



## 2023 North Star Diving Club Fall Invitational

- Date:** Saturday October 28 – Sunday October 29, 2023
- Site:** Two Rivers High School Aquatic Center, 1897 Delaware Ave, Mendota Heights, MN 55118
- Facility:** Two 1-Meter boards, One 3-Meter board
- Host:** North Star Diving Club, LLC
- Meet Director:** Jason Baumann, [jason@northstardiving.com](mailto:jason@northstardiving.com), 612-499-2263
- Rules:** USA Rules for Senior, Junior Events and Future Champion Events will be followed. To view the complete rules, please look for the appropriate information at <https://www.teamusa.org/usa-diving/resources/rulebook>. Senior events will not have a degree of difficulty minimum.
- Sanction:** AAU Diving
- Membership:** All divers must have either a valid 2023 AAU Diving athlete or competition athlete membership. All divers must have at least one 2022 USA Diving coach or competition coach member from their club in attendance at the meet with them to be able to practice and compete in this event.
- Entry Fees:** \$30 per event plus [www.divemeets.com](http://www.divemeets.com) (meet registration site) fees
- Registration:** Each Diver and Coach will need to create a divemeets.com profile for online registration. <https://secure.meetcontrol.com/divemeets/system/register.php?organization=DM>  
Online Registration at [www.divemeets.com](http://www.divemeets.com)  
Online registration closes on Tuesday October 24th, 2023 at 1159pm; \$10 late fee after and late registration must be done manually (no online entries) with meet director.
- Practice:** Warm-Up (all boards) 1030 – 1130am  
First event will start at 1130am  
Up to a 30 minute warm-up before each event (if needed)
- Schedule:** Events will be combined and reordered depending upon number of total and per event entries for the most efficient schedule of events.  
Events that will be offered
- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 1. Future Champions (Levels 1-8) | 1M and 3M Boys and Girls (all ages) |
| 2. 11&U                          | 1M and 3M Boys and Girls            |
| 3. 12-13                         | 1M and 3M Boys and Girls            |
| 4. 14-15                         | 1M and 3M Boys and Girls            |
| 5. 16-18                         | 1M and 3M Boys and Girls            |
| 6. Senior Open Events            | 1M and 3M Men and Women             |

**FINA Age:** Your FINA age is your age as of December 31st of this year (i.e. if you turn 14 on or before December 31<sup>st</sup> of 2023 you are in the 14-15 age group).

### **Event Requirements & Registration Notes:**

Please note that the following pages should serve as a reference only. Coaches will help your diver determine which events, dives and/or levels they should register for. Each will receive a list at practice that they can bring home to help with the registration process. The registration and entry process utilized for this meet is meant to reflect any USA Diving competition, including the upcoming Regional meet in 2024. Our goal is to familiarize our divers and families with this process. If you have not already done so, we encourage parents and divers, especially those new to the sport, to read through the "Diving 101" section of the USA Diving website to give you a basic understanding of the components of the sport.

### **Springboard Competition Dive Requirements for Junior Competition:**

- **11 & Under Boys and Girls (six dives):** For one meter and three meter springboard, divers will perform three (3) voluntary dives and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c) and will be assigned the true degree of difficulty, followed by three (3) optional dives from different groups with a degree of difficulty limit of 2.2 on 1-meter and 2.6 on 3-meter.
- **12-13 Girls and Boys (eight dives):** For 1-meter and 3-meter springboard, divers will perform five (5) voluntaries from different groups, followed by three optional dives from different groups. All voluntary dives will have an assigned degree of difficulty of 1.8 on 1 meter and 1.9 on 3-meter. When doing the front/inward voluntary, one (1) must be tuck and one (1) must be pike. When the doing the back/reverse voluntary they may be completed in both tuck, both pike or one tuck and one pike positions. There shall be a limit of degree of difficulty of 2.4 for 1-meter optional dives and 2.8 for 3 meter optional dives.
- **14-15 Girls and Boys (nine dives):** For one meter and three meter springboard, divers shall perform five voluntary dives, one from each group, with a cumulative degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by four optional dives from different groups without limit of degree of difficulty
- **16-18 Girls (ten dives):** For one and three meter springboard, divers shall perform five voluntary dives, one from each group, with a cumulative degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by five (5) optional dives from five (5) groups without limit of degree of difficulty.
- **16-18 Boys (eleven dives):** For one meter and three meter springboard, divers shall perform five voluntary dives, one from each group, with a cumulative degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by six (6) optional dives from five groups, with one group being repeated, without limit of degree of difficulty.

### **Future Champions Competition Dive Requirements**

- **Future Champions Level 1:** Diver completes 6 actions; 6 skills chosen from the bank below. Skills may be reused in a different position/degree of twist (i.e., 100C and 100A may be performed as separate and distinct actions in the competition.)
- **Future Champions Level 2:** Diver completes 6 actions; 5 skills chosen from the bank below and any 1 dive. Skills may be reused in a different position/degree of twist. The dive may be 101, 201, 301, or 401 – any position with true Degree of Difficulty; any other dive may instead be selected at Degree of Difficulty of 1.0.

- **Future Champions Level 3:** Diver completes 6 actions; 4 skills chosen from the bank below and any 2 dives from different groups. The dives may be 101, 201, 301, or 401 – any position with true Degree of Difficulty; any other dive may instead be selected at Degree of Difficulty of 1.0.
- **Future Champions Level 4:** Diver completes 6 actions; 3 skills chosen from the bank below and any 3 dives of different groups. The dives may be 101, 201, 301, or 401 – any position with true Degree of Difficulty; any other dive may instead be selected at Degree of Difficulty of 1.0.
- **Future Champions Level 5:** Diver completes 7 actions; 3 skills chosen from the bank below, 2 voluntary dives, and 2 optional dives from different groups. The voluntary dives shall be selected from 101, 201, 301, or 401 (any position) and will be given true Degree of Difficulty. The optional dives may be any competitive dives and will be given the true Degree of Difficulty.
- **Future Champions Level 6:** Diver completes 7 actions; 2 skills chosen from the bank below, 3 voluntary dives, and 2 optional dives from different groups. The voluntary dives shall be selected from 101, 201, 301, or 401 (any position) and will be given true Degree of Difficulty. The optional dives may be any competitive dives and will be given true Degree of Difficulty.
- **Future Champions Level 7:** Diver completes 7 actions; 1 skill chosen from the bank below, 3 voluntary dives, and 3 optional dives from different groups. The voluntary dives shall be 101, 201, 301, or 401 (any position) and will be given true Degree of Difficulty. The optional dives may be any competitive dives and will be given true Degree of Difficulty.
- **Future Champions Level 8:** Diver completes 7 actions; 4 voluntary dives and 3 optional dives from different groups. The voluntary dives shall be 101, 201, 301, and 401 (any position) and will be given true Degree of Difficulty. The optional dives may be any competitive dives and will be given true Degree of Difficulty.

| <b>SKILLS BANK: FUTURE CHAMPIONS LEVELS 1-8</b> |               |                              |
|---|---------------|------------------------------|
| 100   | A, B, C       | Front Jump                   |
| 200   | A, B, C       | Back Jump                    |
| 5101, 5102, 5104                                | A, B, C       | Front Jump w/Degree of Twist |
| 5201, 5203, 5205                                | A, B, C       | Back Jump w/Degree of Twist  |
| 001   | ANY – NO JUMP | Front Line Up/Entry          |
| 002   | ANY – NO JUMP | Back Line Up/Entry           |

\*A = Straight, B = Pike, C = Tuck