

## **Diving New Zealand**

### **Qualifying Standards for National and International Competitions**

1. The tables on the following pages outline the dives that divers are required to perform for national and international competitions.
2. For events under FINA rules, the Qualifying Standards must be read in conjunction with the FINA Dive Rules for details on dive requirements. For all other events, the Qualifying Standards must be read in conjunction with the DNZ Rules & Regulations.
3. The Development and Technical Committees will review on a yearly basis the qualifying standards and submit any recommendations for the Board's consideration by 1 September, or as agreed to by the Development and Technical Committees, and the DNZ Board.

#### **National Competitions**

4. To be considered to compete at DNZ events, divers must be able to perform the dives required for the relevant event. The Development Committee, in consultation with the head coaches of each club, will recommend the divers for each event.

#### **International Competitions**

5. Refer to the document "DNZ\_Reference and Qualifying Points for International Competitions".
6. For international competitions, divers who reach the qualifying points are automatically eligible to compete at overseas events (excluding the Olympic Games, Commonwealth Games and World University Games).
7. For divers who do not reach the qualifying points, the Development Committee, in consultation with head coaches of each club will nominate divers to the Selectors. The Selectors will then review the nominations and make a recommendation to the DNZ Board who will confirm selection.
8. Qualifying points/criteria may be set by the hosting country/event organisers. In these cases, divers must meet these requirements.

[scroll down to the tables]

## Boys Age Group

Group	Board	Boys Junior Elites (FINA) Age Group Dives	Boys NZ Age Group Dives	Boys PSG and ASG Dives	
<b>A</b>  16-18 years (Born 2000, '01 & '02)	1 metre	<b>10 dives total</b>	<b>8 dives total</b>	<b>16 years: 8 dives total</b>	<b>17 years: 9 dives total</b>
	3 metre	5 dives@9.0 + 5 unlimited dives (5 groups)	4 dives@7.6 + 4 unlimited dives	4 dives@7.6 + 4 unlimited dives	5 dives@9.5 + 4 unlimited dives
	Platform	<b>9 dives total</b> 4 dives@7.6 + 5 (6 groups)	<b>7 dives total</b> 4 dives@7.6 + 3 unlimited dives	<b>17-19 years: 6 dives total</b> 3 dives@5.4 + 3 unlimited dives (5m and/or 7.5m and/or 10m)	
	Synchro 3 metre (A/B)	<b>Group A/B combined</b>	<b>TBC</b>		
	Synchro Platform (A/B)	<b>5 dives total</b> 2 dives@2.0 + 3 unlimited dives (4 groups+)			
	Mixed team event (A/B)	<b>Group A/B Combined</b> <b>5 dives total</b> No limit, 4 groups+ 2-4 divers from both genders, age groups A&B 3x individual dives from 1m, 3m and platform, 2x mixed synchro dives from 1m and 3m	—	—	
<b>B</b>  14-15 years (Born 2003 & 2004)	1 metre	<b>9 dives total</b>	<b>7 dives total</b>	<b>14 years: 6 dives total</b>	<b>15 years: 7 dives total</b>
	3 metre	5 dives@9.0 + 4 unlimited dives (5 groups)	4 dives@7.6 + 3 unlimited dives	3 dives@5.4 + 3 unlimited dives	4 dives@7.6 + 3 unlimited dives
	Platform	<b>8 dives total</b> 4 dives@7.6 + 4 (5 groups+)	<b>6 dives total</b> 3 dives@5.4 + 3 unlimited dives	<b>15-16 years: 6 dives total</b> 3 dives@5.4 + 3 unlimited dives (5m and/or 7.5m and/or 10m)	
	Synchro 3 metre (A/B)	<b>Group A/B combined:</b>			
	Synchro Platform (A/B)	<b>5 dives total</b> 2 dives@2.0 + 3 unlimited dives (4 groups+)	<b>TBC</b>		
	Mixed team event (A/B)	<b>Group A/B Combined:</b> <b>5 dives total</b> No limit, 4 groups+ 2-4 divers from both genders, age groups A&B 3x individual dives from 1m, 3m and platform, 2x mixed synchro dives from 1m and 3m	—	—	
<b>C</b>  12-13 years (Born 2005 & 2006)	1 metre	<b>8 dives total</b>	<b>6 dives total</b>	<b>12 &amp; 13 years: 5 dives total</b>	
	3 metre	5 dives@9.0 + 3 unlimited dives (5 groups)	3 dives@5.4 + 3 unlimited dives	3 dives@5.4 + 2 unlimited dives	
	Platform	<b>7 dives total</b> 4 dives@7.6 + 3 unlimited dives (4 groups+)	<b>5 dives total</b> 3 dives@5.4 + 2 unlimited dives	<b>13-14 years: 5 dives total</b> 3 dives@5.4 + 2 unlimited dives (5m and/or 7.5m)	
	Synchro 3 metre (C/D)	<b>13 &amp; Under:</b>	<b>TBC</b>		
	Synchro Platform (C/D)	<b>4 dives total</b> 2 dives@2.0 + 2 unlimited dives (3 groups+)			
<b>D</b>  11 years & under (Born 2007 & younger)	1 metre	—**	<b>5 dives total</b>	<b>10-11 years: 4 dives total</b>	
	3 metre		3 dives@5.4 + 2 unlimited dives	2 dives@3.6 + 2 unlimited dives	
	Platform	—**	<b>4 dives total</b>	<b>10-12 years : 4 dives total</b>	
	Synchro 3 metre (C/D)		2 dives@3.6 + 2 unlimited dives	2 dives@3.6 + 2 unlimited dives (5m only)	
	Synchro Platform (C/D)	—**			

