

APPENDIX IV - ADAPTIVE ARTISTIC SWIMMING (AdAS) - REVISED JAN 2025

1. ATHLETE ELIGIBILITY

- a) Adaptive Artistic Swimming is open to any individual with a varying physical and cognitive ability that prevents competitive involvement in other event categories. Athletes have the choice of which competition category they compete in and will not be penalized based on that choice.
- b) Within Canadian specific competitions that are not required to conform to World Aquatics specifications, the below applies:
 - Athletes with a cognitive disability may compete in the competition category of their choice. They are not required to prove disability and their competition level will be based on a good-will system until the Athlete qualifies for competitions outside of Canada. Athletes will not be penalized based on the category they compete in.
 - Athletes with Down Syndrome must have an Atlanto-Axial X-ray within the last five years and/or be cleared by a physician to participate. New athletes must submit clearance forms from a physician before participating.
- c) The Mixed Ability category is defined as an Adaptive Physical or Cognitive athlete swimming with an athlete from another event category (Youth, Junior or Senior). Note that Mixed Ability Duet and Team is an open category and all genders will compete in the same category.
- d) Age minimum for CAS competitions as per CAS Rule 1.6.

2. COMPETITIVE STRUCTURE AND PROCEDURES

- a) Athletes will be awarded in three categories: Adaptive Artistic Swimming (Physical), Adaptive Artistic Swimming (Cognitive), and Mixed Ability (**Duet and Team**).
- b) Levels of Competition:
 - Six levels of competition will be provided for the adaptive disciplines in routine: Solo, Duet, and Team.
 - Trios can compete in the Duet category.
 - Three levels of competition will be provided for Mixed Ability Duet **and Team** (Level A, B and C).
 - Five levels of competition will be provided for adaptive athletes in figures. Coaches determine the level of their athletes.
- c) ~~Adaptive Artistic Swimming athletes and Mixed Ability Duets and Teams are required to compete at the National Qualifier in order to qualify to advance to the National Championships.~~
Adaptive Artistic Swimming athletes and Mixed Ability Duets and Teams are required to compete at their Provincial Qualifier event in order to qualify to advance to the Canadian Championships. Adaptive Artistic Swimming athletes and Mixed Ability Duets and Teams are required to be duly registered in their province to enter the National Qualifier, which will be deemed an Invitational Adaptive Artistic Swimming event.

d) Routine maximum times as below. The routine must be at least 50% of the max time.

Level	Solo	Duet	Team
Level 1	1:30	2:00	2:00
Level 2	1:45	2:15	3:00
Level 3	2:00	2:30	3:15
Level 4	2:15	2:30	3:30
Level 5	2:30	2:45	3:30
Level 6	Tech: 2:00 Free: 2:30	Tech: 2:20 Free: 2:45	Tech: 2:50 Free: 3:30
Mixed Ability	-	Level A: 1:45 Level B: 2:00 Level C: 2:30	Level A: 2:20 Level B: 2:40 Level C: 3:00
There is an allowance of 5 seconds over the allotted maximum time. Athletes may exceed the maximum time limit for walk-ons.			

- e) In each level there will be separate awards for Adaptive - Physical and Adaptive - Cognitive.
- f) Athletes from different levels may compete together in duet and team. The average level will determine their competitive level. All athletes will compete at their own level in figures.
- g) Athletes from different categories (physical/cognitive) may compete together in duet and team. The category in which the team/duet competes will be at the discretion of the coach based on the balance of challenges: If the duet/team overall experiences more cognitive challenges than physical challenges the correct entry for competition is cognitive and If the duet/team overall experiences more physical challenges than cognitive challenges the correct entry for competition is physical.
- h) Coaches, assistants, support person, or service animal may assist or guide an athlete in their walk-on, walk-off, as well as their entry and exit from the pool in the routine event. Coaches may also assist or guide an athlete in their swim-on, alignment with the marker, swim-off, as well as their entry and exit from the pool during the figure event.
- i) Coaches may assist on land, by providing cues to the athlete(s) in any adaptive category inclusive of mixed ability.

