

# ADAPTED DIFFICULTY TABLE - DRAFT (OCTOBER 2024)

The Ontario Adaptation of the AQUA Table for the Adapted 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"> <li>Maximum 9 declarations per family per hybrid</li> <li>Ontario DD Table Additions Apply</li> </ul>	<ul style="list-style-type: none"> <li>Maximum 7 declarations per family per hybrid</li> <li>Ontario DD Table additions apply</li> <li>Each routine must include a skill from 3 different families</li> </ul>	<ul style="list-style-type: none"> <li>Maximum 5 declarations per family per hybrid</li> <li>Ontario DD Table additions <u>DO NOT</u> apply</li> <li>Each routine must include a skill from every family (exception for Connections in Solo)</li> </ul>

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	a. 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)						
		SCDB = 0.40	Two-direction Combined 180		Roll from Front Layout to Back Layout	b. Layout to Tub or Sailboat			
				1RB = 0.15	1 leg Twist/Twirl 180	c. Tub or Sailboat to Layout			
	TB = 0.30					AB = 0.05	FB = 0.05	CB = 0.10	CB+ = 0.20

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				<p><b>2RB = 0.20</b></p> <p><b>ROB = 0.25</b></p> <p><b>RCB = 0.25</b></p>	<p><b>Tub Turn 180</b></p> <p>Twist/Twirl 180 (VP)</p> <p>VP open 180 to Split</p> <p>Split close 180 to VP</p>				
1	Thrust with one leg followed by vertical descent	<p><b>S1 = 0.35</b></p> <p><b>SC1 = 0.80</b></p> <p><b>SCD1 = 0.85</b></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><b>R1 = 0.20</b></p> <p><b>1R1 = 0.35</b></p> <p><b>2R1 = 0.45</b></p> <p><b>RD1 = 0.50</b></p> <p><b>RU1 = 0.55</b></p> <p><b>RO1 = 0.55</b></p>	<p>Swirl 360/Turn 360 non-sustained or up-down</p> <p><b>Tub Turn 360</b></p> <p>1 leg Twist/Twirl 360</p> <p><b>Back Tuck Somersault from Surface Tuck</b></p> <p>Twist/Twirl 360 (VP)</p> <p><b>Surface Tuck to Inverted Tuck</b></p> <p>Two-direction 360 (VP)</p> <p><b>Back or Front Pike Somersault</b></p> <p>Unbalanced Twist/Twirl 360 (VP)</p> <p>VP open to Split 360</p>	<p>a. Lift to any single leg position from Front Pike</p> <p>b. Single leg descent</p> <p>c. Lift to VP from Inverted Tuck, Table Top or a variant</p> <p>d. Join to VP from Fishtail, Bent Knee VP or Split</p> <p>e. <b>Sailboat to Ballet Leg Position</b></p> <p>f. <b>Ballet Leg to Sailboat Position</b></p> <p>g. <b>Ballet Leg to Flamingo Position</b></p> <p>h. <b>Ballet Leg Position to</b></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>	

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				RC1 = 0.55	Split to VP 360	Layout (Straight Leg down)			
	T1 = 0.45					A1 = 0.10	F1 = 0.10	C1 = 0.20	C1+ = 0.30
2	a. Thrust with one leg followed by Spin 180	S2 = 0.75	Spin 720 (one or two legs)	R2 = 0.40	Swirl 720	a. Vertical descent in VP (with or without isolated movements)	a. Walkout Front (to breath)	a. One leg (in VP "cone" area) face-to-face connection	
	b. Thrust with one leg followed by Twirl 180 and a crash	SC2 = 1.60	Combined 720 (one or two legs)	1R2 = 0.75	1 leg Twist 720	b. From Front Pike to a single leg position (Bent Knee VP, Fishtail, etc.) while rotating 180	b. Split to Front Pike (180 arc with straight leg)	b. One leg back (in VP "cone" area), one leg forward (in VP "cone") connection	
		SCD2 = 1.65	Two-direction Combined 720 (one or two legs)	2R2 = 0.95	Twist 720 (VP)	c. Layout to Ballet Leg Position (Straight Leg Lift)	c. Split variants at the surface (demonstration of at least 2 different splits)	c. C1 connections with a rotation of at least 180 at maximum height	
				RD2 = 1.00	Two-direction 720 (VP)	d. Sustained Sailboat, Ballet Leg or Flamingo position held for equal to or more than 3 seconds			
	T2 = 0.50			RU2 = 1.05	Unbalanced Twist 720 (VP)				
						A2 = 0.15	F2 = 0.20	C2 = 0.30	C2+ = 0.40
3	a. Thrust and	S3 = 1.15	Spin 1080 (two)	R3 = 0.60	Swirl 1080	a. Front Pike to	a. Split to Split	One leg (in VP "cone" area)	

