

# ADAPTED TECHNICAL REQUIRED ELEMENTS

The Ontario Adaptation of the AQUA Rules for the Adapted Category

Last Updated: October 2024



Element	Element Name	Description	DD
<b>Adapted Solo</b>			
AdTRE1a	Thrust Spinning 360	From a <b>Submerged Back Pike Position</b> , with the legs perpendicular to the surface, a Thrust is executed to a <b>Vertical Position</b> . A 360° spin is executed.	2.1
AdTRE1b	Thrust Spinning 180	From a <b>Submerged Back Pike Position</b> , with the legs perpendicular to the surface, a Thrust is executed to a <b>Vertical Position</b> . A 180° spin is executed.	1.9
AdTRE2a	Combined Spin 360	From a <b>Vertical Position</b> 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 <b>Vertical Position</b> 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 <b>Front Layout Position</b> the back arches as one leg is lifted in a 180° arc over the surface of the water to a <b>Split Position</b> . 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 <b>Front Layout Position</b> the back arches as one leg is lifted in a 180° arc over the surface of the water to a <b>Split Position</b> .	1.8
AdTRE4a	Front Pike to Side Fishtail with 90 rotation - Join to Vertical Position - Continuous Spin 360	From a <b>Front Pike Position</b> one leg is lifted to assume a <b>Side Fishtail Position</b> . The horizontal leg is lifted to a <b>Vertical Position</b> . A continuous spin 360 is executed.	
AdTRE4b	Front Pike to Fishtail - Join to Vertical Position - Continuous Spin 360	From a <b>Front Pike Position</b> one leg is lifted to assume a <b>Fishtail Position</b> . The horizontal leg is lifted to a <b>Vertical Position</b> . A continuous spin 360 is executed.	
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	2.1

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		Vertical Position completed as the ankles reach the surface of the water, followed by a Vertical Descent at the same tempo as the Thrust.	
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
<b>Adapted Duet</b>			
AdTRE1a	Walkover Back Spinning 180	From a <b>Back Layout Position</b> a <b>Surface Arch Position</b> is assumed. One leg is lifted in a 180° arc over the surface to a <b>Split Position</b> . Legs symmetrically close to a <b>Vertical Position</b> . A 180° spin is executed.	2.3
AdTRE1b	Walkover Back Close to Vertical	From a <b>Back Layout Position</b> a <b>Surface Arch Position</b> is assumed. One leg is lifted in a 180° arc over the surface to a <b>Split Position</b> . Legs symmetrically close to a <b>Vertical Position</b> . A Vertical Descent is executed.	2.2
AdTRE2a	Rocket Split Spinning 180	From a <b>Submerged Back Pike Position</b> , with the legs perpendicular to the surface, a Thrust is executed to a <b>Vertical Position</b> . Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b> . The legs rapidly re-join to <b>Vertical Position</b> . A rapid 180° Spin is executed.	2.4
AdTRE2b	Rocket Split	From a <b>Submerged Back Pike Position</b> , with the legs perpendicular to the surface, a Thrust is executed to a <b>Vertical Position</b> . Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b> . The legs rapidly re-join to <b>Vertical Position</b> . 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		2.6
AdTRE3b	Beginning from a Ballet Leg Position - Flamingo Bent Knee rollback -		

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	Join to VP – open to Split – Walkout		
AdTRE4a	Fishtail – Knight – Spin 360	From a <b>Front Pike Position</b> one leg is lifted to a <b>Fishtail Position</b> . The horizontal leg is rapidly lifted through an arc of 180° to assume a <b>Knight Position</b> . The leg is then rapidly lifted to assume a <b>Vertical Position</b> . A Spin 360° is executed.	2.5
AdTRE4b	Fishtail – Vertical – Spin 360	From a <b>Front Pike Position</b> one leg is lifted to a <b>Fishtail Position</b> . The horizontal leg is rapidly lifted to assume a <b>Vertical Position</b> . A Spin 360° is executed.	1.8
AdTRE5a	Thrust – Bent Knee Twirl	From a <b>Submerged Back Pike Position</b> , with the legs perpendicular to the surface, a Thrust is executed to a <b>Vertical Position</b> . One leg is lowered to a <b>Bent Knee Vertical Position</b> 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 <b>Vertical Position</b> 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 <b>Submerged Back Pike Position</b> , with the legs perpendicular to the surface, a Thrust is executed to a <b>Vertical Position</b> . One leg is lowered to a <b>Bent Knee Vertical Position</b> . Without a pause a Vertical Descent is executed as the bent knee is extended to join the vertical leg in a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a Vertical Descent at the same tempo as the Thrust.	1.9
<b>Adapted Team</b>			
AdTRE1a	Flying Fish Hybrid	From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a Thrust is executed to a <b>Vertical Position</b> and with no loss of height one leg is rapidly lowered to an airborne <b>Fishtail Position</b> . Without a pause the horizontal leg is rapidly lifted to a <b>Vertical Position</b> followed by a Vertical Descent.	2.3
AdTRE1b	Thrust	From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a Thrust is executed to a <b>Vertical Position</b> followed by a Vertical Descent.	1.7
AdTRE2a	Bent Knee – Half Twist to Vertical – Split – Walkout	Starting in a <b>Bent Knee Position</b> , a Half Twist is executed as the bent knee is extended to a <b>Vertical Position</b> . The legs are symmetrically lowered to a <b>Split Position</b> . A Walkout Front is executed.	2.0

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AdTRE2b	Vertical - Split - Walkout	Starting in a <b>Vertical Position</b> , the legs are symmetrically lowered to a <b>Split Position</b> . A Walkout Front is executed.	1.7
AdTRE3a	From Bent Knee VP - Join to VP - Half Twist - Continuous Spin 360		
AdTRE3b	From Bent Knee VP - Join to VP - Continuous Spin 360		
AdTRE4a	Butterfly Hybrid	The Butterfly Hybrid is to be performed rapidly. From a <b>Front Pike Position</b> , one leg is lifted to a <b>Fishtail Position</b> . The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a <b>Split Position</b> . Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a <b>Fishtail Position</b> . Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a <b>Vertical Position</b> . The legs are lowered simultaneously to a <b>Bent Knee Surface Arch Position</b> . (Note: The Bent Knee Surface Arch Position can be assumed by using either leg). The bent knee is straightened to a <b>Surface Arch Position</b> and with continuous motion an Arch to <b>Back Layout</b> Finish Action is executed.	2.9
AdTRE4b	Fishtail - Split - Walkout	From a <b>Front Pike Position</b> , one leg is lifted to a <b>Fishtail Position</b> . The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a <b>Split Position</b> . A Walkout Front is executed.	2.0
AdTRE5a	Rocket Split Bent Knee Hybrid	From a <b>Submerged Back Pike Position</b> with the legs perpendicular to the surface, a Thrust is executed to a <b>Vertical Position</b> . Maintaining maximum height, the legs are split rapidly to assume an <b>Airborne Split Position</b> followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne <b>Bent Knee Vertical Position</b> . 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 <b>Submerged Back Pike Position</b> , with the legs perpendicular to the surface, a Thrust is executed to a <b>Vertical Position</b> . One leg is lowered to a <b>Bent Knee Vertical Position</b> . Without a pause a Vertical Descent is executed as the bent knee is extended to join the vertical leg in a <b>Vertical Position</b> completed as the ankles reach the surface of the water, followed by a Vertical Descent at	1.9

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