

# MIXED ABILITY ROUTINE REQUIRED ELEMENTS

The Ontario Adaptation of the AQUA Rules for the Mixed Ability Category

Last Updated: October 2024



## Revised Mixed Ability 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>Mixed Ability Duet</b> |                  |                       |  |                   |  |
| 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.<br><b>Required Elements:</b> <ul style="list-style-type: none"> <li>• Must include a skill from at least 3 families</li> </ul>   | OAS Adapted Table | 7                                      |
| Level C                   | 2:30             | 7                     | Total of 5 Free Hybrids and 2 Pair Acrobatics.<br><b>Required Elements:</b> <ul style="list-style-type: none"> <li>• 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).</li> </ul> | AQUA Table        | 5                                      |
| <b>Mixed Ability Team</b> |                  |                       |  |                   |  |
| 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.<br><b>Required Elements:</b> <ul style="list-style-type: none"> <li>• Must include a skill from at least 3 families</li> </ul>  | OAS Adapted Table | 7                                      |
| Level C                   | 3:00             | 9                     | Total of 6 Free Hybrids and 3 Team Acrobatics.<br><b>Required Elements:</b> <ul style="list-style-type: none"> <li>• Must include a skill from every family. There must be a connected action in the routine but</li> </ul>  | AQUA Table        | 5                                      |

# MIXED ABILITY ROUTINE REQUIRED ELEMENTS

The Ontario Adaptation of the AQUA Rules for the Mixed Ability Category

Last Updated: October 2024



|  |  |  |  |  |  |
|--|--|--|--|--|--|
|  |  |  | it does not need to be a connection from the table (can be a hand/arm connection). |  |  |
|--|--|--|--|--|--|