



2023 NATIONAL CHAMPIONSHIPS QUALIFYING STANDARDS & ATHLETE CATEGORISATION

1. AUSTRALIAN OPEN CHAMPIONSHIPS

Qualifying Standards & Athlete Categorisation (rounded off to nearest whole point)

MEN'S EVENTS	D.D	POINTS SCORE	5% SCORE FOR CATEGORISATION
<i>Men's 1m</i>	15.1	275	289
<i>Men's 3m</i>	16.8	330	346
<i>Men's Platform</i>	17.8	318	334

WOMEN'S EVENTS	D.D	POINTS SCORE	5% SCORE FOR CATEGORISATION
<i>Women's 1m</i>	11.9	200	210
<i>Women's 3m</i>	13.5	250	262
<i>Women's Platform</i>	14.0	245	257

Requirements for Group B and Younger Divers

MEN'S EVENTS	D.D	POINTS SCORE	5% SCORE FOR CATEGORISATION
<i>Men's 1m</i>	14.0	260	273
<i>Men's 3m</i>	15.2	300	315
<i>Men's Platform</i>	14.7	270	283

WOMEN'S EVENTS	D.D	POINTS SCORE	5% SCORE FOR CATEGORISATION
<i>Women's 1m</i>	11.7	190	199
<i>Women's 3m</i>	13.1	220	231
<i>Women's Platform</i>	12.9	215	226

NOTES – AUSTRALIAN OPEN CHAMPIONSHIPS: For an athlete to become Categorised, the athlete Categorisation score must be achieved at Open Nationals or ADGP.

(a) These qualifying standards must be achieved in the ADGP or STATE OPEN CHAMPIONSHIPS, or other Diving Australia sanctioned qualifying event in the 12 months preceding the relevant competition. A DA sanctioned event is an officially run State competition event, clearly advertised as such and is overseen by STOC with qualified judges.

(i) For the avoidance of doubt, the DA Selection Committee may consider results from US Collegiate Meets, but only at the NCAA Division 1, Conference and Zone levels; and in competitions featuring at least 4 Colleges.

(b) Athletes who have qualified to compete at the Australian Open Championships must compete at the Australian Open Championships with the minimum DD listed above.

- (c) Whilst it is not a requirement to attain qualification for the event, to be considered for the DA National Squad or the Australian Diving Team, for the platform event, all dives must be off the 10-metre platform.
- (d) Unless the approval of the DA Selection Committee and the General Manager, HP&P is obtained prior to the commencement of the 2023 Australian Open Championships, athletes must compete in an individual event to be eligible to compete in the synchronised events.
- (e) The DA Selection Committee may in its discretion consider a request by an athlete to compete at the 2023 Australian Open Championships where an athlete has not achieved the qualifying standards. To be considered, an athlete must apply in writing to the GM, HP&P for consideration by the DA Selection Committee no later than two (2) weeks prior to the commencement of the Australian Open Championships.

2. AUSTRALIAN ELITE JUNIOR CHAMPIONSHIPS - For an athlete to become Categorised, the athlete Categorisation score must be achieved at Elite Junior Nationals.

Standards & Athlete Categorisation- Group A

GROUP A BOYS EVENTS		POINTS SCORE	5% SCORE FOR CATEGORISATION	# OF DIVES
Group A Boys 1m	Pre + Final	375	394	5 dives from different groups (total D.D 9.0) + 5 dives without limit from different groups
Group A Boys 3m	Pre + Final	430	451	5 dives from different groups (total D.D 9.5) + 5 dives without limit from different groups
Group A Boys Platform	Pre + Final	385	404	4 dives from different groups (total D.D 7.6) + 5 dives without limit from different groups. All 6 groups to be used

GROUP A GIRLS EVENTS		POINTS SCORE	5% SCORE FOR CATEGORISATION	# OF DIVES
Group A Girls 1m	Pre + Final	327	343	5 dives from different groups (total D.D 9.0) + 4 dives without limit from different groups
Group A Girls 3m	Pre + Final	365	383	5 dives from different groups (total D.D 9.5) + 4 dives without limit from different groups
Group A Girls Platform	Pre + Final	318	334	4 dives from different groups (total D.D 7.6) + 4 dives without limit from different groups. At least 5 groups to be used

