April 25, 2025

Adoption of Apnea Time Limit Regulation in European Aquatics Junior Artistic Swimming Events

For the safety of the athletes, there will be a rule in Junior category competitions setting the apnea time limits for all free hybrids (not the TRE's). This will apply to all Junior events from May 2025. 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 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 time.
- In any hybrid that exceeds the given time limit, a basemark will be given. Please note that no exceeding of the allocated time is permitted

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 taking the entry breath, to the last 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) starts the Hybrid and ends when the last athlete(s) finishes the Hybrid. This is applicable to cadence and other instances of 4 and 4 or 2,2,2,2 etc.

JUNIOR						
Event:	Free Hybrid Apnea Maximum		Factors applied to Scoring:			
	% time limit	*Time*	*Free Hybrids*	*Acrobatics*	*TRE*	*ChMu*
Solo Tech (Women/Men)	21%	25”	0.4	-	0.8	1.8
Duet Tech	18%	25”	0.4	0.7	0.8	1.8
Mixed Duet Tech	18%	25”	0.4	0.7	0.8	1.8
Team Tech	30%	25”	0.4	0.7	0.8	1.8
Solo Free (Women/Men)	111%	25”	0.5	-	-	1.4
Duet Free	91%	25”	0.5	0.5	-	1.4
Mixed Duet Free	73%	25”	0.5	0.5	-	1.4
Team Free	72%	25”	0.5	0.5	-	2.4
Acrobatic routine	n/a - free		-	0.8	-	1.2