- j) The coach of an adaptive athlete may communicate with the athlete after a wrong figure is performed, prior to the second attempt.
- k) Coach Cards:
- Adaptive and Mixed Ability Duet Coach cards will be submitted.
 - Procedure for updating an adaptive Coach Card:
 - If an athlete's disability causes them to deviate from the choreography declared on the coach card, a coach can update the coach card to reflect what the athlete performed following their swim.
 - The coach must notify the Chief Referee within 5 minutes of the event ending and submit the updated coach card within the 30 minutes following.
 - The DTCs will review the video as per the rules for watching a routine live using the updated coach card.
 - This procedure is only applicable to Adaptive events and will not be applied to Mixed Ability events.
 - Horizontal leg movement declarations have been added to Adaptive Difficulty Table for athletes that are unable to perform inverted movements
- l) Hybrid components will be evaluated by DTCs based on a successful attempt to complete. Execution judges will take into consideration the execution of hybrids.
- m) Hybrids which are not successfully attempted as written on the coach card will receive partial basemarks up to 3 unsuccessful components (meaning that the DTC will remove only the DD of components which are not successfully completed to a max of 3). If 4 or more components are unsuccessful a Base Mark will be applied.
- n) Adaptive and Mixed Ability routines will define a hybrid as 3 or more movements. If the athlete(s) are completing only one or two hybrid components/movements and a coach wishes to declare that as a hybrid, they may do so.
- o) There will be no minimum height or execution levels required to claim a component (for example, a thrust may count as complete even if height attained is not at a 3.5). However, height will be taken into account by Elements Judges in accordance with scoring guidelines.
- p) Acrobatic constructions, connections, and positions may be repeated in a routine, however repetition of the exact same acrobatic code will be prohibited. Identical acrobatics will be penalized (**Base Mark applied**).
- q) Acrobatic movements for Adapted Team Levels 1-3 and Mixed Ability Team A & B will be limited to groups A, B or P, and will have a safety limit of 2.5. **Violating this rule will result in a Base Mark.**

- r) Routine scoring for Adaptive as per CAS Rule 17 - Calculation of the routine result with the exception that Synchronization TCs will not be used, and therefore synch errors are not deducted in Adaptive or Mixed Ability routines.
- s) **Adaptive routines will follow 12U scoring factors.**
- t) **Order of Swim for Adaptive and Mixed Ability Events:**
- Following the shared warm-up period for Adaptive and Mixed Ability events, the order of competition will be Cognitive Levels 1-6, followed by Physical Levels 1-6.
 - Panel Marshalls and Event Announcers will announce when a new level of competition will begin so judges and technical controllers are aware when new rules may apply.
 - In figure events, the Panel Marshall will announce the level and the new figure being performed when a change in level occurs
 - Order of Adaptive Categories in Solo Events:
 - The order of Adaptive categories in Adaptive solo events will be alphabetical and then ascending by number.
 - At each competition, the Level 6 Technical solo will always be held in conjunction with the JR/SR Technical solo event and Level 6 Free Solo in conjunction with the Adaptive Solo event.
- u) Procedure for Substituting a Figure or TRE due to Low Range of Motion:
- If an athlete is unable to complete a figure or TRE due to Low Range of Motion, a coach can submit a request for a substitute figure/TRE.
 - To do this, a coach must email their request to the CAS Director of Competitions.

3. ADAPTIVE ROUTINE SET NUMBER OF ELEMENTS (Last Updated October 2024)

- Number of hybrids and acrobatic movements listed below is the maximum number.
- Routines may have less than the maximum number of hybrids and acrobatic movements.

Solo	Time (+ 5s)	Max Elements	Summary	Max declarations per hybrid family
Level 1 Solo Free	1:30	4	Total of 4 Free Hybrids. Refer to Adaptive Difficulty Table.	9
Level 2 Solo Free	1:45	4	Total of 4 Free Hybrids. Refer to Adaptive Difficulty Table.	9
Level 3 Solo Free	2:00	5	Total of 5 Free Hybrids. Refer to Adaptive Difficulty Table.	7
Level 4 Solo Free	2:15	5	Total of 5 Free Hybrids. Refer to Adaptive Difficulty Table.	7
Level 5 Solo Free	2:30	6	Total of 6 Free Hybrids. Refer to AQUA Difficulty Table.	5

