

Conditions

Beginner 1

1. Forward jump with tuck (no a/s)	Poolside	DD = 1.0
2. Back jump straight (no a/s)	Poolside	DD = 1.0
3. Back tuck roll	Poolside	DD = 1.0
4. Forward pike roll	Poolside	DD = 1.0

Beginner 2

1. Forward jump with tuck (with a/s)	Poolside	DD = 1.0
2. Back jump with tuck (no a/s)	Poolside	DD = 1.0
3. Back pike roll	Poolside	DD = 1.0
4. Forward line-up (piked) 'falling dive'	Poolside	DD = 1.0

Intermediate

1. Push dive	Poolside	DD = 1.0
2. Back jump with tuck (with a/s)	Poolside	DD = 1.0
3. Back circle	Pool	DD = 1.0
4. Forward jump with tuck (no a/s)	1m	DD = 1.0
5. Forward line-up (piked) 'falling dive'	1m, 3m	DD = 1.0, 1.1

Advanced

1. Forward dive with tuck	Poolside	DD = 1.0
2. Standing back dive straight (with or without a/s)	Poolside	DD = 1.0
3. Back jump straight (with a/s)	1m	DD = 1.0
4. Forward line-up (piked) 'falling dive'	1m, 3m, 5m	DD = 1.0, 1.1, 1.2
5. Back line-up (straight) 'back fall'	1m, 3m	DD = 1.0, 1.4

Squads (E, D)

1. Forward jump piked (with a/s)	Poolside	DD = 1.0
2. Forward dive with tuck	Poolside	DD = 1.0
3. 101C, 101B, 103C, 103B, 401C or 401B	1m	DD = AQUA
4. 201C, 201B, 301C, 301B, 20A (1.0) or 200A (1.0)	1m	DD = AQUA
5. Forward line-up (tuck, straight)	3m	DD = 1.2, 1.2
6. Back line-up (tuck, straight)	3m	DD = 1.3, 1.4

Squads (C, B, A)

1 – 3. Three dives from two groups min	1m	DD = AQUA
4 – 6. Three dives from two groups min	3m	DD = AQUA
Line-ups allowed		

Adults

1 – 3. Three different dives	1m	DD = AQUA
4 – 6. Three different dives	3m	DD = AQUA

The same dive can be performed on both boards

Line-ups allowed on 3m. Different shape line-ups are considered different dives