

# Iowa Games Dive Event Requirements

## Championship

<b>Age 9&amp;Under (Group E)</b> Boys & Girls 3 vols, 1 opt Vols max 1M 5.4, 3m 5.4	<b>Age 10-11 (Group D)</b> Boys & Girls 3 vols, 2 opts Vols max 1M 5.4, 3m 5.4	<b>Age 12-13 (Group C)</b> <b>Girls</b> 5 vols, 2 opts <b>Boys</b> 5 vols, 3 opts Vols max 1M 9.0, 3M 9.5	<b>Age 14-15 (Group B)</b> <b>Girls</b> 5 vols, 3opts <b>Boys</b> 5 vols, 4opts Vols max 1M 9.0, 3M 9.5	<b>Age 16-18 (Group A)</b> <b>Girls</b> 5 vols, 4 opts <b>Boys</b> 5 vols, 5 opts Vols max 1M 9.0, 3M 9.5
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## Novice

<b>Age 9&amp;Under</b> Boys & Girls 5 dives on 1M & 3M Rounds 1 & 2: Forward Jump (100 A/B/C) & Back Jump (200 A/B/C) in any order Rounds 3-5: 3 dives from at least 2 groups DD of 1.0 on all dives
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<b>Age 10-11</b> Boys & Girls 5 dives on <b>1M</b> Rounds 1 & 2: Forward Jump (100 A/B/C) & Back Jump (200 A/B/C) in any order Rounds 3-5: 3 dives from at least 2 groups DD of 1.0 on all dives	<b>Age 10-11</b> Boys & Girls 6 dives on <b>3M</b> Rounds 1 & 2: Forward Jump (100 A/B/C) & Back Jump (200 A/B/C) in any order Rounds 3: Front line-up (001 A/B/C) Rounds 4 -6: 3 dives from at least 2 groups DD of 1.0 on all dives
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<b>Age 12-13</b> Boys & Girls 6 dives on <b>1M</b> Rounds 1 & 2: Forward Jump (100 A/B/C) & Back Jump (200 A/B/C) in any order at 1.0 DD Round 3: Front Dive (101 A/B/C) at 1.8 DD Rounds 4-6: 3 dives from 3 groups with a DD ceiling of 2.3	<b>Age 12-13</b> Boys & Girls 7 dives on <b>3M</b> Rounds 1 & 2: Forward Jump (100 A/B/C) & Back Jump (200 A/B/C) in any order at 1.0 DD Round 3: Front Line-up (001 A/B/C) at 1.0 DD Round 4: Front Dive (101 A/B/C) at 1.9 DD Rounds 5-7: 3 dives from 3 groups with a DD ceiling of 2.4
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<b>Age 14-18</b> Boys & Girls 7 dives on <b>1M</b> Rounds 1 & 2: Forward Jump (100 A/B/C) & Back Jump (200 A/B/C) in any order at 1.0 DD Rounds 3-7: 5 dives from at least 3 groups (a group cannot be used more than twice)	<b>Age 14-18</b> Boys & Girls 8 dives on <b>3M</b> Rounds 1 & 2: Forward Jump (100 A/B/C) & Back Jump (200 A/B/C) in any order at 1.0 DD Round 3: Front Line-up (001 A/B/C) at 1.0 DD Rounds 4-8: 5 dives from at least 3 groups (a group cannot be used more than twice)
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## Senior

<p><b>All ages</b> Female &amp; Male 1M &amp; 3M 6 dives must cover 5 groups with no repeated dives</p>
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## Masters

<p><b>Ages 19-34</b> Men &amp; Women 7 dives on 1M &amp; 3M Dives may not be repeated</p>	<p><b>Ages 35-49</b> Men &amp; Women 6 dives on 1M &amp; 3M Dives may not be repeated</p>	<p><b>Ages 50-69</b> Men &amp; Women 6 dives on 1M &amp; 3M Dives may not be repeated</p>	<p><b>Ages 70 &amp; Over</b> Men &amp; Women 5 dives on 1M &amp; 3M Dives may not be repeated</p>
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## Platform

<p><b>13 &amp; Under</b> Male &amp; Female 5 dives on 5M Dives may not be repeated</p>	<p><b>14 &amp; Over</b> Male &amp; Female 5 dives on 5M Dives may not be repeated</p>
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## Synchronized Diving

<p><b>All Ages</b> Female/Male/Mixed 1M &amp; 3M 5 dives Rounds 1 &amp; 2 are voluntaries covering 2 groups with DD of 2.0 Rounds 3-5 are optionals covering 3 groups</p>
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Note: FINA degree of difficulty table used for all events