

Championship Meet			
1 meter			
Required dives must be performed first.			
Age Group	Total Dives	Order of Dives and Requirements	Notes
10/Under	4	Round 1: Required (101/103, 201, 301, 401, or twisting dive) Round 2: Optional* Round 3: Optional* Round 4: Optional*	<ul style="list-style-type: none"> <li>*3 opts must be from three separate groups: forward, backward, reverse, inward, twisting</li> <li>Back Dive 1/2 Twist (5211) is not permitted in 10U</li> </ul>
12/Under	6	Round 1: Required (101/103, 201, 301, 401, or twisting dive) Round 2: Required (101/103, 201, 301, 401, or twisting dive) Round 3: Optional* Round 4: Optional* (cut) Round 5: Required (101/103, 201, 301, 401, or twisting dive) Round 6: Optional*	<ul style="list-style-type: none"> <li>*3 opts must be from three separate groups: forward, backward, reverse, inward, twisting</li> <li>After Round 4, there will be cuts to top 18</li> </ul>
14/Under	7	Round 1: Required (101/103, 201, 301, 401, or twisting dive) Round 2: Required (101/103, 201, 301, 401, or twisting dive) Round 3: Optional* Round 4: Optional* (cut) Round 5: Required (101/103, 201, 301, 401, or twisting dive) Round 6: Required (101/103, 201, 301, 401, or twisting dive) Round 7: Optional*	<ul style="list-style-type: none"> <li>*3 opts must be from three separate groups: forward, backward, reverse, inward, twisting</li> <li>After Round 4, there will be cuts to top 18. If there are less than 18 divers in the event, all will advance to remaining rounds.</li> </ul>
17/Under	9	Round 1: Required (101/103, 201, 301, 401, or twisting dive) Round 2: Required (101/103, 201, 301, 401, or twisting dive) Round 3: Optional* Round 4: Optional* Round 5: Optional* (cut) Round 6: Required (101/103, 201, 301, 401, or twisting dive) Round 7: Required (101/103, 201, 301, 401, or twisting dive) Round 8: Optional* Round 9: Optional	<ul style="list-style-type: none"> <li>*4 of 5 opts must be from four separate groups: forward, backward, reverse, inward, twisting</li> <li>After Round 5, there will be cuts to top 18. If there are less than 18 divers in the event, all will advance to remaining rounds.</li> </ul>
3 meter			
Required dives must be performed first.			
Age Group	Total Dives	Order of Dives and Requirements	Notes
10/Under	n/a	n/a	n/a
12/Under	5	Round 1: Required (101/103, 201, 301, 401, or twisting dive) Round 2: Optional* Round 3: Optional* Round 4: Optional* Round 5: Optional	<ul style="list-style-type: none"> <li>*3 of 4 opts must be from three separate groups: forward, backward, reverse, inward, twisting</li> </ul>
14/Under	6	Round 1: Required (101/103, 201, 301, 401, or twisting dive) Round 2: Optional* Round 3: Optional* Round 4: Optional* Round 5: Optional* Round 6: Optional	<ul style="list-style-type: none"> <li>*4 of 5 opts must be from four separate groups: forward, backward, reverse, inward, twisting</li> </ul>
17/Under	8	Round 1: Required (101/103, 201, 301, 401, or twisting dive) Round 2: Required (101/103, 201, 301, 401, or twisting dive) Round 3: Optional* Round 4: Optional* Round 5: Optional* Round 6: Optional* Round 7: Optional Round 8: Optional	<ul style="list-style-type: none"> <li>*4 of 6 opts must be from four separate groups: forward, backward, reverse, inward, twisting</li> </ul>