

MIDLAKES DIVE REQUIREMENTS

1995 - 2025



These are the requirements for planning dives for each diver to perform at Midlakes meets.

The Five Groups are: Forward, Back, Reverse, Inward, and Twist.

It is okay to have dives from more than the required number of groups but not less.

6 Dives Total

17&U A: 1 Req Forward Dive @ 1.9 DD, 5 remaining Dives to come from 4 Groups

14&U A: 1 Req Forward Dive @ 1.9 DD, 5 remaining Dives to come from 4 Groups

6 Dives Total

17&U B: 1 Req Forward Dive @ 1.9 DD, 5 remaining Dives to come from 3 Groups

14&U B: 1 Req Forward Dive @ 1.9 DD, 5 remaining Dives to come from 3 Groups

12&U A: 1 Req Forward Dive @ 1.9 DD, 5 remaining Dives to come from 3 Groups

5 Dives Total

12&U B: 1 Req Forward Dive @ 1.9 DD, 4 remaining Dives to come from 3 Groups

10&U A: 1 Req Forward Dive @ 1.9 DD, 4 remaining Dives to come from 3 Groups

4 Dives Total

10&U B: 1 Req Forward Dive @ 1.9 DD, 3 remaining Dives to come from 2 Groups

8&U A: 1 Req Forward Dive @ 1.0 DD, 3 remaining Dives to come from 2 Groups

3 Dives Total

8&U B: 1 Req Front Jump @ 1.0 DD, 2 remaining Dives to come from 2 Groups

1 Additional dive is required for Championship competitions and may be from any group.

Jumps CANNOT replace the required Forward Dive and may be used as a later dive.

Forward and Backward jumps are 1.0 DD and can be used as a Group requirement.

Dives may not be repeated, even in a different position, e.g. A diver may *not* perform both a Forward 1SS Tuck (102 T), Forward 1SS Pike (102 P).

True DD is to be used except as indicated on dive sheet

- Required dive has set DD regardless of position (T, P, S)
- 8&U and 10&U Back Dive ½ Twist (5211 Straight) = 1.0 DD

When planning out dives for each diver, make sure the dives are from different Groups in the indicated rows on the dive sheet.

If a diver does not have the necessary required dives, then they will be a “Exhibition” diver at that meet and may receive a “Participation” ribbon. They will not place, and their score will not contribute to the team scoring.

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Age Group	Required Dive	DD	Additional Dives	# of Groups	Total Dives
17 & U "A"	Forward Dive	1.9	5	4	6
17 & U "B"	Forward Dive	1.9	5	3	6
14 & U "A"	Forward Dive	1.9	5	4	6
14 & U "B"	Forward Dive	1.9	5	3	6
12 & U "A"	Forward Dive	1.9	5	3	6
12 & U "B"	Forward Dive	1.9	4	3	5
10 & U "A"	Forward Dive	1.9	4	3	5
10 & U "B"	Forward Dive	1.9	3	2	4
8 & U "A"	Forward Dive	1.0	3	2	4
8 & U "B"	Forward Jump	1.0	2	2	3

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Dives may not be repeated, even in a different position, e.g. A diver may *not* perform both a Forward 1SS Tuck (102 T), Forward 1SS Pike (102 P).

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- Required dive has set DD regardless of position (T, P, S)
- 8&U and 10&U Back Dive ½ Twist (5211 Straight) = 1.0 DD

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EXAMPLES

A new 8 & U "B" Diver might do something like this:

Req'd - 100 Forward Jump, Straight, DD 1.0

Grp 1- 101 Forward Dive, Straight, DD 1.7

Grp 2- 200 Backward Jump, Straight, DD 1.0 (2 DIFFERENT GROUPS)

Any - 102 Forward 1 SS, Tuck, DD 1.4 (eggroll, max 2.0)

A newer 14 & U "B" Diver might do this set of dives at a meet:

Req'd - 101 Forward Dive, Straight, DD 1.9

Grp 1- 100 Forward Jump, Straight, DD 1.0

Grp 2- 200 Backward Jump, Straight, DD 1.0

Grp 3- 5211 Back Dive ½ Twist, Straight, DD 1.9 (3 DIFFERENT GROUPS)

Any - 102 Forward 1 SS, Tuck, DD 1.4 (if does an "eggroll" - max score 2.0)

Any - 201 Backward Dive, Straight, DD 1.7 (NO REPEATED DIVES)

A somewhat more experienced 14 & U "B" Diver might do something like this:

Req'd - 101 Forward Dive, Straight, DD 1.9

Grp 1- 102 Forward 1 SS, Pike, DD 1.5

Grp 2- 201 Backward Dive, Straight, DD 1.7

Grp 3- 301 Inward Dive, Tuck, DD 1.4 (3 DIFFERENT GROUPS)

Any - 103 Forward 1.5 SS, Tuck, DD 1.6

Any - 201 Backward 1 SS, Straight, DD 1.7 (NO REPEATED DIVES)

This would not be an allowable set of dives:

Req'd - 101 Forward Dive, Straight, DD 1.9

Grp 1- 100 Forward Jump, Straight, DD 1.0

Grp 2- 200 Backward Jump, Straight, DD 1.0

Grp 3- 201 Backward Dive, Straight, DD 1.7 (NOT ENOUGH GROUPS!)

Any - 102 Forward 1 SS, Tuck, DD 1.4

Any - 101 Forward Dive, Tuck, DD 1.2 (DIVE 101 MAY NOT BE REPEATED!)

This would not be allowed either:

Req'd - 101 Forward Dive, Straight, DD 1.9

Grp 1- 102 Forward 1SS, Tuck, DD 1.4 (Did the Somersault)

Grp 2- 200 Backward Jump, Straight, DD 1.0

Any - 102 Forward 1SS, Tuck, DD 1.4 - (EGG ROLL) (DIVE 102 MAY NOT BE REPEATED!)