

## SJDA Summer Diving Age Group Dive Requirements

9 & Under			
1-Meter		3-Meter	
Novice (3 Dives)	JO (5 dives)	Novice (3 dives)	JO (5 dives)
Front Jump Tuck 2 Dives (any 2) Each Dive Can Not Exceed 1.9 DD	3 Voluntary (3 groups) 2 Optional (2 groups) Vol. Total DD ≤ 5.0	Front line-up Front Jump Tuck 1 Dives (any) Each Dive Can Not Exceed 2.0 DD	3 Voluntary (3 groups) 2 Optional (2 groups) Vol. Total DD ≤ 5.2

10-11			
1-Meter		3-Meter	
Novice (5 Dives)	JO (6 Dives)	Novice (4 Dives)	JO (6 Dives)
Front Jump Tuck Back Jump Tuck 2 Voluntary 1 Optional Each Dive Can Not Exceed 1.9 DD	3 Voluntary (3 groups) 3 Optional (3 groups) Vol. Total DD ≤ 5.0	Front line-up Front Jump Tuck 2 Dives (any) Each Dive Can Not Exceed 2.0 DD	3 Voluntary (3 groups) 3 Optional (3 groups) Vol. Total DD ≤ 5.4

12 - 13			
1-Meter		3-Meter	
Novice (6 Dives)	JO (7 Dives)	Novice (5 Dives)	JO (7 Dives)
Front Jump Tuck Back Jump Tuck 2 Voluntary 2 Optional Each Dive Can Not Exceed 1.9 DD	4 Voluntary (4 groups) 3 Optional (3 groups) Vol. Total DD ≤ 7.2	Front line-up Front Jump Tuck Back Jump Tuck 2 Dives (from 2 groups) Each Dive Can Not Exceed 2.0 DD	4 Voluntary (4 groups) 3 Optional (3 groups) Vol. Total DD ≤ 7.6

14 - 15			
1-Meter		3-Meter	
Novice (6 Dives)	JO (8 Dives)	Novice (6 Dives)	JO (8 Dives)
3 Voluntary (3 groups) 3 Optional (2-3 groups) Each Dive Can Not Exceed 1.9 DD	5 Voluntary (5 groups) 3 Optional (3 groups) Vol. Total DD ≤ 9.0	Front line-up Front Jump Tuck Back Jump Tuck 3 Dives (from 2-3 groups) Each Dive Can Not Exceed 2.0 DD	5 Voluntary (5 groups) 3 Optional (3 groups) Vol. Total DD ≤ 9.5

16 – 18			
1-Meter		3-Meter	
Novice (6 Dives)	JO (9 Dives)	Novice (6 Dives)	JO (9 Dives)
3 Voluntary (3 groups) 3 Optional (2-3 groups) Each Dive Can Not Exceed 1.9 DD	5 Voluntary (5 groups) 4 Optional (4 groups) Vol. Total DD ≤ 9.0	Front line-up Front Jump Tuck Back Jump Tuck 3 Dives (from 2-3 groups) Each Dive Can Not Exceed 2.0 DD	5 Voluntary (5 groups) 4 Optional (4 groups) Vol. Total DD ≤ 9.5

**DD** = Degree of Difficulty is used to calculate the final score of a dive. The DD is multiplied by the sum of the judges' scores for each dive.

**Groups** = Front, Back, Inward, Reverse, & Twist. If indicated, one dive from each group is chosen.

**Novice Voluntary Dives** = are any head-first dive, in any position (Tuck, Pike, or Straight). There are only 4: 101 Front Dive, 201 Back Dive, 401 Inward Dive, and 301 Reverse Dive

**Optional Dives** = are any dive that has not already been used on the list.

**J.O. Voluntary Dives** = any dives (*Voluntary or Optional*) so long as the sum of their DD does not exceed the total DD listed for that age group.