Standards & Athlete Categorisation – Group B

GROUP B BOYS EVENTS		POINTS SCORE	5% SCORE FOR CATEGORISATION	# OF DIVES
Group B Boys 1m	Pre + Final	300	315	5 dives from different groups (total D.D 9.0) + 4 dives without limit from different groups.
Group B Boys 3m	Pre + Final	322	338	5 dives from different groups (total D.D 9.5) + 4 dives without limit from different groups.
Group B Boys Platform	Pre + Final	288	302	4 dives from different groups (total D.D 7.6) + 4 dives without limit from different groups. At least 5 groups to be used (5-10m)

GROUP B GIRLS EVENTS		POINTS SCORE	5% SCORE FOR CATEGORISATION	# OF DIVES
Group B Girls 1m	Pre + Final	265	278	5 dives from different groups (total D.D 9.0) + 3 dives without limit from different groups.
Group B Girls 3m	Pre + Final	284	298	5 dives from different groups (total D.D 9.5) + 3 dives without limit from different groups.
Group B Girls Platform	Pre + Final	250	262	4 dives from different groups (total D.D 7.6) + 3 dives without limit from different groups. At least 5 groups to be used (5-10m)

GROUP C BOYS & GIRLS:

1 metre – Final 240 points + 5% Score for Categorisation = **252 Points**

3 metre – Final 256 Points + 5% Score for Categorisation = **269 Points**

Platform (5m or 7.5m) – Final 224 Points + 5% Score for Categorisation = **235 Points**

Requirements -

1 metre – Final **240 points qualifying**

8 dives comprising - 4 dives from the assigned list below, each from a different group + 1 dive from the twisting list. Last 3 dives without any limitation but must be from different groups.

List 1 (Dives 1-4):

101B/C 103B/C

201B/C

301B/C

401B/C

Of the 4 dives - two dives shall be tuck dives and two dives shall be pike dives

- *For the Forward and Inward dives, one dive must be pike and the other dive must be tuck*
- *For the Back and Reverse dives, one dive must be pike and the other dive must be tuck*

List 2 (Twisting Dives): *Twisting dives may be feet first or feet first from list below*

5122D 5132D, 5221D 5231D 5321D 5331D

3 dives without limitation from different groups:

- *Of the 3 dives without limit - at least one dive must be from the Back or Reverse group.*
- *Of the 3 dives without limit – only one feet first entry dive is permitted on 1 metre. The dive must be a multiple somersault (minimum of 2 somersaults) or a twisting dive with a minimum of one twist.*

3 metre – Final **256 Points qualifying**

8 dives comprising - 4 dives from the assigned list below, each from a different group + 1 dive from the twisting list. Last 3 dives without any limitation but must be from different groups.

List 1 (Dives 1-4):

101C/B 103C/B

201C/B

301C/B

401C/B 403C/B

Of the 4 dives - two dives shall be tuck dives and two dives shall be pike dives

- For the Forward and Inward dives, one dive must be pike and the other dive must be tuck
- For the Back and Reverse dives, one dive must be pike and the other dive must be tuck

List 2 (Twisting Dives):

5132D 5231D 5331D

3 dives without limit from different groups:

- Of the 3 dives - at least one dive must be from the Back or Reverse group
- An additional twisting dive may be used as a dive without limit
- No feet first entries are permitted on 3 metre

Platform (5m or 7.5m) – Final

224 Points qualifying

7 dives comprising – 3 dives from the assigned list below, each from a different group + 1 dive from the armstand group. Last 3 dives without any limitation but must be from different groups

List 1 (Dives 1-3):

101C/B 103C/B 201C/B 301C/B 401C/B 403C/B

5132D 5231D 5331D

Of the 3 dives - one dive shall be a tuck dive and one dive shall be a pike dive

- 3 dives without limitation from different groups:
- No feet first entries are permitted on platform

