

2024 YMCA National Diving Championships DD Requirements

REQUIREMENTS FOR ONE METER				
EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD	MINIMUM SCORE (Opts)
Boys 16-21	5 vols. 9.0	5	9 (1.8)	135.00
Boys 14-15	5 vols. 9.0	4	7.2 (1.8)	108.00
Boys 12-13	5 vols. 9.0	3	5.4 (1.8)	78.00
Boys 11-Under	4 vols 7.0	2	3.12 (1.56)	45.00
Girls 16-21	5 vols. 9.0	4	7.2 (1.8)	108.00
Girls 14-15	5 vols. 9.0	4	5.4 (1.8)	81.00
Girls 12-13	5 vols. 9.0	2	3.6 (1.8)	52.00
Girls 11-Under	4 vols 7.0	2	3.12 (1.56)	45.00

REQUIREMENTS FOR THREE METER				
EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD	MINIMUM SCORE (Opts)
Boys 16-21	5 vols. 9.5	5	9.25 (1.85)	139
Boys 14-15	5 vols. 9.5	4	7.4 (1.85)	111.00
Boys 12-13	5 vols. 9.5	3	5.5 (1.85)	80.00
Boys 11-Under	4 vols. 7.6	2	3.2 (1.6)	46.00
Girls 16-21	5 vols. 9.5	4	7.4 (1.85)	111.00
Girls 14-15	5 vols. 9.5	3	5.5 (1.85)	83.00
Girls 12-13	5 vols. 9.5	2	3.7 (1.85)	55.00
Girls 11-Under	4 vols. 7.6	2	3.2 (1.6)	46.00

REQUIREMENTS FOR PLATFORM

EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD PLATFORM LEVEL	MINIMUM SCORE (Opts)
Boys 16-21	4 vols. 7.6	5	Any	
Boys 14-15	4 vols. 7.6	4	Any	
Boys 12-13	4 vols. 7.6	3	5 or 7	
Boys 11-Under	4 vols. 7.6	2	5	
Girls 16-21	4 vols. 7.6	5	Any	
Girls 14-15	4 vols. 7.6	3	Any	
Girls 12-13	4 vols. 7.6	2	5 or 7	
Girls 11-Under	4 vols. 7.6	2	5	

