

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 (Technical routines only), a predetermined number of 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 Coach Card: For all routines, it is required that the Technical Required Elements # 1-5 (Technical routines only), Elements (Hybrids and Acrobatic Movements) and Transitions be declared and submitted on the Coach Card. The Coach Card must indicate the degrees of difficulty for each Element selected to be performed, and the order of performance selected. The Coach Card must be submitted prior to the competition.

- **Exception:** The Coach Card is not required for Novice and Collegiate Technical Category A and B compulsory routines. The Coach Card/Elements Order Card is not required for Masters routines when the Technical Required Elements are performed in the order listed in this Appendix. The Coach Card is not required for Athletes With Disabilities (“AWD”) Free routines. See Article 3, Section 3.01, 3.03 and 3.04.

1.03 Acrobatic Movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other competitor(s).

- **Team Acrobatic Movement** definition as per the World Aquatics Acrobatic Catalogue (page 2): “A Team Acrobatic Movement is considered as an Element, with at least 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. All other actions are considered as Pair Acrobatics or Pair Assist actions.
- An Acrobatic Movement is considered when it starts and ends once all Team members are in the water.

1.04 Pair Acrobatic Movement definition as per the World Aquatics Acrobatic Catalogue (page 184). “A Pair Acrobatic Movement is only considered as a lift or a throw if the bottom (base) swimmer is underwater and lifts/throws the featured-swimmer up in the air (away from the surface). The base swimmer can lift/throw the featured-swimmer by holding/pushing their legs or shoulders.”

1.05 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.

1.06 Time Limits and Allowances: Refer to USAAS Rules CP 4.2.2, MS 2.7.1-2 and MS 2.8.1-2.

1.07 Penalties: Refer to USAAS Rule OD 4.6.2.

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 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 Difficulty Guide and World Aquatics Acrobatics Catalogue.

2.03 Technical Required Elements # 1-5 can be performed in any order, unless otherwise specified. It is strongly recommended for clarity of judgment that Technical Required Elements # 1-5 are separated by other content.

2.04 With the exception of the Deck Work, Entry, Hybrid Connected Action (Mixed Duet), Acrobatic Movement (Team), Pair Acrobatics (Duet and Mixed Duet), Cadence Action (Team) and Circle Pattern (Team), the Technical Required Elements, Elements and Transitions are to be performed simultaneously and facing the same direction by all Duet or Team members.

- **Exception:** For Masters exception, see Article 3, Section 3.04.

2.05 Additional movements can be added immediately before and after (breath to breath) the Technical Required Elements # 1-5. These movements will not add any extra difficulty nor will be considered as additional hybrids.

ARTICLE 3

SPECIFIC REQUIREMENTS FOR NOVICE, INTERMEDIATE, COLLEGIATE AND MASTERS ROUTINES

3.01 Novice Free Routines with Technical Required Elements:

- A.** For Novice Solos, Duets and Trios only, Technical Required Elements # 1-5 shall be performed parallel to the sides of the pool where the panels of judges are seated.
- B.** For Novice Duets, Trios and Teams, all Technical Required Elements # 1-5 must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during Technical Required Elements.
- C.** 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).
- D.** The Coach Card is not required for Novice routines.
- E.** There will be a maximum synchronization error deduction of 10 points for all Novice routines.

3.02 Intermediate Free Routines with Technical Required Elements:

- A.** For Intermediate Solos, Duets and Trios only, Technical Required Elements # 1-5 shall be performed parallel to the sides of the pool where the panels of judges are seated.

- B.** For **Intermediate Duets, Trios and Teams**, all Technical Required Elements # 1-5 must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during Technical Required Elements. Requirements # 7-9 may be placed anywhere in the routine.

3.03 Collegiate Technical Category A and B:

A. For **Collegiate Technical Category A and B**, a compulsory routine with 4 Team Technical Required Elements shall be determined by the High Performance Director, the Collegiate Chair and the Collegiate Technical Chair.

