



TECHNICAL MEMO

2024-2025 Competitive Season Technical Memo #2

Adapted Programming Updates

Modifications to World Aquatics Updated Rules

All Competitive Adapted/Mixed Ability OAS Events will be scored according to the updated Hybrid Difficulty Catalog and Acrobatic Difficulty Catalog with OAS Adapted Difficulty Table, and using the most recent updated version of the ISS scoring software.

OAS competitions will be held in alignment with CAS rules. Adapted and Mixed Ability events will be run with the following modifications:

- Hybrid components will be evaluated by DTCs based on a successful attempt to complete. Execution judges will take into consideration the execution of hybrids.
- Hybrids which are not successfully attempted as written on the coach card will receive partial basemarks (meaning that the DTC will remove only the DD of components which are not successfully completed, as was done in late 2023-2024). There will be no maximum for deductions. If all components of the hybrid have not been successfully attempted the hybrid will receive a full basemark of 0.5 DD.
- Adapted and Mixed Ability Routines will continue to define a hybrid as 3 or more movements, as opposed to the new AQUA definition (5 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.
 - Example: Back Layout Position to Tub Position followed by a Back Tuck Somersault
- 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.
- 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.



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- 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.
- There will be no STC marks for Adapted or Mixed Ability events.

Important Notes Regarding the Revised Adapted Difficulty Table

- 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.
- Bonuses have been removed and will be considered in artistic impression. This also allows all 3 DTCs to all always watch the same components.
- As per the previous Adapted Difficulty Table, additional horizontal skills have been added to the table.
- 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.

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)



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Changes to Adapted Routine Requirements

Adapted Solo					
Level	Time (+/- 5 sec)	Max Required Elements	Summary	Difficulty Table	Maximum Declarations per Hybrid Family
Level 1	1:30	4	Total of 4 Free Hybrids.	OAS Adapted Table	9
Level 2	1:45	4	Total of 4 Free Hybrids.	OAS Adapted Table	9
Level 3	2:00	5	Total of 5 Free Hybrids.	OAS Adapted Table	7
Level 4	2:15	5	Total of 5 Free Hybrids.	OAS Adapted Table	7
Level 5	2:30	6	Total of 6 Free Hybrids.	AQUA Table	5
Level 6 Tech	2:00	6	Total of 5 Technical Required Elements (AdTREs) and 1 Free Hybrid.	AQUA Table	5
Level 6 Free	2:30	6	Total of 6 Free Hybrids.	AQUA Table	5

Adapted Duet					
Level	Time (+/- 5 sec)	Max Required Elements	Summary	Difficulty Table	Maximum Declarations per Hybrid Family
Level 1	2:00	5	Total of 4 Free Hybrids and 1 Pair Acrobatic.	OAS Adapted Table	9
Level 2	2:15	5	Total of 4 Free Hybrids and 1 Pair Acrobatic.	OAS Adapted Table	9
Level 3	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic.	OAS Adapted Table	7
Level 4	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic.	OAS Adapted Table	7
Level 5	2:45	8	Total of 6 Free Hybrids and 2 Pair Acrobatics.	AQUA Table	5
Level 6 Tech	2:20	7	Total of 5 Technical Required Elements (AdTREs), 1 Free Hybrids and 1 Pair Acrobatic.	AQUA Table	5
Level 6 Free	2:45	8	Total of 6 Free Hybrids and 2 Pair Acrobatics.	AQUA Table	5



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



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TREs for Adapted Level 6 Technical Routines

