

Springboard Competition

9 & Under Boys and Girls (5 dives) - The contest shall consist of **three (3)** voluntary dives 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 (2)** optional dives from different groups without limit.

11 & Under Boys and Girls (6 dives) - For one meter and three meter springboard, divers will perform **three (3)** 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 (3)** optional dives from different groups without limit.

12/13 Girls (7 dives) - For one meter and three meter springboard, divers will perform **five (5)** voluntaries from different groups with a total degree of difficulty not to exceed 9.0 on one meter and 9.5 on three meter, followed by **two (2)** optional dives from different groups without limit.

12/13 Boys (8 dives) - For one meter and three meter springboard, divers will perform **five (5)** voluntaries from different groups with a total degree of difficulty not to exceed 9.0 on one meter and 9.5 on three meter, followed by **three (3)** optional dives from different groups without limit.

14/15 Boys (9 dives) - For one meter and three meter springboard, divers shall perform **five (5)** voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by **four (4)** optional dives, from different groups without limit.

14/15 Girls (8 dives) - For one meter and three meter springboard, divers shall perform **five (5)** voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by **three (3)** optional dives, from different groups without limit.

16-18 Girls (10 dives) - For one and three meter springboard, divers shall perform **five (5)** voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by **five (5)** optional dives from five groups without limit.

16-18 Boys (11 dives) - For one meter and three meter springboard, divers shall perform **five (5)** voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by **six (6)** optional dives from five groups, with one group being repeated, without limit.

Platform

11 & Under Boys and Girls (5 dives on 5-meter only) - Divers shall perform three voluntary dives from different groups with a total degree of difficulty not to exceed 5.4, followed by two optional dives from different groups without limit.

12/13 Girls (6 dives on 5- or 7.5-meter only) - Divers shall perform four (4) voluntary dives from different groups with a total degree of difficulty not to exceed 7.6, followed by two (2) optional dives from different groups without limit.

12/13 Boys (7 dives on 5- or 7.5-meter only) - Divers shall perform four (4) voluntary dives from different groups with a total degree of difficulty not to exceed 7.6, followed by three (3) optional dives from different groups without limit.

14/15 Boys (8 dives on 5-, 7.5-, or 10-meter) - Divers shall perform four voluntary dives with total degree of difficulty not to exceed 7.6, followed by four optional dives from different groups without limit. At least five different groups must be used in the competition.

14/15 Girls (7 dives on 5-, 7.5-, or 10-meter) - Divers shall perform four voluntary dives with total degree of difficulty not to exceed 7.6, followed by three optional dives from different groups without limit. At least five different groups must be used in the competition.

16-18 Girls (9 dives on 5-, 7.5-, or 10-meter) - Divers shall perform four voluntary dives from different groups with a total maximum degree of difficulty of 7.6, followed by five (5) optional dives from different groups without limit.

16-18 Boys (10 dives on 5-, 7.5-, or 10-meter) - Divers shall perform four voluntary dives from different groups with a total maximum degree of difficulty of 7.6, followed by six (6) optional dives from different groups without limit. All six dive groups must be used in the competition.

* Choice of Dives - The optional dives may be from the same groups as the required dives or the voluntary dives.

Competition Requirements for Synchronized Diving for 3-Meter and Platform Events

(1) A synchronized diving competition may be held at Invitational, Association, Regional Championships, East/West Championships, and Zone Championships.

(2) A team is composed of only two divers, with no substitutes, diving simultaneously from the springboards or platforms.

(3) The synchronized events are open to any age-group diver and members of a team may be from different clubs or "unattached" divers and may be from different age groups but are to be of the same sex. Divers may only compete for one team per event.

Synchronized competition format:

(1) This competition shall comprise five rounds of dives: two rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula values and three rounds of dives without limit of degree of difficulty. The five (5) dives must be from at least three (3) different groups. For AB Age Groups- 3 rounds at assigned 2.0, 3 rounds optional dives for Girls, 4 rounds of optional dives for Boys, must use 5 categories for both. For CD Age-Groups 3 rounds at 2.0, 3 rounds optional dives for Girls, and Boys, must represent 3 categories.

(2) No dive number may be repeated in later rounds.

(3) The proper degree of difficulty will be used for each pair of optional dives without limit of degree of difficulty.

(4) In the platform competition, divers may choose to perform their dives from any level of the platform, provided that both divers perform the dives from the same level for each dive.

(5) The optional dives may be from the same groups as the voluntary dives with limit of 2.0.

(6) Both divers must do the same dive, number and position.