- 1.** 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 Collegiate Chair, the Collegiate Technical Chair and the High Performance Director. 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.
- 2.** **Time Limits and Allowances:** The time requirement for the compulsory routine will be 1:30 with an allowance of 15 seconds plus or minus the allotted time limit.
- 3.** The routine will be performed individually by each student-athlete.
- 4.** Student-athletes must perform the compulsory routine in accordance with the published video and count sheet. During the Technical Required Elements, performing the incorrect leg or turning the incorrect direction shall result in a zero score for that particular element.
- 5.** **Judging:** 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.
- 6.** The Figure scoring system shall be utilized to determine the results. For scoring purposes, see Note.
- 7.** **Penalties/Procedures:** Refer to USAAS Rules OD 4.6.1.2 and OD 4.6.1.3 for Figure Competition Penalties.
- 8.** The Coach Card is not required for Collegiate Technical Category A and B routines.

3.04 Masters Technical Routines:

- A.** For **Masters Technical Duets and Trios**, 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.
- B.** For **Masters Technical Teams**, 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.
- C.** The Coach Card/Elements Order Card is only required for Masters routines when the Technical Required Elements are performed in a different order than listed in this Appendix.

NOVICE FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS

NOVICE SOLO / DUET / TRIO AND TEAM (1:30) Technical Required Elements # 1-5 must be performed in the order listed. <u>Requirement # 7 placement is optional.</u>
1. Figure # <u>310 Somersault, Back Tuck.</u> [DD 1.1]
2. Figure # <u>100 Bent Knee, Alternate.</u> [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 # <u>302 Blossom.</u> [DD 1.4]
5. Figure # <u>316 Kipnus.</u> [DD 1.4]
6. 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. See Article 3, Section 3.01.
7. <u>One Free Hybrid (optional). Placement within the routine is optional.</u>
8. Acrobatic Movements are not permitted.

INTERMEDIATE FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS

INTERMEDIATE SOLO (1:45), DUET / TRIO (2:05) AND TEAM (2:35) Technical Required Elements # 1-5 must be performed in the order listed. Requirements # 7-9 placement is optional.	
1.	Figure # <u>348 Tower</u> . [DD 1.9]
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]
3.	Figure # 101 Ballet Leg, Single. [DD 1.6]
4.	Figure # 318 Kip, Bent Knee. [DD 1.8]
5.	Figure # 301 Barracuda. [DD 1.8]
6.	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. See Article 3, Section 3.02.
7.	Solo – maximum of 1 x Free Hybrid required. Placement within the routine is optional.
8.	Duet, Trio – maximum of 2 x Free Hybrids OR 1 x Free Hybrid and 1 x Pair Acrobatic* <u>required</u> . Placement within the routine is optional. *See Article 1, Section 1.04.
9.	Team – maximum of 2 x Free Hybrids OR 1 x Free Hybrid and 1 x Acrobatic Movement* (with safety limit**) <u>required</u> . Placement within the routine is optional. *See Article 1, Section 1.03.

INTERMEDIATE FREE COMBINATION ROUTINE REQUIREMENTS

Event	Time (+/-5 sec)	Total Elements	Summary
1. Free Combination	3:00	7	2 Team Acrobatic Movements* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 1 x Trio Hybrid, 2 x Team Hybrids (minimum of 4 competitors required). * See Article 1, Section 1.03.

** **Intermediate Team Acrobatic Movement Safety Limit:** Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the following:

- Group A: 1.8
- Group B: 1.8
- Group C: Not allowed
- Group P: 1.3

Refer to the World Aquatics Acrobatics Catalogue.

12 & UNDER ROUTINE REQUIREMENTS

12 & UNDER ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS			
<u>Hybrid Safety Limits: In all 12 & under routines, Rotation (R) movements in Levels 5-9 shall be counted only 2 times (2x) per hybrid, as declared on the Coach Card. This restriction is in addition to all stated AQUA hybrid restrictions. A Base Mark will be applied for violations to the Hybrid Safety Limits for Rotation (R) movements.</u>			
Event	Time (+/- 5 sec)	Total Elements	Summary
1. Solo Free	2:00	5	Total of 5 Free Hybrids.
2. Duet Free	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic*. * See Article 1, Section 1.04.
3. Mixed Duet Free	2:30	6	Total of 5 Free Hybrids (1 which must include a Hybrid connection) and 1 Pair Acrobatic*. PLUS additional required movements for Mixed Duet Free: 2 connected surface movements with travel. * See Article 1, Section 1.04.
4. Team Free	3:00	9	Total of 6 Free Hybrids and 3 Free Team Acrobatic Movements* (with safety limit**). *See Article 1, Section 1.03.
5. Free Combination	3:00	8	3 Team Acrobatic Movements* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrids (minimum of 4 competitors required). *See Article 1, Section 1.03.

