

STAR DIVING CLUB – SKILL LEVELS

Level 1 Star

Forward jump straight

Forward jump tuck

Forward tuck roll

Forward pike roll

BONUS SKILL

Forward push and glide

Level 2 Star

Forward jump straight with armswing

Back jump straight

Back tuck roll

Falling dive

BONUS SKILL

Back push and glide

Level 3 Star

Forward jump tuck with armswing

Forward push dive with slight bent legs at start

Back pike roll

Back jump tuck

Back push and glide

BONUS SKILL

Forward pike jump

Level 4 Star
Forward push dive from standing
Back jump straight with armswing
Back circle bent legs is ok, but must get behind ears
Extended back pike roll
Forward jump straight 1m
BONUS SKILL
Back dive from crouched
Level 5 Star
Forward Push Dive, pike roll on entry
Back jump tuck with armswing
Back Circle - must have straight legs
Forward pike wedge (starting in shape)
Forward jump tuck 1m with armswing
BONUS SKILL
Back dive crouched
Level 6 Star
Forward Dive Tuck - must touch shins
Falling Dive 1m, pike roll on entry
Forward pike wedge
Forward jump pike with armswing
Back dive crouched
BONUS SKILL
Forward Dive Tuck 1m, no a/s

Level 7 Star
Back Pike Sit with a/s, legs must be straight
Reverse Pike Sit with a/s, legs must be straight
Standing Back Dive Straight, no a/s
Inward Pike Wedge - support if needed ok
Back Fall Straight 1m - hands grabbed above head
BONUS SKILL
Forward jump straight 3m with armswing
Falling dive 3m
Level 8 Star
Back Dive with a/s (p/s)
Forward Jump Pike with a/s 1m
Forward Dive Tuck 1m, no a/s
Back Jump Straight with a/s 1m
One Step Hurdle with a/s 1m
Back Fall 1m, hands start on thighs
Falling Dive 3m
BONUS SKILL
Back Dive Tuck with a/s (poolside)
Forward Jump Tuck no a/s, 5m
Back Jump Straight 3m

Level 9 Star
Hurdle step pike jump 1m
Inward Tuck Bomb (poolside)
Back Dive Tuck with a/s (poolside) - hands can be on thighs or above head
Forward jump tuck no armswing 5m
Forward tuck roll 3m
BONUS SKILL
Forward somersault tuck (poolside)
Back Fall straight 3m - hands grabbed or on thighs
Back Tuck Roll 3m
Level 10 Star
Hurdle Step Jumps all shapes 3m
Hurdle Step Tuck Dive 1m
Back Fall Straight 3m (hands grabbed or on thighs)
Forward Tuck Roll 5m
Inward Dive no a/s, 1m
Back Dive Tuck with a/s, 1m
BONUS SKILL
Forward dive tuck 3m
Forward Dive Pike 1m
Forward Somersault Tuck 1m