



## MAASA Masters / F3A P-Schedule 2018/19

### Schedule Description

	K-Factor
<p><b>P-19.01 Triangle loop with ½ roll, consecutive two ¼ rolls, consecutive two ¼ roll, ½ roll</b>            From upright, perform a ½ roll in the centre, push through a ¾ loop into a 45° upline, perform consecutively two ¼ rolls, pull through a ¼ loop into a 45° downline, perform consecutively two ¼ rolls, push through a ¾ loop, perform a ½ roll in the centre, exit upright.</p>	3
<p><b>P-19.02 Figure ET with consecutive two ½ rolls in opposite directions, consecutive four ¼ rolls</b>            From upright, pull through a ¾ loop into a 45° upline, perform consecutively two ½ rolls in opposite directions pull through a ¾ loop into a vertical downline, perform consecutively four ¼ rolls, pull through a ¼ loop, exit upright.</p>	3
<p><b>P-19.03 Cuban 8 with snap-roll, snap-roll</b>            From upright, pull through a ¾ loop into a 45° downline, perform a snap-roll, push through a ¾ loop into a 45° downline, perform a snap-roll pull through a ¾ loop, exit upright.</p>	5
<p><b>P-19.04 Half square loop with ½ roll</b>            From upright, pull through a ¼ loop into a vertical upline, perform a ½ roll, push through a ¼ loop, exit upright.</p>	2
<p><b>P-19.05 Reverse Cobra Roll with roll, consecutive two ¼ rolls</b>            From upright, push through a ¼ loop into a 45° downline, perform a roll, pull through a ¼ loop into a 45° upline, perform consecutively two ¼ rolls, pull through a ¾ loop, exit inverted.</p>	4
<p><b>P-19.06 Inverted Spin with two turns</b>            From inverted, perform an inverted spin with two turns, perform a vertical downline, pull through a ¼ loop, exit upright.</p>	3
<p><b>P-19.07 Figure 9 with ½ roll</b>            From upright, pull through a ¼ loop into a vertical upline, perform a ½ roll, push through a ¾ loop, exit inverted.</p>	3
<p><b>P-19.08 Push-Push-Push Humpy-Bump with consecutive two ¼ rolls, consecutive two ½ rolls in opposite directions (Option: with ¼ roll, consecutive ½ roll, ¼ roll in opposite directions)</b>            From inverted, push through a ¼ loop into a vertical upline, perform consecutively two ¼ rolls, push through a ½ loop into a vertical downline, perform consecutively two ½ rolls, in opposite directions, push through a ¼ loop, exit inverted.            Option: From inverted, push through a ¼ loop into a vertical upline, perform a ¼ roll, push through a ½ loop into a vertical downline, perform consecutively a ½ roll, ¼ roll in opposite directions, push through a ¼ loop, exit inverted.</p>	4
<p><b>P-19.09 Stall Turn with roll, consecutive three ¼ rolls, ¾ roll</b>            From Inverted, perform a roll, push through a ¼ loop into a vertical upline, perform consecutively three ¼ rolls, perform a stall turn into a vertical downline, perform a ¾ roll, push through a ¼ loop, exit inverted.</p>	5
<p><b>P-19.10 Half Reverse Cuban 8 with roll</b>            From inverted, push through a ¾ loop into a 45° upline, perform a roll, pull through a ¾ loop, exit upright.</p>	3
<p><b>P-19.11 Knife-Edge flight with 1 ¼ roll, 1 ¼ roll</b>            From upright, perform a 1 ¼ roll, perform a knife-edge flight, perform a 1 ¼ roll exit upright.</p>	4
<p><b>P-19.12 Immelman Turn with ½ roll</b>            From upright, pull through a ½ loop, perform a ½ roll, exit upright</p>	2
<p><b>P-19.13 Loop with two ½ rolls integrated</b>            From upright, push through a loop while integrating a ½ roll in the first 90° and another ½ roll in the last 90°, exit upright.</p>	5
<p><b>P-19.14 Half Square Loop on Corner with ½ roll</b>            From upright, push through a ¾ loop into a 45° downline, push through a ¼ loop into a 45° downline, perform a ½ roll, pull through a ¾ loop, exit upright.</p>	2
<p><b>P-19.15 Double Key with roll, ½ roll, ½ roll, roll</b>            From upright, pull through a ¼ loop into a vertical upline, perform a roll, pull through a ¾ loop into a 45° downline, perform a ½ roll, push through a ¼ loop into a 45° upline, perform a ½ roll, pull through a ¾ loop into a vertical downline, perform a roll, pull through a ¼ loop, exit upright.</p>	5
<p><b>P-19.16 Half Cuban 8 with consecutive two ¼ rolls</b>            From upright, pull through a ¾ loop into a 45° downline, perform consecutively two ¼ rolls, exit upright.</p>	3
<p><b>P-19.17 Square Loop with, ½ roll, ½ roll, ½ roll, ½ roll</b>            From upright perform a square loop while performing a ½ roll in each one leg, exit upright.</p>	4