**** 12 & under Team Acrobatic Movement Safety Limit:** Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the following:

- Group A: 2.65
- Group B: 2.60
- Group C: 2.45
- Group P: 2.50

Refer to the World Aquatics Acrobatics Catalogue.

Note: A Base Mark will be applied for violations of the World Aquatics Appendix 3 (safety limits and violations in Acrobatic Movements and Pair Acrobatics).

YOUTH ROUTINE REQUIREMENTS

YOUTH ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS			
Event	Time (+/- 5 sec)	Total Elements	Summary
1. Solo Free	2:00	6	Total of 6 Free Hybrids.
2. Duet Free	2:30	7	Total of 6 Free Hybrids and 1 Pair Acrobatic*. *See Article 1, Section 1.04.
3. Mixed Duet Free	2:30	7	Total of 5 Free Hybrids (1 which must include a Hybrid connection) and 2 Pair Acrobatics*. PLUS additional required movements for Mixed Duet Free: 2 connected surface movements with travel. *See Article 1, Section 1.04.
4. Team Free	3:00	9	Total of 6 Free Hybrids and 3 Free Team Acrobatic Movements* (with safety limit**) PLUS 2 required components in any of the 6 Free Hybrids. 1 Thrust (T1-T9) 1 Spin descending 720° with 1 or 2 legs (R3). <u>Note:</u> The 2 required components must be performed fully synchronized. The 2 required components may be either part of a Free Hybrid or constitute one of the 6 Free Hybrids. * See Article 1, Section 1.03.
5. Free Combination	3:00	9	4 Team Acrobatic Movements* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrids (minimum of 4 competitors required). * See Article 1, Section 1.03.

** **Youth Team Acrobatic Movement Safety Limit:** Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the following:

- Group A: 2.65
- Group B: 2.60
- Group C: 2.45
- Group P: 2.50

Refer to the World Aquatics Acrobatics Catalogue.

Note: A Base Mark will be applied for violations of the World Aquatics Appendix 3 (safety limits and violations in Acrobatic Movements and Pair Acrobatics).

JUNIOR / SENIOR ROUTINE REQUIREMENTS

JUNIOR / SENIOR ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS			
Event	Time (+/- 5 sec)	Total Elements	Summary
1. Solo Technical	2:00	7	Total of 5 Technical Required Elements and 2 Free Hybrids.
2. Solo Free	2:15	7	Total of 7 Free Hybrids.
3. Duet Technical	2:20	8	Total of 5 Technical Required Elements, 2 Free Hybrids and 1 Pair Acrobatic*. *See Article 1, Section 1.04.
4. Duet Free	2:45	9	Total of 7 Free Hybrids and 2 Pair Acrobatics*. *See Article 1, Section 1.04.
5. Mixed Duet Technical	2:20	8	Total of 5 Technical Required Elements, 2 Free Hybrids (1 which must include a Hybrid connection) and 1 Pair Acrobatic*. *See Article 1, Section 1.04.
6. Mixed Duet Free	2:45	9	Total of 6 Free Hybrids (1 which must include a Hybrid connection) and 3 Pair Acrobatics* (1 Lift, 1 Throw/Jump and 1 free choice) PLUS additional required movements for Mixed Duet Free: 2 connected surface movements with travel. *See Article 1, Section 1.04.
7. <u>Collegiate Trio Free</u>	<u>2:45</u>	<u>9</u>	<u>Total of 6 Free Hybrids and 3 Pair Acrobatics*</u> <u>* See Article 1, Section 1.04.</u>
8. Team Technical	2:50	9	Total of 5 Technical Required Elements, 3 Free Hybrids (1 which must include a Cadence Action*) and 1 Required Team Acrobatic Movement.* *See Article 1, Sections 1.03 & 1.05.
9. Team Free	3:30	11	Total of 7 Free Hybrids and 4 Free Team Acrobatic Movements.* *See Article 1, Section 1.03.
10. Acrobatic Routine	3:00	7	7 Team Acrobatic Movements* (1 of each group = 4 + 3 of free group choice) + Transitions are free, but <u>no</u> difficulty awarded + Hybrids are free, but <u>no</u> difficulty awarded. *See Article 1, Section 1.03.

Note: A Base Mark will be applied for violations of the World Aquatics Appendix 3 (safety limits and violations in Acrobatic Movements and Pair Acrobatics).

