

## APPENDIX L

### REQUIREMENTS FOR TECHNICAL ROUTINES, FREE ROUTINES, ACROBATIC ROUTINES AND FREE COMBINATION ROUTINES

Amendments to this Appendix L are the responsibility of the Rules Committee. The Rules Committee can modify this Appendix by recommending changes to the USAAS Board of Directors for approval.

#### ARTICLE 1

##### GENERAL REQUIREMENTS FOR ALL ROUTINES

**1.01** All routines are composed of Elements and Transitions. All routines must perform the Technical Required Elements # 1-5 (Solo, Duet, Trio and Team Technical routines), or # 1-3 (Mixed Duet Technical routine), a predetermined number of Free Elements (Hybrids and Acrobatic Movements) and a free choice of Transitions as defined in Appendix L and World Aquatics Appendices 2, 3, 4 and 5.

- **Elements include:**

- **Hybrids** (free content)

- **Acrobatic Movements**

- **Technical Required Elements** (“TRE”), which are precisely described combinations of positions and transitions to be performed by all athletes in Technical routines only.

- **Transitions:** are the linking actions between the Elements, including propulsion techniques, strokes, ballet leg combinations, flexibility surface actions, surface pattern changes, or pair assisted actions.

**1.02** All Free Elements (Hybrids and Acrobatic Movements) have a calculated Base Mark that is the minimum Degree of Difficulty (“DD”) that will be applied if 1 or more components of the element is not performed or is not in conformance to what is declared on the Coach Card/Element Card. The Base Mark for all Hybrids and Acrobatic Movements is the same and has a value of 0.5.

**1.03** **Coach Card/Element Card:** For all routines, it is required that the Technical Required Elements # 1-5 (Solo, Duet, Trio and Team Technical routines) or # 1-3 (Mixed Duet Technical routine), Free Elements (Hybrids and Acrobatic Movements) and Transitions be declared and submitted on the Coach Card/Element Card. The Coach Card/Element Card must indicate the degrees of difficulty for each Element selected to be performed, and the order of performance selected. The Coach Card/Element Card must be submitted prior to the competition.

- **Exceptions:**

- **Novice/Collegiate:** The Coach Card/Element Card is not required for Novice and Collegiate Technical Category A and B compulsory routines.

- **Masters:** The Coach Card/Element Card is not required for Masters routines when the Technical Required Elements are performed in the order listed in this Appendix.

- **Athletes With Disabilities:** The Coach Card/Element Card is not required for Athletes With Disabilities (“AWD”) Free routines.

**1.04** **Acrobatic Movements:** A general term for jumps, throws, lifts, stacks, platforms, etc., which are an integral part of artistic swimming routines that demonstrate spectacular gymnastic feats and/or risky actions in the air, on a balancing support or in combination, and are achieved with the assistance from other competitor(s).

- **Team Acrobatic Movement** definition as per the World Aquatics Team Acrobatics Catalogue: “A Team Acrobatic Movement is considered as an Element, starting from 4 competitors or more (for example: 3 base swimmers + 1 featured swimmer; or 2 base swimmers + 1 support-swimmer who pushes 1 featured-swimmer). Team Acrobatic

Movements must start and finish in the water. Acrobatic actions involving 3 competitors or less are considered as Pair Acrobatics or Pair Assisted actions. Refer to the World Aquatics Team and Pair Acrobatics Catalogues.

- An Acrobatic Movement is considered when it starts and ends once all Team members are in the water.

**1.05 Pair Acrobatic Movement for Duet, Trio and Mixed Duet only** definition as per the World Aquatics Pair Acrobatics Catalogue. “A Pair Acrobatic Movement is considered as a **lift** or a **throw** if the “bottom” (base/underwater) swimmer is underwater and lifts/throws the featured-swimmer (upper swimmer/flyer/performer) up in the air (away from the surface of the water). The base swimmer can lift/throw the featured-swimmer by holding/pushing their legs or shoulders. A Pair Acrobatic Movement is considered as a jump if the “bottom” (base) swimmer is underwater and the featured-swimmer jumps in the air from the base-swimmer.” Refer to the World Aquatics Pair Acrobatics Catalogue.

**1.06 Cadence Action:** Identical movement(s) performed sequentially, one by one, by all Team members. When more than one (1) Cadence Action is performed, they must be consecutive and not separated by other optional or required Elements. A second Cadence Action may begin before the first Cadence Action is completed by all Team members, but each Team member must do the action of each Cadence.

**1.07 Time Limits and Allowances:** Refer to USAAS Rules CP 4.2.2, MS 4.3.2-3 and MS 4.4.1-2.

**1.08 Penalties:** Refer to this Appendix L.

## ARTICLE 2

### GENERAL REQUIREMENTS FOR TECHNICAL ROUTINES

**2.01** In all Technical routine competitions, Required Elements are used. Required Elements may consist of Technical Required Elements, Hybrids and Acrobatic Movements according to this Appendix L and World Aquatics Appendix 2.

**2.02** Unless otherwise specified in the description, all Technical Required Elements and any additional required Elements must be executed according to the requirements described in the World Aquatics AS Manual for Judges, Technical Controllers, Referees and Coaches, the World Aquatics Hybrid Catalogue and World Aquatics Acrobatics Catalogue.

**2.03** Technical Required Elements # 1-5 (Solo, Duet, Trio and Team) or # 1-3 (Mixed Duet) can be performed in any order, unless otherwise specified. It is strongly recommended for clarity of judgment that Technical Required Elements # 1-5 (Solo, Duet, Trio and Team) or # 1-3 (Mixed Duet) are separated by other content.

**2.04 For Duet, Trio and Team:** With the exception of the Deck Work, Entry into the water, getting into and out of the Circle (Team), and Acrobatics, the Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all Duet, Trio or Team members.

• **Exceptions:**

- For Novice exception, see Novice Chart in this Appendix L.
- For Intermediate exception, see Intermediate Chart in this Appendix L.
- For Masters exception, see Masters Chart in this Appendix L.

**2.05 For Mixed Duet:** Only Technical Required Elements must be performed simultaneously and facing the same direction. Deck Work and Entry into the water, Free Hybrid, Required Hybrid, Entry into or Exit out of Technical Required Elements, Transitions and Pair Acrobatics DO NOT have this restriction and MAY be performed freely (non-simultaneous and facing different directions).

**2.06** Additional movements can be added immediately before and after (breath to breath) the Technical Required Elements # 1-5 (Solo, Duet, Trio and Team) or # 1-3 (Mixed Duet). These movements will not add any extra difficulty nor will be considered as additional hybrids.

### ARTICLE 3

#### GENERAL REQUIREMENTS FOR ACROBATIC ROUTINES

##### ACROBATIC ROUTINE REQUIRED ELEMENTS

GENERAL REQUIREMENTS (3:00)	
1.	Time limits as in <u>USAAS Rule CP 4.2.2.4</u> .
2.	<u>Start may be on the deck or in the water, or a combination of both.</u>
3.	Required <u>Technical</u> Element # 1 may be performed in any order.
4.	<u>A maximum of 2 Acrobatics from any group (A, B, C or P) may be performed.</u>
5.	<u>Acrobatics must not be repeated. "Must not repeat the same Acrobatic" is defined as follows (Refer to the World Aquatics Team Acrobatic Catalogue for examples):</u> <ul style="list-style-type: none"><li>• <u>For Group A – cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus</u></li><li>• <u>For Group B – cannot repeat the same construction and cannot repeat the same type of connection (grip)</u></li><li>• <u>For Group C – cannot repeat the same construction</u></li><li>• <u>For Group P – cannot repeat the same construction AND cannot repeat the same type of connection (grip) AND cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus</u></li></ul>
6.	<u>The Routine must portray a Theme, which must be declared on the Coach Card/Element Card.</u>
7.	As with all routines, the Coach Card/Element Card must show the Required <u>Technical</u> Elements in the selected order of performance.

##### REQUIRED ELEMENTS

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|----|--|
| 1. | Seven (7) Team Acrobatic Movements*: one from each Acrobatic group (A, B, C and P) and <u>3 more</u> Team Acrobatic Movements of free choice <u>as per the general requirements</u> .<br>*See Article 1, Section 1.04. |
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## ARTICLE 4

### GENERAL REQUIREMENTS FOR FREE COMBINATION ROUTINES

#### FREE COMBINATION REQUIRED ELEMENTS

<b>GENERAL REQUIREMENTS</b> <b>Intermediate (3:00) / 12 &amp; Under (3:00) / Youth (3:00) / 16-19/20 (3:30) / Masters (4:00)</b>	
<b>1.</b>	Time limits as in <u>USAAS Rules</u> CP 4.2.2.5 and MS 4.4.1.
<b>2.</b>	Start may be on the deck or in the water, or a combination of both.
<b>3.</b>	All subsequent parts must start in the water.
<b>4.</b>	A new part begins in very close proximity to the previous part.
<b>5.</b>	The Routine must portray a Theme, which must be declared on the Coach Card/Element Card.  <b>Note:</b> Masters Free Combination routines must portray a Theme, though do not require a Coach Card/Element Card.
<b>6.</b>	As with all routines, the Coach Card/Element Card must show the Required Elements in the selected order of performance.  <b>Note:</b> Masters Free Combination routines do not require a Coach Card/Element Card.

<b>REQUIRED ELEMENTS</b>	
<b>1.</b>	At least 2 parts must have fewer than 3 competitors and at least 2 parts must have all competitors.  <u>As stated in the World Aquatics AS Manual for Judges, Technical Controllers, Referees and Coaches</u> , for the 2 or more parts to be considered as having fewer than 3 competitors, all remaining competitors must be maintaining a pose or doing another movement without disrupting the action of the competitors performing the part. There is no required time length, but a minimum of 3 seconds is a suggested guideline. The term “parts” refers to the various sections with different numbers of competitors that make up a Free Combination routine.
<b>2.</b>	The Free Combination routine must have the components <u>as listed</u> per <u>each</u> Age Division in <u>this Appendix L</u> .  <b>Note:</b> No additional components are required for Masters Free Combination routine.  Team Acrobatic Movements* cannot have a declared Degree of Difficulty “DD” higher than listed for each Age Division. *See Article 1, Section 1.0 <u>4</u> .