Level 6 Solo Tech	2:00	6	Total of 5 Technical Required Elements (AdTRES) and 1 Free Hybrid. Refer to AQUA Difficulty Table.	5
Level 6 Solo Free	2:30	6	Total of 6 Free Hybrids. Refer to AQUA Difficulty Table.	5
Duet	Time (+ 5s)	Max Elements	Summary	Max declarations per hybrid family
Level 1 Duet Free	2:00	5	Total of 4 Free Hybrids and 1 Pair Acrobatic. Refer to Adaptive Difficulty Table.	9
Level 2 Duet Free	2:15	5	Total of 4 Free Hybrids and 1 Pair Acrobatic. Refer to Adaptive Difficulty Table.	9
Level 3 Duet Free	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic. Refer to Adaptive Difficulty Table.	7
Level 4 Duet Free	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic. Refer to Adaptive Difficulty Table.	7
Level 5 Duet Free	2:45	8	Total of 6 Free Hybrids and 2 Pair Acrobatics. Refer to AQUA Difficulty Table.	5
Level 6 Duet Tech	2:20	7	Total of 5 Technical Required Elements (AdTRES), 1 Free Hybrid and 1 Pair Acrobatic. Refer to AQUA Difficulty Table.	5
Level 6 Duet Free	2:45	8	Total of 6 Free Hybrids and 2 Pair Acrobatics. Refer to AQUA Difficulty Table.	5
Team	Time (+ 5s)	Max Elements	Summary	Max declarations per hybrid family
Level 1 Team Free	2:00	5	Total of 4 Free Hybrids and 1 Team Acrobatic. Refer to Adaptive Difficulty Table.	9
Level 2 Team Free	3:00	6	Total of 5 Free Hybrids and 1 Team Acrobatic. Refer to Adaptive Difficulty Table.	9
Level 3	3:15	7	Total of 5 Free Hybrids and 2 Team	7

Team Free			Acrobatics. Refer to Adaptive Difficulty Table.	
Level 4 Team Free	3:30	8	Total of 6 Free Hybrids and 2 Team Acrobatics. Refer to Adaptive Difficulty Table.	7
Level 5 Team Free	3:30	9	Total of 6 Free Hybrids 3 Team Acrobatics. Refer to AQUA Difficulty Table.	5
Level 6 Team Tech	2:50	8	Total of 5 Technical Required Elements (AdTREs), 3 Free Hybrids, and 1 Team Acrobatic. Refer to AQUA Difficulty Table.	5
Level 6 Team Free	3:30	10	Total of 6 Free Hybrids and 4 Team Acrobatics. Refer to AQUA Difficulty Table.	5

4. MIXED ABILITY ROUTINE SET NUMBER OF ELEMENTS (Last updated October 2024)

- Number of hybrids and acrobatic movements listed below is the maximum number.
- Routines may have less than the maximum number of hybrids and acrobatic movements.

Duet	Time (+ 5s)	Max Elements	Summary	Max declarations per hybrid family
Level A	1:45	4	Total of 3 Free Hybrids and 1 Pair Acrobatic. Refer to Adaptive Difficulty Table.	9
Level B	2:00	5	Total of 4 Free Hybrids and 1 Pair Acrobatic. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table.	7
Level C	2:30	7	Total of 5 Free Hybrids and 2 Pair Acrobatics. Must include a skill from every family. There must be a connected action in the routine but it does not need to be a connection from the table (can be a hand/arm connection). Refer to AQUA Difficulty Table.	5

Team	Time	Max	Summary	Max declarations
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	(+ 5s)	Elements		per hybrid family
Level A	2:20	5	Total of 4 Free Hybrids and 1 Team Acrobatic. Refer to Adaptive Difficulty Table.	9
Level B	2:40	7	Total of 5 Free Hybrids and 2 Team Acrobatics. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table.	7
Level C	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics. Must include a skill from every family. There must be a connected action in the routine but it does not need to be a connection from the table (can be a hand/arm connection). Refer to AQUA Difficulty Table.	5

5. ADAPTIVE TECHNICAL REQUIRED ELEMENTS

Level 6 Tech Solo				
Element #	Code	DD	Name	Description
Element 1	AdTRE1a	2.1	Thrust Spinning 360	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . A 360° spin is executed.
	AdTRE1b	1.9	Thrust Spinning 180	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . A 180° spin is executed.
Element 2	AdTRE2a	1.6	Combined Spin 360	From a Vertical Position a <i>Combined Spin</i> of 360° is executed (1 rotation + 1 rotation). Continuing in the same direction and without a pause a <i>Vertical Descent</i> is executed.
	AdTRE2b	1.5	Combined Spin 180	From a Vertical Position a <i>Combined Spin</i> of 180° is executed (0.5 rotation + 0.5 rotation). Continuing in the same direction and without a pause a <i>Vertical Descent</i> is executed.
Element 3	AdTRE3a	2.0	Swordfish Straight Leg Ariana Rotation	From a Front Layout Position the back arches as one leg is lifted in a 180° arc over the surface of the water to a Split Position . Maintaining the relative position of the legs to the surface of the water an <i>Ariana Rotation</i> is performed.

