

## **APPENDIX V**

### **FINA REQUIRED ELEMENTS FOR THE FREE COMBINATION**

#### **GENERAL REQUIREMENTS**

1. Time Limits: ASAG. 5
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 in all routines, the Coach Card must show the Technical Required Elements, and the Free Elements in the selected order of performance
6. The Routine must portray a Theme

#### **REQUIRED ELEMENTS**

1. At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have eight (8) to ten (10) competitors.
2. The Free Combination must have four (4) acrobatic movements for Youth and three (3) acrobatic movements for 12 and under. Acrobatic Elements cannot have a DD higher than the following: for Group A: 2.65, for Group B: 2.6, for Group C: 2.45, and for group P 2.5. Please refer to the FINA Acrobatics Catalogue.

DD values subject to adjustment by Fina as required.