## 16-19/20 FREE COMBINATION ROUTINE ADDITIONAL REQUIREMENTS

Event	Time (+ 5 sec)	Total Elements	Summary
<u>1.</u> Free Combination	3:30	10	<ul style="list-style-type: none"> <li>• 4 Team Acrobatics* <u>with DD safety limit** (free choice, but must not repeat the same Acrobatic**).</u></li> <li>• 1 x <u>DD</u> Solo Hybrid</li> <li>• 1 x <u>DD</u> Duet Hybrid</li> <li>• 1 x <u>DD</u> Trio Hybrid</li> <li>• 2 x <u>DD</u> Team Hybrids (<u>must be executed with a minimum of 4 competitors</u>)</li> <li>• <u>Must include 1 declaration from each family in the routine (counted across Solo, Duet, Trio and Team DD Hybrids)</u></li> <li>• 1 x Team Choreography Hybrid (“ChoHY”) with no DD (i.e. factor of 1.0) must be executed with a minimum of 4 competitors)</li> <li>• <u>Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts)</u></li> </ul> <p>*See Article 1, Section 1.04.</p>

### **\*\* 16-19/20 Team Acrobatic Movement Safety Limits for Free Combination:**

Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the Total DD (Max), inclusive of the Base Mark value, than the following:

	<u>Acro DD</u>	<u>Plus Base Mark</u>	<u>Total DD (MAX)</u>
16-19/20 - Group A	2.2	0.5	2.7
16-19/20 - Group B	2.3	0.5	2.8
16-19/20 - Group C	2.3	0.5	2.8
16-19/20 - Group P	2.5	0.5	3.0

**Note:** “Must not repeat the same Acrobatic” is defined as follows (Refer to the World Aquatics Team Acrobatic Catalogue for examples):

- **For Group A** – cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus
- **For Group B** – cannot repeat the same construction and cannot repeat the same type of connection (grip)
- **For Group C** – cannot repeat the same construction
- **For Group P** – cannot repeat the same construction AND cannot repeat the same type of connection (grip) AND cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus

## ARTICLE 5

### REQUIREMENTS FOR SPECIFIC ROUTINES IN EACH AGE DIVISION

#### NOVICE FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS

<b>NOVICE SOLO / DUET / TRIO AND TEAM (1:30)</b> Technical Required Elements # 1-5 must be performed in the order listed. <u>Placement of optional routine requirement # 6 is optional.</u>
1. Figure # 310 Somersault, Back Tuck. [DD 1.1]
2. Figure # 100 Bent Knee, Alternate. [DD 1.1]
3. No-Arm Boost - a rapid, head-first rise, with a maximum amount of the body above the surface of the water. The No-Arm Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The No-Arm Boost is completed upon total submergence. [DD 1.0]
4. Figure # 302 Blossom. [DD 1.4]
5. Figure # 316 Kipnus. [DD 1.4]
6. <b><u>Solo, Duet, Trio and Team Optional Routine Requirement</u></b> - One Free Hybrid <u>may be performed</u> (optional). Placement within the routine is optional.
7. Acrobatic Movements are <u>not</u> permitted.
8. <b><u>Solo, Duet and Trio General Routine Requirement</u></b> - <u>Technical Required Elements # 1-5 shall be performed parallel to the sides of the pool where the panels of judges are seated.</u>
9. <b><u>Duet, Trio and Team General Routine Requirement</u></b> - All Technical Required Elements # 1-5 must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during the Technical Required Elements.

#### **Note:**

1. All Novice routines shall include the Technical Required Elements and may also include 1 optional Free Hybrid. The optional Free Hybrid may be placed anywhere in the routine and will be judged under Artistic Impression (no Acrobatic Movements permitted).
2. The Coach Card/Element Card is not required for Novice routines.
3. There will be a maximum synchronization error deduction of 10 points for all Novice routines.

## INTERMEDIATE FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS

<p><b>INTERMEDIATE SOLO (1:45), DUET / TRIO (2:05) AND TEAM (2:35)</b>          Technical Required Elements # 1-5 must be performed in the order listed. <u>Placement of additional routine requirements # 6-8 is optional.</u></p>
<p>1. Figure # 348 Tower. [DD 1.9]</p>
<p>2. Boost - a rapid, head-first rise, with a maximum amount of the body above the surface of the water. One arm must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence. [DD 1.3]</p>
<p>3. Figure # 101 Ballet Leg, Single. [DD 1.6]</p>
<p>4. Figure # 318 Kip, Bent Knee. [DD 1.8]</p>
<p>5. Figure # 301 Barracuda. [DD 1.8]</p>
<p><b>6. Solo <u>Additional Routine Requirement</u></b> – maximum of 1 x Free Hybrid <u>must be performed.</u> Placement within the routine is optional.</p>
<p><b>7. Duet and Trio <u>Additional Routine Requirement</u></b> – maximum of <u>1 of the following must be performed.</u> Placement <u>within the routine is optional.</u></p> <ul style="list-style-type: none"> <li>• 2 x Free Hybrids OR</li> <li>• 1 x Free Hybrid and 1 x Pair Acrobatic*</li> </ul> <p>*See Article 1, Section 1.0<u>5</u>.</p>
<p><b>8. Team <u>Additional Routine Requirement</u></b> – maximum of <u>1 of the following must be performed.</u> Placement <u>within the routine is optional.</u></p> <ul style="list-style-type: none"> <li>• 2 x Free Hybrids OR</li> <li>• 1 x Free Hybrid and 1 x <u>Team</u> Acrobatic Movement* (with <u>DD</u> safety limit**)</li> </ul> <p>*See Article 1, Section 1.0<u>4</u>.</p>
<p><b>9. <u>Solo, Duet and Trio General Routine Requirement</u></b> – <u>Technical Required Elements # 1-5 shall be performed parallel to the sides of the pool where the panels of judges are seated.</u></p>
<p><b>10. <u>Duet, Trio and Team General Routine Requirement</u></b> – All Technical Required Elements # 1-5 must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during the Technical Required Elements.</p>

## INTERMEDIATE FREE COMBINATION ROUTINE REQUIREMENTS

Event	Time (+ 5 sec)	Total Elements	Summary
<u>1.</u> Free Combination	3:00	7	<ul style="list-style-type: none"> <li>• 2 Team Acrobatics* with <u>DD</u> safety limit**</li> <li>• Free Transitions</li> <li>• 1 x <u>DD</u> Solo Hybrid</li> <li>• 1 x <u>DD</u> Duet Hybrid</li> <li>• 1 x <u>DD</u> Trio Hybrid</li> <li>• 2 x <u>DD</u> Team Hybrids (<u>must be executed with a minimum of 4 competitors required.</u>)</li> </ul> <p>* See Article 1, Section 1.0<u>4</u>.</p>

**\*\* Intermediate Team Acrobatic Movement Safety Limits for Team and Free Combination:**  
 Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the Total DD (Max), inclusive of the Base Mark value, than the following:

	<b><u>Acro DD</u></b>	<b><u>Plus Base Mark</u></b>	<b><u>Total DD (MAX)</u></b>
Intermediate - Group A	<u>1.3</u>	0.5	1.8
Intermediate - Group B	<u>1.3</u>	0.5	1.8
Intermediate - Group C	Not allowed	Not allowed	Not allowed
Intermediate - Group P	<u>0.8</u>	0.5	1.3



## 12 & UNDER ROUTINE REQUIREMENTS

12 & UNDER ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS			
<p><b>Hybrid Safety Limits:</b> In all 12 &amp; under routines, <u>there shall be a Hybrid Safety Limit Degree of Difficulty of 7.0 (inclusive of the Base Mark value of 0.5)</u>. This restriction is in addition to all stated AQUA hybrid restrictions. A Base Mark <u>shall</u> be applied for <u>each</u> violation of <u>the</u> Hybrid Safety Limits.</p> <p><b>Note:</b> <u>The requirement to include 1 declaration from each family in the routine (except for connections in Solo) is applicable for 12 &amp; Under Free Routines.</u></p>			
Event	Time (+/- 5 sec)	Total Elements	Summary
<u>1.</u> Solo Free	2:00	<u>4</u>	<ul style="list-style-type: none"> <li>• <u>4</u> Free Hybrids (<u>must include 1 declaration from each family in the routine, except for connections</u>).</li> </ul>
<u>2.</u> Duet Free	2:30	<u>5</u>	<ul style="list-style-type: none"> <li>• <u>4</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>).</li> <li>• 1 Pair Acrobatic* (<u>free choice</u>).</li> </ul> <p>* See Article 1, Section 1.0<u>5</u>.</p>
<u>3.</u> Mixed Duet Free	2:30	<u>5</u>	<ul style="list-style-type: none"> <li>• <u>3</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>).</li> <li>• <u>2</u> Pair Acrobatics* (<u>free choice, but must not repeat the same Acrobatic</u>).</li> <li>• <u>A minimum of 3 declared Sustained Surface Connections (“SuCon”)</u> with travel (<u>1m or more</u>) or rotation (<u>180° or more</u>).</li> </ul> <p>* See Article 1, Section 1.0<u>5</u>.</p>
<u>4.</u> Team Free	3:00	<u>7</u>	<ul style="list-style-type: none"> <li>• <u>4</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>).</li> <li>• 3 Team Acrobatics* with <u>DD</u> safety limit** (<u>free choice, but must not repeat the same Acrobatic**</u>).</li> </ul> <p>*See Article I, Section 1.0<u>4</u>.</p>
<u>5.</u> Free Combination	3:00	8	<ul style="list-style-type: none"> <li>• 3 Team Acrobatics* with <u>DD</u> safety limit** (<u>free choice, but must not repeat the same Acrobatic**</u>).</li> <li>• 1 x <u>DD</u> Solo Hybrid</li> <li>• 1 x <u>DD</u> Duet Hybrid</li> <li>• <u>2</u> x <u>DD</u> Team Hybrids (<u>must be executed with a minimum of 4 competitors</u>)</li> <li>• <u>Must include 1 declaration from each family in the routine (counted across Solo, Duet and Team DD Hybrids)</u></li> <li>• <u>1 x Team Choreography Hybrid (“ChoHY”)</u> with no DD (i.e. factor of 1.0) <u>must be executed with a minimum of 4 competitors</u></li> <li>• <u>Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts)</u></li> </ul> <p>*See Article 1, Section 1.0<u>4</u>.</p>

**\*\* 12 & under Team Acrobatic Movement Safety Limits for Team and Free Combination:**  
 Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the Total DD (Max), inclusive of the Base Mark value, than the following:

	<b><u>Acro DD</u></b>	<b><u>Plus Base Mark</u></b>	<b><u>Total DD (MAX)</u></b>
12&U - Group A	2.0	0.5	<u>2.5</u>
12&U - Group B	2.1	0.5	2.6
12&U - Group C	2.1	0.5	<u>2.6</u>
12&U - Group P	2.3	0.5	<u>2.8</u>

**Note:** “Must not repeat the same Acrobatic” is defined as follows (Refer to the World Aquatics Team Acrobatic Catalogue for examples):

- **For Group A** – cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus
- **For Group B** – cannot repeat the same construction and cannot repeat the same type of connection (grip)
- **For Group C** – cannot repeat the same construction
- **For Group P** – cannot repeat the same construction AND cannot repeat the same type of connection (grip) AND cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus

## YOUTH ROUTINE REQUIREMENTS

YOUTH ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS			
<p><b>Note:</b> The requirement to include 1 declaration from each family in the routine (except for connections in Solo) is applicable for Youth Free Routines.</p>			
Event	Time (+/- 5 sec)	Total Elements	Summary
<u>1.</u> Solo Free	2:00	<u>5</u>	<ul style="list-style-type: none"> <li>• <u>5</u> Free Hybrids (<u>must include 1 declaration from each family in the routine, except for connections</u>).</li> </ul>
<u>2.</u> Duet Free	2:30	<u>6</u>	<ul style="list-style-type: none"> <li>• <u>5</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>).</li> <li>• 1 Pair Acrobatic* (<u>free choice</u>).</li> </ul> <p>*See Article 1, Section 1.0<u>5</u>.</p>
<u>3.</u> Mixed Duet Free	2:30	<u>5</u>	<ul style="list-style-type: none"> <li>• <u>3</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>).</li> <li>• 2 Pair Acrobatics * (<u>free choice, but must not repeat the same Acrobatic</u>).</li> <li>• <u>A minimum of 3 declared Sustained Surface Connections (“SuCon”)</u> with travel (<u>1m or more</u>) or rotation (<u>180° or more</u>).</li> </ul> <p>* See Article 1, Section 1.0<u>5</u>.</p>
<u>4.</u> Team Free	3:00	<u>8</u>	<ul style="list-style-type: none"> <li>• <u>5</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>).</li> <li>• 3 Team Acrobatics* with <u>DD</u> safety limit** (<u>free choice, but must not repeat the same Acrobatic**</u>).</li> </ul> <p>* See Article 1, Section 1.0<u>4</u>.</p>
<u>5.</u> Free Combination	3:00	9	<ul style="list-style-type: none"> <li>• 4 Team Acrobatics* with <u>DD</u> safety limit** (<u>free choice, but must not repeat the same Acrobatic**</u>).</li> <li>• 1 x <u>DD</u> Solo Hybrid</li> <li>• 1 x <u>DD</u> Duet Hybrid</li> <li>• <u>2</u> x <u>DD</u> Team Hybrids (<u>must be executed with a minimum of 4 competitors</u>)</li> <li>• <u>Must include 1 declaration from each family in the routine (counted across Solo, Duet and Team DD Hybrids)</u></li> <li>• <u>1 x Team Choreography Hybrid (“ChoHY”)</u> with no DD (i.e. factor of 1.0) <u>must be executed with a minimum of 4 competitors</u></li> <li>• <u>Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts)</u></li> </ul> <p>* See Article 1, Section 1.0<u>4</u>.</p>

**\*\* Youth Team Acrobatic Movement Safety Limits for Team and Free Combination:**

Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the Total DD (Max), inclusive of the Base Mark value, than the following:

	<b>Acro DD</b>	<b>Plus Base Mark</b>	<b>Total DD (MAX)</b>
Youth - Group A	2.2	0.5	<u>2.7</u>
Youth - Group B	2.3	0.5	<u>2.8</u>
Youth - Group C	2.3	0.5	<u>2.8</u>
Youth - Group P	2.5	0.5	<u>3.0</u>

Note: “Must not repeat the same Acrobatic” is defined as follows (Refer to the World Aquatics Team Acrobatic Catalogue for examples):

- For Group A – cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus
- For Group B – cannot repeat the same construction and cannot repeat the same type of connection (grip)
- For Group C – cannot repeat the same construction
- For Group P – cannot repeat the same construction AND cannot repeat the same type of connection (grip) AND cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus

## JUNIOR / SENIOR / COLLEGIATE ROUTINE REQUIREMENTS

### JUNIOR / SENIOR TECHNICAL AND FREE ROUTINES AND COLLEGIATE FREE ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS

Note: The requirement to include 1 declaration from each family in the routine (except for connections in Solo) is applicable for Free Routines only.

Event	Time (+/- 5 sec)	Total Elements	Summary
<u>1.</u> Solo Technical	2:00	<u>6</u>	<ul style="list-style-type: none"> <li>• 5 Technical Required Elements</li> <li>• <u>1</u> Free Hybrid</li> </ul>
<u>2.</u> Solo Free	2:15	<u>6</u>	<ul style="list-style-type: none"> <li>• <u>6</u> Free Hybrids (<u>must include 1 declaration from each family in the routine, except for connections</u>).</li> </ul>
<u>3.</u> Duet Technical	2:20	<u>7</u>	<ul style="list-style-type: none"> <li>• 5 Technical Required Elements</li> <li>• <u>1</u> Free Hybrid</li> <li>• 1 Pair Acrobatic* (<u>free choice</u>).</li> </ul> <p>*See Article 1, Section 1.0<u>5</u>.</p>
<u>4.</u> Duet Free	2:45	<u>8</u>	<ul style="list-style-type: none"> <li>• <u>6</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>)</li> <li>• 2 Pair Acrobatics* (<u>free choice, but may not repeat the same Acrobatic</u>).</li> </ul> <p>*See Article 1, Section 1.0<u>5</u>.</p>
<u>5.</u> Mixed Duet Technical	2:20	<u>7</u>	<ul style="list-style-type: none"> <li>• <u>3</u> Technical Required Elements</li> <li>• <u>1</u> Free Hybrid</li> <li>• <u>1</u> Required Hybrid (<u>must contain only 1 Thrust declaration and 2 different Connection declarations (i.e. T8 C3 C4)</u>)</li> <li>• <u>2</u> Pair Acrobatics* (<u>free choice, but must not repeat the same Acrobatic</u>).</li> <li>• <u>3</u> declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more)</li> </ul> <p>*See Article 1, Section 1.0<u>5</u>.</p>
<u>6.</u> Mixed Duet Free	2:45	<u>7</u>	<ul style="list-style-type: none"> <li>• <u>4</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>)</li> <li>• 3 Pair Acrobatics* (<u>free choice, but must not repeat the same Acrobatic</u>)</li> <li>• <u>Minimum of 4</u> declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more)</li> </ul> <p>*See Article 1, Section 1.0<u>5</u>.</p>
<u>7.</u> Collegiate Trio Free	2:45	<u>8</u>	<ul style="list-style-type: none"> <li>• <u>5</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>)</li> <li>• 3 Pair Acrobatics* (<u>free choice, but must not repeat the same Acrobatic</u>)</li> </ul> <p>* See Article 1, Section 1.0<u>5</u>.</p>

**JUNIOR / SENIOR TECHNICAL AND FREE ROUTINES AND COLLEGIATE FREE ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS** *(continued)*

**Note:** The requirement to include 1 declaration from each family in the routine (except for connections in Solo) is applicable for Free Routines only.

<u>8.</u> Team Technical	2:50	<u>8</u>	<ul style="list-style-type: none"> <li>• 5 Technical Required Elements</li> <li>• <u>2</u> Free Hybrids (1 of which must include a Cadence Action*)</li> <li>• 1 Team Acrobatic* (<u>Max. DD limit of 3.0 inclusive of Base Mark value</u>).</li> <li>• <u>May contain maximum of 1 Circle.</u></li> </ul> <p>*See Article 1, Sections 1.0<u>4</u> &amp; 1.0<u>6</u>.</p>
<u>9.</u> Team Free	3:30	<u>9</u>	<ul style="list-style-type: none"> <li>• <u>6</u> Free Hybrids (<u>must include 1 declaration from each family in the routine</u>)</li> <li>• <u>3</u> Team Acrobatics* (<u>free choice, but must not repeat the same Acrobatic</u>).</li> </ul> <p>*See Article 1, Section 1.0<u>4</u>.</p>
<u>10.</u> Acrobatic Routine	3:00	7	<ul style="list-style-type: none"> <li>• 7 Team Acrobatics* (1 from <u>Group A, B, C, P</u>) <ul style="list-style-type: none"> <li>➤ <u>Maximum of 2 Acrobatics from any Group</u></li> <li>➤ <u>Must not repeat the same Acrobatic.</u></li> </ul> </li> </ul> <p>*See Article 1, Section 1.0<u>4</u>.</p>

**Note:** “Must not repeat the same Acrobatic” is defined as follows (Refer to the World Aquatics Team Acrobatic Catalogue for examples):

- **For Group A** – cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus
- **For Group B** – cannot repeat the same construction and cannot repeat the same type of connection (grip)
- **For Group C** – cannot repeat the same construction
- **For Group P** – cannot repeat the same construction AND cannot repeat the same type of connection (grip) AND cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus

**JUNIOR / SENIOR TECHNICAL REQUIRED ELEMENTS FOR TECHNICAL ROUTINES**

<b>SOLO TECHNICAL REQUIRED ELEMENTS (2:00)</b>	
<p>Technical Required Elements # 1-5 may be performed in any order. <u>Placement of additional routine</u> requirement # 6 is optional.</p>	
<p><b>1A. Thrust Continuous Spin 720°</b>                      From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.7]</p>	<p><b>1B. Thrust Spinning 360°</b>                      From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust Spinning 360°</i> (1 rotation) is executed. [DD 2.1]</p>
<p><b>2A. Combined Spin 1080° – Continuous Spin 1080°</b>                      From a <b>Vertical Position</b>, a <i>Combined Spin 1080°</i> is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause, a <i>Continuous Spin 1080°</i> (3 rotations) is executed. [DD 3.0]</p>	<p><b>2B. Combined Spin 720° – Continuous Spin 1080°</b>                      From a <b>Vertical Position</b>, a <i>Combined Spin 720°</i> is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause, a <i>Continuous Spin 1080°</i> (3 rotations) is executed. [DD 2.7]</p>
<p><b>3. Swordfish Straight Leg – Knight</b>                      From a <b>Front Layout Position</b>, the back arches as one leg is lifted in a 180° arc over the surface of the water to a <b>Split Position</b>. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a <b>Fishtail Position</b>. Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface of the water to a <b>Knight Position</b>, and with continuous motion and continuing in the same direction, an additional 180° rotation is executed. The vertical leg is lowered to a <b>Surface Arch Position</b> and with continuous motion an <i>Arch to Back Layout Finish Action</i> is executed. [DD 3.2]</p>	
<p><b>4A. Fishtail Half Twist – Continuous Spin 720°</b>                      From a <b>Front Pike Position</b>, a rotation of 360° is executed as one leg is lifted to a <b>Fishtail Position</b>. Continuing in the same direction, a <i>Half Twist</i> in a <b>Fishtail Position</b> is executed. Continuing in the same direction, another rotation of 360° is executed, as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.9]</p>	<p><b>4B. Fishtail – Continuous Spin 720°</b>                      From a <b>Front Pike Position</b>, a rotation of 360° is executed as one leg is lifted to a <b>Fishtail Position</b>. Continuing in the same direction, another rotation of 360° is executed, as the horizontal leg is lifted to a <b>Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.6]</p>

<p><b>5A. Rocket Split Bent Knee Joining 360°</b>  From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The back leg is rapidly lifted to vertical and the front leg bends to assume a <b>Bent Knee Vertical Position</b>. A rapid <i>360° Spin</i> is executed as the bent knee is extended to a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>. [DD 2.4]</p>	<p><b>5B. Rocket Split Bent Knee</b>  From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The back leg is rapidly lifted to vertical and the front leg bends to assume a <b>Bent Knee Vertical Position</b>. A <i>Vertical Descent</i> is executed with the bent knee extended to a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>. [DD 2.1]</p>
<p><b>6. <u>Solo Technical Additional Routine Requirement</u> - <u>One</u> Free Hybrid must be performed. <u>Placement within the routine is optional.</u></b></p>	



**JUNIOR / SENIOR TECHNICAL REQUIRED ELEMENTS FOR TECHNICAL ROUTINES** (continued)

<b>DUET TECHNICAL REQUIRED ELEMENTS (2:20)</b> Technical Required Elements # 1-5 may be performed in any order. <u>Placement of additional routine</u> requirements # 6-7 is optional.	
<p><b>1A. Walkover Back Closing 360° – Continuous Spin 1080°</b>                      From a <b>Back Layout Position</b>, a <i>Surface Arch Position</i> is assumed. One leg is lifted in a 180° arc over the surface of the water to a <b>Split Position</b>. A rotation of 360° is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin 1080°</i> (3 rotations) is executed. [DD 3.0]</p>	<p><b>1B. Walkover Back Closing 180° – Continuous Spin 720°</b>                      From a <b>Back Layout Position</b>, a <i>Surface Arch Position</i> is assumed. One leg is lifted in a 180° arc over the surface of the water to a <b>Split Position</b>. A rotation of 180° is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.5]</p>
<p><b>2A. Rocket Split Alternating Legs – Spinning 180°</b>                      From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume two (2) alternating <b>Airborne Split Positions</b>. The legs rapidly re-join to a <b>Vertical Position</b>. A rapid <i>180° Spin</i> is executed. [DD 2.8]</p>	<p><b>2B. Rocket Split – Spinning 180°</b>                      From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. The legs rapidly re-join to a <b>Vertical Position</b>. A rapid <i>180° Spin</i> is executed. [DD 2.4]</p>
<p><b>3. <u>Flamingo Bent Knee Rollback – Join to Vertical Position – Half Twist – 360° Open to Split – Walkout</u></b>  <u>From a <b>Surface Ballet Leg Position</b>, the shin of the horizontal leg is drawn along the surface of the water to assume a <b>Surface Flamingo Position</b>. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls, while the bent leg moves to a <b>Bent Knee Vertical Position</b>. The bent leg is extended to a <b>Vertical Position</b>. A <i>Half Twist</i> is executed. Continuing in the same direction and without a pause, an additional rotation of 360° is executed as the legs are symmetrically opened to <u>assume</u> a <b>Split Position</b>. A <i>Walkout Front</i> is executed. [DD 3.1]</u></p>	
<p><b>4A. Fishtail – Knight – Continuous Spin 1080°</b>                      From a <b>Front Pike Position</b>, one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is rapidly lifted through an arc of 180° to assume a <b>Knight Position</b>. A rapid <i>Full Twist</i> is executed as the horizontal leg is lifted to a <b>Vertical</b></p>	<p><b>4B. Fishtail – Knight – Continuous Spin 720°</b>                      From a <b>Front Pike Position</b>, one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is rapidly lifted through an arc of 180° to assume a <b>Knight Position</b>. A rapid <i>Half Twist</i> is executed as the horizontal leg is lifted to a <b>Vertical</b></p>