	AdTRE3b	1.6	Swordfish Straight Leg	From a Front Layout Position the back arches as one leg is lifted in a 180° arc over the surface of the water to a Split Position .
Element 4	AdTRE4a	1.8	Front Pike to Side Fishtail with 90 rotation - Join to Vertical Position - Continuous Spin 360	From a Front Pike Position , one leg is lifted to assume a Side Fishtail Position . The horizontal leg is lifted to a Vertical Position . A continuous spin 360 is executed.
	AdTRE4b	1.7	Front Pike to Fishtail - Join to Vertical Position - Spin 180	From a Front Pike Position , one leg is lifted to assume a Fishtail Position . The horizontal leg is lifted to a Vertical Position . A spin 180 is executed.
Element 5	AdTRE5a	2.1	Rocket Split Bent Knee	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position . The back leg is rapidly lifted to vertical and the forward leg bends to assume a Bent Knee Vertical Position . A <i>Vertical Descent</i> is executed with the bent knee extended to a Vertical Position completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i> .
	AdTRE5b	1.9	Vertical to Bent Knee Thrust	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position . Without a pause a <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i> .

Level 6 Tech Duet				
Element #	Code	DD	Name	Description
Element 1	AdTRE1a	2.3	Walkover Back Spinning 180°	From a Back Layout Position a Surface Arch Position is assumed. One leg is lifted in a 180° arc over the surface to a Split Position . Legs symmetrically close to a Vertical Position . A 180° <i>spin</i> is executed.
	AdTRE1b	2.2	Walkover Back Close to	From a Back Layout Position a Surface Arch Position is assumed. One leg is lifted in a 180° arc

			Vertical	over the surface to a Split Position . Legs symmetrically close to a Vertical Position . A <i>Vertical Descent</i> is executed.
Element 2	AdTRE2a	2.4	Rocket Split Spinning 180°	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position . The legs rapidly re-join to Vertical Position . A rapid 180° <i>Spin</i> is executed.
	AdTRE2b	2.2	Rocket Split	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position . The legs rapidly re-join to Vertical Position . A rapid descent is executed.
Element 3	AdTRE3a	3.1	Beginning from a Ballet Leg Position - Flamingo Bent Knee rollback - Join to VP - Half Twist - 360 open to split - Walkout	From a Ballet Leg Single Position , a Flamingo Bent Knee Position is assumed. A <i>Flamingo Bent Knee rollback</i> is executed to assume a Bent Knee Vertical Position . Maintaining maximum height, the bent knee is extended to join the vertical leg in a Vertical Position . A <i>half twist</i> is executed followed by 360 open to split. A <i>Walkout Front</i> is executed.
	AdTRE3b	2.6	Beginning from a Ballet Leg Position - Flamingo Bent Knee rollback - Join to VP - open to split - Walkout	From a Ballet Leg Single Position , a Flamingo Bent Knee Position is assumed. A <i>Flamingo Bent Knee rollback</i> is executed to assume a Bent Knee Vertical Position . Maintaining maximum height, the bent knee is extended to join the vertical leg in a Vertical Position . The legs are lower simultaneously to a Split Position. A <i>Walkout Front</i> is executed.
Element 4	AdTRE4a	2.5	Fishtail - Knight - Spin 360°	From a Front Pike Position one leg is lifted to a Fishtail Position . The horizontal leg is rapidly lifted through an arc of 180° to assume a Knight Position . The leg is then rapidly lifted to assume a Vertical Position . A <i>Spin 360°</i> is executed.
	AdTRE4b	1.8	Fishtail - Vertical - Spin 360°	From a Front Pike Position one leg is lifted to a Fishtail Position . The horizontal leg is rapidly lifted to assume a Vertical Position . A <i>Spin 360°</i> is executed.

Element 5	AdTRE5a	2.1	Thrust – Bent Knee Twirl	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position as a <i>Twirl</i> is executed. Without a pause a <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i> .
	AdTRE5b	1.9	Vertical to Bent Knee Thrust	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position . Without a pause a <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i> .

