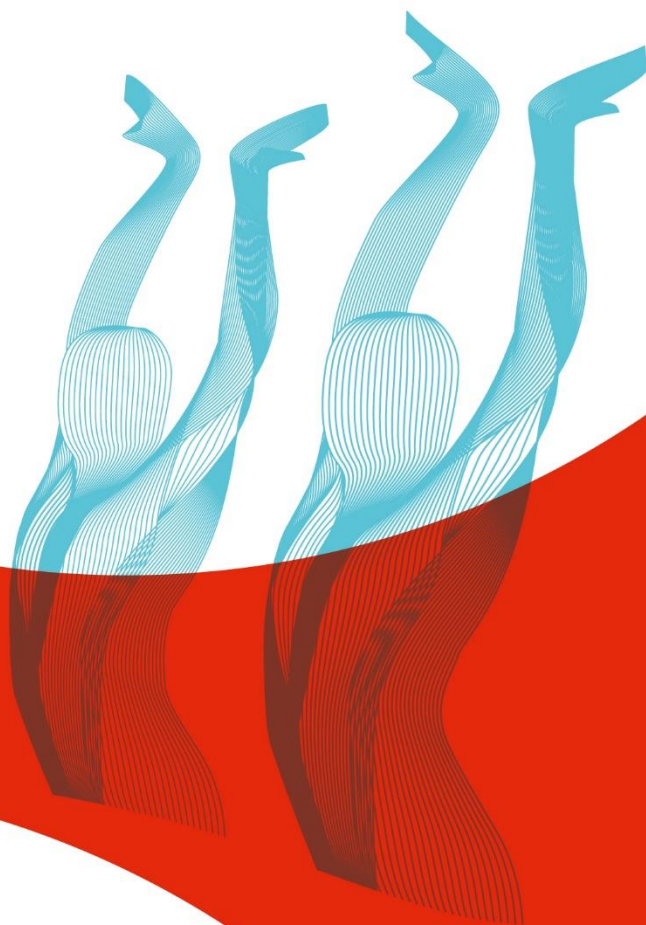


Entry Pack

Swim England Artistic Swimming National Age Group Championships 2023

25-26 March | GL1, Gloucester



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Introduction

This document contains the required information needed to enter Swim England Artistic Swimming National Age Group Championships 2023.

Please ensure you read this document carefully as some information may be new to you. All entries must be made online, including payment. Details on how to enter online are included in this document.



Contacts

Swim England	Venue
Nina Coverley , Assistant Events Officer Email: nina.coverley@swimming.org	GL1 Bruton Way Gloucester GL1 1DT
Event Website	
Swim England Artistic Swimming National Age Group Championships 2023	Tel: 01452 396666 what3words: ///keys.idea.spray



Key Dates & Times

Entries OPEN	12 noon, Wednesday 25 January 2023
Entries CLOSE	12 noon, Wednesday 22 February 2023
Music Submission Deadline	12 noon, Wednesday 22 February 2023
Coach Card Submission	12 noon, Wednesday 1 March 2023

Athlete Registration*	09:00, Saturday 25 March 2023 08:00, Sunday 26 March 2023
Team Managers Meeting*	09:15, Saturday 25 March 2023 08:15, Sunday 26 March 2023
Judges Meeting*	09:30, Saturday 25 March 2023 08:30, Sunday 26 March 2023

**Timings subject to change and dependent on the number of entries received.*



Privacy Policy And Photography Consent

All individuals attending Swim England events are asked to complete the photo consent form below, prior to attending the event:

PHOTOGRAPHY CONSENT FORM

To view further details about how Swim England manages your data, download [Swim England's Privacy Policy](#).



Travel Insurance

Affiliated clubs and members thereof have the benefit of third party and personal accident insurance effected by Swim England. However, this does not include travel insurance for trips in the UK or abroad, in particular there is no cover for travel or accommodation costs for the cancellation of an event.