<p><b>Position.</b> Continuing in the same direction, a <i>Continuous Spin 1080°</i> (3 rotations) is executed. [DD 3.2]</p>	<p><b>Position.</b> Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.7]</p>
<p><b>5A. Thrust Bent Knee Twirl Spin 360°</b> From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. One leg is lowered to a <b>Bent Knee Vertical Position</b> as a <i>Twirl</i> is executed. Continuing in the same direction and without a pause, a rapid <i>360° Spin</i> is executed as the bent knee is extended to join the vertical leg in a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>. [DD 2.3]</p>	<p><b>5B. Thrust Bent Knee Twirl</b> From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. One leg is lowered to a <b>Bent Knee Vertical Position</b> as a <i>Twirl</i> is executed. Without a pause, a <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg in a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i>. [DD 2.1]</p>
<p><b>6. <u>Duet Technical Additional Routine Requirement</u> - <u>One</u> Free Hybrid must be performed. <u>Placement within</u> the routine <u>is optional</u>.</b></p>	
<p><b>7. <u>Duet Technical Additional Routine Requirement</u> - One Pair Acrobatic* (<u>free choice</u>) must be performed. <u>Placement within</u> the routine <u>is optional</u>. *See Article 1, Section 1.05.</b></p>	
<p><b>8. <u>Duet Technical General Routine Requirements*</u> – <u>With the exception of the Deck Work, Entry into the water, getting into and out of the Circle (Team), and Acrobatics, the Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all Duet members.</u> *See Article 2, Section 2.04.</b></p>	

**JUNIOR / SENIOR TECHNICAL REQUIRED ELEMENTS FOR TECHNICAL ROUTINES** (continued)

<p><b>MIXED DUET TECHNICAL REQUIRED ELEMENTS (2:20)</b>          Technical Required Elements # 1-3 may be performed in any order. <u>Placement of additional routine</u> requirements # 4-7 is optional.</p>	
<p><b>1A. Rocket Split Twirl Spin 180°</b>          From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. A <i>Twirl</i> is executed, as the legs symmetrically close to a <b>Vertical Position</b>. Continuing in the same direction, a rapid <i>180° Spin</i> is executed. [DD 2.7]</p>	<p><b>1B. Rocket Split Twirl</b>          From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>. A <i>Twirl</i> is executed, as the legs symmetrically close to a <b>Vertical Position</b>. A <i>Vertical Descent</i> is executed at the same tempo as the <i>Thrust</i>. [DD 2.5]</p>
<p><b>2A. Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720°</b>          From a <b>Front Pike Position</b>, the legs are lifted to a <b>Vertical Position</b> as a rotation of 360° is executed. Continuing in the same direction, a <i>Full Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed as the bent knee is extended to join the vertical leg to a <b>Vertical Position</b> completed as the ankles reach the surface of the water and continues through submergence. [DD 2.4]</p>	<p><b>2B. Front Pike – Vertical 180° Rotation – Half Twist to Bent Knee – Continuous Spin 720°</b>          From a <b>Front Pike Position</b>, the legs are lifted to a <b>Vertical Position</b> as a rotation of 180° is executed. Continuing in the same direction, a <i>Half Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed as the bent knee is extended to join the vertical leg to a <b>Vertical Position</b> completed as the ankles reach the surface of the water and continues through submergence. [DD 2.2]</p>
<p><b>3. <u>Manta Ray Half Twist</u></b>  <u>From a Back Layout Position, a Ballet Leg is assumed and the shin of the horizontal leg is drawn along the surface of the water to assume a Surface Flamingo Position, traveling headfirst. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg straightens with the knee at the surface of the water to assume a Fishtail Position. The horizontal leg is lifted to a Vertical Position, as the body rotates 180°. The direction of the 180° rotation is closing externally to the horizontal leg. (Note: a right flamingo start requires the left shoulder back during the 180° rotation and a left flamingo start requires the right shoulder back during the 180° rotation). The legs are lowered rapidly simultaneously to a Bent Knee Surface</u></p>	

<p><b><u>Arch Position.</u></b> (Note: the <b><u>Bent Knee Surface Arch Position</u></b> can be assumed by using either leg). The bent knee is <u>straightened to a Surface Arch Position</u>, and with continuous motion an <i>Arch to Back Layout Finish Action</i> is executed. [DD 3.0]</p> <p><b>Note:</b> <u>Half Twist</u> must be rapid.</p>	
<p>4. <b><u>Mixed Duet Technical Additional Routine Requirement</u></b> - <u>One</u> Free Hybrid must be performed. <u>Placement within</u> the routine <u>is optional</u>.</p>	
<p>5. <b><u>Mixed Duet Technical Additional Routine Requirement</u></b> - One <u>Required</u> Hybrid (<u>must contain only 1 Thrust declaration and 2 different Connection declarations – i.e. T8 C3 C4</u>) must be performed. <u>Placement within</u> the routine <u>is optional</u>.</p>	
<p>6. <b><u>Mixed Duet Technical Additional Routine Requirement</u></b> - <u>Two</u> Pair Acrobatics* (<u>free choice, but must not repeat the same Acrobatic</u>) must be performed. <u>Placement within</u> the routine <u>is optional</u>. *See Article 1, Section 1.05.</p>	
<p>7. <b><u>Mixed Duet Technical Additional Routine Requirement</u></b> - <u>Three</u> declared <u>Sustained Surface Connections</u> (“SuCon”) with travel (<u>1m or more</u>) or rotation (<u>180° or more</u>) must be performed. <u>Placement within</u> the routine <u>is optional</u>.</p>	
<p>8. <b><u>Mixed Duet Technical General Routine Requirements*</u></b> - <u>Only Technical Required Elements must be performed simultaneously and facing the same direction. Deck Work and Entry into the water, Free Hybrid, Required Hybrid, Entry into or Exit out of Technical Required Elements, Transitions and Pair Acrobatics DO NOT have this restriction and MAY be performed freely (non-simultaneous and facing different directions. *See Article 2, Section 2.05.</u></p>	

**JUNIOR / SENIOR TECHNICAL REQUIRED ELEMENTS FOR TECHNICAL ROUTINES** (continued)

<p><b>TEAM TECHNICAL REQUIRED ELEMENTS (2:50)</b>                      Technical Required Elements # 1-5 may be performed in any order. <u>Placement of additional routine requirements # 6-8 is optional.</u></p>	
<p><b>1A. Flying Fish Hybrid Spinning 180°</b>                      From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b> and with no loss of height, one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. Without a pause, the horizontal leg is rapidly lifted to a <b>Vertical Position</b>, followed by a rapid <i>180° Spin</i>. [DD 2.5]</p>	<p><b>1B. Flying Fish Hybrid</b>                      From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b> and with no loss of height, one leg is rapidly lowered to an airborne <b>Fishtail Position</b>. Without a pause, the horizontal leg is rapidly lifted to a <b>Vertical Position</b>, followed by a <i>Vertical Descent</i>. [DD 2.3]</p>
<p><b>2A. Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout</b>                      From a <b>Vertical Position</b>, a <i>Full Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction, another <i>Full Twist</i> is executed as the bent knee is extended to a <b>Vertical Position</b>. Continuing in the same direction, a <i>Half Twist</i> is executed as the legs are symmetrically lowered to a <b>Split Position</b>. A <i>Walkout Front</i> is executed. [DD 2.6]</p>	<p><b>2B. Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout</b>                      From a <b>Vertical Position</b>, a <i>Half Twist</i> is executed as one leg is lowered to a <b>Bent Knee Vertical Position</b>. Continuing in the same direction, another <i>Half Twist</i> is executed as the bent knee is extended to a <b>Vertical Position</b>. The legs are symmetrically lowered to a <b>Split Position</b>. A <i>Walkout Front</i> is executed. [DD 2.3]</p>
<p><b>Fouette´ Rotation</b>                      From a <b>Fishtail Position</b>, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a <b>Bent Knee Vertical Position</b>. The bent leg rapidly extends to a <b>Fishtail Position</b>.</p>	
<p><b>3A. Two Fouette´ Rotations – Vertical – Continuous Spin 720°</b>                      From a <b>Fishtail Position</b>, 2 <i>Fouette´ rotations</i> (180° + 180°) are executed. The horizontal leg is rapidly lifted to a <b>Vertical Position</b>. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.6]</p>	<p><b>3B. Two Fouette´ Rotations – Vertical – Spinning 360°</b>                      From a <b>Fishtail Position</b>, 2 <i>Fouette´ rotations</i> (180° + 180°) are executed. The horizontal leg is rapidly lifted to a <b>Vertical Position</b>. Continuing in the same direction, a rapid <i>Spinning 360°</i> (1 rotation) is executed. [DD 2.3]</p>
<p><b>4. Butterfly Hybrid</b>                      The Butterfly Hybrid is performed rapidly. From a <b>Front Pike Position</b>, one leg is lifted to a <b>Fishtail Position</b>. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a <b>Split Position</b>. Without a pause, a hip rotation of 180° is executed as the front leg is raised to assume a <b>Fishtail</b></p>	

<p><b>Position.</b> Continuing in the same direction, a 180° rotation is executed as the horizontal leg is lifted to a <b>Vertical Position</b>. The legs are lowered simultaneously to a <b>Bent Knee Surface Arch Position</b>. (Note: The <b>Bent Knee Surface Arch Position</b> can be assumed by using either leg.) The bent knee is straightened to a <b>Surface Arch Position</b> and with continuous motion, an <i>Arch to Back Layout Finish Action</i> is executed. [DD 2.9]</p>	
<p><b>5A. Rocket Split Bent Knee Twirl Hybrid</b> From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>, followed by a rapid 180° rotation to assume an airborne <b>Bent Knee Vertical Position</b> with the front leg bent. A rapid <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i>. [DD 2.4]</p>	<p><b>5B. Rocket Split Bent Knee Hybrid</b> From a <b>Submerged Back Pike Position</b>, with the legs perpendicular to the surface of the water, a <i>Thrust</i> is executed to a <b>Vertical Position</b>. Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b>, followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne <b>Bent Knee Vertical Position</b>. A rapid <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i>. [DD 2.1]</p>
<p><b>6. <u>Team Technical Additional Routine Requirement</u> - <u>Two</u> Free Hybrids, one of which must include a Cadence Action* must be performed by all Team members. <u>Placement within the routine is optional.</u> *See Article 1, Section 1.06.</b></p>	
<p><b>7. <u>Team Technical Additional Routine Requirement</u> - One <u>Team</u> Acrobatic Movement* must be performed by all Team members. The Degree of Difficulty (“DD”) for the Acrobatic Movement <u>must not exceed 3.0 inclusive of Base Mark value.</u> <u>Placement within the routine is optional.</u> *See Article 1, Sections 1.04.</b></p>	
<p><b>8. <u>Team Technical Additional Routine Requirement</u> - The routine may contain a maximum of 1 Circle Pattern. <u>Placement within the routine is optional.</u></b></p>	
<p><b>9. <u>Team Technical General Routine Requirements*</u> - With the exception of the Deck Work, Entry <u>into the water</u>, <u>getting into and out of the Circle (Team)</u>, and Acrobatics, the Technical Required Elements, <u>Free Hybrids</u> and Transitions are to be performed simultaneously and facing the same direction by all Team members. *<u>See Article 2, Section 2.04.</u></b></p> <p><b>Note:</b> The direction of propulsion may vary as long as all competitors are facing the same direction. Variations in propulsion and direction facing are permitted only during underwater pattern changes, underwater actions and <u>getting into</u> and finishing a Circle.</p>	