N.B. Dives with limits **must** be from different groups.

Text in blue – differences between the boys and girls requirements

\* For an explanation of the full requirements, refer to the FINA Diving Rules

## Girls Age Group

Group	Board	Girls			
		Junior Elites (FINA) Age Group Dives	NZ Age Group Dives		
<b>A</b>  16-18 years (Born 2000, '01 & '02)	1 metre	<b>9 dives total</b>	<b>8 dives total</b>	<b>16 years: 8 dives total</b>	<b>17 years: 9 dives total</b>
	3 metre	5 dives@9.0 + 4 unlimited dives (5 groups)	4 dives@7.6 + 4 unlimited dives	4 dives@7.6 + 4 unlimited dives	5 dives@9.5 + 4 unlimited dives
	Platform	<b>8 dives total</b> 4 dives@7.6 + 4 (5 groups+)	<b>7 dives total</b> 4 dives@7.6 + 3 unlimited dives	<b>17-19 years: 6 dives total</b> 3 dives@5.4 + 3 unlimited dives (5m and/or 7.5m and/or 10m)	
	Synchro 3 metre (A/B)	<b>Group A/B combined</b>	<b>2+2?</b>		
	Synchro Platform (A/B)	<b>5 dives total</b> 2 dives@2.0 + 3 unlimited dives (4 groups+)			
	Mixed team event (A/B)	<b>Group A/B Combined</b> <b>5 dives total</b> No limit, 4 groups+ 2–4 divers from both genders, age groups A&B 3x individual dives from 1m, 3m and platform, 2x mixed synchro dives from 1m and 3m	—	—	
<b>B</b>  14-15 years (Born 2003 & 2004)	1 metre	<b>8 dives total</b>	<b>7 dives total</b>	<b>14 years: 6 dives total</b>	<b>15 years: 7 dives total</b>
	3 metre	5 dives@9.0 + 3 unlimited dives (5 groups)	4 dives@7.6 + 3 unlimited dives	3 dives@5.4 + 3 unlimited dives	4 dives@7.6 + 3 unlimited dives
	Platform	<b>7 dives total</b> 4 dives@7.6 + 3 (5 groups+)	<b>6 dives total</b> 3 dives@5.4 + 3 unlimited dives	<b>15-16 years: 6 dives total</b> 3 dives@5.4 + 3 unlimited dives (5m and/or 7.5m and/or 10m)	
	Synchro 3 metre (A/B)	<b>Group A/B combined:</b>			
	Synchro Platform (A/B)	<b>5 dives total</b> 2 dives@2.0 + 3 unlimited dives (4 groups+)			
	Mixed team event (A/B)	<b>Group A/B Combined:</b> <b>5 dives total</b> No limit, 4 groups+ 2–4 divers from both genders, age groups A&B 3x individual dives from 1m, 3m and platform, 2x mixed synchro dives from 1m and 3m	—	—	
<b>C</b>  12-13 years (Born 2005 & 2006)	1 metre	<b>7 dives total</b>	<b>6 dives total</b>	<b>12 &amp; 13 years: 5 dives total</b>	
	3 metre	5 dives@9.0 + 2 unlimited dives (5 groups)	3 dives@5.4 + 3 unlimited dives	3 dives@5.4 + 2 unlimited dives	
	Platform	<b>6 dives total</b> 4 dives@7.6 + 2 unlimited dives (4 groups+)	<b>5 dives total</b> 3 dives@5.4 + 2 unlimited dives	<b>13-14 years: 5 dives total</b> 3 dives@5.4 + 2 unlimited dives (5m and/or 7.5m)	
	Synchro 3 metre (C/D)	<b>13 &amp; Under:</b>	<b>2+2</b>		
	Synchro Platform (C/D)	<b>4 dives total</b> 2 dives@2.0 + 2 unlimited dives (3 groups+)			
<b>D</b>	1 metre	—**	<b>5 dives total</b>	<b>10-11 years: 4 dives total</b>	
	3 metre		3 dives@5.4 + 2 unlimited dives	2 dives@3.6 + 2 unlimited dives	
	Platform	—**	<b>4 dives total</b>	<b>10-12 years : 4 dives total</b>	

