



EUROPEAN AQUATICS.®

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For the safety of the athletes, there will be a rule in the **YOUTH category** competitions setting the apnea time limits for all free hybrids. This will apply to all Youth events from January 2026. Please note that a **base mark** will be applied to an element where a free hybrid exceeds an apnea time of **21 seconds**.

For the safety of the athletes, there will be a rule in the **JUNIOR category** competitions setting the apnea time limits for all free hybrids (not the TRE's). This will apply to all Junior events from January 2026. Please note that a **base mark** will be applied to an element where a free hybrid exceeds an apnea time of **25 seconds**.

PROCESS:

- ~ Coaches already enter their score 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 apnea time.
- ~ Timers will be able to use the coach card as a guide to verify Free Hybrid apnea times.
- ~ Time underwater for free hybrids will be calculated from breath taken into the hybrid entry, to first surfacing breath after completing the hybrid.
- ~ In the case that a hybrid takes place in combination with an acrobatic movement/highlight or directly after the dive-in, the underwater time shall be counted from the first movement of the hybrid to the surfacing breath.
- ~ 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.
- ~ 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.