



Swim England North-West Regional Artistic Swimming Age Group Competition and Junior/Senior Championships 2026

LICENCE NUMBER:

24th January 2026

Palatine Leisure Centre, 207 St Anne's Road, Blackpool, FY4 2AP

COMPETITION CONDITIONS

A competitor must have been a registered member of a club in whose name they have entered at least 30 days prior to the first day of competition. The Club must be affiliated to Swim England and Swim England North-West Region.

The championships shall be held annually, under Swim England Laws and Regulations and World Aquatics Technical Rules of Artistic Swimming.

The promotion of the Competition shall be the responsibility of the NWR Management Group (The Promoters). The Promoters shall decide any matter that is not covered by these conditions.

All competitors must be Club Compete registered swimmers of Swim England if Figure Grade 3 and above.

Competitors in the duets and teams must be members of the same club and may only represent one club.

Closing date will be 28 days prior to the first day of competition. **(Saturday 27th December 2025)**

All competitors must have the required Figure Grade by the closing date for the competition.

The age of all competitors is the age on the 31st December in the year of competition.

AGE GROUP EVENTS

9 – 10 and 11 – 12 years - Medals will be presented for both 9-10 and 11-12 age groups.

Figures – Figure Grade 2 minimum entry requirement.

Compulsory:

106	Straight Ballet Leg	1.6
301	Barracuda	1.8

Group 1:

359	Front Ariana	2.2
348	Tower	1.9

Group 2:

363	Water Drop	1.8
401	Swordfish	2.1

Group 3:

311	Kip	1.6
226	Swanita Spinning 180°	1.9

Swimmers will perform compulsory figures plus one group to be drawn 3 days prior to the event. *

12 years & Under – Medals will be presented for 12 years and under only

Free Solo – **Figure Grade 3 and Routine Grade 3** minimum entry requirement.

The top ten (10) Competitors from the Figures will qualify for the Free Solo.

Free Duet - **Figure Grade 2 and Routine Grade 2** minimum entry requirement.

The top ten (10) pairs from the Figures will qualify for the Free Duet.

Free Mixed Duet - **Figure Grade 2 and Routine Grade 2** minimum entry requirement.

The top ten (10) pairs from the Figures will qualify for the Free Mixed Duet.

Free Team - **Figure Grade 2 and Routine Grade 2** minimum entry requirement

All Free Teams will swim provided all swimmers have competed in the Figure section.

Final Routine scores: **Figure and routine scores will be combined as per World Aquatics rules.**

13 - 15 years

Figures - Figure Grade 3 minimum entry requirement.

Section A:

Group 1:

307e	Flying Fish Spinning 360°	2.9
437	Cyclone, Open 180°	2.6

Group 2:

308h	Barracuda Airborne 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:

140j	Flamingo Bent Knee Combined Spin 360° + 360°	3.1
421	Walkover Back Closing 360°	2.4

Group 6:

440d	Ipanema Spinning 180°	3.1
154f	London Continuous Spin 720°	2.4

All swimmers will perform figures from 2 groups to be drawn 3 days prior to the event. *

Free Solo – Figure Grade 4 and Routine Grade 4 minimum entry requirement.

The top ten (10) Competitors from the Figures will qualify for the Free Solo.

Free Duet – Figure Grade 4 and Routine Grade 4 minimum entry requirement.

The top ten (10) pairs from the Figures will qualify for the Free Duet.

Free Mixed Duet - Figure Grade 3 and Routine Grade 3 minimum entry requirement.

The top ten (10) pairs from the Figures will qualify for the Free Duet.

Free Team - Figure Grade 3 and Routine Grade 3 minimum entry requirement

All Free Teams will swim provided all swimmers have competed in the Figure section.

Final Routine scores: **Figure and routine scores will be combined as per World Aquatics rules.**

***NB In all figure sections:** If, due to time/judge constraints, it is necessary to reduce the number of figures being swum, swimmers will only swim three figures – for 12 and under figures these will be the two compulsory figures plus one other figure to be drawn 3 days prior to the event. For youth figures these will be 3 figures from 1 section to be drawn 3 days prior to the event.

