

ASA National Age Group Final – level 3

Age Groups springboard events

Group E	- 8/9 Years
Group D	- 10/11 Years
Group C	- 12/13 Years
Group B	- 14/15 Years
Group A	- 16/18 Years

Age Groups Platform events

Group E2/D	- 9/10/11 Years
Group C	- 12/13 Years
Group B	- 14/15 Years
Group A	- 16/18 Years

Category	Board Height	Event Conditions	Recommended Standard
Age Group E	1m	2 dives from 2 groups (3.6 dd) + 2 dives (minimum of 3 groups covered).	75.00
	3m	2 dives from 2 groups (3.8 dd) + 2 dives (minimum of 3 groups covered).	80.00
Age Group D	1m	3 dives from 3 groups (5.4 dd) + 2 dives (minimum of 3 groups covered).	100.00
	3m	3 dives from 3 groups (5.7 dd) + 2 dives (minimum of 3 groups covered).	105.00
E2/D	5m	2 dives from 2 groups (3.6 dd) + 2 dives (minimum of 3 groups covered).	80.00
Age Group C	1m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups no limit	120.00
	3m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups no limit	140.00
	5m/7.5m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups no limit	110.00
Age Group B	1m	4 dives from 4 groups (7.5 dd) + 3 dives from 3 groups no limit	155.00
	3m	4 dives from 4 groups (7.9 dd) + 3 dives from 3 groups no limit	160.00
	5m/7.5m/10m	3 dives from 3 groups (5.7) + 3 dives from 3 groups no limit	135.00
Age Group A	1m	4 dives from 4 groups (7.5) + 3 dives from 3 groups no limit	155 girls, 170 boys
	3m	4 dives from 4 groups (7.9 dd) + 3 dives from 3 groups no limit	160 girls, 180 boys
	5m/7.5m/10m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups no limit	135 girls, 150 boys

Synchronised Events

Synchro 8-13 yrs	Girls & Boys	1m	2 dives limited to 2.0dd (from 2 groups) plus 2 optional dives (from 2 groups)	4 dives	4 dives must cover 3 groups, all dives performed by the pair to have the same dive number (no alternate). At least one forward facing skill must be with a hurdle step. No more than 2 dives from the same group.
Synchro 14 –18 years	Girls & Boys	3m	2 dives limited to 2.0dd plus 3 optional dives	5 dives	5 dives must cover 3 groups, all dives performed by the pair to have the same dive number (no alternate). At least one forward facing skill must be with a hurdle step. No more than 2 dives from the same group.

- No repeat dives permitted
- Minimum age for competitors on springboard, 8 years on 31st December that year, on platform, 9 years on 31st December that year.
- Age group categories refer to the age the diver is on 31st December that year.
- All events – straight final.