JUNIOR / SENIOR TECHNICAL REQUIRED ELEMENTS FOR TECHNICAL ROUTINES

SOLO TECHNICAL REQUIRED ELEMENTS (2:00)	
Technical Required Elements # 1-5 may be performed in any order.	
<p>1A. Thrust Continuous Spin 720° From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.7]</p>	<p>1B. Thrust Spinning 360° From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust Spinning 360°</i> (1 rotation) is executed. [DD 2.1]</p>
<p>2A. Combined Spin 1080° – Continuous Spin 1080° From a Vertical Position, 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>2B. Combined Spin 720° – Continuous Spin 1080° From a Vertical Position, 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>3. Swordfish Straight Leg – Knight From a Front Layout Position, the back arches as one leg is lifted in a 180° arc over the surface to a Split Position. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a Fishtail Position. 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 to a Knight Position, and with continuous motion and continuing in the same direction, an additional 180° rotation is executed. The vertical leg is lowered to a Surface Arch Position and with continuous motion an <i>Arch to Back Layout Finish Action</i> is executed. [DD 3.2]</p>	
<p>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 <i>Half Twist</i> 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 <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.9]</p>	<p>4B. Fishtail – 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, another rotation of 360° is executed, as the horizontal leg is lifted to a Vertical Position. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.6]</p>

<p>5A. Rocket Split Bent Knee Joining 360° From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. The back leg is rapidly lifted to vertical and the front leg bends to assume a Bent Knee Vertical Position. A rapid <i>360° Spin</i> is executed as the bent knee is extended to a Vertical Position 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>5B. Rocket Split Bent Knee From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. The back leg is rapidly lifted to vertical and the front leg bends to assume a Bent Knee Vertical Position. A <i>Vertical Descent</i> is executed with the bent knee extended to a Vertical Position 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>6. Two (2) additional Free Hybrids must be performed. These may be placed anywhere in the routine.</p>	

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

DUET TECHNICAL REQUIRED ELEMENTS (2:20)	
Technical Required Elements # 1-5 may be performed in any order.	
<p>1A. Walkover Back Closing 360°– Continuous Spin 1080° From a Back Layout Position, a <i>Surface Arch Position</i> is assumed. One leg is lifted in a 180° arc over the surface to a Split Position. A rotation of 360° is executed, as the legs symmetrically close to a Vertical Position. Continuing in the same direction, a <i>Continuous Spin 1080°</i> (3 rotations) is executed. [DD 3.0]</p>	<p>1B. Walkover Back Closing 180°– Continuous Spin 720° From a Back Layout Position, a <i>Surface Arch Position</i> is assumed. One leg is lifted in a 180° arc over the surface to a Split Position. A rotation of 180° is executed, as the legs symmetrically close to a Vertical Position. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.5]</p>
<p>2A. Rocket Split Alternating Legs – Spinning 180° From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume two (2) alternating Airborne Split Positions. The legs rapidly re-join to a Vertical Position. A rapid <i>180° Spin</i> is executed. [DD 2.8]</p>	<p>2B. Rocket Split – Spinning 180° From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. The legs rapidly re-join to a Vertical Position. A rapid <i>180° Spin</i> is executed. [DD 2.4]</p>
<p>3A. Flamingo Full Twist Hybrid From a Surface Ballet Leg Double Position, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a Vertical Position. A <i>Full Twist</i> is executed. Continuing in the same direction and without a pause, an additional rotation of 180° is executed as the legs symmetrically open to a Split Position. A <i>Walkout Front</i> is executed. [DD 2.9]</p>	<p>3B. Flamingo Half Twist Hybrid From a Surface Ballet Leg Double Position, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a Vertical Position. A <i>Half Twist</i> is executed. Without a pause, the legs symmetrically open to a Split Position. A <i>Walkout Front</i> is executed. [DD 2.6]</p>
<p>4A. Fishtail – Knight – Continuous Spin 1080° From a Front Pike Position, one leg is lifted to a Fishtail Position. The horizontal leg is rapidly lifted through an arc of 180° to assume a Knight Position. A rapid <i>Full Twist</i> is executed as the horizontal leg is lifted to a Vertical Position. Continuing in the same direction, a <i>Continuous Spin 1080°</i> (3 rotations) is executed. [DD 3.2]</p>	<p>4B. Fishtail – Knight – Continuous Spin 720° From a Front Pike Position, one leg is lifted to a Fishtail Position. The horizontal leg is rapidly lifted through an arc of 180° to assume a Knight Position. A rapid <i>Half Twist</i> is executed as the horizontal leg is lifted to a Vertical Position. Continuing in the same direction, a <i>Continuous Spin 720°</i> (2 rotations) is executed. [DD 2.7]</p>