Routine Requirements

Time Limits for routines, including ten (10) seconds for deck work shall be:

Age Group	Routine	Time Limit (+/- 5 sec)	Walk-on to start position time limit	Grades required	Total Required Elements & Summary
9 – 12	Solo Free	2:00	20 secs	FG3 & RG3	4 – 4 Free Hybrids*
	Duet Free	2:30	20 secs	FG2 & RG2	5 – 4 Free Hybrids* – 1 Pair Acrobatic (free choice)
	Mixed Duet	2:30	20 secs	FG2 & RG2	5 – 3 Free Hybrids* – 2 Pair Acro** – A minimum of 3 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more)
	Free Team	3:00	30 secs	FG2 & RG2	7 – 4 Free Hybrids* – 3 Team Acrobatics*** (with safety limit+)

Youth (13 – 15(f) /16(m))	Solo Free	2:00	20 secs	FG4 & RG4	5 – 5 Free Hybrids*
	Duet Free	2:30	20 secs	FG4 & RG4	6 – 5 Free Hybrids* – 1 Pair Acrobatic (free choice)
	Mixed Duet	2:30	20 secs	FG2 & RG2	5 – 3 Free Hybrids* – 2 Pair Acro** – A minimum of 3 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more)
	Free Team	3:00	30 secs	FG3 & RG3	8 – 5 Free Hybrids – 3 Team Acrobatics*** (with safety limit+)

***Must include one declaration from each family in the routine (except for connections in Solo).**

****Free choice but must not repeat the same acrobatic**

*****Team Acrobatic – Teams may declare and repeat/duplicate an acro, and such repeats will not be subject to Base Marks.**

+12U/Youth Acrobatic Safety Limit for Free Team and Combo Events are as follows. Acrobatic elements cannot have a DD higher than the Total DD (Max):

	<i>Acro DD</i>	<i>Plus Base Mark</i>	<i>Total DD (Max)</i>
<i>Youth – Group A</i>	<i>2.2</i>	<i>0.5</i>	<i>2.7</i>
<i>Youth – Group B</i>	<i>2.3</i>	<i>0.5</i>	<i>2.8</i>
<i>Youth – Group C</i>	<i>2.3</i>	<i>0.5</i>	<i>2.8</i>
<i>Youth – Group P</i>	<i>2.5</i>	<i>0.5</i>	<i>3.0</i>
<i>12U – Group A</i>	<i>2.0</i>	<i>0.5</i>	<i>2.5</i>
<i>12U – Group B</i>	<i>2.1</i>	<i>0.5</i>	<i>2.6</i>
<i>12U – Group C</i>	<i>2.1</i>	<i>0.5</i>	<i>2.6</i>
<i>12U – Group P</i>	<i>2.3</i>	<i>0.5</i>	<i>2.8</i>

Combination Team - 100% Routine Score.

Swimmers may only enter one combination team.

Routine Requirements

Time Limits for routines, including ten (10) seconds for deck work shall be:

(Timing of the deck movements shall end as the last competitor enters the water)

Age Group	Time Limit	Allowance	Grades required	Total Required Elements & Summary
9 – 12	3 mins 00 secs	+/- 5 secs	FG2 & RG2	8 – 3 Team Acrobatics* (with safety limit+) – 1 x DD Solo Hybrid, – 1 x DD Duet Hybrid, – 2 x Team DD Hybrid (min of 4 athletes) – 1 x Team Choreography hybrid (“ChoHY”) with no DD (i.e. factor of 1.0) (min of 4 athletes) – Element parts can’t occur simultaneous (i.e. Team Acrobatic occurs while solo hybrid starts)
9 – 15	3 mins 00 secs	+/- 5 secs	FG2 & RG2	8 – 3 Team Acrobatics* (with safety limit+) – 1 x DD Solo Hybrid, – 1 x DD Duet Hybrid, – 2 x Team DD Hybrid (min of 4 athletes)