GROUP D BOYS & GIRLS:

1 metre – Final 156 Points + 5% Score for Categorisation = **164 Points**

3 metre – Final 168 Points + 5% Score for Categorisation = **176 Points**

5 metre – Final 168 Points + 5% Score for Categorisation = **176 Points**

Requirements –

1 metre – Final **156 Points qualifying**

6 dives, comprising of four (4) compulsory dives and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c – dives can be done in any order) and will be assigned the true degree of difficulty, followed by two (2) optional dives from different groups and will be assigned the true degree of difficulty.

3 metre – Final **168 Points qualifying**

6 dives, comprising of four (4) compulsory dives and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c – dives can be done in any order) and will be assigned the true degree of difficulty, followed by two (2) optional dives from different groups and will be assigned the true degree of difficulty

5 metre – Final

168 Points qualifying

6 dives, comprising of four (4) compulsory dives and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c – dives can be done in any order) and will be assigned the true degree of difficulty, followed by two (2) optional dives from different groups and will be assigned the true degree of difficulty

SYNCHRONISED EVENTS

SYNCHRONISED EVENTS		POINTS SCORE	5% SCORE FOR CATEGORISATION	# OF DIVES
<i>Group C/D Girls & Boys 3m</i>	Final Only	190	199	2 dives from different groups (assigned DD 2.0) + 3 dives without limit, each from a different group
<i>Group A/B Girls & Boys 3m</i>	Final Only	215	226	2 dives from different groups (assigned DD 2.0) + 3 dives without limit, each from a different group. At least 4 groups must be used
<i>Group A/B Girls & Boys Platform</i>	Final Only	215	226	2 dives from different groups (assigned DD 2.0) + 3 dives without limit, each from a different group. At least 4 groups must be used

Group C/D Requirements Synchro 3m –

2 dives from different groups (assigned DD 2.0) + 3 dives without limit, each from a different group

Group A/B Requirements Synchro 3m –

2 dives from different groups (assigned DD 2.0) + 3 dives without limit, each from a different group

(at least 4 groups must be covered)

Group A/B Requirements Synchro 10m –

2 dives from different groups (assigned DD 2.0) + 3 dives without limit, each from a different group

(at least 4 groups must be covered)

NOTES – AUSTRALIAN ELITE JUNIOR CHAMPIONSHIPS:

- (a) These qualifying standards must be achieved in a NATIONAL EVENT, STATE ELITE JUNIOR CHAMPIONSHIPS or STATE ADVERTISED QUALIFYING EVENT in the 12 months preceding the relevant competition.
- (b) All events will be run as per WORLD AQUATICS rules and competition formats.
- (c) The DA Selection Committee may in its discretion consider a request by an athlete to compete at the Australian Elite Junior Championships where an athlete has not participated in an event to achieve the qualifying standards or not achieved the qualifying standards. To be considered, an athlete must apply in writing to the GMHP&P for consideration by the DA Selection Committee no later than two (2) weeks prior to the commencement of the Australian Elite Junior Championships.

- (d) There will be a Synchronised Group C/D 3m competition and a Synchronised Group A/B 3m and 10m competition. The synchronised events will be one event for boys and one event for girls and should be qualified for in a NATIONAL EVENT, STATE ELITE JUNIOR CHAMPIONSHIPS or STATE ADVERTISED QUALIFYING EVENT in the 12 months preceding the relevant competition.
- (e) Athletes must compete in an individual event to be eligible to compete in the synchronised event. DA will consider special consideration requests to dive synchronised only, provided at least one member of the pair has qualified for an individual event.
- (f) All Group A & B individual events will have preliminaries and finals. The top 12 divers from the preliminary will participate in a final competition performing only dives without limit. The scores of the dives with limit from the preliminary competition will be carried forward and added to the scores in the final competition to determine the top 12 rankings. Divers lower than 12th place will be ranked by their preliminary scores. Group C & D will be finals only.

