

Diving South Australia Competition Levels							As of April 2024
LEVEL	SPRINGBOARD			PLATFORM			
1 Assigned 1.2 DD	1m	1100 A	Forward jump straight	3m	1100 A	Forward jump straight	
	1m	1200 A	Backward jump straight	3m	1200 A	Backward jump straight	
	1m	1001 B	Forward entry pike	3m	1001 B	Forward entry pike	
2 Assigned 1.4 DD	1m	2200 A/B/C	Backward jump straight/pike/tuck	5m	2100 A	Forward jump straight	
	1m	2101 A	Forward dive straight	5m	2200 A	Backward jump straight	
	3m	2100 A	Forward jump straight	3m	2100 C	Forward jump tuck	
3 Assigned 1.6 DD	5m	2001 C/B	Forward entry tuck/pike	5m	2001 C/B	Forward entry tuck/pike	
	1m	3101 C/B	Forward dive tuck/pike	5m	3001 C	Forward entry tuck	
	1m	3002 A	Backward entry straight	3m	3200 C	Backward jump tuck	
	3m	3100 C/B	Forward jump tuck/pike	3m	3002 A	Backward entry straight	
	3m	3200 A	Backward jump straight	3m	3101 C	Forward dive tuck	
4 Assigned 1.8 DD	3m	3001 A/B/C	Forward entry straight/pike/tuck	3m	3100 C	Forward jump tuck with platform hurdle	
	1m	4201 A	Backward dive straight	5m	4101 C/B	Forward dive tuck/pike	
	1m	4101 C/B	Forward dive tuck/pike (1 bounce)	3m	4401 C	Inward dive tuck	
	1m	4401 C/B	Inward dive tuck/pike	3m	4002 C/B	Backward entry tuck/pike	
	1m	4102 C	Forward somersault tuck	3m	4201 C	Backward dive tuck	
	3m	4002 A	Backward entry straight	1m	4102 C	Forward somersault tuck	
5 DD as per World Aquatics	3m	4101 C/B	Forward dive tuck/pike				
	1m	101 C/B	Forward dive tuck/pike with hurdle	5m	5001 C/B	Forward entry tuck/pike	
	1m	201 C	Backward dive tuck	5m	201 C	Backward dive tuck	
	1m	301 C	Reverse dive tuck	5m	101 C/B	Forward dive tuck/pike	
	1m	401 C/B	Inward dive tuck/pike	5m	401 C/B	Inward dive tuck/pike	
	1m	102/103 C	Forward 1, or 1 1/2 somersault tuck	5m	103 C	Forward 1 1/2 somersault tuck	
	3m	101 C/B	Forward dive tuck/pike				
	3m	5002 C	Backward entry tuck				
	3m	401 C/B	Inward dive tuck/pike				
	3m	201 A/C	Backward dive straight/tuck				
	3m	103 C/B	Forward 1 1/2 somersault tuck/pike				

