

Future Champion Diving Requirements

Version (Dvfm2007.xls) Rules effective Jan 2007

Skill Dives from this list can be in any order. DD for all Skill Dives is 1.0

| | | |
|-----------------|-------|---|
| FRONT JUMP | 100A | Forward Lineup Straight |
| | 100B | Forward Jump Pike |
| | 100C | Forward Jump Tuck |
| BACK JUMP | 200A | Back Jump Straight |
| | 200B | Back Jump Pike |
| | 200C | Back Jump Tuck |
| TWIST | 5101A | Forward 1/2 Twist |
| | 5102A | Forward 1 Twist |
| | 5201A | Back 1/2 Twist |
| | 5202A | Back 1 Twist |
| | 5203A | Back 1 1/2 Twist *Allowed only for levels 5-7, level 8 does not include skill dives |
| FORWARD ENTRIES | 001A | Forward Lineup Straight |
| | 001B | Forward Lineup Pike |
| | 001C | Forward Lineup Tuck |
| BACK ENTRIES | 002A | Back Lineup Standing Straight |
| | 002B | Back Lineup Pike |
| | 002C | Back Lineup Tuck |

Level 1

| | | |
|----|---------|---|
| 1M | 6 dives | 6 Skill Dives (1.0 DD) in any order. It is suggested that 5 categories be used. |
| 3M | 6 dives | 6 Skill Dives (1.0 DD) in any order. It is suggested that 5 categories be used. |

Level 2 Additional Dives are selected from the FINA Chart and follow Skill Dives. Additional Dives may not be Skill Dives.

| | | |
|----|---------|---|
| 1M | 6 dives | 5 Skill Dives (1.0 DD) in any order + 1 Dive (1.0 DD). It is suggested that 5 categories be used. |
| 3M | 6 dives | 5 Skill Dives (1.0 DD) in any order + 1 Dive (1.0 DD). It is suggested that 5 categories be used. |

Level 3 or 7 & Under Additional Dives are selected from the FINA Chart and follow Skill Dives. Additional Dives may not be Skill Dives.

| | | |
|----|---------|--|
| 1M | 6 dives | 4 Skill Dives (1.0 DD) from 3 or more categories in any order + 2 Dives (1.0 DD) |
| 3M | 6 dives | 4 Skill Dives (1.0 DD) from 3 or more categories in any order + 2 Dives (1.0 DD) |

Level 4 or 9 & Under Additional Dives are selected from the FINA Chart and follow Skill Dives. Additional Dives may not be Skill Dives.

| | | |
|----|---------|--|
| 1M | 6 dives | 3 Skill Dives (1.0 DD) from 3 categories in any order + 3 Dives (1.0 DD) |
| 3M | 6 dives | 3 Skill Dives (1.0 DD) from 3 categories in any order + 3 Dives (1.0 DD) |

Level 5 or 11 & Under Additional Dives are selected from the FINA Chart and follow Skill Dives. Additional Dives may not be Skill Dives.

| | | |
|----------------|---------|---|
| 1M | 7 dives | 3 Skill Dives (1.0 DD) from 3 categories in any order + 2 voluntary true DD Dives from different groups (Max DD 3.6) + 2 optional true DD Dives from different groups (no Max DD) |
| 3M | 7 dives | 3 Skill Dives (1.0 DD) from 3 categories in any order + 2 voluntary true DD Dives from different groups (Max DD 3.8) + 2 optional true DD Dives from different groups (no Max DD) |
| 5M Platform ** | 7 dives | 3 Skill Dives (1.0 DD) from 3 categories in any order + 2 voluntary true DD Dives from different groups (Max DD 3.8) + 2 optional true DD Dives from different groups (no Max DD) |

Level 6 or 13 & Under Additional Dives are selected from the FINA Chart and follow Skill Dives. Additional Dives may not be Skill Dives.

| | | |
|------------------------|---------|---|
| 1M | 7 dives | 2 Skill Dives (1.0 DD) from 2 categories in any order + 3 voluntary true DD Dives from different groups (Max DD 5.4) + 2 optional true DD Dives from different groups (no Max DD) |
| 3M | 7 dives | 2 Skill Dives (1.0 DD) from 2 categories in any order + 3 voluntary true DD Dives from different groups (Max DD 5.7) + 2 optional true DD Dives from different groups (no Max DD) |
| 5M or 7.5M Platform ** | 7 dives | 2 Skill Dives (1.0 DD) from 2 categories in any order + 3 voluntary true DD Dives from different groups (Max DD 5.7) + 2 optional true DD Dives from different groups (no Max DD) |

Level 7 or 14-15 Additional Dives are selected from the FINA Chart and follow Skill Dives. Additional Dives may not be Skill Dives

| | | |
|------------------------|---------|---|
| 1M | 7 dives | 1 Skill Dive (1.0 DD) from any category + 3 voluntary true DD Dives from different groups (Max DD 5.4) + 3 optional true DD Dives from different groups (no Max DD) |
| 3M | 7 dives | 1 Skill Dive (1.0 DD) from any category + 3 voluntary true DD Dives from different groups (Max DD 5.7) + 3 optional true DD Dives from different groups (no Max DD) |
| 5M or 7.5M Platform ** | 7 dives | 1 Skill Dive (1.0 DD) from any category + 3 voluntary true DD Dives from different groups (Max DD 5.7) + 3 optional true DD Dives from different groups (no Max DD) |

Level 8 or 16-18 Additional Dives are selected from the FINA Chart and follow Skill Dives. Additional Dives may not be Skill Dives

| | | |
|------------------------|---------|---|
| 1M | 7 dives | 0 Skill Dives + 4 voluntary true DD Dives from different groups (Max DD 7.2) + 3 optional true DD Dives from different groups (no Max DD) |
| 3M | 7 dives | 0 Skill Dives + 4 voluntary true DD Dives from different groups (Max DD 7.6) + 3 optional true DD Dives from different groups (no Max DD) |
| 5M or 7.5M Platform ** | 7 dives | 0 Skill Dives + 4 voluntary true DD Dives from different groups (Max DD 7.6) + 3 optional true DD Dives from different groups (no Max DD) |

** Platform Events are not official.