## REQUIREMENTS FOR COLLEGIATE TECHNICAL CATEGORY A AND B ROUTINES

<b>GENERAL REQUIREMENTS (1:30 +/- 5 seconds)</b>	
<b>1.</b>	<b>For Collegiate Technical Category A</b> , a compulsory routine with 4 <u>Solo</u> Technical Required Elements shall be determined by the Collegiate <u>Committee</u> .
<b>2.</b>	<b>For Collegiate Technical Category B</b> , a compulsory routine with 4 <u>Team</u> Technical Required Elements shall be determined by the Collegiate <u>Committee</u> .
<b>3.</b>	A preliminary video of the routine segment will be released to the coaches and judges prior to the Annual Meeting of the Corporation. Final changes to the video will be decided by the <u>Collegiate Committee</u> . If changes are made, an updated video and count sheet will be posted within 30 days following the conclusion of the Annual Meeting of the Corporation.
<b>4.</b>	The routine will be performed individually by each student-athlete. Student-athletes must perform the compulsory routine in accordance with the published video and count sheet.
<b>5.</b>	<b>Judging:</b> Judges shall award scores for the performance of the Technical Required Elements only. Adherence to the published count sheet for the Technical Required Elements shall be taken into consideration as a judging factor.
<b>6.</b>	<b>Penalties/Procedures:</b> Refer to USAAS Rules OD 4.6.1.2-3 for <u>application of</u> Figure Competition Penalties <u>for all Technical Categories</u> . The Figure scoring system shall be utilized to determine the results. During the Technical Required Elements, performing the incorrect leg or turning the incorrect direction shall result in a <b>zero (0)</b> score for that particular element.
<b>7.</b>	The Coach Card/Element Card is not required for Collegiate Technical Category A and B routines.

### COLLEGIATE TECHNICAL CATEGORY A ELEMENTS

<b>COMPULSORY ROUTINE ELEMENTS (1:30 +/- 5 seconds)</b>	
Technical Required Elements # 1-4 must be performed in the order listed.	
<b>1A.</b>	<b><u>Thrust Continuous Spin 720°</u></b> <u>From a Submerged Back Pike Position</u> , with the legs perpendicular to the surface of the water, a <i>Thrust Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.7]
<b>2A.</b>	<b><u>Combined Spin 1080° – Continuous Spin 1080°</u></b> <u>From a Vertical Position</u> , a <i>Combined Spin 1080°</i> is executed (3 rotations + 3 rotations). <u>Continuing in the same direction and without a pause</u> , a <i>Continuous Spin 1080°</i> (3 rotations) is executed. [DD 3.0]
<b>3.</b>	<b><u>Swordfish Straight Leg – Knight</u></b> <u>From a Front Layout Position</u> , the back arches as one leg is lifted in a 180° arc over the surface of the water to a <b>Fishtail Position</b> . A hip rotation of 180° is executed as the front leg is rapidly raised to assume a <b>Fishtail Position</b> . <u>Maintaining the vertical alignment of the body and with accelerating speed</u> , the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface of the water to a <b>Knight Position</b> , and with continuous motion and continuing in the same direction, an additional 180° rotation is executed. <u>The vertical leg is lowered to a Surface Arch Position</u> and with continuous motion an <i>Arch to Back Layout Finish Action</i> is executed. [DD 3.2]

**4A. Fishtail Half Twist – Continuous Spin 720°**

From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in the same direction, a *Half Twist* in a **Fishtail Position** is executed. Continuing in the same direction, another rotation of 360° is executed, as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction, a *Continuous Spin 720°* (2 rotations) is executed. [DD 2.9]



## COLLEGIATE TECHNICAL CATEGORRY B ELEMENTS

### COMPULSORY ROUTINE ELEMENTS (1:30 +/- 5 seconds)

Technical Required Elements # 1-4 must be performed in the order listed.

#### 1. Flying Fish Hybrid

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface of the water, a *Thrust* is executed to a **Vertical Position** and with no loss of height, one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause, the horizontal leg is rapidly lifted to a **Vertical Position**, followed by a *Vertical Descent*. [DD 2.3]

#### 2. Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout

From a **Vertical Position**, a *Half Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction, another *Half Twist* is executed as the bent knee is extended to a **Vertical Position**. The legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed. [DD 2.3]

#### Fouette´ Rotation

From a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a **Bent Knee Vertical Position**. The bent leg rapidly extends to a **Fishtail Position**.

#### 3. Two Fouette´ Rotations – Vertical – Spinning 360°

From a **Fishtail Position**, 2 *Fouette´ rotations* (180° + 180°) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction, a rapid *Spinning 360°* (1 rotation) is executed. [DD 2.3]

#### 4. Butterfly Hybrid

The Butterfly Hybrid is performed rapidly. From a **Front Pike Position**, one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**. Without a pause, a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. Continuing in the same direction, a 180° rotation is executed as the horizontal leg is lifted to a **Vertical Position**. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position**. (**Note:** The **Bent Knee Surface Arch Position** can be assumed by using either leg.) The bent knee is straightened to a **Surface Arch Position** and with continuous motion, an *Arch to Back Layout Finish Action* is executed. [DD 2.9]

## MASTERS TECHNICAL REQUIRED ELEMENTS

MASTERS SOLO (2:00)	MASTERS DUET / TRIO (2:20)
<p>Technical Required Elements # 1-5 must be performed in the order listed unless a Coach Card/Element Card** has been submitted. Element # 6 may be performed at any time during the routine.</p>	<p>Technical Required Elements # 1-5 must be performed in the order listed unless a Coach Card/Element Card** has been submitted. Elements # 6-7 may be performed at any time during the routine.</p>
<p><b>1. Fishtail</b> From a <b>Front Layout Position</b>, a <b>Front Pike Position</b> is assumed. One leg is lifted to a <b>Fishtail Position</b> and the second leg is lifted to a <b>Vertical Position</b> (the ending is optional). [DD 1.6]</p>	<p><b>1. Fishtail</b> From a <b>Front Layout Position</b>, a <b>Front Pike Position</b> is assumed. One leg is lifted to a <b>Fishtail Position</b> and the second leg is lifted to a <b>Vertical Position</b> (the ending is optional). [DD 1.6]</p>
<p><b>2. Split Position</b> followed by a <i>Walkout Front</i> or <i>Walkout Back</i>. [DD 1.3]</p>	<p><b>2. Split Position</b> followed by a <i>Walkout Front</i> or <i>Walkout Back</i>. [DD 1.3]</p>
<p><b>3. Spinning 180°</b> From a <b>Bent Knee Vertical Position</b>, a <i>Spin 180°</i> is executed as the legs are joined to a <b>Vertical Position</b> at the ankles followed by submergence. [DD 1.1]</p>	<p><b>3. Spinning 180°</b> From a <b>Bent Knee Vertical Position</b>, a <i>Spin 180°</i> is executed as the legs are joined to a <b>Vertical Position</b> at the ankles followed by submergence. [DD 1.1]</p>
<p><b>4. Traveling Ballet Leg Combination</b> Beginning in a <b>Back Layout Position</b> to include any 2 of the following positions: <b>Right Bent Knee Back Layout; Left Bent Knee Back Layout; Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo</b> or <b>Double Ballet Leg</b>. [DD 1.3]</p>	<p><b>4. Traveling Ballet Leg Combination</b> Beginning in a <b>Back Layout Position</b> to include any 2 of the following positions: <b>Right Bent Knee Back Layout; Left Bent Knee Back Layout; Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo</b> or <b>Double Ballet Leg</b>. [DD 1.3]</p>
<p><b>5. Barracuda Bent Knee</b> From the <b>Back Pike Position</b>, with the legs perpendicular and the toes just below the surface of the water, a <i>Thrust</i> is executed as one leg is drawn along the inside of the other extended leg to assume a <b>Bent Knee Vertical Position</b>. A <i>Vertical Descent</i> is executed in the <b>Bent Knee Vertical Position</b> at the same tempo as the <i>Thrust</i>. [DD 1.6]</p>	<p><b>5. Barracuda Bent Knee</b> From the <b>Back Pike Position</b>, with the legs perpendicular and the toes just below the surface of the water, a <i>Thrust</i> is executed as one leg is drawn along the inside of the other extended leg to assume a <b>Bent Knee Vertical Position</b>. A <i>Vertical Descent</i> is executed in the <b>Bent Knee Vertical Position</b> at the same tempo as the <i>Thrust</i>. [DD 1.6]</p>
<p><b>6. <u>Solo Technical Additional Routine Requirement</u></b> - Two (2) Forms of <b>Propulsion</b> – must include eggbeater traveling sideways and/or forward (arms are optional).</p>	<p><b>6. <u>Duet and Trio Technical Additional Routine Requirement</u></b> - Two (2) Forms of <b>Propulsion</b> – must include eggbeater traveling sideways and/or forward (arms are optional).</p>

	<p><b><u>7. Duet and Trio Technical Additional Routine Requirement - Joined Action</u></b> – where the competitors are connected (touching) in some manner to perform 1 of the following: a connected figure, or a connected float or connected stroking.</p> <p>a. All competitors must perform the Joined Action simultaneously. Mirror action is permitted.</p>
	<p><b><u>8. Duet and Trio Technical General Routine Requirements</u></b> - With the exception of the Deck Work, Entry and as noted in the Joined Action, all Elements – required and supplementary – must be performed simultaneously and facing the same direction by all competitors. Variations in propulsion and direction facing are permitted during pattern changes.</p>

\*\* The Coach Card/Element Card is only required for Masters routines when the Technical Required Elements are performed in a different order than listed in this Appendix L.

