

Competitive Rulebook Addendum Updates 2025-2026 Season

Adaptive & Mixed Ability Artistic Swimming Category Expanded Guidelines

1. Athlete Eligibility

- a. Adaptive Artistic Swimming is open to any individual with a varying physical and cognitive ability that prevents competitive involvement in other event categories. Athletes have the choice of which competition category they compete in and will not be penalized based on that choice.
- b. The Mixed Ability category is defined as an Adaptive Physical or Cognitive athlete swimming with an athlete from another event category (10U, 11-12, Youth, Junior or Senior). Note that Mixed Ability Duet and Team is an open category and all genders will compete in the same category.

2. Competition Structure and Procedures

- a. Athletes will be awarded in three categories: Adaptive Artistic Swimming (Physical), Adaptive Artistic Swimming (Cognitive), and Mixed Ability (Duet and Team).
- b. Levels of Competition:

Category	Figures	Solo	Duet	Team
Adaptive	Levels 2-6	Levels 2-6	Levels 2-6	Levels 2-6
Mixed Ability	Levels A-C	Levels A-C	Levels A-C	Levels A-C

- c. Coaches will be responsible for assigning levels for their athletes at the start of the season. If a coach feels the athlete needs to change levels mid-season, the athlete may move up to a higher level, but cannot move down to a lower level mid-season.
- d. Athletes from different adaptive levels may compete together in duet and team. The average level will determine their routine competitive level. All athletes will compete at their own adaptive level for figure events.
 - i. An adapted team/duet/trio's average level is calculated based on the list of athletes entered at the first routine meet the routine competes in during the season (either the January Routine Meet, Leslie Taylor Ontario Cup, or Regional League Winter Event). After the first routine meet is entered, the

- routine's level group does not change for the remainder of the season (even if team make-up changes) unless the coach decides to increase the level.
- ii. The level in which an adaptive team or a duet/trio competes is determined by the average level of the members (including alternates) of the routine, as follows:
 - Level 1: a blended team or duet/trio whose average level is **1.4 or lower**
 - Level 2: a blended team or duet/trio whose average level is **1.5 to 2.4**
 - Level 3: a blended team or duet/trio whose average level is **2.5 to 3.4**
 - Level 4: a blended team or duet/trio whose average level is **3.5 to 4.4**
 - Level 5: a blended team or duet/trio whose average level is **4.5 to 5.4**
 - Level 6: a blended team or duet/trio whose average level is **5.5 or higher**
 - iii. Athletes from different categories (physical/cognitive) may compete together in duet and team. The coach will determine which category (physical/cognitive) best suits the duet/team.
- e. Streaming will occur after the Leslie Taylor Ontario Cup. Athletes who compete at the National Qualifier and/or Canadian Championships will be entered as exhibition at all competitions following.
- i. Any National Stream athletes who compete at Jolyn Invitational will be entered as exhibition.
 - ii. National Stream athletes will only be eligible to compete routines that they did not compete at National Qualifier or National Championships at the Ontario Championships. They will be entered as exhibition in the figure event.
- f. Competitive Adaptive Artistic Swimming athletes are required to compete at the Lisa Alexander Figure and Skills Meet.
- g. Adaptive Artistic Swimming athletes and Mixed Ability Routines are required to compete at one of the following competitions in order to qualify to compete at Ontario Championships:
- i. January Routine Meet
 - ii. Leslie Taylor
 - iii. Jolyn Invitational

- h. Routine maximum times as below. **The routine must be at least 50% of the max time for Ontario Championships.** There will be no minimum time limit for any other competition.

