


29.3 Appendix 3 - Set Numbers of Elements for Routines
(Revised 25.10.2022)

Senior/Junior	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Tech	2:00	7	Total of 5 Technical Required Elements and 2 Free Hybrids
Solo Free	2:15	7	Total of 7 Free Hybrids
Duet Tech	2:20	8	Total of 5 Technical Required Elements, 2 Free Hybrids and 1 Pair Acrobatic
Duet Free	2:45	9	Total of 7 Free Hybrids, and 2 Pair Acrobatics
Mixed Duet Tech	2:20	8	Total of 5 Technical Required Elements, 2 Free Hybrids (one which must include a hybrid connection), and 1 Pair Acrobatic
Mixed Duet Free	2:45	9	Total of 6 Free Hybrids (one which must include a hybrid connection) and 3 Pair Acrobatics (one Lift, one Throw/Jump and one free choice) PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team Tech	2:50	9	Total of 5 Technical Required Elements and 3 Free Hybrids (one which must include Cadence action), and 1 Required Team Acrobatic*
Team Free	3:30	11	Total of 7 Free Hybrids and 4 Free Team Acrobatics*
Acrobatic Routine	3:00	7	7 Team Acrobatics* (1 of each group = 4 + 3 of free group choice) + transitions are free but no difficulty awarded + hybrids are free but no difficulty awarded



Youth (13-15)	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Free	2:00	6	Total of 6 Free Hybrids
Duet Free	2:30	7	Total of 6 Free Hybrids and 1 Pair Acrobatic
Mixed Duet Free	2:30	7	Total of 5 Free Hybrids (one which must include a hybrid connection) and 2 Pair Acrobatics PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team Free	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics* (with safety limit**) PLUS required components in any of the 6 Free Hybrids, both performed fully synchronised: One (1) Thrust (T1-T9) One (1) Spin descending 720o with one or two legs (R3)
Youth Combo	3:00	9	4 Team Acrobatics* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes required)

12U	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Free	2:00	5	Total of 5 Free Hybrids
Duet Free	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic
Mixed Duet Free	2:30	6	Total of 5 Free Hybrids (one which must include a hybrid connection) and 1 Pair Acrobatic PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team Free	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics* (with safety limit**)
12U Combo	3:00	8	3 Team Acrobatics* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes required)

A basemark will be applied for violations of Appendix 3 (safety limits and violations in acrobatics and pair acrobatics).

***Team Acrobatic definition as per the Acrobatic Catalogue (page 2):** "A team acrobatic movement is considered as an Element, starting from 4 swimmers and more (for example: 3 base swimmers + 1 featured swimmer; or 2 base swimmers + 1 support-swimmer who pushes 1 featured-swimmer) Must start and finish in the water! All other actions are considered as pair acrobatics or pair assist actions."

****12U/Youth Acrobatic Safety Limit:** 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