Some clubs and members may already have the benefit of their own group or personal travel insurance. For those that do not have travel insurance for this event and wish to get a Sport Travel Insurance quote please click [HERE](#) or contact Howdens directly on 0121 698 8052. Alternatively, you can seek cover from another insurance provider.



How To Enter

All clubs are asked to read the entry information below and Event Conditions (see p.13) very carefully and to resolve any membership related queries at the earliest opportunity.

Entry Deadlines

Entries OPEN	12 noon, Wednesday 25 January 2023
Entries CLOSE	12 noon, Wednesday 22 February 2023
Music Submission Deadline	12 noon, Wednesday 22 February 2023
Coach Card Submission Deadline	12 noon, Wednesday 1 March 2023

All competitors must be Swim England **Club Compete** category members (or Swim Wales and Scottish Swimming equivalent).

Online Entries System:	SUBMIT ENTRIES HERE			
Entry Fees	Figures	£15 / competitor	Duet	£30 / Duet
	Solo	£15 / competitor	Free Team	£50 / Team

The entry is not complete until payment is processed and a confirmation email has been received from PayPal. Payment is via debit/credit card ONLY; please follow the PayPal payment instructions.

Clubs are reminded that electronic entrants are bound by the conditions of entry without signature.

Entry Process

Membership*

Competitors must be Swim England **Club Compete** category members (previously titled *Category 2*) or equivalent. Competitors who do not hold current nor correct membership category will not be available for selection within the entry system.

***PLEASE NOTE: If a competitor needs registering as a new *Club Compete* member or needs upgrading, and their membership needs processing (to allow them to enter the Championships) prior to the club completing their renewals batch with the Membership team, the club will need to make the necessary amendments via the Online Membership System and then complete the Fast Track Membership form:**

Membership Check	<u>MEMBERSHIP CHECK</u>
Online Membership System	<u>Online Membership System</u>
Fast Track Membership Form Please note, any requests to register and upgrade members will be processed weekly on a Wednesday.	<u>Fast Track Membership form</u>
Membership Queries: All membership queries must be brought to the attention of Membership team as soon as possible to ensure these can be resolved in good time ahead of entries closing.	T: 01509 640 727 E: <u>renewals@swimming.org</u>

Uploading an accreditation photo

All competitors are required to upload a photo of themselves for accreditation purposes before an entry can be submitted.

Photos should be uploaded via the [BIOGS PAGE](#).

- The photo should be a clear head and shoulders shot
- Photo size width should be cropped to 200 pixels
- See the [Updating Biogs or Uploading a photograph Guidance Document](#) for further instructions

If the photo is deemed to be unsuitable (either on the grounds of poor quality or wrong identity) entry into the event may not be permitted.

Grade Level

The required **Routine** and **Figure** Grade Levels are detailed in the Event Conditions (see *Conditions*, p.13). A competitor's **Routine** and **Figure** Grade Level can be viewed online via the Membership Check (see *Membership* section, p.4).

Youth Category Upper Age Limits

All online entries submitted as part of the Championships are bound by the event conditions. Clause 4 (p.14) of the Championships Conditions outlines the upper age limits which differ for male (16 years) and female (15 years) athletes in the Youth Category.

Due to the recent introduction of a number of new rules and the system changes required to meet the new updates, the entry system does not currently differentiate the bespoke upper age limits required between female and male athletes in the Mixed Duet and Team events in the Youth Category. The entry system upper age limit has been set to 16 years to enable male athletes to appear for selection. Female athletes who are 16 years may appear in the drop down list for selection for Youth events, but please note that their selection would be in breach of the Championships conditions. Please select athletes as per the stated upper age limit outlined in the Championships conditions.

International Entrants

Please email the Event Officer nina.coverley@swimming.org for specific details on how to enter. A photo will need to be submitted for accreditation as part of the entry process.

Entry Confirmation

Once payment window has closed, all successful entries can be viewed online:

All confirmed entries can be viewed online:

[CONFIRMED ENTRIES](#)

Clubs and competitors are asked to check their details carefully and contact the Events Team with any errors as soon as possible.