GENERAL NOTES AND ADDITIONAL RULES REGARDING THE AUSTRALIAN ELITE JUNIOR AND AGE GROUP PATHWAY:

- (a) A competition calendar year is defined as the 12-month period prior to the event being considered, **but** not including the earlier corresponding event, e.g. if results are being considered for the 2023 National Championships (April/May), events in the previous 12 months would be included except results from the 2022 National Championships, if it fell within the 12-month period.
- (b) The FINA Degree of Difficulties will apply to all Open, Junior and Age Championships.
- (c) A diver may only compete in one national junior event per year, i.e. either the Australian Age Championships or Australian Elite Junior Championships.
- (d) A diver may compete at the 2023 Australian Elite Junior Championships on all three boards if they have achieved National Qualifying Points for Elite Junior Championships on a minimum of two boards. The athlete must have competed in all three events at a State Qualifying event to be eligible to compete on all three boards.
- (e) If a diver competes and qualifies in two or more events at a State Qualifying event for the 2023 Australian Elite Junior Championships, they are not eligible to compete in the 2023 Australian Age Championships.
- (f) An athlete who participated in the 2022 Australian Elite Junior Championships and wishes to dive in the 2023 Age Championships may do so but will be ineligible to compete in an Elite Junior Championships for a further *two years*.

3. NATIONAL SKILLS FINALS (National Talent Program- NTP)

- 1. Age Groups:
 - 11 yrs & Under (Age as of 31st Dec)
 - 12/13yrs old (Age as of 31st Dec)

2. Format:

- Each State to organise a series of state skills event/s to select a team of 10 divers to the finals (**Top 5 divers per Age Group – minimum of one boy competitor per age group**)
- State competitions/trials to be inclusive of all divers
- States to organise team representation to the National Skills Finals
- Each State team to provide at least one coach and one assessor to the National Skills Final
- National Skills Final will take place alongside the Elite Juniors Championships
- National Skills Final to incorporate coach development opportunities with NCP
- National Skills Final is used to select divers for the National Talent squad 2023/24

3. Competition

- Competition to include both dryland and pool components
- Competition to run as a circuit style event in both the dryland and the pool
- Diver Awards for dryland, pool as well as combined results (overall)
- Competition to be assessed by State, SIS/SAS and NCP coaches

Dryland Skills

The dryland skills are split up into three (3) different stations: Shape, Balance & Skills.

Shape

- Backward Jump Tuck (U/11), Backward Jump Pike (12/13)
- Back Dive Tuck (201C)
- Sitting Pike Sequence
- Balance Pike
- Sitting Straddle Shape

Balance

- Headstand Sequence
- Forward Roll to Single Leg Stand Up (each leg)
- Push Up Sequence
- Press to Handstand Hold

Drills

- L Sit Hold
- Pike Up Sequence
- Tuck Kick Outs
- Front Somersault Tuck (102C) (U/11)
- Front Somersault Pike to Seat Drop (12/13)
- Standing Required Twist Imitation

Divers will perform each of these skills and be given a separate score by the appointed assessor.

A description of each skill is below.

Shape Skills

Backward Jump Tuck (U/11)

Standing backward on a box (box and crashmat should be level), diver is to show good posture with chest hollow, hips under, chin tucked, and arms extended out in T position. Backwards take off (as per specified platform back takeoff options) should show a strong jump, full completion of arm swing and

tight tuck position. On landing the diver should land with straight arms extended over the head, feet may be hip width apart to assist with balance (deductions if wider than hip width).

Backward Jump Pike (12/13)

Standing backward on an elevated box (30cm above crashmat height), diver is to show good posture with chest hollow, hips under, chin tucked, and arms extended out in T position. Backwards take off (as per specified platform back takeoff options) should show a strong jump and full completion of arm swing. Diver is to show tidy pike shape, hands reaching toes on pike with straight knees and arms aligned behind ears, legs together and pointed toes. On landing diver should land with straight arms extended over the head, feet may be hip width apart to assist with balance (deductions if wider than hip width).

