

# Star Diving Club – Skill Levels



## Level 1 Star

- Forward jump straight (poolside)
- Forward jump tuck (poolside)
- Forward tuck roll (poolside)
- Forward pike roll (poolside)

### BONUS SKILL

- Forward push and glide (pool)

## Level 2 Star

- Back jump straight (poolside)
- Back jump tuck (poolside)
- Back tuck roll (poolside)
- Falling dive (poolside)

### BONUS SKILL

- Back push and glide (pool)

## Level 3 Star

- Forward jump straight with a/s (poolside)
- Forward jump tuck with a/s (poolside)
- Back pike roll (poolside)
- Forward push dive with slight bent legs at start (poolside)
- Falling dive (1m)

### BONUS SKILL

- Forward jump pike (poolside)



# Star Diving Club – Skill Levels



## Level 4 Star

- Back jump straight with a/s (poolside)
- Forward push dive from standing (poolside)
- Extended back pike roll (poolside)
- Back circle (pool)
- Forward jump tuck with a/s (1m)

### BONUS SKILL

- Push dive (1m platform)
- Forward dive tuck (poolside)

## Level 5 Star

- Back jump tuck with a/s (poolside)
- Forward pike wedge - starting in shape (poolside)
- Forward dive tuck (poolside)
- Back dive from crouch (poolside)
- Forward jump tuck no a/s (3m)

### BONUS SKILL

- Back dive straight from standing no a/s (poolside)

## Level 6 Star

- Forward pike wedge (poolside)
- Back pike sit (poolside)
- Back dive straight from standing no a/s (poolside)
- Forward jump pike with a/s (1m)
- Falling dive (3m)

### BONUS SKILL

- Forward dive tuck (1m)



# Star Diving Club – Skill Levels



## Level 7 Star

- Inward pike wedge (poolside)
- Standing back dive straight with a/s (poolside)
- Back jump tuck with a/s (1m)
- Back fall straight - hands grabbed above head (1m)
- Forward dive tuck (1m)
- Forward tuck roll (3m)

### BONUS SKILL

- Back tuck roll to bullet (1m)

## Level 8 Star

- Inward tuck bomb (poolside)
- Reverse pike sit (poolside)
- One bounce jump (1m)
- Back tuck roll to bullet (1m)
- Back jump straight no a/s (3m)

### BONUS SKILL

- Back dive tuck with a/s (poolside)
- Forward jump straight no a/s (5m)
- Back fall straight (3m)



# Star Diving Club – Skill Levels



## Level 9 Star



- Back dive tuck with a/s - hands can be on thighs or above head (poolside)
- Hurdle step jump (1m)
- Inward dive tuck (1m)
- Back fall straight (3m)
- Forward jump tuck no a/s (5m)

### BONUS SKILL

- Back tuck roll (3m)
- Forward somersault tuck (1m)

## Level 10 Star



- One bounce or hurdle step tuck dive (1m)
- Back dive tuck with a/s (1m)
- Hurdle step jump straight (3m)
- Back tuck roll (3m)
- Forward dive tuck (3m)
- Forward tuck roll or falling dive (5m)

### BONUS SKILL

- Forward dive pike (1m)
- Inward dive pike (1m)