Entry Deadline

Entries will close at **12:00 noon, Wednesday 22 February 2023.**

All entries and appropriate payments must be received by the above closing deadline. Late entries, entries without payment or competitor photographs, and entries incorrectly completed will not be accepted beyond the closing deadline.

A Confirmation Pack will be circulated to all entrants once the entry deadline has passed.



Competition Information

Schedule

Saturday 25 March



Start Time*	Event
10:00	Youth Figures Warm Up
10:50	Youth Figures Competition
13:20	12&U Figures Warm Up
14:10	12&U Figures Competition
15:20	Youth & 12&U Duet Warm Up
16:10	Team GB Display – Tech Duet Team GB Display – Mixed Tech Duet
16:10	Youth Duet Competition & Pre Swimmer
17:20	12&U Duet Competition
17:50	Team GB Display – Tech Team
17:55	Figure & Duet Presentations
18:30	Finish Day 1

Sunday 26 March

Start Time*	Event
09:00	Youth & 12&U Solo Warm Up
09:55	Youth Solo Competition
10:40	12&U Solo Competition
11:10	Youth & 12&U Mixed Duet Warm Up
12:05	Youth & 12U Mixed Duet Competition
12:25	Solo & Mixed Duet Presentations
13:05	Free Team Warm Up 1 (12&U & Youth Starts 1-5 in the Water)
13:35	Free Team Warm Up 2 (Youth Starts 6-12 in the Water)
14:15	12&U Free Team Competition
14:30	Youth Free Team Competition
15:40	Free Team Presentations
16:00	Finish

***Please note that the event schedule is subject to last minute changes**

Music Submission

All music must be submitted by 12 noon, Wednesday 22 February 2023.

Once an entry has been submitted, an email will be sent to the email provided at the time of entry confirming acceptance of the entry along with the music and Coach Card submission instructions. The email will contain a link to the music and coach card upload facility.

If a club has not received an email with the link for their music and Coach Card upload facility, please contact the Swim England Events team soon as possible.

All clubs should upload music for all their participating teams and competitors via this facility, using the correct naming conventions:

- Please select the piece of music you wish to use for your entry;
- The max file size of the music you can upload is 50MB, please note it might take a little time to upload if the file is large;
- The current supported file types are, mp3 and wav;
- Please use the following naming convention for your music files:
 - Event, Age Group, CLUB NAME, Surname(s)/Team name.
 - Example: “Tech Solos, Youth, Rushmoor, Clueit V” and “Free Team, Youth, Rushmoor, Team 1”.

Clubs will have the ability to review their submitted files and upload replacement ones if necessary at the event.

Coach Card Submission

Please note this is a new requirement in line with the World Aquatics (formerly FINA) rule changes.

All Coach Cards (see Event Conditions, Clause 3.3, p.13 and Appendix 5, p.18) must be submitted by 12 noon, Wednesday 1 March 2023.

The Coach Card and A How to Guide detailing how to complete the Coach Card will be published ahead of an online live webinar which will take place **18:00, Thursday 16 February**.

The aim of the webinar is to provide all with the opportunity to ask additional questions in relation to the rules changes and in particular on how to complete the Coach Card ahead of the submission deadline. Sign up now for the webinar using the link in the box below.

Webinar date:

18:00, Thursday 16 February 2023

**SIGN UP FOR THE
WEBINAR HERE**

Once an entry has been submitted, an email will be sent to the email provided at the time of entry confirming acceptance of the entry along with the music and coach card submission instructions. The email will contain links to the music and Coach Card upload facility.

If a club has not received an email with the link for their music and Coach Card upload facility, please contact the Swim England Events team soon as possible.

All clubs should upload Coach Cards for all their participating teams and competitors via this facility, using the correct naming conventions.