Competitive Adapted Routines			
Level	Team	Duet	Solo
2	3:00	2:15	1:45
3	3:15	2:30	2:00
4	3:15	2:30	2:15
5	3:30	2:45	2:30
6 Tech	2:50	2:20	2:00
6 Free	3:30	2:45	2:30

Competitive Mixed Ability Routines		
Level	Team	Duet
A	2:20	2:00
B	2:40	2:15
C	3:00	2:30

- i. In each level there will be separate awards for Adaptive - Physical and Adaptive - Cognitive.
- j. Coaches, assistants, support person, or service animal may assist or guide an athlete in their walk-on, walk-off, as well as their entry and exit from the pool in the routine event. Coaches may also assist or guide an athlete in their swim-on, alignment with the marker, swim-off, as well as their entry and exit from the pool during the figure event.
- k. Coaches may assist on land or **in-water**, by providing cues to Adaptive athletes during routines. **Athletes may also use a floatation device for support during competition if needed.**

- i. Athletes in Level 2 can utilize in-water coach support for floatation only, however a floatation device is encouraged as an alternative. A coach may not physically manipulate an athlete to assist in their execution.
 - ii. Level 3 -6 can have in water support for safety reasons, however the coach cannot provide hands-on support. The use of a floatation device is allowed.
- l. The coach of an Adaptive Athlete may communicate with the athlete after a wrong figure is performed, prior to the second attempt.
- m. Coach Cards:
- i. Adaptive and Mixed Ability Duet Coach cards will be submitted.
 - ii. Number of movement declarations per family per hybrid have been increased for Adaptive and Mixed Ability events. **Restrictions for movement declarations per family are as outlined below:**

Competitive Adaptive Routines		
Level 2	Level 3 and 4	Level 5 and 6
Use Adaptive Difficulty Table	Use Adaptive Difficulty Table	Use AQUA Difficulty Table
Maximum 9 declarations per family per hybrid. Cannot exceed 3 of the same movement code per hybrid.	Maximum 7 declarations per family per hybrid. Cannot exceed 3 of the same movement code per hybrid.	Maximum 5 declarations per family per hybrid. Cannot exceed 3 of the same movement code per hybrid.

Competitive Mixed Ability Routines		
Level A	Level B	Level C
Use Adaptive Difficulty Table	Use Adaptive Difficulty Table	Use AQUA Difficulty Table
Maximum 9 declarations per family per hybrid. Cannot exceed 3 of the same movement code per hybrid.	Maximum 7 declarations per family per hybrid. Cannot exceed 3 of the same movement code per hybrid.	Maximum 5 declarations per family per hybrid. Cannot exceed 3 of the same movement code per hybrid.

- iii. Horizontal leg movement declarations have been added to the Adaptive Difficulty Table for athletes that are able to perform limited inverted movements. **Restrictions for horizontal movements are as outlined below:**

Competitive Adaptive Routines		
Level 2	Level 3 and 4	Level 5 and 6
No limit to horizontal movements beyond the movement declarations above.	Maximum of 3 horizontal movements declarations per hybrid.	No horizontal movements can be declared in hybrids.

Competitive Mixed Ability Routines		
Level A	Level B	Level C
Unlimited number of horizontal movement declarations per hybrid	Maximum of 3 horizontal movements declarations per hybrid.	No horizontal movements can be declared in hybrids.

- n. Hybrid components will be evaluated by DTCs based on a successful attempt to complete. Execution judges will take into consideration the execution of hybrids.
- o. 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) to a maximum of 3 deductions. If 3 or more components of the hybrid have not been successfully attempted the hybrid will receive a full basemark of 0.5 DD.
- p. Adaptive and Mixed Ability routines will define a hybrid as 3 or more movements.
- q. 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.
- r. 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 (Base Mark applied).
- s. 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. Violating this rule will result in a Base Mark.
- t. Routine scoring for Adaptive as per CAS Rule 17 - Calculation of the routine result with the exception that Synchronization TCs will not be used, and therefore synch errors are not deducted in Adaptive or Mixed Ability routines.

u. Adaptive scoring will utilize the following factors:

CATEGORY	ACRO	HYB	CHMU	PERF	TRANS	FIGURES
Regional League Routines						
AdAS Routine	50% Elements		50% Artistic Impression			40% of Total Score
	-	1.5	1.4	1.2	1.4	1.4
Mixed Ability Routine	50% Elements		50% Artistic Impression			N/A
	0.7	0.9	1.2	1.0	1.2	
Competitive Routines						
AdAS Free Solo	50% Elements		50% Artistic Impression			40% of Total Score
	-	1.5	1.4	1.2	1.4	1.4
AdAS Tech Solo	60% Elements		40% Artistic Impression			N/A
	-	1.5	1.4	1.2	1.4	
AdAS Free Duet	50% Elements		50% Artistic Impression			40% of Total Score
	1.6	1.2	1.2	1.0	1.2	1.4
AdAS Tech Duet	60% Elements		40% Artistic Impression			N/A
	1.0	1.5	1.6	1.4	1.6	
AdAS Free Team	50% Elements		50% Artistic Impression			40% of Total Score
	0.7	1.5	1.2	1.0	1.2	1.5
AdAS Tech Team	60% Elements		40% Artistic Impression			N/A
	0.8	1.5	1.5	1.3	1.5	
Mixed Ability Duet	50% Elements		50% Artistic Impression			N/A
	1.6	1.0	1.2	1.0	1.2	
Mixed Ability Team	50% Elements		50% Artistic Impression			N/A
	0.7	0.9	1.2	1.0	1.2	

- v. Order of Swim for Adaptive and Mixed Ability Events:
 - i. Following the warm-up period for Adaptive and Mixed Ability events, the order of competition will be Cognitive Levels 1-6, followed by Physical Levels 1-6.
 - ii. 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.
 - iii. In figure events, the Panel Marshall will announce the level and the new figure being performed when a change in level occurs
 - iv. Order of Adaptive Categories in Solo Events:
 - 1. The order of Adaptive categories in Adaptive solo events will be alphabetical and then ascending by number.
 - 2. At each competition, the Level 6 Technical solo will always be held in conjunction with the JR/SR Technical solo event and Level 6 Free Solo in conjunction with the Adaptive Solo event.
- w. Procedure for Substituting a Figure or TRE due to Low Range of Motion:
 - i. 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 gure/TRE.
 - ii. To do this, a coach must email their request to the OAS Technical Director.

3. Adaptive Routine Set Number of Elements

- a. The 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.

Competitive Adaptive Solo				
Level	Time Limit (+/- 5 sec)	Max Elements	Summary	Max declarations per hybrid family
2	1:45	4	Total of 4 Free Hybrids. Refer to Adaptive Difficulty Table.	9
3	2:00	5	Total of 5 Free Hybrids. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table.	7
4	2:15	5	Total of 5 Free Hybrids. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table.	7
5	2:30	6	Total of 6 Free Hybrids. Must include a skill from every family (no connection). Refer to AQUA Difficulty Table.	5
6 Tech	2:00	6	Total of 5 Technical Required Elements (AdTREs) and 1 Free Hybrid. Must include a skill from every family (no connection). Refer to AQUA Difficulty Table.	5
6 Free	2:30	6	Total of 6 free hybrids. Must include a skill from every family (no connection). Refer to AQUA Difficulty Table.	5

Competitive Adaptive Duet				
Level	Time Limit (+/- 5 sec)	Max Elements	Summary	Max declarations per hybrid family
2	2:15	5	Total of 4 Free Hybrids and 1 Pair Acrobatic. Refer to Adaptive Difficulty Table.	9
3	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table.	7
4	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table.	7
5	2:45	8	Total of 6 Free Hybrids and 2 Pair Acrobatics. Must include a skill from every family. Refer to AQUA Difficulty Table.	5
6 Tech	2:20	7	Total of 5 Technical Required Elements (AdTREs), 1 Free Hybrid and 1 Pair Acrobatic. Must include a skill from every family. Refer to AQUA Difficulty Table.	5
6 Free	2:45	8	Total of 6 Free Hybrids and 2 Pair Acrobatics. Must include a skill from every family. Refer to AQUA Difficulty Table.	5

