

The following chart outlines the scoring factors that will be applied to each age group and discipline as well as the Free Hybrid Apnoea Maximums that are being introduced for 2024.

Please note World Aquatics reserves the right to evaluate and make adjustments and as such the chart is subject to change.

12 & UNDER						
Event:	Free Hybrid Apnoea Maximum		Factors applied to scoring:			
	% time limit	Time	Free Hybrids	Acrobatics	TRE	ChMu
Solo Free (Women/Men)	50%	1:00	0.5	0.5	-	1.6
Duet Free	50%	1:15	0.5	0.5	-	1.6
Mixed Duet Free	50%	1:15	0.5	0.5	-	1.6
Team Free	50%	1:30	0.5	0.5	-	2.6
Free Combination	50%	1:30	0.5	0.5	-	2.6

Please note: As AQUA does not deliver 12 and under events, this would be a recommendation for continental and national federations to use and test for 2024. Adjustments will be considered at the end of the 2024 season for 2025.

YOUTH						
Event:	Free Hybrid Apnoea Maximum		Factors applied to scoring:			
	% time limit	Time	Free Hybrids	Acrobatics	TRE	ChMu
Solo Free (Women/Men)	58%	1:10	0.5	0.5	-	1.6
Duet Free	50%	1:15	0.5	0.5	-	1.6
Mixed Duet Free	50%	1:15	0.5	0.5	-	1.6
Team Free	50%	1:30	0.5	0.5	-	2.6
Free Combination	50%	1:30	0.5	0.5	-	2.6

Please note: AQUA does not have Youth Worlds in 2024, as such this would be a recommendation for continental and national federations to use/test for 2024. Adjustments to be considered at end of 2024 season for 2025 (Youth Worlds year).

JUNIOR						
Event:	Free Hybrid Apnoea Maximum		Factors applied to scoring:			
	% time limit	Time	Free Hybrids	Acrobatics	TRE	ChMu
Solo Tech (Women/Men)	25%	0:30	0.4	-	0.8	1.8
Duet Tech	25%	0:35	0.4	0.7	0.8	1.8
Mixed Duet Tech	25%	0:35	0.4	0.7	0.8	1.8
Team Tech	32%	0:55	0.4	0.7	0.8	1.8
Solo Free (Women/Men)	63%	1:25	0.5	-	-	1.4
Duet Free	57.5%	1:35	0.5	0.5	-	1.4
Mixed Duet Free	55%	1:30	0.5	0.5	-	1.4
Team Free	57%	2:00	0.5	0.5	-	2.4
Acrobatic Routine	n/a - free	-	-	0.8	-	1.2

Please note: Junior Free Hybrid maximums for implementation at Junior Worlds 2024.

SENIOR						
Event:	Free Hybrid Apnoea Maximum		Factors applied to scoring:			
	% time limit	Time	Free Hybrids	Acrobatics	TRE	ChMu
Solo Tech (Women/Men)	TBD	-	0.4	-	0.8	1.8
Duet Tech	TBD	-	0.4	0.7	0.8	1.8
Mixed Duet Tech	TBD	-	0.4	0.7	0.8	1.8
Team Tech	TBD	-	0.4	0.7	0.8	1.8
Solo Free (Women/Men)	TBD	-	0.5	-	-	1.4
Duet Free	TBD	-	0.5	0.5	-	1.4
Mixed Duet Free	TBD	-	0.5	0.5	-	1.4
Team Free	TBD	-	0.5	0.5	-	2.4
Acrobatic Routine	TBD	-	-	0.8	-	1.2

Please note: Free Hybrid Apnoea maximums to be considered for Senior for 2025, after conclusion of 2024 competitive season (after Junior Worlds).

Process:

- Coaches already enter their routine “Parts” and the corresponding time for each part in the Coach Card, and therefore Free Hybrid “breath to breath” time is already tracked. Coaches are asked to be accurate in this entry and to track their total free hybrid apnoea time.
- Timers will be able to use the Coach Card as a guide to verify Free Hybrid apnoea time.
- There will be a forty (40) point bonus available to all routines who are within the required Free Hybrid Apnoea Maximum. There is a +/- 3 second variance to allow for timing differences in apnoea total time. The apnoea bonus will be applied to the Routine Score.
- Time underwater for free hybrids will be calculated from breath taken into hybrid entry, to first surfacing breath after completing the hybrid:
 - STAND-ALONE HYBRID:
Hybrid underwater time shall be timed from “breath to breath” – from taking entry breath to go under (pull down, arch back, body boost, etc.), to first surfacing breath after completing the hybrid (roll up from walkout, body boost, eggbeater surfacing, etc.)
 - ACRO/DIVE-IN INTO HYBRID:
In the case that a hybrid takes place in combination with an acrobatic movement/highlight OR from directly after the dive-in, the underwater time shall be counted from the first movement of the hybrid to the surfacing breath.
 - HYBRID FOLLOWED BY ACRO
In the case that the hybrid takes place in combination with an acrobatic movement/highlight occurring directly after a hybrid, the underwater time shall be counted from taking the entry breath, to the last movement of the hybrid.
 - ATHLETES START OR END A HYBRID AT DIFFERENT TIMES
If some of the athletes start the Hybrid earlier than the other athletes or end the hybrid later than others, the time underwater starts from the moment the first athlete(s) start the Hybrid and ends when the last athlete(s) finish the Hybrid. This is applicable to cadence and other instances of 4 and 4 or 2,2,2,2, etc.

Free Hybrid Apnoea Maximums – Reference Table

Event:	Time Limit	No. of FREE HYBRIDS	% of time for FREE HYBRID apnoea	= Maximum FREE HYBRID time of:	% of time for Transitions/Acro/TRE	= Trans/TRE/Acro time of:
12U Solo	2:00	5	50%	1:00	50%	1:00
12U Duet	2:30	5	50%	1:15	50%	1:15
12U Mixed Duet	2:30	5	50%	1:15	50%	1:15
12U Team	3:00	6	50%	1:30	50%	1:30
12U Free Combination	3:00	5	50%	1:30	50%	1:30
Youth Solo	2:00	6	58%	1:10	42%	0:50
Youth Duet	2:30	6	50%	1:15	50%	1:15
Youth Mixed Duet	2:30	5	50%	1:15	50%	1:15
Youth Team	3:00	6	50%	1:30	50%	1:30
Youth Free Combination	3:00	5	50%	1:30	50%	1:30
Jr Solo Technical	2:00	2	25%	0:30	75%	1:30
Jr Duet Technical	2:20	2	25%	0:35	75%	1:45
Jr Mixed Duet Technical	2:20	2	25%	0:35	75%	1:45
Jr Team Technical	2:50	3	32%	0:55	68%	1:55
Jr Solo Free	2:15	7	63%	1:25	37%	0:50
Jr Duet Free	2:45	7	57.5%	1:35	42.5%	1:10
Jr Mixed Duet Free	2:45	6	55%	1:30	45%	1:15
Jr Team Free	3:30	7	57%	2:00	43%	1:30
Jr Acrobatic Routine	3:00	-	-	-	-	-
Senior - TBD						