- Please select the coach card you wish to use for your entry;
- The max file size of the music you can upload is 50MB, please note it might take a little time to upload if the file is large;
- The current supported file types are Excel files;
- Please use the following naming convention for your coach card files:
 - Event, Age Group, CLUB NAME, Surname(s)/Team name.
 - Example: “Tech Solos, Youth, Rushmoor, Clueit V” and “Free Team, Youth, Rushmoor, Team 1”.

Volunteers

We are still in need of volunteers to help in a variety of roles including:

- Athlete Services / Field of Play / Timekeepers
- Front of House
- Videographers (iPad filming)
- Medal bearers

If anyone is interested, or knows of anyone who would like to help, please contact Nina Coverley – nina.coverley@swimming.org.

Athlete Registration

Athlete registration will take place from:

09:00 on Saturday 25 March 2023*

08:00 on Sunday 26 March 2023*

Training

Information on training opportunities will be provided once final entries have been received and further information will be communicated via competitors Confirmation Pack.

Technical Meetings

Team Managers Meeting

Team Managers Meetings are scheduled to take place at:

09:15 on Saturday 25 March 2023*

08:15 on Sunday 26 March 2023*

Judges Meetings

A Judges Meeting will take place at:

09:45 on Saturday 25 March 2023*

08:30 on Sunday 26 March 2023*

**All timings are subject to change and dependent on number of entries received. Further information will follow in Confirmation Pack.*

Anti-Doping

Whether by accident or on purpose, doping is against the rules of the sport. Swim England and British Swimming promote a culture of doping-free sport. Competitors are advised that Anti-Doping control may take place during this event.

Please ensure competitors keep their accreditation on person at all times, as this will be used for identification. For further information, please refer to Anti-Doping section:

<https://www.swimming.org/swimengland/anti-doping/>

Please note that in accordance with the International Standards for Testing, it is the competitor's responsibility to provide all information and dosage for any medications and supplements taken on the doping control form, at the point of doping control.

Strict liability means competitors are responsible for any banned substance found in their system, no matter how it got there.

All medications should be checked on www.globaldro.com

If support is required, or there is a query about any medications, supplements or the anti-doping rules around this, please contact Diane Elliot at diane.elliott@swimming.org.



Accreditation

Accreditation must be worn at all times inside the venue within accredited areas. Accreditation will be issued on an individual and event basis, and is non-transferrable.

Competitors

Competitor accreditation will be sent in a confirmation email on completion of the entry and will be sent to the email address provided at the time of entry.

The following guidelines should be followed to ensure the competitor accreditation is correct:

- Competitor accreditation must be printed in advance and brought to the event;
- Once printed, the accreditation should be folded twice so that the photo is visible on the front and back;
- At the event, lanyards and accreditations pouches will be available from collection points.

A £10 charge will be applied to replace any lost or forgotten accreditations.

Accreditation checks will be carried out at the event and entry into the event may be denied without the accreditation pass.

Coaches, Team Managers and Chaperones

Poolside Accreditation Pass Charge	£10
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Coaches, team managers and chaperones requiring access to poolside must purchase a Poolside Accreditation pass in advance of the event and must fulfil the following criteria, as required by their role, when applying for a pass to attend any Swim England National events:

1. **DBS:** valid Disclosure and Barring Service check (DBS)
2. **Minimum Qualification/Requirements (specific to the role):**
 - a. Coaches – Coaching Qualification or Assistant Coach Certificate
 - b. Team Manager – Team Manager Training Module 1 Certificate
 - c. Chaperone – Club authorisation to be acting in loco parentis on behalf of the Club
3. **Safeguarding Certificate: valid Safeguarding certificate updated and recorded with Swim England Membership Department.**

Membership Check	MEMBERSHIP CHECK
Apply for Accreditation – England	Apply for Accreditation
Apply for Accreditation – Scottish, Welsh & Overseas	Apply for Accreditation
Membership Queries: All membership queries must be brought to the attention of Membership team as soon as possible to ensure these can be resolved in good time ahead of entries closing.	T: 01509 640 727 E: renewals@swimming.org

Lost or Forgotten Accreditation Passes

A £10 charge will be applied on all lost or forgotten passes if a swimmer arrives at the event without their accreditation.