<p>5A. Thrust Bent Knee Twirl Spin 360° From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position. One leg is lowered to a Bent Knee Vertical Position 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 Vertical Position 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>5B. Thrust Bent Knee Twirl From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position. One leg is lowered to a Bent Knee Vertical Position 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 Vertical Position 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>6. Two (2) additional Free Hybrids and one (1) Pair Acrobatic* must be performed. These may be placed anywhere in the routine. *See Article 1, Section 1.04.</p>	

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

MIXED DUET TECHNICAL REQUIRED ELEMENTS (2:20) Technical Required Elements # 1-5 may be performed in any order.	
<p>1A. Rocket Split Twirl Spin 180° From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. A <i>Twirl</i> is executed, as the legs symmetrically close to a Vertical Position. Continuing in the same direction, a rapid <i>180° Spin</i> is executed. [DD 2.7]</p>	<p>1B. Rocket Split Twirl From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position. A <i>Twirl</i> is executed, as the legs symmetrically close to a Vertical Position. A <i>Vertical Descent</i> is executed at the same tempo as the <i>Thrust</i>. [DD 2.5]</p>
<p>2A. Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720° From a Front Pike Position, the legs are lifted to a Vertical Position 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 Bent Knee Vertical Position. 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 Vertical Position completed as the ankles reach the surface of the water and continues through submergence. [DD 2.4]</p>	<p>2B. Front Pike – Vertical 180° Rotation – Half Twist to Bent Knee – Continuous Spin 720° From a Front Pike Position, the legs are lifted to a Vertical Position 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 Bent Knee Vertical Position. 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 Vertical Position completed as the ankles reach the surface of the water and continues through submergence. [DD 2.2]</p>
<p>3. London Hybrid A <i>Ballet Leg</i> is assumed followed by a partial Somersault Back Tuck as both legs are drawn into a Tuck Position, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly straightened to assume a Vertical Position midway between the former vertical line through the hips and former vertical line through the head and shins. The legs are symmetrically lowered to a Split Position, and without a pause a rapid hip rotation of 180° is executed as the front leg is raised to assume a Fishtail Position. The horizontal leg is rapidly lifted through an arc of 180° to assume a Knight Position. The vertical leg is lowered to assume a Surface Arch Position, and with continuous motion <i>an Arch to Back Layout Finish Action</i> is executed. [DD 3.3]</p>	

<p>4A. Nova Hybrid – Half Twist – Continuous Spin 1080° From a Back Layout Position, a <i>Bent Knee Surface Arch Position</i> is assumed. The legs are lifted and join simultaneously to a Vertical Position, as a <i>Full Twist</i> is executed. Continuing in the same direction and without a pause, a <i>Half Twist</i> is executed. Continuing in the same direction and without a pause, a <i>Continuous Spin 1080°</i> (3 rotations) is executed. [DD 3.0]</p>	<p>4B. Nova Hybrid – Continuous Spin 1080° From a Back Layout Position, a <i>Bent Knee Surface Arch Position</i> is assumed. The legs are lifted and join simultaneously to a Vertical Position, as a <i>Full Twist</i> is executed. Continuing in the same direction and without a pause, a <i>Continuous Spin 1080°</i> (3 rotations) is executed. [DD 2.6]</p>
<p>Fishtail Hybrid Airborne Position One leg is rapidly lowered to an airborne position midway between a Side Fishtail Position and a Fishtail Position with the foot of the lowered leg touching the surface of the water. Body is extended in a Vertical Position and hip joints must be on the horizontal line.</p>	
<p>5A. Thrust Fishtail Hybrid Bent Knee to Vertical Spinning 180° From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position. With no loss of height, one leg is rapidly lowered to an airborne position midway between a Side Fishtail Position and a Fishtail Position with the foot of the lowered leg touching the surface of the water. The horizontal leg is rapidly lifted as the vertical leg is rapidly lowered to assume a Bent Knee Vertical Position. A rapid <i>180° Spin</i> is executed, as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i>. [DD 2.4]</p>	<p>5B. Thrust Fishtail Helicopter Spinning 180° From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position. With no loss of height, one leg is rapidly lowered to an airborne Fishtail Position. A rapid <i>Helicopter Rotation Spinning 180°</i> is executed with the horizontal leg lifted to a Vertical Position during the rotation and is completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i>. [DD 2.1]</p>
<p>6. Two (2) additional Free Hybrids, one of which must include a Hybrid connection, and one (1) Pair Acrobatic* must be performed. These may be placed anywhere in the routine. *See Article 1, Section 1.04.</p>	