				<ul style="list-style-type: none"> – 1 x Team Choreography hybrid (“ChoHY”) with no DD (i.e. factor of 1.0) (min of 4 athletes) – Element parts can’t occur simultaneous (i.e. Team Acrobatic occurs while solo hybrid starts)
Youth (13 – 15(f) /16(m))	3 mins 00 secs	+/- 5 secs	FG3 & RG3	9 – 4 Team Acrobatics* (with safety limit+) <ul style="list-style-type: none"> – 1 x DD Solo Hybrid, – 1 x DD Duet Hybrid, – 2 x Team DD Hybrid (min of 4 athletes) – 1 x Team Choreography hybrid (“ChoHY”) with no DD (i.e. factor of 1.0) (min of 4 athletes) – Element parts can’t occur simultaneous (i.e. Team Acrobatic occurs while solo hybrid starts)

Whilst it is recognised that at National level, combination Team competitions will split each age group into divisions, within the region all combinations teams in each age group will compete together due to the limited numbers of participants.

Teams may be mixed.

A Free Combination Team has a minimum of four (4) and maximum of ten (10) competitors who make a combination of routines. At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have four (4) to ten (10) competitors. Start of first part of routine may be on the deck or in the water. All of the following parts must start in the water. A new part begins in very close proximity to the previous part.

Swim England/World Aquatics Penalties will apply.

Changes after this time may only be made in the case of sudden illness or accident of a member of a Team, and if the reserve is ready to compete without delaying the event. If a reserve is not ready to compete without delay to the event the Combination shall be disqualified.

If the lack of a reserve reduces the Combination Team to less than four (4) swimmers then the team shall be disqualified.

CHAMPIONSHIP EVENTS

Championship Elements - **Figure Grade 4** minimum entry requirement.

Each competitor must perform four (4) elements drawn from the elements of Grade 5 (1-9), from World Aquatics Junior Elements list, which shall be drawn 3 days before competition.

1	Team Element 1A - Flying Fish Hybrid Spinning 180°	2.5
2	Team Element 2A - Vertical - Full Twist to Bent Knee - Full Twist to Vertical – Open 180° - Walkout	2.6
3	Team Element 3A - Two Fouetté Rotations - Vertical – Continuous Spin 720°	2.6
4	Team Element 4 - Butterfly Hybrid	2.9
5	Team Element 5A - Rocket Split Bent Knee Twirl Hybrid	2.4
6	Duet Element 1B - Walkover Back Closing 180° - Continuous Spin 720°	2.5
7	Duet Element 3 - Flamingo Half Twist Hybrid	2.6
8	Duet Element 4B - Fishtail - Knight - Continuous Spin 720°	2.7
9	Solo Element 2B - Combined Spin 720° - Continuous Spin 1080°	2.7

***NB:** If, due to time constraints, it is necessary to reduce the number of elements being swum, swimmers will only swim three elements to be drawn 3 days prior to the event.

- Technical Solo
- Technical Duet
- Technical Mixed Duet
- Free Solo
- Free Duet
- Free Mixed Duet
- Technical Team
- Free Team
- Acrobatic Team

All Solos, Duets, Mixed Duets and teams that enter will swim for that event.

All routines will be scored 100%. It is not necessary to have competed in the Element event in order to participate in a routine event.

A competitor may only enter one Technical Solo, one Free Solo, one Technical Duet, one Free Duet, one Technical Team, one Free Team and one Acrobatic Team. They may enter free events without competing in technical events.

Swimmers aged 15 years old may enter events in both the 13-15 age group and Junior/Senior (Championship) age group competitions however they may only enter one free solo, one free duet, one free mixed duet and/or one free team.