## MASTERS TECHNICAL REQUIRED ELEMENTS (continued)

<p><b>MASTERS TEAM (2:50)</b> Technical Required Elements # 1-5 must be performed in the order listed unless a Coach Card/Element Card** has been submitted. Elements # 6-9 may be performed at any time during the routine.</p>
<p><b>1. Fishtail</b> From a <b>Front Layout Position</b>, a <b>Front Pike Position</b> is assumed. One leg is lifted to a <b>Fishtail Position</b> and the second leg is lifted to a <b>Vertical Position</b> (the ending is optional). [DD 1.6]</p>
<p><b>2. Split Position</b> followed by a <i>Walkout Front</i> or <i>Walkout Back</i>. [DD 1.3]</p>
<p><b>3. Spinning 180°</b> From a <b>Bent Knee Vertical Position</b>, a <i>Spin 180°</i> is executed as the legs are joined to a <b>Vertical Position</b> at the ankles followed by submergence. [DD 1.1]</p>
<p><b>4. Traveling Ballet Leg Combination</b> Beginning in a <b>Back Layout Position</b> to include any 2 of the following positions: <b>Right Bent Knee Back Layout; Left Bent Knee Back Layout; Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo</b> or <b>Double Ballet Leg</b>. [DD 1.3]</p>
<p><b>5. Barracuda Bent Knee</b> From the <b>Back Pike Position</b>, with the legs perpendicular and the toes just below the surface of the water, a <i>Thrust</i> is executed as one leg is drawn along the inside of the other extended leg to assume a <b>Bent Knee Vertical Position</b>. A <i>Vertical Descent</i> is executed in the <b>Bent Knee Vertical Position</b> at the same tempo as the <i>Thrust</i>. [DD 1.6]</p>
<p><b>6. <u>Team Technical Additional Routine Requirement</u> – Two (2) Forms of Propulsion</b> – must include eggbeater traveling sideways and/or forward (arms are optional).</p>
<p><b>7. <u>Team Technical Additional Routine Requirement</u> - Joined Action</b> – where the competitors are connected (touching) in some manner to perform 1 of the following: a connected figure, or a connected float or connected stroking. a. All competitors must perform the Joined Action simultaneously. Mirror action is permitted.</p>
<p><b>8. <u>Team Technical Additional Routine Requirement</u> - Cadence Action</b> – See Article 1, Section 1.06.</p>
<p><b>9. <u>Team Technical Additional Routine Requirement</u> - Patterns</b> – must show a Circle and a straight line. Elements may be performed when in the Circle or the straight line patterns.</p>
<p><b>10. <u>Team Technical General Routine Requirements</u></b> - With the exception of the Deck Work, Entry, the Cadence Action and as noted in the Joined Action, all Elements – required and supplementary – must be performed simultaneously and facing the same direction by all Team members. Team members need not face the same direction in the Circle Pattern. Variations in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except as specified in the description of the Elements.</p>

\*\* The Coach Card/Element Card is only required for Masters routines when the Technical Required Elements are performed in a different order than listed in this Appendix L.

## ARTICLE 6

### ROUTINE DISQUALIFICATION

ALL	<p><b>Changes or Scratches:</b> Failure to notify the Scoring Chair and/or the Event Referee, in writing, before swimming, of all changes or scratches will result in disqualification of the routine.</p>
ALL	<p><b>Lack of a Reserve:</b> A Team and Acrobatic Routine shall consist of 4, but no more than 8 competitors. A Free Combination shall consist of 4, but no more than 10 competitors. The number of Team, Acrobatic Routine and Free Combination competitors may not <u>change</u> between the Preliminary and Final event, or between Technical and Free routines.</p> <ul style="list-style-type: none"> <li>• If the lack of a reserve reduces the Team, Acrobatic Routine or Free Combination size to less than that defined <u>in USAAS Rules CP 5.1.1-3 and this Appendix L</u>, the routine shall be disqualified.</li> </ul> <p><b>Exception:</b> For U.S. Junior Olympic, Regional Junior Olympic and Association Junior Olympic Championships, an Acrobatic Routine shall consist of 4 but not more than 10 competitors.</p>
ALL	<p><b>Stop Swimming/Use of Pool Wall:</b> If one (1) or more competitors(s) stops swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Event Referee shall assess if the cessation is caused by circumstances beyond the control of the competitor(s). The Event Referee may allow the routine to be re-swum during the session.</p> <p><b>Exception:</b> For AWD competitions, if the Event Referee stops the swim of the routine a second time because of a competitor who is in distress, the routine shall be disqualified.</p>

## ARTICLE 7

(New)

### GENERAL PENALTIES FOR 12&U, YOUTH, JUNIOR, SENIOR AND COLLEGIATE ROUTINES

ALL	<p><b>Deck Walk-on:</b> An <b>eight (8)</b> point penalty shall be deducted from the Routine score if the time limit of 20 seconds (Solo, Duet) or 30 seconds (Mixed Duet, Trio, Team, Acrobatic and Free Combination) for the deck walk-on is exceeded.</p>
ALL	<p><b>Deck Movements:</b> An <b>eight (8)</b> point penalty shall be deducted from the Routine score if the time limit of ten (10) seconds for deck movements is exceeded.</p>
ALL	<p><b>New Start:</b> A <b>two (2)</b> point penalty shall be deducted from the Routine score if a routine is interrupted by a competitor during the deck movements and a new start is allowed.</p>

ALL	<p><b>Overall Routine Time:</b> An <b>eight (8)</b> point penalty shall be deducted from the Routine score if there is a deviation from the specified routine time limit allowed (<b>less or more than</b>) for the routine and in accordance with USAAS Rules CP 4.2.2, CO 2.4.5 and this Appendix L Time Requirements.</p> <p><b>Exception:</b> In the following competitions, there shall be an allowance of 5 seconds plus the allotted time limit, but there shall be <b>no</b> minimum time limit.</p> <ul style="list-style-type: none"> <li>• U.S. Junior Olympic, Regional Junior Olympic and Association Junior Olympic Championships.</li> <li>• Collegiate Dual, Invitational, Regional and other routine competitions exception, see USAAS Rule CO 2.4.5.1.</li> </ul>
ALL	<p><b>Deliberate Use of Bottom to Propel:</b> An <b>eight (8)</b> penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool during a routine to propel himself.</p>
DUET, MIXED DUET, TRIO, TEAM, ACROBATIC ROUTINE, FREE COMBINATION	<p><b>Deliberate Use of Bottom to Assist:</b> An <b>eight (8)</b> point penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool to assist another competitor. No penalty will be applied when the contact with the bottom of the pool results from the competitor's self-protection from injuries by impact.</p>
ALL	<p><b>Base Mark:</b> All Free Elements (Hybrids and Acrobatic Movements) have a calculated <b>Base Mark</b> that is the minimum Degree of Difficulty that will be applied if 1 or more components of the element is not performed or is not in conformance to what is declared on the Coach Card/Element Card.</p>
ALL	<p><b>Exceeding Free Hybrid Maximums:</b> If 5x per family or 3x per technique is exceeded in a Free Hybrid, the Difficulty Technical Controllers (DTC) shall apply a <b>Base Mark</b> to the Free Hybrid.</p> <p><b>Exception:</b> Does not apply to the Acrobatic Routine.</p> <p><b>Note:</b> Refer to the AQUA revised Hybrid Difficulty Table.</p>
ALL	<p><b>Exceeding Number of Predetermined Elements:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.</p> <p><b>Note:</b> No additional difficulty will be calculated for Elements over the predetermined number assigned to the particular event and category.</p>
ALL TECHNICAL ROUTINES	<p><b>Omit All, Part or Incorrect Action of Technical Required Element:</b> If a competitor omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers (DTC) shall make note that the declared movement was not correct. If the DTC video review confirms a violation, a <b>zero (0)</b> will be assigned as the Degree of Difficulty for this particular Technical Required Element.</p>
ALL TECHNICAL ROUTINES	<p><b>Swum Out of Order:</b> The Difficulty Technical Controller (DTC) shall inform the Referee to submit a <b>zero (0)</b> for each Technical Required Element #1 - 5 (Solo, Duet, Trio, Team) or # 1-3 (Mixed Duet) swum out of the order declared on the Coach Card/Element Card (each violation of General Requirement, Article 1, Section 1.03).</p>

TEAM TECH, TEAM FREE, ACROBATIC ROUTINE	<b>Less than Eight:</b> A <b>half (0.5)</b> point penalty shall be deducted from the Total score for each competitor less than eight (8). Refer to USAAS Rules CP 5.1.1 and 5.1.3.						
FREE COMBINATION	<b>Less than Ten:</b> A <b>half (0.5)</b> point penalty shall be deducted from the Total score for each competitor less than ten (10). Refer to USAAS Rule CP 5.1.2.						
TECHINCAL & FREE ROUTINES - DUET, MIXED DUET, TRIO, TEAM, ACROBATIC ROUTINE, FREE COMBINATION	<p><b>Synchronization Errors and Penalty Values</b></p> <p>For all routines, the sum of all synchronization errors (unequal actions) observed by the Synchronization Technical Controllers (STC), (each factored by its assigned value) will be deducted from the Elements score. Types of Synchronization errors and penalty values are:</p> <table border="1" data-bbox="430 500 927 581"> <tr> <td>Small</td> <td>0.1 points</td> </tr> <tr> <td>Obvious</td> <td>0.5 points</td> </tr> <tr> <td>Major</td> <td>3.0 points</td> </tr> </table> <p>The description of small, obvious, and major synchronization errors (unequal actions) is detailed in the World Aquatics Scoring Synchronization Guide. Maximum deduction can reduce the Elements score to <b>zero (0)</b>, but not to a negative Elements score.</p>	Small	0.1 points	Obvious	0.5 points	Major	3.0 points
Small	0.1 points						
Obvious	0.5 points						
Major	3.0 points						
SOLO TECH	<p><b>Additional Routine Requirement # 6:</b> An <b>eight (8)</b> point penalty shall be deducted from the Elements score for violation of Solo Technical Additional Routine Requirement # 6.</p> <p>6 - One (1) Free Hybrid must be performed.</p>						
DUET TECH	<p><b>General Routine Requirement # 8:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for each violation of Duet Technical General Routine Requirement # 8 (See Article 2, Section 2.04).</p> <p>8 - With the exception of Deck Work and Entry into the water, getting into and out of the Circle (Team), and Acrobatics, Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all Duet members.</p>						
DUET TECH	<p><b>Additional Routine Requirements # 6 and # 7:</b> An <b>eight (8)</b> point penalty shall be deducted from the Elements score for violation of Duet Technical Additional Routine Requirements # 6 and # 7.</p> <p>6 - One (1) Free Hybrid must be performed. 7 - One (1) Pair Acrobatic must be performed.</p>						
MIXED DUET TECH	<p><b>General Routine Requirement # 8:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for each violation of Mixed Duet Technical General Routine Requirement # 8. (See Article 2, Section 2.05)</p> <p>8 – Only Technical Required Elements must be performed simultaneously and facing the same direction. Deck Work and Entry into the water, Free Hybrid, Required Hybrid, Entry into or Exit out of Technical Required Elements, Transitions and Pair Acrobatics DO NOT have this restriction and MAY be performed freely (non-simultaneous and facing different directions).</p>						

MIXED DUET TECH	<p><b>Additional Routine Requirements # 4, 5, 6 and 7:</b> An <b>eight (8)</b> point penalty shall be deducted from the Elements score for each violation of Mixed Duet Technical Additional Routine Requirements # 4, 5, 6 and 7.</p> <p>4 - One (1) Free Hybrid  5 - One (1) Required Hybrid which must contain only 1 <i>Thrust</i> declaration and 2 different Connection declarations  6 - Two (2) Pair Acrobatics of free choice but must not repeat the same Acrobatic  7 – Three (3) declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more)</p>
MIXED DUET TECH	<p><b>Repetition of Pair Acrobatic (Additional Routine Requirement # 6):</b> A <b>Base Mark</b> shall be applied for any repetition of Pair Acrobatics (the same Pair Acrobatic code may not be used).</p> <p>6 - Two (2) Pair Acrobatics (free choice, but must not repeat the same Acrobatic) must be performed.</p>
TEAM TECH	<p><b>General Routine Requirement # 9:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for each violation of Team Technical General Routine Requirement # 9. (See Article 2, Section 2.04.)</p> <p>9 - With the exception of Deck Work and Entry into the water, getting into and out of the Circle (Team), and Acrobatics, Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all Team members.</p>
TEAM TECH	<p><b>Additional Routine Requirements # 6 and 7:</b> An <b>eight (8)</b> point penalty shall be deducted from the Elements score for each violation of Team Technical Additional Routine Requirements # 6 and 7.</p> <p>6 - Two (2) Free Hybrids, one of which must include a Cadence Action must be performed by all Team members  7 - One (1) Team Acrobatic Movement must be performed by all Team members. The Degree of Difficulty (“DD”) for the Acrobatic Movement <u>must not exceed 3.0 inclusive of the Base Mark value.</u></p>
TEAM TECH	<p><b>Maximum of One Circle Pattern (Additional Routine Requirement # 8):</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score if a Team Technical routine exceeds a maximum of one (1) Circle Pattern.</p> <p>8 - The routine may contain a maximum of one (1) Circle Pattern.</p>
TEAM TECH	<p><b>Routine Requirement # 7 DD:</b> A <b>Base Mark</b> shall be applied for a violation of Team Technical DD Additional Routine Requirement # 7 for the Acrobatic Movement exceeding 3.00 (inclusive of the BM value of 0.5).</p> <p>7 - One <u>Team</u> Acrobatic Movement must be performed by all Team members. The Degree of Difficulty (“DD”) for the Acrobatic Movement <u>must not exceed 3.0 inclusive of the Base Mark value.</u></p>



