

Required Routine Elements 2025



Competitive Level Two

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		4		4	
Free Duet	2:30		4	1	5	
Aqua Combo	See Aquarina rules below					

Aquarina

	Time	TREs	Free Hyb	Acros	Total	Additional
Free Solo	2:00		5		5	
Free Duet	2:30		5	1	6	
Aqua Combo	3:00		5	4	9	Acrobatic safety limits apply, acrobatics can't be repeated. The routine must have no less or more 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)

AquaMasters

	Time	TREs	Free Hyb	Acros	Total	Additional
Free Solo	2:00		4		4	
Free Duet	2:30		4	1	5	
AquaMasters Combo	3:00		5	4	9	Acrobatic safety limits apply, acrobatics can't be repeated. The routine must have no less or more 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)

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