

APPENDIX IV - ADAPTIVE ARTISTIC SWIMMING (AdAS) - DRAFT JAN 2024

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) Within Canadian specific competitions that are not required to conform to World Aquatics specifications, the below applies:
 - Athletes with a cognitive disability may compete in the competition category of their choice. They are not required to prove disability and their competition level will be based on a good-will system until the Athlete qualifies for competitions outside of Canada. Athletes will not be penalized based on the category they compete in.
 - Athletes with Down Syndrome must have an Atlanto-Axial X-ray within the last five years and/or be cleared by a physician to participate. New athletes must submit clearance forms from a physician before participating.
- c) **The Mixed Ability category is defined as an Adaptive Physical or Cognitive athlete swimming with an athlete from another event category (Youth, Junior or Senior). Note that Mixed Ability Duet is an open category and all genders will compete in the same category.**
- d) **Age minimum for CAS competitions as per CAS Rule 1.6.**

2. COMPETITIVE STRUCTURE

- a) Athletes will be awarded in three categories: Adaptive Artistic Swimming (Physical), Adaptive Artistic Swimming (Cognitive), **and Mixed Ability Duet.**
- b) Five levels of competition will be provided for the following adaptive disciplines: Figures, Solo, Duet, and Team. Coaches determine the level of their athletes.
- c) Trios can compete in the Duet category.
- d) **Three levels of competition will be provided for Mixed Ability Duet (Level A, B and C).**
- e) **Adaptive Artistic Swimming athletes and Mixed Ability Duets are required to compete at the National Qualifier in order to qualify to advance to the National Championships.**
- f) Routine maximum times as below. The routine must be at least 50% of the max time.

Level	Solo	Duet	Team
Level 1	1:30	1:45	2:00
Level 2	2:00	2:30	3:00

Level 3	2:15	2:45	3:15
Level 4	2:15	2:45	3:30
Level 5	2:15	2:45	3:30
Level 6	Tech: 2:00 Free: 2:15	Technique 2:00 Libre 2:45	X
Mixed Abilities	X	Level A: 1:30 Level B: 2:00 Level C: 2:30	X
There is an allowance of 5 seconds over the allotted maximum time.			

- g) In each level there will be separate awards for Adaptive - Physical and Adaptive - Cognitive.
- h) Athletes from different levels may compete together in duet and team. The average level will determine their competitive level. All athletes will compete at their own level.
- i) Athletes from different categories (physical/cognitive) may compete together in duet and team. Adaptive Duets that include an Adaptive - Cognitive athlete and an Adaptive - Physical athlete will swim in the Adaptive - Physical category. Adaptive Teams that include Adaptive - Cognitive athletes and Adaptive - Physical athletes will compete in the Adaptive - Physical category.
- j) Athletes may exceed the maximum time limit for walk-ons.
- k) 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.
- l) Coaches may assist on land, by providing cues to Adaptive - Cognitive athletes during routines. In the case of a mixed duet/team coaches may also assist on land, by providing cues to the athlete(s) during the routine.
- m) The coach of an Adaptive Athlete - Cognitive may communicate with the athlete after a wrong figure is performed, prior to the second attempt.
- n) **COACH CARDS**
- Adapted and Mixed Ability Duet Coach cards will be submitted.
 - There shall be a procedure to allow for updating of coach card to reflect what athlete performs in the case that an athlete's disability causes them to deviate from the coach card (e.g. Cognitive athlete repeats the same hybrid twice)
 - Horizontal leg movements added to the R and AW categories of Difficulty Table for athletes that are unable to perform inverted movements

- o) Routine scoring for Adaptive as per CAS Rule 17 - Calculation of the routine result with the exception that Synchro TCs will not be used, and therefore synch errors are not deducted in Adaptive or Mixed Ability Duet routines.
- p) Adaptive routines will follow 12U scoring factors.
- q) Order of Adapted Categories in Solo Events: The order of Adapted categories in Adapted solo events will be alphabetical and then ascending by number. 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 Adapted Solo event.