Competitive Adaptive Team				
Level	Time Limit (+/- 5 sec)	Max Elements	Summary	Max declarations per hybrid family
2	3:00	6	Total of 5 Free Hybrids and 1 Team Acrobatic. Refer to Adaptive Difficulty Table.	9
3	3:15	7	Total of 5 Free Hybrids and 2 Team Acrobatics. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table.	7
4	3:30	8	Total of 6 Free Hybrids 2 Team Acrobatics. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table.	7
5	3:30	9	Total of 6 Free Hybrids 3 Team Acrobatics. 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). Refer to AQUA Difficulty Table.	5
6 Tech	2:50	9	Total of 5 Technical Required Elements (AdTREs), 3 Free Hybrids, and 1 Team Acrobatic. 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). Refer to AQUA Difficulty Table.	5
6 Free	3:30	10	Total of 6 Free Hybrids and 4 Team Acrobatics. 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). Refer to AQUA Difficulty Table.	5

4. Mixed Ability Routine Set Number of Elements

- a. 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.

Competitive Mixed Ability Duet				
Level	Time Limit (+/- 5 sec)	Max Elements	Summary	Max declarations per hybrid family
A	2:00	4	Total of 3 Free Hybrids and 1 Pair Acrobatic. Refer to Adaptive Difficulty Table.	9
B	2:15	5	Total of 4 Free Hybrids and 1 Pair Acrobatic. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table.	7
C	2:30	7	Total of 5 Free Hybrids and 2 Pair Acrobatics. 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). Refer to AQUA Difficulty Table.	5

Competitive Mixed Ability Team				
Level	Time Limit (+/- 5 sec)	Max Elements	Summary	Max declarations per hybrid family
A	2:20	5	Total of 4 Free Hybrids and 1 Team Acrobatics. Refer to Adaptive Difficulty Table.	9
B	2:40	7	Total of 5 Free Hybrids and 2 Team Acrobatics. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table.	7
C	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics. 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). Refer to AQUA Difficulty Table.	5

5. Adaptive Technical Required Elements

Competitive Level 6 Adaptive 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.	2.0
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 .	1.6
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.	1.8
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.	1.7
AdTRE5a	Rocket Split Bent Knee	From a Submerged Back Pike Position , with the	2.1

		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.	
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

Competitive Level 6 Adaptive Duet			
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 a Split Position . A Walkout Front is executed.	3.1
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.	2.6

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

Competitive Level 6 Adaptive Team			
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.	1.9
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.	1.5
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

6. Adaptive Figures

- a. Athletes can modify the proposed figures as appropriate (see Procedure for Substituting a Figure or TRE due to Low Range of Motion)
- b. Where an athlete changes a figure while on the field of play – judges will evaluate what they see
- c. Figures Groups as follows:

Competitive Adaptive Figures			
LV	Group 1	Group 2	Group 3
2	Sailboat Alternate	Front Pike Pulldown	Bent Knee Position
	Split join to Vertical at Ankles	Back Tuck Somersault	Oyster
3	Ballet Leg Single	Neptunus	Bent Knee join to Vertical Sink
	Front Pike Pulldown to Split	Kipnus	Blossom
4	Straight Leg Ballet Leg	Tower	Water Drop Spinning 180
	Walkover Front	Kip	Barracuda
5	Flamingo Bent Knee	Porpoise	Water Drop Twist Spinning 180
	Ariana	Kip Spinning 180	Barracuda Spin 180

Level 2 Figures

Sailboat Alternate: Assume a Back Layout Position. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is resumed. Repeat the movement with the opposite leg, ending in a Back Layout Position.

Split Join to Vertical at Ankles: Assume a Split Position. From Split Position close the front and back leg evenly until arriving at a Vertical Position held at ankles.

Front Pike Pulldown: From a Front Layout Position with the face in the water the trunk moves downward to assume a Front Pike Position. The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.

Back Tuck Somersault: From a Back Layout Position, the knees and toes are drawn along the surface to assume a Tuck Position. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A Back Layout Position is resumed.

