

FINAL SCHEDULE F3P AF-25 (2024-2025)**AF-25.01 Half Cloverleaf with half roll integrated, half roll, half roll integrated**

From upright, before centre, pull through a $\frac{1}{4}$ loop into a vertical (centre) upline, pull through a $\frac{3}{4}$ loop into a horizontal line, while integrating a $\frac{1}{2}$ roll in the last 180° of the loop, perform a half roll, pull through a $\frac{3}{4}$ loop into a vertical (centre) downline, while integrating a $\frac{1}{2}$ roll in the first 180° of the loop, push through a $\frac{1}{4}$ loop, exit inverted.

AF-25.02 Half Square Loop with quarter roll, half roll, quarter roll

From inverted, perform a $\frac{1}{4}$ roll, perform a $\frac{1}{4}$ knife-edge loop into a vertical upline, perform a $\frac{1}{2}$ roll, perform a $\frac{1}{4}$ knife-edge loop, perform a $\frac{1}{4}$ roll, exit inverted.

AF-25.03 Cuban Eight from Top with half roll, two quarter rolls in opposite direction integrated, half roll, two quarter rolls in opposite direction integrated

From inverted, before centre pull through a $\frac{1}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop, immediately pull through a half loop, while integrating two $\frac{1}{4}$ rolls in opposite direction, pull through a $\frac{1}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop, immediately pull through a half loop, while integrating two $\frac{1}{4}$ rolls in opposite direction, exit inverted.

AF-25.04 Half Square Loop Corner Combination with quarter roll integrated, half roll integrated

From inverted, pull through a $\frac{1}{4}$ loop into a vertical downline, while integrating a $\frac{1}{4}$ roll, push through a $\frac{1}{4}$ loop into a horizontal cross box line, perform a $\frac{1}{4}$ circle, while integrating a $\frac{1}{2}$ roll, exit upright.

AF-25.05 Horizontal Triangle with quarter roll integrated, quarter roll, half roll integrated, half roll, half roll integrated, quarter roll, quarter roll integrated

From upright, perform a $\frac{1}{8}$ circle into a 45° crossbox line, while integrating a $\frac{1}{4}$ roll, perform a quarter roll into inverted flight, perform a $\frac{3}{8}$ circle while integrating a $\frac{1}{2}$ roll, perform a $\frac{1}{2}$ roll, perform a $\frac{3}{8}$ circle into a 45° cross box line, while integrating a $\frac{1}{2}$ roll, perform a $\frac{1}{4}$ roll into knife-edge flight, perform a $\frac{1}{8}$ circle, while integrating a $\frac{1}{4}$ roll, exit upright.

AF-25.06 Forty five degree Upline Crossbox Combination with two one eighth rolls, one eighth roll, quarter roll integrated

From upright, pull through a $\frac{1}{8}$ loop into a 45° upline, perform consecutively two $\frac{1}{8}$ rolls, pull through a $\frac{1}{4}$ circle into a horizontal cross box line, perform a $\frac{1}{8}$ roll into knife-edge flight, pull through a $\frac{1}{4}$ circle, while integrating a $\frac{1}{4}$ roll, exit upright.

Option:

From upright, pull through a $\frac{1}{8}$ loop into a 45° upline, perform consecutively two $\frac{1}{8}$ rolls push, through a $\frac{1}{4}$ circle into a horizontal cross box line, perform a $\frac{1}{8}$ roll into knife-edge flight, push through a $\frac{1}{4}$ circle, while integrating a $\frac{1}{4}$ roll, exit upright.

AF-25.07 Square Loop from Top with half roll, two quarter rolls in opposite direction, half roll, half roll

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

AF-23.08 Half Loop with roll integrated

From inverted, pull through a $\frac{1}{2}$ loop while integrating a roll, exit upright.

AF-23.09 Double Humpty Bump with three quarter torque roll, quarter roll, three quarter torque roll, quarter roll

From upright, before centre, pull through a $\frac{1}{4}$ loop into a vertical upline, perform a $\frac{3}{4}$ torque roll, perform a $\frac{1}{2}$ knife edge loop into a vertical downline (**towards the centre**), perform a $\frac{1}{4}$ roll, push through a $\frac{1}{2}$ loop into a vertical upline, perform a $\frac{3}{4}$ torque roll, perform a $\frac{1}{2}$ knife edge loop into a vertical downline (**away from the centre**), perform a $\frac{1}{4}$ roll, pull through a $\frac{1}{4}$ loop, exit upright.

AF-23.10 Stall Turn Corner Combination with three quarter roll, quarter roll, quarter roll

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

AF-25.11 Rolling Circle with four half rolls in opposite directions

From inverted perform a circle, while integrating four $\frac{1}{2}$ rolls in opposite directions, exit inverted.

Note: First half roll is to the outside.

The Aresti diagram appears overleaf.

FINAL SCHEDULE F3P AF-25 (2024 – 2025)

