

Novice Springboard Rules

Event Rule

7 & Under Girls and Boys 1m and 3m Novice

Divers shall perform any 3 dives using true DD for all dives.

Event Rule

9 & Under Girls and Boys 1m and 3m Novice

Front (100a,b,c) and back jump (200 a,b,c) with DD of 1.0 plus any 3 dives with true DD from at least 2 different groups

Event Rule

10-11 Girls and Boys 1m Novice

Front (100a,b,c) and back (200 a,b,c) jump with DD of 1.0 plus any 3 dives with true DD from at least 2 different groups.

Event Rule

10-11 Girls and Boys 3m Novice

Front (100a,b,c) and back (200 a,b,c) jump and front line-up (001 a,b,c,d) with DD of 1.0 plus any 3 dives with true DD from at least 2 different groups.

Event Rule

12-13 Girls and Boys 1m Novice

Front (100 a,b,c) and back (200 a,b,c) jump with DD of 1.0 followed by 101 (a,b or c) plus 3 optional dives from different groups with true dd on any dive.

Event Rule

12-13 Girls and Boys 3m Novice

Front (100 a,b,c) and back (200 a,b,c) jump and 001 (a,b,c,d) with DD of 1.0 followed by 101 (a,b or c) plus 3 optional dives from different groups with true on any dive.

Event Rule

14-18 Girls and Boys 1m Novice

Front (100 a,b,c) and back (200 a,b,c) jump with DD of 1.0 followed by 5 dives from 3 different groups using true DD with no more than two dives from one group.

Event Rule

14-18 Girls and Boys 3m Novice

Front (100 a,b,c) and back (200 a,b,c) jump and front line-up (001 a,b,c,d) with DD of 1.0 followed by 5 dives from 3 different groups using true DD with no more than two dives from one group.