Adapted Solo			
Element	Element Name	Description	DD
AdTRE1a	Thrust Spinning 360	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position . A 360° spin is executed.	2.1
AdTRE1b	Thrust Spinning 180	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position . A 180° spin is executed.	1.9
AdTRE2a	Combined Spin 360	From a Vertical Position a Combined Spin of 360° is executed (1 rotation + 1 rotation). Continuing in the same direction and without a pause a Vertical Descent is executed.	1.6
AdTRE2b	Combined Spin 180	From a Vertical Position a Combined Spin of 180° is executed (0.5 rotation + 0.5 rotation). Continuing in the same direction and without a pause a Vertical Descent is executed.	1.5
AdTRE3a	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 Ariana Rotation is performed.	2.3
AdTRE3b	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 .	1.8
AdTRE4a	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.	TBA
AdTRE4b	Front Pike to Fishtail - Join to Vertical Position - Continuous Spin 360	From a Front Pike Position one leg is lifted to assume a Fishtail Position . The horizontal leg is lifted to a Vertical Position . A continuous spin 360 is executed.	TBA
AdTRE5a	Rocket Split Bent Knee	From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust 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 Vertical Descent is executed with the bent knee extended to a Vertical Position completed as the ankles reach the surface of the water, followed by a Vertical Descent at the same tempo as the Thrust.	2.1
AdTRE5b	Vertical to Bent Knee Thrust	From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position. One leg is lowered to a Bent Knee Vertical Position. Without a pause a Vertical Descent 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 Vertical Descent at the same tempo as the Thrust.	1.9

Adapted Duet			
Element	Element Name	Description	DD
AdTRE1a	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° spin is executed.	2.3
AdTRE1b	Walkover Back Close to Vertical	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 Vertical Descent is executed.	2.2
AdTRE2a	Rocket Split Spinning 180	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a Thrust 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° Spin is executed.	2.4
AdTRE2b	Rocket Split	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a Thrust 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.	2.2
AdTRE3a	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 Flamingo Bent Knee rollback 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 half twist is executed followed by 360 open to split. A Walkout Front is executed.	2.6
AdTRE3b	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 Flamingo Bent Knee rollback 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 Walkout Front is executed.	TBA
AdTRE4a	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 Spin 360° is executed.	2.5
AdTRE4b	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 Spin 360° is executed.	1.8
AdTRE5a	Thrust – Bent Knee Twirl	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position as a Twirl is executed. Without a pause a Vertical Descent 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 Vertical Descent at the same tempo as the Thrust.	2.1
AdTRE5b	Thrust – Bent Knee	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position . Without a pause a Vertical Descent 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 Vertical Descent at the same tempo as the Thrust.	1.9



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Adapted Team			
Element	Element Name	Description	DD
AdTRE1a	Flying Fish Hybrid	From a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust 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 Vertical Descent.	2.3
AdTRE1b	Thrust	From a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position followed by a Vertical Descent.	1.7
AdTRE2a	Bent Knee – Half Twist to Vertical – Split – Walkout	Starting in a Bent Knee Position , a Half Twist is executed as the bent knee is extended to a Vertical Position . The legs are symmetrically lowered to a Split Position . A Walkout Front is executed.	2.0
AdTRE2b	Vertical – Split – Walkout	Starting in a Vertical Position , the legs are symmetrically lowered to a Split Position . A Walkout Front is executed.	1.7
AdTRE3a	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 Half Twist is executed followed by a Continuous Spin 360.	TBA
AdTRE3b	From Bent Knee VP – Join to VP – Continuous Spin 360	From a Bent Knee Vertical Position , the bent knee is extended to join the vertical leg in a Vertical Position . A Continuous Spin 360 is executed.	TBA
AdTRE4a	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.	2.9
AdTRE4b	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 Walkout Front is executed.	2.0
AdTRE5a	Rocket Split Bent Knee Hybrid	From a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust 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 Vertical Descent 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 Vertical Descent.	2.1
AdTRE5b	Rocket Split	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position . Without a pause a Vertical Descent 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 Vertical Descent at the same tempo as the Thrust.	1.9



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Changes to Mixed Ability Routine Requirements

- Required elements for each level have been removed and replaced by a requirement to include at least one declaration from a specified number of hybrid families.