Backward Dive Tuck (201C)

Standing backward on a box (box and crashmat should be level), the diver is to demonstrate an explosive backward take off (as per specified platform back takeoff options), a tight neat tuck with shoulders on knees, feet together and hands grabbing halfway down shins. Focus on an explosive kick out, landing in a backdrop position on the crashmat with legs extended.

Sitting Pike Sequence

Display all 4 positions with a neat transition from one to the other.

1. **L sit.**
 - Focus on arms started extending up behind ears with straight elbows and knees, toes pointed and strong straight hands/fingers.
2. **Deep pike arms wide.**
 - Arms can either touch toes, then go wide OR go straight to the wide position as the diver goes into the pike. Focus on hands in line with shoulders in pike position, relaxed shoulder with eyes looking over toes and thumbs aligned where eyes are looking. Continuation of straight knees and pointed toes.
3. **Seated arms wide.**
 - Maintain a strong crucifix position with a flat back, head and vision already aligned for entry grab, with relaxed shoulders and slight hollow position between chest and arms whilst coming to the seated position.
4. **Entry reach.**
 - Focus on sharp strong grab, arms closing over ears with eyes looking towards entry.

Balance Pike

Starting in a seated tuck position with hands mid-way down shins, diver balance on their backside and raises legs into a balanced pike position. Diver wraps arms behind knees, with arms parallel to each other, to show a tight, tall pike position with relaxed shoulder for 5 seconds. Focus here on straight knees, legs together, pointed toes and flat pike position. Diver then extends arms to strong crucifix position maintain balance and deep pike shape with relaxed shoulders and holds for 5 seconds with a controlled return to the starting tuck position.

Sitting Straddle Shape

Legs start apart at greater than 90 degrees with arms extended straight behind diver's ears. Diver is to fold and lower into straddle position with hands/arms reaching forward, pressing the stomach flat to the ground for 5 seconds. Focus on straight knees remaining towards the ceiling, pointed toes and flat back in straddle position. Divers must then return to starting position showing strength and control. Divers will be deducted according to the assessor's opinion if control back to starting position isn't shown.

Balance Skills

Headstand Sequence:

Divers should start with a good triangular support between the head (top of head) and hands. Straddle press into the headstand (knees locked, toes pointed), hold a straight headstand line for 5 seconds (chest and stomach tight, glutes squeezed, legs locked & toes pointed). Then lower the legs in pike position (knees locked, toes pointed) while keeping control, touch the pointed toes to the floor and raise the legs back up to the straight headstand hold for 5 seconds. Lower the legs in a tuck shape to a kneeling position.

Forward Roll to Single Leg Stand Up (each leg):

Starting in a straight standing position with arms stretched above the head (showing posture). Perform x1 forward tuck roll into a single leg stand up. Raise to standing with the extended leg at 90 degrees, with the arms in T. Hands should not touch the floor on stand up. If the diver cannot raise to standing with the leg at 90, or the divers wobbles and takes a step, be sure to finish in a balanced 90-degree position with good form. The diver will then be instructed to return to the starting position and perform on the opposite leg.

Push Up Sequence:

Start in a front support position - shoulders depressed and body aligned. Hold front support position for 5 seconds. Use the arms to lower the body until the upper arm is parallel to the ground (be sure to keep length in the neck, flat from shoulders to hips and try to not allow the stomach or head to drop at any stage). Hold this position for 5 seconds. Return to front support. Lift 1 knee to the elbow on the same side showing the position, return to front support and repeat on the other side (try to keep hips level and focus of the leg being the only moving part, avoid rotating or twisting through the hips or spine). Perform x3 push ups achieving ideal range and maintaining correct front support posture. Return to front support position. Lift 1 leg from the ground to a parallel line from the floor (try keep hips level, create movement through the glutes so the trunk position remains still) showing stationary steady balance and repeat on opposite leg. Return to front support position and hold this shape for 5 seconds.

