

AAU, Summer/Rec, and Masters Divisions available for 1 meter and 3 meter boards.

Summer Recreational Competition Requirements

1M

5 & Under: 2 skills, 1 voluntary

6 & 7: 1 skill, 1 voluntary, 1 optional.

8 & 9: 1 skill, 1 voluntary, 2 optional.

10 & 11: 2 voluntary, 2 optional.

12 & 13: 3 voluntary, 2 optional.

14 & 15: 3 voluntary, 3 optional.

16 - 18: 3 voluntary, 4 optional.

Voluntary Degree of Difficulty is 1.8

3M

7 & Under: 2 skills, 1 voluntary

8 & 9: 1 skill, 1 voluntary, 1 optional.

10 & 11: 1 voluntary, 2 optional.

12 & 13: 2 voluntary, 2 optional.

14 & 15: 2 voluntary, 3 optional.

16 - 18: 3 voluntary, 3 optional.

Voluntary Degree of Difficulty is 1.9

AAU requirements will follow the current AAU regulation and are the same for 1M and 3M

Group E, 9 & U - 3 voluntary, 1 optional - Voluntary Max 1m 5.4, 3m 5.4

Group D, 10-11 - 3 voluntary, 2 optional - Voluntary Max 1m 5.4, 3m 5.4

Group C, 12-13

- Girls 5 voluntary, 2 optional - Voluntary Max 1m 9.0, 3m 9.5

- Boys 5 voluntary, 3 optional - Voluntary Max 1m 9.0, 3m 9.5

Group B, 14-15

- Girls 5 voluntary, 3 optional - Voluntary Max 1m 9.0, 3m 9.5
- Boys 5 voluntary, 4 optional - Voluntary Max 1m 9.0, 3m 9.5

Group A, 16-18

- Girls 5 voluntary, 4 optional - Voluntary Max 1m 9.0, 3m 9.5
- Boys 5 voluntary, 5 optional - Voluntary Max 1m 9.0, 3m 9.5

Masters - 6 dives from 3 groups no DD limit.