Level 6 Tech Team TRE Descriptions				
Element #	Code	DD	Name	Description
Element 1	AdTRE1a	2.3	Flying Fish Hybrid	From a Submerged Back Pike Position with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position and with no loss of height one leg is rapidly lowered to an airborne Fishtail Position . Without a pause the horizontal leg is rapidly lifted to a Vertical Position followed by a <i>Vertical Descent</i> .
	AdTRE1b	1.7	Thrust	From a Submerged Back Pike Position with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position followed by a <i>Vertical Descent</i> .
Element 2	AdTRE2a	2.0	Bent Knee – Half Twist to Vertical – Split – Walkout	Starting in a Bent Knee Position , a <i>Half Twist</i> is executed as the bent knee is extended to a Vertical Position . The legs are symmetrically lowered to a Split Position . A <i>Walkout Front</i> is executed.
	AdTRE2b	1.7	Vertical – Split – Walkout	Starting in a Vertical Position , the legs are symmetrically lowered to a Split Position . A <i>Walkout Front</i> is executed.
Element 3	AdTRE3a	1.9	From Bent Knee VP – Join to VP – Half Twist – Continuous Spin 360	From a Bent Knee Vertical Position , the bent knee is extended to join the vertical leg in a Vertical Position . A <i>Half Twist</i> is executed followed by a <i>Continuous Spin 360</i> .
	AdTRE3b	1.5	From Bent Knee VP – Join to VP –	From a Bent Knee Vertical Position , the bent knee is extended to join the vertical leg in a Vertical Position . A <i>Continuous Spin 360</i> is executed.

			Continuous Spin 360	
Element 4	AdTRE4a	2.9	Butterfly Hybrid	The Butterfly Hybrid is to be performed rapidly. From a Front Pike Position , one leg is lifted to a Fishtail Position . The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a Split Position . Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a Fishtail Position . Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a Vertical Position . The legs are lowered simultaneously to a Bent Knee Surface Arch Position . (Note: The Bent Knee Surface Arch Position can be assumed by using either leg). The bent knee is straightened to a Surface Arch Position and with continuous motion an Arch to Back Layout Finish Action is executed.
	AdTRE4b	2.0	Fishtail - Split - Walkout	From a Front Pike Position , one leg is lifted to a Fishtail Position . The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a Split Position . A <i>Walkout Front</i> is executed.
Element 5	AdTRE5a	2.1	Rocket Split Bent Knee Hybrid	From a Submerged Back Pike Position with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne Bent Knee Vertical Position . A <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i> .
	AdTRE5b	1.9	Vertical to Bent Knee Thrust	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position . Without a pause a <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the Thrust.

6. FIGURES

- a) Athletes can modify the proposed figures as appropriate (see Procedure for Substituting a Figure or TRE due to Low Range of Motion)
- b) Where an athlete changes a figure while on the field of play - judges will evaluate what they see
- c) Figures Groups as follows:

Level	Group 1	Group 2	Group 3
1	Back Layout Split	Pike Tub	Vertical at ankles Front Layout
2	Sailboat Alternate Split to vertical at ankles	Front Pike Pulldown Back Tuck Somersault	Bent Knee position Oyster
3	Ballet Leg Single Front Pike Pulldown to Split (1 st ½ of Front Walkover)	Surface Prawn Kipnus	Bent Knee join to Vertical & sink Blossom
4	Straight Leg Ballet Leg Front Walkover	Tower Kip	Water Drop (no spin) Barracuda
5	Flamingo Bent Knee Ariana	Porpoise Kip Spin 180	Water Drop Barracuda Spin 180

ADAPTIVE DIFFICULTY TABLE - JANUARY 2025



Adaptation of the AQUA Table for the Adaptive and Mixed Ability Categories - **Additions to the AQUA Table are highlighted in red**

Revised Difficulty Table DRAFT – Important Notes

- All hybrids shall start with a base value or “Base Mark” of 0.50 and then start adding difficulty from there, this ensures beginner/developing athletes don’t have a hybrid DD value of less than a Base Mark in addition to this being a better mathematical process.
- Bonuses have been removed and will be considered in artistic impression. This also allows all 3 DTCs to all always watch the same components.
- To align with AQUA and allow for athlete challenge/success, Adapted Level 5 & 6/Mixed Ability Level C will follow the AQUA maximum declaration family restrictions, while Adapted Level 1 & 2/Mixed Ability Level A and Adapted Level 3 & 4/Mixed Ability Level B have increased maximum declarations. Each level will also have a different number of required families used.

