

**DNZ 2026 Qualifying Standards**

	<b>NZ Champs N/A in 2026</b>	<b>World Aquatics Rules (D3 &amp; DAG 1, 2, 3)</b>	<b>Australian Open</b>	<b>WAQ Recognised / Universiade Commonwealth Champs</b>	<b>World Champs</b>
			Pts (min DD)	Pts (min DD)	Pts (min DD)
<b>Open Men</b>					
1 Metre	230	6 dives, unlimited DD from 5 groups <i>Aust. 275 (15.4)</i>	275(15.1)	300 (16.0)	330 (16.2)
3 Metre	245	6 dives, unlimited DD from 5 groups <i>Aust. 300 (17.8)</i>	340 (16.5)	340 (16.5)	360 (18.9)
Platform (5m/7.5/10m)	230	6 dives, unlimited DD from 6 groups <i>Aust. 280 (17.0)</i>	340 (16.5)	340 (16.5)	360 (18.7)
Mens 3m Synchro	230 (10.0)	2 dives, each worth 2.0, 4 dives from different groups 5 different groups used	320	320	350
Mens 10m Synchro	230 (10.0)	2 dives, each worth 2.0, 4 dives from different groups 6 different groups used	320	320	350
<b>Open Women</b>					
1 Metre	180	5 dives, unlimited DD from 5 groups <i>Aust. 200 (11.8)</i>	200 (12)	230(12.1)	235 (12.1)
3 Metre	190	5 dives, unlimited DD from 5 groups <i>Aust. 240 (13.7)</i>	230 (13.1)	230 (13.1)	260 (14.1)
Platform (5m/7.5/10m)	170	5 dives, unlimited DD from 5 groups <i>Aust. 235 (13.5)</i>	230 (13.1)	230 (13.1)	260 (13.9)
Womens 3m Synchro	170 (6.6)	2 dives, each worth 2.0, 3 dives from different groups 5 different groups used	230	230	250
Womens 10m Synchro	170 (6.6)	2 dives, each worth 2.0, 3 dives from different groups 5 different groups used	230	230	250
Mixed 3m Synchro		2 dives, each worth 2.0, 3 dives from different groups 5 different groups used			250
Mixed 10m Synchro		2 dives, each worth 2.0, 3 dives from different groups 5 different groups used			250
Mixed Team Event					300
			<b>Australian Age Champs</b>	<b>Australian Elite Juniors</b>	<b>World Juniors (Changes from 2025)</b>
<b>Group A Boys</b>		16-18 years on 31 Dec in year of the competition			
1 Metre	320	5 dives limited to 9.0 (5 groups used) + 5 dives unlimited (5 groups used)	225 (4+4)	375	425 445 (12.2) (13.3)
3 Metre	340	5 dives limited to 9.5 (5 groups used) + 5 dives unlimited (5 groups used)	225 (4+4)	430	455 455 (13.5) (15.1)
Platform (5m/7.5/10m)	285	4 dives limited to 7.6 + 5 dives unlimited (6 groups used overall)	195 (4+3)	385	420 470 (13) (15.5)
14-18 Synchronised 3m	175	2 dives, each worth 2.0 + 3 dives from different groups 3 different groups used		215	260 245 (8.8)
14-18 Synchronised P/form	175	2 dives, each worth 2.0 + 3 dives from different groups 3 different groups used	N/A	215	N/A 260 (8.7)
<b>Group A Girls</b>		16-18 years on 31 Dec in year of the competition			
1 Metre	320	5 dives limited to 9.0 (5 groups used) + 4 dives unlimited	220 (4+4)	327	350 350 (9.1) (9.5)
3 Metre	340	5 dives limited to 9.5 (5 groups used) + 4 dives unlimited	225 (4+4)	365	380 365 (10.3) (10.5)
Platform (5m/7.5/10m)	285	4 dives limited to 7.6 + 4 dives unlimited (5 groups used overall)	180 (4+3)	318	335 335(9.8) (10.9)
14-18 Synchronised 3m	160	2 dives, each worth 2.0 + 3 dives from different groups 3 different groups used	00. (2+3)	215	230 230 (7.5)
14-18 Synchronised P/form	160	2 dives, each worth 2.0 + 3 dives from different groups 3 different groups used	N/A	215	N/A 230 (7.9)
<b>Group B Boys</b>		14-15 years on 31 Dec in year of the competition			
1 Metre	260	5 dives limited to 9.0 (5 groups used) + 4 dives unlimited (4 groups used)	185 (4+3)	300	340 350 (9.3) (9.7)
3 Metre	280	5 dives limited to 9.5 (5 groups used) + 4 dives unlimited (4 groups used)	180 (4+3)	322	380 380 (10.7) (11.1)
Platform (5m/7.5/10m)	230	4 dives limited to 7.6 + 4 dives unlimited (5 groups used overall)	150 (3+3)	288	350 330 (10.2) (10.3)
<b>Group B Girls</b>		14-15 years on 31 Dec in year of the competition			
1 Metre	260	5 dives limited to 9.0 (5 groups used) + 3 dives unlimited (4 groups used)	195 (4+3)	265	290 275 (7.1)
3 Metre	280	5 dives limited to 9.5 (5 groups used) + 3 dives unlimited 4 groups used)	190 (4+3)	284	300 310 (7.5)
Platform (5m/7.5/10m)	230	4 dives limited to 7.6 + 3 dives unlimited (5 groups used overall)	155 (3+3)	250	280 290 (7.5) (7.9)
<b>Group C Boys</b>		12-13 years on 31 Dec in year of the competition		*	
1 Metre	215	5 dives limited to 9.0 (5 groups used) + 3 dives unlimited (3 groups used)	150 (3+3)	240 4+1+3	
3 Metre	230	5 dives limited to 9.5 (5 groups used) + 3 dives unlimited (3 groups used)	145 (3+3)	256 4+1+3	