<p>FREE ROUTINES - SOLO, DUET, MIXED DUET, TRIO, TEAM, FREE COMBINATION</p>	<p><b>Not Including a Skill from every Family:</b> An <b>eight (8)</b> point penalty shall be deducted from the Elements score for NOT including a skill from every family in the routine (with the exception of connections in Solo).</p> <p><b>Note:</b> For <u>Duet, Mixed Duet, Trio and Team Free routines</u>, all routine members must perform that skill in the same declaration on the Coach Card/Element Card (not factored). For <u>Free Combination</u>, all routine members must perform that skill in the same declaration on the Coach Card/Element Card (not factored) if performed during the Duet, Trio or Team Free Hybrids.</p> <p><b>Clarification:</b> For <u>Free Combination</u>, must include 1 declaration from each family in the routine (counted across Solo, Duet, Trio and Team DD Hybrids)</p> <p><b>Note:</b> Refer to Routine Requirements – Set Number of Elements Charts per Age Division.</p>
<p>DUET FREE, MIXED DUET FREE, COLLEGIATE TRIO</p>	<p><b>Repetition of Pair Acrobatic:</b> A <b>Base Mark</b> shall be applied for any repetition of Pair Acrobatics (the same Pair Acrobatic code may not be used).</p> <p><u>Junior, Senior and Collegiate Duet Free</u> – Two (2) Pair Acrobatics (free choice, but must not repeat the same Acrobatic) must be performed.</p> <p><u>12&amp;U and Youth Mixed Duet Free</u> – Two (2) Pair Acrobatics (free choice, but must not repeat the same Acrobatic) must be performed.</p> <p><u>Junior and Senior Mixed Duet Free and Collegiate Trio</u> – Three (3) Pair Acrobatics (free choice, but must not repeat the same Acrobatic) must be performed.</p> <p><b>Exception:</b> 12&amp;U and Youth Duet Free are only allowed 1 Pair acrobatics.</p>
<p>MIXED DUET FREE</p>	<p><b>Additional Required Movements Not Performed:</b> A <b>two (2)</b> point penalty shall be deducted from the Artistic Impression score for each of the additional required movements not performed (Routine Requirements – Set Number of Elements Chart per Age Division).</p> <p>- A minimum of 3 (<b>12&amp;U/Youth</b>) or 4 (<b>Junior/Senior</b>) declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more).</p>
<p>ALL 12&amp;U ROUTINES</p>	<p><b>Exceeding the Hybrid Safety Limit of 7.0:</b> A <b>Base Mark</b> shall be applied for each violation of the Hybrid Safety Limit Degree of Difficulty of 7.0 (inclusive of Base Mark value of 0.5). (Routine Requirements – Set Number of Elements Chart)</p>
<p>12&amp;U TEAM FREE, 12&amp;U FREE COMBINATION</p>	<p><b>Exceeding the Team Acrobatic Movement DD Safety Limit:</b> A <b>Base Mark</b> shall be applied for each Acrobatic Movement exceeding the DD safety limit (Routine Requirements – Set Number of Elements Chart):</p> <p>Group A (2.5) Group B (2.6) Group C (2.6) Group P (2.8)</p> <p>All DD limits are inclusive of Base Mark value of 0.5. Acrobatic Movements cannot have a DD higher than the Total DD (Max).</p>

<p>YOUTH TEAM FREE, YOUTH FREE COMBINATION, 16-19/20 FREE COMBINATION</p>	<p><b>Exceeding the Team Acrobatic Movement DD Safety Limit: A Base Mark</b> shall be applied for each Acrobatic Movement exceeding the DD safety limit (Routine Requirements – Set Number of Elements Chart):</p> <p>Group A (2.7) Group B (2.8) Group C (2.8) Group P (3.0)</p> <p>All DD limits are inclusive of Base Mark value of 0.5. Acrobatic Movements cannot have a DD higher than the Total DD (Max).</p>
<p>TEAM FREE, AEROBIC ROUTINE, FREE COMBINATION</p>	<p><b>Repetition of Team Acrobatic Movements: A Base Mark</b> shall be applied for any repetition of Acrobatic Movements (Routine Requirements – Set Number of Elements Chart).</p> <p><u>For Team Free/Acrobatic Routine/Free Combination</u> - Must not repeat the same Acrobatic is defined as:</p> <p><b>For Group A</b> – cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus  <b>For Group B</b> – cannot repeat the same construction and cannot repeat the same type of connection (grip)  <b>For Group C</b> – cannot repeat the same construction  <b>For Group P</b> – cannot repeat the same construction and cannot repeat the same type of connection (grip), AND cannot repeat the same position(s) (as P1 or as P2), with the exception of the 3<sup>rd</sup> position bonus</p>
<p>ACROBATIC ROUTINE</p>	<p><b>General Requirements # 4 and 5: A Base Mark</b> shall be applied for each violation of Acrobatic Routine General Requirements # 4 or 5.</p> <p>4 - A maximum of two (2) Acrobatics from any group (A, B, C or P) may be performed. If a 3<sup>rd</sup> Acrobatic from the same group is performed, that Acrobatic will go to Base Mark.  5 - Acrobatics must not be repeated</p>
<p>ACROBATIC ROUTINE</p>	<p><b>General Requirement # 6: An eight (8) point penalty</b> shall be deducted from the Routine score for each violation of Acrobatic Routine General Requirement # 6.</p> <p>6 - The Routine must portray a Theme, which must be declared on the Coach Card/Element Card.</p>
<p>ACROBATIC ROUTINE</p>	<p><b>Required Element # 1: An eight (8) point penalty</b> shall be deducted from the Elements score for each violation of Acrobatic Routine Required Element # 1.</p> <p>1 - Seven (7) Team Acrobatic Movements: one from each Acrobatic group (A, B, C, P), and three (3) more Team Acrobatic Movements of free choice as per the general requirements.</p>
<p>FREE COMBINATION</p>	<p><b>General Requirements # 2-5: An eight (8) point penalty</b> shall be deducted from the Routine score for violations of each Free Combination Routine General Requirement # 2-5 in Article 4.</p> <p>2 - Start may be on the deck or in the water, or a combination of both.  3 - All subsequent parts must start in the water.  4 - A new part begins in very close proximity to the previous part.</p>

	5 - The routine must portray a Theme, which must be declared on the Coach Card/Element Card.
FREE COMBINATION	<p><b>Required Element # 1:</b> A two (2) point penalty shall be deducted from the Elements score for each violation of Free Combination Routine Required Element # 1 in Article 4.</p> <p>1 - At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have all competitors.</p>
12&U FREE COMBINATION	<p><b>Routine Requirements – Set Number of Elements Chart – 12&amp;U Free Combination:</b> A <b>Base Mark</b> shall be applied for each violation of 12&amp;U Free Combination Routine Requirements.</p> <ol style="list-style-type: none"> <li>Three (3) Team Acrobatics with DD safety limit (free choice, but must not repeat the same Acrobatic)</li> <li>One (1) x DD Solo Hybrid</li> <li>One (1) x DD Duet Hybrid</li> <li>Two (2) x DD Team Hybrids (must be executed with a minimum of four (4) competitors)</li> <li>One (1) x Team Choreography Hybrid (“ChoHY”) with no DD (i.e. factor of 1.0) must be executed with a minimum of four (4) competitors</li> <li>Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts)</li> </ol>
YOUTH FREE COMBINATION	<p><b>Routine Requirements – Set Number of Elements Chart – Youth Free Combination:</b> A <b>Base Mark</b> shall be applied for each violation of Youth Free Combination Routine Requirements.</p> <ol style="list-style-type: none"> <li>Four (4) Team Acrobatics with DD safety limit (free choice, but must not repeat the same Acrobatic)</li> <li>One (1) x DD Solo Hybrid</li> <li>One (1) x DD Duet Hybrid</li> <li>Two (2) x DD Team Hybrids (must be executed with a minimum of four (4) competitors)</li> <li>One (1) x Team Choreography Hybrid (“ChoHY”) with no DD (i.e. factor of 1.0) must be executed with a minimum of four (4) competitors</li> <li>Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts)</li> </ol>
16-19/20 FREE COMBINATION	<p><b>Routine Requirements – Set Number of Elements Chart – 16-19/20 Free Combination:</b> A <b>Base Mark</b> shall be applied for each violation of 16-19/20 Free Combination Routine Requirements.</p> <ol style="list-style-type: none"> <li>Four (4) Team Acrobatics with DD safety limit (free choice, but must not repeat the same Acrobatic)</li> <li>One (1) x DD Solo Hybrid</li> <li>One (1) x DD Duet Hybrid</li> <li>One (1) x DD Trio Hybrid</li> <li>Two (2) x DD Team Hybrids (must be executed with a minimum of four (4) competitors)</li> <li>One (1) x Team Choreography Hybrid (“ChoHY”) with no DD (i.e. factor of 1.0) must be executed with a minimum of four (4) competitors</li> <li>Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts)</li> </ol>

**ARTICLE 8**

**GENERAL PENALTIES FOR  
NOVICE, INTERMEDIATE AND MASTERS ROUTINES**

ALL	<b>Deck Walk-on:</b> A <b>one (1)</b> point penalty shall be deducted from the Routine score if the time limit of 20 seconds (Solo, Duet) or 30 seconds (Mixed Duet, Trio, Team) for the deck walk-on is exceeded.
INTERMEDIATE & MASTERS FREE COMBINATION	<b>Deck Walk-on:</b> A <b>one (1)</b> point penalty shall be deducted from the Routine score if the time limit 30 seconds for the deck walk-on is exceeded.
ALL	<b>Deck Movements:</b> A <b>one (1)</b> point penalty shall be deducted from the Routine score if the time limit of ten (10) seconds for deck movements is exceeded.
ALL	<b>New Start:</b> A <b>two (2)</b> point penalty shall be deducted from the Routine score if a routine is interrupted by a competitor during the deck movements and a new start is allowed.
ALL	<b>Overall Routine Time:</b> A <b>one (1)</b> point penalty shall be deducted from the Routine score if there is a deviation from the specified routine time limit allowed ( <b>more than</b> ) for the routine and in accordance with USAAS Rules CP 4.2.2, MS 4.3.2, MS 4.4.1 and this Appendix L Time Requirements.
ALL	<b>Deliberate Use of Bottom to Propel:</b> A <b>two (2)</b> penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool during a routine to propel himself.
DUET, TRIO, TEAM	<b>Deliberate Use of Bottom to Assist:</b> A <b>two (2)</b> point penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool to assist another competitor. No penalty will be applied when the contact with the bottom of the pool results from the competitor's self-protection from injuries by impact.
INTERMEDIATE & MASTERS FREE COMBINATION	<b>Deliberate Use of Bottom to Assist:</b> A <b>two (2)</b> point penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool to assist another competitor. No penalty will be applied when the contact with the bottom of the pool results from the competitor's self-protection from injuries by impact.
INTERMEDIATE ROUTINES	<b>Base Mark:</b> All Free Elements (Hybrids and Acrobatics) have a calculated Base Mark that is the minimum Degree of Difficulty that will be applied if 1 or more components of the element is not performed or is not in conformance to what is declared in the Coach Card/Element Card.
NOVICE AND INTERMEDIATE ROUTINES	<b>Exceeding Number of Predetermined Elements:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event and category.  <b>Note:</b> No additional difficulty will be calculated for Elements over the predetermined number assigned to the particular event and category.