Level Specific Notes

Adapted Level 1 & 2 / Mixed Ability Level A	Adapted Level 3 & 4 / Mixed Ability Level B	Adapted Level 5 & 6 / Mixed Ability Level C
<ul style="list-style-type: none"> • Maximum 9 declarations per family per hybrid • Ontario DD Table Additions Apply 	<ul style="list-style-type: none"> • Maximum 7 declarations per family per hybrid • Ontario DD Table additions apply • Each routine must include a skill from 3 different families 	<ul style="list-style-type: none"> • Maximum 5 declarations per family per hybrid • Ontario DD Table additions <u>DO NOT</u> apply • Each routine must include a skill from every family (exception for Connections in Solo)

L	THRUSTS (T)	SPINS (S)		TWISTS incl. Twirls/Swirls (R)		AIRBORNE WEIGHT	FLEXIBILITY (F)	CONNECTIONS (C)	
(B) A S I C	Thrust with one or two legs followed by crashing on the surface	SB = 0.15	Spin 180 (one or two legs)	RB = 0.10	Swirl 180/Turn 180 non-sustained or up-down	Lift to any single leg position from Inverted Tuck, Table Top or a variant	Back Layout to Surface Arch or Bent Knee Surface Arch	Piked body position at the surface of the water or any position out of VP “cone” area Arm to arm connection	
		SCB = 0.35	Combined 180 (one or two legs)		Roll from Front Layout to Back Layout				
		SCDB = 0.40	Two-direction Combined 180	1RB = 0.15	1 leg Twist/Twirl 180	Layout to Tub or Sailboat			
					Tub Turn 180	Tub or Sailboat to Layout			
				2RB = 0.20	Twist/Twirl 180 (VP)				
				ROB = 0.25	VP open 180 to Split				
				RCB = 0.25	Split close 180 to VP				
	TB = 0.30					AB = 0.05	FB = 0.05	CB = 0.10	CB+ = 0.20

ADAPTIVE DIFFICULTY TABLE - JANUARY 2025

Adaptation of the AQUA Table for the Adaptive and Mixed Ability Categories - Additions to the AQUA Table are highlighted in red



1	Thrust with one leg followed by vertical descent	<p>S1 = 0.35</p> <p>SC1 = 0.80</p> <p>SCD1 = 0.85</p>	<p>Spin 360 (one or two legs)</p> <p>Combined 360 (one or two legs)</p> <p>Two-direction Combined 360 (one or two legs)</p>	<p>R1 = 0.20</p> <p>1R1 = 0.35</p> <p>2R1 = 0.45</p> <p>RD1 = 0.50</p> <p>RU1 = 0.55</p> <p>RO1 = 0.55</p> <p>RC1 = 0.55</p>	<p>Swirl 360/Turn 360 non-sustained or up-down</p> <p>Tub Turn 360</p> <p>1leg Twist/Twirl 360</p> <p>Back Tuck Somersault from Surface Tuck</p> <p>Twist/Twirl 360 (VP)</p> <p>Surface Tuck to Inverted Tuck</p> <p>Two-direction 360 (VP)</p> <p>Back or Front Pike Somersault</p> <p>Unbalanced Twist/Twirl 360 (VP)</p> <p>VP open to Split 360</p> <p>Split to VP 360</p>	<p>a. Lift to any single leg position from Front Pike</p> <p>Sailboat to Ballet Leg Position</p> <p>b. Single leg descent</p> <p>Ballet Leg to Sailboat Position</p> <p>c. Lift to VP from Inverted Tuck, Table Top or a variant</p> <p>Ballet Leg to Flamingo Position</p> <p>d. Join to VP from Fishtail, Bent Knee VP or Split</p> <p>Ballet Leg Position to Layout (Straight Leg down)</p>	<p>a. Rapid Split from any position</p> <p>b. Rapid Knight Position</p> <p>c. BK Surface Arch to Knight (extending the BK up to Knight)</p>	<p>a. Connection in any one leg VP position (in "cone" area) with the "bottom" leg (non VP leg) connected. Can be facing any direction</p> <p>b. Connecting a bottom leg with a thigh of VP leg (athletes facing same direction) OR wrapping a leg around the body (pelvis) – can be facing any direction</p>
	T1 = 0.45				A1 = 0.10	F1 = 0.10	C1 = 0.20	C1+ = 0.30
2	<p>a. Thrust with one leg followed by Spin 180</p> <p>b. Thrust with one leg followed by Twirl 180 and a crash</p>	<p>S2 = 0.75</p> <p>SC2 = 1.60</p> <p>SCD2 = 1.65</p>	<p>Spin 720 (one or two legs)</p> <p>Combined 720 (one or two legs)</p> <p>Two-direction Combined 720 (one or two legs)</p>	<p>R2 = 0.40</p> <p>1R2 = 0.75</p> <p>2R2 = 0.95</p> <p>RD2 = 1.00</p> <p>RU2 = 1.05</p>	<p>Swirl 720</p> <p>1 leg Twist 720</p> <p>Twist 720 (VP)</p> <p>Two-direction 720 (VP)</p> <p>Unbalanced Twist 720 (VP)</p>	<p>a. Vertical descent in VP (with or without isolated movements)</p> <p>Layout to Ballet Leg Position (Straight Leg Lift)</p> <p>b. From Front Pike to a single leg position (Bent Knee VP, Fishtail, etc.) while rotating 180</p> <p>Sustained Sailboat, Ballet Leg or Flamingo position held for equal to or more than 3 seconds</p>	<p>a. Walkout Front (to breath)</p> <p>b. Split to Front Pike (180 arc with straight leg)</p> <p>c. Split variants at the surface (demonstration of at least 2 different splits)</p>	<p>a. One leg (in VP "cone" area) face-to-face connection</p> <p>b. One leg back (in VP "cone" area), one leg forward (in VP "cone") connection</p> <p>c. C1 connections with a rotation of at least 180 at maximum height</p>
	T2 = 0.50				A2 = 0.15	F2 = 0.20	C2 = 0.30	C2+ = 0.40