13/u Platform (5m/7.5m)	185	4 dives limited to 7.6 (4 groups used) + 3 dives unlimited (3 groups used)	120 (3+2)	244 3+1+3
13/u Synchronised 3m	110	2 dives, each worth 2.0 + 2 dives from different groups 2 different groups used	00. (2+3)	190 (2+3)
13/u Synchronised P/form	110	2 dives, each worth 2.0 + 2 dives from different groups 2 different groups used	N/A	N/A
		<i>* special rules, refer to long copy of Australian Elite Junior Championship Qualification Standards</i>		
<b>Group C Girls</b>		12-13 years on 31 Dec in year of the competition		*
1 Metre	215	5 dives limited to 9.0 (5 groups used) + 3 dives unlimited (3 groups used)	155 (3+3)	240 4+1+3
3 Metre	230	5 dives limited to 9.5 (5 groups used) + 3 dives unlimited (3 groups used)	145 (3+3)	256 4+1+3
13/u Platform (5m/7.5m)	185	4 dives limited to 7.6 (4 groups used) + 3 dives unlimited (3 groups used)	120 (3+2)	244 3+1+3
13/u Synchronised 3m	110	2 dives, each worth 2.0 + 2 dives from different groups 2 different groups used	00. (2+3)	190 (2+3)
13/u Synchronised P/form	110	2 dives, each worth 2.0 + 2 dives from different groups 2 different groups used	N/A	N/A
		<i>* special rules, refer to long copy of Australian Elite Junior Championship Qualification Standards</i>		
<b>Group D Boys/Girls</b>		11 & Under years on 31 Dec in year of the competition	<i>Boys/Girls</i>	*
1 Metre	125	4 dives from selected list (4 groups used) + 3 dives unlimited (3 groups used)	125/140 (3+3)	156 4+2
3 Metre	125	4 dives from selected list (4 groups used) + 3 dives unlimited (3 groups used)	125/130 (3+3)	168 4+2
Platform (5m only)	100	3 dives from selected list (3 groups used) + 3 dives unlimited (3 groups used)	90/80 (2+2)	168 4+2
		<i>* special rules, refer to long copy of Australian Elite Junior Championship Qualification Standards</i>		
<b>19-24 Men/Women</b>		19-24 years on 31 Dec in year of the competition	<i>Men/Women</i>	
1 Metre		2 dives limited to 3.6 (2 groups used) + 5 dives unlimited (4 groups used)	190	
3 Metre		2 dives limited to 3.6 (2 groups used) + 5 dives unlimited (4 groups used)	200	
Platform		2 dives limited to 3.6 + 4 dives unlimited (3 groups used)	150	
19/over Synchronised 3m		2 dives @ 2.0 each + 2 dives from 3 different groups.	0	