3. FIGURES

- a) Athletes can modify the proposed figures as appropriate
- b) When possible the modified figures will be included with the entry package
- c) Where an athlete changes a figure while on the field of play - judges will evaluate what they see
- d) Figures Groups as follows:

Level	Group 1	Group 2	Group 3
1	Back Layout Split	Pike Tub	Vertical at ankles Front Layout
2	Sailboat Alternate Split to vertical at ankles	Front Pike Pulldown Back Tuck Somersault	Bent Knee position Oyster
3	Ballet Leg Single Front Pike Pulldown to Split (1 st ½ of Front Walkover)	Surface Prawn Kipnus	Bent Knee join to Vertical & sink Blossom
4	Straight Leg Ballet Leg Front Walkover	Tower Kip	Water Drop (no spin) Barracuda
5	Flamingo Bent Knee Ariana	Porpoise Kip Spin 180	Water Drop (with 180 spin) Barracuda Spin 180

4. SET NUMBER OF ELEMENTS FOR ADAPTED ROUTINES

- Number of Elements listed is the maximum. Acrobatics are not required.
- Solos and Duets is Adapted Difficulty Table for Levels 1-3 and AQUA Difficulty Table for Levels 4-6.
- All Teams are Adapted Difficulty Table.

Event	Time (+ 5s)	No. of Elements	Summary
Level 1 Solo Free	1:30	4	Total of 4 Free Hybrids. Refer to Adapted Difficulty Table.
Level 2 Solo Free	2:00	5	Total of 5 Free Hybrids. Refer to Adapted Difficulty Table.
Level 3 Solo Free	2:15	6	Total of 6 Free Hybrids. Refer to Adapted Difficulty Table.
Level 4 Solo Free	2:15	6	Total of 6 Free Hybrids. Refer to AQUA Difficulty Table.
Level 5 Solo Free	2:15	7	Total of 7 Free Hybrids. Refer to AQUA Difficulty Table.
Level 6 Solo Tech	2:00	7	Total of 5 Technical Required Elements (AdTREs) and 2 Free Hybrids. Refer to AQUA Difficulty Table.
Level 6 Solo Free	2:15	7	Total of 7 Free Hybrids. Refer to AQUA Difficulty Table.
Level 1 Duet Free	1:45	5	Total of 4 Free Hybrids and 1 Pair Acrobatic. Refer to Adapted Difficulty Table.
Level 2 Duet Free	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic. Refer to Adapted Difficulty Table.
Level 3 Duet Free	2:45	7	Total of 6 Free Hybrids and 1 Pair Acrobatic. Refer to Adapted Difficulty Table.
Level 4 Duet Free	2:45	7	Total of 6 Free Hybrids and 1 Pair Acrobatic. Refer to AQUA Difficulty Table.
Level 5 Duet Free	2:45	9	Total of 7 Free Hybrids and 2 Pair Acrobatics. Refer to AQUA Difficulty Table.
Level 6 Duet Tech	2:20	8	Total of 5 Technical Required Elements (AdTREs), 2 Free Hybrids and 1 Pair Acrobatic. Refer to AQUA Difficulty Table.
Level 6 Duet Free	2:45	9	Total of 7 Free Hybrids and 2 Pair Acrobatics. Refer to AQUA Difficulty Table.
Level 1 Team Free	2:00	5	Total of 4 Free Hybrids and 1 Team Acrobatic. Refer to Adapted Difficulty Table.

Level 2 Team Free	3:00	6	Total of 5 Free Hybrids and 1 Team Acrobatic. Refer to Adapted Difficulty Table.
Level 3 Team Free	3:15	7	Total of 5 Free Hybrids and 2 Team Acrobatics. Refer to Adapted Difficulty Table.
Level 4 Team Free	3:30	8	Total of 6 Free Hybrids and 2 Team Acrobatics. Refer to Adapted Difficulty Table.
Level 5 Team Free	3:30	9	Total of 6 Free Hybrids 3 Team Acrobatics. Refer to Adapted Difficulty Table.
Level 6 Team Tech	2:50	9	Total of 5 Technical Required Elements (AdTREs), 3 Free Hybrids, and 1 Team Acrobatic. Refer to Adapted Difficulty Table.
Level 6 Team Free	3:30	11	Total of 7 Free Hybrids and 4 Team Acrobatics. Refer to Adapted Difficulty Table.

