

SET NUMBERS OF ELEMENTS FOR MIXED ABILITY ROUTINES



Note: Elements and Required Actions must be completed by both athletes. Number of Elements listed is the maximum.

Mixed Ability Duet	Time (+/- 5 sec)	Total Required Elements	Summary
Level A Duet Free	1:30	3	Total of 3 Free Hybrids. Refer to OAS Adapted Difficulty Table.

DUET Level A Free Routine Additional Requirements:

- Three (3) required actions must be performed by all athletes during the routine, including one **Sailboat Alternate**, one **Rotation Movement** (in the R family), and one **Connected Arm Movement**. These may be placed anywhere in the routine.
- **Rotation Movement:** This movement can be a somersault.

Mixed Ability Duet	Time (+/- 5 sec)	Total Required Elements	Summary
Level B Duet Free	2:00	6	Total of 5 Free Hybrids and 1 Pair Acrobatic. Refer to OAS Adapted Difficulty Table.

DUET Level B Free Routine Additional Requirements:

- Three (3) required actions must be performed by all athletes during the routine, including one **Ballet Leg Combination**, one **Inverted Airborne Weight Movement**, and one **Rotation Movement**. These may be placed anywhere in the routine.
- **Ballet Leg Combination:** This element must include a minimum of two (2) different positions.
- **Inverted Airborne Weight Movement:** This element must be either an AW1 or AW2.
- **Rotation Movement:** This element must be either an R1 or R2.

Mixed Ability Duet	Time (+/- 5 sec)	Total Required Elements	Summary
Level C Duet Free	2:30	8	Total of 6 Free Hybrids and 2 Pair Acrobatics. Refer to AQUA Difficulty Table.

DUET Level C Free Routine Additional Requirements:

- Four (4) required actions must be performed by all athletes during the routine, including one **Ballet Leg Combination**, one **Inverted Airborne Weight Movement**, one **Rotation Movement**, and one **Thrust Movement**. These may be placed anywhere in the routine.
- **Ballet Leg Combination:** This element must include a minimum of three (3) different positions, one of which must be a Flamingo.
- **Inverted Airborne Weight Movement:** This element must be an AW3 or higher.
- **Rotation Movement:** This element must be an R3 or higher.
- **Thrust Movement:** This element can be a T1 or higher.

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Note: Elements and Required Actions must be completed by all athletes. Acrobatics are not required. Number of Elements listed is the maximum.

Mixed Ability Team	Time (+/- 5 sec)	Total Required Elements	Summary
Level A Team Free	1:45	4	Total of 3 Free Hybrids and 1 Team Acrobatic. Refer to OAS Adapted Difficulty Table.

TEAM Level A Free Routine Additional Requirements:

- Three (3) required actions must be performed by all athletes during the routine, including one **Sailboat Alternate**, one **Rotation Movement** (in the R family), and one **Connected Action**. These may be placed anywhere in the routine.
- **Rotation Movement**: This movement can be a somersault.
- **Connected Action**: All athletes must be connected in this action by either their arms or legs.

Mixed Ability Team	Time (+/- 5 sec)	Total Required Elements	Summary
Level B Team Free	2:15	7	Total of 5 Free Hybrids and 2 Team Acrobatics. Refer to OAS Adapted Difficulty Table.

TEAM Level B Free Routine Additional Requirements:

- Four (4) required actions must be performed by all athletes during the routine, including one **Ballet Leg Combination**, one **Inverted Airborne Weight Movement**, one **Rotation Movement**, and one **Connected Action**. These may be placed anywhere in the routine.
- **Ballet Leg Combination**: This element must include a minimum of two (2) different positions.
- **Inverted Airborne Weight Movement**: This element must be either an AW1 or AW2.
- **Rotation Movement**: This element must be either an R1 or R2.
- **Connected Action**: All athletes must be connected in this action by either their arms or legs.

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Note: Elements and Required Actions must be completed by all athletes. Acrobatics are not required. Number of Elements listed is the maximum.

Mixed Ability Team	Time (+/- 5 sec)	Total Required Elements	Summary
Level C Team Free	2:45	9	Total of 6 Free Hybrids and 3 Team Acrobatics. Refer to AQUA Difficulty Table.

TEAM Level C Free Routine Additional Requirements:

- Five (5) required actions must be performed by all athletes during the routine, including one **Ballet Leg Combination**, one **Inverted Airborne Weight Movement**, one **Rotation Movement**, one **Thrust Movement**, and one **Connected Action**. These may be placed anywhere in the routine.
- **Ballet Leg Combination**: This element must include a minimum of three (3) different positions, one of which must be a Flamingo.
- **Inverted Airborne Weight Movement**: This element must be an AW3 or higher.
- **Rotation Movement**: This element must be an R3 or higher.
- **Thrust Movement**: This element can be a T1 or higher.
- **Connected Action**: All athletes must be connected in this action by either their arms or legs.