

**2017 North Star Diving Club Fall Invitational**

**Date:** Saturday October 28, 2017

**Site:** Hidden Oaks Middle School, 15855 Fish Point Rd. SE, Prior Lake, MN 55372

**Facility:** Two 1-Meter boards, One 3-Meter board

**Host:**  North Star Diving Club

**Meet Director:** Jason Baumann, [jason@northstardiving.com](mailto:jason@northstardiving.com), 612-499-2263

**Rules:** USA Diving Rules for Junior Events and Future Champion Events will be followed. To view the complete rules, please follow the links below. Additional information regarding event and entry requirements can also be found on the included reference pages.

* Junior Events: <http://www.usadiving.org/wp-content/uploads/2013/10/2015-Rulebook-Subpart-C-Junior-Diving-Program.pdf>
* Future Champion Events: <http://www.usadiving.org/wp-content/uploads/2013/10/2015-Rulebook-Future-Champions.pdf>

**Sanction:** USA Diving #1883

**Membership:** All divers must have a either a valid 2017-18 competitive blue or gold USA Diving membership

**Entry Fees:** $20 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 Monday October 23rd , 2017 at 5pm; $20 late fee after

**Practice:** Open Warm-Up (all boards) 10:30am-11:30am

First event will start at 11:30am

Up to 30 minute warm-up before each event (if needed)

**Schedule:** Events may be combined and reordered depending upon number of event entries

1. Future Champions (Levels 1-8) 1M Both Boys and Girls (all ages)
2. Future Champions (Levels 1-8) 3M Both Boys and Girls (all ages)
3. Junior Event #1 1M – Boys: 16-18, 14-15, 12-13, 11&U Girls: 12-13, 11& U
4. Junior Event #2 3M – Girls: 16-18, 14-15
5. Junior Event #3 3M – Boys: 16-18, 14-15, 12-13, 11&U Girls: 12-13, 11&U
6. Junior Event #4 1M – Girls: 16-18, 14-15

**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 2018. 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.

**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 31st of 2016 you are in the 14-15 age group).

**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 voluntaries from different groups with a cumulative degree of difficulty not more than 5.0 on one meter and not more than 5.4 on three meter, followed by three optional dives from different groups without limit of degree of difficulty.
* **12-13 Girls (seven dives):** For one meter and three meter springboard, divers will perform five (5) voluntaries from different groups with a cumulative degree of difficulty not to exceed 9.0 on one meter and 9.5 on three meter, followed by two (2) optional dives from different groups without limit of degree of difficulty.
* **12-13 Boys (eight dives):** For one meter and three meter springboard, divers will perform five (5) voluntaries from different groups with a cumulative degree of difficulty not to exceed 9.0 on one meter and 9.5 on three meter, followed by three (3) optional dives from different groups without limit of degree of difficulty.
* **14-15 Girls (eight 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 three optional dives from different groups without limit of degree of difficulty.
* **14-15 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.

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| **SKILLS BANK: FUTURE CHAMPIONS LEVELS 1-8** | | |
| 100 | A, B, C | Front Jump |
| 200 | A, B, C | Back Jump |
| 5301, 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