Level	Time (+/- 5 sec)	Max Required Elements	Summary	Difficulty Table	Maximum Declarations per Hybrid Family
Mixed Ability Duet					
Level A	1:45	4	Total of 3 Free Hybrids and 1 Pair Acrobatic	OAS Adapted Table	9
Level B	2:00	5	Total of 4 Free Hybrids and 1 Pair Acrobatic. Required Elements: <ul style="list-style-type: none"> Must include a skill from at least 3 families 	OAS Adapted Table	7
Level C	2:30	7	Total of 5 Free Hybrids and 2 Pair Acrobatics. Required Elements: <ul style="list-style-type: none"> 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). 	AQUA Table	5
Mixed Ability Team					
Level A	2:20	5	Total of 4 Free Hybrids and 1 Team Acrobatic.	OAS Adapted Table	9
Level B	2:40	7	Total of 5 Free Hybrids and 2 Team Acrobatics. Required Elements: <ul style="list-style-type: none"> Must include a skill from at least 3 families 	OAS Adapted Table	7
Level C	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics. Required Elements: <ul style="list-style-type: none"> 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). 	AQUA Table	5

Changes to Mixed Ability Routine Requirements

- Following the shared warm-up period for Adapted 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.

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 complete the request form and email to the Technical Director and Adapted Programs Manager for approval. This form can be found on the OAS Website: <https://ontarioartisticswimming.ca/athletes/programs/adas/>

Procedure for Updating an Athlete with a Cognitive Disabilities' 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 Adapted events and will not be applied to Mixed Ability events.



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Additional Athlete Support at Provincial Competitions

Clubs may use AquaGO! certified coaches and athlete volunteers to provide additional support to adapted athletes at competitions under direct supervision from a Comp Intro certified coach if additional athlete support is needed by a club at competitions (ex. In water support, landrill cues on both sides of the pool, etc). Please note, any coaches listed on routines must be at minimum Comp Intro trained.

Mixed Ability Events in the Regional League Stream

The Mixed Ability event has been added to the Regional League stream. However, as the Regional League stream has been set up for athletes to only train one routine, the Mixed Ability event cannot be used as an extra routine opportunity. It must be the athlete's only routine. The category will be open for clubs to enter as a team or duet based on their program numbers.

Regional League Stream Athletes Competing in Competitive Mixed Ability Teams/Duets

Regional League stream athletes can upgrade to competitive to compete on Mixed Ability Teams/Duets while remaining on age group Regional League teams. These athletes must upgrade to competitive athletes on the H2O Reg platform. In this situation, athletes are only allowed to train an additional 45 minutes on top of the 4 hour Regional League training rule. Any additional time to the 4 hours must be used for only Mixed Ability training.



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Regional League Stream Adapted Figures

Adapted figures in the Regional League stream will remain the same as the 2023-2024 competitive season.

LV	Group 1	Group 2
1	Back Layout Sailboat Position	Front Layout Tub
2	Sailboat Alternate Tub Turn (Both Ways)	Oyster Back Tuck Somersault
3	Ballet Leg Single Blossom	Front Pike Pulldown to Split Kipnus
4	Ballet Leg Single Walkout Front	Barracuda Neptunus
5	Team elements 1-4 must be performed in the order listed below: <ol style="list-style-type: none">1. Single arm body boost2. Front pike pull down, lift to fishtail, ending is optional. Element starts from an extended front layout.3. Travelling Ballet Leg Sequence. Starting in a back layout include at least two (2) of the following: ballet leg right, ballet leg left, flamingo right, flamingo left, double ballet leg, ending is optional.4. Walkout Front, Beginning is optional, from a split position, a walkout front is executed, finishing when face emerges in extended back layout.	



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Competitive League Stream Adapted Figures

Adapted figures in the competitive stream (provincial and national) will remain the same as the 2023-2024 competitive season.

LV	Group 1	Group 2	Group 3
1	Back Layout	Pike	Vertical at Ankles
	Split	Tub	Front Layout
2	Sailboat Alternate	Front Pike Pulldown	Bent Knee Position
	Split join to Vertical at Ankles	Back Tuck Somersault	Oyster
3	Ballet Leg Single	Surface Prawn	Bent Knee join to Vertical Sink
	Front Pike Pulldown to Split	Kipnus	Blossom
4	Straight Leg Ballet Leg	Tower	Water Drop (No Spin)
	Front Walkover	Kip	Barracuda
5	Flamingo Bent Knee	Porpoise	Water Drop
	Ariana	Kip Spin 180	Barracuda Spin 180