Accreditation checks will be carried out at the event and entry into the event may be denied without the accreditation pass.



General Information

All updates and additional information will be uploaded to the [Swim England Artistic Swimming Hub](#).

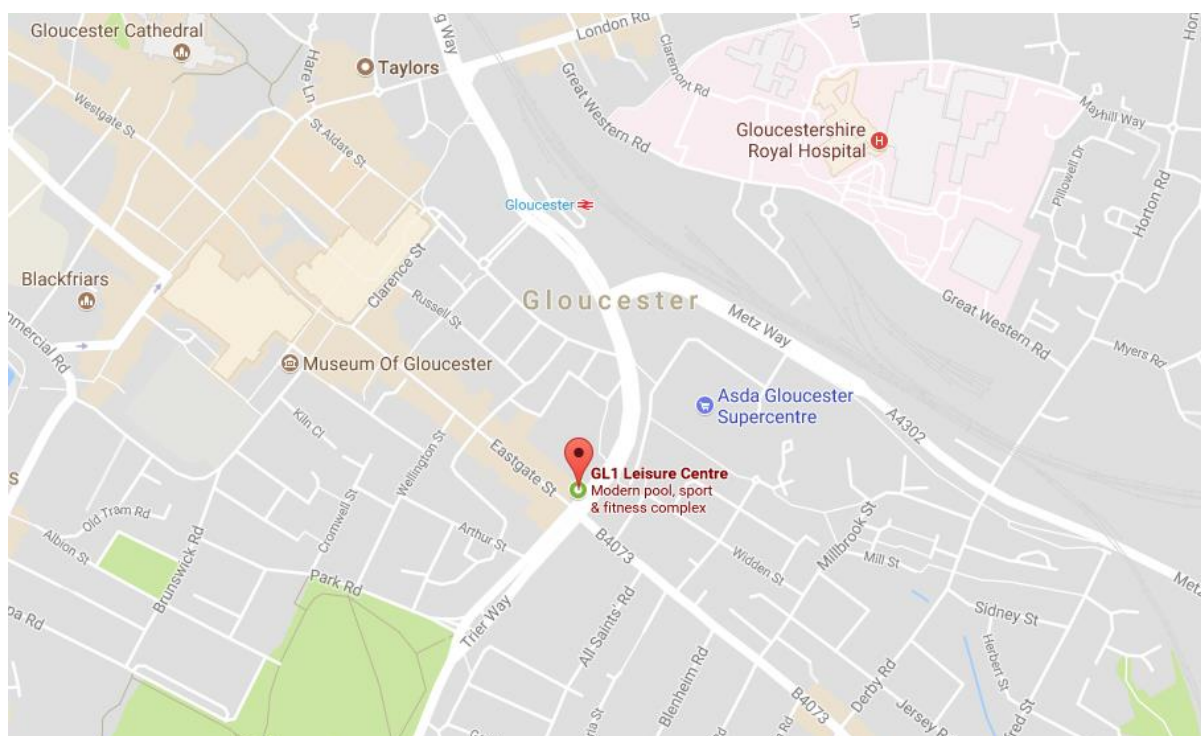


Venue Information

GL1

Bruton Way
Gloucester
GL1 1DT
Tel:01452 396688

what3words: ///keys.idea.spray



By Train

Gloucester Train Station – 7 minutes' walk



Parking

Venue parking is limited. The forecourt of GL1 is a drop off zone only.

Alternative car parks include:

- On street metered parking is available nearby;
- Station Road car park at the rear of GL1;
- Bruton Way multi storey car park;
- Free car parks can also be found in Sinope Street (behind ASDA) and on Vauxhall Road behind the Olympus Theatre on Barton Street.

Note: these are suggested based on locality to the venue but have not been verified by Swim England.