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

TEAM TECHNICAL REQUIRED ELEMENTS (2:50)	
Technical Required Elements # 1-5 may be performed in any order.	
<p>1A. Flying Fish Hybrid Spinning 180° From a Submerged Back Pike Position, with the legs perpendicular to the surface, 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 rapid 180° Spin. [DD 2.5]</p>	<p>1B. Flying Fish Hybrid From a Submerged Back Pike Position, with the legs perpendicular to the surface, 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]</p>
<p>2A. Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout Starting in a Vertical Position, a Full Twist is executed as one leg is lowered to a Bent Knee Vertical Position. Continuing in the same direction, another Full Twist is executed as the bent knee is extended to a Vertical Position. Continuing in the same direction, a Half Twist is executed as the legs are symmetrically lowered to a Split Position. A Walkout Front is executed. [DD 2.6]</p>	<p>2B. Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout Starting in 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]</p>
<p>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.</p>	
<p>3A. Two Fouette´ Rotations – Vertical – Continuous Spin 720° 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 Continuous Spin 720° (2 rotations) is executed. [DD 2.6]</p>	<p>3B. 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]</p>
<p>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</p>	

<p>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 <i>Arch to Back Layout Finish Action</i> is executed. [DD 2.9]</p>	
<p>5A. Rocket Split Bent Knee Twirl Hybrid From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position, followed by a rapid 180° rotation to assume an airborne Bent Knee Vertical Position 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>5B. Rocket Split Bent Knee Hybrid From a Submerged Back Pike Position, with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position. Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position, followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne Bent Knee Vertical Position. 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>6. Three (3) additional Free Hybrids, one of which must include a Cadence Action*, and one (1) Acrobatic Movement* must be performed by all Team members. These may be placed anywhere in the routine. *See Article 1, Sections 1.03 & 1.05.</p> <p>The Degree of Difficulty (“DD”) for the Acrobatic Movement should not be less than 2.0 nor exceed 2.65.</p> <p>Refer to the World Aquatics Acrobatics Catalogue.</p> <p><u>Exception: For U.S. Junior Olympic, Regional Junior Olympic and Association Junior Olympic Championships, the Degree of Difficulty (“DD”) for the Acrobatic Movement shall not exceed 2.65, and there shall be no minimum DD.</u></p>	
<p>7. The routine may contain a maximum of one (1) Circle Pattern.</p>	
<p>8. 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 making and finishing a Circle.</p>	

COLLEGIATE TECHNICAL CATEGORRY A ELEMENTS

COMPULSORY ROUTINE ELEMENTS (1:30)

Technical Required Elements # 1-4 must be performed in the order listed. See Article 3, Section 3.03.

1. Flying Fish Hybrid Spinning 180°

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, 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 rapid *180° Spin*. [DD 2.5]

2. Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout

Starting in a **Vertical Position**, a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction, another *Full Twist* is executed as the bent knee is extended to a **Vertical Position**. Continuing in the same direction, a *Half Twist* is executed as the legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed. [DD 2.6]

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 – Continuous Spin 720°

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 *Continuous Spin 720°* (2 rotations) is executed. [DD 2.6]

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]

COLLEGIATE TECHNICAL CATEGORRY B ELEMENTS

COMPULSORY ROUTINE ELEMENTS (1:30)

Technical Required Elements # 1-4 must be performed in the order listed. See Article 3, Section 3.03.