5. ADAPTED TECHNICAL REQUIRED ELEMENTS

- Athletes can modify the proposed figures as appropriate
- When possible the modified figures will be included with the entry package
- Where an athlete changes a figure while on the field of play - judges will evaluate what they see
- Adapted Technical Required Elements and Descriptions as follows:

Level 6 Tech Solo				
Element #	Code	DD	Name	Description
Element 1	AdTRE1a	2.1	Thrust Spin 360	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . A 360° spin is executed.
	AdTRE1b	1.9	Thrust Spin 180	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . A 180° spin is executed.
Element 2	AdTRE2a	1.6	Combined Spin 360	From a Vertical Position a <i>Combined Spin</i> of 360° is executed (1 rotation + 1 rotation). Continuing in the same direction and without a pause a <i>Vertical Descent</i> is executed.
	AdTRE2b	1.5	Combined Spin 180	From a Vertical Position a <i>Combined Spin</i> of 180° is executed (0.5 rotation + 0.5 rotation). Continuing in the same direction and without

				a pause a <i>Vertical Descent</i> is executed.
Element 3	AdTRE3a	1.9	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 <i>Ariana Rotation</i> is performed.
	AdTRE3b	1.6	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 .
Element 4	AdTRE4a	2.3	Fishtail Full Twist Spin 360	From a Front Pike Position , one leg is lifted to assume a Fishtail Position . A rotation of 360° is performed while maintaining the Fishtail Position . The horizontal leg is lifted to assume a Vertical Position . A <i>Spin 360°</i> is executed.
	AdTRE4b	1.8	Fishtail- Vertical- Spin 360	From a Front Pike Position one leg is lifted to assume a Fishtail Position . The horizontal leg is rapidly lifted to assume a Vertical Position . A <i>Spin 360°</i> is executed.
Element 5	AdTRE5a	2.1	Rocket Split Bent Knee	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> 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 <i>Vertical Descent</i> is executed with the bent knee extended to a Vertical Position completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i> .
	AdTRE5b	1.9	Vertical to Bent Knee Thrust	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position . Without a pause a <i>Vertical Descent</i> 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 <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i> .

Level 6 Tech Duet				
Element #	Code	DD	Name	Description
Element 1	AdTRE1a	2.3	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.
	AdTRE1b	2.2	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 <i>Vertical Descent</i> is executed.
Element 2	AdTRE2a	2.4	Rocket Split Spinning 180°	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> 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.
	AdTRE2b	2.2	Rocket Split	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> 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.
Element 3	AdTRE3a	2.3	Full Twist Hybrid	From a Vertical Position a <i>Full Twist</i> is executed. Without a pause the legs open symmetrically to a Split Position . A <i>Walkout Front</i> is executed.
	AdTRE3b	2.1	Half Twist Hybrid	From a Vertical Position a <i>Half Twist</i> is executed. Without a pause the legs open symmetrically to a Split Position . A <i>Walkout Front</i> is executed.
Element 4	AdTRE4a	2.5	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.
	AdTRE4b	1.8	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 <i>Spin 360°</i> is executed.
Element 5	AdTRE5a	2.1	Thrust - Bent Knee Twirl	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position as a <i>Twirl</i> is executed. Without a pause a <i>Vertical Descent</i> 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 <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i> .
	AdTRE5b	1.9	Vertical to Bent Knee Thrust	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position . Without a pause a <i>Vertical Descent</i> 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 <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i> .

Level 6 Tech Team TRE Descriptions				
Element #	Code	DD	Name	Description
Element 1	AdTRE1a	2.3	Flying Fish Hybrid	From a Submerged Back Pike Position with the legs perpendicular to the surface, a <i>Thrust</i> 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 <i>Vertical Descent</i> .
	AdTRE1b	1.7	Thrust	From a Submerged Back Pike Position with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position followed by a <i>Vertical Descent</i> .
Element 2	AdTRE2a	2.0	Bent Knee - Half Twist to Vertical - Split - Walkout	Starting in a Bent Knee Position , a <i>Half Twist</i> is executed as the bent knee is extended to a Vertical Position . The legs are symmetrically lowered to a Split Position . A <i>Walkout Front</i> is executed.