Accessibility

- Ramp access;
- Accessible parking;
- Accessible toilets and changing facilities;
- Hearing loops in reception.

Café

The onsite café offers a wide selection of hot and cold drinks, snacks, sandwiches and meals.

**Spectators Tickets**

Please see Spectator Ticket Update [here](#).

Event Merchandise

There will be a selection of merchandise to purchase. Further details of available merchandise will be published in the Confirmation Pack.



Event Conditions

1. General Conditions

- 1.1. The Artistic Swimming Leadership Group (“the Group”) reserves full powers over the Swim England Artistic Swimming National Age Group Championships (“the Championships”), including but not limited to cancelling, postponing or changing the Championships venue and/or format due to reasons beyond its reasonable control.
- 1.2. The Championships shall be competed for annually, under World Aquatics (formerly FINA) Technical Rules of Artistic Swimming (701 et seq) and as provided by the following conditions. Where World Aquatics Rules do not provide (for example: Health and Safety Regulations and guidelines and Child Safeguarding), the requirements of Swim England shall apply.
- 1.3. Entries will only be accepted from:
 - 1.3.1. Competitors registered as members of Swim England.
 - 1.3.2. Competitors from Scottish Swimming, Swim Wales and countries affiliated to World Aquatics.
- 1.4. The promotion of the Championships shall be the responsibility of the Group, which shall for all purposes be regarded as the Promoter. It shall decide any matter arising that is not covered by these conditions, subject to conformity with Swim England Regulations.
- 1.5. The date and venue of the Championships shall be decided by the Group.
- 1.6. A competitor must have been a registered member, or equivalent, of the club in whose name she/he is entered, at least 60 days prior to the first day of the competition.
- 1.7. All Clubs must have a qualified Level 2 Artistic Swimming Coach on the poolside. The Coach must be in possession of an official event poolside accreditation pass.
- 1.8. Competitors must be Swim England Club Compete registered members or equivalent if competing under 1.3.2.

2. Officials

- 2.1. All officials shall be qualified and be on the Artistic Swimming Licensed Officials List (where applicable).
- 2.2. Additional Officials will be appointed from the Artistic Swimming Licensed Officials List (where applicable).
- 2.3. The Referee and Chief Recorder shall be approved by the Group.

3. Method of Entry

- 3.1. Online entry system – contact - National Events Department, Pavilion 3, SportPark, Oakwood Drive, Loughborough, Leicestershire, LE11 3QF.
- 3.2. Entries shall be submitted online to Swim England Events Department together with the appropriate entry fees, no later than the set closing deadline. An updated photograph of each competitor must be also submitted online.
- 3.3. A Coach Card must be submitted for each routine electronically prior to the competition (see Appendix 5). Routines without a submitted Coach Card by the published deadline will not be permitted to swim in the Championships.
- 3.4. If required, all music information must be registered with The Limited Manufacturing License, Mechanical-Copyright Protection Society (MCPS).
- 3.5. All music must be submitted for each routine electronically prior to the competition. Routines without submitted music prior to the published deadline will not be permitted to swim in the Championships.

4. Championship Events

4.1. Championships Figure Competition:

4.1.1. 12 & Under Age Category:

4.1.1.1. 9 - 10 Years Female and Male

4.1.1.2. 11 - 12 Years Female and Male

4.1.2. Youth Category:

4.1.2.1. 13 - 15 Years Female

4.1.2.2. 13 - 16 Years Male

4.2. Championship Routine Competition:

4.2.1. 12 & Under Age Category: Solo, Duet, Mixed Duet, Free Team

4.2.2. Youth Category: Solo, Duet, Mixed Duet, Free Team

4.2.2.1. 13 - 15 Years Female

4.2.2.2. 13 - 16 Years Male

5. Entry Qualifications for the Championships Events

5.1 All Competitors, wishing to compete in Solos, Duets, Mixed Duets and Teams must compete in the Figure competition,

5.2 Age as at midnight on the 31 December in the year of competition.

5.3 Competitors may only enter one solo, one duet, and one team

5.4 Male and/or female competitors with the appropriate minimum Grades (See Appendix 1) are eligible to compete in the Solo, Duet, and Free Team

5.5 One Male and One Female competitor with the appropriate minimum Grades (see Appendix 1) are eligible to compete in the Mixed Duet

5.6 Qualifying Grades must have been attained 20 days prior to the closing date for the competition and be recorded in the competitors' membership record.