1. Flying Fish Hybrid

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, 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

Starting in 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 <u>unless a Coach Card/Elements Order Card has been submitted</u>. Element # 6 may be performed at any time during the routine. <u>See Article 3, Section 3.04 C.</u></p>	<p>Technical Required Elements # 1-5 must be performed in the order listed <u>unless a Coach Card/Element Order Card has been submitted</u>. Elements # 6-7 may be performed at any time during the routine. <u>See Article 3, Section 3.04 C.</u></p>
<p>1. Fishtail From a Front Layout Position, a Front Pike Position is assumed. One leg is lifted to a Fishtail Position and the second leg is lifted to a Vertical Position (the ending is optional). [DD 1.6]</p>	<p>1. Fishtail From a Front Layout Position, a Front Pike Position is assumed. One leg is lifted to a Fishtail Position and the second leg is lifted to a Vertical Position (the ending is optional). [DD 1.6]</p>
<p>2. Split Position followed by a <i>Walkout Front</i> or <i>Walkout Back</i>. [DD 1.3]</p>	<p>2. Split Position followed by a <i>Walkout Front</i> or <i>Walkout Back</i>. [DD 1.3]</p>
<p>3. Spinning 180° From a Bent Knee Vertical Position, a <i>Spin 180°</i> is executed as the legs are joined to a Vertical Position at the ankles followed by submergence. [DD 1.1]</p>	<p>3. Spinning 180° From a Bent Knee Vertical Position, a <i>Spin 180°</i> is executed as the legs are joined to a Vertical Position at the ankles followed by submergence. [DD 1.1]</p>
<p>4. Traveling Ballet Leg Combination Beginning in a Back Layout Position to include any 2 of the following positions: Right Bent Knee Back Layout; Left Bent Knee Back Layout; Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo or Double Ballet Leg. [DD 1.3]</p>	<p>4. Traveling Ballet Leg Combination Beginning in a Back Layout Position to include any 2 of the following positions: Right Bent Knee Back Layout; Left Bent Knee Back Layout; Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo or Double Ballet Leg. [DD 1.3]</p>
<p>5. Barracuda Bent Knee From the Back Pike Position, with the legs perpendicular and the toes just below the surface, a <i>Thrust</i> is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A <i>Vertical Descent</i> is executed in the Bent Knee Vertical Position at the same tempo as the <i>Thrust</i>. [DD 1.6]</p>	<p>5. Barracuda Bent Knee From the Back Pike Position, with the legs perpendicular and the toes just below the surface, a <i>Thrust</i> is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A <i>Vertical Descent</i> is executed in the Bent Knee Vertical Position at the same tempo as the <i>Thrust</i>. [DD 1.6]</p>
<p>6. Two (2) Forms of Propulsion – must include eggbeater traveling sideways and/or forward (arms are optional).</p>	<p>6. Two (2) Forms of Propulsion – must include eggbeater traveling sideways and/or forward (arms are optional).</p>

	<p><u>7.</u> 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.</p> <p>a. All competitors must perform the Joined Action simultaneously. Mirror action is permitted.</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. See Article 3, Section 3.04 A.</p>

MASTERS TECHNICAL REQUIRED ELEMENTS (continued)

<p>MASTERS TEAM (2:50) Technical Required Elements # 1-5 must be performed in the order listed <u>unless a Coach Card/Elements Order Card has been submitted</u>. Elements # 6-9 may be performed at any time during the routine. <u>See Article 3, Section 3.04 C.</u></p>
<p>1. Fishtail From a Front Layout Position, a Front Pike Position is assumed. One leg is lifted to a Fishtail Position and the second leg is lifted to a Vertical Position (the ending is optional). [DD 1.6]</p>
<p>2. Split Position followed by a <i>Walkout Front</i> or <i>Walkout Back</i>. [DD 1.3]</p>
<p>3. Spinning 180° From a Bent Knee Vertical Position, a <i>Spin 180°</i> is executed as the legs are joined to a Vertical Position at the ankles followed by submergence. [DD 1.1]</p>
<p>4. Traveling Ballet Leg Combination Beginning in a Back Layout Position to include any 2 of the following positions: Right Bent Knee Back Layout; Left Bent Knee Back Layout; Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo or Double Ballet Leg. [DD 1.3]</p>
<p>5. Barracuda Bent Knee From the Back Pike Position, with the legs perpendicular and the toes just below the surface, a <i>Thrust</i> is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A <i>Vertical Descent</i> is executed in the Bent Knee Vertical Position at the same tempo as the <i>Thrust</i>. [DD 1.6]</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. a. All competitors must perform the Joined Action simultaneously. Mirror action is permitted.</p>
<p>8. Cadence Action – See Article 1, Section 1.05.</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>
<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 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. See Article 3, Section 3.04 B.</p>

ACROBATIC ROUTINE REQUIRED ELEMENTS

GENERAL REQUIREMENTS (3:00)

1. Time limits as in CP 4.2.2.4.
2. Required Element # 1 may be performed in any order.
3. As with all routines, the Coach Card must show the Required Elements in the selected order of performance according to the World Aquatics [Appendices 3 and 4](#).

