

Arizona AAU
Diving
2024 Mac Invite
March 2, 2024

Hosted by Mesa Aquatics Diving
Mesa Aquatics Diving, Mesa, AZ

AGE GROUPS: 9 & Under, 10 - 11 yrs old, 12 - 13 yrs old, 14 - 15 yrs old, 16 - 18 yrs old

ENTRY FEE: \$35.00

ENTRY FEE PAYABLE TO: Mesa Aquatics Diving

ENTRY DEADLINE: February 28, 2024

SIGN UP AT: DiveMeets.com

AWARDS: Medal 1-3 and ribbons 4-6

RULES: AZ Diving Association - Future Champions
Rules Proposal October 2015 - by Marc Briggs
5 Age Groups with 3 Levels each - Bronze, Silver, Gold

7-Under: Boys & Girls 1-meter & 3-meter NO Platform

Bronze - 4 Skills : 4 Total

- All Skills may be repeated as long as they are performed in a different position.

All 1.0 DD.

Silver - 4 Skills & 1 Dive : 5 Total

- All Skills may be repeated as long as they are performed in a different position.

All 1.0 DD.

- NO More than 1 somersault in any direction.

Gold - 4 Skills & 2 Dives : 6 Total

- All Skills may be repeated as long as they are performed in a different position.

All 1.0 DD.

- Dives may be from same category and repeated as long as they are performed in a different position. All 1.0 DD.

- NO More than 1 somersault in any direction.

8,9,10: Boys & Girls 1-meter, 3-meter & Platform

Bronze - 5 Skills : 5 Total

- Skills must represent at least 3 categories. Skills may be repeated as long as they are performed in a different position.

All 1.0 DD.

Silver - 4 Skills & 2 Dives : 6 Total

- Skills must represent at least 3 categories. Skills may be repeated as long as they are performed in a different position.

All 1.0 DD.

-Dives may be from same category and are all 1.0 DD.

- NO More than 1 somersault in any direction.

- May Not Repeat Dives.

- 5m Only

Gold - 4 Skills & 3 Dives : 7 Total

- Skills must represent at least 3 categories. Skills may be repeated as long as they are performed in a different position.

All 1.0 DD.

- Dives must represent at least 2 categories and are all 1.0 DD.

- NO More than 1 1/2 somersaults in any direction.

- May Not Repeat Dives.

- 5m Only

11-12-13:

Boys & Girls 1-meter, 3-meter & Platform

Bronze - 6 Skills : 6 Total

- Skills must represent at least 3 categories. Skills may be repeated as long as they are performed in a different position.

All 1.0 DD.

Silver - 4 Skills & 3 Dives : 7 Total

- Skills must represent at least 3 categories & 1 must be a Twister Skill. Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

- Dives must represent at least 2 categories and are all 1.0 DD.

- NO More than 1 1/2 somersaults in any direction.

- 101, 201, 301, 401 - any position 1.7 DD on 1m, 3m & 5m Platform.

- 1m - NO DD higher than 2.3

- 3m - NO DD higher than 2.2

- 5m Only: NO DD higher than 2.2

- May Not Repeat Dives.

Gold - 4 Skills & 4 Dives : 8 Total

- Skills must represent at least 3 categories & 1 must be a Twister Skill. Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

- Dives must represent at least 3 categories.

- NO More than 1 1/2 somersaults in any direction.

- 101, 201, 301, 401 - any position 1.7 DD on 1m, 3m & 5m Platform

- 1m - NO DD higher than 2.3

- 3m - NO DD higher than 2.2

- 5m Only: NO DD higher than 2.2

- May Not Repeat Dives

AZ Diving Association - Future Champions

Rules Proposal October 2015 - by Marc Briggs

5 Age Groups with 3 Levels each - Bronze, Silver, Gold

14-15-16: Boys & Girls 1-meter, 3-meter & Platform

Bronze - 7 Skills : 7 Total

- Skills must represent at least 3 categories. Skills may be repeated as long as they are performed in a different position.

All 1.0 DD.

Silver - 4 Skills & 4 Dives : 8 Total

- Skills must represent at least 3 categories & 1 must be a Twister Skill. Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

- Dives must represent at least 3 categories.

- 1m - NO DD higher than 2.4

- 3m - NO DD higher than 2.5

- Platform - NO DD higher than 2.4

- May Not Repeat Dives

Gold - 4 Skills & 5 Dives : 9 Total

- Skills must represent at least 3 categories & 1 must be a Twister Skill. Skills may be repeated as long as they are performed in a different position. All 1.0 DD.

Dives must represent at least 4 categories.

-

- 1m - NO DD higher than 2.4
- 3m - NO DD higher than 2.5
- Platform - NO DD higher than 2.4
- May Not Repeat Dives

17-18-19: Boys & Girls 1-meter, 3-meter & Platform

Bronze - 8 Skills : 8 Total

- All Skills may be repeated as long as they are performed in a different position.
- All 1.0 DD.

Silver - 4 Skills & 5 Dive : 9 Total

- Skills must represent at least 3 categories & 1 must be a Twister Skill. Skills may be repeated as long as they are performed in a different position. All 1.0 DD.
- Dives must represent at least 3 categories.

- 1m - NO DD higher than 2.4
- 3m - NO DD higher than 2.5
- Platform - NO DD higher than 2.4
- May Not Repeat Dives

Gold - 3 Skills & 6 Dives : 10 Total

- Skills must represent at least 3 categories & 1 must be a Twister Skill. Skills may be repeated as long as they are performed in a different position. All 1.0 DD.
- Dives must represent at least 4 categories.

- 1m - NO DD higher than 2.4
- 3m - NO DD higher than 2.5
- Platform - NO DD higher than 2.4
- May Not Repeat Dives

Skills Bank - 5 Categories

Front Jump - 100 A, B, C (may not choose "D". Must choose A, B or C because skills may be repeated as long as it is in another position)

Back Jump - 200 A, B, C (may not choose "D". Must choose A, B or C because skills may be repeated as long as it is in another position)

Twister Jump - 5101, 5102, 5201, 5301 all position - A

Forward Line Up - 001 A, B, C (may not choose "D". Must choose A, B or C because skills may be repeated as long as it is in another position) B - May be done Standing or Sitting: Considered same skill.

Backward Line Up - 002 A, B, C (may not choose "D". Must choose A, B or C because skills may be repeated as long as it is in another position) B, C - May be done Standing or Sitting: Considered same skill.

A = Straight B = Pike C = Tuck D = Free

ADDITIONAL INFO: late fee 20.00 dollars

FOR MORE INFORMATION:

Rory Stephen Russell
mesadivers1@yahoo.com

This event is licensed by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.