5.7 Clubs may enter one or more Free Team in each age group providing the first entry has the maximum competitors allowed. i.e. eight (8) competitors.

5.8 Competitors in the duet and free team must be members of the same club.

6. Figures

6.1 In the 12& Under Age Category, each competitor must perform four (4) figures: The two (2) compulsory figures and one (1) group of two (2) figures drawn from the list in Appendix 2

6.2 In the Youth category, each competitor must perform a group of four (4) from Section A, B or C. in Appendix 2

6.3 The order of appearance for figures shall be decided by random draw. The draw shall take place at least 24 hours before the first part of the competition.

7. Routines

7.1 In each Age Group category, up to twelve (12) of the highest placed competitors from the figure competition who hold the appropriate Grade levels, shall perform in the Solo events. This includes a maximum of 3 competitors from 1.3.2 and a minimum of 9 competitors from 1.3.1.

7.2 In each Age Group category, up to twelve (12) of the highest placed pairs from the figure competition with the appropriate Grade level shall compete in the Duet events. This includes a maximum of 3 competitors from 1.3.2 and a minimum of 9 competitors from 1.3.1.

7.3 Competitors in the 9-10 years figure section will be eligible to compete in the 12&Under solo and duet events if their scores place them within the overall top twelve (12).

7.4 All Mixed Duets and Teams shall swim.

7.5 The order of appearance for routines in the Solo, Duet and Free Team events will be by container draw.

7.6 The order of appearance for Mixed Duets will be by random draw

7.7 A team shall consist of not less than four (4) or not more than eight (8), plus 2

reserves, for Free Team routines.

7.8 The names of the competitors competing in the Duets and Free Teams must be submitted to the Referee, in writing, within one hour of the figure results being available. Changes after this time may only be made in the case of sudden illness or accident of the competitor, and if the reserve is ready to compete without delaying the event. If the lack of a reserve reduces the team size to less than four (4) in the Free Team the team shall be disqualified.

7.9 Failure to notify the Referee of substitution and/ or withdrawals shall result in disqualification.

7.10 Time limits for the routines will be according to Appendix 3.

7.11 The number of hybrids and acrobatics shall be performed in accordance to Appendix 4.

8 Scoring and Penalties

8.1 The judging scoring for this year's Championships will be based on World Aquatics Rules 2017-2022.

8.2 In all routines a two point penalty shall be deducted from the Execution score for each element exceeding or omitting from the predetermined number assigned to the particular event and category outlined in Appendix 4.

9 Trophies and Medals

9.1 Medals will be awarded to competitors who are placed first, second and third overall in each age group Figures, Solos, Duets, Mixed Duets and Free Team.

9.2 Medals will be awarded to highest placed competitors who are registered with Swim England clubs who are placed first, second and third in each age group in figures, solos and duets, only if different from the overall results in 8.1

9.3 For Solos, Duets, and Free Team, figure results will be added to the routine score up to a maximum of 200 points. For Mixed Duets the final result will be the total routine score up to a maximum of 100 points.

9.4 Only Clubs registered with Swim England will be eligible to receive a trophy listed in 9.4.1 -9.4.3

9.4.1 The Richard Whitehead Trophy will be awarded to the club with the highest combined figure and routine score in the 12& U Age Group Free Team event.

9.4.2 The Mrs Y M Price Trophy will be awarded to the club with the highest combined figure and routine score in the 13-15 Age Group Free Team event.

