



AAU Age Group Requirements

9&Under (Group E): Boys & Girls – 3 voluntaries, 1 optional. Max. Vol DD: 5.4 on 1m & 3m

10-11 (Group D): Boys & Girls – 3 voluntaries, 2 optionals. Max Vol DD: 5.4 on 1m & 3m

12-13 (Group C): Girls – 5 voluntaries, 2 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

12-13 (Group C): Boys – 5 voluntaries, 3 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

14-15 (Group B): Girls – 5 voluntaries, 3 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

14-15 (Group B): Boys – 5 voluntaries, 4 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

16-18 (Group A): Girls – 5 voluntaries, 4 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

16-18 (Group A): Boys – 5 voluntaries, 5 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

*Age groups are determined by the divers' age on December 31st of each year.

Senior Springboard Requirements

Men's 1-Meter Competition: (1) The men's 1-meter springboard semifinal competition shall comprise of six dives with a minimum degree of difficulty of 4, of which one shall be selected from each group plus an additional dive which may be selected from any group.

Men's 3-Meter Competition: (1) The men's 3-meter quarterfinal, semifinal and final competition shall comprise six dives with a minimum degree of difficulty of 8, of which one dive shall be selected from each group plus an additional dive which may be selected

Women's 1-Meter Competition: (1) The women's 1-meter springboard semifinal competition shall comprise five dives from different groups with a minimum degree of difficulty of 4.

Women's 3-Meter Competition: (1) The women's 3-meter quarterfinal, semifinal and final competition shall comprise five dives from different groups with a minimum degree of difficulty of 2

Senior Platform Requirements

Men's Platform:(1) The men's platform quarterfinal, semifinal and final competition shall comprise six dives from different groups with minimum degree of difficulty of 3.

Women's Platform: (1) The women's platform quarterfinal, semifinal and final competition shall comprise five dives from different groups with a minimum degree of difficulty of 2



JO Springboard Requirements

9 & Under Boys and Girls (five dives). The contest shall consist of three voluntary dives from different groups and all must be '01 dives in the tuck position (101c, 201c, 301c, 401c), followed by two optional dives from different groups with a degree of difficulty limit of 2.2 on 1-meter and 2.6 on 3-meter. All voluntary dives will have an assigned degree of 1.8 on 1-meter and 1.9 on 3-meter.

11 & Under/10-11 Boys and Girls (six dives). For 1-meter and 3-meter springboard, divers will perform three (3) voluntary dives and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c), followed by three (3) optional dives from different groups with a degree of difficulty limit of 2.2 on 1-meter and 2.6 on 3-meter. All voluntary dives will have an assigned degree of 1.8 on 1-meter and 1.9 on 3-meter.

12/13 (FINA Group C)/13 & Under Girls (eight dives). For 1-meter and 3-meter springboard, divers will perform five (5) voluntary dives from different groups, followed by three optional dives from different groups. All voluntary dives will have an assigned degree of difficulty of 1.8 on 1-meter and 1.9 on 3-meter. When doing the front/inward voluntary, one (1) must be tuck and one (1) must be pike. When doing the back/reverse voluntary, divers may choose to do dives in either tuck or pike. There shall be a limit of degree of difficulty of 2.4 for 1-meter optional dives and 2.8 for 3-meter optional dives.

12/13 (FINA Group C)/13 & Under Boys (eight dives). For 1-meter and 3-meter springboard, divers will perform five (5) voluntaries from different groups, followed by three optional dives from different groups. All voluntary dives will have an assigned degree of difficulty of 1.8 on 1-meter and 1.9 on 3-meter. When doing the front/inward voluntary, one (1) must be tuck and one (1) must be pike. When doing the back/reverse voluntary, divers may choose to do dives in either tuck or pike. There shall be a limit of degree of difficulty of 2.4 for 1-meter optional dives and 2.8 for 3-meter optional dives.

14/15 (FINA Group B) Girls (nine dives). For 1-meter and 3-meter springboard, divers shall perform five voluntary dives, one from each group, with a cumulative degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by four optional dives from different groups without limit of degree of difficulty.

14/15 (FINA Group B) Boys (nine dives). For 1-meter and 3-meter springboard, divers shall perform five voluntary dives, one from each group, with a cumulative degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by four optional dives from different groups without limit of degree of difficulty.

16-18 (FINA Group A)/16-17/18-19 Girls (ten (10) dives). For 1-meter and 3-meter springboard, divers shall perform five voluntary dives, one from each group, with a cumulative degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by five (5) optional dives from five (5) groups without limit of degree of difficulty.

16-18(FINA Group A)/16-17/18-19 Boys (eleven (11) dives). For 1-meter and 3-meter springboard, divers shall perform five voluntary dives, one from each group, with a cumulative degree of difficulty not to exceed 9.0 for 1-meter and 9.5 for 3-meter, followed by six (6) optional dives from five groups, with one group being repeated, without limit of degree of difficulty.

JO Platform Requirements

9 & Under Boys and Girls (4 dives on 5-meter only). Divers shall perform two (2) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 3.4, followed by two (2) optional dives from different groups with a degree of difficulty limit of 2.6.

10-11 / 11 & Under Boys and Girls (five dives on 5-meter only). Divers shall perform three voluntary dives from different groups with a cumulative degree of difficulty not to exceed 5.4, followed by two optional dives from different groups with a degree of difficulty limit of 2.6.

12/13 (FINA Group C) / 13 & Under Girls (six (6) dives on 5- or 7.5-meter only). Divers shall perform four (4) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 7.6, followed by two (2) optional dives from different groups with a degree of difficulty limit of 2.8.

12/13 (FINA Group C) / 13 & Under Boys (seven (7) dives on 5- or 7.5-meter only). Divers shall perform four (4) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 7.6, followed by three (3) optional dives from different groups with a degree of difficulty limit of 2.8.

14/15 (FINA Group B) Boys (eight dives on 5-, 7.5-, or 10-meter). Divers shall perform four voluntary dives with cumulative degree of difficulty not to exceed 7.6, followed by four optional dives from different groups without limit of degree of difficulty. At least five different groups must be used in the competition.

14/15 (FINA Group B) Girls (seven dives on 5-, 7.5-, or 10-meter). Divers shall perform four voluntary dives with cumulative degree of difficulty not to exceed 7.6, followed by three optional dives from different groups without limit of degree of difficulty. At least five different groups must be used in the competition.

16-18 (FINA Group A) /16-17/18-19 Girls (nine (9) dives on 5-, 7.5-, or 10-meter). Divers shall perform four voluntary dives from different groups with a cumulative maximum degree of difficulty of 7.6, followed by five (5) optional dives from different groups without limit of degree of difficulty.

16-18 (FINA Group A) /16-17/18-19 Boys (ten (10) dives on 5-, 7.5-, or 10-meter). Divers shall perform four voluntary dives from different groups with a cumulative maximum degree of difficulty of 7.6, followed by six (6) optional dives from different groups without limit of degree of difficulty. All six dive groups must be used in the competition.

Any minimum degree of difficulty for optional dives without limit of degree of difficulty in the Zone Championships and the National Championships shall be determined by the Junior Rules Subcommittee.