

# Required Routine Elements 2025



## Competitive Level One

### 10&U / 11-12 / 12&U

	Time	TREs	Free Hyb	Acros	Total	Additional
Free Solo	2:00		4		4	
Free Duet	2:30		4	1	5	
Mixed Free Duet	3:00		4	3	7	Acrobatic safety limits apply
12&U Free Team	3:00		4	3	7	Acrobatic safety limits apply
Youth Combo	See Youth section					

### Youth (13-15)

	Time	TREs	Free Hyb	Acros	Total	Additional
Free Solo	2:00		5		5	
Free Duet	2:30		5	1	6	
Mixed Free Duet						
Free Team	3:00		5	3	8	Acrobatic safety limits apply
Youth Combo	3:00		5	4	9	Acrobatic safety limits apply, and the routine must contain no more or less than 1 solo hybrid, 1 duet hybrid, 2 team hybrids (min. of 4 athletes), and 1 team choreography hybrid with no DD (min. of 4 athletes). Elements can't occur simultaneously

### Junior/Senior

	Time	Tech Elem.	Free Hyb.	Acros	Total	Additional
Tech Solo	2:00	5	1		6	
Free Solo	2:15		6		6	
Tech Duet	2:20	5	1	1	7	
Free Duet	2:45		6	2	8	Acrobatics may not be repeated
Mixed Tech Duet	2:20	3	2*	2	7	*Must contain 1 required hybrid (with only 1 thrust and 2 diff. connections). Acrobatics may not be repeated. Must also declare 3 Sustained Surface Connections with travel or rotation
Mixed Free Duet	2:45		4	3	7	Acrobatics may not be repeated. Must also declare 4 Sustained Surface Connections with travel or rotation
Tech Team	See Open section					
Free Team	See Open section					
Acro	See Open section					

### Open

	Time	TREs	Free Hyb	Acros	Total	Additional
Tech Team	2:50	5	2	1	8	1 free hybrid must include a cadence, and the required acrobatic has a max. DD of 3.0. May contain a max. of 1 circle
Free Team	3:30		6	3	9	Acrobatics may not be repeated
Acro	3:00			7	7	1 of each acrobatic group (max. of 2 from one group). Acrobatics may not be repeated

All **free** routines must have one declaration from each family, excluding Masters and connections in Solos