

## PASDA DIVE LIST REQUIREMENTS

<u>Event</u>	<u>Dive Requirements</u>	<u>Age as of June 1</u>	<u>Competition</u>
6&U A	2 Jumps and a Fwd Dive or Lineup (no DD)	6	All meets
6&U B	2 of: 100, 200, 510x, 520x, 001 or 101	6	Dual Meets
8&U A	2 Jumps and a Fwd Dive or Lineup (no DD)	8	Dual meets
<b>8&amp;U A Champs</b>	<b>100 or 200, 101, 1 dive* (DD max 1.7)</b>	<b>8</b>	<b>Champs Only</b>
8&U B	2 of: 100, 200, 510x, 520x, 001 or 101	8	Dual meets
10&U A	100 or 200, 101, 1 dive	10	Dual meets
<b>10&amp;U A Champs</b>	<b>3 dives covering 2 groups, 101 required</b>	<b>10</b>	<b>Champs Only</b>
10&U B	100, 200, 101	10	Dual meets
12&U A	3 dives covering 2 groups, 101 required	12	All meets
12&U B	100 or 200, 101, 1 dive	12	Dual meets
<b>12&amp;U OPEN</b>	<b>5 dives: 2 voluntaries covering 2 groups 3 optionals covering 3 groups</b>	<b>12</b>	<b>Champs Only</b>
14&U A	4 dives covering 3 groups, 101 required	14	All meets
14&U B	4 dives covering 2 groups, 101 required	14	Dual meets
18&U A	5 dives covering 3 groups, 101 required	18**	All meets
18&U B	5 dives covering 2 groups, 101 required	18**	Dual meets
<b>18&amp;U OPEN</b>	<b>8 dives: 4 voluntaries covering 4 groups 4 optionals covering 4 groups</b>	<b>18**</b>	<b>Champs Only</b>

*Note: Dives of the same number, which differ only in position, are considered the same dive and may not be repeated on the dive list. Divers may not perform both a front dive (101) and a front line-up (001), nor both a back dive (201) and a back line-up (002). Divers may not "dive-up" at the Championship meet, except in an OPEN event. Jumps may be forward or backward, with or without twists.*

*\* A dive list may include one or two jumps for 8 & under. All jumps have a DD of 1.0.*

*\*\*If older than 17, then must be a graduating high-school senior or still in high-school.*

### **Understanding "A" and "B" Events and Requirements**

Not all divers in a given age group are ready to perform the "A" list of competitive dives. Consequently, there is a "B" list of dives to encourage novice divers to participate in a meet.

"A" requirements define the dive list for participants who are eligible to earn team points (5 points for 1st place, 3 points for 2nd, 1 point for 3rd). Participants who are unable to perform the "A" requirements may compete as "B" divers and perform the "B" requirements for their age group. "B" divers do not earn points toward the team score, but they can earn ribbons. For the purpose of ribbons, "B" divers only compete against other "B" divers in their age group.

"A" divers do not perform jumps (100, 200) or line-ups (001, 002) in 12/u, 14/u, or 18/u, but "B" divers may. 6/u, 8/u, 10/u "A" divers may perform jumps and lineups in all meets.

Coaches must indicate on the dive sheet whether a given diver is competing as an "A" diver or a "B" diver. Those working the scoring table must be sure to differentiate between "A" and "B" divers in order to properly award ribbons and team points. "B" events are not held at Championship Meet.

*Last Updated 6/1/2018*

## **PASDA Dive List Philosophy**

PASDA seeks to introduce boys and girls of all ages to the sport of springboard diving and to give them competitive opportunities where they can demonstrate and earn recognition for their accomplishments. PASDA believes strongly that proper training in diving affords children the opportunity to face age-appropriate challenges, to conquer their fears, and to achieve success that leads to healthy self-esteem and team spirit.

PASDA dive requirements reflect the recognition that the majority of divers compete only in the summer and that many participants have little or no prior experience with the sport.

6/u and 8/u dive requirements are the same during the regular season, with the exception of front line-ups for 8/u "A" divers, which should not score as well as front dives with a takeoff. We want to encourage 6/u participants to compete within their own age group, get recognition for early accomplishments, and provide opportunities for more divers to earn ribbons. A diver is not allowed to compete in both the u6 and u8 events. The 6/u and 8/u events should run concurrently, even though they are scored separately.

8/u participants who want to try more difficult dives have the option to dive-up during the regular season, and to perform 1 optional dive in the championship meet. The optional 8/u championship dive has a limited DD in order to show mastery of basic dives and to keep the playing field more level. It also allows the 8/u diver who competed up an age group during the regular season to demonstrate readiness for the next level of competition. Gifted 8/u divers, may also compete in the 12/u open.

10/u divers are still required to do a jump during the regular season to show mastery of approach and takeoff. 10/u participants who want to try more difficult dives have the option to dive-up during the regular season, and to perform 2 optional dives in the championship meet. Allowing a second optional in the championship meet gives the 10/u diver who competed up an age group during the regular season an opportunity to demonstrate readiness for the next level of competition. Gifted 10/u divers may also compete in the 12/u open.

Older divers are all required to do a 101 front dive as a baseline demonstration of skill. "B" divers may still perform jumps.

14/u divers are challenged to cover 3 groups with 4 dives. This can prove difficult for participants who are new to the sport. Learning a twist, inward, or reverse dive can be a significant hurdle for an older novice. These older novice divers are encouraged to compete as "B" divers until they can learn enough dives to compete as an "A" diver.

18/u divers must cover 3 groups with 5 dives. Mastering a 5<sup>th</sup> dive that includes a somersault or perhaps a reverse can be quite difficult for an older novice, hence the "B" category that only requires 2 groups. In the past, PASDA required 18/u participants to perform 5 dives covering 4 groups, but the dual challenge of mastering a 5<sup>th</sup> dive and covering a 4<sup>th</sup> group greatly limited the number of participants in this age group.

The list of required dives is reviewed annually by the PASDA dive coaches. Changes that align with the current diving philosophy are encouraged, as are changes that encourage divers to stick with the sport for many years and that make the sport more attractive to a greater number of participants.