REQUIRED ELEMENTS

All Team members must be involved in the performances of the Required Elements.

1. Seven (7) Team Acrobatic Movements*: one from each acrobatic group (A, B, C and P) and 3 Team Acrobatic Movements of free group choice (selected from any group).
*See Article 1, Section 1.03.

Note: Transitions are free, with no difficulty awarded + Hybrids are free, with no difficulty awarded.

FREE COMBINATION REQUIRED ELEMENTS

GENERAL REQUIREMENTS

Intermediate (3:00) / 12 & Under (3:00) / Youth (3:00) / 16-19/20 (3:30) / Masters (4:00)

1. Time limits as in CP 4.2.2.5 and MS 2.8.1.
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. As with all routines, the Coach Card must show the Required Elements and Elements (Hybrids and Acrobatic Movements) in the selected order of performance according to the World Aquatics Appendices 3 and 5.
Note: Masters Free Combination routines do not require a Coach Card/Elements Order Card.
6. The Routine must portray a Theme, which must be declared on the Coach Card.
Note: Masters Free Combination routines must portray a Theme, though do not require a Coach Card/Elements Order Card.

REQUIRED ELEMENTS

1. At least 2 parts must have fewer than 3 competitors and at least 2 parts must have all competitors.

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.
2. The Free Combination routine must have the following components per Age Division as listed in the below charts.

Note: No additional components are required for Masters Free Combination routine.

Team Acrobatic Movements* may be from any group and cannot have a declared Degree of Difficulty “DD” higher than listed for each Age Division. *See Article 1, Section 1.03.

Refer to the World Aquatic Acrobatics Catalogue.

INTERMEDIATE FREE COMBINATION ADDITIONAL ROUTINE REQUIREMENTS

Event	Time (+/-5 sec)	Total Elements	Summary
1. Free Combination	3:00	7	<p>2 Team Acrobatic Movements* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 1 x Trio Hybrid, 2 x Team Hybrids (minimum of 4 competitors required). *See Article 1, Section 1.03.</p> <p>** Safety Limit: Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the following:</p> <p style="padding-left: 40px;">Group A: 1.8 Group B: 1.8 Group C: Not allowed Group P: 1.3</p>

Refer to the World Aquatics Acrobatics Catalogue.

12 & UNDER FREE COMBINATION ROUTINE ADDITIONAL REQUIREMENTS

Event	Time (+/- 5 sec)	Total Elements	Summary
1. Free Combination	3:00	8	<p>3 Team Acrobatic Movements* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrids (minimum of 4 competitors required). *See Article 1, Section 1.03.</p> <p>** Safety Limit: Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the following:</p> <p style="padding-left: 40px;">Group A: 2.65 Group B: 2.60 Group C: 2.45 Group P: 2.50</p>

Refer to the World Aquatics Acrobatics Catalogue.

YOUTH FREE COMBINATION ROUTINE ADDITIONAL REQUIREMENTS

Event	Time (+/- 5 sec)	Total Elements	Summary
1. Free Combination	3:00	9	<p>4 Team Acrobatic Movements* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrids (minimum of 4 competitors required). *See Article 1, Section 1.03.</p> <p>** Safety Limit: Team Acrobatic Movements cannot have a Degree of Difficulty (“DD”) higher than the following:</p> <p style="margin-left: 40px;">Group A: 2.65 Group B: 2.60 Group C: 2.45 Group P: 2.50</p>

Refer to the World Aquatics Acrobatics Catalogue.

16-19/20 FREE COMBINATION ROUTINE ADDITIONAL REQUIREMENTS

Event	Time (+/- 5 sec)	Total Elements	Summary
1. Free Combination	3:30	10	4 Team Acrobatic Movements* + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 1 x Trio Hybrid, 3 x Team Hybrids (minimum of 4 competitors required). *See Article 1, Section 1.03.

Refer to the World Aquatics Acrobatics Catalogue.