Routine Requirements

Time Limits for Technical, Acrobatic and Free routines, including ten (10) seconds for deck work shall be:

Event	Routine	Time Limit (+/- 5 seconds)	Walk-on to Start position time limit	Grades required	Total Required Elements & Summary
Solo	Technical	2 mins 00 secs	20 secs	FG5 & RG5	6 – 5 Technical Required Elements and – 1 Free Hybrids
	Free	2 mins 15 secs	20 secs	FG5 & RG5	6 – 6 Free Hybrids*
Duet	Technical	2 mins 20 secs	20 secs	FG5 & RG5	7 – 5 Technical Required Elements, – 1 Free Hybrids and – 1 Pair Acrobatic (free choice)
	Free	2 mins 45 secs	20 secs	FG5 & RG5	8 – 6 Free Hybrids*, and – 2 Pair Acrobatics**
Mixed Duet	Technical	2 mins 20 secs	20 secs	FG4 & RG4	7 – 3 Technical Required Elements, – 1 Free Hybrids, – 1 Required Hybrid (must contain only one Thrust declaration and 2 different Connection declarations), and – 2 Pair Acrobatic (free choice but must not repeat the same acrobatic, – 3 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more)
	Free	2 mins 45 secs	20 secs	FG4 & RG4	7 – 4 Free Hybrids; – 3 Pair Acro**; – A minimum of 4 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more)
Team	Technical	2 mins 50 secs	30 secs	FG4 & RG4	8 – 5 Technical Required Elements – 2 Free Hybrids (one which must include a Cadence action), – 1 Team Acro*** (Max. DD limit of 3.0 inclusive of Base Mark Value) – May contain max of 1 circle

	Free	3 mins 30 secs	30 secs	FG4 & RG4	9 – 6 Free Hybrids – 3 Free Team Acrobatics***
	Acrobatic	3 mins 0 secs	30 secs	FG4 & RG4	7 7 Team Acrobatics*** - once from A, B, C, P. Maximum of 2 acrobatics from any group

****Must include one declaration from each family in the routine (except for connections in Solo). Applies for Free Routines only.***

*****Pair Acro – These are free choice but may not repeat the same acrobatic***

******Team Acrobatic – Free Choice may not repeat the same acrobatic - defined as:***

For Group A – can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus

For Group B – Can't repeat the same construction + can't repeat the same type of connection (grip)

For Group C – can't repeat the same construction

For Group P – Can't repeat the same construction, can't repeat the same type of connection (grip), can't repeat same position/s (as P1 or as P2, with the exception of the third position bonus), and can't repeat the same bonus/es.

Order of appearance

The order of appearance for all events shall be selected by a random draw.

Mixed Duet

A mixed duet shall consist of one female and one male.

Teams

Technical, Acrobatic and Free teams may consist of no less than four (4) and no more than eight (8) competitors with a maximum of two (2) male competitors included.

A one half (0.5) point penalty shall be deducted from the total score for each member less than eight (8).

Judging of routines & Coach Cards

Coach cards will be required for all routine events in all age categories. The information required will be information regarding the number of hybrids/acrobatics and the order especially for technical routines. Coach card must be fully completed and sent to the event organiser by midnight on 9th January 2026.

Judging of all routines will be completed by 1 panel of 5 judges for Artistic Impression, 1 panel of 5 element judges, a panel of Synchronisation Technical Controllers (STC's), and a panel of Difficulty Technical Controllers (DTC).

All routines will be required to have the correct number of hybrids based on the tables included. All Technical routines must include the 5 Technical Required Elements.

Penalties will be applied for the incorrect number of hybrids or acrobatics for each type of routine.

Medals

Age Group Medals will be presented for the 9-10, 11-12 and Youth (13-15 years for females & 13-16 years for males) age groups for the figure competition. Medals for all age group routine events will be presented for 12 years and under and Youth only.

Championship Medals will be determined for both junior (15-19 years for females & 15-20 years for males) and senior (15+) categories for solos & duets event. Swimmers aged 15-19 years (15-20 for males) will automatically be entered into both age categories and be eligible for medals in each category. For duet, if any swimmer is aged 20+ (21 for males) then the duet will only be eligible for senior medals. Championship Teams will only receive Senior medals.

Reserves for duet and team events will only be eligible to receive medals if a full complement of swimmers has competed i.e., if a full team of 8 swimmers has competed, and they are swim ready on the day of the event.

Music

All music information must be registered with The Limited Manufacturing License, Mechanical Copyright Protection Society. (MCPS)

All music needs to be clearly labelled with name, club and PPL information.

