

AZ Diving Association - Future Champions Rules

5 Age Groups with 3 Levels each - Bronze, Silver, Gold

7-Under: Boys & Girls 1-meter & 3-meter NO Platform

Bronze - 4 Skills : 4 Total

- All Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

Silver - 4 Skills & 1 Dive : 5 Total

- All Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

- NO More than 1 somersault in any direction.

Gold - 4 Skills & 2 Dives : 6 Total

- All Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

- Dives may be from same category and repeated as long as they are performed in a different position. All 1.0 DD.

- NO More than 1 somersault in any direction.

8,9,10: Boys & Girls 1-meter, 3-meter & Platform

Bronze - 5 Skills : 5 Total

- Skills must represent at least 3 categories.

- Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

- May choose to do 1 dive in the last round at 1.0 DD instead of a skill. Dives used must be 101, 201, 301, 401 C or B.

Silver - 4 Skills & 2 Dives : 6 Total

- Skills must represent at least 3 categories.

- Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

- Dives may be from same category and are all 1.0 DD.

- NO More than 1 somersault in any direction.

- May Not Repeat Dives.

- 5m Only

Gold - 4 Skills & 3 Dives : 7 Total

- Skills must represent at least 3 categories.

- Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

- Dives must represent at least 2 categories and are all 1.0 DD.

- NO More than 1 1/2 somersaults in any direction.

- May Not Repeat Dives.

- 5m Only

11-12-13: Boys & Girls 1-meter, 3-meter & Platform

Bronze - 6 Skills : 6 Total

- Skills must represent at least 3 categories.

- Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

- May choose to do 1 or 2 dives in the final 2 rounds at 1.0 DD instead of a skill. Dives used must be 101, 201, 301, 401 C or B.

Silver - 4 Skills & 3 Dives : 7 Total

- Skills must represent at least 3 categories on spring board and platform.

- Springboard must represent at least 1 Twister Skill.

- Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

- Dives must represent at least 2 categories.

- NO More than 1 1/2 somersaults in any direction.

- 101, 201, 301, 401 - any position 1.7 DD on 1m, 3m & 5m Platform.

- 1m - NO DD higher than 2.3

- 3m - NO DD higher than 2.2

- 5m Only: NO DD higher than 2.2

- May Not Repeat Dives.

Gold - 4 Skills & 4 Dives : 8 Total

- Skills must represent at least 3 categories on spring board and platform.

- Springboard must represent at least 1 Twister Skill.

- Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

- Dives must represent at least 3 categories.

- NO More than 1 1/2 somersaults in any direction.

- 101, 201, 301, 401 - any position 1.7 DD on 1m, 3m & 5m Platform

- 1m - NO DD higher than 2.3

- 3m - NO DD higher than 2.2

- 5m Only: NO DD higher than 2.2

- May Not Repeat Dives

AZ Diving Association - Future Champions Rules

5 Age Groups with 3 Levels each - Bronze, Silver, Gold

14-15-16: Boys & Girls 1-meter, 3-meter & Platform

Bronze - 7 Skills: 7 Total

- Skills must represent at least 3 categories.
- Skills may be repeated as long as they are performed in a different position. All 1.0 DD.
- May choose to do 1 or 2 dives in the final 2 rounds at 1.0 DD instead of skills. Dives used must be 101, 201, 301, 401 C or B.

Silver - 4 Skills & 4 Dives: 8 Total

- Skills must represent at least 3 categories on spring board and platform.
- Springboard must represent at least 1 Twister Skill.
- Skills may be repeated as long as they are performed in a different position. All 1.0 DD.
- Dives must represent at least 3 categories.
- 1m - NO DD higher than 2.4
- 3m - NO DD higher than 2.5
- Platform - NO DD higher than 2.4
- May Not Repeat Dives

Gold - 4 Skills & 5 Dives: 9 Total

- Skills must represent at least 3 categories on spring board and platform.
 - Springboard must represent at least 1 Twister Skill.
 - Skills may be repeated as long as they are performed in a different position. All 1.0 DD.
 - Dives must represent at least 4 categories.
 - 1m - NO DD higher than 2.4
 - 3m - NO DD higher than 2.5
 - Platform - NO DD higher than 2.4
 - May Not Repeat Dives
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17-18-19: Boys & Girls 1-meter, 3-meter & Platform

Bronze - 8 Skills: 8 Total

- All Skills may be repeated as long as they are performed in a different position. All 1.0 DD.
- May choose to do 1, 2 or 3 dives in the final 3 rounds at 1.0 DD instead of a skills. Dives used must be 101, 201, 301, 401 C or B.

Silver - 4 Skills & 5 Dives: 9 Total

- Skills must represent at least 3 categories on spring board and platform.
- Springboard must represent at least 1 Twister Skill.
- Skills may be repeated as long as they are performed in a different position. All 1.0 DD.
- Dives must represent at least 3 categories.
- 1m - NO DD higher than 2.4
- 3m - NO DD higher than 2.5
- Platform - NO DD higher than 2.4
- May Not Repeat Dives

Gold - 3 Skills & 6 Dives: 9 Total

- Skills must represent at least 3 categories on spring board and platform.
 - Springboard must represent at least 1 Twister Skill.
 - Skills may be repeated as long as they are performed in a different position. All 1.0 DD.
 - Dives must represent at least 4 categories.
 - 1m - NO DD higher than 2.4
 - 3m - NO DD higher than 2.5
 - Platform - NO DD higher than 2.4
 - May Not Repeat Dives
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Skills Bank - 5 Categories (Positions A = Straight B = Pike C = Tuck)

Front Jump - 100 A, B, C (Must choose A, B or C because skills may be repeated as long as it is in another position)

Back Jump - 200 A, B, C (Must choose A, B or C because skills may be repeated as long as it is in another position)

Twister Jump - 5101, 5102, 5201, 5301 A, B, C (Must choose A, B or C because skills may be repeated as long as it is in another position)

Forward Line Up - 001 A, B, C (Must choose A, B or C because skills may be repeated as long as it is in another position) **B** - May be done Standing or Sitting: Considered same skill.

Backward Line Up - 002 A, B, C (may not choose "D". Must choose A, B or C because skills may be repeated as long as it is in another position) **B, C** - May be done Standing or Sitting: Considered same skill.