N-13 Schedule

N-13.01 Half Clover Leaf

From upright, pull through a ¼ loop into a vertical up-line, push through a ¾ loop into a horizontal line, push through a ¾ loop into a vertical down-line, pull through a ¼ loop, exit upright.

N-13.02 Stall Turn

From upright, pull through a ¹/₄ loop into a vertical up-line, perform a stall turn into a vertical down-line, pull through a 1/4 loop, exit upright.

N-13.03 Roll Combination with consecutive two 1/4 rolls, two 1/4 rolls in opposite direction

From upright, perform consecutively two ¼ rolls, ¼ rolls in opposite direction, exit upright.

N-13.04 Half Square Loop with 1/2 roll

From upright, pull through a 1/4 loop into a vertical up-line, perform a 1/2 roll, push through a 1/4 loop, exit upright.

N-13.05 Triangle with two 1/2 rolls

From upright, push through a 1/8 loop into a 45° down-line, perform ½ roll, pull through a 3/8 loop into a horizontal line, pull through a 3/8 loop into a 45° up-line, perform ½ roll, push through a 1/8 loop, exit upright.

N-13.06 Split S with ¹/₂ roll

From upright, perform a 1/2 roll and immediately pull through a 1/2 loop, exit upright.

N-13.07 45° Up-line with roll

From upright, pull through a 1/8 loop into a 45° up-line, perform a roll, push through a 1/8 loop, exit upright.

N-13.08 Reverse Top Hat with 1/4 roll down, 1/4 roll up

From upright, push through a 1/4 loop into a vertical down-line, perform a 1/4 roll, pull through a 1/4 loop into a horizontal line, pull through a 1/4 loop into a vertical up-line, perform a 1/4 roll, push through a 1/4 loop, exit upright.

N-13.09 Spin with 3 turns

From upright, perform a upright spin with 3 turns, perform a vertical down-line, pull through a ¼ loop, exit upright.

N-13.10 Pull-Push-Pull Humpty-Bump with ¹/₄ roll up, ¹/₄ roll down (Option: Two ¹/₄ rolls up)

From upright, pull through a ¼ loop into a vertical up-line, perform a ¼ roll, push through a 1/2 loop into a vertical down-line, perform a ¼ roll, pull through a ¼ loop, exit upright.

Option: From upright, pull through a ¹/₄ loop into a vertical up-line, perform two consecutive ¹/₄ rolls, push through a 1/2 loop into a vertical down-line, pull through a ¹/₄ loop, exit upright.

N-13.11 Cuban 8 with roll.

From upright, pull through a 5/8 loop into a 45° down-line, push through a ³/₄ loop into another 45° down-line, perform a roll, pull through a 1/8 loop, exit upright.

N-13.12 ¹/₂ Loop

From upright, pull through a 1/2 loop, exit inverted.

N-13.13 Square Loop

From inverted, pull through a ¹/₄ loop into a vertical down-line, pull through a ¹/₄ loop into a horizontal line, pull through a ¹/₄ loop into a vertical up-line, pull through a ¹/₄ loop into a horizontal line, exit inverted.

N-13.14 Figure 9

From inverted, push through a ³/₄ loop into a vertical down-line, pull through a ¹/₄ loop, exit upright.

N-13.15 Roll Combination with two consecutive rolls

From upright, perform consecutively a two rolls in the same direction, exit upright.

N-13.16 1/2 Square Loop on Corner

From upright pull through a 1/8 loop into a 45° up-line, pull through a 1/4 loop into a 45° up-line, pull through a 1/8 loop, exit inverted.

N-13.17 Figure Z with ¹/₂ roll

From inverted, pull through a 3/8 loop into a 45° down-line, perform a 1/2 roll, pull through a 3/8 loop, exit upright.

Nordic Schedule (N-13)

No	Description	К
1	Half Clover Leaf	3
2	Stall Turn	3
3	Roll Combination with consecutive two ¼ rolls, two	4
	1/4 rolls in opposite direction	
4	Half Square Loop with 1/2 roll	3
5	Triangle with roll	4
6	Split S with 1/2 roll	2
7	45° Up-line with roll	5
8	Reverse Top Hat with ¼ roll down, ¼ roll up	4
9	Spin with 3 turns	4
10	Pull-Push-Pull Humpty-Bump with 1/4 roll up, 1/4 roll	3
	down (Option: Two ¼ rolls up)	
11	Cuban 8 with roll	5
12	1/2 Loop	1
13	Square Loop	5
14	Figure 9	3
15	Roll Combination with two consecutive rolls	4
16	1/2 Square Loop on Corner	3
17	Figure Z with 1/2 roll	4