Bent Knee Position: Assume a Bent Knee position with the body extended in Vertical Position with the thigh of the bent leg parallel to the surface of the water.

Oyster: From a Back Layout Position, the legs are raised to vertical as the body is submerged to a Submerged Back Pike Position with the toes just under the surface. The position should be held long enough for the judges to evaluate (approximately 10 seconds). The figure ends when the swimmer leaves the Submerged Back Pike Position.

Level 3 Figures

Ballet Leg Single: Begin in Back Layout Position. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. The knee is straightened without movement of the thigh to assume a Ballet Leg Position. The knee is bent without movement of the thigh to a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.

Front Pike Pulldown to Split: From a Front Layout Position a Front Pike Position is assumed. One leg is lifted in a 180° arc over the surface of the water to a Split Position.

Neptunus: From a Front Layout Position, a Front Pike Position is assumed. One leg is lifted to a Fishtail Position. The horizontal leg is bent to assume a Bent Knee Vertical Position. A Vertical Descent is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.

Kipnus: From a Back Layout Position, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a Bent Knee Vertical Position midway between the former vertical line through the head and the shins. A Vertical Descent is executed in a Bent Knee Vertical Position.

Bent Knee Join to Vertical Sink: From Bent Knee Position, join to Vertical Position. Maintaining a Vertical Position, the body descends along its longitudinal axis until the toes are submerged.

Blossom: From a Back Layout Position the trunk is lowered as the hips are bent to assume a Submerged Ballet Leg Double Position. The feet separate along the surface as the hips rise and the body assumes a Split Position. The legs join to assume a Vertical Position at ankle level. A Vertical Descent is executed.

Level 4 Figures

Straight Ballet Leg: From a Back Layout Position, one leg is raised straight to a Ballet Leg Position. The Ballet Leg is lowered.

Walkover Front: From a Front Layout Position a Front Pike Position is assumed. One leg is lifted in a 180° arc over the surface of the water to a Split Position. A Walkout Front is executed.

Tower: From a Front Layout Position a Front Pike Position is assumed. One leg is lifted to a Fishtail Position. The horizontal leg is lifted to a Vertical Position. A Vertical Descent is executed.

Kip: From a Back Layout Position a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and shins. A Vertical Descent is executed.

Water Drop Spinning 180: From a Front Layout Position a Front Pike Position is assumed. The legs are lifted simultaneously to a Bent Knee Vertical Position. A 180° Spin is executed in the same direction as the bent knee is extended to a Vertical Position and completed as the ankles reach the surface of the water. A Vertical Descent is executed.

Barracuda: From a Back Layout Position the legs are raised to vertical as the body is submerged to a Back Pike Position with the toes just under the surface of the water. A Thrust is executed to Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.

Level 5 Figures

Flamingo Bent Knee: A Ballet Leg is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a Surface Flamingo Position. With the ballet leg maintaining its vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a Bent Knee Vertical Position. The bent leg is extended to Vertical Position. A Vertical Descent is executed.

Ariana: From a Back Layout Position a Surface Arch Position is assumed. 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, the hips rotate 180. A Walkout Front is executed.

Porpoise: From a Front Layout Position a Front Pike Position is assumed. The legs are lifted to Vertical Position. A Vertical Descent is executed.

Kip Spinning 180: From a Back Layout Position the knees, shins and toes are drawn along the surface of the water to assume a Tuck Position. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and shins. A Vertical Descent Spinning 180 is executed.

Water Drop Twist Spinning 180: From a Front Layout Position a Front Pike Position is assumed. The legs are lifted simultaneously to a Bent Knee Vertical Position. A Half Twist is executed. A 180° Spin is executed in the same direction as the bent knee is extended to a Vertical Position and completed as the ankles reach the surface of the water. A Vertical Descent is executed.

Barracuda Spinning 180: From a Back Layout Position the legs are raised to vertical as the body is submerged to a Back Pike Position with the toes just under the surface of the water. A Thrust is executed to Vertical Position. A Vertical Descent Spinning 180 is executed at the same tempo as the Thrust.