

**29.4 Appendix 4 – Required Elements for Acrobatic Routine****29.4.1 General Requirements**

Time Limits as in VII.14.1

Required Element #1 may be performed in any order

As in all routines, the Coach Card must show the Technical Required Elements in the selected order of performance according to Appendix VIII.28.3

29.4.2 Acrobatic Required Technical Elements

Seven (7) acrobatic movements: one from each acrobatic group (A, B, C, P), and three (3) more of free choice (selected from any group).

Acrobatic movement: is a general term for jumps, throws, lifts, stacks, platforms, etc., which is performed as spectacular gymnastic feats and/or risky actions and is mostly achieved with assistance by another swimmer(s).

29.5 Appendix 5 – Required Elements for the Free Combination**29.5.1 General Requirements**

Time Limits: as per Part Seven, Article 25.5

Start may be on the deck or in the water, or a combination of both.

All subsequent parts must start in the water

A new part begins in very close proximity to the previous part

As in all routines, the Coach Card must show the Technical Required Elements, and the Free Elements in the selected order of performance

The Routine must portray a Theme, which must be declared on the Coach Card.

29.5.2 Required Elements

At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have all competitors.

The Free Combination must have four (4) acrobatic movements for Youth and three (3) acrobatic movements for 12 and under. Acrobatic Elements cannot have a DD higher than the following: for Group A: 2.65, for Group B: 2.6, for Group C: 2.45, and for group P 2.5. Please refer to the World Aquatics Acrobatics Catalogue.

DD values subject to adjustment by World Aquatics as required.

29.6 Difficulty Guide

The Difficulty Guide Can be found on the World Aquatics Website besides the Competition Regulations.

29.7 Appendix 6 Acrobatics Catalogue

The Acrobatics Catalogue Can be found on the World Aquatics Website besides the Competition Regulations.