All music must be sent digitally to the event organiser a minimum of 1 week prior to the event along with the music licence.

If the sound level of the competitor's accompaniment is found to be incorrect during the deck work the competitor may stop and after adjustment of the music, restart without penalty.

The accompaniment and judging shall begin upon a signal from the referee. After the signal, the performance shall continue without interruption.

Swim wear

World Aquatics rules shall apply.

Photography

Anyone wishing to video, take photos by camera/mobile phone etc. must declare and sign the register before entering the pool. They must be members of a competing club and have their permission to film.

Professional Photography

Professional Photographers will be in attendance at this event. All official photographs will be taken in line with Swim England Wavepower guidance (pages 94-100). Some of these photographs may be used by the Region on their Website or Social Media Platforms for future communications and marketing purposes.

Photographs will be available for parents to purchase after the event via the photographers website with use of a unique password which will only be provided to those in attendance at the event.

Any athlete's not wishing to be photographed, please contact clubdevelopment@swimnorthwest.org prior to the event taking place.

Competitors are reminded not to get changed on poolside or in the balcony, please ensure changing room facilities are used at all times.

Protests

Protests may be made and dealt with as detailed in Swim England Laws.

TECHNICAL & ACROBATIC ROUTINES - 2022-2025 FINA Handbook

GENERAL REQUIREMENTS

1. Unless otherwise specified in the description all required elements must be executed according to the requirements described in the World Aquatics AS Manual for Judges, Coaches and Referees.
2. If 1 or more competitors omits all or part of an element or performs an incorrect action in an element, refer to 2022-2025 World Aquatics Competition Regulations for penalties regarding incorrect or omitted actions.
3. Required Elements #1 - #5 (Solo, Duet and Team) or #1 - #3 (Mixed Duet) can be performed in any order.
4. Required Elements #1 - #5 (Solo, Duet and Team) or #1 - #3 (Mixed Duet). It is required that the elements and the degrees of difficulty for each element selected to be performed, and the order of performance selected, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.
5. Additional hybrids and the degrees of difficulty for each hybrid selected, and the order to be performed, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.
6. **For Team and Women's Duet:** With the exception of Deck Work and Entry into the water, getting into and out of the Circle (Team), and Acrobatics. Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing same direction by all duet or team members.
7. **For Mixed Duet:** Technical Required Elements must be performed simultaneously and facing the same direction. Deckwork and Entry into the water, Free Hybrids, Transitions and Pair Acrobatics DO NOT have this restriction and May be performed freely (non-simultaneous and facing different directions).
8. Additional movements can be added immediately before and after (breath to breath) Required Elements #1 - #5 (Solo, Duet and Team) or #1 - #3 (Mixed Duet). These movements will not add any extra difficulty nor will be considered as the additional hybrids.
9. Time limits – refer to the details in the main conditions.
10. Recommendation for all Technical Routines: It is strongly recommended for clarity of judgment that Required Elements (Solo, Duet and Team) or #1 - #3 (Mixed Duet) are separated by other content.

Technical Routines – Required Elements

Element	Name	DD
SOLO REQUIRED ELEMENTS		
1A	Thrust Continuous Spin 720°	2.7
1B	Thrust Spinning 360°	2.1
2A	Combined Spin 1080° – Continuous Spin 1080°	3.0
2B	Combined Spin 720° – Continuous Spin 1080°	2.7
3	Swordfish Straight Leg - Knight	3.2
4A	Fishtail Half Twist - Continuous Spin 720°	2.9
4B	Fishtail - Continuous Spin 720° DD – 2.6	2.6
5A	Rocket Split Bent Knee Joining 360°	2.4
5B	Rocket Split Bent Knee	2.1
DUET REQUIRED ELEMENTS		
1A	Walkover Back Closing 360° – Continuous Spin 1080°	3.0
1B	Walkover Back Closing 180° – Continuous Spin 720°	2.5