	AdTRE2b	1.7	Vertical - Split - Walkout	Starting in a Vertical Position , the legs are symmetrically lowered to a Split Position . A <i>Walkout Front</i> is executed.
Element 3	AdTRE3a	2.3	Two Fouetté Rotations - Vertical - Spinning 360°	From a Fishtail Position , 2 <i>Fouetté rotations</i> (180°+180°) are executed. The horizontal leg is rapidly lifted to a Vertical Position . Continuing in the same direction, a rapid <i>Spin 360°</i> (1 rotation) is executed.
	AdTRE3b	1.6	Two Fouetté Rotations	From a Fishtail Position , 2 <i>Fouetté rotations</i> (180°+180°) are executed.
Element 4	AdTRE4a	2.9	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.
	AdTRE4b	2.0	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 <i>Walkout Front</i> is executed.
Element 5	AdTRE5a	2.1	Rocket Split Bent Knee Hybrid	From a Submerged Back Pike Position with the legs perpendicular to the surface, a <i>Thrust</i> 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 <i>Vertical Descent</i> 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 <i>Vertical Descent</i> .

	AdTRE5b	1.9	Vertical to Bent Knee Thrust	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position . Without a pause a <i>Vertical Descent</i> 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 <i>Vertical Descent</i> at the same tempo as the Thrust.
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6. SET NUMBER OF ELEMENTS FOR MIXED ABILITY DUETS

The Mixed Ability Duet event will be divided into 3 categories: A, B and C. Each of these categories have Required Actions that must be performed in the routine, as well as time limits and element maximums. Required Actions must be completed by all athletes in the routine. See the Mixed Ability Required Actions & Elements Table below.

Note: Elements and Required Actions must be completed by both athletes. Number of Elements listed is the maximum

Mixed Ability Duet	Time (+ 5s)	No. of Elements	Summary
Level A Duet Free	1:30	3	Total of 3 Free Hybrids. Refer to Adapted Difficulty Table.
DUET Level A Free Routine Additional Requirements: <ul style="list-style-type: none"> • Three (3) required actions must be performed by all athletes during the routine, including one Sailboat Alternate, one Rotation Movement (in the R family), and one Connected Arm Movement. These may be placed anywhere in the routine. • Rotation Movement: This movement can be a somersault. 			
Level B Duet Free	2:00	6	Total of 5 Free Hybrids and 1 Pair Acrobatic. Refer to OAS Adapted Difficulty Table.
DUET Level B Free Routine Additional Requirements: <ul style="list-style-type: none"> • Three (3) required actions must be performed by all athletes during the routine, including one Ballet Leg Combination, one Inverted Airborne Weight Movement, and one Rotation Movement. These may be placed anywhere in the routine. • Ballet Leg Combination: This element must include a minimum of two (2) different positions. • Inverted Airborne Weight Movement: This element must be either an AW1 or AW2. • Rotation Movement: This element must be either an R1 or R2. 			
Level C Duet Free	2:30	8	Total of 6 Free Hybrids and 2 Pair Acrobatics. Refer to AQUA Difficulty Table.

DUET Level C Free Routine Additional Requirements:

- Four (4) required actions must be performed by all athletes during the routine, including one **Ballet Leg Combination**, one **Inverted Airborne Weight Movement**, one **Rotation Movement**, and one **Thrust Movement**. These may be placed anywhere in the routine.
- **Ballet Leg Combination**: This element must include a minimum of three (3) different positions, one of which must be a Flamingo.
- **Inverted Airborne Weight Movement**: This element must be an AW3 or higher.
- **Rotation Movement**: This element must be an R3 or higher.
- **Thrust Movement**: This element can be a T1 or higher.

Adapted Hybrid Difficulty Table

*Additions to World Aquatics Difficulty Table in **red**. Please note that all other hybrid elements (not highlighted in red) are subject to change by World Aquatics.

