



Example: 8 and under and 9 & 10 only one (1) meter--Mandatory Forward dive (any position) + 2 optionals from any dive group except the Inward dive group

| Dive # | Pos. | Dive description | D.D. |
|--------|------|--------------------------|------|
| 1. 101 | C | Forward dive | 1.2 |
| 2. 201 | B | Back dive | 1.6 |
| 3. 103 | C | Forward 1-1/2 somersault | 1.4 |
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Example: 11 & 12 and 13 & 14 only one (1) meter-- Mandatory Forward dive (any position) + 3 optionals from at least 3 of the 5 dive groups (may repeat the forward group). NOTE: No Inward Dives allowed for 11&12 age groups

| Dive # | Pos. | Dive description | D.D. |
|---------|------|--------------------------|------|
| 1. 101 | C | Forward dive | 1.2 |
| 2. 201 | B | Back dive | 1.6 |
| 3. 103 | C | Forward 1-1/2 somersault | 1.4 |
| 4. 5111 | A | Forward dive 1/2 twist | 1.0 |
| | | | |

Example: 15 & 17 only one (1) meter-- Mandatory Forward dive (any position) + 4 optionals from at least 4 of the 5 dive groups (may repeat the forward group)

| Dive # | Pos. | Dive description | D.D. |
|---------|------|--------------------------|------|
| 1. 101 | C | Forward dive | 1.2 |
| 2. 201 | B | Back dive | 1.6 |
| 3. 103 | C | Forward 1-1/2 somersault | 1.4 |
| 4. 5111 | A | Forward dive 1/2 twist | 1.0 |
| 5. 303 | B | Reverse 1-1/2 somersault | 2.4 |