

2025 World Championships Nomination Criteria

Assessors will give each athlete a score from 1-10 for each of the four assessment categories listed below. The total score will produce the team ranking, which will be considered by the Selection Committee along with any discretionary criteria to determine the athletes nominated to the 2025 World Championship team and duet.

Assessment categories:

- 1) Technical skills
 - a) Execution of TREs
 - b) Execution of upside down movements (height of all leg movements, leg, calf, ankle, and quad extension, clarity of movement)
 - c) Basemarks

- 2) Team performance skills
 - a) Count accuracy
 - b) Nutrition/look
 - c) Pushing for acrobatics/featured swimmer ability
 - d) Pattern awareness
 - e) Endurance (consistent level of height, execution, sharpness, and range of motion from the beginning of the routine to the end)
 - f) Match ability (toe line)

- 3) Artistic skills
 - a) Upright swimming (eggbeater height, use of body, clarity of movements, facial presentation)
 - b) Propulsion

- 4) Intrinsic qualities
 - a) Ability to make corrections and learn choreography quickly
 - b) Ability to handle workload of multiple routines
 - c) Being a team player (ability to collaborate and take corrections from teammates, communication, personal accountability and adaptability)
 - d) “Eye of the Tiger” attitude (motivation, focus, desire to improve, willingness to embrace challenging workouts, being prepared, taking initiative)
 - e) Coachability (mood, accepting corrections and feedback, respecting coaches, staying on task, etc)
 - f) Competition performance (how you carry yourself throughout the competition, focus, performance)

- g) Willingness to embrace challenging workouts
- h) Gym performance

5) Duet criteria (Technical skills, Artistic skills, and Intrinsic skills the same). Duet performance skills the same except Pattern Awareness refers to duet spacing.

Routine-specific needs:

- Tech team
 - Elements
 - Upside down movements (height of all leg movements, leg, calf, ankle, and quad extension, clarity of movement)
 - Upright swimming (eggbeater height, use of body, clarity of movement, facial presentation)
 - Pushing ability for Acro
 - Propulsion
 - Pattern awareness
 - Endurance (consistent level of height, execution, sharpness, and range of motion from the beginning of the routine to the end)
- Free team
 - Upside down movements (height of all leg movements, leg, calf, ankle, and quad extension, clarity of movement)
 - Upright swimming (eggbeater height, use of body, clarity of movement, facial presentation)
 - Pushing ability for Acros
 - Propulsion
 - Pattern awareness
 - Endurance (consistent level of height, execution, sharpness, and range of motion from the beginning of the routine to the end)
- Acro team
 - Pushing and/or flying ability for Acrobatics
 - Upright swimming (eggbeater height, use of body, clarity of movement, facial presentation)
 - Propulsion
 - Pattern awareness
 - Endurance (consistent level of height, execution, sharpness, and range of motion from the beginning of the routine to the end)
- Duet Tech
 - Elements
 - Upside down movements (height of all leg movements, leg, calf, ankle, and quad extension, clarity of movement)

- Upright swimming (eggbeater height, use of body, clarity of movement, facial presentation)
- Propulsion
- Pattern awareness (referred to duet spacing)
- Endurance (consistent level of height, execution, sharpness, and range of motion from the beginning of the routine to the end)