BASE MARK:	Hybrid Base Mark is fixed at 0.5 and is <u>NOT</u> added to the value of the hybrid DD, it is the value the hybrid will go to if not successful in achieving the declared difficulty (the same process as Acrobatics).				
BONUSES:	Travelling (TR) 1.0m or more	Placement (PL) Hybrid in last 20 seconds	Synchronization (SY) Part (SY-P) or Full (SY-F)		Pattern Change (PC)
Rep/Hybrid:	Once per hybrid	Each in last 20 seconds	Team only SY-P 2x / SY-F 1x *Only for 7 or more movements*		Every PC counted
Value:	0.15	0.20	Partial: 0.10	Full: 0.50	0.30

FAMILIES					
Family:	Thrusts (T)	Rotations (R)	Flexibility (F)	Airborne Weight (AW)	Connections (C)
Rep/Hybrid:	L1-4 2x / L5-9 unlimited	L1-3 4x / L4-9 unlimited	2x	L1-3 4x / L4-9 2x	2x
Level 1	Thrust with crashing	One or two legs: Swirl 180°-360° Turning 180°-360° while doing other non-sustained or "up-down" actions Tub turn 180°-360°	Rapid split by one leg from any position (such as Pike, Tub, Tuck, Inverted Tuck, Bent Knee VP, Fishtail, VP, etc.)	Vertical descent in Bent Knee VP or Vertical descent from Fishtail join to VP Front Pike to Bent Knee VP or Fishtail Layout to Tub or Sailboat	Pike Position at the surface of the water
		0.15	0.15	0.05	0.05
Level 2	Thrust with one leg	One or two legs: Swirl 720°-1080° Spin descending 180° Twist or Twirl 180° with 1 leg only Back Tuck Somersault from Surface Tuck	Clearly demonstrated split (held at least 1-2 seconds) Walkout Front Back Layout to Surface Arch or Bent Knee Surface Arch	Vertical descent in VP or descending VP performing isolated movements Front Pike to Vertical Position Sailboat to Ballet Leg Position Ballet Leg to Flamingo Position	One leg face-to-face connection
		0.30	0.35	0.10	0.15
Level 3	Thrust with one leg followed by rotation of Spin 360° Thrust and vertical descent	One or two legs: Swirl 1440° Spin ascending 180° - 360° Spin descending 360°-720° Twist or Twirl 180° with 2 legs Twist 360°, with 1 leg only Surface Tuck to Inverted Tuck Back or Front Pike Somersault	Ariana rotation or split variants at the surface with a demonstration of at least 2 different splits (Right, Left, Middle) Split to Split through VP (changing legs)	Vertical ascent with 1 or 2 legs Ascending VP performing isolated movements Layout to Ballet Leg Position (straight leg lift) Sustained Sailboat, Ballet Leg or Flamingo position held for equal to or more than 3 seconds	One leg back or side connection
		0.35	0.45	0.15	0.30

Level 4	Thrust with one leg followed by rotation of Spin 720° or Twirl 180° Thrust with flexibility	One or two legs: Spin ascending 720° - 1080° Spin descending 1080°-1440° Twist 360° with 2 legs	Front Layout to Surface Bent Knee Arch Position or a Split From Surface Arch Position to Knight or Split Bent Knee Surface Arch to Bent Knee VP	Sustained height with one leg or a combination of one and two legs lasting equal to or more than 3 seconds	Two-legs connection
	0.40	0.55	0.20	0.45	0.45 / C4+ 0.55
Level 5	Thrust followed by rotation of Spin 360° or Twirl 180°	One or two legs: Twist 720° with 1 leg Spin ascending 1440° with 1 leg Spin descending more than 1440° with 2 legs Twist opening 360° VP to Split Twirl 360° with 2 legs Combined or Reverse Combined Spin 360°-720° with 1 leg	Knights: combinations of Knight positions (at least 2) Knight to Fishtail (through VP) Knight to VP Sustained Knight Position (held at least 1-2 seconds) Bent Knee Surface Arch to Vertical Position	Isolated movements performed in stable Fishtail Position and piked body position (legs over surface, 30-60° from vertical) lasting equal or more than 3 seconds.	Rotation vertical connection with one leg (rotation of at least 180° at maximum height)
	0.45	0.60	0.25	0.50	0.50 / C5+ 0.60
Level 6	Thrust with flexibility followed by rotation of Spin 360°	One or two legs: Combined or Reverse Combined Spin 360° with 2 legs Two-Direction Combined or Reverse Combined Spin 360°-720° with 1 leg Spin Ascending 1440° with 2 legs Twist 720° with 2 legs Twist closing 360° from Split to VP	Surface Arch to VP	Sustained height in VP lasting equal or more than 3 seconds	Rotation vertical connection with two legs (rotation or at least 180° at maximum height)
	0.50	0.65	0.30	0.60	0.55 / C4+ 0.85