

Arizona AAU
Diving
Mac Invite
March 5 - 6, 2022
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 - 17 yrs old, 18 - 19 yrs old, 20 +

ENTRY FEE: \$35.00

ENTRY FEE PAYABLE TO: Mesa Aquatics Diving

ENTRY DEADLINE: March 03, 2022

SIGN UP AT: cleanentries.com

AWARDS: Medals 1-3 for Jo Novice 1-3 Ribbons and 4-6 participant ribbons

RULES: Jo-Open-Arizona Diving Novice Rules. AZ Diving Association - Novice Rules
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.

- May choose to do 1 dive in the last round at 1.0 DD instead of a skill. Dives used must be 101, 201, 301, 401 C or B.

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.

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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.

- May choose to do 1 or 2 dives in the final 2 rounds at 1.0 DD instead of a skill. Dives used must be 101, 201, 301, 401 C or B.

Silver - 4 Skills & 3 Dives : 7 Total

- Skills must represent at least 3 categories on spring board and platform.
 - Springboard must represent at least 1 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.
- 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 on spring board and platform.
 - Springboard must represent at least 1 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 -Novice Rules

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.

- May choose to do 1 or 2 dives in the final 2 rounds at 1.0 DD instead of skills. Dives used must be 101, 201, 301, 401 C or B.

Silver - 4 Skills & 4 Dives : 8 Total

- Skills must represent at least 3 categories on spring board and platform.
 - Springboard must represent at least 1 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
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- 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 on spring board and platform.
- Springboard must represent at least 1 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: 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.

- May choose to do 1, 2 or 3 dives in the final 3 rounds at 1.0 DD instead of a skills. Dives used must be 101, 201, 301, 401

C or B.

Silver - 4 Skills & 5 Dives : 9 Total

- Skills must represent at least 3 categories on spring board and platform.
- Springboard must represent at least 1 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 : 9 Total

- Skills must represent at least 3 categories on spring board and platform.
- Springboard must represent at least 1 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 (Positions A = Straight B = Pike C = Tuck)

Front Jump - 100 A, B, C (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 (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 A, B, C (Must choose A, B or C because skills may be repeated as long as it is in another position)

Forward Line Up - 001 A, B, C (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

ADDITIONAL INFO: 25 late fee per event. 1 and 3 meter only

FOR MORE INFORMATION:

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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.