

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

Senior/Junior	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Tech	2:00	7	Total of 5 Required Elements and 2 Free Hybrids.
Solo Free	2:15	7	Total of 7 Free Hybrids
Duet Tech	2:20	8	Total of 5 Required 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 Required 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 <b>Additional required "movements" for Free Mixed Duet: #1.</b> Two (2) connected surface movements with travel
Team Tech	2:50	9	Total of 5 Required 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 Required 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 <b>Additional required "movements" for Free Mixed Duet: #1.</b> 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 Required 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 <b>Additional required "movements" for Free Mixed Duet: #1.</b> 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