

APPENDIX III - Set Numbers of Elements for Routines - **DRAFT**

| Senior/Junior | Time (+/- 5 sec) | Total Elements | Summary |
|-------------------|---------------------|----------------|---|
| Solo Tech | 2:00 | 7 | Total of 5 Elements and 2 Free Hybrids. |
| Solo Free | 2:15 | 7 | Total of 7 Free Hybrids |
| Duet Tech | 2:20 | 8 | Total of 5 Elements and 2 Free Hybrids, and 1 Pair Acrobatic. |
| Duet Free | 2:45 | 9 | Total of 7 Free Hybrids, 2 Pair Acrobatics |
| Mixed Duet Tech | 2:20 | 8 | Total of 5 Elements, 2 Free Hybrids (one which must include a hybrid connection), and 1 Pair Acrobatic |
| Mixed Duet Free | 2:45 | 9 | Total of 7 Free Hybrids (one of them must be a connected hybrid), 2 Pair Acrobatics: an overhead lift and a throw Additional required "movements" for Free Mixed Duet: #1. Two (2) connected surface movements with travel |
| Team Tech | 2:50 | 9 | Total of 5 Elements and 3 Free Hybrids (one which must include Cadence action), and 1 Required Team Acrobatic |
| Team Free | 3:30 | 11 | Total of 7 Free Hybrids and 4 Free Team Acrobatics |
| Acrobatic Routine | 3:00 | 7 | 7 acrobatics (1 of each group = 4 + 3 of free group choice) + transitions are free, but no difficulty awarded + hybrids are free but no difficulty awarded |
| Youth (13-15) | Time (+/- 5 sec) | Total Elements | Summary |
| Solo Free | 2:00 | 6 | Total of 6 Free Hybrids |
| Duet Free | 2:30 | 7 | Total of 6 Free Hybrids and 1 Pair Acrobatics |
| Mixed Duet Free | 2:30 | 7 | Total of 6 Free Hybrids (one of them must be a connected hybrid) and 1 Pair Acrobatic Additional required "movements" for Free Mixed Duet: #1. Two (2) connected surface movements with travel, |
| Team Free | 3:00 | 9 | Total of 6 Free Hybrids and 3 Team Acrobatics (safety limit TBD). Required components (in any of the 6 hybrids): one (1) thrusting action and one (1) 720° rotation (R3), both performed fully synchronised |
| Youth Combo | 3:00 | 9 | 4 Acrobatics (limits for athlete safety) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid |
| 12U | Time (+/- 5 sec) | Total Elements | Summary |
| Solo Free | 2:00 | 5 | Total of 5 Free Hybrids |
| Duet Free | 2:30 | 6 | Total of 5 Free Hybrids and 1 Pair Acrobatics |
| Mixed Duet Free | 2:30 | 6 | Total of 5 Free Hybrids (one of them must be a connected hybrid) and 1 Pair acrobatic Additional required "movements" for Free Mixed Duet: #1. Two (2) connected surface movements |
| Team Free | 3:00 | 9 | Total of 6 Free Hybrids and 3 Team Acrobatics (safety limit TBD) |
| 12U Combo | 3:00 | 8 | 3 Acrobatics (limits for athlete safety) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid |