

APNEA GUIDELINES

AS OF MAY, 2024

PROCESS FOR APNEA GUIDELINES

- Coaches are asked to be accurate in their time entry on their Coach Card for each Free Hybrid. The Timers will be able to use the Coach Card as a guide to verify the Free Hybrid apnea time.
- There is a +3 second variance allowed for timing differences in apnea total time. Meaning, if a posted maximum is 1:00, the maximum time allowed will be 1 minute 3 seconds. Note: there is no minimum time.
- Time underwater for Free Hybrids will be calculated as explained on the next page.

Note: The apnea guideline only applies to Free Hybrids, not Technical Required Elements or Acrobatics. For routines that follow the apnea guidelines, a bonus of 40 points will be added to the final routine score.



HOW TO CALCULATE APNEA

STAND-ALONE HYBRID

1

Hybrid underwater time shall be timed from "breath to breath" - from taking entry breath to go under (pull down, arch back, body boost, etc.), to first surfacing breath after completing the hybrid (roll up from walkout, body boost, eggbeater surfacing, etc.).

HYBRID FOLLOWED BY ACRO

2

In the case that the hybrid takes place in combination with an acrobatic movement/highlight occurring directly after a hybrid, the underwater time shall be counted from taking the entry breath, to the last movement of the hybrid

ATHLETES START OR END A HYBRID AT DIFFERENT TIMES

3

If some of the athletes start the hybrid earlier than the other athletes or end the hybrid later than others, the time underwater starts from the moment the first athlete(s) start the hybrid and ends when the last athlete(s) finish the hybrid. This is applicable to cadence and other instances of 4 and 4 or 2,2,2,2, etc.



FREE HYBRID APNEA MAXIMUMS

Event	Routine Time Limit	No. of Hyb/TRE Elements	% of time for FREE HYBRID apnea	= Maximum FREE HYBRID time of:
12&U AGE GROUP				
12&U Solo Free	2:00	5	50%	1:00
12&U Duet/Mixed Duet Free	2:30	5	50%	1:15
12&U Team Free	3:00	6	50%	1:30
12&U Combo	3:00	5	50%	1:30
YOUTH EVENTS				
Youth Solo Free	2:00	6	58%	1:10
Youth Duet Free	2:30	6	50%	1:15
Youth Mixed Duet Free	2:30	5	50%	1:15
Youth Team Free	3:00	6	50%	1:30
Youth Combo	3:00	5	50%	1:30
15-17 & 18-19/20 EVENTS				
Jr Solo Tech	2:00	7	25%	0:30
Jr Duet Tech	2:20	7	25%	0:35
Jr Mixed Duet Tech	2:20	7	25%	0:35
Jr Team Tech	2:50	8	32%	0:55
Jr Solo Free	2:15	7	63%	1:25
Jr Duet Free	2:45	7	57.5%	1:35
Jr Mixed Duet Free	2:45	6	55%	1:30
Jr Team Free	3:30	7	57%	2:00
Jr Acro Routine	3:00	-	-	-

