

1 meter:

Level 1 (4 dives) all DD is 1.0

Forward jump

Back Jump

Forward entry(line-up)

Front jump .5 twist

Level 2 (4 dives) all DD is 1.0

Forward dive (tuck or pike)

any 3 dives of your choice.

Level 3 (5 dives) all DD is 1.0

Forward dive (tuck or pike)

Back dive (tuck, pike or straight)

Inward dive (tuck or pike)

Any 2 dives (from different groups)

Level 4 (5 dives) all DD is 1.0

Req.=**Any 2 dives from different groups**

Ops.=**Any 3 dives from different groups**

****4 categories must be represented in your list**

Level 5 (6 dives) DD = table value

Req.=**Any 2 dives from different groups**

(total DD must NOT exceed 3.6)

Ops.=**Any 4 dives from different groups**

(no DD limit)

****5 categories must be represented in your list**

Level 6 (6 dives)

1 Required dive (drawn at start of meet)

DD = 1.8

5 optional dives (from 5 different groups)

DD = table value

**** 5 optional dives must add to 10.0 DD or higher**

3 meter:

Level 1 (4 dives) all DD is 1.0

Forward jump

Back Jump

Forward entry(line-up)

Front jump .5 twist

Level 2 (4 dives) all DD is 1.0

Forward jump

Back Jump

Forward dive (tuck or pike)

any dive (your choice)

Level 3 (5 dives) all DD is 1.0

Forward dive (tuck or pike)

Back dive (tuck, pike or straight)

Inward dive (tuck or pike)

Any 2 dives (from different groups)

Level 4 (5 dives) all DD is 1.0

Req.=**Any 2 dives from different groups**

Ops.=**Any 3 dives from different groups**

****4 categories must be represented in your list**

Level 5 (6 dives) DD = table value

Req.=**Any 2 dives from different groups**

(total DD must NOT exceed 3.8)

Ops.=**Any 4 dives from different groups**

(no DD limit)

****5 categories must be represented in your list**

Level 6 (6 dives)

1 Required dive (drawn at start of meet)

DD = 1.9

5 optional dives (from 5 different groups)

DD = table value

**** 5 optional dives must add to 10.0 DD or higher**