


14.3
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 Required Elements	Summary
Solo Tech	2:00	6	5 Technical Required Elements 1 Hybrid
Solo Free	2:15	6	6 Hybrids (must include one declaration from each family in the routine – except connections)
Women Duet Technical	2:20	7	5 Technical Required Elements 1 Hybrid 1 Pair Acrobatics (free choice)
Women Duet Free	2:45	8	6 Hybrids (must include one declaration from each family in the routine) 2 Pair Acrobatic (free choice but must <u>not</u> repeat the same acrobatic*)
Mixed Duet Technical	2:20	7	3 Technical Required Elements 1 Hybrid 1 Required Hybrid (must contain only one Thrust declaration and 2 different Connection declarations – for example T8, C3, C4) 2 Pair Acrobatics (free choice but must <u>not</u> repeat the same acrobatic*) 3 declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more)
Mixed Duet Free	2:45	7	4 Hybrids (must include one declaration from each family in the routine) 3 Pair Acrobatics (free choice but must <u>not</u> repeat the same acrobatic*) A minimum of 4 declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more)
Open Team Technical	2:50	8	5 Technical Required Elements 2 Hybrids one of which must include a Cadence action 1 Team Acrobatic (Max. Degree of Difficulty limit of 3.0 inclusive of Base Mark Value) May contain max of 1 circle
Open Team Free	3:30	9	6 Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics (free choice but must <u>not</u> repeat the same acrobatic*)
Open 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*

* '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.

12U/Youth (13-15)

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 12U – Member Federations can adapt based on their development goals for 12U



12U/Youth (13-15)	Time (+/- 5 sec)	Total Required Elements	Summary
12U Solo Free	2:00	4	4 Hybrids (must include one declaration from each family in the routine)
Youth Solo Free	2:00	5	5 Hybrids (must include one declaration from each family in the routine)
12U Duet Free	2:30	5	4 Hybrids (must include one declaration from each family in the routine) 1 Pair Acrobatics (free choice)
Youth Duet Free	2:30	6	5 Hybrids (must include one declaration from each family in the routine) 1 Pair Acrobatics (free choice)
Mixed Duet Free (12U/Youth)	2:30	5	3 Hybrids (must include one declaration from each family in the routine) 2 Pair Acrobatics (free choice but must not repeat the same acrobatic*) A minimum of 3 declared Sustained Surface Connections with travel (1m or more) or rotation (180° or more)
12U Open Team Free	3:00	7	4 Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics with Degree of Difficulty safety limit (free choice but must not repeat the same acrobatic*)
Youth Open Team Free	3:00	8	5 Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics with Degree of Difficulty safety limit (free choice but must not repeat the same acrobatic*)
12U Open Free Combination	3:00	8	3 Team Acrobatics with Degree of Difficulty safety limit (free choice but must not repeat the same acrobatic*) 1 x Degree of Difficulty solo Hybrid 1 x Degree of Difficulty duet Hybrid 2 x team Degree of Difficulty 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 Degree of Difficulty hybrids) 1 x Team choreography hybrid with no Degree of Difficulty (i.e. factor of 1.0) must be executed with a minimum of 4 athletes Element parts can't occur simultaneously (i.e. Team Acrobatic occurs while solo hybrid starts)
Youth Open Free Combination	3:00	9	4 Team Acrobatics with Degree of Difficulty safety limit (free choice but must not repeat the same acrobatic – see below) 1 x Degree of Difficulty solo Hybrid 1 x Degree of Difficulty duet Hybrid 2 x team Degree of Difficulty 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 Degree of Difficulty hybrids) 1 x Team choreography hybrid with no Degree of Difficulty (i.e., factor of 1.0) must be executed with a minimum of 4 athletes Element parts can't occur simultaneously (i.e., Team Acrobatic occurs while solo hybrid starts)

* '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.