ADAPTIVE DIFFICULTY TABLE - JANUARY 2025

Adaptation of the AQUA Table for the Adaptive and Mixed Ability Categories - **Additions to the AQUA Table are highlighted in red**

3	a. Thrust and vertical descent	S3 = 1.15	Spin 1080 (<u>two legs</u>)	R3 = 0.60	Swirl 1080	a. Front Pike to VP (Porpoise lift)	a. Split to Split through VP (changing legs)	One leg (in VP "cone" area) <u>back</u> or <u>side</u> connection	
	b. Thrust with one leg followed by Spin 360	SC3 = 2.40	Combined 1080 (<u>two legs</u>)	1R3 = 1.15	1 leg Twist 1080	b. Vertical ascent with 1 or 2 legs (with or without isolated movements)	b. Ariana Rotation		
	c. Thrust with one leg followed by Twirl 180 and descent	SCD3 = 2.45	Two-direction Combined 1080 (<u>two legs</u>)	2R3 = 1.45	Twist 1080 (VP)		c. Combination of Right and Left Leg Knight Position		
	d. Thrust with flexibility followed by crashing			RU3 = 1.75	Unbalanced Twist 1080 (VP)				
	T3 = 0.65					A3 = 0.20	F3 = 0.30	C3 = 0.40	C3+ = 0.50
4	a. Thrust with one leg followed by Spin 720	S4 = 1.55	Spin 1400 (<u>two legs</u>)	R4 = 0.80	Swirl 1440	a. From Front Pike to lift to a single leg position (Bent Knee VP, Fishtail, etc) while rotating 360	a. Bent Knee Front Layout to Bent Knee Arch Position OR Front Layout to Split with a straight leg	Two-leg connection (both legs must be in VP "cone" area). May be facing any direction.	
	b. Thrust with flexibility and descent	SC4 = 3.20	Combined 1440 (<u>two legs</u>)	1R4 = 1.55	1 leg Twist/Twirl 1440	b. Front Pike to VP while rotating 180	b. From Surface Arch Position to Knight or Split with a straight leg		
	c. Thrust followed by Spin 180	SCD4 = 3.25	Two-direction Combined 1440 (<u>two legs</u>)	2R4 = 1.95	Twist 1440 (VP)		c. Bent Knee Surface Arch to Bent Knee VP		
	d. Flying Fish			RD4 = 2.15	Two-direction 1440 (VP)		d. BK Surface Arch to Knight (lifting the extended leg and extending on the surface the bent leg)		
	e. Thrust followed by Twirl 180 and a crash			RU4 = 2.35	U/B Twist/Twirl 1440 (VP)		e. Fishtail to Knight (horizontal plane, along the surface)		
	T4 = 0.80					A4 = 0.45	F4 = 0.40	C4 = 0.50	C4+ = 0.60



ADAPTIVE DIFFICULTY TABLE - JANUARY 2025

Adaptation of the AQUA Table for the Adaptive and Mixed Ability Categories - **Additions to the AQUA Table are highlighted in red**