LEVEL	SPRINGBOARD		PLATFORM
	1m	3m	
6 11/Under National Format	3 @ 5.4 + 3 Opt (3 gps) Boys Qualifying: 125 Girls Qualifying: 140	3 @ 5.4 + 3 Opt (3 gps) Boys Qualifying: 125 Girls Qualifying: 130	5m only - 2 @ 3.6 + 2 Opt (2 gps) Boys Qualifying: 90 Girls Qualifying: 80
7 12/13 National Format	3 @ 5.4 + 3 Opt (3 gps) Boys Qualifying: 150 Girls Qualifying: 155	3 @ 5.4 + 3 Opt (3 gps) Boys Qualifying: 145 Girls Qualifying: 145	5m only - 3 @ 5.4 + 2 Opt (2 gps) Boys Qualifying: 120 Girls Qualifying: 120
8 14/15 National Format	4 @ 7.5 + 3 Opt (3 gps) Boys Qualifying: 185 Girls Qualifying: 195	4 @ 7.6 + 3 Opt (3 gps) Boys Qualifying: 180 Girls Qualifying: 190	5m & 7.5m only - 3 @ 5.4 + 3 Opt (3 gps) Boys Qualifying: 150 Girls Qualifying: 155
9 16-18 National Format	4 @ 7.6 + 4 Opt (4 gps) Boys Qualifying: 225 Girls Qualifying: 220	4 @ 7.6 + 4 Opt (4 gps) Boys Qualifying: 225 Girls Qualifying: 225	4 @ 7.6 + 3 Opt (3 gps) Boys Qualifying: 195 Girls Qualifying: 180
10 19-24	2 @ 3.6 + 5 Opt (4 gps) - Qual: 190	2 @ 3.6 + 5 Opt (4 gps) - Qual: 200	2 @ 3.6 + 4 Opt (3 gps) - Qual: 150
25-34	Any 6 dives - Qual: 160	Any 6 dives - Qual: 160	Any 5 dives - Qual: 125
35-49	Any 5 dives - Qual: 125	Any 5 dives - Qual: 125	Any 4 dives - Qual: 100
50-64	Any 4 dives - Qual: 100	Any 4 dives - Qual: 100	Any 3 dives - Qual: 75
65 +			
Junior D	4 ('01c) + 2 Opt (2 gps) Qualifying: 156	4 ('01c) + 2 Opt (2 gps) Qualifying: 168	5m only - 4 ('01c) + 2 Opt (2 gps) Qualifying: 168
Junior C	4 from list + 1 twist + 3 Opt (3 gps) - Qualifying: 240	4 from list + 1 twist + 3 Opt (3 gps) - Qualifying: 256	5m & 7.5m only - 3 from list + 1 armstand + 3 Opt (3 gps) Qualifying: 224
Junior B Girls	5 @ 9.0 + 3 Opt (3 gps) Qualifying: 265	5 @ 9.5 + 3 Opt (3 gps) Qualifying: 284	4 @ 7.6 + 3 Opt (3 gps) - Qualifying: 250
Boys	5 @ 9.0 + 4 Opt (4 gps) Qualifying: 300	5 @ 9.5 + 4 Opt (4 gps) Qualifying: 322	4 @ 7.6 + 4 Opt (4 gps) - Qualifying: 288
Junior A Girls	5 @ 9.0 + 4 Opt (4 gps) Qualifying: 327	5 @ 9.5 + 4 Opt (4 gps) Qualifying: 365	4 @ 7.6 + 4 Opt (4 gps) - Qualifying: 318
Boys	5 @ 9.0 + 4 Opt (4 gps) Qualifying: 375	5 @ 9.5 + 5 Opt (5 gps) Qualifying: 430	4 @ 7.6 + 5 Opt (5 gps) - Qualifying: 385
Women's Open	5 dives (5 gps) min DD 11.9 - Qualifying: 200	5 dives (5 gps) min DD 13.5 - Qualifying: 250	5 dives (5 gps) min DD 14.0 - Qualifying: 245
World Aqua rules Men's	6 dives (5 gps) min DD 15.1 - Qualifying: 275	6 dives (5 gps) min DD 16.8 - Qualifying: 330	6 dives (6 gps) min DD 17.8 - Qualifying: 318

SYNCHRONISED	3m SPRINGBOARD	PLATFORM
Novice		
1m only	1 jump + 1 '01 dive + 1 Opt - dives and jumps in any position	N/A
Age Group		
All age groups	2 @ 2.0 each + 2 Opt (2 gps)	N/A
Elite Junior		
Group C/D	2 @ 2.0 each + 3 Opt (3 gps) - Qualifying: 190	N/A
Group A/B	2 @ 2.0 each + 3 Opt (at least 4 gps must be used) Qualifying: 215	10m - 2 @ 2.0 each + 3 Opt (at least 4 gps must be used) Qualifying: 215
Open		
Men's	2 @ 2.0 each + 4 Opt (all 5 gps must be used) min DD - 16.1 - Qualifying: 305	2 @ 2.0 each + 4 Opt (at least 5 gps must be used) min DD - 15.8 - Qualifying: 305
Women's	2 @ 2.0 each + 3 Opt (all 5 gps must be used) min DD - 12.3 - Qualifying: 230	2 @ 2.0 + 3 Opt (at least 5 gps must be used) min DD - 12.4 - Qualifying: 235