

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



Star Diving Club – Skill Levels



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



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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



Star Diving Club – Skill Levels



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