2A	Rocket Split Alternating Legs – Spinning 180°	2.8
2B	Rocket Split – Spinning 180°	2.4
3	Flamingo Half Twist Hybrid	2.6
4A	Fishtail – Knight - Continuous Spin 1080°	3.2
4B	Fishtail – Knight - Continuous Spin 720°	2.7
5A	Thrust Bent Knee Twirl Spin 360°	2.3
5B	Thrust - Bent Knee Twirl	2.1
MIXED DUET REQUIRED ELEMENTS		
1A	Rocket Split Twirl Spin 180°	2.7
1B	Rocket Split Twirl	2.5
2A	Front Pike – Vertical 360° Rotation - Full Twist to Bent Knee - Continuous Spin 720°	2.4
2B	Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee - Continuous Spin 720°	2.2
3	Manta Ray Half Twist.	3.0
TEAM REQUIRED ELEMENTS		
1A	Flying Fish Hybrid Spinning 180°	2.5
1B	Flying Fish Hybrid	2.3
2A	Vertical - Full Twist to Bent Knee - Full Twist to Vertical – Open 180° - Walkout	2.6
2B	Vertical - Half Twist to Bent Knee - Half Twist to Vertical – Split - Walkout	2.3
3A	Two Fouetté Rotations – Vertical – Continuous Spin 720°	2.6
3B	Two Fouetté Rotations – Vertical – Spinning 360°	2.3
4	Butterfly Hybrid	2.9
5A	Rocket Split Bent Knee Twirl Hybrid	2.4
5B	Rocket Split Bent Knee Hybrid	2.1

Solo Technical Routine Additional Requirements for National Championships.

6 – One (1) additional hybrid must be performed. It may be place anywhere in the routine.

Women's Duet Technical Routine Additional Requirements for National Championships.

6 – One (1) additional hybrid must be performed. It may be place anywhere in the routine.

7 – One (1) Pair Acrobatic movement must be performed It may be place anywhere in the routine.

Mixed Duet Technical Routine Additional Requirements for National Championships. These may be place anywhere in the routine.

4 – One (1) free hybrid

5 – One (1) required hybrid which must contain only one Thrust declaration and two (2) different Connection declarations

6 – Two (2) Pair Acrobatics of free choice by must not repeat the same acrobatic.

7 – 3 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more).

Team Technical Routine Additional Requirements for National Championships. These may be place anywhere in the routine.

6 – Two (2) additional hybrids, one of which must include a Cadence action.

7 – One (1) acrobatic movement must be performed by all team members. The DD for the acrobatic movement must not exceed 3.0 inclusive of Base Mark value.

Cadence Action: Identical movement(s) performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

Acrobatic movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions and are mostly achieved with assistance from other swimmer(s). An acrobatic movement is considered when it starts and ends once all team members are **in** the water.

A routine may contain a maximum of one circle pattern.

The direction of propulsion may vary as long as all swimmers are facing the same direction.

Variations in propulsion and direction facing are permitted only during underwater pattern changes, underwater actions, and getting into and finishing a circle.

Acrobatic Team Routine – Required Elements

General Requirements

1. Time Limits are as shown in the table above
2. Start may be on the deck or in the water, or a combination of both
3. Required Technical Element #1-#5 may be performed in any order
4. A maximum of 2 acrobatics from any group (A, B, C or P) may be performed
5. Acrobatics must not be repeated. Must not repeat the same acrobatic is defined as:
 - For Group A – Can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus
 - For Group B – Can't repeat the same construction + can't repeat the same type of connection (grip)
 - For Group C – Can't repeat the same construction
 - For Group P – Can't repeat the same construction + Can't repeat the same type of connection (grip), AND can't repeat same position/s (as P1 or as P2), with the exception of the third position bonus
6. The Routine must portray a Theme, which must be declared on the Card.
7. As in all routines, the Coach Card must show the Required Technical Elements in the selected order of performance.

Acrobatic Required Elements

1. Seven (7) acrobatic movements: one from each acrobatic group (A, B, C, P) and three (3) more of free choice as per the general requirements.

Acrobatic movement is a general term for jumps, throws, lifts, stacks, platforms, etc., which is performed as spectacular gymnastic feats and/or risky actions and is mostly achieved with assistance by another swimmer(s).