll, push through a $\frac{1}{2}$ loop, perform a $\frac{1}{2}$ roll in the centre, pull through a $\frac{1}{2}$ loop, perform a $\frac{1}{2}$ roll, exit inverted.

A-20.10 Push-Push-Push Humpty-Bump with $\frac{1}{2}$ roll (Option: with $\frac{3}{4}$ roll, $\frac{1}{4}$ roll)

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

A-20.11 Roll

From inverted, perform a roll, exit inverted.

A-20.12 Top Hat with spin

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

A-20.13 Figure Z

From upright, pull through a $\frac{3}{8}$ loop into a 45° upline, push through a $\frac{3}{8}$ loop, exit upright.

A-20.14 Comet with $\frac{1}{2}$ roll

From upright, push through a $\frac{1}{8}$ loop into a 45° downline, pull through a $\frac{3}{4}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop, exit upright.

A-20.15 Roll Combination with consecutive two $\frac{1}{2}$ rolls

From upright perform consecutively two $\frac{1}{2}$ rolls, exit upright.

A-20.16 Half Square Loop on Corner

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

A-20.17 Avalanche

From inverted pull through a loop while performing a snap roll in the low centre, exit inverted.