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

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	a crash						and extending on the surface the bent leg)	
							e. Fishtail to Knight (horizontal plane, along the surface)	
							f. Fishtail to Knight (through VP)	
	<b>T4 = 0.80</b>					<b>A4 = 0.45</b>	<b>F4 = 0.40</b>	<b>C4 = 0.50</b>   <b>C4+ = 0.60</b>
<b>5</b>	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	<b>S5 = 1.95</b> <b>SC5 = 4.00</b> <b>SCD5 = 4.05</b>	Spin 180 ( <u>two legs</u> ) Combined 1800 ( <u>two legs</u> ) Two-direction Combined 1800 ( <u>two legs</u> )	<b>1R5 = 1.95</b> <b>2R5 = 2.45</b> <b>RU3 = 2.95</b>	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.
	<b>T5 = 0.90</b>					<b>A5 = 0.65</b>	<b>F5 = 0.50</b>	<b>C5 = 1.00</b>   <b>C5+ = 1.10</b>
<b>6</b>	a. Thrust with flexibility OR a Twirl 180 followed by	<b>S6 = 2.35</b> <b>SC6 = 4.80</b>	Spin 2160 ( <u>two legs</u> ) Combined 2160	<b>1R6 = 2.35</b> <b>2R6 = 2.95</b>	1 leg Twist 2160 Twist 2160 (VP)	Sustained height with one leg or a combination of one or two legs lasting	a. Cyclone 180 (BK Surface Arch Twirl 180 to a VP)	a. Rotation vertical connection with two legs in VP "cone" area (rotation of

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	Spin 360 b. Flying Fish 360 or Thrust Fishtail Helicopter Spinning 360 c. Rocket Split Twirl 180	<b>SCD6 = 4.85</b>	(two legs) Two-direction Combined 2160 (two legs)	<b>RD6 = 3.35</b> <b>RU6 = 3.55</b>	Two-direction 2160 (VP) Unbalanced Twist 2160 (VP)	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	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	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.	
	<b>T6 = 1.10</b>					<b>A6 = 1.15</b>	<b>F6 = 0.65</b>	<b>C6 = 1.25</b>	<b>C6+ = 1.35</b>
<b>7</b>	Thrust followed by Spin 720	<b>S7 = 2.75</b>	Spin 2520 (two legs)	<b>2R7 = 3.45</b> <b>RU7 = 4.15</b>	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.	
	<b>T7 = 1.50</b>					<b>A7 = 1.45</b>	<b>F7 = 0.75</b>	<b>C7 = 1.50</b>	<b>C7+ = 1.60</b>
<b>8</b>	Thrust with flexibility followed by Spin 720	<b>S8 = 3.15</b>	Spin 2880 (two legs)	<b>2R8 = 3.95</b> <b>RU8 = 4.75</b>	Twist 2880 (VP) Unbalanced Twist 2880 (VP)	Sustained height shown at least 3 seconds or more in VP performed in an unbalanced	a. Knight Join to VP while turning 360 b. Bent Knee Surface Arch Position to VP		

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						position	rotating 360 (Nova turning 360)	
	<b>T8 = 1.70</b>					<b>A8 = 1.65</b>	<b>F8 = 0.90</b>	
<b>9</b>	a. Thrust followed by Spin 1080 or more	<b>S9 = 3.55</b>	Spin 3240 (two legs)	<b>2R9 = 4.45</b> <b>RU9 = 5.35</b>	Twist 3240 (VP)  Unbalanced Twist 3240 (VP)		Surface Arch Position to VP rotating 180	
	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							
<b>10</b>		<b>S10 = 3.95</b>	Spin 3600 (two legs)	<b>2R10 = 4.95</b> <b>RU10 = 5.95</b>	Twist 3600 (VP)  Unbalanced Twist 3600 (VP)		Surface Arch Position to VP rotating 360	