

# SET NUMBERS OF ELEMENTS FOR ADAPTED ROUTINES



Note: Number of Elements listed is the maximum.

<b>Adapted Solo</b>	<b>Time (+/- 5 sec)</b>	<b>Total Required Elements</b>	<b>Summary</b>
Level 1 Solo Free	1:30	4	Total of 4 Free Hybrids. Refer to OAS Adapted Difficulty Table.
Level 2 Solo Free	2:00	5	Total of 5 Free Hybrids. Refer to OAS Adapted Difficulty Table.
Level 3 Solo Free	2:15	6	Total of 6 Free Hybrids. Refer to OAS Adapted Difficulty Table.
Level 4 Solo Free	2:15	6	Total of 6 Free Hybrids. Refer to AQUA Difficulty Table.
Level 5 Solo Free	2:15	7	Total of 7 Free Hybrids. Refer to AQUA Difficulty Table.
Level 6 Solo Tech	2:00	7	Total of 5 Technical Required Elements (AdTREs) and 2 Free Hybrids. Refer to AQUA Difficulty Table.
Level 6 Solo Free	2:15	7	Total of 7 Free Hybrids. Refer to AQUA Difficulty Table.
<b>Adapted Duet</b>	<b>Time (+/- 5 sec)</b>	<b>Total Required Elements</b>	<b>Summary</b>
Level 1 Duet Free	1:45	5	Total of 4 Free Hybrids and 1 Pair Acrobatic. Refer to OAS Adapted Difficulty Table.
Level 2 Duet Free	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic. Refer to OAS Adapted Difficulty Table.
Level 3 Duet Free	2:45	7	Total of 6 Free Hybrids and 1 Pair Acrobatic. Refer to OAS Adapted Difficulty Table.
Level 4 Duet Free	2:45	7	Total of 6 Free Hybrids and 1 Pair Acrobatic. Refer to AQUA Difficulty Table.
Level 5 Duet Free	2:45	9	Total of 7 Free Hybrids and 2 Pair Acrobatics. Refer to AQUA Difficulty Table.
Level 6 Duet Tech	2:20	8	Total of 5 Technical Required Elements (AdTREs), 2 Free Hybrids and 1 Pair Acrobatic. Refer to AQUA Difficulty Table.
Level 6 Duet Free	2:45	9	Total of 7 Free Hybrids and 2 Pair Acrobatics. Refer to AQUA Adapted Difficulty Table.

# SET NUMBERS OF ELEMENTS FOR ADAPTED ROUTINES



Note: Number of Elements listed is the maximum. Acrobatics are not required.

Adapted Team	Time (+/- 5 sec)	Total Required Elements	Summary
Level 1 Team Free	2:00	5	Total of 4 Free Hybrids and 1 Team Acrobatic.
Level 2 Team Free	3:00	6	Total of 5 Free Hybrids and 1 Team Acrobatic.
Level 3 Team Free	3:15	7	Total of 5 Free Hybrids and 2 Team Acrobatics.
Level 4 Team Free	3:30	8	Total of 6 Free Hybrids and 2 Team Acrobatics.
Level 5 Team Free	3:30	9	Total of 6 Free Hybrids 3 Team Acrobatics.
Level 6 Team Tech	2:50	9	Total of 5 Technical Required Elements (AdTREs), 3 Free Hybrids, and 1 Team Acrobatic.
Level 6 Team Free	3:30	11	Total of 7 Free Hybrids and 4 Team Acrobatics.