

# ADAPTED ROUTINE REQUIRED ELEMENTS

The Ontario Adaptation of the AQUA Rules for the Adapted Category

Last Updated: October 2024



## Revised Adapted Routine Required Elements DRAFT - Important Notes

- 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.
- Free Hybrid Apnea limits do not apply for the Adapted Category.

Level	Time (+/- 5 sec)	Max Required Elements	Summary	Difficulty Table	Maximum Declarations per Hybrid Family
<b>Adapted Solo</b>					
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
<b>Adapted Duet</b>					
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

# ADAPTED ROUTINE REQUIRED ELEMENTS

The Ontario Adaptation of the AQUA Rules for the Adapted Category

Last Updated: October 2024



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
<b>Adapted Team</b>					
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