

USA Masters Diving – Novice Rules

MASTERS-NOVICE Competition—An opportunity for new and old divers to enjoy and compete in the Spirit of Diving at The USA Masters Nationals

Age Groups for the Novice group will be grouped in 15 year increments for competition: 21-34, 35-49, 50-64, 65-79, 80+

The number of dives required in each age group is as follows;

SPRINGBOARD: Men and Women

Age 21–34	6 Dives
Age 35–49	6 Dives
Age 50–64	5 Dives
Age 65–79	4 Dives
Age 80+	3 Dives

PLATFORM: Men and Women

Age 21–34	5 Dives
Age 35–49	5 Dives
Age 50–64	4 Dives
Age 65–79	3 Dives
Age 80+	2 Dives

The Masters Novice diver can choose any dives from any groups listed in the FINA dive Handbook – as well as the from the following group of “Skills”
Dives from the skills bank are assigned a degree of difficulty of 1.0

100 A, B, C

200 A, B, C

5301, 5102, 5303, 5104, 5201, 5203, 5205 A, B, C (These are jumps with degrees of twist)

001 ANY– LINEUP (NO JUMP)

002 ANY– LINEUP (NO JUMP)

Platform: 611A, 6111A, 621A, 6211A, 610A, 620A

****In age groups 70 and older dives with the same dive number can be repeated, if, performed in a different position (straight, pike, tuck or free position)