


29.3 APPENDIX 3 - Set Numbers of Elements for Routines

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

Senior/Junior	Time (+/- 5 sec)	Total Re- quired Ele- ments	Summary
Solo Tech	2:00	6	5 TRES 1 Free Hybrid
Solo Free	2:15	6	6 Free Hybrids (must include one declaration from each family in the routine – except connections)
Women Duet Tech	2:20	7	5 TRES 1 Free Hybrid 1 Pair Acro (free choice)
Women Duet Free	2:45	8	6 Free Hybrids (must include one declaration from each family in the routine) 2 Pair Acro (free choice but may not repeat the same acrobatic)
Mixed Duet Tech	2:20	7	3 TRES 1 Free Hybrid 1 Required Hybrid (must contain only one Thrust declaration and 2 different Connection declarations – for example T8 C3 C4) 2 Pair Acro (free choice but must not repeat the same acrobatic) 3 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more)
Mixed Duet Free	2:45	7	4 Free Hybrids (must include one declaration from each family in the routine) 3 Pair Acro (free choice but must not repeat the same acrobatic) A minimum of 4 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more)
Team Tech	2:50	8	5 TRES 2 Free Hybrids one of which must include a cadence action 1 Team Acro (Max. DD limit of 3.0 inclusive of Base Mark Value) May contain max of 1 circle
Team Free	3:30	9	6 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acro (free choice but must not repeat the same acrobatic – see below)
Acrobatic	3:00	7	7 Acrobatics: One from A, B, C, P Maximum of 2 acrobatics from any group Must not repeat the same acrobatic – see below

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

For Group A – can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus

For Group B – can't repeat the same construction and can't repeat the same type of connection (grip)

For Group C – can't repeat the same construction

*For Group P – can't repeat the same construction **AND** can't repeat the same type of connection (grip), **AND** can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus*

*Please note apnea limits are being removed – Artistic Impression factoring is being revised inclusive of implementing an increased value for Transitions.

Please note: the requirement to include one declaration from each family in the routine (except for connections in Solo) is applicable for 12U and Youth Free Routine Events



**In regards to 12 and Under – Federations can adapt based on their development goals for 12U*

12U/Youth (13-15)	Time (+/- 5 sec)	Total Re- quired Ele- ments	Summary
12U Solo Free	2:00	4	4 Free Hybrids (must include one declaration from each family in the routine)
Youth Solo Free	2:00	5	5 Free Hybrids (must include one declaration from each family in the routine)
12U Duet Free	2:30	5	4 Free Hybrids (must include one declaration from each family in the routine) 1 Pair Acro (free choice)
Youth Duet Free	2:30	6	5 Free Hybrids (must include one declaration from each family in the routine) 1 Pair Acro (free choice)
Mixed Duet Free (12U/Youth)	2:30	5	3 Free Hybrids (must include one declaration from each family in the routine) 2 Pair Acro (free choice but must not repeat the same acrobatic) A minimum of 3 declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more)
12U Team Free	3:00	7	4 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below)
Youth Team Free	3:00	8	5 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below)
12U Combo	3:00	8	3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below) 1 x DD Solo Hybrid 1 x DD Duet Hybrid 2 x Team DD Hybrid (must be executed with a minimum of 4 athletes) Must include one declaration from each family in the routine (counted across solo, duet and team DD hybrids) 1 x Team choreography hybrid ("ChoHY") with no DD (ie factor of 1,0) must be executed with a minimum of 4 athletes Element parts can't occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)
Youth Combo	3:00	9	4 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below) 1 x DD Solo Hybrid 1 x DD Duet Hybrid 2 x Team DD Hybrid (must be executed with a minimum of 4 athletes) Must include one declaration from each family in the routine (counted across solo, duet and team DD hybrids) 1 x Team choreography hybrid ("ChoHY") with no DD (ie factor of 1,0) must be executed with a minimum of 4 athletes Element parts can't occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)



12U and Youth Team Acrobatic Safety Limits for Team and Combo events are as follows. Acrobatic elements cannot have a DD higher than the Total DD (MAX):

	Acro DD	Plus Base Mark	Total DD (MAX)
Youth - Group A	2.2	0.5	2.7
Youth - Group B	2.3	0.5	2.8
Youth - Group C	2.3	0.5	2.8
Youth - Group P	2.5	0.5	3.0
12U - Group A	2.0	0.5	2.5
12U - Group B	2.1	0.5	2.6
12U - Group C	2.1	0.5	2.6
12U - Group P	2.3	0.5	2.8

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

For Group A – can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus

For Group B – can't repeat the same construction and can't repeat the same type of connection (grip)

For Group C – can't repeat the same construction

*For Group P – can't repeat the same construction **AND** can't repeat the same type of connection (grip), **AND** can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus*

**Please note apnea limits are being removed – Artistic Impression factoring is being revised inclusive of implementing an increased value for Transitions.*