



## DIVING

### Age Divisions

**9 & Under (five dives):** For 1-meter and 3-meter springboard, divers will perform three voluntaries from different groups with a total degree of difficulty not more than 5.0 on one meter and not more than 5.4 on three meter, followed by two optional dives from different groups without limit.

**11 & Under (six dives):** For 1-meter and 3-meter springboard, divers will perform three voluntaries from different groups with a total degree of difficulty not more than 5.0 on one meter and not more than 5.4 on three meter, followed by three optional dives from different groups without limit.

**12/13 Girls (seven dives):** For 1-meter and 3-meter springboard, divers will perform five voluntaries from different groups with a total degree of difficulty not more than 9.0 on one meter and not more than 9.5 on three meter, followed by two optional dives from different groups without limit.

**12/13 Boys (eight dives):** For 1-meter and 3-meter springboard, divers will perform five voluntaries from different groups with a total degree of difficulty not more than 9.0 on one meter and not more than 9.5 on three meter, followed by three optional dives from different groups without limit.

**14/15 Girls (eight dives):** For 1-meter and 3-meter springboard, divers will perform five voluntary dives, one from each group, with a total degree of difficulty not more than 9.0 on one meter and not more than 9.5 on three meter, and three optional dives from different groups without limit.

**14/15 Boys (nine dives):** For 1-meter and 3-meter springboard, divers will perform five voluntary dives, one from each group, with a total degree of difficulty not more than 9.0 on one meter and not more than 9.5 on three meter, and four optional dives from different groups without limit.

**16-18 Girls (ten dives):** For 1-meter and 3-meter springboard, divers will perform five voluntary dives, one from each group, with a total degree of difficulty not more than 9.0 on one meter and not more than 9.5 on three meter, and five optional dives from five groups without limit.

**16-18 Boys (eleven dives):** For 1-meter and 3-meter springboard, divers will perform five voluntary dives from different groups with a total degree of difficulty not more than 9.0 on one meter and not more than 9.5 on three meter, and six optional dives from five groups without limit.

**13 & Under Boys & Girls Platform (four dives):** Two voluntary dives from different groups followed by two optional dives from different groups all using FINA degree of difficulty.

**14 & Over Boys & Girls Platform (five dives):** Two voluntary dives from different groups followed by three optional dives from different groups all using FINA degree of difficulty.

### Novice Divisions

**9 & Under Novice (five dives) :** For 1-meter and 3-meter springboard, divers shall perform a forward jump (100 A, B, or C) and a backward jump (200 A, B or C) in any order followed by three dives from at least two groups with 1.0 degree of difficulty on all dives.

**10-11 Novice:** For 1-meter springboard, divers shall perform five dives. Divers must perform a forward jump (100 A, B, or C) and a backward jump (200 A, B, or C) in any order followed by three dives from at least two groups with 1.0 degree of difficulty on all dives. For 3-meter springboard, divers shall perform six dives. Divers must perform a forward jump (100 A, B, or C) and a backward jump (200 A, B, or C) in any order followed by Dive 001D, followed by three dives from at least two groups with 1.0 degree of difficulty on all dives.

**12-13 Novice:** For 1-meter springboard, divers shall perform six dives. Divers must perform a forward jump (100 A, B, or C) and a backward jump (200 A, B, or C) both with a 1.0 degree of difficulty, followed by Dive 101A, B, or C with 1.8 degree of difficulty followed by three dives from three different groups, using FINA degree of difficulty with a maximum degree of difficulty of 2.3. For 3-meter springboard, divers shall perform seven dives. Divers must perform a forward jump (100 A, B, or C) and a backward jump (200 A, B, or C) both with a 1.0 degree of difficulty, followed by Dive 101A, B, or C with 1.9 degree of difficulty followed by three dives from three different groups, using FINA degree of difficulty with a maximum degree of difficulty of 2.4.

**14-19 Novice:** For 1-meter springboard, divers shall perform seven dives. Divers must perform a forward jump (100 A, B, or C) and a backward jump (200 A, B, or C) both with a 1.0 degree of difficulty, followed by five dives from at least three different groups with no more than two dives from any one group, all using FINA degree of difficulty. For 3-meter springboard, divers shall perform eight dives. Divers must perform a forward jump (100 A, B, or C) and a backward jump (200 A, B, or C) both with a 1.0 degree of difficulty, followed by Dive 001D with 1.0 degree of difficulty followed by five dives from at least three different groups with no more than two dives from any one group, all using FINA degree of difficulty.

## **Senior & Masters Divisions**

**SENIOR DIVISION:** Any diver, except those entering Masters events, regardless of age may compete in the Senior Division provided they can execute the proper number of dives and have a *minimum D.D. of 12.0 on the 6 optional dives for men and 10.0 on the 5 optional dives for women.*

**MASTERS MEN & WOMEN 19 - 34:** 7 dives total, which shall consist of 2 voluntary dives followed by 5 optional dives from 4 different groups. Voluntary dives must be selected from Dives 101, 201, 301, 401, or 5111. Unused voluntary dives may be used as optional dives. Athletes may **not** enter Masters events if they are entered in the Senior Division.

**MASTERS MEN & WOMEN 35-49 & 50 & OVER:** 6 dives total, which shall consist of 1 voluntary dive followed by 5 optional dives from 4 different groups. Voluntary dives must be selected from Dives 101, 201, 301, 401, or 5111. Unused voluntary dives may be used as optional dives. Athletes may **not** enter Masters events if they are entered in the Senior Division.

## **Synchronized Diving – 1 & 3 Meter**

Two female or two male divers diving simultaneously from the same level. One female/one male may dive exhibition but no medals will be awarded. Divers will perform 5 total dives.

1<sup>st</sup> Round: Divers both do a forward take off (DD 2.0)

2<sup>nd</sup> Rounds: Divers both do a back take off (DD 2.0)

3<sup>rd</sup> Round: One driver does a forward take off and the other does a back take off (DD highest of 2 dives)

4<sup>th</sup> & 5<sup>th</sup> Round: Choice of optional dives (any dive not previously done). (DD highest of 2 dives). No dive may be repeated in an event, by a single diver.