ALL	<p><b>Omit All, Part or Incorrect Action of Technical Required Element:</b> If a competitor omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers (DTC) shall make note that the declared movement was not correct. If the DTC video review confirms a violation, <u>the following penalties shall be</u> deducted from the Elements score.</p> <p><u>Novice &amp; Masters Technical Routines</u> – <b>Two (2)</b> point penalty</p> <p><u>Intermediate</u> – <b>Zero (0)</b> assigned as the Degree of Difficulty for the Technical Required Element</p>						
NOVICE AND INTERMEDIATE ROUTINES	<p><b>Swum Out of Order:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for any change in the order of the Technical Required Elements performed as stated in this Appendix L. Example: Element #1, 2, 4, 3, 5 (incorrect order).</p>						
MASTERS TECHNICAL ROUTINES	<p><b>Swum Out of Order:</b> A <b>two (2)</b> point penalty shall be deducted from the Elements score for any change in the order of the Technical Required Elements performed as stated in this Appendix L <b>UNLESS</b> an Element Card has been submitted indicating the different order of elements.</p>						
TEAMS	<p><b>Less than Eight:</b> A <b>quarter (0.25)</b> point penalty shall be deducted from the Total score for each athlete less than eight (8). Refer to USAAS Rule CP 5.1.1.</p>						
INTERMEDIATE & MASTERS FREE COMBINATION	<p><b>Less than Ten:</b> A <b>quarter (0.25)</b> point penalty shall be deducted from the Total score for each athlete less than ten (10). Refer to USAAS Rule CP 5.1.2.</p>						
NOVICE & INTERMEDIATE DUET, TRIO, TEAM & INTERMEDIATE FREE COMBINATION	<p><b>Synchronization Errors and Penalty Values</b></p> <p>For all routines, the sum of all synchronization errors (unequal actions) observed by the Synchronization Technical Controllers (STC), (each factored by its assigned value) will be deducted from the Elements score. Types of Synchronization errors and penalty values are:</p> <table border="1" data-bbox="430 1044 927 1122"> <tr> <td>Small</td> <td>0.1 points</td> </tr> <tr> <td>Obvious</td> <td>0.5 points</td> </tr> <tr> <td>Major</td> <td>3.0 points</td> </tr> </table> <p>The description of small, obvious, and major synchronization errors (unequal actions) is detailed in the World Aquatics Scoring Synchronization Guide. Maximum deduction can reduce the Elements score to <b>zero (0)</b>, but not to a negative Elements score.</p> <p><b>Note:</b> There will be a maximum synchronization error deduction of <b>ten (10)</b> points for Novice routines.</p>	Small	0.1 points	Obvious	0.5 points	Major	3.0 points
Small	0.1 points						
Obvious	0.5 points						
Major	3.0 points						
NOVICE DUET, TRIO, TEAM	<p><b>General Requirements # 7:</b> A <b>half (0.5)</b> point penalty shall be deducted from the Elements score for each violation of required element # 7.</p> <p>7 - Acrobatic Movements are not permitted.</p>						

<p>NOVICE &amp; INTERMEDIATE SOLO, DUET, TRIO</p>	<p><b>General Requirement # 8 (Novice) or # 9 (Intermediate):</b> A half (0.5) point penalty shall be deducted from the Elements score if an element (# 1-5) is not performed parallel to the sides of the pool where the panels of judges are seated.</p> <p>8/9 – Technical Required Elements # 1-5 shall be performed parallel to the sides of the pool where the panels of judges are seated.</p>
<p>NOVICE &amp; INTERMEDIATE DUET, TRIO, TEAM</p>	<p><b>General Requirements # 9 (Novice) or 10 (Intermediate):</b> A half (0.5) point penalty shall be deducted from the Elements score for each violation of required element # 9 or 10:</p> <p>9/10 – All Technical Required Elements #1-5 must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during the Technical Required Elements.</p>
<p>INTERMEDIATE SOLO, DUET, TRIO, TEAM</p>	<p><b>Additional Routine Requirements # 6 (Solo), # 7 (Duet/Trio), # 8 (Team):</b> A half (0.5) point penalty shall be deducted from the Elements score for violation of each Additional Routine Requirement in this Appendix L.</p> <p>6 (Solo) - Maximum of 1 x Free Hybrid must be performed. 7 (Duet/Trio) - Maximum of 2 x Free Hybrids OR 1 x Free Hybrid and 1 x Pair Acrobatic must be performed. 8 (Team) - Maximum of 2 x Free Hybrids OR 1 x Free Hybrid and 1 x Team Acrobatic Movement (with safety limit**) must be performed.</p> <p><b>** Intermediate Team Acrobatic Movement Safety Limit:</b> Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the Total DD (Max), inclusive of the Base Mark value, than the following:</p> <p>Group A: 1.8 Group B: 1.8 Group C: Not allowed Group P: 1.3</p>
<p>INTERMEDIATE &amp; MASTERS FREE COMBINATION</p>	<p><b>Free Combination General Requirements # 2-5:</b> A two (2) point penalty shall be deducted from the Routine score for violations of each Free Combination General Requirement # 2, 3, 4 and 5.</p> <p>2 – Start may be on the deck or in the water, or a combination of both. 3 – All subsequent parts must start in the water. 4 – A new part begins in very close proximity to the previous part. 5 – The routine must portray a Theme, which must be declared on the Coach Card/Element Card*.</p> <p>* <b>Exception:</b> Masters Free Combination routines must portray a Theme, though do not require a Coach/Element Card.</p>
<p>INTERMEDIATE FREE COMBINATION</p>	<p><b>Free Combination Required Elements # 1 and 2:</b> A two (2) point penalty shall be deducted from the Elements score for each violation of the Required Elements # 1 and 2.</p> <p>1 - At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have all competitors.</p> <p>2 – The Free Combination routine must have the components as listed in the <u>Intermediate Routine Requirement</u> chart.</p>

	<ul style="list-style-type: none"> <li>• 2 Team Acrobatic Movements with <u>DD</u> safety limit**</li> <li>• Free Transitions</li> <li>• 1 x <u>DD</u> Solo Hybrid</li> <li>• 1 x <u>DD</u> Duet Hybrid</li> <li>• 1 x <u>DD</u> Trio Hybrid</li> <li>• 2 x <u>DD</u> Team Hybrids (<u>must be executed with a minimum of 4 competitors required</u>).</li> </ul> <p>** <b>Intermediate Team Acrobatic Movement Safety Limit:</b> Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the Total DD (Max), inclusive of the Base Mark value, than the following:</p> <p>Group A: 1.8  Group B: 1.8  Group C: Not allowed  Group P: 1.3</p>
MASTERS FREE COMBINATION	<p><b>Free Combination Required Element # 1:</b> A two (2) point penalty shall be deducted from the Elements score for violation of each Required Element # 1.</p> <p>1 - At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have all competitors.</p>
MASTERS SOLO TECH	<p><b>Additional Routine Requirement # 6:</b> A half (0.5) point penalty shall be deducted from the Elements score for violation of Masters Solo Technical Additional Routine Requirement # 6.</p> <p>6 - Two (2) Forms of Propulsion – must include eggbeater traveling sideways and/or forward (arms are optional).</p>
MASTERS DUET & TRIO TECH	<p><b>General Routine Requirement # 8 (Duet/Trio):</b> A half (0.5) point penalty shall be deducted from the Elements score for violations of Masters Duet &amp; Trio Technical General Routine Requirement # 8.</p> <p>8 - With the exception of the Deck Work, Entry and as noted in the Joined Action, all Elements – required and supplementary – must be performed simultaneously and facing the same direction by all competitors. Variations in propulsion and direction facing are permitted during pattern changes.</p>
MASTERS DUET & TRIO TECH	<p><b>Additional Routine Requirements # 6 and/or 7:</b> A half (0.5) point penalty shall be deducted from the Elements score for violations of Masters Duet &amp; Trio Technical Additional Routine Requirements # 6 and/or 7.</p> <p>6 - Two (2) Forms of Propulsion – must include eggbeater traveling sideways and/or forward (arms are optional).</p> <p>7 - Joined Action – where the competitors are connected (touching) in some manner to perform 1 of the following: a connected figure, or a connected float or connected stroking. All competitors must perform the Joined Action simultaneously. Mirror action is permitted.</p>
MASTERS TEAM TECH	<p><b>General Routine Requirement # 10 (Team):</b> A half (0.5) point penalty shall be deducted from the Elements score for violations of Masters Team Technical General Routine Requirement # 10.</p> <p>10 - With the exception of the Deck Work, Entry, the Cadence Action and as noted in the Joined Action, all Elements – required and supplementary – must</p>

	<p>be performed simultaneously and facing the same direction by all Team members. Team members need not face the same direction in the Circle Pattern. Variations in propulsion and direction facing are permitted during pattern changes. Mirrors actions are not permitted except as specified in the description of the Elements.</p>
<p>MASTERS TEAM TECH</p>	<p><b>Additional Routine Requirements # 6, 7, 8 and/or 9:</b> A half (0.5) point penalty shall be deducted from the Elements score for violations of Masters Team Technical Additional Routine Requirements # 6, 7, 8 and/or 9.</p> <p>6 - Two (2) Forms of Propulsion – must include eggbeater traveling sideways and/or forward (arms are optional).</p> <p>7 - Joined Action – where the competitors are connected (touching) in some manner to perform 1 of the following: a connected figure, or a connected float or connected stroking. All competitors must perform the Joined Action simultaneously. Mirror action is permitted.</p> <p>8 – Cadence Action – See Article 1, Section 1.0<u>6</u>.</p> <p>9 – Patterns – must show a Circle and a straight line. Elements may be performed when in the Circle or the straight line patterns.</p>

**GENERAL PENALITES FOR ATHLETES WITH DISABILITIES ROUTINES**

<p>ALL</p>	<p><b>Overall Routine Time:</b> A one (1) point penalty shall be deducted from the Routine score if there is a deviation from the specified routine time limit allowed (<b>more than</b>) for the routine and in accordance with USAAS Rules AD 4.1.2-3.</p>
<p>ALL</p>	<p><b>Stacks, Towers or Human Pyramids:</b> A two (2) penalty shall be deducted from the Routine score if competitors execute stacks, towers or human pyramids during the deck movements in the routine.</p>
<p>ALL</p>	<p><b>Deliberate Use of Bottom to Propel:</b> A two (2) penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool during a routine to propel himself.</p>
<p>ALL</p>	<p><b>Deliberate Use of Bottom to Assist:</b> A two (2) point penalty shall be deducted from the Routine score if a competitor has made deliberate use of the bottom of the pool during a routine to assist another competitor. No penalty will be applied when the contact with the bottom of the pool results from the competitor’s self-protection from injuries by impact.</p>