Press to Handstand Hold:

Divers can tuck, pike or straddle press to handstand. The handstand hold will be awarded a maximum of 10 points, 1 point for every completed second the handstand is held. Divers will also receive a score for the form of the handstand and control of the press:

- **Form of the handstand:** straight handstand line (head in, chest in, glutes in, legs in line), knees locked, toes pointed.
- **Control of the press:** slow, steady and in control when lifting legs off the floor and into the handstand line, with ideal form (body posture & lines).

A hop to start the press will incur a deduction at the discretion of the assessors. A walk on a hand ends the skill - if this happens before the feet are together and fully extended above then 0 points are given. The handstand hold starts when the diver is in the handstand position. After performing 1 attempt of the press to handstand hold, the diver can choose if they would like a second attempt. If a second attempt is chosen, the first attempt will be overlooked meaning the second attempt will be scored only.

Drills Station

L Sit Hold:

Starting L sit position lift legs off the floor to parallel and hold for 10 seconds. Hands are to start by hips lifting the body off the floor to create a compressed pike position. Focus on long leg line with extended knees, legs together and pointed toes. (If the position is not held for 10 seconds the skill will receive 0 points).

Pike Up Sequence:

Start in a laying position on the back with arms overhead. Diver to show 5 controlled pike ups, where

hands touch the toes at the peak of the pike up, whilst keeping arms aligned behind the ears. On the last pike up perform an entry line up, either wide or narrow arm path is acceptable. Deductions made for lack of form, quality, and shape.

Tuck Kick Out's:

Diver starts in a tuck position on raised box or diving board with shoulder on edge. 5 tuck kick outs imitations are performed with a 10 second dish position held on the 5th repetition. Focus on dynamic movement, strong dish shape during the imitations with relaxed shoulders, elbows extended, hands on thighs, looking at feet whilst in dish position. Divers should complete the kick out after the dish hold on the 5th repetition.

Front Somersault Tuck 11/U (102C):

Front sault tuck is performed from a box/platform onto a crash mat landing on feet (box and crash mat are at level position). Focus on posture, hips and ribs aligned, arms behind ears, neutral head position with eyes looking down and in front. Strong ankle pop on jump, small tuck shape with hands mid-way down shins. Diver should show controlled landing with no other body part touching the mat, feet can be hip width apart with no deduction. Divers will be deducted for not demonstrating a controlled landing at assessors discretion.

Front Somersault Pike to Seat Drop 12/13 (102B)

Diver starts standing in front of crash mat (i.e. floor/ground level) and performs a front sault pike up to mat, finishing with arms wide in crucifix position, hands in line with shoulders. Focus on posture, hips and ribs aligned, arms behind ears, neutral head position with eyes looking down and in front. Compressed pike position, legs together, thumbs facing where you are looking, straight knees, toes pointed, and eyes looking over toes. When landing the full leg is to hit the mat – not rolling hips to feet, landing fully on the mat.

Standing Required Twist Imitation

Diver is to complete *either* a front full twist imitation or back half twist imitation.

1. 5122D

- Diver is to start in T position and perform full arm swing. Diver to perform a heel flick with one leg before re-joining feet together before commencing the twist. Throw narrow to wide arms before diver wraps into twist. Full twist to be performed, spinning on one foot before checking to starting T position with windmill arms. Focus on tight twisting position with head in neutral position. Skill can be performed on hard floor.

2. 5221D

- Diver is to start in T position and perform full arm swing. Diver to demonstrate layout through foot lift to show set prior to re-joining feet before the half twist. Diver performs a half twist to face opposite direction, finishing in T position with head neutral.

Pool Skills:

The pool skills cover fundamental components of diving including: board rhythm, springboard take off technique, come out and entry quality. The water event is broken into two halves which will run as simultaneous events: 1 Metre Skills and 3 Metre Skills.

General notes on water skills:

- All forward and reverse skills must be performed from a 3- bounce take off. Three (3) full armswing bounces must be demonstrated on the end of the diving board before leaving the board on the 3rd bounce. Divers may choose to perform the reverse dive from standing with 2-part armswing takeoff as per rules outlined below.

