

DRAFT APPENDIX 3 – SET TIMES AND NUMBER OF ELEMENTS FOR ROUTINES

Senior/ Junior	Time (+/- 5 sec)	Total Elements	Hybrids	Choreo Hybrids	TREs	Acrobatics	Additional Requirements
Women Solo Technical	2:00	6	1	0	5	0	• 5 Technical Required Elements • 1 Hybrid with Degree of Difficulty
Women Solo Free	2:10	5	4	1	0	0	• Four (4) Hybrids with Degree of Difficulty, must include one (1) declaration from each family (except connection) in the routine • One (1) Choreography Hybrid has a fixed Degree of Difficulty of 1.0
Men Solo Technical	2:00	6	1	0	5	0	• 5 Technical Required Elements • 1 Hybrid with Degree of Difficulty
Men Solo Free	2:10	5	4	1	0	0	• Four (4) Hybrids with Degree of Difficulty must include one (1) declaration from each family (except connection) in the routine • Choreography Hybrid has a fixed Degree of Difficulty of 1.0
Women Duet Technical	2:20	7	1	0	5	1	• 5 Technical Required Elements • 1 Hybrid with Degree of Difficulty • 1 Pair Acrobatic (free choice)
Women Duet Free	2:25	6	4	0	0	2	• Four (4) Hybrids with Degree of Difficulty must include one (1) declaration from each family in the routine • Two (2) Pair Acrobatics (free choice but must not repeat the same acrobatic)
Mixed Duet Technical	2:20	7	2	0	3	2	• Three (3) Technical Required Elements • One (1) Hybrid with Degree of Difficulty • One (1) required Hybrid must contain only one Thrust declaration and two (2) different connection declarations (e.g. T8 C3 C4) • Must not repeat the same Acrobatics • Minimum three (3) declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation 180° or more
Mixed Duet Free	2:45	7	3	1	0	3	• Three (3) Hybrids with Degree of Difficulty must include one (1) declaration from each family in the routine. • One (1) Choreography Hybrid has a fixed Degree of Difficulty of 1.0 • Three (3) pair acrobatics (free choice but must not repeat the same acrobatics). • Minimum four (4) declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation 180° or more
Open Team Technical	2:50	8	1	0	5	2	• One (1) Hybrids with Degree of Difficulty that must include a cadence action. • May contain maximum of one (1) circle • Two (2) team acrobatics (must be from two different main Groups).
Open Team Free	3:10	8	5	0	0	3	• Five (5) Hybrids with Degree of Difficulty must include one (1) declaration from each family in the routine. • Three (3) team acrobatics (free choice but must not repeat the same acrobatic).
Acrobatic Routine	3:00	7	0	0	0	7	• Acrobatics must contain one (1) from each Group (A, B, C, P) • Maximum of two (2) Acrobatics from the same Group. Must not repeat the same Acrobatics.

Must not repeat the same Acrobatic as follows (please also see the Team Acrobatic Catalogue for examples):

- In **Group A** cannot repeat the same position/s (as P1 or as P2), except for the third position bonus
- In **Group B** cannot repeat:
 - the same construction, AND
 - the same type of connection (grip)
- In **Group C** cannot repeat the same construction
- In **Group P** cannot repeat:
 - the same construction, AND
 - the same type of connection (grip), AND
 - the same positions (as P1 or as P2), except for the third position bonus, AND
 - the same bonus/es

12U / Youth (13 – 15)	Time (+/- 5 sec)	Total Elements	Hybrids	Choreography Hybrids	Acrobatics	Additional Requirements
Solo Free	2:00	4	4	0	0	Four (4) Hybrids with Degree of Difficulty must include one (1) declaration from each family (except connection) in the routine
Women Duet Free	2:10	5	4	0	1	- Four (4) Hybrids with Degree of Difficulty must include one (1) declaration from each family in the routine - One (1) pair acrobatic (free choice).
Mixed Duet Free	2:30	6	3	1	2	- Three (3) Hybrids with Degree of Difficulty must include one (1) declaration from each family in the routine - One (1) Choreography Hybrid with a fixed Degree of Difficulty of 1.0 - Two (2) pair acrobatics (free choice but must not repeat the same Acrobatics). - A minimum of three (3) declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation 180° or more
Open Team Free	2:50	7	4	0	3	- Four (4) Hybrids with Degree of Difficulty must include one (1) declaration from each family in the routine - Acrobatics have Degree of Difficulty safety limit - Three (3) acrobatics with Degree of Difficulty safety limit. Free choice but must not repeat the same acrobatics.
Acrobatic Routine (only for the Youth category)	2:30	5	0	0	5	- Five (5) Acrobatics with Degree of Difficulty safety limit - Acrobatics must contain one (1) from Group A, B, and P. Group C is optional. - Maximum of two (2) acrobatics from the same Group. Must not repeat the same Acrobatics.
Open Free Combination (only for 12U)	2:45	7	3	1	3	- One (1) Solo DD Hybrid - One (1) Duet DD Hybrid - One (1) Team DD Hybrid (must be executed with a minimum of four (4) athletes). - One (1) Team ChoHy with a fixed Degree of Difficulty of 1.0. Must be executed with a minimum of four (4) athletes. - Three (3) acrobatics with Degree of Difficulty safety limit. Must not repeat the same Acrobatics.

Must not repeat the same Acrobatic as follows (please also see the Team Acrobatic Catalogue for examples):

- In **Group A** cannot repeat the same position/s (as P1 or as P2), except for the third position bonus
- In **Group B** cannot repeat:
 - the same construction, AND
 - the same type of connection (grip)
- In **Group C** cannot repeat the same construction
- In **Group P** cannot repeat:
 - the same construction, AND
 - the same type of connection (grip), AND
 - the same positions (as P1 or as P2), except for the third position bonus, AND the same bonus/es

12U and Youth Team Acrobatic safety limits for Open Team Free, Acrobatic Routine, and Open Free Combination events are as follows.

Acrobatic elements cannot have a Degree of Difficulty higher than the Total Degree of Difficulty (MAX):

Youth - Group A Total Degree of Difficulty (MAX) 2.7
Youth - Group B Total Degree of Difficulty (MAX) 2.8
Youth - Group C Total Degree of Difficulty (MAX) 2.8
Youth - Group P Total Degree of Difficulty (MAX) 3.0

12U - Group A Total Degree of Difficulty (MAX) 2.5
12U - Group B Total Degree of Difficulty (MAX) 2.6
12U - Group C Total Degree of Difficulty (MAX) 2.6
12U - Group P Total Degree of Difficulty (MAX) 2.8