

# Routine Time Limits 2025

## Routine Time Limits

	Free Solo	Tech Solo	Free Duet	Tech Duet	Mixed Duet Free	Mixed Duet Tech	Free Team	Tech Team	Combo	Acro
Dolphin									3:00	
10&U	2:00		2:30							
Aquanaut	2:00		2:30						3:00	
Aquarina	2:00		2:30						3:00	
12&U	2:00		2:30		2:30		3:00		3:00	
Youth	2:00		2:30		2:30		3:00		3:00	
Junior	2:15	2:00	2:45	2:20			3:30	2:50		3:00
Open/Snr	2:15	2:00	2:45	2:20	2:45	2:20	3:30	2:50		3:00
AquaMasters	2:00		2:30						3:00	
Masters	2:15*		2:45*				3:30*			

## Allowance

**AS 14.1.6** 5 seconds more or less than the routine time limit is allowed before penalties will apply

**MST 7.4.1** \*Routines in the Masters category have no minimum time limit. Time limits listed are the maximum time allowed before penalties will apply

## Deck Work

**AS 18.3.1** Deck movement is limited to 10 seconds after the music starts (ie. all athletes must be in the water within the first ten seconds of the music accompaniment)

## Walk On

**AS 14.1.7** Walk-ons are timed from the moment the first athlete steps past the marshall line, to the moment they stop in a stationary position. Time limits are the same whether the athletes start on deck, in the water, or a combination of both.

**AS 14.1.8**

**Teams, Combos, Acrobatic Routines, and Mixed Duets** - 30 second limit

**All Solos and Womens Duets** - 20 second limit