- All inward & backward springboard takeoffs must be the 2-part armswing takeoff. Divers MUST perform this takeoff with the specific technique. This take off must only have a maximum of four (4) ankle rocks before arms commence the armswing. If a diver has chosen to use the standing 301C option divers must also demonstrate the 2-part armswing takeoff.
- All feet first entries must land with hands extended above the head.
- All dives are awarded degree of difficulties as seen in brackets below. On 1 Metre, divers may substitute a 3-bounce 301C with either a 3-bounce 100B or Standing 301C. On 3 Metre platform divers may substitute a 201C with 200C. Both of these jumps substitute options will be awarded a degree of difficulty of 0.7 whilst the standing 301C will be awarded a degree of difficulty of 1.3.
- The sitting pike entry (11B) must begin in a closed pike shape before opening to a T position before commencing the roll off the board (arms in T position in stationary pike shape prior to rolling off the board). Stationary steady balance must be shown in the sitting pike shape before commencing the roll.

<u>1M SPRINGBOARD SKILLS</u>	<u>3M SPRINGBOARD SKILLS</u>	<u>3M PLATFORM SKILLS</u>
200C (1.0)	10A (1.0)	101C (1.4)
3- Bounce 100A (1.0)	11B (1.0)	201C (1.7) or 200C (0.7)
3- Bounce 101C (1.2)	20A (1.0)	
401C (1.4)	20C (1.0)	
201C (1.5)		
3- Bounce 301C (1.6) or Standing 301C (1.3) or 3- Bounce 100B (0.7)		

Selection (selection into State Talent Squad (STS))

Each state will have a selection criteria to select their State Talent Squad (STS) who will travel and represent their state at the National Skills Final. The State Talent Squad will be selected by the high-performance coaches. Up to five (5) divers will be selected from each age category. The five divers should include one (1) boy where possible (i.e a maximum of four (4) girls per age category).

National Skills Final (NSF)

This is a nationally run event by Diving Australia. This event will run off the back of the Australian Elite Junior Championships which is held around June/July each year. The State Talent Squads from each state may travel to the elite junior nationals to watch the final days of competition.

All the competitions will run simultaneously (dryland skills will rotate between the three (3) stations and the 1M & 3M events will be run simultaneously. Then a switch of age groups will occur.

There will be awards for the top 3 placing for each age group in the following categories:

- Dryland
- Water
- Overall

From the results at the National Skills Final the top performing athletes may be selected into the National Talent Squad (NTS).

4. AUSTRALIAN AGE CHAMPIONSHIPS

For all age groups - no dive of the same number may be repeated

11 Yrs & Under - Boys			
Boy's 1 metre springboard	Final	125	3 dives with limit from different groups (total DD 5.4) + 3 dives without limit, each from a different group
Boy's 3 metre springboard	Final	125	3 dives with limit from different groups (total DD 5.4) + 3 dives without limit, each from a different group
Boy's Platform (5m)	Final	90	2 dives with limit from different groups (total DD 3.6) + 2 dives without limit, each from a different group
11 Yrs & Under - Girls			
Girl's 1 metre springboard	Final	140	3 dives with limit from different groups (total DD 5.4) + 3 dives without limit, each from a different group
Girl's 3 metre springboard	Final	130	3 dives with limit from different groups (total DD 5.4) + 3 dives without limit, each from a different group
Girl's Platform (5m)	Final	80	2 dives with limit from different groups (total DD 3.6) + 2 dives without limit, each from a different group
12-13 years - Boys			
Boy's 1 metre springboard	Final	150	3 dives with limit from different groups (total DD 5.4) + 3 dives without limit, each from a different group
Boy's 3 metre springboard	Final	145	3 dives with limit from different groups (total DD 5.4) + 3 dives without limit, each from a different group
Boy's Platform (5m)	Final	120	3 dives with limit from different groups (total DD 5.4) + 2 dives without limit, each from a different group
12-13 years - Girls			
Girl's 1 metre springboard	Final	155	3 dives with limit from different groups (total DD 5.4) + 3 dives without limit, each from a different group
Girl's 3 metre springboard	Final	145	3 dives with limit from different groups (total DD 5.4) + 3 dives without limit, each from a different group
Girl's Platform (5m)	Final	120	3 dives with limit from different groups (total DD 5.4) + 2 dives without limit, each from a different group
14-15 Years - Boys			
Boy's 1 metre springboard	Final	185	4 dives with limit from different groups (total DD 7.6) + 3 dives without limit, each from a different group
Boy's 3 metre springboard	Final	180	4 dives with limit from different groups (total DD 7.6) + 3 dives without limit, each from a different group
Boy's Platform (5m & 7.5m)	Final	150	3 dives with limit from different groups (total DD 5.4) + 3 dives without limit, each from a different group