5	a. Thrust followed by Spin 360 b. Thrust followed by Twirl 180 and descent c. Thrust with flexibility followed by Spin 180 d. Flying Fish Spin 180 or Thrust Fishtail Helicopter Spinning 180	S5 = 1.95 SC5 = 4.00 SCD5 = 4.05	Spin 1800 (<u>two legs</u>) Combined 1800 (<u>two legs</u>) Two-direction Combined 1800 (<u>two legs</u>)	1R5 = 1.95 2R5 = 2.45 RU3 = 2.95	1 leg Twist 1800 Twist 1800 (VP) Unbalanced Twist 1800 (VP)	Front Pike to VP while rotating 360	a. Knight to VP OR Knight to Fishtail through VP b. Bent Knee Surface Arch to VP c. Knight rotating 180 (twisting in the Knight position)	Rotation vertical connection with one leg in VP "cone" area (rotation of 180+ at maximum height). May be facing any direction.		
									T5 = 0.90	A5 = 0.65
6	a. Thrust with flexibility OR a Twirl 180 followed by Spin 360 b. Flying Fish 360 or Thrust Fishtail Helicopter Spinning 360 c. Rocket Split Twirl 180	S6 = 2.35 SC6 = 4.80 SCD6 = 4.85	Spin 2160 (<u>two legs</u>) Combined 2160 (<u>two legs</u>) Two-direction Combined 2160 (<u>two legs</u>)	1R6 = 2.35 2R6 = 2.95 RD6 = 3.35 RU6 = 3.55	1 leg Twist 2160 Twist 2160 (VP) Two-direction 2160 (VP) Unbalanced Twist 2160 (VP)	Sustained height with one leg or a combination of one or two legs lasting equal or more than 3 seconds OR Isolated movements performed in a stable and fixed single leg position (within VP definition of 0-45 degrees) – isolated movements performed with other (non-fixed) leg lasting 3 seconds or more OR A combination of the two techniques	a. Cyclone 180 (BK Surface Arch Twirl 180 to a VP) b. Knight rotating 360 (twisting in the Knight Position) c. Knight Join to VP while rotating 180 d. Flat Split/Split variants sustained at the surface 3 seconds or more	a. Rotation vertical connection with two legs in VP "cone" area (rotation of 180+ at maximum height). May be facing any direction. b. Rotation vertical connection with one leg (rotation of 360+ at maximum height). May be facing any direction.		
									T6 = 1.10	A6 = 1.15



ADAPTIVE DIFFICULTY TABLE - JANUARY 2025

Adaptation of the AQUA Table for the Adaptive and Mixed Ability Categories - Additions to the AQUA Table are highlighted in red

7	Thrust followed by Spin 720	S7 = 2.75	Spin 2520 (two legs)	2R7 = 3.45 RU7 = 4.15	Twist 2520 (VP) Unbalanced Twist 2520 (VP)	Sustained height in VP lasting equal or more than 3 seconds	Surface Arch to VP	Rotation vertical connection with two legs in VP "cone" area (rotation of 360+ at maximum height). May be facing any direction.	
	T7 = 1.50	A7 = 1.45		F7 = 0.75					
8	Thrust with flexibility followed by Spin 720	S8 = 3.15	Spin 2880 (two legs)	2R8 = 3.95 RU8 = 4.75	Twist 2880 (VP) Unbalanced Twist 2880 (VP)	Sustained height shown at least 3 seconds or more in VP performed in an unbalanced position	a. Knight Join to VP while turning 360 b. Bent Knee Surface Arch Position to VP rotating 360 (Nova turning 360)		
	T8 = 1.70	A8 = 1.65		F8 = 0.90					
9	a. Thrust followed by Spin 1080 or more b. Thrust to height of 7.5+(hips) continued by catching (clearly stopping - stable height demonstrated for 1s or more) in a VP above the knees or higher	S9 = 3.55	Spin 3240 (two legs)	2R9 = 4.45 RU9 = 5.35	Twist 3240 (VP) Unbalanced Twist 3240 (VP)		Surface Arch Position to VP rotating 180		
	T9 = 2.00	F9 = 1.00							
10		S10 = 3.95	Spin 3600 (two legs)	2R10 = 4.95 RU10 = 5.95	Twist 3600 (VP) Unbalanced Twist 3600 (VP)		Surface Arch Position to VP rotating 360		
		F10 = 1.30							