

Required Routine Elements 2024



Recreational Groups

Dolphin

	Time	TREs	Free Hyb	Acros	Total	Additional
Dolphin Combo	3:00		5	2	7	Acrobatic safety limits apply, and the routine can contain a maximum of 1 solo hybrid, 1 duet hybrid, and 3 team hybrids (containing >4 athletes)

Aquanaut

	Time	TREs	Free Hyb	Acros	Total	Additional
Free Solo	2:00		5		5	
Free Duet	2:30		5	1	6	
Aqua Combo	See Aquarina rules below					

Aquarina

	Time	TREs	Free Hyb	Acros	Total	Additional
Free Solo	2:00		6		6	
Free Duet	2:30		6	1	7	
Aqua Combo	3:00		5	4	9	Acrobatic safety limits apply, and the routine can contain a maximum of 1 solo hybrid, 1 duet hybrid, and 3 team hybrids (containing >4 athletes)

Masters (Youth Rules)

Please note: at the current point in time mixed duets and mixed teams will follow the same rules as Womens events

	Time	TREs	Free Hyb	Acros	Total	Additional
Free Solo	2:00		6		6	
Free Duet	2:30		6	1	7	
Free Team	3:00		6	3	9	Acrobatic safety limits apply, and routine must contain one thrust (T1-T9), and one descending spin 720 with one or two legs (R3)