

Age Group

Rules: Competitive Dive Lists

A
16-18

Girls: 9 Total Dives

Boys: 10 Total Dives

5 Voluntary Dives from different groups
4 Optional Dives from different groups

5 Voluntary Dives from different groups
5 Optional Dives from different groups

Voluntary Dives DD Limit: 1 Meter: 9.0 | 3 Meter: 9.5 Optional Dives: No DD Limit

NOVICE: 7 dives and/or skills

B
14-15

Girls: 8 Total Dives

Boys: 9 Total Dives

5 Voluntary Dives from different groups
3 Optional Dives from different groups

5 Voluntary Dives from different groups
4 Optional Dives from different groups

Voluntary Dives DD Limit: 1 Meter: 9.0 | 3 Meter: 9.5 Optional Dives: No DD Limit

NOVICE: 7 dives and/or skills

C
12-13

Girls: 7 Total Dives

Boys: 8 Total Dives

5 Voluntary Dives from different groups
2 Optional Dives from different groups

5 Voluntary Dives from different groups
3 Optional Dives from different groups

Voluntary Dives DD Limit: 1 Meter: 9.0 | 3 Meter: 9.5 Optional Dives: No DD Limit

NOVICE: 6 dives and/or skills

D
10-11

Girls & Boys: 5 Total Dives

3 Voluntary Dives from different groups
2 Optional Dives from different groups

Voluntary Dives DD Limit: 1 Meter & 3 Meter: 5.4 Optional Dives: No DD Limit

NOVICE: 5 dives and/or skills

E
9 & Under

Girls & Boys: 4 Total Dives

3 Voluntary Dives from different groups
1 Optional Dive

Voluntary Dives DD Limit: 1 Meter & 3 Meter: 5.4

NOVICE: 5 dives and/or skills

Age is determined by divers' age on December 31st of the calendar year.