14-15 Years - Girls			
Girl's 1 metre springboard	Final	195	4 dives with limit from different groups (total DD 7.6) + 3 dives without limit, each from a different group
Girl's 3 metre springboard	Final	190	4 dives with limit from different groups (total DD 7.6) + 3 dives without limit, each from a different group
Girl's platform (5m & 7.5m)	Final	155	3 dives with limit from different groups (total DD 5.4) + 3 dives without limit, each from a different group
16-18 Years - Boys			
Boy's 1 metre springboard	Final	225	4 dives with limit from different groups (total DD 7.6) + 4 dives without limit, each from a different group
Boy's 3 metre springboard	Final	225	4 dives with limit from different groups (total DD 7.6) + 4 dives without limit, each from a different group
Boy's platform	Final	195	4 dives with limit from different groups (total DD 7.6) + 3 dives without limit, each from a different group
16-18 Years - Girls			
Girl's 1 metre springboard	Final	220	4 dives with limit from different groups (total DD 7.6) + 4 dives without limit, each from a different group
Girl's 3 metre springboard	Final	225	4 dives with limit from different groups (total DD 7.6) + 4 dives without limit, each from a different group
Girl's platform	Final	180	4 dives with limit from different groups (total DD 7.6) + 3 dives without limit, each from a different group
19-24 Years – Men and Women			
1 metre springboard	Final	190	2 dives with limit from different groups (total DD 3.6) + 5 dives without limit, from 4 different groups
3 metre springboard	Final	200	2 dives with limit from different groups (total DD 3.6) + 5 dives without limit, from 4 different groups
Platform	Final	150	2 dives with limit from different groups (total DD 3.6) + 4 dives without limit, from 3 different groups
25-34 Years – Men & Women			
1 metre springboard	Final	160	Any 6 dives
3 metre springboard	Final	160	Any 6 dives
Platform	Final	125	Any 5 dives
35- 49 Years – Men & Women			
1 metre springboard	Final	125	Any 5 dives
3 metre springboard	Final	125	Any 5 dives
Platform	Final	100	Any 4 dives

50+ Years – Men & Women			
1 metre springboard	Final	100	Any 4 dives
3 metre springboard	Final	100	Any 4 Dives
Platform	Final	75	Any 3 Dives

NOTES – AUSTRALIAN AGE CHAMPIONSHIPS:

- (a) The DA National Age Championship qualifying standards apply for qualification to compete in national championships ONLY.
- (b) These qualifying standards must be achieved in a NATIONAL EVENT, STATE CHAMPIONSHIPS or STATE ADVERTISED QUALIFYING EVENT.
- (c) The synchronised events will be conducted for divers 13 years and under, 14/18 years and 19 years and over on the **3-metre springboard only**. All divers must dive in their appropriate age group. No diver may compete in an older age group.
- (d) Athletes must compete in an individual event to be eligible to compete in the synchronised event. DA will consider special consideration requests to dive synchronised only, provided at least one member of the pair has qualified for an individual event.
- (e) Synchronised Diving Conditions for all age groups – 2 dives @ 2.0 each + 2 dives from 3 different groups.
- (f) The WINNER of any Age Group Individual event will automatically be eligible to compete in the Elite Junior Nationals in the same year.