9.4.3 The Shacklock Trophy will be awarded annually to the competitor, who is registered with a Swim England Club, with the highest total of routine scores without figures added, in the Solo, Duet and Free Team Championship events. The winner can be from any age group at these Championships.

10 Event Cancellation

10.1 In the instance that the event is cancelled:

10.1.1 Full refunds of entry fees to the Championships will be offered to all competitors.

10.1.2 No refunds will be offered for any other expenses incurred in relation to the Championships.

Appendices**Appendix 1 – Minimum Figure (F) and Routine (R) Grades required for each age group/event**

Event	Minimum Grade		
	9-10 years	12 & Under	Youth
Figures	F3B	F3B	F4B
Solos	(incorporated into 12 & Under category)	F3S+ R3S	F4S+R4S
Duets		F3B+R3B	F4S+R4S
Mixed Duet		F3B+R3B	F4B+R4B
Free Team		F3B+R3B	F4B+R4B

Appendix 2 – Figure Groups

12 & Under Age Group - FIGURES			
COMPULSORY			
1	106	Straight Ballet Leg	1.6
2	301	Barracuda	1.8
OPTIONAL GROUPS			
GROUP 1			
3	359	Front Ariana	2.2
4	348	Tower	1.9
GROUP 2			
3	363	Water Drop	1.8
4	401	Swordfish	2.1
GROUP 3			
3	311	Kip	1.6
4	227d	Swanita spinning 180	1.9

YOUTH Age Group - FIGURES			
SECTION A			
GROUP 1	140g	Flamingo Bent Knee, Twist spin	2.9
	437	Cyclone, Open 180	2.6
GROUP 2	308h	Barracuda Airbourne split spin up 180	2.9
	407	Swordfish straight leg Ariana rotation	2.6
SECTION B			
GROUP 3	356f	Whip Continuous Spin 720	3.0
	441	Saturn	2.5
GROUP 4	352	Venus	3.0
	240i	Albatross Spin up 360	2.5
SECTION C			
GROUP 5	144	Rio Straight Leg	3.1
	421	Walkover Back Closing 360	2.4
GROUP 6	440d	Ipanema Spinning 180	3.1
	311j	Kip Combined Spin	2.4

Appendix 3 – Time Limits

Routine	Time	Time allowance	Walk on Time	Deck time
12 & under Solo	2:00	+/- 5	20sec	10sec
Youth Solo	2:00	+/- 5	20sec	10sec
12 & under duet	2:30	+/- 5	20sec	10sec
Youth duet	2:30	+/- 5	20sec	10sec
12 & under Mixed duet	2:30	+/- 5	20sec	10sec
Youth Mixed Duet	2:30	+/- 5	20sec	10sec
12 & Under Team	3:00	+/- 5	30sec	10sec
Youth Team	3:00	+/- 5	30sec	10sec

Appendix 4 – Hybrid and Acrobatic Count (Elements)

12 & Under	Total	Summary
Solo Free	5	Total of 5 free hybrids
Duet Free	6	Total of 5 free hybrids + 1 pair acrobatics
Mixed Duet Free	6	Total of 5 Free hybrids (one of them must be a connected hybrid + 1 paid acrobatic. Additional required “movements; for free mixed duet #1. Two connected surface movements.
Team Free	7	Total of 5 Free hybrids + 2 team acrobatics
Youth		
Solo Free	6	Total of 6 free hybrids
Duet Free	7	Total of 6 free hybrids + 1 pair acrobatics
Mixed Duet Free	7	Total of 5 free hybrids (one of them must be a connected hybrid) + 2 Pair acrobatics. Additional required “movements” for free mixed duets #1. Two connected surface movements with travel
Team Free	8	Total of 5 Free Hybrids and 3 Team Acrobatics Required components (in any of the 5 hybrids): one (1) thrusting action and one (1) 360° rotation (R3), both performed fully synchronised

12U/Youth Acrobatic Safety Limits

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 World Aquatics Acrobatics Catalogue.

Appendix 5 – Coach Card

Available to download, when published (date to be announced), using the link [here](#).