11 years & under (Born 2007 & younger)			2 dives@3.6 + 2 unlimited dives	2 dives@3.6 + 2 unlimited dives (5m only)
	Synchro 3 metre (C/D)	_**	—	—
Synchro Platform (C/D)				

N.B. Dives with limits **must** be from different groups.

*Text in orange* – differences between the girls and boys requirements

\* For an explanation of the full requirements, refer to the FINA Diving Rules

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## Mens and Womens Open

Board	Mens FINA Opens*	Womens FINA Opens*
1 metre	<i>6 dives total</i> No limit (5 groups)	<i>5 dives total</i> No limit (5 groups)
3 metre		
Platform	<i>6 dives</i> No limit (6 groups)	
Synchro – 3 metre	<i>6 dives total</i> 2 dives@2.0 + 4 unlimited dives (5 groups)	<i>5 dives total</i> 2 dives@2.0 + 3 unlimited dives (5 groups)
Synchro – Platform		
Mixed Synchro – 3 metre	<i>5 dives total</i> 2 dives@2.0 + 3 unlimited dives (5 groups)	
Mixed Synchro – Platform		
Team Event	<i>6 dives</i> (6 groups, 2 dives@2.0 + 4 unlimited dives) 1x female diver (3 dives, at least one dive from 3m and 10m platform) 1x male diver (3 dives, at least one dive from 3m and 10m platform) 3x dives from 3m, 3x dives from 10m platform Female diver and male diver must each perform one of the 2.0 limit dives from any height Each diver must perform at least 1 dive from 3m and 10m platform	

*Text in blue and orange* – differences between the mens and womens requirements

\* For an explanation of the full requirements, refer to the FINA Diving Rules

## National Skills

LEVEL 1		
Poolside	1 metre	3 metre
Push dive three bubble entry	100A part arm swing	100A part arm swing
Crouching back dive	100B part arm swing	100B part arm swing
Forward wedge	100C part arm swing	100C part arm swing
Extended back pike fall	200C part arm swing	200A part arm swing
Back jump ½ twist	020A hands grabbed	010B standing hands grabbed
LEVEL 2		
1 metre	3 metre	Platform
100A with hurdle	010A	100A
100B with quad bounce	010B (sitting wrapped)	100B
200A (from T with 3 rocks)	010C	100C (from T, lift and swing)
200B (from T with 3 rocks)	020A	200A
101C with double bounce	020C	200C (from T, lift and swing)
LEVEL 3		
1 metre	3 metre	Platform
101B with quad bounce	101B with double bounce	010A
101C with hurdle	101C with double bounce	010B
201C	401C	010C
401C	020B closed	020A
102C with double bounce	020A with jump, arms down	020C
LEVEL 3 SYNCHRO		
1 metre	3 metre	
101B	101B	
401C	401C	
201C	020A hands grabbed	

## **Jumps**

### **Level 1:**

1. All jumps are to be performed with a part arm swing, that starts with arms above the head and swings back to arms above the head on take-off.

### **Level 2 and level 3:**

2. All jumps and back take offs are to be performed with a full arm swing that starts with arms in a T position. Diver's arms will move from 'T' position to arms above shoulder height followed by an arm swing. On a springboard, divers must use between 3-5 ankle rocks to achieve timing with the board, on platform there are no rocks. Jumps should be about an extended arms-length away from the board.

### **Quad bounce jump**

- Divers will commence their quad bounce jump approximately a foot length away from the end of the board
- On each bounce the diver's arms will:

First bounce: arms can initiate movement by moving in front of the hips

Second bounce: swing backwards to be behind hips aiming for parallel to the board board

Third bounce: swing in front of the body to the **reach** position and hold

Fourth bounce: full arm circle swing back to reach position – divers should swing from the fingertips

### **Double bounce jump**

- Diver's arms should start slightly back , (prior to commencing bounce) then up to reach (first bounce), followed by an arm swing (second bounce). This is effectively the third and fourth bounces of the Quad bounce described above

Document Management

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